Great Northwest Athletic Conference

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2013 Cross Country Report 2 (Sept. 4, 2013)

UPCOMING: **Thursday** – Alaska Fairbanks Invitational (UAF, MSUB, SPU). **Friday** – Portland State Viking Classic (SMU. **Saturday** – Alaska Fairbanks 4K Invitational (UAF, SPU, MSUB); CWU Apple Ridge Invitational (CWU, NNU, WWU); Chaminade Invitational (UAA).

USTFCCCA POLLS: National (Pre-Season): **Men** – 9. Alaska Anchorage, 16. Western Washington. **Women** – 7. Alaska Anchorage, 13. Simon Fraser **West Region (Pre-Season)**: **Men** - 1. Chico State; 2. Alaska Anchorage; 3. Western Washington; 4. Humboldt State; 5. Cal Baptist; 6. San Francisco State; 7. Cal Poly Pomona; 8. UC San Diego; 9. Western Oregon; 10. Montana State Billings. **Women** - 1. Chico State; 2. Alaska Anchorage; 3. Simon Fraser; 4. Humboldt State; 5. Cal State Stanislaus; 6. Western Washington; 7. Seattle Pacific; 8. San Francisco State; 9. Central Washington; 10. Cal Poly Pomona. (**Next Poll:** Sept. 17).

SEAWOLVES SWEEP ALASKA BYU-HAWAII: Dylan Anthony (Jr., Kodiak, AK) and Susan Tanui (Sr., Eldoret, Kenya) posted individual victories to lead Alaska Anchorage to team victories in a dual Saturday at BYU-Hawaii. The win was the first career victory for Anthony, while Tanui's victory was her sixth. She won five races last year including the NCAA Division II West Regional before finishing second in the national meet.

UAF ESTER DOME TIME TRIAL: Isaac Lammers (So., Eagle River, AK – Chugiak) set a new course record of 22:34 in Alaska Fairbanks' annual Ester Dome time trial Friday. The first finisher for the Nanook women was freshman Nichole Bathe (Fr., Madison, Wisc.) in a time of 29:48.

NANOOKS HOST PAIR OF RACES: Alaska Fairbanks will host Montana State Billings and Seattle Pacific Thursday and Saturday for a pair of races. Thursday's race will be 6,000 meters and Saturday's race will be a short-course 4,000-meter event. Three other events are on the schedule as Saint Martin's competes Friday in the Portland State Viking Classic. On Saturday, Northwest Nazarene and Western Washington will join Central Washington in the CWU Apple Ridge Invitational and Alaska Anchorage remains in Hawaii to compete in the Chaminade Invitational at Central Oahu Regional Park.

LAST WEEK'S RECAPS

Easter Dome 5K Time Trial (Aug. 30 at Fairbanks): Men – 1. Isaac Lammers, UAF, 22:34. **Women** – 1. Nichole Bathe, UAF, 29:47.

Alaska Anchorage/BYU-Hawaii Dual (Aug. 31 at Laie, HI): Men – Alaska Anchorage 16, BYU-Hawaii 57. **Individuals (5,000 Meters)** – 1. Dylan Anthony, UAA, 15:22; 2. Isaac Kangogo, UAA, 15:29; 3. Victor Samoei, UAA, 15:44; 4. Michael Mendenhall, UAA, 16:02; 6. Andrey Ionashku, UAA, 16:14. **Women** – Alaska Anchorage 15, BYU-Hawaii 56. **Individuals (5,000 Meters)** – 1. Susan Tanui, UAA, 18:14; 2. Joyce Kipchumba, UAA, 18:41; 3. Bryn Haebe, UAA, 18:55; 4. Ivy O'Guinn, UAA, 18:57; 5. Christi Schmitz, UAA, 19:02.

GNAC SCHEDULE (What's Left)

September

13 – WOU Ash Creek Preserve Invitational (WOU); 14 – UW Sundodger Invitational at Lincoln Park (CWU, SMU, SPU, SFU, WWU); NNU Roger Curran Invitational (NNU); Yellowjacket Invitational (MSUB); Hawaii Big Wave Invitational (UAF); 21 – Spokane Eric Anderson Invitational (CWU, SFU, WOU, WWU); Montana State Invitational (MSUB); College of Idaho Coyote Invitational (NNU); 28 – Colorado Rocky Mountain Shootout (MSUB); Saint Martin's Invitational (UAF, SMU, WWU); Stanford Invitational (SFU).

October

4 – Montana Invitational (CWU); 5 – Willamette Charles Bowles Invitational (UAA, NNU, SMU, SPU, WOU); 12 – MSUB Yellowjacket Invitational (MSUB); Pacific Lutheran Invitational (WOU); Western Washington Invitational (CWU, UAF, SPU, SFU, WWU); 19 – OSU Beaver Classic (WOU); LCSC Inland Empire Classic (NNU); Emerald City Open (SMU, SFU); 26 – GNAC (at Monmouth).

NCAA Regional (Nov. 9 at Spokane) - , Women 10:30 a.m., Men 11:30 a.m. **NCAA Nationals (Nov. 23 at Spokane**) - Women 10:30 a.m., Men 11:30 a.m. (at Spokane).