

GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016**Lake Padden****Results****Event 1 Men 8k Run CC**

| Name | Year School | Avg Mile | Finals | Points |
|--------------------------|--------------------|----------|----------|--------|
| Results - Men | | | | |
| 1 Kangogo, Edwin | Alaska Anchorage | 5:00.7 | 24:54.80 | 1 |
| 2 Ramirez, Michel | Alaska Anchorage | 5:01.1 | 24:56.50 | 2 |
| 3 Derline, Isaac | Western Washington | 5:03.4 | 25:07.80 | 3 |
| 4 Cheseto, Henry | Alaska Anchorage | 5:05.7 | 25:19.20 | 4 |
| 5 Ribich, David | Western Oregon | 5:06.5 | 25:23.40 | 5 |
| 6 Charlton, Braeden | Simon Fraser | 5:08.0 | 25:31.00 | 6 |
| 7 Mitchell, Isaac | Northwest Nazarene | 5:08.5 | 25:33.50 | 7 |
| 8 Lutz, Matthew | Western Washington | 5:09.1 | 25:36.20 | 8 |
| 9 Miller, Sean | Simon Fraser | 5:09.2 | 25:36.60 | 9 |
| 10 Nading, Dustin | Western Oregon | 5:10.0 | 25:40.70 | 10 |
| 11 Samoei, Victor | Alaska Anchorage | 5:11.1 | 25:46.50 | 11 |
| 12 Rouleau, Marc-Antoine | Simon Fraser | 5:11.4 | 25:47.60 | 12 |
| 13 Mendenhall, Michael | Alaska Anchorage | 5:11.6 | 25:48.90 | 13 |
| 14 Doherty, Rowan | Simon Fraser | 5:12.4 | 25:52.80 | 14 |
| 15 Kipchumba, Nathan | Alaska Anchorage | 5:12.8 | 25:54.90 | 15 |
| 16 Love, Garrett | Msu-Billings | 5:12.9 | 25:55.40 | 16 |
| 17 Carrancho, Justin | Alaska Anchorage | 5:13.6 | 25:58.50 | 17 |
| 18 Egeland, Jorey | Msu-Billings | 5:13.7 | 25:59.00 | 18 |
| 19 de Dalmases, Mateo | Simon Fraser | 5:14.9 | 26:05.40 | 19 |
| 20 Kemboi, Godfrey | Northwest Nazarene | 5:15.2 | 26:06.70 | 20 |
| 21 Kipchumba, Amos | Alaska Anchorage | 5:15.6 | 26:08.50 | |
| 22 McCranie, Cody | Western Washington | 5:16.2 | 26:11.80 | 21 |
| 23 Tadesse, Ephraim | Simon Fraser | 5:16.8 | 26:14.60 | 22 |
| 24 Butler, Peter | Western Washington | 5:17.4 | 26:17.80 | 23 |
| 25 Crosswhite, Justin | Western Oregon | 5:17.5 | 26:18.00 | 24 |
| 26 Javier, Kaleb | Central Washington | 5:17.7 | 26:19.20 | 25 |
| 27 Lewis, Judd | Concordia (Ore.) | 5:17.9 | 26:19.90 | 26 |
| 28 Platil, Lukash | Alaska Fairbanks | 5:18.0 | 26:20.80 | 27 |
| 29 Miller, Jesse | Alaska Anchorage | 5:18.8 | 26:24.50 | |
| 30 Hamilton, Nick | Northwest Nazarene | 5:18.9 | 26:24.80 | 28 |
| 31 Livermore, Ethan | Concordia (Ore.) | 5:18.9 | 26:24.90 | 29 |
| 32 Seckel, Jared | Concordia (Ore.) | 5:19.0 | 26:25.50 | 30 |
| 33 Hayes, Dylan | Western Washington | 5:19.3 | 26:27.00 | 31 |
| 34 Jones, Tyler | Western Oregon | 5:19.5 | 26:28.10 | 32 |
| 35 Wise, Andrew | Western Washington | 5:19.9 | 26:29.90 | 33 |
| 36 Dempsey, Josh | Western Oregon | 5:20.1 | 26:31.00 | 34 |
| 37 Boston, Josh | Central Washington | 5:20.5 | 26:33.00 | 35 |
| 38 Irvine, Justin | Western Washington | 5:21.0 | 26:35.50 | 36 |
| 39 Lafferty, Jonathan | Central Washington | 5:21.1 | 26:36.10 | 37 |
| 40 Panasuk, Josh | Msu-Billings | 5:21.1 | 26:36.20 | 38 |
| 41 Mendoza, Tyus | Msu-Billings | 5:22.6 | 26:43.30 | 39 |
| 42 Korta, Kaleb | Alaska Anchorage | 5:22.9 | 26:44.90 | |
| 43 Serviss, Samuel | Simon Fraser | 5:23.1 | 26:45.70 | 40 |
| 44 Serventi, Daniel | Alaska Fairbanks | 5:23.3 | 26:47.10 | 41 |
| 45 Mustard, Timothy | Simon Fraser | 5:23.6 | 26:48.30 | |
| 46 Humphries, Tyler | Central Washington | 5:23.7 | 26:49.10 | 42 |
| 47 Heckman, Jasper | Saint Martin's | 5:24.0 | 26:50.50 | 43 |
| 48 Takagi, Seiji | Alaska Fairbanks | 5:24.1 | 26:50.70 | 44 |
| 49 Leaf, Ron | Central Washington | 5:24.1 | 26:51.00 | 45 |
| 50 Hovland, Mark | Msu-Billings | 5:24.3 | 26:51.70 | 46 |
| 51 Lee, Hanson | Central Washington | 5:24.3 | 26:52.00 | 47 |
| 52 Eckert, Alex | Alaska Fairbanks | 5:24.3 | 26:52.10 | 48 |

GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016**Lake Padden****Results****....Event 1 Men 8k Run CC**

| | | | | | | | | | |
|----|--------------------|------------|----|----|----|----|----|----|----|
| 2 | Simon Fraser | 60 | 6 | 9 | 12 | 14 | 19 | 22 | 40 |
| | Total Time: | 2:08:53.40 | | | | | | | |
| | Average: | 25:46.68 | | | | | | | |
| 3 | Western Washington | 86 | 3 | 8 | 21 | 23 | 31 | 33 | 36 |
| | Total Time: | 2:09:40.60 | | | | | | | |
| | Average: | 25:56.12 | | | | | | | |
| 4 | Western Oregon | 105 | 5 | 10 | 24 | 32 | 34 | 55 | 56 |
| | Total Time: | 2:10:21.20 | | | | | | | |
| | Average: | 26:04.24 | | | | | | | |
| 5 | Msu-Billings | 157 | 16 | 18 | 38 | 39 | 46 | 49 | 62 |
| | Total Time: | 2:12:05.60 | | | | | | | |
| | Average: | 26:25.12 | | | | | | | |
| 6 | Northwest Nazarene | 178 | 7 | 20 | 28 | 58 | 65 | 76 | |
| | Total Time: | 2:13:15.60 | | | | | | | |
| | Average: | 26:39.12 | | | | | | | |
| 7 | Central Washington | 184 | 25 | 35 | 37 | 42 | 45 | 47 | 50 |
| | Total Time: | 2:13:08.40 | | | | | | | |
| | Average: | 26:37.68 | | | | | | | |
| 8 | Alaska Fairbanks | 211 | 27 | 41 | 44 | 48 | 51 | 57 | 59 |
| | Total Time: | 2:13:52.30 | | | | | | | |
| | Average: | 26:46.46 | | | | | | | |
| 9 | Concordia (Ore.) | 226 | 26 | 29 | 30 | 69 | 72 | 73 | 74 |
| | Total Time: | 2:16:29.20 | | | | | | | |
| | Average: | 27:17.84 | | | | | | | |
| 10 | Saint Martin's | 285 | 43 | 54 | 61 | 63 | 64 | 66 | 71 |
| | Total Time: | 2:16:57.60 | | | | | | | |
| | Average: | 27:23.52 | | | | | | | |
| 11 | Seattle Pacific | 300 | 52 | 53 | 60 | 67 | 68 | 70 | 75 |
| | Total Time: | 2:17:50.20 | | | | | | | |
| | Average: | 27:34.04 | | | | | | | |

GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016**Lake Padden****Results****Event 2 Women 6k Run CC**

| Name | Year School | Avg Mile | Finals | Points |
|------------------------|--------------------|----------|----------|--------|
| Results - Women | | | | |
| 1 Kurgat, Caroline | Alaska Anchorage | 5:42.6 | 21:17.10 | 1 |
| 2 Porter, Shannon | Saint Martin's | 5:44.4 | 21:23.70 | 2 |
| 3 Bassett, Rebecca | Simon Fraser | 5:48.0 | 21:37.40 | 3 |
| 4 Charleson, Mary | Seattle Pacific | 5:48.9 | 21:40.60 | 4 |
| 5 Chelimo, Joyce | Alaska Anchorage | 5:51.5 | 21:50.20 | 5 |
| 6 Macdonald, Sarah | Seattle Pacific | 5:54.1 | 22:00.20 | 6 |
| 7 Howley, Julia | Simon Fraser | 5:56.5 | 22:09.00 | 7 |
| 8 Lopez, Yadira | Saint Martin's | 5:57.1 | 22:11.10 | 8 |
| 9 Manzer, Anysja | Northwest Nazarene | 5:59.7 | 22:20.90 | 9 |
| 10 Perez, Tamara | Alaska Anchorage | 6:00.3 | 22:23.20 | 10 |
| 11 Bassett, Miryam | Simon Fraser | 6:01.3 | 22:26.80 | 11 |
| 12 Stelling, Lillianna | Western Washington | 6:02.0 | 22:29.30 | 12 |
| 13 Townsend, Addy | Simon Fraser | 6:02.8 | 22:32.30 | 13 |
| 14 Jepchumba, Zannah | Alaska Anchorage | 6:03.5 | 22:35.20 | 14 |
| 15 Maker, Kaitlyn | Alaska Anchorage | 6:03.9 | 22:36.50 | 15 |
| 16 Burroughs, Mariah | Alaska Anchorage | 6:04.7 | 22:39.60 | 16 |
| 17 Rufener, Kennedy | Western Oregon | 6:05.2 | 22:41.30 | 17 |
| 18 Manzer, Sierra | Northwest Nazarene | 6:07.6 | 22:50.20 | 18 |
| 19 McCormick, Danielle | Alaska Anchorage | 6:08.0 | 22:51.90 | 19 |
| 20 Knapp, Grace | Western Oregon | 6:08.7 | 22:54.40 | 20 |
| 21 Block, Jordan | Alaska Anchorage | 6:08.8 | 22:55.00 | |
| 22 Coscia, Kimberly | Alaska Anchorage | 6:09.8 | 22:58.70 | |
| 23 Grant, Brittany | Western Washington | 6:09.9 | 22:59.10 | 21 |
| 24 Dobie, Reta | Simon Fraser | 6:10.1 | 22:59.50 | 22 |
| 25 Calvert, Hannah | Seattle Pacific | 6:10.7 | 23:02.00 | 23 |
| 26 O'Donnell, Dorothy | Alaska Fairbanks | 6:11.0 | 23:03.00 | 24 |
| 27 Taferre, Sara | Western Washington | 6:11.9 | 23:06.50 | 25 |
| 28 Rexus, Stephanie | Central Washington | 6:12.3 | 23:07.90 | 26 |
| 29 Hutchison, Maddy | Western Washington | 6:12.7 | 23:09.50 | 27 |
| 30 Carroll, Sophie | Seattle Pacific | 6:14.3 | 23:15.40 | 28 |
| 31 Shinnick, Peyton | Western Washington | 6:14.9 | 23:17.40 | 29 |
| 32 Striker, Kali | Alaska Fairbanks | 6:15.3 | 23:19.10 | 30 |
| 33 Phan, Chynna | Seattle Pacific | 6:15.5 | 23:19.70 | 31 |
| 34 Galvez, Sophia | Western Washington | 6:16.0 | 23:21.70 | 32 |
| 35 Nock, Paige | Simon Fraser | 6:16.9 | 23:24.90 | 33 |
| 36 Van de Grift, Suzie | Western Oregon | 6:17.4 | 23:27.00 | 34 |
| 37 Clem, Delaney | Central Washington | 6:18.3 | 23:30.20 | 35 |
| 38 Foote, Alyssa | Seattle Pacific | 6:19.1 | 23:33.20 | 36 |
| 39 Riberio, Chelsea | Simon Fraser | 6:20.3 | 23:37.80 | 37 |
| 40 Lilly, Kate | Seattle Pacific | 6:20.4 | 23:38.00 | 38 |
| 41 Walter, Katherine | Seattle Pacific | 6:20.6 | 23:39.00 | |
| 42 Kolasinski, Larissa | Saint Martin's | 6:22.1 | 23:44.40 | 39 |
| 43 Liebel, Brenna | Central Washington | 6:22.5 | 23:45.90 | 40 |
| 44 Bathe, Nichole | Alaska Fairbanks | 6:23.1 | 23:48.10 | 41 |
| 45 Carlson, Brenna | Central Washington | 6:23.2 | 23:48.40 | 42 |
| 46 Troupe, Shawna | Western Washington | 6:23.4 | 23:49.40 | 43 |
| 47 Teigen, Megan | Saint Martin's | 6:24.1 | 23:51.80 | 44 |
| 48 Shreffler, Waverly | Western Washington | 6:24.5 | 23:53.40 | |
| 49 Kettel, Hailey | Seattle Pacific | 6:25.5 | 23:57.00 | |
| 50 Mason, Ashley | Central Washington | 6:26.6 | 24:01.10 | 45 |
| 51 McCloskey, Claire | Saint Martin's | 6:29.3 | 24:11.40 | 46 |
| 52 Fristoe, Megan | Concordia (Ore.) | 6:29.8 | 24:13.10 | 47 |

GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016**Lake Padden****Results****...Event 2 Women 6k Run CC**

| | | | | |
|-------------------------|--------------------|--------|----------|----|
| 53 Girdler, Alicia | Central Washington | 6:30.4 | 24:15.20 | 48 |
| 54 Markset, Anne-Tine | Alaska Fairbanks | 6:31.9 | 24:20.90 | 49 |
| 55 Fitzgerald, Kimberly | Alaska Fairbanks | 6:34.2 | 24:29.70 | 50 |
| 56 Townsend, Dana | Simon Fraser | 6:34.7 | 24:31.40 | |
| 57 Hammons, Emily | Northwest Nazarene | 6:35.0 | 24:32.50 | 51 |
| 58 Woodward, Mikhaela | Western Washington | 6:35.6 | 24:34.80 | |
| 59 Hobson, Gabby | Concordia (Ore.) | 6:36.4 | 24:37.90 | 52 |
| 60 McNerney, Sedona | Seattle Pacific | 6:37.0 | 24:39.90 | |
| 61 Pederson, Nicole | Concordia (Ore.) | 6:38.2 | 24:44.60 | 53 |
| 62 Conley, McKenna | Northwest Nazarene | 6:40.4 | 24:52.50 | 54 |
| 63 Weller, Grace | Alaska Fairbanks | 6:41.2 | 24:55.70 | 55 |
| 64 Aiken, Nikki | Msu-Billings | 6:41.4 | 24:56.50 | 56 |
| 65 Dreicer, Talia | Western Washington | 6:41.6 | 24:57.20 | |
| 66 Danner, Bethany | Northwest Nazarene | 6:42.9 | 25:01.80 | 57 |
| 67 Nelson, Miranda | Central Washington | 6:43.1 | 25:02.80 | 58 |
| 68 Dorney, Lindsey | Saint Martin's | 6:43.4 | 25:03.70 | 59 |
| 69 Frame, Rio | Msu-Billings | 6:44.3 | 25:07.20 | 60 |
| 70 Richardson, Dalen | Concordia (Ore.) | 6:44.7 | 25:08.80 | 61 |
| 71 Beyerlein, Tera | Central Washington | 6:45.9 | 25:13.20 | |
| 72 Link, Ginny | Western Oregon | 6:46.9 | 25:16.80 | 62 |
| 73 Harrington, Sara | Concordia (Ore.) | 6:47.0 | 25:17.30 | 63 |
| 74 Ditzhazy, Amanda | Western Oregon | 6:47.2 | 25:17.80 | 64 |
| 75 Woods, Olivia | Western Oregon | 6:48.7 | 25:23.60 | 65 |
| 76 Bomar, Bailey | Msu-Billings | 6:50.1 | 25:28.70 | 66 |
| 77 Vaughan, Yeshi | Saint Martin's | 6:50.6 | 25:30.60 | 67 |
| 78 Fristoe, Sara | Concordia (Ore.) | 6:50.7 | 25:31.20 | 68 |
| 79 Foster, Lydia | Msu-Billings | 6:51.2 | 25:32.90 | 69 |
| 80 Wilsey, Halie | Northwest Nazarene | 6:51.5 | 25:33.90 | 70 |
| 81 Gowen, Toni | Western Oregon | 6:53.2 | 25:40.40 | 71 |
| 82 Rose, Megan | Western Oregon | 6:54.7 | 25:45.80 | |
| 83 McKinney, Kaitlyn | Central Washington | 6:54.9 | 25:46.80 | |
| 84 Fjelstul, Bailey | Concordia (Ore.) | 6:59.9 | 26:05.40 | 72 |
| 85 Bailly, Kaitlyn | Concordia (Ore.) | 7:01.2 | 26:10.00 | |
| 86 Burke, Grayson | Western Oregon | 7:04.2 | 26:21.20 | |
| 87 Schuchard, Catrina | Msu-Billings | 7:06.6 | 26:30.30 | 73 |
| 88 Lilly, Sarah | Alaska Fairbanks | 7:08.1 | 26:36.00 | 74 |
| 89 Campbell, Kelsea | Concordia (Ore.) | 7:09.4 | 26:40.80 | |
| 90 Beatty, Sarah | Msu-Billings | 7:24.4 | 27:36.80 | 75 |
| 91 McKenzie, Ella | Msu-Billings | 7:25.3 | 27:39.90 | 76 |
| 92 Pott, Tiffany | Saint Martin's | 7:36.9 | 28:23.30 | |
| 93 Abbott, Olivia | Saint Martin's | 7:59.4 | 29:47.00 | |
| -- Schell, Madison | Concordia (Ore.) | | DNF | |
| -- Merioles, Emily | Northwest Nazarene | | DNF | |
| -- Maurmann, Nicole | Western Oregon | | DNF | |

Team Scores

| Rank | Team | Total | 1 | 2 | 3 | 4 | 5 | *6 | *7 | *8 | *9 |
|------|------|-------|---|---|---|---|---|----|----|----|----|
|------|------|-------|---|---|---|---|---|----|----|----|----|

Results - Women

GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016**Lake Padden****Results****....Event 2 Women 6k Run CC**

| | | | | | | | | | |
|----|--------------------|------------|----|----|----|----|----|----|----|
| 1 | Alaska Anchorage | 45 | 1 | 5 | 10 | 14 | 15 | 16 | 19 |
| | Total Time: | 1:50:42.20 | | | | | | | |
| | Average: | 22:08.44 | | | | | | | |
| 2 | Simon Fraser | 56 | 3 | 7 | 11 | 13 | 22 | 33 | 37 |
| | Total Time: | 1:51:45.00 | | | | | | | |
| | Average: | 22:21.00 | | | | | | | |
| 3 | Seattle Pacific | 92 | 4 | 6 | 23 | 28 | 31 | 36 | 38 |
| | Total Time: | 1:53:17.90 | | | | | | | |
| | Average: | 22:39.58 | | | | | | | |
| 4 | Western Washington | 114 | 12 | 21 | 25 | 27 | 29 | 32 | 43 |
| | Total Time: | 1:55:01.80 | | | | | | | |
| | Average: | 23:00.36 | | | | | | | |
| 5 | Saint Martin's | 139 | 2 | 8 | 39 | 44 | 46 | 59 | 67 |
| | Total Time: | 1:55:22.40 | | | | | | | |
| | Average: | 23:04.48 | | | | | | | |
| 6 | Central Washington | 188 | 26 | 35 | 40 | 42 | 45 | 48 | 58 |
| | Total Time: | 1:58:13.50 | | | | | | | |
| | Average: | 23:38.70 | | | | | | | |
| 7 | Northwest Nazarene | 189 | 9 | 18 | 51 | 54 | 57 | 70 | |
| | Total Time: | 1:59:37.90 | | | | | | | |
| | Average: | 23:55.58 | | | | | | | |
| 8 | Alaska Fairbanks | 194 | 24 | 30 | 41 | 49 | 50 | 55 | 74 |
| | Total Time: | 1:59:00.80 | | | | | | | |
| | Average: | 23:48.16 | | | | | | | |
| 9 | Western Oregon | 197 | 17 | 20 | 34 | 62 | 64 | 65 | 71 |
| | Total Time: | 1:59:37.30 | | | | | | | |
| | Average: | 23:55.46 | | | | | | | |
| 10 | Concordia (Ore.) | 276 | 47 | 52 | 53 | 61 | 63 | 68 | 72 |
| | Total Time: | 2:04:01.70 | | | | | | | |
| | Average: | 24:48.34 | | | | | | | |
| 11 | Msu-Billings | 324 | 56 | 60 | 66 | 69 | 73 | 75 | 76 |
| | Total Time: | 2:07:35.60 | | | | | | | |
| | Average: | 25:31.12 | | | | | | | |