



# GNAC CROSS COUNTRY CHAMPIONSHIPS

## ALL-TIME RESULTS

Updated Through 2023 Season

### MEN'S YEAR BY YEAR TEAM SCORES

Year	UAA	UAF	CWU	CU	HSU	MSUB	NUU	SMU	SPU	SU	SFU	WOU	WWU
2001	4th/87	10th/270	3rd/86		5th/143		<b>1st/32</b>	9th/227	7th/183	6th/181		8th/218	2nd/76
2002	<b>1st/70</b>	10th/262	7th/152		2nd/72		5th/119	9th/252	8th/163	6th/148		3rd/85	4th/102
2003	2nd/77	10th/257	7th/174		4th/96		9th/194	5th/154	8th/183	6th/157		3rd/79	<b>1st/61</b>
2004	2nd/80	10th/263	7th/161		5th/116		6th/121	8th/187	<b>1st/71</b>	9th/218		4th/87	3rd/95
2005	<b>1st/39</b>	10th/236	8th/207		3rd/91		5th/149	9th/231	4th/97	7th/161		6th/151	2nd/88
2006	2nd/53	8th/244	5th/117				9th/245	6th/169	3rd/86	7th/213		4th/104	<b>1st/35</b>
2007	3rd/81	5th/151	4th/141			10th/196	7th/164	8th/179	9th/218	6th/163		2nd/67	<b>1st/35</b>
2008	<b>1st/34</b>	6th/183	8th/213			9th/276	6th/183	4th/98	5th/119			3rd/78	2nd/53
2009	2nd/70	8th/219	6th/167			9th/257	4th/99	7th/190	5th/138			3rd/74	<b>1st/33</b>
2010	<b>1st/41</b>	7th/184	9th/230			8th/212	4th/90	5th/175	6th/180			3rd/67	2nd/56
2011	<b>1st/27</b>	10th/228	8th/203			9th/220	4th/139	5th/151	6th/161	7th/193		3rd/80	2nd/63
2012	<b>1st/23</b>	8th/206	9th/255			3rd/103	7th/191	10th/256	5th/140	6th/165		4th/112	2nd/50
2013	<b>1st/32</b>	7th/198	5th/142			5th/142	9th/236	10th/254	8th/225	3rd/114		4th/125	2nd/35
2014	<b>1st/18</b>	7th/188	5th/159			4th/156	6th/173	9th/229	10th/235	3rd/77		8th/199	2nd/61
2015	<b>1st/21</b>	8th/224	6th/177	11th/298		5th/130	7th/215	10th/298	9th/252	2nd/54		4th/118	3rd/83
2016	<b>1st/31</b>	8th/211	7th/184	9th/226		5th/157	6th/178	10th/285	11th/300	2nd/60		4th/105	3rd/86
2017	2nd/64	9th/235	6th/161	10th/242		7th/187	5th/160	11th/331	8th/224	3rd/70		<b>1st/51</b>	4th/76
2018	<b>1st/46</b>	9th/261*	5th/142	10th/280		8th/217	6th/169	11th/300	7th/183	2nd/54		4th/104	3rd/60
2019	3rd/79	8th/242*	7th/168	11th/305		10th/290	4th/112	9th/259	5th/120	2nd/76		6th/121	<b>1st/38</b>
2021	4th/107	9th/224	6th/165			7th/168	5th/150	8th/190	10th/228	<b>1st/50</b>		3rd/96	2nd/55
2022	3rd/83	10th/285	7th/182			6th/163	9th/239	5th/133	8th/228	2nd/52		4th/115	<b>1st/31</b>
2023	2nd/51	9th/220	6th/161			10th/259	5th/145	7th/187	8th/217	3rd/80		4th/142	<b>1st/37</b>

### WOMEN'S YEAR BY YEAR TEAM SCORES

Year	UAA	UAF	CWU	CU	HSU	MSUB	NUU	SMU	SPU	SU	SFU	WOU	WWU
2001	3rd/84	9th/189	5th/125		<b>1st/58</b>		7th/179	10th/290	4th/118	8th/186		6th/161	2nd/69
2002	5th/122	4th/113	2nd/78		<b>1st/49</b>		9th/264	Inc.	6th/124	8th/189		7th/154	3rd/92
2003	2nd/77	5th/135	3rd/88		8th/205		9th/210	10th/255	<b>1st/62</b>	7th/152		6th/147	4th/113
2004	3rd/98	10th/265	<b>1st/67</b>		6th/130		9th/220	8th/203	2nd/74	4th/104		7th/151	5th/123
2005	2nd/71	6th/148	3rd/91		8th/182		5th/138	10th/245	<b>1st/54</b>	4th/123		9th/211	6th/148
2006	2nd/44	5th/127	3rd/93				8th/203	7th/195	<b>1st/34</b>	9th/242		6th/131	4th/113
2007	4th/123	9th/192	6th/139			10th/233	3rd/110	8th/188	<b>1st/24</b>	5th/131		2nd/99	7th/152
2008	2nd/52	6th/158	8th/218			9th/253	5th/123	7th/179	<b>1st/48</b>			4th/111	3rd/75
2009	<b>1st/25</b>	7th/196	8th/205			6th/167	4th/114	9th/255	2nd/48			5th/146	3rd/64
2010	<b>1st/27</b>	4th/129	9th/233			5th/137	6th/146	8th/189	7th/160			3rd/108	2nd/69
2011	<b>1st/31</b>	4th/97	10th/269			8th/234	6th/173	9th/236	5th/110		2nd/76	7th/196	3rd/87
2012	<b>1st/16</b>	8th/198	5th/151			6th/168	7th/181	10th/317	3rd/104	2nd/61		9th/201	4th/115
2013	<b>1st/36</b>	8th/215	5th/127			9th/228	7th/193	10th/312	3rd/94	2nd/49		6th/161	4th/112
2014	2nd/63	8th/235	4th/85			6th/140	9th/241	10th/298	5th/130	<b>1st/62</b>		7th/185	3rd/64
2015	<b>1st/39</b>	10th/267	3rd/95	8th/216		11th/298	7th/205	9th/217	5th/114	4th/112		6th/183	2nd/71
2016	<b>1st/45</b>	8th/194	6th/188	10th/276		11th/324	7th/189	5th/139	3rd/92	2nd/56		9th/197	4th/114
2017	<b>1st/28</b>	7th/219	5th/163	9th/240		11th/301	8th/236	10th/255	4th/93	2nd/65		6th/190	3rd/87
2018	<b>1st/49</b>	9th/245*	5th/113	10th/246		8th/242	6th/174	11th/335	3rd/64	2nd/60		7th/208	4th/86
2019	2nd/60	8th/244*	7th/153	9th/255		10th/272	5th/120	11th/307	3rd/64	4th/101		6th/153	<b>1st/53</b>
2021	7th/189	3rd/92	9th/204			10th/221	6th/163	8th/191	5th/161	<b>1st/32</b>		4th/114	2nd/77
2022	7th/163	5th/91	10th/261			8th/224	9th/242	2nd/78	6th/149	3rd/86		4th/87	<b>1st/64</b>
2023	5th/137	3rd/86	9th/272			10th/273	8th/184	2nd/71	7th/153	4th/103		6th/141	<b>1st/49</b>

No 2020 GNAC Championships due to COVID-19 pandemic.

\* - Result later vacated by NCAA action

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

## YEARLY GNAC CROSS COUNTRY CHAMPIONSHIP RESULTS

**2001**  
**Oct. 13 at Anchorage, Alaska**  
**Men's Team Scores:** Northwest Nazarene 32, Western Washington 76, Central Washington 86, Alaska Anchorage 87, Humboldt State 143, Seattle 181, Seattle Pacific 183, Western Oregon 218, Saint Martin's 227, Alaska Fairbanks 270.  
**Outstanding Athlete:** Francis Kimeli, NNU      **Newcomer of the Year:** Francis Kimeli, NNU      **Freshman of the Year:** Caleb Tubei, NNU  
**Coach of the Year:** Randy Dalzell, NNU

**Women's Team Scores:** Humboldt State 58, Western Washington 69, Alaska Anchorage 84, Seattle Pacific 118, Central Washington 125, Western Oregon 161, Northwest Nazarene 179, Seattle 186, Alaska Fairbanks 189, Saint Martin's 290.  
**Outstanding Athlete:** Ashlee Vincent, WWU      **Newcomer of the Year:** Dolores Bergmann, HSU      **Freshman of the Year:** Ashlee Vincent, WWU  
**Coach of the Year:** Chris Parmer, HSU.

### Men Results (8,000 Meters)

1. Francis Kimeli, NNU	26:12.2	52. Ethan Barrons, WOU	28:51.4	25. Sigrid Aas, UAF	25:21.5
2. Martin Ranney, WWU	26:27.8	53. Chris Cannon, UAA	28:54.7	26. Tara Matthews, SU	25:21.5
3. Aaron Matthias, NNU	26:31.5	54. John Heimerl, UAF	28:59.9	27. Erica Madison, NNU	25:34.0
4. Tom Gaschk, CWU	26:35.0	55. Kelly Young, WOU	29:01.0	28. Kirsten Bjork, SPU	25:40.7
5. Nathanael Castle, SPU	26:38.3	56. Greg Jurek, UAF	29:10.6	29. Jill Salmon, WOU	25:44.1
6. Zack Boteilho, WWU	26:44.7	57. Tim Marston, SPU	29:16.3	30. Erinn Whitmer, UAF	25:46.9
7. Juraj Trubiroha, NNU	26:46.2	58. Aaron Libadisos, SPU	29:16.3	31. Dana Cantrell, SPU	25:48.4
8. Louie White, HSU	26:52.8	59. Will Smith, WOU	29:19.8	32. Kara Richard, SPU	25:49.9
9. Zach Dwello, NNU	26:54.7	60. Kile Taylor, HSU	29:31.0	33. Ellie Enos, WOU	25:53.9
10. Eric Strabel, UAA	27:00.3	61. Chris Logan, WOU	29:31.8	34. Brandy Berkbigler, UAF	25:56.2
11. Kurt Hartmaier, WWU	27:04.5	62. Jason Smyser, HSU	29:34.4	35. Kristin Lane, NNU	26:07.9
12. Ben Wornell, NNU	27:07.3	63. Matthew Blaine, SU	29:35.3	36. Kelly Dotson, SU	26:10.4
13. Tobias Schwoerer, UAA	27:08.3	64. John Callan, SU	29:36.0	37. Sarah Kraybill, SPU	26:14.0
14. Caleb Tubei, NNU	27:12.5	65. Kevin Lyberger, SU	29:44.4	38. Diana Heimerl, UAF	26:17.9
15. Sean Rivers, UAA	27:14.8	66. Kelsey Backen, CWU	30:12.4	39. Stephanie Myers, UAA	26:18.4
16. Brice Roncace, NNU	27:14.9	67. Dylan Corbett, WOU	30:13.4	40. Tiffany Picinich, CWU	26:20.8
17. Nathan Carlson, SMC	27:20.3	68. Scott Van Hess, SPU	30:15.9	41. Lindsay Krous, UAA	26:25.8
18. Jason Porter, CWU	27:29.8	69. Sheamus Lamb, UAA	30:22.4	42. Amy Lambe, UAA	26:28.2
19. Matt Schmitt, CWU	27:30.9	70. Andy Prentice, SMC	30:24.3	43. Kristin Haas, WWU	26:29.4
20. Curt Stephan, CWU	27:37.7	71. Aaron Forman, HSU	31:00.7	44. Sarah Block, WOU	26:30.7
21. Brett Franz, WOU	27:39.5	72. Brennan Walsh, UAF	31:25.7	45. Ann McCanick, SMC	26:32.6
22. Scott Rood, UAA	27:41.0	73. Justin Schumacher, UAF	31:43.2	46. Kaylee Bulyca, CWU	26:35.5
23. Ben Perkey, SU	27:42.0	74. Tyson Magney, SMC	32:51.1	47. Sadie Solem, HSU	26:38.2
24. Lehrin Morey, HSU	27:44.4	75. Carlos Gonzalez, SMC	33:18.9	48. Nicole Seana, SPU	26:39.0
25. Jeremy Rice, CWU	27:45.2	76. Jessi Light, WOU	33:23.3	49. Shelby Jacobs, CWU	26:43.5
26. Nick Gai, HSU	27:48.9	Jed Kallen-Brown, UAF	DQ	50. Susan Young, NNU	26:45.2
27. Andy Elvester, UAA	27:55.8			51. Sarah Hansen, UAA	26:47.8
28. Shawn Miller, WWU	27:56.8			52. Kelly Bean, UAA	26:49.2
29. Kirk Larson, WWU	27:57.7			53. Blair Staley, WOU	26:54.5
30. Cory Rebman, CWU	27:59.4			54. Theresa Lane, WOU	26:54.6
31. Emil Newhouse, WWU	28:00.3			55. Rachel Daniels, WOU	26:54.7
32. Steven DeKoker, WWU	28:05.5			56. Jennifer Houk, SMC	27:00.1
33. Juraj Brugos, UAF	28:07.1			57. Mindy Meier, NNU	27:08.2
34. Steve Manos, SU	28:12.4			58. Linsy Nickels, CWU	27:13.5
35. Nate Normandin, UAA	28:14.2			59. Katie Moriarty, HSU	27:16.0
36. Spencer Walsh, WOU	28:17.6			60. Nikki Hodgson, HSU	27:16.3
37. Vernon Campbell, UAA	28:19.7			61. Amelia Kinney, WOU	27:17.8
38. Neal Fryett, SPU	28:21.8			62. Heather Walsh, UAA	27:23.3
39. Michael Hughes, SU	28:22.1			63. Jana Harris, NNU	27:25.6
40. Mark Strabel, UAA	28:24.9			64. Katherin Stephenson, HSU	27:35.8
41. Matt DeShazo, HSU	28:25.6			65. Rachelle Cronrath, NNU	27:38.2
42. Dain Engebretsen, SU	28:26.2			66. Heather Esposito, NNU	27:44.3
43. Zach Grice, SPU	28:27.3			67. Becky Darymple, SMC	27:57.6
44. Nick Glancy, SPU	28:32.0			68. Megan Maguire, SU	28:04.9
45. Carlos Siqueiros, SU	28:33.0			69. Anastasia Defelice, SU	28:30.6
46. Brian Janes, HSU	28:37.1			70. Gina Baker, UAF	28:47.3
47. Brian Kostock, HSU	28:43.5			71. Holly Bueb, SU	28:51.1
48. Matt Gage, SMC	28:45.1			72. Hannah Burnett, UAF	30:17.7
49. Ron Anderson, HSU	28:46.5			73. Heather Stolz, SMC	30:45.5
50. Chris Carpenter, SMC	28:47.7			74. Andrea Martinez, SU	32:27.8
51. Zac Vawter, SMC	28:50.4			75. Amber Sommer, SMC	34:39.7

### Women's Results (6,000 Meters)

1. Ashlee Vincent, WWU	23:46.0
2. Dolores Bergmann, HSU	24:05.7
3. Kelly Fullerton, SU	24:06.3
4. Kylee Wells, WOU	24:12.5
5. Stephanie Stine, CWU	24:19.3
6. Jamie Witt, SPU	24:26.5
7. Kati Gosnell, HSU	24:27.6
8. Stacey Edwards, UAA	24:30.5
9. Kiersten Lippmann, UAA	24:31.9
10. Lisa Pearl, WWU	24:38.9
11. Leslie Boyd, UAA	24:43.9
12. Ann-Marie Wiggins, NNU	24:46.9
13. Emily Picinich, WWU	24:48.9
14. Abby Bielenberg, CWU	24:51.0
15. Tammy Hunt, HSU	24:52.9
16. Rachael Wiseman, HSU	24:55.5
17. Meyoung Blum, UAA	24:58.6
18. Becky Mello, HSU	24:59.9
19. Laurel Weil, HSU	24:59.9
20. Tracey Fischer, CWU	24:59.9
21. Ruth Hawkinson, SPU	25:09.9
22. Marta Bednarczyk, WWU	25:15.3
23. Nina Laurinalli, WWU	25:16.9
24. Shannon Ross, WWU	25:17.8

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2002**  
**Oct. 26 at Lincoln Park, Seattle, Wash.**  
**Men's Team Scores:** Alaska Anchorage 70, Humboldt State 72, Western Oregon 85, Western Washington 102, Northwest Nazarene 119, Seattle 148, Central Washington 152, Seattle Pacific 163, Saint Martin's 252, Alaska Fairbanks 262.  
**Outstanding Athlete:** Paul Kezes, WWU      **Newcomer of the Year:** Paul Kezes, WWU      **Freshman of the Year:** Tim LeCount, Seattle Pacific  
**Coach of the Year:** Michael Friess, UAA.

**Women's Team Scores:** Humboldt State 58, Western Washington 69, Alaska Anchorage 84, Seattle Pacific 118, Central Washington 125, Western Oregon 161, Northwest Nazarene 179, Seattle 186, Alaska Fairbanks 189, Saint Martin's 290.  
**Outstanding Athlete:** Ashlee Vincent, WWU      **Newcomer of the Year:** Dolores Bergmann, HSU      **Freshman of the Year:** Ashlee Vincent, WWU  
**Coach of the Year:** Chris Parmer, HSU

**Men (8,000 Meters)**

1. Paul Kezes, WWU	24:20.85
2. Pete Clusener, HSU	24:40.13
3. Sean Rivers, UAA	24:53.22
4. Louie White, HSU	24:57.71
5. Nathanael Castle, SPU	25:04.01
6. Zach Dwello, NNU	25:05.74
7. Tobias Schwoerer, UAA	25:08.42
8. Tim LeCount, SPU	25:15.34
9. Eric Strabel, UAA	25:19.01
10. Doug Hamilton, HSU	25:23.73
11. Chase Wells, WOU	25:30.28
12. Jason Porter, CWU	25:32.54
13. Steve Manos, SU	25:35.03
14. Brett Franz, WOU	25:37.07
15. Will Smith, WOU	25:45.90
16. Kurt Hartmaier, WWU	25:49.32
17. Emil Newhouse, WWU	25:49.59
18. Jake Hotchkiss, NNU	25:50.11
19. Ben Wornell, NNU	25:51.47
20. Brice Roncace, NNU	25:51.98
21. Andy Elvester, UAA	25:56.75
22. Ethan Barrons, WOU	25:57.71
23. Jerret Mantalas, WOU	25:59.91
24. Carlos Siqueiros, SU	26:02.41
25. Spencer Walsh, WOU	26:03.23
26. Cory Rebmann, CWU	26:04.22
27. Jorge Medina, HSU	26:04.89
28. Dain Engebretsen, SU	26:08.23
29. Matt DeShazo, HSU	26:10.00
30. Chris Cannon, UAA	26:10.30
31. Mike Hughes, SU	26:10.76
32. Jon Carwin, WWU	26:12.48
33. Jeremy Rice, CWU	26:12.82
34. Andy Prentice, SMC	26:13.23
35. Aaron Eckert, WOU	26:14.16
36. Brian Brancheau, WWU	26:15.26
37. Todd List, UAA	26:17.93
38. Matt Schmitt, CWU	26:19.75
39. Brian Kostock, HSU	26:21.77
40. Michel Malak, UAF	26:28.26
41. Paul Mach, SPU	26:28.85
42. Nathan Carlson SMC	26:29.99
43. Marcus Meddles, CWU	26:31.66
44. Juraj Brugos, UAF	26:32.64
45. Nate Normandin, UAA	26:34.07
46. Chris Carpenter, SMC	26:35.28
47. Lewis Topinka, WOU	26:39.20
48. Lehrin Morey, HSU	26:42.20
49. Phillip Paul, CWU	26:44.28
50. Andrew Gabe, CWU	26:48.30
51. Jesse Plummer, HSU	26:49.09
52. Ryan Nash, SPU	26:50.53
53. Brandon Whitaker, WWU	26:53.48
54. Matt Blaine, SU	26:55.10
55. Kevin Lybarger, SU	26:55.89

56. Robert Renninger, SU	27:01.92
57. Erik Wickstrom, UAF	27:07.46
58. Nate Wilkinson, NNU	27:10.80
59. Mike Pankiewicz, CWU	27:12.70
60. Andy Peters, NNU	27:13.49
61. Mark Veristain, NNU	27:13.74
62. Andy Koehn, SU	27:16.73
63. Scott Van Hess, SPU	27:17.18
64. Jason Bush, CWU	27:20.33
65. Richard Franck, SU	27:23.85
66. Dan Cline, UAA	27:33.18
67. Aaron Libadisos, SPU	27:35.45
68. Bryan Halferty, CWU	27:38.65
69. Matt Barreau, WOU	27:48.01
70. Kevin Walcsak, UAF	27:55.67
71. John Heimerl, UAF	27:58.77
72. Timothy Marston, SPU	28:07.04
73. Matt Gage, SMC	28:08.31
74. Tyler Layne, NNU	28:08.73
75. Brent Lowen, UAF	28:27.42
76. Vic Carpenter, SMC	28:35.12
77. Matt Crabtree, WWU	28:43.24
78. Joe Baisch, WWU	29:21.36
79. Clint Bjella, SPU	29:22.07
80. Jeff Bridges, WWU	29:24.01
81. Todd Nishida, SU	30:05.70
82. Mike Brown, SMC	30:45.31
83. Rob Kemper, SMC	31:24.54
84. Timothy Reeves, SPU	31:51.09

**Women (6,000 Meters)**

1. Ashlee Vincent, WWU	21:44.89
2. Katie Gosnell, HSU	21:55.21
3. Alicen Maier, CWU	22:08.75
4. Sigrid Aas, UAF	22:16.33
5. Stacy Edwards, UAA	22:23.46
6. Dolores Bergmann, HSU	22:28.97
7. Kelly Cronin, HSU	22:31.62
8. Jill Salmon, WOU	22:34.23
9. Nicole Seana, SPU	22:36.68
10. Tiffany Picinich, CWU	22:39.15
11. Katherine Stephenson, HSU	22:42.43
12. Kelly Fullerton, SU	22:50.25
13. Laura Trevelyan, WWU	22:52.85
14. Lisa Pearl, WWU	22:56.70
15. Ellie Enos, WOU	22:58.29
16. Diana Heimerl, UAF	22:59.04
17. Stephanie Stine, CWU	23:00.16
18. Erinn Whitmer, UAF	23:00.63
19. Dawnita LiaBraaten, CWU	23:04.52
20. Kiersten Lippmann, UAA	23:06.70
21. Johanna Turunen, UAF	23:09.80
22. Angela Gummow, SU	23:11.53
23. Tammy Hunt, HSU	23:14.11
24. Nicole Campbell, HSU	23:23.27
25. Abby Groth, SPU	23:32.51

26. Sarah Kraybill, SPU	23:34.24
27. Tina Stimson, WWU	23:35.46
28. Leslie Boyd, UAA	23:36.59
29. Erika Olson, CWU	23:37.51
30. Tracey Fischer, CWU	23:38.71
31. Josie Lavin, SPU	23:40.56
32. Kindel Stepper, CWU	23:41.81
33. Julie Thielen, SMC	23:42.57
34. Ruth Hawkinson, SPU	23:51.06
35. Lindsay Krous, UAA	23:52.04
36. Meyoung Blum, UAA	23:54.32
37. Erica Owens, SPU	23:55.58
38. Carla Mingione, WWU	23:57.89
39. Kristin Haas, WWU	23:59.17
40. Stephanie Upshaw, WOU	24:00.71
41. Beth Rosapepe, WWU	24:01.68
42. Anne-Marie McAnnick, SMC	24:03.39
43. Mindy Newby, NNU	24:04.84
44. Carolyn Oviatt, WWU	24:05.08
45. Ruth Harbaugh, SPU	24:10.43
46. Molly DePasquale, WWU	24:10.81
47. Nicole Hodgson, HSU	24:11.41
48. Nicole DeYong, UAA	24:12.74
49. Lexi Baxter, WWU	24:18.00
50. Lindy Mullen, CWU	24:23.16
51. Amber Brougher, WOU	24:33.01
52. Sarah HansEn, UAA	24:35.31
53. Melissa Hoglund, SPU	24:37.95
54. Sarah Block, WOU	24:41.54
55. Rachel Daniels, WOU	24:45.00
56. Niki McCorkle, WOU	24:49.28
57. Jessica Cerutti, UAA	24:55.90
58. Leah Trutna, WOU	24:58.81
59. Kirsten Bjork, SPU	25:03.42
60. Liz Mack, SU	25:09.26
61. Nicole Beatty, SMC	25:10.25
62. Jessica Wiggins, NNU	25:11.84
63. Janelle Stevens, SPU	25:24.85
64. Sadie Solem, HSU	25:27.07
65. Megan Salvenson, SU	25:28.06
66. Emily Ferguson, SU	25:31.71
67. Kelly Houghton, UAF	25:35.70
68. Erica Pitman, CWU	25:39.19
69. Rancel Horn, WOU	25:40.08
70. Amy Lampe, UAA	25:46.55
71. Alyssa Anderson, WOU	26:05.64
72. Christie Wynkoop, NNU	26:20.45
73. Katie Archimbault, SU	26:25.78
74. Holly Bueb, SU	26:30.99
75. Jami Epley, NNU	26:54.94
76. Sarah Brundidge, SU	27:14.29
77. Andrea Martinez, SU	27:57.16
78. Tara Robinson, NNU	30:30.75
79. Amber Sommer, SMC	30:41.61

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2003**  
**Oct. 25 as Ash Creek Preserve, Monmouth, Ore.**  
**Men's Team Scores:** Western Washington 61, Alaska Anchorage 77, Western Oregon 79, Humboldt State 96, Saint Martin's 154, Seattle 157, Central Washington 174, Seattle Pacific 183, Northwest Nazarene 194, Alaska Fairbanks 257.  
**Outstanding Athlete:** Doug Hamilton, HSU      **Newcomer of the Year:** Brad Brolin, WOU      **Freshman of the Year:** Tris O'Bluck, Saint Martin's.  
**Coach of the Year:** PeeWee Halsell, WWU

**Women's Team Scores:** Seattle Pacific 62, Alaska Anchorage 77, Central Washington 88, Western Washington 113, Alaska Fairbanks 135, Western Oregon 147, Seattle 152, Humboldt State 205, Northwest Nazarene 210, Saint Martin's 255.  
**Outstanding Athlete:** Josie Lavin, SPU      **Newcomer of the Year:** Kari Konrad, WOU      **Freshman of the Year:** Mandy Kaempf, UAA  
**Coach of the Year:** Michael Friess, UAA

**Men (8,000 Meters)**

1. Doug Hamilton, HSU	24:59.53
2. Chase Wells, WOU	25:01.81
3. Andy Prentice, SMC	25:04.60
4. Brian Brancheau, WWU	25:07.05
5. Steve DeKoker, WWU	25:16.93
6. Brad Brolin, WOU	25:17.64
7. Kurt Hartmaier, WWU	25:30.35
8. Jake Hotchkiss, NNU	25:31.50
9. Brandon Stum, UAA	25:32.94
10. Tris O'Buck, SMC	25:34.21
11. Ethan Barrons, WOU	25:35.21
12. Steve Manos, SU	25:39.28
13. Lief Olson, UAA	25:41.43
14. Eric Strabel, UAA	25:44.48
15. Jasper Peach, HSU	25:44.93
16. Jason Porter, CWU	25:45.42
17. T.J. Garlatz, WWU	25:46.92
18. Tim LeCount, SPU	25:52.59
19. Aaron Dickson, UAA	25:53.38
20. Nathan Carlson, SMC	25:53.88
21. Dain Engebretsen, SU	25:57.36
22. Drew Dickson, UAA	26:01.73
23. Todd List, UAA	26:05.32
24. Matt DeShazo, HSU	26:07.33
25. Sam Scotchmer, CWU	26:07.95
26. Lehrin Morey, HSU	26:08.50
27. Jesse Light, WOU	26:16.57
28. Logan Senrud, WWU	26:23.59
29. Brent Knight, UAA	26:23.94
30. Stephen Taylor, HSU	26:24.98
31. Paul Mach, SPU	26:27.84
32. Bjorn Bostrom, SPU	26:30.21
33. Spencer Walsh, WOU	26:33.53
34. Jonas Teltie, UAF	26:38.53
35. Tyler Layne, NNU	26:41.58
36. Justin McNeil, WWU	26:44.61
37. Steve Frausto, CWU	26:45.47
38. Sam Brancheau, WWU	26:48.00
39. Felipe Jasso, WOU	26:49.46
40. Mike Hughes, SU	26:59.85
41. Matt Blaine, SU	27:00.35
42. Jesse Plummer, HSU	27:00.74
43. Andrew Lybarger, SU	27:05.82
44. Kevin Lambert, NNU	27:08.55
45. Aaron Libadisos, SPU	27:09.76
46. Steve Lehman, CWU	27:10.25
47. Jaraj Brugos, UAF	27:11.31
48. Andy Peters, NNU	27:13.38
49. Nick Crawford, WOU	27:15.08
50. Phillip Paul, CWU	27:18.25
51. Mike Pankiewicz, CWU	27:24.34
52. Jacob Stewart, WWU	27:26.32
53. Nathan Heitzinger, SU	27:28.97
54. Richard Franck, SU	27:32.76
55. Gabe Andrews, CWU	27:35.45
56. Ryan Albright, WWU	27:36.21

57. Aaron Eckert, WOU	27:37.29
58. Seth Woods, SMC	27:38.24
59. Erik Wickstrom, UAF	27:38.49
60. Eddie Strickler, SPU	27:42.58
61. Matt Crabtree, WWU	27:43.87
62. Brent Lowen, UAF	27:49.56
63. Lincoln Hagood, NNU	27:53.86
64. James Rosser, SPU	27:55.49
65. Nathan Wilkinson, NNU	27:58.15
66. Andy Rupert, UAA	28:03.26
67. Brian Rockenbach, CWU	28:04.52
68. Jason Bush, CWU	28:06.53
69. Tyson Flaherty, UAF	28:11.13
70. Michael Gavareski, SPU	28:11.43
71. Nicholas Dols, SU	28:16.12
72. Clint Bjella, SPU	28:16.77
73. Ryan Tuss, HSU	28:20.15
74. Mark Veristain III, NNU	28:28.80
75. Cary Costa, WOU	28:31.58
76. Vic Carpenter, SMC	28:40.37
77. Ammon Gilbert, HSU	28:43.52
78. Robbie Wilbur, SMC	28:55.38
79. Lee O'Connor, SPU	28:55.74
80. Jay Lundergan, NNU	29:01.17
81. Matt Burks, HSU	29:05.24
82. Ryan Phillips, SPU	29:20.83
83. Zac Vawter, SMC	30:01.56
84. Reuben Joseph, SU	30:31.31
85. Danny Melo, HSU	31:33.22
86. Robert Renninger, SU	32:34.56

**Women (6,000 Meters)**

1. Josie Lavin, SPU	21:42.84
2. Jamie Witt, SPU	21:56.19
3. Laura Trevellyan, WWU	21:57.77
4. Sigrid Aas, UAF	22:04.02
5. Mandy Kaempf, UAA	22:14.79
6. Nicole Campbell, HSU	22:15.71
7. Kristie Rice, SU	22:28.12
8. Sarah Hansen, UAA	22:31.35
9. Stacy Edwards, UAA	22:32.91
10. Alicen Maier, CWU	22:37.25
11. Diana Heimerl, UAF	22:40.82
12. Stephanie Stine, CWU	22:44.08
13. Kari Konrad, WOU	23:03.45
14. Mindy Newby, NNU	23:06.75
15. Abby Groth, SPU	23:08.82
16. Brandy Anderson, CWU	23:09.10
17. Beth Rosapepe, WWU	23:11.49
18. Rachel Suess, SU	23:12.80
19. Summer Huntington, SPU	23:14.61
20. Johanna Turunen, UAF	23:18.06
21. Lindy Mullen, CWU	23:20.16
22. Stephanie Upshaw, WOU	23:20.60
23. Alana Garcia, SU	23:20.87
24. Kristin Haas, WWU	23:21.26
25. Ruth Harbaugh, SPU	23:21.78

26. Niki McCorkle, WOU	23:22.39
27. Stephanie Myers, UAA	23:22.84
28. Davya Baker, UAA	23:25.55
29. Emily Picinich, CWU	23:35.30
30. Nicole DeYong, UAA	23:37.14
31. Amber Green, CWU	23:39.80.
32. Karen Dickson, SPU	23:40.30
33. Crystal Dennis, CWU	23:43.78
34. Rachel Bailey, CWU	23:49.70
35. Lexi Baxter, WWU	23:51.37
36. Keely Kaligis, WWU	23:52.77
37. Molly DePasqual, WWU	23:54.11
38. Danielle Pratt, UAF	23:57.11
39. Kendra Steinbrugger, SMC	24:01.12
40. Leah Trutna, WOU	24:05.91
41. Jessica Rendon, HSU	24:06.87
42. Hillary Tayet, SPU	24:09.49
43. Sigrid Lagerfelt, UAF	24:11.25
44. Ann McCanick, SMC	24:12.38
45. Kristin Lane, NNU	24:12.90
46. Susan Young, NNU	24:13.50
47. Nicole Bandy, CWU	24:14.06
48. Marissa Harshman, WWU	24:14.53
49. Lindsay Krous, UAA	24:14.78
50. Amber Brougner, WOU	24:15.13
51. Emily Forseth, CWU	24:16.50
52. Nicole Beatty, SMC	24:19.03
53. Megan Salvesson, SU	24:25.16
54. Jennifer Smith, WOU	24:32.97
55. Becky Knox, SPU	24:33.64
56. Brandi McCoy, SPU	24:36.55
57. Erin Wyner, HSU	24:42.35
58. Sally Ryan, WWU	24:46.90
59. Tina Stimson, WWU	24:48.63
60. Kirsten Bjork, SPU	24:48.96
61. Carla Mingione, WWU	24:52.55
62. Sadie Solem, HSU	24:53.49
63. Jessica Wiggins, NNU	25:09.47
64. Anjali Haydu, UAA	25:13.83
65. Ashley Rickels, NNU	25:15.19
66. Phoebe Rohrbacher, SU	25:19.71
67. Katie Moriarty, HSU	25:28.01
68. Stacie Wells, WOU	25:31.17
69. Rachel Daniels, WOU	25:42.68
70. Kasandra Rice, UAF	25:53.63
71. Christy Wynkoop, NNU	25:58.75
72. Marie Draye, SU	26:22.50
73. Nicole Wheeler, SU	26:32.17
74. Lydia Lauer, SU	26:38.73
75. Katie Archambault, SU	26:50.09
76. Katelynn Blume, SMC	27:20.44
77. Jessica Butler, SU	27:27.70
78. Jennifer Tyhurst, NNU	27:30.70
79. Mo Driscoll, SMC	28:29.32
80. Tara Robinson, NNU	28:40.62
81. Amber Sommer, SMC	31:28.85
82. Caitlin Ames, SMC	31:49.97

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2004**  
**Oct. 23 at McKinleyville, Calif.**  
**Men's Team Scores:** Seattle Pacific 71, Alaska Anchorage 80, Western Washington 95, Western Oregon 97, Humboldt State 116, Northwest Nazarene 121, Central Washington 161, Saint Martin's 187, Seattle 218, Alaska Fairbanks 263.  
**Outstanding Athlete:** Tim LeCount, SPU      **Newcomer of the Year:** Doug Gibson, SPU      **Freshman of the Year:** Keever Henry, WWU  
**Coach of the Year:** Doris Heritage, SPU

**Women's Team Scores:** Central Washington 67, Seattle Pacific 74, Alaska Anchorage 98, Seattle 104, Western Washington 123, Humboldt State 130, Western Oregon 151, Saint Martin's 203, Northwest Nazarene 220, Alaska Fairbanks 265.  
**Outstanding Athlete:** Karen Dickson, SPU      **Newcomer of the Year:** Megan McDrew, HSU      **Freshman of the Year:** Karin Rohde, SPU  
**Coach of the Year:** Michael Friess, UAA

**Men (8,000 Meters)**

1. Tim LeCount, SPU	25:58
2. Brian Kostock, HSU	26:11
3. Ethan Barrons, WOU	26:12
4. Jasper Peach, HSU	26:27
5. Andy Prentice, SMC	26:39
6. Sam Scotchmer, CWU	26:40
7. Bjorn Bostrom, SPU	26:42
8. Sam Brancheau, WWU	26:45
9. Chase Wells, WOU	26:48
10. Keever Henry, WWU	26:49
11. Jake Hotchkiss, NNU	26:50
12. Zach Dwello, NNU	26:51
13. Brandon Stum, UAA	26:52
14. Leif Olson, UAA	26:52
15. Brian Cronrath, SPU	26:52
16. Nate Normandin, UAA	26:54
17. Mike Stewart, WWU	26:55
18. Brent Knight, UAA	26:56
19. Aaron Dickson, UAA	27:00
20. Brad Brolin, WOU	27:01
21. Andy Peters, NNU	27:03
22. Erik Wickstrom, UAF	27:05
23. Paul Mach, SPU	27:08
24. Logan Senrud, WWU	27:12
25. Doug Gibson, SPU	27:13
26. Matt DeShazo, HSU	27:16
27. Noe Castellon, SMC	27:20
28. Eddie Strickler, SPU	27:23
29. Drew Dickson, UAA	27:24
30. Tyler Layne, NNU	27:27
31. Jerret Mantalas, WOU	27:28
32. Nicholas Dols, SU	27:30
33. Michael Hughes, SU	27:33
34. Nick Crawford, WOU	27:35
35. Matt Schmitt, CWU	27:36
36. Jake Haskins, WWU	27:37
37. Geoff Anderson, CWU	27:37
38. Andrew Chong, HSU	27:40
39. Andrew Lybarger, SU	27:46
40. Ty Schepler, WWU	27:47
41. Phil Paul, CWU	27:49
42. Danny Weiser, CWU	27:54
43. Spencer Walsh, WOU	27:56
44. Brent Christensen, SMC	28:01
45. Matt Cook, CWU	28:02
46. Chris Binschus, HSU	28:05
47. Kevin Lambert, NNU	28:08
48. Dan Ferguson, CWU	28:10
49. Peter Ellis, WWU	28:11
50. James Rosser, SPU	28:11
51. Felipe Jasso, WOU	28:14
52. Jonas Tettie, UAF	28:15
53. Brian Rockenbach, CWU	28:19
54. Seth Woods, SMC	28:22

55. Nathan Heitzinger, SU	28:23
56. Matt Crabtree, WWU	28:24
57. Jesus Cisneros, HSU	28:27
58. Mike Pankiewicz, CWU	28:30
59. Jed Kallen-Brown, UAF	28:35
60. Tim Keller, NNU	28:36
61. Steve Lehman, CWU	28:38
62. Robbie Wilbur, SMC	28:39
63. Benjamin Sonntag, UAA	28:40
64. Lucas Franco, SU	28:44
65. Casey Barten, WWU	28:05
66. Ryan Tuss, HSU	29:09
67. Richard Franck, SU	29:13
68. Ehren Chang, SMC	29:40
69. Steven La Londe, SMC	29:41
70. Tris O'Bluck, SMC	29:43
71. Brian Albers, HSU	29:51
72. Troy Banker, WOU	30:08
73. Laurence Graham, NNU	30:37
74. Cary Costa, WOU	30:42
75. Daniel Slakey, UAF	30:57
76. Caleb Timmer, SMC	31:14
77. Marius Korthauer, UAF	31:27
78. Bjorn Samson, HSU	35:14

30. Marcie Mullen, CWU	25:25.82
31. Sadie Solem, HSU	25:29.33
32. Kaitlin Rohde, SPU	25:32.93
33. Diana Heimerl, UAF	25:33.34
34. Ann McCanick, SMC	25:34.41
35. Rachael Bates, WWU	25:35.55
36. Rebecca Mishler, NNU	25:38.58
37. Nikki Jensen, SPU	25:40.31
38. Kristie Rice, SU	25:42.28
39. Andrea Ring, CWU	25:42.85
40. Katie Wittrock, WWU	25:45.29
41. Jessie Dunnam, SMC	25:45.96
42. Beth Rosapepe, WWU	25:48.98
43. Kristin Haas, WWU	25:49.98
44. Stephanie Haydon, WWU	25:53.09
45. Rachel Suess, SU	26:00.13
46. Emily Ferguson, SU	26:04.37
47. Lindsey Graham, NNU	26:05.78
48. Katrina Schwerdtfeger, WW	26:08.47
49. Stephanie Myers, UAA	26:10.51
50. Annie MacLennan, SU	26:11.75
51. Erica Pitman, CWU	26:12.13
52. Brandi McCoy, SPU	26:12.38
53. Nikki D'Amico, WWU	26:12.91
54. Sarah Brundidge, SU	26:17.31
55. Vanessa Santana, UAF	26:21.12
56. Lydia Lauer, SU	26:24.95
57. Kayla Castaneda, WOU	26:28.13
58. Holly Mishler, NNU	26:33.64
59. Betsy Peterson, HSU	26:42.14
60. Nicole Beatty, SMC	26:44.25
61. Kaleigh Bishop, SMC	26:46.67
62. Aleisha Rosse, WOU	26:47.58
63. Jennifer Smith, WOU	26:49.00
64. Phoebe Rohrbacher, SU	26:51.51
65. Stacie Wells, WOU	26:52.75
66. Anjuli Haydu, UAA	26:59.13
67. Danielle Pratt, UAA	27:08.19
68. Heidi Rader, UAF	27:15.22
69. Jessica Rendon, HSU	27:18.66
70. Katherine Smith, HSU	27:28.46
71. Rachel Daniels, WOU	27:50.87
72. Alexis Hansan, UAF	27:52.20
73. Jessica Wiggins, NNU	27:54.32
74. Jackie Piombo, HSU	28:13.55
75. Melissa Snelling, WOU	28:53.87
76. Kyrnn Finstad, UAF	28:55.30
77. Jami Epley, NNU	29:18.63
78. Jen Peterson, WOU	29:31.53
79. Tara Robinson, NNU	29:39.31
80. Andrea Lovio, HSU	29:56.50
81. Mo Driscoll, SMC	30:18.21
82. Katelynn Blume, SMC	30:20.20

**Women (6,000 Meters)**

1. Karen Dickson, SPU	22:28.02
2. Laura Trevellyan, WWU	23:05.87
3. Kelly Fullerton, SU	23:26.54
4. Brandy Anderson, CWU	23:49.22
5. Mandy Kaempf, UAA	23:54.00
6. Alana Garcia, SU	23:54.28
7. Karin Rohde, SPU	23:57.08
8. Becky Knox, SPU	24:03.55
9. Stephanie Stine, CWU	24:13.43
10. Nicole Campbell, HSU	24:16.98
11. Leah Trutna, WOU	24:24.61
12. Davya Baker, UAA	24:28.19
13. Stephanie Upshaw, WOU	24:29.24
14. Megan McDrew, HSU	24:30.89
15. Rachel Bailey, CWU	24:33.85
16. Meghan Salveson, SU	24:36.64
17. Kamie Jo Massey, UAA	24:37.86
18. Sarah Benson, CWU	24:39.33
19. Nicole DeYong, UAA	24:49.78
20. Sara Thon, WWU	24:52.15
21. Amber Green, CWU	24:54.65
22. Emily Picinich, CWU	25:02.93
23. Lindy Mullen, CWU	25:04.26
24. Kari Konrad, WOU	25:08.09
25. Heather Moulton, HSU	25:08.75
26. Janelle Probst, SMC	25:10.04
27. Tracy Kuhn, SPU	25:15.02
28. Susan Young, NNU	25:18.54
29. Molly DePasqual, WWU	25:22.40

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2005**  
**Oct. 22 at Lake Padden Park, Bellingham, Wash.**  
**Men's Team Scores:** Alaska Anchorage 39, Western Washington 88, Humboldt State 91, Seattle Pacific 97, Northwest Nazarene 149, Western Oregon 151, Seattle 161, Central Washington 207, Saint Martin's 231, Alaska Fairbanks 236.  
**Outstanding Athlete:** Casey Moriarty, SU      **Newcomer of the Year:** Casey Moriarty, SU      **Freshman of the Year:** David Kiplagat, UAA  
**Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Seattle Pacific 54, Alaska Anchorage 71, Central Washington 91, Seattle 123, Northwest Nazarene 138, Western Washington 148, Alaska Fairbanks 148, Humboldt State 182, Western Oregon 211, Saint Martin's 245.  
**Outstanding Athlete:** Pavla Havlova, UAF      **Newcomer of the Year:** Pavla Havlova, UAF      **Freshman of the Year:** Mary Moriarty, SPU  
**Coach of the Year:** Michael Friess, UAA

**Men (8,000 Meters)**

1. Casey Moriarty, SU	25:16
2. David Kiplagat, UAA	25:57
3. Brian Kostock, HSU	26:06
4. Jasper Peach, HSU	26:08
5. Aaron Dickson, UAA	26:29
6. Logan Senrud, WWU	26:30
7. Eric Tibbetts, HSU	26:31
8. Kevin Lambert, NNU	26:32
9. Leif Olson, UAA	26:36
10. Drew Dickson, UAA	26:38
11. Carlo Lozano, SPU	26:42
12. Nick Crawford, WOU	26:45
13. Mick Boyle, UAA	26:47
14. Brian Cronrath, SPU	26:48
15. Andy Peters, NNU	26:53
16. John Riak, SMU	26:54
17. Bjorn Bostrom, SPU	26:55
18. Benjamin Sonntag, UAA	26:57
19. Anthony Tomsich, WWU	27:02
20. Sam Bedell, WWU	27:02
21. Keith Lemay, WWU	27:05
22. Chad Portwood, WWU	27:06
23. Brian Rockenbach, CWU	27:07
24. Jake Perry, NNU	27:09
25. Michael Stewart, WWU	27:09
26. James Rosser, SPU	27:16
27. Jerret Mantalas, WOU	27:17
28. Bul Nyuop, WWU	27:18
29. Doug Gibson, SPU	27:22
30. Eddie Strickler, SPU	27:26
31. Andrew Lybarger, SU	27:30
32. Jimmy Elam, HSU	27:32
33. Josh Beck, WWU	27:35
34. Erik Wickstrom, UAF	27:38
35. Stig Yngve, UAA	27:39
36. Nik Karr, WOU	27:42
37. Nathan Heitzinger, SU	27:43
38. Harold Aas, UAF	27:45
39. Keever Henry, WWU	27:48
40. Cary Costa, WOU	27:51
41. Felipe Jasso, WOU	27:54
42. Seth Woods, SMU	27:56
43. Chris Eversman, UAF	27:57
44. Sam Brancheau, WWU	28:01
45. James Roach, CWU	28:05
46. Danny Weiser, CWU	28:09
47. Auston Ellis, UAA	28:11
48. Dan Ferguson, CWU	28:17
49. Andrew Chong, HSU	28:22
50. Robert Renninger, SU	28:24
51. Dan Weldon, SU	28:30
52. Tim Keller, NNU	28:33
53. Mike Zetterberg, SPU	28:33
54. Nick Dols, SU	28:34
55. Troy Banker, WOU	28:41
56. Tris O'Bluck, SMU	28:42
57. Craig Giovannetti, HSU	28:44

58. Tyler Layne, NNU	28:44
59. Steve Lehman, CWU	28:46
60. Gabe Andrews, CWU	28:50
61. Kerry Burns, HSU	28:52
62. Ryan Phillips, SPU	28:53
63. James Bolding, CWU	28:54
64. Bryan Dibos, WOU	28:55
65. Jonas Tetlie, UAF	28:56
66. Corey Cronkhite, CWU	29:02
67. Kevin Oberholser, CWU	29:03
68. Rich Thomas, SMU	29:11
69. Robbie Wilbur, SMU	29:15
70. Cornelius Sigei, UAA	29:22
71. Caleb Timmer, SMU	29:23
72. Tristan Beach, SMU	29:32
73. Adam Bemot, WOU	29:33
74. Jesse Moe, UAF	29:43
75. Kyle Gray, NNU	29:54
76. Trevor Scoggins, HSU	30:05
77. Sean Doyle, CWU	30:14
78. Steve LaLonde, SMU	30:21
79. Steve Miller, SPU	30:28
80. Andrew Wright, HSU	30:33
81. Michael Gavareski, SPU	30:41
82. Tyler Mohoric, SMU	31:36
83. Jonah Lefkowitz, HSU	32:42
84. Kevin Tober, SMU	34:31

**Women (6,000 Meters)**

1. Pavla Havlova, UAF	22:15
2. Meredith Crane, SPU	22:32
3. Mandy Kaempf, UAA	22:36
4. Laura Trevellyan, WWU	22:43
5. Alana Garcia, SU	22:57
6. Johanna Turunen, UAF	23:03
7. Mary Moriarty, SPU	23:11
8. Rachel Bailey, CWU	23:12
9. Stacy Edwards, UAA	23:13
10. Laura Carr, UAA	23:22
11. Josie Lavin, SPU	23:26
12. Karin Rohde, SPU	23:31
13. Sarah Benson, CWU	23:40
14. Jessica Rendon, HSU	23:41
15. Molly Follen, SU	23:45
16. Melanie Nisly, NNU	23:45
17. Davya Baker, UAA	23:47
18. Brandy Anderson, CWU	23:48
19. Ashley Puga, NNU	23:50
20. Jolene Boogard, WWU	23:51
21. Katie Hansen, SU	23:53
22. Suzie Strickler, SPU	23:57
23. Kim Beamon, SPU	23:58
24. Marcie Mullen, CWU	23:59
25. Becky Knox, SPU	24:04
26. Brandi McCoy, SPU	24:16
27. Rachel Peters, WOU	24:17
28. Rebecca Mishler, NNU	24:24
29. Andrea Ring, CWU	24:25

30. Megan Wrightman, SPU	24:29
31. Erin Deasy, WWU	24:31
32. Janelle Probst, SMU	24:34
33. Kaleigh Bishop, SMU	24:43
34. Danielle Pratt, UAA	24:47
35. Stephanie Upshaw, WOU	24:49
36. Mary Krusen, UAA	24:51
37. Nicole Beare, HSU	24:52
38. Holly Mishler, NNU	24:52
39. Meghan Salvesson, SU	24:53
40. Kaley Strachen, UAA	24:57
41. Kaitlin Rohde, SPU	24:50
42. Brittany Greer, UAA	25:04
43. Ariel Gray, HSU	25:05
44. Lindsey Graham, NNU	25:06
45. Julia Coulter, UAF	25:07
46. Anna Coulter, UAF	25:08
47. Amber Green, CWU	25:08
48. Andrea Lovio, HSU	25:13
49. Alice McIntosh, SU	25:18
50. Jill Keller, WWU	25:21
51. Rachel Barreau, WOU	25:23
52. Sarah Howell, WOU	25:25
53. Katrina Schwerdtfeger, WWU	25:27
54. Heather Moulten, HSU	25:29
55. Keely Kaligis, WWU	25:35
56. Lexi Baxter, WWU	25:35
57. Christy Wynkoop, NNU	25:42
58. Macey Blaine, NNU	25:43
59. Mary Pearce, UAA	25:45
60. Shannon DeBoer, NNU	25:48
61. Lydia Lauer, SU	25:50
62. Rhiannon Cadelinia, SU	25:52
63. Catherine McDonald, WWU	26:03
64. Kim Parry, WOU	26:06
65. Virginia Parrish, UAF	26:08
66. Katie Wittrock, WWU	26:11
67. Jessica Pendon, SMU	26:14
68. Betsy Peterson, HSU	26:15
69. Emily Uhlig, CWU	26:23
70. Jamie Koch, CWU	26:29
71. Jessica Howell, WWU	26:31
72. Ashleigh Savage, NNU	26:33
73. Nicole Beatty, SMU	26:33
74. Lakita Burr, SMU	26:35
75. Chelsi Claussen, SMU	26:38
76. Nicole Cullop, CWU	26:46
77. Hannah Larkin, NNU	26:49
78. Tanja Owen, CWU	26:52
79. Amanda Garcia, HSU	27:08
80. Natalie Martinez, SU	27:11
81. Jen Peterson, WOU	27:14
82. Alison McCall, HSU	27:24
83. Corina Pusch, WOU	27:53
84. Danielle Smith, WOU	28:41
85. Katelynn Blume, SMU	29:33

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2006**  
**Oct. 21 at Lacey, Wash.**  
**Men's Team Scores:** Western Washington 35, Alaska Anchorage 53, Seattle Pacific 86, Western Oregon 104, Central Washington 117, Saint Martin's 169, Seattle University 213, Alaska Fairbanks 244, Northwest Nazarene 245.  
**Outstanding Athlete:** David Kiplagat, UAA      **Newcomer of the Year:** Trevor Kulvi, CWU      **Freshman of the Year:** Cale McCulloch, WWU  
**Coach of the Year:** Kelven "PeeWee" Halsell, WWU

**Women's Team Scores:** Seattle Pacific 34, Alaska Anchorage 44, Central Washington 93, Western Washington 113, Alaska Fairbanks 127, Western Oregon 131, Saint Martin's 195, Northwest Nazarene 203, Seattle 252.  
**Outstanding Athlete:** Jessica Pixler, SPU      **Newcomer of the Year:** Katie Hummel, CWU      **Freshman of the Year:** Jessica Pixler, SPU  
**Coach of the Year:** Doris Heritage, SPU

**Men (8,000 Meters)**

1. David Kiplagat, UAA	24:28.27
2. Sam Scotchmer, CWU	24:49.85
3. Anthony Tomsich, WWU	25:06.57
4. John Riak, SMU	25:07.77
5. Aaron Dickson, UAA	25:12.48
6. Chad Portwood, WWU	25:18.98
7. Keever Henry, WWU	25:26.63
8. Cale McCulloch, WWU	25:29.75
9. Bjorn Bostrom, SPU	25:30.15
10. Brent Knight, UAA	25:33.38
11. Keith Lemay, WWU	25:33.66
12. Bul Nyuop, WWU	25:37.34
13. Sam Brancheau, WWU	25:41.08
14. Brian Cronrath, SPU	25:45.59
15. Nick Crawford, WOU	25:50.47
16. Mick Boyle, UAA	25:50.78
17. Mike Schmidt, WOU	25:51.15
18. Chad Meis, SPU	25:55.63
19. Greg Kubitz, WWU	25:56.55
20. Kym Hunt, WOU	25:57.03
21. Logan Senrud, WWU	25:57.44
22. James Rosser, SPU	25:59.04
23. Drew Dickson, UAA	26:02.42
24. Andy Liebner, UAA	26:04.68
25. Nicholas Alvarado, SU	26:05.19
26. Nik Karr, WOU	26:10.90
27. Doug Gibson, SPU	26:16.97
28. Trevor Kulvi, CWU	26:19.56
29. Auston Ellis, UAA	26:22.03
30. Eric Ardissono, CWU	26:22.54
31. Braxton Jackson, WOU	26:28.89
32. Scott Palmer, CWU	26:32.29
33. Kevin Blount, CWU	26:35.43
34. Troy Banker, WOU	26:36.83
35. Jonathon Rank, CWU	26:37.17
36. Niwar Nasim, SMU	26:38.15
37. Brian Rockenbach, CWU	26:41.13
38. Casey Barten, WWU	26:43.80
39. James Roach, CWU	26:46.55
40. Geoff Anderson, CWU	26:49.52
41. Zach Layne, NNU	27:00.86
42. Ryan Phillips, SPU	27:02.03
43. Travis Banker, WOU	27:03.45
44. Paul Schauer, UAA	27:05.19
45. Carlo Lozano, SPU	27:14.14
46. Josh Gatbunton, SMU	27:16.99
47. Kurt Sommer, WOU	27:20.89
48. Seth Clark, NNU	27:23.18
49. Allen Spangler, UAF	27:24.08
50. Andrew Lybarger, SU	27:33.16

51. Jeff Long, WOU	27:35.54
52. Nick Kirschner, SU	27:41.81
53. Robbie Wilbur, SMU	27:46.39
54. Tristan Beach, SMU	27:51.83
55. Ray Sabo, UAF	27:55.11
56. Steven LaLonde, SMU	27:57.70
57. Bart Dengel, UAF	28:01.77
58. Scott Seamster, SPU	28:06.31
59. Nicholas Dols, SU	28:07.04
60. Beau Backman, WOU	28:13.72
61. Scott Felch, SPU	28:28.46
62. Asiki Ayume, SMU	28:29.42
63. Corey Cronkhite, CWU	28:39.29
64. Marius Korthauer, UAF	28:44.32
65. Chris Henry, SU	28:49.80
66. Vahur Teppan, UAF	29:02.87
67. Jeff Ayers, SPU	29:06.26
68. Hank Hetrick, NNU	29:08.15
69. Greg DeSimone, NNU	30:07.04
70. Steve Huff, NNU	30:22.74
71. Kyle Gray, NNU	30:33.14
72. Andrew Wilburn, SU	31:05.69
73. Jeff Allen, SU	31:40.66
74. Jon Block, NNU	32:06.56
75. Kevin Tober, SMU	32:12.74
76. Bryan Gerry, SMU	33:48.00

**Women (6,000 Meters)**

1. Jessica Pixler, SPU	21:11
2. Mandy Kaempf, UAA	21:14
3. Katie Hummel, CWU	21:18
4. Rachel Bailey, CWU	21:39
5. Elizabeth Chepkosgei, UAA	21:50
6. Mary Moriarty, SPU	21:56
7. Karin Rohde, SPU	22:04
8. Laura Carr, UAA	22:24
9. Jane Larson, SPU	22:27
10. Ashley Puga, NNU	22:29
11. Suzie Strickler, SPU	22:35
12. Kate Harline, SPU	22:36
13. Davya Flaharty, UAA	22:50
14. Aurelia Korthauer, UAF	22:52
15. Megan Wrightman, SPU	22:53
16. Danielle Pratt, UAA	22:57
17. Ashley McDougall, WWU	23:01
18. Sarah Benson, CWU	23:02
19. Kim Beaman, SPU	23:15
20. McKinley Williams, WWU	23:18
21. Alee Rowley, WOU	23:18
22. Danielle Slaughter, WWU	23:22
23. Molly DePasqual, WWU	23:24

24. Sarah Howell, WOU	23:24
25. Lisa Anderberg, SPU	23:25
26. Julia Coulter, UAF	23:28
27. Shirlon Moncrief, WOU	23:45
28. Jessie Dunnam, SMU	23:46
29. Anna Coulter, UAF	23:47
30. Amber Green, CWU	23:47
31. Beth Zirbes, UAF	23:48
32. Amy Layton, SMU	23:54
33. Kaitlin Rohde, SPU	23:56
34. Kambria Schumacher, WOU	23:57
35. Kim Parry, WOU	23:59
36. Elisabeth Habermann, UAF	23:59
37. Marissa Harshman, WWU	24:02
38. Kaley Strachan, UAA	24:06
39. Paula Daabach, UAF	24:12
40. Allison Graham, WWU	24:14
41. Rhiannon Cadelina, SU	24:20
42. Keely Kaligis, WWU	24:26
43. Stephanie Cooke, CWU	24:27
44. Rachael O'Brien, WOU	24:28
45. Mary Bakeman, CWU	24:31
46. Macey Blaine, NNU	24:32
47. Kaleigh Bishop, SMU	24:33
48. Nicole D'Amico, WWU	24:36
49. Shannon DeBoer, NNU	24:37
50. Krinda Carlson, SMU	24:44
51. Mary Krusen, UAA	24:47
52. Kirsten Clarke, CWU	24:47
53. Rachel McCartan, UAA	24:47
54. Taylor Shipman, SMU	24:49
55. Jaime Clark, SU	24:49
56. Emily Mosich, WWU	25:00
57. Natalie Martinez, SU	25:06
58. Miriam Reardon, NNU	25:12
59. Autumn Streuli, UAA	25:17
60. Jennifer Young, NNU	25:18
61. Asia Vanderbilt, SU	25:25
62. Jamie Sundvall, NNU	25:27
63. Anya Friday, CWU	25:29
64. Jessica Pendon, SMU	25:49
65. Catherine McDonald, WWU	26:01
66. Jamie Koch, CWU	26:17
67. Chelsi Claussen, SMU	26:41
68. Hannah Larkin, NNU	26:45
69. Jennifer Innes, SU	26:51
70. Jennifer Perry, NNU	27:11
71. Ashley Morman, NNU	27:20
72. Tara Robinson, NNU	28:11

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2007**  
**Oct. 20 at Nampa, Idaho**  
**Men's Team Scores:** Western Washington 35, Western Oregon 67, Alaska Anchorage 81, Central Washington 141, Alaska Fairbanks 151, Seattle 163, Northwest Nazarene 164, Saint Martin's 179, Seattle Pacific 218, Montana State Billings 296.  
**Outstanding Athlete:** John Riak, SMU      **Newcomer of the Year:** Peter Doner, UAA      **Freshman of the Year:** Daniel Phillips, WWU  
**Coach of the Year:** PeeWee Halsell, WWU

**Women's Team Scores:** Seattle Pacific 24, Western Oregon 99, Northwest Nazarene 110, Alaska Anchorage 123, Seattle 131, Central Washington 139, Western Washington 151, Saint Martin's 188, Alaska Fairbanks 192, Montana State Billings 233.  
**Outstanding Athlete:** Jessica Pixler, SPU      **Newcomer of the Year:** Jessica Harper, WOU      **Freshman of the Year:** Sarah Porter, WWU  
**Coach of the Year:** Doris Heritage, SPU

**Men (8,000 Meters)**

1. John Riak, SMU	24:56.77
2. Daniel Phillips, WWU	25:05.96
3. Bennett Grimes, WWU	25:09.03
4. Sam Scotchmer, CWU	25:17.56
5. Kevin Lambert, NNU	25:26.29
6. Mike Schmidt, WOU	25:33.92
7. Peter Doner, UAA	25:39.68
8. Blake Medhaug, WWU	25:40.82
9. Braxton Jackson, WOU	25:42.68
10. Jordan Welling, WWU	25:56.31
11. Nathan Heitzinger, SU	25:59.72
12. Jon Skelton, WWU	26:02.13
13. Chris Reed, WOU	26:03.18
14. Chad Meis, SPU	26:12.53
15. Jani Tulppo, UAF	26:18.79
16. Cory Pena, UAA	26:19.27
17. David Kiplagat, UAA	26:20.60
18. Kym Hunt, WOU	26:21.43
19. Paul Rottich, UAA	26:21.90
20. Keith Lemay, WWU	26:24.08
21. Nik Karr, WOU	26:25.58
22. Cornelious Sigei, UAA	26:27.86
23. Seth Clark, NNU	26:30.27
24. Zeke VanPatten, WOU	26:37.63
25. Nicholas Alvarado, SU	26:41.35
26. Mick Boyle, UAA	26:45.47
27. Marius Korthauer, UAF	26:46.99
28. Eric Ardissono, CWU	26:47.36
29. Auston Ellis, UAA	26:48.64
30. Kevin Oberholser, CWU	26:49.63
31. Keever Henry, WWU	26:50.28
32. Zach McGill, UAF	26:52.07
33. Justin Karr, WOU	26:54.43
34. Tris Obluck, SMU	26:57.98
35. Josh Gatbunton, SMU	26:59.28
36. Tahoma Khalsa, WWU	26:59.55
37. Nick Cannata-Bowman, SU	27:00.10
38. Chris Eversman, UAF	27:00.92
39. Nick Holt, CWU	27:03.01
40. Zach Lane, NNU	27:03.34
41. Vahur Teppan, UAF	27:03.64
42. Kyle Larson, WOU	27:04.01
43. Tom Johnson, CWU	27:04.86
44. Trevor Kulvi, CWU	27:06.09
45. Kyle Lampi, WWU	27:12.32
46. Jeff Dull, SPU	27:16.09
47. Ryan Ceynar, MSUB	27:17.51
48. Michael Van Nuland, SU	27:20.17
49. Hans Heitzinger, SU	27:23.92
50. Kyle Gray, NNU	27:35.95
51. Scott Palmer, CWU	27:40.66
52. Jordan Lance, SPU	27:42.60
53. Hank Hetrick, NNU	27:43.98
54. Steven Lalonde, SMU	27:44.48
55. Jeff Long, WOU	27:46.83
56. Evan Dull, SPU	27:48.52
57. Max Cole, SU	27:50.60

58. Josh Wageman, NNU	27:51.58
59. Matt Stark, NNU	27:52.57
60. Adam Kollgaard, SU	27:53.54
61. Josh Beck, WWU	27:56.48
62. Einar Often, UAF	28:04.14
63. Nick Harvey, SMU	28:05.10
64. Jarred Rensvold, MSUB	28:07.48
65. Jeff Knutson, CWU	28:08.65
66. Scott Seamster, SPU	28:09.96
67. Brian Carper, SPU	28:15.36
68. Travis Banker, WOU	28:19.19
69. Doug Rudeen, SU	28:21.09
70. Scott Power, CWU	28:24.71
71. Ray Sabo, UAF	28:25.20
72. John Durkee, CWU	28:38.39
73. Graham Miller, SU	28:43.35
74. Greg DeSimone, NNU	29:16.07
75. Chris Henry, SU	29:29.96
76. Jess Keys, NNU	29:54.84
77. Kelley Miller, MSUB	30:01.70
78. Caleb Reynolds, NNU	30:53.42
79. James Hopkins, MSUB	32:26.92
80. Kevin Tober, SMU	32:53.91
81. Joe Houghton, MSUB	34:52.42

**Women (6,000 Meters)**

1. Jessica Pixler, SPU	20:53.48
2. Jane Larson, SPU	21:45.32
3. Ashley Puga, NNU	21:48.67
4. Suzie Strickler, SPU	22:06.74
5. Katie Hansen, SU	22:07.92
6. Marcie Mullen, CWU	22:08.37
7. Karin Rohde, SPU	22:16.22
8. Elizabeth Chepkosgei, UAA	22:18.27
9. Sarah Porter, WWU	22:21.97
10. Kate Harline, SPU	22:24.68
11. Tricia Morrison, WOU	22:40.52
12. Jessica Harper, WOU	22:48.50
13. Emma Bohman, UAA	22:51.08
14. Hallidie Wilt, UAA	22:53.06
15. Anna Coulter, UAF	22:58.03
16. Lisa Anderberg, SPU	23:02.11
17. Sarah Benson, CWU	23:03.73
18. Rachel Yorkston, SU	23:04.27
19. Annie Lawreyson, SMU	23:12.71
20. Julia Coulter, UAF	23:13.12
21. Shannon DeBoer, NNU	23:13.49
22. Kaitlin Rohde, SPU	23:13.91
23. Megan Wrightman, SPU	23:15.35
24. Jaclyn Puga, NNU	23:27.24
25. Lyndsey McKillip, WOU	23:30.25
26. Shirlon Moncrief, WOU	23:31.87
27. Jessie Dunnam, SMU	23:34.65
28. Sarah Howell, WOU	23:34.79
29. Valerie Matthews, WWU	23:34.93
30. Elisa Decker, NNU	23:38.92
31. Dianna Stanley, MSUB	23:39.25
32. Stephanie Cooke, CWU	23:42.67

33. Julia Miller, SU	23:46.79
34. Keely Kaligis, WWU	23:50.08
35. Kendra Loeber, NNU	23:55.54
36. Helen Camden, SMU	23:57.57
37. Berlyn Bales, CWU	23:57.90
38. Greta Stickney, SU	24:02.26
39. Courtney Olsen, WWU	24:02.55
40. Rhiannon Cadelinia, SU	24:06.49
41. Mykel Ler, MSUB	24:07.38
42. Krinda Carlson, SMU	24:09.92
43. Mary Krusen, UAA	24:16.10
44. Danielle Slaughter, WWU	24:16.95
45. Jamie Sundvall, NNU	24:18.59
46. Riikka Kempainen, UAF	24:19.20
47. Johanna Doner, UAA	24:19.80
48. Sarah Jackson, MSUB	24:20.49
49. Anjali Haydu, UAA	24:20.82
50. Mary Bakeman, CWU	24:21.82
51. Maeve Sayres, WWU	24:23.31
52. Kerianne Quiocho, SU	24:25.33
53. Ashley Rendahl, NNU	24:25.76
54. Kirsten Clarke, CWU	24:26.33
55. Elisabeth Habermann, UAF	24:27.99
56. Shellane Jensen, WWU	24:32.02
57. Jackie Dent, WOU	24:37.55
58. Katie Thiel, MSUB	24:38.26
59. Amber Drumm, UAF	24:38.90
60. Cierra Dornfield, MSUB	24:41.20
61. Nikkol Sipes, UAF	24:41.53
62. Kaley Strachan, UAA	24:41.94
63. Jaime Clark, SU	24:44.93
64. Malori Woodford, MSUB	24:50.07
65. Annan Applebee, WOU	24:50.98
66. Natalie Martinez, SU	24:52.32
67. Morgan Streeter, MSUB	24:56.35
68. Nicole D'Amico, WWU	25:00.92
69. Cheri Watson, WWU	25:02.18
70. Kira Batcheller, WOU	25:02.55
71. Jennifer Innes, SU	25:03.20
72. Colleen Dalimata, MSUB	25:06.93
73. Miriam Reardon, NNU	25:19.52
74. Erica Zambon, WOU	25:20.62
75. Emily Mosich, WWU	25:27.44
76. Anya Friday, CWU	25:40.07
77. Kaleigh Bishop, SMU	25:53.56
78. Tanja Owen, CWU	26:06.61
79. Beth Zirbes, UAF	26:14.38
80. Shannon Vreeland, CWU	26:21.99
81. Karissa Owen, SMU	26:22.44
82. Ninalynn Benitez, SMU	26:27.11
83. Ashley Berry, WOU	26:37.21
84. Kym Island, MSUB	26:59.39
85. Stephanie Druktenis, CWU	27:01.07
86. Jen Young, NNU	27:17.14
87. Erin Gannon, MSUB	27:20.28
88. Ashley Morman, NNU	27:58.87



# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2008**  
**Oct. 28 at Yakima, Wash.**  
**Men's Team Scores:** Alaska Anchorage 34, Western Washington 53, Western Oregon 78, Saint Martin's 98, Seattle Pacific 119, Northwest Nazarene 183, Alaska Fairbanks 183, Central Washington 213, Montana State Billings 276.  
**Outstanding Athlete:** Marko Cheseto, UAA      **Newcomer of the Year:** Marko Cheseto, UAA      **Freshman of the Year:** Jacob Parisien, UAA  
**Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Seattle Pacific 48, Alaska Anchorage 52, Western Washington 75, Western Oregon 111, Northwest Nazarene 123, Alaska Fairbanks 158, Saint Martin's 179, Central Washington 218, Montana State Billings 253.  
**Outstanding Athlete:** Jessica Pixler, SPU      **Newcomer of the Year:** Adriana Mendoza, CWU      **Freshman-of-the-Year:** Natty Plunkett, SPU  
**Coach of the Year:** Erika Daligcon, SPU

**Men (8,000 Meters)**

1. Marko Cheseto, UAA	24:30.27
2. Jacob Parisien, UAA	25:07.82
3. Alfred Kangogo, UAA	25:09.92
4. Brian Cronrath, SPU	25:10.49
5. Jordan Welling, WWU	25:15.76
6. David Kiplagat, UAA	25:20.90
7. Zeke VanPatten, WOU	25:33.26
8. John Riak, SMU	25:33.58
9. Bennett Grimes, WWU	25:36.65
10. Blake Medhaug, WWU	25:45.48
11. Josiah Price, SMU	25:50.70
12. Chris Reed, WOU	25:56.55
13. Yonas Berhe, WWU	26:02.03
14. Kyle Van Santen, SMU	26:02.68
15. Chad Meis, SPU	26:06.15
16. Tahoma Khalsa, WWU	26:13.77
17. Eric Brill, WWU	26:18.53
18. Mike Schmidt, WOU	26:22.85
19. Sam Bedell, WWU	26:23.10
20. Nik Karr, WOU	26:23.30
21. Braxton Jackson, WOU	26:29.67
22. Cory Pena, UAA	26:34.47
23. Dan Friesen, SPU	26:45.70
24. Brandon Snook, WOU	26:46.64
25. Auston Ellis, UAA	26:48.67
26. Neil Easter, NNU	26:52.11
27. Justin Karr, WOU	27:05.51
28. Jeff Knutson, CWU	27:07.66
29. Spencer Hunt, SMU	27:09.66
30. Jeff Long, WOU	27:11.36
31. Chris Eversman, UAF	27:12.60
32. Paul Rottich, UAA	27:14.13
33. Kyle Lampi, WWU	27:18.12
34. Mick Boyle, UAA	27:20.70
35. Jason Towery, NNU	27:27.56
36. Kyle Larson, WOU	27:32.72
37. Joe Skelton, WWU	27:40.19
38. Mitch Chandler, UAF	27:41.98
39. Luke Hetrick, NNU	27:45.98
40. Wes Hargrove, CWU	27:51.45
41. Nick Harvey, SMU	27:53.44
42. Einar Often, UAF	27:58.78
43. Andrew Hamilton, SPU	27:58.79
44. Jordan Lance, SPU	28:00.46
45. Greg Kubitz, WWU	28:04.92
46. James Pettigrew, UAA	28:07.78
47. Matt Scerbak, UAF	28:11.56
48. Orin Ryan, UAA	28:15.14
49. Noah Caffrey, SMU	28:17.31
50. Nathaniel Sleight, SPU	28:20.70
51. Ray Sabo, UAF	28:23.80

52. Daniel Hamilton, SPU	28:31.36
53. Derek Lopez, WOU	28:32.48
54. Alex Crystal, NNU	28:37.07
55. Hank Hetrick, NNU	28:44.59
56. Josh Merioles, NNU	28:46.76
57. Tom McKay, SPU	28:49.18
58. Scott Power, CWU	29:11.55
59. David Apperson, UAF	29:12.30
60. Andrew Alhajiri, CWU	29:14.35
61. Travis Hutchinson, MSUB	29:20.79
62. Josh Kratzer, CWU	29:22.60
63. Jeff Dull, SPU	29:39.46
64. Caleb Reynolds, NNU	29:42.25
65. Taylor Canfield, MSUB	29:48.54
66. Kelley Miller, MSUB	30:31.51
67. Greg DeSimone, NNU	30:44.56
68. Mike Lewis, NNU	30:50.34
69. Michael Hildebrand, MSUB	31:29.45
70. Erik Soderstrom, UAF	31:42.77
71. Chris Croteau, CWU	31:52.31
72. Jacob Suazo, SMU	32:23.14
73. James Hopkins, MSUB	33:15.83
74. Clinton Barr, SMU	33:52.25

28. Anna Coulter, UAF	24:02.62
29. Danielle Slaughter, WWU	24:05.21
30. Jessica Harper, WOU	24:05.34
31. Phoebe Hartnett, WWU	24:18.07
32. Annie Lawreyson, SMU	24:19.99
33. Shoshana Keegan, UAA	24:21.67
34. Kim Beaman, SPU	24:23.07
35. Ashley Rendahl, NNU	24:30.53
36. Annan Applebee, WOU	24:31.37
37. Megan Oberst, NNU	24:35.15
38. Ashley Berry, WOU	24:35.30
39. Jamie Beaty, NNU	24:35.37
40. KayAnna Cecchi, WOU	24:37.24
41. Krinda Carlson, SMU	24:38.64
42. McKinley Williams, WWU	24:40.84
43. Ariel Rolle, UAA	24:40.99
44. Mychaela Bailey, UAA	24:41.06
45. Shannon DeBoer, NNU	24:47.77
46. Marie Kiekhafer, SPU	24:48.00
47. Sierra Brisky, WWU	24:48.47
48. Sarah Jackson, MSUB	24:49.15
49. Helen Camden, SMU	24:49.38
50. Adriana Mendoza, CWU	24:54.44
51. Maeve Sayres, WWU	24:55.25
52. Kayti Krepel, SPU	24:58.73
53. Jana Benedix, UAF	25:03.11
54. Jackie Dent, WOU	25:04.38
55. Aurelia Korthauer, UAF	25:04.43
56. Kendra Hedges, WWU	25:27.84
57. Katica Zambon, WOU	25:30.52
58. Danielle Beesley, NNU	25:38.05
59. Dianna Stanley, MSUB	25:40.58
60. Elisab.Hambermann, UAF	25:43.19
61. Miriam Reardon, NNU	25:46.12
62. Kelsey Krefft, CWU	25:47.79
63. Kaitlyn Pecha, SMU	25:56.68
64. Samantha Rink, UAA	26:16.57
65. Mykel Ler, MSUB	26:17.96
66. Amber Drumm, UAF	26:19.69
67. Cierra Dornfield, MSUB	26:32.67
68. Mary Bakeman, CWU	26:56.98
69. Brianna Schmid, SMU	27:02.65
70. Katie Thiel, MSUB	27:10.77
71. Shannon Vreeland, CWU	27:16.25
72. Elizabeth Mann, CWU	27:20.52
73. Amanda Valera, CWU	27:42.04
74. Jennifer Young, NNU	28:11.05
75. Cassie Holm, MSUB	28:14.37
76. Jessica Hirschkom, CWU	28:23.50
77. Malori Woodford, MSUB	28:36.93
78. Erin Gannon, MSUB	28:47.14
79. Tanja Owens, CWU	29:02.79

**Women (6,000 Meters)**

1. Jessica Pixler, SPU	21:12.00
2. Sarah Porter, WWU	21:51.16
3. Jane Larson, SPU	22:06.10
4. Laura Carr, UAA	22:10.86
5. Elizabeth Chepkosgei, UAA	22:19.20
6. Ashley Puga, NNU	22:37.05
7. Natty Plunkett, SPU	22:44.11
8. Hallidie Wilt, UAA	22:56.24
9. Jaclyn Puga, NNU	22:56.86
10. Ruth Jeptoo Keini, UAA	23:03.21
11. Marcie Mullen, CWU	23:04.81
12. Lauren Breihof, WWU	23:13.47
13. Theresia Schnurr, UAF	23:16.27
14. Joscelyn Minton, SMU	23:16.59
15. Rachael Johnson, WWU	23:19.74
16. Kate Harline, SPU	23:21.20
17. Courtney Olsen, WWU	23:33.39
18. Amanda Wright, WOU	23:35.69
19. Tricia Morrison, WOU	23:37.44
20. Lyndsey McKillip, WOU	23:37.93
21. Lisa Anderberg, APU	23:39.95
22. Katie Hart, SPU	23:47.84
23. Mary Williams, SPU	23:49.77
24. Sarah Howell, WOU	23:50.71
25. Emma Bohman, UAA	23:52.54
26. Julia Pierson, UAF	23:56.36
27. Laura Rombach, UAA	23:59.58

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2009**  
**Oct. 24 at Yakima, Wash.**  
**Men's Team Scores:** Western Washington 33, Alaska Anchorage 70, Western Oregon 74, Northwest Nazarene 99, Seattle Pacific 138, Central Washington 167, Saint Martin's 190, Alaska Fairbanks 219, Montana State Billings 257.  
**Outstanding Athlete:** Marko Cheseto, UAA      **Newcomer of the Year:** Manuel Santos, CWU      **Freshman of the Year** – Micah Chelimi, UAA  
**Coach of the Year:** PeeWee Halsell, WWU

**Women's Team Scores:** Alaska Anchorage 25, Seattle Pacific 48, Western Washington 64, Northwest Nazarene 114, Western Oregon 146, Montana State Billings 167, Alaska Fairbanks 196, Central Washington 205, Saint Martin's 255.  
**Outstanding Athlete:** Jessica Pixler, SPU      **Newcomer of the Year:** Michele Phillips, NNU      **Freshman of the Year:** Mirian Kipngeno, UAA  
**Coach of the Year:** Michael Friess, UAA

**Men (8,000 Meters)**

1. Marko Cheseto, UAA	24:50	55. Jon Swanson, CWU	28:14	29. Alex West, UAA	24:16
2. Bennett Grimes, WWU	25:05	56. Tyler Roland, CWU	28:15	30. Tricia Morrison, WOU	24:21
3. Jordan Welling, WWU	25:08	57. Spencer Hunt, SMU	28:16	31. Kelsey Kreft, CWU	24:23
4. Alfred Kangogo, UAA	25:12	58. Joseph Patti, SMU	28:19	32. Annan Applebee, WOU	24:24
5. Micah Chelimo, UAA	25:13	59. Taylor Canfield, MSUB	28:24	33. Ashley Rendahl, NNU	24:26
6. Anthony Tomsich, WWU	25:14	60. Sam Tilly, UAF	28:25	34. Megan Everetts, WOU	24:28
7. Chris Reed, WOU	25:26	61. Alex Crystal, NNU	28:25	35. Mary Rogers, WWU	24:29
8. Kyle Van Santen, SMU	25:28	62. Einar Often, UAF	28:34	36. Ariel Rolle, UAA	24:30
9. Blake Medhaug, WWU	25:32	63. Will Estes, UAA	28:36	37. Sarah Jackson, MSUB	24:31
10. Barak Watson, NNU	25:35	64. Tyler Eidsmoe, CWU	28:38	38. Amanda Wright, WOU	24:31
11. Chad Meis, SPU	25:47	65. Scott Bauer, SMU	28:44	39. Jana Benedix, UAF	24:32
12. Mike Schmidt, WOU	25:52	66. Tyson Vanderby, MSUB	28:50	40. Erika Snawder, WOU	24:37
13. Eric Brill, WWU	25:59	67. Travis Hutchinson, MSUB	29:00	41. KayAnna Cecchi, WOU	24:42
14. Manuel Santos, CWU	26:01	68. Wes Hargrove, CWU	29:08	42. Mary Williams, SPU	24:42
15. Greg Kubitz, WWU	26:12	69. Ryan Blomback, MSUB	29:13	43. Mychaela Bailey, UAA	24:43
16. Justin Karr, WOU	26:24	70. Andrew Hamilton, SPU	29:17	44. Heather Edic, UAF	24:44
17. Matt Stark, NNU	26:26	71. Travis Buttelman, MSUB	29:20	45. Alex Borunda, CWU	24:45
18. Yonas Berhe, WWU	26:28	72. Lars Arneson, UAF	29:46	46. Adriana Mendoza, CWU	24:49
19. Braxton Jackson, WOU	26:41	73. Jordan Lance, SPU	30:17	47. Mykel Ler, MSUB	24:53
20. Brandon Snook, WOU	26:42	74. Nate Seely, SPU	30:24	48. Zoe Shordahl, WOU	24:57
21. Dan Sprinkle, WOU	26:43	75. Tucker Shuler, MSUB	30:41	49. Christine Harwood, NNU	24:57
22. Sam Bedell, WWU	26:43	76. Zach Armstrong, CWU	30:56	50. Krysta Carrick, SPU	24:58
23. Conner Kasler, WOU	26:44	77. Cameron Grossaint, SMU	32:12	51. Mary Bakeman, CWU	24:59
24. Nick Abraham, WWU	26:48	78. Henri Soom, UAF	32:34	52. Annie Laweryson, SMU	25:01
25. Seth Clark, NNU	26:55	79. Kelley Miller, MSUB	34:11	53. Maria Stensland, UAF	25:02
26. Matt McCrary, WOU	26:59			54. Ashley Llapitan, SMU	25:07
27. Neil Easter, NNU	27:03	<b>Women (6,000 Meters)</b>		55. Mary Owen, MSUB	25:09
28. Luke Hetrick, NNU	27:04	1. Jessica Pixler, SPU	21:03	56. Kristen Yeley, MSUB	25:10
29. Jeff Long, WOU	27:17	2. Sarah Porter, WWU	21:13	57. Elisa Decker, NNU	25:15
30. Nathanael Sleight, SPU	27:21	3. Miriam Kipngeno, UAA	22:02	58. Kayla Teslow, UAA	25:18
31. Michael Adams, UAA	27:21	4. Shoshana Keegan, UAA	22:06	59. Hilery Nunn, CWU	25:22
32. Caleb Parker, SPU	27:27	5. Ruth Keino, UAA	22:12	60. Stephanie Cooke, CWU	25:30
33. Luke Holt, WOU	27:29	6. Hallidie Wilt, UAA	22:16	61. Joscelyn Minton, SMU	25:34
34. Kyle Gray, NNU	27:31	7. Laura Carr, UAA	22:18	62. Helen Camden, SMU	25:35
35. Jesse Baggenstos, NNU	27:31	8. Jane Larson, SPU	22:20	63. Meagan Swenson, NNU	25:37
36. Kyle Johnson, WWU	27:32	9. Lauren Breihof, WWU	22:37	64. Kelsey Brown, SPU	25:43
37. Tyler Komfield, UAF	27:36	10. Jaclyn Puga, NNU	22:48	65. Laura Moser, SPU	25:49
38. Scott Power, CWU	27:37	11. Natty Plunkett, SPU	22:48	66. Krinda Carlson, SMU	25:55
39. Thomas Hill, UAA	27:38	12. Courtney Olsen, WWU	22:52	67. Aleex Rowley, WOU	26:06
40. AJ Baker, SPU	27:39	13. Lisa Anderberg, SPU	22:57	68. Kaitlynn Pecha, SMU	26:13
41. Daniel Lombardi, MSUB	27:39	14. Jordan Powell, NNU	23:13	69. Katie Thiel, MSUB	26:19
42. Paul Rottch, UAA	27:46	15. Kate Harline, SPU	23:20	70. Aurelia Korthauer, UAF	26:22
43. Ray Sabo, UAF	27:50	16. Michele Phillips, NNU	23:22	71. Erica Zambon, WOU	26:33
44. Jake Hastings, CWU	27:52	17. Theresia Schnurr, UAF	23:33	72. Marit Rjabov, UAF	26:43
45. Andrew VanNess, SPU	27:54	18. Suzie Strickler, SPU	23:42	73. Samantha Hill, NNU	26:51
46. Matt Nodine, CWU	27:56	19. Lisa Minehan, MSUB	23:42	74. Shannon Vreeland, CWU	26:52
47. Noah Caffrey, SMU	27:56	20. Emily Wallen, WWU	23:48	75. Malori Woodford, MSUB	27:02
48. Matt Rankin, NNU	27:57	21. Sierra Brisky, WWU	23:51	76. Ashley Morman, NNU	27:05
49. Nick Harvey, SMU	28:01	22. Janelle Everetts, WOU	23:53	77. Elizabeth Mann, CWU	27:10
50. Tom Johnson, CWU	28:05	23. Danielle Slaughter, WWU	24:00	78. Amanda Valera, CWU	27:19
51. Benard Ngeno, NNU	28:05	24. Kirsten Moore, WWU	24:01	79. Danielle Beesley, NNU	27:45
52. Gavin Brand, SPU	28:06	25. Leah Thompson, MSUB	24:04	80. Ashley Rice, CWU	28:06
53. Will Harrison, SPU	28:08	26. Jessica Boyer, WWU	24:06	81. Rebecca Konieczny, UAF	28:49
54. Mitch Chandler, UAF	28:12	27. Emma Bohman, UAA	24:08	82. Natalya Fredrickson, MSUB	30:46
		28. Kristi Fairbanks, WWU	24:12	83. Carelia Agis, SMU	31:06

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2010**  
**Nov. 6 at Yakima, Wash.**  
**Men's Team Scores:** Alaska Anchorage 41, Western Washington 56, Western Oregon 67, Northwest Nazarene 90, Saint Martin's 175, Seattle Pacific 180, Alaska Fairbanks 184, Montana State Billings 212, Central Washington 230.  
**Outstanding Athlete:** Marko Cheseto, UAA      **Newcomer of the Year:** Yonatan Yilma, UAA      **Freshman of the Year:** Josh Elliott, WOU  
**Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Alaska Anchorage 27, Western Washington 69, Western Oregon 108, Alaska Fairbanks 129, Montana State Billings 137, Northwest Nazarene 146, Seattle Pacific 160, Saint Martin's 189, Central Washington 233.  
**Outstanding Athlete:** Sarah Porter, WWU      **Newcomer of the Year:** Whitney Mickelsen, MSUB      **Freshman of the Year:** Raphaela Sieber, UAF.  
**Coach of the Year:** Michael Friess, UAA

**Men (8,000 Meters)**

1. Marko Cheseto, UAA	23:56
2. Micah Chelimo, UAA	24:27
3. Chris Reed, WOU	24:29
4. Barak Watson, NNU	24:30
5. Jordan Welling, WWU	24:34
6. Bennett Grimes, WWU	24:36
7. Jacob Parisien, UAA	25:10
8. Blake Medhaug, WWU	25:16
9. Spencer Hunt, SMU	25:24
10. Kyle Van Santen, SMU	25:30
11. Matt Stark, NNU	25:34
12. Connor Kasler, WOU	25:36
13. Josh Elliott, WOU	25:38
14. Yonatan Yilma, UAA	25:40
15. Eric Brill, WWU	25:42
16. Neil Easter, NNU	25:43
17. William Ritekwiang, UAA	25:44
18. Paul Rottich, UAA	25:45
19. Justin Karr, WOU	25:50
20. Kyle Larson, WOU	25:52
21. Ryan Chapman, WOU	25:52
22. Chip Jackson, WWU	25:53
23. Kyle Johnson, WWU	25:59
24. Nick Abraham, WWU	26:11
25. Aaron Rogers, WOU	26:12
26. Jesse Baggenstos, NNU	26:13
27. Manuel Santos, CWU	26:15
28. Tyler Kornfield, UAF	26:27
29. Daniel Lombardi, MSUB	26:28
30. Dan Sprinkle, WOU	26:33
31. Thomas Hill, UAA	26:44
32. Jacob Wahlenmaier, SPU	26:46
33. Michael Adams, UAA	26:49
34. Tanner Boyd, WWU	26:50
35. Lukas Fenley, WOU	26:54
36. David Norris, UAF	26:56
37. Ryan Jaggi, NNU	26:56
38. Luke Hetrick, NNU	26:58
39. Nathanael Sleight, SPU	26:59
40. AJ Baker, SPU	27:03
41. Brian Potter, MSUB	27:05
42. Andrew VanNess, SPU	27:18
43. Lex Treinen, UAF	27:23
44. Evan Bradford, SPU	27:24
45. Brady Beagley, WOU	27:25
46. Andrew Arnold, UAF	27:26
47. Otto Schmidt, WWU	27:28
48. Benard Ngeno, NNU	27:29
49. Graham Armstrong, WWU	27:32
50. Daniel Hamilton, SPU	27:36
51. Tux Seims, UAF	27:39
52. Matt Rankin, NNU	27:43
53. Nathan Minor, CWU	27:47

54. Mark Bolt, MSUB	27:49
55. Joseph Patti, SMU	27:54
56. Gavin Brand, SPU	28:03
57. Alex Crystal, NNU	28:06
58. Chase Robinson, MSUB	28:07
59. Tom Johnson, CWU	28:08
60. Taylor Canfield, MSUB	28:10
61. Jon Swanson, CWU	28:16
62. Lars Arneson, UAF	28:21
63. Scott Bauer, SMU	28:25
64. William Harrison, SPU	28:31
65. Nathan Seely, SPU	28:35
66. Nick Harvey, SMU	28:39
67. Tyler Eidsmoe, CWU	28:40
68. Ryan Blomback, MSUB	28:44
69. Bradley Truax, UAA	29:04
70. Travis Hutchinson, MSUB	29:07
71. Josh Merioles, NNU	29:10
72. Devon DeMoss, SMU	30:05
73. Jacob Calvin, CWU	30:09
74. Erik Soederstroem, UAF	30:23
75. Jordan Lance, SPU	30:56
76. Logan Mossey, MSUB	31:16
77. Alexander Hendricks, SMU	32:22
78. Jacob Suazo, SMU	32:27

28. Rachael Johnson, WWU	23:56
29. McKayla Fricker, SPU	23:57
30. Tricia Morrison, WOU	24:00
31. Mary Rogers, WWU	24:01
32. Crystal Pitney, UAF	24:01
33. Kaitlynn Pecha, SMU	24:02
34. Jaime Bronga, UAA	24:03
35. Allison Cutting, SPU	24:15
36. Meagan Swenson, NNU	24:18
37. Janelle Everetts, WOU	24:20
38. Annan Applebee, WOU	24:21
39. Haida Ikeda, WWU	24:23
40. Cheri Watson, WWU	24:23
41. Jana Benedix, UAF	24:24
42. Katie Thiel, MSUB	24:25
43. Mary Owen, MSUB	24:29
44. Shena Wald, MSUB	24:31
45. Krysta Carrick, SPU	24:33
46. Ashley Rendahl, NNU	24:37
47. Jenny Leaf, WOU	24:37
48. Megan Everetts, WOU	24:45
49. Amy Chepkoech, UAA	24:53
50. Meryl Butcher, WOU	24:55
51. Heather Edic, UAF	24:57
52. Jordan Powell, NNU	24:59
53. Kinsey Laine, UAF	25:01
54. Taylor Kartes, CWU	25:07
55. Erika Copeland, SMU	25:18
56. Ashley Llapitan, SMU	25:24
57. Christine Harwood, NNU	25:25
58. Kelsey Kreft, CWU	25:31
59. Megan Knape, SPU	25:37
60. Josephine Becker, SPU	25:38
61. Karissa Owen, SMU	25:39
62. Sam Hill, NNU	25:39
63. Danika Lawson, SMU	25:43
64. Berlyn Bales, CWU	25:45
65. Laura Moser, SPU	25:48
66. Ashlee Sincraugh, CWU	25:49
67. Amanda Valera, CWU	25:55
68. Aurelia Korthauer, UAF	26:05
69. Krissy McGill, CWU	26:17
70. Keri Clump, MSUB	26:27
71. Melanie Bock, MSUB	26:31
72. Kelsey Brown, SPU	26:34
73. Sophie Hummer, CWU	26:48
74. Kayla Wilkins, SPU	27:06
75. Chelsea Layne, NNU	27:17
76. Ashley Rice, CWU	27:36
77. Danielle Beesley, NNU	27:50
78. Leah Swanson, SPU	27:59
79. Sarah Flatebo, CWU	28:56
80. Carelia Agis, SMU	29:31

**Women (6,000 Meters)**

1. Sarah Porter, WWU	21:04
2. Miriam Kipng'eno, UAA	21:09
3. Ruth Keino, UAA	21:26
4. Jaclyn Puga, NNU	22:06
5. Shoshana Keegan, UAA	22:24
6. Hallidie Wilt, UAA	22:27
7. Lauren Breihof, WWU	22:37
8. Raphaela Sieber, UAF	22:43
9. Natty Plunkett, SPU	22:44
10. Joscelyn Minton, SMU	22:49
11. Susan Bick, UAA	22:56
12. Theresia Schnurr, UAF	22:57
13. Erika Snawder, WOU	23:06
14. Amanda Wright, WOU	23:08
15. Emma Bohman, UAA	23:10
16. Whitney Mickelsen, MSUB	23:14
17. Ivy O'Guinn, UAA	23:16
18. Katie Krehlik, UAA	23:20
19. KayAnna Cecchi, WOU	23:25
20. Sierra Brisky, WWU	23:27
21. Jessica Boyer, WWU	23:31
22. Sarah Jackson, MSUB	23:33
23. Lacey Nation, WWU	23:35
24. Adriana Mendoza, CWU	23:35
25. Natalie Evans, NNU	23:52
26. Mykel Ler, MSUB	23:53
27. Phoebe Hartnett, WWU	23:55

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2011**  
**Oct. 22 at Yakima, Wash.**  
**Men's Team Scores:** Alaska Anchorage 27, Western Washington 63, Western Oregon 80, Northwest Nazarene 139, Saint Martin's 151, Seattle Pacific 161, Simon Fraser 193, Central Washington 203, Montana State Billings 220, Alaska Fairbanks 228.  
**Outstanding Athlete:** Micah Chelimo, UAA      **Newcomer of the Year:** Tyler Cannon, WWU      **Freshman of the Year:** Dylan Anthony, UAA  
**Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Alaska Anchorage 31, Simon Fraser 76, Western Washington 87, Alaska Fairbanks 97, Seattle Pacific 110, Northwest Nazarene 173, Western Oregon 196, Montana State Billings 234, Saint Martin's 236, Central Washington 269.  
**Outstanding Athlete:** Ruth Keino, UAA      **Newcomer of the Year:** Heidi Laabs-Johnson, SPU      **Freshman of the Year:** Bryn Haebe, UAA  
**Coach of the Year:** Michael Friess, UAA

## Men (8,000 Meters)

1. Micah Chelimo, UAA	24:24
2. Barak Watson, NNU	24:31
3. Kyle Van Santen, SMU	25:00
4. Alfred Kangogo, UAA	25:13
5. Tyler Cannon, WWU	25:18
6. Yonatan Yilma, UAA	25:18
7. Dylan Anthony, UAA	25:32
8. Spencer Hunt, SMU	25:38
9. Isaac Kangogo, UAA	25:41
10. Dak Riek, WWU	25:44
11. Connor Kasler, WOU	25:45
12. Tanner Boyd, WWU	25:51
13. Dan Sprinkle, WOU	25:55
14. Kyle Larson, WOU	25:59
15. AJ Baker, SPU	26:01
16. Manuel Santos, CWU	26:02
17. Nick Abraham, WWU	26:07
18. Jake Parisien, UAA	26:09
19. Eric Brill, WWU	26:12
20. Lukas Fenley, WOU	26:14
21. Kyle Johnson, WWU	26:16
22. Ryan Chapman, WOU	26:19
23. Brian Potter, MSUB	26:21
24. Dylan Peterson, WWU	26:23
25. Kevin Rooke, UAA	26:26
26. Seth Pierson, SPU	26:30
27. Keir Forster, SFU	26:31
28. BJ Cunliffe, SFU	26:32
29. Michael Adams, UAA	26:32
30. Nathan Minor, CWU	26:34
31. Anton Humeniuk, SFU	26:36
32. Luke Hetrick, NNU	26:37
33. Daniel Lombardi, MSUB	26:37
34. Jesse Baggenstos, NNU	26:42
35. Joseph Patti, SMU	26:43
36. Kaleb Fleenor, NNU	26:43
37. Tyler Kornfield, UAF	26:46
38. Turner Wiley, SPU	26:47
39. Matt Stark, NNU	26:49
40. Brandon Brewster, UAA	26:50
41. Andrew Arnold, UAF	26:51
42. William Harrison, SPU	26:51
43. Tux Seims, UAF	27:01
44. Michael Gordon, NNU	27:08
45. Nathanael Sleight, SPU	27:08
46. Drew Larson, WOU	27:13
47. Tavis Taylor, SPU	27:16
48. Joe Berger, SMU	27:16
49. Chip Jackson, WWU	27:19
50. Tabor Reedy, WWU	27:22
51. Nathan Power, CWU	27:23
52. Thomas Hill, UAA	27:24
53. Jacob Wahlenmaier, SPU	27:25
54. Brady Beagley, WOU	27:26
55. Ryan Thompson, CWU	27:27
56. Benard Ngeno, NNU	27:30
57. Chase Robinson, MSUB	27:33
58. Matt Rankin, NNU	27:36
59. Samir Dhanani, SFU	27:36
60. Alex Horton, SPU	27:48

61. Lars Arneson, UAF	27:53
62. James Young, SFU	27:54
63. Ethan Wilhelm, MSUB	27:54
64. Jordan Wolfe, SPU	27:55
65. Ryan Blomback, MSUB	27:57
66. Ludwig Schott, UAF	27:59
67. Jeremy Anderson, WWU	28:02
68. Jacob Hollander, NNU	28:05
69. Austin Trapp, SFU	28:06
70. Frank Krause, SMU	28:11
71. Jon Swanson, CWU	28:12
72. Daniel Hamilton, SPU	28:14
73. Chris Olsen, WOU	28:23
74. Jonas Loffler, UAF	28:32
75. Kenneth Brewer, UAF	28:34
76. Dylan Lammers, MSUB	28:50
77. Travis Buttelman, MSUB	28:55
78. Jacob Phipps, CWU	28:57
79. Ryan Loutsis, CWU	29:10
80. Travis Hutchinson, MSUB	29:17
81. Alex Crystal, NNU	29:20
82. Matt Nodine, CWU	29:24
83. Justice Virtue, MSUB	29:46
84. Zach Armstrong, CWU	30:00
85. Devon DeMoss, SMU	30:19
86. Alex Nelson, SMU	30:34
87. Matt Ross, MSUB	31:26

## Women (6,000 Meters)

1. Ruth Keino, UAA	21:26
2. Jessica Smith, SFU	21:39
3. Miriam Kipng'eno, UAA	22:12
4. Ivy O'Guinn, UAA	22:24
5. Lindsey Butterworth, SFU	22:36
6. Theresia Schnurr, UAF	22:44
7. Natty Plunkett, SPU	22:44
8. Heidi Laabs-Johnson, SPU	22:44
9. Lauren Breihof, WWU	22:45
10. Whitney Mickelsen, MSUB	22:51
11. Susan Bick, UAA	22:58
12. Shoshana Keegan, UAA	23:01
13. Bryn Haebe, UAA	23:01
14. Crystal Pitney, UAF	23:02
15. Natalie Evans, NNU	23:03
16. Sierra Brisky, WWU	23:09
17. Katelyn Steen, WWU	23:17
18. Rachael Johnson, WWU	23:21
19. Sarah Sawatzky, SFU	23:22
20. Heather Edic, UAF	23:24
21. Michaela Kane, SFU	23:26
22. Robyn Zeidler, SPU	23:30
23. Joscelyn Minton, SMU	23:32
24. Raphaela Sieber, UAF	23:38
25. Janelle Everetts, WOU	23:40
26. Jordan Powell, NNU	23:47
27. Mikhaila Thornton, WWU	23:53
28. Katie Krehlik, UAA	23:54
29. Kirsten Allen, SFU	23:54
30. Mary Rogers, WWU	23:54
31. Brianna Kane, SFU	23:58
32. Valerie Massie, UAA	23:59

33. Amanda Wright, WOU	24:01
34. Jana Benedix, UAF	24:01
35. Haley O'Connor, WWU	24:02
36. Phoebe Hartnett, WWU	24:05
37. Leah Regan, SFU	24:06
38. Kim Doerksen, SFU	24:10
39. Allison Cutting, SPU	24:14
40. McKayla Fricker, SPU	24:15
41. Kendra Hedges, WWU	24:17
42. Jasmine Johnson, SPU	24:19
43. Meagan Swenson, NNU	24:21
44. Connie Morgan, CWU	24:25
45. Alyson McPhetres, UAF	24:27
46. Caitlin Dell, SFU	24:37
47. Christi Schmitz, UAA	24:42
48. Lacey Nation, WWU	24:53
49. Josephine Becker, SPU	24:56
50. Madeleine Barker, SFU	24:59
51. Hailey Bradshaw, NNU	25:02
52. Renae Hepfner, MSUB	25:05
53. Megan Everetts, WOU	25:05
54. KayAnna Cecchi, WOU	25:09
55. Kaitlynn Pecha, SMU	25:12
56. Rachel Shelley, WOU	25:16
57. Erika Copeland, SMU	25:20
58. Kaesha Brown, NNU	25:25
59. Susan Tanui, UAA	25:28
60. Kryston McPhetres, UAF	25:29
61. Elizabeth Doe, SPU	25:32
62. Nicole Anderson, WOU	25:32
63. Taylor Kartes, CWU	25:36
64. Jenny Leaf, WOU	25:37
65. Ashlee Sincraugh, CWU	25:39
66. Lindsay Anderson, SMU	25:41
67. Keri Clump, MSUB	25:44
68. Melanie Bock, MSUB	25:46
69. Chelsea Dowdell, CWU	25:49
70. Christine Harwood, NNU	25:57
71. Alexis Fynboe, SPU	26:03
72. Meryl Butcher, WOU	26:11
73. Ashley Llapitan, SMU	26:13
74. Ashley Rice, CWU	26:15
75. MacKenzie Naffziger, WOU	26:18
76. Rose Cruze, CWU	26:19
77. Briana Barton, CWU	26:25
78. Theresa Lombardi, MSUB	26:28
79. Sophie Hummer, CWU	26:28
80. Mary Owen, MSUB	26:38
81. Marie Miller, NNU	27:01
82. Elizabeth Brown, MSUB	27:11
83. Shelby Bodily, CWU	27:18
84. Danielle Beesley, NNU	27:19
85. Brienna Petersen, CWU	27:26
86. Christina Ciampi, NNU	27:42
87. Jennifer Hickey, SMU	27:46
88. Beatriz Ramirez, SMU	27:56
89. Alex McBroom, MSUB	28:34
90. Brittany Blake, SMU	28:41
91. Katelynn Meyer, MSUB	28:45
92. Caitlin Fewins, SMU	29:28

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2012**  
**Oct. 20 at Ash Creek Preserve, Monmouth, Ore.**  
**Men's Team Scores:** Alaska Anchorage 23, Western Washington 50, Montana State Billings 103, Western Oregon 112, Seattle Pacific 140, Simon Fraser 165, Northwest Nazarene 191, Alaska Fairbanks 206, Central Washington 255, Saint Martin's 256.  
**Outstanding Athlete:** Micah Chelimo, UAA      **Newcomer-of-the-Year:** Clint Choquette, MSUB      **Freshman of the Year:** Robert Peterson, MSUB  
**Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Alaska Anchorage 16, Simon Fraser 61, Seattle Pacific 104, Western Washington 115, Central Washington 151, Montana State Billings 168, Northwest Nazarene 181, Alaska Fairbanks 198, Western Oregon 201, Saint Martin's 317.  
**Outstanding Athlete:** Susan Tanui, UAA      **Newcomer of the Year:** Katie Thralls, SPU      **Freshman of the Year:** Sarah Freistone, UAA.  
**Coach of the Year:** Michael Friess, UAA

**Men (8,000 Meters)**

1. Micah Chelimo, UAA	24:49.53
2. Alfred Kangogo, UAA	24:57.93
3. Dak Riak, WWU	25:05.38
4. Chip Jackson, WWU	25:10.97
5. Dylan Anthony, UAA	25:12.49
6. Jacob Parisien, UAA	25:18.51
7. William Harrison, SPU	25:20.30
8. Jesse Baggenstos, NNU	25:26.06
9. Isaac Kangogo, UAA	25:27.84
10. Kyle Johnson, WWU	25:28.37
11. Tyler Cannon, WWU	25:34.16
12. Kevin Rooke, UAA	25:37.44
13. Brady Beagley, WPU	25:44.67
14. Clint Choquette, MSUB	25:45.42
15. Robert Peterson, MSUB	25:48.71
16. Adam Reid, SFU	25:48.86
17. Dominik Notz, UAA	25:50.25
18. Michael Lühr, MSUB	25:51.21
19. David Smith, WOU	25:56.31
20. AJ Baker, SPU	25:58.41
21. Timo Hoberg, SFU	26:01.04
22. Tanner Boyd, WWU	26:01.48
23. Andrey Ionashku, UAA	26:01.92
24. Tyler Kornfield, UAF	26:03.48
25. Scott Larson, WOU	26:04.49
26. Tabor Reedy, WWU	26:09.75
27. Daniel Lombardi, MSUB	26:12.53
28. Connor Kastler, WOU	26:13.53
29. Seth Pierson, SPU	26:14.97
30. Drew Larson, WOU	26:19.98
31. Tyson Vanderby, MSUB	26:25.83
32. Chase Robinson, MSUB	26:27.62
33. Ross MacDougall, UAF	26:28.24
34. Dylan Peterson, WWU	26:29.19
35. Zach Holloway, WOU	26:29.36
36. Joseph Ewers, WOU	26:31.02
37. Joseph Patti, SMU	26:33.49
38. Michael Gordon, NNU	26:39.52
39. Jonathan Quimby, WWU	26:40.25
40. Derek Slaughter, WWU	26:42.22
41. Lawrence Viola, SFU	26:43.24
42. Nathan Minor, CWU	26:43.46
43. Chris Olsen, WOU	26:46.51
44. Alex Horton, SPU	26:46.59
45. Matt Rankin, NNU	26:50.11
46. Taylor Canfield, MSUB	26:50.15
47. Tux Seims, UAF	26:50.99
48. Josh Panasuk, MSUB	26:51.01
49. Cameron Proceviat, SFU	26:55.01
50. Jordan Wolfe, SPU	26:55.03
51. Zeke Wilson, WOU	26:57.52
52. Brendan Wong, SFU	26:58.19
53. Joe Berger, SMU	26:59.19
54. Michael Fehrenbach, UAF	27:01.97
55. Ryan Eidsmoe, CWU	27:03.21
56. Kaleb Fleenor, NNU	27:04.19
57. Josiah Shelman, SMU	27:09.31
58. John Wojtech, CWU	27:12.39
59. Zachary Bursell, WWU	27:13.79
60. Thomas Neale, MSUB	27:16.42

61. Ryan Thompson, CWU	27:20.35
62. Frank Krause, SMU	27:20.41
63. Curtis Capell, NNU	27:24.20
64. Turner Wiley, SPU	27:25.60
65. Ryan Alcantara, SPU	27:27.13
66. Travis Vugteveen, SFU	27:32.85
67. Benard Ngeno, NNU	27:33.01
68. Andrew Arnold, UAF	27:38.21
69. Travis Buttelman, MSUB	27:53.28
70. Justin Webb, NNU	27:54.85
71. Jesse Miller, UAA	27:56.25
72. Brett Bertrand, SPU	28:01.67
73. Joe Soik, WOU	28:01.69
74. Nick Spencer, CWU	28:04.60
75. Max Olex, UAF	28:11.37
76. Jaleb Javier, CWU	28:13.90
77. Lars Arneson, UAF	28:17.09
78. Jon Swanson, CWU	28:19.05
79. Jacob Hollander, NNU	28:22.95
80. Alex Pare, SFU	28:25.16
81. Nathan Power, CWU	28:27.46
82. Nick Derrah, SPU	28:39.65
83. Alex Nelson, SMU	28:41.78
84. Josh Merioles, NNU	28:51.80
85. Matt Nodine, CWU	28:58.04
86. Aaron Michael, SMU	29:43.43
87. Zach Armstrong, CWU	29:47.97
88. Brian Comer, SPU	30:09.14
89. Martin Palibroda, SFU	30:20.11
90. Rowdy Reeves, SFU	30:33.82

**Women (6,000 Meters)**

1. Susan Tanui, UAA	20:37.29
2. Miriam Kipngeno, UAA	20:55.16
3. Ivy O'Guinn, UAA	21:04.20
4. Sarah Freistone, UAA	21:13.06
5. Lindsey Butterworth, SFU	21:19.46
6. Susan Bick, UAA	21:20.09
7. Katie Krehlik, UAA	21:22.34
8. Kelsey Krefl, CWU	21:23.96
9. Kansas MacKenzie, SFU	21:25.57
10. Peggy Noel, SFU	21:28.06
11. Whitney Mickelsen, MSUB	21:31.34
12. Katie Morris, SPU	21:35.70
13. Bryn Haebe, UAA	21:38.53
14. Raphaela Sieber, UAF	21:47.37
15. Katelyn Steen, WWU	21:52.41
16. Austen Reiter, WWU	21:55.14
17. Jaymi Bethea, UAA	21:55.20
18. Katie Thralls, SPU	21:55.52
19. Kirsten Allen, SFU	21:58.13
20. Michaela Kane, SFU	21:59.06
21. Sarah Sawatzky, SFU	22:00.19
22. Christi Schmitz, UAA	22:01.18
23. McKayla Fricker, SPU	22:03.00
24. Connie Morgan, CWU	22:05.20
25. Dani Eggleston, CWU	22:06.25
26. Arielle Walton, WWU	22:07.67
27. Taylor Guenther, WWU	22:08.94
28. Robyn Zeidler, SPU	22:10.06
29. Natalie Evans, NNU	22:14.36

30. Jasmine Johnson, SPU	22:15.11
31. Hailey Bradshaw, NNU	22:21.21
32. Jordan Powell, NNU	22:22.28
33. Lynelle Decker, SPU	22:23.02
34. Jessica Pakkala, UAA	22:29.21
35. Rachel Shelley, WOU	22:32.33
36. Renae Hepfner, MSUB	22:33.09
37. Mary Owen, MSUB	22:35.47
38. Haida Ikeda, WWU	22:39.30
39. Holly Meler, WOU	22:43.01
40. Stephanie Stuckey, WOU	22:51.95
41. Emma Chadsey, SFU	22:52.21
42. Madeline McGee, WWU	22:52.29
43. Alyson McPhetres, UAF	22:53.47
44. Jaydn Gourley, NNU	22:56.73
45. Jinise Osborne, MSUB	22:57.14
46. Laura Copenhagen, WOU	22:58.44
47. Mikhaila Thornton, WWU	22:59.43
48. Julia Ebner, UAG	22:59.79
49. Anna Patti, SPU	23:00.31
50. Megan Rogers, CWU	23:06.77
51. Haley O'Connor, WWU	23:13.15
52. Kali Klotz-Brooks, WWU	23:17.04
53. Helen Crofts, SFU	23:25.35
54. Melanie Bock, MSUB	23:30.58
55. Kryston McPhetres, UAF	23:31.56
56. Sara Falconer, UAF	23:33.20
57. Leah Regan, SFU	23:35.58
58. Tayler Kartes, CWU	23:38.21
59. Briana Barton, CWU	23:42.13
60. Jenny Leaf, WOU	23:44.01
61. Josephine Becker, SPU	23:46.74
62. Christine Harwood, NNU	23:47.01
63. Rebecca Paradis, WOU	23:47.09
64. Maddie Jalbert, WWU	23:53.23
65. Tanya Humeniuk, SFU	23:54.92
66. Marit Rjabov, UAF	23:58.00
67. Chelsea Dowdell, CWU	24:00.23
68. Erika Crock, SMU	24:05.63
69. Jayna Inderbitzin, CWU	24:05.78
70. Danielle Maldonado, CWU	24:06.44
71. Elizabeth Brown, MSUB	24:07.82
72. Erin Chinchar, CWU	24:10.13
73. Alex McBroom, MSUB	24:14.07
74. Mackenzie Naffziger, WOU	24:15.39
75. Elizabeth Doe, SPU	24:16.75
76. Justine Malek, SMU	24:28.65
77. Natalie Schafer, WOU	24:29.70
78. Rebecca Holland, NNU	24:38.17
79. Ashley Llapitan, SMU	24:40.64
80. Lara Lucero, WOU	24:40.95
81. Marie Miller, NNU	24:42.97
82. Katelynn Meyer, MSUB	24:48.01
83. Bianca Perez, MSUB	24:48.65
84. Jennifer Hickey, SMU	25:06.62
85. Ashley Taylor, WOU	25:07.12
86. Ashlynn VanVoast, MSUB	25:11.04
87. Christina Ciampi, NNU	25:29.88
88. Beatriz Ramirez, SMU	25:44.86
89. Keesha Brown, NNU	26:04.00
90. Megan Thompson, UAF	26:33.79

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2013**  
**Oct. 26 at Ash Creek Preserve, Monmouth, Ore.**  
**Men's Team Scores:** Alaska Anchorage 32, Western Washington 35, Simon Fraser 114, Western Oregon 125, Montana State Billings 142, Central Washington 142, Alaska Fairbanks 198, Seattle Pacific 225, Northwest Nazarene 236, Saint Martin's 254.  
**Outstanding Athlete:** Isaac Kangogo, UAA      **Newcomer of the Year:** Nathan Richards, WWU  
**Freshman of the Year:** Victor Samoei, UAA and Oliver Jorgensen, SFU      **Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Alaska Anchorage 36, Simon Fraser 49, Seattle Pacific 94, Western Washington 112, Central Washington 127, Western Oregon 161, Northwest Nazarene 193, Alaska Fairbanks 215, Montana State Billings 228, Saint Martin's 312.  
**Outstanding Athlete:** Susan Tanui, UAA      **Newcomer of the Year:** Joyce Kipchumba, UAA      **Freshman of the Year:** Rebecca Bassett, SFU  
**Coach of the Year:** Michael Friess, UAA

**Men (8,000 Meters)**

1. Isaac Kangogo, UAA	24:51.27
2. Victor Samoei, UAA	24:52.14
3. Dylan Anthony, UAA	24:54.09
4. Chip Jackson, WWU	25:03.74
5. Brady Beagley, WOU	25:06.76
6. Tanner Boyd, WWU	25:07.75
7. Tabor Reedy, WWU	25:14.25
8. Nathan Richards, WWU	25:14.90
9. Oliver Jorgensen, SFU	25:15.09
10. Jonathan Quimby, WWU	25:15.11
11. Isaac Griffith, WWU	25:16.46
12. Kevin Rooke, UAA	25:18.65
13. Cory Johnson, WWU	25:29.42
14. Michael Mendenhall, UAA	25:35.72
15. Rudy Spencer, CWU	25:40.48
16. Nathan Minor, CWU	25:41.51
17. James Young, SFU	25:41.95
18. Dominik Notz, UAA	25:43.29
19. Dylan Peterson, WWU	25:45.08
20. Michael Luhr, MSUB	25:45.53
21. Jesse Miller, UAA	25:47.28
22. Zach Holloway, WOU	25:47.94
23. Robert Peterson, MSUB	25:49.02
24. Jamon Rodrigues, MSUB	25:51.33
25. Cosmas Cheseret, UAA	25:52.91
26. Cameron Proceviat, SFU	25:57.66
27. Ross MacDougall, UAF	26:02.88
28. John Wojtech, CWU	26:03.05
29. Juan Castillo, WWU	26:05.42
30. Joe Berger, SMU	26:08.14
31. Michael Gordon, NNU	26:09.42
32. Houston Homer, WOU	26:10.66
33. Brendan Wong, SFU	26:11.89
34. Alex Horton, SPU	26:13.53
35. Scott Larson, WOU	26:14.55
36. Turner Wiley, SPU	26:15.39
37. Stuart McDonald, SFU	26:16.58
38. Braeden Charlton, SFU	26:19.14
39. Matt Lutz, WWU	26:21.59
40. Chase Robinson, MSUB	26:23.10
41. Tux Seims, UAF	26:23.55
42. Zeke Wilson, WOU	26:24.98
43. Nick Spencer, CWU	26:27.04
44. Kaleb Fleenor, NNU	26:28.09
45. Tai Norvell, UAF	26:30.24
46. Travis Buttelman, MSUB	26:30.86
47. Adam Avischious, SPU	26:32.06
48. Kenneth Brewer, UAF	26:32.17
49. Austin Trapp, SFU	26:32.71
50. Tomislav Smith, CWU	26:33.80
51. Josh Hanna, WOU	26:34.42
52. Josh Panasuk, MSUB	26:35.70
53. Andrey Ionashku, UAA	26:38.63
54. Kaleb Javier, CWU	26:40.10
55. Chase Cunningham, NNU	26:45.93
56. Phillip Messina, UAA	26:48.98
57. Max Olex, UAF	26:52.49
58. Nathan Morgan, SMU	26:53.18
59. Lorenzo Smith, SFU	26:53.20

60. Alex Nelson, SMU	26:53.21
61. Brian Comer, SPU	26:54.06
62. Andrew Bienaphi, NNU	26:57.72
63. Chris Dinsdale, SFU	27:00.57
64. James Currell, WOU	27:00.95
65. Alan Roy, WOU	27:06.13
66. Keegan Rankin, UAF	27:08.15
67. Jackson Halford, CWU	27:15.82
68. Mitch Burgess, UAF	27:17.86
69. Skyler Larson, SMU	27:23.92
70. Alex Martinez, CWU	27:25.02
71. Thomas Neale, MSUB	27:26.13
72. Josiah Shelman, SMU	27:39.87
73. Cody Lind, WOU	27:46.35
74. Garrett Love, MSUB	27:46.72
75. Dustin Johnson, SFU	28:01.70
76. Nick Martin, NNU	28:14.20
77. Colin Wilkins, SPU	28:18.06
78. Trevor Taylor, SPU	28:41.65
79. Sam Naffziger, WOU	28:42.72
80. Paul Young, CWU	28:48.58
81. Mitchell Hughey, SMU	29:07.34
82. Jasper Heckman, SMU	29:15.68
83. Drew Galahan, MSUB	29:20.84
84. Matt Dunford, SMU	29:32.80
85. Aaron Michael, SMU	29:41.40
86. Jacob Marshall, MSUB	30:15.66

**Women (6,000 Meters)**

1. Susan Tanui, UAA	20:24.74
2. Katelyn Steen, WWU	20:31.99
3. Ivy O'Guinn, UAA	20:32.67
4. Joyce Kipchumba, UAA	20:35.05
5. Lindsey Butterworth, SFU	20:42.90
6. Connie Morgan, CWU	20:49.89
7. Dani Eggleston, CWU	20:52.30
8. Kansas Mackenzie, SFU	20:57.61
9. Natalie Evans, NNU	21:00.55
10. Kirsten Allen, SFU	21:05.19
11. Sarah Sawatzky, SFU	21:10.45
12. Jessica Pahkala, UAA	21:10.60
13. Annie Wade, WOU	21:11.81
14. Anna Patti, SPU	21:12.02
15. Rebecca Bassett, SFU	21:14.23
16. Bryn Haebe, UAA	21:17.84
17. Sarah Macdonald, SPU	21:19.36
18. McKayla Fricker, SPU	21:22.55
19. Susan Bick, UAA	21:23.02
20. Stephanie Stuckey, WOU	21:23.11
21. Hannah Calvert, SPU	21:31.43
22. Emma Chadsey, SFU	21:35.00
23. Alyson McPhetres, UAF	21:36.72
24. Lynelle Decker, SPU	21:37.02
25. Michaela Kane, SFU	21:37.91
26. Taylor Guenther, WWU	21:38.49
27. Haley O'Connor, WWU	21:42.84
28. Lillianna Stelling, WWU	21:48.14
29. Austen Reiter, WWU	21:49.51
30. Sofia Marikis, WWU	21:57.27
31. Lacey Wagner, CWU	21:57.74

32. Brittany Evans, SFU	22:01.45
33. Jasmine Johnson, SPU	22:04.40
34. Hailey Bradshaw, NNU	22:10.27
35. Renae Hepfner, MSUB	22:11.37
36. Jinise Osborne, MSUB	22:11.39
37. Haida Ikeda, WWU	22:11.63
38. Mikhaila Thornton, WWU	22:18.62
39. Megan Rogers, CWU	22:24.27
40. Christi Schmitz, UAA	22:24.37
41. Bailey Beeson, WOU	22:26.36
42. Jenny Leaf, WOU	22:28.97
43. Claire Rachwitz, SPU	22:30.72
44. Tanya Humeniuk, SFU	22:30.76
45. Susanna Fleming, NNU	22:33.16
46. Nichole Bathe, UAF	22:34.44
47. Arielle Walton, WWU	22:37.89
48. Rio Frame, MSUB	22:38.21
49. Kali Striker, UAF	22:42.59
50. Hannah Dowdell, CWU	22:42.96
51. Danielle Maldonado, CWU	22:46.27
52. Dorothy O'Donnell, UAF	22:50.95
53. Sara Taferre, WWU	22:53.54
54. Rachel Crawford, WOU	22:56.85
55. Ellen Ruby, SPU	22:59.84
56. Briana Barton, CWU	23:08.27
57. Jaydn Gourley, NNU	23:10.92
58. Jayna Inderbitzin, CWU	23:13.04
59. Rachel Shelley, WOU	23:15.65
60. Nicole Anderson, WOU	23:24.95
61. Taylor Condon, MSUB	23:27.49
62. Bethany Balady, WOU	23:28.19
63. Brenna Eldredge, CWU	23:28.82
64. Justine Malek, SMU	23:29.65
65. Natalie Schafer, WOU	23:31.96
66. Hannah Stevens, UAF	23:36.04
67. Erika Crock, SMU	23:36.54
68. Marie Miller, NNU	23:44.94
69. Erin Chinchar, CWU	23:51.51
70. Bailey Voss, NNU	23:53.08
71. Sarah Lilly, UAF	24:01.22
72. Reta Dobie, SFU	24:13.26
73. Ashley Taylor, WOU	24:18.07
74. Keri Clump, MSUB	24:19.20
75. Theresa Lombardi, MSUB	24:30.75
76. Amanda Collins, MSUB	24:32.27
77. Emily Merioles, NNU	24:32.83
78. Megan Teigen, SMU	24:39.75
79. Mia Anderson, UAF	24:40.66
80. Elizabeth Brown, MSUB	24:48.20
81. Rebecca Holiland, NNU	25:10.68
82. Beatriz Ramirez, SMU	25:17.09
83. Kaydee Kulm, NNU	25:28.57
84. Kenna Fosnacht, SMU	25:34.34
85. Laura Dyer, UAF	25:42.13
86. Ashlynn VanVoast, MSUB	25:43.56
87. Irene Moore, SMU	26:24.03
88. Claire McCloskey, SMU	26:32.56
89. Alex McBroom, MSUB	27:12.56

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2014**  
**Nov. 1 at Ash Creek Preserve, Monmouth, Ore.**  
**Men's Team Scores:** Alaska Anchorage 18, Western Washington 61, Simon Fraser 87, Montana State Billings 156, Central Washington 159, Northwest Nazarene 173, Alaska 188m Western Oregon 199, Saint Martin's 229, Seattle Pacific 235.

**Outstanding Athlete:** Henry Cheseto, UAA      **Newcomer of the Year:** Michel Ramirez, UAA  
**Freshman of the Year:** Henry Cheseto, UAA      **Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Simon Fraser 62, Alaska Anchorage 63, Western Washington 64, Central Washington 85, Seattle Pacific 130, Montana State Billings 140, Western Oregon 185, Alaska 235, Northwest Nazarene 241, Saint Martin's 298.

**Outstanding Athlete:** Katelyn Steen, WWU      **Newcomer of the Year:** Amy Johnston, UAA  
**Freshman of the Year:** Caroline Kurgat, UAA      **Coach of the Year:** Brit Townsend, SFU

## Men (8,000 Meters)

1.	Henry Cheseto, UAA	24:35.91
2.	Dominik Notz, UAA	24:41.87
3.	Dylan Anthony, UAA	24:51.27
4.	Robert Peterson, MSUB	24:59.61
5.	Michel Ramirez, UAA	25:06.68
6.	Oliver Jorgensen, SFU	25:07.60
7.	Victor Samoei, UAA	25:12.07
8.	Edwin Kangogo, UAA	25:12.36
9.	Isaac Griffith, WWU	25:12.66
10.	Kevin Rooke, UAA	25:13.42
11.	Nathan Richards, WWU	25:14.75
12.	Sean Eustis, SFU	25:17.99
13.	Marc-Antoine Rouleau, SFU	25:20.50
14.	Matt Lutz, WWU	25:27.16
15.	Tabor Reedy, WWU	25:37.36
16.	Cameron Proceviat, SFU	25:29.25
17.	Isaac Mitchell, NNU	25:30.88
18.	Rudy Spencer, CWU	25:32.42
19.	Turner Wiley, SPU	25:33.12
20.	Jonathan Quimby, WWU	25:37.05
21.	Juan Castillo, WWU	25:42.38
22.	Ross MacDougall, UAF	25:45.43
23.	John Wojtech, CWU	25:48.11
24.	Max Romey, WWU	25:49.46
25.	Austin Trapp, SFU	25:53.95
26.	David Ribich, WOU	25:56.47
27.	Zach Halloway, WOU	26:01.35
28.	Nathan Kipchumba, UAA	26:01.65
29.	Chase Cunningham, NNU	26:01.76
30.	Travis Vugteveen, SFU	26:04.94
31.	Liam McKay, MSUB	26:07.48
32.	Zach Krause, SMU	26:09.02
33.	Kaleb Javier, CWU	26:09.94
34.	Phillip Messina, UAA	26:10.51
35.	Josh Panasuk, MSUB	26:11.88
36.	Cory Johnson, WWU	26:15.00
37.	Braeden Charlton, SFU	26:16.49
38.	Cody McCranie, WWU	26:16.55
39.	Michael Gordon, NNU	26:18.19
40.	Michael Mendenall, UAA	26:22.81
41.	Phillipe Gravel, SFU	26:23.88
42.	Adam Avisschious, SPU	26:25.05
43.	Seiji Takagi, UAF	26:25.27
44.	Nathan Morgan, SMU	26:27.45
45.	Michael Fehrenbach, UAF	26:28.80
46.	Ephraim Tadesse, SFU	26:39.85
47.	Josh Hanna, WOU	26:43.17
48.	Kaleb Fleenor, NNU	26:44.24
49.	Lorenzo Smith, SFU	26:47.85
50.	Ryan Thompson, CWU	26:49.72
51.	Garrett Love, MSUB	26:52.31
52.	Kenneth Brewer, UAF	26:52.85
53.	Harry Engel, CWU	27:00.28
54.	Mitch Burgess, UAF	27:02.55
55.	Nick Spencer, CWU	27:04.54
56.	Jorey Egeland, MSUB	27:06.89
57.	Ron Leaf, CWU	27:11.91

58.	Josiah Shelman, SMU	27:12.45
59.	Alex Nelson, SMU	27:12.69
60.	Mark Hovland, MSUB	27:18.75
61.	David McLeod, WOU	27:24.84
62.	Brandon Schafer, NNU	27:27.45
63.	Brent Christianson, CWU	27:28.80
64.	Riley Anheluk, WOU	27:32.23
65.	Parker Marson, WOU	27:33.31
66.	Brian Comer, SPU	27L38.57
67.	Joe Soik, WOU	27:39.58
68.	Max Trummer, SFU	27:41.00
69.	Paul Young, CWU	27:41.01
70.	Lyon Kopsack, UAF	27:43.27
71.	Jasper Heckman, SMU	27:52.32
72.	Sam Naffziger, WOU	27:52.43
73.	Kyle Paulson, CWU	27:58.23
74.	Josh Dempsey, WOU	28:21.78
75.	Ben Halladay, SPU	28:22.68
76.	Clark Sterling, SPU	28:30.66
77.	Rankin Keegan, UAF	28:48.18
78.	Mitchell Hughey, SMU	28:58.31
79.	Chris Stash, WOU	29:02.22
80.	Jacob Marshall, MSUB	29:04.03
81.	Colin Wilkins, SPU	29:48.34
82.	Josh Hunt, SMU	30:00.74
83.	Josiah Zering, SPU	30:11.95

## Women (6,000 Meters)

1.	Katelyn Steen, WWU	20:13.75
2.	Rebecca Bassett, SFU	20:32.08
3.	Dani Eggleston, CWU	20:42.10
4.	Amy Johnston, UAA	20:44.35
5.	Jennifer Johnson, SFU	20:48.53
6.	Beatrice Decker, UAA	20:52.48
7.	Anna Patti, SPU	20:54.60
8.	Nocona Frame, MSUB	20:57.34
9.	Connie Morgan, CWU	21:02.24
10.	Taylor Guenther, WWU	21:02.66
11.	Caroline Kurgat, UAA	21:04.52
12.	Bryn Haebe, UAA	21:19.74
13.	Austen Reiter, WWU	21:21.10
14.	Megan Rogers, CWU	21:23.48
15.	Renae Hepfner, MSUB	21:26.62
16.	Haley O'Connor, WWU	21:26.89
17.	Miriam Bassett, SMU	21:30.89
18.	Kansas Mackenzie, SFU	21:32.23
19.	Sarah Macdonald, SPU	21:35.45
20.	Peggy Noel, SFU	21:35.70
21.	Stephanie Stuckey, WOU	21:47.34
22.	Rio Frame, MSUB	21:47.98
23.	Erin Chinchar, CWU	21:49.99
24.	Sofia Marikis, WWU	21:51.48
25.	Emma Chadsey, SFU	21:54.09
26.	Rachel Crawford, WOU	21:55.36
27.	Mikhaila Thornton, WWU	21:57.50
28.	Brittany Grant, WWU	21:59.13
29.	Lynelle Decker, SPU	22:04.53
30.	Jessica Pakkala, UAA	22:06.25

31.	Brittany Evans, SFU	22:06.42
32.	Mariah Burroughs, UAA	22:13.83
33.	Tamara Perez, UAA	22:14.95
34.	Kali Striker, UAF	22:16.79
35.	Dorothy O'Donnell, UAF	22:17.70
36.	Hannah Dowdell, CWU	22:20.59
37.	Jessica Rawlins, SPU	22:21.15
38.	Maddie Hutchinson, WWU	22:21.43
39.	Hannah Calvert, SPU	22:24.91
40.	Sophie Dodd, SFU	22:31.56
41.	Rebecca Hook, NNU	22:32.21
42.	Anysja Manzer, NNU	22:33.62
43.	Megan Teigen, SMU	22:35.29
44.	Jayna Inderbitzin, CWU	22:35.31
45.	Bailey Beeson, WOU	22:36.44
46.	Nicole Anderson, WOU	22:37.78
47.	Suzanna Fleming, NNU	22:38.78
48.	Hailey Kettel, SPU	22:39.33
49.	Taylor Condon, MSUB	22:42.41
50.	Jinise Osborne, MSUB	22:46.80
51.	Grace Weller, UAF	22:48.11
52.	Claire Rachwitz, SPU	22:49.34
53.	Chyrrna Phan, SPU	22:50.18
54.	Kolby Childers, WOU	22:51.74
55.	Brenna Eldredge, CWU	22:54.62
56.	Kali Klotz-Brooks, WWU	22:58.21
57.	Jadyn Gourley, NNU	23:01.39
58.	Debra De Leon, WOU	23:07.37
59.	Haleigh Lloyd, UAA	23:10.24
60.	Melanie Bock, MSUB	23:10.53
61.	Jordan Donaghy, MSUB	23:11.76
62.	Julia Howley, SFU	23:12.36
63.	Kiley Zeitler, SPU	23:14.54
64.	Mary Charleson, SPU	23:16.74
65.	Rachel Shelley, WOU	23:22.64
66.	Nichole Bathe, UAF	23:25.77
67.	Julia Van de Grift, WOU	23:25.88
68.	Brielle Davis, MSUB	23:27.79
69.	Cheyenne Greenside, UAF	23:29.22
70.	Paige Nock, SFU	23:41.00
71.	Danielle Maldonado, CWU	23:41.88
72.	Amanda Ditzhazy, WOU	23:46.67
73.	Anna deCarteret, CWU	23:52.01
74.	Natalie Bergstrom, CWU	24:10.01
75.	Bailey Bomar, MSUB	24:31.10
76.	Theresa Lombardi, MSUB	24:34.97
77.	Dara Tillery, WOU	24:41.39
78.	Hannah Stevens, UAF	24:44.94
79.	Nicole Ide, SMU	24:46.97
80.	Ann-Cathrin Uhl, UAF	24:50.06
81.	Kenna Fosnacht, SMU	24:54.50
82.	Amy Wheeler, NNU	25:14.80
83.	Emily Merioles, NNU	26:30.15
84.	Victoria Nunez, SMU	27:28.07
85.	Morgan Olson, SMU	28:07.37
86.	Alexis Carandang, SMU	28:19.51

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2015**  
**Oct. 24 at Lake Padden Park, Bellingham, Wash.**  
**Men's Team Scores:** Alaska Anchorage 21, Simon Fraser 54, Western Washington 83, Western Oregon 118, Montana State Billings 130, Central Washington 177, Northwest Nazarene 215, Alaska 224, Seattle Pacific 252, Saint Martin's 298, Concordia 298.  
**Outstanding Athlete:** Henry Cheseto, UAA      **Newcomer of the Year:** Matt Winter, MSUB  
**Freshman of the Year:** Sean Miller, Simon Fraser      **Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Alaska Anchorage 39, Western Washington 71, Central Washington 95, Simon Fraser 112, Seattle Pacific 114, Western Oregon 183, Northwest Nazarene 205, Concordia 216, Saint Martin's 217, Alaska 267, Montana State Billings 298.  
**Outstanding Athlete:** Joyce Chelimo, UAA      **Newcomer of the Year:** Karen Horvath, Saint Martin's  
**Freshman of the Year:** Kimberly Cosica, UAA      **Coach of the Year:** Pee Wee Halsell, WWU

**Men (8,000 Meters)**

1.	Henry Cheseto, UAA	24:22.70
2.	Dominik Notz, UAA	24:27.30
3.	Edwin Kangog, UAA	24:44.10
4.	David Ribich, WOU	24:59.60
5.	Oliver Jorgensen, SFU	25:03.60
6.	Victor Samoei, UAA	25:19.60
7.	Marc-Antoine Rouleau, SFU	25:22.10
8.	Isaac Mitchell, NNU	25:25.20
9.	Nathan Kipcumba, UAA	25:29.30
10.	Andrew Wise, WWU	25:30.80
11.	Cameron Proceviat, SFU	25:36.10
12.	Sean Miller, SFU	25:39.00
13.	Robert Peterson, MSUB	25:39.20
14.	Matthew Lutz, WWU	25:43.40
15.	Zach Holloway, WOU	25:45.70
16.	Nick Mounier, WWY	25:47.80
17.	Michael Mendenhall, UAA	25:53.30
18.	Garrett Love, MSUB	25:53.80
19.	Brendan Wong, SFU	25:57.00
20.	Braeden Charlton, SFU	26:03.10
21.	Sean Eustis, WWU	26:05.20
22.	Will Jones, WWU	26:17.00
23.	Rowan Doherty, SFU	26:21.80
24.	Tyler Jones, WOU	26:25.80
25.	Max Romey, WWU	26:25.90
26.	Mateo de Dalmases, SFU	26:30.30
27.	Alex Martinez, CWU	26:32.20
28.	Cody McCranie, WWY	26:32.20
29.	Matt Winter, MSUB	26:35.10
30.	Chase Cunningham, NNU	26:35.70
31.	Ben Halladay, SPU	26:36.70
32.	Ron Leaf, CWU	26:37.00
33.	Sam Naffzinger, WOU	26:37.00
34.	Jonathan Lafferty, CWU	26:37.20
35.	Tyus Mendoza, MSUB	26:39.90
36.	Jesse Miller, UAA	26:43.40
37.	Jared Seckel, CU	26:47.50
38.	Jorey Egeland, MSUB	26:49.80
39.	Alex Eckert, UAF	26:49.80
40.	Keegan Rankin, UAF	26:51.20
41.	Ryan Thompson, CWU	26:52.50
42.	Nick Hamilton, NNU	26:54.80
43.	Max Donaldson, UAF	26:55.70
44.	David Cornish, WOU	26:56.60
45.	Mark Hovland, MSUB	26:57.70
46.	Jasper Heckman, SMU	26:58.20
47.	Noah Ripley, WWU	26:58.40
48.	Dylan Hayes, WWU	26:59.00
49.	Adam Avischious, SPU	27:00.70
50.	Tyler Humphries, CWU	27:00.80
51.	Phillipe Gravel, SFU	27:01.30
52.	Hanson Lee, CWU	27:05.00
53.	Liam McKay, MSUB	27:07.70
54.	Josh Boston, CWU	27:07.80
55.	Jan Cech, UAF	27:10.10
56.	Ephraim Tadeese, SFU	27:12.60
57.	Josh Dempsey, WOU	27:13.50
58.	Riley Anheluk, WOU	27:13.80
59.	Joe Soik, WOU	27:15.00
60.	Daniel Serventi, UAF	27:16.90
61.	Harry Engel, CWU	27:18.50
62.	Lyon Kopsack, UAF	27:19.20
63.	Brian Comer, SPU	27:27.40

64.	Paris Speidel, CU	27:29.20
65.	Nathan Morgan, SMU	27:31.60
66.	Josh Hanna, WOU	27:35.00
67.	Joseph Walker, SPU	27:39.30
68.	Seiji Takagi, UAF	27:39.50
69.	Brysten James, SPU	27:44.30
70.	Kyle Paulson, CWU	27:45.40
71.	David McLeod, SPU	27:50.10
72.	Josh Hunt, SMU	27:52.10
73.	Austin Peila, CU	28:01.30
74.	Philip Messina, UAA	28:05.80
75.	Joe Edgecomb, SMU	28:09.40
76.	Justin Irvine, WWU	28:15.40
77.	Gabe Fisher, NNU	28:15.50
78.	Skyler Larson, SMU	28:21.10
79.	Clark Sterling, SPU	28:29.80
80.	Alan Johnston, CU	28:30.40
81.	Taryk Boyd, CWU	28:33.80
82.	Levi Schilter, SMU	28:37.80
83.	Tim Swarat, NNU	28:43.80
84.	Colton Snook, CU	28:58.40
85.	Austin Miller, SMU	28:58.80
86.	Austin Collins, CU	29:24.60
87.	Jacob Busald, SPU	29:27.50
88.	David Waterman, NNU	30:00.80
89.	Kameron Galm, SMU	30:08.70
90.	Ethan Livermore, CU	30:43.70
91.	Luis Lara Espinoza, SMU	32:29.70

**Women (6,000 Meters)**

1.	Joyce Chelimo, UAA	21:00.90
2.	Caroline Kurgat, UAA	21:08.80
3.	Rebecca Bassett, SFU	21:29.10
4.	Anna Patti, SPU	21:42.50
5.	Dani Eggleston, CWU	21:58.60
6.	Taylor Guenther, WWU	22:01.50
7.	Megan Rogers, CWU	22:06.40
8.	Brittany Grant, WWU	22:10.90
9.	Kimberly Cosica, UAA	22:16.30
10.	Tracy Melville, WWU	22:24.90
11.	Alexa Shindruk, CWU	22:37.00
12.	Zannah Jepchumba, UAA	22:39.10
13.	Stephanie Stuckey, WOU	22:40.20
14.	Larissa Kolasinski, SMU	22:41.50
15.	Beatrice Decker, UAA	22:42.30
16.	Karen Horvath, SMU	22:42.40
17.	Sierra Manzer, NNU	22:44.60
18.	Megan Fristoe, CU	22:46.40
19.	Addy Townsend, SFU	22:49.20
20.	Mary Charleson, SPU	22:53.00
21.	Hannah Calvert, SPU	22:53.10
22.	Paige Nock, SFU	22:56.90
23.	Sara Taferre, WWU	22:57.20
24.	Lillianna Stelling, WWU	22:57.30
25.	Alexandra Laibin, WWU	22:57.70
26.	Nicole Pederson, CU	22:59.20
27.	Kaitlyn Maker, UAA	23:00.10
28.	Nicole Maurmann, WOU	23:02.30
29.	Shawna Troupe, WWU	23:03.40
30.	Reta Dobie, SFU	23:03.90
31.	Stephanie Rexus, CWU	23:04.40
32.	Jessica Pahkala, UAA	23:05.50
33.	Tamara Perez, UAA	23:08.30
34.	Hailey Gordon, NNU	23:08.30

35.	Jessica Rawlins, SPU	23:09.60
36.	Lynelle Decker, SPU	23:11.30
37.	Sarah Macdonald, SPU	23:11.70
38.	Danielle McCormick, UAA	23:13.30
39.	Chynna Phan, SPU	23:13.60
40.	Miriam Bassett, SFU	23:15.40
41.	Anysja Manzer, NNU	23:15.90
42.	Kansas Mackenzie, SFU	23:20.50
43.	Hannah Dowdell, CWU	23:24.10
44.	Dorothy O'Donnell, UAF	23:24.80
45.	Grace Knapp, WOU	23:26.90
46.	Mariah Burroughs, UAA	23:29.80
47.	Julia Howley, SFU	23:31.50
48.	Brittany Evans, SFU	23:37.40
49.	Erin Chinchar, CWU	23:37.60
50.	Megan Teigen, SMU	23:41.70
51.	Maddy Jalbert, WWU	23:42.10
52.	Rio Frame, MSUB	23:46.80
53.	Jayna Inderbitzin, CWU	23:47.80
54.	Sofia Marikis, WWU	23:49.10
55.	Suzie Van de Grift, WOU	23:53.90
56.	Rachel Crawford, WOU	23:55.80
57.	Mikhaela Woodward, WWU	23:57.50
58.	Zoe Worobel, CU	23:57.60
59.	Brenna Liebel, CWU	23:57.80
60.	Rebecca Hook, NNU	23:59.70
61.	Nichole Bathe, UAF	24:04.80
62.	Sara Fristoe, CU	24:09.40
63.	Kali Striker, UAF	24:11.40
64.	Kimberly Fitzgerald, UAF	24:11.70
65.	Kiana Smith, WOU	24:15.70
66.	Bailey Beeson, WOU	24:16.70
67.	Brielle Davis, MSUB	24:16.70
68.	Jennifer Johnson, SFU	24:21.60
69.	Taylor Condon, MSUB	24:26.90
70.	Hailey Kettel, SPU	24:28.20
71.	Sarah Lilly, UAF	24:31.70
72.	Jinise Trueblood, MSUB	24:33.80
73.	Grace Weller, UAF	24:47.70
74.	Emily Hammons, NNU	24:51.70
75.	Hannah Stevens, UAF	24:51.80
76.	Jadyn Gourley, NNU	25:00.20
77.	Emily Cantrell, WOU	25:06.00
78.	Dalen Richardson, CU	25:07.90
79.	Amanda Ditzhazy, WOU	25:08.40
80.	Kiley Zeitler, SPU	25:13.00
81.	Dana Townsend, SFU	25:37.30
82.	Kendra Zimmerdahl, WOU	25:39.30
83.	Melanie Campell, SPU	25:46.40
84.	Josie Lonai, NNU	25:56.50
85.	Lindsey Dorney, SMU	26:00.00
86.	Bailey Bomar, MSUB	26:12.50
87.	Bianca Moreno, CU	26:46.30
88.	Dalia Trujillo-Pedro, SMU	27:03.80
89.	Jessica Jensen, CU	27:14.80
90.	Megan VonBargen, CU	27:21.20
91.	Claire McCloskey, SMU	27:25.30
92.	Ashley Mason, CWU	27:28.10
93.	Erin McChurch, CU	27:30.40
94.	Devin McDonald, MSUB	27:54.00
95.	Sarah Beatty, MSUB	27:58.70
96.	Elena Gomez, CWU	28:27.90
97.	Ashley Carandang, SMU	30:45.10



# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2016**  
**Oct. 22 at Lake Padden Park, Bellingham, Wash.**  
**Men's Team Scores:** Alaska Anchorage 31, Simon Fraser 60, Western Washington 86, Western Oregon 105, Montana State Billings 157, Northwest Nazarene 178, Central Washington 184, Alaska 211, Concordia 226, Saint Martin's 285, Seattle Pacific 300.  
**Outstanding Athlete:** Edwin Kangogo, UAA      **Newcomer of the Year:** Dustin Nading, WOU  
**Freshman of the Year:** Godfrey Kemboi, NNU      **Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Alaska Anchorage 45, Simon Fraser 56, Seattle Pacific 92, Western Washington 114, Saint Martin's 139, Central Washington 188, Northwest Nazarene 189, Alaska 194, Western Oregon 197, Concordia 276, Montana State Billings 324.  
**Outstanding Athlete:** Caroline Kurgat, UAA      **Newcomer of the Year:** Shannon Porter, Saint Martin's  
**Freshman of the Year:** Jordan Block, UAA      **Coach of the Year:** Brit Townsend, SFU

**Men (8,000 Meters)**

1.	Edwin Kangogo, UAA	24:54.80
2.	Michel Ramirez, UAA	24:56.50
3.	Isaac Derline, WWU	25:07.80
4.	Henry Cheseto, UAA	25:19.20
5.	David Ribich, WOU	25:23.40
6.	Braeden Charlton, SFU	25:31.00
7.	Isaac Mitchell, NNU	25:33.50
8.	Matthew Lutz, WWU	25:36.20
9.	Sean Miller, SFU	25:36.60
10.	Dustin Nading, WOU	25:40.70
11.	Victor Samoei, UAA	25:46.50
12.	Marc-Antoine Rouleau, SFU	25:47.60
13.	Michael Mendenhall, UAA	25:48.90
14.	Rowan Doherty, SFU	25:52.80
15.	Nathan Kipchumba, UAA	25:54.90
16.	Garrett Love, MSUB	25:55.40
17.	Justin Carrancho, UAA	25:58.50
18.	Jorey Egeland, MSUB	25:59.00
19.	Mateo de Dalmases, SFU	26:05.40
20.	Godfrey Kemboi, NNU	26:06.70
21.	Amos Kipchumba, UAA	26:08.50
22.	Cody McCranie, WWU	26:11.80
23.	Ephraim Tadesse, SFU	26:14.60
24.	Peter Butler, WWU	26:17.80
25.	Justin Crosswhite, WOU	26:18.00
26.	Kaleb Javier, CWU	26:19.20
27.	Judd Lewis, CU	26:19.90
28.	Lukash Platil, UAF	26:20.80
29.	Jesse Miller, UAA	26:24.50
30.	Nick Hamilton, NNU	26:24.80
31.	Ethan Livermore, CU	26:24.90
32.	Jared Seckel, CU	26:25.50
33.	Dylan Hayes, WWU	26:27.00
34.	Tyler Jones, WOU	26:28.10
35.	Andrew Wise, WWU	26:29.90
36.	Josh Dempsey, WOU	26:31.00
37.	Josh Boston, CWU	26:33.00
38.	Justin Irvine, WWU	26:35.50
39.	Jonathan Lafferty, CWU	26:36.10
40.	Josh Panasuk, MSUB	26:36.20
41.	Tyus Mendoza, MSUB	26:43.30
42.	Kaleb Korta, UAA	26:44.90
43.	Samuel Serviss, SFU	26:45.70
44.	Daniel Serventi, UAF	26:47.10
45.	Timothy Mustard, SFU	26:48.30
46.	Tyler Humphries, CWU	26:49.10
47.	Jasper Heckman, SMU	26:50.50
48.	Seiji Takagi, UAF	26:50.70
49.	Ron Leaf, CWU	26:51.00
50.	Mark Hovland, MSUB	26:51.70
51.	Hanson Lee, CWU	26:52.00
52.	Alex Eckert, UAF	26:52.10
53.	Ronald Venema, MSUB	26:55.00
54.	Logan Giese, WWU	26:57.20
55.	Matthew Schrenk, CWU	27:00.50
56.	Jacob Walsh, UAF	27:01.60
57.	Ben Halladay, SPU	27:06.60
58.	Danny Provo, SPU	27:07.80
59.	Josiah Shelman, SMU	27:15.00
60.	Hunter Mosman, WOU	27:15.70
61.	Alan Ekanger, WOU	27:18.70
62.	Sawyer Heckard, WOU	27:18.70

63.	Carl Wahlin, UAF	27:25.60
64.	Rylan Manzer, NNU	27:30.10
65.	Keegan Rankin, UAF	27:31.50
66.	Joseph Walker, SPU	27:31.90
67.	Levi Schilter, SMU	27:32.00
68.	Taryk Boyd, CWU	27:34.50
69.	Ivan Colmanero, MSUB	27:38.60
70.	Joe Edgecomb, SMU	27:39.60
71.	Peyton Brothers, NNU	27:40.50
72.	Josh Hunt, SMU	27:40.50
73.	Matt Conrady, CWU	27:41.70
74.	Nick Mounier, WWU	27:49.90
75.	Cameron Freshwaters, WWU	27:50.00
76.	Thomas Gallagher, SFU	27:50.90
77.	Colton Buster, SMU	27:51.70
78.	Jesse Phan, SPU	27:59.10
79.	Michael Chin, WOU	28:02.90
80.	David McLeod, SPU	28:04.80
81.	Nick Spencer, CWU	28:10.90
82.	Roman Kirkov, CU	28:34.20
83.	Stephen Fey, WOU	28:37.80
84.	Clark Sterling, SPU	28:38.80
85.	Austin Miller, SMU	28:38.70
86.	Noah Murry, CU	28:44.70
87.	Demetrius Rhodes, CU	28:52.40
88.	Travis Crumpler, SMU	28:59.30
89.	Paris Speidel, CU	29:19.20
90.	Kameron Jones, CU	29:31.80
91.	Brysten James, SPU	29:52.30
92.	Gabe Fisher, NNU	30:13.90

**Women (6,000 Meters)**

1.	Caroline Kurgat, UAA	21:17.10
2.	Shannon Porter, SMU	21:23.70
3.	Rebecca Bassett, SFU	21:37.40
4.	Mary Charleson, SPU	21:40.60
5.	Joyce Chelimo, UAA	21:50.20
6.	Sarah Macdonald, SPU	22:00.20
7.	Julia Howley, SFU	22:09.00
8.	Yadira Lopez, SMU	22:11.10
9.	Anysja Manzer, NNU	22:20.90
10.	Tamara Perez, UAA	22:23.20
11.	Miryam Bassett, SFU	22:26.80
12.	Lillianna Stelling, WWU	22:29.30
13.	Addy Townsend, SFU	22:32.30
14.	Zennah Jepchumba, UAA	22:35.20
15.	Kaitlyn Maker, UAA	22:36.50
16.	Mariah Burroughs, UAA	22:39.60
17.	Kennedy Rufener, WOU	22:41.30
18.	Sierra Manzer, NNU	22:50.20
19.	Danielle McCormick, UAA	22:51.90
20.	Grace Knapp, WOU	22:54.40
21.	Jordyn Block, UAA	22:55.00
22.	Kimberly Cosica, UAA	22:58.70
23.	Brittany Grant, WWU	22:59.10
24.	Reta Dobie, SFU	22:59.50
25.	Hannah Calvert, SPU	23:02.00
26.	Dorothy O'Donnell, UAF	23:03.00
27.	Sara Taferre, WWU	23:06.50
28.	Stephanie Rexus, CWU	23:07.90
29.	Maddy Hutchison, WWU	23:09.50
30.	Sophie Carroll, SPU	23:15.40
31.	Peyton Shinnick, WWU	23:17.40

32.	Kali Striker, UAF	23:19.10
33.	Chynna Phan, SPU	23:19.70
34.	Sophia Galvez, WWU	23:21.70
35.	Paige Nock, SFU	23:24.90
36.	Suzie Van de Grift, WOU	23:27.00
37.	Delaney Clem, CWU	23:30.20
38.	Alyssa Foote, SPU	23:33.20
39.	Chelsea Riberio, SFU	23:37.80
40.	Kate Lilly, SFU	23:38.00
41.	Katherine Walter, SPU	23:39.00
42.	Lariussa Kolasinski, SMU	23:44.40
43.	Brenna Liebel, CWU	23:45.90
44.	Nichole Bathe, UAF	23:48.20
45.	Brenna Carlson, CWU	23:48.40
46.	Shawna Troupe, WWU	23:49.40
47.	Megan Teigen, UAF	23:51.80
48.	Waverly Shreffler, WWU	23:53.40
49.	Hailey Kettel, SPU	23:57.00
50.	Ashley Mason, CWU	24:01.10
51.	Claire McCloskey, SMU	24:11.40
52.	Megan Fristoe, CU	24:13.10
53.	Alicia Girdler, CWU	24:15.20
54.	Anne-Tine Markset, UAF	24:20.90
55.	Kimberly Fitzgerald, UAF	24:29.70
56.	Dana Townsend, SFU	24:31.40
57.	Emily Hammons, NNU	24:32.50
58.	Mikhaela Woodward, WWU	24:34.80
59.	Gabby Hobson, CU	24:37.90
60.	Sedona McNerney, SPU	24:39.90
61.	Nicole Pederson, CU	24:44.60
62.	McKenna Conley, NNU	24:52.50
63.	Grace Weller, UAF	24:55.70
64.	Nikki Aiken, MSUB	24:56.50
65.	Talia Dreicer, WWU	24:57.20
66.	Bethany Danner, NNU	25:01.80
67.	Miranda Nelson, CWU	25:02.80
68.	Lindsey Dorney, SMU	25:03.70
69.	Rio Frame, MSUB	25:07.20
70.	Dalen Richardson, CU	25:08.80
71.	Tara Beyerlein, CWU	25:13.20
72.	Ginny Link, WOU	25:16.80
73.	Sara Harrington, CU	25:17.30
74.	Amanda Ditzhazy, WOU	25:17.80
75.	Olivia Woods, WOU	25:23.60
76.	Bailey Bomar, MSUB	25:28.70
77.	Yeshi Vaughan, SMU	25:30.60
78.	Sara Fristoe, CU	25:31.20
79.	Lydia Foster, MSUB	25:32.90
80.	Halie Wilsey, NNU	25:33.90
81.	Toni Gowen, WOU	25:40.40
82.	Megan Rose, WOU	25:45.80
83.	Kaitlyn McKinney, CWU	25:46.80
84.	Bailey Fjelstul, CU	26:05.40
85.	Kaitlyn Bailly, CU	26:10.00
86.	Grayson Burke, WOU	26:21.20
87.	Catrina Schuchard, MSUB	26:30.30
88.	Sarah Lilly, UAF	26:36.00
89.	Kelsea Campbell, CU	26:40.80
90.	Sarah Beatty, MSUB	27:36.80
91.	Ella McKenzie, MSUB	27:39.90
92.	Tiffany Pott, SMU	28:23.30
93.	Olivia Abbott, SMU	29:47.00

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

2017

**Oct. 21 at Lake Padden Park, Bellingham, Wash.**

**Men's Team Scores:** Western Oregon 51, Alaska Anchorage 64, Simon Fraser 70, Western Washington 76, Northwest Nazarene 160, Central Washington 161, Montana State Billings 187, Seattle Pacific 224, Alaska 235, Concordia 242, Saint Martin's 331.

**Outstanding Athlete:** David Ribich, WOU

**Newcomer of the Year:** Jorge Sanchez, UAA

**Freshman of the Year:** Felix Kemboi, UAA

**Coach of the Year:** Mike Johnson, WOU

**Women's Team Scores:** Alaska Anchorage 28, Simon Fraser 65, Western Washington 87, Seattle Pacific 93, Central Washington 163, Western Oregon 190, Alaska 219, Northwest Nazarene 236, Concordia 240, Saint Martin's 255, Montana State Billings 301.

**Outstanding Athlete:** Caroline Kurgat, UAA

**Newcomer of the Year:** Emmah Chelimo, UAA

**Freshman of the Year:** Olivia Willett, SFU

**Coach of the Year:** Michael Friess, UAA

## Men (8,000 Meters)

1. David Ribich, WOU	24:54.82	64. Matt Conrardy, CWU	27:21.00	31. Larissa Kolasinski, SMU	23:22.50
2. Edwin Kangogo, UAA	25:03.63	65. Taylor Turney, UAA	27:25.31	32. Paige Nock, SFU	23:25.19
3. Felix Kemboi, UAA	25:18.59	66. Pablo Lopez, NNU	27:26.54	33. Alexandra Berholtz, UAF	23:26.80
4. Oliver Jorgensen, SFU	25:23.98	67. Carson Jessop, MSUB	27:26.96	34. Nikki Aiken, MSUB	23:28.00
5. Sean Miller, SFU	25:28.98	68. Jan Cech, UAF	27:28.60	35. Chynna Phan, SPU	23:31.91
6. Jadon Olson, WWU	25:29.10	69. Thomas Normandeau, WOU	27:31.05	36. Michaela Keller-Miller	23:32.61
7. Rowan Doherty, SFU	25:31.01	70. Brysten James, SPU	27:32.03	37. Yadira Lopez, SMU	23:34.06
8. Dustin Nading, WOU	25:32.76	71. Ryan Abdalla, NNU	27:36.33	38. Riley Burroughs, UAA	23:34.96
9. Jorey Egeland, MSUB	25:37.59	72. Jesse Phan, SPU	27:37.58	39. Brenna Carlson, CWU	23:40.68
10. Andrew Wise, WWU	25:41.50	73. Colin Boutin, SPU	27:39.29	40. Delaney Clem, CWU	23:42.89
11. Mateo de Dalmasas, SFU	25:48.89	74. Ben Hansen, SPU	27:41.29	41. Hailey Kettel, SPU	23:43.06
12. Nathan Kipchumba, UAA	25:51.52	75. Rylan Manzer, NNU	27:47.05	42. Nicole Soleim, CWU	23:44.37
13. Tyler Jones, WOU	25:53.90	76. Gabe Fisher, NNU	27:49.55	43. Tovan Swartz-Ireland, WWU	23:45.17
14. Marson Parker, WOU	25:55.73	77. Taryk Boyd, CWU	27:56.73	44. Amy Morris, SFU	23:48.31
15. Justin Crosswhite, WOU	25:59.11	78. Miguel De LaMalena, SMU	27:58.75	45. Abbie Steinhauer, SPU	23:51.43
16. Godfrey Kemboi, NNU	25:59.81	79. Jacob Walsh, UAF	27:59.56	46. Miranda Nelson, CWU	23:52.99
17. Isaac Mitchell, NNU	26:05.43	80. David Sawatzky, SFU	28:00.48	47. Morgan Siebka, UAF	23:53.23
18. Josh Dempsey, WOU	26:06.29	81. Levi Schilter, SMU	28:06.05	48. Sophie Carroll, SPU	23:57.82
19. Sean Eustis, WWU	26:08.69	82. Noah Murry, CU	28:08.73	49. Brook Wedin, WWU	24:00.20
20. Eric Hamel, WWU	26:09.59	83. Noah Wallace, CU	28:31.03	50. Jordyn Block, UAA	24:00.44
21. Dylan Hayes, WWU	26:11.20	84. Matthew Schrenk, CWU	28:34.17	51. Anja Majjala, UAF	24:04.08
22. Tyus Mendoza, MSUB	26:11.86	85. Logan Mowry, UAF	28:48.39	52. Jackline Knight, CWU	24:06.79
23. Jorge Sanchez, UAA	26:11.93	86. Joe Edgecomb, SMU	28:51.49	53. Nicole Pederson, CU	24:07.59
24. Justin Carrancho, UAA	26:18.25	87. Jalen Sekhon, SFU	29:00.28	54. Gabby Hobson, CU	24:10.12
25. Josh Boston, CWU	26:18.62	88. Drake Henson, MSUB	29:13.26	55. Bethany Danner, NNU	24:11.48
26. James Jespersen, WWU	26:20.28	89. Ephraim Tadesse, SFU	29:13.54	56. Kaitlyn Bailly, CU	24:13.09
27. Liam Cossette, WWU	26:23.16	90. Derrick Howlett, SMU	29:21.46	57. Cassie McKinney, WOU	24:13.63
28. Judd Lewis, CU	26:25.12	91. Guillaume Tabary, SMU	29:48.96	58. Bailey Fjelstul, CU	24:16.20
29. Tyler Humphries, CWU	26:29.14	92. Jack Pickell, MSUB	29:50.69	59. Kiersten Kimminau, CWU	24:16.43
30. Nickson Koech, UAA	26:36.26	93. Colton Buster, SMU	30:44.85	60. Sedona McNerney, SPU	24:17.85
31. Nick Hamilton, NNU	26:38.97	94. Travis Crumpler, SMU	31:17.58	61. Kimberly Fitzgerald, UAF	24:22.62
32. Peder Rickbeil, SPU	26:41.01	95. Brett Reese, SMU	33:22.89	62. Emily Hammons, NNU	24:26.88
33. Colton Hoggarth, WWU	26:42.09			63. Ann-Cathrin Uhl, UAF	24:32.98
34. Henry Milodragovich, CWU	26:42.49			64. Olivia Woods, WOU	24:34.85
35. Nick Mounier, WWU	26:43.95			65. Aysia Killingbeck, CU	24:35.61
36. Corbin Carlton, CWU	26:44.28			66. Bailey Bomar, MSUB	24:36.34
37. Lukash Platil, UAF	26:45.63			67. Lindsey Dorney, SMU	24:39.08
38. Stephen Fey, WOU	26:48.39			68. Tatjana Spaic, UAF	24:41.41
39. Seiji Takagi, UAF	26:49.01			69. Brenna Liebel, CWU	24:43.03
40. Chase Cunningham, NNU	26:50.49			70. Dana Townsend, SFU	25:54.62
41. Elius Graff, SPU	26:51.81			71. Anna Hamilton, NNU	24:57.22
42. Hunter Mosman, WOU	26:52.32			72. Katie Acjley, CWU	25:02.30
43. Trevor Allen, CWU	26:52.64			73. Isabelle Tingelstad, WOU	25:05.61
44. Ron Leaf, CWU	26:53.55			74. Grace Weller, UAF	25:07.16
45. Kaleb Korta, UAA	26:54.91			75. Megan Rose, WOU	25:09.46
46. Chris Sobczak, SFU	26:56.24			76. Sadie Dalgleish, SMU	25:22.82
47. Jose Macias, CU	26:56.83			77. Rachel Bayly, WOU	25:27.80
48. Dawson Ribeiro, SFU	27:02.06			78. Grayson Burke, WOU	25:30.36
49. Ben Halladay, SPU	27:02.66			79. Heidi Nisly, NNU	25:30.85
50. Ronald Venema, MSUB	27:03.07			80. Samantha DuPras, CWU	25:31.19
51. Lyon Kopsack, UAF	27:03.91			81. Kelsea Campbell, CU	25:35.38
52. Ivan Colmenero, MSUB	27:05.58			82. McKenna Conley, NNU	25:37.95
53. Josh Moats, CU	27:06.49			83. Honey Rose Macatuno, CU	25:41.16
54. Royce Garcia, SPU	27:07.70			84. Kelby Wagner, MSUB	25:46.97
55. Dominic Giordano, CU	27:08.66			85. Felicia Covey, WOU	25:54.35
56. Aaron Ahl, SFU	27:09.34			86. Yeshi Vaughan, SMU	26:00.66
57. Peter Butler, WWU	27:09.74			87. Catrina Schuchard, MSUB	26:09.71
58. Carl Wahlin, UAF	27:09.86			88. Kateri Rush, MSUB	26:38.63
59. Josh Hunt, SMU	27:10.96			89. Jerrica Martin, MSUB	27:51.30
60. Shad Galloway, SPU	27:11.19			90. Sarah Beatty, MSUB	28:30.48
61. Hanson Lee, CWU	27:11.22			91. Bianca Moreno, CU	29:07.98
62. Sawyer Heckard, WOU	27:17.13			92. Olivia Abbott, SMU	29:57.26
63. Peyton Brothers, NNU	27:20.97			Sara Harrington, CU	DNF

## WOMEN

1. Caroline Kurgat, UAA	20:49.42
2. Mary Charleson, SPU	21:45.99
3. Julia Howley, SFU	21:52.05
4. Zennah Jepchumba, UAA	21:53.66
5. Danielle McCormick, UAA	22:06.72
6. Miryam Bassett, SFU	22:07.20
7. Kennedy Rufener, WOU	22:07.73
8. Emmah Chelimo, UAA	22:11.26
9. Olivia Willett, SFU	22:11.53
10. Kimberly Coscia, UAA	22:12.28
11. Alexa Shindruk, CWU	22:13.61
12. Mariah Burroughs, UAA	22:17.28
13. Tracy Melville, WWU	22:23.83
14. Sierra Manzer, NNU	22:29.47
15. Tamara Perez, UAA	22:30.22
16. Alexandra Laiblin, WWU	22:31.21
17. Lillianna Stelling, WWU	22:33.40
18. Maddy Hutchison, WWU	22:38.66
19. Dania Holmberg, SPU	22:44.34
20. Chelsea Ribeiro, SFU	22:48.28
21. Suzie Van De Grift, WOU	22:53.51
22. Alyssa Foote, SPU	22:54.52
23. Jane Barr, WWU	22:58.47
24. Kate Lilly, SPU	22:59.36
25. Peyton Shinnick, WWU	23:01.39
26. Katherine Walter, SPU	23:04.07
27. Addy Townsend, SFU	23:06.26
28. Sophia Galvez, WWU	23:08.84
29. Sophie Dodd, SFU	23:16.68
30. Andrea Koger, WWU	23:18.10

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2018**

**Nov. 3 at Ash Creek Preserve, Western Oregon Univ., Monmouth, Ore.**

**Men's Team Scores:** Alaska Anchorage 46, Simon Fraser 54, Western Washington 60, Western Oregon 104, Central Washington 142, Northwest Nazarene 169, Seattle Pacific 183, Montana State Billings 217, Alaska 261\*, Concordia 280, Saint Martin's 300. **NOTE:** Alaska results later vacated by NCAA action.

**Outstanding Athlete:** Wesley Kirui, UAA

**Newcomer of the Year:** Wesley Kirui, UAA

**Freshman of the Year:** Turlan Morlan, CWU

**Coach of the Year:** Michael Friess, UAA

**Women's Team Scores:** Alaska Anchorage 49, Simon Fraser 60, Seattle Pacific 64, Western Washington 86, Central Washington 113, Northwest Nazarene 174, Western Oregon 208, Montana State Billings 245, Concordia 246, Saint Martin's 355.

**Outstanding Athlete:** Emmah Chelimo, UAA

**Newcomer of the Year:** Nancy Jeptoo, UAA

**Freshman of the Year:** Kaylee Mitchell, SPU

**Coach of the Year:** Michael Friess, UAA

**Men (8,000 Meters)**

1. Wesley Kirui, UAA	24:38.0	62. Curt Knott, WOU	26:55.3	27. Talia Dreicer, WWU	22:48.2
2. Felix Kemboi, UAA	24:38.6	63. Tyler Shea, NNU	26:55.8	28. Ruth Chepsat, MSUB	22:50.6
3. Rowan Doherty, SFU	24:40.5	64. Noah Murry, CU	26:59.3	29. Aundrea Koger, WWU	22:53.4
4. Sean Miller, SFU	24:43.4	65. Sawyer Heckard, WOU	26:59.7	30. Molly Mattson, CWU	22:58.1
5. Tyler Jones, WOU	24:53.0	66. Jacob Walsh, UAF	27:09.9	31. Nikki Aiken, MSUB	23:01.9
6. Dustin Nading, WOU	24:54.5	67. Donovan Barnhart, CWU	27:11.9	32. Megan Roxby, SFU	23:02.7
7. Jorge Sanchez, UAA	24:54.9	68. Stephen Fey, WOU	27:27.1	33. Annalisa Hamilton, NNU	23:04.1
8. Godfrey Kemboi, NNU	25:00.4	69. Zephan Ozturgut, UAF	27:27.2	34. Madison Child, CWU	23:08.1
9. Jaden Olson, WWU	25:04.3	70. Liam Foster, SFU	27:32.7	35. Claire Noort, SFU	23:11.1
10. Eric Hamel, WWU	25:13.4	71. Peyton Brothers, NNU	27:33.1	36. Rebecca Lehman, WWU	23:12.6
11. Nickson Koech, UAA	25:14.2	72. Miguel De LaMalena, SMU	27:35.8	37. Emily Chilton, SFU	23:14.4
12. James Jaspersen, WWU	25:22.6	73. Jacob Moos, UAA	27:43.6	38. Kimberly Coscia, UAA	23:17.1
13. Kyler Sager, WWU	25:22.9	74. Logan Straus, MSUB	27:44.8	39. Abbie Steinhauer, SPU	23:18.8
14. Pierre-Louis Detourbe, SFU	25:23.6	75. Paul Buckingham, SFU	27:46.2	40. Sedona McNerney, SPU	23:19.1
15. Aaron Ahl, SFU	25:23.7	76. Levi Schilter, SMU	27:49.4	41. Brook Wedin, WWU	23:22.2
16. Ed Kiolbasa, WWU	25:25.8	77. Logan Mowry, UAF	27:52.1	42. Kaylin Cantu, WOU	23:22.6
17. Nick Hamilton, NNU	25:29.6	78. Ase Ackerman, MSUB	27:55.4	43. Krystal Kaufman, SPU	23:31.3
18. Chris Sobczak, SFU	25:30.8	79. John Farrell, SMU	27:55.6	44. Bailey Fjelstul, CU	23:39.8
19. Parker Marson, WOU	25:37.6	80. Jose Macias, CU	27:57.6	45. Calli Charlton, SFU	23:48.6
20. Corbin Carlton, CWU	25:40.4	81. Drake Henson, MSUB	28:03.7	46. Delaney Clem, CWU	23:54.0
21. Carlos Vargas, SFU	25:46.3	82. Josiah Alverts, UAF	28:08.4	47. Nicole Pederson, CU	23:57.3
22. Thomas Gallagher, SFU	25:50.1	83. Aiden Pullen, SPU	28:28.8	48. Kayla Bloomquist, CWU	24:02.5
23. Turlan Morlan, CWU	25:51.0	84. Ryan Abdalla, NNU	28:41.4	49. Amy Morris, SFU	24:04.1
24. Elius Graff, SPU	25:51.5	85. Arnaud Guyon, UAF	28:43.5	50. Cassie McKinney, WOU	24:06.3
25. Faisal Ibrahim, UAA	25:53.9	86. Noah Roberts, SMU	28:44.6	51. Caitlin Gohr, CWU	24:06.7
26. Ivan Colmenero, MSUB	25:54.0	87. Max Rotar, CU	29:05.7	52. Anja Majjala, UAF	24:06.8
27. Lukash Platil, UAF	25:55.3	88. Derrick Howlett, SMU	29:17.1	53. Emily Hammons, NNU	24:09.6
28. Dylan Hayes, WWU	25:55.9	89. Peter Seifert, CU	29:24.8	54. Kailee Stoppel, MSUB	24:20.2
29. Colin Boutin, SPU	25:56.0	90. Aaron Borger, NNU	29:32.9	55. MaKenna Conley, NNU	24:21.9
30. Trevor Allen, CWU	25:56.4	91. Robert Kochis, CU	29:43.8	56. Dalen Richardson, CU	24:23.5
31. Henry Milodragovich, CWU	26:00.2	92. Josh Allen, CU	30:04.8	57. Gabby Hobson, CU	24:28.3
32. Coby Otero, SPU	26:03.0	93. Robert Bierly, CU	30:40.0	58. Kate Evans, CWU	24:29.3
33. Drew Johnson, UAA	26:06.9	94. Braden Stowers, SMU	32:48.6	59. Maria Rivera Valles, WWU	24:31.3
34. Colton Hoggarth, WWU	26:09.4	95. Joe Phinazee, SMU	33:39.6	60. Riley Burroughs, UAA	24:34.7
35. Hunter Hutton, WOU	26:09.4			61. Danel Camacho, WOU	24:35.9
36. Dominic Giordano, CU	26:12.0			62. Kay Lester, CWU	24:38.9
37. Ronald Venema, MSUB	26:16.1			63. Shayla Solomon, WOU	24:42.2
38. Nick Mounier, WWU	26:17.1			64. Kati Roivas, UAF	24:46.8
39. Tyler Humphries, CWU	26:17.5			65. Yeshi Vaughan, SMU	24:55.6
40. Justin Crosswhite, WOU	26:19.4			66. Maddie Dougherty, CWU	25:00.4
41. Hunter Mosman, WOU	26:23.7			67. Rachel Bayly, WOU	25:04.2
42. Hanson Lee, CWU	26:24.8			68. Heidi Nisly, NNU	25:10.4
43. Carson Jessop, MSUB	26:25.7			69. Olivia Woods, WOU	25:13.4
44. Liam Cossette, WWU	26:28.3			70. Sage Earnest, NNU	25:28.3
45. Zach Kanelis, WOU	26:29.0			71. Kirsys Campbell, UAF	25:29.6
46. Levi Lewis, NNU	26:29.9			72. Maggie Meeds, UAF	25:33.7
47. Josh Moats, CU	26:31.5			73. Toni Gowen, WOU	25:34.1
48. Pablo Lopez, NNU	26:32.5			74. Kaitlyn Bailly, CU	25:37.6
49. Rajesh Gill, CWU	26:36.9			75. Shailynn Hestand, NNU	25:39.9
50. Joseph Perkins, SPU	26:37.5			76. Julia Murph, UAF	25:53.1
51. Mark Hovland, MSUB	26:40.2			77. Hannah Deuling, UAF	25:56.8
52. Brayden Schultz, SPU	26:43.5			78. Sierra Durbin, MSUB	26:07.6
53. Shad Galloway, SPU	26:43.8			79. Alyssa Robinson, SMU	26:17.7
54. Jordan Wilson, SFU	26:45.0			80. Sadie Dalgleish, SMU	26:24.8
55. Tristan Sayre, UAF	26:45.1			81. Arielle Himmelboom, UAA	26:33.8
56. Andrew Oslin, SMU	26:45.6			82. Kendra Zimmerdahl, WOU	26:41.2
57. Jesse Wiley, WWU	26:46.1			83. Rachel Hiner, MSUB	26:44.1
58. Treyson Conley, NNU	26:52.1			84. Madalyn Terwilliger, MSUB	27:01.4
59. Matt Conrardy, CWU	26:53.4			85. Eliza Bannister, SMU	27:09.2
60. Colton Buster, SMU	26:54.4			86. Miranda Livingston, MSUB	28:41.8
61. Josh Boston, CWU	26:54.8			87. Olivia Abbott, SMU	29:01.5

**WOMEN**

1. Emmah Chelimo, UAA	21:25.1
2. Alexa Shindruk, CWU	21:31.1
3. Kaylee Mitchell, SPU	21:35.2
4. Olivia Willett, SFU	21:49.1
5. Nancy Jeptoo, UAA	21:51.8
6. Nicole Soleim, CWU	21:52.3
7. Addy Townsend, SFU	21:53.6
8. Sophia Kaiser, SFU	21:54.2
9. Zannah Jpechumba, UAA	21:55.9
10. Danielle McCormick, UAA	21:58.1
11. Sophia Galvez, WWU	21:59.5
12. Kate Lilly, SPU	22:06.8
13. Katherine Walter, SPU	22:07.5
14. Dania Holmberg, SPU	22:10.4
15. Jane Barr, WWU	22:10.9
16. Chelsea Ribeiro, SFU	22:19.9
17. Shawnee Konrad, WWU	22:23.6
18. Grace Knapp, WOU	22:30.9
19. Bethany Danner, NNU	22:32.2
20. Peyton Shinnick, WWU	22:33.7
21. Alexandra Bergholtz, UAF	22:35.1
22. Elizabeth Thompson, SPU	22:38.9
23. Tracy Melville, WWU	22:41.4
24. Ruth Cvancara, UAA	22:42.8
25. Sophie Dodd, SFU	22:43.8
26. Kalen Johnson, NNU	22:46.9

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2019**

**Oct. 26 at Amend Park, Billings, Mont.**

**Men's Team Scores:** Western Washington 38, Simon Fraser 76, Alaska Anchorage 79, Northwest Nazarene 112, Seattle Pacific 120, Western Oregon 121, Central Washington 168, Alaska 242\*, Saint Martin's 259, Montana State Billings 290, Concordia 305. **NOTE:** Alaska results later vacated by NCAA action.

**Outstanding Athlete:** Felix Kemboi, UAA

**Freshman of the Year:** Deyago Pereza, WWU

**Newcomer of the Year:** Marcus Rice, SMU

**Coach of the Year:** PeeWee Halsell, WWU

**Women's Team Scores:** Western Washington 53, Alaska Anchorage 60, Seattle Pacific 64, Simon Fraser 101, Northwest Nazarene 120, Western Oregon 153, Central Washington 168, Alaska 244\*, Concordia 255, Montana State Billings 272, Saint Martin's 307. **NOTE:** Alaska results later vacated by NCAA action.

**Outstanding Athlete:** Emmah Chelimo, UAA

**Freshman of the Year:** Joan Kipsanai, UAA

**Newcomer of the Year:** Olivia Jimenez, WOU

**Coach of the Year:** PeeWee Halsell, WWU

**Men (8,000 Meters)**

1. Felix Kemboi, UAA	24:44.0	56. Ronald Venema, MSUB	27:06.6	22. Katherine Walter, SPU	23:08.9
2. Justin Crosswhite, WOU	24:54.1	57. Sebastian Brinkman, SFU	27:07.2	23. Olivia Jimenez, WOU	23:17.6
3. Wesley Kirui, UAA	25:10.8	58. Nick Sarsyz, SMU	27:10.0	24. Molly Mattson, CWU	23:21.0
4. James Jaspersen, WWU	25:24.5	59. Brent Bergler, NNU	27:13.4	25. Emily Chilton, SFU	23:25.0
5. Edward Kiolbasa, WWU	25:25.6	60. Mateo Rivera, CWU	27:16.6	26. Grace Chalk, SFU	23:27.6
6. Deyago Pereza, WWU	25:27.4	61. Jack Matherly, UAF	27:16.7	27. Calli Charlton, SFU	23:29.3
7. Liam Cossette, WWU	25:28.1	62. Niko Latva-Kiskola, UAA	27:21.1	28. Sedona Mc Nerney, SPU	23:30.4
8. Elius Graff, SPU	25:29.8	63. Ian Engdahl, CWU	27:21.6	29. Gabby Hobson, CU	23:34.3
9. Trevor Allen, CWU	25:32.2	64. Ase Ackerman, MSUB	27:22.9	30. Claire Noort, SFU	23:35.0
10. Chris Sobczak, SFU	25:33.4	65. Brodie Dick, NNU	27:31.7	31. Lily Tyrrell, CWU	23:36.0
11. Godfrey Kemboi, NNU	25:38.3	66. Bryant Edgerton, MSUB	27:35.1	32. Yvonne Jeschke, UAA	23:37.3
12. Colin Boutin, SPU	25:38.6	67. Josh Scheetz, CU	27:38.7	33. Nikki Aiken, MSUB	23:37.6
13. Thomas Gallagher, SFU	25:41.9	68. Mike Ophoff, UAF	27:44.0	34. Kaylin Cantu, WOU	23:41.2
14. Carlos Vargas, SFU	25:42.3	69. Matt Conrardy, CWU	27:46.5	35. Alexandria Bergholtz, UAF	23:45.0
15. Skyler McIntyre, UAA	25:43.0	70. Brendan Moore, SFU	27:53.6	36. Caitlin Gohr, CWU	23:47.9
16. Eric Hamel, WWU	25:44.2	71. Logan Straus, MSUB	27:55.3	37. Delaney Clem, CWU	23:48.8
17. Treyson Conley, NNU	25:45.5	72. Max Rotar, CU	28:06.5	38. Sierra Manzer, NNU	23:48.9
18. Colton Hoggarth, WWU	25:47.2	73. Will Miller, CWU	28:10.5	39. Shawnee Konrad, WWU	23:59.0
19. Aaron Ahl, SFU	26:03.4	74. Zachary Franco, SMU	28:12.6	40. Cassie McKinney, WOU	24:00.0
20. Graeme Roberts, SFU	26:06.5	75. Carson Jessup, MSUB	28:20.5	41. Madison Child, CWU	24:01.7
21. Jesse Wiley, WWU	26:06.9	76. Miguel De LaMalena, SMU	28:27.6	42. Ashley Arreola, CWU	24:08.9
22. Hunter Mosman, WOU	26:07.0	77. Curt Knott, WOU	28:33.8	43. Anja Maijala, UAF	24:12.6
23. Tyler Shea, NNU	26:07.9	78. Adam Alanzar, WOU	28:34.5	44. Waverly Shreffler, WWU	24:16.4
24. Peyton Brothers, NNU	26:14.0	79. Ethan Tucey, CU	28:37.4	45. Heidi Nisly, NNU	24:21.6
25. Sawyer Heckard, WOU	26:17.7	80. Zephan Ozturgut, UAF	28:41.9	46. Elaina Hansen, SMU	24:28.6
26. Jacob Walsh, UAF	26:20.3	81. Bryce Mefford, WOU	29:33.1	47. Kalen Johnson, NNU	24:32.3
27. Jared Putney, SPU	26:22.3	82. Will Steinfeldt, MSUB	29:36.7	48. Nicole Lindsay, SFU	24:40.2
28. Eduardo Orozco, UAA	26:23.4	83. Noah Roberts, SMU	29:38.7	49. Kayla Bloomquist, CWU	24:44.9
29. Marcus Rice, SMU	26:26.1	84. Guillaume Tabary, SMU	30:04.0	50. Noelle Resignolo, UAF	24:47.5
30. Rajesh Gill, CWU	26:28.2	85. Robert Bierly, CU	30:21.3	51. Alfin Nyamasyo, UAA	24:47.6
31. Andy Muha, WOU	26:32.2	86. Nick Redgrave, MSUB	30:28.8	52. Kristina Ihlen, CWU	24:54.6
32. Jacob Moos, UAA	26:33.2	87. Jaskaran Dhatt, SMU	30:41.5	53. Sage Earnest, NNU	24:55.7
33. Lukash Platil, UAF	26:33.7	88. Josh Allan, CU	30:58.7	54. Natasha Smigelski, CU	25:08.9
34. Jordan Wilson, SFU	26:33.9			55. Katelynn Strate, CWU	25:18.0
35. Sheamus Mahoney, SPU	26:36.7	<b>Women (6,000 Meters)</b>		56. Faerynn Glasscock, WOU	25:19.6
36. Teagan Harris, SFU	26:38.8	1. Emmah Chelimo, UAA	21:31.9	57. Kailee Stoppel, MSUB	25:20.5
37. Gabe Martin, NNU	26:40.7	2. Kate Lilly, SPU	21:39.3	58. Kaitlyn Bailly, CU	25:21.8
38. Alec Ritter, WWU	26:41.3	3. Nancy Jeptoo, UAA	21:55.5	59. Cheyenne Abbott, CU	25:23.6
39. Brayden Schultz, SPU	26:44.6	4. Dania Holmberg, SPU	22:02.5	60. Katherine Anderson, CWU	25:26.7
40. Faisal Ibrahim, UAA	26:44.7	5. Grace Knapp, WOU	22:04.3	61. Maria Aceves Espinoza, UAA	25:33.2
41. Nickson Koech, WWU	26:45.8	6. Joan Kipsanai, UAA	22:20.6	62. Mariel Pulles, UAF	25:38.4
42. Zach Kanelis, WOU	26:46.7	7. Olivia Willett, SFU	22:22.2	63. Madisan Chavez, MSUB	25:43.0
43. Ephrem Mekonnen, SFU	26:49.3	8. Jane Barr, WWU	22:26.1	64. Sierra Durbin, MSUB	25:44.7
44. Garrett Hough, CWU	26:49.6	9. Rebecca Lehman, WWU	22:29.6	65. Annika Taylor, WWU	25:45.5
45. Macauley Franks, WWU	26:51.3	10. Tracy Melville, WWU	22:40.0	66. Rachel Bayly, WOU	25:51.8
46. Zach Sundt, CWU	26:51.8	11. Sophia Galvez, WWU	22:43.9	67. Naomi Hartley, SMU	25:52.8
47. Donovan Barnhart, CWU	26:53.1	12. Julia LaMar, NNU	22:46.8	68. Maggie Meads, UAF	26:00.9
48. Noah Murry, CU	26:53.2	13. Bethany Danner, NNU	22:49.2	69. Danel Camacho, WOU	26:09.9
49. Colby Otero, SPU	26:56.4	14. Annalisa Hamilton, NNU	22:50.9	70. Kierra Yates, SMU	26:16.1
50. Jacob Allmaras, SPU	26:57.1	15. Tovah Swartz-Ireland, WWU	22:52.3	71. Sarah Olson, UAF	26:25.1
51. Shad Galloway, SPU	26:58.4	16. Megan Roxby, SFU	22:55.5	72. Abby Burton, CU	26:37.2
52. Kevin Mullin, Jr., WWU	26:59.0	17. Elizabeth Thompson, SPU	22:58.7	73. Rya Berrigan, UAF	26:39.4
53. Henry Milodragovich, CWU	27:00.8	18. Ruth Cvancara, UAA	23:00.4	74. Bethany Forward, SMU	27:00.1
54. Emmett Klus, WOU	27:04.9	19. Kelsey Washenberger, SPU	23:02.7	75. Miranda Livingston, MSUB	27:09.2
55. Andrew Oslin, SMU	27:05.5	20. Talia Dreicer, WWU	23:05.1	76. Kendyl Otter, SMU	27:34.7
		21. Aundrea Koger, WWU	23:08.9	77. Maiya Martinez, SMU	30:40.6

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2021**  
**Oct. 23 at Saint Martin's University Campus, Lacey, Wash.**  
**Men's Team Scores:** Simon Fraser 50, Western Washington 55, Western Oregon 96, Alaska Anchorage 107, Northwest Nazarene 150, Central Washington 165, Montana State Billings 168, Saint Martin's 190, Alaska 224, Seattle Pacific 228.  
**Outstanding Athlete:** Aaron Ahl, SFU      **Newcomer of the Year:** Miguel Villar, WOU  
**Freshman of the Year:** Coleman Nash, UAA      **Coach of the Year:** Brit Townsend, SFU

**Women's Team Scores:** Simon Fraser 32, Western Washington 77, Alaska 92, Western Oregon 114, Seattle Pacific 161, Northwest Nazarene 163, Alaska Anchorage 189, Saint Martin's 191, Central Washington 204, Montana State Billings 221.  
**Outstanding Athlete:** Olivia Willett, SFU      **Newcomer of the Year:** Luz Garcia, WOU  
**Freshman of the Year:** Rosie Fordham, UAF      **Coach of the Year:** Brit Townsend, SFU

**Men (8,000 Meters)**

1.	Aaron Ahl, SFU	24:21.8
2.	Coleman Nash, UAA	24:22.9
3.	Charlie Dannatt, SFU	24:32.8
4.	Dylan Tidwell, NNU	24:35.9
5.	Jacob Moos, UAA	24:42.4
6.	Mac Franks, WWU	24:45.3
7.	Jack Farrell, SMU	24:46.0
8.	Jeret Gillingham, WWU	24:48.5
9.	Scott Arndt, SFU	24:49.5
10.	Miguel Villar, WOU	24:51.7
11.	Keanu Daos, WOU	24:55.7
12.	Alec Ritter, WWU	24:56.8
13.	Tyler Shea, NNU	24:57.1
14.	Jalen Javurek, WWU	24:58.6
15.	Kevin McDermott, WWU	25:00.0
16.	Ase Ackerman, MSUB	25:00.7
17.	Bailey Smith, WOU	25:03.2
18.	Ephrem Mekonnen, SFU	25:06.5
19.	Aiden Good, SFU	25:07.9
20.	Felix Kemboi, UAA	25:12.3
21.	Nickson Koech, UAA	25:15.1
22.	Sebastian Brinkman, SFU	25:16.0
23.	Tim Rambo, WOU	25:27.6
24.	Carson Jessop, MSUB	25:28.4
25.	Kaleb Korta, WWU	25:31.0
26.	Sean Sands, WWU	25:32.2
27.	Shawn Clough, CWU	25:33.4
28.	Logan Straus, MSUB	25:36.5
29.	Jose Castro, SFU	25:43.3
30.	Colin Boutin, SPU	25:43.4
31.	Henry Ruckman-Uttig, SFU	25:49.0
32.	Trevor Allen, CWU	25:51.8
33.	Drew Weber, WWU	25:54.5
34.	Zack Sundt, CWU	25:57.4
35.	Mike Ophoff, UAF	26:02.5
36.	Treyson Conley, NNU	26:04.4
37.	Emmett Klus, WOU	26:06.0
38.	Kainalu Pagente, SMU	26:07.1
39.	Rajesh Gill, CWU	26:08.1
40.	Henry Milodragovich, CWU	26:13.2
41.	Joe Davies, UAF	26:16.8
42.	Bryant Edgerton, MSUB	26:18.7
43.	Chandler Emerson, NNU	26:21.9
44.	Cedar Davis-Frankfort, WOU	26:26.2
45.	Jon Owen, SPU	26:28.7
46.	Michael Harwell, SMU	26:30.5
47.	Brock Knowles, WWU	26:33.1
48.	Mateo Rivera, CWU	26:33.5
49.	Brennan LeBlanc, SPU	26:39.7
50.	Dustyn McKenney, WOU	26:42.7
51.	Nick McIver, WWU	26:46.5
52.	Braden Ahl, SFU	26:56.0
53.	Zephan Ozturgut, UAF	26:56.5
54.	Isaac Cortes, SMU	26:59.6

55.	Spencer Solvberg, CWU	27:01.1
56.	Easton Pomrankey, WOU	27:02.3
57.	Michael Miller, SFU	27:06.4
58.	Espen Diamond, CWU	27:08.7
59.	Koen Ross, UAF	27:20.1
60.	Gabe Endresen, SPU	27:11.1
61.	Nolan Earnest, UAF	27:14.9
62.	Rudu Wani, SMU	27:18.6
63.	Jaden McCabe, WOU	27:19.0
64.	Ethan Lopic, CWU	27:21.4
65.	Steven Baltz, SMU	27:26.3
66.	Lance Slichko, SMU	27:29.1
67.	Ty Savely, CWU	27:30.2
68.	Ben Sheirbon, SPU	27:33.5
69.	Jeff Fairbanks, NNU	27:44.3
70.	Titus Kangogo, UAA	28:04.5
71.	Jordi Peiro, MSUB	28:11.2
72.	Rory McClelland, SPU	28:30.0
73.	Quincy Ellis, NNU	28:30.3
74.	Aaron Borger, NNU	28:46.8
75.	Norman Kosgei, NNU	28:55.2
76.	Miguel De LaMalena, SMU	29:13.9
77.	Esteban Quiyono, SMU	29:14.7
78.	Jackson Bailey, MSUB	29:26.0
79.	Jack Cater, UAF	29:50.7
80.	Jaskaran Dhatt, SMU	30:17.4
81.	Jacob Belanger, UAA	34:23.4

**Women (6,000 Meters)**

1.	Olivia Willett, SFU	21:27.3
2.	Rosie Fordham, UAF	21:33.1
3.	Kendall Kramer, UAF	21:34.5
4.	Naomi Bailey, UAF	21:45.0
5.	Luz Garcia, WOU	21:48.5
6.	Kate Cameron, SFU	21:54.6
7.	Alison Andrews-Paul, SFU	22:00.4
8.	Megan Roxby, SFU	22:02.4
9.	Annika Esvelt, SPU	22:06.3
10.	Emily Chilton, SFU	22:15.1
11.	Brook Wedin, WWU	22:26.1
12.	Caitlin Heldt, WOU	22:27.4
13.	Brittany Aquino, WWU	22:30.7
14.	Ila Davis, WWU	22:31.4
15.	Kalen Belton, NNU	22:33.2
16.	Ella Marion, SFU	22:34.3
17.	Charlotte Prangley, SFU	22:39.5
18.	Grace Chalk, SFU	22:40.7
19.	Shawnee Konrad, WWU	22:44.4
20.	Julia LaMar, NNU	22:46.4
21.	Ellie Rising, SPU	22:47.0
22.	Mia Crocker, WWU	22:47.7
23.	Eugenia Palko, WWU	22:47.9
24.	Kailee Stoppel, MSUB	22:49.4
25.	Claire Noort, SFU	22:49.7
26.	Cassidy Walchak-Sloan, SMU	22:49.8

27.	Sara Sabra, SMU	22:56.5
28.	Delainey Zock, UAF	22:56.7
29.	Nancy Jeptoo, UAA	23:09.5
30.	Milena Kalisch, SFU	23:10.6
31.	Sophie Wright, WWU	23:11.7
32.	Kaylin Cantu, WOU	23:30.3
33.	Katie Chapman, WOU	23:33.3
34.	Madison Child, CWU	23:47.5
35.	Nicki Yorges, SPU	23:50.2
36.	Kelsey Washenberger, SPU	23:52.4
37.	Sophia Collins, WWU	23:53.4
38.	Bailey Roe, UAA	23:58.8
39.	Kay Lester, CWU	24:04.3
40.	Joan Kipsanai, UAA	24:05.4
41.	Emily McMahon, NNU	24:05.5
42.	Lindie Larson, WOU	24:07.9
43.	Naomi Hartley, SMU	24:21.4
44.	Kendra Woods, MSUB	24:26.0
45.	Alfin Nyamasyo, UAA	24:28.6
46.	Sage Earnest, NNU	24:28.7
47.	Alisha Saucedo, SMU	24:29.0
48.	Ally Whitmer, MSUB	24:29.6
49.	Caitlin Gohr, CWU	24:35.1
50.	Katelynn Strate, CWU	24:35.5
51.	Meredith Massey, CWU	24:39.5
52.	Tailer Cochran, CWU	24:40.5
53.	Delphine Maurer, WWU	24:40.6
54.	Kelli Heim, CWU	24:42.7
55.	Olivia Klein, NNU	24:49.9
56.	Arielle Himelbloom, UAA	24:52.5
57.	Sofija Spaic, UAA	24:59.0
58.	Emily Johnson, WOU	25:02.2
59.	Jordan Woods, NNU	25:07.9
60.	Kaitlyn Kruse, WOU	25:08.2
61.	Sierra Durbin, MSUB	25:09.5
62.	Rya Berrigan, UAF	25:15.1
63.	Kaiya Leamy, WOU	25:24.6
64.	Madison Chavez, MSUB	25:38.0
65.	Kylee Halpin, MSUB	25:44.2
66.	Josephine Ackerman, WOU	25:46.2
67.	Madison Thompson, CWU	25:51.0
68.	Kya Ramirez, SMU	25:55.0
69.	Savanna Woody, NNU	26:02.1
70.	Emily Moore, WOU	26:06.5
71.	Kit Wiersema, MSUB	26:08.1
72.	Ryan Hyatt, CWU	26:10.7
73.	Jenna Heesacker, CWU	26:16.7
74.	Alia Berrigan, UAF	26:24.7
75.	Elena Cano, UAA	26:30.0
76.	Peyton Bodi, SMU	26:40.8
77.	Kayla Tafoya, NNU	26:50.2
78.	Abby Burton, SMU	26:56.0
79.	Isabelle Kronz, NNU	27:07.9
80.	Johanna Brown, SPU	29:35.2

# GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

**2022**

**Nov. 5 at Ash Creek Reserve, Monmouth, Ore.**

**Men's Team Scores:** Western Washington 31, Simon Fraser 52, Alaska Anchorage 83, Western Oregon 115, Saint Martin's 133, Montana State Billings 163, Central Washington 182, Seattle Pacific 228, Northwest Nazarene 239, Alaska 285.

**Outstanding Athlete:** Coleman Nash, UAA

**Newcomer of the Year:** Michael Zapherson, UAA

**Freshman of the Year:** Jared Alderfer, WWU

**Coach of the Year:** Pee Wee Halsell, WWU

**Women's Team Scores:** Western Washington 64, Saint Martin's 78, Simon Fraser 86, Western Oregon 87, Alaska 91, Seattle Pacific 149, Alaska Anchorage 163, Montana State Billings 224, Northwest Nazarene 242, Central Washington 261.

**Outstanding Athlete:** Kendall Kramer, UAF

**Newcomer of the Year:** Meaera Shannon, WWU

**Freshman of the Year:** Alauna Carstens, SMU

**Coach of the Year:** Pee Wee Halsell, WWU

**Men (8,000 Meters)**

1. Coleman Nash, UAA	23:46.2
2. Charlie Dannatt, SFU	24:03.4
3. Jaret Gillingham, WWU	24:06.5
4. Andrew Oslin, WWU	24:07.1
5. Sebastian Brinkman, SFU	24:07.9
6. Michael Zapherson, SFU	24:12.0
7. George Karamitsos, WWU	24:12.5
8. Kevin McDermott, WWU	24:20.6
9. Ryan Clough, WWU	24:22.7
10. Hunter Hutton, WOU	24:23.0
11. Scott Arndt, SFU	24:29.2
12. Isaac Cortes, SMU	24:35.0
13. Jesus Avalos, UAA	24:45.7
14. Alec Ritter, WWU	24:46.8
15. Ase Ackerman, MSUB	24:49.6
16. Aiden Good, SFU	24:50.8
17. Jared Alderfer, WWU	24:51.6
18. Ephrem Mekonnen, SFU	24:53.7
19. Jalen Javurek, WWU	24:55.3
20. Henry Ruckman-Utting, SFU	25:01.5
21. Drew Weber, WWU	25:03.7
22. Ty Savely, CWU	25:04.1
23. Sean Sands, WWU	25:05.2
24. Drew Johnson, UAA	25:16.8
25. Bailey Smith, WOU	25:18.1
26. Logan Straus, MSUB	25:19.3
27. Brody Kemble, NNU	25:23.4
28. Easton Pomrankey, WOU	25:27.2
29. Kainalu Pagente, SMU	25:33.8
30. Logan Parker, WOU	25:38.0
31. Jack Farrell, SMU	25:42.6
32. Michael Harwell, SMU	25:45.7
33. Jordan Schmidt, SFU	25:47.3
34. Miguel Villar, WOU	25:48.9
35. Shawn Clough, CWU	25:50.2
36. Kolby Spink, WOU	25:50.9
37. Dustyn McKenney, WOU	25:52.3
38. Bryant Edgerton, MSUB	25:53.9
39. Keeton Sanchez, WOU	25:54.3
40. Ryan Jensen, SFU	25:56.0
41. Jon Owen, SPU	26:00.0
42. Quincy Ellis, NNU	26:07.0
43. Eli Dale, SMU	26:10.7
44. Jack Pratapas, CWU	26:16.9
45. Wyatt May, MSUB	26:20.9
46. Rudu Wani, SMU	26:30.3
47. Ries Tveit, UAA	26:31.7
48. Garrett Hough, CWU	26:37.9
49. Micah Logie, SFU	26:38.8
50. Brennan LeBlanc, SPU	26:40.4
51. Lance Slichko, SMU	26:42.0
52. Emmett Klus, WOU	26:59.6
53. Drew Thompson, SPU	27:04.6
54. Zachary Christensen, UAA	27:24.1

55. Cedar Davis-Frankfort, WOU	27:28.1
56. Shun Yamaguchi, CWU	27:31.6
57. Lucas Reyes, SPU	27:36.2
58. Jordi Piero, MSUB	27:38.6
59. Ryan Owens, UAF	27:42.3
60. Jaskaran Dhatt, SMU	27:43.5
61. Nolan Earnest, UAF	27:44.0
62. Steven Baltz, SMU	27:46.7
63. Nathaniel Gale, SPU	27:50.4
64. Aaron Heberlein, NNU	27:51.1
65. Tom Thake, SPU	27:51.7
66. Lorenzo Anguiano, CWU	27:54.7
67. Koen Ross, UAF	28:15.5
68. Stephen Zukowski, UAA	28:19.5
69. Josh Lady, NNU	28:25.1
70. Isaac Venable, SPU	28:54.9
71. Spencer Solvberg, CWU	28:59.1
72. Josh Baurick, UAF	29:36.0
73. Jack Cater, UAF	29:36.6
74. Jackson Bailey, MSUB	29:37.9
75. Bryan Bach, NNU	29:54.2
76. Ben Pilon, UAF	30:41.8
Joel Perriard, SFU	DNF

**Women (6,000 Meters)**

1. Kendall Kramer, UAF	20:37.0
2. Naomi Bailey, UAF	20:37.1
3. Caitlin Heldt, WOU	21:09.1
4. Alauna Carstens, SMU	21:16.7
5. Rosie Fordham, UAF	21:19.2
6. Cassidy Walchak-Sloan, SMU	21:19.6
7. Mia Crocker, WWU	21:30.0
8. Sophie Wright, WWU	21:39.6
9. Sara Sabra, SMU	21:42.4
10. Grace Chalk, SFU	21:45.4
11. Meaera Shannon, WWU	21:48.4
12. Luz Garcia, WOU	21:56.5
13. Riley Smith, WOU	21:58.2
14. Morgan Erler, NNU	21:59.1
15. Emily Chilton, SFU	22:02.5
16. Sarah Prangle, SFU	22:06.0
17. Evelyn Collins-Winn, WWU	22:13.2
18. Annika Esvelt, SPU	22:14.5
19. Milena Kalisch, SFU	22:16.1
20. Alfin Nyamasyo, UAA	22:45.4
21. Ahley Reeck, WWU	22:27.9
22. Vanessa Aniteye, SPU	22:30.3
23. Delainey Zock, UAF	22:30.3
24. Ali Saucedo, SMU	22:31.0
25. Kailee Stoppel, MSUB	22:31.3
26. Ella Marion, SFU	22:32.4
27. Megan Roxby, SFU	22:32.7
28. Matise Mulch, SPU	22:33.0
29. Holly Hutton, WOU	22:33.6
30. Lindie Larson, WOPU	22:35.3

31. Alanna Parker, WWU	22:37.6
32. Elle Stevens, UAA	22:42.7
33. Jordan Strausbaugh, UAA	22:49.3
34. Katie Chapman, WOU	22:49.5
35. Naomi Hartley, SMU	22:49.8
36. Natalie Perez, WOU	22:50.3
37. Tressa Wood, UAA	22:50.8
38. Rachael Watkins, SFU	22:52.7
39. Libby Michael, SPU	22:57.5
40. Marian Ledesma, WWU	23:03.4
41. Sidra Miller, WWU	23:07.2
42. Olivia Flack, WOU	23:09.8
43. Laura Halsell, WWU	23:20.8
44. Sofija Zauc, UAA	23:33.2
45. Maya Ewing, SPU	23:37.3
46. Kya Ramirez, SMU	23:44.6
47. Alexis Parker, WWU	23:47.4
48. Monica Ruelas, UAA	23:48.2
49. Rose Melville, CWU	23:54.1
50. Zoie Mastin, CWU	23:55.8
51. Ali Clifton, WOU	24:05.5
52. Aunika Miller, UAA	24:07.4
53. Ally Whitmer, MSUB	24:08.6
54. Carey Berendsen, MSUB	24:09.9
55. Alahna Lien, MSUB	24:12.7
56. Emily McMahon, NNU	24:14.0
57. Kaylee Dalling, MSUB	24:20.4
58. Tailer Cochran, CWU	24:24.9
59. Olivia Klein, NNU	24:25.9
60. Madeline Severson, MSUB	24:26.0
61. Olivia Wyatt, CWU	24:27.7
62. Katelyn Flolo, SPU	24:31.0
63. Keelin Stewart, NNU	24:33.6
64. Nicki Yorges, SPU	24:34.2
65. Elizabeth Vanderput, SFU	24:35.5
66. Teegan Silva, UAF	24:38.9
67. Madison Thompson, CWU	24:41.8
68. Emily Moore, WOU	24:58.1
69. Aspen Tolman, MSUB	25:07.8
70. Lauren Thompson, CWU	25:13.8
71. Arielle Himelbloom, UAA	25:16.3
72. Kelli Heim, CWU	25:17.0
73. Gracie Averill, NNU	25:19.5
74. Alexa Neff, CWU	25:24.0
75. Kit Wiersema, MSUB	26:08.1
76. Faith Linthicum, SMU	26:44.9
77. Abby Burton, SMU	26:50.2
78. Kaleigh Dalrymple, CWU	27:06.3
79. Grace Howard, CWU	27:31.9
80. Kalysa Kempthorn, NNU	28:02.6
81. Chloe Edmiston, NNU	28:54.3
82. Alyssa Quinn, NNU	29:28.5
Kate Cameron, SFU	DNF

## GNAC CROSS COUNTRY CHAMPIONSHIPS ALL-TIME RESULTS

2023

**Oct. 21 at Kincaid Park, Anchorage, Alaska**

**Men's Team Scores:** Western Washington 37, Alaska Anchorage 51, Simon Fraser 80, Western Oregon 142, Northwest Nazarene 145, Central Washington 161, Saint Martin's 187, Seattle Pacific 217, Alaska 220, Montana State Billings 259.

**Outstanding Athlete:** Kevin McDermott, WWU

**Newcomer of the Year:** Johan Correa, CWU

**Freshman of the Year:** Kanoa Blake, WOU

**Coach of the Year:** Ben Stensland, WWU

**Women's Team Scores:** Western Washington 49, Saint Martin's 71, Alaska 86, Simon Fraser 103, Alaska Anchorage 137, Western Oregon 141, Seattle Pacific 153, Northwest Nazarene 184, Central Washington 272, Montana State Billings 273.

**Outstanding Athlete:** Kendall Kramer, UAF

**Newcomer of the Year:** Nell Baker, UAA

**Freshman of the Year:** Ella Edens, WWU

**Coach of the Year:** Ben Stensland, WWU

Complete Results on TFRRS:

[https://www.tfrrs.org/results/xc/22730/2023\\_GNAC\\_Cross\\_Country\\_Championship#event149083](https://www.tfrrs.org/results/xc/22730/2023_GNAC_Cross_Country_Championship#event149083)