



Oct. 6, 2016 • Week 5  
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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

**Fri., Oct. 7**

Northwest Nazarene at San Francisco State Invitational, 3:30 p.m., Golden Gate Park, San Francisco  
Western Oregon at Ash Creek Invitational #2, 5 p.m., Ash Creek Preserve, Monmouth, Ore.

**Sat., Oct. 8**

Montana State Billings at Yellowjacket Open, 10 a.m., Amend Park, Billings, Mont., 10 a.m.  
Alaska, Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Washington at Western Washington Invitational, 10 a.m., Lake Padden Park, Bellingham, Wash.

### LAST WEEK'S MEETS

**Sat., Oct. 1**

**Rocky Mountain Shootout at Buffalo Ranch, Boulder, Colo.**

**Men (Non Division I, 8,000 Meters):** Golden 35, Montana State Billings 41, Gillette CC 66, Westminster (Utah) 94.

**Top 5 Finishers (All Competitors):** 1, John Dressel, Unattached, 24:38. 2, Joe Klecker, CU, 24:42. 3, Zach Perrin, CU, 24:56. 4, Ryan Forsyth, CU, 25:04. 5, Ben Saarel, Unattached, 25:14.

**Top GNAC Runners:** 32, Garrett Love, MSUB, 27:17. 39, Jorey Egeland, MSUB, 27:35. 58, Tyus Mendoza, MSUB, 28:18. 60, Ronald Venema, MSUB, 28:21. 63, Mark Hovland, MSUB, 28:33.

**Women (Non Division I, 5,800 Meters):** Colorado Mines 34, Gillette CC 40, Westminster (Utah) 97, Montana State Billings 101, Elmhurst 120, St. Mary (Neb.) 145.

**Top 5 Finishers (All Competitors):** 1, Erin Clark, CU, 19:54. 2, Kaitlyn Benner, CU, 20:02. 3, Makena Morley, CU, 20:11. 4, Dani Jones, CU, 20:17. 5, Karley Rempel, Unattached, 21:01.

**Top GNAC Finishers:** 37, Rio Frame, MSUB, 24:36. 48, Bailey Bomar, MSUB, 25:22. 55, Nikki Aiken, MSUB, 25:39. 62, Lydia Foster, MSUB, 26:18. 67, Catrina Schuchard, MSUB, 26:48.

**Charles Bowles Willamette Invitational at Bush's Pasture Park, Salem, Ore.**

**Men's Cardinal (8,000 Meters):** Portland 23, New Mexico St. 87, Willamette 129, Portland State 164, Western Oregon 166, Central Washington 173, Alaska 218, Lewis & Clark 243, Concordia (Ore.) 244, UC Santa Cruz 254, Whitworth 318, Pacific Lutheran 323, Whitman 344, Linfield 368, Saint Martin's 369, Hawaii Pacific 397, Puget Sound 414, Pacific (Ore.) 575.

**Top 5 Finishers:** 1, Brady Johnson, UP, 24:15.7. 2, Logan Orndorf, UP, 24:15.7. 3, Joe Horen, UP, 24:38.4. 4, Brad Hodgkinson, PLU, 24:51.8. 5, Fabian Tomas, UP, 24:57.0.

**Top GNAC Finishers:** 7, Judd Lewis, CU, 25:08.4. 8, Dustin Nading, WOU, 25:08.8. 9, Jared Seckel, CU, 25:12.7. 16, Justin Crosswhite, WOU, 25:27.0. 26, Ethan Livermore, CU, 25:44.8.

**Women's Cardinal (5,000 Meters):** Portland 87, New Mexico St. 96, Portland State 100, Whitworth 144, Central Washington 175, Willamette 178, Saint Martin's 213, Alaska 218, Western Oregon 219, Hawaii Pacific 245, UC Santa Cruz 281, St. Benedict 282, Lewis & Clark 364, Pacific (Ore.) 370, Linfield 279, Whitman 392, Puget Sound 413, Concordia (Ore.) 516, Pacific Lutheran 532, Hawaii Hilo 606.

**Top 5 Finishers:** 1, Shannon Porter, SMU, 17:06.7. 2, Mathilde Sagnes, UP, 17:31.8. 3, Olivia Mancini, WU, 17:39.7. 4, Kayla Leland, WHTW, 17:50.6. 5, Dorothy O'Donnell, UAF, 17:57.8.

**Other Top GNAC Finishers:** 6, Yadira Lopez, SMU, 18:01.8. 9, Alexa Shindruk, CWU, 18:13.4. 16, Kennedy Rufener, WOU, 18:26.0.

### Stanford Invitational

**at Stanford Golf Course, Palo Alto, Calif.**

**Men's College Open (8,000 Meters):** Cal Poly 54, Cal Poly Pomona 63, UC Santa Barbara 114, San Jose St. 132, St. Mary's (Calif.) 143, Tulane 217, Stanford 224, Simon Fraser 234, Mt. Sac 255, Fresno State 256, Azusa Pacific 281, Cal State East Bay 323, San Bernardino Valley 330, Fresno Pacific 350, Santa Clara 358, George Fox 436, Stanislaus State 483, UC Merced 509.

**Top 5 Finishers:** 1, Thomas Radcliffe, Unattached, 23:17.0. 2, Emmanuel Rotich, Tulane, 23:19.9. 3, Swarnjit Boyal, Cal Poly, 23:22.8. 4, Clayton Hutchins, Cal Poly, 23:30.9.5. Ga. Arisa-Sheridan, St. Mary's, 23:34.60.

**Top GNAC Finishers:** 36, Braeden Charlton, SFU, 24:27.20. 43, Sean Miller, SFU, 24:35.90. 72, Lorenzo Smith, SFU, 25:09.60. 73, Rowan Doherty, SFU, 25:10.20. 107, Mateo de Dalmases, SFU, 25:54.40.

**Women's College Open (6,000 Meters):** Stanford 37, Cal Poly 46, UC Santa Barbara 129, San Jose St. 164, Simon Fraser 165, St. Mary's (Calif.) 184, Tulane 217, Cal Poly Pomona 218, Azusa Pacific 220, Fresno Pacific 222, Stanislaus State 252, Fresno State 293, Cal State East Bay 354, Mt. Sac 364, George Fox 452, UC Merced 468.

**Top 5 Finishers:** 1, Elise Cranny, STAN, 20:02.50. 2, Peyton Bilo, Cal Poly, 20:08.80. 3, Annemarie Schwanz, FSU, 20:16.00. 4, Vanessa Fraser, STAN, 20:19.0. 5, Jenna Hinkle, UCSB, 20:31.10.

**Top GNAC Finishers:** 17, Rebecca Bassett, SFU, 21:23.20. 20, Julia Howley, SFU, 21:28.30. 39, Addy Townsend, SFU, 22:09.00. 44, Miryam Bassett, SFU, 22:16.80. 67, Reta Dobie, SFU, 22:57.90.

## #GNACXC in 140 @GNACSports

**#Threepeat** Saint Martin's **Shannon Porter** was named GNAC Women's Cross Country Athlete of the Week for the third time this season after she won the Women's Cardinal race at the Charles Bowles Willamette Invitational by 25 seconds.

**#CavalierEffort** Concordia's **Judd Lewis** picked up Men's Cross Country Athlete of the Week honors after he led the conference with a seventh place finish in the Men's Cardinal race at the Charles Bowles Willamette Invitational.

**#BellinghamBound** Eight GNAC teams will preview the GNAC Championships course this weekend at the Western Washington Invitational at East Lake Padden Park.

**#ClosingIn** This week will mark the last races for seven conference teams prior to the GNAC Cross Country Championships. The meet takes place on Sat., Oct. 22, in Bellingham, Wash.

## Get Social

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

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNanooks	#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

**Judd Lewis, Concordia**  
**Junior • Wenatchee, Wash.**

Lewis was the top Division II finisher at the Charles Bowles Willamette Invitational, placing seventh with a time of 25:08.4 over 8,000 meters. He was beat by five Division I runners and led three GNAC runners grouped within four seconds of each other.

**Also Nominated:** Josiah Shelman (Saint Martin's).



## WOMEN

**Shannon Porter, Saint Martin's**  
**Senior • Vancouver, Wash.**

Porter blistered the field at the Charles Bowles Willamette Invitational, winning the 5,000-meter race in a time of 17:06.7. She beat Mathilde Sagnes of Division I Portland by 25 seconds and was 51 seconds ahead of the next nearest GNAC finisher.

**Also Nominated:** Rebecca Bassett (Simon Fraser).

## 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
Sept. 19 - 25	Godfrey Kemboi, NNU	Shannon Porter, SMU
Sept. 26 - Oct. 2	Judd Lewis, CU	Shannon Porter, SMU

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

## GNAC News & Notes

**GOOD SHOWING AGAINST LARGE FIELDS:** The GNAC performed well against some of the largest race fields the conference will see outside of the regional and national championships.

At the Charles Bowles Willamette Invitational on Saturday, the conference had four men's teams and four women's teams place in the top-10. Western Oregon led the way for the men, placing fifth with 166 points. Central Washington placed fifth in the women's competition with 175 points.

The women's race featured a pair of top-five finishers. **Shannon Porter** of Saint Martin's won the race, covering the 5,000 meters in 17:06.7. **Dorothy O'Donnell** of Alaska placed fifth with a time of 17:57.8.

Simon Fraser put on a good show for the GNAC at the Stanford Invitational. The women were the top non-Division I team, placing fifth with a score of 165 points. The Clan men placed eighth with 234 points. Senior **Rebecca Bassett** was the top individual finisher, placing 17th in the women's 6,000-meter race in 21:23.20.

**ALL EYES ON BELLINGHAM:** Eight GNAC teams will be at East Lake Padden Park in Bellingham, Wash., on Saturday to receive a preview of the GNAC Championships course. The Western Washington Invitational will take place on the same course that will host the championship event in two weekends.

Scheduled to join the host Vikings at the meet is Alaska, Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific and Simon Fraser. Over 200 men and 180 women are expected to compete. The women will compete at the regional and national championship distance of 10,000 meters while the men will compete at 6,000 meters.

**IN THE RANKINGS:** Both of the top GNAC teams picked up one spot in the latest USTFCCCA Division II Coaches Poll. The Alaska Anchorage men moved up one spot into a tie at No. 8 with Western State. The Western Washington women moved up one to No. 15. The Vikings' men dropped one spot to No. 22 while the Seattle Pacific women climbed one spot to No. 18.

In the men's regional rankings, Alaska Anchorage is No. 3, followed by Western Washington at No. 6, Simon Fraser at No. 8 and Western Oregon at No. 10. Western Washington is No. 4 in the women's West Region Rankings, followed by Seattle Pacific at No. 5, Alaska Anchorage at No. 6 and Simon Fraser at No. 8.

**BREAKING THE TAPE:** A total of 10 GNAC athletes have won 12 races over the first three weeks of the season. Western Oregon's **David Ribich** and Saint Martin's **Shannon Porter** are both two race winners. Here is the complete list...

## MEN

- Godfrey Kemboi (NNU): Yellowjacket Invitational, Sept. 23 (32:20.5).
- 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); SMU Open, Sept. 24 (17:50.10).

# Around The GNAC

## ALASKA



- Alaska returned to competition with a pair of solid performances at the Charles Bowles Willamette Invitational. The Nanooks' men placed seventh with 218 points while the women placed eighth with 216 points.
- Senior **Dorothy O'Donnell** led the way for the Nanooks with her fifth place finish in the women's 5,000-meter race, finishing in a time of 17:57.8. She was the second GNAC runner to cross the line. Senior **Kali Striker** finished in 26th place in 18:43.2.
- Freshman **Lukash Platil** led the Nanooks' men for the second consecutive meet, placing 31st in the 8,000-meter race in 25:48.3. Junior **Alex Eckert** was four places behind in 35th place with a time of 25:55.3.
- Alaska returns to the mainland this weekend, competing at the Western Washington Invitational in Bellingham, Wash.

## ALASKA ANCHORAGE



- Alaska Anchorage has not competed each of the last two weekends. The Seawolves return to competition this weekend at the Western Washington Invitational.
- Alaska Anchorage posted a pair of solid showings at the Sundodger Invitational on Sept. 17. 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 Jephumba was the No. 2 runners, placing 32nd in 22:22.60.
- Alaska Anchorage moved into a tie for eighth in this week's USTFCCA Division II Men's Coaches Poll with Western State. The Seawolves are ranked No. 3 in the West Region, leading all GNAC teams. The women were among those receiving votes in the national poll and are No 6 in the West Region Rankings.

## CENTRAL WASHINGTON



- Central Washington also posted a pair of good team performances at the Charles Bowles Willamette Invitational. The Wildcats' women placed fifth with 175 points and were the top GNAC team in the meet. The CWU men placed sixth with 173 points, seven points behind Western Oregon.
- Sophomore **Alexa Shindruk** led the CWU women, placing ninth with a time of 18:13.4 over 5,000 meters. Sophomore **Elena Gomez** placed 25th in a time of 18:41.6. There was a 1:11 gap between the No. 1 and No. 5 runners.
- Sophomore **Tyler Humphries** was the top Central Washington men's finisher, placing 34th with a time of 25:55.3 over 8,000 meters. Junior **Ron Leaf** was three places behind as he crossed the line in 37th place with a time of 25:59.7.
- Central Washington will join much of the rest of the conference at the Western Washington Invitational on Saturday in Bellingham, Wash.

## CONCORDIA



- Concordia was one of five GNAC teams competing at the Charles Bowles Willamette Invitational. The Cavaliers' men placed ninth with 244 points while the women placed 18th with 516 points.
- Concordia had two top-10 finishers in the men's race. Junior **Judd Lewis** was named the GNAC Men's Cross Country Athlete of the Week after he placed seventh in a time of 25:08.4. He was the first Division II athlete to cross the finish line. Senior **Jared Seckel** placed ninth with a time of 25:12.7.
- Senior **Ethan Livermore** finished just out of the top-25, placing 26th in a time of 25:44.8.
- Sophomore **Nicole Pederson** was the top Concordia finisher in the women's 5,000-meter race, placing 88th in a time of 19:52.6. Freshman **Gabby Hobson** placed 106th in a time of 20:08.4.
- Concordia will be among eight GNAC teams competing at the Western Washington Invitational on Saturday. It will be the Cavaliers' last race prior to the GNAC Championships.
- 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



- Montana State Billings received a good test among Division I competition at the Rocky Mountain Shootout in Boulder, Colo. The Yellowjackets' men placed second among non-Division I teams with 41 points while the MSUB women placed fourth with 101 points.
- Senior **Garrett Love** led the Montana State Billings men, placing 32nd in the 8,000-meter race in a time of 27:17 (placing was among all competitors). Junior **Jorey Egeland** placed 39th with a time of 27:35.
- In the women's 5,800-meter race, senior **Rio Frame** led the way for MSUB by placing 37th in 24:36. Junior **Bailey Bomar** placed 48th with a time of 25:22.
- Montana State Billings will host its second cross country meet of the season on Saturday, welcoming teams for the Yellowjacket Invitational at Amend Park. It will be the Yellowjackets' last meet prior to the GNAC Championships.
- Montana State Billings will be a relative unknown to the rest of the conference. Outside of Northwest Nazarene at the Yellowjacket Invitational, the Yellowjackets will not race against GNAC competition until the GNAC Championships on Oct. 22.

# Around The GNAC

## NORTHWEST NAZARENE



- Northwest Nazarene did not compete last weekend. The Crusaders will head south this week, competing in the San Francisco State Invitational on Friday at Golden Gate Park.
- Northwest Nazarene posted a pair of outstanding team performances at the Yellowjacket Invitational. on Sept. 23. The Crusaders' women placed second of six teams while the men placed third, both scoring 58 points.
- Freshman **Godfrey Kemboi** earned GNAC Male Athlete of the Week after he won the meet in just his second collegiate race. Kemboi covered the championship 10,000-meter distance in a time of 32:20.44. Junior **Issac Mitchell** finished in fifth place in 32:48.47.
- The Manzer sisters posted a pair of top-5 finishes to lead the NNU women. Sophomore **Sierra Manzer** placed second in a time of 22:58.17 for 6,000 meters while junior **Anysja Manzer** placed third in 23:36.44. Sophomore Emily Hammons also had a top-15 finish, placing 12th in 24:47.38.
- Northwest Nazarene will be one of four GNAC teams scheduled to compete in the weekend prior to the GNAC Championships. The Crusaders will race at the Lewis & Clark Invitational on Oct. 15.

## SAINT MARTIN'S



- It was another solid weekend for the Saint Martin's cross country teams. The Saints' women placed seventh with 213 points while the men placed 15th with 369 points.
- Senior **Shannon Porter** was named GNAC Women's Cross Country Athlete of the Week for the third time after she won the women's 5,000-meter race by a 25-second margin. Porter finished with a time of 17:06.7, well ahead of second place Mathilde Sagnes of Portland.
- Junior **Yadira Lopez** had her second top-10 finish of the season, placing sixth in a time of 18:01.8. She was the third GNAC runner to cross the line.
- Senior **Josiah Shelman** was the top Saint Martin's men's finisher, placing 54th in a time of 26:14.2. Sophomore **Joe Edgcomb** placed 89th in 26:53.4.
- Saint Martin's will be one of eight GNAC teams competing at the Western Washington Invitational on Saturday. It will be the Saints' final meet before the GNAC Championships.

## SEATTLE PACIFIC



- Seattle Pacific did not compete last weekend. The Falcons will complete their run-up for the GNAC Championships on Saturday at the Western Washington Invitational.
- Seattle Pacific's women were just short of perfect at the SMU Invitational on Sept. 24, placing eight runners in the top-10 to win the meet with a score of 22 points. The Falcons' men placed eighth with a score of 171 points.
- Junior **Mary Charleson** led the Falcons, placing second on the 5,000-meter course in a time of 18:01.70. Senior **Sarah Macdonald** placed third in 18:16.10 while senior **Hannah Calvert** placed fourth in 18:34.70.
- Junior **Ben Halladay** scored a top-10 finish for the Seattle Pacific men, placing ninth in a time of 26:34.70. Freshman **Danny Provo** finished in 19th as he covered the 8,000-meter course in 27:06.70.
- Seattle Pacific's women climbed one spot in the USTFCCCA Division II Poll to No. 18, its highest ranking of the season. The Falcons are No. 5 in the West Region Rankings.

## SIMON FRASER



- Simon Fraser tested their fitness against Division I teams at the Stanford Invitational. The Clan women placed fifth in the women's college open race with 165 points and was the top non-Division I team. The SFU men placed eighth in the men's college open with 234 points.
- Senior **Rebecca Bassett** was the top non-Division I finisher in the women's 6,000-meter race, placing 17th in a time of 21:23.20. Junior **Julia Howley** finished 20th in 21:28.30.
- Junior **Braeden Charlton** led the Simon Fraser men, placing 36th in a time of 24:27.20 over 8,000 meters. Sophomore **Sean Miller** seven places behind in 43rd with a time of 24:35.90.
- Simon Fraser enters the week ranked No. 8 in both the men's and women's USTFCCCA West Region Rankings. Neither team received national poll votes.
- The Clan will be among eight GNAC teams competing at the Western Washington Invitational on Saturday in Bellingham. The Clan will be one of four conference teams scheduled to compete the week before the GNAC Championships at the Emerald City Open on Oct. 15.

## WESTERN OREGON



- Western Oregon stayed close to home, competing at the Charles Bowles Willamette Invitational in Salem. The Wolves' men placed fifth with 166 points while the women placed ninth with 219 points.
- Sophomore **Dustin Nading** led the WOU men, placing eighth with a time of 25:08.8 over 8,000 meters. Freshman **Justin Crosswhite** placed 16th in a time of 25:27.0. The Wolves' top men's runner, junior **David Ribich**, did not compete.
- Junior **Kennedy Rufener** was Western Oregon's top women's runner once again, placing 16th in a time of 18:26.0. Sophomore **Grace Knapp** placed 33rd in a time of 18:48.7.
- Western Oregon's men continued to be ranked in the USTFCCCA West Region Rankings, ranked No. 10 for the third consecutive week.
- Western Oregon will host its second meet of the season on Friday, welcoming teams for the Ash Creek Invitational #2 at the Ash Creek Preserve.

## WESTERN WASHINGTON



- Western Washington did not compete last weekend. The Vikings will host a preview of the GNAC Championships course on Saturday with the Western Washington Invitational at Lake Padden Park.
- Western Washington competed with split squads on Sept. 24. The Vikings' top runners competed at the Roy Griak Invitational in Minnesota, with the men placing fifth and the women placing sixth. The remainder of the team competed at the SMU Open with the Vikings taking second in both team races.
- Junior **Isaac Derline** placed sixth at the Griak with a time of 26:16.8 over 8,000 meters while junior **Andrew Wise** placed 10th in a time of 26:27.3. Senior **Brittany Grant** was the top WWU women's finisher, placing 15th in a time of 23:29.9 for 6,000 meters.
- At the SMU Open, freshman **Peter Butler** led the WWU men as he finished fourth in a time of 26:27.10 for 8,900 meters. Sophomore **Dylan Hayes** was sixth in 26:28.00. Freshman **Peyton Shinnick** placed 13th in 19:19.50 to lead the women in the 5,000-meter race.
- The WWU women improved one spot in the USTFCCCA Division II Women's Coaches Poll to No. 15 and is No. 4 in the West Region Rankings. The WWU men dropped one spot to No. 22 in the national poll and are No. 6 in the regional rankings.

# 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
Sept. 28	9th	RV (3)	21st
Oct. 5	T-8th	—	22nd

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
Sept. 27	3rd	7th	10th	5th
Oct. 4	3rd	8th	10th	7th

## USTFCCCA DIVISION II COACHES POLL

Week 4 (Oct. 5)		
Rk	School (1st)	Pts.
1.	Adams State (5)	195
2.	Grand Valley St. (1)	191
3.	Colorado Mines (1)	185
4.	Chico State (1)	181
5.	Cal Poly Pomona	166
6.	CSU-Pueblo	157
7.	Augustana (S.D.)	153
T8.	Western State	136
	<b>Alaska Anchorage</b>	<b>136</b>
10.	Southern Indiana	135
11.	Hillsdale	113
12.	UC San Diego	104
13.	Mount Olive	96
T14.	Black Hills State	79
	Missouri Southern	79
16.	Saginaw Valley State	73
17.	Lock Haven	67
18.	Cal Baptist	62
19.	American International	61
20.	Shippensburg	53
21.	Walsh	46
22.	<b>Western Washington</b>	<b>31</b>
23.	Bellarmino	28
24.	Lee (Tenn.)	21
25.	West Texas A&M	19

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Week 4 (Oct. 4)			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Cal Poly Pomona	CCAA	2
3.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>3</b>
4.	UC San Diego	CCAA	4
5.	Cal Baptist	PacWest	6
6.	<b>Western Washington</b>	<b>GNAC</b>	<b>5</b>
7.	Academy of Art	PacWest	8
8.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>7</b>
9.	San Francisco State	CCAA	9
10.	<b>Western Oregon</b>	<b>GNAC</b>	<b>10</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
Sept. 28	RV (12)	—	19th	16th
Oct. 5	RV (8)	—	18th	15th

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
Sept. 20	6th	8th	4th	2nd
Sept. 27	6th	8th	5th	4th
Oct. 4	6th	8th	5th	4th

## USTFCCCA DIVISION II COACHES POLL

Week 4 (Oct. 5)		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	192
3.	Mary	181
T4.	Western State	169
	Chico State	169
6.	Minnesota Duluth	163
7.	Cedarville	154
8.	Southern Indiana	141
9.	Cal Baptist	137
10.	Hillsdale	129
11.	Northern Michigan	120
12.	UC-Colorado Springs	111
13.	Stonehill	99
14.	UC San Diego	97
15.	<b>Western Washington</b>	<b>87</b>
16.	Dallas Baptist	85
17.	Malone	50
18.	<b>Seattle Pacific</b>	<b>49</b>
T19.	Pittsburg State	46
	Montevallo	46
21.	CSU-Pueblo	39
22.	Shippensburg	32
23.	Southwest Baptist	24
24.	Augustana (S.D.)	19
25.	Saint Leo	18

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## USTFCCCA WEST REGION POLL

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

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# 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.

# 2016 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, Phillippe 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 Rufener, 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.

## 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.

# 2016 GNAC Meet Summaries

**Fri., Sept. 23**

**Yellowjacket Invitational  
at Amend Park, Billings, Mont.**

**Men (10,000 Meters):** San Francisco State 40, Montana State Billings 47, Northwest Nazarene 58, South Dakota Mines 80, Montana State Northern 153, Central Wyoming 158.

**Top 5 Finishers:** 1, Godfrey Kemboi, NNU, 32:20.44. 2, Benji Preciado, SFSU, 32:21.50. 3, Drew Feldman, SFSU, 32:21.51. 4, Garrett Love, MSUB, 32:28.03. 5, Isaac Mitchell, NNU, 32:42.58.

**Other Top GNAC Runners:** 6, Jorey Egeland, MSUB, 32:48.37. 7, Nick Hamilton, NNU, 33:10.16.

**Women (6,000 Meters):** South Dakota Mines 44, Northwest Nazarene 58, Gillette CC 65, San Francisco State 77, Montana State Billings 103, Montana State Northern 182.

**Top 5 Finishers:** 1, Adeline Straatmeyer, SDM, 22:51.28. 2, Sierra Manzer, NNU, 22:58.17. 3, Anysja Manzer, NNU, 23:36.44. 4, Magali Arsiniega, SFSU, 23:41.81. 5, Kari Radke, SDM, 23:50.38.

**Other Top GNAC Finishers:** 12, Emily Hammons, NNU, 24:47.38. 14, Nikki Aiken, MSUB, 24:49.03. 15, Rio Frame, MSUB, 24:56.85.

**Sat., Sept. 24**

**SMU Open**

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

**Men's (8,000 Meters):** Lane CC 67, Western Washington 76, Spokane CC 95, Clackamas CC 118, Saint Martin's 135, Clark CC 138, Treasure Valley CC 154, Seattle Pacific 171, Western Washington Alumni 194, Everett CC 291, Olympic CC 322, Green River CC 327, Mt. Hood CC 330.

**Top 5 Finishers:** 1, Sam Garvin, CLARK, 26:00.40. 2, Michael Martin, LCC, 26:01.70. 3, Juan Castillo, WWU Alumni, 26:25.80. 4, Peter Butler, WWU, 26:27.10. 5, Jose Macias, CCC, 26:27.60.

**Other Top GNAC Finishers:** 9, Ben Halladay, SPU, 26:34.70. 15, Josiah Shelman, SMU, 27:00.50. 17, Ben Crowell, WWU, 27:04.60. 19, Danny Provo, SPU, 27:06.70.

**Women (5,000 Meters):** Seattle Pacific 22, Western Washington 62, Saint Martin's 81, Central Washington 132, Spokane CC 140, Lane CC 192, Treasure Valley CC 196, Mt. Hood CC 231, Green River CC 238, Everett CC 250, Olympic CC 264.

**Top 5 Finishers:** 1, Shannon Porter, SMU, 17:50.10. 2, Mary Charleson, SPU, 18:01.70. 3, Sarah Macdonald, SPU, 18:16.50. 4, Hannah Calvert, SPU, 18:34.70. 5, Yadira Lopez, SMU, 18:43.50.

**Roy Griak Invitational**

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

**Men's Maroon (8,000 Meters):** Augustana (S.D.) 88, UC San Diego 130, Black Hills St. 149, Manitoba 152, Western Washington 154, MSU-Moorhead 283, Wis.-Parkside 298, Metro State 300, Pittsburg St. 302, Minnesota St. 341, Minnesota-Duluth 341, Colorado Mesa 344, Chadron State 353, Lakehead 405, Mary 486, Northwestern (Iowa) 510, Iowa State RC 547, Sioux Falls 558, Nova Southeastern 565, North Iowa Area CC 571, Winona State 581, Minnesota RC 585, Wisconsin TC 641, Morningside 643, Concordia-St. Paul 655, Dordt 670, Waldorf 747, Humboldt State 748, Cardinal Stritch 779, Johnson County CC 787, Colorado Christian 837, Dickinson St. 967, SW Minnesota St. 984, Northern St. 1,004, Wayne St. (Neb.) 1,010, Dakota State 1,054, Minot State 1,147, Grand View 1,156, Graceland 1,280.

**Top 5 Finishers:** 1, Kevin Tree, LAKE, 25:57.0. 2, Daniel Garcia, CSC, 26:04.8. 3, Glen Ellingson, AUG, 26:08.4. 4, Kevin Lewis, Unattached, 26:15.4. 5, Wal Khat, NICC, 26:17.4.

**Top GNAC Finishers:** 6, Isaac Derline, WWU, 26:18.6. 49, Sean Eustis, WWU, 27:25.7. 50, Cody McCranie, WWU, 27:26.8. 67, Matt Lutz, WWU, 27:42.5. 111, Max Romey, WWU, 28:08.4.

**Women's Maroon (6,000 Meters):** Mary 93, Minnesota-Duluth 95, Northern Michigan 122, UC-Colorado Springs 149, UC San Diego 209, Western Washington 210, Pittsburg St. 220, Run N Fun 261, Wis.-Parkside 280, MSU-Moorhead 310, Humboldt State 338, Colo. Christian 388, Winona State 404, Minnesota State 411, Black Hills St. 439, Manitoba 460, Midwestern St. 460, Sioux Falls 462, Northern State 480, Colorado Mesa 495, Morningside 513, St. Cloud St. 532, Wisconsin TC 618, Metro State 627, Dordt 662, Nova Southeastern 753, Iowa St. RC 818, Chadron State 827, SW Minnesota St. 886, Northwestern (Iowa) 947, Minnesota RC 961, Minot State 987, Johnson County CC 1,020, Bemidji St. 1,039, Grand View 1,042, Graceland 1,044, Concordia-St. Paul 1,093, Wayne St. (Neb.) 1,120, North Iowa Area CC 1,144, Cardinal Stritch 1,208.

**Top 5 Finishers:** 1, Alexis Zeis, Mary, 22:10.2. 2, Emilee Trost, MSUD, 22:25.0. 3, Breanna Colbenson, MSUD, 22:34.6. 4, Ida Narbuvoll, Mary, 22:43.6. 5, Molly Montonye, MSUM, 22:50.8.

**Top GNAC Finishers:** 15, Brittany Grant, WWU, 23:29.9. 27, Lillianna Sterling, WWU, 24:00.1. 42, Sophia Galvez, WWU, 24:18.2. 60, Shawna Troupe, WWU, 24:40.3. 73, Sara Taferre, WWU, 24:53.5.