



GNAC CROSS COUNTRY ALL-TIME RACE WINNERS

Updated Through 2018 Season

Most Wins (Men): 15 – John Riak, SMU (2005-08). 11 – Micah Chelimo, UAA (2009-12); Marko Cheseto, UAA (2008-10). 9 – Henry Cheseto, UAA (2014-15). 8 – Robert Peterson, MSUB (2012-15); 5 – David Kiplagat, UAA (2005-06); David Ribich, WOU (2013-17).

Most Wins (Women): 18 – Jessica Pixler, SPU (2006-09). 10 – Sarah Porter, WWU (2008-10). 9 – Ruth Keino, UAA (2009-11); Susan Tanui (2012). 8 – Caroline Kurgat, UAA (2014-17). 7 – Sigrid Aas, UAF (2001-03). 5 – Karen Dickson, SPU (2004). 4 – Pavla Havlova, UAF (2005); Theresia Schnurr, UAF (2008-09); Jessica Smith, SFU (2010); Katelyn Steen, WWU (2011-14), **Emmah Chelimo, UAA (2018)**

MEN'S ALL-TIME RACE WINNERS

ALASKA ANCHORAGE

Dylan Anthony (4)

8/31/13 UAA/BYU Dual (15:22)
9/7/13 Chaminade (15:30)
10/5/13 Willamette (24:20.34)
10/11/14 Western Washington Classic (31:02)

Micah Chelimo (11)

9/4/09 UAA Invitational (15:18.6)
9/1/11 UAA Invitational (15:08.9)
10/8/11 WWU Classic (31:05)
10/22/11 GNAC Championships (24:24)
11/5/11 NCAA West Regional (30:19)
9/1/12 Hawaii Pacific Invitational (15:33)
9/8/12 Hawaii Big Wave (15:43)
10/6/12 WWU Invitational (31:12)
10/20/12 GNAC Championships (24:49.53)
11/3/12 NCAA West Regional (31:58)
11/17/12 NCAA Championships (28:56.6)

Henry Cheseto (9)

8/30/14 Hilo Invitational (15:36)
9/6/14 Big Wave Invitational (15:50.10)
9/11/14 UAA/Willamette Dual (12:39)
11/1/14 GNAC Championship (24:35.1)
11/22/14 NCAA West Regional (30:33.99)
9/12/15 Hawaii Pacific Invite (25:58.6)
10/10/15 WWU Invitational (31:00)
10/24/15 GNAC Championships (24:22.70)
11/7/15 NCAA West Regional (29:29.82)

Marko Cheseto (11)

9/6/08 UAA Invitational (23:23.6)
10/25/08 GNAC Championships (24:30)
10/9/09 San Francisco State (24:52.6)
10/24/09 GNAC Championships (24:50)
11/7/09 NCAA West Regional (30:42.5)
9/4/10 Hawaii Pacific Sand Island (14:26)
9/11/10 BYU-Hawaii Invitational (25:10)
10/2/10 Willamette Bowles Inv. (23:18.70)
10/23/10 WWU Invitational (30:41.1)
11/6/10 GNAC Championships (23:56)
11/20/10 NCAA West Regional (31:20.8)

Aaron Dickson (1)

9/6/03 Alaska Anchorage Palmer (15:55.27)

Edwin Kangogo (3)

9/5/15 Hawaii Big Wave Invite (15:41.15)
9/3/16 NDNU Argonaut Invite (21:14.9)
10/22/16 GNAC Championships (24:54.80)

Felix Kemboi (1)

9/8/17 Ash Creek Invitational (18:42.8)
10/20/18 WWU Classic (31:40)

Isaac Kangogo (1)

10/26/13 GNAC Championships (24:51.27)

Wesley Kirui (3)

9/8/18 NB Skinny Raven Classic (21:07.2)
9/22/18 UNLV Invitational (26:10.0)
11/3/18 GNAC Championships (24:38)

David Kiplagat (5)

9/3/05 UAF Interior (15:52.1)
9/19/05 UAA Lynx (15:44)
10/8/05 UAA Double Dual (26:22.46)
9/16/06 UW Sundodger (24:38)
10/21/06 GNAC Championships (24:28.27)

Sean Rivers (3)

8/31/02 UAF Birch Hill (25:19)
9/7/02 UAA Palmer Inv. (15:39)
9/28/02 UAA Invitational (15:45.51)

Eric Strabel (2)

9/1/01 UAF Birch Hill (26:34)
8/30/03 UAF Birch Hill (27:27)

Yonatan Yilma (2)

9/3/11 Hawaii Pacific Invite (26:15)
9/10/11 Hawaii Big Wave (15:45.70)

CENTRAL WASHINGTON

Manuel Santos (2)

8/27/09 UAF West Ridge (17:57.2)
8/29/09 UAF Birch Hill (9:42.0)

Sam Scotchmer (3)

9/9/06 Lewis & Clark Inv. (25:54.5)
9/23/06 CWU Appleridge (20:50)
9/22/07 CWU Appleridge (21:05)

Turlan Morlan (1)

9/15/18 CWU Invitational (22:37)

CONCORDIA

Judd Lewis (1)

9/11/17 Linfield Harrier Classic (19:58.36)

HUMBOLDT STATE

Doug Hamilton (2)

9/13/03 Humboldt State Inv. (25:41)
10/25/03 GNAC Championships (24:59.53)

Brian Kostock (3)

9/17/04 Humboldt State Inv. (26:31)
10/9/04 WWU Invitational (32:49)
9/10/05 Humboldt State Inv. (25:56.34)

MSU BILLINGS

Jorey Egeland (1)

10/7/17 Yellowjacket Invitational (21:48.7)

Robert Peterson (8)

9/5/13 UAF Invitational (26:12.8)
9/7/13 UAF Short-Course (12:40.9)
9/5/14 Carroll College Invitational (18:52.07)
10/3/14 MSUB Yellowjacket Invite (25:18.83)
9/3/15 Alaska Invite Long Course (26:18.3)
9/5/15 Alaska Invite Short Course (15:44.6)
9/19/15 Montana St. Invitational (25:43.25)
10/16/15 Yellowjacket/Battlin' Bear Dual (20:03)

Brian Potter (2)

9/1/1 UAF Long-Course (26:16.4)
9/3/11 UAF Short-Course (12:49.4)

NORTHWEST NAZARENE

Chase Cunningham (1)

9/14/13 NNU Roger Curran (19:58.71)

Zach Dwello (1)

9/3/04 Whitman Inv. (26:58.30)

Francis Kimeli (1)

10/13/01 GNAC Championships (26:12.2)

Godfrey Kemboi (2)

9/23/16 Yellowjacket Invitational (32:20.5)
9/21/18 EOU Invitational (26:13.91)

Kevin Lambert (1)

10/13/07 Eastern Oregon Inv. (15:43.35)

Aaron Matthias (1)

9/15/01 Whitman Inv. (25:19.62)

Matt Stark (1)

9/4/10 UAF Short Course (13:00.6)

Barak Watson (3)

10/17/09 Eastern Oregon Inv. (15:40)
9/2/10 UAF Nanook Inv. (26:30.0)
10/1/11 Willamette Bowles (24:03.64)

GNAC CROSS COUNTRY ALL-TIME RACE WINNERS

SAINT MARTIN'S

Joe Berger (1)

9/28/13 SMU Invitational (26:30.46)

Spencer Hunt (1)

9/3/11 Puget Sound Invitational (25:26)

Frank Krause (1)

10/11/14 George Fox Invitational (25:45.1)

Andy Prentice (2)

9/4/04 Puget Sound Open (26:37)

9/25/04 Saint Martin's Inv. (26:10)

John Riak (15)

9/3/05 Puget Sound Open (27:01)

9/9/05 Saint Martin's (15:06)

9/24/05 Saint Martin's Inv. (25:49)

9/2/06 Puget Sound Open (26:46)

9/6/06 Saint Martin's/Evergreen Dual (14:53)

9/15/06 National Catholic (24:38)

9/23/06 Saint Martin's Inv. (25:09)

9/7/07 Northwest Inv. (19:37)

9/15/07 UW Sundodger Open (24:35)

9/22/07 Saint Martin's Inv. (25:14)

10/20/07 GNAC Championships (24:56.77)

11/3/07 NCAA West Regional (30:32.75)

9/6/08 Saint Martin's (26:17.0)

9/13/08 CWU Apple Ridge Invite (25:52)

10/11/08 Western Washington Inv. (31:44)

Kyle Van Santen (2)

9/18/10 UW Sundodger Open (24:47.48)

10/9/10 Pacific Lutheran Invite (26:06.44)

SEATTLE UNIVERSITY

Casey Moriarty (3)

9/10/05 Emerald City Classic (25:38.82)

10/8/05 Western Washington Inv. (31:56)

10/22/05 GNAC Championships (25:16)

SEATTLE PACIFIC

Tim LeCount (2)

9/25/04 UAF Short Course (11:11.1)

10/23/04 GNAC Championships (25:58)

Jordan Wolfe (1)

9/3/11 CWU Apple Ridge (20:15)

SIMON FRASER

Rowan Doherty (1)

9/15/18 USD Invitational (25:23)

WESTERN OREGON

Brady Beagley (1)

9/13/13 WOU Ash Creek (18:35)

Brett Franz (1)

9/28/02 Western Oregon Inv. (19:23.30)

Hunter Hutton (1)

8/31/18 Linfield Harrier Classic (19:47)

Nik Karr (1)

8/31/07 Western Oregon Open (25:01)

Connor Kasler (1)

9/2/11 Clackamas Inv. (19:46.31)

Jessie Light (1)

9/29/01 Western Oregon Inv. (20:50)

Jerret Mantalas (1)

9/18/04 Western Oregon Inv. (21:22)

Dustin Nading (2)

9/7/18 Ash Creek Invitational (21:02.5)

10/13/18 Warner Pacific Classic (24:11.5)

Chris Reed (3)

9/20/08 Willamette Grass Course (22:36.50)

9/12/09 Lewis & Clark Inv. (25:29.8)

9/18/09 Willamette Grass Course (22:36.2)

David Ribich (5)

9/3/16 John Frank OSU Invite (18:21.6)

9/9/16 Ash Creek Invitational (18:53.8)

9/22/17 SF State Invitational (24:47.0)

10/21/17 GNAC Championships (24:54.82)

11/3/17 NCAA West Regional (29:49.2)

Zeke Van Patten (1)

10/11/08 Pacific Lutheran Inv. (25:34.45)

Chase Wells (1)

9/13/03 Lewis & Clark (25:36.1)

WESTERN WASHINGTON

Isaac Derline (2)

9/26/15 Saint Martin's Invite (25:41.83)

10/11/16 WWU Classic (31:13.2)

Ian Fay (1)

9/22/18 Ken Garland Invitational (26:03.50)

Paul Keyes (4)

9/21/02 UW Sundodger Inv. (23:42)

10/12/02 WWU Invitational (31:29)

10/26/02 GNAC Championships (24:20.85)

11/9/02 NCAA West Regional (31:58)

Bennett Grimes (2)

9/12/09 CWU Apple Ridge (19:49)

10/9/10 WWU Preview (25:38)

Kurt Hartmaier (1)

10/5/02 WWU/SPU Dual (15:15)

Chip Jackson (1)

9/15/12 UW Sundodger Open (24:54.55)

Cody McCranie (1)

10/25/14 Viking XC Open (22:33.3)

Blake Medhaug (1)

9/8/07 Emerald City Classic (27:18.59)

Nathan Richards (1)

9/27/14 Saint Martin's Invitational (9/27/14)

Anthony Tomsich (2)

9/9/06 Emerald City Classic (26:51.71)

10/6/07 Western Washington Inv. (32:15.1)

Jordan Welling (1)

10/10/09 Western Washington Inv. (31:41)

Andrew Wise (1)

9/10/16 Central Washington Inv. (20:19)

WOMEN'S ALL-TIME RACE WINNERS

ALASKA

Sigrid Aas (7)

9/1/01 – UAF Birch Hill (19:40)

9/8/01 – UAA Palmer (19:13.0)

8/31/02 – UAF Birch Hill (18:28)

9/7/02 – UAA Palmer (18:58)

9/28/02 – UAA Inv. (18:58.88)

8/30/03 – UAF Birch Hill (19:32)

9/6/03 – UAA Palmer (18:40.32)

Anna Coulter (1)

8/29/08 – UAF West Ridge (24:01.8)

Pavia Havlova (4)

9/3/05 – UAF Interior (18:23.3)

9/10/05 – UAA Lynx (18:14)

10/8/05 – UAF Double Dual (22:53.48)

10/22/05 – GNAC (22:15)

Theresia Schnurr (4)

8/30/08 – UAF Birch Hill (15:39.4)

8/27/09 – UAF West Ridge (20:46.1)

8/29/09 – UAF Birch Hill (11:11.1)

9/5/09 – Hawaii Pacific (17:58)

Raphaela Sieber (1)

9/4/10 – UAF Short Course (15:19.9)

ALASKA ANCHORAGE

Emmah Chelimo (4)

9/22/18 UNLV Invitational (18:54.7)

10/20/18 WWU Classic (21:15)

11/3/18 GNAC Championships (21:25.1)

11/17/18 NCAA West Regional (20:57.47)

Joyce Chelimo (2)

10/24/15 GNAC Championships (21:00.90)

11/7/15 NCAA West Regional (20:59.97)

Elizabeth Chepkosgei (1)

9/1/07 UAA Invitational (18:39)

Beatrice Decker (1)

9/6/14 Big Wave Invitational (19:18.40)

Bryn Haebe (1)

8/30/14 Hawaii-Hilo Invitational (19:12)

GNAC CROSS COUNTRY ALL-TIME RACE WINNERS

ALASKA ANCHORAGE CONTINUED

Ruth Keino (9)

9/4/09 UAA Invitational (18:22.8)
9/8/10 Hawaii Pacific Sand Island (17:17.2)
9/11/10 BYU-Hawaii Invitational (17:47.2)
9/1/11 UAA Invitational (18:00.0)
9/3/11 Hawaii Pacific Invitational (18:22)
9/10/11 Hawaii Big Wave (18:38.32)
10/8/11 WWU Classic (21:10)
10/22/11 GNAC Championships (21:26)
11/5/11 NCAA West Regional (20:51)

Miriam Kipng'eno (1)

10/2/10 – Willamette Bowles Inv. (17:19.04)

Caroline Kurgat (8)

9/5/15 Hawaii Big Wave Invite (17:46.97)
9/12/15 Hawaii Pacific Invite (18:15.9)
9/3/16 NDNU Argonaut Invite (18:52.9)
10/22/16 GNAC Championships (21:17.10)
10/7/17 Lewis D2 XC Crossover (21:18.9)
10/21/17 GNAC Championships (20:49.42)
11/3/17 NCAA West Regional (20:26.1)
11/18/17 NCAA Championships (20:32.3)

Kamie Jo Massey (1)

9/4/04 UAF Interior (19:45)

Susan Tanui (9)

9/1/12 HPU Invitational (18:06)
9/8/12 Hawaii Big Wave (18:09)
10/6/12 WWU Invitational (21:31)
10/20/12 GNAC Championships (20:37.29)
11/3/12 NCAA West Regional (21:19)
8/31/13 UAA/BYUH Dual (18:14)
9/7/13 Chaminade (18:13)
10/26/13 GNAC Championships (20:24.74)
11/9/13 NCAA West Regionals (20:24.74)

CENTRAL WASHINGTON

Brandy Anderson (1)

9/24/05 CWU Apple Ridge (19:12)

Rachel Bailey (1)

9/23/06 CWU Apple Ridge (18:57)

Dani Eggleston (2)

9/13/14 Cent. Wash. XC Invite (14:55)
9/12/15 CWU Apple Ridge (15:00)

Elena Gomez (1)

9/10/16 CWU Invitational (15:11)

Katie Hummel (1)

9/9/06 Lewis & Clark Inv. (21:45.7)

Alicen Maier (1)

9/14/02 Central Washington Inv. (19:38)

Connie Morgan (1)

10/25/14 Viking XC Open (18:43.1)

Marcie Mullen (2)

9/7/07 Northwest Invitational (17:12)
9/22/07 CWU Apple Ridge (19:12)

Alexa Shindruk (1)

9/9/17 CWU-SMU-WWU Tri-Meet (14:40)

Stephanie Stine (1)

10/6/01 Central Washington Inv. (20:37)

CONCORDIA

Megan Fristoe (1)

9/4/15 Linfield Harrier Classic (14:59.14)

MONTANA STATE BILLINGS

Nocona Frame (2)

10/3/14 MUSB Yellowjacket Invite (22:25.65)
10/18/14 Black Hills St. Early Bird (20:01.53)

Whitney Mickelsen (1)

9/24/10 Dickinson State Inv. (19:56.01)

NORTHWEST NAZARENE

Bethany Danner (1)

9/21/18 EOU Invitational (19:11.7)

Sierra Manzer (1)

9/2/16 Idaho State Invite (10:45.2)

Ashley Puga (1)

10/18/08 Eastern Oregon Inv. (11:11)

Jaclyn Puga (1)

10/17/09 Eastern Oregon Inv. (10:55.35)

SAINT MARTIN'S

Erika Copeland (1)

9/1/12 Saint Martin's Invitational (25:11)

Larissa Kolasinski (2)

9/5/15 Puget Sound Invitational (23:10)
9/2/17 Puget Sound Invitational (23:51)

Joscelyn Minton (2)

10/11/08 Pacific Lutheran Inv. (22:45.66)
9/3/11 Puget Sound Invitational (24:02)

Janelle Probst (3)

9/4/04 Puget Sound Open (20:24)
9/10/04 Saint Martin's/Evergreen Dual (19:30)
9/9/05 Saint Martin's Invitational (18:36)

Shannon Porter (2)

9/3/16 Logger Invitational (20:35.17)
9/24/16 SMU Open (17:50.10)

SEATTLE UNIVERSITY

Kelly Fullerton (2)

9/25/04 Saint Martin's Inv. (18:04)
10/2/04 Central Washington Inv. (19:26.0)

SEATTLE PACIFIC

Lisa Anderberg (1)

9/22/07 Saint Martin's Inv. (18:39)

Mary Charleson (1)

9/10/16 Humboldt Invitational (21:08.21)

Meredith Crane (3)

9/10/05 Emerald City Classic (18:16.28)

9/24/05 Saint Martin's Invitational (17:33)

10/8/05 Western Washington Inv. (21:52)

Allison Cutting (1)

9/11/10 CWU Apple Ridge (15:45)

Karen Dickson (5)

9/11/04 Emerald City Classic (18:16.32)
9/23/04 UAF Birch Hill (22:42.2)
9/25/04 UAF Short Course (12:52.9)
10/9/04 Western Washington Inv. (21:57)
10/23/04 GNAC Championships (22:28.02)

Alyssa Foote (1)

9/1/17 Dual vs. Northwest (17:20.95)

McKayla Fricker (2)

9/5/13 UAF Invitational (22:58.3)
9/7/13 UAF Short Course (15:09.4)

Jane Larson (1)

9/6/08 Saint Martin's (23:06.0)

Josie Lavin (2)

9/20/03 Central Washington Inv. (19:22)
10/25/03 GNAC Championships (21:42.84)

Kaylee Mitchell (1)

9/15/18 CWU Invitational (18:03)

Anna Patti (3)

9/3/15 Alaska Invite Long Course (22:11.5)
9/5/15 Alaska Invite Short Course (18:34.5)
9/19/15 Sundodger Invitational (21:11.82)

Jessica Pixler (18)

9/9/06 Emerald City Classic (22:31.69)
9/16/06 UW Sundodger (21:35)
10/21/06 GNAC Championships (21:11)
11/4/06 NCAA West Regional (20:46.10)
9/8/07 Emerald City Classic (22:28.14)
9/22/07 Boise State Firman (18:00.44)
10/6/07 Western Washington Inv. (21:55.6)
10/20/07 GNAC Championships (20:53.48)
11/3/07 NCAA West Regional (19:52.9)
11/17/07 NCAA Championships (20:29.1)
10/11/08 UC San Diego Triton (21:12.3)
10/25/08 GNAC Championships (21:12)
11/8/08 NCAA West Regional (20:57.1)
11/22/08 NCAA Championships (20:59)
10/9/09 San Francisco State Inv. (20:36.4)
10/24/09 GNAC Championships (21:03)
11/7/09 NCAA West Regional (20:08.9)
11/21/09 NCAA Championships (20:22.6)

Natty Plunkett (3)

9/2/10 UAF Nanook Inv. (22:30.3)
9/1/11 UAF Long-Course (22:59.5)
9/3/11 UAF Short-Course (15:14.3)

Jamie Witt (1)

9/13/03 Saint Martin's Inv. (18:01.01)

Robyn Zeidler (1)

8/30/12 UAF Long-Course (22:56.9)

GNAC CROSS COUNTRY ALL-TIME RACE WINNERS

SIMON FRASER

Rebecca Bassett (2)

9/13/14 WOU Ash Creek Invite (14:27.9)
9/11/15 Ash Creek Invitational (16:28.1)
9/10/16 Ash Creek Invitational (16:52.8)

Lindsey Butterworth (1)

9/22/12 Sonoma State (22:05)

Helen Croft (1)

11/6/10 A.I.A. (17:39)

Julia Howley (1)

9/8/17 Ash Creek Invitational (16:24.6)

Jessica Smith (4)

9/18/10 UW Sundodger Open (21:51.94)
10/9/10 Western Washington Preview (17:46)
10/16/10 Concordia Classic (17:24.6)
10/23/10 Biola (17:39)

WESTERN OREGON

Kennedy Rufener (1)

9/1/17 Linfield Harrier Classic (15:21.41)

Jill Salmon (2)

9/29/01 Western Oregon Inv. (15:00)
9/28/02 Western Oregon Inv. (14:54.15)

Annie Wade

9/13/13 WOU Ash Creek (15:22)
10/12/13 PLU Invitational (22:28.32)

Amanda Wright (1)

9/18/09 Willamette Grass Course (19:32.36)

WESTERN WASHINGTON

Taylor Guenther (1)

9/7/12 CWU Invitational (15:33)

Brittany Grant (1)

9/26/15 Saint Martin's Invitational (17:48.94)

Rebecca Lehman (1)

9/22/18 Ken Garland Invitational (18:15.19)

Sarah Porter (10)

9/6/08 WWU Orca (17:38)
9/13/08 CWU Apple Ridge (22:21)
9/20/08 UW Sundodger Open (20:50)
10/11/08 Western Washington Inv. (21:24)
9/12/09 CWU Apple Ridge (15:13)
10/10/09 Western Washington Inv. (21:10)
9/25/10 Saint Martin's Inv. (21:37.3)
10/23/10 WWU Invitational (20:59.3)
11/6/10 GNAC Championships (21:04)
11/20/10 NCAA West Regional (21:21.9)

Katelyn Steen (4)

9/3/11 CWU Apple Ridge (15:43)
9/27/14 Saint Martin's Invite (18:06.26)
11/1/14 GNAC Championships (20:13.75)
11/22/14 NCAA West Regional (21:06.59)

Lillianna Stelling (1)

9/7/13 CWU Appleridge (15:48)

Laura Trevelyan (1)

10/5/02 SPU/WWU Dual (18:24)

Ashlee Vincent (3)

10/13/01 GNAC Championships (23:46.0)
9/28/02 Saint Martin's Inv. (18:26.05)
10/26/02 GNAC Championships (21:44.89)