



Oct. 12, 2017 • Week 7

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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

Sat., Oct. 14

Central Washington at Lewis-Clark St. Invitational, Lewiston, Idaho  
 Northwest Nazarene at Idaho State Invitational, Pocatello, Idaho  
 Western Oregon at Wes Cook Intercollegiate, Brooks, Ore.

### LAST WEEK'S MEETS

Sat., Oct. 7

**Lewis Division II Conference Crossover**

at Lewis Cross Country Course, Romeoville, Ill.

**Men (8,000 Meters):** Grand Valley St. 55, Cal Baptist 121, Southern Indiana 150, Lindenwood 191, Lewis 205, Alaska Anchorage 223, Walsh 256, Academy of Art 258, Missouri Southern 258, Edinboro 313, Bellarmine 325, Minnesota-Duluth 360, Cedarville 388, Fort Lewis 415, Minnesota State 474, Michigan Tech 497, Hillsdale 511, Truman 532, Embry-Riddle (Fla.) 538, Winona State 581, Ferris State 645, Roberts Wesleyan 677, Indianapolis 721, Drury 754, Ill.-Springfield 757, Trevecca Nazarene 794, Northwood (Mich.) 807, Wheeling Jesuit 870, KcKendree 898.

**Top 5 Finishers:** 1, Gatien Airiau, AAU, 24:42.7. 2, Wuoi Mach, GVASU, 24:48.2. 3, Chris May, Unattached, 24:56.6. 4, McMarshall Hartzenberg, CBU, 24:57.0. 5, Daniel Michalski, CEDU, 24:57.5.

**Top 5 GNAC Finishers:** 19, Edwin Kangogo, UAA, 25:29.3. 23, Felxi Kemboi, UAA, 25:31.7. 42, Nickson Koech, UAA, 25:48.4. 78, Nathan Kipchumba, UAA, 26:14.8. 81, Justin Carrancho, UAA, 26:16.2.

**Women (6,000 Meters):** Cal Baptist 51, Grand Valley St. 66, Alaska Anchorage 126, Walsh 188, Hillsdale 192, Northern Michigan 194, Minnesota-Duluth 213, UC-Colorado Springs 271, Malone 313, Academy of Art 361, Cedarville 367, Southern Indiana 379, Edinboro 413, Michigan Tech 415, Winona State 428, Minnesota State 458, Bellarmine 459, Ferris State 488, Fort Lewis 533, Embry-Riddle (Fla.) 557, Roberts Wesleyan 578, Truman 635, Wheeling Jesuit 647, Drury 662, Lewis 682, Indianapolis 748, Trevecca Nazarene 826, McKendree 851, Ill.-Springfield 944, Upper Iowa 1,031, Lindenwood 1,034, Ursuline (Ohio) 1,058, Northwood (Mich.) 1,071.

**Top 5 Finishers:** 1, Caroline Kurgat, UAA, 21:18.9. 2, Sarah Berger, WALSH, 21:31.5. 3, Emeline Delanis, CBU, 21:36.1. 4, Frusina Ladanyi, CBU, 21:46.6. 5, Leanda du Bruyn, CBU, 21:47.7.

**Other Top GNAC Finishers:** 15, Zannah Jepchumba, UAA, 22:12.0. 26, Emmah Chelimo, UAA, 22:30.4. 30, Danielle McCormick, UAA, 22:33.0. 57, Mariah Burroughs, UAA, 23:00.0.

### Yellowjacket Invitational

at Dover Memorial Park, Billings, Mont.

**Men (4.2 Miles):** Black Hills St. 23, Montana St. Billings 40, Rocky Mountain 96, Central Wyoming 104, Montana St. Northern 107.

**Top 5 Finishers:** 1, Jorey Egeland, MSUB, 21:48.7. 2, Isaac Iverson, BHSU, 22:00.0. 3, Jake Iverson, BHSU, 22:12.2. 4, Tyus Mendoza, MSUB, 22:24.5. 5, Chance Dooley, BHSU, 22:26.7.

**Other Top GNAC Finishers:** 8, Ronald Venema, MSUB, 22:49.8. 9, Ivan Colmenero, MSUB, 22:51.8. 22, Carson Jessup, MSUB, 24:14.1.

**Women (2.9 Miles):** Black Hills State 23, Montana State Billings 38, Rocky Mountain 90, Central Wyoming 97, Montana St. Northern 109.

**Top 5 Finishers:** 1, Chaira Warner, Unattached, 17:53.6. 2, Tori Moore, BHSU, 18:16.8. 3, Nikki Aiken, MSUB, 18:45.2. 4, Abbie Fredrich, BHSU, 18:58.1. 5, Cailey Roth, BHSU, 19:11.7.

**Other Top GNAC Finishers:** 7, Bailey Bomar, MSUB, 20:05.4. 10, Catrina Schuchard, MSUB, 20:30.8. 11, Kelby Wegner, MSUB, 20:46.0. 12, Kateri Rush, MSUB, 20:46.4.

### Western Washington Invitational

at East Lake Padden Park, Bellingham, Wash.

**Men (10,000 Meters):** Chico State 17, Western Washington 78, Simon Fraser 92, Club Northwest 117, Chadron State 117, Seattle Pacific 180, Central Washington 182, Northwest Nazarene 193, Alaska 276, Seattle Running Club 305, Saint Martin's 312.

**Top 5 Finishers:** 1, Keenan Viney, Unattached, 31:16.5. 2, Connor Fisher, CSUC, 31:37.8. 3, Eddie King, CSUC, 31:37.9. 4, Teddy Kassa, CSUC, 31:38.0. 5, Cameron Proceviat, Unattached, 31:42.0.

**Top 5 GNAC Finishers:** 6, Andrew Wise, WWU, 31:42.4. 12, Oliver Jorgensen, SFU, 31:49.8. 13, Sean Miller, SFU, 31:54.6. 15, Jadon Olson, WWU, 32:01.2. 18, Mateo de Dalmases, SFU, 32:17.1.

**Women (6,000 Meters):** Simon Fraser 44, Chico State 46, Club Northwest 68, Western Washington 106, Seattle Pacific 114, Central Washington 165, Chadron State 204, Northwest Nazarene 242, Saint Martin's 249, Alaska 283, Oiselle 339, Green Riber CC 366.

**Top 5 Finishers:** 1, Lindsey Butterworth, Unattached, 21:14.7. 2, Tansey Lystad, Unattached, 21:17.4. 3, Kirsten Lee, Unattached, 21:26.0. 4, Rebecca Bassett, Unattached, 21:36.2. 5, Hannah Dorman, CSUC, 21:39.8.

**Top 5 GNAC Finishers:** 7, Julia Howley, SFU, 21:49.8. 8, Addy Townsend, SFU, 21:57.3. 11, Alexa Shindruk, CWU, 22:09.1. 13, Mary Charleson, SPU, 22:14.2. 15, Olivia Willett, SFU, 22:19.9.

## #GNACXC in 140

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**#CanadianDominance** With its 44-point performance at the Western Washington Classic, Simon Fraser's women's team has won all four meets it has competed in this season.

**#SweetCaroline** Alaska Anchorage's **Caroline Kurgat** was named both the GNAC and USTFCCCA Division II Women's Athlete of the Week after she finished first out of nearly 400 runners at the Division II Conference Crossover.

**#VikingVengeance** Western Washington closed its regular season with a solid home showing and a second place men's finish at the WWU Classic. **Andrew Wise** was named GNAC Men's Cross Country Athlete of the Week after he led GNAC runners with a sixth place finish.

**#PollPosition** The Simon Fraser women continue to lead GNAC teams at No. 5 in the USTFCCCA Division II Coaches Poll. Western Oregon leads GNAC teams in the men's poll at No. 13.

**#RacePrep** Only three conference teams, Central Washington, Northwest Nazarene and Western Oregon, will race on the final weekend prior to the GNAC Championships.

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| Alaska Anchorage | @UAASeawolves  | #UAASeawolves     |
| Cent. Washington | @CWUathletics  | #CWUWildcats      |
| Concordia        | @gocugo        | #ProtectTheShield |
| MSU Billings     | @MSUBSports    | #MSUBXC           |
| NW Nazarene      | @NNUCrusaders  | #GoNNUCrusaders   |
| Saint Martin's   | @SMUSaints     | #SaintsAlive      |
| Seattle Pacific  | @SPUFalcons    |                   |
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# GNAC Cross Country Runners of the Week



## MEN

**Andrew Wise, Western Washington**  
Senior • Denver, Colo.

Wise was the top GNAC finisher at Saturday's Western Washington Classic, placing sixth to lead the Vikings to a second place team finish. He covered the 10,000-meter course in 31:42.4, averaging 5:06 per mile.

**Also Nominated:** Edwin Kangogo (Alaska Anchorage), Josh Boston (Central Washington), Jorey Egeland (Montana State Billings), Josh Hunt (Saint Martin's), Oliver Jorgensen (Simon Fraser).



## WOMEN

**Caroline Kurgat, Alaska Anchorage**  
Senior • Eldoret, Kenya

Racing for the first time in a month, Kurgat won the Division II Conference Crossover in Romeoville, Ill., on Saturday with a time of 21:18.5 for 6,000 meters (5:43 per mile pace). The defending GNAC and NCAA West Region champion led the Seawolves to a third-place team finish.

**Also Nominated:** Alexa Shindruk (Central Washington), Nikki Aiken (Montana State Billings), Yadira Lopez (Saint Martin's), Julia Howley (Simon Fraser), Lillianna Stelling (Western 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, SFU    |
| Sept. 11 - 17     | Rowan Doherty, SFU | Julia Howley, SFU    |
| Sept. 18 - 24     | David Ribich, WOU  | Julia Howley, SFU    |
| Sept. 25-Oct. 1   | Ben Halladay, SPU  | Dania Holmberg, SPU  |
| Oct. 2-8          | Andrew Wise, WWU   | Caroline Kurgat, UAA |

Complete Player of the Week releases are available online at [GNACsports.com](http://GNACsports.com).

## GNAC News & Notes

**CLAN, VIKINGS DOMINATE AT LAKE PADDEN:** Simon Fraser and Western Washington showed that they are ready for the upcoming GNAC Championships with strong performances on the conference at the Western Washington Classic.

Simon Fraser's women won their fourth race in as many tries this season with a score of 44 points. The Clan placed all five scoring runners in the top-30 and four in the top-16. Senior **Julia Howley** led the way with her seventh place time of 21:49.8. It marked the first time this season that she has finished worse than second.

The Western Washington men placed three runners in the top-20 en route to a second place team finish with a score of 76 points. Senior **Andrew Wise** was named GNAC Men's Cross Country Athlete of the Week for his sixth place performance, leading the Vikings with a time of 31:42.4.

**SEAWOLVES CROSS OVER:** It was the team's first meet in over a month, but Alaska Anchorage showed that there is little rust as they finished their prep for the GNAC Championships.

The UAA women placed third at the Division II Conference Crossover in Romeoville, Illinois, finishing with a score of 126 points. Defending GNAC and West Region champion **Caroline Kurgat** led the way as she won the race in a time of 21:18.9 for 6,000 meters. The performance earned Kurgat selection as both the GNAC and USTFCCCA Division II Women's Athlete of the Week for the second time this season.

The Seawolves' men placed sixth out of 29 teams with a total of 223 points. Defending GNAC champion **Edwin Kangogo** led the way with his 19th place finish in 25:29.3.

**IN THE RANKINGS:** Simon Fraser continues to lead a solid top-10 presence for the GNAC in the USTFCCCA Division II Women's Coaches Poll. The Clan dropped one spot to No. 5 this week while Alaska Anchorage emerged once again at No. 8. After opening the season at No. 7, the Seawolves dropped out of the poll for three weeks.

Three GNAC teams are in the USTFCCCA Men's Coaches Poll. Western Oregon is tied for 13th, Alaska Anchorage is No. 17 and Western Washington earned its first ranking of the season at No. 23.

**BREAKING THE TAPE:** Ten GNAC athletes have picked up victories in races over the course of the season. Here is the complete list..

### MEN

- Jorey Egeland (MSUB): Yellowjacket Invitational, Oct. 7 (21:48.7, 4.2 miles)
- 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)
- David Ribich (WOU): SF State Invitational, Sept. 22 (24:47.0, 8,000 meters)

### WOMEN

- Caroline Kurgat (UAA): Division II Conference Crossover, Oct. 7 (21:18.9, 6,000 meters)
- 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:** Oct. 7 at Western Washington Classic  
Men: 9th of 11, 276 pts. Women: 10th of 12, 283 pts.  
**THIS WEEK:** No Meet

- Alaska completed its regular season schedule at the Western Washington Classic, placing ninth in the men's race and 10th in the women's race.

- Senior **Carl Wahlin** led the Nanooks' men in 59th place, covering the 10,000-meter course in 33:49.8. Senior **Nick Lovett** was the No. 2 finisher with his 69th place time of 34:08.3.
- Junior **Morgan Siebka** led the UAF women, placing 69th with a time of 23:56.2 for 6,000 meters. Freshman **Anja Najjala** placed 79th in a time of 24:26.6.
- Alaska will next compete at the GNAC Championships on Sat., Oct. 21. The Nanooks will look to improve on their eighth place men's and women's finishes from last year.

## ALASKA ANCHORAGE



**LAST WEEK:** Oct. 7 at Division II Conference Crossover  
Men: 5th of 29, 223 pts. Women: 3rd of 33, 126 pts.  
**THIS WEEK:** No Meet

- Alaska Anchorage competed well in its first race since Sept. 8, placing third in the women's competition and fifth in the men's race at the Division II Conference Crossover.

- Senior **Caroline Kurgat** was named both the GNAC and USTFCCCA Division II Women's Athlete of the Week after winning the women's 6,000-meter race in a time of 21:18.9, 13 seconds better than second place Sarah Berger of Walsh. Kurgat is the defending GNAC and NCAA West Region champion.
- Junior **Zannah Jepchumba** followed with a 15th place finish in 22:12.0 and sophomore **Emmah Chelimo** was 26th in 22:30.4.
- Defending GNAC men's champion **Edwin Kangogo** led the UAA men with his 19th place finish, covering the 8,000-meter course in 25:29.3. Freshman **Felix Kemboi** was four places behind, placing 23rd in 25:31.7. Another freshman, **Nickson Koech**, placed 42nd in 25:48.4.
- After not being ranked for the last three weeks, the UAA women are back at No. 8 in the USTFCCCA Division II Coaches Poll and are ranked fourth in the West Region. The Seawolves' men dropped four places to No. 17 in the national poll and one spot to No. 5 in the West Region Poll.
- Alaska Anchorage is the defending GNAC champion in both team races. The Seawolves' men are looking to win their ninth straight title while the women are aiming for their third consecutive trophy.

## CENTRAL WASHINGTON

**LAST WEEK:** Oct. 7 at Western Washington Classic  
Men: 7th of 11, 182 pts. Women: 6th of 12, 165 pts.  
**THIS WEEK:** Oct. 14 at Lewis-Clark State Invitational, Lewiston, Idaho



- A sixth place team finish by the women's squad led Central Washington's efforts at the Western Washington Classic.

- Junior **Alexa Shindruk** had her fourth top-15 finish of the season, placing 11th as she covered the 6,000-meter course in 22:09.1. She was the third GNAC runner to cross the finish line.
- Freshman **Jackline Knight** was the Wildcats' No. 2 women's runner, placing 39th in 23:09.8 while sophomore **Miranda Nelson** was 53rd in 23:29.4.
- Junior **Josh Boston** led the CWU men, placing 41st with a time of 33:12.2 over 10,000 meters. Junior **Corbin Carlton** was 46th in 33:26.6 while junior **Tyler Humphries** was 47th in 33:27.4.
- Central Washington is one of three GNAC teams scheduled to compete this weekend, taking part in the Lewis-Clark State Invitational in Lewiston, Idaho.

## CONCORDIA

**LAST WEEK:** No Meet  
**THIS WEEK:** No Meet



- Concordia has not competed since the Willamette Charles Bowles Invitational on Sept. 30 and will not compete again until the GNAC Championships on Oct. 21.

- Concordia's men were the top placing GNAC team at the Willamette Charles Bowles Invitational. The Cavaliers scored 192 points, one point behind Lewis & Clark and 12 points behind host Willamette. Senior **Judd Lewis** was the Cavaliers' top finisher, placing 17th with a time of 25:39.6 over the 8,000-meter course.
- Junior **Nicole Pederson** was Concordia's top women's finisher, placing 52nd with a time of 19:09.9 over 5,000 meters.
- Concordia will look to build on a ninth place men's team finish and a 10th place women's team finish at the GNAC Championships.

## MONTANA STATE BILLINGS

**LAST WEEK:** Oct. 7 at Yellowjacket Invitational  
Men: 2nd of 5, 40 pts. Women: 2nd of 5, 38 pts.  
**THIS WEEK:** No Meet



- Montana State Billings scored a pair of second place team finishes in its hometown, competing in the Yellowjacket Invitational in Billings.
- Senior **Jorey Egeland** won the men's 4.2-mile race with a time of 21:48.7, averaging 5:11 per mile. He led four MSUB runners to finish in the top-10.
- Junior **Tyus Mendoza** placed fourth in 22:24.5. Freshman **Ronald Venema** was eighth with a time of 22:49.8 and junior **Ivan Colmenero** finished ninth in 22:51.8.
- Sophomore **Nikki Aiken** led the Yellowjackets' women with a third place individual finish, covering the 2.9-mile course in 18:45.2.
- All five scoring MSUB women's runners finished with nine places of each other. Senior **Bailey Bomar** placed seventh in 20:05.4 while sophomore **Catrina Schuchard** was 10th in 20:30.8.
- Montana State Billings finished fifth in the men's race at the 2016 GNAC Championships while the women placed 11th.

# Around The GNAC

## NORTHWEST NAZARENE



**LAST WEEK:** Oct. 7 at Western Washington Classic  
Men: 8th of 11, 193 pts. Women: 8th of 12, 242 pts.  
**THIS WEEK:** Oct. 14 at Idaho State Invitational, Pocatello, Idaho

- A pair of eighth place finishes paced the Northwest Nazarene men's and women's teams at the Western Washington Classic.
- Sophomore **Godfrey Kemboi** led the NNU men with his 27th place finish, covering the 10,000-meter course in 32:38.9. Junior **Nick Hamilton** finished 40th with his time of 33:11.4.
- Junior **Sierra Manzer** was the Crusaders' lead women's runner, finishing 33rd on the 6,000-meter course in a time of 22:58.9. Junior **Emily Hammons** added a 73rd place finish with her time of 24:01.8.
- Northwest Nazarene is one of three GNAC teams competing this weekend. The Crusaders will travel to Pocatello, Idaho, to compete in the Idaho State Invitational.

## SAINT MARTIN'S



**LAST WEEK:** Oct. 7 at Western Washington Classic  
Men: 11th of 11, 312 pts. Women: 9th of 12, 249 pts.  
**THIS WEEK:** No Meet

- Saint Martin's completed its run-up to the GNAC Championships at the Western Washington Classic.
- Senior **Yadira Lopez** was the top SMU runner in either race. She finished 42nd in the women's race as she covered the 6,000-meter course in 23:14.7. Junior **Larissa Kolasinski** was four places behind in 46th with a time of 23:22.2.
- Senior **Josh Hunt** led the Saint Martin's men with his 89th place finish, covering the 10,000-meter course in 34:57.9.
- Saint Martin's will vie to replicate its fifth place women's finish at the GNAC Championships while the men aim to move up from 10th place.

## SEATTLE PACIFIC



**LAST WEEK:** Oct. 7 at Western Washington Classic  
Men: 6th of 11, 180 pts. Women: 5th of 12, 114 pts.  
**THIS WEEK:** No Meet

- Seattle Pacific put together a pair of solid team finishes at the Western Washington Classic to close the regular season.
- Running in just her second meet of the season, senior **Mary Charleson** led the SPU women with her 13th place time of 22:14.2 over 6,000 meters. She was the fourth GNAC finisher in the race. Freshman **Dania Holmberg** finished in 29th place with a time of 22:50.1.
- The SPU women saw four of its scoring five runners place in the top-35. Sophomore **Alyssa Foote** was 34th in 23:00.2 while sophomore **Kate Lilly** was 35th in 23:01.7.
- Senior **Ben Halladay** placed 25th to lead the Seattle Pacific men, covering the 10,000-meter course in 32:34.9. He was the seventh GNAC finisher in the race. Freshman **Shad Galloway** was the No. 2 with a 50th place time of 33:35.8.
- Seattle Pacific will look to compete for the women's title at the GNAC Championships after placing third last year. The SPU men placed 11th.

## SIMON FRASER



**LAST WEEK:** Oct. 7 at Western Washington Classic  
Men: 3rd of 11, 92 pts. Women: 1st of 12, 46 pts.  
**THIS WEEK:** No Meet

- Simon Fraser completed a solid tune-up before the GNAC Championships at the Western Washington Classic.
- The SFU women had its fourth win in as many races with a score of 44 points. All five scoring Clan runners finished within one minute of each other.
- Senior **Julia Howley** led all GNAC runners with her seventh place time of 21:49.8 over 6,000 meters. It was the first race this season where she finished outside of the top-five. Junior **Addy Townsend** placed eighth in 21:57.3 while freshman **Olivia Willett** was 15th in 22:19.9.
- Senior **Oliver Jorgensen** paced Simon Fraser's third place men's finish with his 12th place time of 31:49.8 for 10,000 meters. He was the second GNAC runner to cross the finish line. Junior **Sean Miller** placed 13th in 31:54.6 while senior **Mateo de Dalmases** was 18th in 32:17.1.
- Simon Fraser's women dropped one spot to No. 5 in the USTFCCCA Division II Coaches Poll and to No. 2 in the West Region Rankings behind national No. 1 Cal Baptist.

## WESTERN OREGON



**LAST WEEK:** No Meet  
**THIS WEEK:** Oct. 14 at Wes Cook Collegiate, Brooks, Ore.

- Western Oregon did not compete last weekend and will complete its prep for the GNAC Championships this Saturday at the Wes Cook Collegiate.
- Western Oregon competed last on Sept. 30 at the Willamette Charles Bowles Invitational. Sophomore **Sawyer Heckard** was the top WOU runner in the men's 8,000-meter race, placing 53rd with a time of 26:32.7. Freshman **Shayla Solomon** was the top Wolves' women's finisher, placing 88th in the 5,000-meter race with a time of 19:44.1.
- Western Oregon's men moved up four spots to a tie for No. 13 with CSU-Pueblo in the USTFCCCA Division II Coaches Poll. The Wolves are also ranked No. 7 in the West Regional.

## WESTERN WASHINGTON



**LAST WEEK:** Oct. 7 at Western Washington Classic  
Men: 2nd of 11, 76 pts. Women: 4th of 12, 106 pts.  
**THIS WEEK:** No Meet

- Western Washington finished up the regular season strong with a pair of solid team finishes on the home course at the Western Washington Classic.
- Senior **Andrew Wise** was named GNAC Men's Cross Country Runner of the Week thanks to his sixth place finish on the 10,000-meter course with a time of 31:42.6. He was the top-placing GNAC runner in the meet.
- Sophomore **Jadon Olson** placed 15th in a time of 32:01.2 while freshman **Liam Cossette** collected a 20th place finish with his time of 32:20.9.
- Senior **Lillianna Stelling** was the Vikings' top women's runner, placing 19th with a time of 22:28.4 over 6,000 meters. She was the No. 7 GNAC finisher. Senior **Alexandra Laiblin** was three places back, finishing 22nd in 22:35.7.
- The Western Washington men picked up their first national ranking of the season, emerging at No. 23 in the USTFCCCA Division II Coaches Poll. The WWU men are No. 7 in the West Region Rankings while the women are ranked No. 8.

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

| National  | UAA  | SFU    | WOU    | WWU    |
|-----------|------|--------|--------|--------|
| Preseason | 5th  | —      | —      | RV (2) |
| Sept. 13  | 11th | 17th   | —      | —      |
| Sept. 20  | 11th | T-13th | —      | —      |
| Sept. 27  | 12th | —      | 16th   | RV (4) |
| Oct. 4    | 13th | —      | 17th   | —      |
| Oct. 11   | 17th | —      | T-13th | 23rd   |

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 |
| Sept. 26    | 4th | 8th | 5th  | 7th |
| Oct. 3      | 4th | 9th | 5th  | 7th |
| Oct. 10     | 5th | 9th | 4th  | 7th |

## USTFCCCA DIVISION II COACHES POLL

| Week 5 - Oct. 11 |                           | Pts.      | Previous  |
|------------------|---------------------------|-----------|-----------|
| Rk               | School (1st)              |           |           |
| 1.               | Adams State (8)           | 200       | 1         |
| 2.               | Colorado Mines            | 212       | 2         |
| 3.               | Grand Valley St.          | 184       | 3         |
| 4.               | Chico State               | 177       | 4         |
| 5.               | Cal Poly Pomona           | 162       | 7         |
| 6.               | Mount Olive               | 160       | 5         |
| 7.               | Cal Baptist               | 152       | 9         |
| 8.               | Augustana (S.D.)          | 143       | 8         |
| 9.               | Southern Indiana          | 142       | 6         |
| 10.              | Queens (N.C.)             | 122       | 10        |
| T11.             | Lewis                     | 108       | 11        |
|                  | Lindenwood                | 108       | NR        |
| <b>T13.</b>      | <b>Western Oregon</b>     | <b>91</b> | <b>17</b> |
|                  | CSU-Pueblo                | 91        | 12        |
| 15.              | Stonehill                 | 90        | 23        |
| 16.              | Lee (Tenn.)               | 80        | 14        |
| <b>17.</b>       | <b>Alaska Anchorage</b>   | <b>77</b> | <b>13</b> |
| 18.              | Western State             | 64        | 18        |
| 19.              | Walsh                     | 45        | NR        |
| 20.              | Dallas Baptist            | 43        | 16        |
| 21.              | UC San Diego              | 42        | 23        |
| 22.              | Shippensburg              | 40        | 20        |
| <b>23.</b>       | <b>Western Washington</b> | <b>25</b> | <b>NR</b> |
| 24.              | Academy of Art            | 16        | NR        |
| 25.              | Central Missouri          | 12        | NR        |

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

| Week 5 - Oct. 10 |                           | Conf.       | Prev.    |
|------------------|---------------------------|-------------|----------|
| Rk               | School                    |             |          |
| 1.               | Chico State               | CCAA        | 1        |
| 2.               | Cal Poly Pomona           | CCAA        | 2        |
| 3.               | Cal Baptist               | PacWest     | 3        |
| <b>4.</b>        | <b>Western Oregon</b>     | <b>GNAC</b> | <b>5</b> |
| <b>5.</b>        | <b>Alaska Anchorage</b>   | <b>GNAC</b> | <b>4</b> |
| 6.               | UC San Diego              | CCAA        | 6        |
| <b>7.</b>        | <b>Western Washington</b> | <b>GNAC</b> | <b>7</b> |
| 8.               | Academy of Art            | PacWest     | 10       |
| <b>9.</b>        | <b>Simon Fraser</b>       | <b>GNAC</b> | <b>9</b> |
| 10.              | Cal State East Bay        | CCAA        | NR       |

[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  |
| Sept. 27  | RV (10) | —      | 5th  |
| Oct. 4    | RV (13) | —      | 4th  |
| Oct. 11   | 8th     | —      | 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  |
| Sept. 26    | 7th | 1st | 8th | 10th |
| Oct. 3      | 6th | 1st | 9th | —    |
| Oct. 10     | 4th | 2nd | —   | 8th  |

## USTFCCCA DIVISION II COACHES POLL

| Week 5 - Oct. 11 |                         | Pts.       | Previous  |
|------------------|-------------------------|------------|-----------|
| Rk               | School (1st)            |            |           |
| 1.               | Cal Baptist (7)         | 199        | 6         |
| 2.               | Grand Valley St.        | 191        | 1         |
| 3.               | Adams State (1)         | 186        | 2         |
| 4.               | Western State           | 175        | 3         |
| <b>5.</b>        | <b>Simon Fraser</b>     | <b>169</b> | <b>4</b>  |
| 6.               | Chico State             | 154        | 12        |
| 7.               | Pittsburg St.           | 150        | 7         |
| <b>8.</b>        | <b>Alaska Anchorage</b> | <b>141</b> | <b>NR</b> |
| 9.               | Walsh                   | 129        | 10        |
| T10.             | Hillsdale               | 122        | 5         |
|                  | Mary                    | 122        | 13        |
| 12.              | Cal State San Marcos    | 112        | 9         |
| 13.              | Colorado Mines          | 104        | 10        |
| 14.              | Lee (Tenn.)             | 99         | 14        |
| 15.              | Queens (N.C.)           | 81         | 15        |
| 16.              | Oklahoma Baptist        | 77         | 16        |
| 17.              | Northern Michigan       | 74         | NR        |
| 18.              | Dallas Baptist          | 60         | 20        |
| 19.              | Augustana (S.D.)        | 55         | 23        |
| 20.              | Cal Poly Pomona         | 50         | 19        |
| 21.              | Mount Olive             | 33         | 21        |
| 22.              | Minnesota Duluth        | 32         | NR        |
| 23.              | Stonehill               | 29         | 23        |
| 24.              | UC-Colorado Springs     | 21         | 18        |
| 25.              | Saint Leo               | 17         | 25        |

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

| Week 5 - Oct. 10 |                           | Conf.       | Prev.     |
|------------------|---------------------------|-------------|-----------|
| Rk               | School                    |             |           |
| 1.               | Cal Baptist               | PacWest     | 2         |
| <b>2.</b>        | <b>Simon Fraser</b>       | <b>GNAC</b> | <b>1</b>  |
| 3.               | Chico State               | CCAA        | 4         |
| <b>4.</b>        | <b>Alaska Anchorage</b>   | <b>GNAC</b> | <b>6</b>  |
| 5.               | Cal State San Marcos      | CCAA        | 3         |
| 6.               | Cal Poly Pomona           | CCAA        | 6         |
| 7.               | UC San Diego              | CCAA        | 10        |
| <b>8.</b>        | <b>Western Washington</b> | <b>GNAC</b> | <b>NR</b> |
| 9.               | Humboldt State            | CCAA        | 7         |
| 10.              | Point Loma                | PacWest     | 8         |

[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.

**Fri., Sept. 22**

**SF State Invitational**

**at Golden Gate Park, San Francisco, Calif.**

**Men (8,000 Meters):** Cal Baptist 25, Western Oregon 49, Academy of Art 101, Cal State East Bay 115, Humboldt State 135, San Francisco St. 144, Holy Names 216, UC Merced 223, Cuyamaca CC 227, Menlo 301, Notre Dame de Namur 334.

**Top 5 Finishers:** 1, David Ribich, WOU, 24:47.0. 2, McMarhsall Hartzenburg, CBU, 25:01.6. 3, Gatién Airiau, AAU, 25:05.2. 4, Dennis Messmer, CBU, 25:15.7. 5, Simon Bedard, CUB, 25:15.8.

**Other Top GNAC Finishers:** 7, Dustin Nading, WOU, 25:20.6. 11, Tyler Jones, WOU, 25:35.9. 12, Josh Dempsey, WOU, 25:36.5. 19, Stephen Fey, WOU, 25:48.7.

**Women (6,000 Meters):** Cal Baptist 37, Humboldt State 75, Academy of Art 80, San Francisco St. 88, Western Oregon 122, Cuyamaca CC 164, Sonoma State 200, Notre Dame de Namur 231, UC Merced 260.

**Top 5 Finishers:** 1, Anett Somogyi, CBU, 21:11.5. 2, Emeline Delanis, CBU, 21:16.6. 3, Leanda du Bruyn, CBU, 21:29.0. 4, Fruzona Calva, CBU, 21:41.8. 5, Adriana Calva, SFSU, 21:47.6.

**Top 5 GNAC Finishers:** 6, Kennedy Rufener, WOU, 21:54.4. 22, Suzanne Van De Grift, WOU, 23:02.5. 32, Cassie McKinney, WOU, 23:23.4. 51, Olivia Wood, WOU, 24:25.6. 52, Isabelle Tingelstad, WOU, 24:26.0.

**Sat., Sept. 23**

**Saint Martin's Invitational**

**at Saint Martin's University, Lacey, Wash.**

**Men (8,000 Meters):** Southern Idaho 53, Western Washington 77, Lane CC 85, Alaska 99, British Columbia 105, Central Washington 147, Saint Martin's 172, Linfield 209, Treasure Valley CC 211, Everett CC 243, Clackamas CC 273, Mt. Hood CC 355, Olympic CC 367.

**Top 5 Finishers:** Eric Fitzpatrick, SIU, 26:14.4. 2, Michael Martin, LCC, 26:17.4. 3, Andy Muha, LCC, 26:55.6. 4, Juan Castillo, Unattached, 26:57.1. 5, Ian Fay, Unattached, 27:04.0.

**Top 5 GNAC Finishers:** 10, Peter Butler, WWU, 27:17.1. 11, Seiji Takagi, UAF, 27:24.6. 12, Josh Hunt, SMU, 27:26.1. 14, Porter McMichael, WWU, 27:28.1. 17, Lyon Kopsack, UAF, 27:36.7.

**Women (5,000 Meters):** Linfield 52, Southern Idaho 65, British Columbia 69, Saint Martin's 128, Western Washington 131, Alaska 192, Spokane CC 203, Central Washington 230, Treasure Valley CC 231, Clark CC 254, Lane CC 261, Multnomah 278, Olympic CC 371, Mt. Hood CC 396, Green River CC 414.

**Top 5 Finishers:** 1, Emma Knudson, LIN, 18:50.5. 2, Shaylee Hill, SIU, 18:57.6. 3, Courtney Beard, LIN, 19:00.4. Madelyn Huston, UBC, 19:13.5. 5, Waverly Shreffler, WWU, 19:14.3.

**Other Top GNAC Finishers:** 6, Larissa Kolasinski, SMU, 19:15.8. 8, Brook Wedin, WWU, 19:19.7. 13, Yadira Lopez, SMU, 19:40.2. 14, Aundrea Koger, WWU, 19:42.4.

# 2017 GNAC Meet Summaries

**Sat., Sept. 23**

## **Roy Griak Invitational**

**at Les Bolstad Golf Course, St. Paul, Minn.**

**Men's Maroon Division II (8,000 Meters):** Augustana (S.D.) 49, UC San Diego 148, Central Missouri 167, Western Washington 192, Sioux Falls 243, Wis.-La Crosse 272, Minnesota-Duluth 287, Simon Fraser 292, Pittsburg St. 307, Fort Hays St. 361, MSU-Moorhead 380, Black Hills St. 389, Colorado Mines 404, Minnesota Running Club 408, Nebraska-Kearney 418, Oklahoma Baptist 427, Minnesota State 429, Chadron State 435, Northwestern (Iowa) 406, Michigan Tech 510, Concordia-St. Paul 526, Mary 578, Northwest Nazarene 584, Manitoba 612, Wisconsin Track Club 683, Gillette CC 692, Valley City State 877, Lawrence Tech 897, Missouri Western 914, South Dakota Mines 978, Wayne State (Neb.) 989, ISU Running Club 1,019, Colorado Christian 1,023, Lakehead 1,024, Stanislaus State 1,059, Northern State 1,067, Dakota Wesleyan 1,082, Mill City Running 1,087, Dickinson St. 1,128, SW Minnesota St. 1,178, Southwestern CC 1,196, Waldorf 1,206, Minot State 1,383.

**Top 5 Finishers:** 1, Mason Phillips, USF, 25:30.5. 2, Steven Brown, USF, 25:59.4. 3, Ayrton Ledesma, Gillette, 26:01.8. 4, Trevor Capra, Unattached, 26:05.9. 5, Alec Kray, AUG, 26:08.1.

**Top 5 GNAC Finishers:** 16, Andrew Wise, WWU, 26:32.9. 22, Rowan Doherty, SFU, 26:39.5. 39, Dylan Hayes, WWU, 26:57.7. 43, Jadon Olson, WWU, 26:59.1. 45, Liam Cossette, WWU, 27:00.2.

**Women's Maroon Division II (6,000 Meters):** Simon Fraser 73, Pittsburg St. 75, Mary 99, Augustana (S.D.) 135, Northern Michigan 192, UC San Diego 194, Western Washington 205, Wis.-La Crosse 228, Minnesota Duluth 264, Minnesota State 303, Fort Hays St. 336, Stanislaus State 347, Michigan Tech 428, Missouri Western 466, Chadron State 466, Colorado Christian 497, Sioux Falls 501, Central Missouri 534, Northern State 538, Morningside 541, Nebraska-Kearney 544, Northwestern (Iowa) 605, Manitoba 630, South Dakota Mines 657, Black Hills St. 696, Colorado Mesa 696, Northwest Nazarene 723, MSU-Moorhead 763, Wisconsin Track Club 797, Concordia-St. Paul 899, Dickinson St. 907, SW Minnesota St. 1,007, Wayne State (Neb.) 1,044, Bemidji State 1,076, Lawrence Tech 1,096, Minnesota Running Club 1,108, Minot State 1,111, Dakota Wesleyan 1,139, Waldorf 1,115, Upper Iowa 1,174, Dakota State 1,210, Johnson County CC 1,235, Southwestern CC 1,322.

**Top 5 Finishers:** 1, Alexis Zeis, Mary, 21:41.3. 2, Julia Howley, SFU, 22:42.4. 3, Katelyn Smith, UNM, 22:44.4. 4, Mackenzie Kelly, AUG, 22:49.4. 5, Addy Townsend, SFU, 22:52.6.

**Other Top GNAC Finishers:** 13, Miryam Bassett, SFU, 23:03.0. 22, Olivia Willett, SFU, 23:13.6. 28, Lillianna Stelling, WWU, 23:27.9.

**Sat., Sept. 30**

## **Louisville Cross Country Classic**

**at E.P. Tom Sawyer State Park, Louisville, Ky.**

**Men's Blue Race (8,000 Meters, Division II Teams):** Saginaw Valley 63, Hillsdale 64, Missouri S&T 93, Wis.-Parkside 94, Grand Valley St. 106, Ferris St. 125, Central Washington 146, Gannon 162.

**Top 5 Finishers:** 1, Armando Torres, WUP, 24:59.79. 2, Nick Fiene, HC, 25:05.53. 3, Trevor Holowaty, FSU, 25:08.44. 4, Joe Bindner, MS&T, 25:19.59. 5, Joe Renner, GVSU, 25:23.35.

**Top 5 GNAC Finishers:** 22, Corbin Carlton, CWU, 26:15.94. 30, Hanson Lee, 26:29.02. 36, Trevor Allen, CWU, 26:39.72. 43, Tyler Humphries, CWU, 26:48.51. 49, Josh Boston, CWU, 26:57.85.

**Women's Blue Race (5,000 Meters, Division II Teams):** Grand Valley St. 53, Ferris St. 86, Central Washington 101, Missouri S&T 107, West Virginia Wesleyan 141, Wayne St. 164, North Alabama 184, Indianapolis 188, Union (Tenn.) 198, Wis.-Parkside 218, Davis & Elkins 257, Gannon 286.

**Top 5 Finishers:** 1, Jacqueline Feist, WSU, 17:49.34. 2, Sydney Pineault, WWU, 18:03.16. 3, Kathryn Etelamaki, FSU, 18:06.14. 4, Hanna Groeber, GVSU, 18:20.39. 5, Alexa Shindruk, CWU, 18:21.43.

**Other Top GNAC Finishers:** 18, Jackline Knight, CWU, 19:11.68. 24, Delaney Clem, CWU, 19:20.60. 30, Miranda Nelson, CWU, 19:28.93. 32, Nicole Soleim, CWU, 19:31.09.

## **Rocky Mountain Shootout**

**at Bridger Creek GC, Boulder, Colo.**

**Men's Non-Division I (8,000 Meters):** CSU-Pueblo 20, Colorado Mines 50, Montana State Billings 80, Old Zealand 101, Westminster (Utah) 114, Regis 153, Colo.-Denver 195.

**Top 5 Finishers (All Divisions):** 1, Riley Coates, USAF, 25:25. 2, Nathanael Williams, Unattached, 25:28. 3, Marcelo Laguera, CSUP, 25:43. 4, Paul Roberts, CSUP, 25:49. 5, Chris Herrick, COLO, 25:54.

**Top 5 GNAC Finishers:** 24, Jorey Egeland, MSUB, 26:54. 43, Tyus Mendoza, MSUB, 27:28. 61, Ivan Colmenero, MSUB, 28:23. 78, Ronald Venema, MSUB, 28:59. 96, Carson Jessop, MSUB, 30:09.

**Women's Non-Division I (5,800 Meters):** CSU-Pueblo 31, Colorado Mines 51, Regis 82, Montana State Billings 95, Westminster (Utah), Mary (Neb.) 114.

**Top 5 Finishers (All Divisions):** 1, Lindsey Koch, Unattached, 21:12. 2, Val Constien, COLO, 21:34. 3, Alayna Szuch, Unattached, 21:54. 4, Tayler Tuttle, COLO, 22:04. 5, Cayla Seligman, COLO, 22:08.

**Top 5 GNAC Finishers:** 27, Nikki Aiken, MSUB, 23:15. 57, Bailey Bomar, MSUB, 25:52. 60, Kelby Wegner, MSUB, 26:12. 74, Kateri Rush, MSUB, 27:46. 77, Sarah Beatty, MSUB, 28:24.

## **Willamette Charles Bowles Invitational**

**at Bush's Pasture Park, Salem, Ore.**

**Men (8,000 Meters):** Portland 59, Seattle 79, Boise State 127, Portland State 163, Pacific Lutheran 176, Willamette 180, Lewis & Clark 191, Concordia 192, Seattle Pacific 216, Humboldt State 227, Whitworth 260, Whitman 293, Western Oregon 354, Saint Martin's 375, Linfield 393, Pacific (Ore.) 446, Puget Sound 450.

**Top 5 Finishers:** 1, Brad Hodgkinson, PLU, 24:48.3. 2, Alejandro Cisneros, PSU, 24:53.9. 3, Noah Horsburgh, BSU, 25:02.4. 4, Jeff Lautenslater, PSU, 25:06.2. 5, Henry Hayes, UP, 25:14.1.

**Top 5 GNAC Finishers:** 9, Ben Halladay, SPU, 25:19.2. 17, Judd Lewis, CU, 25:39.6. 22, Jose Macias, CU, 25:55.3. 25, Josh Moats, CU, 25:57.4. 40, Josh Hunt, SMU, 26:14.6.

**Women (5,000 Meters):** Humboldt State 65, Seattle Pacific 94, Seattle 112, Point Loma 119, Whitworth 159, Linfield 179, Boise State 192, Portland State 194, Puget Sound 209, Willamette 258, Saint Martin's 298, Whitman 302, Concordia 327, Hawaii 370, Pacific (Ore.) 374, Lewis & Clark 402, Pacific Lutheran 459, Western Oregon 472.

**Top 5 Finishers:** 1, Kayla Leland, WHTW, 17:37.1. 2, Kaila Gibson, PSU, 17:43.5. 3, Olivia Stein, SU, 17:44.6. 4, Hannah Benoit-Bucher, PLNU, 17:54.8. 5, Annie Roberts, HSU, 17:55.7.

**Top 5 GNAC Finishers:** 12, Dania Holmberg, SPU, 18:12.0. 15, Alyssa Foote, SPU, 18:16.9. 19, Katherine Walter, SPU, 18:19.5. 22, Hailey Kettel, 18:24.5. 26, Kate Lilly, SPU, 18:32.5.



# 2017 GNAC Meet Summaries

Sat., Oct. 7

## Lewis Division II Conference Crossover

### at Lewis Cross Country Course, Romeoville, Ill.

**Men (8,000 Meters):** Grand Valley St. 55, Cal Baptist 121, Southern Indiana 150, Lindenwood 191, Lewis 205, Alaska Anchorage 223, Walsh 256, Academy of Art 258, Missouri Southern 258, Edinboro 313, Bellarmine 325, Minnesota-Duluth 360, Cedarville 388, Fort Lewis 415, Minnesota State 474, Michigan Tech 497, Hillsdale 511, Truman 532, Embry-Riddle (Fla.) 538, Winona State 581, Ferris State 645, Roberts Wesleyan 677, Indianapolis 721, Drury 754, Ill.-Springfield 757, Trevecca Nazarene 794, Northwood (Mich.) 807, Wheeling Jesuit 870, KcKendree 898.

**Top 5 Finishers:** 1, Gatien Airiau, AAU, 24:42.7. 2, Wuoi Mach, GVASU, 24:48.2. 3, Chris May, Unattached, 24:56.6. 4, McMarshall Hartzenberg, CBU, 24:57.0. 5, Daniel Michalski, CEDU, 24:57.5.

**Top 5 GNAC Finishers:** 19, Edwin Kangogo, UAA, 25:29.3. 23, Felix Kemboi, UAA, 25:31.7. 42, Nickson Koech, UAA, 25:48.4. 78, Nathan Kipchumba, UAA, 26:14.8. 81, Justin Carrancho, UAA, 26:16.2.

**Women (6,000 Meters):** Cal Baptist 51, Grand Valley St. 66, Alaska Anchorage 126, Walsh 188, Hillsdale 192, Northern Michigan 194, Minnesota-Duluth 213, UC-Colorado Springs 271, Malone 313, Academy of Art 361, Cedarville 367, Southern Indiana 379, Edinboro 413, Michigan Tech 415, Winona State 428, Minnesota State 458, Bellarmine 459, Ferris State 488, Fort Lewis 533, Embry-Riddle (Fla.) 557, Roberts Wesleyan 578, Truman 635, Wheeling Jesuit 647, Drury 662, Lewis 682, Indianapolis 748, Trevecca Nazarene 826, McKendree 851, Ill.-Springfield 944, Upper Iowa 1,031, Lindenwood 1,034, Ursuline (Ohio) 1,058, Northwood (Mich.) 1,071.

**Top 5 Finishers:** 1, Caroline Kurgat, UAA, 21:18.9. 2, Sarah Berger, WALSH, 21:31.5. 3, Emeline Delanis, CBU, 21:36.1. 4, Fruzsina Ladanyi, CBU, 21:46.6. 5, Leanda du Bruyn, CBU, 21:47.7.

**Other Top GNAC Finishers:** 15, Zannah Jepchumba, UAA, 22:12.0. 26, Emmah Chelimo, UAA, 22:30.4. 30, Danielle McCormick, UAA, 22:33.0. 57, Mariah Burroughs, UAA, 23:00.0.

## Yellowjacket Invitational

### at Dover Memorial Park, Billings, Mont.

**Men (4.2 Miles):** Black Hills St. 23, Montana St. Billings 40, Rocky Mountain 96, Central Wyoming 104, Montana St. Northern 107.

**Top 5 Finishers:** 1, Jorey Egeland, MSUB, 21:48.7. 2, Isaac Iverson, BHSU, 22:00.0. 3, Jake Iverson, BHSU, 22:12.2. 4, Tyus Mendoza, MSUB, 22:24.5. 5, Chance Dooley, BHSU, 22:26.7.

**Other Top GNAC Finishers:** 8, Ronald Venema, MSUB, 22:49.8. 9, Ivan Colmenero, MSUB, 22:51.8. 22, Carson Jessup, MSUB, 24:14.1.

**Women (2.9 Miles):** Black Hills State 23, Montana State Billings 38, Rocky Mountain 90, Central Wyoming 97, Montana St. Northern 109.

**Top 5 Finishers:** 1, Chaira Warner, Unattached, 17:53.6. 2, Tori Moore, BHSU, 18:16.8. 3, Nikki Aiken, MSUB, 18:45.2. 4, Abbie Fredrich, BHSU, 18:58.1. 5, Cailey Roth, BHSU, 19:11.7.

**Other Top GNAC Finishers:** 7, Bailey Bomar, MSUB, 20:05.4. 10, Catrina Schuchard, MSUB, 20:30.8. 11, Kelby Wegner, MSUB, 20:46.0. 12, Kateri Rush, MSUB, 20:46.4.

## Western Washington Invitational

### at East Lake Padden Park, Bellingham, Wash.

**Men (10,000 Meters):** Chico State 17, Western Washington 78, Simon Fraser 92, Club Northwest 117, Chadron State 117, Seattle Pacific 180, Central Washington 182, Northwest Nazarene 193, Alaska 276, Seattle Running Club 305, Saint Martin's 312.

**Top 5 Finishers:** 1, Keenan Viney, Unattached, 31:16.5. 2, Connor Fisher, CSUC, 31:37.8. 3, Eddie King, CSUC, 31:37.9. 4, Teddy Kassa, CSUC, 31:38.0. 5, Cameron Proceviat, Unattached, 31:42.0.

**Top 5 GNAC Finishers:** 6, Andrew Wise, WWU, 31:42.4. 12, Oliver Jorgensen, SFU, 31:49.8. 13, Sean Miller, SFU, 31:54.6. 15, Jadon Olson, WWU, 32:01.2. 18, Mateo de Dalmasas, SFU, 32:17.1.

**Women (6,000 Meters):** Simon Fraser 44, Chico State 46, Club Northwest 68, Western Washington 106, Seattle Pacific 114, Central Washington 165, Chadron State 204, Northwest Nazarene 242, Saint Martin's 249, Alaska 283, Oiselle 339, Green Riber CC 366.

**Top 5 Finishers:** 1, Lindsey Butterworth, Unattached, 21:14.7. 2, Tansey Lystad, Unattached, 21:17.4. 3, Kirsten Lee, Unattached, 21:26.0. 4, Rebecca Bassett, Unattached, 21:36.2. 5, Hannah Dorman, CSUC, 21:39.8.

**Top 5 GNAC Finishers:** 7, Julia Howley, SFU, 21:49.8. 8, Addy Townsend, SFU, 21:57.3. 11, Alexa Shindruk, CWU, 22:09.1. 13, Mary Charleson, SPU, 22:14.2. 15, Olivia Willett, SFU, 22:19.9.