



WV
athletic
935

RUNNERS
160

220

310

MileSplit
202

BIG 8 X-C
755

SEATTLE
4059
Chambers Bay
Collegiate Open

athletic
107

BIG 8
746

3340

2021 CROSS COUNTRY
gnac
Championships
OCTOBER 23 LACEY, WA
gnac



About The GNAC

With members in five states and the province of British Columbia, and with a strong presence in or near the largest city of each, the Great Northwest Athletic Conference has established itself as one of the top Division II athletic conferences in the NCAA during its 20-year history.

Founded in July 2001, GNAC teams have had over 100 Division II top-10 national team finishes in 15 of the 17 sports that it sponsors.

The conference experienced its share of successes in the COVID-19 challenged 2020-21 year. In outdoor track and field, Western Washington won the men's championship and Seattle Pacific earns the women's title. At the national meet, Montana State Billings' Beau Ackerman (javelin) and Calahan Warren (1,500 meters) earned All-American trophies.

Affiliate-member Central Oklahoma won the conference's first women's rowing title en route to winning its second consecutive national championship. Northwest Nazarene made history on the baseball diamond, winning the GNAC's first-ever West Region title to become the first conference team to reach the final eight of the NCAA Championships.

The GNAC was last on the cross country course in 2019. The Nighthawks surprised everyone but themselves by taking second at the NCAA West Regional to lead three women's teams and one men's team that qualified for the NCAA Championships.

GNAC teams have won four national titles: Seattle University women's soccer in 2004, Seattle Pacific women's soccer in 2008, Western Washington men's basketball in 2012 and Western Washington women's soccer in 2016.



Today's Meet At Saint Martin's University

For the first time since 2006, Saint Martin's University welcomes teams to its campus in Lacey, Washington for the GNAC Cross Country Championships.

The Saint Martin's campus was established in 1895 on a 300-acre lot and the most distinguishable building on campus, Old Main, was completed in 1913.

Much of today's meet will take place on a preserved natural area that encompasses much of the north end of campus on a combination of gravel and dirt trails. Races will begin on the eastern edge of the campus and will finish on the track.

In addition to having hosted the 2006 GNAC Championships, Saint Martin's annually holds the Ken Garland Classic on the campus course.



2019 Meet Results

At Amend Park, Billings, Mont.

MEN

Team Champion: Western Washington, 38 pts.

Athlete of the Year: Felix Kemboi, Alaska Anchorage

Newcomer of the Year: Marcus Rice, Saint Martin's

Freshman of the Year: Deyago Peraza, Western Washington

WOMEN

Team Champion: Western Washington, 53 pts.

Athlete of the Year: Emmah Chelimo, Alaska Anchorage

Newcomer of the Year: Olivia Jimenez, Western Oregon

Freshman of the Year: Joan Kipsanai, Alaska Anchorage



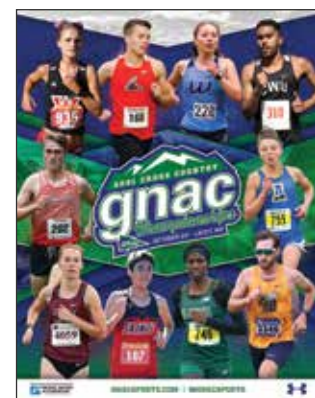
To view past GNAC Cross Country Championships results and the complete history of cross country in the GNAC, scan the QR Code or visit GNACsports.com.

On The Cover

After a two-year absence, the conference's top harriers are ready to compete for championship trophies this weekend.

Clockwise From Top Left:

Caitlin Heldt (Western Oregon), Dylan Tidwell (Northwest Nazarene), Brittany Aquino (Western Washington), Rajesh Gill (Central Washington), Naomi Bailey (Alaska), Bryant Edgerton (Montana State Billings), Nancy Jeptoo (Alaska Anchorage), Kainalu Pagente (Saint Martin's), Annika Esvelt (Seattle Pacific), Aaron Ahl (Simon Fraser).



MEET PREVIEW

Vikings, Simon Fraser Lead Duel For XC Titles

LACEY, Wash. – After going without a cross country season in 2020 due to the COVID-19 pandemic, the conference's top harriers are back together as the GNAC Championships take place on Saturday on the campus of Saint Martin's University.

In the ever-changing landscape of college athletics, there are many differences since the conference's teams last met 24 months ago. Only five of the top-10 runners in the men's and women's races are back. The years have seen the emergence of some new contenders for the title, including the Alaska women.

What hasn't changed, however, is the order at the top. A new-look Western Washington team will vie for its second consecutive conference title while Simon Fraser and Alaska Anchorage will be factors in both races, both individually and in the team competition.



Alaska Anchorage freshman Coleman Nash has not lost a race this season and has a season-best of 25:01.9.



Simon Fraser senior Olivia Willett has yet to lose a race to a Division II competitor this season.

Seattle Pacific will be led by senior Colin Boutin, who has three top-15 finishes this season and a best of 26:15 over 6,000 meters. Alaska is led by senior Zephah Ozturgut.

WOMEN

The timing may never be better for Simon Fraser to win its first conference championship since 2014. Simon Fraser has won all three meets it has competed in. Its average margin of victory was 39 points with the team placing all five scoring runners in the top 20 each time.

Junior Olivia Willett has finished no worse than second this season and has not lost to a Division II opponent. She won the season-opening San Francisco State Invitational and was 18 seconds clear of the nearest GNAC competitor at the Bill Roe Classic.

The consistent group of front-running senior transfer Alison Andrews-Paul, juniors Megan Roxby and Emily Chilton and freshman Kate Cameron.

MEN

Two years after Western Washington and Simon Fraser duelled for the title, both teams look poised to duke it out for the top two spots once again.

While the Vikings' lineup looks vastly different than the one that won in 2019, it has proven just as potent. Junior Mac Franks is one of just two athletes left from that team. He has assumed the leadership mantle with three top-10 finishes, including an impressive fifth place at the Roy Griak Invitational. Senior Kaleb Korta adds significant experience having placed 45th at the 2018 Championships for Alaska Anchorage.

Adding to the depth is a pair of dynamic freshmen in Jeret Gillingham and Kevin McDermott. Gillingham placed 12th at the Griak and 13th at the Bill Roe Classic while McDermott placed 14th two weeks ago at the Bill Roe.

Simon Fraser is looking for its first conference title thanks to an experienced lineup led by Aaron Ahl. The junior has not lost to a Division II runner in three meets this season and ran a lifetime best of 24:30.6 to win the San Francisco State Invitational in September. Freshman Charlie Dannatt provides a solid one-two punch with three top-10 finishes.

Further bolstering SFU's chances are junior Sebastian Brinkman, who placed 13th at the Mike Johnson Classic, and freshman Scott Arndt, who has three top-20 finishes on the season.

Alaska Anchorage has reloaded with the addition of Coleman Nash. The freshman has yet to lose a race this season and was a winner by 15 seconds at the Chambers Bay Collegiate Open. Nash complements senior Felix Kemboi, the defending individual champion. Kemboi has three top-10 finishes, headlined by placing fifth at Chambers Bay.

Junior Jacob Moos has run second to Nash in all three races and ran a lifetime best of 25:16.1 at Chambers Bay.

Northwest Nazarene looks to blend experience and youth to build upon its fourth-place finish in 2019. Junior Tyler Shea has placed in the top three in all of his meets this season, winning the Ken Garland Classic on the same course hosting the GNAC Championships. Freshman Dylan Tidwell paces the youth, coming in strong off his 11th-place finish at the Bill Roe Classic.

Senior Trevor Allen, who joins Kemboi as the only returning top-10 finishers from 2019, leads Central Washington. Allen's season is headlined by a 10th-place finish at the PLU Open and a season-best time of 25:27.7 at the Charles Bowles Invitational.

Montana State Billings is turning some heads thanks to the performance of Ase Ackerman. The junior has four top-four finishes on the season, including a win at the Gage McSpadden Memorial and a fourth-place finish at the Montana Open. Senior Carson Jessop ran 25:29 at the Yellowjacket/Battlin' Bear Open.

Saint Martin's will look to its youth to perform well on its home course. Sophomore Jack Farrell had three top-10 finishes to his credit and helped pace the Saints to a third-place finish at Chambers Bay. Freshman Kainalu Page opened his career by winning the Puget Sound Invitational and has three top-15 finishes.

Western Oregon will pin its hopes to juniors Keanu Daos and Miguel Villar. Daos opened the season by winning the Ash Creek Collegiate while Villar led the Wolves with a 35th-place finish at the Lewis Crossover.

Perennial conference powerhouse Alaska Anchorage returns the GNAC's most experienced runner in senior Nancy Jeptoo. The 2019 All-American is the top returning finisher from 2019 and has turned in three top-four performances, led by her second-place finish at the Chambers Bay Collegiate Open.

Adding depth are juniors Joan Kipsanai and Alfin Nyamasyo. Kipsanai placed sixth at the 2019 conference meet and has two top-10 finishes this season. Nyamasyo also has a pair of top-10 finishes while sophomore Bailey Roe posted a 14th-place finish at Chambers Bay.

Western Washington, the defending champion, will have to have a young lineup pull through to take the trophy again in 2021. The Vikings placed a solid sixth at the Roy Griak Invitational, proving their mettle in big races. Freshman Ila Davis led the way with a 27th-place finish. Senior Brittany Aquino ran a team-best 22:55 at the Bill Roe Classic two weeks ago, leading the Vikings to fifth place.

Seattle Pacific will try to overcome injury issues for its third consecutive top-three finish. The Falcons are young but talented. Freshman Annika Esvelt won the first two of her first three collegiate races, running 22:15 over 6,000 meters at the PLU Invitational in September. Freshman Ellie Rising, the 2021 GNAC outdoor 800-meter champion, has a pair of top-four finishes.

Northwest Nazarene was the surprise of the region in 2019, emerging from a sixth-place conference meet to place second at the NCAA West Regional. A high result will be no surprise in 2021 as much of the Nighthawks' lineup returns.

Sophomore Julia LaMar placed 11th at the 2019 regionals and has a pair of top-three finishes this season, including the win at the EOU Invitational in September. Sophomore Kalen Belton also had a pair of top-three finishes and is well over a minute under her finish time from the 2019 Championships.

This year's surprise could very well be Alaska. The Nanooks have finished no worse than seventh in their four meets this season, regularly banking the majority of their scoring runners in the top 10. Alaska placed fourth at the Bill Roe Classic, second among GNAC teams and winning a tiebreaker with Western Washington.

Rosie Fordham leads the freshmen-heavy lineup with a quartet of top-four finishes. She led three top-10 finishers for the Nanooks at the Bill Roe Classic, a group that included fellow first-year performers Kendall Kramer and Naomi Bailey. Kramer won the season-opening Blue/Gold Race in August and Bailey won the Seawolf Throwdown in September.

Western Oregon features a pair of title contenders in junior transfers Luz Garcia and Caitlin Heldt. Garcia won her first two races for the Wolves before finishing 11th at the Lewis Crossover. Heldt was solid in her three meets, which included a second-place finish at the Ash Creek Collegiate.

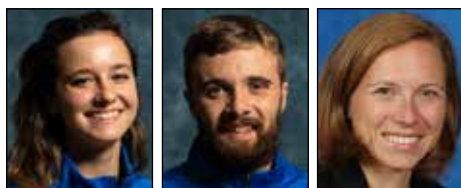
Saint Martin's will look to freshmen Sara Sabra and Cassidy Walchak-Sloan for top performances on the home course. Both runners have three top-10 finishes this season, with Sabra winning the PLU Open.

Experienced junior Kailee Stoppel leads Montana State Billings. Her three top-six finishes include a second-place finish at the Gage McSpadden Memorial in September. Central Washington will be led by junior Kay Lester, who ran a team-best 24:08 at the PLU Open.

2021 GNAC Cross Country Championships



Alaska NANOOKS



Kramer Ozturgut Albrigtsen

The Nanooks enter today's meet with the best women's team they have fielded in a decade. Alaska showed well against other GNAC teams at the Bill Roe Classic, placing fourth overall and second among conference teams competing and was third among GNAC teams at the Mike Johnson Classic.

Rosie Fordham leads the freshmen-laden team. Fordham has placed no worse than fourth in the Nanooks' four meets. Naomi Bailey opened the season with a win at the Seawolf Throwdown and Kendall Kramer won the August Blue/Gold Race in Fairbanks.

The Alaska men are led by junior Zephaniah Ozturgut, who earned a pair of top-10 finishes at the Blue/Gold Race and the Seawolf Throwdown.

Men	Yr.	Hometown
Jack Cater	Fr.	Fairbanks, Alaska
Joe Davies	Fr.	Pemberton, B.C.
Nolan Earnest	Fr.	Fairbanks, Alaska
Mike Ophoff	So.	Cista u Horek, Czech Republic
Zephaniah Ozturgut	Jr.	Anchorage, Alaska
Koen Ross	Fr.	Castle Rock, Wash.

Women	Yr.	Hometown
Naomi Bailey	Fr.	Fairbanks, Alaska
Sarah Baum	Fr.	Summerfield, N.C.
Rya Berrigan	Sr.	Palmer, Alaska
Rosie Fordham	Fr.	Sydney, Australia
Kendall Kramer	Fr.	Fairbanks, Alaska
Delainey Zock	Fr.	Anchorage, Alaska

Head Coach: Eliska Albrigtsen
Assistant: Josh Sanderlin



Alaska Anchorage SEAWOLVES



Kipsanai Kemboi McWilliams

What Alaska Anchorage doesn't have in numbers it makes up for in quality. On the men's side, freshman Coleman Nash has won his first three collegiate races, which included a 15-second victory at the Chambers Bay Collegiate Open. Junior Jacob Moos has three second-place finishes this season and an 8,000-meter best of 25:16.1. Senior Felix Kemboi, the 2019 NCAA West Regional champion, placed fifth at Chambers Bay and is poised for a breakthrough.

Senior Nancy Jeptoo, a 2019 All-American, is back in top form with three top-five finishes, including third at Chambers Bay. Juniors Joan Kipsanai and Alfin Nyamasoy provide solid postseason running experience while freshman Sofija Spaic will provide depth needed for a shot at the program's 12th GNAC title.

Men	Yr.	Hometown
Jesus Avalos	Jr.	King City, Calif.
Jacob Belanger	Fr.	Anchorage, Alaska
Titus Kangogo	So.	Eldoret, Kenya
Felix Kemboi	Sr.	Eldoret, Kenya
Nickson Koech	Sr.	Kapsabet, Kenya
Jacob Moos	Jr.	Galena, Alaska
Coleman Nash	Fr.	Littleton, Colo.
Ries Tveit	Fr.	Salt Lake City, Utah

Women	Yr.	Hometown
Elena Cano	Sr.	Alpine, Texas
Arielle Himelbloom	Jr.	Kodiak, Alaska
Nancy Jeptoo	Sr.	Eldoret, Kenya
Joan Kipsanai	So.	Eldoret, Kenya
Alfin Nyamasoy	Jr.	Makueni, Kenya
Bailey Roe	So.	Fairbanks, Alaska
Sofija Spaic	Fr.	Palmer, Alaska

Head Coach: Ryan McWilliams
Assoc. Head Coach: Chas Davis
Assistants: Ray Shadowens, Danielle Patterson



WILDCATS Central Washington WILDCATS



Gohr Allen Adkisson

Central Washington has been the conference's busiest team, having run in six meets this season. The Wildcats were one of two teams to compete last weekend, running at the Inland Empire Championships.

Senior Trevor Allen, a 2019 All-GNAC selection, paces an experienced men's squad. His 2021 season is highlighted by a 10th-place finish at the PLU Open. Senior Rajesh Gill has a pair of top-20 finishes and a season-best of 25:42 over 8,000 meters.

Junior Kay Lester, whose 17th-place time of 24:08 at the PLU Open is the best for the team this season, leads the Wildcats' women. Junior Madison Child has posted solid times all season and opened the year placing 15th at the CWU Invitational. Junior Caitlin Gohr adds veteran leadership in her third GNAC Championships.

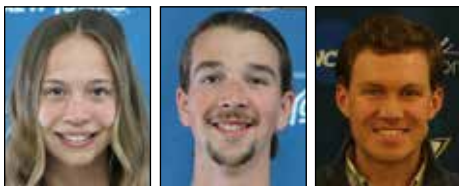
Men	Yr.	Hometown
Trevor Allen	Sr.	Lake Stevens, Wash.
Shawn Clough	Fr.	Port Orchard, Wash.
Espen Diamond	Fr.	Everett, Wash.
Rajesh Gill	Sr.	Federal Way, Wash.
Garrett Hough	So.	Dana Point, Calif.
Ethan Lopic	So.	Monroe, Wash.
Henry Milodragovich	Sr.	Seattle, Wash.
Mateo Rivera	Jr.	Everett, Wash.
Ty Savelly	Fr.	Mission Viejo, Calif.
Spencer Solvberg	So.	Marysville, Wash.
Zack Sundt	So.	Olympia, Wash.
Dylan Thompson	Fr.	Roy, Wash.

Women	Yr.	Hometown
Madison Child	Jr.	Camas, Wash.
Tailer Cochran	Fr.	Arlington, Wash.
Caitlin Gohr	Jr.	Anchorage, Alaska
Jenna Heesacker	So.	Issaquah, Wash.
Kelli Heim	Fr.	Pullman, Wash.
Ryan Hyatt	So.	Pullman, Wash.
Kay Lester	Jr.	Royal City, Wash.
Meredith Massey	Jr.	Kennewick, Wash.
Katelynn Strate	So.	Yelm, Wash.
Madison Thompson	Fr.	Ellensburg, Wash.

Head Coach: Kevin Adkisson
Assistants: Bryan Contreras, Brittany Aanstad



Montana State Billings
YELLOWJACKETS



Stoppel Ackerman Woehl

The Yellowjackets enter the meet with two of their best teams in last seven years. Junior Ase Ackerman has been named the GNAC Men's Cross Country Athlete of the Week twice this season and was the winner of the Gage McSpadden Memorial Invite.

Ackerman and senior Carson Jessop both ran under 26 minutes at the Yellowjacket/Battlin' Bear Open, leading MSUB to a second-place finish. All six men had personal bests, including sophomore Bryant Edgerton.

The MSUB women have steadily improved throughout the season with junior Kailee Stoppel leading the way. She ran a lifetime best 18:50 over 5,000 meters two weekends ago and took second at the Gage McSpadden.

Men	Yr.	Hometown
Ase Ackerman	Jr.	Glendive, Mont.
Jackson Bailey	Fr.	Missoula, Mont.
Bryant Edgerton	So.	Townsend, Wash.
Carson Jessop	Sr.	Pinesdale, Mont.
Jordi Peiro	Fr.	Apple Valley, Calif.
Logan Straus	Jr.	Billings, Mont.

Women	Yr.	Hometown
Madisan Chavez	Jr.	Crow Agency, Mont.
Sierra Durbin	Jr.	Moore, Mont.
Kylee Halpin	Fr.	Bozeman, Mont.
Maisie Hoskins	So.	Fareham, United Kingdom
Izzy Siegle	Fr.	Glendive, Mont.
Kailee Stoppel	Jr.	Billings, Mont.
Skyler Taylor	Fr.	Aberdeen, Wash.
Aspen Tolman	Fr.	Westminster, Colo.
Ally Whitmer	Jr.	Pocatello, Idaho
Kit Wiersema	Fr.	Manhattan, Mont.
Kendra Woods	So.	Billings, Mont.
Abbi Zent	Fr.	Meridian, Idaho

Head Coach: Jonathan Woehl
Assistant: Kevin Bjerke



Northwest Nazarene
NIGHTHAWKS



LaMar Shea Bowman

The Nighthawks' women were the surprise of the GNAC in 2019, racing to a second-place finish at the NCAA West Regional to earn the team's first-ever trip to the NCAA Championships.

Much of that 2019 team returns. Sophomore Julia LaMar, an All-West Region runner in 2019, has two top-three finishes this season and ran a season-best 23:26.7 at the Bill Roe Classic. Sophomore Kalen Belton also has a pair of top-three finishes as a solid No. 2 in the NNU lineup.

Junior Tyler Shea leads the Northwest Nazarene men. Shea won the Ken Garland Classic on this same SMU course and has had two top-three finishes in three meets. Freshman Dylan Tidwell has performed well in his first season and led NNU with an 11th-place finish at the Bill Roe Classic.

Men	Yr.	Hometown
Aaron Borger	Jr.	Torrington, Wyo.
Treyson Conley	Jr.	Redmond, Wash.
Quincy Ellis	Fr.	Boise, Idaho
Chandler Emerson	Fr.	Eagle, Idaho
Jeff Fairbanks	Jr.	Medford, Ore.
Norman Kosgei	So.	Eldoret, Kenya
Tyler Shea	Jr.	Spokane, Wash.
Dylan Tidwell	Fr.	South Jordan, Utah
Cade Van Boven	Fr.	Everson, Wash.

Women	Yr.	Hometown
Daphne Auxier	Fr.	Payette, Idaho
Kalen Belton	Jr.	Zillah, Wash.
Sage Earnest	Jr.	Nampa, Idaho
Chloe Edmiston	Fr.	Nampa, Idaho
Kalyssa Kempthorn	Fr.	Lake Oswego, Ore.
Olivia Klein	Fr.	Meridian, Idaho
Isabelle Kronz	Fr.	Nampa, Idaho
Julia LaMar	So.	Eagle, Idaho
Emily McMahon	Fr.	Prescott, Ariz.
Alyssa Quinn	Fr.	Meridian, Idaho
Kayla Tafoya	Fr.	Caldwell, Idaho
Olivia Williamson	Fr.	Caldwell, Idaho
Jordan Woods	So.	Meridian, Idaho
Savannah Woody	Fr.	Vancouver, Wash.

Head Coach: Danny Bowman
Associate Head Coach: Ben Gall



Saint Martin's
SAINTS



Sabra Farrell Lowe

The Saints' young squads hope to make a solid showing as the program hosts the GNAC Championships for the first time since 2006.

Sophomore Jack Farrell has set the pace for the Saint Martin's men. He has three top-10 finishes to his credit this season, led by a third-place finish at the Puget Sound Invitational. Freshman Kainalu Pagente opened his collegiate career by winning the Puget Sound Invitational and has three top-15 finishes.

Freshman Sara Sabra also opened her career with a win at Puget Sound and has three top-10 finishes. Freshman Cassidy Walchak-Sloan is pacing alongside Sabra and placed 10th at the Chambers Bay Collegiate Open.

Men	Yr.	Hometown
Steven Baltz	Fr.	Puyallup, Wash.
Isaac Cortes	Fr.	Granite Falls, Wash.
Miguel De LaMalena	Sr.	Vancouver, Wash.
Jaskaran Dhatt	So.	Bellingham, Wash.
Jack Farrell	Jr.	Lacey, Wash.
Michael Harwell	Fr.	Freeland, Wash.
Kainalu Pagente	Fr.	Pearl City, Hawaii
Esteban Quiyono	Sr.	Bothell, Wash.
Noah Roberts	Jr.	Ewa Beach, Hawaii
Lance Slichko	Jr.	Puyallup, Wash.
Rudu Wani	Jr.	Rudu Wani

Women	Yr.	Hometown
Peyton Bodi	Fr.	Monroe, Ore.
Abby Burton	So.	Medford, Ore.
Naomi Hartley	So.	Puyallup, Wash.
Kya Ramirez	Fr.	Yelm, Wash.
Sara Sabra	Fr.	Lincoln, Calif.
Ali Saucedo	Fr.	Federal Way, Wash.
Cassidy Walchak-Sloan	Fr.	Olympia, Wash.

Interim Head Coach: Matt Lowe
Assistant: Emma Hatton

2021 GNAC Cross Country Championships



Seattle Pacific FALCONS



Washenberger Boutin Lerum

One of the perennial powers on the women's side, injury has limited Seattle Pacific's success in 2021. But the Falcons are still poised to make some noise.

Freshman Annika Esvelt scored top-three finishes in her first three meets, including wins at the PLU Invitational and Chambers Bay Collegiate Open. Freshman Ellie Rising, the 2021 GNAC outdoor 800 champion, was top-four in three meets and has a best of 22:45 entering today's race. Junior Kelsey Washenberger provides leadership having placed 19th at the 2019 GNAC Championships.

Senior Colin Boutin hopes to finish out his career on a high note. He has three top-15 finishes this season and enters the meet with an 8,000-meter best of 26:15.

Men	Yr.	Hometown
Isaiah Archer	Fr.	Silverdale, Wash.
Colin Boutin	Sr.	Valrico, Fla.
Gabe Endresen	Fr.	Mill Creek, Wash.
Brennan LeBlanc	So.	Duvall, Wash.
Rory McClelland	Fr.	Issaquah, Wash.
Jon Owen	So.	Valrico, Fla.
Ben Sheirbon	Fr.	Wilsonville, Ore.

Women	Yr.	Hometown
Johanna Brown	Fr.	Enumclaw, Wash.
Annika Esvelt	Fr.	Spokane, Wash.
Ellie Rising	Fr.	Goldendale, Wash.
Charisma Smith	Fr.	Fife, Wash.
Elizabeth Thompson	Sr.	Portland, Ore.
Kelsey Washenberger	Jr.	Bend, Ore.
Nicki Yorges	Fr.	Eugene, Ore.

Head Coach: Karl Lerum
Assoc. Head Coach: Chris Reed
Assistants: Kate Lilly, Allie Ostrander



SIMON FRASER



Willett Dannatt Townsend

A year away from competition did little to slow Simon Fraser down as both the men's and women's teams expect to contend for conference titles.

The SFU women have won all three of their meets this season, including a 41-point win at the Bill Roe Classic, and are No. 9 in the latest USTFCCCA Division II Poll. Junior Olivia Willett has finished no worse than second in those races and opened the season by winning the San Francisco State Invitational. Senior Alison Andrews-Paul also has three top-10 finishes on the year.

The SFU men are No. 22 in the USTFCCCA poll. Junior Aaron Ahl has three top-three finishes and ran a lifetime best 24:30 over 8,000 meters to win at San Francisco. Freshman Charlie Dannatt also posted a lifetime best of 25:03 at SF State and has three top-10 finishes.

Men	Yr.	Hometown
Aaron Ahl	Sr.	Calgary, Alta.
Braden Ahl	Fr.	Calgary, Alta.
Scott Arndt	Fr.	Waterloo, Ont.
Sebastian Brinkman	So.	Bellevue, Wash.
Jose Castro	Fr.	Brampton, Ont.
Tomas Chapman	So.	Vancouver, B.C.
Charlie Dannatt	Fr.	N. Vancouver, B.C.
Aiden Good	Fr.	Carstairs, Alta.
Ephrem Mekonnen	So.	Burnaby, B.C.
Michael Miller	Fr.	White Rock, B.C.
Henry Ruckman-Utting	Fr.	Burnaby, B.C.

Women	Yr.	Hometown
Alison Andrews-Paul	Sr.	Ohope Beach, New Zealand
Kate Cameron	Fr.	Nanaimo, B.C.
Grace Chalk	So.	Langley, B.C.
Emily Chilton	Jr.	New Westminster, B.C.
Milena Kalisch	Fr.	New Westminster, B.C.
Ella Marion	Fr.	Calgary, Alta.
Claire Noort	Sr.	New Westminster, B.C.
Charlotte Prangley	Fr.	N. Vancouver, B.C.
Megan Roxby	Jr.	N. Vancouver, B.C.
Olivia Willett	Sr.	Coquitlam, B.C.

Head Coach: Brit Townsend
Assistant: Jessica Brockerville



Western Oregon WOLVES



Garcia Daos Gillespie-Bennett

A quartet of junior transfers leads Western Oregon's chances for success. Junior Luz Garcia won her first two meets in a WOU uniform and then placed 11th at the Lewis Crossover. Junior Caitlin Heldt was second at the Mike Johnson Classic and ran a best of 22:37.6 for 6,000 meters at the Mike Johnson Classic.

Junior Keanu Daos won September's Ash Creek Collegiate and pushed against the talented field at the Lewis Crossover. Junior Miguel Villar led the Wolves with a 35th-place finish at the Lewis Crossover and freshman Bailey Smith was close behind in 46th in 25:51.4. Both times were season bests over 8,000 meters.

Men	Yr.	Hometown
Talon Aguilar	Fr.	Maple Valley, Wash.
Keanu Daos	Jr.	Kennewick, Wash.
Cedar Davis-Frankfort	Fr.	Grants Pass, Ore.
Chase Eckenfels	Fr.	Kailua, Hawaii
Aero Franklin	Fr.	Bandon, Ore.
Jordan Kemper	Fr.	Ashland, Ore.
Emmett Klus	So.	Burns, Ore.
Jaden McCabe	Fr.	Bend, Ore.
Dustyn Mckenney	Fr.	Clovis, Calif.
Bryce Mefford	So.	Lake Stevens, Wash.
Easton Pomrankey	Fr.	Kettle Falls, Wash.
Timothy Rambo	Fr.	Auburn, Wash.
Keeton Sanchez	Fr.	Buckeye, Ariz.
Matthew Schenk	Fr.	Central Point, Ore.
Bailey Smith	Jr.	Cody, Wyo.
Wyatt Smith	Fr.	Oakland, Ore.
Miguel Villar	Jr.	Madera, Calif.

Women	Yr.	Hometown
Josie Ackerman	Fr.	Seattle, Wash.
Kaylin Cantu	Jr.	Mount Angel, Ore.
Katie Chapman	Fr.	Lowell, Ore.
Luz Garcia	Jr.	Los Angeles, Calif.
Peyton Green	Fr.	Tigard, Ore.
Caitlin Heldt	Jr.	Savannah, Ga.
Emily Johnson	Fr.	The Dalles, Ore.
Kaitlyn Kruse	Fr.	Troutdale, Ore.
Lindie Larson	Fr.	Redding, Calif.
Kaiya Leamy	Fr.	Corvallis, Ore.
Emily Moore	Fr.	Bend, Ore.
Shannon Smith	Fr.	Bandon, Ore.

Head Coach: Octavious Gillespie-Bennett
Assistant: Zach Holloway
Volunteer Assistant: Emily Vala-Haynes



Western Washington VIKINGS



Davis

Franks

Halsell

Western Washington is the defending men's and women's champions. Two years removed from the win, the Vikings' men are particularly poised to compete for a title defense.

The WWU men, ranked No. 21 in the USTFCCCA Division II Poll, made a statement with a close second-place finish at the Roy Griak Invitational. Junior Mac Franks leads the way. He has three top-10 finishes to his credit this season and ran a lifetime best of 25:50 over 8,000 meters at the Griak. Freshmen Jeret Gillingham and Kevin McDermott have followed Franks closely all season.

Senior Brittany Aquino leads a young WWU women's team. She led the Vikings with a 16th-place finish at the Bill Roe Classic. Freshman Ila Davis ran a season-best of 23:11 at the Bill Roe Classic while sophomore Eugenia Palko opened the year placing fourth at the CWU Invitational.

Men	Yr.	Hometown
Ethan Bursch	Fr.	Shelton, Wash.
Mac Franks	Jr.	Lake Forest Park, Wash.
Jeret Gillingham	Fr.	Sandy, Ore.
Jalen Javurek	Fr.	Portland, Ore.
Brock Knowles	Fr.	Shelton, Wash.
Kaleb Korta	Sr.	Galena, Alaska
Kevin McDermott	Fr.	Port Orchard, Wash.
Nick McIver	Fr.	Snohomish, Wash.
Alec Ritter	So.	Enumclaw, Wash.
Sean Sands	Fr.	Pine, Colo.
Abbas Theophilus	Fr.	Lynden, Wash.
Drew Weber	Fr.	Vancouver, Wash.

Women	Yr.	Hometown
Brittany Aquino	Sr.	Spokane, Wash.
Sophia Collins	So.	Kirkland, Wash.
Mia Crocker	Fr.	Sammamish, Wash.
Ila Davis	Fr.	Spokane, Wash.
Shawnee Konrad	Sr.	Spokane, Wash.
Delphine Maurer	Fr.	San Diego, Calif.
Eugenia Palko	So.	Port Orchard, Wash.
Brook Wedin	Jr.	Mora, Minn.
Sophie Wright	Fr.	Palmer, Alaska

Head Coach: Pee Wee Halsell
Assistants: T.J. Garlatz, Paul Sage

Past Champions

PAST MEN'S TEAM CHAMPIONS

Year	Team	Score
2001	Northwest Nazarene	32
2002	Alaska Anchorage	70
2003	Western Washington	61
2004	Seattle Pacific	71
2005	Alaska Anchorage	39
2006	Western Washington	35
2007	Western Washington	35
2008	Alaska Anchorage	34
2009	Western Washington	33
2010	Alaska Anchorage	41
2011	Alaska Anchorage	27
2012	Alaska Anchorage	23
2013	Alaska Anchorage	32
2014	Alaska Anchorage	18
2015	Alaska Anchorage	21
2016	Alaska Anchorage	31
2017	Western Oregon	51
2018	Alaska Anchorage	46
2019	Western Washington	38

PAST MEN'S INDIVIDUAL CHAMPIONS

Year	Athlete	Time
2001	Francis Kimeli, NNU	26:12.2
2002	Paul Kezes, WWU	24:20.85
2003	Doug Hamilton, HSU	24:59.53
2004	Tim LeCount, SPU	25:58
2005	Casey Moriarty, SU	25:16
2006	David Kiplagat, UAA	24:28.77
2007	John Riak, SMU	24:56.77
2008	Marko Cheseto, UAA	24:30.27
2009	Marko Cheseto, UAA	24:50
2010	Marko Cheseto, UAA	23:56
2011	Micah Chelimo, UAA	24:24
2012	Micah Chelimo, UAA	24:49.53
2013	Isaac Kangogo, UAA	24:51.27
2014	Henry Cheseto, UAA	24:35.91
2015	Henry Cheseto, UAA	24:22.7
2016	Edwin Kangogo, UAA	24:54.8
2017	David Ribich, WOU	24:54.82
2018	Wesley Kirui, UAA	24:38
2019	Felix Kemboi, UAA	24:44

RECENT PAST MEN'S NEWCOMERS OF YEAR

Year	Athlete
2010	Yonatan Yilma, UAA
2011	Tyler Cannon, WWU
2012	Clint Choquette, MSUB
2013	Nathan Richards, WWU
2014	Michel Ramirez, UAA
2015	Matt Winter, MSUB
2016	Dustin Nading, WOU
2017	Jorge Sanchez, UAA
2018	Wesley Kirui, UAA
2019	Marcus Rice, SMU

RECENT PAST MEN'S FRESHMEN OF YEAR

Year	Athlete
2010	Josh Elliott, WOU
2011	Dylan Anthony, UAA
2012	Robert Peterson, MSUB
2013	Victor Samoei, UAA & Oliver Jorgensen, SFU
2014	Henry Cheseto, UAA
2015	Matt Winter, MSUB
2016	Dustin Nading, WOU
2017	Jorge Sanchez, UAA
2018	Wesley Kirui, UAA
2019	Marcus Rice, SMU

PAST WOMEN'S TEAM CHAMPIONS

Year	Team	Score
2001	Humboldt State	58
2002	Humboldt State	49
2003	Seattle Pacific	62
2004	Central Washington	67
2005	Seattle Pacific	54
2006	Seattle Pacific	34
2007	Seattle Pacific	24
2008	Seattle Pacific	48
2009	Alaska Anchorage	25
2010	Alaska Anchorage	27
2011	Alaska Anchorage	31
2012	Alaska Anchorage	16
2013	Alaska Anchorage	36
2014	Simon Fraser	62
2015	Alaska Anchorage	39
2016	Alaska Anchorage	45
2017	Alaska Anchorage	28
2018	Alaska Anchorage	49
2019	Western Washington	53

RECENT PAST WOMEN'S INDIVIDUAL CHAMPIONS

Year	Athlete	Time
2001	Ashlee Vincent, WWU	23:46
2002	Ashlee Vincent, WWU	21:44.89
2003	Josie Lavin, SPU	21:42.84
2004	Karen Dickson, SPU	22:28.02
2005	Pavla Havlova, UAF	22:15
2006	Jessica Pixler, SPU	21:11
2007	Jessica Pixler, SPU	20:43.48
2008	Jessica Pixler, SPU	21:12
2009	Jessica Pixler, SPU	21:03
2010	Sarah Porter, WWU	21:04
2011	Ruth Keino, UAA	21:26
2012	Susan Tanui, UAA	20:37.29
2013	Susan Tanui, UAA	20:24.74
2014	Katelyn Steen, WWU	20:13.75
2015	Joyce Chelimo, UAA	21:00.9
2016	Caroline Kurgat, UAA	21:17.1
2017	Caroline Kurgat, UAA	20:49.42
2018	Emmah Chelimo, UAA	21:25.1
2019	Emmah Chelimo, UAA	21:31.9

RECENT PAST WOMEN'S NEWCOMERS OF YEAR

Year	Athlete
2010	Whitnet Mickelsen, MSUB
2011	Heidi Labbs-Johnson, SPU
2012	Katie Thralls, SPU
2013	Joyce Kipchumba, UAA
2014	Amy Johnson, UAA
2015	Karen Horvath, SMU
2016	Shannon Porter, SMU
2017	Emmah Chelimo, UAA
2018	Nancy Jeptoo, UAA
2019	Olivia Jimenez, WOU

RECENT PAST WOMEN'S FRESHMEN OF YEAR

Year	Athlete
2010	Raphaela Sieber, UAF
2011	Bryn Haebe, UAA
2012	Sarah Firestone, UAA
2013	Rebecca Bassett, SFU
2014	Caroline Kurgat, UAA
2015	Kimberly Cosica, UAA
2016	Jordyn Block, UAA
2017	Olivia Willett, SFU
2018	Kaylee Mitchell, SPU
2019	Joan Kipsanai, UAA

Course Map

Men's 8k - 10 a.m.

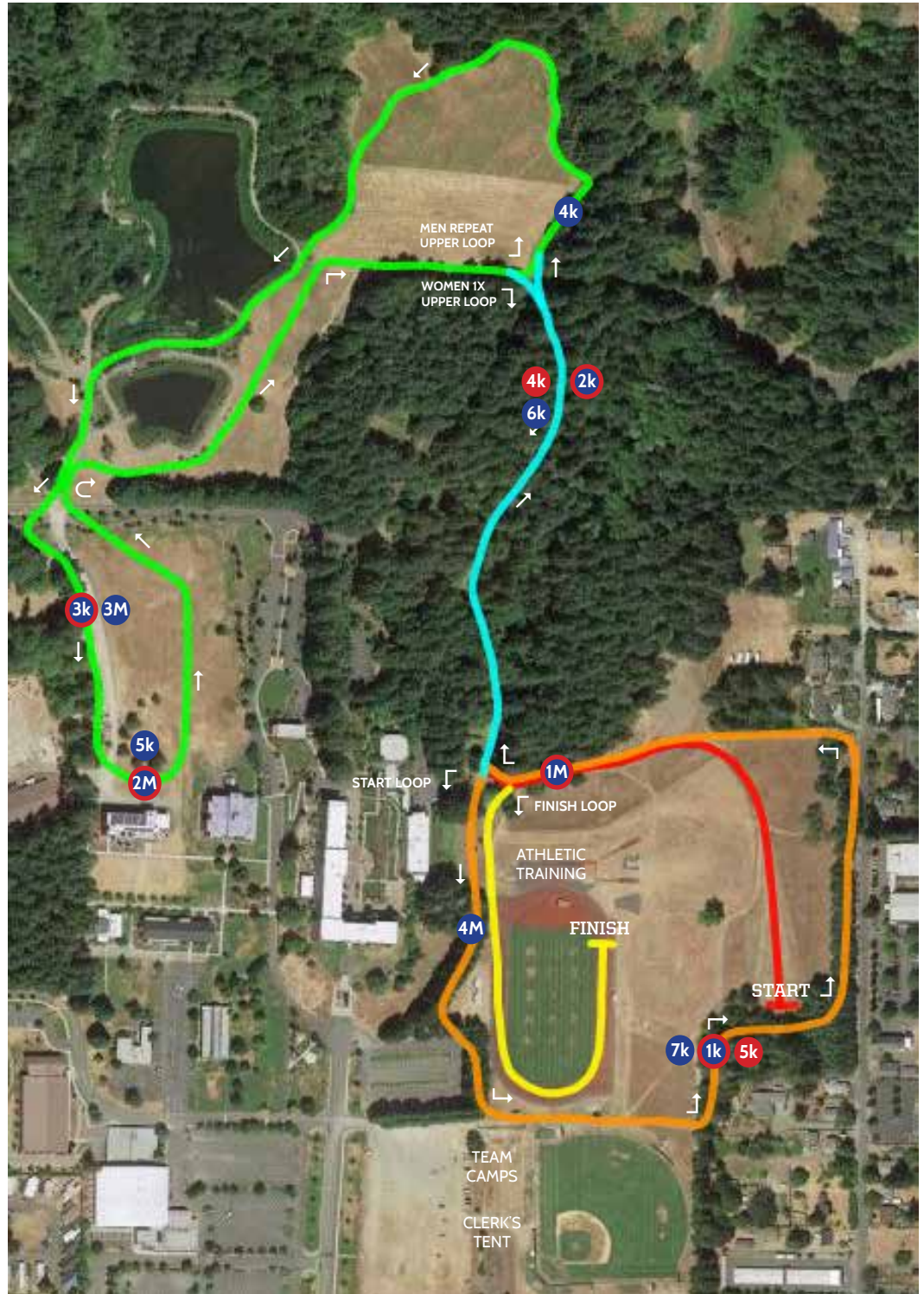
Start - Red
Left on Orange Loop
Right on Blue Trail
Two Times On Green Loop
Right On Blue Trail
Straight To Orange Loop
Left to Finish - Yellow

Women's 6k - 11 a.m.

Start - Red
Left on Orange Loop
Right on Blue Trail
One Time On Green Loop
Right On Blue Trail
Straight To Orange Loop
Left to Finish - Yellow

Awards - 12 p.m.

The postmeet awards ceremony will take place at the southwest corner of the track.



Live Results For Both Of Today's Races at GNAC.live