



Great Northwest Athletic Conference

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2013 Cross Country Report 3 (Sept. 11, 2013)

UPCOMING: Friday – WOU Ash Creek Preserve Invitational, 5 p.m. (WOU). **Saturday** – UW Sundodger Invitational at Lincoln Park, 9 a.m. (CWU, SMU, SPU, SFU, WWU); NNU Roger Curran Invitational, noon (NNU); Black Hills State Yellowjacket Invitational, 9 a.m. (MSUB); Hawaii Big Wave Invitational, 9:45 a.m. (UAF).

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

GNAC RED LION ATHLETES OF THE WEEK

Male: Robert Peterson, MSU Billings (So., Billings, MT – Skyview) won a pair of races and led the Yellowjackets to their first perfect score in 25 years. On Thursday, Peterson won the Alaska Fairbanks Invitational in a 8,000-meter time of 26:12.8 as MSUB swept the first five places. Two days later, Peterson repeated his victory winning the UAF Short-Course Invitational in a 4,000-meter time of 12:40.9 as the Yellowjackets won the team title with a team score of 17. **Female:** McKayla Fricker, Seattle Pacific (Sr., Canby, OR) posted her first two collegiate cross country victories leading the Falcons to a pair of team victories at Fairbanks. On Thursday, the 2012 Indoor 800 meter All-American was clocked in a 6,000-meter time of 22:58.3 to finish 15 seconds ahead of teammate Anni Patti. She posted another 15-second win Saturday in a 4K time of 15:09.4 as Renae Hepfner of MSUB finished second in 15:224.8. **Mentionables** – Susan Tanui, Alaska Anchorage; Dylan Anthony, Alaska Anchorage; Lillianna Stelling, Western Washington; Rudy Spencer, Central Washington; Connie Morgan, Central Washington; Natalie Evans, Northwest Nazarene; Chase Cunningham, Northwest Nazarene.

MSUB MEN TIGHT PACK AT UAF: Montana State Billings outpointed Alaska Fairbanks (56) and Seattle Pacific (66) in earning a perfect score of 15 in Thursday's 8,000-meter race at Fairbanks. Its first four runners were separated by just nine seconds and its fifth runner finished just 24.3 seconds in back of Peterson. Peterson also Saturday's short-course 4K race in a time of 12:40.9 as the 'Jackets posted a team score of 17. Seattle Pacific and UAF tied for second with 54 points ... Seattle Pacific's women finished 11 points ahead of MSUB (29-40) in

Thursday's 6,000-meter race and 16 points ahead of the 'Jackets (27-43) in Saturday's 4K race.

VIKINGS SWEEP TEAM TITLE AT YAKIMA: Western Washington swept the team titles Saturday at the CWU Appleridge Invitational outpointing Central Washington 37-51 in the men's team scoring and finishing eight points ahead of Northwest Nazarene (35-43) in the women's standings. Freshman Lillianna Stelling led the Viking women to the team title finishing first in a 4,000-meter time of 15:48, 12 seconds ahead of Natalie Evans of Northwest Nazarene. Central Washington's Rudy Spencer, a transfer from Spokane Falls, was the GNAC's top finisher placing third in a 6,000-meter time of 20:13.

TANUI EARNS SEVENTH CAREER VICTORY: Susan Tanui earned her second consecutive victory of the young season lead Alaska Anchorage to a perfect score of 15 in the Chaminade Invitational. Tanui, who now has seven career wins, covered the 3.1 mile course in 18:13. The first six finishers were all from UAA. The Seawolves also won the men's race with a team score of 23 as Dylan Anthony earned his second individual win in two weeks. Anthony had a time of 15:30, 16 seconds ahead of teammate Isaac Kangogo.

LAST WEEK'S RECAPS

Alaska Fairbanks Invitational (Sept. 5 at Fairbanks): Men – Montana State Billings 15, Alaska Fairbanks 56, Seattle Pacific 66. **Individuals (8,000 Meters)** – 1. Robert Peterson, MSUB, 26:12.8; 2. Chase Robinson, MSUB, 26:15.6; 3. Michael Luhr, MSUB, 26:17.7; 4. Jamon Rodriguez, MSUB, 26:21.8; 5. Thomas Neale, MSUB, 26:37.1; 6. Wiley Turner, SPU, 26:54.9. **Women** – Seattle Pacific 29, Montana State Billings 40, Alaska Fairbanks 55. **Individuals (6,000 Meters)** – 1. McKayla Fricker, SPU, 22:58.3; 2. Anna Patti, SPU, 23:13.3; 3. Renae Hepfner, MSUB, 23:18.8; 4. Jinise Osborne, MSUN, 23:21.8; 5. Sarah Macdonald, SPU, 23:49.9; 6. Kali Striker, UAF, 24:02.3.

Portland State Viking Classic (Sept. 6 at Blue Lake Park, Fairview, OR): Men: No team scores. **Individuals (4 Miles)** – 1. Alex Dillard, UP, 20:12; 28. Joe Berger, SMU, 21:31.87; 34. Nathan Morgan, SMU, 21:48.99; 44. Josiah Shelman, SMU, 22:09.87; 50. Matt Dunford, SMU, 22:29.34; 53. Skyler Larson, SMU, 22:48.14. **Women:** No team scores. **Individuals (3 Miles)** – 1. Megan Patrignelli, UO, 16:08.49; 49. Kenna Fosnacht, SMU, 18:49.43; 56. Erika Crock, SMU, 19:17.55; 58. Justine Malek, SMU, 19:19.12; 61. Claire McCloskey, SMU, 20:00.21; 62. Megan Teigen, SMU, 20:03.14. **Note:** Meet scored only as dual among Division I schools.

Alaska Fairbanks Short-Course Invitational (Sept. 7 at Fairbanks):
Men – MSU Billings 17, Seattle Pacific 54, Alaska Fairbanks 54.
Individual (4,000 Meters) – 1. Robert Peterson, MSUB, 12:40.9; 2. Michael Luhr, MSUB, 12:44.9; 3. Chase Robinson, MSUB, 12:47.5; 4. Jamon Rodrigues, MSUB, 12:48.8; 5. Isaac Lammers, UAF, 12:55.1.
Women – Seattle Pacific 27, MSU Billings 43, Alaska Fairbanks 50.
Individuals (4,000 Meters) – 1. McKayla Fricker, SPU, 15:09.4; 2. Renae Hepfner, MSUB, 15:24.8; 3. Anna Patti, SPU, 15:28.0; 4. Jinise Osborne, MSUB, 15:31.7; 5. Sarah MacDonald, SPU, 15:43.3.

CWU Appleridge Invitational (Sept. 7 at Yakima): **Men** – Western Washington 37, Central Washington 51, Northwest Nazarene 64, Green River CC 99, Pacific Lutheran 104, Evergreen State 164. **Individuals (6,000 Meters)** – 1. Alan DenAdel, PLU, 20:07; 3. Rudy Spencer, CWU, 20:13; 4. Chase Cunningham, NNU, 20:15; 6. Tanner Boyd, WWU, 20:44; 7. Ryan Peterson, WWU, 20:45; 8. Kalen Fleenor, NNU, 20:48; 9. Dustin Sjoerdsma, WWU, and Dylan Peterson, WWU, 20:54. **Women** – Western Washington 35, Northwest Nazarene 43, Central Washington 52, Pacific Lutheran 93. **Individuals (4,000 Meters)** – 1. Lillianna Stelling, WWU, 15:48; 2. Natalie Evans, NNU, 16:00; 3. Connie Morgan, CWU, 16:14; 4. Sofia Marikis, WWU, 16:26; 5. Hailey Bradshaw, NNU, 16:31; 6. Susanna Fleming, NNU, 16:32; 7. Dani Eggleston, CWU, 16:33; 8. Jaydn Gourley, NNU, 16:36; 9. Haley O'Connor, WWU, 16:45; 10. Arielle Walton, WWU, 16:46.

Chaminade Invitational (Sept. 7 at Honolulu): **Men** – Alaska Anchorage 23, Hawaii Pacific 57, BYU-Hawaii 62. **Individuals (3.1 Miles)** – 1. Dylan Anthony, UAA, 15:30; 3. Isaac Kangogo, UAA, 15:46; 5. Victor Samoei, UAA, 16:02; 6. Michael Mendenhall, UAA, 16:03; 8. Phillip Messina, UAA, 16:09; 9. Andrey Ionashku, UAA, 16:15; 10. Dominik Notz, UAA, 16:19. **Women** – Alaska Anchorage 15, BYU-Hawaii 58, Hawaii Pacific 80. **Individuals (3.1 Miles)** – 1. Susan Tanui, UAA, 18:13; 2. Joyce Kipchumba, UAA, 18:57; 3. Susan Bick, UAA, 19:05; 4. Christi Schmitz, UAAm 19:06; 5. Bryn Haebe, UAA, 19:11; 6. Ivy O'Guinn, UAA, 19:14; 8. Jessica Pahkala, UAA, 19:52.

PREVIOUS RESULTS

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 on the Way To Spokane

September: 21 – Spokane Eric Anderson Invitational (CWU, MSUB, SFU, WOU, WWU); College of Idaho Coyote Invitational (NNU); Saint Martin's Invitational (UAF, SMU, WWU); Stanford Invitational (SFU).

October: 4 – Montana Invitational (CWU, MSUB); 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).

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