



Nov. 3, 2022 • Week 10
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Nov. 5

GNAC Championships, Monmouth, Ore.
Men's 8,000 Meters, 10 a.m.
Women's 6,000 Meters, 11 a.m.
Live Results: GNAC.live

LAST WEEK'S MEETS

Sat., Oct. 22

Division II Pre-Nationals

at Chambers Creek Regional Park, Lakewood, Wash.

Men's Invitational (8,000m): Colorado Mines 19, Chico State 83, Western Colorado 91, Western Washington 143, Cal Poly Pomona 158, Simon Fraser 174, Biola 229, Colorado Mesa 243, Black Hills State 270, Concordia 307, Cal St. San Marcos 308, Alaska Anchorage 387, Western Oregon 423, Cal Poly Humboldt 437, San Francisco St. 454, Montana St. Billings 501, Academy of Art 513, Cal St. East Bay 533, Saint Martin's 541, Emmanuel (Ga.) 560, Central Washington 622, Hawaii Pacific 666, Seattle Pacific 673, Wilmington (Del.) 721, Northwest Nazarene 723, Bentley 775, Alaska 785.

Top 5 Finishers: 1, Dillon Powell, CSM, 23:19.8. 2, Loic Scomparin, CSM, 23:36.0. 3, Duncan Fuehne, CSM, 23:39.2. 4, Coleman Nash, UAA, 23:47.4. 5, Luke Julian, CSM, 23:49.3.

Other Top GNAC Finishers: 7, Charlie Dannatt, SFU, 24:00.7. 17, Kevin McDemott, WWU, 24:18.5. 22, Andrew Oslin, WWU, 24:31.1. 25, Michael Zapherson, UAA, 24:37.5.

Men's Open (8,000m): Chico State 49, Lewis-Clark St. 56, Lane CC 84, Western Washington 91, Club Northwest 96, Husky Running Club 132, Green River CC 183.

Top 5 Finishers: 1, Aaron Ahl, Unattached, 24:45.1. 2, Matthew Knight, Unattached, 25:04.0.

3, Brian Pollard, CNW, 25:14.5. 4, Logan Auxier, LCC, 25:18.4. 5, Brian Hastings, CSUC, 25:22.1.
Top 5 GNAC Finishers: 15, Ethan Bursch, WWU, 25:45.3. 18, Matthew Salazar, 25:52.2. 29, Will Henry, WWU, 26:13.1. 31, Cory Nounnan, WWU, 26:23.1. 32, Jonah Bloom, WWU, 26:26.1.

Women's Invitational (6,000m): Colorado Mines 37, Western Colorado 88, Biola 151, Chico State 194, Cal St. East Bay 213, Westminster (Utah) 223, COncordia 227, Western Washington 242, Simon Fraser 246, Alaska 297, Cal Poly Pomona 302, Western Oregon 326, Saint Martin's 340, Colorado Mesa 348, Cal Poly Humboldt 366, Academy of Art 445, Point Loma 467, Cal St. San Marcos 485, Seattle Pacific 491, Sonoma State 519, Alaska Anchorage 521, Montana State Billings 653, San Francisco St. 692, Central Washington 710, Northwest Nazarene 720, Wilmington (Del.) 762, Hawaii Pacific 830, Bentley 840, Hawaii Hilo 892.

Top 5 Finishers: 1, Naomi Bailey, UAF, 20:46.1. 2, Katie Doucette, WCU, 20:55.1. 3, Zoe Baker, CSM, 20:56.0. 4, Clare Peters, CSM, 20:59.6. 5, Gianna Bomarito, SSU, 20:59.8.

Other Top GNAC Finishers: 6, Kendall Kramer, UAF, 21:03.4. 11, Alauna Carstens, SMU, 21:22.6. 18, Rosie Fordham, UAF, 21:40.9. 21, Caitlin Heldt, WOU, 21:46.4.

Women's Open (6,000m): Chico State 39, Club Northwest 40, Lewis-Clark St. 69, Lane CC 92, Green River CC 146.

Top 5 Finishers: 1, Jacqueline Cascione, CSUC, 22:43.7. 2, Geraldin Corraea, LCSC, 22:49.9. 3, Claire Windle, CNW, 22:52.0. 4, Sophie Pelletier, CSUC, 22:52.9. 5, Brooklyn Shell, LCSC, 23:03.3.

Top GNAC Finishers: 24, Emma Smith, WWU, 24:09.8. 29, Emmy Kroontje, WWU, 24:20.8. 31, Elie Bassett, 24:27.4. 37, Delphine Maurer, WWU, 25:21.0. 49, Alexa Neff, CWU, 26:23.1.

#GNACXC in 280

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#MakingWaves Western Washington was the top GNAC team in both the men's and women's races at the Division II Pre-Nationals. The men finished fourth while the women placed ninth.

#BearTracks Alaska placed its top three runners in the top 20 of the women's race at Pre-Nationals, led by **Naomi Bailey's** victory by nine seconds.

#SeawolfStar Alaska Anchorage's **Coleman Nash** was the GNAC's lead men's runner at the Pre-Nationals, finishing fourth to break up a corps of four Colorado Mines runners.

#TrueNorthDefense Simon Fraser is the defending men's and women's champions as the 2022 GNAC Championships take place on Saturday in Monmouth, Oregon.

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GNAC Athletes Of The Week (Oct. 17-23)



MEN

Coleman Nash, Alaska Anchorage
Sophomore • Littleton, Colo.

Nash was the top GNAC finisher in the men's invitational race at the Division II Pre-Nationals, placing fourth in a time of 23:47.4 over 8,000 meters. He was one of three GNAC runners to crack the top 20 and led Alaska Anchorage to a 12th-place team finish.

Also Nominated: Ase Ackerman (Montana State Billings), Charlie Dannatt (Simon Fraser), Kevin McDermott (Western Washington).



WOMEN

Naomi Bailey, Alaska
Sophomore • Fairbanks, Alaska

Bailey won the women's invitational race at the Division II Pre-Nationals, turning in a time of 20:46.1 over 6,000 meters. Bailey finished 11 seconds ahead of second-place Katie Doucette of Western Colorado and led four GNAC runners to place in the top 20. Bailey led Alaska to a 10th-place team finish.

Also Nominated: Kailee Stoppel (Montana State Billings), Grace Chalk (Simon Fraser), Mia Crocker (Western Washington).

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
Oct. 17-23	Coleman Nash, UAA	Naomi Bailey, UAF

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)
 Naomi Bailey, UAF (Division II Pre-Nationals, Oct. 22, 20:46.1, 6,000m)

GNAC Championships Preview

MONMOUTH, Ore. – Simon Fraser wants to defend its crowns. Western Washington wants to take them back and several runners will be in the hunt for the individual trophy.

It is shaping up to be a competitive day when the GNAC Cross Country Championships take place Saturday at Western Oregon University's Ash Creek Preserve. While Simon Fraser is the defending men's and women's champions, a repeat is far from certain.

The Red Leafs women placed all five scoring runners in the top 10 to score 32 points and waltzed away with the title over Western Washington. The men's race was much closer with SFU scoring the five-point victory over the Vikings thanks to Aaron Ahl's championship and **Charlie Dannatt's** third-place finish.

Western Washington swept the titles in 2019 and appears well-positioned to do it again in 2022. The Vikings were the top GNAC men's and women's teams at the Division II Pre-Nationals, which served as a de facto conference meet preview. The men finished 31 points clear of SFU while the women were just four points ahead.

With the graduation of Ahl and Olivia Willett, new individual champions will be crowned. Alaska Anchorage's **Coleman Nash** and Dannatt return after placing second and third in last year's men's race. A trio of talented Alaska sophomores leads a bevy of women with eyes on the individual prize.

MEN

Simon Fraser returns four of its five scoring runners from last year and six of their varsity seven. Dannatt placed third last year, 10 seconds behind Nash, while sophomore **Scott Arndt** finished ninth. Junior **Ephrem Mekonnen** and sophomore **Aiden Good** rounded out the top five.

This season, the Red Leafs notched a perfect 15-point score against a strong West Region field at the San Francisco State Invitational and placed sixth at Pre-Nationals. Dannatt won at San Francisco State and was the No. 2 GNAC finisher at Pre-Nationals in sixth place.

Simon Fraser opened the season on the Ash Creek course, beating Division I Portland to win the Ash Creek Invitational, and is one of two GNAC teams to have raced on the course this season.

Western Washington opened the year with a 15-point score of its own at the CWU Invitational. The Vikings won their own Bill Roe Classic, placed third at the Lewis Crossover and fourth at Pre-Nationals. They have not lost to a conference team this season.

Sophomore **Jeret Gillingham** placed eighth at last year's conference meet. He won the CWU Invitational, was top 10 at Bill Roe and top 20 at the Lewis Crossover. Sophomore **Kevin McDermott** placed seventh at the Lewis Crossover as he and Gillingham ran lifetime-best times in the meet. The Vikings also return four of their top five from last year, including junior **Alex Ritter** and sophomore **Jalen Javurek**.

Nash leads the contenders for the individual title. The Alaska Anchorage sophomore placed second in last year's meet and went to place fifth at regionals and 27th at the Division II Championships to earn All-American honors. Nash has two firsts, a second and a fourth-place finish this season and was the conference's top placer at Pre-Nationals.

The Seawolves were third among conference teams at Pre-Nationals and are bolstered by junior transfer **Michael Zapherson**, who placed 25th at Pre-Nationals, and senior **Jesus Avalos**.

Homestanding Western Oregon finished third at last year's conference meet and was not far behind Alaska Anchorage as the No. 4 GNAC team at Pre-Nationals. The team is paced by junior **Hunter Hutton**, who won the season-opening Ash Creek Invitational, and senior **Bailey Smith**, who was third at the Mike Johnson Classic.

Senior **Miguel Villar**, who placed 10th at last year's conference meet, is listed among the Wolves' projected runners but has yet to race this season.

Montana State Billings boasts an individual title contender in senior **Ase Ackerman**, who placed 16th last year and was 28th at Pre-Nationals to rank sixth among all conference finishers in the meet. The Yellowjackets hope to build on last year's fifth-place finish with an experienced team that includes senior **Logan Straus** and junior **Bryant Edgerton**.

Saint Martin's has exhibited considerable improvement this season after placing eighth at conference last year. Sophomores **Isaac Cortes** and **Kainalu Pagente**

have led the resurgence, which included a fourth-place team finish at the San Francisco State Invitational where both runners ran lifetime best times. The Saints also return senior **Jack Farrell**, who placed eighth last year.

Central Washington will be led by juniors **Shawn Clough** and **Ty Savely**, who have paced the Wildcats as season-long No. 1 and No. 2 runners. Seattle Pacific is led by its only upperclassman in junior **Brennan Le Blanc**, who has three top-30 finishes this season.

Northwest Nazarene's young lineup is led by freshman **Brody Kemble**, who ran a lifetime best at 8,000 meters at Pre-Nationals. Alaska will be led by sophomores **Koen Ross** and **Nolan Earnest**, two of three returners who competed at last year's meet.

WOMEN

While Simon Fraser won last year's conference title convincingly, the team will rely on a new mix of athletes for the repeat bid in 2022.

The Red Leafs return three of those 10 in sophomore **Kate Cameron**, who placed sixth, junior **Megan Roxby**, who placed eighth, and senior **Emily Chilton**, who placed 10th. Roxby has three top-10 finishes to her credit this season. Chilton led SFU with a 14th-place finish at the San Francisco State Invitational last month.

Junior **Grace Chalk** has assumed the mantle of No. 1 runner for Simon Fraser after running as the No. 8 runner at last year's conference meet. Chalk used a lifetime best time over 6,000 meters to place 22nd at Pre-Nationals, leading SFU and finishing sixth among GNAC runners.

What Western Washington doesn't have in speed it makes up in team running. The Vikings led GNAC teams with an eighth-place finish at Pre-Nationals thanks to just a 35-second gap between the scoring five runners.

Sophomore **Ila Davis** is the Vikings' top returning finisher from last year's conference meet, placing 14th, but has yet to compete this season. Sophomores **Mia Crocker** and **Sophie Wright** have shared lead honors this season. Crocker led the Vikings at Pre-Nationals while Wright placed third at the CWU Invitational and fourth at the Bill Roe Classic.

Alaska shocked the conference and the region last year as its fast three freshmen bolted to a third-place finish. This year, they have only put both on notice this season as sophomores. **Kendall Kramer** has two wins this season and placed sixth at Pre-Nationals. **Rosie Fordham**, last year's GNAC runner-up, placed 18th while **Naomi Bailey** won Pre-Nationals by an impressive nine seconds.

The Nanooks, whose trio finished 2-3-4 at last year's conference meet, was one of only two teams to place three or more runners in the Pre-Nationals top 20. No. 3 ranked Colorado Mines was the other.

Western Oregon placed fourth at last year's GNAC Championships and was fourth among conference teams at Pre-Nationals. Senior **Caitlin Heldt** led the way in 21st place at Pre-Nationals while freshman **Holly Hutton** has two top-10 finishes to her credit this season. Senior **Luz Garcia** leads WOU returners after placing fifth at last year's conference meet but has not finished a race yet this season.

Saint Martin's is poised to move up in the final standings thanks in part to **Alauna Carstens**. The freshman was the top GNAC finisher at the San Francisco State Invitational and placed 11th at Pre-Nationals, trailing only the Nanooks' trio in terms of GNAC runners. Sophomores **Cassidy Walchak-Sloan** and **Sara Sabra**, the Saints' top returning conference placers, return to provide the team a solid top three.

Seattle Pacific's young lineup is led by sophomore **Annika Esvelt**, who placed ninth last year and was the Falcons' top finisher at Pre-Nationals. Sophomore **Libby Michael** has performed well in her injury-free season while freshmen **Katelyn Fiolo** and **Matise Mulch** set the base for the future of the program.

Alaska Anchorage is led by senior **Alfin Nyamasyo**, who is one of three returning UAA runners from last year's meet. Her performance will be bolstered by freshmen **Elle Stevens** and **Jordan Strausbaugh**.

Montana State Billings will be paced by seniors **Kailee Stoppel** and **Ally Whitmer**. Stoppel led MSUB with a 24th-place finish last year. Central Washington pins its hopes on sophomore **Rose Melville**, who led the team in three of five meets this season, and sophomore **Zoie Mastin**, who paced the Wildcats at Pre-Nationals.

Northwest Nazarene's young squad is led by freshman **Morgan Erler**, who opened her career with a top-15 finish at the EOU Open.

Around The GNAC

ALASKA



- Alaska's women made their presence on the national scene known at the Division II Pre-Nationals, placing three runners in the top 20 and finishing 10th as a team with 297 points.
- Sophomore **Naomi Bailey** won by nine seconds, clocking a time of 20:46.1 to finish well ahead of Katie Doucette of Western Colorado. The effort earned Bailey selection as both the GNAC Women's Cross Country Athlete of the Week and the USTFCCA Division II Women's Athlete of the Week.
- Sophomore **Kendall Kramer** was the GNAC's only other top-10 finisher, placing sixth in a time of 21:03.4. Sophomore **Rosie Fordham** finished 18th in a time of 21:40.9.
- Alaska was the No. 3 placing GNAC women's team at Pre-Nationals, placing behind Western Washington (242 points) and Simon Fraser (246 points).
- The Alaska men placed 27th at Pre-Nationals with a score of 780 points. Sophomore **Koen Ross** led the Nanooks, placing 169th in a time of 27:14.6. Freshman **Josh Baurick** was 188th in 27:57.9.
- Alaska's women placed third at the 2021 GNAC Championships with a score of 92 points, the best finish in program history. Fordham, Kramer and Bailey finished second, third and fourth, respectively, and are the top returning runners from last year. The men placed ninth with 228 points.

ALASKA ANCHORAGE



- Alaska Anchorage closed the regular season by placing 19th in the men's race and 21st in the women's race at the Division II Pre-Nationals. It was the first race for UAA since Sept. 24.
- Sophomore **Coleman Nash** was the top GNAC finisher in the men's race, placing fourth in a time of 23:47.4. He was the only runner not from Colorado Mines to finish in the top five. The performance earned Nash his fourth GNAC Men's Cross Country Athlete of the Week award of the season.
- Junior **Michael Zapherson** finished 25th in a time of 24:40.7 and was the fifth GNAC runner to cross the finish line.
- Senior **Alfin Nyamasyo** was the Seawolves' top women's finisher, placing 90th in a time of 23:04.4. Junior **Tressa Wood** was 95th in a time of 23:10.
- The Alaska Anchorage men placed fourth at the 2021 GNAC Championships with 107 points. The UAA women placed seventh with 189 points.

CENTRAL WASHINGTON



- Central Washington put together a 21st-place men's finish and a 24th-place women's finish at the Division II Pre-Nationals.
- Sophomore **Shawn Clough** was the top CWU finisher in either race, placing 108th in the men's race in a time of 25:54.9. Freshman **Jack Pratapas** placed 122nd in 26:14.5 while sophomore **Ty Savely** was 124th in 26:15.4.
- Junior **Zoie Mastin** led the Wildcats' women, placing 143rd in a time of 24:06.2. Sophomore **Tailer Cochran** was 158th in a time of 24:31.9 while sophomore **Rose Melville** placed 165th in 24:40.5.
- Central Washington placed sixth in the men's race at the 2021 GNAC Championships with 165 points. The women placed ninth with a score of 204 points.

MONTANA STATE BILLINGS



- Montana State Billings finished 15th in the men's race and 22nd in the women's race at the Division II Pre-Nationals.
- The MSUB men finished fifth among GNAC teams with a score of 501 points. Senior **Ase Ackerman** led the way, placing 28th in a time of 24:41.4. He placed sixth among GNAC runners in the race.
- Senior **Logan Straus** finished 107th in a time of 25:53.2 while junior **Bryant Edgerton** was 135th in a time of 26:25.7.
- Senior **Kailee Stoppel** was the top Yellowjackets runner in the women's race, placing 94th in a time of 23:08.3. Senior **Ally Whitmer** was 159th in a time of 24:32.9.
- The MSUB men placed seventh at the 2021 GNAC Championships with a score of 168 points. Ackerman placed 16th. The Yellowjackets women placed 10th with 221 points.

NORTHWEST NAZARENE



- Northwest Nazarene's young lineup placed 25th in both the men's and women's races at Division II Pre-Nationals.
- Freshman **Morgan Erler** led all NNU runners with her 86th-place finish in the women's race, finishing in a time of 23:01.6. The next three runners all came in within nine places of each other, led by freshman **Keelin Stewart** placing 180th in 25:06.5.
- Freshman **Brody Kemble** paced the NNU men, placing 86th in a time of 25:36. Sophomore **Quincy Ellis** was 156th in a time of 26:52.6.
- Northwest Nazarene was fifth in the men's race at the 2021 GNAC Championships with a score of 150 points. The women placed sixth with a score of 163 points.

SAINT MARTIN'S



- Racing for the first time since Oct. 7, Saint Martin's finished 13th in the women's race and 18th in the men's race at the Division II Pre-Nationals.
- Freshman **Alauna Carstens** finished third in the women's race among GNAC runners, placing 11th overall in a time of 21:22.6. It was her fourth top-15 finish of the season.
- Sophomore **Cassidy Walchak-Sloan** placed 41st in 22:17.5 and was eighth among conference runners while sophomore **Sara Sabra** finished 66th in 22:40.8.
- Sophomore **Isaac Cortes** was the lead runner for the SMU men, placing 106th in a time of 25:52.4. Sophomore **Kainalu Pagente** placed 111th in a time of 26:03.6.
- Saint Martin's finished eighth in both the men's and women's races at the 2021 GNAC Championships. The men finished with 190 points. It was the men's best conference meet finish since 2011. The women scored 191 points for their best finish since 2016.

Around The GNAC

SEATTLE PACIFIC



- The host school for both the Division II Pre-Nationals and Division II Championships, Seattle Pacific placed 19th in the women's race and 23rd in the men's race at the Division II Pre-Nationals.
- Running in just her second race of the season, sophomore **Annika Esvelt** led the Falcons' women by placing 89th in a time of 23:03.8. Freshman **Matise Mulch** was not far back, placing 98th in a time of 23:17.3.
- For the men, junior **Brennan LeBlanc** was the top SPU runner as he placed 131st in a time of 26:20.8. Sophomore **Jon Owen** was 145th in a time of 26:37.5.
- Seattle Pacific placed fifth in the women's race at the 2021 GNAC Championships with 161 points. Esvelt placed ninth in 22:06.3 and is sixth among runners returning from last year's meet. The SPU placed 10th with a score of 228 points.

SIMON FRASER



- Simon Fraser performed well at the Division II Pre-Nationals with the men placing sixth and the women placing ninth. The Red Leafs were second among GNAC teams in both races.
- Sophomore **Charlie Dannatt** led the way for the SFU men, placing seventh in a time of 24:00.7. He finished second among GNAC runners in the race.
- Adding top-50 finishes were junior **Sebastian Brinkman**, who was 32nd in 24:45.2, and junior **Ephrem Mekonnen**, who was 46th in 25:02.3.
- The SFU women scored 246 points to finish just four points back of Western Washington.
- Junior **Grace Chalk** led the SFU women's performances, placing 22nd in a time of 21:49.1. She finished sixth among GNAC runners. Sophomore **Charlotte Prangley** placed 51st in a time of 22:27.
- The Simon Fraser men dropped three spots and are ranked No. 25 in the latest USTFCCA Division II Men's Coaches Poll, which was released on Oct. 26.
- Simon Fraser is the defending men's and women's GNAC champions. The SFU women placed all five of its scoring runners in the top 10 last year to win with a score of 32 points. The men posted a score of 50 points, five points ahead of Western Washington.
- Dannatt placed third in the men's race and is No. 2 overall among returning men's placers from 2021. Sophomore **Kate Cameron**, who placed sixth, is the top returning SFU women's placer.

WESTERN OREGON



- Western Oregon showed well at the Division II Pre-Nationals, placing 12th in both the men's and women's races. Both placed fourth among GNAC teams.
- Senior **Caitlin Heldt** was the leading WOU runner in either race, placing 21st in the women's race in a time of 21:46.4. she was fifth among GNAC runners.
- Freshman **Riley Smith** placed 49th in a time of 22:24.8 while freshman **Natalie Perez** placed 77th in a time of 22:54.3.
- Junior **Hunter Hutton** was the leading men's runner WOU, placing 65th in a time of 25:15.4. Senior **Bailey Smith** placed 73rd in a time of 25:23.5.
- Western Oregon's men placed third at the 2021 GNAC Championships with a score of 96 points. Senior **Miguel Villar** is the Wolves' top returning placer after finishing 10th last year. The women placed fourth with 114 points. Senior **Luz Garcia** placed fifth last year while Heldt placed 12th.

WESTERN WASHINGTON



- Western Washington was the class of the conference at the Division II Pre-Nationals. The WWU men placed fourth while the women placed eighth to lead all GNAC teams.
- The men scored 143 points and again benefited from a great grouping that saw 42 seconds behind the scoring five runners. Sophomore **Kevin McDermott** led the way, placing 17th in a time of 24:18.5. He was third among all GNAC runners.
- Junior **Andrew Oslin** placed 22nd in a time of 24:31.1 while sophomore **Ryan Clough** finished 29th in 24:42.5. The two were fourth and seven, respectively, among conference runners.
- The women's eighth-place score of 242 points was four points better than Simon Fraser. Grouping played a factor as well with 35 seconds between the scoring five. Sophomore Mia Crocker was the top WWU finisher, placing 35th in a time of 22:08.5.
- Senior **Marian Ledesma** was the other WWU runner in the top 50, placing 44th in a time of 22:19.3.
- The Western Washington men were ranked No. 19 in the latest USTFCCA Division II Coaches Poll, released on Oct. 26. The WWU women dropped out of the top 30 for the first time this season.
- Western Washington placed second in both the men's and women's races at the 2021 GNAC Championships. The men scored 55 points and finished five points behind Simon Fraser. Sophomore **Jeret Gillingham**, who placed eighth, is the Vikings' top returning placer. The women finished with 77 points, placing second without a top-10 finisher.

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
Oct. 26	25th	19th

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

West Region	UAA	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
Oct. 25	10th	5th	—	3rd

USTFCCCA DIVISION II COACHES POLL

Week 6 - Oct. 26, 2022		
Rk	School (1st)	Pts.
1.	Colorado Mines (8)	240
2.	Adams State	232
3.	Grand Valley St.	223
4.	Wingate	216
5.	Lee (Tenn.)	206
6.	Chico State	197
7.	Charleston	189
8.	Missouri Southern	185
9.	Western Colorado	179
10.	Colorado Christian	168
11.	Mississippi College	153
12.	Walsh	152
13.	East Central (Okla.)	141
14.	Neb.-Kearney	130
15.	Augustana (S.D.)	129
16.	UC-Colorado Springs	119
17.	Illinois-Springfield	114
18.	Azusa Pacific	108
19.	Western Washington	100
20.	Michigan Tech	91
21.	Pittsburg State	84
22.	Cal Poly Pomona	72
23.	Saginaw Valley St.	68
24.	Alabama-Huntsville	53
25.	Simon Fraser	45
26.	Embry-Riddle (Fla.)	33
27.	West Texas A&M	31
28.	Northwood (Mich.)	22
29.	Franklin Pierce	20
30.	Washburn	12

USTFCCCA WEST REGION POLL

Week 6 - Oct. 25, 2022			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Azusa Pacific	PacWest	2
3.	Western Washington	GNAC	3
4.	Cal Poly Pomona	CCAA	5
5.	Simon Fraser	GNAC	4
6.	Fresno Pacific	PacWest	7
7.	Biola	PacWest	6
8.	Concordia	PacWest	8
9.	Cal St. San Marcos	CCAA	9
10.	Alaska Anchorage	GNAC	NR

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
Oct. 26	—	—	—

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
Oct. 25	9th	—	8th	7th

USTFCCCA DIVISION II COACHES POLL

Week 6 - Oct. 26, 2022		
Rk	School (1st)	Pts.
1.	Adams State (8)	240
2.	Grand Valley State	232
3.	Colorado Mines	224
4.	UC-Colorado Springs	213
5.	Augustana (S.D.)	211
6.	Cedarville	200
7.	Stanislaus State	189
8.	Dallas Baptist	182
9.	Western Colorado	175
10.	Wingate	172
11.	Lee (Tenn.)	162
12.	Colorado Christian	150
13.	Biola	140
14.	Minnesota Duluth	135
15.	Chico State	130
16.	Minnesota State	113
17.	Winona State	111
18.	Charleston	110
19.	Lewis	94
20.	Pittsburg State	87
21.	Wayne State (Mich.)	81
22.	CSU Pueblo	72
23.	Neb.-Kearney	67
24.	Azusa Pacific	54
25.	Saginaw Valley St.	49
26.	West Texas A&M	39
27.	Michigan Tech	32
28.	Northwest Missouri St.	24
29.	Cal St. East Bay	18
30.	Palm Beach Atlantic	10

USTFCCCA WEST REGION POLL

Week 6 - Oct. 25, 2022			
Rk	School	Conf.	Prev.
1.	Stanislaus State	CCAA	1
2.	Biola	PacWest	3
3.	Chico State	CCAA	2
4.	Azusa Pacific	PacWest	4
5.	Cal State East Bay	CCAA	7
6.	Concordia	PacWest	6
7.	Western Washington	GNAC	5
8.	Simon Fraser	GNAC	8
9.	Alaska	GNAC	NR
10.	Cal Poly Pomona	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, 22:19. 2, 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 Kembler, 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 Wiersema, 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, Alana 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, Caillee 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.

Sat., Oct. 22

Division II Pre-Nationals

at Chambers Creek Regional Park, Lakewood, Wash.

Men's Invitational (8,000m): Colorado Mines 19, Chico State 83, Western Colorado 91, Western Washington 143, Cal Poly Pomona 158, Simon Fraser 174, Biola 229, Colorado Mesa 243, Black Hills State 270, Concordia 307, Cal St. San Marcos 308, Alaska Anchorage 387, Western Oregon 423, Cal Poly Humboldt 437, San Francisco St. 454, Montana St. Billings 501, Academy of Art 513, Cal St. East Bay 533, Saint Martin's 541, Emmanuel (Ga.) 560, Central Washington 622, Hawaii Pacific 666, Seattle Pacific 673, Wilmington (Del.) 721, Northwest Nazarene 723, Bentley 775, Alaska 785.

Top 5 Finishers: 1, Dillon Powell, CSM, 23:19.8. 2, Loic Scomparin, CSM, 23:36.0. 3, Duncan Fuehne, CSM, 23:39.2. 4, Coleman Nash, UAA, 23:47.4. 5, Luke Julian, CSM, 23:49.3.

Other Top GNAC Finishers: 7, Charlie Dannatt, SFU, 24:00.7. 17, Kevin McDermott, WWU, 24:18.5. 22, Andrew Oslin, WWU, 24:31.1. 25, Michael Zapherson, UAA, 24:37.5.

Men's Open (8,000m): Chico State 49, Lewis-Clark St. 56, Lane CC 84, Western Washington 91, Club Northwest 96, Husky Running Club 132, Green River CC 183.

Top 5 Finishers: 1, Aaron Ahl, Unattached, 24:45.1. 2, Matthew Knight, Unattached, 25:04.0. 3, Brian Pollard, CNW, 25:14.5. 4, Logan Auxier, LCC, 25:18.4. 5, Brian Hastings, CSUC, 25:22.1.

Top 5 GNAC Finishers: 15, Ethan Bursch, WWU, 25:45.3. 18, Matthew Salazar, 25:52.2. 29, Will Henry, WWU, 26:13.1. 31, Cory Nounnan, WWU, 26:23.1. 32, Jonah Bloom, WWU, 26:26.1.

Women's Invitational (6,000m): Colorado Mines 37, Western Colorado 88, Biola 151, Chico State 194, Cal St. East Bay 213, Westminster (Utah) 223, Concordia 227, Western Washington 242, Simon Fraser 246, Alaska 297, Cal Poly Pomona 302, Western Oregon 326, Saint Martin's 340, Colorado Mesa 348, Cal Poly Humboldt 366, Academy of Art 445, Point Loma 467, Cal St. San Marcos 485, Seattle Pacific 491, Sonoma State 519, Alaska Anchorage 521, Montana State Billings 653, San Francisco St. 692, Central Washington 710, Northwest Nazarene 720, Wilmington (Del.) 762, Hawaii Pacific 830, Bentley 840, Hawaii Hilo 892.

Top 5 Finishers: 1, Naomi Bailey, UAF, 20:46.1. 2, Katie Doucette, WCU, 20:55.1. 3, Zoe Baker, CSM, 20:56.0. 4, Clare Peters, CSM, 20:59.6. 5, Gianna Bomarito, SSU, 20:59.8.

Other Top GNAC Finishers: 6, Kendall Kramer, UAF, 21:03.4. 11, Alauna Carstens, SMU, 21:22.6. 18, Rosie Fordham, UAF, 21:40.9. 21, Caitlin Heldt, WOU, 21:46.4.

Women's Open (6,000m): Chico State 39, Club Northwest 40, Lewis-Clark St. 69, Lane CC 92, Green River CC 146.

Top 5 Finishers: 1, Jacqueline Cascione, CSUC, 22:43.7. 2, Geraldine Corraea, LCSC, 22:49.9. 3, Claire Windle, CNW, 22:52.0. 4, Sophie Pelletier, CSUC, 22:52.9. 5, Brooklyn Shell, LCSC, 23:03.3.

Top GNAC Finishers: 24, Emma Smith, WWU, 24:09.8. 29, Emmy Kroontje, WWU, 24:20.8. 31, Elie Bassett, 24:27.4. 37, Delphine Maurer, WWU, 25:21.0. 49, Alexa Neff, CWU, 26:23.1.