

2023 Great Northwest Cross Country Conference Championship

Kincaid Park, Anchorage, Ak 10/21/2023
5K

===== Women's 6,000 =====

Women's 6,000 Team Results

1.	Western Washington	=	49
2.	Saint Martin's	=	71
3.	Alaska Fairbanks	=	86
4.	Simon Fraser	=	103
5.	Alaska Anchorage	=	137
6.	Western Oregon	=	141
7.	Seattle Pacific	=	153
8.	Northwest Nazarene	=	184
9.	Central Washington	=	272
10.	MSU-Billings	=	273

Place	TmPl	No.	Name	Gr	School	Time
=====	=====	=====	=====	=====	=====	=====
1	1	25	Kendall Kramer	JR	Alaska Fairbanks	20:46.2
2	2	24	Rosie Fordham	JR	Alaska Fairbanks	20:55.5
3	3	114	Annika Esvelt	JR	Seattle Pacific	21:04.5
4	4	207	Ashley Reeck	SO	Western Washington	21:16.9
5	5	1	Nell Baker	SR	Alaska Anchorage	21:18.5
6	6	110	Cassidy Walchak-Sloan	JR	Saint Martin's	21:20.0
7	7	186	Ila Davis	SO	Western Washington	21:30.0
8	8	109	Alisha Saucedo	JR	Saint Martin's	21:40.7
9	9	108	Sara Sabra	JR	Saint Martin's	21:42.1
10	10	111	Elke Wijkmans	JR	Saint Martin's	21:43.8
11	11	195	Marian Ledesma	SR	Western Washington	21:46.3
12	12	19	Naomi Bailey	JR	Alaska Fairbanks	21:47.7
13	13	200	Meaera Nystrom	JR	Western Washington	21:50.2
14	14	214	Sophie Wright	JR	Western Washington	21:51.2
15	15	187	Ella Edens	FR	Western Washington	21:54.7
16	16	82	Morgan Erler	SO	Northwest Nazarene	21:57.3
17	17	147	Rachael Watkins	SO	Simon Fraser	21:58.6
18	18	209	Emma Smith	JR	Western Washington	22:03.9
19		185	Mia Crocker	JR	Western Washington	22:07.0
20	19	129	Kate Cameron	SO	Simon Fraser	22:07.8
21	20	156	Caitlin Heldt	SR	Western Oregon	22:12.6
22	21	131	Grace Chalk	SR	Simon Fraser	22:23.0
23	22	139	Charlotte Pranglely	JR	Simon Fraser	22:23.9
24	23	35	Delainey Zock	JR	Alaska Fairbanks	22:24.8
25	24	140	Alicia Ranahan	JR	Simon Fraser	22:28.8
26	25	173	Riley Smith	SO	Western Oregon	22:32.1

27		194	Emmy Kroontje	SO	Western Washington	22:32.6
28	26	120	Matise Mulch	SO	Seattle Pacific	22:38.0
29	27	136	Grace Mack	FR	Simon Fraser	22:48.8
30	28	158	Holly Hutton	SO	Western Oregon	22:50.0
31	29	15	Tressa Wood	JR	Alaska Anchorage	22:53.5
32	30	137	Ella Marion	JR	Simon Fraser	22:59.5
33	31	11	Sofija Spaic	JR	Alaska Anchorage	23:00.2
34	32	151	Katie Chapman	JR	Western Oregon	23:03.9
35		203	Alanna Parker	SO	Western Washington	23:07.0
36	33	121	Anna Prussian	FR	Seattle Pacific	23:12.6
37	34	89	Olivia Klein	JR	Northwest Nazarene	23:18.2
38		134	Milena Kalisch	SO	Simon Fraser	23:20.4
39	35	14	Avery Williamson	FR	Alaska Anchorage	23:29.1
40		144	Selin Tasdemir	FR	Simon Fraser	23:30.5
41		143	Madison Stoochnoff	JR	Simon Fraser	23:34.4
42	36	165	Kaydence Nguyen	FR	Western Oregon	23:40.0
43	37	10	Monica Ruelas	SR	Alaska Anchorage	23:40.3
44	38	107	Kya Ramirez	JR	Saint Martin's	23:41.5
45	39	94	Keelin Stewart	SO	Northwest Nazarene	23:43.6
46	40	163	Amelia Merritt	FR	Western Oregon	23:44.7
47	41	51	Hannah Mikkelsen	FR	Central Washington	23:45.0
48	42	155	Olivia Flack	JR	Western Oregon	23:45.2
49		175	Joelle Upshur	FR	Western Oregon	23:45.2
50	43	62	Carey Berendsen	SO	MSU-Billings	23:46.4

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Place	TmPl	No.	Name	Gr	School	Time
=====	=====	=====	=====	==	=====	=====
51	44	115	Maya Ewing	SO	Seattle Pacific	23:48.4
52	45	83	Jordan Gram	FR	Northwest Nazarene	23:51.2
53	46	63	Cecily Eagleton	SO	MSU-Billings	23:55.2
54	47	116	Katelyn Flolo	SO	Seattle Pacific	23:59.6
55	48	34	Tabitha Williams	FR	Alaska Fairbanks	24:01.3
56	49	124	Nicki Yorges	JR	Seattle Pacific	24:02.1
57		169	Kyla Potratz	FR	Western Oregon	24:10.0
58	50	79	Becca Darwood	FR	Northwest Nazarene	24:11.7
59	51	78	Casey Collom	FR	Northwest Nazarene	24:15.3
60	52	33	Teegan Silva	SO	Alaska Fairbanks	24:17.2
61	53	6	Aunika Miller	SO	Alaska Anchorage	24:21.7

62	54	90	Mckenna Lechner	FR Northwest Nazarene	24:29.3
63	55	60	Nicole Yanasak	FR Central Washington	24:37.5
64	56	101	Naomi Hartley	SR Saint Martin's	24:42.4
65	57	50	Beatrice Le Gore	SO Central Washington	24:46.0
66	58	72	Madeline Severson	JR MSU-Billings	24:58.3
67	59	43	Camryn Holterhoff	FR Central Washington	25:03.3
68		152	Ali Clifton	SO Western Oregon	25:15.3
69	60	39	Ava Courtney	FR Central Washington	25:15.5
70	61	5	Mallory McCarter	SO Alaska Anchorage	25:25.0
71	62	74	Aspen Tolman	SR MSU-Billings	25:27.9
72	63	41	Eva Herion	FR Central Washington	25:39.2
73	64	68	Toree Manning	SO MSU-Billings	25:44.1
74	65	49	Hannah Koivisto	FR Central Washington	26:06.9
75	66	73	Chloe Shennum	FR MSU-Billings	26:12.8
76		58	Madison Thompson	JR Central Washington	26:23.5
77		96	Joan Woods	FR Northwest Nazarene	26:26.5
78	67	76	Emma Weaver	FR MSU-Billings	27:34.0

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===== Men's 8,000 =====

Men's 8,000 Team Results

1. Western Washington = 37
2. Alaska Anchorage = 51
3. Simon Fraser = 80
4. Western Oregon = 142
5. Northwest Nazarene = 145
6. Central Washington = 161
7. Saint Martin's = 187
8. Seattle Pacific = 217
9. Alaska Fairbanks = 220
10. MSU-Billings = 259

Place	TmPl	No.	Name	Gr	School	Time
1	1	198	Kevin McDermott	JR	Western Washington	24:43.5
2	2	38	Johan Correa	SO	Central Washington	24:47.7
3	3	7	Cole Nash	JR	Alaska Anchorage	25:01.8
4	4	128	Sebastian Brinkman	SR	Simon Fraser	25:02.0
5	5	201	Andrew Oslin	SR	Western Washington	25:07.9
6	6	16	Michael Zapherson	SR	Alaska Anchorage	25:10.7
7	7	88	Brody Kemble	SO	Northwest Nazarene	25:12.0
8	8	98	Isaac Cortes	JR	Saint Martin's	25:16.9

9	9	183	Ryan Clough	JR Western Washington	25:21.2
10	10	190	Jeret Gillingham	JR Western Washington	25:21.6
11	11	9	John Peckham	SO Alaska Anchorage	25:22.0
12	12	193	Jalen Javurek	JR Western Washington	25:40.4
13	13	8	George Payne	JR Alaska Anchorage	25:48.2
14	14	130	Jose Castro	JR Simon Fraser	25:49.2
15	15	138	Ephrem Mekonnen	SR Simon Fraser	25:52.7
16	16	197	Samuel Lingwall	JR Western Washington	25:53.3
17	17	148	Kanoa Blake	FR Western Oregon	25:54.3
18	18	2	Ty Elliott	FR Alaska Anchorage	25:56.9
19	19	178	Jason Blinn	SO Western Washington	25:57.5
20	20	37	Steiner Christensen	FR Central Washington	26:01.6
21	21	126	Scott Arndt	JR Simon Fraser	26:04.2
22	22	118	Brennan LeBlanc	SR Seattle Pacific	26:06.8
23		208	Leo Rutledge	SO Western Washington	26:12.1
24	23	4	Wyatt Matyas	SR Alaska Anchorage	26:13.4
25	24	168	Easton Pomrankey	JR Western Oregon	26:13.9
26	25	95	Ian Stockett	FR Northwest Nazarene	26:14.3
27		196	Dylan Lennon	JR Western Washington	26:14.6
28	26	141	Henry Ruckman-Utting	SO Simon Fraser	26:16.1
29	27	81	Quincy Ellis	JR Northwest Nazarene	26:24.3
30	28	142	Benjamin Schoening	SO Simon Fraser	26:27.4
31		192	Will Henry	SO Western Washington	26:33.1
32	29	22	Ben Dohlby	FR Alaska Fairbanks	26:36.1
33	30	150	Ethan Bothwell	FR Western Oregon	26:37.1
34	31	106	Kainalu Pagente	JR Saint Martin's	26:38.0
35	32	64	Bryant Edgerton	SR MSU-Billings	26:40.0
36	33	174	Kolby Spink	SO Western Oregon	26:41.0
37	34	145	Andrew Thomson	SO Simon Fraser	26:42.9
38	35	112	Silas Demmert	FR Seattle Pacific	26:44.0
39	36	13	Ries Tveit	SO Alaska Anchorage	26:45.2
40	37	46	Max Hutton	FR Central Washington	26:46.4
41	38	159	Jordan Kemper	JR Western Oregon	26:46.8
42	39	86	Asher Ingram	FR Northwest Nazarene	26:52.2
43	40	149	Grant Bohannon	FR Western Oregon	26:55.9
44	41	26	Philipp Moosmayer	SO Alaska Fairbanks	26:57.8
45		132	Aiden Good	JR Simon Fraser	26:58.5
46	42	170	Isaiah Rodriguez	FR Western Oregon	26:59.1
47	43	123	Isaac Venable	SO Seattle Pacific	27:00.1
48	44	71	Andrew Rush	FR MSU-Billings	27:01.0
49		125	Braden Ahl	SO Simon Fraser	27:03.6
50	45	99	Eli Dale	SO Saint Martin's	27:07.2

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===== Men's 8,000 =====

Place	TmPl	No.	Name	Gr	School	Time
51		166	Logan Parker	SO	Western Oregon	27:14.3
52	46	32	Koen Ross	JR	Alaska Fairbanks	27:15.0
53	47	85	Aaron Heberlein	SO	Northwest Nazarene	27:19.2
54	48	93	Carter Stedman	FR	Northwest Nazarene	27:26.4
55	49	102	Michael Harwell	JR	Saint Martin's	27:27.0
56	50	53	Chase Perez	FR	Central Washington	27:30.3
57	51	27	Finn Morley	JR	Alaska Fairbanks	27:30.6
58	52	54	Jack Pratapas	SO	Central Washington	27:35.5
59		153	Cedar Davis-Frankfort	JR	Western Oregon	27:37.0
60	53	30	Jace Peters	FR	Alaska Fairbanks	27:48.0
61	54	103	Timmy Higgins	FR	Saint Martin's	27:48.1
62	55	119	Jonathan Lieb	FR	Seattle Pacific	27:49.2
63	56	47	Quinten Jones	FR	Central Washington	27:50.0
64		171	Keeton Sanchez	JR	Western Oregon	27:53.4
65		17	Stephen Zukowski	SO	Alaska Anchorage	27:55.9
66	57	69	Wyatt May	SO	MSU-Billings	27:58.1
67	58	77	Micah Chi	FR	Northwest Nazarene	28:01.6
68	59	29	Ryan Owens	SO	Alaska Fairbanks	28:10.0
69	60	42	Colin Hitchcock	JR	Central Washington	28:14.8
70	61	66	Will Hyatt	SO	MSU-Billings	28:24.1
71	62	117	Nathaniel Gale	SO	Seattle Pacific	28:27.4
72	63	105	Noe Ortega	FR	Saint Martin's	28:32.6
73	64	113	Gabe Endresen	JR	Seattle Pacific	28:34.7
74		135	Micah Logie	SO	Simon Fraser	28:40.3
75	65	75	Nate Tweedy	JR	MSU-Billings	28:55.6
76	66	23	Nolan Earnest	SR	Alaska Fairbanks	29:01.5
77	67	122	Ben Sheirbon	JR	Seattle Pacific	29:02.9
78	68	100	Jaskaran Dhatt	SR	Saint Martin's	29:09.2
79		18	Kona Atkins	FR	Alaska Fairbanks	29:15.1
80		21	Josh Baurick	SO	Alaska Fairbanks	29:30.6
81		55	Noah Sanchez	JR	Central Washington	29:50.7
82		92	Connor Robbins	FR	Northwest Nazarene	30:06.4
83	69	61	Jackson Bailey	SR	MSU-Billings	30:18.9

Results by Skinny Raven Events and Timing