



Great Northwest Athletic Conference

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2013 Cross Country Report 4 (Sept. 18, 2013)

UPCOMING: Saturday – Spokane Erik Anderson Invitational, 10:45 a.m. (CWU, MSUB, SFU, WOU, WWU); College of Idaho Coyote Invitational, 6 p.m. (NNU).

USTFCCCA POLLS: National (Sept. 18): Men – 9. Alaska Anchorage. **Women** – 5. Alaska Anchorage, 6. Simon Fraser **West Region (Sept. 17): Men** - 1. Chico State; 2. Alaska Anchorage; 3. Humboldt State; 4. Cal Poly Pomona; 5. UC San Diego; 6. Western Washington; 7. Cal Baptist; 8. San Francisco State; 9. Montana State Billings; 10. Western Oregon. **Women** - 1. Alaska Anchorage; 2. Simon Fraser; 3. Chico State; 4. Cal State Stanislaus; 5. UC San Diego; 6. Humboldt State; 7. Western Washington; 8. Seattle Pacific; 9. Cal Baptist; 10. Cal State San Bernardino.

GNAC RED LION ATHLETES OF THE WEEK

Male – Matt Lutz, Western Washington (Fr., Bremerton, WA – Olympic) and Mitch Burgess, Alaska Fairbanks (Fr., Temecula, CA) ... Lutz and Burgess had Top 15 finishes in events hosted by Division I teams. Lutz finished 13th in the University of Washington Sundodger, covering the 8,000-meter course in a time of 25:18.00 and leading the Vikings to a third-place team finish in back of Chico State and British Columbia. Burgess placed ninth in the University of Hawaii Invitational in a 5K time of 16:42.47 to lead the Nanooks to a third-place team finish.

Female – Lindsey Butterworth, Simon Fraser (Sr., North Vancouver, BC – Handworth) finished third in the women's open division at the University of Washington Sundodger Invitational Saturday with a 6,000-meter time of 21:29.63. Butterworth led the Clan to a second-place finish one ahead of regionally pre-season top ranked Chico State.

Honorable Mention – Rudy Spencer, Central Washington; Chase Cunningham, Northwest Nazarene; Connie Morgan, Central Washington; Natalie Evans, Northwest Nazarene; Dorothy O'Donnell, Alaska Fairbanks.

FIRST ATHLETE OF THE WEEK AWARD FOR UAF MEN: Mitch Burgess' GNAC Athlete of the Week award was the first one for a UAF male cross country athlete in the 13-year history of the conference. UAF women have won 11. Burgess shared the award with Western Washington freshman Matt Lutz.

WINNERS: Western Oregon's Brady Beagley and Annie Wade finished first in the WOU Ash Creek Invitational and Chase Cunningham of Northwest Nazarene won the men's title in the NNU Roger Curran Invitational. Beagley led the Wolves to a second-place team posting a time of 18:35 over the 5,900-meter layout. Wade was clocked in 15:22 over 4,200 meters as the Wolves outpointed Southern

Oregon 18-47 for the team title. Cunningham was clocked in a time of 19:58.71 at West Park in Nampa.

NATIONAL PREVIEW SATURDAY AT SPOKANE:

Five GNAC teams including nationally-ranked Simon Fraser will compete Saturday in the Erik Anderson Invitational at the Plantes Ferry Sports Stadium in Spokane. Joining the Clan will be Central Washington, Montana State Billings, Western Oregon and Western Washington. Plantes Ferry will also be the site of the NCAA Division II West Regional and NCAA Division II National meet Nov. 9 and Nov. 23. The GNAC is the host for both events.

SEAWOLVES, CLAN NATIONALLY RANKED:

Alaska Anchorage is ranked fifth and Simon Fraser is ranked sixth in this week's USTFCCCA women's national poll. The poll is the first regular-season poll of the 2013 season. UAA is also ranked ninth in the men's national poll. In the women's West Regional poll, UAA and SFU rank 1-2. Western Washington and Seattle Pacific rank seventh and eighth. In the men's regional poll, Alaska Anchorage ranks second. Also ranked are Western Washington (6th), Montana State Billings (9th) and Western Oregon (10th).

5 TEAM BERTHS AVAILABLE FOR NATIONALS:

The NCAA Division II West Regional Nov. 9 at Plantes Ferry Sports Stadium will qualify five teams (per gender) for the national meet Nov. 23 at the same site. In addition, the top three individuals not on one of the five qualifying teams will also advance to the national meet hosted by the GNAC.

PREVIOUS GNAC ATHLETES OF THE WEEK

Week of Sept. 2-8: 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.

LAST WEEK'S RECAPS

WOU Ash Creek Invitational (Sept. 13 at Monmouth): Men – Southern Oregon 23, Western Oregon 38, Mt. Hood CC 79, Warner Pacific 118. **Individuals (5,900 Meters)** – 1. Brady Beagley, WOU, 18:35; 5. Zach Holloway, WOU, 19:01; 8. Zeke Wilson, WOU, 19:18; 13. Houston Horner, WOU, 19:38; 16. Sam Naffziger, WOU, 19:48. **Women** – Western Oregon 18, Southern Oregon 47, Mt. Hood CC 84, Warner Pacific 87. **Individuals (4,200 Meters)** – 1. Annie Wade, WOU, 15:22; 2. Stephanie Stuckey, WOU, 15:56; 4. Bailey Beeson, WOU, 16:06; 5. Jenny Leaf, WOU, 16:16; 10. Natalie Schafer, WOU, 16:38.

NUU Roger Curran Invitational (Sept. 14 at West Park, Nampa): Men – Northwest Nazarene 18, Treasure Valley 37. **Individuals (6,000 Meters)** – 1. Chase Cunningham, NNU, 19:58.71; 2. Michael Gordon, NNU, 20:30.95; 3. Kaleb Fleenor, NNU, 20:38.86; 5. Andrew Bienapfl, NNU, 21:02.78; 9. Nick Martin, NNU, 22:04.87. **Women** – Northwest Nazarene 15; Treasure Valley Community College 49. **Individuals (4,000 Meters)** – 1. Jordan Powell, unat., 14:49.71; 2. Natalie Evans, NNU, 15:13.75; 3. Susanna Fleming, NNU, 15:36.62; 4. Hailey Bradshaw, NNU, 16:05.63; 5. Jaydn Gourley, NNU, 16:14.57; 7. Rebecca Holland, NNU, 17:00.34; 8. Emily Merioles, NNU, 17:16.06; 10. Marie Miller, NNU, 17:22.45.

Hawaii Big Wave Invitational (Sept. 14 at Kanoeha, HI): Men – BYU-Hawaii 42, Hawaii 60, Alaska Fairbanks 63, George Fox 73, Chaminade 130. **Individuals (5,000 Meters)** – 1. Fermi Murillo-Villagran, Hawaii, 16:05.76; 9. Mitch Burgess, UAF, 16:42.47; 11. Ross MacDougall, UAF, 16:45.76; 15. Kenneth Brewer, UAF, 16:57.39; 17. Tal Norvell, UAF, 17:02.35. **Women** – Hawaii 27, BYU-Hawaii 49, Alaska Fairbanks 56, George Fox 100, Hawaii Hilo 136, Chaminade 185. **Individuals (5,000 Meters)** – 1. Fiona McKenna, Hawaii, 18:48.52; 9. Dorothy O'Donnell, UAF, 20:11.42; 16. Alyson McPhetres, UAF, 20:33.74; 17. Kali Striker, UAF, 20:36.20; 18. Hannah Stevens, UAF, 20:39.36; 19. Nichole Bathe, UAF, 20:41.46.

UW Sundodger Invitational – Open Division (Sept. 14 at Seattle): Men – Chico State 36, British Columbia 60, Western Washington 77, Simon Fraser 146, Puget Sound 182 (8. Seattle Pacific 255, 9. Central Washington 280, 10. Saint Martin's 287). **Individuals (8,000 Meters)** – 1. Dak Reik, unat., 24:42.87; 13. Matt Lutz, WWU, 25:18.00; 17. Nathan Richards, WWU, 25:21.91; 18. Tanner Boyd, WWU, 25:23.95; 21. Isaac Griffith, WWU, 25:28.17; 29. Dylan Peterson, WWU, 25:40.61; 30. Cameron Proceviat, SFU, 25:41.08. **Women** – British Columbia 44, Simon Fraser 64, Chico State 91, Trinity Western 134, Western Washington 147 (6. Seattle Pacific 174, 10. Central Washington 264). **Individuals (6,000 Meters)** – 1. Sarah Inglis, Trinity Western, 21:12.82; 3. Lindsey Butterworth, SFU, 21:29.63; 7. Kirsten Allen, SFU, 21:45.74; 11. Katelyn Steen, WWU, 21:53.46; 12. McKayla Fricker, SPU, 21:55.37; 13. Kansas Mackenzie, SFU, 21:57.41; 18. Rebecca Bassett, SFU, 22:09.45.

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.

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 Rodriguez, 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.

GNAC SCHEDULE: What's Left on the Way To Spokane

September: 28 - 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).