



Sept. 27, 2018 • Week 5
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Sept. 29

Simon Fraser at Stanford Invitational, Palo Alto, Calif.
Montana State Billings at Roy Griak Invitational, St. Paul, Minn.
Central Washington, Concordia, Saint Martin's, Seattle Pacific at Charles Bowles Willamette Invitational, Salem, Ore.

LAST WEEK'S MEETS

Fri., Sept. 21

Gage McSpadden Memorial Invitational at Spearfish Canyon GC, Spearfish, S.D.

Men (8,000 Meters): Black Hills St. 15, Montana State Billings 50, South Dakota Mines 69.

Top 5 Finishers: 1, Joshua Davis, BHSU, 27:14.8. 2, Keith Osowski, BHSU, 27:33.3. 3, Austin Williamson, BHSU, 27:34.2. 4, Jordan Theisen, BHSU, 27:38.3. 5, Jake Iverson, BHSU, 27:40.4.

Top 5 GNAC Finishers: 6, Ivan Colmenero, MSUB, 27:46.6. 8, Ronald Venema, MSUB, 27:57.2. 10, Carson Jessop, MSUB, 28:10.4. 12, Mark Hovland, MSUB, 28:35.5. 17, Ase Ackerman, MSUB, 29:07.7.

Women (5,000 Meters): Black Hills St. 17, Montana State Billings 56, South Dakota Mines 65.

Top 5 Finishers: 1, Tori Moore, BHSU, 19:24.5. 2, Nicole Allerdings, BHSU, 19:35.8. 3, Savannah Davis, BHSU, 19:51.7. 4, Nikki Aiken, MSUB, 20:07.2. 5, Cailey Roth, BHSU, 20:08.5.

Other Top GNAC Finishers: 9, Ruth Chepsat, MSUB, 20:35.2. 17, Sierra Durbin, MSUB, 23:04.2. 20, Madalyn Terwilliger, MSUB, 23:40.0. 21, Rachel Hiner, MSUB, 23:52.2.

SF State Invitational

at Speedway Meadow, Golden Gate Park, San Francisco, Calif.

Men (8,000 Meters): Biola 34, Academy of Art 51, UC Merced 87, Notre Dame de Namur 114, UC Santa Cruz 145, San Francisco St. 146, William Jessup 189, Menlo 204, Holy Names 276, Dominican (Calif.) 283, Pacific Union 293.

Top 5 Finishers: 1, Victor Moreau, AAU, 25:12.6. 2, Gabe Plendcio, BU, 25:16.0. 3, Rabah Houali,

AAU, 25:27.8. 4, Anthony Tyler, UCM, 25:27.8. 5, Freddie Hessian, AAU, 25:40.7.

Top 5 GNAC Finishers: None.

Women (6,000 Meters): Biola 39, Academy of Art 60, Cal St. East Bay 64, San Francisco St. 96, Western Oregon 146, Sonoma State 179, Notre Dame de Namur 185, William Jessup 243, UC Santa Cruz 248, Dominican (Calif.) 251, Mills 353, Pacific Union 357.

Top 5 Finishers: 1, Hasna Kaarour, AAU, 22:10.6. 2, Mackenna Mason, BU, 22:13.7. 3, Angelina Ronquillo, CSUEB, 22:18.6. 4, Clara Haynes, BU, 22:27.6. 5, Ceceila Carretero, 22:31.2.

Top 5 GNAC Finishers: 9, Kaylin Cantu, WOU, 23:10.1. 38, Cassie McKinney, WOU, 24:10.3. 39, Toni Gowen, WOU, 24:11.3. 49, Rachel Bayly, WOU, 24:34.8.

EOU Invitational

at Lane Farms, La Grande, Ore.

Men (8,000 Meters): Northwest Nazarene 30, College of Idaho 32, Eastern Oregon 68.

Top 5 Finishers: 1, Godfrey Kemboi, NNU, 26:13.91. 2, Alex Martin, CI, 26:15.97. 3, Nick Hamilton, NNU, 26:40.59. 4, Lane Inwards, EOU, 26:48.81. 5, Cole Campbell, CI, 26:51.84.

Other Top GNAC Finishers: 7, Tyler Shea, NNU, 27:04.28. 8, Treyson Conley, NNU, 27:10.61. 11, Levi Lewis, NNU, 27:25.18.

Women (5,000 Meters): College of Idaho 32, Northwest Nazarene 34, Eastern Oregon 62.

Top 5 Finishers: 1, Bethany Danner, NNU, 19:17.11. 2, Kaitlyn Schut, CI, 19:25.70. 3, Kalen Johnson, NNU, 19:28.26. 4, Anna Hamilton, NNU, 19:39.78. 5, Tamika Russell, CI, 19:46.83.

Other Top GNAC Finishers: 11, Emily Hammons, NNU, 20:33.63. 16, MaKenna Conley, NNU, 21:08.66.

Sat., Sept. 22

UNLV Invitational

at Lake Las Vegas, Henderson, Nev.

Men (8,000 Meters): Alaska Anchorage 18, UC Riverside 58, Fresno State 84, Dixie State 88, Cerritos JC 113.

Top 5 Finishers: 1, Wesley Kiriu, UAA, 26:10.0. 2, Felix Kemboi, UAA, 26:10.1. 3, Jorge Sanchez, UAA, 26:51.7. 4, Nickson Koech, UAA, 26:55.8. 5, Kyle Warrick, Dixie, 26:59.6.

Other Top GNAC Finishers: 8, Jacob Moos, UAA, 27:20.1.

Women (5,000 Meters): Alaska Anchorage 26, UNLV 57, Fresno State 62, Dixie State 91, UC Riverside 125, Cerritos JC 180.

Top 5 Finishers: 1, Emmah Chelimo, UAA, 18:54.7. 2, Nancy Jeptoo, UAA, 18:58.3. 3, Ellie Leather, FSU, 19:17.9. 4, Agnes Mansaray, UNLV, 19:29.8. 5, Billie Hatch, Dixie, 19:32.4.

Other Top GNAC Finishers: 6, Zannah Jepchumba, UAA, 19:39.0. 7, Danielle McCormick, UAA, 19:41.6. 10, Ruth Cvancara, UAA, 20:02.5.

Ken Garland Invitational

at Saint Martin's University, Lacey, Wash.

Men (8,000 Meters): Western Washington 15, Southern Idaho 61, Lane CC 77, Spokane CC 95, Saint Martin's 166, Treasure Valley CC 184, Clackamas CC 224, Olympic CC 243, Everett CC 250, Southwestern Oregon CC 292, Umpqua CC 293.

Top 5 Finishers: 1, Ian Fay, WWU, 26:03.50. 2, Jadon Olson, WWU, 26:09.86. 4, James Jaspersen, WWU, 26:11.47. 4, James Jaspersen, WWU, 26:14.74. 5, Eric Hamel, WWU, 26:25.07.

Women (5,000 Meters): Western Washington 21, Southern Idaho 69, Spokane CC 87, Lane CC 130, Central Washington 147, Alaska 173, Treasure Valley CC 180, Everett CC 196, Saint Martin's 218, Olympic CC 319, Umpqua CC 319.

Top 5 Finishers: 1, Rebecca Lehman, WWU, 18:15.19. Micaela Kostecka, Spokane, 18:30.99. 3, Shawnee Konrad, WWU, 18:37.84. 4, Jane Barr, WWU, 18:38.03. 5, Delia Deleon, TVCC, 18:44.17.

Other Top GNAC Finishers: 6, Talia Dreicer, WWU, 18:45.91. 7, Tracy Melville, WWU, 18:46.17.

GNAC Cross Country Runners of the Week



MEN

Ian Fay, Western Washington
Freshman • Duvall, Wash.

Fay led Western Washington to a perfect 15-point victory at the Saint Martin's Ken Garland Classic on Saturday. Fay won by covering the 8,000-meter course in 26:03.50, averaging 5:14 per mile. He finished six seconds ahead of teammate Jadon Olson.

Also Nominated: Wesley Kirui (Alaska Anchorage), Ivan Colmenero (Montana State Billings), Godfrey Kemboi (Northwest Nazarene).



WOMEN

Rebecca Lehman, Western Washington
Freshman • Spokane Valley, Wash.

Lehman made it a freshman sweep for the Vikings as she won the Saint Martin's Ken Garland Invitational and led Western Washington to the team title. She covered the 5,000-meter course in 18:15.19, averaging 5:54 per mile. Lehman finished 15 seconds ahead of second-place Micaela Kostecka of Spokane CC as WWU scored 21 points to win the team title.

Also Nominated: Emmah Chelimo (Alaska Anchorage), Nikki Aiken (Montana State Billings), Bethany Danner (Northwest Nazarene), Kaylin Cantu (Western Oregon).

Past GNAC Runners of the Week

Date	Men	Women
Aug. 27 - Sept. 2	Hunter Hutton, WOU	Lindsey Dorney, SMU
Sept. 3-9	Dustin Nading, WOU	Emmah Chelimo, UAA
Sept. 10-16	Turlan Morlan, CWU	Kaylee Mitchell, SPU
Sept. 17-23	Ian Fay, WWU	Rebecca Lehman, WWU

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

GNAC News & Notes

VIKING VENGEANCE: In its second meet of the season, Western Washington put together a pair of solid performances with young squads to win the Ken Garland Invitational in Lacey, Washington.

The Vikings won the 11-team men's race with a perfect score of 15 points. There was a mere 23 seconds between the team's No. 1 and No. 5 players. Freshman Ian Fay was selected as the Men's Cross Country Athlete of the Week, covering the 8,000-meter course in a time of 26:03.50. Of the five, three of them are below senior standing.

Western Washington's women scored 21 points to easily win the team competition. The Vikings were led by freshman Rebecca Lehman, who earned GNAC Women's Cross Country Athlete of the Week accolades. She ran 18:15.19 over the 5,000-meter course and had a 15-second cushion on the second-place finisher.

SEAWOLVES MAKE MOST OF VEGAS TRIP: Alaska Anchorage performed well against a small field of Division I teams, winning both the men's and women's races at the UNLV Invitational. The UAA men finished just short of a perfect score with 18 points, led by the victory by **Wesley Kiriu** in a time of 26:10.0. **Felix Kemboi** was neck-and-neck with Kiriu, placing second in 26:10.1.

The Alaska Anchorage women scored 26 points to win the team title, 31 points ahead of host UNLV. **Emmah Chelimo** took the individual victory as she covered the 5,000-meter course in 18:54.7 while **Nancy Jeptoo** placed second in 18:58.3.

NIGHTHAWKS SWOOP IN FOR WINS: Northwest Nazarene was successful in picking up both the individual titles while the NNU men took the team win at the EOU Invitational on Friday in La Grande, Oregon. The Nighthawks' men scored 30 points for the victory, just two points ahead of College of Idaho. Junior **Godfrey Kemboi** won the race as he covered the 8,000-meter course in 26:13.91, two seconds ahead of College of Idaho's Alex Martin.

The NNU women placed second with a score of 34 points, two points behind College of Idaho. **Bethany Danner** was the individual winner as she covered the 5,000-meter course in a time of 19:17.11.

BREAKING THE TAPE: A total of 10 GNAC athletes have earned victories in 11 races during the 2018 season...

MEN

- Rowan Doherty (SFU): USD Invite, Sept. 15 (25:23, 8,000 meters).
- Ian Fay (WWU): Ken Garland Invitational, Sept. 22 (26:03.50, 8,000 meters).
- Hunter Hutton (WOU): Linfield Harrier Classic, Aug. 31 (19:47.0, 6,000 meters).
- Godfrey Kemboi (NNU): EOU Invitational, Sept. 21 (26:13.91, 8,000 meters).
- Wesley Kirui (UAA): New Balance Skinny Raven Classic, Sept. 8 (21:07.2, 7,000 meters); UNLV Invitational, Sept. 22 (26:10.0, 8,000 meters).
- Turlan Morlan (CWU): CWU Invitational, Sept. 15 (7,000 meters).
- Dustin Nading (WOU): Ash Creek Invitational, Sept. 7 (21:02.5, 7,000 meters).

WOMEN

- Emmah Chelimo (UAA): UNLV Invitational, Sept. 22 (18:54.7, 5,000 meters).
- Bethany Danner (NNU): EOU Invitational, Sept. 21 (19:11.7, 5,000 meters).
- Rebecca Lehman (WWU): Ken Garland Invitational, Sept. 22 (18:15.19, 5,000 meters).
- Kaylee Mitchell (SPU): CWU Invitational, Sept. 15, (18:03, 5,000 meters).

Around The GNAC



ALASKA

LAST WEEK: Sept. 22 at Ken Garland Invitational

Men - Incomplete Women - 6th of 11, 173 pts.

THIS WEEK: No Meet

• After two weeks, Alaska returned to competition at the Ken Garland Invitational. The Nanooks' women finished sixth while the men were incomplete with just four athletes competing.

• Junior **Alexandra Bergholtz** led all Alaska runners as she placed ninth in the women's 5,000-meter race in a time of 18:58.62. She finished sixth among GNAC runners and was the first conference runner not from Western Washington to finish.

• Junior **Kati Roivas** was the other UAF runner to finish in the top-30, placing 29th in a time of 20:18.46.

• Freshman **Zephan Ozturgut** led the four-man Alaska team in the men's 8,000-meter race, placing 52nd in a time of 28:47.84. Sophomore **Josiah Alverts** finished 66th in a time of 29:09.59.

• Alaska will compete again on Sat., Oct. 6, participating in the Emerald City Open in Seattle.

ALASKA ANCHORAGE

LAST WEEK: Sept. 22 at UNLV Invitational

Men - 1st of 5, 18 pts. Women - 1st of 6, 26 pts.

THIS WEEK: No Meet

• Alaska Anchorage was the class of the competition amidst the field of Division I runners at the UNLV Invitational.

• The Seawolves' men finished just short of a perfect score, sweeping the top-four places for a final score of 18 points. The UAA women placed four top-runners in the top-seven to score the team victory with 26 points.

• In his second race for the Seawolves, junior **Wesley Kirui** finished just ahead of teammate **Felix Kemboi** to take the individual title with a time of 26:10.0 over 8,000 meters. Kemboi was clocked in a time of 26:10.1.

• Senior **Jorge Sanchez** finished third in the race with a time of 26:51.7 while sophomore **Nickson Koech** placed fourth with a time of 26:55.8.

• Junior **Emmah Chelimo** won her first race as a UAA cross country runner, covering the women's 5,000-meter course in a time of 18:54.7, averaging 6:05 per mile. Sophomore **Nancy Jeptoo** placed second in a time of 18:58.3.

• Senior **Zannah Jepchumba** placed sixth place in a time of 19:39.0 while senior **Danielle McCormick** finished seventh with a time of 19:41.6.

• Both the Alaska Anchorage men and women continue to be ranked in the USTFCCCA Division II Coaches Polls. The UAA women are ranked seventh for the second consecutive week while the Seawolves' men are ranked No. 20.

• Alaska Anchorage will not compete again until Sat., Oct. 20, at the Western Washington Classic in Bellingham. It will be the Seawolves' last race prior to the GNAC Championships.



CENTRAL WASHINGTON

LAST WEEK: Sept. 22 at Ken Garland Classic

Men - Incomplete Women - 5th of 11, 147 pts.

THIS WEEK: Oct. 13 at Inland Empire Championships

• The Central Washington women finished fifth to lead all GNAC teams at the Ken Garland Classic. The Wildcats' men were incomplete with only two runners competing.

• Freshman **Ashley Fahey** led the Wildcats' women, finishing in 24th place with a time of 20:04.78 over the 5,000-meter course. Sophomore **Madi Shinn** placed 27th in a time of 20:12.29.

• Freshman **Mateo Rivera** led the two-man Central Washington team as he placed 49th in a time of 28:36.63 over the 8,000-meter course. Senior **Josh Boston** was the other runner, placing 67th in a time of 29:10.21.

• Central Washington will participate in its third meet in as many weeks on Saturday, taking part in the Charles Bowles Willamette Invitational in Salem, Ore.



CONCORDIA

LAST WEEK: No Meet

THIS WEEK: Sept. 29 at Charles Bowles Willamette Invitational

• After a three-week break from competition, Concordia will return to the course on Saturday at the Willamette Charles Bowles Invitational.

• Concordia saw its women's team take fourth place and the men place fifth in a preview of the GNAC Championships course at the Ash Creek Invitational on Sept. 7.

• The Cavaliers' women placed three runners in the top-20 in the 5,000-meter race. Junior **Bailey Fjelstul** led the way with her 13th place in a time of 21:05.8 while junior **Gabby Hobson** was close behind in 14th place in 21:05.9. Junior **Kaitlyn Bailly** finished in 19th place in 21:41.0.

• Junior **Noah Murry** was Concordia's top placer in the men's 7,000-meter race, taking 20th in a time of 23:15.6. Freshman **Josh Allen** was 37th in 24:42.4 while freshman **Max Rotar** was 38th in 24:44.6.



MONTANA STATE BILLINGS

LAST WEEK: Sept. 21 at Gage McSpadden Memorial

Men - 2nd of 3, 50 pts. Women - 2nd of 3, 56 pts.

THIS WEEK: Sept. 29 at Roy Griak Invitational

• Montana State Billings finished second out of three teams in both the men's and women's team competitions at the Gage McSpadden Memorial Invitational.

• Junior **Nikki Aiken** was the top Yellowjackets' finisher in either race, placing fourth in the women's 5,000-meter race in 20:07.2. She broke up a string of Black Hills State runners that claimed the other top-eight places in the meet. Junior **Ruth Chepsat** was the other MSUB top-10 placer, finishing ninth in a time of 20:35.2.

• Senior **Ivan Colmenero** led the MSUB men, placing sixth in the 8,000-meter race in a time of 27:46.6. Sophomore **Carson Jessop** had the other top-10 finish, placing 10th in a time of 28:10.4.

• After running three meets fairly close to home, the Yellowjackets will travel to St. Paul, Minn., to compete in the Roy Griak Invitational on Saturday.

Around The GNAC



NORTHWEST NAZARENE

LAST WEEK: Sept. 21 at Eastern Oregon Invitational
Men - 1st of 3, 30 pts. Women - 2nd of 3, 34 pts.
THIS WEEK: Oct. 13 at Inland Empire Championships

- It was a solid meet for Northwest Nazarene last Friday as the Nighthawks' men won and the women placed second, both in close races, at the Eastern Oregon Invitational.
- Junior **Godfrey Kemboi** won the second race of his NNU career as he covered the 8,000-meter course in 26:13.91. He finished just two seconds ahead of Alex Martin of the College of Idaho.
- The NNU men placed four runners in the top-10 in the race. Senior **Nick Hamilton** finished third in a time of 26:40.59. Freshman **Tyler Shea** was seventh in 27:04.28 and freshman **Treyson Conley** was eighth in 27:10.61.
- Junior **Bethany Danner** won the first race of her Northwest Nazarene career, covering the 5,000-meter course in a time of 19:17.11. She finished eight seconds ahead of second-place Kaitlyn Schut of College of Idaho.
- Freshman **Kalen Johnson** finished third for the Nighthawks with a time of 19:28.26. Sophomore **Anna Hamilton** finished fourth in a time of 19:39.78 as the Nighthawks placed three runners in the top-four.
- Northwest Nazarene will not compete again until Sat., Oct. 13, competing at the Inland Empire Championships in Lewiston, Idaho.

SAINT MARTIN'S

LAST WEEK: Sept. 22 at Ken Garland Classic
Men - 5th of 11, 166 pts. Women - 9th of 11, 218 pts.
THIS WEEK: Sept. 29 at Charles Bowles Willamette Invitational

- Saint Martin's welcomed a sizeable field of small college teams, including four GNAC teams, to the Ken Garland Classic on Saturday. The SMU men placed fifth, second among GNAC teams, while the women placed ninth.
- Freshman **Andrew Oslin** led the solid SMU men's team finish as he placed 37th in a time of 28:02.64. Junior **Colton Buster** was five places behind, finishing 42nd in a time of 28:13.74. There was a gap of 1 minute, 19 seconds between the Saints' top-five runners.
- Senior **Lindsey Dorney** led the Saint Martin's women and was the top-placing SMU athlete in both races. Dorney placed 30th as she covered the 5,000-meter course in 20:20.81. Junior **Yeshi Vaughan** placed 53rd in 21:25.85 and freshman Alyssa Robinson placed 54th in 21:32.54.
- The Ken Garland Classic, formerly the SMU Classic, was named in memory of the school's longtime baseball coach, who passed away unexpectedly last spring.
- Saint Martin's will not compete again until Sat., Oct. 13, participating in the Warner Pacific CC Classic in Portland.



SEATTLE PACIFIC

LAST WEEK: No Meet
THIS WEEK: No Meet

- Seattle Pacific is in the midst in a three-week break from competition. The Falcons return to the course on Sat., Oct. 6, competing in the Emerald City Open.
- Seattle Pacific opened its 2018 season at the CWU Invitational on Sept. 15, with the Falcons' women posting the team victory with 24 points.
- Freshman **Kaylee Mitchell** won her first collegiate race. She covered the 5,000-meter course in 18:03, finishing 22 seconds ahead of Central Washington's Alexa Shindruk.
- The Falcons claimed four of the top-five spots in the women's race. Junior **Kate Lilly** was third in 18:43. Sophomore **Dania Holmberg** placed fourth in 18:54 and junior **Katherine Walter** was fifth in 19:00.
- The Falcons' men placed third out of the three teams in the meet with 65 points. Freshman **Colby Otero** was SPU's lone top-10 finisher, placing seventh in a time of 23:17 for 7,000 meters. Sophomore **Elius Graff** finished 11th in 23:47.

SIMON FRASER

LAST WEEK: No Meet
THIS WEEK: Sept. 29 at Stanford Invitational

- After a very strong start to the season, Simon Fraser will test itself this weekend at the Stanford Invitational.
- Simon Fraser started the year by winning the men's race and taking second in the women's race at the USD Invitational on Sept. 15.
- Senior **Rowan Doherty** opened his campaign off with an individual victory, covering the men's 8,000 meters in 25:23. Senior teammate **Sean Miller** was second in 25:51 while freshman **Pierre-Louis Detourbe** finished third in 26:13. All five of SFU's scoring runners placed in the top-11 with a gap of 54 seconds.
- Freshman **Sophia Kaiser** led the Clan in her collegiate debut. She placed third as she covered the 6,000-meter course in 22:38.7. Senior **Addy Townsend** placed fifth in a time of 22:51.9 while sophomore **Olivia Willett** was seventh in 23:27.2.
- In this week's USTFCCA Division II Coaches Poll, the Simon Fraser women are No. 9 for the second consecutive week while the SFU men jumped one spot to No. 14.



Around The GNAC



WESTERN OREGON

LAST WEEK: Sept. 21 at SF State Invitational
Men - Did Not Compete Women - 5th of 12, 146 pts.
THIS WEEK: Sept. 29 at Charles Bowles Willamette
Invitational

- Western Oregon sent its women's team to the Bay Area and the Wolves returned home with a fifth-place team finish at the SF State Invitational.
- Freshman **Kailyn Cantu** had the lone top-10 finish for the Wolves, leading the team with a ninth-place finish. Cantu covered the 6,000-meter course in a time of 23:03.1.
- Senior **Cassie McKinney** finished in 38th place in a time of 24:10.3 while senior **Toni Gowen** was one second behind in 39th place in 24:11.3.
- The Wolves' men placed 11 runners in the top-15 and finished with a score of 21 points at the Ash Creek Invitational on Sept. 7. Senior **Dustin Nading** won the 7,000-meter race in a time of 21:02.5, averaging 4:50 per mile. Nading was four seconds better than teammate **Tyler Jones**. The senior placed second in 21:06.8.
- Western Oregon's men dropped one place in this week's USTFCCCA Division II Coaches Poll, checking in at No. 11.
- The Wolves are expected to field both men's and women's teams at the Charles Bowles Willamette Invitational this Saturday in Salem.



WESTERN WASHINGTON

LAST WEEK: Sept. 22 at Ken Garland Classic
Men - 1st of 11, 15 pts. Women - 1st of 11, 21 pts.
THIS WEEK: No Meet

- Western Washington dominated the competition at the Ken Garland Invitational. The Vikings' men swept the top-five places and seven of the top eight spots for a perfect 15-point score. The WWU women placed five in the top seven to win with a score of 21 points.
- Freshman **Ian Fay** was named the GNAC Men's Cross Country Athlete of the Week after he won the men's 8,000-meter race in a time of 26:03.50, averaging 5 minutes, 14 seconds per mile. There was just a 23-second gap between the team's top-five runners.
- Senior **Jadon Olson** placed second with a time of 26:09.86. Senior **Kyler Sager** finished third in 26:11.47, junior **James Jaspersen** was fourth in 26:14.74 and sophomore **Eric Hamel** placed fifth in a time of 26:25.07.
- Freshman **Rebecca Lehman** was named the GNAC Women's Cross Country Athlete of the Week after she won the women's 5,000-meter race in a time of 18:15.19. She averaged 5:54 per mile and finished 15 seconds ahead of second-place Michaela Kostecka of Spokane CC.
- Freshman **Shawnee Konrad** finished third for the Vikings in a time of 18:37.84. Sophomore **Jane Barr** was one-second behind in fourth place at 18:38.03. Junior Talia Dreicer was sixth in 18:45.91 and senior **Tracy Melville** was seventh in 18:46.17.
- The Western Washington men are ranked No. 25 in the USFTCCCA Division II Coaches Poll for the second straight week.
- Western Washington will not race this week. The Vikings return to competition at the Emerald City Open on Sat., Oct. 6.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WOU	WWU
Preseason	T-21th	16th	13th	—
Sept. 19	21st	15th	T-10th	25th
Sept. 26	20th	14th	11th	25th
West Region	UAA	SFU	WOU	WWU
Preseason	4th	3rd	2nd	6th
Sept. 18	4th	3rd	2nd	6th
Sept. 25	4th	3rd	2nd	6th

USTFCCCA DIVISION II COACHES POLL

Week 2 - Sept. 26, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Colorado Mines	191
3.	Grand Valley State	185
4.	Western State	174
5.	Chico State	170
6.	Augustana (S.D.)	155
7.	Queens (N.C.)	151
8.	CSU-Pueblo	146
9.	Southern Indiana	139
10.	Mount Olive	124
11.	Western Oregon	119
12.	Saginaw Valley St.	109
13.	Dallas Baptist	105
14.	Simon Fraser	100
15.	Missouri Southern	80
	American International	80
17.	Sioux Falls	61
18.	Lee (Tenn.)	59
	Walsh	59
20.	Alaska Anchorage	52
21.	Edinboro	41
22.	Malone	34
23.	Stonehill	21
24.	Cal Poly Pomona	20
25.	Western Washington	10

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 2 - Sept. 25, 2018			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Western Oregon	GNAC	2
3.	Simon Fraser	GNAC	3
4.	Alaska Anchorage	GNAC	4
5.	Cal Poly Pomona	CCAA	5
6.	Western Washington	GNAC	6
7.	Cal State San Marcos	CCAA	8
8.	UC San Diego	CCAA	7
9.	Stanislaus State	CCAA	9
10.	Academy of Art	PacWest	10

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU		
Preseason	T-8th	11th		
Sept. 19	7th	9th		
Sept. 26	7th	9th		
West Region	UAA	SFU	SPU	WWU
Preseason	2nd	3rd	9th	6th
Sept. 18	2nd	3rd	7th	10th
Sept. 25	2nd	3rd	6th	8th

USTFCCCA DIVISION II COACHES POLL

Week 2 - Sept. 26, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Western State	188
	Grand Valley St.	188
4.	Mary	176
5.	Augustana (S.D.)	167
6.	Chico State	161
7.	Alaska Anchorage	148
8.	Colorado Mines	147
9.	Simon Fraser	135
10.	Hillsdale	129
11.	Dallas Baptist	115
12.	Walsh	111
13.	Lee (Tenn.)	98
14.	Edinboro	95
15.	UC-Colorado Springs	87
	Southern Indiana	87
17.	Point Loma	76
18.	Queens (N.C.)	62
19.	Michigan Tech	53
20.	Oklahoma Baptist	41
	Azusa Pacific	41
22.	Mount Olive	39
23.	Drury	26
24.	Stonehill	16
25.	Pittsburg State	10

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 2 - Sept. 25, 2018			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Alaska Anchorage	GNAC	2
3.	Simon Fraser	GNAC	3
4.	Point Loma	PacWest	5
5.	Azusa Pacific	PacWest	6
6.	Seattle Pacific	GNAC	7
7.	Cal State San Marcos	CCAA	9
8.	Western Washington	GNAC	10
9.	Humboldt State	CCAA	8
10.	UC San Diego	CCAA	NR

[View Complete Regional Polls Online](#)



2018 GNAC Meet Summaries

Fri., Aug. 31

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000 Meters): George Fox 27, Western Oregon 41, Oregon Tech 59.

Top 5 Finishers: 1, 1, Hunter Hutton, WOU, 19:47.0. 2, Simon Walsh, WOU, 20:03.0. 3, Dillon Rising, GFU, 20:05.5. 4, Peter Weiss, GFU, 20:06.6. 5, Timothy Kaelin, GFU, 20:12.2.

Other Top GNAC Finishers: 10, Sawyer Heckard, WOU, 20:35.4. 13, Neal Cranston, WOU, 20:55.5. 16, Curt Knott, WOU, 21:10.4.

Women (4,000 Meters): Oregon Tech 15, Western Oregon 51, George Fox 75, Linfield 111.

Top 5 Finishers: 1, Susie Garza, OIT, 15:10.2. 2, Kayle Moore, Ulitmook TC, 15:14.17. 3, Cindy Reed, OIT, 15:23.8. 4, Andie Kolasinski, OIT, 15:38.5. 5, Faith Widman, OIT, 15:38.8.

Top 5 GNAC Finishers: 7, Kailyn Cantu, WOU, 15:46.5. 10, Shayla Solomon, WOU, 16:07.3. 13, Rachel Bayly, WOU, 16:24.3. 14, Danel Camacho, WOU, 16:28.9. 15, Cassie McKinney, WOU, 16:45.1.

Sat., Sept. 1

Puget Sound Invitational

at Fort Steilacoom Park, Lakewood, Wash.

Men (8,000 Meters): Puget Sound 44, Pacific Lutheran 47, Saint Martin's 49, Green River CC 108, Olympic CC 116.

Top 5 Finishers: 1, Colin Monaghan, UPS, 25:55. 2, Jamin King, Club NW, 26:51. 3, Dennis Keith, Olympic, 27:26. 4, Andrew Oslin, SMU, 27:51. 5, Basil Engledow, UPS, 28:10.

Other Top GNAC Finishers: 10, Colton Buster, SMU, 28:18. 11, John Farrell, SMU, 28:22. 12, Miguel DeLaMalena, SMU, 28:58. 17, Noah Roberts, SMU, 29:15.

Women (6,000 Meters): Puget Sound 24, Pacific Lutheran 49, Saint Martin's 60.

Top 5 Finishers: 1, Emery Bradlina, UPS, 23:41. 2, Lindsey Dorney, SMU, 24:01. 3, Sam Schaffer, UPS, 24:32. 4, Abby Dalke, UPS, 25:13. 5, Alicia Keivanek, PLU, 26:09.

Other Top GNAC Finishers: 9, Alyssa Robinson, SMU, 26:28. 12, Sadie Dalgleish, SMU, 27:00. 19, Eliza Bannister, SMU, 28:32. 21, Olivia Abbott, SMU, 30:17.

Hardrock Cross Country Classic

at Robbinsdale Park, Rapid City, S.D.

Men (8,000 Meters): Black Hills St. 18, South Dakota Mines 60, Montana State Billings 71, Chadron State 87, Dawson CC 147.

Top 5 Finishers: 1, Joshua Davis, BHSU, 27:01.18. 2, Keith Osowski, BHSU, 27:18.99. 3, Ryan Moen, SDM, 27:30.18. 4, Jonah Theisen, BHSU, 27:37.87. 5, Jake Iverson, BHSU, 27:44.08.

Top 5 GNAC Finishers: 8, Ivan Colmenero, MSUB, 27:45.93. 9, Ronald Venema, MSUB, 27:59.81. 13, Ase Ackerman, MSUB, 28:40.37. 21, Carson Jessop, 29:24.02. 29, Drake Henson, MSUB, 30:10.62.

Women (6,000 Meters): Black Hills State 15, Chadron State 62, Montana State Billings 81.

Top 5 Finishers: 1, Nicole Allerdings, BHSU, 19:37.48. 2, Savannah Davis, BHSU, 20:18.80. 3, Xiomara Robinson, BHSU, 20:30.61. 4, Cailey Roth, BHSU, 20:36.39. 5, Tori Moore, BHSU, 20:37.95.

Top 5 GNAC Finishers: 8, Nikki Aiken, MSUB, 20:53.89. 12, Ruth Chepsat, MSUB, 21:14.77. 24, Kailee Stoppel, MSUB, 23:29.67. Madalyn Terwillger, MSUB, 24:35.45. 28, Sierra Holinka, MSUB, 24:49.98.

Fri., Sept. 7

Ash Creek Invitational

at Ash Creek Preserve, Western Oregon University, Monmouth, Ore.

Men (7,000 Meters): Western Oregon 21, Willamette 45, Clackamas CC 109, Walla Walla 119, Concordia 149, Corban 151, Clark CC 154, SW Oregon CC 204, Umpqua CC 211.

Top 5 Finishers: 1, Dustin Nading, WOU, 21:02.5. 2, Tyler Jones, WOU, 21:06.8. 3, Keith Carlson, WU, 21:14.9. 4, Michael Montague, WU, 21:33.8. 5, Justin Crosswhite, WOU, 21:36.8.

Other Top GNAC Finishers: 6, Parker Marson, WOU, 21:39.8. 7, Hunter Hutton, WOU, 21:46.9.

Women (5,000 Meters): Western Oregon 42, Corban 45, Willamette 86, Concordia 93, Walla Walla 110, Linfield 119, Umpqua CC 184.

Top 5 Finishers: 1, Hazel Carr, WU, 19:30.6. 2, Hannah Clarizio, CRB, 19:54.6. 3, Kaylin Cantu, WOU, 19:57.1. 4, Sydney Nichol, CRB, 20:00.5. 5, Alexa Johnson, WWU, 20:10.1.

Other Top GNAC Finishers: 7, Shayla Solomon, WOU, 20:28.6. 8, Rachel Bayly, WOU, 20:37.7. 9, Cassie McKinney, WOU, 20:44.4.

CSI Classic

at Canyon Springs Golf Course, Twin Falls, Idaho

Men (7,000 Meters): Weber State 20, College of Idaho 53, Southern Idaho 64, Northwest Nazarene 101.

Top 5 Finishers: 1, Jacob Stone, WSU, 22:39.83. 2, Tyson Green, WSU, 22:39.96. 3, Curt Crossley, WSU, 22:55.38. 4, Taylor Dillon, WSU, 22:59.86. 5, Clayton VanDyke, CSI, 23:02.13.

Top 5 GNAC Finishers: 6, Godfrey Kemboi, NNU, 23:07.62. 22, Tyler Shea, NNU, 24:03.97. 29, Treyson Conley, 24:31.34. 31, Levi Lewis, NNU, 24:42.26. 41, Pablo Lopez, NNU, 26:49.75.

Women (5,000 Meters): Utah 28, Weber State 38, College of Idaho 99, Northwest Nazarene 106, Southern Idaho 106, Eastern Oregon 166.

Top 5 Finishers: 1, Molly Vitale-Sulli, CI, 18:37.25. 2, Scarlet Dale, Utah, 18:45.98. 3, Lexie Thompson, WSU, 18:55.06. 4, Sophie Ryan, Utah, 18:59.25. 5, Cara Woolnough, Utah, 19:02.34.

Top 5 GNAC Finishers: 15, Bethany Danner, NNU, 20:01.17. 18, Kalen Johnson, NNU, 20:16.15. 22, Emily Hammons, NNU, 20:43.14. 25, Anna Hamilton, NNU, 20:52.30. 30, Shailynn Hestand, NNU, 21:23.86.

Sat., Sept. 8

New Balance Skinny Raven Classic

at Russian Jack Golf Course, Anchorage, Alaska

Men (7,000 Meters): Alaska Anchorage 15, Alaska 49.

Top 5 Finishers: 1, Wesley Kirui, UAA, 21:07.2. 2, Felix Kemboi, UAA, 21:09.4. 3, Jorge Sanchez, UAA, 22:10.7. 4, Nickson Koech, UAA, 22:14.5. 5, Jacob Moos, UAA, 22:23.8.

Women (6,000 Meters): Alaska Anchorage 15, Alaska 46.

Top 5 Finishers: 1, Rosie Brennan, APUNSC, 20:39.6. 2, Emmah Chelimo, UAA, 21:19.9. 3, Marine Dusser, UAA Nordic, 21:39.7. 4, Nancy Keptoo, UAA, 21:53.2. 5, Danielle McCormick, UAA, 22:04.8.

Other Top GNAC Finishers: 6, Ruth Cvancara, UAA, 22:30.2. 7, Grace Gannon, UAA, 22:37.2.

2018 GNAC Meet Summaries

Sat., Sept. 15

USD Invite

at Mission Bay Golf Course, San Diego, Calif.

Men (8,000 Meters): Simon Fraser 21, UC San Diego 61, San Diego 64, Cal State San Marcos 66, Soka 155.

Top 5 Finishers: 1, Rowan Doherty, SFU, 25:23. 2, Sean Miller, SFU, 25:51. 3, Pierre-Louis Detourb, SFU, 26:13. 5, Elijah Horwitz, UCSD, 26:14. 5, Cameron Proceviat, Coastal TC, 26:18.

Other Top GNAC Finishers: 6, Carlos Vargas, SFU, 26:19. 11, Aaron Ahl, SFU, 26:37.

Women (6,000 Meters): San Diego 44, Simon Fraser 47, Point Loma 54, UC San Diego 93, Cal State San Marcos 102.

Top 5 Finishers: 1, Hannah Rasmussen, USD, 21:58.3. 2, Hannah Beloit-Bucher, PLNU, 22:25.1. 3, Sophia Kaiser, SFU, 22:38.7. 4, Zani Moore, USD, 22:40.4. 5, Addy Townsend, SFU, 22:51.9.

Other Top GNAC Finishers: 7, Olivia Willett, SFU, 23:27.2. 11, Chelsea Ribeiro, SFU, 23:27.2. 22, Emily Chilton, SFU, 24:06.7.

MSU Invitational

at Bridger Creek Country Club, Bozeman, Mont.

Men (8,000 Meters): Montana State 22, Idaho State 35, Montana 76, Carroll (Mont.) 132, Montana State Billings 134, Montana State Northern 162.

Top 5 Finishers: 1, Ty Mogan, MSU, 24:51.37. 2, Duncan Hamilton, MSU, 25:16.69. 3, Wyatt Diderickson, ISU, 25:18.65. 4, Collin Buck, MSU, 25:19.78. 5, Jesse Allen, ISU, 25:34.00.

Top 5 GNAC Finishers: 22, Ivan Colmenero, MSUB, 26:25.03. 29, Ronald Venema, MSUB, 26:58.70. 35, Carson Jessop, MSUB, 28:01.69. 42, Ase Ackerman, MSUB, 28:38.99. 45, Logan Staus, MSUB, 28:59.42.

Women (5,000 Meters): Montana State 18, Montana 61, Idaho State 63, Montana State Billings 129, Carroll (Mont.) 130, Montana State Northern 151.

Top 5 Finishers: 1, Kelsi Lasota, MSU, 17:13.56. 2, Samantha Kelderman, MSU, 17:19.99. 3, Jenica Dodge, Unattached, 17:23.03. 4, Gillian Maness, MSU, 17:23.98. 5, Layne Oliver, MSU, 17:27.01.

Top 5 GNAC Finishers: 21, Nikki Aiken, MSUB, 18:38.66. 26, Ruth Chepsat, MSUB, 18:58.63. 33, Kailee Stoppel, MSUB, 20:08.68. 39, Sierra Durbin, MSUB, 20:59.92. 42, Madalyn Terwilliger, MSUB, 21:32.21.

CWU Invitational

at Rotary Park, Ellensburg, Wash.

Men (7,000 Meters): Western Washington 20, Central Washington 52, Seattle Pacific 65.

Top 5 Finishers: 1, Turlan Morlan, CWU, 22:37. 2, Eric Hamel, WWU, 22:49. 3, Bentley Wilson, WWU, 22:55. 4, Ian Fay, WWU, 22:59. 5, Edward Kiolbasa, WWU, 23:01.

Women (5,000 Meters): Seattle Pacific 24, Western Washington 47, Central Washington 52.

Top 5 Finishers: 1, Kaylee Mitchell, SPU, 18:03. 2, Alexa Shindruk, CWU, 18:25. 3, Kate Lilly, SPU, 18:43. 4, Dania Holmberg, SPU, 18:54. 5, Katherine Walter, SPU, 19:00.

Fri., Sept. 21

Gage McSpadden Memorial Invitational

at Spearfish Canyon GC, Spearfish, S.D.

Men (8,000 Meters): Black Hills St. 15, Montana State Billings 50, South Dakota Mines 69.

Top 5 Finishers: 1, Joshua Davis, BHSU, 27:14.8. 2, Keith Osowski, BHSU, 27:33.3. 3, Austin Williamson, BHSU, 27:34.2. 4, Jordan Theisen, BHSU, 27:38.3. 5, Jake Iverson, BHSU, 27:40.4.

Top 5 GNAC Finishers: 6, Ivan Colmenero, MSUB, 27:46.6. 8, Ronald Venema, MSUB, 27:57.2. 10, Carson Jessop, MSUB, 28:10.4. 12, Mark Hovland, MSUB, 28:35.5. 17, Ase Ackerman, MSUB, 29:07.7.

Women (5,000 Meters): Black Hills St. 17, Montana State Billings 56, South Dakota Mines 65.

Top 5 Finishers: 1, Tori Moore, BHSU, 19:24.5. 2, Nicole Allerdings, BHSU, 19:35.8. 3, Savannah Davis, BHSU, 19:51.7. 4, Nikki Aiken, MSUB, 20:07.2. 5, Cailey Roth, BHSU, 20:08.5.

Other Top GNAC Finishers: 9, Ruth Chepsat, MSUB, 20:35.2. 17, Sierra Durbin, MSUB, 23:04.2. 20, Madalyn Terwilliger, MSUB, 23:40.0. 21, Rachel Hiner, MSUB, 23:52.2.

SF State Invitational

at Speedway Meadow, Golden Gate Park, San Francisco, Calif.

Men (8,000 Meters): Biola 34, Academy of Art 51, UC Merced 87, Notre Dame de Namur 114, UC Santa Cruz 145, San Francisco St. 146, William Jessup 189, Menlo 204, Holy Names 276, Dominican (Calif.) 283, Pacific Union 293.

Top 5 Finishers: 1, Victor Moreau, AAU, 25:12.6. 2, Gabe Plencio, BU, 25:16.0. 3, Rabah Houali, AAU, 25:27.8. 4, Anthony Tyler, UCM, 25:27.8. 5, Freddie Hessian, AAU, 25:40.7.

Top 5 GNAC Finishers: None.

Women (6,000 Meters): Biola 39, Academy of Art 60, Cal St. East Bay 64, San Francisco St. 96, Western Oregon 146, Sonoma State 179, Notre Dame de Namur 185, William Jessup 243, UC Santa Cruz 248, Dominican (Calif.) 251, Mills 353, Pacific Union 357.

Top 5 Finishers: 1, Hasna Kaarour, AAU, 22:10.6. 2, Mackenna Mason, BU, 22:13.7. 3, Angelina Ronquillo, CSUEB, 22:18.6. 4, Clara Haynes, BU, 22:27.6. 5, Ceceila Carretero, 22:31.2.

Top 5 GNAC Finishers: 9, Kaylin Cantu, WOU, 23:10.1. 38, Cassie McKinney, WOU, 24:10.3. 39, Toni Gowen, WOU, 24:11.3. 49, Rachel Bayly, WOU, 24:34.8.

EOU Invitational

at Lane Farms, La Grande, Ore.

Men (8,000 Meters): Northwest Nazarene 30, College of Idaho 32, Eastern Oregon 68.

Top 5 Finishers: 1, Godfrey Kemboi, NNU, 26:13.91. 2, Alex Martin, CI, 26:15.97. 3, Nick Hamilton, NNU, 26:40.59. 4, Lane Inwards, EOU, 26:48.81. 5, Cole Campbell, CI, 26:51.84.

Other Top GNAC Finishers: 7, Tyler Shea, NNU, 27:04.28. 8, Treyson Conley, NNU, 27:10.61. 11, Levi Lewis, NNU, 27:25.18.

Women (5,000 Meters): College of Idaho 32, Northwest Nazarene 34, Eastern Oregon 62.

Top 5 Finishers: 1, Bethany Danner, NNU, 19:17.11. 2, Kaitlyn Schut, CI, 19:25.70. 3, Kalen Johnson, NNU, 19:28.26. 4, Anna Hamilton, NNU, 19:39.78. 5, Tamika Russell, CI, 19:46.83.

Other Top GNAC Finishers: 11, Emily Hammons, NNU, 20:33.63. 16, MaKenna Conley, NNU, 21:08.66.

2018 GNAC Meet Summaries

Sat., Sept. 22

UNLV Invitational

at Lake Las Vegas, Henderson, Nev.

Men (8,000 Meters): Alaska Anchorage 18, UC Riverside 58, Fresno State 84, Dixie State 88, Cerritos JC 113.

Top 5 Finishers: 1, Wesley Kiriū, UAA, 26:10.0. 2, Felix Kemboi, UAA, 26:10.1. 3, Jorge Sanchez, UAA, 26:51.7. 4, Nickson Koech, UAA, 26:55.8. 5, Kyle Warrick, Dixie, 26:59.6.

Other Top GNAC Finishers: 8, Jacob Moos, UAA, 27:20.1.

Women (5,000 Meters): Alaska Anchorage 26, UNLV 57, Fresno State 62, Dixie State 91, UC Riverside 125, Cerritos JC 180.

Top 5 Finishers: 1, Emmah Chelimo, UAA, 18:54.7. 2, Nancy Jeptoo, UAA, 18:58.3. 3, Ellie Leather, FSU, 19:17.9. 4, Agnes Mansaray, UNLV, 19:29.8. 5, Billie Hatch, Dixie, 19:32.4.

Other Top GNAC Finishers: 6, Zannah Jepchumba, UAA, 19:39.0. 7, Danielle McCormick, UAA, 19:41.6. 10, Ruth Cvancara, UAA, 20:02.5.

Ken Garland Invitational

at Saint Martin's University, Lacey, Wash.

Men (8,000 Meters): Western Washington 15, Southern Idaho 61, Lane CC 77, Spokane CC 95, Saint Martin's 166, Treasure Valley CC 184, Clackamas CC 224, Olympic CC 243, Everett CC 250, Southwestern Oregon CC 292, Umpqua CC 293.

Top 5 Finishers: 1, Ian Fay, WWU, 26:03.50. 2, Jadon Olson, WWU, 26:09.86. 3, Tyler Sager, WWU, 26:11.47. 4, James Jaspersen, WWU, 26:14.74. 5, Eric Hamel, WWU, 26:25.07.

Women (5,000 Meters): Western Washington 21, Southern Idaho 69, Spokane CC 87, Lane CC 130, Central Washington 147, Alaska 173, Treasure Valley CC 180, Everett CC 196, Saint Martin's 218, Olympic CC 319, Umpqua CC 319.

Top 5 Finishers: 1, Rebecca Lehman, WWU, 18:15.19. 2, Micaela Kostecka, Spokane, 18:30.99. 3, Shawnee Konrad, WWU, 18:37.84. 4, Jane Barr, WWU, 18:38.03. 5, Delia Deleon, TVCC, 18:44.17.

Other Top GNAC Finishers: 6, Talia Dreicer, WWU, 18:45.91. 7, Tracy Melville, WWU, 18:46.17.