



Sept. 22, 2016 • Week 3  
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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

#### Fri., Sept. 23

Montana State Billings, Northwest Nazarene at Yellowjacket Invitational, Avery Park, Billings, Mont., 10 a.m.

#### Sat., Sept. 24

Central Washington, Saint Martin's, Seattle Pacific, Western Washington at SMU Open, Saint Martin's Campus, Lacey, Wash., 9:30 a.m.  
 Western Washington at Roy Griak Invitational, Les Bolstad Golf Course, St., Paul, Minn., 9:50 a.m.

### LAST WEEK'S MEETS

#### Sat., Sept. 17

#### MSU-Bozeman Running Co. Invitational at Bridger Creek GC, Bozeman, Mont.

**Men (5 Miles):** Utah State 54, CSU-Pueblo 55, Weber State 60, Wyoming 103, Idaho State 146, Montana State 147, College of Idaho 227, Montana 258, Montana State Billings 282, North Dakota 287, Rocky Mountain 300, Northern Colorado 318, Carroll (Mont.) 329.

**Top 5 Finishers:** 1, Derrick Williams, CSUP, 24:30.43. 2, Marcelo Laguera, CSUP, 24:32.15. 3, Jonah Henry, WYO, 24:36.07. 4, Dillon Maggard, USU, 24:40.24. 5, Paul Roberts, CSUP, 24:41.20.

**Top GNAC Runners:** 55, Jorey Egeland, MSUB, 26:16.33. 61, Garrett Love, MSUB, 26:25.20. 84, Mark Hovland, MSUB, 26:57.76. 87, Josh Panasuk, MSUB, 27:02.25. 98, Ronald Venema, MSUB, 27:17.06.

**Women (3 Miles):** Utah 51, Weber State 56, Wyoming 64, Utah State 74, Montana State 172, CSU-Pueblo 191, Montana 198, Northern Colorado 222, Idaho State 261, College of Idaho 276, North Dakota 308, Carroll (Mont.) 355, Montana State Billings 405, Rocky Mountain 407.

**Top 5 Finishers:** 1, Hailey Whetten, WSU, 16:38.18. 2, Ellie Child, WSU, 16:42.24. 3, Bailee Parker, USU, 16:50.43. 4, Lauren Hamilton, WYO, 16:52.58. 5, Hannah McIntruff, UTAH, 16:53.53.

**Top GNAC Finishers:** 72, Rio Frame, MSUB, 19:23.01. 76, Nikki Allen, MSUB, 19:41.59. 82, Lydia Foster, MSUB, 20:05.16. 84, Bailey Bomar, MSUB, 20:08.72. 91, Catrina Schuchard, MSUB, 21:25.64.

### Sundodger Invitational

#### at Lincoln Park, Seattle, Wash.

**Men's Open (8,000 Meters):** Trinity Western 43, Alaska Anchorage 86, British Columbia 102, Simon Fraser 110, Southern Oregon 120, Calvin 154, Western Oregon 190, Eastern Oregon 255, Alaska 313, Club Northwest 325, Central Washington 353, Wis.-Stout 371, Western Washington 416, Whitman 436, Seattle Running Club 447, Corban 465, Lewis & Clark 465, Pacific Lutheran 481, George Fox 537, Puget Sound 544, Whitworth 564, Linfield 615, Saint Martin's 632, Northwest (Wash.) 642, Everett CC 810, Pacific (Ore.) 818, Multnomah 824, Green River CC 872.

**Top 5 Finishers:** 1, Declan White, TWU, 23:59.90. 2, David Ribich, WOU, 24:04.90. 3, Michel Ramirez, UAA, 24:08.00. 4, John Gay, UBC, 24:18.20. 5, Joel DeSchiffart, TWU, 24:27.40.

**Other Top GNAC Finishers:** 76, Edin Kangogo, UAA, 24:32.60. 12, Dustin Nading, WOU, 24:48.20. 18, Braeden Charlton, SFU, 24:57.00.

**Women (6,000 Meters):** Trinity Western 78, Calvin 102, Point Loma 107, Simon Fraser 114, British Columbia 120, Alaska Anchorage 138, Whitworth 275, Western Washington 300, Seattle Running Club 308, Southern Oregon 310, Central Washington 330, Saint Martin's 340, Alaska 350, Western Oregon 414, Wis.-Stout 417, MacEwan 480, Lewis & Clark 513, George Fox 513, Linfield 522, Northwest (Wash.) 545, Whitman 562, Eastern Oregon 565, Puget Sound 580, Pacific (Ore.) 599, Corban 625, Pacific Lutheran 780, Everett CC 837, Multnomah 893, Green River CC 915.

**Top 5 Finishers:** 1, Regan Yee, TWU, 20:29.30. 2, Caroline Austin, SRC, 20:29.90. 3, Caroline Kurgat, UAA, 20:34.90. 4, Lisa Brooking, TWU, 20:52.30. 5, Shannon Porter, SMU, 20:56.30.

**Other Top GNAC Finishers:** 9, Rebecca Bassett, SFU, 21:15.80. 18, Julia Howley, SFU, 21:56.70. 22, Addy Townsend, SFU, 22:02.50.

## #GNACXC in 140 @GNACSports

**#Threepeat** Western Oregon's David Ribich was named the GNAC Cross Country Men's Athlete of the Week after he finished second at the Sundodger Invitational. He finished just five seconds behind the race winner.

**#NotFarBehind** Alaska Anchorage's Caroline Kurgat earned Female Athlete of the Week honors after finishing third at the Sundodger Invitational, five seconds behind the top-two runners.

**#Everyone'sAWinner** Despite no winners for the GNAC this week, the conference has seen nine runners collect individual victories in 10 races this season.

**#HomeFree** Two GNAC teams, Montana State Billings and Saint Martin's, will host home meets this weekend. The Yellowjackets' home meet will be run on the same course as November's West Region Championships.

**#SailingNorth** Western Washington climbed to No. 9 in the USTFCCCA Division II National Poll, making the Vikings the top-ranked GNAC squad this week.

## Get Social

### Twitter Accounts/Hashtags For GNAC Cross Country Programs

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNooks	#NanookNation
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	
Simon Fraser	@SFUClan	#NCAAeh
W. Oregon	@WOUWolves	#WOUWolves
W. Washington	@WWUAthletics	#GoViks

# GNAC Cross Country Runners of the Week



## MEN

**David Ribich, Western Oregon**  
**Junior • Enterprise, Ore.**

Ribich earned his third straight weekly honor after finishing second in the men's open 8,000-meter race at the Sundodger Invitational. His time of 24:04.90 (4:50 per mile average) was five seconds behind individual champion Declan White of Trinity Western.

**Also Nominated:** Lukash Platil (Alaska), Michel Ramirez (Alaska Anchorage), Jasper Heckman (Saint Martin's).



## WOMEN

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

Kurgat placed third in the women's open 6,000-meter race at the Sundodger Invitational in 20:34.9 (5:31 per mile pace) and finished just five seconds behind the top-two runners in the race. Kurgat led the Seawolves to a sixth place team finish.

**Also Nominated:** Rebecca Bassett (Simon Fraser), Kennedy Rufener (Western Oregon), Dorothy O'Donnell (Alaska), Elena Gomez (Central Washington), Shannon Porter (Saint Martin's).

## Past GNAC Runners of the Week

Date	Men	Women
Aug. 29 - Sept. 4	David Ribich, WOU	Shannon Porter, SMU
Sept. 5 - 11	David Ribich, WOU	Mary Charleson, SPU
Sept. 12 - 18	David Ribich, WOU	Caroline Kurgat, UAA

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

## GNAC News & Notes

**THREE IN A ROW:** Western Oregon's **David Ribich** is proving to be the most dominant runner in the GNAC so far in the early season. The junior was selected as the GNAC Cross Country Men's Athlete of the Week for the third consecutive time after he placed second in the men's open race at the Sundodger Invitational. Ribich covered the 8,000-meter course in a time of 24:04.90. He was just five seconds behind champion Declan White of Trinity Western. In three races, Ribich has won twice.

This week, however, it is a guarantee that Ribich will not win the weekly honor. After racing each of the first three weeks of the season, Western Oregon will take the weekend off from competition.

**IN THE RANKINGS:** Five GNAC squads survived a decent jumble in this week's USTFCCCA Division II polls. Alaska Anchorage slipped in both polls, dropping four spots to No. 9 in the men's poll and dropping 18 spots to No. 24 in the women's poll. Western Washington, meanwhile, climbed two spots to No. 8 to take the GNAC's top spot in the women's poll. The Vikings' men picked up one spot to No. 14.

Seattle Pacific picked up six positions in the women's poll despite not competing last weekend, moving to No. 18.

In the men's regional rankings, Alaska Anchorage is No. 3, followed by Western Washington at No. 4, Simon Fraser at No. 7 and Western Oregon at No. 10. Western Washington is No. 2 in the women's regional rankings, followed by Seattle Pacific at No. 4, Alaska Anchorage at No. 6 and Simon Fraser at No. 8.

**BREAKING THE TAPE:** A total of 10 GNAC athletes have won races over the first three weeks of the season. Ribich has won two races: The John Frank Oregon State Invitational and the Ash Creek Invitational #1. Here is the complete list...

## MEN

- Edwin Kangogo (UAA): Notre Dame de Namur Argo Invite, Sept. 3 (21:14.9).
- David Ribich (WOU): John Frank OSU Invitational, Sept. 3 (18:21.6.); Ash Creek Invitational #1, Sept. 9 (18:53.8.).
- Andrew Wise (WWU): Central Washington Invitational, Sept. 10 (20:19).

## WOMEN

- Rebecca Bassett (SFU): Ash Creek Invitational #1, Sept. 10 (16:52.8).
- Mary Charleson (SPU): Humboldt Invitational, Sept. 10 (21:08.21).
- Elena Gomez (CWU): Central Washington Invitational, Sept. 10 (15:11)
- Caroline Kurgat (UAA): Notre Dame de Namur Invitational, Sept. 3 (18:52.9).
- Sierra Manzer (NNU): Idaho State Invitational, Sept. 2 (10:45.2).
- Shannon Porter (SMU): Logger Invitational, Sept. 3 (20:35.17).

# Around The GNAC

## ALASKA



- Alaska participated in its first full cross country meet of the season Saturday, taking part in the Sundodger Invitational in Seattle.
- The Nanooks' men placed ninth in the 28-team field in the men's 8,000-meter race. Alaska was fourth out of the seven GNAC teams competing.
- Freshman **Lukash Platil** placed 34th in the race in a time of 25:23.00. He was the 11th GNAC runner to cross the finish line. Junior **Alex Eckert** was the No. 2 runner, finishing 49th in 25:41.00.
- The Alaska women placed 13th in the women's open 6,000-meter race with 350 points. The Nanooks were sixth out of the seven GNAC teams.
- Senior **Dorothy O'Donnell** was the Nanooks' top women's runner, placing 27th in 22:13.70. Senior **Kali Striker** was the No. 2 top runner, placing 63rd in a time of 23:00.40.
- Alaska will sit this weekend out from competition, returning to the course on Oct. 1 at the Charles Bowles Willamette Invitational in Salem, Ore.

## ALASKA ANCHORAGE



- Alaska Anchorage returned to the course with a pair of solid showings at the Sundodger Invitational. The Seawolves' men placed second with 86 points while the UAA women placed sixth with 138 points.
- The UAA men placed all seven of their scoring runners in the top-50 and had a 1 minute, 23 second gap between the No. 1 and No. 5 runners. Senior **Michel Ramirez** placed third in a time of 24:08.00, less than 10 seconds behind the individual champion. Junior **Edwin Kangogo** was also in the top-10, placing sixth in 24:32.60.
- Junior Caroline Kurgat was the only Alaska Anchorage women's runner in the top-25, placing third in 20:34.90. She was five seconds behind the individual runner. Sophomore Jennah Jepchumba was the No. 2 runners, placing 32nd in 22:22.60.
- Alaska Anchorage continues to be ranked in both USTFCCCA Division II Coaches Polls this week. The Seawolves men are No. 9 this week, dropping four spots, and are No. 3 in the West Region. The UAA women dropped 18 spots to No. 24 in the national poll and to sixth in the West Region poll.
- The Seawolves compete just one more time before the GNAC Championships, participating in the Western Washington Invitational on Sat., Oct. 8.

## CENTRAL WASHINGTON



- Central Washington competed for the second week in a row, participating in the Sundodger Invitational. Both the men and women placed 11th in the team competition with the men scoring 353 points and the women with 330 points.
- Sophomore **Tyler Humphries** and senior **Nick Spencer** led the CWU men with side-by-side finishes. The two runners were both given credit for 67th place with a time of 25:54.20. Junior **Josh Boston** was 75th in 25:55.90.
- Senior **Elena Gomez** paced the Central Washington women, placing 29th in 22:15.40. Sophomore **Alexa Shindruk** finished 52nd in a time of 22:44.00.
- Central Washington is one of the few GNAC teams that will compete every weekend leading up to the GNAC Championships. The Wildcats will join three other GNAC teams this Saturday at the SMU Open in Lacey, Wash.

## CONCORDIA



- Concordia is in the midst of three weeks away from competition after racing the first two weekends. The Cavaliers will race again on Sat., Oct. 1, at the Charles Bowles Willamette Invitational.
- In their last race, Concordia placed fourth in the men's competition at Friday's Ash Creek Invitational #1 on Sept. 9, scoring 112 points. The Cavaliers' women placed sixth with a score of 145 points.
- Senior **Jared Seckel** captured a top-10 finish in the men's 6,300-meter race, placing ninth with a time of 19:38.6. Junior **Judd Lewis** placed 12th in a time of 19:41.7.
- Sophomore **Nicole Pederson** won the top Concordia finisher in the women's 4,600-meter race, placing 23rd in 18:44.6. Freshman **Bailey Fjelstul** finished 27th in a time of 18:52.2.
- Concordia is in the third year of a three-year transition process to NCAA Division II membership. This is its second year competing in full Division II and GNAC schedules. While the Cavaliers are eligible to win the GNAC championship, they are not eligible for regional & national competition.

## MONTANA STATE BILLINGS



- The Yellowjackets put together a pair of solid performances against Division I competition at Saturday's MSU-Bozeman Running Co. Invitational. The Montana State Billings' men placed ninth with 282 points while the women placed 13th with 405 points.
- Junior **Jorey Egeland** was once again the top MSUB men's runner, placing 55th on the 5-mile course in 26:16.33. Senior **Garrett Love** placed 61st in 26:25.20. In all, there was a 1:01 gap between the No. 1 and No. 5 runners.
- The MSUB women were led by senior **Rio Frame** in the 3-mile race, who placed 110th in her first race of the season in 19:23.01. Freshman **Nikki Allen** placed 116th in 19:41.59.
- Montana State Billings will host the Yellowjacket Invitational on Friday at Avery Park, which will be the location for this year's NCAA West Regional Championships. It is also the only time that MSUB will race against a GNAC squad before the GNAC Championships with Northwest Nazarene making the trip to Billings.

## NORTHWEST NAZARENE



- Northwest Nazarene took a second weekend off from competition. The Crusaders to facing form on Friday, taking part in the Yellowjacket Invitational in Billings, Mont.
- The Crusaders opened the season competing against Division I competition at the Idaho State Invitational in Pocatello, Idaho, on Sept. 2. Northwest Nazarene finished third in both team races, scoring 53 points in the women's race and 74 points in the men's competition.
- Sophomore **Sierra Manzer** opened the season with a bang, winning the women's 3-kilometer race in a time of 10:45.19. She finished five seconds ahead of runner-up Jenica Dodge of Idaho State. Sierra's sister, junior **Alysia Manzer**, placed eighth in 11:17.47.
- Freshman **Godfrey Kemboi** led the NNU men as he tied for fifth in the men's 6,000-meter race in a time of 19:27. Kemboi finished 23 seconds behind race winner Liam Kennell of Southern Utah. Junior **Isaac Mitchell**, the Crusaders' top returning male runner, placed 14th in 19:53.

# Around The GNAC

## SAINT MARTIN'S



- After a weekend off, the Saints returned to competition at the Sundodger Invitational. The SMU women placed 12th in the team competition with 330 points as all seven GNAC squads placed in the top-14 out of 29 teams. The SMU men placed 23rd with 632 points.
- Senior **Shannon Porter** placed fifth in the biggest meet of her short collegiate cross country career (her first race was two weeks ago), covering the 6,000 meters in 20:56.30. Junior transfer **Yadira Lopez** also had a top-25 finish, placing 25th in 22:08.60.
- Junior **Jasper Heckman** led the SMU men, placing 142nd individually with a time of 26:48.60. Junior **Josh Hunt** was 10 places behind, placing 152nd in 27:00.60. The Saints grouped well with a gap of just 47 seconds between the top-five runners.
- Saint Martin's will welcome Central Washington, Seattle Pacific and Western Washington (among other teams) to Lacey for the SMU Open on Saturday on the Saint Martin's campus.

## SEATTLE PACIFIC



- Despite having a big meet in its hometown, Seattle Pacific did not run last weekend. The Falcons return to competition on Saturday at the SMU Open.
- Seattle Pacific turned in a pair of solid performances against some of the region's top teams as the Falcons opened the season on Sept. 10 the Humboldt Invitational in Trinidad, Calif. The Falcon's women placed second with 57 points while the men placed sixth with 197 points.
- Junior **Mary Charleson** collected her first collegiate race win, taking top honors in the 6,000-meter race in a time of 21:08.21. She was a three seconds better than second place Analicia Garcia of Sonoma State.
- Junior **Ben Halladay** was Seattle Pacific's top finisher in the men's 8,000-meter race, placing 19th in a time of 25:34.74.
- Not competing did not hurt the Falcons' position in the USTFCCCA Division II Women's Poll. Seattle Pacific rose six spots to No. 18 in the national rankings and two spots to No. 4 in the West Region Rankings.

## SIMON FRASER



- The Clan finished fourth in the men's and women's team competitions at the Sundodger Invitational. The women scored 114 points and was the top of the seven GNAC teams. The SFU men scored 110 points and were second among the GNAC teams.
- Senior **Rebecca Bassett** was one of three GNAC runners in the top-10 in the women's race, placing ninth in a time of 21:15.80. Junior **Julia Howley** placed 18th in 21:56.70 while sophomore **Ady Townsend** was 22nd in 22:02.50. The Clan had a 1:23 gap between its top-5 runners.
- Junior **Braeden Charlton** led three Simon Fraser men's runner that all crossed within a second of each other. Charlton placed 18th in 24:57.00. Sophomore **Sean Miller** was 19th in 24:57.70 and senior **Marc-Antoine Rouleau** was 20th in 24:57.80. All five scoring SFU runners placed in the top-50 with a gap of 39 seconds.
- The Simon Fraser women lost its spot in the USTFCCCA Division II National Poll for the first time this season, but remain ranked eighth in the West Region. The Simon Fraser men are seventh in the regional rankings.
- Simon Fraser will stay close to home this weekend, participating in the Vancouver Spirit Run cross country event on Sunday. The Clan return to collegiate competition on Oct. 1 at the Stanford Invitational.

## WESTERN OREGON



- Western Oregon put together a pair of good team performances at the Sundodger Invitational. The WOU men placed seventh with a score of 190 points and were third out of the seven GNAC team. The Wolves' women placed 14th with 414 points.
- Junior **David Ribich** was named the GNAC Male Athlete of the Week for the third consecutive week. He placed second in a time of 24:04.90, just five seconds behind the individual winner.
- Sophomore **Dustin Nading** notched a solid top-15 finish, placing 12th in the race in a time of 24:48.20.
- Junior **Kennedy Ruferner** led the WOU women with her 37th place finish, covering the 6,000-meter course in 22:25.90. Junior **Suzie Van de Grift** finished 47th in 22:39.20.
- After competing each of the first three weeks of the season, Western Oregon will take this weekend off from competition. The Wolves race again next Saturday at the Stanford Invitational.

## WESTERN WASHINGTON



- Western Washington sent a pair of limited squads, comprised mostly of newcomers, to the Sundodger Invitational in Seattle. The Vikings placed eighth in the women's competition with 300 points while the men placed 13th with 416 points.
- Freshman **Payton Shinnick** led the WWU women, placing 42nd in a time of 22:33.30. Freshman **Sophia Galvez** placed 49th in 22:40.60.
- Junior **Logan Giese** paced the Western Washington men, placing 45th in a time of 25:37.40.
- Western Washington enters the week as the GNAC's top team in the USTFCCCA Division II Women's Poll, moving up two spots to No. 8. The Vikings are also second in the West Region rankings. The WWU men climbed one spot to No. 14 in the national rankings and retained their No. 4 West Region ranking.
- The Vikings will split their squad this weekend. Their top runners will head to St. Paul, Minn., to compete at the Roy Griak Invitational. The remainder of the squad will be in Lacey, Wash., at the SMU Open.

# Men's Regional & National Polls

## GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WWU
Preseason	4th	12th	22nd
Sept. 14	5th	—	T-15th
Sept. 21	9th	—	14th

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

West Region	UAA	SFU	WOU	WWU
Preseason	1st	4th	—	5th
Sept. 13	2nd	9th	8th	4th
Sept. 20	3rd	7th	10th	4th

## USTFCCCA DIVISION II COACHES POLL

Week 2 (Sept. 21)		
Rk	School (1st)	Pts.
1.	Colorado Mines (7)	199
2.	Grand Valley State (1)	189
3.	Adams State	187
4.	Chico State	177
5.	Cal Poly Pomona	158
6.	Augustana (S.D.)	156
7.	Shippensburg	153
8.	Western State	149
9.	<b>Alaska Anchorage</b>	<b>140</b>
10.	CSU-Pueblo	119
11.	Hillsdale	116
12.	Mount Olive	97
13.	Southern Indiana	95
14.	<b>Western Washington</b>	<b>91</b>
15.	Lee (Tenn.)	89
16.	Lock Haven	70
17.	West Texas A&M	66
18.	MSU Moorhead	64
19.	American International	61
20.	Saginaw Valley State	54
21.	UC San Diego	37
22.	Missouri Southern	35
23.	Stonehill	32
24.	Bellarmino	19
25.	Cal Baptist	11

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Week 2 (Sept. 20)			Conf.	Prev.
Rk	School			
1.	Chico State		CCAA	1
2.	Cal Poly Pomona		CCAA	3
3.	<b>Alaska Anchorage</b>		<b>GNAC</b>	<b>2</b>
4.	<b>Western Washington</b>		<b>GNAC</b>	<b>4</b>
5.	UC San Diego		CCAA	10
6.	Cal Baptist		PacWest	6
7.	<b>Simon Fraser</b>		<b>GNAC</b>	<b>9</b>
8.	Academy of Art		PacWest	7
9.	San Francisco State		CCAA	5
10.	<b>Western Oregon</b>		<b>GNAC</b>	<b>8</b>

[View Complete Regional Polls Online](#)

# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	SPU	WWU
Preseason	8th	20th	23rd	9th
Sept. 14	6th	21st	24th	T10th
Sept. 21	24th	—	21st	8th

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

West Region	UAA	SFU	SPU	WWU
Preseason	2nd	5th	6th	3rd
Sept. 13	2nd	5th	6th	3rd

## USTFCCCA DIVISION II COACHES POLL

Week 2 (Sept. 21)		
Rk	School (1st)	Pts.
1.	Grand Valley State (5)	197
2.	Adam State (3)	195
3.	Chico State	181
4.	Mary	175
5.	Western State	169
6.	Southern Indiana	162
7.	Hillsdale	150
8.	<b>Western Washington</b>	<b>146</b>
9.	Minnesota Duluth	132
10.	Stonehill	129
11.	Cedarville	114
12.	Augustana (S.D.)	111
13.	Cal Baptist	104
14.	Dallas Baptist	93
15.	Malone	86
16.	Winona State	76
17.	Northern Michigan	59
18.	<b>Seattle Pacific</b>	<b>50</b>
T19.	Montevallo	48
T19.	Bloomsburg	48
21.	Colorado Mines	37
22.	Shippensburg	32
23.	Lewis	25
24.	<b>Alaska Anchorage</b>	<b>21</b>
25.	Queens (N.C.)	17

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Week 2 (Sept. 20)			Conf.	Prev.
Rk	School			
1.	Chico State		CCAA	1
2.	<b>Western Washington</b>		<b>GNAC</b>	<b>3</b>
3.	Cal Baptist		PacWest	4
4.	<b>Seattle Pacific</b>		<b>GNAC</b>	<b>6</b>
5.	UC San Diego		CCAA	7
6.	<b>Alaska Anchorage</b>		<b>GNAC</b>	<b>2</b>
7.	Point Loma		PacWest	9
8.	<b>Simon Fraser</b>		<b>GNAC</b>	<b>5</b>
9.	Humboldt State		CCAA	10
10.	Cal Poly Pomona		CCAA	NR

[View Complete Regional Polls Online](#)



# 2016 GNAC Meet Summaries

**Fri., Sept. 2**

## **Idaho State Invitational**

**at Centennial Cross Country Course, Pocatello, Idaho**

**Men (6,000 Meters):** Southern Utah 25, Idaho State 37, Northwest Nazarene 74.

**Top 5 Finishers:** 1, Liam Kennell, SUU, 19:04. 2, Koy Moore, SSU, 19:10. 3, Brady Olson, SUU, 19:17. 4, Andrew Kaler, ISU, 19:21. 5, Godfrey Kemboi, NNU, 19:27.

**Other Top GNAC Runners:** 14, Isaac Mitchell, NNU, 19:53. 19, Nick Hamilton, NNU, 21:07. 20, Gabe Fisher, NNU, 21:09. 22, Rylan Manzer, NNU, 22:04.

**Women (3,000 Meters):** Southern Utah 31, Idaho State 39, Northwest Nazarene 53.

**Top 5 Finishers:** 1, Sierra Manzer, NNU, 10:45.2. 2, Jenica Dodge, ISHU, 10:50.2. 3, Josie Riggs, SUU, 10:54.5. 4, Carly Hansen, ISU, 11:00.4. 5, Presli Hutchinson, Unattached, 11:03.2.

**Other Top GNAC Finishers:** 8, Anysja Manzer, NNU, 11:17.5. 15, Emily Hammons, NNU, 11:53.7. 16, McKenna Conley, NNU, 12:00.0. 17, Halie Wilsey, NNU, 12:06.3.

## **Hardrock Open**

**at Founders Park, Rapid City, S.D.**

**Men (8,000 Meters):** Chadron State 35, Gillette CC 46, Montana State Billings 68, South Dakota 93, Central Wyoming CC 148.

**Top 5 Finishers:** 1, Festus Lagat, Gillette, 25:34. 2, Alejandro Garcia, CS, 25:35. 3, Erick Rotich, Gillette, 26:10. 4, Ayrton Ledesma, Gillette, 26:28. 5, Dylan Stansbury, CS, 26:51.

**Top GNAC Finishers:** 6, Jorey Egeland, MSUB, 26:52. 9, Garrett Love, MSUB, 27:19. 14, Mark Hovland, 27:35. 19, Josh Panasuk, MUSB, 28:11. 25, Ronald Venema, MSUB, 28:57.

**Women (3 Miles):** Gillette CC 31, South Dakota 55, Chadron State 63, Montana State Billings 75.

**Top 5 Finishers:** 1, Adeline Strautmeyer, SD, 18:23.10. 2, Ali Walker, MSUB, 18:28.90. 3, Ruth Chepsat, Gillette, 19:11.20. 4, Margaret Vinton, CS, 19:11.50. 5, Joan Jelimo, Gillette, 19:26.30.

**Other Top GNAC Finishers:** 11, Rio Frame, MSUB, 19:56.30. 13, Nikki Aiken, MSUB, 20:01.00. 23, Bailey Bomar, 20:38.90. 26, Lydia Foster, MSUB, 21:15.70.

**Sat., Sept. 3**

## **Notre Dame de Namur Argo Invite**

**at Crystal Springs Course, Belmont, Calif.**

**Men (6,750 Meters):** Alaska Anchorage 15, UC Santa Cruz 62, Stanislaus State 62.

**Top 5 Finishers:** 1, Edwin Kangogo, UAA, 21:19.9. 2, Michel Ramirez, UAA, 21:20.4. 3, Justin Carrancho, UAA, 21:41.6. 4, Victor Samoei, UAA, 21:42.4. 5, Michael Mendenall, UAA, 21:44.9.

**Women (5,000 Meters):** Alaska Anchorage 31, Stanislaus State 35, UC Santa Cruz 89, Sonoma State 89, Dominican (Calif.) 147, Notre Dame de Namur 165, Menlo 186.

**Top 5 Finishers:** 1, Caroline Kurgat, UAA, 18:52.9. 2m, Analicia Garcia, SSU, 19:36.5. 3, Thalia Silva, CSUS, 19:43.5. 4, Mariah Burroughs, UAA, 19:54.7. 5, Zannah Jepchumba, UAA, 19:55.7.

**Other Top GNAC Finishers:** 9, Danielle McCormick, UAA, 20:11.1. 12, Kimberly Cosica, UAA, 20:23.2.

## **Puget Sound Invitational**

**at Fort Steilacoom Park, Lakewood, Wash.**

**Men (8,000 Meters):** Saint Martin's 26, Puget Sound 45, Pacific Lutheran 54, Olympic CC 118.

**Top 5 Finishers:** 1, Geremia Lizier-Zmudzinski, PS, 26:43. 2, Skyler Larson, SMU, 26:58. 3, Jasper Heckman, SMU, 27:27. 4, Josiah Shelman, SMU, 27:30. 5, Jack Monaghan, PS, 27:34.

**Other Top GNAC Finishers:** 9, Josh Hunt, SMU, 27:59. 10, Austin Miller, SMU, 28:02.

**Women (6,000 Meters):** Saint Martin's 29, Puget Sound 35, Pacific Lutheran 77, Green River CC 103, Olympic CC 126.

**Top 5 Finishers:** 1, Shannon Porter, SMU, 20:35.17. 2, Shailee Woard, PLU, 23:33.32. 3, Tori Klein, PS, 23:45.10. 4, Larissa Kolasinski, SMU, 24:07.88. 5, Megan Teigen, SMU, 24:53.83.

**Other Top GNAC Finishers:** 9, Claire McCloskey, SMU, 25:21.20. 10, Lindsay Dorney, SMU, 25:43.21.

## **John Frank Oregon State Invitational**

**at Avery Park, Corvallis, Ore.**

**Men (6,000 Meters):** Portland 22, Western Oregon 56, Portland State 75, Concordia 95.

**Top 5 Finishers:** 1, David Ribich, WOU, 18:21.6. 2, Logan Orndorf, UP, 18:31.5. 3, Fabian Tomas, UP, 18:43.6. 4, Joe Horen, UP, 18:47.0. 5, Michael Biedebach, PSU, 18:47.8.

**Other Top GNAC Finishers:** 8, Judd Lewis, CU, 19:00.5. 12, Justin Crosswhite, WOU, 19:05.5. 14, Tyler Jones, WOU, 19:09.7. 18, Jared Seckel, CU, 19:19.5.

**Women (3 Miles):** Portland 22, Oregon State 34, Western Oregon 85, Portland State 88, Concordia 134.

**Top 5 Finishers:** 1, Parkes Kendrick, UP, 16:52.8. 2, Anne Luijten, UP, 16:53.3. 3, Taryn Rawlings, UP, 16:53.8.4. Kristiane Width, OSU, 17:01.8. 5, Courtney Cox, UP, 17:23.5.

**Top GNAC Finishers:** 11, Nicole Maurmann, WOU, 17:59.0. 15, Kennedy Ruferner, WOU, 18:18.7. 21, Grace Knapp, WOU, 18:31.6. 24, Suzie Van De Grift, WOU, 18:50.4. 27, Nicole Pederson, CU, 19:13.9.

**Fri., Sept. 9**

## **Gage McSpadden Memorial Invitational**

**at Spearfish Canyon Country Club, Spearfish, S.D.**

**Men (6,000 Meters):** Black Hills State 20, Montana State Billings 42, Dakota Wesleyan 81.

**Top 5 Finishers:** 1, Joshua Davis, BHSU, 20:11.1. 2, Chance Dooley, BHSU, 20:11.5. 3, Jorey Egeland, MSUB, 20:29.3. 4, Jonah Theisen, BHSU, 20:38.9. 5, Garrett Love, MSUB, 20:43.5.

**Other Top GNAC Runners:** 11, Mark Hovland, MSUB, 21:01.1. 13, Josh Panasuk, MSUB, 21:05.8. 17, Tyus Mendoza, MSUB, 21:26.8.

**Women (4,000 Meters):** Black Hills State 15, Montana State Billings 54, Dakota Wesleyan 71.

**Top 5 Finishers:** 1, Christine Thorn, BHSU, 15:54.0. 2, Tori Moore, BHSU, 16:27.4. 3, Nicole Allerdings, BHSU, 16:30.7. 4, Shelby Stoltz, BHSU, 16:42.7. 5, Cailey Roth, BHSU, 16:52.5.

**Top GNAC Finishers:** 6, Nikki Aiken, MSUB, 16:58.0. 12, Bailey Bomar, MSUB, 17:34.3. 14, Lydia Foster, MSUB, 17:35.0. 17, Catrina Schuchard, MSUB, 18:34.7. 8, Ella McKenzie, MSUB, 18:48.3.

# 2015 GNAC Meet Summaries

## Alaska Moda Health Blue & Gold Meet

at UAF Ski Trails, Fairbanks, Alaska

### Intrasquad - No Team Scores Kept

**Men's Top 5 Finishers (5,000 Meters):** 1, Alex Eckert, UAF, 15:57.2. 2, Luk Platil, UAF, 16:15.8. 3, Carl Wahlin, UAF, 16:22.2. 4, Lyon Kopsack, UAF, 16:30.4. 5, Keegan Rankin, UAF, 16:37.1.

**Women's Top 5 Finishers (5,000 Meters):** 1, Dorothy O'Donnell, UAF, 19:20.2. 2, Nichole Bathe, UAF, 19:38.4. 3, Kali Striker, UAF, 19:45.1. 4, Grace Weller, UAF, 20:05.7. 5, Sarah Lilly, UAF, 20:10.6.

## Ash Creek Invitational #1

at Ash Creek Preserve, Monmouth, Ore.

**Men (6,300 Meters):** Southern Oregon 27, Western Oregon 55, Simon Fraser 59, Concordia (Ore.) 112, Linfield 158, Lane CC 166, Clark CC 181, Clackamas CC 201, Pacific (Ore.) 262.

**Top 5 Finishers:** 1, David Ribich, WOU, 18:53.8. 2, Ray Schireman, SOU, 19:06.8. 3, Michael Martin, Unattached, 19:10.3. 4, Dylan Alexander, SOU, 19:11.8. 5, Connor Cushman, SOU, 19:11.8.

**Other Top GNAC Finishers:** 7, Sean Miller, SFU, 19:22.1. 8, Dustin Nading, WOU, 19:34.3. 9, Jared Seckel, CU, 19:38.6. 10, Phillipe Gravel, SFU, 19:39.4.

**Women (4,600 Meters):** Simon Fraser 30, Western Oregon 57, Southern Oregon 59, Linfield 107, Pacific (Ore.) 135, Concordia (Ore.) 145.

**Top 5 Finishers:** 1, Rebecca Bassett, SFU, 16:52.8. 2, Jessa Perkinson, SOU, 16:53.8. 3, Julia Howley, SFU, 17:09.8. 4, Nicole Maurmann, WOU, 17:33.0. 5, Miryam Bassett, SFU, 17:41.3.

**Other Top GNAC Finishers:** 6, Kennedy Ruferner, WOU, 17:42.3.

## Sat., Sept. 10

### Humboldt Invitational

at Patrick's Point State Park, Trinidad, Calif.

**Men (8,000 Meters):** Chico State 15, Cal State Monterey Bay 119, Oregon Tech 120, Humboldt State 163, Rogue CC 180, Seattle Pacific 197, Notre Dame de Namur 285.

**Top 5 Finishers:** 1, William Reyes, CSUC, 24:18.69. 2, Connor Fisher, CSUC, 24:39.32. 3, Falco DiGiallonardo, CSUC, 24:41.55. 4, Aaron Mora, CSUC, 24:43.63. 5, Kyle Medina, CSUC, 24:43.84.

**Top GNAC Finishers:** 19, Ben Halladay, SPU, 25:34.74. 46, Danny Provo, SPU, 26:38.77. 58, David McLeod, SPU, 27:13.49. 64, Jesse Phan, SPU, 27:44.92. 68, Brysten James, SPU, 28:14.02.

**Women (6,000 Meters):** Chico State 40, Seattle Pacific 57, Humboldt State 68, Cal State Monterey Bay 167, Oregon Tech 170, Sonoma State 180, Pacific (Calif.) 216, Dominican (Calif.) 316, Notre Dame de Namur 346, Mills 430.

**Top 5 Finishers:** 1, Mary Charleson, SPU, 21:08.21. 2, Analicia Garcia, SSU, 21:11.46. 3, Sarah Macdonald, SPU, 21:14.88. 4, Karlie Garcia, CSUC, 21:21.02. 5, Alex Burkhart, CSUC, 21:22.0.

**Other Top GNAC Finishers:** 11, Hannah Calvert, SPU, 21:42.54. 20, Chynna Phan, SPU, 22:09.82. 22, Kate Lilly, SPU, 22:11.49.

### Central Washington Invitational

at Rotary Park, Ellensburg, Wash.

**Men (6,000 Meters):** Western Washington 27, Central Washington 29, Olympic CC 85.

**Top 5 Finishers:** 1, Andrew Wise, WWU, 20:19. 2, Matthew Lutz, WWU, 20:23. 3, Josh Boston, CWU, 20:24. 4, Kaleb Javier, CWU, 20:31. 5, Nick Spencer, CWU, 20:33.

**Women (4,000 Meters):** Western Washington 23, Central Washington 35.

**Top 5 Finishers:** 1, Elena Gomez, CWU, 15:11. 2, Lilianna Sterling, WWU, 15:34. 3, Shawna Troupe, WWU, 15:43. 4, Alexa Shindruk, CWU, 15:47. 5, Sara Taferre, WWU, 15:59.