

## Wes Cook Invitational Results

George Fox, 10-14-17

### Men's 8000 Meters (8k )

Rank	Team name	Total Time	Avg. Time	Score	1	2	3	4	5	6	7
1	Northwest Christian	2:11:02	26:12	61	6	7	10	17	21	23	32
2	Lane CC	2:09:36	25:55	74	1	2	3	22	46		
3	UO Running Club	2:12:28	26:29	91	4	8	16	27	36	40	45
4	Corban	2:12:45	26:33	96	5	9	11	29	42	51	57
5	George Fox	2:12:41	26:32	99	13	18	19	24	25	30	31
6	Western Oregon	2:13:26	26:41	108	12	14	15	33	34	43	44
7	Clark College	2:22:50	28:34	203	20	26	41	53	63	66	68
8	Clackamas CC	2:21:41	28:20	225	28	35	47	56	59		
9	Everett CC	2:19:46	27:57	225	37	38	48	50	52	60	
10	Mt. Hood CC	2:30:22	30:04	276	39	54	58	61	64		
11	SW Oregon CC	2:35:28	31:05	298	49	55	62	65	67		

Place	Name	Year	Team	Avg. Mile	Time	Score
1	Martin, Michael	SO-2	Lane CC	4:55.1	24:27.2	1
2	Teran Solano, Michael	JR	Unattached	4:59.2	24:47.5	
3	Silva, Evert		Unattached	5:02.6	25:04.2	
4	Guer mali, Said	SO	Unattached	5:02.7	25:04.9	
5	Allegre, Peter	SO	Unattached	5:04.4	25:13.2	
6	Muha, Andy	FR-1	Lane CC	5:05.8	25:20.1	2
7	Martinez, Moises	SO-2	Lane CC	5:05.9	25:20.6	3
8	Johnston, Conor	SR	Unattached	5:06.6	25:24.2	
9	Pedersen, Robert	SO	UO Running Club	5:08.0	25:31.3	4
10	Villegas-Ponce, Elias	JR-3	Warner Pacific	5:08.8	25:35.2	
11	Wulff, Devin	JR	Unattached	5:10.2	25:42.2	
12	Clarke, Ryan	JR	Unattached	5:11.3	25:47.6	
13	Swoboda, Robert	FR-1	Corban	5:11.6	25:48.9	5
14	Wright, TJ	SR-4	Northwest Christian	5:12.6	25:54.2	6
15	Truitt, Jacob	FR-1	Northwest Christian	5:13.8	26:00.2	7
16	Berdahl, Seth	JR	UO Running Club	5:14.1	26:01.4	8
17	West, Zane	SR-4	Corban	5:14.6	26:04.1	9
18	Covey, Conner	JR-3	Northwest Christian	5:14.8	26:04.8	10
19	Salvador-Benavides, Ruben	SO-2	Corban	5:14.9	26:05.3	11
20	Heckard, Sawyer	SO-2	Western Oregon	5:15.0	26:06.1	12
21	Elmore, Spencer	JR-3	George Fox	5:15.3	26:07.5	13
22	Knoblich, Jake	SR	Unattached	5:16.7	26:14.3	
23	Parker, James	FR	Unattached	5:17.7	26:19.6	
24	Chin, Michael	SR-4	Western Oregon	5:17.9	26:20.5	14
25	Rothlisberger, Aaron	JR-3	Western Oregon	5:18.3	26:22.3	15
26	Roux, Malcolm	JR	Unattached	5:18.8	26:24.9	
27	Christman, Carter	SO	UO Running Club	5:19.2	26:27.1	16
28	Phillips, Corban	FR-1	Northwest Christian	5:19.6	26:29.0	17
29	Henkel, Brendon	SO-2	George Fox	5:19.9	26:30.1	18
30	Kaelin, Timothy	FR-1	George Fox	5:19.9	26:30.5	19
31	Andersen, Sam	FR-1	Clark College	5:20.6	26:34.0	20
32	Bain , Carson	FR-1	Northwest Christian	5:20.8	26:34.8	21
33	Bylenga, Nolan	FR-1	Lane CC	5:21.2	26:36.6	22
34	Carrier, Dan	JR-3	Northwest Christian	5:21.6	26:39.0	23
35	Oien, Ezekiel	FR-1	Multnomah	5:21.7	26:39.1	
36	Ammon, Jack	FR-1	George Fox	5:22.4	26:42.5	24
37	Larsen, Rylan	SO-2	George Fox	5:24.1	26:51.2	25
38	Hulsizer, Jarod	FR-1	Clark College	5:25.8	26:59.7	26
39	Beyerle, Eric	SR	UO Running Club	5:26.0	27:00.8	27
40	Castellanos, Angel	SO-2	Clackamas CC	5:26.3	27:02.1	28
41	Quinn, Bryant		Unattached	5:26.6	27:03.5	
42	Larabee, Drew	SR-4	Corban	5:26.6	27:03.8	29
43	Larabee, Daniel	SO-2	Multnomah	5:26.8	27:04.8	
44	Ashford, Romare	SO-2	George Fox	5:27.2	27:06.5	30
45	Beck, Richard	FR-1	George Fox	5:27.7	27:09.2	31
46	Martinez, Andres	SO-2	Northwest Christian	5:28.7	27:14.1	32
47	Tarbell, Kody		Unattached	5:28.8	27:14.5	
48	Meyer, Josh	JR-3	George Fox	5:28.8	27:14.6	
49	Holmberg, AJ	JR-3	Western Oregon	5:29.5	27:18.2	33
50	Murphy, Michael		Unattached	5:29.7	27:19.3	
51	Knott, Curt	FR-1	Western Oregon	5:29.9	27:20.0	34
52	Earl, Hayden	FR-1	Clackamas CC	5:30.8	27:24.5	35
53	Bromham, Jake	FR	UO Running Club	5:31.5	27:28.1	36
54	Cushman, Zachary	FR	Everett CC	5:31.8	27:29.3	37
55	Meza, Anthony	FR-1	Everett CC	5:32.2	27:31.7	38
56	Atchison, Colin	SR-4	George Fox	5:32.4	27:32.7	
57	McLean, Luke	FR-1	Mt. Hood CC	5:32.8	27:34.4	39
58	Lavalley, Spencer	FR-1	George Fox	5:32.9	27:34.8	

59	Dreibelbis , Kyle		Unattached	5:33.0	27:35.5						
60	Rising, Jack	SR	UO Running Club	5:33.0	27:35.7	40					
61	Reyes, Brandon	SO-2	Clark College	5:34.2	27:41.4	41					
62	Griffes, Jonathan	JR-3	Corban	5:34.7	27:43.7	42					
63	Haglund, Matthew	JR-3	Western Oregon	5:34.9	27:44.7	43					
64	Carlson, Dylan	FR-1	Western Oregon	5:35.6	27:48.6	44					
65	McCausland, Matt	FR	UO Running Club	5:36.2	27:51.2	45					
66	Davis III, Gary	SR	Unattached	5:36.4	27:52.3						
67	Mootz, Demario	FR-1	Lane CC	5:36.4	27:52.5	46					
68	Buckley-Noonan, Brennan	SO-2	Western Oregon	5:36.6	27:53.5						
69	Martin, Seth	FR-1	Clackamas CC	5:37.1	27:55.8	47					
70	Ambrose, Lukas	FR	UO Running Club	5:37.4	27:57.2						
71	Cabalse, Rylie	FR-1	Northwest Christian	5:37.4	27:57.3						
72	Said, Galmo	FR-1	Everett CC	5:37.4	27:57.4	48					
73	Klepper, Lamont	FR-1	SW Oregon CC	5:37.8	27:59.2	49					
74	Guisinger, Johnathan	FR-1	George Fox	5:39.4	28:07.3						
75	Novak, Cortlend	FR	Everett CC	5:39.7	28:08.6	50					
76	Bibb, Zachary		Unattached	5:39.9	28:09.8						
77	Lackey, Jacob	FR-1	Northwest Christian	5:42.0	28:20.4						
78	Council, Keegan	SO-2	Multnomah	5:42.2	28:21.4						
79	Breckheimer, Jonathan	SO	UO Running Club	5:43.0	28:25.1						
80	Sagert, Andrew	FR-1	Corban	5:45.2	28:36.0	51					
81	Hodgkins, Isaac	SO-2	George Fox	5:45.7	28:38.6						
82	Frollich, Channing	FR-1	Everett CC	5:45.9	28:39.7	52					
83	Raines, Matt	FR-1	George Fox	5:45.9	28:39.7						
84	Heimberg, Nick	JR	UO Running Club	5:48.3	28:51.4						
85	Cardinale, Drew	FR	UO Running Club	5:49.6	28:58.2						
86	Tavera, Javier	FR-1	Clark College	5:50.1	29:00.6	53					
87	Collins, Drake		Multnomah University Elite	5:50.2	29:01.1						
88	Marshall, Dominick	JR-3	Western Oregon	5:51.7	29:08.7						
89	Llanos, Chris	FR-1	Mt. Hood CC	5:52.2	29:10.7	54					
90	Walters, Braden	SO-2	SW Oregon CC	5:52.8	29:13.9	55					
91	Roquel, Santos	FR-1	Clackamas CC	5:54.2	29:20.9	56					
92	Carter, Nikolas	FR-1	Corban	5:54.3	29:21.6	57					
93	Kroontje, Josiah	FR-1	Corban	5:55.0	29:25.1						
94	Marter, Garen	JR	UO Running Club	5:56.2	29:30.9						
95	Lottis, Tim	FR-1	Mt. Hood CC	5:56.7	29:33.3	58					
96	Crawford, Elliott	FR-1	Warner Pacific	6:00.0	29:49.9						
97	Jury, Micah	SO-2	Northwest Christian	6:01.0	29:54.9						
98	Davis, Ben	FR-1	Clackamas CC	6:01.8	29:58.5	59					
99	King, Sam	JR-3	Corban	6:02.0	29:59.6						
100	Rakestraw, Ben	SO	UO Running Club	6:02.4	30:01.4						
101	Stearns, Michael	SR	Unattached	6:04.7	30:13.0						
102	Jaworski, Wayne	FR-1	Umpqua CC	6:06.1	30:20.1						
103	Keller, Brad	FR-1	Northwest Christian	6:07.2	30:25.5						
104	Engle, Tucker	SO	UO Running Club	6:07.4	30:26.4						
105	Ha, Michael	FR	Everett CC	6:10.4	30:41.3	60					
106	Yotsuya, Neil	FR	UO Running Club	6:12.2	30:50.4						
107	Garcia, Manny	SR-4	Warner Pacific	6:17.1	31:14.9						
108	Thornburg, Terek	SO-2	Mt. Hood CC	6:18.1	31:19.8	61					
109	Tripp, Seth	FR-1	Corban	6:28.4	32:10.9						
110	Lepre, Isaiah	FR-1	Umpqua CC	6:29.2	32:15.1						
111	Naneng, Harold	FR-1	SW Oregon CC	6:31.0	32:23.9	62					
112	Ernst, Jason	SO-2	Clark College	6:33.3	32:35.4	63					
113	Rome, Donell	FR-1	Mt. Hood CC	6:35.1	32:44.2	64					
114	Lee, ChongHyun	FR-1	SW Oregon CC	6:36.4	32:50.6	65					
115	Cruz-Solis, Jose	FR-1	Clark College	6:36.8	32:52.6	66					
116	Cecil, Ryan	FR-1	SW Oregon CC	6:38.6	33:01.4	67					
117	Davis, Champ	SR	UO Running Club	6:39.4	33:05.5						
118	Carrier, Patrick	FR-1	Clark College	6:39.6	33:06.5	68					
119	McLaughlin, Austin	FR-1	Clark College	6:47.4	33:45.5						
120	Laiblin, Grant	FR-1	Umpqua CC	6:48.8	33:52.3						
121	Wang, Mark	JR	UO Running Club	6:50.9	34:02.8						
122	Morgan, Chris	SR-4	Warner Pacific	7:00.1	34:48.6						
123	Gallegos, Justin	SO	UO Running Club	8:28.1	42:06.2						

**Women's 5000 Meters (5k )**

Rank	Team name	Total Time	Avg. Time	Score	1	2	3	4	5	6	7
1	Corban	1:34:30	18:54	27	1	3	5	7	11	16	22
2	Northwest Christian	1:37:04	19:24	55	2	8	13	15	17	34	35
3	George Fox	1:37:06	19:25	64	4	6	10	20	24	27	28
4	UO Running Club	1:39:12	19:50	91	9	12	18	21	31	33	38
5	Clark College	1:43:52	20:46	142	14	19	23	37	49	50	
6	Western Oregon	1:43:17	20:39	164	25	30	32	36	41	42	45
7	Multnomah	1:46:53	21:22	195	26	39	40	43	47		
8	Mt. Hood CC	1:59:52	23:58	240	29	48	53	54	56	57	
9	SW Oregon CC	1:59:07	23:49	248	44	46	51	52	55		

Place	Name	Year	Team	Avg. Mile	Time	Score
1	Noto, Sophia	JR	Unattached	5:52.2	18:14.4	
2	Murphy, Amy	SO-2	Corban	5:53.7	18:19.1	1
3	Perkins, Grace	FR	Unattached	5:54.0	18:19.9	
4	Peterson, Emily	SR	Unattached	5:56.5	18:27.8	
5	Maurmann, Nicole		Unattached	5:57.1	18:29.5	
6	Rasubala, Anika	SO-2	Northwest Christian	5:59.0	18:35.5	2
7	Nichol, Sydney	FR-1	Corban	6:02.1	18:45.2	3
8	Gibbs, Rachel	SR-4	George Fox	6:04.4	18:52.2	4
9	Clarizio, Hannah	SO-2	Corban	6:04.6	18:52.9	5
10	Moore, Kayla	SR-4	George Fox	6:05.0	18:54.2	6
11	Oosterhout, Elizabeth	JR-3	Corban	6:08.6	19:05.2	7
12	Piaia, Karli		Unattached	6:09.6	19:08.4	
13	Rios, Melissa	JR-3	Northwest Christian	6:10.6	19:11.5	8
14	Hansen, Cecilie	SR	UO Running Club	6:12.6	19:17.7	9
15	McKibbin, Samantha	SO-2	George Fox	6:13.3	19:20.0	10
16	Anna, Rebecca	JR-3	Warner Pacific	6:13.8	19:21.3	
17	Yzaguirre, Kristina	SR-4	Corban	6:16.1	19:28.7	11
18	Fry, Dana	SR	UO Running Club	6:17.3	19:32.3	12
19	Brownell, Cassandra	SO-2	Northwest Christian	6:19.9	19:40.4	13
20	Rybalka, Lizzye	FR-1	Clark College	6:20.0	19:40.8	14
21	Gwinn, Molly	SR-4	Northwest Christian	6:22.0	19:46.9	15
22	Kleefeld, Carly	SO-2	Lane CC	6:22.3	19:47.8	
23	Baker, Brooklyn	JR-3	Corban	6:22.6	19:48.9	16
24	Duenich, Moriah	FR-1	Northwest Christian	6:23.1	19:50.5	17
25	Geffen, Anna	FR	UO Running Club	6:23.8	19:52.6	18
26	Urtiaga, Natalia	FR-1	Clark College	6:24.3	19:54.2	19
27	Comery, Rianna	FR-1	George Fox	6:24.9	19:56.0	20
28	van Leeuwen, Magda	SO	UO Running Club	6:25.4	19:57.7	21
29	Sidlo, Rebecca	SO-2	Corban	6:26.6	20:01.2	22
30	Hansen, Aislynn	SO-2	Clark College	6:27.2	20:03.1	23
31	Kereszturi, Caitlin	JR-3	George Fox	6:27.6	20:04.4	24
32	Bayly, Rachel	SO-2	Western Oregon	6:28.8	20:08.1	25
33	Norquist, Leah	SR-4	Multnomah	6:28.8	20:08.2	26
34	Henry, Sarah	FR-1	George Fox	6:29.1	20:08.9	27
35	Morgan, Kaitlin	FR-1	Everett CC	6:30.9	20:14.7	
36	Land, Anna	FR-1	George Fox	6:31.8	20:17.4	28
37	Veltkamp, Erica	SO-2	Mt. Hood CC	6:31.9	20:17.8	29
38	Ducusin, Helena	FR-1	George Fox	6:32.7	20:20.1	
39	Smith, Jamie	FR-1	Western Oregon	6:33.7	20:23.3	30
40	Morin, Emily	SO-2	Lane CC	6:35.4	20:28.7	
41	Mccarthy, Niamh		Unattached	6:36.6	20:32.4	
42	Hunt, Callista	SO	UO Running Club	6:36.6	20:32.4	31
43	Burke, Grayson	SO-2	Western Oregon	6:38.3	20:37.7	32
44	Steele, Madison	FR-1	Corban	6:38.4	20:37.8	
45	Wanamaker, Dana	FR-1	Corban	6:38.5	20:38.3	
46	Fenton, Caela	SR	UO Running Club	6:38.9	20:39.5	33
47	O'Neil, Megan	SR-4	Northwest Christian	6:39.1	20:40.1	34
48	Rosebrook, Madeleine	SO-2	Northwest Christian	6:39.8	20:42.1	35
49	Gowen, Toni	SO-2	Western Oregon	6:40.6	20:44.9	36
50	Meksheneva, Lyubov	FR-1	Clark College	6:41.4	20:47.3	37
51	Woods, Brianna	FR-1	Northwest Christian	6:41.8	20:48.4	
52	Frerk, Rielly	FR-1	Lane CC	6:42.1	20:49.4	
53	Ogard, Olivia	SO	UO Running Club	6:45.7	21:00.5	38
54	Jensen, Natasha	FR-1	Multnomah	6:47.3	21:05.7	39
55	Avendano, Martina	SO-2	Warner Pacific	6:48.5	21:09.4	
56	Miller, Helena	JR-3	Corban	6:50.6	21:15.9	
57	Hauger, Ashley	FR-1	Multnomah	6:52.4	21:21.5	40
58	Rebich, Olivia	FR-1	Western Oregon	6:53.2	21:24.0	41
59	Velasquez, Madison	FR-1	Everett CC	6:55.4	21:30.6	
60	Niskanen, Nicole	SO-2	Western Oregon	6:59.0	21:42.0	42
61	Carnine, Reesha	SO-2	Lane CC	6:59.4	21:43.2	
62	Coffee, Makenna	FR-1	George Fox	6:59.7	21:44.1	
63	Penrith, Mila	FR	UO Running Club	7:00.4	21:46.4	
64	Paterson, Moriah	JR-3	Multnomah	7:00.6	21:46.8	43
65	Kreutzer, Brittany	FR-1	SW Oregon CC	7:03.1	21:54.7	44
66	Zimmerdahl, Kendra	JR-3	Western Oregon	7:03.8	21:56.9	45
67	Shook, Samantha	FR-1	SW Oregon CC	7:08.5	22:11.4	46
68	Botsford, Suzy	SO-2	Clackamas CC	7:09.6	22:14.8	
69	Sherson, Rachel	FR-1	Everett CC	7:09.8	22:15.4	
70	Morud, Lucia	JR-3	Multnomah	7:15.0	22:31.8	47
71	Toms, Kelly		Unattached	7:17.4	22:39.0	
72	Wade, McKenzie	FR-1	Corban	7:19.9	22:46.8	
73	Bedard, Reagan	FR-1	Mt. Hood CC	7:20.6	22:49.1	48
74	Asa, Jovi		Unattached	7:20.7	22:49.5	
75	Kirzy, Mya	FR-1	Warner Pacific	7:27.7	23:11.1	
76	Alvarado, Ayde	SR-4	Warner Pacific	7:31.8	23:24.0	
77	Reyes, Sofia	FR-1	Clark College	7:32.8	23:26.9	49
78	Gurnik, Anna	FR-1	Clark College	7:38.4	23:44.4	50
79	Payne, Bailey	FR-1	Umpqua CC	7:42.3	23:56.5	

80	Coleman, Brittany	FR-1	Clackamas CC	7:49.4	24:18.5	
81	Gutsch, Lou Mei	FR-1	SW Oregon CC	7:54.3	24:33.9	51
82	Lopez, Jennifer	FR-1	SW Oregon CC	7:58.3	24:46.2	52
83	Flores, Prisma	SO-2	Mt. Hood CC	8:00.2	24:52.1	53
84	Davis, Micaela	FR-1	Mt. Hood CC	8:00.7	24:53.5	54
85	Martinez, Destiny	FR-1	SW Oregon CC	8:16.1	25:41.4	55
86	Steigman, Hanna	FR-1	Clackamas CC	8:16.9	25:44.1	
87	Salmonson, Camren	FR-1	Everett CC	8:33.3	26:35.0	
88	Ambrocio, Crystal	FR-1	Mt. Hood CC	8:41.4	27:00.2	56
89	Gloden, Jasmine	FR-1	Clackamas CC	8:48.6	27:22.5	
90	Morales, Jennifer	FR-1	Mt. Hood CC	8:55.4	27:43.6	57