



GNAC CROSS COUNTRY COACHES RECORDS

Updated Through 2023 Season

Coach	School	Years	CONFERENCE TOP 3						REGION TOP 3					
			Men			Women			Men			Women		
			1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd
Michael Friess	Alaska Anchorage	1997-18	12	7	1	9	5	2	3	5	6	5	2	6
Ryan McWilliams	Alaska Anchorage	2019-23	0	1	2	0	1	0	0	0	0	0	0	0
Bill McDonnell	Alaska	2001-03	0	0	0	0	0	0	0	0	0	0	0	0
Scott Jerome	Alaska	2004-14	0	0	0	0	0	0	0	0	0	0	0	0
Nick Crawford*	Alaska	2015-18	0	0	0	0	0	0	0	0	0	0	0	0
Eliska Albrigtsen*	Alaska	2019-23	0	0	0	0	0	2	0	0	0	0	0	0
Jarret Mantalas	Concordia	2015-19	0	0	0	0	0	0	0	0	0	0	0	0
Kevin Adkisson	Central Washington	1998-22	0	0	2	2	3	4	0	0	0	1	0	1
Jonathan Hill	Central Washington	2023	0	0	0	0	0	0	0	0	0	0	0	0
Dave Wells	Humboldt State	1998-03	3	1	0	2	0	1	0	1	2	0	1	0
Sandy Moran	Humboldt State	2004-05	0	0	1	0	0	0	0	0	0	0	0	0
Dave Coppock	Montana St. Billings	2007-16	0	0	1	0	0	0	0	0	0	0	0	0
Jonathan Woehl	Montana St. Billings	2017-23	0	0	0	0	0	0	0	0	0	0	0	0
Randy Dalzell	Northwest Nazarene	2000-01	1	0	0	0	0	0	0	0	0	0	0	0
John Spatz	Northwest Nazarene	2002-17	0	0	0	0	0	1	0	0	0	0	0	0
Danny Bowman	Northwest Nazarene	2018-23	0	0	0	0	0	0	0	0	0	0	1	0
Brad Hooper	Saint Martin's	1998-05	0	0	0	0	0	0	0	0	0	0	0	0
Julie Sullivan	Saint Martin's	2006-12	0	0	0	0	0	0	0	0	0	0	0	0
Jason McConnell	Saint Martin's	2013	0	0	0	0	0	0	0	0	0	0	0	0
Jim Brewer	Saint Martin's	2014-20	0	0	0	0	0	0	0	0	0	0	0	0
Matt Lowe	Saint Martin's	2021-23	0	0	0	0	2	0	0	0	0	0	0	0
Paula Montgomery	Seattle	2001-05	0	0	0	0	0	0	0	0	0	0	0	0
Trisha Steidl	Seattle	2006-07	0	0	0	0	0	0	0	0	0	0	0	0
Doris Heritage	Seattle Pacific	1997-07	1	0	1	7	2	0	0	0	1	1	3	0
Erika Dalgren	Seattle Pacific	2008-12	0	0	0	1	1	1	0	0	0	0	1	1
Karl Lerum	Seattle Pacific	2013-23	0	0	0	0	0	4	0	0	0	0	0	0
Brit Townsend	Simon Fraser	2010-23	1	5	4	2	6	1	0	1	0	2	3	0
Rob Wood	Western Oregon	2000-03	0	0	2	0	0	0	0	0	0	0	0	0
Mike Johnson	Western Oregon	2004-19	1	1	4	0	1	1	0	0	2	0	0	0
Octavious Gillespie-Bennett	Western Oregon	2020-22	0	0	1	0	0	0	0	0	0	0	0	0
Zach Holloway	Western Oregon	2023	0	0	0	0	0	0	0	0	0	0	0	0
PeeWee Halsell	Western Washington	1998-22	6	10	4	2	4	8	0	3	3	0	1	2
Ben Stensland	Western Washington	2023	1	0	0	1	0	0	0	0	0	1	0	0

Note: Coaching records only include seasons since 1997 as either PacWest (1997-00) or GNAC (2001-07) member. Region placings are since 1998. There was not a GNAC Championships or NCAA West Regional meet in 2020 due to the COVID-19 pandemic.

* - Nick Crawford was on leave in 2019. Albrigtsen served as acting head coach and was named permanent head coach prior to 2020.