



## Great Northwest Athletic Conference

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### 2013 Cross Country Report 8 (Oct. 23, 2013)

**THE CHAMPIONSHIP SEASON: GNAC (Oct. 26 at Monmouth)** – Women, 9:45 a.m.; Men, 10:45 a.m.. **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.

**USTFCCCA POLLS: National (Oct. 16): Men** – 8. Alaska Anchorage, 22. Western Washington, 31. MSU Billings. **Women** – 5. Alaska Anchorage, 6. Simon Fraser, 32. Western Washington. **West Region (Oct. 15): Men** - 1. Chico State, 2. Alaska Anchorage, 3. Cal Poly Pomona, 4. Western Washington, 5. Montana State Billings, 6. UC San Diego, 7. Cal Baptist, 8. Humboldt State, 9. San Francisco State, 10. Western Oregon. **Women** - 1. Alaska Anchorage, 2. Simon Fraser, 3. Chico State, 4. Cal State Stanislaus, 5. UC San Diego, 6. Western Washington, 7. Humboldt State, 8. San Francisco State, 9. Cal State San Bernardino, 10. Cal Baptist.

#### GNAC RED LION ATHLETES OF THE WEEK

**Male** – Chase Cunningham, Northwest Nazarene (Fr. Kuna, ID) was the Crusaders' top finisher in the Lewis-Clark State Inland Empire Invitational in a time of 25:44. Cunningham finished 43<sup>rd</sup> overall.

**Female** – Natalie Evans, Northwest Nazarene (Sr., New Plymouth, ID) set a Crusader cross country school record for 5,000 meters at Lewiston, placing fifth in a time of 17:31. Ashley Puga set the old school record of 17:46 in 2007.

**Honorable Mention** – Alex Nelson, Saint Martin's; Megan Teigen, Saint Martin's.

**WESTERN WASHINGTON MOVES INTO TOP 25:** A perfect team score at the 40<sup>th</sup> annual Western Washington Classic vaulted the Vikings into the Top 25 in last week's USTFCCCA men's cross country national poll. The Vikings are ranked 22<sup>nd</sup>. Alaska Anchorage remained in the No. 8 slot, while Montana State Billings is among "others receiving votes" and is 31<sup>st</sup> overall. Simon Fraser, which placed second at Bellingham, climbed to sixth place in the women's national poll, one spot back of Alaska Anchorage. Western Washington is among "others receiving votes" and is ranked 32<sup>nd</sup> overall in the women's poll. There is no poll this week.

**REGIONALLY SPEAKING:** Seven GNAC teams are ranked in the latest USTFCCCA regional poll, which was released last week. Alaska Anchorage (2<sup>nd</sup>), Western Washington (4<sup>th</sup>), Montana State Billings (5<sup>th</sup>) and Western Oregon (10<sup>th</sup>) are ranked in the men's poll. UAA and Simon Fraser rank 1-2 in the women's poll. Western Washington is ranked sixth.

#### 5 TEAM BERTHS AVAILABLE FOR NATIONALS:

The NCAA Division II West Regional Nov. 9 at Planters Ferry Sports Stadium in Spokane, Wash., 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.

**LIGHT SCHEDULE IN THE GNAC:** Just a few GNAC athletes competed last weekend in preparation for this Saturday's conference meet. Northwest Nazarene competed at the Lewis-Clark State Inland Empire Invitational. Natalie Evans had the top performance by the Crusaders placing fifth in a school-record 5,000-meter time of 17:31. Saint Martin's and a few athletes from Central Washington participated in the Emerald City Open in Seattle.

#### LAST WEEK'S RECAPS

**LCSC Inland Empire (Oct. 19 at Lewiston): Men** - Lewis-Clark State 48, Eastern Oregon 53, College of Idaho 85, Rocky Mountain 111, Carroll 123, Calgary 151, Spokane CC 175, Northwest Nazarene 208, Great Falls 222. **Individuals (8,000 Meters)** – 1. Greg Montgomery, Andrija's, 23:11; 43. Chase Cunningham, NNU, 25:44; 45. Kaleb Fleenor, NNU, 25:44; 60. Michael Gordon, NNU, 26:16. **Women** – College of Idaho 31, Lewis-Clark State 92, Carroll 97, Rocky Mountain 104, Calgary 110, Northwest Nazarene 133, Spokane CC 164, Eastern Oregon 196, Great Falls 239. **Individuals (5,000 Meters)** – 1. Hillary Holt, College of Idaho, 16:42; 5. Natalie Evans, NNU, 17:31; 19. Hailey Bradshaw, NNU, 18:26; 22. Susanna Fleming, NNU, 18:34.

**Emerald City Open (Oct. 19 at Seattle): Men (Non-Division 1)** – Club Northwest 22 Seattle Running Club 51, Saint Martin's 84, Dark Horse 88, Olympic CC 125, Guerilla Running 140, Central Washington inc. **Individuals (8,000)** – 1. Colby Gilbert, unat., 25:20.4; 35. Alex Nelson, SMU, 27:37.5; 47. Paul Young, CWU, 28:47.4; 51. Josiah Shelman, SMU, 29:13.2. **Women (Non-Division 1)** – Club Northwest 17, Seattle Running Club 59, Saint Martin's 79, Trinity Lutheran 95, Central Washington inc. **Individuals (6,000 Meters)** – 1. Kimber Lemon, CNW, 22:01.5; 44. Anna deCarteret, CWU, 25:19.2; 50. Megan Teigen, SMU, 25:48.0; 52. Erika Crock, SMU, 25:59.5; 55. Justine Malek, SMU, 26:23.7.

#### 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.

**Week of Sept. 16-22: 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. **Female** – 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.

**Week of Sept. 23-29: Male** – Joe Berger, Saint Martin's (Sr., Enumclaw, WA) blew away the field in the Saint Martin's Invitational Saturday, posting a 22-second victory. Berger covered the 8,000-meter layout under wet and rainy conditions in a time of 26:30.46. **Female** – Hannah Calvert, Seattle Pacific (Fr., Enumclaw, WA) finished fourth overall and first among collegians in the Saint Martin's Invitational. Calvert, in just her third year of cross country running (she didn't turn out until her junior year in high school), finished the 6,000-meter layout in a time of 23:50.02. That's the fourth fastest SPU time in the meet since it went to 6,000 meters in 2008.

**Week of Sept. 30-Oct. 6: Male** – Dylan Anthony, Alaska Anchorage (Jr., Kodiak, AK) finished first in the Cardinal Division in the 39<sup>th</sup> annual Charles Bowles Invitational at Salem Saturday. Anthony, who recorded his third win in three starts this fall, covered the 8,000-meter course in a time of 24:20.34, 13 seconds ahead of teammate Isaac Kangogo. He previously posted a win in a dual with Hawaii Pacific and also won the Chaminade Invitational. **Female** – Joyce Kipchumba, Alaska Anchorage (So., Kapsowar, Kenya – American International), finished second in back of Willamette's Michaela Freeby, clocking a 5,000-meter time of 17:42.67. She was the first of four Seawolf finishers in the Top 6 as UAA cruised to a 59-point team victory.

**Week of Oct. 7-13: Male** – Chip Jackson, Western Washington (Sr., Shoreline, WA – Shorewood) led the Vikings to a perfect team score in the 40<sup>th</sup> annual Western Washington Cross Country Classic, covering the 10,000-meter layout in a time of 32:03. Jackson was the first collegiate finisher and placed fifth overall. **Female** – Annie Wade, Western Oregon (Jr., Condon, OR – Wheeler) finished first in the Pacific Lutheran University Invitational in a 6,000-meter time of 22:28.32, leading the Wolves to a first-place finish with a team score of 20.

## 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.

**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.

**Stanford Invitational (Sept. 28 at Palo Alto): Men (Non-Division 1)** – Colorado Mines, 38, Chico State 42, San Bernardino Valley 111, Southern Oregon 133, Claremont-Mudd 138 (7. Simon Fraser 215). **Individuals (8,000 Meters)** – 1. Erik Olson, Stanford, 24:25; 76. Oliver Jorgensen, SFU, 26:28; 87. James Young, SFU, 26:32; 113. Austin Trapp, SFU, 26:53; 126. Cameron Proceviat, SFU, 27:09; 141. Ephraim Tadesse, SFU, 27:28. **Women (Non-Division 1)** – Chico State 51, Simon Fraser 61, The Master's 98, Southern Oregon 138, Claremont-Mudd 146. **Individuals (6,000 Meters)** – 1. Jessica Tonn, Stanford, 21:00; 35. Lindsey Butterworth, SFU, 22:40; 46. Kirsten Allen, SFU, 22:54; 47. Kansas MacKenzie, SFU, 22:55; 61. Rebecca Bassett, SFU, 23:10; 74. Emma Chadsey, SFU, 23:22.

**Saint Martin's Invitational (Sept. 28 at Lacey): Men** – Alaska Fairbanks 22, Saint Martin's 54, Seattle Pacific 80, Green River 84, Olympic 148. **Individuals (8,000 Meters)** – 1. Joe Berger, SMU, 26:30.46; 2. Ross MacDougall, UAF, 26:52.34; 3. Kenneth Brewer, UAF, 26:54.65; 4. Tux Seims, UAF, 26:58.71; 5. Adam Avischious, SPU, 27:06.83. **Women** – Seattle Pacific 27, Alaska Fairbanks 30, Saint Martin's 69. **Individuals (6,000 Meters)** – 1. Heather Spinney, Spirit of Oregon, 23:07.32; 4. Hannah Calvert, SPU, 23:50.02; 6. Kali Striker, UAF, 24:06.60; 7. Nichole Bathe, UAF, 24:08.32; 8. Claire Rachwitz, SPU, 24:08.86; 9. Jasmine Johnson, SPU, 24:27.04; 10. Lynelle Decker, SPU, 24:51.37.

**Montana Invitational (Oct. 4 at Missoula): Men** – Montana State 16, Montana 58, Montana State Billings 73, Central Washington 113, Carroll 118, Rocky Mountain 151. **Individuals (8,000 Meters)** – 1. Trevor Polson, MSU, 25:23; 6. Jamon Rodriguez, MSUB, 25:49; 12. Robert Peterson, MSUB, 26:09; 16. Thomas Neale, MSUB, 26:32; 19. Rudy Spencer, CWU, 26:45. **Women** – Montana State 21, Montana 47, Carroll 95, Central Washington 100, MSU Billings 115, Rocky Mountain 115. **Individuals (6,000 Meters)** – 1. Heather Demorest, MSU, 21:10; 12. Dani Eggleston, CWU, 22:47; 13. Connie Morgan, CWU, 22:48; 14. Jinise Osborne, MSUB, 22:53; 17. Renae Hepfner, MSUB, 23:10.

**Willamette Charles Bowles (Oct. 5 at Salem): Men** – Alaska Anchorage 30, Western Oregon 140, Willamette 143, UC San Cruz 154, Puget Sound 162 (9. Seattle Pacific 231, 12. Northwest Nazarene 291, Saint Martin's 300). **Individuals (8,000 Meters)** – 1. Dylan Anthony, UAA, 24:20.34; 2. Isaac Kangogo, UAA, 24:33.34; 3. Brady Beagley, WOU, 24:36.30; 4. Victor Samoel, UAA, 24:50.94; 10. Andrey Ionashku, UAA, 25:12.60. **Women** – Alaska Anchorage 34, Seattle Pacific 93, Willamette 117, Portland 123, Whitworth 137 (7. Western Oregon 173, 8. Northwest Nazarene 210, 17. Saint Martin's 541). **Individuals (5,000 Meters)** – 1. Michaela Freeby, Willamette, 17:30.15; 2. Joyce Kipchumba, UAA, 17:42.67; 3. Susan Tanui, UAA, 17:44.51; 5. Ivy O'Guinn, UAA, 18:01.32; 6. Susan Bick, UAA, 18:10.04; 7. Natalie Evans, NNU, 18:10.39; 10. Annie Wade, WOU, 18:15.27.

**40<sup>th</sup> Annual Western Washington University Cross Country Classic (Oct. 12 at East Lake Padden Park, Bellingham): Men** – Western Washington 15, British Columbia 61, Trinity Western 85, Central Washington 132, Simon Fraser 134, Club Northwest 136, Alaska Fairbanks 168, CNW M50 265. **Individuals (10,000 Meters)** – 1. Luc Bruchet, Point Grey TFC, 30:57; 5. Chip Jackson, WWU, 32:03; 6. Nathan Richards, WWU, 32:15; 7. Tanner Boyd, WWU, 32:18; 8. Dylan Peterson, WWU, 32:22; 9. Ike Griffith, WWU, 32:23. **Women** – Greater Bellingham RC 75, Simon Fraser 78, Trinity Western 80, Victoria 84, British Columbia 99, Western Washington 139, Club Northwest 164, Central Washington 181, Alaska Fairbanks 275, UBC Okanogan 278. **Individuals (6,000 Meters)** – 1. Sarah Inglis, Trinity Western, 21:31; 5. Katelynn Steen, WWU, 22:04; 6. Kirsten Allen, SFU, 22:10; 10. Lindsey Butterworth, SFU, 22:21; 13. Connie Morgan, CWU, 22:33; 20. Rebecca Bassett, SFU, 22:45.

**Pacific Lutheran Invitational (Oct. 12 at Parkland): Men** – Western Oregon 33, Everett CC 39, Green River 111, Pacific Lutheran 115, Trinity Western 148, Evergreen State 156, Olympic 184, Puget Sound 201. **Individuals (8,000 Meters)** – 1. Alan DenAdel, PLU, 25:50.07; 2. Brady Beagley, WOU, 26:11.89; 3. Zach Holloway, WOU, 26:14.76; 4. Houston Horner, WOU, 26:23.81. **Women** – Western Oregon 20, Everett CC 50, Pacific Lutheran 82, Puget Sound 88, Trinity Lutheran 154, Green River 163. **Individuals (6,000 Meters)** – 1. Annie Wade, WOU, 22:28.32; 2. Stephanie Stuckey, WOU, 22:49.95; 4. Rachel Shelley, WOU, 23:14.85; 6. Bailey Beeson, WOU, 23:37.09; 7. Jenny Leaf, WOU, 23:38.00; 8. Rachel Crawford, WOU, 23:38.77.

**MSU Billings Invitational (Oct. 12 at Billings): Men** – MSU Billings 52, Black Hills State 89, Mary 93, Dickinson State 94, Rocky Mountain 108, Great Falls 149, Gillette 162, South Dakota Mines 182, Minot State 222. **Individuals (8,000 Meters)** – 1. Cesar Mireles, unat., 24:26.3; 5. Robert Peterson, MSUB, 24:53.6; 6. Michael Luhr, MSUB, 24:56.5; 8. Jamon Rodrigues, MSUB, 25:01.3. **Women** – Mary 29, MSU Billings 81, Rocky Mountain 97, MSUB Alumni 117, Black Hills State 134, Gillette 146, Minot State 150, Great Falls 192, Dickinson State 211, South Dakota Mines 216. **Individuals (5,000 Meters)** – 1. Jennifer Agnew, Mary, 16:51.8; 4. Jinise Osborne, MSUB, 18:23.4; 5. Renae Hepfner, MSUB, 18:24.3; 18. Rio Frame, MSUB, 18:57.7.