

2010 Great Northwest Athletic Conference Women's Cross Country Championships

Nov. 6, 2010 at Yakima

Team Scores - Alaska Anchorage 27, Western Washington 69, Western Oregon 108, Alaska Fairbanks 129, Montana State Billings 137, Northwest Nazarene 146, Seattle Pacific 160, Saint Martin's 189, Central Washington 233. **Outstanding Athlete** – Sarah Porter, WWU. **Newcomer-of-the-Year** – Whitney Mickelsen, MSUB. **Freshman-of-the-Year** – Raphaela Sieber, UAF. **Coach-of-the-Year** – Michael Friess, UAA.

Individuals (6,000 Meters)

1. Sarah Porter, WWU	21:04	27. Phoebe Hartnett, WWU	23:55	54. Taylor Kartes, CWU	25:07
2. Miriam Kipng'eno, UAA	21:09	28. Rachael Johnson, WWU	23:56	55. Erika Copeland, SMU	25:18
3. Ruth Keino, UAA	21:26	29. McKayla Fricker, SPU	23:57	56. Ashley Llapitan, SMU	25:24
4. Jaclyn Puga, NNU	22:06	30. Tricia Morrison, WOU	24:00	57. Christine Harwood, NNU	25:25
5. Shoshana Keegan, UAA	22:24	31. Mary Rogers, WWU	24:01	58. Kelsey Kreft, CWU	25:31
6. Hallidie Wilt, UAA	22:27	32. Crystal Pitney, UAF	24:01	59. Megan Knape, SPU	25:37
7. Lauren Breihof, WWU	22:37	33. Kaitlynn Pecha, SMU	24:02	60. Josephine Becker, SPU	25:38
8. Raphaela Sieber, UAF	22:43	34. Jaime Bronga, UAA	24:03	61. Karissa Owen, SMU	25:39
9. Natty Plunkett, SPU	22:44	35. Allison Cutting, SPU	24:15	62. Sam Hill, NNU	25:39
10. Joscelyn Minton, SMU	22:49	36. Meagan Swenson, NNU	24:18	63. Danika Lawson, SMU	25:43
11. Susan Bick, UAA	22:56	37. Janelle Everetts, WOU	24:20	64. Berlyn Bales, CWU	25:45
12. Theresia Schnurr, UAF	22:57	38. Annan Applebee, WOU	24:21	65. Laura Moser, SPU	25:48
13. Erika Snawder, WOU	23:06	39. Haida Ikeda, WWU	24:23	66. Ashlee Sincraugh, CWU	25:49
14. Amanda Wright, WOU	23:08	40. Cheri Watson, WWU	24:23	67. Amanda Valera, CWU	25:55
15. Emma Bohman, UAA	23:10	41. Jana Benedix, UAF	24:24	68. Aurelia Korthauer, UAF	26:05
16. Whitney Mickelsen, MSUB	23:14	42. Katie Thiel, MSUB	24:25	69. Krissy McGill, CWU	26:17
17. Ivy O'Guinn, UAA	23:16	43. Mary Owen, MSUB	24:29	70. Keri Clump, MSUB	26:27
18. Katie Krehlik, UAA	23:20	44. Shena Wald, MSUB	24:31	71. Melanie Bock, MSUB	26:31
19. KayAnna Cecchi, WOU	23:25	45. Krysta Carrick, SPU	24:33	72. Kelsey Brown, SPU	26:34
20. Sierra Brisky, WWU	23:27	46. Ashley Rendahl, NNU	24:37	73. Sophie Hummer, CWU	26:48
21. Jessica Boyer, WWU	23:31	47. Jenny Leaf, WOU	24:37	74. Kayla Wilkins, SPU	27:06
22. Sarah Jackson, MSUB	23:33	48. Megan Everetts, WOU	24:45	75. Chelsea Layne, NNU	27:17
23. Lacey Nation, WWU	23:35	49. Mary Chepkoech, UAA	24:53	76. Ashley Rice, CWU	27:36
24. Adriana Mendoza, CWU	23:35	50. Meryl Butcher, WOU	24:55	77. Danielle Beesley, NNU	27:50
25. Natalie Evans, NNU	23:52	51. Heather Edic, UAF	24:57	78. Leah Swanson, SPU	27:59
26. Mykel Ler, MSUB	23:53	52. Jordan Powell, NNU	24:59	79. Sarah Flatebo, CWU	28:56
		53. Kinsey Laine, UAF	25:01	80. Carelia Agis, SMU	29:31