



Oct. 20, 2016 • Week 7
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 22

GNAC Cross Country Championships, Lake Padden Park, Bellingham, Wash.
 Men's Race (8,000 Meters), 10 a.m.
 Women's Race (6,000 Meters), 11 a.m.

LAST WEEK'S MEETS

Sat., Oct. 15

Emerald City Open

at Lower Woodland Park, Seattle, Wash.

Men (8,000 Meters): Club Northwest 18, Seattle 51, Seattle Running Club 98, Pacific Lutheran 102, Everett CC 156, Northwest (Wash.) 156, Olympic CC 218, Green River CC 219, Eastside Runners 250, Dark Horse International 262, Central Washington incomplete.

Top 5 Finishers: 1, Drew Polley, Club NW, 25:33. 2, Chris Reed, Club NW, 25:38. 3, Eli Boudouris, SU, 25:54. 4, Matt Chrichlow, Club NW, 26:01. 5, Tyler VanDooren, Club NW, 26:19.

Top GNAC Finishers: 28, Matt Conrardy, CWU, 27:56. 43, Grant Mackey, CWU, 28:51. 51, Justin Pringle, CWU, 29:14. 62, Nick Gennarelli, CWU, 29:39.

Women (6,000 Meters): Club Northwest 19, Seattle 39, Seattle Running Club 104, Pacific Lutheran 118, Central Washington 167, Oiselle 167, Everett CC 169, Dark Horse International 177, Olympic CC 238.

Top 5 Finishers: 1, Lana Lacey, Club NW, 22:06. 2, Lila Rice, SU, 22:18. 3, Ashley Nichols, Club NW, 22:19. 4, Tess Ehrhardt, 22:32. 5, Janet McDevitt, Club NW, 22:34.

Top GNAC Finishers: 30, Tera Beyerlein, CWU, 24:59. 34, Miranda Nelson, CWU, 25:28.45, Samantha DuPas, CWU, 26:26. 65, Kourtney Adkisson, CWU, 28:18. 78, Kelsey Gundersen, CWU, 29:40.

Lewis & Clark Invitational

at Milo McIver State Park, Estacada, Ore.

Men's (8,000 Meters): Southern Oregon 22, Colorado College 106, Lewis & Clark 109, Corban 120, Treasure Valley CC 148, Northwest Nazarene 158, Puget Sound 183, Willamette 188, OSU Running Club 207, Rogue CC 208, Lewis & Clark Alumni 313.

Top 5 Finishers: 1, Connor Cushman, SOU, 25:28. 2, Liam Monheim, LC, 25:32. 3, Ray Schireman, SOU, 25:37. 4, Godfrey Kemboi, NNU, 25:40. 5, Noah Oberitter, SOU, 25:41.

Other Top GNAC Finishers: 15, Nick Hamilton, NNU, 26:25. 42, Rylan Manzer, NNU, 27:35. 54, Peyton Brothers, NNU, 27:59.

Women (6,000 Meters): Colorado College 27, Southern Oregon 59, Northwest Nazarene 85, Corban 118, Lewis & Clark 122, Puget Sound 124.

Top 5 Finishers: 1, Jessa Perkinson, SOU, 21:49.4. 2, Leah Wessler, CC, 22:12.3. 3, Katie Sandfort, CC, 22:28.7. 4, Sierra Manzer, NNU, 22:40.8. 5, Anysja Manzer, NNU, 22:46.6.

Other Top GNAC Finishers: 27, Emily Hammons, NNU, 24:15.0. 33, Halie Wilsey, NNU, 24:26.8. 34, McKenna Conley, NNU, 24:27.5.

#GNACXC in 140 @GNACSports

#ChampionshipTime The 2016 GNAC Cross Country Championships take place this Saturday at Lake Padden Park in Bellingham, Wash.

#SeawolfSurge Alaska Anchorage is the defending men's and women's champion. The Seawolves' men scored 21 points to win their sixth consecutive title. The women scored 39 points to reclaim the crown after Simon Fraser won in 2014.

#ReturningChamps Both of the 2015 individual champions return to defend their crowns: Alaska Anchorage's **Henry Cheseto** and **Joyce Chelimo**.

#CrusaderSweep Northwest Nazarene swept the last set of GNAC Cross Country Athlete of the Week's awards. **Godfrey Kemboi** placed fourth in the men's race while **Sierra Manzer** was fourth in the women's race at the Lewis & Clark Invitational.

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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

Godfrey Kemboi, Northwest Nazarene
Freshman • Iten, Kenya

Kemboi placed fourth at the Lewis & Clark Invitational on Saturday, battling wet and windy conditions to finish with a time of 25:40 over 8,000 meters. He averaged 5:10 per mile.



WOMEN

Sierra Manzer, Northwest Nazarene
Sophomore • Melba, Idaho

Manzer led Northwest Nazarene to a third place team finish at the Lewis & Clark Invitational. She placed fourth, covering the 6,000-meter course in 22:40.8, and averaged 6:10 per mile on a slow, wet course.

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
Oct. 3 - 9	Isaac Derline, WWU	Caroline Kurgat, UAA
Oct. 10 - 16	Godfrey Kemboi, NNU	Sierra Manzer, NNU

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

GNAC News & Notes

SEAWOLVES, CLAN EXCEL IN CONFERENCE MEET PREVIEW: Alaska Anchorage and Simon Fraser put together the top team performances as eight conference teams previewed the GNAC Championships course at the Western Washington Classic last Friday.

The UAA women won the team competition with 76 points. Simon Fraser placed third with 101 points while Seattle Pacific placed fifth with 122 points.

The Alaska Anchorage men placed second in the men's team competition with 53 points, 15 points behind meet champion Trinity Western. Simon Fraser placed third with 94 points and host Western Washington was fourth with 98 points.

Western Washington junior **Isaac Derline** was the individual men's champion, covering the 10,000-meter course in 31:13.2. Alaska Anchorage senior **Michel Ramirez** placed fourth in 31:36.6. and junior **Edwin Kangogo** placed fifth with 31:40.6.

Alaska Anchorage junior **Caroline Kurgat** was the top GNAC women's finisher, placing second with a time of 21:26.5 over 6,000 meters. Seattle Pacific's **Sarah Macdonald** placed fourth in 21:46.0 and Saint Martin's **Shannon Porter** placed fifth in 21:47.8.

IN THE RANKINGS: Alaska Anchorage is the top men's and women's GNAC team in the final USTFCCA Division II Coaches Polls of the regular season. The Seawolves are the only GNAC team in the men's poll at No. 9. The Seawolves are 14th in the women's poll, followed by Simon Fraser at No. 19 and Seattle Pacific at No. 25.

In the men's regional rankings, Alaska Anchorage is No. 3, followed by Simon Fraser at No. 7, Western Washington at No. 8 and Western Oregon at No. 10. Alaska Anchorage is No. 3 in the women's West Region rankings, followed by Simon Fraser at No. 5, Seattle Pacific at No. 7 and Western Washington at No. 8.

BREAKING THE TAPE: A total of 11 GNAC athletes have won 13 races over the season. Western Oregon's **David Ribich** and Saint Martin's **Shannon Porter** are both two-race winners. Here is the complete list...

MEN

- Isaac Derline (WWU): WWU Classic, Oct. 11 (31:13.2).
- 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).

GNAC Championships Previews

MEN: SEAWOLVES HOPE TO ROLL TO LUCKY 7

Over the last six seasons, Alaska Anchorage has been nothing short of dominant at the GNAC Cross Country Championships. The Seawolves hope to win lucky title No. 7 on Saturday as the championship meet returns to Bellingham's Lake Padden Park.

In four of the last championship meets, the Seawolves have scored under 30 points and put together near perfect scores of 18 points in 2014 and 21 points in 2015. In their three meets this season, UAA has finished no worse than second, recording a perfect 15 once, and has not lost to another GNAC team.

It helps that eight runners return from last year's squad that not only won the GNAC and West Regional meets, but went on to place third at the NCAA Division II Championships.

Junior **Edwin Kangogo** and senior **Michael Ramirez** led the Alaska Anchorage charge and both are contenders for the individual title. Kangogo, a 2015 All-American, placed third at last year's championships and has a win and a top-five finish under his belt in 2016. Ramirez, a 2014 All-American, has placed no worse than fourth in any meet this season.

Two-time defending GNAC individual champion **Henry Cheseto** also returns to the fold, but has finished no better than 11th in two races after winning all but one he race he competed in as a sophomore. That opens the door for a number of talented individuals who would like to be the first non-UAA athlete to win the individual title since 2007.

Western Oregon's **David Ribich** tops the list. The junior placed fourth last year and won his first two races of the season in 2016. Ribich, however, has not raced since placing second at the Sept. 17 Sundodger Invitational.

Western Washington junior **Isaac Derline** put his name on the watch list after winning the WWU Classic on the Lake Padden course on Oct. 8. Derline ran 31:13.2 for the NCAA championship distance of 10,000 meters, finishing 23 seconds ahead of Ramirez.

Others to watch in the podium chase include Northwest Nazarene freshman **Godfrey Kemboi**, who ran a season-best 25:40 for 8,000 meters last week at the Lewis & Clark Invitational, and Western Washington junior **Andrew Wise**, who was 10th at last year's GNAC meet.

Other top-10 finishers from last year's meet on the team rosters for 2016 include Simon Fraser's **Marc-Antoine Rouleau** (seventh), Alaska Anchorage's **Victor Samoei** (sixth) and **Nathan Kipchumba** (ninth) and Northwest Nazarene's **Isaac Mitchell** (eighth).

In the team competition, Simon Fraser and Western Washington stand the best chance to dethrone the Seawolves. The Clan and Vikings finished third and fourth, respectively, to UAA at the Western Washington Classic. Simon Fraser returns five competitors from last year's meet while Western Washington returns seven.

Western Oregon also stands to make a charge at the team title. The Wolves finished ahead of Simon Fraser at September's Ash Creek Invitational and has solid depth with Ribich, freshman **Justin Crosswhite** and sophomore **Dustin Nading**.

WOMEN: SEAWOLVES, VIKINGS TO BATTLE FOR TEAM TITLE

There is a score to be settled when Alaska Anchorage and Western Washington meet this weekend at the 2016 GNAC Cross Country Championships.

It began at last year's GNAC Championships, when the Seawolves placed their five scoring runners in the top-15 to score 39 points and win their sixth title in a seven-year span on the Vikings' home course.

Western Washington, however, had its say at the regional and national meets. The Vikings finished ahead of the Seawolves in both competitions, placing second at the West Regional Championships and sixth at the NCAA Division II Championships.

The two teams are expected to battle for the championship trophy once again and bring a lot of experience back. The Seawolves return eight of nine competitors that ran in last year's meet while the Vikings return seven.

Alaska Anchorage will be lead by the potent one-two punch of senior **Joyce Chelimo** and junior **Caroline Kurgat**. Chelimo is the defending individual champion and a two-time All-American, but did not race this season until the Oct. 8 Western Washington Classic, where she finished 10th.

Kurgat was the runner-up to Chelimo at the 2015 GNAC Championships and placed sixth at the national meet. So far this season, Kurgat has finished no worse than third in three meets, winning the Notre Dame de Namur Argo Invitational and placing second at the WWU Classic.

Chelimo and Kurgat will not be the only contenders. After an All-American junior season on the track, Saint Martin's senior **Shannon Porter** has made her mark on the cross country course. Porter has three victories to her credit this season and placed fifth at the WWU Classic, just 21 seconds off the pace set by Kurgat.

Seattle Pacific brings to the table a one-two punch of its own in junior **Mary Charleson** and senior **Sarah Macdonald**. Charleson opened the season with a win at the Humboldt State Invitational, running against some of the region's top teams, and has finished no worse than 11th in any race this season. Macdonald placed third at Humboldt and was fourth in the virtual championship preview at the WWU Classic.

Simon Fraser's **Rebecca Bassett** will also have a chance to earn the Clan's first GNAC individual cross country title. The senior placed third at last year's championship and has one win on the season at September's Ash Creek Invitational.

Two other top-10 finishers from last year's meet return: Western Washington's **Brittany Grant** (eighth) and Alaska Anchorage's **Kimberly Cosica** (ninth).

Other runners to watch in the individual race include Northwest Nazarene's sister act of **Sierra Manzer** and **Anysja Manzer**. Sierra, a sophomore, has three top-five finishes on the season, topped by a win at the season-opening Idaho State Invitational. Anysja had three top-10 finishes, including a third place finish at September's Yellowjacket Open.

Simon Fraser is expected to contend for the team title after winning in 2014 and placing third in 2015. In addition to Bassett, junior **Julia Howley** has paced the Clan to solid team finishes all season. Seattle Pacific is also in the mix thanks to the work of Charleson and Macdonald along with senior **Hannah Calvert**.

GNAC Championships Details



MEET SCHEDULE

10 a.m.: Men's Race (8,000 Meters)
11 a.m.: Women's Race (6,000 Meters)
Noon (approximate): Awards Ceremony

LIVE COVERAGE

Live Results: GNACSports.com
Finish Line Camera & Awards: GNAC.live
(via Periscope)

OTHER IMPORTANT INFORMATION

Meet Program: <http://bit.ly/2enfjvo>
Championships Webpage: <http://www.gnacsports.com/crosscountry/championship/>
GNAC History: <http://www.gnacsports.com/cross-country/xc-archives/>

Around The GNAC

ALASKA



• Alaska looks to the GNAC Championships with a chance to move up a couple of positions in the team standings. The Nanooks' women placed eighth in 2015 while the men placed 10th.

• **Dorothy O'Donnell** is the Nanook's top returning women's runner. She placed 44th in last year's meet with a time of 23:24.80. **Alex Eckert** is the top returning UAF men's runner, placing 39th last year in 26:49.80.

• In its final tuneup before the GNAC Championships, Alaska's men and women finished 11th at the Western Washington Classic.

• Seniors **Kali Striker** and **Dorothy O'Donnell** had back-to-back leading finishes for the Nanooks' women. Striker placed 36th in the 6,000-meter race in 23:04.3 and O'Donnell placed 37th in 23:07.8.

• Freshman **Jacob Walsh** paced the Alaska men, finishing 58th in a time of 33:55.0 over 10,000 meters. Senior **Keegan Rankin** placed 76th in 33:59.7.

ALASKA ANCHORAGE



• Alaska Anchorage is the defending GNAC men's and women's cross country champion. The men have won six consecutive titles while the women have won six of the last seven league titles.

• The Seawolves return both individual champions. Junior **Henry Cheseto** ran 24:22.70 last year for his second consecutive GNAC title. He went on to win the West

Regional title and place third at the Division II Championships.

• Senior **Joyce Chelimo** won the GNAC women's title with a time of 21:00.90. She also won the West Regional title and placed seventh at the NCAA Championships. Chelimo has run only on meet this year, placing 10th at the WWU Classic.

• The Seawolves also return GNAC Women's Freshman of the Year **Kimberly Cosica**, who placed ninth last year in a time of 22:16.30.

• Alaska Anchorage won the women's race at the Oct. 8 WWU Classic, scoring 76 points, while the men placed second with 53 points.

• Junior **Caroline Kurgat** was named GNAC Women's Cross Country Athlete of the Week for Oct. 3-9 after placing second at the WWU Classic. Kurgat covered the 6,000 meters in 21:26.5, finishing two seconds behind winner Regan Yee of Trinity Western.

• Senior **Michel Ramirez** and junior **Edwin Kangogo** led the UAA men. Ramirez placed fourth in a time of 31:36.6 over 10,000 meters while Kangogo was fifth in 31:40.8.

• The Seawolves lead the GNAC in both the latest USTFCCCA Division II Coaches Polls, released Oct. 14. Alaska Anchorage's men dropped one spot to No. 9 while the women returned from a two-week hiatus to show up at No. 14. Both teams are No. 3 in the West Region rankings.

CENTRAL WASHINGTON



• Central Washington sent a limited number of runners to compete in the Emerald City Classic on Saturday in Seattle. The CWU women finished fifth with 167 points while the men were incomplete with just four runners.

• Junior **Tera Beyerlein** led the CWU women, placing 30th in a time of 24:59. Freshman **Matt Conrardy** led the Wildcats' men as he placed 28th in 27:56.

• Central Washington finished eighth in the men's team competition and the women placed 10th at the WWU Classic on Oct. 8. The men scored 225 points while the women scored 247 points. Sophomore **Josh Boston** was the top CWU men's finisher, placing 46th in a time of 33:14.7 over 10,000 meters. Sophomore **Alexa Shindruk** led the Central Washington women, placing 29th in a time of 22:53.1 over 6,000 meters.

• Central Washington's women placed third at the 2015 GNAC Championships with 95 points. Shindruk is the top returning runner for the Wildcats. She placed 11th in a time of 22:37.0.

• The CWU men placed sixth in last year's conference meet with 177 points. Junior **Ron Leaf** is the team's top returner, having placed 32nd in 2015 in 26:37.0.

CONCORDIA



• Concordia's women are looking to build on an eighth place finish in their first GNAC Championships meet. Senior **Megan Fristoe** is the Cavaliers' top returning placer. She was 18th last year in 22:46.4.

• The Concordia men placed 11th last year with a score of 298 points (falling in a tiebreaker to Saint Martins on the No. 6 runner). Senior **Jared Seckel** is the top returning runner after he placed 37th in 2015 in 26:49.8.

• In the team's final tuneup before the GNAC Championships, Concordia placed ninth in the men's competition (290 points) and 14th in the women's competition (416 points) at the WWU Classic. Seckel led the Concordia men, placing 28th with a time of 32:38.2 over the 10,000-meter course. Sophomore **Nicole Pederson** led the Concordia women individually, placing 97th in a time of 25:00.2 over 6,000 meters.

• 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' men will look to repeat their fifth place finish from last year's GNAC Championships. Senior **Garrett Love** is MSUB's top returning placer, taking 18th in 25:53.8.

• The women, meanwhile, look to move up from their 11th place finish. Senior **Rio Frame** is the team's top returner, having placed 52nd in 23:46.8.

• Montana State Billings completed its regular season at home, racing the Yellowjacket Open at Amend Park. The Yellowjackets' men placed third with 65 points while the women placed third with 94 points. Love notched a top-five finish in the men's four-mile race, finishing fifth in a time of 20:01. Frame led the MSUB women, placing 11th in a time of 19:15 for 5,000 meters. Freshman **Nikki Allen** placed 18th in a time of 19:40.

• Montana State Billings will host the NCAA Division II West Region Championships on Sat., Nov. 5, at Amend Park in Billings, Mont.

Around The GNAC

NORTHWEST NAZARENE



- Northwest Nazarene placed third in the women's competition and fifth in the men's race in the Crusaders' final tuneup before the GNAC Championships, the Lewis & Clark Invitational last Saturday.
- Freshman **Godfrey Kemboi** earned his second GNAC Men's Cross Country Athlete of the Week award, placing fourth with a time of 25:40.
- Sophomore **Sierra Manzer** won the GNAC Women's Cross Country Athlete of the Week after she placed fourth in the women's race in a time of 22:40.8. Her sister, junior **Anysja Manzer**, placed fifth in 22:46.6.
- The Crusaders placed seventh in both the men's and women's competition at the 2015 GNAC Championships. The women finished with 205 points and the men finished with 215 points.
- Junior **Isaac Mitchell** is the Crusaders' top returning men's athlete, earning All-GNAC honors as he placed eighth in 25:25.2. Sierra Manzer is the top returning women's runner, placing 17th last year in 22:44.6.

SAINT MARTIN'S



- Saint Martin's women will look to build on a ninth place team finish in last year's meet. Senior **Megan Teigen** is the Saints' top returning runner, placing 50th last year in 23:41.7.
- The SMU women, however, will be greatly helped by senior **Shannon Porter**. The candidate of Newcomer of the Year honors has won two races this season and finished no worse than fifth.
- The Saint Martin's men hope to move up from a 10th place finish last year. Senior **Jasper Heckman** is the team's top returning runner after he placed 46th in 26:58.2.
- Saint Martin's finished its tuneup for the GNAC Championships at the WWU Classic. The SMU women placed ninth with 242 points while the men placed 14th with 364 points. Porter led the women as she placed fifth with a time of 21:47.8 over 6,000 meters. Heckman was the top finisher for the Saint Martin's men, placing 88th in a time of 34:23.6 over 10,000 meters.

SEATTLE PACIFIC



- Seattle Pacific will look to build on a solid women's team performance at the 2015 GNAC Championships. The Falcons placed fifth last year with 114 points, two points behind Simon Fraser. **Mary Charleson** is the top returning SPU runner, placing 20th in 22:53.0. Senior **Hannah Calvert** was one place behind in 21st in 22:53.10.
- The SPU men placed ninth last year with a score of 252 points. Junior **Ben Halladay** is the Falcons' top returning runner as he placed 31st in 26:36.70.
- Seattle Pacific showed well at the WWU Classic. The women placed fifth with 122 points. The Falcons were the third GNAC team in the competition. Seattle Pacific's men placed 13th with 341 points. Senior **Sarah Macdonald** was the Falcons' top women's finisher, placing fourth in a time of 21:46.0. Halladay finished 35th to lead SPU in men's 10,000-meter race with a time of 32:53.0.
- The Seattle Pacific women dropped seven spots in the latest USTFCCCA Division II Coaches Poll, released Oct. 14, staying in the rankings at No. 25. The Falcons enter the week ranked No. 7 in the West Region.
- Seattle Pacific had one competitor in action at last weekend's Emerald City Classic. Assistant coach **Chris Reed**, running for Club Northwest, placed second in the men's 8,000-meter race in 25:38. The rumors of a pre-championship duel with GNAC Assistant Commissioner **Blake Timm**, who has two master's road race wins this season, are false.

SIMON FRASER



- Simon Fraser will be a team title contender in both races at the GNAC Championships. The Clan men placed second last year with a score of 54 points. Senior **Marc-Antoine Rouleau** is SFU's top returning runner, earning All-GNAC honors as he placed seventh in 25:22.1. **Sean Miller**, last year's Men's Freshman of the Year, was 12th in 25:39.0.
- One year removed from winning its first GNAC title, Simon Fraser's women placed fourth last year with 11 points. Senior **Rebecca Bassett** placed third last year in a time of 21:29.10 and went on to earn All-America honors with a 24th place finish at the NCAA Championships.
- Simon Fraser notched a pair of third place finishes at the Western Washington Classic. The SFU men finished with 94 points while the women scored 101 points. Junior **Braeden Charlton** was the top SFU men's finisher, placing 12th in a time of 31:58.7 over 10,000 meters. Bassett was the Clan's top women's finisher, placing 12th with a time of 22:06.0 over 6,000 meters.
- The SFU women returned to the USTFCCCA Coaches Poll on Oct. 14, tying for 19th with Montevallo. The women are ranked fifth in the region. The Simon Fraser men are No. 7 in the West Region rankings.

WESTERN OREGON



- The Western Oregon men hope to improve on a fourth place finish at the 2015 GNAC Championships. Junior **David Ribich** placed fourth in last year's meet in a time of 24:44.10. In three races this season, Ribich won two and took fifth at September's Sundodger Invitational.
- The WOU women placed sixth in last year's GNAC meet with 183 points. Senior **Nicole Maurmann** is the top returning finisher, placing 28th last year in a time of 23:02.3.
- Western Oregon's men continued to be ranked in the USTFCCCA West Region Rankings, ranked No. 10.
- Western Oregon has not raced since the Charles Bowles Willamette Invitational on Oct. 1. Both the Oct. 7 Ash Creek Invitational #2 and the Oct. 15 Mike Hodges Invitational were cancelled.

WESTERN WASHINGTON



- Western Washington's women placed second at the GNAC Championships to Alaska Anchorage last year, scoring 71 points. The Vikings, however, beat the Seawolves at both the West Region Championships (second) and NCAA Championships (sixth).
- Senior **Brittany Grant** is the Vikings' top returning placer. She earned All-GNAC honors last year as she placed eighth 22:10.9.
- The WWU men placed third at last year's conference meet with 83 points. Junior **Andrew Wise** is the Vikings' top returning placer, earning All-GNAC honors with a 10th place time of 25:30.8.
- The home course was kind to Western Washington during the WWU Classic. The Vikings' men placed fourth with a score of 98 points while the women placed seventh with 159 points.
- Junior **Isaac Derline** was named GNAC Men's Cross Country Athlete of the Week after he won the WWU Classic with a time of 31:13.2 over 10,000 meters. He became the first WWU men's individual champion at the meet since 2009. Senior **Brittany Grant** was the top WWU women's finisher, placing 17th in a time of 22:26.7 over 6,000 meters.
- Both Western Washington teams are ranked eighth in the West Region.

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
Oct. 12	9th	RV (7)	—

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
Oct. 11	3rd	7th	10th	8th

USTFCCCA DIVISION II COACHES POLL

Week 5 (Oct. 12)	Rk	School (1st)	Pts.	Previous
1.	Adams State (7)	199	1	
2.	Grand Valley St. (1)	193	2	
3.	Colorado Mines	181	3	
4.	Chico State	179	4	
5.	Cal Poly Pomona	167	5	
6.	Western State	157	8	
7.	Augustana (S.D.)	151	7	
8.	CSU-Pueblo	142	6	
9.	Alaska Anchorage	138	8	
10.	Southern Indiana	133	10	
11.	Hillsdale	116	11	
12.	UC San Diego	111	12	
13.	Black Hills St.	80	14	
14.	Lee (Tenn.)	78	24	
15.	Saginaw Valley St.	75	16	
16.	Missouri Southern	73	14	
T17.	Cal Baptist	66	18	
	Mount Olive	66	13	
19.	American International	57	19	
20.	Lock Haven	49	17	
21.	Walsh	48	21	
22.	West Texas A&M	36	25	
23.	Shippensburg	32	20	
24.	Academy of Art	26	RV	
25.	Lewis	20	RV	

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 5 (Oct. 11)	Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1	
2.	Cal Poly Pomona	CCAA	2	
3.	Alaska Anchorage	GNAC	3	
4.	UC San Diego	CCAA	4	
5.	Cal Baptist	PacWest	6	
6.	Academy of Art	PacWest	7	
7.	Simon Fraser	GNAC	8	
8.	Western Washington	GNAC	6	
9.	San Francisco State	CCAA	9	
10.	Western Oregon	GNAC	10	

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	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
Oct. 12	14th	T-19th	25th	—

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
Oct. 11	3rd	5th	7th	8th

USTFCCCA DIVISION II COACHES POLL

Week 5 (Oct. 12)	Rk	School (1st)	Pts.	Previous
1.	Adams State (8)	200	1	
2.	Grand Valley St.	192	2	
3.	Mary	182	3	
4.	Western State	175	4	
5.	Minnesota Duluth	167	6	
6.	Cedarville	160	7	
7.	Southern Indiana	148	8	
8.	Cal Baptist	145	9	
9.	Chico State	137	4	
10.	Northern Michigan	127	11	
11.	UC-Colorado Springs	116	12	
12.	Hillsdale	115	10	
13.	Stonehill	105	13	
14.	Alaska Anchorage	96	RV	
15.	Dallas Baptist	84	16	
16.	Point Loma	64	NR	
17.	Fort Hays State	62	NR	
18.	Malone	58	17	
T19.	Montevallo	45	19	
	Simon Fraser	45	NR	
21.	CSU-Pueblo	36	21	
22.	Shippensburg	32	22	
23.	Southwest Baptist	31	23	
24.	UC San Diego	27	14	
25.	Seattle Pacific	13	18	

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 5 (Oct. 11)	Rk	School	Conf.	Prev.
1.	Cal Baptist	PacWest	2	
2.	Chico State	CCAA	1	
3.	Alaska Anchorage	GNAC	6	
4.	Point Loma	PacWest	7	
5.	Simon Fraser	GNAC	8	
6.	UC San Diego	CCAA	3	
7.	Seattle Pacific	GNAC	5	
8.	Western Washington	GNAC	4	
9.	Humboldt State	CCAA	9	
10.	Cal Poly Pomona	CCAA	10	

[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.

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 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.

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, Edwin 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.

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.

2016 GNAC Meet Summaries

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.

Fri., Oct. 7

San Francisco State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000 Meters): Academy of Art 36, San Francisco St. 56, Cal St. Monterey Bay 103, Humboldt State 111, Northwest Nazarene 128, Cal St. East Bay 137, Stanislaus State 158, Holy Names 170, William Jessup 273, Notre Dame de Namur 285, CCSF 334, Dominican (Calif.) 334.

Top 5 Finishers: 1, Josh Thorson, AAU, 24:50.6. 2, Drew Feldman, SFSU, 25:03.3. 3, Nathan Kwan, UC Davis, 25:16.5. 4, Pierre Fontanarosa, AAU, 25:17.8. 5, Gatien Airiau, AAU, 25:26.6.

Top GNAC Runners: 6, Isaac Mitchell, NNU, 25:29.7. 7, Godfrey Kemboi, NNU, 25:49.7. 25, Nick Hamilton, NNU, 26:52.5. 65, Rylan Manzer, NNU, 28:32.5. 69, Peyton Brothers, NNU, 28:56.4.

Women (6,000 Meters): Humboldt State 45, Stanislaus State 64, Academy of Art 73, Northwest Nazarene 118, Sonoma State 143, Cal St. East Bay 174, Cal St. Monterey Bay 180, San Francisco St. 180, Dominican (Calif.) 278, Holy Names 333, Menlo 339, Notre Dame de Namur 340, Pacific Union 373, Mills 456.

Top 5 Finishers: 1, Analicia Garcia, SSU, 21:56.4. 2, Sally Keating, UC Davis, 22:03.5. 3, Sierra Manzer, NNU, 22:11.0. 4, Tatiana Gillick, HSU, 22:11.3. 5, Ashley Moffett, USF, 22:19.6.

Other Top GNAC Finishers: 9, Anysja Manzer, NNU, 22:38.9. 40, Halie Wilsey, NNU, 24:08.1. 53, McKenna Conley, NNU, 24:43.1. 56, Bethany Danner, NNU, 24:52.0.

Sat., Oct. 8

Yellowjacket Invitational

at Amend Park, Billings, Mont.

Men (4 Miles): Black Hills St. 30, Mary 59, Montana State Billings 65, Rocky Mountain 83, Montana-Western 144.

Top 5 Finishers: 1, Benson Koech, RMC, 19:30. 2, Jonah Theisen, BHSU, 19:44. 3, Derek Myers, MARY, 19:53. 4, Kendall Murie, BHSU, 19:54. 5, Garrett Love, MSUB, 20:01.

Other Top GNAC Finishers: 9, Jorey Egeland, MSUB, 20:09. 12, Josh Panasuk, MSUB, 20:17. 21, Mark Hovland, MSUB, 20:48. 22, Ronald Venema, MSUB, 20:50.

Women (5,000 Meters): Mary 18, Black Hills State 47, Montana State Billings 94, Rocky Mountain 109, Montana-Western 115.

Top 5 Finishers: 1, Ida Narbuvoll, MARY, 17:20. 2, Kate Fox, MARY, 17:57. 3, Christine Thorn, BHSU, 18:04. 4, Kaycie Stewart, MARY, 18:14. 5, Jaiden Schuette, MARY, 18:30.

Top GNAC Finishers: 11, Rio Frame, MSUB, 19:15. 18, Nikki Allen, MSUB, 19:40. 23, Bailey Bomar, MSUB, 19:55. 28, Lydia Foster, MSUB, 20:29. 31, Catrina Schuchard, MSUB, 21:08.

Western Washington Classic

at Lake Padden, Bellingham, Wash.

Men's (10,000 Meters): Trinity Western 37, Alaska Anchorage 53, Simon Fraser 94, Western Washington 96, Victoria 107, Regina 169, Club Northwest 217, Central Washington 225, Concordia (Ore.) 290, WWU Alumni 303, Alaska 331, British Columbia 332, Seattle Pacific 341, Saint Martin's 364, Club Northwest Masters 473, Green River CC 476, Olympic CC 500.

Top 5 Finishers: 1, Isaac Derline, WWU, 31:13.2. 2, Joel Deschiffart, TWU, 31:17.3. 3, Declan White, TWU, 31:24.6. 4, Michel Ramirez, UAA, 31:36.6. 5, Edwin Kangogo, UAA, 31:40.8.

Other Top GNAC Finishers: 6, Matthew Lutz, WWU, 31:42.3. 11, Henry Cheseto, UAA, 31:56.5.

Women (6,000 Meters): Alaska Anchorage 76, Tinity Western 81, Simon Fraser 101, Whatcom Tesseract 119, Seattle Pacific 122, Club Northwest 152, Western Washington 159, Victoria 195, Saint Martin's 242, Alaska 266, British Columbia 296, Oiselle 402, Concordia (Ore.) 416, Green River CC 469, Olympic CC 507.

Top 5 Finishers: 1, Regan Yee, TWU, 21:24.9. 2, Caroline Kurgat, UAA, 21:26.5. 3, Lisa Brooking, TWU, 21:39.0. 4, Sarah Macdonald, SPU, 21:46.0. 5, Shannon Porter, SMU, 21:47.8.

Other Top GNAC Finishers: 10, Joyce Chelimo, UAA, 22:05.7. 11, Mary Charleson, SPU, 22:05.9.