



Oct. 18, 2017 • Week 8
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Sat., Oct. 21
 GNAC Cross Country Championships
 at Lake Padden Park, Bellingham, Wash.
 Women (6,000 Meters), 10 a.m.
 Men (8,000 Meters), 11 a.m.

LAST WEEK'S MEETS

Sat., Oct. 14
Inland Empire Collegiate Championships at Lewis-Clark Orchards, Lewiston, Idaho
Men (8,000 Meters): Calgary 18, Lewis-Clark St. 51, Eastern Oregon 83, Carroll (Mont.) 125, Rocky Mountain 132, Providence (Mont.) 175, Montana St. Northern 179.
Top 5 Finishers: 1, John Whelan, Unattached, 23:35.6. 2, Russell, Pennock, UC, 23:54.0. 3, Amir Odo, Unattached, 23:56.0. 4, Alex James, UC, 23:59.9. 5, Matlazomatili, BSU, 24:08.0.
Top GNAC Finishers: 98, Rajesh Gill, CWU, 26:58.2. 117, Donovan Barnhart, CWU, 27:45.1. 126, David Castillo, CWU, 28:37.9.
Women (5,000 Meters): Calgary 41, Carroll (Mont.) 65, Montana Western 85, Lewis-Clark St. 92, Eastern Oregon 121, Spokane CC 178, Central Washington 187, Providence (Mont.) 189, Rocky Mountain 239, Montana St. Northern 246.
Top 5 Finishers: 1, Andrea Condie, Idaho, 17:14.6. 2, Olivia Stein, SU, 17:27.0. 3, Janie Reid, Carroll, 17:32.3. 4, Samantha Mundel, Carroll, 17:35.1. 5, Kara Story, Idaho, 17:36.7.
Top 5 GNAC Finishers: 67, Brenna Ackley, CWU, 19:26.0. 81, Brenna Liebel, CWU, 19:47.4. 101, Emily Phillip, CWU, 20:23.7. 103, Emily Lewis, CWU, 20:33.2. 117, Madi Shinn, CWU, 22:02.2.

Idaho State XC Invitational at ISU Centennial Cross Country Course, Pocatello, Idaho
Men (5,600 Meters): BYU Running Club 32, Idaho State 36, Southern Utah 70, Northwest Nazarene 102.
Top 5 Finishers: 1, Jesse Allen, ISU, 18:35.57. 2, Noah Jacobs, BYU, 18:45.18. 3, Wyatt Diderickson, ISU, 18:47.09. 4, Aaron Leavens, BYU, 18:54.75. 5, Cade Perry, BYU, 19:00.13.
Top 5 GNAC Finishers: 16, Godfrey Kemboi, NNU, 19:44.11. 25, Peyton Brothers, NNU, 20:34.76. 26, Rylan Manzer, NNU, 20:35.51. 27, Nick Hamilton, NNU, 20:36.37. 30, Ryan Abdalla, NNU, 21:10.54.

Women (5,600 Meters): Idaho State 15, Southern Utah 58, Northwest Nazarene 67.
Top 5 Finishers: 1, Jenica Dodge, ISU, 22:18.24. 2, Ashley Sondag, ISU, 22:41.96. 3, Samantha Johnston, ISU, 22:52.80. 4, Rachel McGovern, ISU, 22:56.28. 5, Reagan Badger, ISU, 23:17.60.
Top 5 GNAC Finishers: 8, Sierra Manzer, NNU, 24:16.17. 11, Bethany Danner, NNU, 24:51.74. 19, Heidi Nisly, NNU, 26:19.45. 21, Kenna Conley, NNU, 27:24.77. 22, Ashley Harris, NNU, 27:37.77.

Wes Cook Collegiate at Willamette Mission State Park, Brooks, Ore.
Men (8,000 Meters): Northwest Christian 61, Lane CC 74, UO Running Club 91, Corban 96, George Fox 99, Western Oregon 108, Clark CC 203, Clackamas CC 225, Everett CC 225, Mt. Hood CC 276, Southwestern Oregon CC 298.
Top 5 Finishers: 1, Michael Martin, Lane CC, 24:27.2. 2, Michael Teran Solano, Unattached, 24:47.5. 3, Evert Silva, Unattached, 25:04.2. 4, Said Guermali, Unattached, 25:04.9. 5, Peter Allegre, Unattached, 25:13.2.
Top 5 GNAC Finishers: 20, Sawyer Heckard, WOU, 26:06.1. 24, Michael Chin, WOU, 26:20.5. 25, Arron Rothlisberger, WOU, 26:22.3. 49, AJ Holmberg, WOU, 27:18.2. 51, Curt Knott, WOU, 27:20.0.

Women (5,000 Meters): Corban 27, Northwest Christian 55, George Fox 64, UO Running Club 91, Clark CC 142, Western Oregon 164, Multnomah 195, Mt. Hood CC 240, Southwestern Oregon CC 248.
Top 5 Finishers: 1, Sophia Noto, Unattached, 18:14.4. 2, Amy Murphy, CRB, 18:19.1. 3, Grace Perkins, Unattached, 18:19.9. 4, Emily Peterson, Unattached, 18:27.8. 5, Nicole Maurmann, Unattached, 18:29.5.
Top 5 GNAC Finishers: 32, Rachel Bayly, WOU, 20:08.1. 39, Jamie Smith, WOU, 20:23.3. 43, Grayson Burke, WOU, 20:37.7. 49, Toni Gowen, WOU, 20:44.9. 57, Ashley Hauger, WOU, 21:24.0.

#GNACXC in 140 @GNACSports

#SeawolfDefense Alaska Anchorage aims to defend both its men's and women's team titles at Saturday's GNAC Championships. The UAA men look for their eighth consecutive title while the women are running for their third.

#ReturningChampions Both 2016 champions return to defend their crowns. Alaska Anchorage's **Edwin Kangogo** won the men's race in a time of 25:54.80 while the Seawolves' **Caroline Kurgat** won the women's race in 21:17.10.

#TrackConditionsSloppy Runners are likely in for wet and sloppy course conditions at the GNAC Championships. Rain is expected in Bellingham all week with showers and temperatures of 45 degrees forecast for race time on Saturday.

#PollPosition The Simon Fraser women continue to lead GNAC teams at No. 5 in the USTFCCCA Division II Coaches Poll, last released on Oct. 11. Western Oregon leads GNAC teams in the men's poll at No. 13.

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Alaska	@AlaskaNooks	#NanookNation
Alaska Anchorage	@UAASeawolves	#JAASeawolves
Cent. Washington	@CWUAthletics	#CWUWildcats
Concordia	@gocugo	#ProtectTheShield
MSU Billings	@MSUBSports	#MSUBXC
NW Nazarene	@NNUCrusaders	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#NCAAeh
W. Oregon	@WOUWolves	#WOUWolves
W. Washington	@WWUAthletics	#GoViks

GNAC Cross Country Runners of the Week



MEN

Godfrey Kemboi, Northwest Nazarene
Sophomore • Iten, Kenya

Kemboi was the top runner for the Nighthawks at the Idaho State Invitational, covering the 5,600-meter course in 19:44.2 to finish in 16th place.



WOMEN

Sierra Manzer, Northwest Nazarene
Junior • Melba, Idaho

Manzer was the top NNU runner at the Idaho State Invitational, placing eighth with a time of 24:16.2 over 5,600 meters.

Past GNAC Runners of the Week

Date	Men	Women
Aug. 28 - Sept. 3	Judd Lewis, CU	Caroline Kurgat, UAA
Sept. 4 - 10	Felix Kemboi, UAA	Julia Howley, SFU
Sept. 11 - 17	Rowan Doherty, SFU	Julia Howley, SFU
Sept. 18 - 24	David Ribich, WOU	Julia Howley, SFU
Sept. 25-Oct. 1	Ben Halladay, SPU	Dania Holmberg, SPU
Oct. 2-8	Andrew Wise, WWU	Caroline Kurgat, UAA
Oct. 9-15	Godfrey Kemboi, NNU	Sierra Manzer, NNU

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

GNAC News & Notes

IN THE RANKINGS: Simon Fraser continues to lead a solid top-10 presence for the GNAC in the USTFCCCA Division II Women's Coaches Poll, last released on Oct. 11. The Clan dropped one spot to No. 5 this week while Alaska Anchorage emerged once again at No. 8. After opening the season at No. 7, the Seawolves dropped out of the poll for three weeks.

Three GNAC teams are in the USTFCCCA Men's Coaches Poll. Western Oregon is tied for 13th, Alaska Anchorage is No. 17 and Western Washington earned its first ranking of the season at No. 23.

The next edition of the USTFCCCA national polls will be released on Wed., Oct. 25, with the regional polls released on Oct. 24.

BREAKING THE TAPE: Ten GNAC athletes have picked up victories in races over the course of the season. Here is the complete list..

MEN

- Jorey Egeland (MSUB): Yellowjacket Invitational, Oct. 7 (21:48.7, 4.2 miles)
- Felix Kemboi (UAA): Ash Creek Invitational, Sept. 8 (18:42.8, 6,200 meters)
- Judd Lewis (CU): Linfield Harrier Classic, Sept. 1 (19:58.36, 6,000 meters)
- David Ribich (WOU): SF State Invitational, Sept. 22 (24:47.0, 8,000 meters)

WOMEN

- Caroline Kurgat (UAA): Division II Conference Crossover, Oct. 7 (21:18.9, 6,000 meters)
- Alyssa Foote (SPU): Dual vs. Northwest (Wash.), Sept. 1 (17:20.95, 4,800 meters)
- Julia Howley (SFU): Ash Creek Invitational, Sept. 8 (16:24.6, 4,600 meters)
- Larissa Kolasinski (SMU): Puget Sound Invitational, Sept. 2 (23:51.00, 6,000 meters)
- Kennedy Rufener (WOU): Linfield Harrier Classic, Sept. 1 (15:21.41, 4,000 meters)
- Alexa Shindruk (CWU): SMU Tri-Meet, Sept. 9 (14:40, 4,000 meters)

GNAC Cross Country Championships Preview

MEN: Alaska Anchorage Poised To Continue GNAC XC Dominance

Over the last two years, Alaska Anchorage has won every GNAC men's team title in cross country & indoor and outdoor track and field.

The Seawolves hope to start the third year of dominance and win their eighth consecutive men's cross country title, but it won't be an easy repeat this time around as the GNAC Championships return to Lake Padden in Bellingham, Wash.

Alaska Anchorage returns defending GNAC champion **Edwin Kangogo**, who paced three UAA runners in the top-10 en route to a team title with a total of 31 points. It marked the sixth consecutive year where the Seawolves had won with a score of 35 points or less.

But where experience was on the Seawolves' side last year, it is not this year. Alaska Anchorage returns just two other runners who competed in last year's championship, both of whom were not in the scoring five. **Nathan Kipchumba** placed 15th last year and was the team's No. 6 runner while **Kaleb Korta** finished 42nd.

Kangogo will contend to repeat as individual champion, having run 25:29.4 for 8,000 meters this season. After winning the GNAC last year, Kangogo went on to place fourth at the NCAA West Region and earned All-American honors with a 19th place Division II Championships finish. The best complement to Kangogo will not be one of the returners, but freshman **Felix Kemboi**, who ran 25:31.8 at the Division II Conference Crossover.

Simon Fraser and Western Washington stand the best chance to end UAA's string of team titles. The Clan, who have placed second each of the last two years, have put together a number of solid team finishes all season. **Sean Miller**, who placed ninth in last year's meet, has led SFU with a season-best 25:04.2 over 8,000 meters. **Oliver Jorgensen**, who placed fifth in the 2015 meet, hopes to end his career on a high note. Jorgensen has run 25:44 this season.

The Vikings would love nothing more than to dethrone the Seawolves to end a three-year run of the GNAC Championships on their home course. Western Washington showed well in their final tune-up of the season, placing second at their own WWU Classic.

Andrew Wise, who has an 8,000-meter best of 25:29.7 this season, has had four top-20 finishes and hopes to erase a disappointing 35th place finish in last year's meet. Wise finished sixth at the WWU Classic, which was contested at Lake Padden over the 10,000-meter distance that will be run at the regional and national meets. Wise is complemented by a talented and youthful supporting cast that is led by junior **Dylan Hayes** and sophomore **Liam Cossette**.

Western Oregon has run its top runners just once this season, but cannot be discounted in the title chase. Division II outdoor 1,500-meter champion **David Ribich** won his only race of the year and has the fastest 8,000-meter time run in the GNAC this season, a 24:47.0 at the San Francisco State Invitational. Junior **Dustin Nading**, the 2016 Newcomer of the Year, placed ninth in last year's meet and has run 25:20.6 this season.

The race for the individual title should be a good one with four of last year's top-10 returning to the championships. Northwest Nazarene's **Isaac Mitchell** placed seventh last year and enters the meet with a season-best of 25:19.9. Simon Fraser's **Rowan Doherty** and Alaska Anchorage's Kipchumba should also figure into the mix after finishing 14th and 15th last year, respectively.

Other runners to watch for individual laurels include Seattle Pacific senior **Ben Halladay**, Concordia senior **Judd Lewis** and Montana State Billings senior **Jorey Egeland**.



WOMEN: Will Simon Fraser End The Seawolves Reign?

Over the last six years, Alaska Anchorage and Simon Fraser have engaged in some epic battles for the GNAC women's cross country championship.

This year's meet is expected to be no different. The Seawolves collected their second straight title, and their seventh in the last eight years, in a close race that came down to each team's No. 5 runner. **Caroline Kurgat** led the charge, winning her first GNAC title en route to a runner-up finish at the West Regional Championships and a third place All-American finish at the Division II Championships. Both Alaska Anchorage and Simon Fraser placed their top-four athletes in the top-14, but **Kaitlin Maker's** 15th place finish secured the trophy.

The Clan turned the tables in the next two meets, placing second to UAA's third at the West Regional Championships and sixth to the Seawolves' eighth at the national meet.

Kurgat, who enters the meet with a best of 21:18.9 over 6,000 meters this season, leads an experienced team that also returns **Tamara Perez** (10th in 2016), **Mariah Burroughs** (16th) and **Danielle McCormick** (19th) from last year's scoring seven.

While Kurgat has performed in superior fashion, twice earning USTFCCCA National Athlete of the Week honors, Simon Fraser has proven dominant when it comes to the team competition. The Clan has come up winners in all four meets this season, including against high-charged fields at both the Sundodger and Roy Griak invitationals. In the teams' only head-to-head competition, as the Ash Creek Invitational on Sept. 8, Simon Fraser was the winner.

Julia Howley has led the charge for Simon Fraser. The senior and 2016 All-American has finished no worse than seventh in any of her four races this season and ran her season best of 21:22.9 at the Sundodger Invitational. She has yet to lose to another GNAC athlete this season. Backing Howley is senior **Miryam Bassett** (11th in 2016) and junior **Addy Townsend** (13th). The Clan is further bolstered by freshman **Olivia Willett**, who has consistently been in the top-four of the lineup all season.

Western Washington has finished no worse than fourth each of the last nine years and would love to score the upset on its home course. The Vikings put together a solid fourth-place finish at their own WWU Classic two weeks ago despite not placing any runners in the top-15. To score the win, the home team will need to have some lifetime best races from its talented, but young, group of runners. Senior **Lillianna Stelling** returns after a 12th place finish in last year's meet and enters with a season best of 22:28.4. Sophomore **Tracy Melville** was close behind much of the season, turning in a season best of 22:29.2.

Seattle Pacific is expected to make a good team showing with a solid mix of veterans and young talent. Senior **Mary Charleson** is the top returning finisher from last year's meet behind Kurgat, finishing fourth. She has run just one meet this season, clocking 22:14.2 at the WWU Classic. The Falcons have added a measure of talent in freshman **Dania Holmberg**, who has run 22:23.7 for 6,000 meters this season.

Central Washington's **Alexa Shindruck** will be among those to watch at the front of the pack. The junior has posted no worse than a 11th place finish this season and enters the meet with a best of 22:09.1 over 6,000 meters.

Saint Martin's senior **Yadira Lopez** is the only other returning top-10 finisher from last year's meet. Lopez finished ninth in 2016 and enters this year's competition with a best of 23:14.7. Other athletes to watch will include Western Oregon's **Kennedy Rufener** (17th in 2016) and Northwest Nazarene's **Sierra Manzer** (18th in 2016).

Around The GNAC



ALASKA

LAST WEEK: No Meet

THIS WEEK: Oct. 21 at GNAC Championships

- Alaska completed its regular season schedule at the Western Washington Classic on Oct. 7, placing ninth in the men's race and 10th in the women's race.
- Senior **Carl Wahlin** led the Nanooks' men in 59th place, covering the 10,000-meter course in 33:49.8. Senior **Nick Lovett** was the No. 2 finisher with his 69th place time of 34:08.3.
- Junior **Morgan Siebka** led the UAF women, placing 69th with a time of 23:56.2 for 6,000 meters. Freshman **Anja Najjala** placed 79th in a time of 24:26.6.
- Alaska finished in eighth place in both the men's and women's team competitions in last year's GNAC Championships. Dorothy O'Donnell led the UAF women, placing 26th in 23:03.00. **Lukash Platil** led the UAF men, placing 28th in 26:19.90.

ALASKA ANCHORAGE

LAST WEEK: No Meet

THIS WEEK: Oct. 21 at GNAC Championships



- Alaska Anchorage competed well in its first race since Sept. 8, placing third in the women's competition and fifth in the men's race at the Division II Conference Crossover on Oct. 7.
- Senior **Caroline Kurgat** was named both the GNAC and USTFCCA Division II Women's Athlete of the Week after winning the women's 6,000-meter race in a time of 21:18.9, 13 seconds better than second place Sarah Berger of Walsh. Kurgat is the defending GNAC and NCAA West Region champion.
- Junior **Zannah Jepchumba** followed with a 15th place finish in 22:12.0 and sophomore **Emmah Chelimo** was 26th in 22:30.4.
- Defending GNAC men's champion **Edwin Kangogo** led the UAA men with his 19th place finish, covering the 8,000-meter course in 25:29.3. Freshman **Felix Kemboi** was four places behind, placing 23rd in 25:31.7. Another freshman, **Nickson Koech**, placed 42nd in 25:48.4.
- After not being ranked for three weeks, the UAA women are back at No. 8 in the USTFCCA Division II Coaches Poll (Oct. 11) and are ranked fourth in the West Region. The Seawolves' men dropped four places to No. 17 in the national poll and one spot to No. 5 in the West Region Poll.
- Alaska Anchorage is the defending GNAC champion in both team races. The Seawolves' men are looking to win their eighth straight title while the women are aiming for their third consecutive trophy. Kangogo and Kurgat are the defending individual champions.



CENTRAL WASHINGTON

LAST WEEK: Oct. 14 at Inland Empire XC Championships
Men: Incomplete Women: 7th of 10, 187 pts.

THIS WEEK: Oct. 21 at GNAC Championships

- Central Washington ran a limited number of athletes last weekend at the Inland Empire Cross Country Championships in Lewiston, Idaho.
- The CWU women finished seventh in the women's race. Freshman **Brenna Ackley** was the Wildcats' top finisher in 67th place, covering the 5,000 meters in 19:26.0.
- The men were incomplete, sending only three runners to Lewiston. Freshman **Rajesh Gill** was the top CWU finisher, placing 98th in 26:58.2.

- Junior **Alexa Shindruk** led the Wildcats at the Oct. 7 WWU Classic with her fourth top-15 finish of the season, placing 11th as she covered the 6,000-meter course in 22:09.1. She was the third GNAC runner to cross the finish line.
- Junior **Josh Boston** led the CWU men at the WWU Classic, placing 41st with a time of 33:12.2 over 10,000 meters. Junior **Corbin Carlton** was 46th in 33:26.6 while junior **Tyler Humphries** was 47th in 33:27.4.
- Central Washington placed seventh in last year's GNAC Championships men's race. Kaleb Javier was the team's top finisher, placing 26th in 26:19.20. The Wildcats' women placed eighth, led by Stephanie Rexus' 28th place finish in 23:07.90.



CONCORDIA

LAST WEEK: No Meet

THIS WEEK: Oct. 21 at GNAC Championships

- Concordia has not competed since the Willamette Charles Bowles Invitational on Sept. 30.
- Concordia's men were the top placing GNAC team at the Willamette Charles Bowles Invitational. The Cavaliers scored 192 points, one point behind Lewis & Clark and 12 points behind host Willamette. Senior **Judd Lewis** was the Cavaliers' top finisher, placing 17th with a time of 25:39.6 over the 8,000-meter course.
- Junior **Nicole Pederson** was Concordia's top women's finisher, placing 52nd with a time of 19:09.9 over 5,000 meters.
- Concordia will look to build on a ninth-place men's team finish and a 10th place women's team finish at the GNAC Championships. Lewis was the Cavaliers' top men's finisher last year, placing 27th in 26:19.90. Megan Fristoe led the CU women, placing 52nd in 24:13.10.



MONTANA STATE BILLINGS

LAST WEEK: No Meet

THIS WEEK: Oct. 21 at GNAC Championships

- Montana State Billings scored a pair of second place team finishes in its hometown, competing in the Yellowjacket Invitational in Billings on Oct. 7.
- Senior **Jorey Egeland** won the men's 4.2-mile race with a time of 21:48.7, averaging 5:11 per mile. He led four MSUB runners to finish in the top-10.
- Junior **Tyus Mendoza** placed fourth in 22:24.5. Freshman **Ronald Venema** was eighth with a time of 22:49.8 and junior **Ivan Colmenero** finished ninth in 22:51.8.
- Sophomore **Nikki Aiken** led the Yellowjackets' women with a third-place individual finish, covering the 2.9-mile course in 18:45.2.
- All five scoring MSUB women's runners finished with nine places of each other. Senior **Bailey Bomar** placed seventh in 20:05.4 while sophomore **Catrina Schuchard** was 10th in 20:30.8.
- Montana State Billings finished fifth in the men's race at the 2016 GNAC Championships, their fifth straight year of a fifth place or better finish. Egeland was the Yellowjacket's top finisher, placing 18th in 25:59.00. The MSUB women placed 11th behind Aiken's 64th place time of 24:56.50.

Around The GNAC



NORTHWEST NAZARENE

LAST WEEK: Oct. 14 at Idaho State Invitational

Men: 4th of 4, 102 pts. Women: 3rd of 3, 67 pts.

THIS WEEK: Oct. 21 at GNAC Championships

• Northwest Nazarene tuned up for the GNAC Championships against Division I competition at the Idaho State Invitational.

• Junior **Sierra Manzer** was the top finisher for the Nighthawks in either race, placing eighth with a time of 24:16.17 for 5,600 meters. Her performance earned Manzer the final GNAC Women's Cross Country Athlete of the Week award for the season.

• Sophomore **Godfrey Kemboi** earned GNAC Men's Cross Country Athlete of the Week honors after he finished in 16th place over the 5,600-meter course in 19:44.11.

• Northwest Nazarene placed sixth in the men's race at the 2016 GNAC Championships. **Isaac Mitchell** led the way, earning All-GNAC honors with his seventh-place time of 25:33.50. The Nighthawks' women placed seventh with **Anysja Manzer** earned All-GNAC honors with a ninth-place finish time of 22:20.90.



SAINT MARTIN'S

LAST WEEK: No Meet

THIS WEEK: Oct. 21 at GNAC Championships

• Saint Martin's completed its run-up to the GNAC Championships at the Western Washington Classic on Oct. 7.

• Senior **Yadira Lopez** was the top SMU runner in either race. She finished 42nd in the women's race as she covered the 6,000-meter course in 23:14.7. Junior **Larissa Kolasinski** was four places behind in 46th with a time of 23:22.2.

• Senior **Josh Hunt** led the Saint Martin's men with his 89th place finish, covering the 10,000-meter course in 34:57.9.

• Saint Martin's will vie to replicate its fifth-place women's finish at the 2016 GNAC Championships while the men aim to move up from 10th place. Shannon Porter was the women's runner-up with a time of 21:23.70 while Lopez placed eighth in 22:11.10. Jasper Heckman was top men's finisher, placing 47th in 26:50.50.



SEATTLE PACIFIC

LAST WEEK: No Meet

THIS WEEK: Oct. 21 at GNAC Championships

• Seattle Pacific put together a pair of solid team finishes at the Western Washington Classic on Oct. 7.

• Running in just her second meet of the season, senior **Mary Charleson** led the SPU women with her 13th place time of 22:14.2 over 6,000 meters. She was the fourth GNAC finisher in the race. Freshman **Dania Holmberg** finished in 29th place with a time of 22:50.1.

• Senior **Ben Halladay** placed 25th to lead the Seattle Pacific men, covering the 10,000-meter course in 32:34.9. He was the seventh GNAC finisher in the race. Freshman **Shad Galloway** was the No. 2 with a 50th place time of 33:35.8.

• Seattle Pacific will look to compete for the women's title at the GNAC Championships after placing third last year. Charleson earned All-GNAC honors with a fourth-place finish time of 21:40.60. The SPU men placed 11th. Halladay was the top men's finisher, placing 57th in 27:06.60.



SIMON FRASER

LAST WEEK: No Meet

THIS WEEK: Oct. 21 at GNAC Championships

• Simon Fraser completed a solid tune-up before the GNAC Championships at the Western Washington Classic.

• The SFU women had its fourth win in as many races with a score of 44 points. All five scoring Clan runners finished within one minute of each other. Senior **Julia Howley** led all GNAC runners with her seventh-place time of 21:49.8 over 6,000 meters.

• Senior **Oliver Jorgensen** paced Simon Fraser's third-place men's finish with his 12th place time of 31:49.8 for 10,000 meters. He was the second GNAC runner to cross the finish line.

• Simon Fraser's women dropped one spot to No. 5 in the USTFCCCA Division II Coaches Poll (Oct. 11) and to No. 2 in the West Region Rankings behind national No. 1 Cal Baptist.

• The Clan finished in second place in both the men's and women's races at the 2016 GNAC Championships. Rebecca Bassett placed third to lead the women with a time of 21:37.40. Braeden Charlton led the men, placing sixth in 25:31.00.



WESTERN OREGON

LAST WEEK: Oct. 14 at Wes Cook Collegiate

Men: 6th of 11, 108 pts. Women: 6th of 9, 164 pts.

THIS WEEK: Oct. 21 at GNAC Championships

• Western Oregon sent a limited number of athletes to Brooks, Oregon, to complete the regular season at the Wes

Cook Collegiate.

• Sophomore **Sawyer Heckard** was the Wolves' top men's finisher in 20th place, covering the 8,000-meter course in 26:06.1 with senior Michael Chin placing 24th in 26:22.3.

• Sophomore **Rachel Bayly** led the WOU women, placing 32nd with a time of 20:08.1 for 5,000 meters. Junior **Jamie Smith** placed 39th in a time of 20:23.3.

• Western Oregon's men moved up four spots to a tie for No. 13 with CSU-Pueblo in the USTFCCCA Division II Coaches Poll (Oct. 11). The Wolves are also ranked No. 7 in the West Region.

• Western Oregon's men placed fourth at the 2016 GNAC Championships. **David Ribich** led the way with his fifth-place finish in 25:23.40. **Dustin Nading** was named Men's Newcomer of the Year, finishing 10th in 25:40.70. The WOU men placed ninth behind **Kennedy Rufener's** 17th place finish time of 22:41.30.



WESTERN WASHINGTON

LAST WEEK: No Meet

THIS WEEK: Oct. 21 at GNAC Championships

• Western Washington finished up the regular season strong with a pair of solid team finishes on the home course at the Western Washington Classic.

• Senior **Andrew Wise** was named GNAC Men's Cross Country Runner of the Week thanks to his sixth-place finish on the 10,000-meter course with a time of 31:42.6. Senior **Lillianna Stelling** was the Vikings' top women's runner, placing 19th with a time of 22:28.4 over 6,000 meters.

• The Western Washington men picked up their first national ranking of the season, emerging at No. 23 in the USTFCCCA Division II Coaches Poll (Oct. 11). The WWU men are No. 7 in the West Region Rankings while the women are ranked No. 8.

• The Vikings placed third in the men's race and fourth in the women's race at last year's GNAC Championships. Isaac Derline led the men, placing third in 25:07.80. Stelling led the women as she placed 12th in 22:29.30.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SFU	WOU	WWU
Preseason	5th	—	—	RV (2)
Sept. 13	11th	17th	—	—
Sept. 20	11th	T-13th	—	—
Sept. 27	12th	—	16th	RV (4)
Oct. 4	13th	—	17th	—
Oct. 11	17th	—	T-13th	23rd

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	WOU	WWU
Preseason	2nd	9th	—	7th
Sept. 12	4th	5th	10th	8th
Sept. 19	4th	5th	10th	8th
Sept. 26	4th	8th	5th	7th
Oct. 3	4th	9th	5th	7th
Oct. 10	5th	9th	4th	7th

USTFCCCA DIVISION II COACHES POLL

Week 5 - Oct. 11		Pts.	Previous
Rk	School (1st)		
1.	Adams State (8)	200	1
2.	Colorado Mines	212	2
3.	Grand Valley St.	184	3
4.	Chico State	177	4
5.	Cal Poly Pomona	162	7
6.	Mount Olive	160	5
7.	Cal Baptist	152	9
8.	Augustana (S.D.)	143	8
9.	Southern Indiana	142	6
10.	Queens (N.C.)	122	10
T11.	Lewis	108	11
	Lindenwood	108	NR
T13.	Western Oregon	91	17
	CSU-Pueblo	91	12
15.	Stonehill	90	23
16.	Lee (Tenn.)	80	14
17.	Alaska Anchorage	77	13
18.	Western State	64	18
19.	Walsh	45	NR
20.	Dallas Baptist	43	16
21.	UC San Diego	42	23
22.	Shippensburg	40	20
23.	Western Washington	25	NR
24.	Academy of Art	16	NR
25.	Central Missouri	12	NR

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

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

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	SPU	SFU
Preseason	7th	RV (2)	14th
Sept. 13	11th	RV (1)	7th
Sept. 20	RV (16)	—	5th
Sept. 27	RV (10)	—	5th
Oct. 4	RV (13)	—	4th
Oct. 11	8th	—	5th

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	SPU	WWU
Preseason	2nd	5th	8th	9th
Sept. 12	4th	2nd	7th	9th
Sept. 19	7th	1st	8th	9th
Sept. 26	7th	1st	8th	10th
Oct. 3	6th	1st	9th	—
Oct. 10	4th	2nd	—	8th

USTFCCCA DIVISION II COACHES POLL

Week 5 - Oct. 11		Pts.	Previous
Rk	School (1st)		
1.	Cal Baptist (7)	199	6
2.	Grand Valley St.	191	1
3.	Adams State (1)	186	2
4.	Western State	175	3
5.	Simon Fraser	169	4
6.	Chico State	154	12
7.	Pittsburg St.	150	7
8.	Alaska Anchorage	141	NR
9.	Walsh	129	10
T10.	Hillsdale	122	5
	Mary	122	13
12.	Cal State San Marcos	112	9
13.	Colorado Mines	104	10
14.	Lee (Tenn.)	99	14
15.	Queens (N.C.)	81	15
16.	Oklahoma Baptist	77	16
17.	Northern Michigan	74	NR
18.	Dallas Baptist	60	20
19.	Augustana (S.D.)	55	23
20.	Cal Poly Pomona	50	19
21.	Mount Olive	33	21
22.	Minnesota Duluth	32	NR
23.	Stonehill	29	23
24.	UC-Colorado Springs	21	18
25.	Saint Leo	17	25

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

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

[View Complete Regional Polls Online](#)



2017 GNAC Meet Summaries

Fri., Sept. 1

**Seattle Pacific Dual vs. Northwest (Wash.)
at Maganson Park, Seattle, Wash.**

Men (7,200 Meters): Seattle Pacific 23, Northwest (Wash.) 37.

Top 5 Finishers: 1, Riley Sine, NWU, 22:47.68. 2, Ben Halladay, SPU, 23:01.10. 3, Brysten James, SPU, 23:51.32. 4, Kyle Cole, NWU, 24:03.51. 5, Shad Galloway, SPU, 24:12.10.

Women (4,000 Meters): Seattle Pacific 18, Northwest (Wash.) 45.

Top 5 Finishers: 1, Alyssa Foote, SPU, 17:20.95. 2, Dania Holmberg, SPU, 17:25.04. 3, Sarah Estabrook, NWU, 17:45.22. 4, Chynna Phan, SPU, 17:51.06. 5, Hailey Kettel, SPU, 17:54.11.

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

Men (6,000 Meters): Western Oregon 40, George Fox 44, Concordia 46, Linfield 97.

Top 5 Finishers: 1, Judd Lewis, CU, 19:58.36. 2, Christian Parr, GFU, 20:05.12. 3, Jose Macias, CU, 20:06.60. 4, Parker Marson, WOU, 20:13.86. 5, Alan Ekanger, WOU, 20:24.88.

Other Top GNAC Runners: 6, Josh Moats, CU, 20:27.72.

Women (4,000 Meters): Linfield 34, George Fox 47, Concordia 60, Western Oregon 77, Multnomah 153.

Top 5 Finishers: 1, Kennedy Rufener, WOU, 15:21.41. 2, Emma Knudson, LIN, 15:30.71. 3, Kaelia Neal, LIN, 15:32.03. 4, Kayla Moore, GFU, 15:37.41. 5, Nicole Maurmann, Unattached, 15:44.14.

Other Top GNAC Finishers: 7, Bailey Fjelstul, CU, 16:04.84. 8, Sara Harrington, CU, 16:05.29. 13, Isabelle Tingelstad, WOU, 16:24.59. 14, Nicole Pederson, CU, 16:25.18.

Sat., Sept. 2

San Francisco Invitational

at Golden Gate Park, San Francisco

Men (8,000 Meters): San Francisco 29, Santa Clara 42, California 84, Alaska Anchorage 103, San Jose St. 116, US Davis 159, Saint Mary's (Calif.) 192.

Top 5 Finishers: 1, Mohamed Aziz, USF, 25:21.0. 2, Jack Rowe, Unattached, 25:27.4. 3, Jose Pina, Unattached, 25:32.5. 4, Ben Alcock, USF, 25:45.5. 5, Felix Kemboi, UAA, 25:46.5.

Other Top GNAC Runners: 26, Jorge Sanchez, UAA, 27:03.6. 30, Edwin Kangogo, UAA, 27:12.3. 32, Kaleb Korta, UAA, 27:14.3. 34, Nathan Kipchumba, UAA, 27:21.8.

Women (6,000 Meters): San Francisco 18, San Jose St. 56, Alaska Anchorage 82, California 92, Santa Clara 115.

Top 5 Finishers: 1, Weronika Pyzik, USF, 21:31.7. 2, Isabelle Brauer, USF, 21:33.6. 3, Elizabeth Bird, USF, 21:34.8. 4, Lea Meyer, USF, 21:35.2. 5, Caroline Kurgat, UAA, 21:39.3.

Other Top GNAC Finishers: 20, Kimberly Cosica, UAA, 23:20.2. 26, Zannah Jepchumba, UAA, 23:44.4. 27, Mariah Burroughs, UAA, 23:47.7. 29, Michelle Keller-Miller, UAA, 24:06.5.

Puget Sound XC Invitational

at Fort Steilacoom Park, Lakewood, Wash.

Men (8,000 Meters): Portland 15, Pacific Lutheran 65, Saint Martin's 79, Puget Sound 95.

Top 5 Finishers: 1, Devin Wulff, UP, 26:51.00. 2, Erik Holm, UP, 27:09.00. 3, Conor Johnston, UP, 27:29.00. 4, Said Guermali, UP, 27:38.00. 5, Ryan Clarke, UP, 27:39.00.

Top GNAC Runners: 7, Josh Hunt, SMU, 28:07.00. 9, Levi Schilter, SMU, 28:31.00. 20, Austin Miller, SMU, 29:37.00. 21, Miguel De LaMalena, SMU, 30:09.00. 24, Derrick Howlett, SMU, 30:44.00.

Women (6,000 Meters): Puget Sound 20, Saint Martin's 60, Pacific Lutheran 61, Green River CC 110.

Top 5 Finishers: 1, Larissa Kolasinski, SMU, 23:51.00. 2, Rachel Metzler, UPS, 24:18.00. 3, Sam Schaffer, UPS, 24:20.00. 4, Kayla Wildon, UPS, 24:48.00. 5, Terra Wildon, UPS, 25:03.00.

Other Top GNAC Finishers: 11, Yeshi Vaughan, SMU, 26:40.00. 13, Sadie Dalgleish, SMU, 26:49.00. 24, Olivia Abbott, SMU, 30:43.00. 25, Cassie La Brake, SMU, 30:50.00.

Fri., Sept. 8

Gage McSpadden Memorial Invitational

at Spearfish City Park, Spearfish, S.D.

Men (6,000 Meters): Black Hills St. 26, Gillette CC 54, Montana State Billings 58, Dickinson St. 95.

Top 5 Finishers: 1, Ayrtton Ledesma, GCC, 18:24.7. 2, Jorey Egeland, MSUB, 18:37.8. 3, Nathan Fredrick, BHSU, 18:39.3. 4, Jordan Theisen, BHSU, 18:50.4. 5, Jonah Theisen, BHSU, 19:19.6.

Other Top GNAC Finishers: 7, Tyus Mendoza, MSUB, 19:24.7. 14, Ivan Colmanero, MSUB, 19:52.3. 24, Ronald Venema, MSUB, 20:29.5. 28, Carson Jessop, MSUB, 20:50.1.

Women (4,300 Meters): Black Hills St. 20, Dickinson St. 40, Montana State Billings 73.

Top 5 Finishers: 1, Tori Moore, BHSU, 15:49.5. 2, Nicole Davis, BHSU, 16:02.5. 3, Bailey Smith, DSU, 16:30.6. 4, Cailey Roth, BHSU, 16:37.7. 5, Abbie Fredrick, BHSU, 16:40.1.

Top GNAC Finishers: 6, Nikki Aiken, MSUB, 16:41.5. 14, Bailey Bomar, MSUB, 17:48.5. 16, Kelby Wegner, MSUB, 18:07.3. 18, Catrina Schuchard, MSUB, 18:09.4. 19, Kateri Rush, MSUB, 18:50.3.

Ash Creek Invitational

at Ash Creek Preserve, Monmouth, Ore.

Men (6,200 Meters): Simon Fraser 36, Alaska Anchorage 53, Western Oregon 97, Northwest Christian 110, Willamette 136, Concordia 144, Lane CC 163, Corban 212, Linfield 234, Pacific (Ore.) 265, Clark CC 303, Shasta CC 312, Umpqua CC 374.

Top 5 Finishers: 1, Felix Kemboi, UAA, 18:42.8. 2, Rowan Doherty, SFU, 18:45.8. 3, Edwin Kangogo, UAA, 18:56.6. 4, Garrett Kraal, NCU, 18:57.1. 5, Michael Martin, LCC, 16:06.8.

Other Top GNAC Finishers: 6, Carlos Vargas, SFU, 19:09.1. 7, Jose Macias, CU, 19:09.4.

Women (4,600 Meters): Simon Fraser 15, Alaska Anchorage 45, Linfield 117, Northwest Christian 142, Concordia 147, Corban 160, Portland 182, Pacific (Ore.) 225, Western Oregon 226, Lane CC 267, Clark CC 294, Shasta CC 380.

Top 5 Finishers: 1, Julia Howley, SFU, 16:24.6. 2, Addy Townsend, SFU, 16:38.5. 3, Olivia Willett, SFU, 16:49.7. 4, Miryam Bassett, SFU, 16:50.8. 5, Chelsea Ribeiro, SFU, 16:53.7.

2017 GNAC Meet Summaries

Sat., Sept. 9

CWU-SMU-WWU Tri Meet

at Saint Martin's University, Lacey, Wash.

Men (6,000 Meters): Western Washington 40, Central Washington 54, Saint Martin's 170.

Top 5 Finishers: 1, Ian Fay, Unattached, 19:36. 2, Kevin Mullin, Unattached, 19:53. 3, Andrew Wise, WWU, 19:53. 4, Ben Jacot, Unattached, 20:02. 5, Delyn Hayes, WWU, 20:03.

Other Top GNAC Finishers: 6, Eric Hamel, WWU, 20:06. 7, Ron Leaf, CWU, 20:10. 9, Hanson Lee, WWU, 20:12.

Women (4,000 Meters): Western Washington 20, Central Washington 53, Saint Martin's 98.

Top 5 Finishers: 1, Alexa Shindruk, CWU, 14:40. 2, Lillianna Stelling, WWU, 14:56. 3, Alexandra Laiblin, WWU, 14:57. 4, Jane Barr, WWU, 14:57. 5, Sophia Galvez, WWU, 15:00.

Sat., Sept. 16

MSU-Bozeman Running Company Invitational

at Bridger Creek Golf Course, Bozeman, Mont.

Men's Collegiate Non-Division I (5 Miles): Montana State Billings 23, Carroll (Mont.) 37, Montana State Northern 62.

Top 5 Finishers: 1, Sam Read, Unattached, 25:59.43. 2, Collin Buck, Unattached, 26:18.92. 3, Ty Mogan, Unattached, 26:31.01. 4, Andrew Kaler, Unattached, 26:40.56. 5, Tyus Mendoza, MSUB, 26:45.59.

Other Top GNAC Finishers: 9, Ivan Colmanero, MSUB, 27:37.98. 10, Ronald Venema, MSUB, 27:57.35. 12, Carson Jessop, MSUB, 28:23.28. 15, Jack Pickell, MSUB, 29:10.91.

Women's Collegiate Non-Division I (3 Miles): Carroll (Mont.) 17, Montana State Northern 41.

Top 5 Finishers: 1, Janie Reid, CC, 17:52.13. 2, Samantha Mundel, CC, 18:15.12. 3, Nikki Aiken, MSUB, 18:59.01. 4, Teal Bullick, CC, 19:23.43. 5, Macala Fifield, Unattached, 19:40.94.

Other Top GNAC Finishers: 8, Bailey Bomar, MSUB, 20:02.10. 13, Catrina Schuchard, MSUB, 21:14.98. 15, Kateri Rush, MSUB, 22:57.12.

Sundodger Invitational

at Lincoln Park, Seattle, Wash.

Men's Open (8,000 Meters): Trinity Western 46, Simon Fraser 70, Southern Oregon 71, Western Washington 125, Northwest Nazarene 188, Lewis & Clark 199, Concordia 218, Alaska 248, Central Washington 264, Seattle Pacific 279, Seattle Running Club 282, Whitworth 286, Pacific Lutheran 294, George Fox 342, Whitman 385, Spokane CC 438, Puget Sound 471, Pacific (Ore.) 516, Everett CC 581.

Top 5 Finishers: 1, Brad Hodgkinson, PLU, 24:24.95. 2, Nick Colyn, TWU, 24:33.04. 3, Gilbert Grundy, Jacuzzi Boys, 24:36.02. 4, Caleb de Jong, TWU, 24:37.31. 5, Connor Cushman, SOU, 24:37.60.

Top GNAC Finishers: 6, Rowan Doherty, SFU, 24:45.72. 10, Sean Miller, SFU, 25:04.18. 12, Ben Halladay, SPU, 25:15.11. 14, Isaac Mitchell, NNU, 25:15.81. 16, Mateo de Dalmases, SFU, 25:26.83.

Women's Open (6,000 Meters): Simon Fraser 42, Point Loma 55, Seattle Pacific 132, Trinity Western 157, Western Washington 166, Whitworth 173, Central Washington 200, Puget Sound 254, Southern Oregon 260, George Fox 262, Whitman 307, Alaska 310, Concordia 315, Northwest Nazarene 341, Pacific (Ore.) 414, Lewis & Clark 467, Pacific Lutheran 500, Spokane CC 504, Seattle Running Club 537, Soka 593.

Top 5 Finishers: 1, Ruby Roberts, Unattached, 21:10.58. 2, Jessa Robertson, SOU, 21:11.43. 3, Julia Howley, SFU, 21:22.86. 4, Hannah Benoit-Bucher, PLNU, 21:24.27. 5, Mirelle Martens, TWU, 21:36.37.

Other Top GNAC Finishers: 9, Olivia Willett, SFU, 21:44.46. 10, Alexa Shindruk, CWU, 21:52.47. 12, Addy Townsend, SFU, 21:56.65. 13, Miryam Bassett, SFU, 21:56.85.

Fri., Sept. 22

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000 Meters): Cal Baptist 25, Western Oregon 49, Academy of Art 101, Cal State East Bay 115, Humboldt State 135, San Francisco St. 144, Holy Names 216, UC Merced 223, Cuyamaca CC 227, Menlo 301, Notre Dame de Namur 334.

Top 5 Finishers: 1, David Ribich, WOU, 24:47.0. 2, McMarhsall Hartzenburg, CBU, 25:01.6. 3, Gatién Airiau, AAU, 25:05.2. 4, Dennis Messmer, CBU, 25:15.7. 5, Simon Bedard, CUB, 25:15.8.

Other Top GNAC Finishers: 7, Dustin Nading, WOU, 25:20.6. 11, Tyler Jones, WOU, 25:35.9. 12, Josh Dempsey, WOU, 25:36.5. 19, Stephen Fey, WOU, 25:48.7.

Women (6,000 Meters): Cal Baptist 37, Humboldt State 75, Academy of Art 80, San Francisco St. 88, Western Oregon 122, Cuyamaca CC 164, Sonoma State 200, Notre Dame de Namur 231, UC Merced 260.

Top 5 Finishers: 1, Anett Somogyi, CBU, 21:11.5. 2, Emeline Delanis, CBU, 21:16.6. 3, Leanda du Bruyn, CBU, 21:29.0. 4, Fruzona Calva, CBU, 21:41.8. 5, Adriana Calva, SFSU, 21:47.6.

Top 5 GNAC Finishers: 6, Kennedy Rufener, WOU, 21:54.4. 22, Suzanne Van De Grift, WOU, 23:02.5. 32, Cassie McKinney, WOU, 23:23.4. 51, Olivia Wood, WOU, 24:25.6. 52, Isabelle Tingelstad, WOU, 24:26.0.

Sat., Sept. 23

Saint Martin's Invitational

at Saint Martin's University, Lacey, Wash.

Men (8,000 Meters): Southern Idaho 53, Western Washington 77, Lane CC 85, Alaska 99, British Columbia 105, Central Washington 147, Saint Martin's 172, Linfield 209, Treasure Valley CC 211, Everett CC 243, Clackamas CC 273, Mt. Hood CC 355, Olympic CC 367.

Top 5 Finishers: Eric Fitzpatrick, SIU, 26:14.4. 2, Michael Martin, LCC, 26:17.4. 3, Andy Muha, LCC, 26:55.6. 4, Juan Castillo, Unattached, 26:57.1. 5, Ian Fay, Unattached, 27:04.0.

Top 5 GNAC Finishers: 10, Peter Butler, WWU, 27:17.1. 11, Seiji Takagi, UAF, 27:24.6. 12, Josh Hunt, SMU, 27:26.1. 14, Porter McMichael, WWU, 27:28.1. 17, Lyon Kopsack, UAF, 27:36.7.

Women (5,000 Meters): Linfield 52, Southern Idaho 65, British Columbia 69, Saint Martin's 128, Western Washington 131, Alaska 192, Spokane CC 203, Central Washington 230, Treasure Valley CC 231, Clark CC 254, Lane CC 261, Multnomah 278, Olympic CC 371, Mt. Hood CC 396, Green River CC 414.

Top 5 Finishers: 1, Emma Knudson, LIN, 18:50.5. 2, Shaylee Hill, SIU, 18:57.6. 3, Courtney Beard, LIN, 19:00.4. Madelyn Huston, UBC, 19:13.5. 5, Waverly Shreffler, WWU, 19:14.3.

Other Top GNAC Finishers: 6, Larissa Kolasinski, SMU, 19:15.8. 8, Brook Wedin, WWU, 19:19.7. 13, Yadira Lopez, SMU, 19:40.2. 14, Aundrea Koger, WWU, 19:42.4.

2017 GNAC Meet Summaries

Sat., Sept. 23

Roy Griak Invitational

at Les Bolstad Golf Course, St. Paul, Minn.

Men's Maroon Division II (8,000 Meters): Augustana (S.D.) 49, UC San Diego 148, Central Missouri 167, Western Washington 192, Sioux Falls 243, Wis.-La Crosse 272, Minnesota-Duluth 287, Simon Fraser 292, Pittsburg St. 307, Fort Hays St. 361, MSU-Moorhead 380, Black Hills St. 389, Colorado Mines 404, Minnesota Running Club 408, Nebraska-Kearney 418, Oklahoma Baptist 427, Minnesota State 429, Chadron State 435, Northwestern (Iowa) 406, Michigan Tech 510, Concordia-St. Paul 526, Mary 578, Northwest Nazarene 584, Manitoba 612, Wisconsin Track Club 683, Gillette CC 692, Valley City State 877, Lawrence Tech 897, Missouri Western 914, South Dakota Mines 978, Wayne State (Neb.) 989, ISU Running Club 1,019, Colorado Christian 1,023, Lakehead 1,024, Stanislaus State 1,059, Northern State 1,067, Dakota Wesleyan 1,082, Mill City Running 1,087, Dickinson St. 1,128, SW Minnesota St. 1,178, Southwestern CC 1,196, Waldorf 1,206, Minot State 1,383.

Top 5 Finishers: 1, Mason Phillips, USF, 25:30.5. 2, Steven Brown, USF, 25:59.4. 3, Ayrton Ledesma, Gillette, 26:01.8. 4, Trevor Capra, Unattached, 26:05.9. 5, Alec Kray, AUG, 26:08.1.

Top 5 GNAC Finishers: 16, Andrew Wise, WWU, 26:32.9. 22, Rowan Doherty, SFU, 26:39.5. 39, Dylan Hayes, WWU, 26:57.7. 43, Jadon Olson, WWU, 26:59.1. 45, Liam Cossette, WWU, 27:00.2.

Women's Maroon Division II (6,000 Meters): Simon Fraser 73, Pittsburg St. 75, Mary 99, Augustana (S.D.) 135, Northern Michigan 192, UC San Diego 194, Western Washington 205, Wis.-La Crosse 228, Minnesota Duluth 264, Minnesota State 303, Fort Hays St. 336, Stanislaus State 347, Michigan Tech 428, Missouri Western 466, Chadron State 466, Colorado Christian 497, Sioux Falls 501, Central Missouri 534, Northern State 538, Morningside 541, Nebraska-Kearney 544, Northwestern (Iowa) 605, Manitoba 630, South Dakota Mines 657, Black Hills St. 696, Colorado Mesa 696, Northwest Nazarene 723, MSU-Moorhead 763, Wisconsin Track Club 797, Concordia-St. Paul 899, Dickinson St. 907, SW Minnesota St. 1,007, Wayne State (Neb.) 1,044, Bemidji State 1,076, Lawrence Tech 1,096, Minnesota Running Club 1,108, Minot State 1,111, Dakota Wesleyan 1,139, Waldorf 1,115, Upper Iowa 1,174, Dakota State 1,210, Johnson County CC 1,235, Southwestern CC 1,322.

Top 5 Finishers: 1, Alexis Zeis, Mary, 21:41.3. 2, Julia Howley, SFU, 22:42.4. 3, Katelyn Smith, UNM, 22:44.4. 4, Mackenzie Kelly, AUG, 22:49.4. 5, Addy Townsend, SFU, 22:52.6.

Other Top GNAC Finishers: 13, Miryam Bassett, SFU, 23:03.0. 22, Olivia Willett, SFU, 23:13.6. 28, Lillianna Stelling, WWU, 23:27.9.

Sat., Sept. 30

Louisville Cross Country Classic

at E.P. Tom Sawyer State Park, Louisville, Ky.

Men's Blue Race (8,000 Meters, Division II Teams): Saginaw Valley 63, Hillsdale 64, Missouri S&T 93, Wis.-Parkside 94, Grand Valley St. 106, Ferris St. 125, Central Washington 146, Gannon 162.

Top 5 Finishers: 1, Armando Torres, WUP, 24:59.79. 2, Nick Fiene, HC, 25:05.53. 3, Trevor Holowaty, FSU, 25:08.44. 4, Joe Bindner, MS&T, 25:19.59. 5, Joe Renner, GVSU, 25:23.35.

Top 5 GNAC Finishers: 22, Corbin Carlton, CWU, 26:15.94. 30, Hanson Lee, 26:29.02. 36, Trevor Allen, CWU, 26:39.72. 43, Tyler Humphries, CWU, 26:48.51. 49, Josh Boston, CWU, 26:57.85.

Women's Blue Race (5,000 Meters, Division II Teams): Grand Valley St. 53, Ferris St. 86, Central Washington 101, Missouri S&T 107, West Virginia Wesleyan 141, Wayne St. 164, North Alabama 184, Indianapolis 188, Union (Tenn.) 198, Wis.-Parkside 218, Davis & Elkins 257, Gannon 286.

Top 5 Finishers: 1, Jacqueline Feist, WSU, 17:49.34. 2, Sydney Pineault, WWU, 18:03.16. 3, Kathryn Etelamaki, FSU, 18:06.14. 4, Hanna Groeber, GVSU, 18:20.39. 5, Alexa Shindruk, CWU, 18:21.43.

Other Top GNAC Finishers: 18, Jackline Knight, CWU, 19:11.68. 24, Delaney Clem, CWU, 19:20.60. 30, Miranda Nelson, CWU, 19:28.93. 32, Nicole Soleim, CWU, 19:31.09.

Rocky Mountain Shootout

at Bridger Creek GC, Boulder, Colo.

Men's Non-Division I (8,000 Meters): CSU-Pueblo 20, Colorado Mines 50, Montana State Billings 80, Old Zealand 101, Westminster (Utah) 114, Regis 153, Colo.-Denver 195.

Top 5 Finishers (All Divisions): 1, Riley Coates, USAF, 25:25. 2, Nathanael Williams, Unattached, 25:28. 3, Marcelo Laguera, CSUP, 25:43. 4, Paul Roberts, CSUP, 25:49. 5, Chris Herrick, COLO, 25:54.

Top 5 GNAC Finishers: 24, Jorey Egeland, MSUB, 26:54. 43, Tyus Mendoza, MSUB, 27:28. 61, Ivan Colmenero, MSUB, 28:23. 78, Ronald Venema, MSUB, 28:59. 96, Carson Jessop, MSUB, 30:09.

Women's Non-Division I (5,800 Meters): CSU-Pueblo 31, Colorado Mines 51, Regis 82, Montana State Billings 95, Westminster (Utah), Mary (Neb.) 114.

Top 5 Finishers (All Divisions): 1, Lindsey Koch, Unattached, 21:12. 2, Val Constien, COLO, 21:34. 3, Alayna Szuch, Unattached, 21:54. 4, Tayler Tuttle, COLO, 22:04. 5, Cayla Seligman, COLO, 22:08.

Top 5 GNAC Finishers: 27, Nikki Aiken, MSUB, 23:15. 57, Bailey Bomar, MSUB, 25:52. 60, Kelby Wegner, MSUB, 26:12. 74, Kateri Rush, MSUB, 27:46. 77, Sarah Beatty, MSUB, 28:24.

Willamette Charles Bowles Invitational

at Bush's Pasture Park, Salem, Ore.

Men (8,000 Meters): Portland 59, Seattle 79, Boise State 127, Portland State 163, Pacific Lutheran 176, Willamette 180, Lewis & Clark 191, Concordia 192, Seattle Pacific 216, Humboldt State 227, Whitworth 260, Whitman 293, Western Oregon 354, Saint Martin's 375, Linfield 393, Pacific (Ore.) 446, Puget Sound 450.

Top 5 Finishers: 1, Brad Hodgkinson, PLU, 24:48.3. 2, Alejandro Cisneros, PSU, 24:53.9. 3, Noah Horsburgh, BSU, 25:02.4. 4, Jeff Lautenslater, PSU, 25:06.2. 5, Henry Hayes, UP, 25:14.1.

Top 5 GNAC Finishers: 9, Ben Halladay, SPU, 25:19.2. 17, Judd Lewis, CU, 25:39.6. 22, Jose Macias, CU, 25:55.3. 25, Josh Moats, CU, 25:57.4. 40, Josh Hunt, SMU, 26:14.6.

Women (5,000 Meters): Humboldt State 65, Seattle Pacific 94, Seattle 112, Point Loma 119, Whitworth 159, Linfield 179, Boise State 192, Portland State 194, Puget Sound 209, Willamette 258, Saint Martin's 298, Whitman 302, Concordia 327, Hawaii 370, Pacific (Ore.) 374, Lewis & Clark 402, Pacific Lutheran 459, Western Oregon 472.

Top 5 Finishers: 1, Kayla Leland, WHTW, 17:37.1. 2, Kaila Gibson, PSU, 17:43.5. 3, Olivia Stein, SU, 17:44.6. 4, Hannah Benoit-Bucher, PLNU, 17:54.8. 5, Annie Roberts, HSU, 17:55.7.

Top 5 GNAC Finishers: 12, Dania Holmberg, SPU, 18:12.0. 15, Alyssa Foote, SPU, 18:16.9. 19, Katherine Walter, SPU, 18:19.5. 22, Hailey Kettel, 18:24.5. 26, Kate Lilly, SPU, 18:32.5.

2017 GNAC Meet Summaries

Sat., Oct. 7

Lewis Division II Conference Crossover

at Lewis Cross Country Course, Romeoville, Ill.

Men (8,000 Meters): Grand Valley St. 55, Cal Baptist 121, Southern Indiana 150, Lindenwood 191, Lewis 205, Alaska Anchorage 223, Walsh 256, Academy of Art 258, Missouri Southern 258, Edinboro 313, Bellarmine 325, Minnesota-Duluth 360, Cedarville 388, Fort Lewis 415, Minnesota State 474, Michigan Tech 497, Hillsdale 511, Truman 532, Embry-Riddle (Fla.) 538, Winona State 581, Ferris State 645, Roberts Wesleyan 677, Indianapolis 721, Drury 754, Ill.-Springfield 757, Trevecca Nazarene 794, Northwood (Mich.) 807, Wheeling Jesuit 870, KcKendree 898.

Top 5 Finishers: 1, Gatien Airiau, AAU, 24:42.7. 2, Wuoi Mach, GVASU, 24:48.2. 3, Chris May, Unattached, 24:56.6. 4, McMarshall Hartzberg, CBU, 24:57.0. 5, Daniel Michalski, CEDU, 24:57.5.

Top 5 GNAC Finishers: 19, Edwin Kangogo, UAA, 25:29.3. 23, Felix Kemboi, UAA, 25:31.7. 42, Nickson Koech, UAA, 25:48.4. 78, Nathan Kipchumba, UAA, 26:14.8. 81, Justin Carrancho, UAA, 26:16.2.

Women (6,000 Meters): Cal Baptist 51, Grand Valley St. 66, Alaska Anchorage 126, Walsh 188, Hillsdale 192, Northern Michigan 194, Minnesota-Duluth 213, UC-Colorado Springs 271, Malone 313, Academy of Art 361, Cedarville 367, Southern Indiana 379, Edinboro 413, Michigan Tech 415, Winona State 428, Minnesota State 458, Bellarmine 459, Ferris State 488, Fort Lewis 533, Embry-Riddle (Fla.) 557, Roberts Wesleyan 578, Truman 635, Wheeling Jesuit 647, Drury 662, Lewis 682, Indianapolis 748, Trevecca Nazarene 826, McKendree 851, Ill.-Springfield 944, Upper Iowa 1,031, Lindenwood 1,034, Ursuline (Ohio) 1,058, Northwood (Mich.) 1,071.

Top 5 Finishers: 1, Caroline Kurgat, UAA, 21:18.9. 2, Sarah Berger, WALSH, 21:31.5. 3, Emeline Delanis, CBU, 21:36.1. 4, Fruzsina Ladanyi, CBU, 21:46.6. 5, Leanda du Bruyn, CBU, 21:47.7.

Other Top GNAC Finishers: 15, Zannah Jepchumba, UAA, 22:12.0. 26, Emmah Chelimo, UAA, 22:30.4. 30, Danielle McCormick, UAA, 22:33.0. 57, Mariah Burroughs, UAA, 23:00.0.

Yellowjacket Invitational

at Dover Memorial Park, Billings, Mont.

Men (4.2 Miles): Black Hills St. 23, Montana St. Billings 40, Rocky Mountain 96, Central Wyoming 104, Montana St. Northern 107.

Top 5 Finishers: 1, Jorey Egeland, MSUB, 21:48.7. 2, Isaac Iverson, BHSU, 22:00.0. 3, Jake Iverson, BHSU, 22:12.2. 4, Tyus Mendoza, MSUB, 22:24.5. 5, Chance Dooley, BHSU, 22:26.7.

Other Top GNAC Finishers: 8, Ronald Venema, MSUB, 22:49.8. 9, Ivan Colmenero, MSUB, 22:51.8. 22, Carson Jessup, MSUB, 24:14.1.

Women (2.9 Miles): Black Hills State 23, Montana State Billings 38, Rocky Mountain 90, Central Wyoming 97, Montana St. Northern 109.

Top 5 Finishers: 1, Chaira Warner, Unattached, 17:53.6. 2, Tori Moore, BHSU, 18:16.8. 3, Nikki Aiken, MSUB, 18:45.2. 4, Abbie Fredrich, BHSU, 18:58.1. 5, Cailey Roth, BHSU, 19:11.7.

Other Top GNAC Finishers: 7, Bailey Bomar, MSUB, 20:05.4. 10, Catrina Schuchard, MSUB, 20:30.8. 11, Kelby Wegner, MSUB, 20:46.0. 12, Kateri Rush, MSUB, 20:46.4.

Western Washington Invitational

at East Lake Padden Park, Bellingham, Wash.

Men (10,000 Meters): Chico State 17, Western Washington 78, Simon Fraser 92, Club Northwest 117, Chadron State 117, Seattle Pacific 180, Central Washington 182, Northwest Nazarene 193, Alaska 276, Seattle Running Club 305, Saint Martin's 312.

Top 5 Finishers: 1, Keenan Viney, Unattached, 31:16.5. 2, Connor Fisher, CSUC, 31:37.8. 3, Eddie King, CSUC, 31:37.9. 4, Teddy Kassa, CSUC, 31:38.0. 5, Cameron Proceviat, Unattached, 31:42.0.

Top 5 GNAC Finishers: 6, Andrew Wise, WWU, 31:42.4. 12, Oliver Jorgensen, SFU, 31:49.8. 13, Sean Miller, SFU, 31:54.6. 15, Jadon Olson, WWU, 32:01.2. 18, Mateo de Dalmasas, SFU, 32:17.1.

Women (6,000 Meters): Simon Fraser 44, Chico State 46, Club Northwest 68, Western Washington 106, Seattle Pacific 114, Central Washington 165, Chadron State 204, Northwest Nazarene 242, Saint Martin's 249, Alaska 283, Oiselle 339, Green Riber CC 366.

Top 5 Finishers: 1, Lindsey Butterworth, Unattached, 21:14.7. 2, Tansey Lystad, Unattached, 21:17.4. 3, Kirsten Lee, Unattached, 21:26.0. 4, Rebecca Bassett, Unattached, 21:36.2. 5, Hannah Dorman, CSUC, 21:39.8.

Top 5 GNAC Finishers: 7, Julia Howley, SFU, 21:49.8. 8, Addy Townsend, SFU, 21:57.3. 11, Alexa Shindruk, CWU, 22:09.1. 13, Mary Charleson, SPU, 22:14.2. 15, Olivia Willett, SFU, 22:19.9.

Sat., Oct. 14

Inland Empire Collegiate Championships

at Lewis-Clark Orchards, Lewiston, Idaho

Men (8,000 Meters): Calgary 18, Lewis-Clark St. 51, Eastern Oregon 83, Carroll (Mont.) 125, Rocky Mountain 132, Providence (Mont.) 175, Montana St. Northern 179.

Top 5 Finishers: 1, John Whelan, Unattached, 23:35.6. 2, Russell, Pennock, UC, 23:54.0. 3, Amir Odo, Unattached, 23:56.0. 4, Alex James, UC, 23:59.9. 5, Matlazomatili, BSU, 24:08.0.

Top GNAC Finishers: 98, Rajesh Gill, CWU, 26:58.2. 117, Donovan Barnhart, CWU, 27:45.1. 126, David Castillo, CWU, 28:37.9.

Women (5,000 Meters): Calgary 41, Carroll (Mont.) 65, Montana Western 85, Lewis-Clark St. 92, Eastern Oregon 121, Spokane CC 178, Central Washington 187, Providence (Mont.) 189, Rocky Mountain 239, Montana St. Northern 246. **Top 5 Finishers:** 1, Andrea Condie, Idaho, 17:14.6. 2, Olivia Stein, SU, 17:27.0. 3, Janie Reid, Carroll, 17:32.3. 4, Samantha Mundel, Carroll, 17:35.1. 5, Kara Story, Idaho, 17:36.7.

Top 5 GNAC Finishers: 67, Brenna Ackley, CWU, 19:26.0. 81, Brenna Liebel, CWU, 19:47.4. 101, Emily Phillip, CWU, 20:23.7. 103, Emily Lewis, CWU, 20:33.2. 117, Madi Shinn, CWU, 22:02.2.

Idaho State XC Invitational

at ISU Centennial Cross Country Course, Pocatello, Idaho

Men (5,600 Meters): BYU Running Club 32, Idaho State 36, Southern Utah 70, Northwest Nazarene 102.

Top 5 Finishers: 1, Jesse Allen, ISU, 18:35.57. 2, Noah Jacobs, BYU, 18:45.18. 3, Wyatt Diderickson, ISU, 18:47.09. 4, Aaron Leavens, BYU, 18:54.75. 5, Cade Perry, BYU, 19:00.13.

Top 5 GNAC Finishers: 16, Godfrey Kemboi, NNU, 19:44.11. 25, Peyton Brothers, NNU, 20:34.76. 26, Rylan Manzer, NNU, 20:35.51. 27, Nick Hamilton, NNU, 20:36.37. 30, Ryan Abdalla, NNU, 21:10.54.

Women (5,600 Meters): Idaho State 15, Southern Utah 58, Northwest Nazarene 67.

Top 5 Finishers: 1, Jenica Dodge, ISU, 22:18.24. 2, Ashley Sondag, ISU, 22:41.96. 3, Samantha Johnston, ISU, 22:52.80. 4, Rachel McGovern, ISU, 22:56.28. 5, Reagan Badger, ISU, 23:17.60.

Top 5 GNAC Finishers: 8, Sierra Manzer, NNU, 24:16.17. 11, Bethany Danner, NNU, 24:51.74. 19, Heidi Nisly, NNU, 26:19.45. 21, Kenna Conley, NNU, 27:24.77. 22, Ashley Harris, NNU, 27:37.77.

2017 GNAC Meet Summaries

Sat., Oct. 14

Wes Cook Collegiate

at Willamette Mission State Park, Brooks, Ore.

Men (8,000 Meters): Northwest Christian 61, Lane CC 74, UO Running Club 91, Corban 96, George Fox 99, Western Oregon 108, Clark CC 203, Clackamas CC 225, Everett CC 225, Mt. Hood CC 276, Southwestern Oregon CC 298.

Top 5 Finishers: 1, Michael Martin, Lane CC, 24:27.2. 2, Michael Teran Solano, Unattached, 24:47.5. 3, Evert Silva, Unattached, 25:04.2. 4, Said Guermali, Unattached, 25:04.9. 5, Peter Allegre, Unattached, 25:13.2.

Top 5 GNAC Finishers: 20, Sawyer Heckard, WOU, 26:06.1. 24, Michael Chin, WOU, 26:20.5. 25, Aaron Rothlisberger, WOU, 26:22.3. 49, AJ Holmberg, WOU, 27:18.2. 51, Curt Knott, WOU, 27:20.0.

Women (5,000 Meters): Corban 27, Northwest Christian 55, George Fox 64, UO Running Club 91, Clark CC 142, Western Oregon 164, Multnomah 195, Mt. Hood CC 240, Southwestern Oregon CC 248.

Top 5 Finishers: 1, Sophia Noto, Unattached, 18:14.4. 2, Amy Murphy, CRB, 18:19.1. 3, Grace Perkins, Unattached, 18:19.9. 4, Emily Peterson, Unattached, 18:27.8. 5, Nicole Maurmann, Unattached, 18:29.5.

Top 5 GNAC Finishers: 32, Rachel Bayly, WOU, 20:08.1. 39, Jamie Smith, WOU, 20:23.3. 43, Grayson Burke, WOU, 20:37.7. 49, Toni Gowen, WOU, 20:44.9. 57, Ashley Hauger, WOU, 21:24.0.