



Oct. 20, 2022 • Week 8
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 22

Alaska, Alaska Anchorage, Central Washington, Montana State Billings, Northwest Nazarene, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at Division II Pre-Nationals, 10 a.m., University Place, Wash.

LAST WEEK'S MEETS

Sat., Oct. 15

L&C Invitational

at Milo McIver State Park, Estacada, Ore.

Men (8,000m): Portland 31, Eastern Oregon 84, Portland State 113, Southern Oregon 138, College of Idaho 168, Pacific Lutheran 188, Eastern Washington 195, Seattle 215, George Fox 301, Oregon Tech 312, Northwest (Wash.) 366, Lewis & Clark 382, Whitworth 430, McMurry 538, Whitman 538 (McMurry wins tiebreaker), Corban 579, UO Running Club 582, Linfield 594, OSU Running Club 598, Haksell Indian 600, Pacific (Ore.) 606, Green River CC 616, Spokane CC 657, Puget Sound 659, L&C Alumni 693, Clark CC 759, Treasure Valley CC 805, Olympic CC 890, Umpqua CC 948.

Top 5 Finishers: 1, Estanis Ruiz, Unattached, 24:13. 2, Daniel Racle, UP, 24:16.4. 3, Isaac McGill, Unattached, 24:27.1. 4, Dominic Morganti, Unattached, 24:28.9. 5, Henry Mong, UP, 24:30.8.
Top GNAC Finishers: 208, James Lackey, WOU, 28:30.7. 224, Rami Dear, WOU, 28:51.2. 226, Jordan Kemper, WOU, 28:53.7.

Women (6,000m): Eastern Washington 65, Oregon State 89, College of Idaho 89 (OSU wins tiebreaker), Southern Idaho 138, George Fox 179, Seattle 188, Southern Oregon 198, Portland State 203, Portland 263, Lewis & Clark 287, Pacific (Ore.) 301, Pacific Lutheran 315, McMurry 396, Eastern Oregon 437, Whitman 443, UO Running Club 446, Linfield 448, Whitworth 463, Haskell Indian 467, Puget Sound 560, Corban 574, Clark CC 585, Umpqua CC 696, Treasure Valley CC 733.

Top 5 Finishers: 1, Shannon Hugard, Unattached, 21:33.4. 2, Ellyse Tingelstad, CI, 21:36.6. 3, Hannah Clarizio, Unattached, 21:37.2. 4, Sarah Paquet, PLU, 21:46.9. 5, Riley Buese, LC, 21:49.4.
Top GNAC Finishers: 174, Emily Moore, WOU, 25:48.8. 202, Piper Youngmayr, WOU, 27:34.1.

#GNACXC in 280

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#WolvesWandering Western Oregon was the only GNAC team to compete last week, sending limited men's and women's rosters to the Lewis & Clark Invitational.

#NationalsPreview All 10 GNAC teams will join 20 other programs from across the country competing at the Division II Pre-Nationals on Saturday in University Place, Washington.

#ToBeTheBest... The Division II Pre-Nationals men's will feature eight of the top 10 West Region programs and six Division II top 25 teams. The women's race will also have eight of the top 10 West Region teams and five Division II top 25 programs.

#PollPositions Western Washington enters Pre-Nationals ranked No. 20 in the USTFCCCA Men's Coaches Poll and No. 29 in the women's poll. The Simon Fraser women are ranked No. 22.

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NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsStrong
Seattle Pacific	@SPUFalcons	#gofalcs
Simon Fraser	@SFU_Athletics	#RepTheLeaf
W. Oregon	@WOUWolves	#HowIAboutIt
W. Washington	@WWUAthletics	#BeVIKtorious



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Past GNAC Athletes of the Week

Date	Men	Women
Aug. 22-28	Coleman Nash, UAA	Kendall Kramer, UAF
Aug. 29-Sept. 4	Coleman Nash, UAA	Libby Michael, SPU
Sept. 5-11	Jeret Gillingham, WWU	Sophie Wright, WWU
Sept. 12-18	Hunter Hutton, WOU	Cassidy Walchak-Sloan, SMU
Sept. 19-25	Coleman Nash, UAA	Mia Crocker, WWU
Sept. 26-Oct. 2	Bailey Smith, WOU	Alauna Carstens, SMU
Oct. 3-9	Charlie Dannatt, SFU Kevin McDermott, WWU	Alauna Carstens, SMU

Complete Player of the Week releases are available online at GNACSports.com.

2022 GNAC Race Winners

MEN

Coleman Nash, UAA (UAF Blue/Gold Race, Aug. 27, 27:17, 8,000m)
 Coleman Nash, UAA (Seawolf Throwdown, Sept. 3, 25:22, 8,000m)
 Jeret Gillingham, WWU (CWU Apple Ridge Run, Sept. 10, 18:50.9, 6,000m)
 Ase Ackerman, MSUB (Gage McSpadden Memorial, Sept. 10, 18:52.2, 6,000m)
 Hunter Hutton, WOU (Ash Creek Collegiate, Sept. 16, 17:51.2, 6,000m)
 Charlie Dannatt, SFU (SF State Invitational, Oct. 7, 24:42.7, 8,000m)

WOMEN

Kendall Kramer, UAF (UAF Blue/Gold Race, Aug. 27, 18:28, 5,000m)
 Riley Smith, WOU (Linfield Harrier Classic, Sept. 2, 15:10.5, 4,000m)
 Kendall Kramer, UAF (Seawolf Throwdown, Sept. 3, 22:17, 6,000m)
 Libby Michael, SPU (Puget Sound Invitational, Sept. 3, 18:58, 5,000m)
 Sophie Wright, WWU (CWU Apple Ridge, Sept. 10, 15:23.2, 4,000m)
 Alauna Carstens, SMU (John Payne Curtis Invitational, Oct. 1, 18:43.3, 5,000m)

GNAC News & Notes

A TASTE OF THE BIG TIME: With the 2022 NCAA Division II Cross Country Championships coming to the Puget Sound region, teams have their opportunity to get a look at the nationals course this weekend.

Seattle Pacific hosts the Division II Pre-Nationals on Saturday at Chambers Creek Regional Park in University Place, Washington. The meet will serve as a test run for the Division II Championships, which take place on Friday, Dec. 2 as part of the Division II Championships Festival.

After two years of planning, Seattle Pacific assistant coach **Chris Reed** is ready to see some of the nation's best runners take their paces.

"We're really excited. This is our first real opportunity to see what this course can be and to see what our staff can do for these teams," Reed said. "It is particularly challenging when the course is an hour from campus and you basically have to bring everything there, but we are ready."

All 10 GNAC teams will compete at Pre-Nationals as part of a 30-team field that will feature many of the top teams in Division II. Twenty-seven teams will participate in the men's race, including eight of the West Region's top 10 teams and six teams ranked in the USTFCCCA Division II Coaches Poll, led by No. 1 ranked Colorado Mines.

The women's field of 30 teams also features eight of the top 10 West Region teams and five Division II ranked teams. Colorado Mines, which is ranked No. 3 in the coaches poll, leads the field.

With all 10 conference programs entered in the meet, Pre-Nationals will also serve as a de-facto preview of the GNAC Cross Country Championships, which take place on Saturday, Nov. 5 at Western Oregon's Ash Creek Preserve. The meet is the last one for the conference's programs prior to the GNAC Championships.

And the course is designed to produce fast times.

"It's primarily a grass course. There are a couple of path crossings but it is 100% spikeable," Reed said. "We're hoping that we can get a lot of fans and supporters down there to experience the sweeping views of Puget Sound. It's a really neat venue that we have the opportunity to host nationals on."

After experiencing unusually warm conditions and issues with wildfire smoke for much of the season, Pre-Nationals will coincide with a welcome change to conditions more apt for cross country season. Forecasts call for rain to move into the region by Friday afternoon and potential winds gusting off the Sound to 15 miles per hour.

"I have never seen a fall like this," said Reed, who grew up in south-central Oregon and competed collegiately at Western Oregon. "The rain this weekend should be good for the smoke in the area, which will help. This is normally our conference meet weekend, so not to have any rainfall yet is pretty unique."

The men will run first, with an open race starting at 10 a.m. and the Division II Invitational race commencing at 10:40 a.m. The women's open race starts at 11:20 a.m. with the Division II Invitational race toeing the line at noon.

Around The GNAC

ALASKA



- Alaska did not compete last week. The Nanooks will join the rest of the GNAC at the Division II Pre-Nationals on Saturday.
- Competing for the first time since Sept. 3, Alaska posted a third-place women's finish and a fifth-place men's finish at the Yellowjacket/Battlin' Bear Invite on Oct. 7 in Billings, Montana.
- The UAF women placed three runners in the top five to finish third with a team score of 62 points, just two points behind second-place Rocky Mountain. Sophomore **Kendall Kramer** led the way with a second-place individual finish, covering the 5,000-meter course in 17:04.7.
- Sophomore **Naomi Bailey** placed third in a time of 17:05.8 while sophomore **Rosie Fordham** rounded out the top five with a fifth-place time of 17:34.2.
- The Alaska men compiled a score of 136 points to place fifth out of eight competing teams. Junior **Nolan Everest** led the way, placing 36th in a time of 28:00.8 over 8,000 meters. Freshman **Josh Baurick** was 40th in 28:15.7.

ALASKA ANCHORAGE



- Alaska Anchorage has not raced since Sept. 24. The Seawolves return to the course on Saturday at the Division II Pre-Nationals.
- Alaska Anchorage ran to a pair of sixth-place finishes at the WWU Bill Roe Classic in Ferndale, Washington on Sept. 24.
- Sophomore **Coleman Nash** took second place in the men's race, covering the 8,000-meter course in 24:25.8. He was the top collegiate runner in the race and finished 11 seconds ahead of Western Washington's Kevin McDermott.
- The Alaska Anchorage men finished with a score of 144 points. Junior **Michael Zapherson** was the Seawolves' No. 2 finisher, placing 26th in a time of 25:48.1.
- The Seawolves' women finished with a score of 162 points. Freshman **Elle Stevens** was the top UAA finisher, placing 21st in a time of 23:04.5 over 6,000 meters. Senior **Alfin Nyamasyo** was 27th in a time of 23:21.2.

CENTRAL WASHINGTON



- Central Washington did not compete last week. The Wildcats will be in University Place, Washington on Saturday for the Division II Pre-Nationals.
- Racing for the third time in as many weeks, Central Washington put together a fifth-place men's finish and a seventh-place women's finish at the LC State Invitational on Oct. 8 in Lewiston, Idaho.
- The Wildcats' men scored a total of 130 points. Sophomore **Ty Savely** led the way, placing 15th with a personal-best time of 25:22 for 8,000 meters.
- Sophomore **Shawn Clough** came across in 30th place in a time of 25:58 while freshman **Jack Pratapas** placed 32nd in a time of 26:17.
- The CWU women finished with a score of 165 points, just two points behind Eastern Oregon and six points behind Willamette. All five scoring runners grouped within 28 seconds of each other.
- Sophomore **Rose Melville** led CWU, placing 37th in a time of 20:00 over 5,000 meters. Sophomore **Tailer Cochran** was 39th in 20:05.

MONTANA STATE BILLINGS



- Montana State Billings did not compete last week. The Yellowjackets will be among the teams competing Saturday at the Division II Pre-Nationals.
- Montana State Billings raced to a third-place men's finish and a fifth-place women's finish as it hosted the Yellowjacket/Battlin' Bear Invitational on Oct. 7 in Billings.
- The Yellowjacket men finished with 71 points. Senior **Ase Ackerman** was the team's top finisher in either race, placing fifth as he covered the 8,000-meter course in 25:20.4.
- Senior **Logan Straus** turned in a 15th-place finish in 25:57.4 while junior **Bryant Edgerton** rounded out the top 20 as he placed 20th in a time of 26:28.5.
- The MSUB women finished with a score of 88 points, 11 points behind fourth-place South Dakota Mines. Senior **Kailee Stoppel** led the way, placing seventh in a time of 18:31.6 over 5,000 meters. Freshman **Alahna Lien** finished 18th in 19:38.8.

NORTHWEST NAZARENE



- Northwest Nazarene did not race last week. The Nighthawks travel to University Place, Washington for the Division II Pre-Nationals on Saturday.
- Returning to action for the first time in two weeks, Northwest Nazarene placed third in the men's race and fifth in the women's race at the Steve Reeder Memorial Invitational on Oct. 7 in Logan, Utah.
- The NNU men compiled a score of 74 points. Freshman **Brody Kemble** led the Nighthawks, placing 29th in a time of 23:06.22 over 7,000 meters. Junior **Norman Kosgei** placed 34th in 23:44.07.
- The Nighthawks women finished with a score of 124 points. Freshman **Morgan Erler** was the top NNU finisher, placing 25th in a time of 19:43.34 over 5,000 meters. Freshman **Keelin Stewart** placed 35th in a time of 21:01.49.

SAINT MARTIN'S



- Saint Martin's did not compete last week. The Saints will be among the teams competing at Saturday's Division II Pre-Nationals.
- Saint Martin's captured a pair of fourth-place finishes at the San Francisco State Invitational on Oct. 7 at San Francisco's Golden Gate Park.
- Freshman **Alauna Carstens** was the top conference finisher in the race, placing fifth in a time of 21:49.7 over 6,000 meters and beat out Simon Fraser's Megan Roxby by one second.
- The SMU women finished with a score of 85 points. Sophomore **Cassidy Walchak-Sloan** added a seventh-place finish in 21:57.5 while sophomore **Sara Sabra** placed 12th in 22:18.6.
- The Saint Martin's men scored 109 points, just four points behind third-place Cal State East Bay. Sophomore **Isaac Cortes** was the Saints' top finisher, placing 13th with a time of 25:40.1 over 8,000 meters.
- Sophomore **Kainalu Pagente** also scored a top 20 finish, placing 15th in a time of 25:44.8.

Around The GNAC

SEATTLE PACIFIC



• Seattle Pacific did not compete last week. The Falcons will host many of Division II's top teams on Saturday at the Division II Pre-Nationals in University Place, Washington. The course will be the site of the Division II Championships this December.

• Seattle Pacific last raced on Oct. 1, placing sixth in the women's race and ninth in the men's race at the Charles Bowles Willamette Invitational.

• The Falcons women scored 185 points and were the No. 2 non-Division I team in the field. Running in her first race of the season, sophomore **Annika Esvelt** delivered a solid performance as she finished ninth in a time of 18:21.4 over 5,000 meters.

• A sprinter by trade, senior **Vanessa Aniteye** was the Falcons' No. 2 runner, placing 33rd in a time of 19:07.8.

• The SPU men scored 254 points to place 19 points behind Division I Portland State. Junior **Brennan LeBlanc** was the Falcons' top finisher, placing 28th in a time of 25:22.9 over 8,000 meters.

SIMON FRASER



• Simon Fraser did not compete last week. The Red Leafs will join the rest of the GNAC at the Division II Pre-Nationals on Saturday.

• Simon Fraser's men blistered Golden Gate Park for a perfect score while the women were a close third at the San Francisco State Invitational on Oct. 7.

• Simon Fraser won with a score of 15 points, the second time that a GNAC has finished with a perfect score this season.

• Sophomore **Charlie Dannatt** won the men's race in a time of 24:42.7 over 8,000 meters. He was five seconds ahead of junior **Sebastian Brinkman**, who was second in a time of 24:49.4. It was Dannatt's first SFU cross country race victory.

• Rounding out the top five for the Red Leafs was sophomore **Scott Arndt** in third (25:05.6), junior **Ephrem Mekonnen** in fourth (25:11.9) and sophomore **Aiden Good** in fifth (25:13.4).

• The Simon Fraser women compiled a score of 59 points, one point behind second-place Cal State East Bay and two points behind Concordia.

• Senior **Megan Roxby** led two SFU runners in the top 10 with her sixth-place finish in a time of 21:49.7 over 6,000 meters. Junior **Grace Chalk** placed ninth in a time of 22:04.7.

• Simon Fraser remained in the USTFCCCA Division II Men's Coaches Poll, dropping two spots to No. 22.

WESTERN OREGON



• Western Oregon was the only GNAC team to compete last week, sending a limited roster of runners to the Lewis & Clark Invitational on Saturday in Estacada, Oregon.

• The Wolves had two women competing and were led by sophomore **Emily Moore**, who placed 147th in a time of 25:48.8 over 6,000 meters. Freshman **Piper Youngmayr**

was 202nd in 27:34.1.

• Four men's runners competed for WOU. The Wolves were led by freshman **James Lackey**, who placed 208th in 28:30.7 over 8,000 meters. Sophomore **Rami Dear** was 224th in 28:51.2 and sophomore **Jordan Kemper** was 226th in 28:53.7.

• Western Oregon will be among the teams competing at the Division II Pre-Nationals on Saturday in University Place, Washington.

WESTERN WASHINGTON



• Western Washington did not compete last week. The Vikings will join the rest of the conference at the Division II Pre-Nationals on Saturday.

• Competing in one of the country's larger Division II invitationals, Western Washington ran to a third-place men's finish and a seventh-place women's finish at the Lewis

Crossover on Oct. 8 in Romeoville, Illinois.

• The Vikings men compiled a score of 82 points, just two points behind second-place Illinois-Springfield. The team grouped well again with just 19 seconds between the scoring five.

• Sophomore **Kevin McDermott** led the Vikings with his seventh-place finish, covering the 8,000-meter course in a time of 24:18. Sophomore **Jeret Gillingham** placed 16th in a time of 24:29. Sophomore **Ryan Clough** rounded out WWU's top 20 finishers, placing 19th in a time of 24:35.5.

• The WWU women finished with a score of 210 points. Sophomore **Sophie Wright** led the Vikings, placing 23rd in a time of 22:27.1 over 6,000 meters. Sophomore **Mia Crocker** placed 28th in 22:35.8.

• Western Washington dropped three spots to No. 20 in this week's USTFCCCA Division II Coaches Poll. The WWU women dropped one spot in the coaches poll to No. 29.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU	WWU
Preseason	—	30th
Sept. 12	—	29th
Sept. 28	29th	24th
Oct. 5	30th	26th
Oct. 12	20th	17th
Oct. 19	22nd	20th

NR - Not ranked in top 30, but is among others receiving votes.

West Region	SFU	WOU	WWU
Preseason	8th	10th	5th
Sept. 13	8th	10th	5th
Sept. 27	6th	10th	5th
Oct. 4	6th	10th	5th
Oct. 11	4th	10th	3rd
Oct. 18	4th	10th	3rd

USTFCCCA DIVISION II COACHES POLL

Week 5 - Oct. 19, 2022	Pts.	Prev.
Rk School (1st)		
1. Colorado Mines (7)	239	1
2. Adams State (1)	233	2
3. Grand Valley St.	223	3
4. Wingate	213	4
5. Chico State	206	6
6. Lee (Tenn.)	201	5
7. Colorado Christian	194	7
8. Missouri Southern	180	9
9. Mississippi College	173	16
10. Western Colorado	169	10
11. Walsh	155	12
12. Nebraska-Kearney	148	24
13. East Central (Okla.)	141	NR
14. Augustana (S.D.)	137	8
15. UC-Colorado Springs	133	14
16. Charleston	126	11
17. Illinois-Springfield	113	15
18. Azusa Pacific	104	18
19. Pittsburg State	97	13
20. Western Washington	91	17
21. Michigan Tech	84	19
22. Simon Fraser	68	20
23. Saginaw Valley State	64	21
24. Alabama-Huntsville	56	22
25. Cal Poly Pomona	41	23
26. West Texas A&M	37	25
27. Wis.-Parks	28	26
28. Franklin Pierce	25	28
29. Wayne State (Mich.)	14	27
30. Embry-Riddle (Fla.)	10	RV

USTFCCCA WEST REGION POLL

Week 5 - Oct. 18, 2022	Conf.	Prev.
Rk School		
1. Chico State	CCAA	1
2. Azusa Pacific	PacWest	2
3. Western Washington	GNAC	3
4. Simon Fraser	GNAC	4
5. Cal Poly Pomona	CCAA	5
6. Fresno Pacific	PacWest	7
7. Biola	PacWest	6
8. Concordia	PacWest	8
9. Cal St. San Marcos	CCAA	9
10. Western Oregon	GNAC	10

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAF	SFU	WWU
Preseason	RV	9th	20th
Sept. 12	—	9th	20th
Sept. 28	—	28th	19th
Oct. 5	—	28th	18th
Oct. 12	—	—	28th
Oct. 19	—	—	29th

RV - Not ranked in top 30, but is among others receiving votes.

West Region	UAF	SMU	SFU	WWU
Preseason	9th	—	1st	4th
Sept. 13	10th	—	1st	4th
Sept. 27	—	10th	6th	3rd
Oct. 4	—	10th	6th	3rd
Oct. 11	—	9th	6th	5th
Oct. 18	—	9th	6th	5th

USTFCCCA DIVISION II COACHES POLL

Week 5 - Oct. 19, 2022	Pts.	Prev.
Rk School (1st)		
1. Adams State (8)	240	1
2. Grand Valley State	231	2
3. Colorado Mines	223	3
4. UC-Colorado Springs	213	4
5. Augustana (S.D.)	209	5
6. Wingate	196	6
7. Cedarville	193	7
8. Stanislaus State	185	8
9. Dallas Baptist	178	9
10. Lee (Tenn.)	171	10
11. Western Colorado	158	11
12. Chico State	153	13
13. Colorado Christian	146	12
14. Minnesota Duluth	136	14
15. Winona State	128	15
16. Lewis	120	16
17. Pittsburg State	112	17
18. Minnesota State	102	18
19. Wayne State (Mich.)	91	19
20. Biola	89	20
21. CSU Pueblo	76	21
22. Nebraska-Kearney	76	22
23. Azusa Pacific	62	23
24. Saginaw Valley State	57	24
25. West Texas A&M	50	25
26. Michigan Tech	39	26
27. Northwest Missouri St.	37	RV
28. Rogers State	23	27
29. Western Washington	14	28
30. Southwest Baptist	8	29

USTFCCCA WEST REGION POLL

Week 5 - Oct. 18, 2022	Conf.	Prev.
Rk School		
1. Stanislaus State	CCAA	1
2. Chico State	CCAA	2
3. Biola	PacWest	3
4. Azusa Pacific	PacWest	4
5. Western Washington	GNAC	5
6. Concordia	PacWest	6
7. Cal State East Bay	CCAA	7
8. Simon Fraser	GNAC	8
9. Saint Martin's	GNAC	9
10. Cal St. San Marcos	CCAA	10



2022 GNAC Meet Summaries

Sat., Aug. 27

UAF Blue/Gold Race

at UAF Trails, Fairbanks, Alaska

Men (8,000m): Alaska Anchorage 23, Alaska 32.

Top 5 Finishers: 1, Coleman Nash, UAA, 27:17. 2, Jesus Avalos, UAA, 27:52. 3, Koen Ross, UAF, 28:42. 4, Zach Christensen, UAA, 29:24. 5, Josh Baurick, UAF, 30:02.

Women (5,000m): Alaska 27, Alaska Anchorage 30.

Top 5 Finishers: 1, Kendall Kramer, UAF, 18:28. 2, Rosie Fordham, UAF, 18:39. 3, Elle Stevens, UAA, 20:23. 4, Alfin Nyamasyo, UAA, 20:23. 5, Delainey Zock, UAF, 20:29.

Fri., Sept. 2

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000m): Willamette 25, Linfield 30. No GNAC competitors in men's race.

Women (4,000m): Willamette 24, Linfield 31.

Top 5 Finishers: 1, Riley Smith, WOU, 15:10.5. 2, Holly Hutton, WOU, 15:13.9. 3, Ali Clifton, WOU, 15:49.4. 4, Jennifer Torres-Bermudez, LIN, 16:02.4. 5, Zoe Heino, WU, 16:09.0.

Sat., Sept. 3

Seawolf Throwdown

at Kincaid Park, Anchorage, Alaska

Men (8,000m): Alaska Anchorage 18, Alaska 37.

Top 5 Finishers: 1, Coleman Nash, UAA, 25:22. 2, Michael Zapherson, UAA, 26:04. 3, Stephen Zukowski, UAA, 27:44. 4, Ty Elliott, Unattached, 27:57. 5, Zach Christensen, UAA, 28:05.

Women (6,000m): Alaska 23, Alaska Anchorage 32.

Top 5 Finishers: 1, Kendall Kramer, UAF, 22:17. 2, Rosie Fordham, UAF, 22:19. 3, Naomi Bailey, UAF, 22:23. 4, Alfin Nyamasyo, UAA, 24:41. 5, Jordan Strausburgh, UAA, 25:12.

Puget Sound Invitational

at Ft. Steilacoom Park, Lakewood, Wash.

Men (5,000m): Pacific Lutheran 32, Seattle Pacific 45, Green River CC 73, Puget Sound 77.

Top 5 Finishers: 1, Ben Kerr, UPS, 15:29.4. 2, Colin Monaghan, TCRC, 15:42.6. 3, Drew Thompson, SPU, 15:47.5. 4, Brennan LeBlanc, SPU, 15:52.4. 5, Ryan Stracke, PLU, 15:53.8.

Other Top GNAC Finishers: 11, Tom Thake, SPU, 16:08.6. 15, Jon Owen, SPU, 16:14.9. 19, Kade Franco, SPU, 16:27.0.

Women (5,000m): Seattle Pacific 15, Pacific Lutheran 52, Puget Sound 81, Green River CC 81 (UPS wins tiebreaker 3-2), Olympic CC 127.

Top 5 Finishers: 1, Libby Michael, SPU, 18:58.0. 2, Matise Mulch, SPU, 19:09.1. 3, Katelyn Flolo, SPU, 19:27.0. 4, Nicki Yorges, SPU, 19:38.8. 5, Vanessa Aniteye, SPU, 19:41.1.

Sat., Sept. 10

CWU Apple Ridge Run

at Apple Ridge Course, Yakima, Wash.

Men (6,000m): Western Washington 15, Central Washington 72, Northwest (Wash.) 78, Seattle Pacific 94, Spokane CC 113.

Top 5 Finishers: 1, Jeret Gillingham, WWU, 18:50.9. 2, Andrew Oslin, WWU, 18:53.1. 3, Kevin McDermott, WWU, 19:00.0. 4, Jalen Javurek, WWU, 19:14.6. 5, Jared Alderfer, WWU, 19:24.2.

Women (4,000m): Western Washington 18, Seattle Pacific 45, Central Washington 72.

Top 5 Finishers: 1, Sophie Wright, WWU, 15:23.2. 2, Meara Shannon, WWU, 15:40.1. 3, Mia Crocker, WWU, 15:44.2. 4, Libby Michael, SPU, 15:46.2. 5, Ashley Reeck, WWU, 16:06.8.

Gage McSpadden Memorial

at Spearfish Canyon Country Club, Spearfish, S.D.

Men (6,000m): Black Hills St. 26, Chadron State 51, South Dakota Mines 74, Montana State Billings 76.

Top 5 Finishers: 1, Ase Ackerman, MSUB, 18:52.2. 2, Matt Parker, BHSU, 18:57.9. 3, Timothy Brown, BHSU, 19:01.3. 4, Tyler Captain, SDM, 19:16.7. 5, Topi Alahuhta, CSC, 19:19.7.

Other Top GNAC Finishers: 11, Logan Straus, MSUB, 19:43.1. 15, Wyatt May, MSUB, 20:06.0. 29, Jordi Peiro, MSUB, 20:50.8. 30, Bryant Edgerton, MSUB, 20:57.7.

Women (5,000m): Black Hills State 31, South Dakota Mines 48, Montana State Billings 66, Chadron State 80.

Top 5 Finishers: 1, Xiomara Robinson, BHSU, 18:24.5. 2, Sylvia Brown, BHSU, 19:02.5. 3, Clare Fischer, SDM, 19:56.5. 4, Kailee Stoppel, MSUB, 20:12.2. 5, Kat Tvrdy, SDM, 20:18.7.

Other Top GNAC Finishers: 11, Ally Whitmer, MSUB, 21:14.6. 14, Kaylee Dalling, MSUB, 21:27.5. 18, Kit Wiersema, MSUB, 22:21.5. 19, Madeline Severson, MSUB, 22:25.7.

Fri., Sept. 16

Ash Creek Collegiate

at Ash Creek Preserve, Monmouth, Ore.

Men (6,000m): Simon Fraser 37, Portland 38, Western Oregon 63, Saint Martin's 115, Lane CC 124, Lewis & Clark 172, Linfield 198, Corban 245.

Top 5 Finishers: 1, Hunter Hutton, WOU, 17:51.2. 2, Justin Hazell, UP, 17:59.5. 3, Sebastian Brinkman, SFU, 18:00.5. 4, Cohen Williams, UP, 18:03.6. 5, Bailey Smith, WOU, 18:05.3.

Other Top GNAC Finishers: 6, Scott Arndt, SFU, 18:06.4. 7, Henry Ruttman-Utting, SFU, 18:10.9.

Women (5,000m): Oregon State 28, Simon Fraser 61, Saint Martin's 70, Western Oregon 92, Lewis & Clark 132, Lane CC 147, Linfield 167, Corban 255.

Top 5 Finishers: 1, Teaghan Knoxx, OSU, 17:49.4. 2, Kate Laurent, OSU, 17:50.2. 3, Emily Van Valkenberg, OSU, 17:58.9. 4, Cassidy Walchak-Sloan, SMU, 17:58.9. 5, Alauna Carstens, SMU, 18:05.3.

Other Top GNAC Finishers: 7, Megan Roxby, SFU, 18:14.5. 8, Grace Chalk, SFU, 18:18.6. 9, Holly Hutton, WOU, 18:18.6.

EOU Cross Country Open

at La Grande Country Club, La Grande, Ore.

Men (6,000m): Eastern Oregon 19, College of Idaho 43, Coll. of Southern Idaho 65, Lewis-Clark State 134, Clark CC 145, Walla Walla 165.

Top 5 Finishers: 1, Justin Ash, EOU, 18:24.73. 2, Hunter Nichols, EOU, 18:46.16. 3, Winston Telford, EOU, 18:47.81. 4, Hayden Bostrom, CI, 18:51.66. 5, Cristian Mendoza, EOU, 18:54.31.

Top GNAC Finishers: 22, Brody Kemble, NNU, 19:50.44. 36, Josh Lady, NNU, 20:46.48. 46, Aaron Heberlein, NNU, 21:44.76. 57, Bryan Bach, NNU, 23:11.51.

Women (4,000m): College of Idaho 27, Coll. of Southern Idaho 30, Northwest Nazarene 86, Eastern Oregon 100, Clark CC 136.

Top 5 Finishers: 1, Ellyse Tingelstad, CI, 14:18.14. 2, Abbey Shirts, CI, 14:30.71. 3, Natalya Babcock, CSI, 14:36.71. 4, Lydia Felix, CSI, 14:38.84. 5, Kahea Figueira, CI, 14:42.81.

Top 5 GNAC Finishers: 14, Morgan Erler, NNU, 15:34.96. 17, Keelin Stewart, NNU, 15:58.27. 19, Olivia Klein, NNU, 16:00.78. 21, Katelyn Van Zanten, NNU, 16:11.99. 22, Emily McMahon, 16:19.24.

2022 GNAC Meet Summaries

Sat., Sept. 17

MSU Cross Country Classic

at Bridger Creek Golf Course, Bozeman, Mont.

Men (8,000m): Montana State 15, Weber State 51, Idaho State 105, Montana 125, Carroll (Mont.) 155, Montana Tech 165, Montana St. Billings 185, Montana Western 206.

Top 5 Finishers: 1, Duncan Hamilton, MSU, 24:30.9. 2, Ben Perrin, MSUB, 24:31.1. 3, Matthre Richtman, MSU, 24:41.9. 4, Owen Smith, MSU, 24:42.0. 5, Rob McManus, MSU, 24:48.0.

Top 5 GNAC Finishers: 14, Ase Ackerman, MSUB, 25:36.1. 48, Logan Straus, MSUB, 27:18.4. 60, Wyatt May, MSUB, 27:46.6. 63, Bryant Edgerton, MSUB, 27:55.5. 69, Jordi Peiro, MSUB, 28:28.8.

Women (5,000m): Montana State 31, Weber State 42, Idaho State 82, Montana 105, Carroll (Mont.) 160, Montana Tech 181, Montana State Billings 197, Montana Western 209.

Top 5 Finishers: 1, Camila Noe, MSUB, 16:28.2. 2, Billie Hatch, Unattached, 16:38.4. 3, Bailey Wall, Unattached, 16:59.5. 4, Bailey Winter, WSU, 17:04.3. 5, Rylie Lusk, WSU, 17:14.1.

Top 5 GNAC Finishers: 31, Kailee Stoppel, MSUB, 18:43.0. 52, Alahna Lien, MSUB, 19:43.1. 59, Ally Whitmer, MSUB, 20:07.0. 60, Kaylee Dalling, MSUB, 20:07.6. 66, Carey Berendsen, MSUB, 20:26.5.

Fri., Sept. 23

Idaho State Open

at ISU Centennial Cross Country Course, Pocatello, Idaho

Men (6,000m): Utah State 21, Idaho State 74, Salt Lake CC 75, Coll. of Southern Idaho 117, Northwest Nazarene 174.

Top 5 Finishers: 1, Logan Garnica, USU, 18:25.0. 2, Stewart Brown, USU, 18:34.5. 3, LJ Floyds, USU, 18:37.1. 4, Mason Braithwaite, Unattached, 18:51.0. 5, Talon Rodriguez, SLCC, 18:55.4.

Top 5 GNAC Finishers: 27, Brody Kemble, NNU, 19:54.8. 49, Quincy Ellis, NNU, 21:14.3. 52, Josh Lady, NNU, 21:20.3. 67, Aaron Heberlein, NNU, 22:39.7. 72, Bryan Bach, NNU, 23:52.3.

Women (6,000m): Utah State 25, Idaho State 50, Coll. of Southern Idaho 61, Salt Lake CC 117, Northwest Nazarene 159.

Top 5 Finishers: 1, Cassandra Vasquez, ISU, 21:57.4. 2, Kaybree Christensen, Unattached, 22:14.4. 3, Madison Strasner, USU, 22:34.3. 4, Camilla McKinstry, USU, 22:43.2. 5, Zoe Hales, USU, 23:01.1.

Top 5 GNAC Finishers: 19, Morgan Elder, NNU, 24:09.2. 38, Olivia Klein, NNU, 25:33.4. 46, Keelin Stewart, NNU, 26:52.9. 48, Emily McMahon, NNU, 27:19.2. Katelyn Van Zanten, NNU, 27:33.3.

Sat., Sept. 24

WWU Bill Roe Classic

at Hovander Homestead Park, Ferndale, Wash.

Men (8,000m): Western Washington 43, Simon Fraser 50, Victoria 97, Premature Acceleration AC 108, Club Northwest 120, Alaska Anchorage 144, Northwest (Wash.) 187, Central Washington 201, Green River CC 238, Seattle Running Club 303.

Top 5 Finishers: 1, Tim Anderson, CNW, 23:34.8. 2, Coleman Nash, UAA, 24:25.8. 3, Kevin McDermott, WWU, 24:37.1. 4, Andrew Oslin, WWU, 24:41.6. 5, Matt Welch, Premature AC, 24:50.9.

Other Top GNAC Finishers: 6, Charlie Dannatt, SFU, 24:55.4. 7, Scott Arndt, SFU, 24:57.5.

Women (6,000m): Western Washington 53, Simon Fraser 72, Bellingham Distance Project 81, Victories 83, Club Northwest 93, Alaska Anchorage 162, Seattle Running Club 193, Central Washington 215, Green River CC 278.

Top 5 Finishers: 1, Amelia Keyser-Gibson, BDP, 21:11.6. 2, Erin Wagner, CNW, 21:22.3. 3, Courtney Olson, BDP, 21:55.1. 4, Mia Crocker, WWU, 22:02.1. 5, Lana Lacey, CNW, 22:16.9.

Other Top GNAC Finishers: 6, Grace Chalk, SFU, 22:23.9. 9, Megan Roxby, SFU, 22:33.2. 11, Ashley Reeck, WWU, 22:44.1. 12, Alanna Parker, WWU, 22:46.8.

Fri., Sept. 30

Mike Johnson Classic

at Ash Creek Preserve, Monmouth, Ore.

Men (8,000m): College of Idaho 28, San Diego Mesa 35, Western Oregon 69, George Fox 119, Lewis & Clark 151, Pacific (Ore.) 171, Walla Walla 208.

Top 5 Finishers: 1, Juan Rosales, SDMC, 24:37.8. 2, Elias Everist, CI, 24:39.4. 3, Bailey Smith, WOU, 24:43.6. 4, Braden Smith, CI, 24:44.7. 5, Brennen Donahue, unattached, 24:47.0.

Other Top GNAC Finishers: 15, Easton Pomrankey, WOU, 25:33.2. 16, Cedar Davis-Frankfurt, WOU, 25:37.8. 22, Kolby Spink, WOU, 25:58.1. 23, Dustyn McKenney, WOU, 26:05.1.

Women (6,000m): College of Idaho 15, Western Oregon 65, Pacific (Ore.) 93, San Diego Mesa 110, Lewis & Clark 112, George Fox 113.

Top 5 Finishers: 1, Sage Martin, CI, 21:35.6. 2, Ellyse Tingelstad, CI, 21:39.2. 3, Abbey Shirts, CI, 21:48.2. 4, Kahea Figueira, CI, 22:10.3. 5, Makena Houston, CI, 22:13.5.

Top 5 GNAC Finishers: 8, Ali Clifton, WOU, 22:37.9. 9, Riley Smith, WOU, 22:41.2. 14, Natalie Perez, WOU, 23:11.4. 15, Olivia Flack, WOU, 23:15.9. 19, Katie Chapman, WOU, 23:22.3.

Montana Open

at UM Golf Course, Missoula, Mont.

Men (8,000m): Montana 15, Montana State Billings 45.

Top 5 Finishers: 1, Sam Ells, Unattached, 23:45.4. 2, Nathan Carter, UM, 23:58.3. 3, Rogelio Mares, UM, 24:32.8. 4, Will Dauenhauer, UM, 24:44.4. 5, Cooper Morris, UM, 25:08.5.

Top 5 GNAC Finishers: 9, Bryant Edgerton, MSUB, 25:51.8. 11, Wyatt May, MSUB, 26:09.0. 13, Gaven McCullough, MSUB, 26:48.6. 14, Kevin Graces, MSUB, 28:22.1. 15, Jackson Bailey, MSUB, 29:51.0.

Women (5,000m): Montana 15, Montana State Billings 44.

Top 5 Finishers: 1, Annie Hill, UM, 17:13.3. 2, Eirenn Rhein, Unattached, 17:37.2. 3, Kelsie Zitzer, Unattached, 17:38.9. 4, Bridget Boyle, UM, 18:19.1. 5, Iris McKean, UM, 18:24.8.

Top 5 GNAC Finishers: 8, Kaylee Dalling, MSUB, 19:22.3. 11, Casey Berendsen, MSUB, 19:46.4. 12, Madeline Severson, MSUB, 20:01.4. 13, Kit Wiersma, MSUB, 20:07.5. 14, Kylee Halpin, MSUB, 20:30.3.

Sat., Oct. 1

John Payne Curtis Invitational

at Chambers Creek Regional Park, University Place, Wash.

Men (8,000m): Western Washington 19, Saint Martin's 36, Everett CC 85,

Top 5 Finishers: 1, Leo Rutledge, Unattached, 25:47.4. 2, Sean Sands, WWU, 25:54.5. 3, Drew Weber, WWU, 26:14.1. 4, Will Henry, WWU, 26:26.7. 5, Kainalu Pagente, SMU, 26:27.4.

Other Top GNAC Finishers: 6, Michael Harwell, SMU, 26:29.6.

Women (5,000m): Saint Martin's 25, Western Washington 30.

Top 5 Finishers: 1, Alauna Carstens, SMU, 18:43.3. 2, Sara Sabra, SMU, 18:54.4. 3, Alisha Saucedo, SMU, 19:40.9. 4, Sidra Miller, WWU, 19:42.6. 5, Laura Halsell, WWU, 19:56.4.

2022 GNAC Meet Summaries

Sat., Oct. 1

Charles Bowles Willamette Invitational at Bush's Pasture Park, Salem, Ore.

Men (8,000m): Portland 29, Eastern Oregon 49, Oregon Tech 118, Cal Poly Humboldt 130, Seattle 141, Northwest (Wash.) 194, Lane CC 204, UO Running Club 227, Portland State 235, Seattle Pacific 254, Willamette 303, Linfield 348, Bushnell 355, Corban 368, OSU Running Club 377, Treasure Valley CC 463, Clark CC 466.

Top 5 Finishers: 1, Teddy Buckley, Unattached, 24:18.0. 2, Benjamin Collins, Unattached, 24:18.4. 3, Dalton Kaines, Unattached, 24:29.9. 4, Nick Brichta, Humboldt, 24:30.8. 5, Jonas Gertsen, Unattached, 24:33.4.

Top 5 GNAC Finishers: 28, Brennan LeBlanc, SPU, 25:22.9. 55, Drew Thompson, SPU, 26:05.3. 74, Jon Owen, SPU, 26:43.7. 101, Lucas Cervantes-Reyes, SPU, 27:27.0. 119, Isaac Venable, SPU, 27:49.8.

Women (5,000m): Seattle 70, Hawaii 78, Oregon State 94, Portland 109, Portland State 117, Point Loma 171, Seattle Pacific 185, Cal Poly Humboldt 208, Lane CC 249, UO Running Club 280, Eastern Oregon 306, Linfield 307, Willamette 323, Bushnell 374, Redwoods 421, Corban 427, Clark CC 463.

Top 5 Finishers: 1, Bara Styblova, PSU, 17:31.3. 2, Hannah Hartwell, Redwoods, 17:35.9. 3, Caelan Miller, UH, 18:02.3. 4, Teresa Perez, UP, 18:02.8. 5, Sophia Morgan, UH, 18:07.8.

Top 5 GNAC Finishers: 9, Annika Esvelt, SPU, 18:21.4. 33, Vanessa Aniteye, SPU, 19:07.8. 49, Matise Mulch, SPU, 19:31.5. 50, Nicki Yorges, SPU, 19:32.5. 84, Maya Ewing, SPU, 20:31.7.

Whitman Invitational

at Veterans Memorial Golf Course, Walla Walla, Wash.

Men (8,000m): Whitworth 43, Whitman 50, Puget Sound 54, Central Washington 80.

Top 5 Finishers: 1, Ben Kerr, UPS, 26:37.8. 2, Gabe Wasserman, WTMN, 26:45.7. 3, Troy Peternell, WTMN, 26:49.2. 4, Reilly McVay, WTMN, 26:55.4. 5, Alex Peters, WHTW, 27:05.8.

Top 5 GNAC Finishers: 9, Ty Savely, CWU, 27:13.8. 12, Shawn Clough, 27:22.4. 20, Zack Sundt, CWU, 28:25.3. 23, Jack Pratapas, CWU, 28:38.7. 28, Kevin Lipchirchir, CWU, 29:13.3.

Women (6,000m): Eastern Washington 22, Whitman 53, Whitworth 79, Puget Sound 106, Central Washington 111.

Top 5 Finishers: 1, Kaylin Sheley, EWU, 22:42.0. 2, Madelyn Buckley, WHTW, 23:15.1. 3, Amanda Nygard, EWU, 23:30.8. 4, Anna Harrison, EWU, 23:51.6. 5, Ally Kim, WTMN, 23:56.5.

Top 5 GNAC Finishers: 14, Beatrice LeGore, CWU, 25:17.6. 15, Zoie Mastin, 25:19.6. 29, Madison Thompson, CWU, 27:00.9. 30, Olivia Wyatt, CWU, 27:02.3. 32, Kaitlin Creeger, CWU, 27:39.4.

Fri., Oct. 7

Yellowjacket/Battlin' Bears Invitational at Amend Park, Billings, Mont.

Men (8,000m): Black Hills St. 26, South Dakota Mines 56, Montana State Billings 71, Rocky Mountain 101, Alaska 136, Dawson CC 171.

Top 5 Finishers: 1, Jackson Wilson, RMC, 22:44.2. 2, Timothy Brown, BHSU, 24:45.9. 3, Matt Parker, BHSU, 25:04.4. 4, Tyler Captain, SDM, 25:06.4. 5, Ase Ackerman, MSUB, 25:20.4.

Other Top GNAC Finishers: 15, Logan Straus, MSUB, 25:57.4. 20, Bryant Edgerton, MSUB, 26:28.5. 24, Wyatt May, MSUB, 26:41.5. 31, Gaven McCullough, MSUB, 27:19.

Women (5,000m): Black Hills St. 49, Rocky Mountain 60, Alaska 62, South Dakota Mines 77, Montana State Billings 88, Providence (Mont.) 164.

Top 5 Finishers: 1, Sydney Little Light, RMC, 16:58.1. 2, Kendall Kramer, UAF, 17:04.7. 3, Naomi Bailey, UAF, 17:05.8. 4, Xiomara Robinson, BHSU, 17:25.5. 5, Rosie Fordham, UAF, 17:34.2.

Other Top GNAC Finishers: 7, Kailee Stoppel, MSUB, 18:31.6. 18, Alahna Chen, MSUB, 19:38.8.

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000m): Simon Fraser 15, Concordia 62, Cal St. East Bay 105, Saint Martin's 109, San Francisco St. 120, Fresno Pacific 144, Holy Names 220, San Jose St. 234, William Jessup 262, Pacific Union 303, Dominican (Calif.) 330.

Top 5 Finishers: 1, Charlie Dannatt, SFU, 24:42.7. 2, Sebastian Brinkman, SFU, 24:49.4. 3, Scott Arndt, SFU, 25:05.6. 4, Ephrem Mekonnen, SFU, 25:11.9. 5, Aiden Good, SFU, 25:13.4.

Women (6,000m): Concordia 57, Cal St. East Bay 58, Simon Fraser 59, Saint Martin's 85, San Francisco 136, Fresno Pacific 196, San Francisco St. 204, San Jose St. 216, William Jessup 228, Dominican (Calif.) 298, Holy Names 318.

Top 5 Finishers: 1, Kira Gupta-Baltazar, USF, 21:31.7. 2, Chase Worthen, CSUEB, 21:35.4. 3, Claire Fisher, CSUEB, 21:38.9. 4, Jori Paradis, CUI, 21:42.1. 5, Alauna Carstens, SMU, 21:48.4.

Other Top GNAC Finishers: 6, Megan Roxby, SFU, 21:49.7. 7, Cassidy Walchak-Sloan, SMU, 21:57.5. 9, Grace Chalk, SFU, 22:04.7. 12, Sara Sabra, SMU, 22:18.6.

Steve Reeder Memorial Invitational

at Steve & Donna Reeder Cross Country Course, Logan, Utah

Men (7,000m): Utah State 26, Salt Lake CC 29, Northwest Nazarene 74.

Top 5 Finishers: 1, Garrett Stanford, Unattached, 21:24.01. 2, Jacob Stanford, Unattached, 21:24.07. 3, Jordan Cross, Tracksmith, 21:46.27. 4, Brennan Benson, USU, 21:49.12. 5, Mason Braithwaite, Unattached, 21:49.2.

Top 5 GNAC Finishers: 29, Brody Kemble, NNU, 23:06.22. 34, Quincy Ellis, NNU, 23:44.07. 45, Josh Lady, NNU, 25:32.78. 47, Aaron Heberlein, NNU, 25:33.8. 49, Bryan Bach, NNU, 25:43.7.

Women (5,000m): BYU 23, Utah State 50, UNLV 94, Salt Lake CC 95, Northwest Nazarene 124.

Top 5 Finishers: 1, Billie Hatch, Unattached, 17:42.06. 2, Bailey Wall, Unattached, 18:00.42. 3, Natalia Ruiz Lara, UNLV, 18:08.37. 4, Haley Johnston, BYU, 18:25.32. 5, Taylor Lovell, BYU, 18:26.88.

Top 5 GNAC Finishers: 25, Mogran Erler, NNU, 19:43.34. 35, Keelin Stewart, NNU, 21:01.49. 39, Olivia Klein, NNU, 21:23.34. 44, Katelyn Van Zanten, NNU, 21:59.55. 47, Gracie Averill, NNU, 23:00.5.

Sat., Oct. 8

LC State Invitational

at LCSC Cross Country Course, Lewiston, Idaho

Men (8,000m): Idaho 15, Gonzaga 54, Montana 90, Lewis-Clark State 95, Central Washington 130, Bushnell 181, Willamette 191.

Top 5 Finishers: 1, Lorenz Herrmann, UI, 24:05. 2, Gabriel Dinnel, UI, 24:18. 3, Shea Mattson, UI, 24:41. 4, Sam Fulbright, UI, 24:49. 5, Tim Stevens, UI, 24:49.

Top 5 GNAC Finishers: 15, Ty Savely, CWU, 25:22. 30, Shawn Clough, CWU, 25:58. 32, Jack Pratapas, CWU, 26:17. 44, Zack Sundt, CWU, 26:30. 55, Shun Yamaguchi, CWU, 27:28.

Women (5,000m): Idaho 17, Gonzaga 57, Montana 72, Lewis-Clark State 105, Willamette 159, Eastern Oregon 163, Central Washington 165.

Top 5 Finishers: 1, Maya Kobylanski, UI, 16:35. 2, Kelsey Swenson, UI, 16:42. 3, Nathalia Campos, UI, 17:11. 4, Annie Mill, UM, 17:22. 5, Leah Holmgren, UI, 17:31.

Top 5 GNAC Finishers: 37, Rose Melville, CWU, 20:00. 39, Tailer Cochran, CWU, 20:05. 41, Madison Thompson, CWU, 20:06. 42, Zoie Mastin, CWU, 20:08. 46, Kelli Heim, CWU, 20:28.

2022 GNAC Meet Summaries

Sat., Oct. 8

Lewis Crossover

at Lewis Cross Country Course, Romeoville, Ill.

Men (8,000m): Colorado Christian 47, Ill.-Springfield 80, Western Washington 82, Michigan Tech 102, Saginaw Valley 108, Ala.-Huntsville 146, Lewis 178, Sioux Falls 196, Edinboro 249, Cal St. San Marcos 300, Ferris State 321, Minnesota-Duluth 330, Academy of Art 407, Winona State 465, Purdue Northwest 474, Davenport 480, Ashland 507, Adelphi 557, Frostburg St. 578.

Top 5 Finishers: 1, Dayton Brown, SVSU, 23:43.9. 2, Trent Cochran, CCU, 23:49.1. Josh Pierantoni, CCU, 23:52. 4, Wyatt McIntyre, UIS, 23:56.8. 5, Drew Kolodge, MTU, 23:58.8.

Top 5 GNAC Finishers: 7, Kevin McDermott, WWU, 24:18. 16, Jeret Gillingham, WWU, 24:29. 19, Ryan Clough, WWU, 24:35.5. 21, Jared Alderfer, WWU, 24:37.3. 22, Andrew Oslin, WWU, 24:37.5.

Women (6,000m): Colorado Christian 68, Minnesota-Duluth 92, Winona State 116, Lewis 119, Saginaw Valley 146, Michigan Tech 193, Western Washington 210, Sioux Falls 220, Ferris State 236, Edinboro 241, Ala.-Huntsville 265, Cal St. San Marco 304, Academy of Art 333, Davenport 383, Purdue Northwest 431, Adelphi 443, Ill.-Springfield 443 (Adelphi wins tiebreaker 3-2), Wheeling 511, Ashland 576, Frostburg St. 584.

Top 5 Finishers: 1, Lindsay Cunningham, WSU, 20:50.2. 2, Kylie Anicic, Edinboro, 21:09.3. 3, McKenna Taylor, WSU, 21:13.4. 4, Cailee Peterson, MSUD, 21:19.9. 5, Paige Tuck, CCU, 21:41.4.

Top 5 GNAC Finishers: 23, Sophie Wright, WWU, 22:27.1. 28, Mia Crocker, WWU, 22:35.8. 39, Meaera Shannon, WWU, 22:51.4. 55, Alanna Parker, WWU, 23:12.4. 69, Evelyn Collins-Winn, WWU, 23:26.2.

Sat., Oct. 15

L&C Invitational

at Milo McIver State Park, Estacada, Ore.

Men (8,000m): Portland 31, Eastern Oregon 84, Portland State 113, Southern Oregon 138, College of Idaho 168, Pacific Lutheran 188, Eastern Washington 195, Seattle 215, George Fox 301, Oregon Tech 312, Northwest (Wash.) 366, Lewis & Clark 382, Whitworth 430, McMurry 538, Whitman 538 (McMurry wins tiebreaker), Corban 579, UO Running Club 582, Linfield 594, OSU Running Club 598, Haksell Indian 600, Pacific (Ore.) 606, Green River CC 616, Spokane CC 657, Puget Sound 659, L&C Alumni 693, Clark CC 759, Treasure Valley CC 805, Olympic CC 890, Umpqua CC 948.

Top 5 Finishers: 1, Estanis Ruiz, Unattached, 24:13. 2, Daniel Racle, UP, 24:16.4. 3, Isaac McGill, Unattached, 24:27.1. 4, Dominic Morganti, Unattached, 24:28.9. 5, Henry Mong, UP, 24:30.8.

Top GNAC Finishers: 208, James Lackey, WOU, 28:30.7. 224, Rami Dear, WOU, 28:51.2. 226, Jordan Kemper, WOU, 28:53.7.

Women (6,000m): Eastern Washington 65, Oregon State 89, College of Idaho 89 (OSU wins tiebreaker), Southern Idaho 138, George Fox 179, Seattle 188, Southern Oregon 198, Portland State 203, Portland 263, Lewis & Clark 287, Pacific (Ore.) 301, Pacific Lutheran 315, McMurry 396, Eastern Oregon 437, Whitman 443, UO Running Club 446, Linfield 448, Whitworth 463, Haskell Indian 467, Puget Sound 560, Corban 574, Clark CC 585, Umpqua CC 696, Treasure Valley CC 733.

Top 5 Finishers: 1, Shannon Hugard, Unattached, 21:33.4. 2, Ellyse Tingelstad, CI, 21:36.6. 3, Hannah Clarizio, Unattached, 21:37.2. 4, Sarah Paquet, PLU, 21:46.9. 5, Riley Buese, LC, 21:49.4.

Top GNAC Finishers: 174, Emily Moore, WOU, 25:48.8. 202, Piper Youngmayr, WOU, 27:34.1.