



Oct. 30, 2018 • Week 10
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Nov. 3

GNAC Cross Country Championships
 Ash Creek Preserve, Monmouth, Ore.
 10 a.m.: Men's 8,000 Meters
 11 a.m.: Women's 6,000 Meters
 Live Results: GNAC.live
 Live Stream: GNAC.tv

LAST WEEK'S MEETS

Sat., Oct. 20

**Western Washington Classic
 at Sudden Valley Golf Course, Bellingham,
 Wash.**

Men (10,000 Meters): Simon Fraser 42, Alaska Anchorage 51, Western Washington 96, UC-Colorado Springs 98, Club Northwest 105, Central Washington 190, Seattle Pacific 203, San Francisco St. 204, Club Northwest B 215, Alaska 342, Club Northwest C 346, Saint Martin's 354, Seattle RC 355, CNW Masters 436, CNW Masters B 483.

Top 5 Finishers: 1, Felix Kemboi, UAA, 31:40. 2, Wesley Kirui, UAA, 31:51. 3, John Larson, SFSU, 31:55. 4, Rowan Doherty, SFU, 32:07. 5, Pierre-Louis Detourbe, SFU, 32:10.

Other Top GNAC Finishers: 7, Sean Miller, SFU, 32:12.

Women (6,000 Meters): Club Northwest 55, Simon Fraser 71, Alaska Anchorage 76, Seattle Pacific 96, Western Washington 101, Bellingham Distance Project 118, Central Washington 159, Club Northwest B 263, Seattle RC 279, Alaska 299, Oiselle 315, Saint Martin's 369.

Top 5 Finishers: 1, Emmah Chelimo, UAA, 21:15. 2, Julia Howley, Unattached, 21:17. 3, Ally Ginther, Unattached, 21:38. 4, Jane Ricardi, CNW, 21:54. 5, Addy Townsend, SFU, 21:59.

Other Top GNAC Finishers: 6, Kaylee Mitchell, SPU, 22:01. 7, Sophia Kaiser, SFU, 22:01. 10, Zannah Jephumba, UAA, 22:05.

Beaver Classic

at Avery Park, Corvallis, Ore.

Men (8,000 Meters): UO Running Club 38, Portland State 47, OSU Running Club 59, Western Oregon 69, Corban 132.

Top 5 Finishers: 1, John Kavulich, Unattached, 26:11.3. 2, Alastair Thurlbeck, OSURC, 26:12.3. 3, Eric Beyerle, UORC, 26:22.0. 4, Evan Kwiecien, UORC, 26:47.9. 5, Blake Hayes, UORC, 26:58.9.

Top 5 GNAC Finishers: 8, Hunter Mosman, WOU, 27:18.5. 10, Kurt Knott, 27:26.9. 20, Neal Cranston, WOU, 29:05.4. 21, AJ Holmberg, WOU, 29:27.1. 27, Gabriel Arce-Torres, WOU, 30:03.7.

Women (6,000 Meters): Portland 25, Portland Unattached 36, Western Oregon 79, UO Running Club 95, 5, OSU Running Club 113.

Top 5 Finishers: 1, Sophia Noto, UP, 22:18.7. 2, Camila Noe, UP-Unattached, 22:21.0. 3, Maddy Lyons, UP, 22:30.3. 4, Ellie Erikson, UP-Unattached, 22:37.7. 5, Maddie Furhman, OSU, 22:41.9.

Top 5 GNAC Finishers: 9, Grace Knapp, WOU, 23:09.8. 12, Caylin Cantu, WOU, 23:40.5. 25, Cassie McKinney, WOU, 24:48.0. 26, Danel Camacho, WOU, 24:50.4. 27, Rachel Bayly, WOU, 24:53.7.

#GNACXC in 280

@GNACSports

#DefendingTheHomeTurf Western Oregon's men will look to defend its GNAC men's cross country championship on its home course as the Wolves host the GNAC Championships on Saturday.

#FourRunners The Alaska Anchorage women will be looking to claim their fourth consecutive GNAC championship and the program's ninth in the last 10 years.

#RepTheLeaf Both the Simon Fraser men and women will compete for the conference team title this weekend. The Clan was the top placing GNAC team in both races at the WWU Classic on Oct. 20.

#ExitPolls The GNAC is represented by four teams in each of the latest USTFCCA Division II Coaches Poll, which were released last week.

Get Social

Twitter Accounts/Hashtags For GNAC Cross Country Programs

GNAC	@GNACSports	#GNACXC
Alaska	@AlaskaNanooks	#NanookNation
Alaska Anchorage	@UAASeawolves	#JAASeawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#ShieldsUp
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 (Oct. 21)



MEN

Felix Kemboi, Alaska Anchorage
Sophomore • Eldoret, Kenya

In the final tune-up prior to the GNAC Championships, Kemboi won the Western Washington Classic on Saturday with a time of 31:40 over the NCAA championship distance of 10,000 meters. He finished 11 seconds ahead of teammate Wesley Kirui, who clocked 31:51. Kemboi led the Seawolves to a second-place team finish with 51 points.

Also Nominated: Rowan Doherty (Simon Fraser), Hunter Mosman (Western Oregon), Eric Hamel (Western Washington).



WOMEN

Emmah Chelimo, Alaska Anchorage
Junior • Iten, Kenya

Chelimo edged out Simon Fraser alumna Julia Howley to win the Western Washington Classic, covering the 6,000-meter course in a time of 21:15. She beat Howley by two seconds for her second race victory of the season. Chelimo led the Seawolves to a third-place team finish.

Also Nominated: Addy Townsend (Simon Fraser), Grace Knapp (Western Oregon), Rebecca Lehman (Western Washington).

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
Oct. 15-21	Felix Kemboi, UAA	Emmah Chelimo, UAA

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

GNAC Championships Details

DATE: Sat., Nov. 2

LOCATION: Ash Creek Preserve, Western Oregon Univ., Monmouth, Ore.

RACE TIMES: 10 a.m.: Men's 8,000 Meters

11 a.m.: Women's 6,000 Meters

LIVE RESULTS: GNAC.live

LIVE STREAM: A live stream of the GNAC Championships will be made available through the conference's streaming portal at GNAC.tv.

GNAC News & Notes

BREAKING THE TAPE: A total of 12 GNAC athletes have earned victories in 14 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).
- Felix Kemboi (UAA): WWU Classic, Oct. 20 (31:40, 10,000 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); WWU Classic, Oct. 20 (21:15, 6,000 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).

GNAC Championships Preview

MONMOUTH, Ore. – The venue may be different, but the principals for this cross country fight are the same.

Alaska Anchorage, Simon Fraser, Western Washington, Western Oregon and Seattle Pacific all figure into the title conversation as the 2018 GNAC Cross Country Championships take place on Saturday at the Ash Creek Preserve in Monmouth. The meet moves to Oregon after three years at East Lake Padden Park in Bellingham, Washington.

The Seawolves' women enter the meet having won three straight GNAC championships and eight out of the last nine. Only Simon Fraser has broken that string, winning the trophy in 2014. The Clan, Vikings and Falcons are all expected to mount a challenge to Alaska Anchorage's talented lineup.

Western Oregon put an end to a string of seven consecutive Alaska Anchorage men's championships, capturing the school's first team title in the sport behind individual champion and All-American David Ribich. The Wolves will be a factor again, but the Clan and Vikings may be in better position to keep the Seawolves off the top of the podium.

MEN

Western Oregon placed all five scoring runners in the top-15 last year to score 51 points and knock off Alaska Anchorage by 13 points. While Ribich has moved on to the professional ranks, the Wolves return the next four runners that secured the championship.

Senior **Dustin Nading** leads that list. The Division II national champion indoors in the mile and runner-up in the 1,500 meters placed eighth last year. He has a sizzling best of 24:11.5 this season over 8,000 meters. Senior **Tyler Jones** led the title-clinching group at 13-14-15 last year and has a season-best of 24:32.5. Senior **Parker Marson** and junior **Justin Crosswhite** were also in that trio and return to race at home.

Alaska Anchorage will try to reclaim the title with a young but fast lineup. **Felix Kemboi** placed third at last year's meet to earn GNAC Freshman of the Year honors and is the top returning finisher from last year's championship. Kemboi was the winner at October's Western Washington Classic, running 31:40 for 10,000 meters.

Sophomore transfer **Wesley Kirui** will easily fill the void left by the departure of the graduated Edwin Kangogo. The winner of two of the three races he has run. Kirui clocked 32:10 at Western Washington. Adding to the Seawolves' depth is senior **Jorge Sanchez**, who was last year's Newcomer of the Year, and sophomore **Nickson Koech**.

Last year's third-place team, Simon Fraser has dominated the team scoring in the two meets this season in which they faced other GNAC teams. The Clan scored 40 points at the WWU Classic, finishing 11 points ahead of Alaska Anchorage, and scores less than half the points of Western Oregon and Western Washington at the Division II Conference Crossover.

The Clan returns some solid depth from last year's meet. Senior Sean Miller placed fifth while senior **Rowan Doherty** placed seventh to earn All-GNAC honors. Doherty has led the team this season, running a best of 24:59.40 over 8,000 meters at the Crossover. Sophomore **Pierre-Louis Detourbe** has provided a great new spark with an 8,000-meter season-best of 25:00.30.

Western Washington is led by junior Jadon Olson, who finished seventh in last year's meet in 25:29.10. Sophomore Eric Hamel finished ninth at the WWU Classic, clocking 32:18 over 10,000 meters, and was 20th at conference



last year. Ed Kilobasa has turned in a steady sophomore season, finishing 20th at the WWU Classic. Senior Dylan Hayes also returns after placing 21st in last year's championships.

Northwest Nazarene junior **Godfrey Kemboi** is the other remaining top-20 returner from last year's meet, placing 16th in 25:59.81. This season, Kemboi earned a victory at the Eastern Oregon Invitational and ran a season-best of 24:37 for 8,000 meters at the Inland Empire Championships.

Among the other freshmen to watch in the meet include Central Washington's **Turlan Morlan**, who opened his career with a win at the CWU Invitational, and Seattle Pacific's **Colby Otero**, who ran 25:17.9 in September at the Charles Bowles Willamette Invitational.

WOMEN

While Alaska Anchorage will be without Division II national champion Caroline Kurgat, who has exhausted her cross country eligibility, another Chelimo has stepped forward to lead the Seawolves in their quest for another title.

Junior **Emmah Chelimo**, who placed eighth at last year's championships, has won two of the four meets that the Seawolves have competed in this season. She last won the WWU Classic, where her 6,000-meter finish time of 21:15 was 44 seconds better than the next GNAC competitor.

In all, Alaska Anchorage returns four of its five scoring runners from last year's title team. Senior **Zannah Jepchumba** placed fourth in 21:53.66 while senior **Danielle McCormick**, the Division II national champion indoors at 800 meters, finished fifth. Senior **Kimberly Coscia** rounded out the All-GNAC quintet, placing 10th.

The second-place team each of the last two years, Simon Fraser will have a chance to challenge for the title. **Olivia Willett**, the 2017 GNAC Freshman of the Year, placed eighth a year ago and enters the meet with a season-best of 22:29.20 over 6,000 meters. Senior **Addy Townsend** led the way at the WWU Classic as she ran 21:59.

Senior **Chelsea Ribiero**, who placed 20th last year, provides some solid depth as does freshman **Sophia Kaiser**, who was 10th at the Division II Conference Crossover with a time of 22:21.90.

Western Washington, which placed third in 2017, brings a young team to the GNAC Championship, but one that has proven the ability to compete with the front-runners. The Vikings have been led this season by freshman **Rebecca Lehman**, who ran her season-best of 22:23 at the WWU Classic. Junior **Sophia Galvez** was just five seconds behind in 22:28. Galvez placed 28th at last year's conference meet.

Junior **Tracy Melville** is the top returning finisher for the Vikings from last year, placing 13th in 22:23.83. Sophomore Jane Barr returns after placing 24th as a freshman.

Despite not having a senior in the meet, Seattle Pacific still has the potential to be in the title discussion. Freshman **Kaylee Mitchell** has been the Falcons' No. 1 runner for much of the season, turning in a season-best of 22:01 at the WWU Classic. Seattle Pacific returns three of its top-five runners from last year's meet in sophomore **Dania Holmberg** (19th) and juniors **Kate Lilly** and **Katherine Walter**.

After finishing just out of the top-10 last year, Central Washington senior **Alexa Shindruk** hopes that this will be the year for an All-GNAC race. Shindruk placed 11th last year and enters the meet with a season-best of 22:36 over 6,000 meters. Sophomore Nicole Soleim enters with a season-best of 22:28.

Around The GNAC



ALASKA

- Alaska completed its prep for the GNAC Championships at the Western Washington Classic on Oct. 20. Both the Nanooks' men and women placed 10th.

- Junior **Alexandra Bergholtz** was the women's top placer, finishing 39th in a season-best time of 23:10. Sophomore

Anja Maijala was the Nanook's No. 2 runner, placing 67th in 24:26.

- Junior **Jacob Walsh** led the Alaska men at the Western Washington Classic, placing 81st in a time of 34:53 over 10,000 meters. Freshman **Jack Matherly** was two places behind in 83rd with a time of 34:56.

- Junior Lukash Platil, who has been UAF's top runner all season, did not run at Western Washington. He enters the GNAC Championships with a season-best of 27:15 over 8,000 meters at the Emerald City Classic.

- In the 2017 GNAC Championships, the Alaska women placed seventh while the men placed ninth. Bergholtz was the Nanooks' top women's finisher, placing 33rd in 23:26.8. Platil was the men's top finisher, placing 37th in 26:45.63.

ALASKA ANCHORAGE



- The Seawolves showed that they are ready for the GNAC Championships with their performance at the Western Washington Classic. The UAA women placed second with 51 points while the men finished third with 76 points.

- Alaska Anchorage collected both individual titles. Junior **Emmah Chelimo** won the women's race, covering the 6,000-meter course in 21:15. It was her second victory of the year and she had a 44-second lead on the next GNAC runner in the race. Senior **Zannah Jepchumba** placed 10th in 22:05.

- Sophomore **Felix Kemboi** won his first race of the season as he covered the 10,000-meter course in a time of 31:40. Sophomore **Wesley Kirui** placed second in a time of 32:10 while sophomore **Nickson Koech** finished 10th in 32:27. Kirui has the Seawolves' top time over 8,000 meters, clocking 26:10 at the UNLV Invitational.

- Alaska Anchorage enters the GNAC Championships ranked No. 10 in the USTFCCA Division II Women's Coaches Poll and 11th in the men's rankings.

- The Alaska Anchorage women will be looking to claim its fourth consecutive GNAC championship and its ninth over the last 10 years. Jepchumba is the Seawolves' top returning placer after finishing fourth last year in 21:53.66. Senior **Danielle McCormick** was fifth in 22:06.72 while Chelimo was eighth in 22:11.26.

- The Seawolves' men saw its string of seven straight GNAC titles snapped by Western Oregon last year, placing second with 64 points. Kemboi, the 2017 GNAC Freshman of the Year, is UAA's top returner after placing third in 25:18.59.



CENTRAL WASHINGTON

- Central Washington finished sixth in the men's race and seventh in the women's race at the Western Washington Classic, the team's final meet prior to the GNAC Championships.

- Sophomore **Nicole Soleim** led the Central Washington women, placing 21st in a time of 22:28 over 6,000 meters.

Senior **Alexa Shindruk** was two places behind, finishing in 23rd in 22:36.

- Freshman **Turlan Morlan** led the CWU men in Bellingham, placing 33rd in a time of 33:26 over 10,000 meters. Senior **Corbin Carlton** was three places back in 36th place, clocking a time of 33:32.

- Carlton enters the GNAC Championships with the men's top time over 8,000 meters, having run his season-best of 25:22.3 at the Charles Bowles Willamette Invitational.

- The Central Washington men placed fifth at the GNAC Championships while the women placed sixth. Shindruk, CWU's top returning women's finisher, just missed all-conference honors as she placed 11th in a time of 22:13.61. Senior **Josh Boston** is the Wildcats' top returning men's finisher. He placed 25th last year in 26:18.62.



CONCORDIA

- Concordia enters the GNAC Championships having taken a lengthy break. The Cavaliers have not raced since the Lewis & Clark Invitational on Oct. 13. In that meet, both the Concordia men and women placed eighth.

- 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.

- At the 2017 GNAC Championships, Concordia placed ninth in the men's race while the women placed 10th. Macias is the Cavaliers' top returning men's finisher after he placed 47th in 26:56.83. Senior **Nicole Pederson** is the top returning women's finisher, placing 53rd in 24:07.59.



MONTANA STATE BILLINGS

- Montana State Billings enters the GNAC Championships having not run since the Division II West Region Preview Meet in Billings on Oct. 12. 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 Yellowjackets' men placed seventh at the 2017 GNAC Championships while the women placed 11th. Colmenero is the top returning men's finisher after he placed 52nd in 27:05.68. Aiken was the women's top finisher last year, placing 34th in 23:28.



NORTHWEST NAZARENE

- The GNAC Championships will be Northwest Nazarene's first race in three weeks, having last raced in the Inland Empire Championships on Oct. 13.

- Junior **Godfrey 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.

- The Nighthawks' men placed fifth at last year's GNAC Championships while the women placed eighth. Kemboi is the top returning runner for the men. He placed 16th last year in a time of 25:59.81. Danner is the top returning women's runner, placing 55th last year in 24:11.48.

Around The GNAC

SAINT MARTIN'S



• Saint Martin's closed the regular season at the Oct. 20 Western Washington Classic. Both the Saint's men and women placed 12th.

• Senior **Levi Schilter** was the Saints' top men's finisher in Bellingham, placing 85th in a time of 34:58 over 10,000

meters. Freshman **Andrew Oslin** was not far behind, placing 88th in a time of 35:00. Schilter has the Saints' top men's time of the season of 26:23.8 over 8,000 meters at the Warner Pacific CC Classic.

• Junior **Yeshi Vaughan** led the SMU women as she placed 89th in a time of 25:42 over 6,000 meters. Freshman **Alyssa Robinson** was three places back in 92nd place with a time of 26:02.

• The Saints' top women's runner, senior **Lindsey Dorney**, has not run since the Sept. 22 Ken Garland Classic. She finished 22nd in that race in a time of 20:20.81 over 5,000 meters.

• In the 2017 GNAC Championships, Saint Martin's finished 10th in the women's race and 11th in the men's race. Dorney was the team's top women's placer last year, finishing 67th in 24:39.08. Sophomore **Miguel De LaMalena** is the team's top returning men's finisher, placing 78th in 27:58.75.

SEATTLE PACIFIC



• Seattle Pacific had a great final tuneup at the Oct. 20 Western Washington Classic. The Falcons' women placed fourth with 96 points while the men placed seventh with 203 points.

• The SPU women placed three runners in the top-25.

Freshman **Kaylee Mitchell** led the way as she placed sixth in a time of 22:01 over 6,000 meters. Junior **Katherine Walter** was 19th in 22:27 while junior **Kate Lilly** was 25th in 22:38. The times were the best for the trio this season at the distance.

• Sophomore **Colin Boutin** led the Seattle Pacific as he placed 38th in a time of 33:38 for 10,000 meters. Freshman **Brayden Schultz** was close behind, finishing 42nd in 33:42.

• Freshman **Colby Otero**, who has been the Falcons' No. 1 men's runner much of the season, did not run at Western Washington. He ran his season-best of 25:17.9 for 8,000 meters at September's Willamette Invitational.

• The Seattle Pacific women will enter the GNAC Championships ranked No. 14 in the USTFCCCA Division II Coaches Poll.

• At the 2017 GNAC Championships, Seattle Pacific's women placed fourth while the men placed eighth. Sophomore **Dania Holmberg** is the top returning placer from last year, finishing 19th in 22:44.34. Sophomore **Royce Garcia** is the top returning men's finisher. He was 54th in 27:07.70.

SIMON FRASER



• Simon Fraser served notice that it can compete for the GNAC titles with a pair of big performances at the Western Washington Classic on Oct. 20. The Clan men won with a score of 40 points while the women placed second with 71 points.

• The SFU men placed four runners in the top-10 of the 10,000-meter race. Senior **Rowan Doherty** finished fourth in a time of 32:07 while freshman **Pierre-Louis Detourbe** was fifth in 32:10. Senior **Sean Miller** finished seventh in 32:12 while junior **Carlos Vargas** placed eighth in 32:16.

• Senior **Addy Townsend** led performances for the Simon Fraser women, placing fifth in a time of 21:59 over 6,000 meters. Freshman **Sophia Kaiser** finished seventh in 22:01 while sophomore **Olivia Willett** placed 12th in 22:06.

• Doherty enters the GNAC Championships with a season-best of 24:59.40 over 6,000 meters at the Division II Conference Crossover.

• Both Simon Fraser's men and women enter the GNAC Championships ranked No. 8 in the latest USTFCCCA Division II Coaches Polls.

• Simon Fraser's women finished second at the 2017 GNAC Championships with 65 points. Willett, the GNAC Freshman of the Year, is the top returning women's finisher after placing ninth 22:11.53. The SFU men placed third with 70 points. Miller earned All-GNAC honors after placing fifth in 25:28.98 as did Doherty, who placed seventh in 25:31.01.



WESTERN OREGON

• Western Oregon completed its tuneups for the GNAC Championships close to home, competing in the Beaver Classic on Oct. 20 in Corvallis. The WOU women placed second while the men placed fourth.

• Junior **Grace Knapp** led the Wolves' women with a ninth-place individual finish, covering the 6,000-meter course in 23:09.8. Freshman **Kaylin Cantu** finished 12th with a time of 23:40.5.

• Junior **Hunter Mosman** paced the WOU men as he placed eighth in a time of 27:18.5 over 8,000 meters. Sophomore **Curt Knott** was two places back, finishing 10th in a time of 27:26.9.

• Western Oregon's men ran without its top-two athletes. Seniors **Dustin Nading** and **Tyler Jones** last raced on Oct. 13 at the Warner Pacific XC Classic. Nading won the race in a time of 24:11.5 for 8,000 meters while Jones placed fifth in 24:32.3.

• Western Oregon's men enter the GNAC Championships ranked No. 25 in the latest USTFCCCA Division II Coaches Poll.

• The Wolves' men won their first GNAC Championship in 2017, scoring 51 points. Nading is the team's top returning placer. He was eighth in 25:32.76. The WOU women placed sixth with 190 points. Junior **Cassie McKinney** led the women last year in the 57th place with a time of 24:13.63.



WESTERN WASHINGTON

• There was no place like home for Western Washington. The Vikings placed third in the men's race and fifth in the women's race at the WWU Classic in Bellingham.

• Sophomore **Eric Hamel** posted a top-10 finish to lead the WWU men, finishing ninth with a time of 32:18 over 10,000 meters. Sophomore **Ed Kiolbasa** finished 20th with a time of 32:56. The Vikings placed all five scoring runners in the top-32.

• Freshman **Rebecca Lehman** was the top finisher for the Vikings' women, placing 16th in a time of 22:23 over 6,000 meters. Sophomore **Sophia Galvez** placed 20th in a time of 22:28. It was season-best times for both runners.

• Both Western Washington teams are nationally-ranked in the latest USTFCCCA Division II polls. The Vikings' women are ranked 14th while the men are in at No. 21.

• The Vikings' women placed third while the men placed fourth at the 2017 GNAC Championships, ending a three-year string in which WWU hosted the meet at East Lake Padden Park. Junior **Tracy Melville** is the top returning placer for the women, placing 13th in 22:23.83. Junior **Jadon Olson** earned All-GNAC honors in 2017. He is the top returning men's athlete after a sixth-place finish in 25:29.10.

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
Oct. 24	11th	8th	25th	21st

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
Oct. 23	3rd	—	10th	2nd	6th	5th

USTFCCCA DIVISION II COACHES POLL

Week 6 - Oct. 24, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Colorado Mines	192
3.	Grand Valley St.	184
4.	Chico State	176
5.	Western State	168
6.	Augustana (S.D.)	153
7.	Queens (N.C.)	152
8.	Simon Fraser	141
9.	Mount Olive	138
10.	Saginaw Valley State	132
11.	Alaska Anchorage	120
12.	CSU-Pueblo	115
13.	Dallas Baptist	98
14.	Sioux Falls	92
15.	Cal Poly Pomona	84
16.	Missouri Southern	82
17.	Cedarville	71
18.	Malone	55
19.	Lee (Tenn.)	48
20.	Walsh	45
21.	Western Washington	39
22.	UC-Colorado Springs	28
23.	Stonehill	20
24.	Alabama-Huntsville	17
25.	Western Oregon	15

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 6 - Oct. 23, 2018				
Rk	School	Conf.	Prev.	
1.	Chico State	CCAA	1	
2.	Simon Fraser	GNAC	2	
3.	Alaska Anchorage	GNAC	6	
4.	Cal Poly Pomona	CCAA	3	
5.	Western Washington	GNAC	4	
6.	Western Oregon	GNAC	7	
7.	Cal State San Marcos	CCAA	8	
8.	UC San Diego	CCAA	5	
9.	Academy of Art	PacWest	9	
10.	Northwest Nazarene	GNAC	10	

[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
Oct. 24	10th	13th	8th	14th

West Region	UAA	CWU	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
Oct. 23	3rd	10th	2nd	5th	6th

USTFCCCA DIVISION II COACHES POLL

Week 6 - Oct. 24, 2018		
Rk	School (1st)	Pts.
1.	Adams State (8)	200
2.	Western State	192
3.	Grand Valley St.	184
4.	Mary	176
5.	Colorado Mines	168
6.	Chico State	156
	Augustana (S.D.)	156
8.	Simon Fraser	140
9.	UC-Colorado Springs	137
10.	Alaska Anchorage	130
11.	Azusa Pacific	121
12.	Dallas Baptist	108
13.	Seattle Pacific	106
14.	Western Washington	98
15.	Oklahoma Baptist	82
	Walsh	82
17.	Hillsdale	67
18.	Southwest Baptist	65
19.	Pittsburg State	52
20.	Roberts Wesleyan	44
21.	Queens (N.C.)	35
22.	Missouri Southern	33
23.	Lee (Tenn.)	23
24.	Michigan Tech	22
25.	Saginaw Valley State	13

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 6 - Oct. 23, 2018				
Rk	School	Conf.	Prev.	
1.	Chico State	CCAA	1	
2.	Simon Fraser	GNAC	3	
3.	Alaska Anchorage	GNAC	2	
4.	Azusa Pacific	PacWest	4	
5.	Seattle Pacific	GNAC	5	
6.	Western Washington	GNAC	6	
7.	Stanislaus State	CCAA	8	
8.	Point Loma	PacWest	7	
9.	Cal State San Marcos	CCAA	9	
10.	Central Washington	GNAC	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 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 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. 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 (WVU 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.

Sat., Oct. 20

Western Washington Classic

at Sudden Valley Golf Course, Bellingham, Wash.

Men (10,000 Meters): Simon Fraser 42, Alaska Anchorage 51, Western Washington 96, UC-Colorado Springs 98, Club Northwest 105, Central Washington 190, Seattle Pacific 203, San Francisco St. 204, Club Northwest B 215, Alaska 342, Club Northwest C 346, Saint Martin's 354, Seattle RC 355, CNW Masters 436, CNW Masters B 483.

Top 5 Finishers: 1, Felix Kemboi, UAA, 31:40. 2, Wesley Kirui, UAA, 31:51. 3, John Larson, SFSU, 31:55. 4, Rowan Doherty, SFU, 32:07. 5, Pierre-Louis Detourbe, SFU, 32:10.

Other Top GNAC Finishers: 7, Sean Miller, SFU, 32:12.

Women (6,000 Meters): Club Northwest 55, Simon Fraser 71, Alaska Anchorage 76, Seattle Pacific 96, Western Washington 101, Bellinghm Distance Project 118, Central Washington 159, Club Northwest B 263, Seattle RC 279, Alaska 299, Oiselle 315, Saint Martin's 369.

Top 5 Finishers: 1, Emmah Chelimo, UAA, 21:15. 2, Julia Howley, Unattached, 21:17. 3, Ally Ginther, Unattached, 21:38. 4, Jane Ricardi, CNW, 21:54. 5, Addy Townsend, SFU, 21:59.

Other Top GNAC Finishers: 6, Kaylee Mitchell, SPU, 22:01. 7, Sophia Kaiser, SFU, 22:01. 10, Zannah Jephumba, UAA, 22:05.

Beaver Classic

at Avery Park, Corvallis, Ore.

Men (8,000 Meters): UO Running Club 38, Portland State 47, OSU Running Club 59, Western Oregon 69, Corban 132.

Top 5 Finishers: 1, John Kavulich, Unattached, 26:11.3. 2, Alastair Thurlbeck, OSURC, 26:12.3. 3, Eric Beyerle, UORC, 26:22.0. 4, Evan Kwiecien, UORC, 26:47.9. 5, Blake Hayes, UORC, 26:58.9.

Top 5 GNAC Finishers: 8, Hunter Mosman, WOU, 27:18.5. 10, Kurt Knott, 27:26.9. 20, Neal Cranston, WOU, 29:05.4. 21, AJ Holmberg, WOU, 29:27.1. 27, Gabriel Arce-Torres, WOU, 30:03.7.

Women (6,000 Meters): Portland 25, Portland Unattached 36, Western Oregon 79, UO Running Club 95, 5, OSU Running Club 113.

Top 5 Finishers: 1, Sophia Noto, UP, 22:18.7. 2, Camila Noe, UP-Unattached, 22:21.0. 3, Maddy Lyons, UP, 22:30.3. 4, Ellie Erikson, UP-Unattached, 22:37.7. 5, Maddie Fuhman, OSU, 22:41.9.

Top 5 GNAC Finishers: 9, Grace Knapp, WOU, 23:09.8. 12, Caylin Cantu, WOU, 23:40.5. 25, Cassie McKinney, WOU, 24:48.0. 26, Danel Camacho, WOU, 24:50.4. 27, Rachel Bayly, WOU, 24:53.7.