



GNAC CROSS COUNTRY ALL-TIME ATHLETE OF THE WEEK SELECTIONS

Updated Through 2023 Season

MEN					
2001		2006		Sept. 26-Oct. 2	Barak Watson, NNU
Aug. 27-Sept. 2	Eric Strabel, UAA	Aug. 28-Sept. 3	John Riak, SMU	Oct. 3-9	Micah Chelimo, UAA
Sept. 3-9	Louie White, HSU	Sept. 4-10	Sam Scotchmer, CWU	Oct. 10-16	Keir Forster, SFU
Sept. 10-16	Steve Manos, Seattle		Anthony Tomsich, WWU		
Sept. 17-23	Aaron Matthias, NNU	Sept. 11-17	John Riak, SMU	2012	
Sept. 24-30	Martin Ranney, WWU	Sept. 18-24	David Kiplagat, UAA	Aug. 27-Sept. 2	Micah Chelimo, UAA
Oct. 1-7	Francis Kimeli, NNU	Sept. 25-Oct. 1	David Kiplagat, UAA	Sept. 3-9	Jesse Baggenstos, NNU
Oct. 8-14	Francis Kimeli, NNU	Oct. 2-8	Mike Schmidt, WOU	Sept. 10-16	Chip Jackson, WWU
Oct. 15-21	Tom Gaschk, CWU	Oct. 30-Nov. 5	John Riak, SMU	Sept. 17-23	Michael Luhr, MSUB
Oct. 29-Nov. 4	Tobias Schwoerer, UAA			Sept. 24-30	Jesse Baggenstos, NNU
	Brice Roncace, NNU	2007		Oct. 1-7	Micah Chelimo, UAA
		Aug. 27-Sept. 2	Nik Karr, WOU	Oct. 8-14	Clint Choquette, MSUB
2002		Sept. 3-9	Blake Medhaug, WWU		
Aug. 26-Sept. 1	Sean Rivers, UAA	Sept. 10-16	Nathan Heitzinger, SU	2013	
Sept. 2-8	Nathanael Castle, SPU	Sept. 17-23	Bennett Grimes, WWU	Sept. 2-8	Robert Peterson, MSUB
Sept. 9-16	Chase Wells, WOU	Sept. 24-30	David Kiplagat, UAA	Sept. 9-15	Matt Lutz, WWU
Sept. 16-22	Paul Kezes, WWU	Oct. 1-7	Anthony Tomsich, WWU		Mitch Burgess, UAF
Sept. 23-29	Pete Clusener, HSU	Oct. 29-Nov. 4	John Riak, SMU	Sept. 16-22	Michael Luhr, MSUB
Sept. 30-Oct. 6	Pete Clusener, HSU			Sept. 23-29	Joe Berger, SMU
Oct. 7-13	Steve Manos, SU	2008		Sept. 30-Oct. 6	Dylan Anthony, UAA
Oct. 21-27	Tim LeCount, SPU	Aug. 25-31	Zeke Van Patten, WOU	Oct. 7-13	Chip Jackson, WWU
	Paul Kezes, WWU	Sept. 1-7	Marko Cheseto, UAA	Oct. 14-20	Chase Cunningham, NNU
Nov. 3-10	Paul Kezes, WWU	Sept. 8-14	John Riak, SMU		
		Sept. 15-21	Marko Cheseto, UAA	2014	
2003		Sept. 29-Oct. 5	John Riak, SMU	Sept. 1-7	Robert Peterson, MSUB
Sept. 1-7	Kurt Hartmaier, WWU	Oct. 6-12	Marko Cheseto, UAA	Sept. 8-14	Henry Cheseto, UAA
Sept. 8-14	Nathan Carlson, SMU		Zeke Van Patten, WOU		Oliver Jorgensen, SFU
Sept. 15-21	Andy Prentice, SMU	Nov. 3-9	Marko Cheseto, UAA	Sept. 15-21	Oliver Jorgensen, SFU
Sept. 22-28	Tim LeCount, SPU			Sept. 22-28	Nathan Richards, WWU
Sept. 29-Oct. 5	Doug Hamilton, HSU	2009			Robert Peterson, MSUB
Oct. 6-12	Chase Wells, WOU	Aug. 24-30	Manuel Santos, CWU	Sept. 29-Oct. 9	Isaac Mitchell, NNU
Nov. 3-9	Doug Hamilton, HSU	Aug. 31-Sept. 6	Micah Chelimo, UAA	Oct. 6-12	Dylan Anthony, UAA
		Sept. 7-13	Bennett Grimes, WWU	Oct. 13-19	Isaac Mitchell, NNU
2004			Chris Reed, WOU	Oct. 20-26	Cody McCranie, WWU
Aug. 30-Sept. 5	Andy Prentice, SMU	Sept. 14-20	Micah Chelimo, UAA		
	Zach Dwello, NNU	Sept. 21-27	Barak Watson, NNU	2015	
Sept. 6-12	Tim LeCount, SPU	Sept. 28-Oct. 4	Barak Watson, NNU	Aug. 31-Sept. 6	Robert Peterson, MSUB
Sept. 13-19	Brian Kostock, HSU	Oct. 5-11	Marko Cheseto, UAA	Sept. 7-13	Henry Cheseto, UAA
Sept. 20-26	Brandon Stum, UAA			Sept. 14-20	Oliver Jorgensen, SFU
Sept. 27-Oct. 3	Jasper Peach, HSU	2010		Sept. 21-27	Oliver Jorgensen, SFU
Oct. 4-10	Brian Kostock, HSU	Aug. 30-Sept. 5	Marko Cheseto, UAA	Sept. 28-Oct. 3	Jared Seckel, CU
Nov. 1-7	Jasper Peach, HSU	Sept. 6-12	Barak Watson, NNU	Oct. 5-11	Isaac Mitchell, NNU
	Bjorn Bostrom, SPU	Sept. 13-19	Chris Reed, WOU	Oct. 12-18	Robert Peterson, MSUB
		Sept. 20-26	Kyle Van Santen, SMU		
2005		Sept. 27-Oct. 3	Marko Cheseto, UAA	2016	
Aug. 28-Sept. 4	John Riak, SMU	Oct. 4-10	Bennett Grimes, WWU	Aug. 29-Sept. 4	David Ribich, WOU
Sept. 5-11	Casey Moriarty, SU	Oct. 11-17	Barak Watson, NNU	Sept. 5-11	David Ribich, WOU
Sept. 12-18	Casey Moriarty, SU	Oct. 18-24	Mark Cheseto, UAA	Sept. 12-18	David Ribich, WOU
Sept. 19-25	David Kiplagat, UAA			Sept. 19-25	Godfrey Kemboi, NNU
Sept. 26-Oct. 2	Brian Kostock, HSU	2011		Sept. 26-Oct. 2	Judd Lewis, CU
Oct. 3-9	Logan Senrud, WWU	Aug. 29-Sept. 4	Brian Potter, MSUB	Oct. 3-9	Isaac Derline, WWU
Oct. 31-Nov. 6	Casey Moriarty, SU	Sept. 5-11	Yonatan Yilma, UAA	Oct. 10-16	Godfrey Kemboi, NNU
			Jordan Wolfe, SPU		
		Sept. 12-18	Connor Kasler, WOU		
		Sept. 19-25	Barak Watson, NNU		

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

MEN CONTINUED

2017		Most Career Male Runner of the Week	Winners:	2005	
Aug. 28-Sept. 3	Judd Lewis, CU	8 - Marko Cheseto, UAA; Coleman Nash, UAA		Aug. 28-Sept. 4	Pavla Havlova, UAF
Sept. 4-10	Felix Kemboi, UAA	7 - John Riak, SMU		Sept. 5-11	Meredith Crane, SPU
Sept. 11-17	Rowan Doherty, SFU	6 - Barak Watson, NNU		Sept. 12-18	Janelle Probst, SMU
Sept. 18-24	David Ribich, WOU	5 - Micah Chelimo, UAA		Sept. 19-25	Meredith Crane, SPU
Sept. 25-Oct. 1	Ben Halladay, SPU	4 - David Kiplagat, UAA; Oliver Jorgensen, SFU; Robert Peterson, MSUB; David Ribich, WOU.		Sept. 26-Oct. 2	Brandy Anderson, CWU
Oct. 2-8	Andrew Wise, WWU	3 - Tim LeCount, SPU; Paul Kezes, WWU; Casey Moriarty, SU; Brian Kostock, HSU; Isaac Mitchell, NNU; Johan Correa, CWU		Oct. 3-9	Pavla Havlova, UAF
Oct. 9-15	Godfrey Kemboi, NNU			Oct. 31-Nov. 6	Mandy Kaempf, UAA
2018		WOMEN		2006	
Aug. 27-Sept. 2	Hunter Hutton, WOU	2001		Aug. 28-Sept. 3	Aurelia Korthauer, UAF
Sept. 3-9	Dustin Nading, WOU	Aug. 27-Sept. 2	Sigrid Aas, UAF	Sept. 4-10	Katie Hummel, CWU
Sept. 10-16	Turlan Morlan, CWU	Sept. 3-9	Jill Salmon, WOU		Jessica Pixler, SPU
Sept. 17-23	Ian Fay, WWU	Sept. 10-16	Rachel Ross, SPU	Sept. 11-17	Jessica Pixler, SPU
Sept. 24-30	Colby Otero, SPU	Sept. 17-23	Ashlee Vincent, WWU	Sept. 18-24	Mary Moriarty, SPU
Oct. 1-7	Rowan Doherty, SFU	Sept. 24-30	Jamie Witt, SPU	Sept. 25-Oct. 1	Katie Hummel, CWU
Oct. 8-14	Dustin Nading, WOU	Oct. 1-7	Kylee Wells, WOU	Oct. 2-8	Mandy Kaempf, UAA
Oct. 15-21	Felix Kemboi, UAA	Oct. 8-14	Ashlee Vincent, WWU	Oct. 30-Nov. 5	Jessica Pixler, SPU
2019		Oct. 15-21	Kelly Fullerton, SU		
Aug. 26-Sept. 1	Wesley Kirui, UAA	Oct. 29-Nov. 4	Kelly Fullerton, SU	2007	
Sept. 2-8	Godfrey Kemboi, NNU	2002		Aug. 27-Sept. 2	Anna Coulter, UAF
Sept. 9-15	Carlos Vargas, SFU	Aug. 26-Sept. 1	Sigrid Aas, UAF		Elizabeth Chepkosgei, UAA
Sept. 16-22	Justin Crosswhite, WOU	Sept. 2-8	Ashlee Vincent, WWU	Sept. 3-9	Jessica Pixler, SPU
Sept. 23-29	Wesley Kirui, UAA	Sept. 9-16	Katie Gosnell, HSU	Sept. 10-16	Jessica Pixler, SPU
Sept. 30-Oct. 6	Trevor Allen, CWU	Sept. 16-22	Alicen Maier, CWU	Sept. 17-23	Ashley Puga, NNU
Oct. 7-13	Felix Kemboi, UAA	Sept. 23-29	Nicole Seana, SPU		Marcie Mullen, CWU
Oct. 14-20	Neal Cranston, WOU	Sept. 30-Oct. 6	Kati Gosnell, HSU	Sept. 24-30	Elizabeth Chepkosgei, UAA
2020-21		Oct. 7-13	Ashlee Vincent, WWU		Jessica Pixler, SPU
Feb. 17	Tyler Shea, NNU	Oct. 21-27	Ashlee Vincent, WWU	Oct. 1-7	Suzie Strickler, SPU
Feb. 15-21	Jared Putney, SPU	Nov. 3-10	Ashlee Vincent, WWU	Oct. 29-Nov. 4	Jessica Pixler, SPU
2021		2003		2008	
Aug. 23-29	Coleman Nash, UAA	Sept. 1-7	Laura Trevellyan, WWU	Aug. 25-31	Theresia Schnurr, UAF
Aug. 30-Sept. 5	Kainalu Pagente, SMU	Sept. 8-14	Jamie Witt, SPU		Anna Coulter, UAF
Sept. 6-12	Aaron Ahl, SFU	Sept. 15-21	Kristie Rice, SU	Sept. 1-7	Jane Larson, SPU
Sept. 13-19	Ase Ackerman, WWU		Josie Lavin, SPU		Sarah Porter, WWU
Sept. 20-26	Tyler Shea, NNU	Sept. 22-28	Kari Konrad, WOU	Sept. 8-14	Sarah Porter, WWU
Sept. 27-Oct. 3	Coleman Nash, UAA		Nicole Campbell, HSU	Sept. 15-21	Jessica Pixler, SPU
Oct. 4-10	Aaron Ahl, SFU	Sept. 29-Oct. 5	Nicole Campbell, HSU	Sept. 22-28	Jessica Pixler, SPU
	Ase Ackerman, MSUB	Oct. 6-12	Jamie Witt, SPU	Sept. 29-Oct. 5	Ashley Puga, NNU
	Easton Pomrankey, WOU	Nov. 3-9	Laura Trevellyan, WWU	Oct. 6-12	Joscelyn Minton, SMU
Oct. 11-17		2004		Nov. 3-9	Jessica Pixler, SPU
2022		Aug. 30-Sept. 5	Janelle Probst, SMU	2009	
Aug. 22-28	Coleman Nash, UAA	Sept. 6-12	Kamie Jo Massey, UAA	Aug. 24-30	Theresia Schnurr, UAF
Aug. 29-Sept. 4	Coleman Nash, UAA	Sept. 13-19	Karen Dickson, SPU	Aug. 31-Sept. 6	Ruth Keino, UAA
Sept. 5-11	Jeret Gillingham, WWU		Karen Dickson, SPU		Theresia Schnurr, UAF
Sept. 12-18	Hunter Hutton, WOU	Sept. 20-26	Kelly Fullerton, SU	Sept. 7-13	Sarah Porter, WWU
Sept. 19-15	Coleman Nash, UAA	Sept. 27-Oct. 3	Kelly Fullerton, SU	Sept. 14-20	Jessica Pixler, SPU
Sept. 26-Oct. 2	Bailey Smith, WOU	Oct. 4-10	Brandy Anderson, CWU	Sept. 21-27	Jessica Pixler, SPU
Oct. 3-9	Charlie Dannatt, SFU	Nov. 1-7	Karen Dickson, SPU	Sept. 28-Oct. 4	Jaclyn Puga, NNU
	Kevin McDermott, WWU		Karen Dickson, SPU	Oct. 5-11	Ruth Keino, UAA
Oct. 17-23	Coleman Nash, UAA				
2023					
Aug. 21-27	Coleman Nash, UAA				
Aug. 28-Sept. 3	Johan Correa, CWU				
Sept. 4-10	Isaac Cortes, SMU				
Sept. 11-17	Johan Correa, CWU				
Sept. 18-24	Coleman Nash, UAA				
Oct. 3-8	Johan Correa, CWU				

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

WOMEN CONTINUED

2010		2016		Aug. 21-27	Rosie Fordham, UAF
Aug. 30-Sept. 5	Raphaela Sieber, UAF	Aug. 29-Sept. 4	Shannon Porter, SMU	Aug. 28-Sept. 3	Ashley Reeck, WWU
Sept. 6-12	Ruth Keino, UAA	Sept. 5-11	Mary Charleson, SPU	Sept. 4-10	Cassidy Walchak-Sloan, SMU
Sept. 13-19	Jessica Smith, SFU	Sept. 12-18	Caroline Kurgat, UAA	Sept. 11-17	Annika Esvelt, SPU
Sept. 20-26	Sarah Porter, WWU	Sept. 19-25	Shannon Porter, SMU	Sept. 18-24	Caitlin Heldt, WOU
Sept. 27-Oct. 3	Sarah Porter, WWU	Sept. 26-Oct. 2	Shannon Porter, SMU	Oct. 3-8	Rosie Fordham, UAF
	Miriam Kipng'eno, UAA	Oct. 3-9	Caroline Kurgat, UAA		
Oct. 4-10	Jessica Smith, SFU	Oct. 10-16	Sierra Manzer, NNU		
Oct. 11-17	Whitney Mickelsen, MSUB				
Oct. 18-24	Sarah Porter, WWU				
2011		2017			
Aug. 29-Sept. 4	Natty Plunkett, SPU	Aug. 28-Sept. 3	Caroline Kurgat, UAA		
Sept. 5-11	Ruth Keino, UAA	Sept. 4-10	Julia Howley, SFU		
Sept. 12-18	Jessica Smith, SFU	Sept. 11-17	Julia Howley, SFU		
Sept. 19-25	Natty Plunkett, SPU	Sept. 18-24	Julia Howley, SFU		
Sept. 26-Oct. 2	Heidi Laabs-Johnson, SPU	Sept. 25-Oct. 1	Dania Holmberg, SPU		
Oct. 3-9	Ruth Keino, UAA	Oct. 2-8	Caroline Kurgat, UAA		
Oct. 10-16	Jessica Smith, SFU	Oct. 9-15	Sierra Manzer, NNU		
2012		2018			
Aug. 27-Sept. 2	Robyn Zeidler, SPU	Aug. 27-Sept. 2	Lindsey Dorney, SMU		
Sept. 3-9	Susan Tanui, UAA	Sept. 3-9	Emmah Chelimo, UAA		
Sept. 10-16	Lindsey Butterworth, SFU	Sept. 10-16	Kaylee Mitchell, SPU		
Sept. 17-23	Katelyn Steen, WWU	Sept. 17-23	Rebecca Lehman, WWU		
Sept. 24-30	Whitney Mickelsen, MSUB	Sept. 24-30	Alexa Shindruk, CWU		
Oct. 1-7	Susan Tanui, UAA	Oct. 1-7	Sophia Kaiser, SFU		
Oct. 8-14	Whitney Mickelsen, MSUB	Oct. 8-14	Alexa Shindruk, CWU		
2013		Oct. 15-21	Emmah Chelimo, UAA		
Sept. 2-8	McKayla Fricker, SPU	2019			
Sept. 9-15	Lindsey Butterworth, SFU	Aug. 26-Sept. 1	Emmah Chelimo, UAA		
Sept. 16-22	Kirsten Allen, SFU	Sept. 2-8	Nikki Aiken, MSUB		
Sept. 23-29	Hannah Calvert, SPU	Sept. 9-15	Jane Barr, WWU		
Sept. 30-Oct. 6	Joyce Kipchumba, UAA	Sept. 16-22	Kaylee Mitchell, SPU		
Oct. 7-13	Annie Wade, WOU	Sept. 23-29	Kaylee Mitchell, SPU		
Oct. 14-20	Natalie Evans, NNU	Sept. 30-Oct. 6	Lily Tyrrell, CWU		
2014		Oct. 7-13	Nancy Jeptoo, UAA		
Sept. 1-7	Beatrice Decker, UAA	Oct. 14-20	Katherine Anderson, CWU		
Sept. 8-14	Rebecca Bassett, SFU	2020-21			
Sept. 15-21	Katelyn Steen, WWU	Feb. 1-7	Kalen Johnson, NNU		
Sept. 22-28	Rebecca Bassett, SFU	Feb. 15-21	Dania Holmberg, SPU		
Sept. 29-Oct. 5	Dani Eggleston, CWU	2021			
Oct. 6-12	Katelyn Steen, WWU	Aug. 23-29	Kendall Kramer, UAF		
Oct. 13-19	Nocona Frame, MSUB	Aug. 30-Sept. 5	Naomi Bailey, UAF		
Oct. 20-26	Connie Morgan, CWU	Sept. 6-12	Olivia Willett, SFU		
2015		Sept. 13-19	Annika Esvelt, SPU		
Aug. 31-Sept. 6	Anna Patti, SPU	Sept. 20-26	Luz Garcia, WOU		
Sept. 7-13	Rebecca Bassett, SFU	Sept. 27-Oct. 3	Annika Esvelt, SPU		
Sept. 14-20	Anna Patti, SPU	Oct. 4-10	Olivia Willett, SFU		
Sept. 21-27	Rebecca Bassett, SFU	2022			
Sept. 28-Oct. 4	Megan Fristoe, CU	Aug. 22-28	Kendall Kramer, UAF		
Oct. 5-11	Joyce Chelimo, UAA	Aug. 29-Sept. 4	Libby Michael, SPU		
Oct. 12-18	Sierra Manzer, NNU	Sept. 5-11	Sophie Wright, WWU		
		Sept. 12-18	Cassidy Walchak-Sloan, SMU		
		Sept. 19-25	Mia Crocker WWU		
		Sept. 26-Oct. 2	Alauna Carstens, SMU		
		Oct. 3-9	Alauna Carstens, SMU		
		Oct. 17-23	Naomi Bailey, UAF		

Most Career Female Runner of the Week Winners

12 – Jessica Pixler, SPU
 6 – Ashlee Vincent, WWU; Sarah Porter, WWU
 5 – Ruth Keino, UAA
 4 – Karen Dickson, SPU; Kelly Fullerton, SU; Jessica Smith, SFU; Rebecca Bassett, SFU
 3 – Jamie Witt, SPU; Theresia Schnurr, UAF; Whitney Mickelsen, MSUB; Katelyn Steen, WWU; Shannon Porter, SMU; Julia Howley, SFU; Emmah Chelimo, UAA; Kaylee Mitchell, SPU; Annika Esvelt, SPU

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

ALL-TIME ATHLETE OF THE WEEK SUMMARIES

2001

Week of Aug. 27-Sept. 2: Male - Eric Strabel, Alaska Anchorage (So., Palmer, AK) led a 1-2-3 sweep as UAA won the men's team title in the Birch Hill Invitational at Fairbanks. Strabel covered the 8,000 meters in 26:34 to finish 21 seconds ahead of teammate Toby Schwoerer. UAA's Andy Elvester placed third in a time of 27:00. **Female** - Sigrid Aas, Alaska Fairbanks won the women's Burch Hill 5,000 meter individual race in a time of 19:40, nine seconds better than Leslie Boyd of UAA.

Week of Sept. 3-9: Male - Louie White, Humboldt State (Monterey, CA) finished fourth overall in a time of 26:06 to lead the Lumberjacks to the team title in the Humboldt State Invitational. **Female** - Jill Salmon, Western Oregon (Jr., Central Point, OR - Crater), placed third in a time of 18:28 as the Wolves finished second in the HSU Invitational.

Week of Sept. 10-16: Male - Steve Manos, Seattle University (So., Phoenix, AZ - Brophy Prep) finished fifth overall in the Saint Martin's Invitational in a time of 26:51.9 to lead the Redhawks to their first team title since joining the NCAA Division II ranks three years ago. **Female** - Rachel Ross, Seattle Pacific (Sr., Kennewick, WA) finished second in the Saint Martin's Invitational in a time of 19:05.4 to lead the Falcons to the team championship.

Week of Sept. 17-23: Male - Aaron Matthias, Northwest Nazarene (Jr., Yakima - West Valley) finished second in a time of 24:40 to lead the Crusaders to the team title in the open division of the Sundodger Invitational at Lincoln Park. **Female** - Ashlee Vincent, Western Washington (Fr., Bellingham - Squalicum) placed fourth in the open division in a time of 17:56 to lead the Vikings to a third-place team finish in the Sundodger Invitational.

Week of Sept. 24-30: Male - Martin Ranney, Western Washington (Sr., Bellingham - Sehome) finished second to lead the Vikings to a second-place finish in the Western Washington Invitational. **Female** - Jamie Witt, Seattle Pacific (So., Folsom, CA) placed sixth and was the top overall GNAC placer in the WWU Invitational.

Week of Oct. 1-7: Male - Francis Kimeli, Northwest Nazarene (Jr., Eldoret, Kenya) placed fifth (out of 400 runners) in the Willamette Invitational in a time of 24:22.30 (8,000 meters) to lead the Crusaders to a fourth-place team finish. **Female** - Kylee Wells, Western Oregon (Sr., Gresham, OR) was the top GNAC placer in the Willamette Invitational, finishing 18th in a time of 18:10.21 (5,000 meters).

Week of Oct. 8-14: Male - Francis Kimeli, Northwest Nazarene (Jr., Eldoret, Kenya - Ainabkot). won the men's titles in the inaugural GNAC cross country championships at Kincaid Park in Anchorage. Kimeli finished first on the men's 8,000 meter course in a time of 26:12.2, finishing 15 seconds ahead of second-place Martin Ranney of Western Washington, to lead the Crusaders to the team title. **Female** - Ashlee Vincent, Western Washington (Fr., Bellingham - Squalicum) won the women's titles in the inaugural GNAC cross country championships at Kincaid Park in Anchorage. Vincent led the Vikings to a second-place team finish in the women's race, posting a winning time of 23:46.0 on the 6,000 meter layout. She is the first Viking woman ever to win a league cross country title.

Week of Oct. 15-21: Male - Tom Gaschk, Central Washington (Sr., Gig Harbor) finished third in a time of 24:49 for the top finish by a GNAC runner in the Northwest College Invitational Saturday to lead the Wildcats to a second-place team finish. **Female** - Kelly Fullerton, Seattle (So., Roseburg, OR) placed fifth in a time of 18:06 for the best finish by a GNAC runner in the 5,000-meter women's race at Kirkland.

Week of Oct. 29-Nov. 4: Male - Tobias Schwoerer, Alaska Anchorage (So., Lenzkirch, Germany) and Brice Roncace, Northwest Nazarene (Jr., Meridian, ID). . Schwoerer finished second in the NCAA West Regional in a time of 32:10 to lead the Seawolves to a third-place team finish. Roncace placed 14th in the NAIA Regional in a time of 25:19, a 36-second improvement in his personal best. A 27:00 runner last year, he missed all-regional honors by just seven seconds. "Brice has done an amazing job for us this year," NNU coach Randy Dalzell said. **Female** - Kelly Fullerton, Seattle University (So., Roseburg, OR) claimed a NAIA national berth, placing fourth in Saturday's regional in a time of 17:52.

2002

Week of Aug. 26-Sept. 1: Male - Sean Rivers, Alaska Anchorage (Sr., Sandy, OR) finished first in the UAF Invitational as the Seawolves placed seven runners among the top eight in easily outdistancing Central Washington 16-60. Rivers was clocked in a time of 25:19. **Female** - Sigrid Aas, Alaska Fairbanks (Jr., Alta, Norway) won the women's individual title in a time of 18:28.2 in the UAF Invitational.

Week of Sept. 2-8: Male - Nathanael Castle, Seattle Pacific (Sr., Gooding, ID) finished second in the Emerald City Invitational at Lower Woodland Park. Castle, who was the only non-University of Washington runner among the top seven finishers, was clocked in a time of 26:02.40. **Female** - Ashlee Vincent, Western Washington (So., Bellingham - Squalicum) finished fourth in the women's race in the Emerald City Invitational in a time of 18:23.99. UW runners claimed the top three spots.

Week of Sept 9-16: Male - Chase Wells, Western Oregon (So., Gresham, OR - Mt. Hood CC) finished third in the Lewis & Clark Invitational in a time of 26:02.9 to lead the Wolves to a second-place team finish. **Female** - Katie Gosnell, Humboldt State (Sr., Lyons, CO) had the best finish by a GNAC runner in the 38th annual Fresno State Invitational, placing fifth in a time of 18:34. She was second among Division II athletes.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Sept.16-22: Male - Paul Kezes, Western Washington (Jr., Bellingham - Sehome), a transfer from Western State (Colo.), finished just two seconds off the course record in winning the men's invitational section of the 11th annual Sundodger Cross Country meet Saturday at Lincoln Park. Kezes paced a field made up predominately of NCAA Division I runners, completing the 8,000 meter course in a time of 23:42, finishing 28 seconds ahead of Mike Hill of Club Northwest. **Female** - Alicen Maier, Central Washington (Jr., Selah), who sat out last fall's cross country campaign with an injury, had her fourth straight Top 10 finish, placing sixth in the open division of the Sundodger Invitational in a time of 17:55.

Week of Sept. 23-29: Male- Pete Clusener, Humboldt State (Sr., Port Washington, NY) placed 34th in the Stanford Invitational in a time of 24:35. Clusener finished second among Division II runners. **Female**- Nicole Seana, Seattle Pacific (Jr., Carnation, WA) cut 40 seconds off her time from the previous week in leading the Falcons to the team title in the Saint Martin's Invitational. Seana was SPU's top finisher and placed seventh overall (6th among collegiate runners) in a time of 19:03.16.

Week of Sept. 30-Oct. 6: Male - Pete Clusener, Humboldt State (Sr., Port Washington, NY) had the best individual finish by a GNAC male runner and led the Lumberjacks to the top team finish in the Willamette Invitational. Clusener placed third in the men's 8,000 meter race in a time of 24:29.38 as the Lumberjacks placed fourth out of 40 teams **Female** - Kati Gosnell, Humboldt State (Sr., Lyons, Colo.) finished second in the women's race in a time of 17:50.42 leading HSU to a fifth place team finish (out of 35 teams).

Week of Oct. 7-13: Male - Steve Manos, Seattle University (Jr., Phoenix, AZ) was the top GNAC placer in the Pacific Lutheran Invitational, finishing third in a time of 25:19 to lead the Redhawks to a second-place team finish. **Female** - Ashlee Vincent, Western Washington (So., Bellingham - Squalicum) led the Vikings to their first-ever women's team title in the WWU Invitational, placing second overall in a time of 22:21. She was the top collegiate placer in the meeting.

Week of Oct. 21-27: Male - Tim LeCount, Seattle Pacific (Fr., Battle Ground, WA) and Paul Kezes, Western Washington (So., Bellingham, WA - Sehome). .LeCount shaved 36 seconds off his previous time at Lincoln Park and bettered his season best mark by six seconds in finishing eighth to win GNAC Freshman-of-the-Year honors at the conference championship meet. Kezes raced to a 20-second victory covering the 8,000-meter layout in a time of 24:20.85 to win Athlete-of-the-Year and Newcomer-of-the-Year honors. **Female** - Ashlee Vincent, Western Washington (So., Bellingham - Squalicum) won her second straight GNAC individual title and earned Athlete-of-the-Year honors as she finished first in the conference meet in a time of 21:44.89.

Week of Nov. 3-10: Male - Paul Kezes, Western Washington (So., Bellingham - Sehome) won the NCAA Division II West Regional men's individual title at Fresno, Calif., in a time of 31:58, finishing 12 seconds ahead of Chris Eggers of Chico State. **Female** - Ashlee Vincent (So., Bellingham - Squalicum). was the top GNAC finisher in Saturday's NCAA West Regional championships at Woodward Park in Fresno, Calif., placing eighth in a time of 22:21.

2003

Week of Sept. 1-7: Male - Kurt Hartmaier, Western Washington (Sr., Woodinville, WA - Redmond) finished second in the Emerald City Invitational to lead the Vikings to the team title in their inaugural run of the 2003 season. Hartmaier was clocked in a time of 26:23.4 on the 8,000 meter layout. **Female** - Laura Trevellyan, Western Washington (So., Vashon, WA) placed second at the Emerald City Invitational to lead the Vikings to a third-place team finish. Trevellyan, who was last year's GNAC Freshman-of-the-Year award winner, covered the 5,000-meter layout in a time of 18:47.8.

Week of Sept. 8-14: Male - Nathan Carlson, Saint Martin's (Sr., Pateros, WA) placed second in the Saint Martin's Open as the Saints equaled their best team finish in school history. Carlson covered the 8,000 meter layout in a time of 25:57. Saint Martin's finished second behind Western Washington, which won its second team title in two competitions this fall. Twice previously the Saints have earned second-place finishes, including two years ago in this meet and once in a four-team competition at Northwest College. **Female** - Jamie Witt, Seattle Pacific (Jr., Folsom, CA) came from behind in the final 800 meters to win the Saint Martin's Open at Lacey. Witt was clocked in a time of 18:01.01 on the 5,000 meter course as she led the Falcons to a second-place team finish.

Week of Sept. 15-21: Male - Andy Prentice, Saint Martin's (So., Nine Mile Falls, WA) placed 30th out of 217 runners, including eighth among Division II athletes, to lead the Saints to a 10th place finish (out of 28 schools) in the National Catholic Invitational at the University of Notre Dame in South Bend. Prentice covered the 8,000-meter layout in a time of 26:06. Saint Martin's finished fourth among Division II schools in the competition. **Female** - Kristie Rice, Seattle (Fr., Des Moines, WA - Mount Rainier) and Josie Lavin, Seattle Pacific (Jr., Bremerton, WA). .Rice placed 12th, including fifth among Division II runners, in the National Catholic Invitational. Rice covered the 3,000-meter course in a time of 19:01. A total of 256 women competed in the meet. Lavin led wire-to-wire and pulled away in the latter stages to earn her first collegiate win in the Central Washington Invitational. Her time of 19:22 was an 81 second improvement over her 2002 time on the same course.

Week of Sept. 22-28: Male - Tim LeCount, Seattle Pacific (So., Battle Ground, WA) finished second among GNAC runners and eighth overall in the Sundodger Invitational at Lincoln Park, covering the 8,000 meter course in 25:11, a 40-second improvement over his time in the same event last season. **Female** - Kari Konrad, Western Oregon (Jr., Tigard, OR - Clackamas), and Nicole Campbell, Humboldt State (Jr., Topanga, CA - Palisades Charter). .Konrad and Campbell were clocked in times of 23:03 and 23:07, respectively, in leading their teams at the Cal Poly Pomona Invitational and Stanford Invitational, respectively. Conrad finished fifth overall among seven schools competing at Chino. Campbell placed third among Division II athletes and was 60th overall at Stanford.

Week of Sept. 29-Oct. 5: Male - Doug Hamilton, Humboldt State (Sr., Modesto, CA) placed eighth for the highest finish by a GNAC athlete in the Willamette Invitational at Salem. Hamilton covered the 8,000 meter layout in a time of 24:31.63 to lead the Lumberjacks to a sixth-place team finish. **Female** - Nicole Campbell, Humboldt State (Jr., Topanga, CA - Palisades Charter) finished 24th at Willamette, the best finish by a GNAC runner. She covered the 5,000 meter layout in a time of 18:30.91.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Oct. 6-12: Male – Chase Wells, Western Oregon (Jr., Gresham, OR – Mt. Hood) finished second to lead the Wolves to the team title in the NNU Hampton Inn & Suites Fall Harrier Classic at Kuna, Idaho. Wells was clocked in a time of 27:52.59 on the 8,000-meter course. **Female** – Jamie Witt, Seattle Pacific (Jr., Folsom, CA) finished 25 seconds ahead of the next closest GNAC runner and placed second overall to lead the Falcons to the women's team title in the WWU Invitational. Witt, who has finished no worse than third in any of her five races this fall, was clocked in 22:14 on the 6,000-meter layout.

Week of Nov. 3-9: Male – Doug Hamilton, Humboldt State (Sr. Modesto, CA) placed 10th in the West Regional at Chino to qualify for the NCAA national meet in two weeks at Raleigh, N.C. Hamilton earlier won the GNAC championship. **Female** – Laura Trevellyan, Western Washington (So., Vashon, WA), who finished third in the GNAC meet, had the best finish by a GNAC runner, placing fifth overall in a time of 22:22.0 in the NCAA West Regional to qualify for the national meet.

2004
Week of Aug. 30-Sept. 5: Male – Andy Prentice, Saint Martin's (Sr., Nine Mile Falls, WA) and Zach Dwello, Northwest Nazarene (Sr., McCall, ID) won individual titles in the opening weekend of races. Prentice set a course record in leading the Saints past the University of Puget Sound in the UPS Open. Dwello finished first in the Whitman Invitational to spark the Crusaders to a second-place team finish. **Female** – Janelle Probst, Saint Martin's and Kamie Jo Massey, Alaska Anchorage (Sr., Payson, UT). . . Probst and Massey won individual titles in the UPS Open and the Interior UAF Invitational to lead their squads to team titles in duals with the Loggers and Nanooks, respectively.

Week of Sept. 6-12: Male – Tim LeCount, Seattle Pacific (Sr., Battle Ground, WA) finished third in the Emerald City Invitational leading the Falcons to their first-ever team title in the four-year history of the conference. LeCount, who was coming off an injury, was clocked in a time of 27:17.44 on the 8,000-meter layout. **Female** – Karen Dickson, Seattle Pacific (So., El Dorado Hills, CA) won the individual title in the Emerald City Invitational, finishing in a time of 18:16.32, 16 ½ seconds ahead of runner-up Kelly Fullerton of Seattle. Both Dickson and Fullerton also finished ahead of all the runners competing in the Division I race.

Week of Sept. 13-19: Male – Brian Kostock, Humboldt State (Jr., Santa Barbara, CA – San Marcos) raced to a 41-second victory in the Humboldt Invitational at McKinleyville, covering the 8,000 meter layout in a time of 26:31. It was the first outing for Kostock since overcoming a hip injury that forced him to sit out the entire 2004 track-and-field season. "Brian ran an incredible race, especially considering that he couldn't train for three months last spring," HSU head coach Sandy Moran said. "His performance makes a statement about what he is capable of achieving." **Female** – Karen Dickson, Seattle Pacific (So., El Dorado, CA) and Kelly Fullerton, Seattle (Sr., Roseburg, OR). . . Dickson outraced all the Division I competition for the second week in a row, finishing third overall and first among collegiate runners in the invitational portion of the Sundodger at Lincoln Park. Dickson covered the 6,000-meter layout in a time of 21:20. Fullerton finished second in the 5,000-meter open race at Sundodger, just three seconds back of Julia Howard of Simon Fraser in a time of 17:58.

Week of Sept. 20-26: Male – Brandon Stum, Alaska Anchorage (Sr., Spokane, WA – University & SCC) placed 22nd in an outstanding field in an invitational at Evansville, Indiana, the site of this year's national meet. Stum covered the 8,000 meter layout in a time of 26:05. The field included about one third of the teams currently ranked in the NCAA Division II Top 25, including the Seawolves who are ranked 20th. **Female** – Kelly Fullerton, Seattle University (Sr., Roseburg, OR) finished first in a meet record time of 18:04 to lead the Redhawks to an easy team victory in the Saint Martin's Invitational at Lacey. SU finished well ahead of the host Saints (22 points to 50) in the team standings.

Week of Sept. 27-Oct. 3: Male – Jasper Peach, Humboldt State (So. Auburn, CA), making his first appearance of the season, finished eighth in a strong field at Willamette, covering the 8,000 meter layout in a time of 24:36.75, more than a minute faster than he ran on the same course last year and the fastest 8,000 meter time by any GNAC runner this fall. **Female** – Brandy Anderson, Central Washington (Jr., Juneau, AK – Western State) finished second in the CWU Invitational in a time of 19:47.6 to lead the Wildcats to the team title over Whitworth and nationally 22nd ranked Seattle University.

Week of Oct. 4-10: Male - Brian Kostock, Humboldt State (Jr., Santa Barbara, CA – San Marcos) finished first in a 10,000 meter time of 32:49, 12 seconds ahead of teammate Jasper Peach in the 31st annual Western Washington Invitational. **Female** – Karen Dickson, Seattle Pacific (So., El Dorado Hills, CA) won her fourth race of the season at Bellingham, finishing 55 seconds ahead of the second-place finisher and 64 seconds ahead of the next collegiate runner.

Week of Nov. 1-7: Male – Jasper Peach, Humboldt State (So., Auburn, CA – Placer) and Bjorn Bostrom, Seattle Pacific (So., LaConner, WA). . . Peach, who finished fourth in the conference meet two weeks ago, was the top GNAC finisher in the NCAA West Regional, covering the 10,000 meter Lake Padden layout in a time of 32:47. Bostrom finished 22nd overall, but his time was nine seconds faster than his last trip around Lake Padden despite soggy conditions and his finish helped SPU to qualify for the NCAA national meet for the first time in school history. **Female** – Karen Dickson, Seattle Pacific (So., El Dorado Hills, CA) finished second, just 24 seconds back of defending NCAA national champion Chelsea Smith of Brigham Young – Hawaii.

2005
Week of Aug. 28-Sept. 4: Male - John Riak, Saint Martin's (Fr., Lacey, WA) won the UPS Open, covering the 8,000 meter layout in a time of 27:01. **Female** - Pavla Havlova, Alaska Fairbanks (Sr., Jince, Czech Republic), a transfer from Wichita State, finished first in the UAF Interior Invitational in a time of 18:23.3 on the 5,250 meter layout.

Week of Sept. 5-11: Male - Casey Moriarty, Seattle (Gr., Seattle, WA) finished first in the Emerald City Invitational, covering the 8,000 meters in a time of 25:39.82, more than a minute faster than the second-place finisher and 95 seconds quicker than the next GNAC runner. Moriarty is a graduate of Yale University and is currently enrolled in the Seattle University Law School. **Female** - Meredith Crane, Seattle Pacific (Jr., Yakima, WA – Davis), a transfer from Texas A&M, won her debut race for the Falcons at the Emerald City Invitational, covering the 5,000 meter course in a time of 18:16.28, 10 seconds ahead of the runner-up and 41 seconds quicker than the next collegian.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Sept. 12-18: Male -Casey Moriarty, Seattle University (Sr., Seattle, WA – Yale) ran the second fastest 8,000 meter time in GNAC history, placing third in the Division I dominated invitational division at the Sundodger. He covered the Lincoln Park layout in a time of 24:07, finishing just seven seconds behind winner Austin Ramos of UCLA. The only better time by a GNAC runner came in 2002 when Western Washington's Paul Kezes navigated the Lincoln Park course in a time of 23:42. **Female** - Janelle Probst, Saint Martin's (So., Spokane, WA – Mead) finished 38th – sixth among Division II runners – at the National Catholic Championships at South Bend, Indiana. Probst covered the 5,000-meter layout in a time of 19:26.

Week of Sept. 19-25: Male - David Kiplagat, Alaska Anchorage (Fr., Kapsabet, Kenya - Kaptumo Boys) finished 18th in a time of 24:27 to lead the Seawolves to a 13th place team finish in the long-course event (8,000 meters) at the Stanford Invitational. **Female** - Meredith Crane, Seattle Pacific (Jr., Yakima, WA - Davis) won the Saint Martin's Invitational in a course-record 5,000 meter time of 17:33 leading the Falcons to a second-place finish at Lacey. It was Crane's second win of the season. She also finished first two weeks ago at the Emerald City Open.

Week of Sept. 26-Oct. 2: Male - Brian Kostock, Humboldt State (Sr., Santa Barbara, CA – San Marcos) finished 23rd in the Willamette Invitational in a time of 25:17.6 to lead the Lumberjacks to a 13th place team finish, the best among GNAC teams entered in the event. Kostock was the second highest GNAC individual placer, finishing five seconds in back of Saint Martin's John Riak, who placed 17th in a time of 25:12.4. **Female** - Brandy Anderson, Central Washington (Sr., Juneau, AK – Western State) led the Wildcats to a fifth-place team finish at Willamette – second among NCAA Division II schools – covering the 5,000-meter layout in a time of 18:30.15.

Week of Oct. 3-9: Male - Logan Senrud, Western Washington (Jr., Bigfork, MT) finished eighth to lead the Vikings to their fourth team title in six years in the 32nd annual Western Washington Invitational. Senrud, coming off an arch injury, covered the 10,000-meter course in a time of 33:10. Senrud was one of five Viking runners in the Top 20. **Female** - Pavla Havlova, Alaska Fairbanks (Sr., Jince, Czech Republic) won her third race of the season, finishing first in a double dual with Alaska Anchorage and Cal Poly Pomona. She completed the 6,000-meter layout in a time of 22:53.48, a healthy 46 seconds ahead of runner-up Mandy Kaempf of Alaska Anchorage.

Week of Oct. 31-Nov. 6: Men - Casey Moriarty, Seattle (Sr., Seattle, WA) had the highest finish for a GNAC runner in the NCAA West Regional meet Saturday at Prado Park in Chino, Calif. Moriarty finished fifth on the 10,000-meter course in a time of 32:34.1 to qualify for the NCAA national meet. **Female** – Mandy Kaempf, Alaska Anchorage (Jr., Steinbach-Hallenberg, Germany) placed fourth in the women's West Regional meet to lead the Seawolves to a third-place national qualifying team finish. Kaempf covered the 6,000-meter layout in a GNAC-best time of 22:22.7.

2006

Week of Aug. 28-Sept. 3: Male – John Riak, Saint Martin's (So., Lacey, WA) won the Puget Sound Invitational in a time of 26:46, cutting 15 seconds off his winning time in the same race a year ago. It was also his fourth career victory. **Female** – Aurelia Korhauer, Alaska Nanooks (So., Bondorf, Germany) had the highest finish by a GNAC runner in the UPS Invitational, placing third in a time of 20:26 on the 5,000 meter layout.

Week of Sept. 4-10: Male – Sam Scotchmer, Central Washington (Jr., Snohomish, WA) and Anthony Tomsich, Western Washington (So., Fairbanks, AK – West Valley). . Scotchmer finished first at the Lewis & Clark Invitational in a time of 25:54.5. Tomsich led Western Washington to the men's team title at the Emerald City Invitational in a winning time of 26:51.71. **Female** – Katie Hummel, Central Washington (Jr., Yakima, WA – Eisenhower) and Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA – Eastlake). . Hummel finished in a meet and course-record time of 21:45.7 to lead the Wildcats to the team title in the Lewis & Clark Invitational. Pixler, who also competes for the Falcons' soccer team, led SPU to the team title finishing first in a 6,000-meter time of 22:31 in the Emerald City Invitational, a minute ahead of the next collegian.

Week of Sept. 11-17: Male – John Riak, Saint Martin's (So., Lacey, WA) became just the third Division II runner in the 27-year history of the meet (and the first since 1995) to win the individual title in the National Catholic Cross Country championships Friday at South Bend, Indiana. The SMU sophomore won his third race in three outings this fall, covering the five-mile layout in a time of 24:38, finishing two seconds ahead of second-place Jake Watson of Notre Dame. Earlier this fall, he won the UPS Invitational in a 8,000-meter time of 26:46 and a dual against Evergreen State in a 5,000-meter time of 14:53. He now has seven career victories. **Female** – Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA – Eastlake) won her second consecutive race winning the Sundodger Open Division at Lincoln Park in Seattle in a time of 21:35. Last week she won the Emerald City at Woodland Park in a time of 22:31.69. In between, she takes time to compete for SPU's nationally ranked soccer team, which is off to a 6-1 start.

Week of Sept. 18-24: Male – David Kiplagat, Alaska Anchorage (So., Kapsabet, Kenya) finished second in the Saint Martin's Invitational to lead the Seawolves to the men's team title. Kiplagat who finished five seconds in back of Saint Martin's John Riak in a 8,000 meter time of 25:14, was one of three UAA runners among the top five on the course that will host the GNAC championships on Oct. 21. **Female** – Mary Moriarty, Seattle Pacific (So., Seattle, WA – Ballard) was the top collegiate finisher at Saint Martin's and placed second overall in a time of 22:13 as she led the Falcons to an overwhelming victory in the team race. SPU placed five runners in the top nine even though they were without Jessica Pixler, who will concentrate on soccer until the conference meet.

Week of Sept. 25-Oct. 1: Male – David Kiplagat, Alaska Anchorage (So., Kapsabet, Kenya) finished second in the Willamette Invitational in a 8,000-meter time of 24:06.25, finishing 36 seconds of ninth-place finisher John Riak of Saint Martin's, who had won his four previous races. **Female** – Katie Hummel, Central Washington (Jr., Yakima, WA – Ike & Texas A&M) bounced back from a two-week layoff to finish fourth out of 298 runners (first among Division II athletes) in the Willamette Invitational in a 5,000-meter time of 17:49.75.

Week of Oct. 2-8: Male – Mike Schmidt, Western Oregon (Fr., Tacoma, WA – Bellarmine Prep) led the Wolves to a share of the team title Saturday in the Pacific Lutheran Invitational, finishing second on the 8,000 meter layout in a time of 25:28. Two other Western Oregon runners also placed in the Top 10 as WOU tied Whitworth in the team standings, each finishing with a score of 46. **Female** – Mandy Kaempf, Alaska Anchorage (Sr., Steinbach-Hallenberg, Germany), competing

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

for the first time since the 2005 NCAA national meet, led all collegians and placed third overall in the 33 rd annual Western Washington Invitational. Kaempf, a three-time GNAC all-conference performer, was clocked in a time of 22:22, 15 seconds in back of race winner Rose Wetzel of Club Northwest. She will attempt to join UAA's Stacy Edwards (2001-03, 05) as the only four-time all-conference performers in GNAC history Oct. 21 when Saint Martin's hosts the sixth annual GNAC championship meet.

Week of Oct. 30-Nov. 5: Male – John Riak, Saint Martin's (So., Lacey, WA) earned all-region honors and qualified for the NCAA Division II national meet by finishing fourth in the NCAA West Regional cross country meet in a 10,000 meter time of 32:24.52. He was the GNAC's first finisher in the meet. **Female** - Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA - Eastlake) won the regional title by 10 seconds becoming Falcons' first individual champion since Bente Moe in 1985 and helping SPU earn first national team berth since 1999.

2007

Week of Aug. 27-Sept. 2: Male – Nik Karr, Western Oregon (Jr., Tigard, OR) led a 1-2 Western Oregon finish as the Wolves placed second in the WOU Summer's End Invite at Monmouth. Karr was clocked on the 8,000-meter layout in a time of 25:01, two seconds ahead of teammate Chris Reed. **Female** – Anna Coulter, Alaska Fairbanks (Jr., Traverse City, MI) and Elizabeth Chepkosgei, Alaska Anchorage (Jr., Kapsabet, Kenya). . .Chepkosgei recorded her first career victory in the UAA Invitational in a time of 18:39, finishing 30 seconds ahead of the field. Coulter led her team to three wins in a pair of double duals, finishing second in Thursday's 6,000 meter run in a time of 24:49.4 and fourth Saturday on the 3,870 meter loop in a time of 14:36.1.

Week of Sept. 3-9: Male – Blake Medhaug, Western Washington (Fr., Bothell, WA) finished first among the collegians in the Emerald City Invitational in a time of 27:18.59. He finished 12 seconds ahead of runner-up Chad Meis, who was clocked in a time of 27:30.97. **Female** – Jessica Pixler, Seattle Pacific (So., Sammamish – Eastlake) won the Emerald City Invitational by 77 seconds in a time of 22:28.14, to lead the Falcons to the team title. It was her fifth career win in six outings.

Week of Sept. 10-16: Male - Nathan Heitzinger, Seattle (Sr., Scottsdale, AZ – Brophy Prep) placed fourth in the West Coast Conference Preview at Portland's Pier Park. Heitzinger, who finished in back of three Division I athletes (one from Gonzaga and two from the University of Portland), covered the 8,000-meter layout in a time of 25:27.5. **Female** – Jessica Pixler, Seattle Pacific (So., Sammamish, WA – Eastlake) placed fourth in the Elite Division of the Sundodger Invitational at Lincoln Park in a time of 21:04, 31 seconds better than her winning team in the Open Division in last year's meet.

Week of Sept. 17-23: Male – Bennett Grimes, Western Washington (Fr., Pocatello, ID – Century) had the only Top 10 finish by a GNAC male athlete in the Bob Firman Invitational at Eagle Island State Park in Boise. Grimes finished seventh in a four-mile time of 25:41, only 23 seconds in back of the winner. He is the third different Viking runner to lead WWU in a race this fall. **Female** – Ashley Puga, Northwest Nazarene (Jr., Boise, ID – Nampa Christian) and Marcie Mullen, Central Washington (Jr., Sedro-Woolley, WA). . .Puga finished fourth at Boise finishing behind only Seattle Pacific's Jessica Pixler and two Division I athletes, in a time of 18:31. Mullen, who redshirted a year ago, earned her second win of the season, finishing first in the CWU Appleridge Run in a 5,000 meter time of 19:12.

Week of Sept. 24-30: Male – David Kiplagat, Alaska Anchorage (Jr., Kapsabet, Kenya) finished third in the Willamette Charles Bowles Invitational, covering the 8,000 meters in a time of 24:29.05 leading the Seawolves to a fifth-place team finish. **Female** – Elizabeth Chepkosgei, UAA (Jr., Kapsabet, Kenya) and Jessica Pixler, Seattle Pacific (So., Sammamish, WA – Eastlake). . . .Chepkosgei finished second at Willamette in a time of 17:31.10 on the 5,000 meter layout to lead three GNAC athletes who finished in the Top 10. Joining her in that group was Northwest Nazarene's Ashley Puga (5th) and Central Washington's Marcie Mullen (10th). . .Pixler continued her domination of Division II athletes, placing 10 th in the Stanford Invitational in a 6,000-meter time of 21:05. She was the top Division II finisher in the meet, outracing all of top-ranked Adams State's athletes.

Week of Oct. 1-7: Male – Anthony Tomsich, Western Washington (Jr., Fairbanks, AK – West Valley) was the first of seven Vikings (including four redshirt freshmen) to cross the finish line among the top 11 runners as the Vikings easily won their third straight team title in the 34 th annual Western Washington Invitational. Tomsich covered the 10,000-meter layout in a time of 32:15.1. **Female** – Suzie Strickler, Seattle Pacific (Jr., Richland) finished third for her highest career placement as she helped the Falcons win the team title in the WWU Invitational. Her 6,000-meter time of 22:50.3 was 21 seconds quicker than her time on the same course a year ago.

Week of Oct. 29-Nov. 4: Male – John Riak, Saint Martin's (Jr., Lacey, WA) won the NCAA West Regional title Saturday at Eagle Island in a 10,000-meter time of 30:32.75. It was his fifth win this season and officially his 12 th career win though he also won collegiate races in 2004 and 2005 competing unattached. **Female** – Jessica Pixler, Seattle Pacific (So., Sammamish, WA – Eastlake) raced to a 33-second victory over teammate Jane Larson to successfully defend her title and lead the Falcons to their first NCAA West Regional title since 1996. Pixler's 8,000-meter time of 19:52.9 was the first sub-20 minute performance in the regional meet in more than 10 years.

2008

Week of Aug. 25-31: Female – Theresia Schnurr, UAF (Fr., Buhlertal, Germany), and Anna Coulter, UAF (Sr., Traverse City, MI) each won a race in duals with Humboldt State. Coulter won Thursday's 6,000-meter event in a time of 24:01.8 as the Nanooks beat the Lumberjacks 24-31. On Saturday, Schnurr won the 4,000-meter contest in a time of 15:39.4 as Coulter finished second in 15:45.8 in a 24-31 UAF victory. **Male** – Zeke Van Patten, WOU (So., Corvallis, OR) finished fifth in the WOU Summer End Invitational in a time of 25:01.2 leading the Wolves, who are ranked fourth in the NCAA Division II West Regional pre-season poll, to a second-place team finish.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Sept. 1-7: Male – Marko Cheseto, UAA (So., Kapenguria, Kenya – Chewoyet) ran one of the fastest 8,000 meter times in GNAC history in leading the Seawolves to a 24-31 victory over nationally 11 th ranked Edinboro. The only faster 8K cross country time in the eight-year history of the conference was a 23:21 by UAA's David Kiplagat in the same meet last year. **Female** – Jane Larson, Seattle Pacific (Jr., Fall City, WA - Cedar Park Christian) and Sarah Porter, Western Washington (So., Hockinson, WA) each won their first collegiate cross country races in leading their teams to titles at Lacey and Bellingham, respectively. Larson won the Saint Martin's Invitational in a 6,000 meter time of 23:06.0. Porter won the Orca Invitational by an impressive 99-second margin over Angela Shaw of Simon Fraser. The WWU sophomore covered the 5,000 meter layout in a time of 17:38.

Week of Sept. 8-14: Male – John Riak, Saint Martin's (Sr., Lacey, WA) earned his 14th career win (and his second in two weeks) in winning the Apple Ridge Run in Yakima in an 8,000-meter time of 25:52, 29 seconds better than teammate Josiah Price. The defending GNAC and West Region champion now has 14 career victories. **Female** – Sarah Porter, Western Washington (So., Hockinson, WA) also earned her second win in two weeks in leading the Vikings to the team title at Yakima. She covered the 6,000-meter layout in a time of 22:21.

Week of Sept. 15-21: Male – Marko Cheseto, Alaska Anchorage (So., Kapenguria, Kenya) finished second in a field which was mostly Division I runners in leading the Seawolves to a second-place team finish in the Sundodger Invitational at Lincoln Park. Cheseto, who led for virtually the entire race, covered the 8,000-meter layout in a time of 23:45. He finished 12 seconds behind winner Paul Limpf of Eastern Washington. **Female** – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA - Eastlake) made her season debut by finishing third in the Sundodger leading the Falcons to a fifth place finish in the invitational division. The defending GNAC, West Region and NCAA champion finished third in a time of 20:31 on the Lincoln Park layout. That was a 33 second improvement over her time in the same event a year ago and was 64 seconds better than she ran two years ago as a freshman in the Sundodger.

Week of Sept. 22-28: Female – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA - Eastlake) was the top Division II finisher and was sixth overall in the prestigious Stanford Invitational, covering the 6,000-meter layout in a time of 21:22. Last year she finished 10th in a time of 21:05.

Week of Sept. 29-Oct. 5: Male – John Riak, Saint Martin's (Sr., Lacey, WA) finished third for the best finish by a GNAC athlete Saturday in the Willamette Invitational. Riak covered the 8,000 meter course in a time of 24:48.99. Riak has two wins this season and a GNAC-record 14 in his career. He is the defending GNAC and West Region champion. **Female** – Ashley Puga, Northwest Nazarene (Sr., Meridian, ID – Nampa Christian) earned a 12th place finish in the Willamette Invitational. She covered the 5,000 meter layout in 18:17.90. She was one of three GNAC athletes to finish in the Top 25 in the meet, including Marcie Mullen of Central Washington who finished 14th and her sister, Jaclyn Puga of NNU, who placed 22nd.

Week of Oct. 6-12: Male – Marko Cheseto, Alaska Anchorage (So., Kapenguria, Kenya) and Zeke VanPatten, Western Oregon (So., Corvallis, OR). . . Cheseto and Van Patten led their respective teams to titles in the UCSD Triton Classic and Pacific Lutheran University Invitational, respectively. Cheseto finished second at San Diego, the site for this November's NCAA Division II regionals, covering the 10,000 meters in a time of 31:29.7. UAA placed four runners in the top five easily outdistancing host UCSD 22-62 for the team title. Van Patten clocked a 8,000 meter time of 25:34.45 to lead the Wolves, who also placed four runners in the top five, to the team title at PLU. **Female** – Joscelyn Minton, Saint Martin's (Fr., Shelton, WA - Northwest Christian) finished first at Pacific Lutheran in a 6,000 meter time of 22:45.66. It was the first invitational win for a Saint runner in the eight-year history of the GNAC. SMU's Janelle Probst had three firsts in 2004 and 2005 in dual meets.

Week of Nov. 3-9: Male – Marko Cheseto, Alaska Anchorage (So., Kapenguria, Kenya) bounced back from a restart to finish second in the NCAA West Regional cross championships Saturday at San Diego. Cheseto covered the 10,000-meter layout in a time of 32:24.6 as he led the Seawolves to a second-place team finish. Cheseto and the rest of the field were midway through the initial race when the lead bike took a wrong turn, which eventually led to a postponement. After consultation with NCAA officials, the race was rerun in its entirety following the women's 6,000 meter event. **Female** – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA) successfully defending her NCAA West Region title posting a time of 20:57.1 and finishing 36.8 seconds ahead of second-place Tori Tyler of Chico State as she led her team to a second-place team finish at the NCAA West Regionals. Pixler will go for her second consecutive national title Nov. 22 at Slippery Rock, Penn.

2009

Week of Aug. 24-30: Male – Manuel Santos, Central Washington (Jr., Yakima, WA – Davis) also earned two wins in Alaska with winning margins of 23.8 and 30.5 seconds. Clark redshirted last season at CWU after transferring from Clark Community College. **Female** – Theresia Schnurr, UAF (So., Buhlertal, Germany) raced to a pair of victories in duals with Central Washington Thursday and Saturday finishing 23.7 seconds and 18.5 seconds ahead of the field and leading the Nanooks to two dual meet victories.

Week of Aug. 31-Sept. 6: Male – Micah Chelimo, Alaska Anchorage (Fr., Eldoret, Kenya) led the Seawolves to a dual meet win over nationally fourth-ranked Abilene Christian, finishing first in a 5,000 meter time of 15:18.6. **Female** – Ruth Keino, Alaska Anchorage (So., Kapcheno, Kenya) and Theresia Schnurr, Alaska Fairbanks (So., Buhlertal, Germany). . . Jeptoo finished first in a 5,000 meter time of 18:22.8 to lead the Seawolves to a 16-47 dual meet win over Abilene Christian. Schnurr won her third race in three starts, posting a time of 17:58 in the Hawaii Pacific Invitational.

Week of Sept. 7-13: Male – Bennett Grimes, Western Washington (Jr., Pocatello, ID - Century) and Chris Reed, Western Oregon (Jr., Klamath Falls, OR). **Female** – Sarah Porter, Western Washington (Jr., Hockinson, WA). . . Grimes, Reed and Porter all had impressive wins in leading their respective teams to invitational titles Saturday. Grimes won the CWU Apple Ridge Run Invitational near Yakima in a 6,000 meter time of 19:49, finishing 20 seconds ahead of teammate Blake Medhaug. The Vikings placed five runners in the Top 7 in winning the team title with 19 points. . Reed outran 116 other runners in winning the Lewis & Clark Invitational at McIver Park in Estacada, Ore., in an 8,000-meter time of 25:29.8. The Wolves finished first among the 11 colleges and one club team with 51 points. . Porter won the women's CWU Apple Ridge Run Invitational in a 4,000 meter time of 15:13, more than a full minute ahead of the remainder of the field.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Sept. 14-20: Male – Micah Chelismo, Alaska Anchorage (Fr., Eldoret, Kenya). **Female** – Jessica Pixler, Seattle Pacific (Sr., Sammamish, WA - Eastlake). . Chelismo and Pixler had second and third-place finishes, respectively, in the men's and women's invitational portion at the 18th annual UW Sundodger cross country meet at West Seattle's Lincoln Park. Chelimo was clocked in a time of 24:03.33, less than 10 seconds behind winner Kelly Spady of University of Washington, who had an 8,000 meter time of 23:54.94. Pixler, the two-time defending NCAA Division II national champion, had a time of 20:26.07 for her 6-kilometer (3.72-mile) run on a soggy course under drippy skies. The only two to finish ahead of the two-time defending NCAA Division II titlist were Kendra Schaaf and Mel Lawrence, both from the reigning Division I champion University of Washington.

Week of Sept. 21-27: Male – Barak Watson, Northwest Nazarene (Fr., Nampa, ID - Columbia) finished second in the Bob Firman Invitational at Boise in an 8,000 meter time of 25:37.23. In three races this fall, Watson has a pair of second-place finishes and a fourth. He also placed second in the open division in the UW Sundodger Invitational Sept. 19 and placed fourth in the Roger Curren Invitational Sept. 12 at Nampa. **Female** – Jessica Pixler, Seattle Pacific (Sr., Sammamish, WA - Eastlake) placed second in the Stanford Invitational covering the 6,000 meter layout in 20:21 leading her teammates to a 12 th -place team finish. Pixler finished just one second behind Tara Erdmann, who was competing unattached. Erdmann placed 78th last year in the NCAA Division I national meet competing for Loyola Marymount.

Week of Sept. 28-Oct. 4: Male – Barak Watson, Northwest Nazarene (Fr., Nampa, ID – Columbia) ran the second fastest 8,000 meter time in Northwest Nazarene school history and finished eighth among 198 runners in the Willamette Chuck Bowles Invitational at Salem. His time of 24:32.05 was only 24 seconds behind winner Michael Wickman of Chico State who led the Wildcats to a five-point win over Boise State in the team race. Watson, who finished behind five Division I runners and two Chico athletes, has now had four consecutive Top 10 finishes to start his collegiate career. **Female** – Jaclyn Puga, Northwest Nazarene (Jr., Meridian, ID – Nampa Christian) placed 10 th out of 203 runners at Willamette in a time of 18:05.99 leading NNU to a ninth-place team finish. She was fourth among Division II West Region athletes, trailing three runners from Chico State.

Week of Oct. 5-11: Male – Marko Cheseto, Alaska Anchorage (Jr., Kapenguria, Kenya) won the San Francisco State Invitational at Golden Gate Park Friday in an 8,000 meter time of 24:52.6. It was the first win of the season and the third of his career for Cheseto, who is the defending GNAC champion and was the NCAA Division II West Region runner-up last fall. **Female** – Ruth Keino, Alaska Anchorage (So., Kapcheno, Kenya) led the Seawolves to a perfect score of 15 in the San Francisco State Invitational. Jeptoo finished third in a 6,000-meter time of 21:38.7 and was followed closely by four of her teammates. The five UAA athletes were separated by just 36 ½ seconds. Jessica Pixler and Jane Larson of Seattle Pacific finished 1-2, but were competing as individuals and didn't figure into the team score.

2010
Week of Aug. 30-Sept. 5: Male - Marko Cheseto, Alaska Anchorage (Sr., Kapenguria, Kenya) led the Seawolves to a perfect team score of 15 in the Hawaii Pacific Sand Island Invitational. Cheseto was clocked in a three-mile time of 14:26, seven seconds ahead of teammate Micah Chelimo as UAA had eight of the Top 10 finishers in the meet with Hawaii Pacific and Chaminade. **Female** – Raphaela Sieber, Alaska Fairbanks (So., Voehrenbach, Germany) had first and second-place finishes as the Nanooks won a pair of meets. She finished second in Thursday's 6K race in a time of 22:56.2 and won Saturday's 4,000-meter event in a time of 15:19.9. UAF had first-place team scores of 27 and 32, winning by margins of 15 and 14, respectively.

Week of Sept. 6-12: Male - Barak Watson, Northwest Nazarene (So., Nampa, ID – Columbia) finished third in the NNU Roger Curran Invitational in a 6K time of 18:21.95. He finished just six seconds back of Boise State's Drew O'Donoghue-McDonald, who was clocked in a winning time of 18:15.49. **Female** – Ruth Keino, Alaska Anchorage (Jr., Kapcheno, Kenya) won her second individual title in two weeks, finishing first in the BYU-Hawaii Invitational in a 5,000 meter time of 17:47. She led UAA to first place with a team score of 20. The University of Hawaii finished second with a score of 73. Keino also won the Hawaii Pacific Invitational a week earlier in a three-mile time of 17:17.

Week of Sept. 13-19: Male - Chris Reed, Western Oregon (Sr., Klamath Falls, OR) posted the best time by a GNAC athlete, finishing third in the invitational division at the Sundodger Invitational at Lincoln Park in Seattle. Reed finished third in a 8,000-meter time of 24:04.75. **Female** – Jessica Smith, Simon Fraser (Sr., North Vancouver, BC) finished first in the open division at Seattle leading the Clan to the team title. Smith led a 1-2 SFU finish covering the 6,000-meter layout in a time of 21:51.94. Teammate Angela Shaw was a close second in 21:52.69.

Week of Sept. 20-26: Male - Kyle Van Santen, Saint Martin's (Jr., Lake Stevens, WA) finished second in the Saint Martin's Invitational in a 8,000 meter time of 26:08. He finished just one second in back of former Saint All-American John Riak. It was the second week in a row Van Santen was the top collegiate finisher in a race. A week earlier, he won the open division of the Sundodger Invitational in a time of 24:47.48. **Female** – Sarah Porter, Western Washington (Sr., Hockinson, WA) won the Saint Martin's Invitational in a time of 21:37, finishing 50 seconds ahead of the second-place finisher and 1:52 ahead of the next collegiate runner. It was the seventh time during Porter's four-year career that she has won a regular-season meet.

Week of Sept. 27-Oct. 3: Male - Marko Cheseto, Alaska Anchorage (Sr., Kapenguria, Kenya) won his third race in three starts this fall posting a 8,000-meter time of 23:18.7 at the Willamette Charles Bowles Invitational in Salem. He led his team to a third-place finish in back of the University of Portland and Chico State, which has won the last eight NCAA Division II West Region titles. **Female** – Miriam Kipng'eno, Alaska Anchorage (So., Eldoret, Kenya) and Sarah Porter, Western Washington (Sr., Hockinson, WA). Kipng'eno won the women's title at Willamette in a 6,000 meter time of 17:19.04 as the Seawolves finished second in the 24-team field in back of the University of Idaho. . Porter placed third in the Greater Louisville Cross Country Classic in a time of 16:57.98. She ranked second among Division II athletes in the meet that was held at E.P. Tom Sawyer State Park in Louisville.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Oct. 4-10: Male - Bennett Grimes, Western Washington (Sr., Pocatello, ID - Century) won the Western Washington Preview Saturday at Lake Padden in a time of 25:38. Grimes covered the 8,000-meter course, 23 seconds faster than runner-up Jordan Smith of the University of British Columbia. **Female** – Jessica Smith, Simon Fraser (Sr., North Vancouver, BC) finished first in the women's 5,000 meters at Lake Padden in a time of 17:46. It was her second win this season. Earlier this fall, she won the open division at the Sundodger in Seattle in a time of 21:51.94.

Week of Oct. 11-17: Male - Barak Watson, Northwest Nazarene (So., Nampa, ID – Columbia) placed eighth in the invitational division at Santa Clara in an 8K time of 24:07. He finished behind only one Division II runner - Handa Brent of Chico State – in the race that was predominately made up of Division I athletes. **Female** – Whitney Mickelsen, MSU Billings (So., Aurora, UT – North Sevier) finished second in the MSU Billings Invitational with a second-place time of 18:15 as the Yellowjackets finished in third, just 10 points behind first-place Carroll College and five back of second-place Black Hills State. She is the first Yellowjacket cross country runner to earn Athlete-of-the-Week honors since MSUB joined the conference in 2007.

Week of Oct. 18-24: Male - Marko Cheseto, Alaska Anchorage (Sr., Kapenguria, Kenya), who is unbeaten in four races this fall and now has nine career victories, won the 37th annual Western Washington Invitational in a course-record time of 30:41.1. Cheseto shattered the 10,000-meter course record of 31:16 set in 1999 by Uli Steidl of Club Northwest. **Female** – Sarah Porter, Western Washington (Sr., Hockinson, WA) won the 6,000-meter WWU Invitational event in a course-record time of 20:59.3, winning the event for the third year in a row. It was also Porter's eighth career win.

2011
Week of Aug. 29-Sept. 4: Male - Brian Potter, Montana State Billings (Jr., Manhattan, MT) won a pair of races in Fairbanks, winning the UAF Long-Course Invitational Thursday in an 8,000-meter time of 26:16.4 and the UAF Short-Course Invitational Saturday in a time of 12:49.4. **Female** – Natty Plunkett, Seattle Pacific (Sr., Bellevue, WA – Newport) also swept the two UAF events in 6K and 4K times of 22:59.5 and 15:14.3. The wins were Plunkett's second and third career victories. She also won the long-course event last year at Fairbanks.

Week of Sept. 5-11: Male - Yonatan Yilma, Alaska Anchorage (Sr., Edmonds, WA – Woodway & Everett CC) and Jordan Wolfe, Seattle Pacific (Fr., Bend, Ore.). . Yilma won his second race in Hawaii in two weeks leading the Seawolves to a perfect team score of 15 for the second week in a row. He won the Hawaii Big Wave in a 5,000-meter time of 15:45.70. A week earlier, he won the Hawaii Pacific Invitational in a 8,000-meter time of 26:15. . . Wolfe won the Apple Ridge Invitational cross country race covering the 6,000 meter course in a time of 20:15. Wolfe made his move near the midpoint of the race in leading the SPU men to their third victory in as many meets. **Female** – Ruth Keino, Alaska Anchorage (Sr., Kapcheno, Kenya) stayed unbeaten this fall recording her third win in three races in the Hawaii Big Wave Invitational. She covered the 5,000-meter layout in a time of 18:38.32, finishing 12 seconds ahead of teammate Susan Tanui as the Seawolves earned their third team title in three competitions.

Week of Sept. 12-18: Male - Connor Kasler, Western Oregon (Jr., Grants Pass, OR – Hidden Valley) finished 15th in the invitational division of the UW Sundodger in an 8,000-meter time of 24:47.88 to lead the Wolves to a fourth-place team finish. **Female** – Jessica Smith, Simon Fraser (Sr., North Vancouver, BC – Argyle) was clocked in an 11th place 6,000-meter time of 21:42.49 leading the Clan to a fourth-place team finish.

Week of Sept. 19-25: Male - Barak Watson, Northwest Nazarene (Jr., Nampa, ID - Columbia) finished second in the Erik Anderson Invitational Saturday at Plantes Ferry Soccer Complex in Spokane covering the 8,000-meter layout in a time of 24:20. Watson finished 16 seconds in back of Sean Gildea of Colorado Mines on the course that will be used for the NCAA Division II West Regional and NCAA Division II national meets in November. **Female** – Natty Plunkett, Seattle Pacific (Sr., Bellevue, WA – Newport) ran to an eighth-place finish out of 229 runners at Plantes Ferry covering the 6,000-meter layout in a time of 21:55.1. She was the No. 1 finisher among 101 competitors representing Division II schools.

Week of Sept. 26-Oct. 2: Male - Barak Watson, Northwest Nazarene (Jr., Nampa, ID - Columbia) followed up his second-place finish in the Erik Anderson Invitational two weeks ago in Spokane by winning the Willamette Invitational in a time of 24:03.64. Among the teams competing at Willamette was regionally top-ranked Chico State. **Female** – Heidi Laabs-Johnson, Seattle Pacific (Jr., Salt Lake City, UT – Juan Diego) was the only GNAC woman to finish in the Top 10 at Willamette. The former Falcon soccer player who is in her first year of competing in cross country at SPU placed 10 th in the field of 223 in a time of 18:20.19.

Week of Oct. 3-9: Male - Micah Chelimo, Alaska Anchorage (Jr., Kapkoi, Kenya) won the Western Classic at Bellingham in a 10,000 meter time of 31:05. It was his second victory in four races as he also won the UAA Invitational on Sept. 1 in Anchorage. Chelimo is literally a split second from having four wins in four races this fall as he finished second to teammate Yonatan Yilma in two races in Hawaii. In the Hawaii Pacific Invitational he had the same time as Yilma and in the Hawaii Big Wave he finished one-quarter of a second behind his teammate. **Female** – Ruth Keino, Alaska Anchorage (Sr., Kapcheno, Kenya) won her fourth race in four starts at Bellingham, running the 6,000-meter course in a time of 21:10.

Week of Oct. 10-16: Male - Keir Forster, Simon Fraser (Sr., San Roman, CA) finished ninth in a time of 25:14 in the Concordia Adidas Cross Country Classic at Fernhill Park in Portland leading the Clan to a third-place team finish. "Keir ran a good race at a very tough course," SFU coach Brit Townsend said. "We've been talking a lot about him being more aggressive early in races. He did that at Concordia and it paid off him." **Female** – Jessica Smith, Simon Fraser (Sr., North Vancouver, BC) finished second in a 5,000-meter time of 17:27 at the Concordia Adidas Cross Country Classic leading the Clan to a first-place team finish. "The course was very challenging," Townsend said. "It was soft, with a lot of hills and a lot of turns. Jessica ran a great race and had an excellent result. She does a great job keeping herself in shape and seems to get stronger every time out."

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

2012

Week of Aug. 27-Sept. 2: Male - Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya) won the Hawaii Pacific Invitational Saturday in Honolulu, posting a time of 15:33 as the Seawolves had the top eight placers among affiliated athletes to post a perfect score of 15. The win was Chelimo's sixth career victory moving him into sixth place on the GNAC all-time career list. **Female** – Robyn Zeidler, Seattle Pacific (So., Plymouth, MN) earned her first collegiate victory Thursday winning the Alaska Fairbanks Long-Course dual and leading the Falcons to the team title. Zeidler's time of 22:56.9 was two minutes faster than her only other run on the course in 2010. In Saturday's short-course race, she finished second in a time of 15:18.8 to lead SPU to the team title, improving her 2010 performance by 82 seconds.

Week of Sept. 3-9: Male - Jesse Baggenstos, Northwest Nazarene (Sr., Renton, WA – Kentridge) finished third in a 6,000-meter time of 18:46.60 for the Crusaders' top finish in the Roger Curran Invitational in Nampa Saturday. Baggenstos was the only Crusader male in the Top 30 and along with two runners from the College of Idaho was the only non-Division I athlete to finish in the Top 10. **Female** – Susan Tanui, Alaska Anchorage (Jr., Eldoret, Kenya) won her second race in two weeks leading the Seawolves to the team title in the University of Hawaii Big Wave Invitational in Honolulu. With Tanui leading the way in a 5,000-meter time of 18:09, UAA outpointed Hawaii Pacific 20-58 to win the team title for the second time in two weeks.

Week of Sept. 10-16: Male – Chip Jackson, Western Washington (Jr., Shoreline, WA – Shorewood) won the UW Sundodger Open division in a time of 24:54.55 Saturday at Lincoln Park in Seattle. Jackson joined Paul Keyes of Western Washington (2002), David Kiplagat of Alaska Anchorage (2006), John Riak of Saint Martin's (2007) and Kyle Van Santen of Saint Martin's (2010) as the only GNAC athletes to win the event. "Chip ran a great race, a very smart race," WWU coach Pee Wee Halsell said. "He was 15th or 20th around the mile mark, far enough back that nobody was worried about him, but he gradually picked them all off." **Female** - Lindsey Butterworth, Simon Fraser (Jr., North Vancouver, BC) finished 12th in the women's invitational division at UW in a time of 21:45.18 to post the best time by a GNAC athlete. The only non-Division I (or unattached) runner to beat the Clan athlete was Maria Bernard of UBC who placed fifth in a time of 21:00.24.

Week of Sept. 17-23: Male – Michael Luhr, Montana State Billings (So., Gillette, WY) finished second in the collegiate division in the Erik Anderson Invitational in Spokane covering the 8,000 meters in a time of 25:57.87. Luhr honoree finished second, seven seconds in back of Gonzaga's Andrew Walker. **Female** – Katelyn Steen, Western Washington (So., Sammamish, WA – Eastlake) led the Vikings to the team title in the Saint Martin's Invitational finishing third on the 6,000-meter layout in a time of 22:28.24.

Week of Sept. 24-30: Male – Jesse Baggenstos, Northwest Nazarene (Sr., Renton, WA – Kentridge) was the GNAC's top finisher in the Willamette Charles Bowles Invitational at Salem placing 14th in a 8,000-meter time of 25:29.02. Baggenstos finished exactly one minute after race winner Lars Erik Malde of the University of Portland. **Female** – Whitney Mickelsen, Montana State Billings (Sr., Aurora, Utah) finished second in the non-Division I division and 18th overall in the University of Colorado Rocky Mountain Shootout at Boulder, Colo. Baggenstos covered the 6,000-meter course in a time of 22:24 to lead the Yellowjackets to the team title in the non-Division I division.

Week of Oct. 1-7: Male – Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya) posted a five-second victory over Paul Limpf of Club Northwest in winning the Western Washington Invitational in a 10,000-meter time of 31:12. It was his third win of the season in three starts and his eighth career victory. **Female** – Susan Tanui, Alaska Anchorage (Jr., Eldoret, Kenya) won the women's 6,000-meter race at Bellingham in a time of 21:31 as she stayed unbeaten and also kept the Seawolves unbeaten in three competitions this fall.

Week of Oct. 8-14: Male - Clint Choquette, MSU Billings (Sr., Butte, MT) broke the men's school record and finished fourth in the 22nd annual Yellowjacket Invitational with a time of 25:11, besting Brian Potter's time of 25:21 set last year. **Female** - Whitney Mickelsen, MSU Billings (Sr., Aurora, UT) broke her own Yellowjacket Invite school record that she set last season crossing the finish line in third place Saturday with a time of 18:04.

2013

Week of Sept. 2-8: Male- Robert Peterson, MSU Billings (So., Billings, MT – Skyview) won a pair of races and led the Yellowjackets to their first perfect score in 25 years. On Thursday, Peterson won the Alaska Fairbanks Invitational in a 8,000-meter time of 26:12.8 as MSUB swept the first five places. Two days later, Peterson repeated his victory winning the UAF Short-Course Invitational in a 4,000-meter time of 12:40.9 as the Yellowjackets won the team title with a team score of 17. **Female** - McKayla Fricker, Seattle Pacific (Sr., Canby, OR) posted her first two collegiate cross country victories leading the Falcons to a pair of team victories at Fairbanks. On Thursday, the 2012 Indoor 800 meter All-American was clocked in a 6,000-meter time of 22:58.3 to finish 15 seconds ahead of teammate Anni Patti. She posted another 15-second win Saturday in a 4K time of 15:09.4 as Renae Hefner of MSUB finished second in 15:24.8.

Week of Sept. 9-15: Male – Matt Lutz, Western Washington (Fr., Bremerton, WA – Olympic) and Mitch Burgess, Alaska Fairbanks (Fr., Temecula, CA) ... Lutz and Burgess had Top 15 finishes in events hosted by Division I teams. Lutz finished 13th in the University of Washington Sundodger, covering the 8,000-meter course in a time of 25:18.00 and leading the Vikings to a third-place team finish in back of Chico State and British Columbia. Burgess placed ninth in the University of Hawaii Invitational in a 5K time of 16:42.47 to lead the Nanooks to a third-place team finish. **Female** – Lindsey Butterworth, Simon Fraser (Sr., North Vancouver, BC – Handworth) finished third in the women's open division at the University of Washington Sundodger Invitational Saturday with a 6,000-meter time of 21:29.63. Butterworth led the Clan to a second-place finish one ahead of regionally pre-season top ranked Chico State.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Sept. 16-22: Male – Michael Luhr, MSU Billings (Jr., Gillette, WY) finished 14th overall and fourth among Division II athletes in the Erik Anderson Invitational Saturday at Spokane. Luhr posted a time of 26:07.55 on the Plantes Ferry course which will be the site of the NCAA West Regional Nov. 9 and the NCAA National Nov. 23. With Luhr leading the way, MSUB finished fifth overall and first among Division II teams including regionally third-ranked Humboldt State, sixth-ranked Western Washington, No. 7 Cal Baptist and No. 10 Western Oregon. **Female** – Kirsten Allen, Simon Fraser (Sr., London, Ont. – Saunders) finished seventh at the Erik Anderson Invitational, earning her second seventh place finish in two weeks. In the process, she closed the gap on teammate Lindsay Butterworth from 16 seconds to seven. Butterworth finished fifth after earning a third place finish last week at the University of Washington Sundodger. Butterworth and Allen finished 1-2 among Division II athletes as the Clan finished second in the team standings in back of Division I Lipscomb University.

Week of Sept. 23-29: Male – Joe Berger, Saint Martin's (Sr., Enumclaw, WA) blew away the field in the Saint Martin's Invitational Saturday, posting a 22-second victory. Berger covered the 8,000-meter layout under wet and rainy conditions in a time of 26:30.46. **Female** – Hannah Calvert, Seattle Pacific (Fr., Enumclaw, WA) finished fourth overall and first among collegians in the Saint Martin's Invitational. Calvert, in just her third year of cross country running (she didn't turn out until her junior year in high school), finished the 6,000-meter layout in a time of 23:50.02. That's the fourth fastest SPU time in the meet since it went to 6,000 meters in 2008.

Week of Sept. 30-Oct. 6: Male – Dylan Anthony, Alaska Anchorage (Jr., Kodiak, AK) finished first in the Cardinal Division in the 39th annual Charles Bowles Invitational at Salem Saturday. Anthony, who recorded his third win in three starts this fall, covered the 8,000-meter course in a time of 24:20.34, 13 seconds ahead of teammate Isaac Kangogo. He previously posted a win in a dual with Hawaii Pacific and also won the Chaminade Invitational. **Female** – Joyce Kipchumba, Alaska Anchorage (So., Kapsowar, Kenya – American International), finished second in back of Willamette's Michaela Freeby, clocking a 5,000-meter time of 17:42.67. She was the first of four Seawolf finishers in the Top 6 as UAA cruised to a 59-point team victory.

Week of Oct. 7-13: Male – Chip Jackson, Western Washington (Sr., Shoreline, WA – Shorewood) led the Vikings to a perfect team score in the 40th annual Western Washington Cross Country Classic, covering the 10,000-meter layout in a time of 32:03. Jackson was the first collegiate finisher and placed fifth overall. **Female** – Annie Wade, Western Oregon (Jr., Condon, OR – Wheeler) finished first in the Pacific Lutheran University Invitational in a 6,000-meter time of 22:28.32, leading the Wolves to a first-place finish with a team score of 20.

Week of Oct. 14-20: Male – Chase Cunningham, Northwest Nazarene (Fr. Kuna, ID) was the Crusaders' top finisher in the Lewis-Clark State Inland Empire Invitational in a time of 25:44. Cunningham finished 43rd overall. **Female** – Natalie Evans, Northwest Nazarene (Sr., New Plymouth, ID) set a Crusader cross country school record for 5,000 meters at Lewiston, placing fifth in a time of 17:31. Ashley Puga set the old school record of 17:46 in 2007.

2014

Week of Sept. 1-7: Men – Robert Peterson, MSU Billings (Jr., Billings, MT – Skyview) was the lone runner to break 19 minutes in winning the Carroll College Early Bird Invitational Friday at Helena in a 6,000-meter time of 18:52.07. MSUB finished first with 26 points, 25 ahead of the host Saints. **Women** – Beatrice Decker, Alaska Anchorage (Jr., Erfurt, Germany) won the University of Hawaii Big Wave Invitational in a 5,000-meter time of 19:18.4. It was her second Top 2 finish of the young season. She finished second in a meet at Hawaii Hilo on Aug. 30 in a 5K time of 19:16, leading the Seawolves to wins in both meets.

Week of Sept. 8-14: Male - Henry Cheseto, Alaska Anchorage (Fr., Kapenguria, Kenya) and Oliver Jorgensen, Simon Fraser (So., Abbotsford, BC – Robert Bantem) ... Cheseto remained unbeaten in three races leading the Seawolves to their third consecutive perfect score in a 15-50 home dual meet win over Willamette. Cheseto was clocked in a 4,200-meter time of 12:39. Jorgensen led the Clan to a win at the WOU Ash Creek Invitational at Monmouth. Led by Jorgensen's 5,900-meter time of 18:03.5, the Clan placed four runners in the Top 7 and five in the Top 10. **Women** - Rebecca Bassett, Simon Fraser (So., Nanaimo, BC) won the WOU Ash Creek Invitational in a 4,200-meter time of 14:27.9 as the Clan cruised to an easy team victory, placing six runners in the Top 11.

Week of Sept. 15-21: Men - Oliver Jorgensen, Simon Fraser (So., Abbotsford, BC) finished third in the open division of the University of Washington Sundodger Invitational at Lincoln Park in an 8,000-meter time of 24:39, finishing just five seconds back of Jack Williams of UBC. **Women** – Katelyn Steen, Western Washington (Sr., Sammamish, WA - Lakewood) finished eighth in the UW Sundodger Invitational division in a 6,000-meter time of 21:12. She finished in back of five athletes from Division I schools and two from Canada's Trinity Western. Her time was also better than all but one athlete competing in the open division.

Week of Sept. 22-28: Men - Nathan Richards, Western Washington (Sr., Longview, WA – R.A. Long) and Robert Peterson, MSU Billings (Jr., Billings, MT) ... Richards led the Vikings to a perfect team score of 15 in winning the Saint Martin's Invitational in an 8,000-meter time of 26:21.78. Peterson finished third in Division II in the University of Minnesota Roy Griak Invitational in a time of 25:42.2 as the Yellowjackets finished eighth out of 33 teams. **Women** – Rebecca Bassett, Simon Fraser (So., Nanaimo, BC) was the GNAC's top finisher in the prestigious Stanford Invitational. She placed 37th overall in a 6,000-meter time of 22:03. That ranked fourth among all non-Division I runners, trailing only one runner each from Azusa Pacific, Chico State and the Academy of the Arts.

Week of Sept. 29-Oct. 5: Men – Isaac Mitchell, Northwest Nazarene (Fr., Sandy, OR) had the best finish by a GNAC athlete in the Willamette Charles Bowles Invitational covering the 8,000-meter course in a time 25:32.2, shaving 61 seconds off his previous collegiate-best time at that distance. **Women** – Dani Eggleston, Central Washington (Jr., Longview, WA – R.A. Long) was the top collegiate finisher placing second over in the Willamette Charles Bowles Invitational and leading the Wildcats to a third-place team finish. Eggleston covered the 5,000-meter layout in a time in a time of 17:55.1.

Week of Oct. 6-12: Men – Dylan Anthony, Alaska Anchorage (Sr., Kodiak, AK) finished first in a 10,000-meter time of 31:02, to lead the Seawolves to an easy team win at the 41st annual Western Washington Classic. The Vikings have been unchallenged this fall posting three perfect scores of 15. On Saturday, they recorded a team score of 18 placing six runners in the Top 10. **Women** – Katelyn Steen, Western Washington (Jr., Sammamish, WA - Eastlake), finished third in back of two Trinity Western runners at Lake Padden Park, in a 6,000-meter time of 21:20. In three races this fall, she has had finishes of first, third and eighth. Her time Saturday was just eight seconds slower than her time last month at the University of Washington Invitational.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Oct. 13-19: Men - Isaac Mitchell, Northwest Nazarene (Fr., Sandy, OR) finished third at the Lewis & Clark Invitational in a time of 25:28.1, cutting four seconds off his previous season best time. He was the highest GNAC finisher from the two teams (NNU and Alaska) that competed in the meet). **Women** - Nocona Frame, Montana State Billings (Sr., Glendive, MT – U. of Mary) finished first at the Black Hills State Early Bird Cross Country meet at Spearfish, S.D., in a 5,000-meter time of 20:01.53. MSUB had the first four placers in the meet in posting a nearly perfect team score of 16. The win was Frame's second straight. She also won the MSUB Invitational Oct. 4.

Week of Oct. 20-26: Men – Cody McCranie, Western Washington (So., Auburn, WA) led his team to a perfect team score of 15 in winning the Viking Cross Country Open at Ferndale in a 7,000-meter time of 22:33.3. In his three previous races this fall, he was the 4th, 7th and 12th Viking to cross the finish line. **Women** – Connie Morgan, Central Washington (Sr., Hoquiam, WA) led a 1-2 Wildcat finish at Ferndale covering the 5,000-meter course in a time of 18:43.1, one-tenth of a second ahead of teammate Dani Eggleston.

2015
Week of Aug. 31-Sept. 6: Men: Robert Peterson (Montana State Billings, Sr., Billings, Mont. – Skyview): Peterson won both men's races at the Moda Health Alaska Invitational by sizable margins. On Thursday, he captured the 8,000-meter men's race in 26:18.3, winning the race by 50 seconds. Two days later, Peterson won the men's 5,000-meter race in 15:44.6, and won by 26 seconds over the second place runner. He led the Yellowjackets to the team win on Thursday. **Women: Anna Patti** (Seattle Pacific, Sr., Renton, Wash. – Lindbergh): Patti swept the women's individual title at the Moda Health Alaska Invitational. She won Thursday's 6,000-meter race by a minute, clocking a time of 22:11.5. She returned on Saturday to beat teammate Sarah Macdonald by 27 seconds in the 5,000-meter race in a time of 18:34.5. Patti led the Falcons to the team title on both days of competition.

Week of Sept. 7-13: Men: Henry Cheseto (Alaska Anchorage, So., Kapenguria, Kenya – Kaptabuk Boys Secondary): Cheseto led Alaska Anchorage to their second perfect team score in as many weeks at the Hawaii Pacific Invitational. Cheseto won the 8,000-meter race in a time of 25:58.6 (average of 5:13 per mile), beating teammate Dominik Notz by one second. Cheseto led an Alaska Anchorage team that had the top six placers in the race. **Women: Rebecca Bassett** (Simon Fraser, Jr., Nanaimo, B.C. – Nanaimo District): Bassett won a close race at Friday's Ash Creek Invitational, beating Chico State's Sadie Gastelum at the tape as she covered the 4,600-meter course in 16:28.1 (5:45 per mile average). Bassett led the Clan to a fourth place finish in the meet with 136 points. They were the top GNAC scoring team.

Week of Sept. 14-20: Men: Oliver Jorgensen (Simon Fraser, Jr., Abbotsford, B.C. – Robert Bantem): Jorgensen finished second at the Sundodger Invitational, covering the 8,000-meter course in 24:12.15 in a race that saw the top three finishers cross the line within three seconds of each other. He led Simon Fraser to a second place team finish. **Women: Anna Patti** (Seattle Pacific, Sr., Renton, Wash. - Lindbergh): Patti won her third race of the season, taking top honors at the Sundodger Invitational with a time of 21:11.82 for 6,000 meters. She was the first GNAC individual winner at the Sundodger since 2010. She had an eight-second lead over the second place runner and averaged 5:41 per mile.

Week of Sept. 21-27: Oliver Jorgensen (Simon Fraser, Jr., Abbotsford, B.C. – Robert Bantem): Jorgensen finished 22nd overall at the prestigious Stanford Invitational, finishing 10 seconds short of his season best time for 8,000 meters in 24:22. Simon Fraser was the top non-Division I team in the men's college race as the Clan placed eighth. **Women: Rebecca Bassett** (Simon Fraser, Jr., Nanaimo, B.C. – Nanaimo District): Bassett was the top Division II finisher in the women's college race at the Stanford Invitational, finishing 26th with a time of 21:32.8 over 6,000 meters.

Week of Sept. 28-Oct. 4: Jared Seckel (Concordia, Jr., Veradale, Wash. – Spokane CC): Seckel was the top GNAC finisher in the Men's Cardinal Race at the Charles Bowles Willamette Invitational. He placed 13th, covering the 8,000-meter course in a season best 25:32.9. Seckel led Concordia to a seventh place team finish. **Women: Megan Fristoe** (Concordia, Jr., Bend, Ore. - Summit): Fristoe posted a season-best by 10 seconds per mile in the Women's Cardinal Race at the Charles Bowles Willamette Invitational. Fristoe placed 11th, covering the 5,000-meter course in 18:04.7.

Week of Oct. 5-11: Men: Isaac Mitchell (Northwest Nazarene, So., Sandy, Ore. - Sandy): Mitchell placed seventh amidst a field loaded with the West Region's top runners at Friday's San Francisco State Invitational. His time of 25:06.2 over 8,000 meters was just six seconds short of the race's top five and averaged out to 5:03 per mile. **Women: Joyce Chelimo** (Alaska Anchorage, So., Kapenguria, Kenya – American International): Running in her first race in nearly a month, Chelimo finished second at the Western Washington Invitational. She was the top GNAC finisher in the meet, covering the 6,000-meter course in 21:19. In was her third top-three finish of the season.

Week of Oct. 12-18: Robert Peterson (Montana State Billings, Sr., Billings, Mont. - Skyview): Peterson won his fourth race of the season and had his sixth top-five finish, winning the Yellowjackets' dual meet with Rocky Mountain College. He covered the four-mile course in 20:03, averaging 5 minutes per mile. **Also Nominated:** Chase Cunningham (Northwest Nazarene). **Women: Sierra Manser** (Northwest Nazarene, Fr., Melba, Idaho - Melba): Manser led NNU with a collegiate-best fifth place finish at the Lewis & Clark Invitational. She covered the 6,000-meter course in 22:36.1.

2016
Week of Aug. 29-Sept. 4: Men: David Ribich (Western Oregon, Jr., Enterprise, Ore. – Enterprise): Against Division I competition, Ribich opened the season with a victory at Friday's John Frank Oregon State Invitational. He covered the 6-kilometer course in 18:21.6 (4:56 per mile pace). Ribich won by 11 seconds over Logan Orndorf of Portland. **Women: Shannon Porter** (Saint Martin's, Sr., Vancouver, Wash. – Treasure Valley CC): Porter posted a 58-second victory at the Puget Sound Invitational, covering the 6,000-meter course in a time of 20:35.17 (5:31 per mile pace). She led the Saints to the team title with a score of 29 points. It was first collegiate cross country meet for the talented track distance performer.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Sept. 5-11: Men: David Ribich (Western Oregon, Jr., Enterprise, Ore. – Enterprise): Ribich was a race winner for the second week in a row, this time on the home course as he took the 6.3-kilometer race at the Ash Creek Invitational #1 in a time of 18:53.8 (4:49 per mile pace). He had a 13-second cushion on second place Ray Schireman of Southern Oregon. **Women: Mary Charleson** (Seattle Pacific, Jr., Mill Creek, Wash. – Henry M. Jackson): Charleson won the 6,000-meter women's race at the Humboldt Invitational against the top Division II squads in the region. She ran a personal best of 21:08.21 (5:40 per mile pace) and was a three-second winner over Analicia Garcia of Sonoma State. Charleson led SPU to a second place team finish.

Week of Sept. 12-18: Men: David Ribich (Western Oregon, Jr., Enterprise, Ore. – Enterprise): Ribich earned his third straight weekly honor after finishing second in the men's open 8,000-meter race at the Sundodger Invitational. His time of 24:04.90 (4:50 per mile average) was five seconds behind individual champion Declan White of Trinity Western. **Women: Caroline Kurgat** (Alaska Anchorage, Jr., Eldoret, Kenya - Kapkenda): Kurgat placed third in the women's open 6,000-meter race at the Sundodger Invitational in 20:34.9 (5:31 per mile pace) and finished just five seconds behind the top-two runners in the race. Kurgat led the Seawolves to a sixth place team finish.

Week of Sept. 19-25: Men: Godfrey Kemboi (Northwest Nazarene, Fr., Iten, Kenya – Anin Secondary): In his second collegiate race, Kemboi won the Yellowjacket Invitational in Billings, covering the 10,000-meter course in 32:20.5 (5:13 per mile pace). He led the Crusaders to a third place team finish on the course that will be used for the NCAA West Regional Championships. **Women: Shannon Porter** (Saint Martin's, Sr., Vancouver, Wash. – Treasure Valley CC): Porter won her second race in only her third time out as a collegiate cross country runner, capturing the SMU Open in a time of 17:50.10 (5:44 per mile pace) over 5,000 meters. She led the Saints to a third place finish on their home course.

Week of Sept. 26-Oct. 2: Men: Judd Lewis (Concordia, Jr., Wenatchee, Wash. – Spokane CC): Lewis was the top Division II finisher at the Charles Bowles Willamette Invitational, placing seventh with a time of 25:08.4 over 8,000 meters. He was beat by five Division I runners and led three GNAC runners grouped within four seconds of each other. **Women: Shannon Porter** (Saint Martin's, Sr., Vancouver, Wash. – Treasure Valley CC): Porter blistered the field at the Charles Bowles Willamette Invitational, winning the 5,000-meter race in a time of 17:06.7. She beat Mathilde Sagnes of Division I Portland by 25 seconds and was 51 seconds ahead of the next nearest GNAC finisher.

Week of Oct. 3-9: Men: Isaac Derline (Western Washington, Jr., Kent, Wash. – Kentridge): Running on his home course, Derline won the Western Washington Classic on Saturday as he covered the 10,000-meter course in 31:13.2. It was Derline's second career victory and the first win by a WWU runner in the meet since 2009. **Women: Caroline Kurgat** (Alaska Anchorage, Jr., Eldoret, Kenya – Kapkenda): Kurgat was the top GNAC finisher at the Western Washington Classic, placing second on the 6,000-meter course in 21:26.5. She was 1.6 seconds behind winner Regan Yee of Trinity Western and led the Seawolves to the team title with 76 points.

Week of Oct. 10-16: Men: Godfrey Kemboi (Northwest Nazarene, Fr., Iten, Kenya – Anin Secondary): Kemboi placed fourth at the Lewis & Clark Invitational on Saturday, battling wet and windy conditions to finish with a time of 25:40 over 8,000 meters. He averaged 5:10 per mile. **Women: Sierra Manzer** (Northwest Nazarene, So., Melba, Idaho - Melba): Manzer led Northwest Nazarene to a third place team finish at the Lewis & Clark Invitational. She placed fourth, covering the 6,000-meter course in 22:40.8, and averaged 6:10 per mile on a slow, wet course.

2017

Week of Aug. 28-Sept. 3: Men: Judd Lewis (Concordia, Sr., Wenatchee, Wash. – Spokane CC): Lewis opened the season by winning the Linfield Harrier Classic on Friday, covering the 6,000-meter course in a time of 19:58.36. He finished seven seconds ahead of second place Christian Parr of George Fox. Lewis led Concordia to a third place team finish, just six points behind champion Western Oregon. **Women: Caroline Kurgat** (Alaska Anchorage, Sr., Eldoret, Kenya - Kapkenda): The defending GNAC and West Region champion opened the season by placing fifth at the University of San Francisco Invitational in a time of 21:39.3 for 6,000 meters. She trailed only four Division I runners in the race, all from USF, which finished sixth at last year's Division I Championships.

Week of Sept 4-10: Men: Felix Kemboi (Alaska Anchorage, Fr., Eldoret, Kenya): Kemboi won the Ash Creek Invitational on Friday at Western Oregon, covering the 6,200-meter course in a time of 18:42.8 (4:51 per mile pace). It was Kemboi's second win in as many races to open his collegiate career. The individual performance led the Seawolves to a second place finish. **Women: Julia Howley** (Simon Fraser, Sr., St. John's, N.L. – Holy Heart of Mary): Howley earned her first collegiate cross country victory at the Ash Creek Invitational, covering the 4,600-meter course in 16:24.6 (5:44 per mile pace). She led a perfect day for the Clan, who won the meet with a total of 15 points.

Week of Sept. 11-17: Men: Rowan Doherty (Simon Fraser, Jr., West Vancouver, B.C. – West Vancouver): Doherty was the top Division II placer in the men's race at the Sundodger Invitational, placing sixth with a time of 24:45.72 for 8,000 meters (4:59 per mile pace). He helped lead the Clan to a second place finish out of 19 teams with 70 points. **Women: Julia Howley** (Simon Fraser, Sr., St. John's, N.L. – Holy Heart of Mary): Howley is honored for the second week in a row after she placed third at the Sundodger Invitational, covering the 6,000-meter course in 21:22.86 (5:44 per mile pace). She led five SFU runners to finish in the top-14 as the Clan won the meet with a score of 42 points.

Week of Sept. 18-24: Men: David Ribich (Western Oregon, Sr., Enterprise, Ore. – Enterprise): Racing in his first competition of the season, Ribich won the SF State Invitational on Friday with a time of 24:47 (4:59 per mile pace). He led the Wolves to second place team finish with 49 points. **Women: Julia Howley** (Simon Fraser, Sr., St. John's, N.L. – Holy Heart of Mary): It is a three-peat for Howley, who led the Clan to an impressive team victory at the Roy Griak Invitational in Minnesota. The senior placed second out of 400 runners, covering the 6,000-meter course in 21:41.3 (5:49 per mile pace) and lost by just a second to All-American Alexia Zeis of Mary (21:41.3). Simon Fraser won the team title with 73 points, two points ahead of second place Pittsburg St. (75).

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Sept. 25-Oct. 1: Men: Ben Halladay (Seattle Pacific, Sr., Mukilteo, Wash. – Kamiak): Halladay was the top Division II finisher at the Willamette Charles Bowles Invitational, placing ninth in the 8,000-meter race in a time of 25:19.2. He was bettered by seven Division I competitors and finished 31 seconds behind winner Brad Hodkinson of Pacific Lutheran. **Women: Dania Holmberg** (Seattle Pacific, Fr., Eagle, Idaho – Eagle): Holmberg led a second place team finish for the Falcons at the Willamette Charles Bowles Invitational, placing 12th in the 5,000-meter race in a time of 18:12. With a pace of 5:51 per miles, she finished 35 seconds behind winner Kayla Leland of Whitworth.

Week of Oct. 2-8: Men: Andrew Wise (Western Washington, Sr., Denver, Colo. – East): Wise was the top GNAC finisher at Saturday's Western Washington Classic, placing sixth to lead the Vikings to a second place team finish. He covered the 10,000-meter course in 31:42.4, averaging 5:06 per mile. **Women: Caroline Kurgat** (Alaska Anchorage, Sr., Eldoret, Kenya – Kapkenda): Racing for the first time in a month, Kurgat won the Division II Conference Crossover in Romeoville, Ill., on Saturday with a time of 21:18.5 for 6,000 meters (5:43 per mile pace). The defending GNAC and NCAA West Region champion led the Seawolves to a third-place team finish.

Week of Oct. 9-15: Men: Godfrey Kemboi (Northwest Nazarene, So., Iten, Kenya – Anin Secondary): Kemboi was the top runner for the Nighthawks at Idaho State Invitational, covering the 5,600-meter course in 19:44.2 to finish in 16th place. **Women: Sierra Manzer** (Northwest Nazarene, Jr., Melba, Idaho – Melba): Manzer was the top NNU runner at the Idaho State Invitational, placing eighth with a time of 24:16.2 over 5,600 meters.

2018
Week of Aug. 27-Sept. 2: Men: Hunter Hutton (Western Oregon, Fr., Bandon, Ore. – Bandon): Hutton opened his collegiate career by winning the men's race at the Linfield Harrier Classic on Friday. He covered the 3.7-mile course in 19:47, averaging 5:18 per mile, winning by 16 seconds over teammate Simon Walsh. **Women: Lindsey Dorney** (Saint Martin's, Sr., Bothell, Wash. – Archbishop Murphy): Dorney opened her senior season by taking second place at the Puget Sound Invitational. She covered the 6,000-meter course in a time of 24:01, averaging 6:27 per mile.

Week of Sept. 3-9: Men: Dustin Nading (Western Oregon, Sr., Longview, Wash. – Colby Coll.): Making his season debut at home, Nading won the Ash Creek Invitational by four seconds over teammate Tyler Jones. Nading covered the 7,000-meter course in 21:02.5, averaging 4:50 per mile. He led the Wolves to the team victory with 21 points. **Women: Emmah Chelimo** (Alaska Anchorage, Jr., Iten, Kenya – Nyack Coll.): Opening the season at the Skinny Raven New Balance Classic in Anchorage, Chelimo finished second in the women's 6,000-meter race in a time of 21:27. She was beat only by Rosie Brennan, who was a 2018 U.S. Olympian in Nordic skiing. Chelimo led the Seawolves with a perfect score of 15 points to beat Alaska in a dual team competition.

Week of Sept. 10-16: Turlan Morlan (Central Washington, Fr., Spokane, Wash. – Spokane Prep): Running in his first collegiate meet, Morlan took advantage of the home course to win the CWU Invitational against almost exclusively GNAC competition. He covered the 7,000-meter course in 22:37, averaging 5:11 per mile. **Women: Kaylee Mitchell** (Seattle Pacific, Fr., Salem, Ore. – Sprague): Mitchell started her collegiate career with a victory, winning the CWU Invitational on Saturday. She covered the 5,000-meter course in 18:03, beating veteran Alexa Shindruk of Central Washington by 22 seconds. Mitchell averaged 5:48 per mile as she led the Falcons to the team title.

Week of Sept. 17-23: Men: Ian Fay (Western Washington, R-Fr., Duvall, Wash. – Shorecrest): Fay led Western Washington to a perfect 15-point victory at the Saint Martin's Ken Garland Classic on Saturday. Fay won by covering the 8,000-meter course in 26:03.50, averaging 5:14 per mile. He finished six seconds ahead of teammate Jadon Olson. **Women: Rebecca Lehman** (Western Washington, Fr., Spokane Valley, Wash. – University): Lehman made it a freshman sweep for the Vikings as she won the Saint Martin's Ken Garland Invitational and led Western Washington to the team title. She covered the 5,000-meter course in 18:15.19, averaging 5:54 per mile. Lehman finished 15 seconds ahead of second-place Micaela Kostecka of Spokane CC as WWU scored 21 points to win the team title.

Week of Sept. 24-30: Men: Colby Otero (Seattle Pacific, Fr., Kailua, Hawaii – Kalaheo): Running in his second collegiate meet, Otero led the Falcons and all GNAC runners at the Charles Bowles Willamette Invitational, finishing 22nd in a time of 25:17.9 over 8,000 meters. He helped lead Seattle Pacific to a sixth-place team finish. **Women: Alexa Shindruk** (Central Washington, Sr., Bellingham, Wash. – Lynden): Shindruk took fourth place at the Charles Bowles Willamette Invitational, covering the 5,000-meter course in 17:21.0. She averaged 5 minutes, 35 seconds per mile as she was the top non-Division I placer in the race as Central Washington placed eighth as a team.

Week of Oct. 1-7: Men: Rowan Doherty (Simon Fraser, Sr., West Vancouver, B.C. – West Vancouver): Doherty led all GNAC athletes in the men's 8,000-meter race at the Division II Conference Crossover in Romeoville, Ill. Doherty finished in ninth place in a time of 24:59.40 to lead the Clan to a third-place team finish with 127 points. **Women: Sophia Kaiser** (Simon Fraser, Fr., Karlsruhe, Germany - Univ. of Mannheim): Kaiser was the top GNAC runner in the 6,000-meter race at the Division II Conference Crossover. She finished in 10th place with a time of 22:21.90 as she led the Clan to a second-place team finish with 146 points.

Week of Oct. 8-14: Men: Dustin Nading (Western Oregon, Sr., Longview, Wash. – Colby Univ.): Nading won his second race of the season as he took top honors at the Warner Pacific CC Classic in Portland. Nading covered the 8,000-meter course in 24:11.5, averaging 4:52 per mile, to finish four second ahead of second-place Evert Silva of Portland. Nading led the Wolves to a second-place team finish. **Women: Alexa Shindruk** (Central Washington, Sr., Bellingham, Wash. – Lynden): Shindruk led all GNAC competitors at the Inland Empire Championships in Lewiston, Idaho. Breaking up a potential top-seven sweep for Division I Boise State, Shindruk placed third as she covered the 5,000-meter course in a time of 17:27, averaging 5:38 per mile. She was just 11 seconds behind the winner, Claire Graves of Boise State.

GNAC ALL-TIME CROSS COUNTRY ATHLETE OF THE WEEK SELECTIONS

Week of Oct. 15-21: Men: Felix Kemboi (Alaska Anchorage, So., Eldoret, Kenya – Saint Patrick's): In the final tune-up prior to the GNAC Championships, Kemboi won the Western Washington Classic on Saturday with a time of 31:40 over the NCAA championship distance of 10,000 meters. He finished 11 seconds ahead of teammate Wesley Kirui, who clocked 31:51. Kemboi led the Seawolves to a second-place team finish with 51 points. **Women: Emmah Chelimo** (Alaska Anchorage, Jr., Iten, Kenya – Nyack Coll.): Chelimo edged out Simon Fraser alumna Julia Howley to win the Western Washington Classic, covering the 6,000-meter course in a time of 21:15. She beat Howley by two seconds for her second race victory of the season. Chelimo led the Seawolves to a third-place team finish.

2019
Week of Aug. 26-Sept. 1: Men: Wesley Kirui (Alaska Anchorage, Jr., Nakaru, Kenya – Hampton Univ.): Kirui led Alaska Anchorage to the team victory at the Blue & Gold Run Fest with the individual victory, covering the 7,000-meter course in a time of 21:59.68. It is his fourth individual race victory in a UAA uniform as he led the Seawolves to the team title with a score of 17 points. **Women: Emmah Chelimo** (Alaska Anchorage, Sr., Iten, Kenya – Nyack Coll.): The defending GNAC and West Region champion opened the year with her fifth individual victory at the Blue & Gold Run Fest. She won in a time of 18:33.12 over 5,000 meters and led the Seawolves to the team title with a total of 17 points.

Week of Sept. 2-8: Men: Godfrey Kemboi (Northwest Nazarene, Sr., Iten, Kenya – Anin School): Kemboi opened the season by placing sixth at the CSI Classic on Friday, covering the 7,000 meters in a time of 22:15.18. He averaged 5:09 per mile. The top non-Division I athlete in the race, Kemboi was just 10 seconds behind winner Tyson Green of Weber State. **Women: Nikki Aiken** (Montana State Billings, Sr., Belgrade, Mont. – Manhattan Christian): Aiken picked up her first career win and the first for an MSUB female athlete since 2014 at the South Dakota Mines Hardrocker Classic. She finished in a time of 21:25.40 over a hilly 5,000-meter course and led the Yellowjackets to a third-place finish.

Week of Sept. 9-15: Men: Carlos Vargas (Simon Fraser, Sr., Brossard, Que. – College Jean de la Mennais): Vargas averaged 5 minutes, 7 seconds per mile as he finished second in the men's 6,000-meter race at the CWU Invitational on Saturday. Vargas finished in a time of 19:06.74 to lead three top-five finishes for the GNAC in the meet. He led Simon Fraser to the team title with 26 points. **Women: Jane Barr** (Western Washington, Jr., Seattle, Wash. – Roosevelt): Barr placed third at the women's 4,000-meter race at the CWU Invitational on Saturday. She finished in a time of 15:14.7, averaging 6 minutes, 8 seconds per mile to lead three top-five GNAC finishers. Barr led the Vikings to a second-place team finish with 44 points.

Week of Sept. 16-22: Men: Justin Crosswhite (Western Oregon, Sr., Hood River, Ore. – Hood River): Running on his home course, Crosswhite was the top GNAC placer at Friday's Sundowner Invitational. Crosswhite placed third as he covered the 8,000-meter course in a time of 24:57.1 and sat 21 seconds behind the winner. He led the Wolves to a fifth-place team finish. **Women: Kaylee Mitchell** (Seattle Pacific, So., Salem, Ore. – Sprague): Mitchell was the individual champion on Saturday at the PLU Invitational, covering the 6,000-meter course in a time of 21:04.4. She finished with a 28-second cushion ahead of teammate Kate Lilly, who placed second. It was the second career win for Mitchell, who led the Falcons to the team victory with a score of 24 points. It is the second year in a row that Mitchell has won in her season-opening meet.

Week of Sept. 23-29: Men: Wesley Kurui (Alaska Anchorage, Jr., Nakaru, Kenya – Hampton Univ.): Kirui was the top Division II finisher in the Capital Cross Challenge in Sacramento, California. Kirui was second out of 280 athletes in the men's college invitational race, covering the 8,000-meter course in 24:07.1. He averaged 4:51 per mile and was just three seconds behind the winner, Jake Ritter of Cal Poly. **Women: Kaylee Mitchell** (Seattle Pacific, So., Salem, Ore. – Sprague): Mitchell was a race winner for the second straight week. This time, she won the women's college invitational race at the Capital Cross Challenge as she covered the 6,000-meter course in 20:30.2. She averaged 5:30 per mile to finish on top of the 300-athlete field and three seconds ahead of Jenny Sandoval of San Jose State for the win.

Week of Sept. 30-Oct. 6: Men: Trevor Allen (Central Washington, Jr., Lake Stevens, Wash. – Lake Stevens): Allen posted the top non-Division I or open competitor finish at the John Payne/Curtis Invitational. Allen placed 12th as he covered the 8,000-meter course in 25:39.6. His performance led the Wildcats to a fourth-place team finish. **Women: Lily Tyrrell** (Central Washington, Jr., Selah, Wash. – Eastern Washington Univ.): Tyrrell was the top Division II finisher at the John Payne/Curtis Invitational on Saturday, placing eighth with a time of 18:22 over 4,827 meters. Her finish time was just three seconds out of fourth place and helped lead the Wildcats to a second-place team finish with 47 points.

Week of Oct. 7-13: Men: Felix Kemboi (Alaska Anchorage, Jr., Eldoret, Kenya – Saint Patrick's): For the second year in a row, Kemboi was the winner of the men's 10,000-meter race at the Western Washington Classic. Kemboi cruised with a winning time of 31:37.6, three seconds ahead of Trad Berti of Chico State. Kemboi averaged 5 minutes, 5 seconds per mile. **Women: Nancy Jeptoo** (Alaska Anchorage, Jr., Eldoret, Kenya – St. Josephs Cheperit): Jeptoo won her first collegiate career race, taking the women's 6,000-meter race at the Western Washington Invitational in a time of 21:36.1. She finished four seconds ahead of teammate Emmah Chelimo while averaging 5 minutes, 48 seconds per mile.

Week of Oct. 14-20: Men: Neal Cranston (Western Oregon, Jr., Canby, Ore. – Canby): Cranston led a small roster of Western Oregon athletes competing at the Warner Pacific XC Classic, covering the 8,000-meter course in a time of 27:57.4 in the final warm-up prior to the GNAC Cross Country Championships. **Women: Katherine Anderson** (Central Washington, Fr., Kent, Wash. – Seattle Christian): Anderson was the top finisher for the Wildcats at the SFCC Sasquatch Invitational, placing 20th with a time of 20:00.4 over 5,000 meters. She led a string of five straight finishers for the Wildcats as the team finished fourth.

2020-21
Week of Feb. 1-7: Men: Tyler Shea (Northwest Nazarene, Jr., Spokane, Wash. – Northwest Christian): Shea opened the abbreviated 2020-21 cross country season with his second college career victory, winning the College of Idaho Ice Chipper on Friday. Shea covered the 6,000-meter course in 19:26.46, posting a 19-second victory over College of Idaho's Logan Hunt. Shea led the Nighthawks to a second-place team finish with 37 points. **Women: Kalen Johnson** (Northwest Nazarene, Jr., Zillah, Wash. – Zillah): Johnson opened the 2020-21 season with a third-place finish at the College of Idaho Ice Chipper, covering the 4,000-meter course in 15:06.40. She was just 12 seconds behind the leader and led the Nighthawks to a second-place team finish with 39 points.

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Week of Feb. 15-21: Men: Jared Putney (Seattle Pacific, So., Issaquah, Wash. – Issaquah): Putney picked up his first collegiate victory on Saturday, running away from the field at the CWU Winter Invite. Putney covered the 8,000-meter course in 26:06.5, beating teammate Austin Weise by 44 seconds. Putney led the Falcons to the team title with a score of 19 points. **Women: Dania Holmberg** (Seattle Pacific, Sr., Eagle, Idaho – Eagle): Holmberg led Seattle Pacific to the team title with her individual victory at the CWU Winter Invite on Saturday. Holmberg covered the 6,000-meter course in a time of 22:46.3, scoring a 52-second victory over teammate Belle Brandenfels. It was Holmberg's first collegiate race victory and led the Falcons to the team title with 18 points.

2021

Week of Aug. 23-29: Men: Coleman Nash (Alaska Anchorage, Fr., Littleton, Colo. - Chatfield): Running in his first collegiate cross country race, Nash won the men's competition at the UAF Blue/Gold Race on Saturday. He covered the 7,000-meter course in 22:53 to finish 13 seconds ahead of teammate Jacob Moos. Nash helped lead the Seawolves to the team victory with 21 points. **Women: Kendall Kramer** (Alaska, Fr., Fairbanks, Alaska – West Valley): With the privilege of competing at home for her first collegiate cross country race, Kramer won the women's competition at the UAF Blue/Gold Race on Saturday. Kramer covered the 5,000-meter course in 18:34, seven seconds ahead of teammate Rosie Fordham. Alaska won the dual over Alaska Anchorage with 17 points.

Week of Aug. 30-Sept. 5: Men: Kainalu Pagente (Saint Martin's, Fr., Pearl City, Hawaii – Pearl City): Pagente opened his collegiate career in winning style, taking the individual title at the Puget Sound Invitational on Saturday. He covered the 6,000-meter course in 19:03, averaging 5:07 per mile, to finish two seconds ahead of Green River Community College's Cayan Dibble. Pagente led Saint Martin's to the team title with 42 points. **Women: Naomi Bailey** (Alaska, Fr., Fairbanks, Alaska – West Valley): Bailey was the individual winner at the Seawolf Throwdown on Saturday in Anchorage, covering the 6,000-meter course in a time of 22:37.8. She averaged 6:04 per mile and won by an impressive 45 seconds over teammate Rosie Fordham. For the second week in a row, the Nanooks won the team title by 11 points over Alaska Anchorage with 23 points.

Week of Sept. 6-12: Men: Aaron Ahl (Simon Fraser, Sr., Calgary, Alta. – William Aberhart): Ahl was a nearly eight-second winner in his first cross country meet since 2019. He won Friday's SF State Invitational in a time of 24:30.6 over 8,000 meters to finish just ahead of Chico State's Brayden McLaughlin. Ahl averaged 4:46 per mile and led SFU to a second-place team finish with 49 points. **Women: Olivia Willett** (Simon Fraser, Sr., Coquitlam, B.C. – Riverside): Willett won the women's 6,000-meter race at Friday's SF State Invitational. She covered the course in a time of 21:57.6 to finish two seconds ahead of Concordia Irvine's Jori Paradis. Willett averaged 5:53 per mile to lead Simon Fraser to the team title with 36 points, 24 points ahead of Chico State.

Week of Sept. 13-19: Men: Ase Ackerman (Montana State Billings, Jr., Glendive, Mont. – Dawson County): Ackerman won the men's 6,000-meter at Friday's Gage McSpadden Memorial in a time of 19:21.5. Ackerman averaged 5:11 per mile and finished nine seconds ahead of Tim Dunham of South Dakota Mines. He is just the fourth MSUB men's athlete to win a race in the program's GNAC era and the first since Jorey Egeland on October 7, 2017. **Women: Annika Esvelt** (Seattle Pacific, Fr., Spokane, Wash. – West Valley): Competing in just her second collegiate cross country race, Esvelt posted an 11-second victory at the PLU Invitational. She covered the 6,000-meter course in a time of 22:15.7 for the 11-second win over Kara Putman of Pacific (Ore.), averaging 5:58 per mile.

Week of Sept. 20-26: Men: Tyler Shea (Northwest Nazarene, Jr., Spokane, Wash. – Northwest Christian): Shea won his third career race on Saturday, taking the men's 8,000-meter race at the Ken Garland Classic. Shea finished in 25:36 and was four seconds faster than Micah Murphy of Northwest (Wash). Shea led the Nighthawks to a third-place team finish. **Women: Luz Garcia** (Western Oregon, Jr., Los Angeles, Calif. – Cal Poly Pomona): Garcia made it two wins in as many races this season, taking top honors at the Mike Johnson Classic on Friday. Garcia covered the 6,000-meter course in 21:46.4 to finish six seconds ahead of Simon Fraser's Olivia Willett. Garcia led the Wolves to a fifth-place team finish.

Week of Sept. 27-Oct. 3: Men: Coleman Nash (Alaska Anchorage, Fr., Littleton, Colo. – Chatfield): Nash won for the third time in as many meets this season, capturing the Chambers Bay Collegiate Open on Saturday. Nash won in a time of 25:01.9 over 8,000 meters, finishing 15 seconds ahead of teammate Jacob Moos. Nash led the Seawolves to the team title with 56 points. **Women: Annika Esvelt** (Seattle Pacific, So., Spokane, Wash. – West Valley): Esvelt was a winner for the second time this season, winning Saturday's Chambers Bay Collegiate Open. Esvelt ran a time of 18:32.9 over 5,000 meters, finishing 11 seconds ahead of second-place Nancy Jeptoo of Alaska Anchorage.

Week of Oct. 4-10: Men: Aaron Ahl (Simon Fraser, Sr., Calgary, Alta. – William Aberhart): Ahl placed third at the Bill Roe Classic, covering the 10,000-meter course in a time of 31:31.9. He averaged 5:04 per mile and was the top GNAC finisher in the meet, leading SFU to a third-place team finish with 65 points. **Ase Ackerman** (Montana State Billings, Jr., Glendive, Mont – Dawson County): Ackerman placed third at Friday's Yellowjacket/Battlin' Bear Open, covering the 8,000-meter course in 25:10.3. He averaged 5:04 per mile and led MUSB to a second-place team finish with 91 points. **Women: Olivia Willett** (Simon Fraser, Sr., Coquitlam, B.C. – Riverside): Willett placed second at the Bill Roe Classic on Saturday, covering the 6,000-meter course in a time of 21:48.6. She was nine seconds behind winner Amelia Keyser-Gibson and led SFU to the team title with a score of 41 points.

Week of Oct. 11-17: Men: Easton Pomrankey (Western Oregon, Fr., Kettle Falls, Wash. – Kettle Falls): 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.

2022

Week of Aug. 22-28: Men: Coleman Nash (Alaska Anchorage, So., Littleton, Colo. - Chatfield): For the second year in a row, Nash opened the cross country season by winning the Blue & Gold Invite in Fairbanks. Nash covered the 8,000-meter course in 27:17 to score a 35-second victory over teammate Jesus Avalos. It was the fourth career cross country victory for Nash, who led Alaska Anchorage to an 11-point victory in the dual meet over Alaska. **Women: Kendall Kramer** (Alaska, So., Fairbanks, Alaska – West Valley): Kramer opened the season with the victory at the Blue & Gold Invite on Saturday. She covered the 5,000-meter course in 18:28 to win by 11 seconds over teammate Rosie Fordham. She won the meet for the second season in a row and led the Nanooks to the victory over Alaska Anchorage with 27 points.

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Week of Aug. 29-Sept. 4: Men: Coleman Nash (Alaska Anchorage, So., Littleton, Colo. - Chatfield): Nash was a winner over Alaska for the second week in a row, winning the Seawolf Throwdown on Saturday with a time of 25:22 over 8,000 meters. Nash finished 44 seconds ahead of second-place teammate Michael Zapherson and led the Seawolves to the victory in the dual meet with 18 points. **Women: Libby Michael** (Seattle Pacific, Sr., Nine Mile Falls, Wash. – Lakeside Nine Mile Falls): Running in her first collegiate cross country meet, Michael was the winner of the Puget Sound Invitational on Saturday, covering the 5,000-meter course in a time of 18:57. She led Seattle Pacific to the team victory with a perfect score of 15 points.

Week of Sept. 5-11: Men: Jeret Gillingham (Western Washington, So., Sandy, Ore. – Sandy): Gillingham was a winner in his season debut, capturing the CWU Apple Ridge Run on Saturday with a time of 18:50.9 over 6,000-plus meters. He was three seconds ahead of teammate Andrew Oslin for the victory and helped lead the Vikings to the team title with a perfect score of 15 points. **Women: Sophie Wright** (Western Washington, So., Palmer, Alaska – Palmer): Wright was the winner of the women's 4,000-meter race at the CWU Apple Ridge Run, posting a time of 15:23.2 for her first collegiate race victory. She was 17 seconds ahead of teammate Meara Shannon as the Vikings won the team title with a score of 18 points.

Week of Sept. 12-18: Men: Hunter Hutton (Western Oregon, Jr., Bandon, Ore. – Bandon): Making his season debut on his home course, Hutton was the winner at Friday's Ash Creek Invitational. He covered the 6,000-meter course in a time of 17:51.2, finishing eight seconds ahead of Justin Hazell of Portland. Hutton led the Wolves to a third-place team finish. **Women: Cassidy Walchak-Sloan** (Saint Martin's, So., Olympia, Wash. – Olympia): Walchak-Sloan was the top non-Division I finisher at the Ash Creek Invitational on Friday, placing fourth in a time of 17:58.9 over 5,000 meters. She helped lead the Saints to a third-place team finish with a score of 70 points.

Week of Sept. 19-25: Men: Coleman Nash (Alaska Anchorage, So., Littleton, Colo. – Chatfield): Nash finished second at the WWU Bill Roe Classic on Saturday, covering the 8,000-meter course in a time of 24:25.8. The top collegiate finisher in the race, Nash averaged 4 minutes, 55 seconds per mile and finished 12 seconds ahead of third-place Kevin McDermott on Western Washington. Nash's victory led the Seawolves to a sixth-place team finish. **Women: Mia Crocker** (Western Washington, So., Sammamish, Wash.- Skyline): Crocker was the top collegiate finisher at the WWU Bill Roe Classic on Saturday. She placed fourth, covering the 6,000-meter course in a time of 22:02.1 and was 18 seconds ahead of the next collegiate competitor. She averaged 5 minutes, 55 seconds per mile. Crocker led the Vikings to the team title with a score of 53 points.

Week of Sept. 26-Oct. 2: Men: Bailey Smith (Western Oregon, Sr., Cody, Wyo. – Trinidad State JC): Smith was the top GNAC finisher at Friday's Mike Johnson Classic, placing third with a time of 24:43.6 over 8,000 meters. Smith averaged 4:58 per mile and was just six seconds behind winner Juan Rosales of San Diego Mesa College. Smith led Western Oregon to a third-place team finish. **Women: Alauna Carstens** (Saint Martin's, Fr., Shelton, Wash. – Shelton): Carstens was the winner of the women's race at the John Payne Curtis Invitational, covering the 5,000-meter course in a time of 18:43.3. Averaging 6 minutes, 1 second per mile, Carstens finished 11 seconds ahead of second-place teammate Sara Sabra and led the Saints to the team victory with a score of 25 points.

Week of Oct. 3-9: Men: Charlie Dannatt (Simon Fraser, So., North Vancouver, B.C. – Univ. of British Columbia): Dannatt won the San Francisco State Invitational on Friday, covering the 8,000-meter course in a time of 24:42.7. He led a top-five sweep for the Red Leafs as they won the meet with a perfect score of 15 points. **Kevin McDermott** (Western Washington, So., Port Orchard, Wash. – South Kitsap): McDermott led the Vikings at the high-powered Lewis Crossover in Illinois on Saturday. He placed seventh in a time of 24:18 and led Western Washington to a third-place finish out of 22 teams in the meet. **Women: Alauna Carstens** (Saint Martin's, Fr., Shelton, Wash. – Shelton): Carstens was the top GNAC finisher at Friday's SF State Invitational. Carstens placed fifth as she covered the 6,000-meter course in 21:48.4, finishing just over a second ahead of Simon Fraser's Megan Roxby. She led the Saints to a fourth-place team finish.

Week of Oct. 17-23: Men: Coleman Nash (Alaska Anchorage, So., Littleton, Colo. – Littleton): 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. **Women: Naomi Bailey** (Alaska, So., Fairbanks, Alaska – West Valley): 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.

2023
Week of Aug. 21-27: Men: Coleman Nash, Alaska Anchorage: The reigning GNAC Men's Cross Country Athlete of the Year, Nash cruised to victory in the men's race on Saturday on his home course at Kincaid Park. Nash clocked a 5k time of 15:06.0 to help the Seawolves sweep the top-three places and win the dual meet over Alaska with 17 points. **Women: Rosie Fordham, Alaska:** Getting her third season with the Nanooks off on the right foot, Fordham won the Seawolf Throwdown in Anchorage on Saturday afternoon. The Sydney, Australia native clocked a 5k time of 18:10.5, leading the Nanooks to the head-to-head win over the Seawolves as Alaska swept the top three places on its way to 18 points.

Week of Aug. 28-Sept. 3: Men: Johan Correa, Central Washington: Correa claimed the title at the Puget Sound Invitational, crossing the finish line in a virtual tie with Western Washington's Sam Lingwall. Correa's time showed 15:00.4 while Lingwall was a fraction behind in 15:00.5, giving the former a victory in the debut race of his season. Correa topped a field of 90 competitors in the 5k race. **Women: Ashley Reeck, Western Washington:** Topping the women's field at the Puget Sound Invitational, Reeck led a shipload of Vikings across the finish line as WWU swept the top-15 spots in the race. Reeck clocked in with a time of 17:41.0 to win the race by more than 25 seconds. The debut 5k race for the sophomore saw her best a field of 60 competitors.

Week of Sept. 4-10: Men: Isaac Cortes, Saint Martin's: The conference's top finisher on the men's side, Cortes clocked a 6k time of 18:16.6 to place ninth among a field of 87 runners on the Ash Creek Preserve trail. It was a collegiate 6k PR for the junior who will look to build upon a 12th-place finish at last year's GNAC Championships. **Women: Cassidy Walchak-Sloan, Saint Martin's:** Kicking off her junior season with a bang, Walchak-Sloan was the conference's top finisher at the Ash Creek Collegiate on Friday with a 5k time of 17:57.7. That slotted her third among a field of 60 competitors, as last year's sixth-place GNAC Championships

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finisher earned her first runner of the week honor this season. Walchak-Sloan's effort helped the Saints finish second to Chico State in the team standings as they totaled 59 points.

Week of Sept. 11-17: Men: Johan Correa, Central Washington: Claiming his second victory of the 2023 season, Correa topped a field of 128 runners at the Pacific Lutheran Invitational on Saturday. Correa clocked an 8k time of 24:23.7, holding off second-place Sebastian Brinkman of Simon Fraser by four full seconds. After winning the Puget Sound Invitational on Sept. 2, Correa again emerged on top of the individual list in a race that featured competition from two other GNAC schools in Simon Fraser and Seattle Pacific. **Women: Annika Esvelt, Seattle Pacific:** The conference's top performer at the Pacific Lutheran Invitational, Esvelt finished as the runner up among a field of 95 competitors on Saturday. The junior checked in with a time of 21:41.3 in the 6k race, finishing more than 15 seconds ahead of the next GNAC runner. In her debut race of the 2023 season, it was the first time Esvelt broke the 22:00 barrier in a 6k race collegiately.

Week of Sept. 18-24: Men: Coleman Nash, Alaska Anchorage: Nash picked up his second victory of the 2023 season, topping a field of 134 competitors at the Bill Roe Classic on Saturday. Nash held off Simon Fraser's Sebastian Brinkman by just over three seconds, claiming the title with an 8k time of 24:41.7. Nash moved into a tie with former UAA runner Marko Cheseto for most career cross country runner of the week awards, as Monday's honor marked the eighth of his decorated career. **Women: Caitlin Heldt, Western Oregon:** Heldt won the Mike Johnson Classic in Monmouth on Friday, besting a field of 60 competitors for her first victory of the season. Heldt left no doubt, crossing the finish line 24 seconds ahead of her nearest competitor – Portland State's Abi Swain. The senior finished the 6k race with a time of 21:15.0, just six seconds off her collegiate best of 21:09.1 which she ran at the 2022 GNAC Championships. This is Heldt's first career cross country runner of the week award.

Week of Oct. 3-8: Men: Johan Correa, Central Washington: Winning his third race of his debut cross country season, Correa topped a field of 101 runners at the Emerald City Open on Saturday, with an 8k time of 25:07.5. That gave the cross country newcomer a 23-second victory over the runner-up, as he completed his final tune-up prior to the GNAC Championships in stellar fashion. "The course was four 2,000 meter loops, so we saw him four times," said Hill. "He didn't create any separation or gap until the second half of the race. It was a hilly course which we thought would prepare us well for (the GNAC meet in) Anchorage, and he went out and steadily put pressure on the field before he broke it open in the second half." **Women: Rosie Fordham, Alaska:** Taking home the title at the San Francisco State Invitational, Fordham clocked a time of 21:25.9 on the 6k course to top a field of 142 competitors. The junior from Sydney, Australia held a nearly eight-second advantage over the runner up, picking up her second win and runner of the week nod this season. "We had been talking about being patient in races and striking at the appropriate time," said Haber. "At this particular race she was towards the front for most of it. Instead of making a move early, she waited until the right time to make a move. That's how she separated herself from the field."