



Oct. 18, 2018 • Week 8  
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## GNAC Cross Country At A Glance

### THIS WEEK'S MEETS

#### Sat., Oct. 20

Alaska, Alaska Anchorage, Central Washington, Saint Martin's, Simon Fraser, Western Washington at Western Washington Classic, Bellingham, Wash.

### LAST WEEK'S MEETS

#### Fri., Oct. 12

#### NCAA Division II West Region Preview at Amend Park, Billings, Mont.

**Men (10,000 Meters):** Black Hills St. 16, South Dakota Mines 55, Montana State Billings 58, Dawson CC 120.

**Top 5 Finishers:** 1, Jonah Theisen, BHSU, 32:29.36. 2, Keith Osowski, BHSU, 32:43.51. 3, Jordan Theisen, BHSU, 32:51.95. 4, Jake Iverson, BHSU, 33:09.87. 5, Ivan Colmenero, MSUB, 33:10.92.

**Other Top GNAC Finishers:** 8, Ronald Venema, MSUB, 33:35.47. 14, Mark Hovland, MSUB, 34:23.83. 16, Ase Ackerman, MSUB, 34:33.00. 20, Carson Jessop, MSUB, 34:58.61.

**Women (6,000 Meters):** Black Hills State 15, Montana State Billings 56, South Dakota Mines 71.

**Top 5 Finishers:** 1, Nicole Allerdings, BHSU, 22:23.74. 2, Savannah Davis, BHSU, 22:53.20. 3, Tori Moore, BHSU, 23:12.80. 4, Xiomara Robinson, BHSU, 23:22.08. 5, Cailey Roth, BHSU, 23:24.58.

**Top 5 GNAC Finishers:** 6, Ruth Chepsat, MSUB, 23:25.82. 12, Nikki Aiken, MSUB, 23:56.57. 16, Kailee Stoppel, MSUB, 25:29.77. 18, Sierra Durbin, MSUB, 26:19.47. 20, Rachel Hiner, MSUB, 27:09.34.

#### Sat., Oct. 13

#### Warner Pacific CC Invitational at Lents Park, Portland, Ore.

**Men (8,000 Meters):** Portland 27, Western Oregon 42, Lane CC 88, Portland State 103, Saint Martin's 136, Everett CC 216, Clark CC 217, Clackamas CC 219, Mount Hood CC 229, Warner Pacific 277, Umpqua CC 290.

**Top 5 Finishers:** 1, Dustin Nading, WOU, 24:11.5. 2, Evert Silva, UP, 24:15.7. 3, Andy Muha, LCC,

24:25.3. 4, Cole Shugart, UP, 24:28.6. 5, Tyler Jones, WOU, 24:32.3.

**Other Top GNAC Finishers:** 11, Parker Marson, WOU, 24:53.9. 12, Justin Crosswhite, WOU, 25:02.6. 13, Hunter Hutton, WOU, 25:05.2.

**Women (5,000 Meters):** Portland 15, Portland State 71, Western Oregon 83, Lane CC 91, Everett CC 126, Saint Martin's 164, Mount Hood CC 211, Clackamas CC 229, Umpqua CC 230.

**Top 5 Finishers:** 1, Lacey Conner, UP, 17:46.8. 2, Ellie Erikson, Unattached, 17:51.3. 3, Sophia Noto, UP, 17:33.7. 4, Katelyn Schultz, UP, 17:55.0. 5, Maddy Lyons, UP, 18:02.5.

**Top 5 GNAC Finishers:** 10, Kaylin Cantu, WOU, 18:38.3. 20, Cassie McKinney, WOU, 19:21.3. 22, Shayla Solomon, WOU, 19:30.7. 30, Rachel Bayly, WOU, 19:52.2. 34, Alyssa Robinson, SMU, 20:16.0.

#### Inland Empire Championships at LCSC Cross Country Course, Lewiston, Idaho

**Men (8,000 Meters):** Gonzaga 55, Washington St. 68, Boise State 69, Calgary 150, Eastern Oregon 214, Southern Idaho 215, Northwest Nazarene 248, Central Washington 255, Lewis-Clark St. 276, Rocky Mountain 286, Seattle Pacific 334, Carroll (Mont.) 381, Spokane CC 431, Montana-Western 442, Providence (Mont.) 480, Montana St.-Northern 488.

**Top 5 Finishers:** 1, Russell Pennock, CALG, 24:11. 2, Leif Everson, BSU, 24:28. 3, Keegan McCormick, BSU, 24:30. 4, Stefan Bradley, GU, 24:32. 5, Scott Kopczynski, GU, 24:33.

**Top 5 GNAC Finishers:** 8, Godfrey Kemboi, NNU, 24:37. 45, Corbin Carlton, CWU, 25:34. 54, Colby Otero, SPU, 25:42. 58, Turlan Moran, CWU, 25:47. 59, Henry Milodragovich, CWU, 25:49.

**Women (5,000 Meters):** Boise State 18, Calgary 105, Montana 111, Seattle Pacific 122, Washington St. 148, Central Washington 162, Lewis-Clark St. 206, Southern Idaho 216, Northwest Nazarene 245, Gonzaga 246, Spokane CC 269, Rocky Mountain 307, Montana Western 321, Eastern Oregon 363, Montana St.-Northern

476, Carroll (Mont.) 485.

**Top 5 Finishers:** 1, Claire Graves, BSU, 17:16. 2, Jordan Jacob, BSU, 17:22. 3, Alexa Shindruk, CWU, 17:27. 4, Olivia Johnson, BSU, 17:34. 5, Karlie Swanson, BSU, 17:38.

**Other Top GNAC Finishers:** 7, Kaylee Mitchell, SPU, 17:49. 11, Kate Lilly, SPU, 18:00. 13, Kalen Johnson, NNU, 18:06. 18, Nicole Soleim, CWU, 18:08.

#### Lewis & Clark Invitational at McIver State Park, Estacada, Ore.

**Men (8,000 Meters):** Southern Oregon 28, George Fox 104, St. John's (Minn.) 119, Northwest Christian 128, Whitworth 176, Puget Sound 191, Oregon State RC 193, Concordia 200, Whitman 230, Treasure Valley CC 252, Lewis & Clark 252 (TVCC wins tiebreaker 3-2), Corban 277, Pacific (Ore.) 277 (Corban wins tiebreaker 3-2).

**Top 5 Finishers:** 1, Jared Hixon, Unattached, 24:06.0. 2, Noah Oberitter, SOU, 24:11.5. 3, Brandon Kelsey, SOU, 24:13.4. 4, Colin Monaghan, PS, 24:23.1. 5, Ryan Alexander, SOU, 24:27.5.

**Top 5 GNAC Finishers:** 15, Dominic Giordano, CU, 24:48.6. 17, Josh Moats, 24:53.6. 55, Noah Murry, CU, 25:57.0. 65, Jose Macias, CU, 26:14.8. 91, Max Rotar, CU, 27:08.4.

**Women (6,000 Meters):** Southern Oregon 55, Northwest Christian 81, Whitworth 103, Pacific (Ore.) 148, Corban 164, Whitman 164 (Corban wins tiebreaker 3-2), Puget Sound 168, Concordia 203, Pacific Lutheran 234, George Fox 280, Oregon State RC 284, Linfield 290, Treasure Valley CC 293, Lewis & Clark 306.

**Top 5 Finishers:** 1, Marissa Mount, WHTW, 20:59.4. 2, Courtney Beard, LIN, 21:07.5. 3, Delia Deleon, TVCC, 21:22.0. 4, Cassandra Brownell, NCU, 21:36.7. 5, Ariana Tolasnd, SOU, 21:41.5.

**Top 5 GNAC Finishers:** 21, Bailey Fjelstul, CU, 22:36.5. 27, Nicole Pederson, CU, 22:47.9. 34, Dalen Richardson, CU, 23:14.9. 58, Gabby Hobson, CU, 23:52.1. 75, Kaitlyn Bailly, CU, 24:26.8.

# GNAC Cross Country Runners of the Week



## MEN

**Dustin Nading, Western Oregon**  
Senior • Longview, Wash.

Nading won his second race of the season as he took top honors at the Warner Pacific CC Classic in Portland. Nading covered the 8,000-meter course in 24:11.5, averaging 4:52 per mile, to finish four second ahead of second-place Evert Silva of Portland. Nading led the Wolves to a second-place team finish.

**Also Nominated:** Corbin Carlton (Central Washington), Ivan Colmenero (Montana State Billings), Godfrey Kemboi (Northwest Nazarene), Colton Buster (Saint Martin's).



## WOMEN

**Alexa Shindruk, Central Washington**  
Senior • Bellingham, Wash.

Shindruk led all GNAC competitors at the Inland Empire Championships in Lewiston, Idaho. Breaking up a potential top-seven sweep for Division I Boise State, Shindruk placed third as she covered the 5,000-meter course in a time of 17:27, averaging 5:38 per mile. She was just 11 seconds behind the winner, Claire Graves of Boise State.

**Also Nominated:** Ruth Chepsat (Montana State Billings), Kalen Johnson (Northwest Nazarene), Alyssa Robinson (Saint Martin's), Kaylyn 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
Sept. 24-30	Colby Otero, SPU	Alexa Shindruk, CWU
Oct. 1-7	Rowan Doherty, SFU	Sophia Kaiser, SFU
Oct. 8-14	Dustin Nading, WOU	Alexa Shindruk, CWU

**BREAKING THE TAPE:** A total of 11 GNAC athletes have earned victories in 13 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); Warner Pacific CC Classic, Oct. 13 (24:11.5, 8,000 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).

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

## GNAC News & Notes

**REGULAR SEASON COMES TO CLOSE IN BELLINGHAM:** For six of the conference's cross country teams, the last meet prior to the championship season will take runners to Bellingham, Washington.

The 45th edition of the Western Washington Classic will take place this Saturday. The last regularly-scheduled meet prior to the GNAC Championships, the race will provide the first chance for the six participating GNAC men's team to compete at the 10,000-meter distance that teams will see at the NCAA West Regional Championships.

In past years, the meet has been a virtual preview of the GNAC Championships course as the WWU Classic was held at East Lake Padden Park. This year, the championship meet has moved to Western Oregon University. Likewise, the WWU Classic has moved from its longtime Lake Padden home to the Sudden Valley Golf Course, located along Lake Whatcom southeast of Bellingham.

While the course will not be a championship course, the competition certainly will be. The men's race will feature two of the conference's three nationally-ranked teams in Simon Fraser (No. 8) and Western Washington (No. 19). The women's race will feature four ranked programs in Alaska Anchorage (No. 8), Simon Fraser (No. 10), Seattle Pacific (No. 12) and Western Washington (No. 14).

# Around The GNAC



## ALASKA

**LAST WEEK:** No Meet

**THIS WEEK:** Oct. 20 at Western Washington Classic

- Alaska did not compete last week, but returns to competition on Saturday at the Western Washington Invitational.

- Alaska compiled a third-place women's finish and a fourth-place men's finish at the Emerald City Open on Oct. 6.

- Junior **Alexandra Bergholtz** placed fifth in the women's 6,000-meter race, the best placing of any GNAC runner in the meet. She finished in a time of 23:13, translating to an average of 6:15 per mile.

- Sophomore **Anja Maijala** was the other top-20 women's finisher for Nanooks, placing 19th with a time of 24:55.

- Junior **Lukash Platil** paced the Alaska men, placing 12th in the 8,000-meter race with a time of 27:15, averaging 5:28 per mile. Freshman **Jack Matherly** was the No. 2 runner for UAF, placing 28th in 28:05.



## ALASKA ANCHORAGE

**LAST WEEK:** No Meet

**THIS WEEK:** Oct. 20 at Western Washington Classic

- After not racing the last two weekends, Alaska Anchorage will compete at Western Washington Classic on Saturday.

- The Seawolves' men finished just short of a perfect score at the UNLV Invitational on Sept. 22, 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 in a time of 19:39.0.

- The UAA women are ranked No. 8 in this week's USTFCCA Division II Coaches Poll while the UAA men have dropped out of the top-25.



## CENTRAL WASHINGTON

**LAST WEEK:** Oct. 13 at Inland Empire Championships

Men - 8th of 16, 255 pts. Women - 6th of 17, 162 pts.

**THIS WEEK:** Oct. 20 at Western Washington Classic

- Led by a third-place finish by senior **Alexa Shindruk**, the Central Washington women placed sixth while the men placed eighth at the Inland Empire Championships.

- Shindruk was named the GNAC Women's Cross Country Athlete of the Week after she covered the 5,000-meter course in a time of 17:27. She broke up a potential top-five sweep by Division I Boise State.

- Sophomore **Nicole Soleim** added a top-20 finish, placing 18th in a time of 18:08. Freshman **Molly Matson** rounded out CWU in the top-40, placing 39th in 18:38.

- Senior **Corbin Carlton** led the Central Washington men, placing 45th in a time of 25:34 over the 8,000-meter course. Freshman **Turlan Morlan** was 58th as he finished in a time of 25:47.

- Central Washington will compete this weekend at the Western Washington Classic.



## CONCORDIA

**LAST WEEK:** Oct. 13 at Lewis & Clark Invitational

Men - 8th of 13, 200 pts. Women - 8th of 14, 203 pts.

**THIS WEEK:** No Meet

- Concordia posted a pair of eighth-place team finishes in its final tune-up prior to the GNAC Championships at the Lewis & Clark Invitational.

- Senior **Dominic Giordano** had the highest individual placing for Concordia. He finished 15th in the 8,000-meter race in a time of 24:53.6. Senior **Josh Moats** was not too far behind as he finished 17th in a time of 24:53.6.

- Junior **Bailey Fjelstul** led the Cavaliers in the women's race. She finished 21st in the women's 6,000-meter race in a time of 22:36.5. Senior **Nicole Pederson** was not far behind, placing 27th in a time of 22:47.9.

- The Cavaliers will have a two-week break before competing at the GNAC Championships on Sat., Nov. 3.



## MONTANA STATE BILLINGS

**LAST WEEK:** Oct. 12 at NCAA West Region Preview

Men - 3rd of 4, 58 pts. Women - 2nd of 3, 56 pts.

**THIS WEEK:** No Meet

- Montana State Billings put together a pair of solid team performances at their own Division II West Region Preview Meet in Billings. The meet was a preview of the course that will be used for the NCAA West Region Championships.

- Senior **Ivan Colmenero** posted a top-five finish for the Yellowjackets in his first race this season at the regional distance. Colmenero placed fifth as he covered the 10,000-meter course in a time of 33:10.92, breaking up a potential perfect score for Black Hills State. Junior **Ronald Venema** placed eighth in 33:35.47.

- Sophomore **Ruth Chepsat** was the Yellowjackets' top women's placer for the second straight meet, taking sixth place as she covered the 6,000-meter course in 23:25.82. Junior **Nikki Aiken** placed 12th in a time of 23:56.57.

- The meet was the last for Montana State Billings before the GNAC Championships on Sat., Nov. 3.



## NORTHWEST NAZARENE

**LAST WEEK:** Oct. 13 at Inland Empire Championships

Men - 7th of 16, 248 pts. Women - 9th of 16, 245 pts.

**THIS WEEK:** No Meet

- Behind a top-10 finish by junior **Godfrey Kemboi**, Northwest Nazarene closed its regular season at the Inland Empire Championships on Saturday.

- Kemboi placed eighth in the men's 8,000-meter race in a time of 24:37. He was the top non-Division I competitor in the race and was the only Division II competitor in the top-40. Freshman **Treyson Conley** was the No. 2 runner for the Nighthawks, placing 61st in 25:50.

- Freshman **Kalen Johnson** led the Nighthawks' women, placing 13th in the women's 5,000-meter race in a time of 18:06. Junior **Bethany Danner** also notched a top-25 finish, placing 24th in 18:15.

- Northwest Nazarene will not compete again until the GNAC Championships on Sat., Nov. 3.

# Around The GNAC



## SAINT MARTIN'S

**LAST WEEK:** Oct. 13 at Warner Pacific CC Classic  
Men - 5th of 11, 136 pts. Women - 6th of 9, 164 pts.  
**THIS WEEK:** Oct. 20 at Western Washington Classic

- Saint Martin's posted a pair of solid team performances at the Warner Pacific Classic on Saturday in Portland.
- The Saints' men placed fifth out of 11 teams with a total of 136 points. Junior **Colton Buster** was the team's top finisher, placing 26th in a time of 26:23.6 over the 8,000-meter course. Freshman **John Farrell** was just 10 seconds back of Buster, placing 33rd in 26:36.7.
- Freshman **Alyssa Robinson** paced Saint Martin's sixth-place women's team finish, placing 34th in a time of 20:16.0 over 5,000 meters. Junior **Yeshi Vaughan** placed 38th in 20:43.2 while **Sadie Dalgleish** was 39th in 20:47.5.
- Saint Martin's will finish the regular season on Saturday, competing at the Western Washington Classic.



## SEATTLE PACIFIC

**LAST WEEK:** Oct. 13 at Inland Empire Championships  
Men - 11th of 16, 334 pts. Women - 4th of 17, 122 pts.  
**THIS WEEK:** No Meet

- The fourth-place team finish for the women, the best by a non-Division I team, led Seattle Pacific at the Inland Empire Championships.
- The women scored 122 points, just 11 points behind third-place Montana. The placing helped allow the Falcons to remain tied at No. 12 in the USTFCCCA Division II Coaches Poll.
- Freshman **Kaylee Mitchell** was SPU's top finisher in the women's 5,000-meter race, placing seventh in time of 17:49. Junior **Kate Lilly** was 11th in a time of 18:00 while junior **Katherine Walter** placed 20th in a time of 18:11.
- In the men's 8,000-meter race, freshman **Colby Otero** was the Falcons' top placer, finishing in 54th place in a time of 25:42. Sophomore **Elius Graff** followed in 66th in a time of 25:55.
- The meet was the last for Seattle Pacific prior to the GNAC Championships on Sat., Nov. 3.



## SIMON FRASER

**LAST WEEK:** No Meet  
**THIS WEEK:** Oct. 20 at Western Washington Classic

- Simon Fraser did not compete last week. The Clan will finish its regular season this Saturday at the Western Washington Classic.
- Simon Fraser showed well against a large Division II field at the Division II Conference Crossover on Oct. 6. The SFU women placed second while the men finished third.
- Freshman **Sophia Kaiser** led the Clan with a ninth-place finish as she covered the 6,000-meter course in 22:21.90. Sophomore **Olivia Willett** provided another top-20 finish for the Clan as she placed 15th in a time of 22:29.20.
- Senior **Rowan Doherty** claimed ninth place as he covered the men's 8,000-meter course in 24:59.40. Freshman **Pierre-Louis Detourbe** was right behind Doherty as he placed 10th in a time of 25:00.30.
- In this week's USTFCCCA Division II Coaches Poll, the SFU men lead all GNAC teams at No. 8 while the women are ranked No. 10.



## WESTERN OREGON

**LAST WEEK:** Oct. 13 at Warner Pacific CC Classic  
Men - 2nd of 11, 42 pts. Women - 3rd of 9, 83 pts.  
**THIS WEEK:** No Meet

- Behind senior **Dustin Nading's** second individual victory of the season, the Western Oregon men placed second and the women placed third at the Warner Pacific Classic.
- Nading was named the GNAC Men's Cross Country Athlete of the Week for the victory, running 24:11.5 over the 8,000-meter course. He finished four seconds ahead of the second-place athlete, Evert Silva of Portland.
- The Wolves placed all five scoring men's runners in the top-15. Senior **Tyler Jones** placed fifth in a time of 24:32.3 while senior **Parker Marson** finished 11th in a time of 24:53.9.
- Western Oregon's women placed third in the women's 5,000-meter race. The Wolves were led by freshman **Kaylin Cantu**, who placed 10th in a time of 18:38.3. Senior **Cassie McKinney** had the other top-20 finish, placing 20th in 19:21.3.
- The WOU men are still ranked in the USTFCCCA Division II Coaches Poll, sitting in a three-way tie at No. 25.
- The meet was Western Oregon's last prior to the GNAC Championships, which WOU will host at the Ash Creek Preserve on Sat., Nov. 3.



## WESTERN WASHINGTON

**LAST WEEK:** No Meet  
**THIS WEEK:** Oct. 20 at Western Washington Classic

- After running in two meets the week before, Western Washington did not race last week. The Vikings will host the Western Washington Classic on Saturday.
- Western Washington showed well at the Division II Conference Crossover on Oct. 6, taking fourth in the women's competition and eighth in the men's race. In addition, the Vikings' second squads posted a pair of second-place finishes at the Emerald City Open.
- The Vikings' women were led at the Crossover by back-to-back finishes from juniors **Sophia Galvez** and **Talia Dreicer**. Galvez placed 28th as she covered the 6,000-meter course in 22:54.10 while Dreicer was 29th in 22:54.20.
- The WWU men tied with Western Oregon at the Crossover, winning on a 3-2 tiebreaker with the No. 3-5 runners finishing higher than those of the Wolves. Sophomore **Eric Hamel** led the way with a 27th place finish as he covered the 8,000-meter course in 25:27.90.
- At the Emerald City Open, junior **Peter Butler** led the Western Washington finishers in eighth place, covering the men's 8,000-meter course in 27:05. Junior **Aundrea Koger** was the top women's finish, placing ninth as she covered the 6,000-meter course in 23:53.
- Western Washington's women are ranked No. 14 in this week's USTFCCCA Division II Coaches Poll while the men are ranked No. 19.

# 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
Oct. 3	22nd	T-13th	10th	—
Oct. 10	22nd	8th	T-24th	19th
Oct. 17	—	8th	T-25th	19th

West Region	UAA	CWU	NNU	SFU	WOU	WWU
Preseason	4th	—	—	3rd	2nd	6th
Sept. 18	4th	—	—	3rd	2nd	6th
Sept. 25	4th	—	—	3rd	2nd	6th
Oct. 2	5th	10th	—	3rd	2nd	6th
Oct. 9	6th	9th	—	2nd	7th	4th
Oct. 16	6th	—	10th	2nd	7th	4th

## USTFCCCA DIVISION II COACHES POLL

Week 5 - Oct. 17, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Grand Valley St.	189
3.	Colorado Mines	187
4.	Chico State	175
5.	Western State	166
6.	Queens (N.C.)	156
7.	Augustana (S.D.)	155
8.	<b>Simon Fraser</b>	<b>143</b>
9.	Mount Olive	137
10.	Saginaw Valley St.	131
11.	CSU-Pueblo	120
12.	Dallas Baptist	108
13.	Cal Poly Pomona	98
14.	Missouri Southern	97
15.	Walsh	84
16.	Sioux Falls	73
17.	UC-Colorado Springs	71
	Lee (Tenn.)	71
19.	<b>Western Washington</b>	<b>51</b>
20.	Stonehill	41
21.	Malone	40
22.	UC San Diego	33
23.	Alabama-Huntsville	14
24.	American International	12
25.	Southern Indiana	9
	Edinboro	9
	<b>Western Oregon</b>	<b>9</b>

[View Complete Poll Online](#)

## USTFCCCA WEST REGION POLL

Week 5 - Oct. 16, 2018			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>2</b>
3.	Cal Poly Pomona	CCAA	3
4.	<b>Western Washington</b>	<b>GNAC</b>	<b>4</b>
5.	UC San Diego	CCAA	5
6.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>6</b>
7.	<b>Western Oregon</b>	<b>GNAC</b>	<b>7</b>
8.	Cal State San Marcos	CCAA	9
9.	Academy of Art	PacWest	10
10.	<b>Northwest Nazarene</b>	<b>GNAC</b>	<b>NR</b>

[View Complete Regional Polls Online](#)

# Women's Regional & National Polls

## GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU	WWU
Preseason	T-8th	—	11th	—
Sept. 19	7th	—	9th	—
Sept. 26	7th	—	9th	—
Oct. 3	8th	21st	11th	—
Oct. 10	8th	T-12th	10th	14th
Oct. 17	8th	T-12th	10th	14th

West Region	UAA	SFU	SPU	WWU
Preseason	2nd	3rd	9th	6th
Sept. 18	2nd	3rd	7th	10th
Sept. 25	2nd	3rd	6th	8th
Oct. 2	2nd	3rd	5th	9th
Oct. 9	2nd	3rd	5th	6th
Oct. 16	2nd	3rd	5th	6th

## USTFCCCA DIVISION II COACHES POLL

Week 5 - Oct. 17, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Western State	192
3.	Grand Valley St.	184
4.	Mary	176
5.	Augustana (S.D.)	167
6.	Colorado Mines	156
7.	Chico State	155
8.	<b>Alaska Anchorage</b>	<b>144</b>
9.	UC-Colorado Springs	138
10.	<b>Simon Fraser</b>	<b>128</b>
11.	Azusa Pacific	120
12.	<b>Seattle Pacific</b>	<b>108</b>
	Dallas Baptist	108
14.	<b>Western Washington</b>	<b>94</b>
15.	Pittsburg St.	90
16.	Walsh	80
17.	Queens (N.C.)	70
18.	Hillsdale	57
19.	Oklahoma Baptist	48
20.	Lee (Tenn.)	44
	Edinboro	44
22.	Drury	35
23.	Mount Olive	19
24.	Michigan Tech	17
25.	Saginaw Valley St.	10

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## USTFCCCA WEST REGION POLL

Week 5 - Oct. 16, 2018			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	<b>Alaska Anchorage</b>	<b>GNAC</b>	<b>2</b>
3.	<b>Simon Fraser</b>	<b>GNAC</b>	<b>3</b>
4.	Azusa Pacific	PacWest	4
5.	<b>Seattle Pacific</b>	<b>GNAC</b>	<b>5</b>
6.	<b>Western Washington</b>	<b>GNAC</b>	<b>6</b>
7.	Point Loma	PacWest	7
8.	Stanislaus State	CCAA	8
9.	Cal State San Marcos	CCAA	9
10.	UC San Diego	CCAA	10

[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 Keivaneck, 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 Cvanacara, 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, Kyler 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.

**Sat., Sept. 29**

## **Charles Bowles Willamette Invitational**

**at Bush's Pasture Park, Salem, Ore.**

**Men's Cardinal (8,000 Meters):** Boise State 37, Portland 46, Lipscomb 68, Portland State 154, Central Washington 212, Western New Mexico 224, Seattle Pacific 238, Willamette 274, Humboldt State 276, Colorado College 277, Pacific Lutheran 284, Whitworth 291, Puget Sound 323, Saint Martin's 416, Concordia 434, Whitman 455, Lewis & Clark 462, Pacific (Ore.) 469, Augsburg 535.

**Top 5 Finishers:** 1, Andrew Rafla, BSU, 24:09.2. 2, Riley Campbell, BSU, 24:12.2. 3, Peter Allegre, UP, 24:32.0. 4, Silas Griffith, LIP, 24:33.4. 5, Colin Monaghan, PS, 24:33.8.

**Top 5 GNAC Finishers:** 22, Colby Otero, SPU, 25:17.9. 25, Corbin Carlton, CWU, 25:22.3. 44, Henry Milodragovich, CWU, 25:56.8. 48, Elius Graff, SPU, 26:00.2. 50, Josh Moats, CU, 26:02.8.

**Women's Cardinal (5,000 Meters):** Boise State 30, Lipscomb 68, Portland State 97, Seattle Pacific 140, Portland 140 (SPU wins tiebreaker), Point Loma 164, Oregon State 193, Central Washington 227, Humboldt State 249, Colorado College 315, Willamette 350, Whitworth 350 (Willamette wins tiebreaker), Puget Sound 367, Pacific (Ore.) 389, Concordia 401, Whitman 453, Western New Mexico 483, Pacific Lutheran 517, Lewis & Clark 581, Saint Martin's 639, Augsburg 665.

**Top 5 Finishers:** 1, Kristie Schoffield, BSU, 17:10.7. 2, Julia Fritz, LIP, 17:14.1. 3, Olivia Johnson, BSU, 17:19.8. 4, Alexa Shindruk, CWU, 17:21.0. 5, Claire Graves, BSU, 17:22.0.

**Other Top GNAC Finishers:** 7, Kaylee Mitchell, SPU, 17:24.8. 21, Kate Lilly, SPU, 17:49.0. 24, Dania Holmberg, SPU, 17:58.9. 40, Katherine Walter, SPU, 18:22.3.

## **Stanford Invitational**

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

**Men's Open (8,000 Meters):** Stanford 26, UCLA 53, Adams State 75, Cal Poly 90, San Jose State 129, Simon Fraser 189, UC Santa Barbara 197, British Columbia 273, Arizona State 287, Victoria 292, Claremont-Mudd-Scripps 294, Mt. SAC 307, Fresno Pacific 436, George Fox 444, UTSA 445, San Bernardino Valley 484, LA Harbor 509, Cal St. Monterey Bay 534.

**Top 5 Finishers:** 1, Robert Brandt, Unattached, 23:44.40. 2, Sydney Gidabuday, ASU, 23:55.60. 3, Alek Parsons, STAN, 23:58.00. 4, Garrett Reynolds, UCLA, 23:58.70. 5, Alex Ostberg, STAN, 24:00.10.

**Top 5 GNAC Finishers:** 38, Rowan Doherty, SFU, 25:15.70. 45, Pierre-Louis Detourbe, SFU, 25:23.20. 51, Sean Miller, SFU, 25:29.90. 52, Carlos Vargas, SFU, 25:30.10. 67, Aaron Ahl, SFU, 25:54.40.

**Women's Open (6,000 Meters):** Stanford 62, Adams State 69, Washington 90, UCLA 113, Cal Poly 139, San Jose State 142, Arizona State 161, UC Santa Barbara 249, Colorado 281, Victoria 308, British Columbia 310, Simon Fraser 313, Pomona-Pitzer 341, Claremont-Mudd-Scripps 354, UTSA 494, LA Harbor 500, Fresno Pacific 509, Mt. SAC 527, Cal St. Monterey Bay 544.

**Top 5 Finishers:** 1, Elise Cranny, STAN, 20:32.50. 2, Katie Rainsberger, UW, 20:39.70. 3, Fiona O'Keeffe, STAN, 20:41.20. 4, Elisha Flanagan, ASU, 20:59.00. 5, Kaitlyn Neal, UW, 21:01.20.

**Top 5 GNAC Finishers:** 30, Addy Townsend, SFU, 21:57.00. 49, Olivia Willett, SFU, 22:45.40. 88, Chelsea Ribiero, SFU, 23:08.80. 92, Emily Chilton, SFU, 23:13.00. 102, Claire Noort, SFU, 23:28.90.

## **Roy Griak Invitational**

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

**Men's Maroon Division II (8,000 Meters):** Augustana (S.D.) 59, Sioux Falls 66, Iowa Central CC 68, Minnesota St. 117, Fort Lewis 119, Lakehead 180, MSU-Moorhead 181, Concordia-St. Paul 204, Mary 228, Northern State 264, Montana State Billings 298, Benedictine (Kan.) 336, SW Minnesota St. 338, Minot State 433, Jamestown 481.

**Top 5 Finishers:** 1, Mason Phillips, USF, 24:53.1. 2, Johrdan Cope, ICC, 25:04.3. 3, Austin Pasch, MSU, 25:09.6. 4, Hosava Kretzmann, 25:15.5. 5, Nathan Schreoder, AUG, 25:19.4.

**Top 5 GNAC Finishers:** 35, Ivan Colmemero, MSUB, 26:38.0. 62, Ronald Venema, MSUB, 27:16.3. 65, Carson Jessup, MSUB, 27:22.6. 77, Mark Hovland, MSUB, 27:37.1. 94, Ase Ackerman, MSUB, 28:11.6.

**Women's Maroon Division II (6,000 Meters):** Mary 60, Augustana (S.D.) 75, UC-Colorado Springs 89, Michigan Tech 117, Northern Michigan 177, Sioux Falls 181, Minnesota State 197, Fort Lewis 230, Northern State 338, Benedictine (Kan.) 350, MSU-Moorhead 363, St. Cloud State 374, Concordia-St. Paul 377, Lakehead 382, Montana St. Billings 419, Minot State 492, SW Minnesota St. 500, Upper Iowa 510, Bemidji State 551, Jamestown 580, Briar Cliff 621.

**Top 5 Finishers:** 1, Kayla Wooten, UCCS, 21:55.8. 2, Jaiden Schuette, Mary, 22:00.2. 3, Ida Narbuvooll, Mary, 22:04.7. 4, Mackenzie Kelly, AUG, 22:24.1. 5, Taryn Ceglowski, USF, 22:25.5.

**Top 5 GNAC Finishers:** 39, Ruth Chepsat, MSUB, 23:37.4. 48, Nikki Aiken, MSUB, 23:56.2. 122, Kailee Stoppel, MSUB, 25:58.7. 152, Sierra Durbin, MSUB, 27:00.1. 156, Madalyn Terwilliger, MSUB, 27:17.1.



# 2018 GNAC Meet Summaries

**Sat., Oct. 6**

## **Division II Conference Crossover**

### **at Lewis Univ. Cross Country Course, Romeoville, Ill.**

**Men (8,000 Meters):** Western State 84, Queens (N.C.) 115, Simon Fraser 127, Saginaw Valley 159, CSU-Pueblo 181, UC San Diego 201, Walsh 233, Western Washington 249, Western Oregon 249 (WWU wins tiebreaker 3-2), Southern Indiana 258, Cal St. San Marcos 325, Pittsburg St. 338, Academy of Art 351, Lindenwood 392, Washburn 396, Wayne St. (Mich.) 441, Indianapolis 451, Colorado Mesa 461, Michigan Tech 508, Lewis 527, Wis.-Parkside 539, Tampa 539 (Wis.-Parkside wins tiebreaker 4-1), Azusa Pacific 552, Ferris State 597, Davenport 564, Ill.-Springfield 755, Bentley 798.

**Top 5 Finishers:** 1, Austin Nolan, SIU, 24:33.80. 2, Marcelo Laguera, CSU-Pueblo, 24:35.70. 3, Derrick Williams, CSU-Pueblo, 24:41.50. 4, Tom Goforth, SVSU, 24:44.00. 5, Taylor Stack, WSC, 24:46.10.

**Top 5 GNAC Finishers:** 9, Rowan Doherty, SFU, 24:59.40. 10, Pierre-Louis Detourbe, SFU, 25:00.30. 11, Tyler Jones, WOU, 25:00.60. 17, Dustin Nading, WOU, 25:12.60. 20, Sean Miller, SFU, 25:17.70.

**Women (6,000 Meters):** Western State 38, Simon Fraser 146, Azusa Pacific 151, Western Washington 175, Pittsburg St. 181, Walsh 201, Queens (N.C.) 201 (Walsh wins tiebreaker 3-2), Saginaw Valley 241, Michigan Tech 269, Point Loma 272, Wayne St. (Mich.) 286, Cal St. San Marcos 296, Tampa 327, UC San Diego 367, Academy of Art 389, Indianapolis 419, Ferris State 437, Southern Indiana 437 (Ferris State wins tiebreaker 4-1), Washburn 464, Northern Michigan 484, Wis.-Parkside 554, Colorado Mesa 603, Lewis 604, Bentley 712, Lindenwood 727, Davenport 829, Ill.-Springfield 854, Upper Iowa 893.

**Top 5 Finishers:** 1, Sophie Seward, WSC, 21:39.00. 2, Alicia Konieczek, WSC, 21:39.00. 3, Aneta Konieczek, WSC, 21:44.80. 4, Eileen Stressling, APU, 21:51.60. 5, Allison Dorr, SVSU, 21:55.30.

**Top 5 GNAC Finishers:** 10, Sophia Kaiser, SFU, 22:21.90. 15, Olivia Willett, SFU, 22:29.20. 22, Addy Townsend, SFU, 22:43.10. 28, Sophia Galvez, WWU, 22:54.10. 29, Talia Dreicer, WWU, 22:54.20.

## **Emerald City Open**

### **at Lower Woodland Park, Seattle, Wash.**

**Men (8,000 Meters):** Club Northwest 15, Western Washington 57, Seattle RC 79, Alaska 117, Northwest (Wash.) 139, Olympic CC 157.

**Top 5 Finishers:** 1, Gilbert Grundy, Unattached, 25:42. 2, Peter Kesting, CNW, 26:04. 3, Turner Wiley, CNW, 26:05. 4, Connor Peloquin, CNW, 26:20. 5, Chris Reed, CNW, 26:23.

**Top 5 GNAC Finishers:** 8, Peter Butler, WWU, 27:05. 11, Jesse Wiley, WWU, 27:11.12, Lukash Platil, UAF, 27:15. 13, Nick Mounier, WWU, 27:20. 14, Colton Hoggarth, WWU, 27:28.

**Women (6,000 Meters):** Club Northwest 16, Western Washington 68, Alaska 89, Seattle RC 92, Oiselle 177, Northwest (Wash.) 133.

**Top 5 Finishers:** 1, Erin Wagner, CNW, 21:37. 2, Elizabeth Harmon, CNW, 23:01. 3, Moria O'Connor Lenth, CNW, 23:03. 4, Alison Mandi, CNW, 23:05. 5, Alexandra Bergholtz, UAF, 23:19.

**Other Top GNAC Finishers:** 9, Aundrea Koger, WWU, 23:53. 11, Brook Wedin, WWU, 24:06. 19, Anja Majjala, UAF, 24:55. 22, Maria Rivera Valles, WWU, 25:15.

**Fri., Oct. 12**

## **NCAA Division II West Region Preview**

### **at Amend Park, Billings, Mont.**

**Men (10,000 Meters):** Black Hills St. 16, South Dakota Mines 55, Montana State Billings 58, Dawson CC 120.

**Top 5 Finishers:** 1, Jonah Theisen, BHSU, 32:29.36. 2, Keith Osowski, BHSU, 32:43.51. 3, Jordan Theisen, BHSU, 32:51.95. 4, Jake Iverson, BHSU, 33:09.87. 5, Ivan Colmenero, MSUB, 33:10.92.

**Other Top GNAC Finishers:** 8, Ronald Venema, MSUB, 33:35.47. 14, Mark Hovland, MSUB, 34:23.83. 16, Ase Ackerman, MSUB, 34:33.00. 20, Carson Jessop, MSUB, 34:58.61.

**Women (6,000 Meters):** Black Hills State 15, Montana State Billings 56, South Dakota Mines 71.

**Top 5 Finishers:** 1, Nicole Allerdings, BHSU, 22:23.74. 2, Savannah Davis, BHSU, 22:53.20. 3, Tori Moore, BHSU, 23:12.80. 4, Xiomara Robinson, BHSU, 23:22.08. 5, Cailey Roth, BHSU, 23:24.58.

**Top 5 GNAC Finishers:** 6, Ruth Chepsat, MSUB, 23:25.82. 12, Nikki Aiken, MSUB, 23:56.57. 16, Kailee Stoppel, MSUB, 25:29.77. 18, Sierra Durbin, MSUB, 26:19.47. 20, Rachel Hiner, MSUB, 27:09.34.

**Sat., Oct. 13**

## **Warner Pacific CC Invitational**

### **at Lents Park, Portland, Ore.**

**Men (8,000 Meters):** Portland 27, Western Oregon 42, Lane CC 88, Portland State 103, Saint Martin's 136, Everett CC 216, Clark CC 217, Clackamas CC 219, Mount Hood CC 229, Warner Pacific 277, Umpqua CC 290.

**Top 5 Finishers:** 1, Dustin Nading, WOU, 24:11.5. 2, Evert Silva, UP, 24:15.7. 3, Andy Muha, LCC, 24:25.3. 4, Cole Shugart, UP, 24:28.6. 5, Tyler Jones, WOU, 24:32.3.

**Other Top GNAC Finishers:** 11, Parker Marson, WOU, 24:53.9.12, Justin Crosswhite, WOU, 25:02.6. 13, Hunter Hutton, WOU, 25:05.2.

**Women (5,000 Meters):** Portland 15, Portland State 71, Western Oregon 83, Lane CC 91, Everett CC 126, Saint Martin's 164, Mount Hood CC 211, Clackamas CC 229, Umpqua CC 230.

**Top 5 Finishers:** 1, Lacey Conner, UP, 17:46.8. 2, Ellie Erikson, Unattached, 17:51.3. 3, Sophia Noto, UP, 17:33.7. 4, Katelyn Schultz, UP, 17:55.0. 5, Maddy Lyons, UP, 18:02.5.

**Top 5 GNAC Finishers:** 10, Kaylin Cantu, WOU, 18:38.3. 20, Cassie McKinney, WOU, 19:21.3. 22, Shayla Solomon, WOU, 19:30.7. 30, Rachel Bayly, WOU, 19:52.2. 34, Alyssa Robinson, SMU, 20:16.0.

## **Inland Empire Championships**

### **at LCSC Cross Country Course, Lewiston, Idaho**

**Men (8,000 Meters):** Gonzaga 55, Washington St. 68, Boise State 69, Calgary 150, Eastern Oregon 214, Southern Idaho 215, Northwest Nazarene 248, Central Washington 255, Lewis-Clark St. 276, Rocky Mountain 286, Seattle Pacific 334, Carroll (Mont.) 381, Spokane CC 431, Montana-Western 442, Providence (Mont.) 480, Montana St.-Northern 488.

**Top 5 Finishers:** 1, Russell Pennock, CALG, 24:11. 2, Leif Everson, BSU, 24:28. 3, Keegan McCormick, BSU, 24:30. 4, Stefan Bradley, GU, 24:32. 5, Scott Kopczynski, GU, 24:33.

**Top 5 GNAC Finishers:** 8, Godfrey Kemboi, NNU, 24:37. 45, Corbin Carlton, CWU, 25:34. 54, Colby Otero, SPU, 25:42. 58, Turlan Morlan, CWU, 25:47. 59, Henry Milodragovich, CWU, 25:49.

**Women (5,000 Meters):** Boise State 18, Calgary 105, Montana 111, Seattle Pacific 122, Washington St. 148, Central Washington 162, Lewis-Clark St. 206, Southern Idaho 216, Northwest Nazarene 245, Gonzaga 246, Spokane CC 269, Rocky Mountain 307, Montana Western 321, Eastern Oregon 363, Montana St.-Northern 476, Carroll (Mont.) 485.

**Top 5 Finishers:** 1, Claire Graves, BSU, 17:16. 2, Jordan Jacob, BSU, 17:22. 3, Alexa Shindruk, CWU, 17:27. 4, Olivia Johnson, BSU, 17:34. 5, Karlie Swanson, BSU, 17:38.

**Other Top GNAC Finishers:** 7, Kaylee Mitchell, SPU, 17:49. 11, Kate Lilly, SPU, 18:00. 13, Kalen Johnson, NNU, 18:06. 18, Nicole Soleim, CWU, 18:08.

# 2018 GNAC Meet Summaries

**Sat., Oct. 13**

## **Lewis & Clark Invitational**

**at McIver State Park, Estacada, Ore.**

**Men (8,000 Meters):** Southern Oregon 28, George Fox 104, St. John's (Minn.) 119, Northwest Christian 128, Whitworth 176, Puget Sound 191, Oregon State RC 193, Concordia 200, Whitman 230, Treasure Valley CC 252, Lewis & Clark 252 (TVCC wins tiebreaker 3-2), Corban 277, Pacific (Ore.) 277 (Corban wins tiebreaker 3-2).

**Top 5 Finishers:** 1, Jared Hixon, Unattached, 24:06.0. 2, Noah Oberitter, SOU, 24:11.5. 3, Brandon Kelsey, SOU, 24:13.4. 4, Colin Monaghan, PS, 24:23.1. 5, Ryan Alexander, SOU, 24:27.5.

**Top 5 GNAC Finishers:** 15, Dominic Giordano, CU, 24:48.6. 17, Josh Moats, 24:53.6. 55, Noah Murry, CU, 25:57.0. 65, Jose Macias, CU, 26:14.8. 91, Max Rotar, CU, 27:08.4.

**Women (6,000 Meters):** Southern Oregon 55, Northwest Christian 81, Whitworth 103, Pacific (Ore.) 148, Corban 164, Whitman 164 (Corban wins tiebreaker 3-2), Puget Sound 168, Concordia 203, Pacific Lutheran 234, George Fox 280, Oregon State RC 284, Linfield 290, Treasure Valley CC 293, Lewis & Clark 306.

**Top 5 Finishers:** 1, Marissa Mount, WHTW, 20:59.4. 2, Courtney Beard, LIN, 21:07.5. 3, Delia Deleon, TVCC, 21:22.0. 4, Cassandra Brownell, NCU, 21:36.7. 5, Ariana Tolasnd, SOU, 21:41.5.

**Top 5 GNAC Finishers:** 21, Bailey Fjelstul, CU, 22:36.5. 27, Nicole Pederson, CU, 22:47.9. 34, Dalen Richardson, CU, 23:14.9. 58, Gabby Hobson, CU, 23:52.1. 75, Kaitlyn Bailly, CU, 24:26.8.