



# GNAC CROSS COUNTRY CHAMPIONSHIP MEET HISTORY

Updated Through 2018 Season

## MEN'S CONFERENCE MEET HISTORY

### YEAR-BY-YEAR CONFERENCE MEET WINNERS

Year	Site	Champion	Pts.	Individual Champion	Time
<i>PacWest</i>					
1997	Seattle, Wash.	Alaska Anchorage	28	Dickson Mwai, Hawaii-Hilo	20:29
1998	Bellingham, Wash. (Lake Padden)	Humboldt State	69	Christian Friis, Hawaii Pacific	31:51
1999	Seattle, Wash.	Humboldt State	47	Rim Miller, Humboldt State	26:12
2000	Bellingham, Wash. (Lake Padden)	Humboldt State	27	Pete Clusener, Humboldt State	25:04
<i>GNAC</i>					
2001	Anchorage, Alaska	Northwest Nazarene	32	Francis Kimeli, Northwest Nazarene	26:12.2
2002	Seattle, Wash.	Alaska Anchorage	70	Paul Kezes, Western Washington	24:20.85
2003	Monmouth, Ore. (WOU Campus)	Western Washington	61	Doug Hamilton, Humboldt State	24:59.53
2004	McKinleyville, Calif.	Seattle Pacific	71	Tim LeCount, Seattle Pacific	25:58
2005	Bellingham, Wash. (Lake Padden)	Alaska Anchorage	39	Casey Moriarty, Seattle	25:16
2006	Lacey, Wash.	Western Washington	35	David Kiplagat, Alaska Anchorage	24:28.77
2007	Nampa, Idaho	Western Washington	35	John Riak, Saint Martin's	24:56.77
2008	Yakima, Wash.	Alaska Anchorage	34	Marko Cheseto, Alaska Anchorage	24:30.27
2009	Yakima, Wash.	Western Washington	33	Marko Cheseto, Alaska Anchorage	24:50
2010	Yakima, Wash.	Alaska Anchorage	41	Marko Cheseto, Alaska Anchorage	23:56
2011	Yakima, Wash.	Alaska Anchorage	27	Micah Chelimo, Alaska Anchorage	24:24
2012	Monmouth, Ore. (Ash Creek Preserve)	Alaska Anchorage	23	Micah Chelimo, Alaska Anchorage	24:49.53
2013	Monmouth, Ore. (Ash Creek Preserve)	Alaska Anchorage	32	Isaac Kangogo, Alaska Anchorage	24:51.27
2014	Monmouth, Ore. (Ash Creek Preserve)	Alaska Anchorage	18	Henry Cheseto, Alaska Anchorage	24:35.91
2015	Bellingham, Wash. (Lake Padden)	Alaska Anchorage	21	Henry Cheseto, Alaska Anchorage	24:22.70
2016	Bellingham, Wash. (Lake Padden)	Alaska Anchorage	31	Edwin Kangogo, Alaska Anchorage	24:54.80
2017	Bellingham, Wash. (Lake Padden)	Western Oregon	51	David Ribich, Western Oregon	24:54.82
2018	Monmouth, Ore. (Ash Creek Preserve)	Alaska Anchorage	46	Wesley Kirui, Alaska Anchorage	24:38.0

### NEWCOMER OF THE YEAR

<i>PacWest</i>	
1997	Dickson Mwai, UHH
1998	Christian Friis, HPU
1999	Sean Rivers, UAA
2000	Tobias Schwoerer, UAA
<i>GNAC</i>	
2001	Francis Kimeli, NNU
2002	Paul Kezes, WWU
2003	Brad Brolin, WOU
2004	Doug Gibson, SPU
2005	Casey Moriarty, SU
2006	Trevor Kulvi, CWU
2007	Peter Doner, UAA
2008	Marko Cheseto, UAA
2009	Manuel Santos, CWU
2010	Yonatan Yilma, UAA
2011	Tyler Cannon, WWU
2012	Clint Choquette, MSUB
2013	Nathan Richards, WWU
2014	Michel Ramirez, UAA
2015	Matt Winter, MSUB
2016	Dustin Nading, WOU
2017	Jorge Sanchez, UAA
2018	Wesley Kirui, UAA

### FRESHMAN OF THE YEAR

2001	Caleb Tubei, NNU
2002	Tim LeCount, SPU
2003	Tris O'Bluck, SMU
2004	Keever Henry, WWU
2005	David Kiplagat, UAA
2006	Cale McCulloch, WWU
2007	Daniel Phillips, WWU
2008	Jacob Parisien, UAA
2009	Micah Chelimi, UAA
2010	Josh Elliott, WOU
2011	Dylan Anthony, UAA
2012	Robert Peterson, MSUB
2013	Victor Samoei, UAA
	Oliver Jorgensen, SFU
2014	Henry Cheseto, UAA
2015	Sean Miller, Simon Fraser
2016	Godfrey Kemboi, NNU
2017	Felix Kemboi, UAA
2018	Turlan Morlan, CWU

### COACH OF THE YEAR

<i>PacWest</i>	
1997	Michael Friess, UAA
1998	David Wells, HSU
1999	David Wells, HSU
2000	David Wells, HSU
<i>GNAC</i>	
2001	Randy Dalzell, NNU
2002	Michael Friess, UAA
2003	PeeWee Halsell, WWU
2004	Doris Heritage, SPU
2005	Michael Friess, UAA
2006	PeeWee Halsell, WWU
2007	PeeWee Halsell, WWU
2008	Michael Friess, UAA
2009	PeeWee Halsell, WWU
2010	Michael Friess, UAA
2011	Michael Friess, UAA
2012	Michael Friess, UAA
2013	Michael Friess, UAA
2014	Michael Friess, UAA
2015	Michael Friess, UAA
2016	Michael Friess, UAA
2017	Mike Johnson, WOU
2018	Michael Friess, UAA

## GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

### ALL-CONFERENCE PERFORMERS

#### (Top 10 Finish)

#### FOUR YEARS

Dylan Anthony, UAA	2011-12-13-14
Micah Chelimo, UAA	2009-10-11-12
Bennett Grimes, WWU	2007-08-09-10
Oliver Jorgensen, SFU	2013-14-15-17
Alfred Kangogo, UAA	2008-09-11-12
Blake Medhaug, WWU	2007-08-09-10
Louie White, HSU	1999-2000-01-02
Jordan Welling, WWU	2007-08-09-10

#### THREE YEARS

Henry Cheseto, UAA	2014-15-16
Marko Cheseto, UAA	2008-09-10
Edwin Kangogo, UAA	2015-16-17
Isaac Kangogo, UAA	2011-12-13
David Kiplagat, UAA	2005-06-08
Sean Miller, SFU	2016-17-18
Dustin Nading, WOU	2016-17-18
Jacob Parisien, UAA	2008-10-12
John Riak, SMU	2006-07-08
David Ribich, WOU	2015-16-17
Sean Rivers, UAA	1999-2000-02
Victor Samoei, UAA	2013-14-15
Sam Scotchmer, WOU	2004-06-07
Eric Strabel, UAA	2000-01-02
Kyle Van Santen, SMU	2009-10-11
Barak Watson, NNU	2009-10-11

#### TWO YEARS

Bjorn Bostrom, SPU	2004-06
Zach Boteilho, WWU	2000-01
Nathanael Castle, SPU	2001-02
Pete Clusener, HSU	2000-02
Aaron Dickson, UAA	2005-06
Rowan Doherty, SFU	2017-18
Zach Dwello, NNU	2001-02

Doug Hamilton, HSU	2002-03
Keever Henry, WWU	2004-06
Spencer Hunt, SMU	2010-11
Chip Jackson, WWU	2012-13
Felix Kemboi, UAA	2017-18
Brian Kostock, HSU	2004-05
Kevin Lambert, NNU	2005-07
Tim LeCount, SPU	2002-04
Aaron Matthias, NNU	2000-01
Isaac Mitchell, NNU	2015-16
Dominik Notz, UAA	2014-15
Jadon Olson, WWU	2017-18
Jasper Peach, HSU	2004-05
Andy Prentice, SMU	2003-04
Michel Ramirez, UAA	2014-16
Chris Reed, WOU	2009-10
Dak Riek, WWU	2011-12
Tobias Schwoerer, UAA	2000-02
Anthony Tomsich, WWU	2006-09
Chase Wells, WOU	2003-04
Andrew Wise, SFU	2015-17

#### ONE YEAR

Jesse Baggenstos, NNU	2012
Ethan Barrons, WOU	2004
Brady Beagley, WOU	2013
Tanner Boyd, WWU	2013
Brian Brancheau, WWU	2003
Sam Brancheau, WWU	2004
Brad Brolin, WOU	2003
Tyler Cannon, WWU	2011
Braeden Chalrton, SFU	2016
Brian Cronrath, SPU	2008
Steve DeKoker, WWU	2003
Isaac Derline, WWU	2016
Drew Dickson, UAA	2005
Peter Doner, UAA	2007
Jorey Egeland, MSUB	2017

Tom Gaschk, CWU	2001
Isaac Griffith, WWU	2014
Eric Hamel, WWU	2018
William Harrison, SPU	2012
Kurt Hartmaier, WWU	2003
Jake Hotchkiss, NNU	2003
Braxton Jackson, WOU	2007
Kyle Johnson, WWU	2012
Tyler Jones, WOU	2018
Nathan Kipchumba, UAA	2015
Wesley Kirui, UAA	2018
Gofrey Kemboi, NNU	2018
Paul Kezes, WWU	2002
Francis Kimeli, NNU	2001
Brent Knight, UAA	2006
Matthew Lutz, WWU	2016
Cale McCulloch, WWU	2006
Casey Moriarty, SU	2005
Tris O'Bluck, SMU	2003
Leif Olson, UAA	2005
Robert Peterson, MSUB	2014
Daniell Phillips, WWU	2007
Chad Portwood, WWU	2006
Jonathan Quimby, WWU	2013
Martin Ranney, WWU	2001
Tabor Reedy, WWU	2013
Nathan Richards, WWU	2013
Kevin Rooke, UAA	2014
Marc-Antoine Rouleau, SFU	2015
Mike Schmidt, WOU	2007
Logan Senrud, WWU	2005
Brandon Stum, UAA	2003
Eric Tibbetts, HSU	2005
Juraj Trubiroha, NNU	2001
Yonatan Yilma, UAA	2011
Zeke VanPatten, WOU	2008

# GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

## MEN'S WEST REGION CHAMPIONSHIPS HISTORY

### YEAR-BY-YEAR WEST REGIONAL CHAMPIONSHIPS WINNERS

Year	Site	Champion	Pts.	Individual Champion	Time
1998	Bellingham, Wash. (Lake Padden)	UC Davis	40	Christian Frilis, Hawaii Pacific	31:51
1999	Rocklin, Calif.	UC Davis	33	Jeff Kaiser, UC Davis	32:22.5
2000	Pomona, Calif.	UC Davis	17	Jeff Kaiser, UC Davis	33:09.2
2001	Bellingham, Wash. (Lake Padden)	UC Davis	27	Christian Madsen, Hawaii Pacific	32:07
2002	Fresno, Calif.	Chico State	43	Paul Kezes, Western Washington	31:58
2003	Chino, Calif.	Chico State	28	William Ngetich, Hawaii Pacific	31:40.5
2004	Bellingham, Wash. (Lake Padden)	Chico State	30	Mark Batres, Cal Poly Pomona	32:09
2005	Chino, Calif.	Chico State	23	Patrick Boivin, Chico State	31:23.6
2006	Oroville, Calif.	Chico State	32	Todd Iacovelli, Hawaii Pacific	31:58.35
2007	Boise, Idaho	Chico State	39	John Riak, Saint Martin's	30:32.75
2008	San Diego, Calif.	Chico State	28	Scott Bauhs, Chico State	32:15.8
2009	San Francisco, Calif.	Chico State	42	Marko Cheseto, Alaska Anchorage	30:42.5
2010	Bellingham, Wash. (Lake Padden)	Alaska Anchorage	49	Marko Cheseto, Alaska Anchorage	31:20.8
2011	Spokane, Wash.	Alaska Anchorage	37	Micah Chelimo, Alaska Anchorage	30:19
2012	Kahuku, Hawaii	Chico State	38	Micah Chelimo, Alaska Anchorage	31:58
2013	Spokane, Wash.	Chico State	33	Isaac Chavez, Chico State	30:55.9
2014	Billings, Mont. (Amend Park)	Chico State	30	Henry Cheseto, Alaska Anchorage	30:33.99
2015	Monmouth, Ore. (Ash Creek Preserve)	Alaska Anchorage	55	Henry Cheseto, Alaska Anchorage	29:29.82
2016	Billings, Mont. (Amend Park)	Chico State	45	William Reyes, Chico State	29:45.16
2017	Monmouth, Ore. (Ash Creek Preserve)	Chico State	55	David Ribich, Western Oregon	29:49.2
2018	Billings, Mont. (Amend Park)	Chico State	39	Eddie King, Chico State	30:49.00

### USTFCCCA WEST REGION

#### ATHLETE OF THE YEAR

2009	Marko Cheseto, Alaska Anchorage	Sam Scotchmer, CWU	2004-06-07	Isaac Griffith, WWU	2013
2010	Marko Cheseto, Alaska Anchorage	Barak Watson, NNU	2009-10-11	Eric Hamel, WWU	2018
2011	Micah Chelimo, Alaska Anchorage	Jordan Welling, WWU	2008-09-10	Doug Hamilton, HSU	2003
2013	Micah Chelimo, Alaska Anchorage	Louie White, HSU	1999-2000-01	Kurt Hartmaier, WWU	2003
2014	Henry Cheseto, Alaska Anchorage	Andrew Wise, WWU	2015-16-17	Tyler Jones, WOU	2018
2015	Henry Cheseto, Alaska Anchorage			Connor Kasler, WOU	2011

#### TWO YEARS

2011-12	Jesse Baggensstos, NNU	2011-12	Felix Kemboi, UAA	2018
2000-02	Pete Clusener, HSU	2000-02	Nathan Kipchumba, UAA	2015
2005-06	Aaron Dickson, UAA	2005-06	Wesley Kirui, UAA	2018
2017-18	Rowan Doherty, SFU	2017-18	Brent Knight, UAA	2006
2010-11	Spencer Hunt, SMU	2010-11	Nickson Koech, UAA	2018
2014-15	Dominic Notz, UAA	2014-15	Brian Kostock, HSU	2004
2012-13	Chip Jackson, WWU	2012-13	Timothy LeCount, SPU	2002
2017-18	Sean Miller, SFU	2017-18	Blake Medhaug, WWU	2010
2015-16	Isaac Mitchell, NNU	2015-16	Michael Mendenhall, UAA	2015
2017-18	Dustin Nading, WOU	2017-18	Casey Moriarty, SU	2005
2014-16	Michel Ramirez, UAA	2014-16	Dominik Notz, UAA	2012
2009-10	Chris Reed, WOU	2009-10	Jadon Olson, UAA	2018
2011-12	Dak Riek, WWU	2011-12	Leif Olson, UAA	2005
2012-13	Kevin Rooke, UAA	2012-13	Jake Parisien, UAA	2011
2007-09	Mike Schmidt, WOU	2007-09	Jasper Peach, HSU	2004

### USTFCCCA WEST REGION

#### COACH OF THE YEAR

2010	Michael Friess, Alaska Anchorage	2010-11	Nickson Koech, UAA	2018
2011	Michael Friess, Alaska Anchorage	2014-15	Brian Kostock, HSU	2004
2015	Michael Friess, Alaska Anchorage	2012-13	Timothy LeCount, SPU	2002

### ALL-WEST REGION PERFORMERS

#### Top 15: 2001-2010

#### Top 25: 2011-Present

#### FOUR YEARS

Dylan Anthony, UAA	2011-12-13-14	2011-12	Leif Olson, UAA	2005
Micah Chelimo, UAA	2009-10-11-12	2012-13	Jake Parisien, UAA	2011
Bennett Grimes, WWU	2007-08-09-10	2007-09	Jasper Peach, HSU	2004
Alfred Kangogo, UAA	2008-09-11-12		Dylan Peterson, WWU	2012
Edwin Kangogo, UAA	2014-15-16-17		Robert Peterson, MSUB	2014
David Kiplagat, UAA	2005-06-07-08		Andy Prentice, SMU	2004
Jacob Parisien, UAA	2008-10-11-12		Cameron Proceviat, SFU	2015

#### THREE YEARS

Henry Cheseto, UAA	2014-15-16	2003	Nathan Richards, WWU	2013
Marko Cheseto, UAA	2008-09-10	2011	William Ritewiang, UAA	2010
Oliver Jorgensen, SFU	2013-15-17	2012	Marc-Antoine Rouleau, SFU	2015
Isaac Kangogo, UAA	2011-12-13	2001	Sean Rivers, UAA	2002
John Riak, SMU	2006-07-08	2008	Victor Samoei, UAA	2016
David Ribich, WOU	2015-16-17	2017	Jorge Sanchez, UAA	2018
Victor Samoei, UAA	2013-14-15	2016	Dan Sprinkle, WOU	2011
Tobias Schwoerer, UAA	2000-01-02	2018	Eric Strabel, UAA	2001
		2001	Brandon Stum, UAA	2003

## GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

### ALL-WEST REGION PERFORMERS

#### One Year Continued

Anthony Tomsich, WWU	2009
Kyle Van Santen, SMU	2011
Carlos Vargas, SFU	2018
Chase Wells, WOU	2003
Yonatan Yilma, UAA	2011

# GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

## GNAC MEN IN NCAA DIVISION II CHAMPIONSHIPS

### GNAC TEAM FINISHES

2001	Alaska Anchorage	16th, 407
2002	Alaska Anchorage	12th, 358
2003	Western Washington	13th, 312
2004	Seattle Pacific	19th, 512
2005	Alaska Anchorage	20th, 490
2006	Alaska Anchorage	15th, 402
2007	Western Washington	11th, 303
2008	Western Washington	10th, 263
	Alaska Anchorage	11th, 288
2009	Western Washington	4th, 170
	Alaska Anchorage	17th, 415
2010	Alaska Anchorage	8th, 262
	Western Washington	9th, 269
	Western Oregon	20th, 493
2011	Alaska Anchorage	8th, 290
	Western Washington	10th, 324
	Western Oregon	14th, 374
2012	Alaska Anchorage	3rd, 148
	Western Washington	21st, 542
2013	Alaska Anchorage	7th, 256
	Western Washington	20th, 544
2014	Alaska Anchorage	6th, 196
	Western Washington	13th, 332
	Simon Fraser	20th, 594
2015	Alaska Anchorage	3rd, 138
	Simon Fraser	12th, 372
2016	Alaska Anchorage	7th, 289*
2017	Western Oregon	21st, 534
2018	Alaska Anchorage	8th, 279
	Simon Fraser	14th, 421
	Western Washington	26th, 633

### TOP 30 FINISHES AND ALL-AMERICANS

2002	Paul Kezes, WWU	7th, 31:16.7
2003	Kurt Hartmaier, WWU	41st, 32:42.6
2005	Casey Moraity, SU	15th, 32:08.6
2007	David Kiplagat, UAA	26th, 31:16.5
	Bennett Grimes, WWU	43rd, 31:46.5
2008	Marko Cheseto, UAA	9th, 31:32
	Jacob Parisen, UAA	17th, 31:43
	Jordan Welling, WWU	29th, 32:02
	Blake Medhaug, WWU	36th, 32:11
	Bennett Grimes, WWU	41st, 32:18
2009	Jordan Welling, WWU	13th, 31:44.6
	Chris Reed, WOU	35th, 32:28.5
	Barak Watson, NNU	38th, 32:30.1
	Micah Chelimo, UAA	40th, 32:34.3
2010	Jordan Welling, WWU	8th, 31:06.2
	Bennett Grimes, WWU	13th, 31:11.8
	Micah Chelimo, UAA	21st, 31:18.2
	Marko Cheseto, UAA	25th, 31:28.0
2011	Barak Watson, NNU	8th, 31:19.5
	Micah Chelimo, UAA	15th, 31:38.4
2012	<i>Micah Chelimo, UAA</i>	<i>1st, 28:56.6</i>
	Alfred Kangogo, UAA	14th, 29:56.5
	Dylan Anthony, UAA	23rd, 30:09.4
	Dak Riek, UAA	37th, 30:20.9
2013	Dylan Anthony, UAA	25th, 31:02.6
	Victor Samoei, UAA	32nd, 31:10.6
	Isaac Kangogo, UAA	40th, 31:17.9
2014	Henry Cheseto, UAA	23rd, 31:15.3
	Dominik Notz, UAA	28th, 31:22.6
	Michel Ramirez, UAA	30th, 31:24.5
2015	Henry Cheseto, UAA	3rd, 29:35.60
	Dominik Notz, UAA	8th, 29:59.40
	Edwin Kangogo, UAA	30th, 30:24.50
2016	Edwin Kangogo, UAA	34th, 31:11.5
2017	Edwin Kangogo, UAA	19th, 31:32.5
	David Ribich, WOU	30th, 31:47.1
2018	Wesley Kirui, UAA	9th, 32:35.1
	Sean Miller, SFU	23rd, 33:03.3

### NCAA ELITE 90 AWARD

Presented to athlete at national meet with highest cumulative GPA  
2018 Tyler Jones, WOU

**Note:** All-Americans awarded to Top 30 finishers and Top 30 U.S. finishers (2001-08). Since 2009 All-Americans awarded to Top 40 finishers. Francis Kimeli of Northwest Nazarene earned NAIA All-American honors placing 14<sup>th</sup> in the 2001 meet with a time of 25:41.

\* - Alaska Anchorage initially finished fifth in 2016. Place changed to seventh after meet by NCAA action.

## GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

### WOMEN'S CONFERENCE MEET HISTORY

#### YEAR-BY-YEAR CONFERENCE MEET WINNERS

Year	Site	Champion	Pts.	Individual Champion	Time
<i>PacWest</i>					
1997	Seattle, Wash.	Seattle Pacific	29	Heather Wallace, Seattle Pacific	15:03 (4,000m)
1998	Bellingham, Wash. (Lake Padden)	Seattle Pacific	71	Rachel Ross, Seattle Pacific	22:33
1999	Seattle, Wash.	Seattle Pacific	43	Heather Wallace, Seattle Pacific	18:28 (5,000m)
2000	Bellingham, Wash. (Lake Padden)	Central Washington	24	Rachel Ross, Seattle Pacific	21:42
<i>GNAC</i>					
2001	Anchorage, Alaska	Humboldt State	58	Ashlee Vincent, Western Washington	23:46.0
2002	Seattle, Wash.	Humboldt State	49	Ashlee Vincent, Western Washington	21:44.89
2003	Monmouth, Ore. (WOU Campus)	Seattle Pacific	62	Josie Lavin, Seattle Pacific	21:42.84
2004	McKinleyville, Calif.	Central Washington	67	Karen Dickson, Seattle Pacific	22:28.02
2005	Bellingham, Wash. (Lake Padden)	Seattle Pacific	54	Pavla Havlova, Alaska	22:15
2006	Lacey, Wash.	Seattle Pacific	34	Jessica Pixler, Seattle Pacific	21:11
2007	Nampa, Idaho	Seattle Pacific	24	Jessica Pixler, Seattle Pacific	20:53.48
2008	Yakima, Wash.	Seattle Pacific	48	Jessica Pixler, Seattle Pacific	21:12.00
2009	Yakima, Wash.	Alaska Anchorage	25	Jessica Pixler, Seattle Pacific	21:03
2010	Yakima, Wash.	Alaska Anchorage	27	Sarah Porter, Western Washington	21:04
2011	Yakima, Wash.	Alaska Anchorage	31	Ruth Keino, Alaska Anchorage	21:26
2012	Monmouth, Ore. (Ash Creek Preserve)	Alaska Anchorage	16	Susan Tanui, Alaska Anchorage	20:37.29
2013	Monmouth, Ore. (Ash Creek Preserve)	Alaska Anchorage	36	Susan Tanui, Alaska Anchorage	20:24.74
2014	Monmouth, Ore. (Ash Creek Preserve)	Simon Fraser	62	Katelyn Steen, Western Washington	20:13.75
2015	Bellingham, Wash. (Lake Padden)	Alaska Anchorage	39	Joyce Chelimo, Alaska Anchorage	21:00.90
2016	Bellingham, Wash. (Lake Padden)	Alaska Anchorage	45	Caroline Kurgat, Alaska Anchorage	21:17.10
2017	Bellingham, Wash. (Lake Padden)	Alaska Anchorage	28	Caroline Kurgat, Alaska Anchorage	20:49.42
2018	Monmouth, Ore. (Ash Creek Preserve)	Alaska Anchorage	49	Emmah Chemlomo, Alaska Anchorage	21:25.1

#### NEWCOMER OF THE YEAR

<i>PacWest</i>	
1997	Becky Weinz, SPU
1998	Rachel Ross, SPU
1999	Nicole Seana, SPU
2000	Kelly Vandenkart, CWU
<i>GNAC</i>	
2001	Dolores Bergmann, HSU
2002	Kelly Cronin, HSU
2003	Kari Konrad, WOU
2004	Megan McDrew, HSU
2005	Pavla Havlova, UAF
2006	Katie Hummel, CWU
2007	Jessica Harper, WOU
2008	Adriana Mendoza, CWU
2009	Michele Phillips, NNU
2010	Whitney Mickelsen, MSUB
2011	Heidi Laabs-Johnson, SPU
2012	Katie Thralls, SPU
2013	Joyce Kipchumba, UAA
2014	Amy Johnston, UAA
2015	Karen Horvath, SMU
2016	Shannon Porter, SMU
2017	Emmah Chelimo, UAA
2018	Nancy Jeptoo, UAA

#### FRESHMAN OF THE YEAR

2001	Ashlee Vincent, WWU
2002	Laura Trevelyan, WWU
2003	Mandy Kaempf, UAA
2004	Karin Rohde, SPU
2005	Mary Moriarty, SPU
2006	Jessica Pixler, SPU
2007	Sarah Porter, WWU
2008	Natty Plunkett, SPU
2009	Miriam Kip'ngeno, UAA
2010	Raphaela Sieber, UAF
2011	Bryn Haebe, UAA
2012	Sarah Freistone, UAA
2013	Rebecca Bassett, SFU
2014	Caroline Kurgat, UAA
2015	Kimberly Cosica, UAA
2016	Jordyn Block, UAA
2017	Olivia Willett, SFU
2018	Kaylee Mitchell, SPU

#### COACH OF THE YEAR

<i>PacWest</i>	
1997	Doris Heritage, SPU
1998	Doris Heritage, SPU
1999	Doris Heritage, SPU
2000	Kevin Adkisson, CWU
<i>GNAC</i>	
2001	Chris Parmer, HSU
2002	David Wells, HSU
2003	Michael Friess, UAA
2004	Michael Friess, UAA
2005	Michael Friess, UAA
2006	Doris Heritage, SPU
2007	Doris Heritage, SPU
2008	Erika Daligcon, SPU
2009	Michael Friess, UAA
2010	Michael Friess, UAA
2011	Michael Friess, UAA
2012	Michael Friess, UAA
2013	Michael Friess, UAA
2014	Brit Townsend, SFU
2015	Pee Wee Halsell, WWU
2016	Brit Townsend, SFU
2017	Michael Friess, UAA
2018	Michael Friess, UAA

## GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

### ALL-CONFERENCE PERFORMERS

#### (Top 10 Finish)

#### FOUR YEARS

Laura Carr, UAA	2005-06-08-09
Stacy Edwards, UAA	2001-03-05
Mandy Kaempf, UAA	2003-04-05-06
Ruth Jeptoo Keino, UAA	2008-09-10-11
Miriam Kipn'geno, UAA	2009-10-11-12
Jane Larson, SPU	2006-07-08-09
Jessica Pixler, SPU	2006-07-08-09*
Sarah Porter, WWU	2007-08-09-10

\* - Four-time GNAC champion.

#### THREE YEARS

Rebecca Bassett, SFU	2014-15-16
Lauren Breihof, WWU	2009-10-11
Lindsey Butterworth, SFU	2011-12-13
Joyce Chelimo (Kipchumba), UAA	2013-15-16
Elizabeth Chepkosgei, UAA	2006-07-08
Dani Eggleston, CWU	2013-14-15
Caroline Kurgat, UAA	2015-16-17
Alicen Maier, CWU	2000-02-03
Ivy O'Guinn, UAA	2011-12-13
Natty Plunkett, SPU	2008-10-11
Ashley Puga, NNU	2006-07-08
Jaclyn Puga, NNU	2008-09-10
Karin Rohde, SPU	2004-06-07
Laura Trevelyan, WWU	2003-04-05
Hallidie Wilt, UAA	2008-09-10

#### TWO YEARS

Sigrid Aas, UAF	2002-03
Rachel Bailey, CWU	2005-06
Dolores Bergmann, HSU	2001-02
Nicole Campbell, HSU	2003-04
Mary Charleson, SPU	2016-17
Emmah Chelimo, UAA	2017-18
Kimberly Cosica, UAA	2015-17

Kelly Fullerton, SU	2001-04
Alana Garcia, SU	2004-05
Kati Gosnell, HSU	2001-02
Taylor Guenther, WWU	2014-15
Julia Howley, SFU	2016-17
Zannah Jepchumba, UAA	2017-18
Soshana Keegan, UAA	2009-10
Kansas MacKenzie, SFU	2012-13
Danielle McCormick, UAA	2017-18
Connie Morgan, CWU	2013-14
Mary Moriarty, SPU	2005-06
Anna Patti, SPU	2014-15
Katelyn Steen, WWU	2013-14
Stephanie Stine, CWU	2001-04
Susan Tanui, UAA	2012-13
Ashlee Vincent, WWU	2001-02
Olivia Willett, SFU	2017-18
Jamie Witt, SPU	2001-03

#### ONE YEAR

Kirsten Allen, SFU	2013
Brandy Anderson, CWU	2004
Miryam Bassett, SFU	2017
Susan Bick, UAA	2012
Meredith Crane, SPU	2005
Kelly Cronin, HSU	2002
Beatrice Decker, UAA	2014
Karen Dickson, SPU	2004
Natalie Evans, NNU	2013
Nocona Frame, MSUB	2014
Sarah Freistone, UAA	2012
Brittany Grant, WWU	2015
Katie Hansen, SU	2007
Sarah Hansen, UAA	2003
Kate Harline, SPU	2007
Pavla Havlova, UAF	2005
Katie Hummel, CWU	2006
Becky Knox, SPU	2004

Kelset Kreft, CWU	2012
Katie Krelitm UAA	2012
Heidi Laabs-Johnson, SPU	2011
Yadira Lopez, SMU	2016
Nancy Jeptoo, UAA	2018
Jennifer Johnson, SFU	2014
Amy Johnston, UAA	2014
Sophia Kaiser, SFU	2018
Josie Lavin, SPU	2003
Kiersten Lippmann, UAA	2001
Sarah Macdonald, SPU	2016
Anysja Manzer, NNU	2016
Tracy Melville, WWU	2015
Whitney Mickelsen, MSUB	2011
Joscelyn Minton, SMU	2010
Kaylee Mitchell, SPU	2018
Marcie Mullen, CWU	2007
Peggy Noel, SFU	2012
Lisa Pearl, WWU	2001
Tamara Perez, UAA	2016
Tiffany Picinich, CWU	2002
Shannon Porter, SMU	2016
Kristie Rice, SU	2003
Megan Rogers, CWU	2015
Kennedy Rufener, WOU	2017
Jill Salmon, WOU	2002
Theresia Schnurr, UAF	2011
Nicole Seana, SPU	2002
Alexa Shindruk, CWU	2018
Raphaela Sieber, UAF	2010
Jessica Smith, SFU	2011
Nicole Soleim, CWU	2018
Suzie Strickler, SPU	2007
Addy Townsend, SFU	2018
Johanna Turunen, UAF	2005
Kylee Wells, WOU	2001

# GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

## WOMEN'S WEST REGION MEET HISTORY

### YEAR-BY-YEAR WEST REGIONAL CHAMPIONSHIPS WINNERS

Year	Site	Champion	Pts.	Individual Champion	Time
1998	Bellingham, Wash. (Lake Padden)	UC Davis	29	Sarah Shuler, UC Davis	21:34
1999	Rocklin, Calif.	UC Davis	53	Nina Christensen, Hawaii Pacific	21:49.4
2000	Pomona, Calif.	Central Washington	60	Yvonne Liebig, UC Davis	22:44.3
2001	Bellingham, Wash. (Lake Padden)	UC Davis	44	Nina Christensen, Hawaii Pacific	21:37
2002	Fresno, Calif.	UC Davis	44	Ann Marie Housen, Cal State LA	21:27
2003	Chino, Calif.	Chico State	38	Chelsea Smith, BYU-Hawaii	20:54.3
2004	Bellingham, Wash. (Lake Padden)	Chico State	49	Chelsea Smith, BYU-Hawaii	21:43
2005	Chino, Calif.	Chico State	42	Miriam Hodgins, UC San Diego	21:59.8
2006	Oroville, Calif.	Cal State LA	67	Jessica Pixler, Seattle Pacific	20:46.10
2007	Boise, Idaho	Seattle Pacific	45	Jessica Pixler, Seattle Pacific	19:52.9
2008	San Diego, Calif.	Chico State	60	Jessica Pixler, Seattle Pacific	20:57.1
2009	San Francisco, Calif.	Alaska Anchorage	35	Jessica Pixler, Seattle Pacific	20:09.98
2010	Bellingham, Wash. (Lake Padden)	Alaska Anchorage	40	Sarah Porter, Western Washington	21:21.9
2011	Spokane, Wash.	Alaska Anchorage	27	Ruth Keino, Alaska Anchorage	20:51
2012	Kahuku, Hawaii	Chico State	51	Susan Tanui, Alaska Anchorage	21:19
2013	Spokane, Wash.	Alaska Anchorage	76	Susan Tanui, Alaska Anchorage	21:45.4
2014	Billings, Mont. (Amend Park)	Simon Fraser	103	Katelyn Steen, Western Washington	21:06.59
2015	Monmouth, Ore. (Ash Creek Preserve)	Chico State	89	Joyce Chelimo, Alaska Anchorage	20:42.34
2016	Billings, Mont. (Amend Park)	Chico State	70	Laura Aceves, Cal State San Bernardino	20:55.95
2017	Monmouth, Ore. (Ash Creek Preserve)	Cal Baptist	68	Caroline Kurgat, Alaska Anchorage	20:26.1
2018	Billings, Mont. (Amend Park)	Alaska Anchorage	66	Emmah Chelimo, Alaska Anchorage	20:57.47

### USTFCCCA WEST REGION

#### ATHLETE OF THE YEAR

2008	Jessica Pixler, Seattle Pacific
2009	Jessica Pixler, Seattle Pacific
2010	Sarah Porter, Western Washington
2011	Ruth Keino, Alaska Anchorage
2012	Susan Tanui, Alaska Anchorage
2013	Susan Tanui, Alaska Anchorage
2014	Katelyn Steen, Western Washington
2015	Joyce Chelimo, Alaska Anchorage
2017	Caroline Kurgat, Alaska Anchorage
2018	Emmah Chelimo, Alaska Anchorage

Joyce (Kipchumba) Chelimo, UAA 2013-15-16

Dani Eggleston, CWU	2013-14-15
Zannah Jephumba, UAA	2016-17-18
Shoshana Keegan, UAA	2009-10-11
Ruth Jeptoo Keino, UAA	2009-10-11
Danielle McCormick, UAA	2016-17-18
Anna Patti, SPU	2013-14-15
Katelyn Steen, WWU	2011-13-14
Laura Trevellyan, WWU	2003-04-05

#### ONE YEAR

Kirsten Allen, SFU	2013
Rachel Bailey, CWU	2006
Jane Barr, WWU	2018
Jaymi Bethea, UAA	2012
Dolores Bergmann, HSU	2001
Mariah Burroughs, UAA	2017
Lindsey Butterworth, SFU	2013
Mary Charleson, SPU	2015
Meredith Crane, SPU	2005
Karen Dickson, SPU	2004
Sarah Freistone, UAA	2012
McKayla Fricker, SPU	2013
Kelly Fullerton, SU	2004
Katie Gosnell, HSU	2002
Pavla Havlova, UAF	2005
Katie Hummel, CWU	2006
Nancy Jeptoo, UAA	2018
Jennifer Johnson, SFU	2014
Rachael Johnson, WWU	2011
Amy Johnston, UAA	2014
Sophia Kaiser, SFU	2018
Grace Knapp, WOU	2016
Heidi Laabs-Johnson, SPU	2011
Kate Lilly, SPU	2018
Sarah Macdonald, SPU	2016
Alicen Maier, CWU	2002
Anysja Manzer, NNU	2016
Whitney Mickelsen, MSUB	2011
Kaylee Mitchell, SPU	2018
Tamara Perez, UAA	2016
Crystal Pitney, UAF	2011
Shannon Porter, SMU	2016
Ashley Puga, NNU	2007
Jaclyn Puga, NNU	2010
Theresia Schnurr, UAF	2011

### USTFCCCA WEST REGION

#### COACH OF THE YEAR

2009	Michael Friess, Alaska Anchorage	Elizabeth Chepkosgei, UAA	2006-08
2010	Michael Friess, Alaska Anchorage	Stacy Edwards, UAA	2002-05
2011	Michael Friess, Alaska Anchorage	Natalie Evans, NNU	2011-13
2013	Michael Friess, Alaska Anchorage	Taylor Guenther, WWU	2013-15
2014	Brit Townsend, Simon Fraser	Julia Howley, SFU	2016-17
2018	Michael Friess, Alaska Anchorage	Mandy Kaempf, UAA	2004-05

#### TWO YEARS

Miryam Bassett, SFU	2016-17
Abby Bielenberg, CWU	2000-01
Lauren Breihof, WWU	2009-10
Emmah Chelimo, UAA	2017-18
Elizabeth Chepkosgei, UAA	2006-08
Stacy Edwards, UAA	2002-05
Natalie Evans, NNU	2011-13
Taylor Guenther, WWU	2013-15
Julia Howley, SFU	2016-17
Mandy Kaempf, UAA	2004-05
Kansas MacKenzie, SFU	2012-13
Connie Morgan, CWU	2013-14
Peggy Noel, SFU	2012-14
Ivy O'Guinn, UAA	2011-13
Natty Plunkett, SPU	2008, 11
Megan Rogers, CWU	2014-15
Karin Rohde, SPU	2004-07
Kennedy Rufener, WOU	2016-17
Alexa Shindruk, CWU	2017-18
Susan Tanui, UAA	2011-13
Addy Townsend, SFU	2016-18
Ashlee Vincent, WWU	2001-02
Hallidie Wilt, UAA	2009-10
Jamie Witt, SPU	2000-03

### ALL-WEST REGION PERFORMERS

#### Top 15: 2001-2010

#### Top 25: 2011-Present

#### FOUR YEARS

Rebecca Bassett, SFU	2013-14-15-16
Miriam Kipn'geno, UAA	2009-10-11-12
Caroline Kurgat, UAA	2014-15-16-17
Jane Larson, SPU	2006-07-08-09
Jessica Pixler, SPU	2006-07-08-09
Sarah Porter, WWU	2007-08-09-10

#### THREE YEARS

Susan Bick, UAA	2011-12-13
Laura Carr, UAA	2006-08-09



## GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

### ALL-WEST REGION PERFORMERS

#### One Year Continued

Nicole Soleim, CWU 2018  
Lillianna Stelling, WWU 2016

Suzie Strickler, SPU 2007  
Katie Thralls, SPU 2012  
Annie Wade, WOU 2013  
Katherine Walter, SPU 2018

Kylee Wells, WOU 2001  
Olivia Willett, SFU 2018

## GNAC CROSS COUNTRY ALL-TIME AWARD WINNERS

### GNAC WOMEN IN NCAA DIVISION II CHAMPIONSHIPS

#### GNAC TEAM FINISHES

2001	Humboldt State	14th, 331
2004	Alaska Anchorage	21st, 489
2005	Alaska Anchorage	12th, 350
2006	Seattle Pacific	6th, 195
2007	Seattle Pacific	2nd, 178
2008	Seattle Pacific	4th, 194
	Alaska Anchorage	9th, 266
	Western Washington	10th, 301
2009	Seattle Pacific	4th, 151
	Alaska Anchorage	5th, 258
	Western Washington	8th, 300
2010	Alaska Anchorage	6th, 185
	Western Washington	10th, 300
	Western Oregon	21st, 563
2011	Alaska Anchorage	6th, 185
	Western Washington	10th, 300
	Western Oregon	21st, 563
2012	Alaska Anchorage	6th, 202
	Seattle Pacific	17th, 393
2013	Alaska Anchorage	4th, 214
	Simon Fraser	7th, 251
	Western Washington	18th, 452
	Seattle Pacific	21st, 492
2014	Simon Fraser	7th, 225
	Alaska Anchorage	8th, 280
	Western Washington	12th, 352
	Central Washington	18th, 461
2015	Western Washington	6th, 307
	Alaska Anchorage	8th, 317
	Seattle Pacific	15th, 398
2016	Simon Fraser	6th, 210
	Alaska Anchorage	8th, 259
2017	Alaska Anchorage	5th, 180
	Simon Fraser	10th, 332
2018	Alaska Anchorage	6th, 255
	Simon Fraser	9th, 342
	Seattle Pacific	15th, 466
	Western Washington	20th, 525

#### TOP 30 FINISHES AND ALL-AMERICANS

2003	Laura Trevellyan, WWU	21st, 22:18.5
2004	Laura Trevellyan, WWU	22nd, 22:44.7
	Karen Dickson, SPU	4th, 21:43.4
2005	Pavla Havlova, UAF	22nd, 22:13.3
2006	Jessica Pixler, SPU	10th, 20:40.0
	Katie Hummel, CWU	12th, 20:43.9
2007	Jessica Pixler, SPU	1st, 20:29.1
	Jane Larson, SPU	9th, 20:55.5
	Ashley Puga, NNU	19th, 21:22.1
2008	Jessica Pixler, SPU	1st, 20:59
	Sarah Porter, WWU	13th, 21:59
	Jane Larson, SPU	15th, 22:02
	Elizabeth Chepkosgei, UAA	28th, 22:30
2009	Jessica Pixler, SPU	1st, 20:22.6
	Sarah Porter, WWU	2nd, 20:30.1
	Mirian Kipn'geno, UAA	14th, 21:16.7
	Lauren Brehhof, WWU	31st, 21:48.7
	Ruth Keino, UAA	39th, 21:58.2
2010	Sarah Porter, WWU	2nd, 20:56.1
	Ruth Keino, UAA	7th, 21:20.8
	Miriam Kipng'eno, UAA	12th, 21:40.2
	Jaclyn Puga, NNU	35th, 22:14.5
2011	Ruth Keino, UAA	9th, 21:35.0
	Miriam Kipng'eno, UAA	32nd, 22:11.3
	Ivy O'Guinn, UAA	33rd, 22:12.2
2012	Susan Tanui, UAA	2nd, 20:12.6
2013	Lindsay Butterworth, SFU	12th, 21:23.7
	Joyce Kipchumba, UAA	13th, 21:27.5
	Susan Tanui, UAA	16th, 21:29.9
	Connie Morgan, CWU	33rd, 21:44.5
	Katelyn Steen, WWU	34th, 21:45.7
	Kristen Allen, SFU	37th, 21:47.8
2014*	Katelyn Steen, WWU	5th, 21:20.8
	Amy Johnston, UAA	17th, 21:39.9
	Jennifer Johnson, SFU	30th, 21:57.1
2015	Caroline Kurgat, UAA	6th, 20:14.40
	Joyce Chelimo, UAA	7th, 20:17.10
	Rebecca Bassett, SFU	24th, 21:05.90
	Taylor Guenther, WWU	26th, 21:09.40
2016	Caroline Kurgat, UAA	3rd, 20:30.5
	Joyce Chelimo, UAA	10th, 20:42.8
	Rebecca Bassett, SFU	23rd, 21:12.2
	Shannon Porter, SMU	24th, 21:13.5
	Julia Howley, SFU	29th, 21:16.4
2017	Caroline Kurgat, UAA	1st, 20:32.3
	Julia Howley, SFU	15th, 21:21.0
	Miryam Bassett, SFU	24th, 21:30.3
	Zannah Jepchumba, UAA	32nd, 21:38.6
2018	Alexa Shindruk, CWU	21st, 23:14.7
	Zannah Jepchumba, UAA	22nd, 23:15.5
	Emmah Chelimo, UAA	23rd, 23:15.5
	Kaylee Mitchell, SPU	35th, 23:24.9
	Olivia Willett, SFU	36th, 23:26.5
	Nancy Jeptoo, UAA	38th, 23:27.4

\* - Short course of 5.78 km.

#### NAIA ALL-AMERICANS

2010	Helen Croft, SFU	10th, 18:15
	Jessica Smith, SFU	18th, 18:21

#### NCAA ELITE 90 AWARD

Presented to athlete at national meet with highest cumulative GPA  
2018 Alexa Shindruk, CWU

**Note:** All-Americans awarded to Top 30 finishers and Top 30 U.S. finishers (2001-08). Since 2009 All-Americans awarded to Top 40 finishers.



# GNAC 2015 FOOTBALL SCHEDULE

Updated July 23, 2015