



## Great Northwest Athletic Conference

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### 2013 Cross Country Report 4 (Sept. 25, 2013)

**UPCOMING: Saturday** – Saint Martin's Invitational (UAF, SMU, SPU, WWU); Stanford Invitational (SFU).

**USTFCCCA POLLS: National (Sept. 25): Men** – 9. Alaska Anchorage. **Women** – 5. Alaska Anchorage, 6. Simon Fraser **West Region (Sept. 24): 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. Cal Baptist; 9. Seattle Pacific; 10. Cal State San Bernardino.

#### GNAC RED LION ATHLETES OF THE WEEK

**Male** – Michael Luhr, MSU Billings (Jr., Gillette, WY) finished 14<sup>th</sup> overall and fourth among Division II athletes in the Erik Anderson Invitational Saturday at Spokane. Luhr posted a time of 26:07.55 on the Plantes Ferry course which will be the site of the NCAA West Regional Nov. 9 and the NCAA National Nov. 23. With Luhr leading the way, MSUB finished fifth overall and first among Division II teams including regionally third-ranked Humboldt State, sixth-ranked Western Washington, No. 7 Cal Baptist and No. 10 Western Oregon.

**Women** – Kirsten Allen, Simon Fraser (Sr., London, Ont. – Saunders) finished seventh at the Erik Anderson Invitational, earning her second seventh place finish in two weeks. In the process, she closed the gap on teammate Lindsay Butterworth from 16 seconds to seven. Butterworth finished fifth after earning a third place finish last week at the University of Washington Sundodger. Butterworth and Allen finished 1-2 among Division II athletes as the Clan finished second in the team standings in back of Division I Lipscomb University.

**Honorable Mention** – Michael Gordon, Northwest Nazarene (Jr., Kuna, ID) led the Crusaders to a sixth-place finish at the College of Idaho Twilight Invitational finishing 21<sup>st</sup> in a time of 27:28.78 ... Connie Morgan, Central Washington (So., Tieton, WA) finished 22<sup>nd</sup> overall and fifth among GNAC athletes in the Erik Anderson Invitational in a time of 22:43.26 ... Natalie Evans, Northwest Nazarene (Sr., New Plymouth, ID) was the Crusaders' top finisher for the third week in a row, placing eighth at the Coyote Invitational in a time of 19:22.94.

**FIVE COMPETE AT SAINT MARTIN'S:** Five GNAC teams are entered in the Saint Martin's Invitational this Saturday at Lacey. Joining the host Saints in the meet include will be Western Washington, Seattle Pacific and Alaska Fairbanks. Meanwhile, Simon Fraser will head to

California to compete in the Stanford Invitational. The GNAC's other five teams are all idle.

#### SEAWOLVES, CLAN NATIONALLY RANKED:

Alaska Anchorage and Simon Fraser maintained their fifth and sixth place rankings in this week's USTFCCCA women's national poll. UAA also maintained its No. 9 ranking in the men's national poll. There was just one change in the NCAA Division II West Regional women's poll as Seattle Pacific and Cal Baptist switched places with the Falcons falling to ninth and Cal Baptist rising to eighth. Alaska Anchorage, Simon Fraser and Western Washington held on to their No. 1, 2 and 7 slots. In the men's regional poll, there were no changes. Alaska Anchorage and Western Washington stayed at No. 2 and No. 6, respectively. MSU Billings and Western Oregon stayed at No. 9 and No. 10.

#### 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 15:22.8.

**Week of Sept. 9-15: 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 13<sup>th</sup> 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.

## LAST WEEK'S RECAPS

**Spokane Erik Anderson Invitational (Sept. 21 at Spokane): Men** – Lipscomb 40, Gonzaga 77, Lewis-Clark State 108, Cal Baptist 125, MSU Billings 138, Unattached-Gonzaga 141, Humboldt State 179, Simon Fraser 197, Western Oregon 307, Whitman 337 (11. Western Washington 344, 13. Central Washington 377). **Individuals (8,000 Meters)** – 1. Sam Atkin, LCSC, 25:14.03; 14. Michael Luhr, MSUB, 26:07.55; 21. Robert Peterson, MSUB, 26:26.01; 26. James Young, SFU, 26:30.84; 30. Jamon Rodrigues, MSUB, 26:33.70; 33. Cameron Proceviat, SFU, 26:37.11. **Women** – Lipscomb 20, Simon Fraser 65, Gonzaga 71, Colorado – Colorado Springs 110, Lewis-Clark State 169, Whitworth 208, Humboldt State 218, Cal Baptist 239, Western Washington 272, Central Washington 287 (12. Western Oregon and MSU Billings 375). **Individuals (6,000 Meters)** – 1. Dani Walker, Lipscomb, 21:39.83; 5. Lindsay Butterworth, SFU, 21:59.09; 7. Kirsten Allen, SFU, 22:06.17; 12. Kansas MacKenzie, SFU, 22:25.21; 19. Katelyn Steen, WWU, 22:37.29; 22. Connie Morgan, CWU, 22:43.26.

**College of Idaho Invitational (Sept. 21 at Caldwell): Men** – Eastern Oregon 52, Northwest Christian 54, Oregon Tech 68, College of Idaho 92, Concordia 103, Northwest Nazarene 160, Corban 175, Northwest 210. **Individuals (8,000 Meters)** – 1. Greg Montgomery, unat., 25:45.03; 21. Michael Gordon, NNU, 27:28.78; 22. Chase Cunningham, NNU, 27:29.34. **Women** – College of Idaho 27, Northwest Christian 48, Northwest Nazarene 104, Corban 113, Concordia 132, Northwest 157, Oregon Tech 167, Eastern Oregon 179. **Individuals (5,000 Meters)** – 1. Hillary Holt, College of Idaho, 18:30.60; 8. Natalie Evans, NNU, 19:22.94; 14. Susanna Fleming, NNU, 19:40.40.

**Oak Knoll Loop Run (Sept. 21 at Independence, OR): Men** – Portland State 36, Clackamas 47, Portland 71, Willamette 84, Mt. Hood 145, Western Oregon 173, Evergreen State 178. **Individuals (8,000 Meters)** – 1. Keegan Symmes, unat., 24:57.90; 36. Josh Hanna, WOU, 27:33.82; 39. Kyle Chapman, WOU, 27:50.69. **Women** – Portland State 37, Portland 44, Willamette 51, Western Oregon 125, Clackamas 149, Mt. Hood 160. **Individuals (5,000 Meters)** – 1. Michaela Freeby, WU, 17:23.16; 18. Bailey Beeson, WOU, 19:01.90; 19. Jenny Leaf, WOU, 19:06.35.

## 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 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, UAA, 19:06; 5. Bryn Haebe, UAA, 19:11; 6. Ivy O'Guinn, UAA, 19:14; 8. Jessica Pahkala, UAA, 19:52.

**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.

**NNU 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 Riek, 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.

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

**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).