



Sept. 21, 2017 • Week 4
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Sept. 22

Western Oregon at SF State Invitational, San Francisco, Calif.

Sat., Sept. 23

Northwest Nazarene, Simon Fraser, Western Washington at Roy Griak Invitational, St. Paul, Minn. Alaska, Central Washington, Saint Martin's, Western Washington at Saint Martin's Invitational, Lacey, Wash.

LAST WEEK'S MEETS

Sat., Sept. 16

MSU-Bozeman Running Company Invitational at Bridger Creek Golf Course, Bozeman, Mont. Men's Collegiate Non-Division I (5 Miles): Montana State Billings 23, Carroll (Mont.) 37, Montana State Northern 62.

Top 5 Finishers: 1, Sam Read, Unattached, 25:59.43. 2, Collin Buck, Unattached, 26:18.92. 3, Ty Mogan, Unattached, 26:31.01. 4, Andrew Kaler, Unattached, 26:40.56. 5, Tyus Mendoza, MSUB, 26:45.59.

Other Top GNAC Finishers: 9, Ivan Colmanero, MSUB, 27:37.98. 10, Ronald Venema, MSUB, 27:57.35. 12, Carson Jessop, MSUB, 28:23.28. 15, Jack Pickell, MSUB, 29:10.91.

Women's Collegiate Non-Division I (3 Miles): Carroll (Mont.) 17, Montana State Northern 41.

Top 5 Finishers: 1, Janie Reid, CC, 17:52.13. 2, Samantha Mundel, CC, 18:15.12. 3, Nikki Aiken, MSUB, 18:59.01. 4, Teal Bullick, CC, 19:23.43. 5, Macala Fifield, Unattached, 19:40.94.

Other Top GNAC Finishers: 8, Bailey Bomar, MSUB, 20:02.10. 13, Catrina Schuchard, MSUB, 21:14.98. 15, Kateri Rush, MSUB, 22:57.12.

Sundodger Invitational

at Lincoln Park, Seattle, Wash.

Men's Open (8,000 Meters): Trinity Western 46, Simon Fraser 70, Southern Oregon 71, Western Washington 125, Northwest Nazarene 188, Lewis & Clark 199, Concordia 218, Alaska 248, Central Washington 264, Seattle Pacific 279, Seattle Running Club 282, Whitworth 286, Pacific Lutheran 294, George Fox 342, Whitman 385, Spokane CC 438, Puget Sound 471, Pacific (Ore.) 516, Everett CC 581.

Top 5 Finishers: 1, Brad Hodkinson, PLU, 24:24.95. 2, Nick Colyn, TWU, 24:33.04. 3, Gilbert Grundy, Jacuzzi Boys, 24:36.02. 4, Caleb de Jong, TWU, 24:37.31. 5, Connor Cushman, SOU, 24:37.60.

Top GNAC Finishers: 6, Rowan Doherty, SFU, 24:45.72. 10, Sean Miller, SFU, 25:04.18. 12, Ben Halladay, SPU, 25:15.11. 14, Isaac Mitchell, NNU, 25:15.81. 16, Mateo de Dalmases, SFU, 25:26.83.

Women's Open (6,000 Meters): Simon Fraser 42, Point Loma 55, Seattle Pacific 132, Trinity Western 157, Western Washington 166, Whitworth 173, Central Washington 200, Puget Sound 254, Southern Oregon 260, George Fox 262, Whitman 307, Alaska 310, Concordia 315, Northwest Nazarene 341, Pacific (Ore.) 414, Lewis & Clark 467, Pacific Lutheran 500, Spokane CC 504, Seattle Running Club 537, Soka 593.

Top 5 Finishers: 1, Ruby Roberts, Unattached, 21:10.58. 2, Jessa Robertson, SOU, 21:11.43. 3, Julia Howley, SFU, 21:22.86. 4, Hannah Benoit-Bucher, PLNU, 21:24.27. 5, Mirelle Martens, TWU, 21:36.37.

Other Top GNAC Finishers: 9, Olivia Willett, SFU, 21:44.46. 10, Alexa Shindruk, CWU, 21:52.47. 12, Addy Townsend, SFU, 21:56.65. 13, Miryam Bassett, SFU, 21:56.85.

#GNACXC in 140

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#TrueNorthRising Simon Fraser's women won the open race at the Sundodger Invitational (non-Division I teams), placing all five scoring runners in the top-14. The performance earned the Clan selection as the Red Lion/GNAC Team of the Week.

#TartanTough Simon Fraser placed second in the 19-team men's field, leading a day that saw all seven GNAC men's teams place in the top-10 of the meet.

#BigSkyVictory The Montana State Billings' men emerged the winner of a small non-Division I race at last weekend's MSU-Bozeman Running Co. Invitational. The Yellowjackets ran the race in an unusual September snowstorm.

#HighPowered Northwest Nazarene, Simon Fraser and Western Washington will all have high-powered tests this weekend as they compete at the large Roy Griak Invitational in Minnesota.

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MSU Billings	@MSUBSports	#MSUBXC
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Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
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GNAC Cross Country Runners of the Week



MEN

Rowan Doherty, Simon Fraser
Junior • West Vancouver, B.C.

Doherty was the top Division II placer in the men's race at the Sundodger Invitational, placing sixth with a time of 24:45.72 for 8,000 meters (4:59 per mile pace). He helped lead the Clan to a second place finish out of 19 teams with 70 points.

Also Nominated: Josh Boston (Central Washington), Judd Lewis (Concordia), Ben Halladay (Seattle Pacific).



WOMEN

Julia Howley, Simon Fraser
Senior • St. John's, N.L.

Howley is honored for the second week in a row after she placed third at the Sundodger Invitational, covering the 6,000-meter course in 21:22.86 (5:44 per mile pace). She led five SFU runners to finish in the top-14 as the Clan won the meet with a score of 42 points.

Also Nominated: Alexa Shindruk (Central Washington).

Past GNAC Runners of the Week

Date	Men	Women
Aug. 28 - Sept. 3	Judd Lewis, CU	Caroline Kurgat, UAA
Sept. 4 - 10	Felix Kemboi, UAA	Julia Howley, UAA
Sept. 11 - 19	Rowan Doherty, SFU	Julia Howley, SFU

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

GNAC News & Notes

MAPLE LEAF RAG: The Sundodger Invitational was the first meet of the season that saw a majority of GNAC schools compete and Simon Fraser proved that they will be a contender at next month's GNAC Championships.

A week after posting a perfect score at the Ash Creek Invitational, the Simon Fraser women placed all five scoring runners in the top-14 to win the women's open team competition in Seattle. The Clan scored 42 points, 13 points ahead of second place Point Loma. The outstanding performance earned the team selection as the Red Lion/GNAC Team of the Week.

The Clan had a gap of just 35 seconds between the top-five runners. **Julia Howley** was named the GNAC Women's Cross Country Athlete of the Week for the second straight week as she placed third with a time of 21:22.86. The remaining four runners all finished within 13 seconds of each other.

Simon Fraser's men also turned in a strong second place finish with a score of 70 points, 24 points behind champion Trinity Western. Junior **Rowan Doherty** earned GNAC Men's Cross Country Athlete of the Week honors for his sixth place finish in a time of 24:45.72. The Clan placed all five scoring runners in the top-35.

ADD SUNDODGER: As a whole, the GNAC showed well as a conference at Sundodger. In the women's open race, three GNAC squads placed in the top-five and four placed in the top-10 of the 20-team field. The men also saw three GNAC teams finish in the top-five and saw all seven teams place in the top-10 of the 19-team field.

IN THE RANKINGS: Simon Fraser's women climbed to its highest ranking ever in the USTFCCCA Division II Coaches Poll, jumping two spots to No. 5. The Clan is the only GNAC team in the women's top-25. Alaska Anchorage dropped out after being listed at No. 11 last week, but was the top team among those receiving votes.

In the men's national poll, Alaska Anchorage maintained its position at No. 11 while Simon Fraser moved up four spots to a tie at No. 13 with Bellarmine.

BREAKING THE TAPE: Seven GNAC athletes, including five women, picked up victories in races over the first two weeks of the season. Here is the complete list...

MEN

- Felix Kemboi (UAA): Ash Creek Invitational, Sept. 8 (18:42.8, 6,200 meters)
- Judd Lewis (CU): Linfield Harrier Classic, Sept. 1 (19:58.36, 6,000 meters)

WOMEN

- Alyssa Foote (SPU): Dual vs. Northwest (Wash.), Sept. 1 (17:20.95, 4,800 meters)
- Julia Howley (SFU): Ash Creek Invitational, Sept. 8 (16:24.6, 4,600 meters)
- Larissa Kolasinski (SMU): Puget Sound Invitational, Sept. 2 (23:51.00, 6,000 meters)
- Kennedy Rufener (WOU): Linfield Harrier Classic, Sept. 1 (15:21.41, 4,000 meters)
- Alexa Shindruk (CWU): SMU Tri-Meet, Sept. 9 (14:40, 4,000 meters)

Around The GNAC

ALASKA



LAST WEEK: Sept. 16 at Sundodger Invitational Men - 8th of 19, 248 pts. Women - 12th of 20, 310 pts.
THIS WEEK: Sept. 23: at Saint Martin's Invitational, Lacey, Wash.

- Alaska put together a pair of solid team performances in the team's first official meet of the season, the Sundodger Invitational.

- The Nanook men's eighth place finish was fifth out of the seven GNAC teams competing in the meet. Senior **Seiji Takagi** was the team's No. 1 runner with a 54th place finish, covering the 8,000-meter course of 25:59.90. Sophomore **Lukash Platil** placed 57th in 26:04.46 while senior **Lyon Kopsack** was 59th in 26:05.36.

- Junior **Alexandra Bergholtz** was the top Alaska women's runner, placing 37th as she covered the 6,000-meter course in 22:45.56. Senior **Kim Fitzgerald** placed 53rd in a time of 23:15.02 and junior **Morgan Siebka** was 56th in 23:20.50. The women's 12th place finish was fifth out of the seven GNAC teams competing.

- The Nanooks return to the lower 48 this weekend, competing in the Saint Martin's Invitational in Lacey, Wash.

ALASKA ANCHORAGE



LAST WEEK: No Meet
THIS WEEK: No Meet

- Alaska Anchorage will not compete again until Sat., Oct. 7, when they take part in the Division II Conference Crossover in Romeoville, Ill. It is the Seawolves' last scheduled meet before the GNAC Championships.

- The Seawolves' men remained ranked No. 11 in the latest USTFCCCA Division II Coaches Poll. They are also ranked No. 4 in the West Region Rankings.

- The women fell out of the top 25 for the first time since Oct. 5, 2016, but is at the top of the list of teams receiving votes with 16. The Seawolves are No. 7 in the West Region Rankings.

CENTRAL WASHINGTON



LAST WEEK: Sept. 16 at Sundodger Invitational Men - 9th of 19, 264 pts. Women - 7th of 20, 200 pts.
THIS WEEK: Sept. 23 at Saint Martin's Invitational, Lacey, Wash.

- A pair of good team performances at the Sundodger Invitational was led by an exceptional effort by the Central Washington women. The Wildcats' seventh place finish was fourth out of the seven competing GNAC teams.

- Junior **Alexa Shindruk** had her second top-10 finish of the season, covering the 6,000 meters in 21:52.47 to place 10th. Sophomore **Delaney Clem** was the Wildcats' No. 2 runner, placing 50th in 23:11.77 and sophomore **Miranda Nelson** was 52nd in 23:14.68. The team's No. 2 and No. 5 runners finished with a gap of just 17 seconds.

- The CWU men's scoring five all finished within 19 places and 24 seconds of each other. Junior **Josh Boston** led the way with his 61st place finish in 26:07.35. Junior **Tyler Humphries** was just behind in 63rd in 26:09.26. Junior **Hanson Lee** led the next group of three runners who finished within five seconds of each other, placing 73rd in 26:18.39.

- The Wildcats will run its third meet in as many weeks this Saturday, competing at the Saint Martin's Invitational.

CONCORDIA



LAST WEEK: Sept. 16 at Sundodger Invitational Men - 7th of 19, 218 pts. Women - 13th of 20, 315 pts.
THIS WEEK: No Meet

- The seventh place finish by the men's team highlighted Concordia's performance at the Sundodger Invitational. The Cavaliers were fourth among the seven competing GNAC teams.

- Senior **Judd Lewis** led the way with his third top-20 finish of the season, placing 17th in a time of 25:27.29. He was the sixth GNAC runner to cross the finish line. Junior **Jose Macias** finished 26th with a time of 25:41.84 and junior **Josh Moats** was 46th in 25:52.76.

- Senior **Sara Harrington** led the Concordia women, placing 60th with a time of 23:26.73 over 6,000 meters. Junior **Nicole Pederson** led the group of No. 2 through No. 5 runners that finished within 18 seconds of each other with a time of 23:33.55.

- After racing in each of the first three weekends of the season, the Cavaliers will take a weekend off from racing. Concordia is back in action on Sat., Sept. 30, at the Willamette Charles Bowles Invitational.



MONTANA STATE BILLINGS

LAST WEEK: Sept. 16 at MSU-Bozeman Running Co. Invitational; Men - 1st of 3, 23 pts. Women - Incomplete
THIS WEEK: No Meet

- The Montana State Billings' men were the top scoring non-Division I team at the MSU-Bozeman Running Co. Invitational, scoring a total of 23 points.

- Junior **Tyus Mendoza** led the way in the non-Division I five-mile competition, placing fifth in a time of 26:45.59. He was the top collegiate finisher in the race. Junior **Ivan Colmanero** placed ninth in 27:37.98 and sophomore **Ronald Venema** placed 10th in 27:57.35.

- The Yellowjackets fielded just four runners in the women's three-mile competition. Sophomore **Nikki Aiken** placed third with a time of 18:59.01. Senior **Bailey Bomar** was the team's other top-10 finisher, placing eighth in 20:02.10.

- After racing each of the last two weekends, MSUB is off this weekend. The Yellowjackets return to competition on Sat., Sept. 30, at the Rocky Mountain Shootout in Boulder, Colo.

- Like last season, Montana State Billings will not race against GNAC competition until the GNAC Championships on Oct. 21.

NORTHWEST NAZARENE



LAST WEEK: Sept. 16 at Sundodger Invitational Men - 5th of 19, 188 pts. Women - 14th of 20, 341 pts.
THIS WEEK: Sept. 23 at Roy Griak Invitational, St. Paul, Minn.

- The Northwest Nazarene men made an impressive showing in its first meet of the season, the Sundodger Invitational. The Crusaders placed fifth with 188 points, third out of seven GNAC teams.

- Senior **Isaac Mitchell** was the fourth GNAC athlete to finish the 8,000-meter men's race, placing 14th in 25:15.81. Sophomore **Godfrey Kemboi** followed in 27th place with a time of 25:42.49.

- Junior **Sierra Manzer** was the top NNU finisher in the women's 6,000-meter race, placing 40th in a time of 22:52.63. Sophomore **Bethany Danner** was the No. 2 runner for the Crusaders, placing 70th in 23:34.63.

- Northwest Nazarene will test itself against high-level competition this weekend, joining two other GNAC squads at the University of Minnesota's Roy Griak Invitational in St. Paul, Minn.

Around The GNAC

SAINT MARTIN'S



LAST WEEK: No Meet

THIS WEEK: Sept. 23, Hosting Saint Martin's Invitational, Lacey, Wash.

• After two consecutive weeks of competition, Saint Martin's did not complete last weekend. The Saints will host its second meet in three weeks this Saturday, hosting the Saint Martin's Invitational on the SMU campus.

• Saint Martin's will finish the month of September without having to travel more than 45 minutes to race. The longest road trip of the month, to the CWU Apple Ridge Invitational, was cancelled due to air quality and replaced by a meet on the Saint Martin's campus.

SEATTLE PACIFIC



LAST WEEK: Sept. 16 at Sundodger Invitational
Men - 10th of 19, 279 pts. Women - 3rd of 20, 132 pts.

THIS WEEK: No Meet

• A third place women's finish and a 10th place men's finish highlighted a great performance for Seattle Pacific at the Sundodger Invitational.

• With 132 points, the SPU women trailed only Simon Fraser in GNAC teams in the meet. The performance saw the five scoring runners finish with a gap of 36 seconds. Freshman **Dania Holmberg** led the way, placing 23rd in 22:23.63. Sophomore **Katherine Walter** placed 27th in 22:33.78 and sophomore **Kate Lilly** was 28th in 22:35.83.

• Senior **Ben Halladay** posted an impressive performance, placing 12th in the 8,000-meter race in a time of 25:15.11. He was the No. 3 GNAC runner to cross the finish line. Freshman **Elius Graff** was the No. 2 runner, placing 68th in 26:15.23.

• The Seattle Pacific women are ranked No. 8 in this week's USTFCCCA West Region Rankings, dropping from No. 7.

• The Falcons take this weekend off and return to competition on Sat., Sept. 30, at the Willamette Charles Bowles Invitational.

SIMON FRASER



LAST WEEK: Sept. 16 at Sundodger Invitational
Men - 2nd of 19, 70 pts. Women - 1st of 20, 42 pts.

THIS WEEK: Sept. 23 at Roy Griak Invitational, St. Paul, Minn.

• It could not have been a better week for Simon Fraser. The

SFU women won the non-Division I race at the Sundodger Invitational with a score of 42 points. The Clan men placed second with a score of 70 points.

• After placing all five runners in the top-14 and within 35 seconds of each other, the SFU women were selected as the Red Lion/GNAC Team of the Week.

• Senior **Julia Howley** was named the GNAC Women's Cross Country Athlete of the Week for the second week in a row after she placed third in the 6,000-meter race with a time of 21:22.86. She trailed champion Ruby Roberts by 12 seconds.

• Freshman **Olivia Willett** placed ninth in 21:44.46. Junior **Addy Townsend** was 12th in 21:56.65 with senior **Miryam Bassett** in 13th in 21:56.85. Junior **Chelsea Ribiero** was 14th in 21:57.38.

• Junior **Rowan Doherty** was named the GNAC Men's Cross Country Athlete of the Week after he led all GNAC finishers in the men's race with his sixth place finish of 24:45.72. He trailed race winner Brad Hodkinson of Pacific Lutheran by 21 seconds.

• All five Simon Fraser men's runners placed in the top-40. Junior **Sean Miller** placed 10th in a time of 25:04.18 while senior **Mateo de Dalmasas** was 16th in 25:26.83.

• The victory allowed the Simon Fraser women to move up to No. 5 in the USTFCCCA Division II Coaches Poll, the highest ranking in program history. The Clan is also the top ranked team in the West Region Rankings. The SFU men are tied for 13th in the national poll and fifth in the West Region Rankings.

• Simon Fraser will continue to compete against top-level competition this weekend, racing at the Roy Griak Invitational in St. Paul, Minn.

WESTERN OREGON



LAST WEEK: No Meet

THIS WEEK: Sept. 22 at SF State Invitational, San Francisco, Calif.

• Western Oregon took last weekend off of competition. The Wolves travel to San Francisco this week, competing Friday afternoon at the SF State Invitational.

• Western Oregon's men are No. 10 in the USTFCCCA West Region Rankings for the second consecutive week.

WESTERN WASHINGTON



LAST WEEK: Sept. 16 at Sundodger Invitational
Men - 4th of 19, 125 pts. Women - 5th of 20, 166 pts.

THIS WEEK: Sept. 23 at Roy Griak Invitational, St. Paul, Minn., & at Saint Martin's Invitational, Lacey, Wash.

• Western Washington posted a pair of solid team performances at the Sundodger Invitational. The men were second out of seven GNAC programs while the women were third among GNAC programs.

• The WWU men placed two runners in the top-30. Senior **Andrew Wise** led the way with a 19th place finish, covering the 8,000 meters in 25:29.62. Sophomore **Liam Cossette** finished 22nd with a time of 25:35.89.

• Freshman **Jane Barr** led the way for the WWU women, placing 24th in a time of 22:24.19 for 6,000 meters. Sophomore **Tracy Melville** was two places behind in 26th place with a time of 22:29.18.

• Western Washington held its positions in both USTFCCCA West Region Rankings. The men remained at No. 8 and the women remained at No. 9.

• Western Washington will race with a split squad this weekend with athletes competing at both the Roy Griak Invitational on St. Paul, Minn., and the Saint Martin's Invitational in Lacey, Wash.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WWU
Preseason	5th	—	RV (2)
Sept. 13	11th	17th	—
Sept. 20	11th	T-13th	—

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

West Region	UAA	SFU	WOU	WWU
Preseason	2nd	9th	—	7th
Sept. 12	4th	5th	10th	8th
Sept. 19	4th	5th	10th	8th

USTFCCCA DIVISION II COACHES POLL

Week 2 - Sept. 20		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	188
3.	Colorado Mines	185
4.	Chico State	179
T5.	Mount Olive	158
	Southern Indiana	158
7.	Cal Poly Pomona	156
8.	Cal Baptist	139
9.	Queens (N.C.)	134
10.	Lewis	127
11.	Alaska Anchorage	121
12.	CSU-Pueblo	106
T13.	Bellarmino	94
	Simon Fraser	94
15.	Sioux Falls	84
16.	Rogers State	76
17.	Lee (Tenn.)	70
18.	Augustana (S.D.)	65
19.	American International	63
T20.	Western State	44
	Shippensburg	44
22.	Stonehill	38
23.	Missouri Southern	20
24.	Dallas Baptist	17
25.	Walsh	12

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 2 - Sept. 19			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Cal Poly Pomona	CCAA	2
3.	Cal Baptist	PacWest	3
4.	Alaska Anchorage	GNAC	4
5.	Simon Fraser	GNAC	5
6.	Academy of Art	PacWest	6
7.	UC San Diego	CCAA	7
8.	Western Washington	GNAC	8
9.	Cal State San Marcos	CCAA	9
10.	Western Oregon	GNAC	10

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU
Preseason	7th	RV (2)	14th
Sept. 13	11th	RV (1)	7th
Sept. 20	RV (16)	—	5th

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

West Region	UAA	SFU	SPU	WWU
Preseason	2nd	5th	8th	9th
Sept. 12	4th	2nd	7th	9th
Sept. 19	7th	1st	8th	9th

USTFCCCA DIVISION II COACHES POLL

Week 2 - Sept. 20		
Rk	School (1st)	Pts.
1.	Grand Valley St. (8)	200
2.	Adams State	192
3.	Western State	184
4.	Mary	170
5.	Simon Fraser	168
6.	Hillsdale	157
7.	Cal Baptist	154
8.	Southern Indiana	143
9.	Cal State San Marcos	136
10.	Cedarville	128
11.	Chico State	121
12.	Dallas Baptist	104
13.	Queens (N.C.)	94
14.	Lee (Tenn.)	79
15.	Colorado Mines	77
16.	Cal Poly Pomona	67
17.	Walsh	64
18.	Mount Olive	52
T19.	Northern Michigan	51
	Oklahoma Baptist	51
21.	Stonehill	46
22.	Minnesota Duluth	38
T23.	UC-Colorado Springs	31
	Point Loma	31
25.	Saint Leo	17

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 2 - Sept. 19			
Rk	School	Conf.	Prev.
1.	Simon Fraser	GNAC	2
2.	Cal Baptist	PacWest	3
3.	Cal State San Marcos	CCAA	8
4.	Chico State	CCAA	1
5.	Cal Poly Pomona	CCAA	5
6.	Point Loma	PacWest	6
7.	Alaska Anchorage	GNAC	4
8.	Seattle Pacific	GNAC	7
9.	Western Washington	GNAC	9
10.	UC San Diego	CCAA	10

[View Complete Regional Polls Online](#)



2017 GNAC Meet Summaries

Fri., Sept. 1

**Seattle Pacific Dual vs. Northwest (Wash.)
at Maganson Park, Seattle, Wash.**

Men (7,200 Meters): Seattle Pacific 23, Northwest (Wash.) 37.

Top 5 Finishers: 1, Riley Sine, NWU, 22:47.68. 2, Ben Halladay, SPU, 23:01.10. 3, Brysten James, SPU, 23:51.32. 4, Kyle Cole, NWU, 24:03.51. 5, Shad Galloway, SPU, 24:12.10.

Women (4,000 Meters): Seattle Pacific 18, Northwest (Wash.) 45.

Top 5 Finishers: 1, Alyssa Foote, SPU, 17:20.95. 2, Dania Holmberg, SPU, 17:25.04. 3, Sarah Estabrook, NWU, 17:45.22. 4, Chynna Phan, SPU, 17:51.06. 5, Hailey Kettel, SPU, 17:54.11.

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000 Meters): Western Oregon 40, George Fox 44, Concordia 46, Linfield 97.

Top 5 Finishers: 1, Judd Lewis, CU, 19:58.36. 2, Christian Parr, GFU, 20:05.12. 3, Jose Macias, CU, 20:06.60. 4, Parker Marson, WOU, 20:13.86. 5, Alan Ekanger, WOU, 20:24.88.

Other Top GNAC Runners: 6, Josh Moats, CU, 20:27.72.

Women (4,000 Meters): Linfield 34, George Fox 47, Concordia 60, Western Oregon 77, Multnomah 153.

Top 5 Finishers: 1, Kennedy Rufener, WOU, 15:21.41. 2, Emma Knudson, LIN, 15:30.71. 3, Kaelia Neal, LIN, 15:32.03. 4, Kayla Moore, GFU, 15:37.41. 5, Nicole Maurmann, Unattached, 15:44.14.

Other Top GNAC Finishers: 7, Bailey Fjelstul, CU, 16:04.84. 8, Sara Harrington, CU, 16:05.29. 13, Isabelle Tingelstad, WOU, 16:24.59. 14, Nicole Pederson, CU, 16:25.18.

Sat., Sept. 2

San Francisco Invitational

at Golden Gate Park, San Francisco

Men (8,000 Meters): San Francisco 29, Santa Clara 42, California 84, Alaska Anchorage 103, San Jose St. 116, US Davis 159, Saint Mary's (Calif.) 192.

Top 5 Finishers: 1, Mohamed Aziz, USF, 25:21.0. 2, Jack Rowe, Unattached, 25:27.4. 3, Jose Pina, Unattached, 25:32.5. 4, Ben Alcock, USF, 25:45.5. 5, Felix Kemboi, UAA, 25:46.5.

Other Top GNAC Runners: 26, Jorge Sanchez, UAA, 27:03.6. 30, Edwin Kangogo, UAA, 27:12.3. 32, Kaleb Korta, UAA, 27:14.3. 34, Nathan Kipchumba, UAA, 27:21.8.

Women (6,000 Meters): San Francisco 18, San Jose St. 56, Alaska Anchorage 82, California 92, Santa Clara 115.

Top 5 Finishers: 1, Weronika Pyzik, USF, 21:31.7. 2, Isabelle Brauer, USF, 21:33.6. 3, Elizabeth Bird, USF, 21:34.8. 4, Lea Meyer, USF, 21:35.2. 5, Caroline Kurgat, UAA, 21:39.3.

Other Top GNAC Finishers: 20, Kimberly Cosica, UAA, 23:20.2. 26, Zannah Jepchumba, UAA, 23:44.4. 27, Mariah Burroughs, UAA, 23:47.7. 29, Michelle Keller-Miller, UAA, 24:06.5.

Puget Sound XC Invitational

at Fort Steilacoom Park, Lakewood, Wash.

Men (8,000 Meters): Portland 15, Pacific Lutheran 65, Saint Martin's 79, Puget Sound 95.

Top 5 Finishers: 1, Devin Wulff, UP, 26:51.00. 2, Erik Holm, UP, 27:09.00. 3, Conor Johnston, UP, 27:29.00. 4, Said Guermali, UP, 27:38.00. 5, Ryan Clarke, UP, 27:39.00.

Top GNAC Runners: 7, Josh Hunt, SMU, 28:07.00. 9, Levi Schilter, SMU, 28:31.00. 20, Austin Miller, SMU, 29:37.00. 21, Miguel De LaMalena, SMU, 30:09.00. 24, Derrick Howlett, SMU, 30:44.00.

Women (6,000 Meters): Puget Sound 20, Saint Martin's 60, Pacific Lutheran 61, Green River CC 110.

Top 5 Finishers: 1, Larissa Kolasinski, SMU, 23:51.00. 2, Rachel Metzler, UPS, 24:18.00. 3, Sam Schaffer, UPS, 24:20.00. 4, Kayla Wildon, UPS, 24:48.00. 5, Terra Wildon, UPS, 25:03.00.

Other Top GNAC Finishers: 11, Yeshe Vaughan, SMU, 26:40.00. 13, Sadie Dalgleish, SMU, 26:49.00. 24, Olivia Abbott, SMU, 30:43.00. 25, Cassie La Brake, SMU, 30:50.00.

Fri., Sept. 8

Gage McSpadden Memorial Invitational

at Spearfish City Park, Spearfish, S.D.

Men (6,000 Meters): Black Hills St. 26, Gillette CC 54, Montana State Billings 58, Dickinson St. 95.

Top 5 Finishers: 1, Ayrtton Ledesma, GCC, 18:24.7. 2, Jorey Egeland, MSUB, 18:37.8. 3, Nathan Fredrick, BHSU, 18:39.3. 4, Jordan Theisen, BHSU, 18:50.4. 5, Jonah Theisen, BHSU, 19:19.6.

Other Top GNAC Finishers: 7, Tyus Mendoza, MSUB, 19:24.7. 14, Ivan Colmanero, MSUB, 19:52.3. 24, Ronald Venema, MSUB, 20:29.5. 28, Carson Jessop, MSUB, 20:50.1.

Women (4,300 Meters): Black Hills St. 20, Dickinson St. 40, Montana State Billings 73.

Top 5 Finishers: 1, Tori Moore, BHSU, 15:49.5. 2, Nicole Davis, BHSU, 16:02.5. 3, Bailey Smith, DSU, 16:30.6. 4, Cailey Roth, BHSU, 16:37.7. 5, Abbie Fredrick, BHSU, 16:40.1.

Top GNAC Finishers: 6, Nikki Aiken, MSUB, 16:41.5. 14, Bailey Bomar, MSUB, 17:48.5. 16, Kelby Wegner, MSUB, 18:07.3. 18, Catrina Schuchard, MSUB, 18:09.4. 19, Kateri Rush, MSUB, 18:50.3.

Ash Creek Invitational

at Ash Creek Preserve, Monmouth, Ore.

Men (6,200 Meters): Simon Fraser 36, Alaska Anchorage 53, Western Oregon 97, Northwest Christian 110, Willamette 136, Concordia 144, Lane CC 163, Corban 212, Linfield 234, Pacific (Ore.) 265, Clark CC 303, Shasta CC 312, Umpqua CC 374.

Top 5 Finishers: 1, Felix Kemboi, UAA, 18:42.8. 2, Rowan Doherty, SFU, 18:45.8. 3, Edwin Kangogo, UAA, 18:56.6. 4, Garrett Kraal, NCU, 18:57.1. 5, Michael Martin, LCC, 16:06.8.

Other Top GNAC Finishers: 6, Carlos Vargas, SFU, 19:09.1. 7, Jose Macias, CU, 19:09.4.

Women (4,600 Meters): Simon Fraser 15, Alaska Anchorage 45, Linfield 117, Northwest Christian 142, Concordia 147, Corban 160, Portland 182, Pacific (Ore.) 225, Western Oregon 226, Lane CC 267, Clark CC 294, Shasta CC 380.

Top 5 Finishers: 1, Julia Howley, SFU, 16:24.6. 2, Addy Townsend, SFU, 16:38.5. 3, Olivia Willett, SFU, 16:49.7. 4, Miryam Bassett, SFU, 16:50.8. 5, Chelsea Ribeiro, SFU, 16:53.7.

2017 GNAC Meet Summaries

Sat., Sept. 9

CWU-SMU-WWU Tri Meet

at Saint Martin's University, Lacey, Wash.

Men (6,000 Meters): Western Washington 40, Central Washington 54, Saint Martin's 170.

Top 5 Finishers: 1, Ian Fay, Unattached, 19:36. 2, Kevin Mullin, Unattached, 19:53. 3, Andrew Wise, WWU, 19:53. 4, Ben Jacot, Unattached, 20:02. 5, Delyn Hayes, WWU, 20:03.

Other Top GNAC Finishers: 6, Eric Hamel, WWU, 20:06. 7, Ron Leaf, CWU, 20:10. 9, Hanson Lee, WWU, 20:12.

Women (4,000 Meters): Western Washington 20, Central Washington 53, Saint Martin's 98.

Top 5 Finishers: 1, Alexa Shindruk, CWU, 14:40. 2, Lillianna Stelling, WWU, 14:56. 3, Alexandra Laiblin, WWU, 14:57. 4, Jane Barr, WWU, 14:57. 5, Sophia Galvez, WWU, 15:00.

Sat., Sept. 16

MSU-Bozeman Running Company Invitational

at Bridger Creek Golf Course, Bozeman, Mont.

Men's Collegiate Non-Division I (5 Miles): Montana State Billings 23, Carroll (Mont.) 37, Montana State Northern 62.

Top 5 Finishers: 1, Sam Read, Unattached, 25:59.43. 2, Collin Buck, Unattached, 26:18.92. 3, Ty Mogan, Unattached, 26:31.01. 4, Andrew Kaler, Unattached, 26:40.56. 5, Tyus Mendoza, MSUB, 26:45.59.

Other Top GNAC Finishers: 9, Ivan Colmanero, MSUB, 27:37.98. 10, Ronald Venema, MSUB, 27:57.35. 12, Carson Jessop, MSUB, 28:23.28. 15, Jack Pickell, MSUB, 29:10.91.

Women's Collegiate Non-Division I (3 Miles): Carroll (Mont.) 17, Montana State Northern 41.

Top 5 Finishers: 1, Janie Reid, CC, 17:52.13. 2, Samantha Mundel, CC, 18:15.12. 3, Nikki Aiken, MSUB, 18:59.01. 4, Teal Bullick, CC, 19:23.43. 5, Macala Fifield, Unattached, 19:40.94.

Other Top GNAC Finishers: 8, Bailey Bomar, MSUB, 20:02.10. 13, Catrina Schuchard, MSUB, 21:14.98. 15, Kateri Rush, MSUB, 22:57.12.

Sundodger Invitational

at Lincoln Park, Seattle, Wash.

Men's Open (8,000 Meters): Trinity Western 46, Simon Fraser 70, Southern Oregon 71, Western Washington 125, Northwest Nazarene 188, Lewis & Clark 199, Concordia 218, Alaska 248, Central Washington 264, Seattle Pacific 279, Seattle Running Club 282, Whitworth 286, Pacific Lutheran 294, George Fox 342, Whitman 385, Spokane CC 438, Puget Sound 471, Pacific (Ore.) 516, Everett CC 581.

Top 5 Finishers: 1, Brad Hodgkinson, PLU, 24:24.95. 2, Nick Colyn, TWU, 24:33.04. 3, Gilbert Grundy, Jacuzzi Boys, 24:36.02. 4, Caleb de Jong, TWU, 24:37.31. 5, Connor Cushman, SOU, 24:37.60.

Top GNAC Finishers: 6, Rowan Doherty, SFU, 24:45.72. 10, Sean Miller, SFU, 25:04.18. 12, Ben Halladay, SPU, 25:15.11. 14, Isaac Mitchell, NNU, 25:15.81. 16, Mateo de Dalmases, SFU, 25:26.83.

Women's Open (6,000 Meters): Simon Fraser 42, Point Loma 55, Seattle Pacific 132, Trinity Western 157, Western Washington 166, Whitworth 173, Central Washington 200, Puget Sound 254, Southern Oregon 260, George Fox 262, Whitman 307, Alaska 310, Concordia 315, Northwest Nazarene 341, Pacific (Ore.) 414, Lewis & Clark 467, Pacific Lutheran 500, Spokane CC 504, Seattle Running Club 537, Soka 593.

Top 5 Finishers: 1, Ruby Roberts, Unattached, 21:10.58. 2, Jessa Robertson, SOU, 21:11.43. 3, Julia Howley, SFU, 21:22.86. 4, Hannah Benoit-Bucher, PLNU, 21:24.27. 5, Mirelle Martens, TWU, 21:36.37.

Other Top GNAC Finishers: 9, Olivia Willett, SFU, 21:44.46. 10, Alexa Shindruk, CWU, 21:52.47. 12, Addy Townsend, SFU, 21:56.65. 13, Miryam Bassett, SFU, 21:56.85.