



Oct. 21, 2021 • Week 9
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 23

GNAC Cross Country Championships
Saint Martin's University, Lacey, Wash.
Men's 8,000 Meters, 10 a.m.
Women's 6,000 Meters, 11 a.m.

LAST WEEK'S MEETS

Sat., Oct. 16

Lewis & Clark Invitational

at Milo McIver State Park, Estacada, Ore.

Men (8,000m): Portland 15, Southern Oregon 78, Carleton 94, Loras 100, Pacific Lutheran 160, Seattle 204, St. John's (Minn.) 217, Portland State 259, Lane CC 269, Pacific (Ore.) 281, Whitworth 351, Whitman 357, Lewis & Clark 359, L&C XC Alumni 414, George Fox 432, Western Oregon 535, Greein River CC 539, OSU Running Club 563, Corban 567, Clark CC 580, Olympic CC 582, Multnomah 597, Clackamas CC 637, Bethany Lutheran 645, Umpqua CC 724, Treasure Valley CC 811.

Top 5 Finishers: 1, Ryan Forsyth, Unattached, 23:32.2. 2, George Duggan, UP, 23:34.8. 3, James West, Unattached, 23:40. 4, Quincy Norman, UO, 23:43.8. 5, Eliason Kabasenche, Unattached, 23:50.7.

Top 5 GNAC Finishers: 151, Easton Pomrankey, WOU, 27:12.5. 162, Jalen McCabe, WOU, 27:20.6. 182, Matthew Schenk, WOU, 27:43.9. 207, Jordan Kemper, WOU, 28:15.8. 222, Wyatt Smith, WOU, 28:49.1.

Women (6,000m): Carleton 81, Seattle 98, Portland 99, Portland State 128, Oregon State 176, Loras 181, Southern Oregon 199, St. Benedict 213, Pacific (Ore.) 237, L&C Alumni 252, Lewis & Clark 273, Whitman 300, Pacific Lutheran 360, Lane CC 395, Whitworth 396, George Fox 453, Whatcom CC 515, Bethany Lutheran 519, Corban 558, Puget Sound 574, Clark CC 593, Everett CC 603, Olympic CC 640.

Top 5 Finishers: 1, Kassie Rosenbum, Loras, 20:10.9. 2, Amanda Phillips, LC Alumni, 20:27.7. 3, Emilie Girard, UO, 20:49.2. 4, Fiona Smith, USB, 21:01.4. 5, Melissa Berry, UO, 21:07.2.

Top GNAC Finishers: 145, Josephine Ackerman, WOU, 25:14.3. 152, Emily Johnson, WOU,

25:32.8. 205, Shannon Smith, WOU, 27:16.9.

Inland Empire Championships at LCSC Cross Country Course, Lewiston, Idaho

Men (8,000m): Gonzaga 35, Idaho 42, Lewis-Clark State 98, Eastern Oregon 134, Boise State 163, Northwest (Wash.) 176, Washington State 200, Southern Idaho 218, Rocky Mountain 250, Carroll (Mont.) 286, Spokane CC 287, Montana Tech 315, Montana State Northern 350, Montana Western 364, Bushnell 382, Central Washington 421.

Top 5 Finishers: 1, Tim Stevens, UI, 24:19. 2, Jaxon Mackie, GU, 24:24. 3, Shea Mattson, UI, 24:25. 4, Lorenz Herrmann, UI, 24:30. 5, Cole Olsen, LCSC, 24:33.

Top 5 GNAC Finishers: 100, Mateo Rivera, CWU, 27:33. 114, Garrett Hough, 28:07. 127, Jacob Barnert, CWU, 28:58. 132, Ethan Lopic, CWU, 29:24. 140, Dylan Thompson, CWU, 30:46.

Women (5,000m): Idaho 19, Gonzaga 92, Boise State 97, Southern Idaho 157, Montana Tech 171, Carroll (Mont.) 176, Rocky Mountain 186, Northwest (Wash.) 198, Lewis-Clark State 202, Eastern Washington 266, Montana Western 269, Eastern Oregon 276, Bushnell 354, Montana State Northern 391.

Top 5 Finishers: 1, Kelsey Swenson, UI, 17:08. 2, Katja Pattis, UI, 17:09. 3, Becca Richtman, MTU, 17:17. 4, Leah Holmgren, UI, 17:28. 5, Nell Baker, UI, 17:34.

Top GNAC Finishers: None.

#GNACXC in 280

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#OneLastDash Central Washington and Western Oregon were the only teams competing last week. The Wildcats' men tuned up at the Inland Empire Championships while Western Oregon competed at the Lewis & Clark Invitational.

#DefendingChamps Western Washington is the defending champion in both the men's and women's races as the GNAC Cross Country Championships take place on Saturday in Lacey, Washington.

#TwoInARow? Alaska Anchorage's **Felix Kemboi** is the defending men's individual champion. He is one of just two men's top-10 finishers and three women's top-10 finishers returning from 2019.

#NorthernExposure Simon Fraser is expected to compete for both the men's and women's title. The SFU women have won all three meets they raced in this season.

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GNAC Cross Country Athletes of the Week



MEN

Easton Pomrankey, Western Oregon
Freshman • Kettle Falls, Wash.

Pomrankey was the Wolves' top runner at Saturday's Lewis & Clark Invitational, crossing the line in 151st place in a time of 27:12.5. He led Western Oregon to a 16th-place team finish.

Past GNAC Athletes of the Week

Date	Men	Women
Aug. 23-29	Coleman Nash, UAA	Kendall Kramer, UAF
Aug. 30-Sept. 5	Kailanu Pagente, SMU	Naomi Bailey, UAF
Sept. 6-12	Aaron Ahl, SFU	Olivia Willett, SFU
Sept. 13-19	Ase Ackerman, MSUB	Annika Esvelt, SPU
Sept. 20-26	Tyler Shea, NNU	Luz Garcia, WOU
Sept. 27-Oct. 3	Coleman Nash, UAA	Annika Esvelt, SPU
Oct. 4-10	Aaron Ahl, SFU Ase Ackerman, MSUB	Olivia Willett, SFU
Oct. 11-17	Easton Pomrankey, WOU	No Selection

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

GNAC News & Notes

WINNER'S CIRCLE: The following GNAC athletes have picked up cross country victories during the 2021 season...

MEN

Coleman Nash, UAA (UAF Blue/Gold Race, Aug. 28, 22:53, 6,000m)
Coleman Nash, UAA (Seawolf Throwdown, Sept. 4, 26:18.4, 8,000m)
Kainalu Pagente, SMU (Puget Sound Invitational, Sept. 4, 19:03, 6,000m)
Aaron Ahl, SFU (San Francisco St., Sept. 10, 24:30.6, 8,000m)
Keanu Daos, WOU (Ash Creek Invitational, Sept. 10, 18:22.1, 4,000m)
Ase Ackerman, MSUB (Gage McSpadden Memorial, Sept. 17, 19:21.5, 6,000m)
Tyler Shea, NNU (Ken Garland Classic, Sept. 24, 25:36, 8,000m)
Carson Jessop, MSUB (Providence Invitational, Oct. 1, 29:12, 8,000m)
Coleman Nash, UAA (Chambers Bay Collegiate Open, Oct. 2, 25:01.9, 8,000m)

WOMEN

Kendall Kramer, UAF (UAF Blue/Gold Race, Aug. 28, 18:34, 5,000m)
Naomi Bailey, UAF (Seawolf Throwdown, Sept. 4, 22:37.8, 6,000m)
Sara Sabra, SMU (Puget Sound Invitational, Sept. 4, 15:35, 4,000m)
Olivia Willett, SFU (SF State Invitational, Sept. 10, 21:57.6, 6,000m)
Luz Garcia, WOU (Ash Creek Invitational, Sept. 10, 13:59.3, 4,000m)
Julia LaMar, NNU (EOU Invitational, Sept. 17, 19:22.9, 5,000m)
Annika Esvelt, SPU (PLU Invitational, Sept. 18, 22:15.7, 6,000m)
Luz Garcia, WOU (Mike Johnson Classic, Sept. 24, 21:46.4, 6,000m)
Annika Esvelt, SPU (Chambers Bay Collegiate Open, Oct. 2, 18:32.9, 6,000m)

GNAC Cross Country Championships Preview

LACEY, Wash. – It's a day two years in the making.

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 10 teams met 24 months ago. Only five of the top-10 runners on 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.

The two-year break, coupled with the lack of the snowy conditions that competitors faced in the 2019 GNAC Championships experienced in Billings, should make for a great day of racing.

MEN

Two years after Western Washington and Simon Fraser dueled for the title, both teams looked 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 dynamic freshmen **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 in Bellingham.

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** with three top-20 races 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, headline 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. Also returning to the Seawolves' team that placed third in 2019 are senior **Nickson Koech** and junior **Titus Kangogo**.

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 each meet 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, marking the first time since 2016 that two MSUB men's runners have broken 26 minutes.

Saint Martin's will look to its youth to perform well on its home course. Sophomore **Jack Farrell** has three top-10 finishes to his credit and helped pace the Saints to a third-place finish at Chambers Bay. Freshman **Kainalu Pagente** 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.

Seattle Pacific will be led by senior **Colin Boutin**, who has three top-15 finishes this season and a best of 26:15 over 8,000 meters. Alaska is led senior **Zephan 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. It's 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, where she ran a season-best of 21:48.6.

The consistent group of front-running SFU athletes includes Division I senior transfer **Alison Andrews-Paul**, juniors **Megan Roxby** and **Emily Chilton** and freshman **Kate Cameron**.

Perennial conference powerhouse Alaska Anchorage returns the GNAC's most experienced runner in senior **Nancy Jeptoo**. The 2019 All-American (10th) 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 is 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 her first two of her first three collegiate races, running 22:15 for 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 EOJ 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 looks 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 and Walchak-Sloan placing 10th at Chambers Bay.

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.

Around The GNAC

ALASKA



- Alaska closed up the regular season with a fourth-place women's finish and a 10th-place men's team finish at the Bill Roe Classic in Bellingham, Washington on October 9.
- The UAF women scored a total of 110 points, tying with Western Washington and earning fourth via tiebreaker, 3-2.
- The Nanooks placed an impressive three runners in the top

10. Freshman **Rosie Fordham** led the way, placing fourth in a time of 22:06.6 over 6,000 meters. It was her third top-five finish of the season. Freshman **Kendall Kramer** placed sixth in 22:19.3 and freshman **Naomi Bailey** was seventh in 22:22.3.

• The UAF men tied with the Run 26 club with 289 points with Run 26 winning the tiebreaker, 3-2. Senior **Zephan Ozturgut** was the Nanooks' top finisher, placing 85th with a time of 25:39.5 over 10,000 meters. Freshman **Koen Ross** placed 97th in 36:23.1.

• For the first time since 2012, the Alaska women have earned a post in the USTFCCA West Region Rankings, coming in at No. 8.

• Alaska finished eighth in both the men's and women's races at the 2019 GNAC Championships. The men scored 242 points with Ozturgut the top returning placer. He was 80th in 28:41.9. The UAF women scored 244 points. Senior **Rya Berrigan** is the top returning placer after she finished 73rd in 26:39.4.

ALASKA ANCHORAGE



• Alaska Anchorage enters the GNAC Championships having not raced since the Chambers Bay Collegiate Open on October 2. The Seawolves scored the men's team victory in the meet and the women placed second.

• The Seawolves' men finished with a score of 56 points and placed three runners in the top-10. Freshman **Coleman Nash** won with a time of 25:01.9 over 8,000 meters. It was

Nash's third race victory of the season.

• Nash was 15 seconds ahead of junior **Jacob Moos**, who placed second in a time of 25:16.1. Senior **Felix Kemboi** finished fifth in 25:49, knocking over two minutes off of his time at the Seawolf Throwdown in early September.

• The Alaska Anchorage women scored 80 points to finish 26 points behind first-place Northwest (Wash.). Senior **Nancy Jeptoo** was UAA's lone top-10 finisher, placing second in 18:43.7 over 5,000 meters. Sophomore **Bailey Roe** placed 14th in a time of 19:58.3.

• The Seawolves women placed second at the 2019 GNAC Championships with 60 points, seven points behind champion Western Washington. Jeptoo placed third with a time of 21:55.5 while sophomore **Joan Kipsanai** was sixth in 22:20.6, earning GNAC Freshman of the Year honors.

• The UAA men placed third with 79 points. Senior **Felix Kemboi** is the defending individual champion, winning with a time of 24:44.

CENTRAL WASHINGTON



• One of two teams to compete last week, Central Washington sent a limited number of male runners to the Inland Empire Championships in Lewiston, Idaho. The Wildcats placed 16th with a score of 421 points.

• Junior **Mateo Rivera** was the Wildcats' top finisher, placing 100th in a time of 27:33 over 6,000 meters.

• Central Washington's last full squad race was the Bill Roe Classic on October 9. The Wildcats finished sixth in the men's race and ninth in the women's race.

• The CWU men placed third among GNAC teams in the meet with 175 points, 16 points ahead of Northwest Nazarene. Senior **Trevor Allen** led the way, placing 34th with a time of 33:07.6 over 10,000 meters. Senior **Rajesh Gill** had the Wildcats' other top-50 finish, placing 45th in a time of 33:41.9.

• Central Washington's women tallied a score of 246 points. Junior **Kay Lester** was the Wildcats' top finisher, placing 50th in a time of 24:19.4 over 6,000 meters. Junior **Madison Child** was 52nd in a time of 24:38.4.

• Central Washington placed seventh in both the men's and women's races at the 2019 GNAC Championships. The women scored 153 points. Junior **Caitlin Gohr** is the top returning placer. She was 36th in 23:47.9. The men scored 168 points. Senior **Trevor Allen** is one of just two returning All-GNAC runners in the meet. He placed ninth in 25:32.2.

MONTANA STATE BILLINGS



• Montana State Billings last raced at the Yellowjacket/Battlin' Bear Open on October 8, placing second in the men's competition and fifth in the women's.

• The MSUB men placed second with 91 points, placing behind Division I Montana and 14 points ahead of Black Hills State.

• Junior **Ase Ackerman** placed third in a time of 25:10.3 over 8,000 meters. It is Ackerman's fourth top-five finish in as many races this season. Senior **Carson Jessop** had the Yellowjackets' other top-five finish, placing fourth in a time of 25:29.6 for his third top-10 placing of the season.

• The MSUB women finished with a total of 98 points, just seven points behind fourth-place Rocky Mountain. Junior **Kailee Stoppel** led the way, placing sixth in a time of 18:50.6 over 5,000 meters. It was Stoppel's third top-10 finish of the year.

• Freshman **Kendra Woods** placed 19th in 20:00.5 while junior **Ally Whitmer** placed 20th in a time of 20:07.5.

• Montana State Billings placed 10th in both the men's and women's races at the 2019 GNAC Championships. The men scored 290 points. Ackerman is the top returning placer, finishing 64th in 27:22.9. The women scored 272 points. Stoppel is the top returning placer. She was 57th in 25:20.5.

Around The GNAC

NORTHWEST NAZARENE



- Northwest Nazarene closed the regular season with a seventh-place men's finish and an eighth-place women's finish at the Bill Roe Classic on October 9.
- The NNU men finished with a team score of 191 points. Freshman **Dylan Tidwell** led the way with an 11th-place finish, covering the 10,000-meter course in 32:07.2. It was Tidwell's third top-15 finish of the season.
- Junior **Tyler Shea** was the only other top-50 finishers for the Nighthawks, placing 32nd in a time of 33:00.7.
- The Nighthawks' women scored a total of 192 points, 16 points behind seventh-place Seattle Pacific. Sophomores **Kalen Belton** and **Julia LaMar** finished 26th and 27th, respectively. Belton turned in a time of 23:24 while LaMar crossed the line in 23:26.7.
- Northwest Nazarene's men placed fourth at the 2019 GNAC Championships with a score of 112 points. Junior **Treyson Conley** is the Nighthawks' top returning finisher, placing 17th in 25:45.5.
- The NNU women placed fifth with a score of 120 points before stunning the region with a second-place finish at the NCAA West Regional Championships. LaMar is the top returning placer after placing 13th in 22:46.8.

SAINT MARTIN'S



- Saint Martin's concluded its regular season at the Chambers Bay Collegiate Open on October 3.
- The Saints' women finished with a score of 80 points, just two points behind second-place Alaska Anchorage and 23 points ahead of Seattle Pacific.
- Freshman **Sara Sabra** led the way with a seventh-place finish, covering the 5,000-meter course in a time of 19:12.3. Freshman **Cassidy Walchak-Sloan** placed 10th in a time of 19:25.6. In all, Saint Martin's placed four runners in the top 20.
- The Saint Martin's men finished with a score of 96 points, 36 points behind second-place Northwest (Wash.) and four points ahead of Spokane CC.
- Junior **Jack Farrell** led the Saints, placing eighth with a personal-best time of 25:54.9 over 8,000 meters. Freshman **Kainalu Pagente** placed 15th in a time of 26:27.1, which was also a personal best.
- Saint Martin's is hosting the GNAC Championships for the first time since 2006 and the second time in conference history. Saint Martin's was originally scheduled to host the championships in 2020, which was canceled due to the COVID-19 pandemic.
- At the 2019 GNAC Championships, the Saints' men placed ninth with a score of 259 points. Senior **Miguel De LaMalena** is the team's top returning placer, having placed 76th in 28:27.6. The women placed 11th with 307 points. Sophomore **Naomi Hartley** is the top returning placer, finishing 67th in 25:52.8.

SEATTLE PACIFIC



- Seattle Pacific last raced at the Bill Roe Classic on October 9. The Falcons' women ran to a seventh-place finish.
- The Falcons finished with a team score of 176 points, 16 points ahead of Northwest Nazarene as the team continues to struggle through injury challenges.
- Sophomore **Annika Esvelt** was the top SPU runner, placing 19th in a time of 23:08.6 over 6,000 meters. It was the first time this season that Esvelt did not finish a meet in the top three.
- Freshman **Nicki Yorges** and junior **Kelsey Washenberger** finished back-to-back in 43rd and 44th place, respectively. Yorges clocked in at 23:58.9 while Washenberger crossed in 24:00.3.
- Senior **Colin Boutin** was the only SPU men's runner to compete at Sudden Valley, placing 57th in a time of 31:43.9 over 10,000 meters.
- The Seattle Pacific women placed third at the 2019 GNAC Championships with a score of 64 points, four points behind second-place Alaska Anchorage and 11 points behind champion Western Washington. Senior **Elizabeth Thompson** is the top returning placer, having placed 17th in 22:58.7.
- The SPU men placed fifth with a score of 120 points. It was the team's best finish since 2012. Boutin is the top returning placer. He was 12th in a time of 25:38.6.

SIMON FRASER



- Simon Fraser last raced at the Bill Roe Classic on October 9. At the meet, Simon Fraser completed an undefeated women's regular season while the men placed third.
- The women won their third meet of the season with a score of 41 points, 41 points ahead of runner-up Club Northwest and 51 points ahead of Chico State. The SFU men scored 65 points, finishing two points behind second-place Western Washington.
- Junior **Olivia Willett** was named the GNAC Women's Cross Country Athlete of the Week after she finished second with a time of 21:48.6 over 6,000 meters. She was nine seconds back of winner Amelia Keyser-Gibson. It was Willett's third top-two finish of the season.
- The SFU women realized a 1:04 gap between the top-five runners, all of whom placed in the top 15. Senior **Alison Andrews-Paul** was the other top-10 finisher for SFU, placing 10th in 22:29.9.
- Junior **Aaron Ahl** placed third as he covered the 10,000-meter course in 31:31.9. It was Ahl's third top-three finish of the season. Sophomore **Charlie Dannatt** provided SFU's other top-10 finish, placing seventh in 31:50.1.
- The Simon Fraser women entered the top-10 of the USTFCCCA Division II Coaches Poll (October 13) for the second time this season at No. 9. The SFU men dropped five spots to No. 22.
- Simon Fraser placed second in the men's race at the 2019 GNAC Championships with a score of 76 points. Ahl is the top returning placer having placed 19th in 26:03.4. The SFU women placed fourth with 101 points. Willett is one of three returning All-GNAC finishers. She was seventh in 22:22.2.

Around The GNAC

WESTERN OREGON



- One of two GNAC teams to compete last week, Western Oregon placed 16th in the men's race and fielded an incomplete women's team at the huge Lewis & Clark Invitational on Saturday in Estacada, Oregon.
- The men finished with a score of 535 points. Freshman **Easton Pomrankey** led the team with a 151st-place finish in a time of 27:12.5. The performance earned Pomrankey selection as the GNAC Men's Cross Country Athlete of the Week.
- Freshman **Josie Ackerman** was the top WOU women's finisher, placing 145th in a time of 25:14.3 over 6,000 meters.
- Western Oregon's last full squad was the Lewis Invitational in Romeoville, Illinois on October 9. The WOU men placed 13th with a score of 351 points. The Wolves were just two points behind West Region rival Cal State San Marcos. The Western Oregon women placed 16th with a score of 434 points.
- Junior **Luz Garcia** led all WOU runners with her 11th-place finish, covering the 6,000-meter course in 22:30.5. She was the top finisher among West Region athletes in her first meet of the season away from Ash Creek Preserve.
- Junior **Caitlin Heldt** added a top-30 finish, placing 27th in a time of 22:59.9.
- Junior **Miguel Villar** led the Western Oregon men as he placed 35th in a time of 25:39.2 over 8,000 meters. Junior **Bailey Smith** knocked over a minute off of his season-best time, placing 46th in 25:51.4.
- For the first time this season, Western Oregon's men earned a spot in the USTFCCA West Region Rankings at No. 10.
- Western Oregon placed sixth in both the men's and women's races at the 2019 GNAC Championships. The men scored 121 points. Sophomore **Emmett Klus** is the top returning placer. He was 54th in 27:04.9. The WOU women scored 153 points. Junior **Kaylin Cantu** is the top returning finisher, placing 34th in 23:41.2.

WESTERN WASHINGTON



- Western Washington last raced on October 9, hosting the Bill Roe Classic in Bellingham. The Vikings rolled to a second-place men's team finish while the women placed fifth.
- The WWU men placed four runners in the top-20 to finish with 63 points, two points ahead of Simon Fraser and 32 points behind Chico State. Junior **Mac Franks** led the Vikings once again, placing ninth in a time of 31:54.3 over 10,000 meters. He was the third GNAC runner to cross the line as he posted his third top-10 finish of the season.
- Freshman **Jeret Gillingham** placed 13th in a time of 32:10.9 while freshman **Kevin McDermott** placed 14th in 32:11.1. Junior **Alec Ritter** rounded out the top four for WWU with his 18th-place finish in 32:20.3.
- The Western Washington women tied with Alaska with a score of 110 points with the Nanooks winning the tiebreaker for fourth, 3-2. The Vikings were just eight points behind third-place Chico State.
- Senior **Brittany Aquino** was the top WWU women's runner, placing 16th in a time of 22:55 over 6,000 meters. Freshman **Ila Davis** was 21st in 23:11.8 while junior **Brook Wedin** was 22nd in 23:12.
- The Western Washington men picked up their first top-25 ranking in the USTFCCA Division II Poll since the preseason, coming in this week at No. 21. The Vikings are No. 2 in the West Region rankings while the women moved up to No. 7.
- Western Washington is the defending champion in both the men's and women's races. The men finished with a score of 38 points and were 38 points clear of second-place Simon Fraser for the program's first title since 2009. Ritter is just one of two WWU returners from 2019, placing 38th in 26:41.3.
- The WWU women won their first GNAC championship in 2019, finishing seven points ahead of Alaska Anchorage with a score of 53 points. Senior **Shawnee Konrad** is the team's top returning finish. She was 39th in 2019 in a time of 23:59.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU	WWU
Preseason	—	24th
Sept. 15	19th	—
Sept. 22	24th	RV (2)
Sept. 29	19th	RV (2)
Oct. 6	17th	RV (2)
Oct. 13	22nd	21st

NR - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	WOU	WWU
Preseason	9th	—	—	4th
Sept. 14	—	3rd	—	8th
Sept. 21	—	4th	—	8th
Sept. 28	—	3rd	—	8th
Oct. 5	—	2nd	—	8th
Oct. 12	—	3rd	10th	2nd

USTFCCCA DIVISION II COACHES POLL

Week 5 - Oct. 13, 2021		
Rk	School (1st)	Pts.
1.	Grand Valley St. (4)	236
	Colorado Mines (4)	236
3.	Adams State	224
4.	Augustana (S.D.)	215
5.	Colorado Christian	203
6.	Pittsburg State	201
7.	Chico State	186
8.	Lee (Tenn.)	183
9.	Wingate	177
10.	Western Colorado	168
11.	Alabama-Huntsville	157
12.	Southern Indiana	145
13.	UC-Colorado Springs	144
14.	Charleston	141
15.	Missouri Southern	126
16.	Lewis	121
17.	Mississippi College	120
18.	Queens (N.C.)	89
19.	American International	88
20.	Wayne State (Mich.)	81
21.	Western Washington	68
22.	Simon Fraser	67
23.	Walsh	63
24.	Nebraska-Kearney	55
25.	Embry-Riddle (Fla.)	45

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 5 - Oct. 12, 2021			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Western Washington	GNAC	8
3.	Simon Fraser	GNAC	2
4.	Fresno Pacific	PacWest	3
5.	Biola	PacWest	4
6.	Stanislaus State	CCAA	6
7.	Azusa Pacific	PacWest	7
8.	Cal State San Marcos	CCAA	5
9.	Cal Poly Pomona	CCAA	9
10.	Western Oregon	GNAC	NR

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	NNU	SPU	SFU
Preseason	27th	—	21st	11th
Sept. 15	—	RV (2)	22nd	10th
Sept. 22	—	—	—	11th
Sept. 29	—	—	—	9th
Oct. 6	—	—	—	11th
Oct. 13	—	—	—	9th

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAF	UAA	NNU	SFU	SPU	WWU
Preseason	—	6th	7th	2nd	5th	8th
Sept. 14	—	—	8th	2nd	5th	9th
Sept. 21	—	—	9th	2nd	8th	10th
Sept. 28	—	—	—	1st	9th	8th
Oct. 5	—	—	—	1st	9th	8th
Oct. 12	8th	—	—	1st	—	7th

USTFCCCA DIVISION II COACHES POLL

Week 5 - Oct. 13, 2021		
Rk	School (1st)	Pts.
1.	Adams State (5)	236
2.	Grand Valley St. (3)	235
3.	Augustana (S.D.)	223
4.	Colorado Mines	215
5.	Lee (Tenn.)	209
6.	UC-Colorado Springs	195
7.	CSU Pueblo	189
8.	Queens (N.C.)	181
9.	Simon Fraser	170
10.	Western Colorado	162
11.	Mary Wingate	157
12.	Southern Indiana	155
13.	Southwest Baptist	138
14.	Chico State	128
15.	Cedarville	122
16.	Stanislaus State	115
17.	Lewis	106
18.	Colorado Christian	97
19.	Dallas Baptist	86
20.	Minnesota Duluth	83
21.	Minnesota State	70
22.	Saginaw Valley State	65
23.	Walsh	47
24.	Pittsburg State	39

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 5 - Oct. 12, 2021			
Rk	School	Conf.	Prev.
1.	Simon Fraser	GNAC	1
2.	Chico State	CCAA	2
3.	Stanislaus State	CCAA	3
4.	Biola	PacWest	5
5.	Cal State San Marcos	CCAA	4
6.	Academy of Art	PacWest	7
7.	Western Washington	GNAC	8
8.	Alaska	GNAC	NR
9.	Concordia Irvine	PacWest	6
10.	Cal State East Bay	CCAA	10

[View Complete Regional Polls Online](#)



2021 GNAC Meet Summaries

Sat., Aug. 28

UAF Blue/Gold Race

at UAF Trails, Fairbanks, Alaska

Men (7,000m): Alaska Anchorage 21, Alaska 35.

Top 5 Finishers: 1, Coleman Nash, UAA, 22:53. 2, Jacob Moos, UAA, 23:06. 3, Joe Davies, UAF, 23:23. 4, Mike Ophoff, UAF, 23:34. 5, Nickson Koech, UAA, 24:06.

Women (5,000m): Alaska 17, Montana State Billings 38.

Top 5 Finishers: 1, Kendall Kramer, UAF, 18:34. 2, Rosie Fordham, UAF, 18:41. 3, Naomi Bailey, UAF, 19:21. 4, Nancy Jeptoo, UAA, 20:42. 5, Delainey Zock, UAF, 21:00.

Fri., Sept. 3

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

NOTE: No GNAC Runners In Men's Race

Women (4,000m): Lane CC 34, Western Oregon 47, Linfield 60, Bushnell 81.

Top 5 Finishers: 1, Piper Crook, LCC, 15:54.2. 2, Katie Chapman, WOU, 16:14.5. 3, Jasmine Liebl, LCC, 16:20.4. 4, Olivia Flack, LCC, 16:24.9. 5, Rebecca Kuskie, BU, 16:27.6.

Other Top GNAC Runners: 9, Emily Johnson, WOU, 17:15.5. 12, Emily Moore, WOU, 17:21.1. 13, Kaiya Leamy, WOU, 17:26.2. 14, Lindie Larson, WOU, 17:27.8.

Sat., Sept. 4

Seawolf Throwdown

at Kincaid Park, Anchorage, Alaska

Men (8,000m): Alaska Anchorage 18, Alaska 38.

Top 5 Finishers: 1, Coleman Nash, UAA, 26:18.4. 2, Jacob Moos, UAA, 26:27.9. 3, Mike Ophoff, UAF, 26:42.2. 4, Nickson Koech, UAA, 26:54.8. 5, Jesus Availos, UAA, 27:36.2.

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

Top 5 Finishers: 1, Naomi Bailey, UAF, 22:37.8. 2, Rosie Fordham, UAF, 32:22.2. 3, Nancy Jeptoo, UAA, 24:34.2. 4, Delainey Zock, UAF, 25:04.8. 5, Alfin Nyamasyo, UAA, 26:00.9.

Puget Sound Invitational

at Fort Steilacoom Park, Lakewood, Wash.

Men (6,000m): Saint Martin's 42, Pacific Lutheran 57, Puget Sound 75, Seattle Pacific 89, Whatcom CC 94.

Top 5 Finishers: 1, Kainalu Pagente, SMU, 19:03. 2, Cayan Dibble, Green River CC, 19:05. 3, John Farrell, SMU, 19:12. 4, Colin Monaghan, UPS, 19:17. 5, Ryan Clough, Olympic CC, 19:22.

Other Top GNAC Finishers: 8, Colin Boutin, SPU, 19:34. 12, Lance Slichko, SMU, 20:03. 13, Michael Harwell, SMU, 20:06.

Women (4,000m): Pacific Lutheran 34, Saint Martin's 44, Pierce CC 73, Puget Sound 83, Olympic CC 124.

Top 5 Finishers: 1, Sara Sabra, SMU, 15:35. 2, Jasmine Davis, PCC, 15:46. 3, Alisha Saucedo, SMU, 16:09. 4, Izabelle Anderson, WCC, 16:25. 5, Annika Deazley, PLU, 16:35.

Other Top GNAC Finishers: 11, Naomi Hartley, SMU, 17:07. 15, Kya Ramirez, SMU, 17:26. 19, Abby Burton, SMU, 18:01.

Fri., Sept. 10

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000m): Chico State 24, Simon Fraser 49, Concordia Irvine 123, Academy of Art 150, San Francisco St. 150 (Academy of Art wins tiebreaker 3-2), Santa Clara 160, Saint Mary's (Calif.) 166, Cal St. Monterey Bay 186, Menlo 230, William Jessup 290, San Jose St. 303.

Top 5 Finishers: 1, Aaron Ahl, SFU, 24:30.6. 2, Brayden McLaughlin, CSUS, 24:37.9. 3, Jose Pina, Unattached, 24:44.1. 4, Omar Alvarez, CSUC, 24:48. 5, Saba Khvichava, AAU, 24:48.7.

Other Top GNAC Finishers: 8, Charlie Dannatt, SFU, 25:03.4. 11, Scott Arndt, 25:20.1. 16, Sebastian Brinkman, SFU, 25:37.8. 17, Ephrem Mekonnen, SFU, 25:37.8.

Women (6,000m): Simon Fraser 36, Chico State 60, Academy of Art 84, Concordia Irvine 96, Cal State East Bay 146, Santa Clara 185, San Jose St. 196, Cal St. Monterey Bay 208, Saint Mary's (Calif.) 241, San Francisco St. 251, William Jessup 294, Sonoma State 322.

Top 5 Finishers: 1, Olivia Willett, SFU, 21:57.6. 2, Jori Paradis, CUI, 21:59.3. 3, Natalia Novak, AAU, 22:03.4. 4, Naomi Lagat, Menlo, 22:04.5. 5, Alison Andrews-Paul, SFU, 22:10.6.

Other Top GNAC Finishers: 7, Megan Roxby, SFU, 22:13.6. 8, Grace Chalk, SFU, 22:16.7. 19, Claire Noort, SFU, 22:45.6.

Ash Creek Invitational

at Ash Creek Preserve, Monmouth, Ore.

Men (6,000m): George Fox 36, Western Oregon 63, Lane CC 93, Willamette 93 (Lane CC wins tiebreaker 3-2), Seattle Pacific 142, Linfield 151, Everett CC 202, Clark CC 212, Southwestern Oregon CC 234, Umpqua CC 258.

Top 5 Finishers: 1, Keanu Daos, WOU, 18:22.1. 2, Justin Crosswhite, Unattached, 18:38.8. 3, Riley Watts, Lane CC, 18:45.1. 4, Logan Auxier, Lane CC, 18:48.7. 5, Peter Weiss, GFU, 18:57.

Other Top GNAC Finishers: 11, Colin Boutin, SPU, 19:07.9. 14, Easton Pomrankey, WOU, 19:18.1. 26, Cedar Davis-Frankfort, WOU, 19:35. 30, Jon Owen, SPU, 19:38.7.

Women (4,000m): George Fox 29, Western Oregon 58, Lane CC 74, Linfield 98, Pierce CC 98, Chemeketa CC 173, Umpqua CC 182.

Top 5 Finishers: 1, Luz Garcia, WOU, 13:59.3. 2, Caitlin Heldt, WOU, 14:08.7. 3, Annika Esvelt, SPU, 14:12.3. 4, Ellie Rising, 14:29.5. 5, Jessie Bailey, GFU, 14:32.3.

Other Top GNAC Finishers: 7, Kelsey Washenberger, SPU, 14:40.2.

Sat., Sept. 11

CWU Invitational

at Central Washington Univ. Campus, Ellensburg, Wash.

Men (6,000m): Western Washington 29, College of Idaho 65, Northwest (Wash.) 82, Central Washington 94, Eastern Oregon 103, Green River CC 153.

Top 5 Finishers: 1, Logan Hunt, CI, 19:27.5. 2, Kaleb Korta, WWU, 19:40. 3, Travis Running, EOU, 19:40.9. 4, Jeret Gillingham, WWU, 20:02.2. 5, Micah Murphy, NWU, 20:05.3.

Other Top GNAC Finishers: 6, Mac Franks, WWU, 20:09.1. 8, Sean Sands, WWU, 20:13.4. 9, Jalen Javurek, WWU, 20:13.7.

Women (4,000m): College of Idaho 29, Western Washington 51, Northwest (Wash.) 55, Central Washington 83, Eastern Oregon 124, Olympic CC 179.

Top 5 Finishers: 1, Kahea Figueira, CI, 15:33.8. 2, Larissa Mauer, CI, 15:40.2. 3, Sage Martin, CI, 15:56.4. 4, Eugenia Palko, WWU, 15:57. 5, Sophie Wright, WWU, 16:06.1.

Other Top GNAC Finishers: 6, Mia Crocker, WWU, 16:06.9. 10, Kay Lester, CWU, 16:34.7. 13, Tailer Cochran, CWU, 16:54.6.

2021 GNAC Meet Summaries

Fri., Sept. 17

Eastern Oregon Invitational

at La Grande Country Club, La Grande, Ore.

Men (7,000m): Lewis-Clark State 30, College of Idaho 54, Eastern Oregon 74, Northwest Nazarene 95, Whitman 106.

Top 5 Finishers: 1, Logan Hunt, CI, 22:02.3. 2, Cole Olsen, LCSC, 22:16.1. 3, Tyler Shea, NNU, 22:24.5. 4, Travis Running, EOU, 22:31.0. 5, Clayton VanDyke, LCSC, 22:31.6.

Other Top GNAC Finishers: 8, Dylan Tidwell, NNU, 22:45.0. 34, Chandler Emerson, NNU, 23:52.7. 38, Treyson Conley, NNU, 24:08.3. 59, Norman Kosgei, NNU, 26:37.4.

Women (5,000m): Lewis-Clark State 41, College of Idaho 42, Northwest Nazarene 72, Whitman 91, Spokane CC 129, Eastern Oregon 153.

Top 5 Finishers: 1, Julia LaMar, NNU, 19:22.9. 2, Kahea Figueira, CI, 19:25.5. 3, Kalen Belton, NNU, 19:28.0. 4, Maja Plaznik, LCSC, 19:29.5. 5, Larissa Mauer, CI, 19:30.9.

Other Top GNAC Finishers: 14, Emily McMahon, NNU, 20:26.8. 25, Olivia Klein, NNU, 20:56.1. 31, Jordan Woods, NNU, 21:06.2.

Gage McSpadden Memorial

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

Men (6,000m): Black Hills State 27, South Dakota Mines 47, Central Wyoming 56.

Top 5 Finishers: 1, Ase Ackerman, MSUB, 19:21.5. 2, Tim Dunham, SDM, 19:30.3. 3, Timothy Brown, BHSU, 20:12.6. 4, Matt Parker, BHSU, 20:13.1. 5, Luke Crossley, CWC, 20:17.9.

Other Top GNAC Finishers: 21, Jordi Piero, MSUB, 22:35.2. 24, Jackson Bailey, MSUB, 24:21.0.

Women (5,000m): Montana State Billings 25, South Dakota Mines 32.

Top 5 Finishers: 1, Xiomara Robinson, BHSU, 18:28.6. 2, Kailee Stoppel, MSUB, 19:56.2. 3, Ally Whitmer, MSUB, 20:51.6. 4, Erica Dykstra, BHSU, 20:57.8. 5, Allyson Heiden, SDM, 21:11.3.

Other Top GNAC Finishers: 7, Madisan Chavez, MSUB, 22:00.7. 13, Kylee Halpin, MSUB, 22:44.1. 14, Abbi Zent, MSUB, 22:51.4.

Sat., Sept. 18

PLU Invitational

at PLU Campus, Tacoma, Wash.

Men (8,000m): Pacific Lutheran 63, Central Washington 68, Lewis & Clark 70, Puget Sound 122, Seattle Pacific 128, Whitworth 140, Pacific (Ore.) 146, Green River CC 183.

Top 5 Finishers: 1, Riley Stewart, PAC, 25:21.5. 2, Ryan Stracke, PLU, 25:25.8. 3, Frankie Reid, LC, 25:33.9. 4, Cayan Dibble, GRCC, 25:41.7. 5, Colin Monaghan, UPS, 25:45.3.

Top 5 GNAC Finishers: 10, Trevor Allen, CWU, 25:57.7. 11, Colin Boutin, SPU, 26:15.3. 12, Ty Savely, CWU, 26:16.0. 13, Shawn Clough, CWU, 26:17.2. 16, Rajesh Gill, CWU, 26:21.9.

Women (6,000m): Pacific (Ore.) 40, Lewis & Clark 58, Pacific Lutheran 107, Whitworth 113, Seattle Pacific 118, Central Washington 130, Pierce CC 182, Puget Sound 195, Olympic CC 244.

Top 5 Finishers: 1, Annika Esvelt, SPU, 22:15.7. 2, Kara Putman, PAC, 22:30.4. 3, Ellie Rising, SPU, 22:45.2. 4, Annie Berry, PAC, 23:02.4. 5, Riley Buese, LC, 23:03.8.

Other Top GNAC Finishers: 12, Kelsey Washenberger, SPU, 23:28.7. 17, Kay Lester, CWU, 24:08.5. 22, Madison Child, CWU, 24:20.6.

Fri., Sept. 24

Roy Griak Invitational

at Les Bolstad Cross Country Course, Minneapolis, Minn.

Men's Maroon (8,000m): Wayne State (Mich.) 68, Western Washington 72, Indiana Wesleyan 98, Michigan Tech 138, Mary 152, Black Hills State 179, Dordt 190, Sioux Falls 235, Minnesota State 269, Central (Iowa) 293, Minnesota Duluth 323, St. Scholastica 374, Concordia-St. Paul 392, Winona State 421, Northwestern (Iowa) 442, Northern State 578, Baker 507, Chadron State 547, North Iowa Area CC 560, Dakota State 576, Grinnell 600, MSU-Moorhead 642, Minnesota-Crookston 688, Midland 691, Upper Iowa 752, Wis.-River Falls 774, Dallas 851.

Top 5 Finishers: 1, Clayton Sayen, MTU, 25:17.7. 2, Ransom Allen, WSU, 25:22.5. 3, Zac Truman, WSU, 25:41.3. 4, Melvin Kipkemboi, NICC, 25:48.7. 5, Mac Franks, WWU, 25:50.7.

Other Top GNAC Finishers: 10, Kalen Korta, WWU, 25:57.8. 12, Jerret Gillingham, WWU, 25:59.9. 21, Kevin McDermott, WWU, 26:08.9. 24, Jalen Javurek, WWU, 26:11.9.

Women's Maroon (6,000m): Mary 64, Minnesota Duluth 69, Minnesota State 96, Wayne State (Mich.) 183, Winona State 206, Western Washington 209, Northern Michigan 228, Black Hills St. 231, Michigan Tech 237, Sioux Falls 252, Dordt 338, Central (Iowa) 369, Northern State 377, Indiana Wesleyan 389, MSU-Moorhead 424, Grinnell 471, St. Cloud St. 496, Bemidji State 501, Baker 528, St. Scholastica 541, Wis.-River Falls 588, Upper Iowa 621, Dallas 693, Chadron State 698, Concordia-St. Paul 757, Midland 764, Minnesota-Crookston 831.

Top 5 Finishers: 1, Lindsay Cunningham, Winona, 21:44.9. 2, Mackenzie Hall, UMD, 22:25.1. 3, Alyssa Becker, Mary, 22:34.9. 4, Taylor Hestekin, Mary, 22:40.6. 5, Amanda Montplaisir, MSU, 22:42.4.

Top 5 GNAC Finishers: 27, Ila Davis, WWU, 23:21.7. 33, Brittany Aquino, WWU, 23:37.6. 41, Shawnee Konrad, WWU, 23:45.8. 56, Brook Wedin, WWU, 24:01.3. 60, Sophie Wright, WWU, 24:02.7.

Montana Open

at UM Golf Course, Missoula, Mont.

Men (7,000m): Montana 30, Carroll (Mont.) 76, Montana State Billings 77, Rocky Mountain 103, Montana Tech 115, Montana State-Northern 118.

Top 5 Finishers: 1, Cooper West, MSU, 20:44.5. 2, Jackson Wilson, RMC, 20:48.4. 3, Owen Smith, MSU, 20:50.4. 4, Ase Ackerman, MSUB, 20:52.5. 5, Jordan Hansen, UM, 20:56.0.

Other Top GNAC Finishers: 7, Carson Jessop, MSUB, 21:22.3. 24, Logan Straus, MSUB, 22:21.4. 30, Bryant Edgerton, MSUB, 22:34.9. 48, Jordi Piero, MSUB, 23:52.1.

Women (5,000m): Montana State 41, Montana Tech 72, Carroll (Mont.) 86, Montana 99, Rocky Mountain 111, Montana Western 144, Montana State Billings 151, Montana State-Northern 203.

Top 5 Finishers: 1, Becca Richtman, MTU, 16:49.9. 2, Reghan Worley, CC, 17:13.3. 3, Beatrix Frissell, Unattached, 17:24.3. 4, Grace Gilbreth, MSU, 17:25.9. 5, Mei-Li Stevens, RMC, 17:36.8.

Top 5 GNAC Finishers: 6, Kailee Stoppel, MSUB, 17:37.6. 28, Ally Whitmer, MSUB, 19:14.4. 38, Kendra Wood, MSUB, 19:36.8. 44, Sierra Durbin, MSUB, 20:02.8. 46, Kylee Halpin, MSUB, 20:19.5.

2021 GNAC Meet Summaries

Fri., Sept. 24

Mike Johnson Classic

at Ash Creek Preserve, Monmouth, Ore.

Men (8,000m): Portland 26, Simon Fraser 47, Eastern Washington 69, Cal State East Bay 151, Western Oregon 154, Pacific (Ore.) 165, George Fox 188, Portland State 207, UO Running Club 243, Willamette 279, Linfield 326, Alaska 356, Multnomah 399, Everett CC 401.

Top 5 Finishers: 1, Justin Hazell, UP, 24:49.8. 2, Justin Roosma, EWU, 24:50.9. 3, Aaron Ahl, SFU, 25:07.0. 4, Clement Leduc, UP, 25:20.4. 5, Eliason Kabasenche, Unattached, 25:22.5.

Other Top GNAC Finishers: 7, Charlie Dannatt, SFU, 25:27.0. 12, Sebastian Brinkman, SFU, 25:43.4. 15, Scott Arndt, SFU, 25:48.4. 16, Aiden Good, SFU, 25:48.7.

Women (6,000m): Simon Fraser 30, Eastern Washington 78, Portland State 113, Cal State East Bay 129, Western Oregon 150, Pacific (Ore.) 157, Alaska 164, Portland 171, George Fox 233, Linfield 291, UO Running Club 313, Willamette 326, Chemeketa CC 369.

Top 5 Finishers: 1, Luz Garcia, WOU, 21:46.4. 2, Olivia Willett, SFU, 21:52.5. 2, Alison Andrews-Paul, SFU, 21:59.7. 4, Rosie Fordham, UAF, 22:19.4. 5, Megan Roxby, SFU, 22:22.5.

Sat., Sept. 25

Ken Garland Classic

at Saint Martin's Univ. Campus, Lacey, Wash.

Men (8,000m): Southern Idaho 35, Northwest (Wash.) 48, Northwest Nazarene 64, Saint Martin's 89, Western Washington 111.

Top 5 Finishers: 1, Tyler Shea, NNU, 25:36. 2, Micah Murphy, NWU, 25:40. 3, Shane Gard, CSI, 25:41. 4, Dylan Tidwell, NNU, 25:46. 5, Dawson Andrews, NWU, 25:47.

Other Top GNAC Finishers: 8, John Farrell, SMU, 26:24. 12, Kainalu Pagente, SMU, 26:34. 14, Treyson Conley, NNU, 26:38.

Women (6,000m): Southern Idaho 29, Northwest Nazarene 57, Northwest (Wash.) 71, Saint Martin's 74.

Top 5 Finishers: 1, Natalya Babcock, CSI, 23:19. 2, Kalen Belton, NNU, 23:29. 3, Julia LaMar, NNU, 23:30. 4, Audrey Camp, CSI, 23:35. 5, Ellie Summer, NWU, 23:35.

Other Top GNAC Finishers: 6, Sara Sabra, SMU, 23:40. 11, Cassidy Walchak-Sloan, SMU, 24:16. 15, Delphine Maurer, WWU, 24:28.

Fri., Oct. 1

Providence Open

at Acaconda Hills, Great Falls, Mont.

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

Top 5 Finishers: 1, Carson Jessop, MSUB, 29:12. 2, Ase Ackerman, MSUB, 29:20.6. 3, Bryant Edgerton, MSUB, 29:25.6. 4, Nash Grafe, UPROV, 29:34.2. 5, Ciaran Molloy, UPROV, 29:44.9.

Other Top GNAC Finishers: 6, Jordy Peiro, MSUB, 29:55.7. 12, Jackson Bailey, MSUB, 32:15.

Women: No Competing GNAC Teams

Sat., Oct. 2

Chambers Bay Collegiate Open

at Chambers Creek Regional Park, University Place, Wash.

Men (8,000m): Alaska Anchorage 56, Northwest (Wash.) 59, Saint Martin's 96, Spokane CC 100, Puget Sound 101, Seattle Pacific 121, Green River CC 165, Everett CC 198, Olympic CC 204.

Top 5 Finishers: 1, Coleman Nash, UAA, 25:01.9. 2, Jacob Moos, UAA, 25:16.1. 3, Colin Monaghan, UPS, 25:25.1. 4, Micah Murphy, NWU, 25:28. 5, Felix Kemboi, UAA, 25:49.

Other Top GNAC Finishers: 7, Jack Farrell, SMU, 25:54.9. 11, Jesus Avalos, UAA, 26:14.4.

Women (5,000m): Northwest (Wash.) 64, Alaska Anchorage 80, Saint Martin's 82, Seattle Pacific 105, Spokane CC 137, Pierce CC 152, Puget Sound 169, Whatcom CC 185, Everett CC 194, Olympic CC 223.

Top 5 Finishers: 1, Annika Esvelt, SPU, 18:32.9. 2, Nancy Jeptoo, UAA, 18:43.7. 3, Izabelle Anderson, WCC, 18:44.7. 4, Ellie Rising, SPU, 18:45.8. 5, Ellie Summers, NWU, 19:03.

Other Top GNAC Finishers: 7, Sara Sabra, SMU, 19:12.3. 10, Cassidy Walchak-Sloan, SMU, 19:25.6

Charles Bowles Willamette Invitational

at Bush's Pasture Park, Salem, Ore.

Men's Cardinal (8,000m): Washington 15, Portland 74, Humboldt State 133, Seattle 136, George Fox 140, Western New Mexico 160, Central Washington 173, Pacific Lutheran 177, Pacific (Ore.) 212, Willamette 280, Whitman 290, Whitworth 303, Lewis & Clark 371.

Top 5 Finishers: 1, Joe Waskom, UW, 23:42.9. 2, Leo Daschbach, UW, 23:44. 3, Tibebe Proctor, UW, 23:46.5. 4, Luke Houser, UW, 23:46.6. 5, Ryan Renken, UW, 23:48.8.

Top 5 GNAC Finishers: 20, Trevor Allen, CWU, 25:36.2. 24, Rajesh Gill, CWU, 25:42.8. 52, Zach Sundt, CWU, 26:23.1. 56, Mateo Rivera, CWU, 26:30.4. 59, Henry Milodragovich, CWU, 26:34.8.

Women's Cardinal (5,000m): Portland 56, George Fox 85, Seattle 87, Oregon State 123, Hawaii 126, Humboldt State 153, Pacific (Ore.) 159, Point Loma 238, Pacific Lutheran 282, Whitman 289, Whitworth 292, Western New Mexico 303, Central Washington 236, Lewis & Clark 420.

Top 5 Finishers: 1, Rosa Granados, HSU, 18:11.3. 2, Ellie Erikson, UP, 18:18.1. 3, Anna-Sophie Meusburger, UP, 18:18.7. 4, Sophia Morgan, UP, 18:18.7. 5, Sandy Williamson, HSU, 18:23.

Top 5 GNAC Finishers: 60, Kay Lester, CWU, 19:53.7. 72, Katelynn Strate, CWU, 20:10.9. 73, Tailer Cochran, CWU, 20:10.9. 82, Kelli Heim, CWU, 20:27.8. 97, Caitlin Gohr, CWU, 20:46.

Fri., Oct. 8

Yellowjacket/Battlin' Bear Open

at Amend Park, Billings, Mont.

Men (8,000m): Montana 64, Montana State Billings 91, Black Hills State 105, Carroll (Mont.) 109, Rocky Mountain 133, Central Wyoming 160, Formers 160 (CWCC wins tiebreaker 3-2), Montana State Northern 171, Dickinson State 190, Montana Western 209, Dawson CC 305.

Top 5 Finishers: 1, Jackson Wilson, RMC, 24:50.3. 2, Brett Hales, Formers, 24:54.8. 3, Ase Ackerman, MSUB, 25:29.6. 4, Carson Jessop, MSUB, 25:29.6. 5, Britton Elkin, BHSU, 25:32.7.

Other Top GNAC Finishers: 13, Logan Straus, MSUB, 26:00.3. 22, Bryant Edgerton, MSUB, 26:24.7. 55, Jordi Peiro, MSUB, 27:55.5.

Women (5,000m): Carroll (Mont.) 35, Montana Western 85, Black Hills State 88, Rocky Mountain 91, Montana State Billings 98, Dickinson State 109.

Top 5 Finishers: 1, Sydney Little Light, RMC, 18:09.5. 2, Xiomara Robinson, BHSU, 18:15.3. Eireann O'Connor, MWC, 18:36.2. 4, Reghan Worler, CC, 18:40.8. 5, Madison Harmer, CC, 18:48.1.

Top 5 GNAC Finishers: 6, Kailee Stoppel, MSUB, 18:50.6. 19, Kendra Woods, MSUB, 20:00.5. 20, Ally Whitmer, MSUB, 20:07.5. 41, Sierra Durbin, MSUB, 21:14.3. 42, Kit Wiersema, MSUB, 21:23.3.

2021 GNAC Meet Summaries

Sat., Oct. 9

Lewis Crossover

at Lewis Cross Country Course, Romeoville, Ill.

Men (8,000m): Colorado Christian 59, Lewis 87, Grand Valley St. 96, Wayne State (Mich.) 121, Walsh 124, Saginaw Valley 171, Michigan Tech 177, Biola 244, Anderson (S.C.) 302, Sioux Falls 331, Northwood 348, Cal State San Marcos 349, Western Oregon 351, Concordia Irvine 355, Wis.-Parkside 388, Humboldt State 456, Minnesota-Duluth 479, Maryville (Mo.) 515, Ferris State 520, Franklin Pierce 551, Davenport 616, Trevecca Nazarene 645, Seton Hill 658, Lenoir-Rhyne 690.

Top 5 Finishers: 1, CarLee Stimpfel, SVCC, 23:55.1. 2, Ryder Searle, CCU, 24:32.7. 3, Shea Vavra, CSUSM, 24:35.8. 4, Ransom Allen, WSU, 24:39.7. 5, Trent Cochran, CCU, 24:41.8.

Top 5 GNAC Finishers: 35, Miguel Villar, WOU, 25:39.2. 46, Bailey Smith, WOU, 25:51.4. 98, Keanu Daos, WOU, 26:39. 101, Timothy Rambo, WOU, 26:40.8. 155, Emmett Klus, WOU, 27:33.5.

Women (6,000m): Grand Valley St. 36, Lewis 106, Colorado Christian 125, Minnesota-Duluth 155, Saginaw Valley 184, Walsh 195, Wayne State (Mich.) 225, Biola 249, Lenoir-Rhyne 251, Cal St. San Marcos 262, Anderson (S.C.) 264m, Seton Hill 332, Michigan Tech 358, Northern Michigan 391, Concordia Irvine 398, Western Oregon 434, Sioux Falls 448, Humboldt State 480, Wis.-Parkside 505, Ferris State 545, Davenport 601, Franklin Pierce 672, Sonoma State 694, Northwood (Mich.) 743, Trevecca Nazarene 776.

Top 5 Finishers: 1, Kaludia O'Malley, GVSU, 21:54.1. 2, Alexa Leppelmeier, Walsh, 21:54.8. 3, Mackenzie Hall, UMD, 22:01.8. 4, Kacye Rypma, GVSU, 22:16.3. 5, Paige Tack, CCU, 22:21.8.

Top 5 GNAC Finishers: 11, Luz Garcia, WOU, 22:30.5. 27, Caitlin Heldt, WOU, 22:59.9. 126, Kaylin Cantu, WOU, 24:41.3. 182, Katie Chapman, WOU, 25:41.7. 212, Lindie Larson, WOU, 26:45.2.

Bill Roe Classic

at Sudden Valley Golf Course, Bellingham, Wash.

Men (10,000m): Chico State 31, Western Washington 63, Simon Fraser 65, Club Northwest 108, San Francisco St. 151, Central Washington 175, Northwest Nazarene 191, WWU Alumni 213, Run 26 289, Alaska 289 (Run 26 wins tiebreaker 3-2), Seattle Running Club 326.

Top 5 Finishers: 1, Tom Anderson, CNW, 30:55.2. 2, Miler Haller, SSTC, 31:08. 3, Aaron Ahl, SFU, 31:31.9. 4, Brayden McLaughlin, CSUC, 31:35.6. 5, Calahan Warren, Unattached, 31:43.9.

Other Top GNAC Finishers: 7, Charlie Dannatt, SFU, 31:50.1. 9, Mac Franks, WWU, 31:54.3. 11, Dylan Tidwell, NNU, 32:07.2. 13, Jeret Gillingham, WWU, 32:10.9.

Women (6,000m): Simon Fraser 41, Club Northwest 82, Chico State 102, Alaska 110, Western Washington 110 (Alaska wins tiebreaker 3-2), Bellingham Distance Project 163, Seattle Pacific 176, Northwest Nazarene 192, Central Washington 246, San Francisco St. 252.

Top 5 Finishers: 1, Amelia Keyser-Gibson, Unattached, 21:39.2. 2, Olivia Willett, SFU, 21:48.6. 3, Sally Crowther, CNW, 22:00. 4, Rosie Fordham, UAF, 22:06.6. 5, Ashley Maton, Unattached, 22:08.2.

Other Top GNAC Finishers: 6, Kendall Kramer, UAF, 22:22.3. 10, Alison Andrews-Paul, SFU, 22:29.9. 11, Kate Cameron, SFU, 22:30.8.

Sat., Oct. 16

Lewis & Clark Invitational

at Milo McIver State Park, Estacada, Ore.

Men (8,000m): Portland 15, Southern Oregon 78, Carleton 94, Loras 100, Pacific Lutheran 160, Seattle 204, St. John's (Minn.) 217, Portland State 259, Lane CC 269, Pacific (Ore.) 281, Whitworth 351, Whitman 357, Lewis & Clark 359, L&C XC Alumni 414, George Fox 432, Western Oregon 535, Greein River CC 539, OSU Running Club 563, Corban 567, Clark CC 580, Olympic CC 582, Multnomah 597, Clackamas CC 637, Bethany Lutheran 645, Umpqua CC 724, Treasure Valley CC 811.

Top 5 Finishers: 1, Ryan Forsyth, Unattached, 23:32.2. 2, George Duggan, UP, 23:34.8. 3, James West, Unattached, 23:40. 4, Quincy Norman, UO, 23:43.8. 5, Eliason Kabasenche, Unattached, 23:50.7.

Top 5 GNAC Finishers: 151, Easton Pomrankey, WOU, 27:12.5. 162, Jalen McCabe, WOU, 27:20.6. 182, Matthew Schenk, WOU, 27:43.9. 207, Jordan Kemper, WOU, 28:15.8. 222, Wyatt Smith, WOU, 28:49.1.

Women (6,000m): Carleton 81, Seattle 98, Portland 99, Portland State 128, Oregon State 176, Loras 181, Southern Oregon 199, St. Benedict 213, Pacific (Ore.) 237, L&C Alumni 252, Lewis & Clark 273, Whitman 300, Pacific Lutheran 360, Lane CC 395, Whitworth 396, George Fox 453, Whatcom CC 515, Bethany Lutheran 519, Corban 558, Puget Sound 574, Clark CC 593, Everett CC 603, Olympic CC 640.

Top 5 Finishers: 1, Kassie Rosenbum, Loras, 20:10.9. 2, Amanda Phillips, LC Alumni, 20:27.7. 3, Emilie Girard, UO, 20:49.2. 4, Fiona Smith, USB, 21:01.4. 5, Melissa Berry, UO, 21:07.2.

Top GNAC Finishers: 145, Josephine Ackerman, WOU, 25:14.3. 152, Emily Johnson, WOU, 25:32.8. 205, Shannon Smith, WOU, 27:16.9.

Inland Empire Championships

at LCSC Cross Country Course, Lewiston, Idaho

Men (8,000m): Gonzaga 35, Idaho 42, Lewis-Clark State 98, Eastern Oregon 134, Boise State 163, Northwest (Wash.) 176, Washington State 200, Southern Idaho 218, Rocky Mountain 250, Carroll (Mont.) 286, Spokane CC 287, Montana Tech 315, Montana State Northern 350, Montana Western 364, Bushnell 382, Central Washington 421.

Top 5 Finishers: 1, Tim Stevens, UI, 24:19. 2, Jaxon Mackie, GU, 24:24. 3, Shea Mattson, UI, 24:25. 4, Lorenz Herrmann, UI, 24:30. 5, Cole Olsen, LCSC, 24:33.

Top 5 GNAC Finishers: 100, Mateo Rivera, CWU, 27:33. 114, Garrett Hough, 28:07. 127, Jacob Barnert, CWU, 28:58. 132, Ethan Lopic, CWU, 29:24. 140, Dylan Thompson, CWU, 30:46.

Women (5,000m): Idaho 19, Gonzaga 92, Boise State 97, Southern Idaho 157, Montana Tech 171, Carroll (Mont.) 176, Rocky Mountain 186, Northwest (Wash.) 198, Lewis-Clark State 202, Eastern Washington 266, Montana Western 269, Eastern Oregon 276, Bushnell 354, Montana State Northern 391.

Top 5 Finishers: 1, Kelsey Swenson, UI, 17:08. 2, Katja Patis, UI, 17:09. 3, Becca Richtman, MTU, 17:17. 4, Leah Holmgren, UI, 17:28. 5, Nell Baker, UI, 17:34.

Top GNAC Finishers: None.