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Cross Country Runners of the Week

Great Northwest Athletic Conference

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CROSS COUNTRY RUNNERS-OF-THE-WEEK

MALE

2001

Aug. 27-Sept. 2 Eric Strabel, UAA
 Sept. 3-9 Louie White, HSU
 Sept. 10-16 Steve Manos, Seattle
 Sept. 17-23 Aaron Matthias, NNU
 Sept. 24-30 Martin Ranney, WWU
 Oct. 1-7 Francis Kimeli, NNU
 Oct. 8-14 Francis Kimeli, NNU
 Oct. 15-21 Tom Gaschk, CWU
 Oct. 29-Nov. 4 Tobias Schwoerer, UAA
 Brice Roncace, NNU

2002

Aug. 26-Sept. 1 Sean Rivers, UAA
 Sept. 2-8 Nathanael Castle, SPU
 Sept. 9-16 Chase Wells, WOU
 Sept. 16-22 Paul Kezes, WWU
 Sept. 23-29 Pete Clusener, HSU
 Sept. 30-Oct. 6 Pete Clusener, HSU
 Oct. 7-13 Steve Manos, SU
 Oct. 21-27 Tim LeCount, SPU
 Paul Kezes, WWU
 Nov. 3-10 Paul Kezes, WWU

2003

Sept. 1-7 Kurt Hartmaier, WWU
 Sept. 8-14 Nathan Carlson, SMU
 Sept. 15-21 Andy Prentice, SMU
 Sept. 22-28 Tim LeCount, SPU
 Sept. 29-Oct. 5 Doug Hamilton, HSU
 Oct. 6-12 Chase Wells, WOU
 Nov. 3-9 Doug Hamilton, HSU

2004

Aug. 30-Sept. 5 Andy Prentice, SMU
 Zach Dwello, NNU
 Sept. 6-12 Tim LeCount, SPU
 Sept. 13-19 Brian Kostock, HSU
 Sept. 20-26 Brandon Stum, UAA
 Sept. 27-Oct. 3 Jasper Peach, HSU
 Oct. 4-10 Brian Kostock, HSU
 Nov. 1-7 Jasper Peach, HSU
 Bjorn Bostrom, SPU

2005

Aug. 28-Sept. 4 John Riak, SMU
 Sept. 5-11 Casey Moriarty, SU
 Sept. 12-18 Casey Moriarty, SU
 Sept. 19-25 David Kiplagat, UAA
 Sept. 26-Oct. 2 Brian Kostock, HSU
 Oct. 3-9 Logan Senrud, WWU
 Oct. 31-Nov. 6 Casey Moriarty, SU

2006

Aug. 28-Sept. 3 John Riak, SMU
 Sept. 4-10 Sam Scotchmer, CWU
 Anthony Tomsich, WWU

Sept. 11-17 John Riak, SMU
 Sept. 18-24 David Kiplagat, UAA
 Sept. 25-Oct. 1 David Kiplagat, UAA
 Oct. 2-8 Mike Schmidt, WOU
 Oct. 30-Nov. 5 John Riak, SMU

2007

Aug. 27-Sept. 2 Nik Karr, WOU
 Sept. 3-9 Blake Medhaug, WWU
 Sept. 10-16 Nathan Heitzinger, SU
 Sept. 17-23 Bennett Grimes, WWU
 Sept. 24-30 David Kiplagat, UAA
 Oct. 1-7 Anthony Tomsich, WWU
 Oct. 29-Nov. 4 John Riak, SMU

2008

Aug. 25-31 Zeke Van Patten, WOU
 Sept. 1-7 Marko Cheseto, UAA
 Sept. 8-14 John Riak, SMU
 Sept. 15-21 Marko Cheseto, UAA
 Sept. 29-Oct. 5 John Riak, SMU
 Oct. 6-12 Marko Cheseto, UAA
 Zeke Van Patten, WOU
 Nov. 3-9 Marko Cheseto, UAA

2009

Aug. 24-30 Manuel Santos, CWU
 Aug. 31-Sept. 6 Micah Chelimo, UAA
 Sept. 7-13 Bennett Grimes, WWU
 Chris Reed, WOU
 Sept. 14-20 Micah Chelimo, UAA
 Sept. 21-27 Barak Watson, NNU
 Sept. 28-Oct. 4 Barak Watson, NNU
 Oct. 5-11 Marko Cheseto, UAA

2010

Aug. 30-Sept. 5 Marko Cheseto, UAA
 Sept. 6-12 Barak Watson, NNU
 Sept. 13-19 Chris Reed, WOU
 Sept. 20-26 Kyle Van Santen, SMU
 Sept. 27-Oct. 3 Marko Cheseto, UAA
 Oct. 4-10 Bennett Grimes, WWU
 Oct. 11-17 Barak Watson, NNU
 Oct. 18-24 Mark Cheseto, UAA

2011

Aug. 29-Sept. 4 Brian Potter, MSUB
 Sept. 5-11 Yonatan Yilma, UAA
 Jordan Wolfe, SPU
 Sept. 12-18 Connor Kasler, WOY
 Sept. 19-25 Barak Watson, NNU
 Sept. 26-Oct. 2 Barak Watson, NNU
 Oct. 3-9 Micah Chelimo, UAA
 Oct. 10-16 Keir Forster, SFU

FEMALE**2001**

Aug. 27-Sept. 2 Sigrid Aas, UAF
 Sept. 3-9 Jill Salmon, WOU
 Sept. 10-16 Rachel Ross, SPU
 Sept. 17-23 Ashlee Vincent, WWU
 Sept. 24-30 Jamie Witt, SPU
 Oct. 1-7 Kylee Wells, WOU
 Oct. 8-14 Ashlee Vincent, WWU
 Oct. 15-21 Kelly Fullerton, SU
 Oct. 29-Nov. 4 Kelly Fullerton, SU

2002

Aug. 26-Sept. 1 Sigrid Aas, UAF
 Sept. 2-8 Ashlee Vincent, WWU
 Sept. 9-16 Katie Gosnell, HSU
 Sept. 16-22 Alicen Maier, CWU
 Sept. 23-29 Nicole Seana, SPU
 Sept. 30-Oct. 6 Kati Gosnell, HSU
 Oct. 7-13 Ashlee Vincent, WWU
 Oct. 21-27 Ashlee Vincent, WWU
 Nov. 3-10 Ashlee Vincent, WWU

2003

Sept. 1-7 Laura Trevellyan, WWU
 Sept. 8-14 Jamie Witt, SPU
 Sept. 15-21 Kristie Rice, SU
 Sept. 22-28 Josie Lavin, SPU
 Kari Konrad, WOU
 Nicole Campbell, HSU
 Sept. 29-Oct. 5 Nicole Campbell, HSU
 Oct. 6-12 Jamie Witt, SPU
 Nov. 3-9 Laura Trevellyan, WWU

2004

Aug. 30-Sept. 5 Janelle Probst, SMU
 Kamie Jo Massey, UAA
 Sept. 6-12 Karen Dickson, SPU
 Sept. 13-19 Karen Dickson, SPU
 Kelly Fullerton, SU
 Sept. 20-26 Kelly Fullerton, SU
 Sept. 27-Oct. 3 Brandy Anderson, CWU
 Oct. 4-10 Karen Dickson, SPU
 Nov. 1-7 Karen Dickson, SPU

2005

Aug. 28-Sept. 4 Pavla Havlova, UAF
 Sept. 5-11 Meredith Crane, SPU
 Sept. 12-18 Janelle Probst, SMU
 Sept. 19-25 Meredith Crane, SPU
 Sept. 26-Oct. 2 Brandy Anderson, CWU
 Oct. 3-9 Pavla Havlova, UAF
 Oct. 31-Nov. 6 Mandy Kaempf, UAA

2006

Aug. 28-Sept. 3 Aurelia Korthauer, UAF
 Sept. 4-10 Katie Hummel, CWU
 Jessica Pixler, SPU
 Sept. 11-17 Jessica Pixler, SPU

Sept. 18-24 Mary Moriarty, SPU
 Sept. 25-Oct. 1 Katie Hummel, CWU
 Oct. 2-8 Mandy Kaempf, UAA
 Oct. 30-Nov. 5 Jessica Pixler, SPU

2007

Aug. 27-Sept. 2 Anna Coulter, UAF
 Elizabeth Chepkosgei, UAA
 Sept. 3-9 Jessica Pixler, SPU
 Sept. 10-16 Jessica Pixler, SPU
 Sept. 17-23 Ashley Puga, NNU
 Marcie Mullen, CWU
 Sept. 24-30 Elizabeth Chepkosgei, UAA
 Jessica Pixler, SPU
 Oct. 1-7 Suzie Strickler, SPU
 Oct. 29-Nov. 4 Jessica Pixler, SPU

2008

Aug. 25-31 Theresia Schnurr, UAF
 Anna Coulter, UAF
 Sept. 1-7 Jane Larson, SPU
 Sarah Porter, WWU
 Sept. 8-14 Sarah Porter, WWU
 Sept. 15-21 Jessica Pixler, SPU
 Sept. 22-28 Jessica Pixler, SPU
 Sept. 29-Oct. 5 Ashley Puga, NNU
 Oct. 6-12 Joscelyn Minton, SMU
 Nov. 3-9 Jessica Pixler, SPU

2009

Aug. 24-30 Theresia Schnurr, UAF
 Aug. 31-Sept. 6 Ruth Keino, UAA
 Theresia Schnurr, UAF
 Sept. 7-13 Sarah Porter, WWU
 Sept. 14-20 Jessica Pixler, SPU
 Sept. 21-27 Jessica Pixler, SPU
 Sept. 28-Oct. 4 Jaclyn Puga, NNU
 Oct. 5-11 Ruth Keino, UAA

2010

Aug. 30-Sept. 5 Raphaela Sieber, UAF
 Sept. 6-12 Ruth Keino, UAA
 Sept. 13-19 Jessica Smith, SFU
 Sept. 20-26 Sarah Porter, WWU
 Sept. 27-Oct. 3 Sarah Porter, WWU
 Miriam Kipng'eno, UAA
 Oct. 4-10 Jessica Smith, SFU
 Oct. 11-17 Whitney Mickelsen, MSUB
 Oct. 18-24 Sarah Porter, WWU

2011

Aug. 29-Sept. 4 Natty Plunkett, SPU
 Sept. 5-11 Ruth Keino, UAA
 Sept. 12-18 Jessica Smith, SFU
 Sept. 19-25 Natty Plunkett, SPU
 Sept. 26-Oct. 2 Heidi Laabs-Johnson, SPU
 Oct. 3-9 Ruth Keino, UAA
 Oct. 10-16 Jessica Smith, SFU

Most Career Male POW Winners: 8 – Marko Cheseto, UAA. 7 – John Riak, SMU. 6 - Barak Watson, NNU. 4 – David Kiplagat, UAA. 3 - Tim LeCount, SPU; Paul Kezes, WWU; Casey Moriarty, SU; Brian Kostock, HSU; Micah Chelimo, UAA.

Most Career Female POW Winners: 12 – Jessica Pixler, SPU. 6 – Ashlee Vincent, WWU; Sarah Porter, WWU. 5 – Ruth Keino, UAA. 4 – Karen Dickson, SPU; Kelly Fullerton, SU; Jessica Smith, SFU. 3 – Jamie Witt, SPU; Theresia Schnurr, UAF.

2001

Week of Aug. 27-Sept. 2: Male - Eric Strabel, Alaska Anchorage (So., Palmer, AK) led a 1-2-3 sweep as UAA won the men's team title in the Birch Hill Invitational at Fairbanks. Strabel covered the 8,000 meters in 26:34 to finish 21 seconds ahead of teammate Toby Schwoerer. UAA's Andy Elvester placed third in a time of 27:00. **Female** - Sigrid Aas, Alaska Fairbanks won the women's Burch Hill 5,000 meter individual race in a time of 19:40, nine seconds better than Leslie Boyd of UAA.

Week of Sept. 3-9: Male - Louie White, Humboldt State (Monterey, CA) finished fourth overall in a time of 26:06 to lead the Lumberjacks to the team title in the Humboldt State Invitational. **Female** - Jill Salmon, Western Oregon (Jr., Central Point, OR - Crater), placed third in a time of 18:28 as the Wolves finished second in the HSU Invitational.

Week of Sept. 10-16: Male - Steve Manos, Seattle University (So., Phoenix, AZ - Brophy Prep) finished fifth overall in the Saint Martin's Invitational in a time of 26:51.9 to lead the Redhawks to their first team title since joining the NCAA Division II ranks three years ago. **Female** - Rachel Ross, Seattle Pacific (Sr., Kennewick, WA) finished second in the Saint Martin's Invitational in a time of 19:05.4 to lead the Falcons to the team championship.

Week of Sept. 17-23: Male - Aaron Matthias, Northwest Nazarene (Jr., Yakima - West Valley) finished second in a time of 24:40 to lead the Crusaders to the team title in the open division of the Sundodger Invitational at Lincoln Park. **Female** - Ashlee Vincent, Western Washington (Fr., Bellingham - Squalicum) placed fourth in the open division in a time of 17:56 to lead the Vikings to a third-place team finish in the Sundodger Invitational.

Week of Sept. 24-30: Male - Martin Ranney, Western Washington (Sr., Bellingham - Sehome) finished second to lead the Vikings to a second-place finish in the Western Washington Invitational. **Female** - Jamie Witt, Seattle Pacific (So., Folsom, CA) placed sixth and was the top overall GNAC placer in the WWU Invitational.

Week of Oct. 1-7: Male - Francis Kimeli, Northwest Nazarene (Jr., Eldoret, Kenya) placed fifth (out of 400 runners) in the Willamette Invitational in a time of 24:22.30 (8,000 meters) to lead the Crusaders to a fourth-place team finish. **Female** - Kylee Wells, Western Oregon (Sr., Gresham, OR) was the top GNAC placer in the Willamette Invitational, finishing 18th in a time of 18:10.21 (5,000 meters).

Week of Oct. 8-14: Male - Francis Kimeli, Northwest Nazarene (Jr., Eldoret, Kenya - Ainabkot). won the men's titles in the inaugural GNAC cross country championships at Kincaid Park in Anchorage. Kimeli finished first on the men's 8,000 meter course in a time of 26:12.2, finishing 15

seconds ahead of second-place Martin Ranney of Western Washington, to lead the Crusaders to the team title. **Female** - Ashlee Vincent, Western Washington (Fr., Bellingham - Squalicum) won the women's titles in the inaugural GNAC cross country championships at Kincaid Park in Anchorage. Vincent led the Vikings to a second-place team finish in the women's race, posting a winning time of 23:46.0 on the 6,000 meter layout. She is the first Viking woman ever to win a league cross country title.

Week of Oct. 15-21: Male - Tom Gaschk, Central Washington (Sr., Gig Harbor) finished third in a time of 24:49 for the top finish by a GNAC runner in the Northwest College Invitational Saturday to lead the Wildcats to a second-place team finish. **Female** - Kelly Fullerton, Seattle (So., Roseburg, OR) placed fifth in a time of 18:06 for the best finish by a GNAC runner in the 5,000-meter women's race at Kirkland.

Week of Oct. 29-Nov. 4: Male - Tobias Schwoerer, Alaska Anchorage (So., Lenzkirsch, Germany) and Brice Roncace, Northwest Nazarene (Jr., Meridian, ID). . Schwoerer finished second in the NCAA West Regional in a time of 32:10 to lead the Seawolves to a third-place team finish. Roncace placed 14th in the NAIA Regional in a time of 25:19, a 36-second improvement in his personal best. A 27:00 runner last year, he missed all-regional honors by just seven seconds. "Brice has done an amazing job for us this year," NNU coach Randy Dalzell said. **Female** - Kelly Fullerton, Seattle University (So., Roseburg, OR) claimed a NAIA national berth, placing fourth in Saturday's regional in a time of 17:52.

2002

Week of Aug. 26-Sept. 1: Male - Sean Rivers, Alaska Anchorage (Sr., Sandy, OR) finished first in the UAF Invitational as the Seawolves placed seven runners among the top eight in easily outdistancing Central Washington 16-60. Rivers was clocked in a time of 25:19. **Female** - Sigrid Aas, Alaska Fairbanks (Jr., Alta, Norway) won the women's individual title in a time of 18:28.2 in the UAF Invitational.

Week of Sept. 2-8: Male - Nathanael Castle, Seattle Pacific (Sr., Gooding, ID) finished second in the Emerald City Invitational at Lower Woodland Park. Castle, who was the only non-University of Washington runner among the top seven finishers, was clocked in a time of 26:02.40. **Female** - Ashlee Vincent, Western Washington (So., Bellingham - Squalicum) finished fourth in the women's race in the Emerald City Invitational in a time of 18:23.99. UW runners claimed the top three spots.

Week of Sept 9-16: Male - Chase Wells, Western Oregon (So., Gresham, OR - Mt. Hood CC) finished third in the Lewis & Clark Invitational in a time of 26:02.9 to lead the Wolves to a second-place team finish. **Female** - Katie Gosnell, Humboldt State (Sr., Lyons, CO) had the best finish by a GNAC runner in the 38th annual Fresno State

Invitational, placing fifth in a time of 18:34. She was second among Division II athletes.

Week of Sept.16-22: Male - Paul Kezes, Western Washington (Jr., Bellingham - Sehome), a transfer from Western State (Colo.), finished just two seconds off the course record in winning the men's invitational section of the 11th annual Sundodger Cross Country meet Saturday at Lincoln Park. Kezes paced a field made up predominately of NCAA Division I runners, completing the 8,000 meter course in a time of 23:42, finishing 28 seconds ahead of Mike Hill of Club Northwest. **Female** - Alicen Maier, Central Washington (Jr., Selah), who sat out last fall's cross country campaign with an injury, had her fourth straight Top 10 finish, placing sixth in the open division of the Sundodger Invitational in a time of 17:55.

Week of Sept. 23-29: Male- Pete Clusener, Humboldt State (Sr., Port Washington, NY) placed 34th in the Stanford Invitational in a time of 24:35. Clusener finished second among Division II runners. **Female-** Nicole Seana, Seattle Pacific (Jr., Carnation, WA) cut 40 seconds off her time from the previous week in leading the Falcons to the team title in the Saint Martin's Invitational. Seana was SPU's top finisher and placed seventh overall (6th among collegiate runners) in a time of 19:03.16.

Week of Sept. 30-Oct. 6: Male - Pete Clusener, Humboldt State (Sr., Port Washington, NY) had the best individual finish by a GNAC male runner and led the Lumberjacks to the top team finish in the Willamette Invitational. Clusener placed third in the men's 8,000 meter race in a time of 24:29.38 as the Lumberjacks placed fourth out of 40 teams **Female** - Kati Gosnell, Humboldt State (Sr., Lyons, Colo.) finished second in the women's race in a time of 17:50.42 leading HSU to a fifth place team finish (out of 35 teams).

Week of Oct. 7-13: Male - Steve Manos, Seattle University (Jr., Phoenix, AZ) was the top GNAC placer in the Pacific Lutheran Invitational, finishing third in a time of 25:19 to lead the Redhawks to a second-place team finish. **Female** - Ashlee Vincent, Western Washington (So., Bellingham - Squalicum) led the Vikings to their first-ever women's team title in the WWU Invitational, placing second overall in a time of 22:21. She was the top collegiate placer in the meeting.

Week of Oct. 21-27: Male - Tim LeCount, Seattle Pacific (Fr., Battle Ground, WA) and Paul Kezes, Western Washington (So., Bellingham, WA - Sehome). . .LeCount shaved 36 seconds off his previous time at Lincoln Park and bettered his season best mark by six seconds in finishing eighth to win GNAC Freshman-of-the-Year honors at the conference championship meet. Kezes raced to a 20-second victory covering the 8,000-meter layout in a time of 24:20.85 to win Athlete-of-the-Year and Newcomer-of-the-Year honors. **Female** - Ashlee Vincent, Western Washington (So., Bellingham - Squalicum) won her second straight GNAC individual title and earned Athlete-of-the-Year honors as she finished first in the conference meet in a time of 21:44.89.

Week of Nov. 3-10: Male - Paul Kezes, Western Washington (So., Bellingham - Sehome) won the NCAA Division II West Regional men's individual title at Fresno, Calif., in a time of 31:58, finishing 12 seconds ahead of Chris Eggers of Chico State. **Female** - Ashlee Vincent (So., Bellingham - Squalicum), was the top GNAC finisher in Saturday's NCAA West Regional championships at Woodward Park in Fresno, Calif., placing eighth in a time of 22:21.

2003

Week of Sept. 1-7: Male - Kurt Hartmaier, Western Washington (Sr., Woodinville, WA - Redmond) finished second in the Emerald City Invitational to lead the Vikings to the team title in their inaugural run of the 2003 season. Hartmaier was clocked in a time of 26:23.4 on the 8,000 meter layout. **Female** - Laura Trevellyan, Western Washington (So., Vashon, WA) placed second at the Emerald City Invitational to lead the Vikings to a third-place team finish. Trevellyan, who was last year's GNAC Freshman-of-the-Year award winner, covered the 5,000-meter layout in a time of 18:47.8.

Week of Sept. 8-14: Male - Nathan Carlson, Saint Martin's (Sr., Pateros, WA) placed second in the Saint Martin's Open as the Saints equaled their best team finish in school history. Carlson covered the 8,000 meter layout in a time of 25:57. Saint Martin's finished second behind Western Washington, which won its second team title in two competitions this fall. Twice previously the Saints have earned second-place finishes, including two years ago in this meet and once in a four-team competition at Northwest College. **Female** - Jamie Witt, Seattle Pacific (Jr., Folsom, CA) came from behind in the final 800 meters to win the Saint Martin's Open at Lacey. Witt was clocked in a time of 18:01.01 on the 5,000 meter course as she led the Falcons to a second-place team finish.

Week of Sept. 15-21: Male - Andy Prentice, Saint Martin's (So., Nine Mile Falls, WA) placed 30th out of 217 runners, including eighth among Division II athletes, to lead the Saints to a 10th place finish (out of 28 schools) in the National Catholic Invitational at the University of Notre Dame in South Bend. Prentice covered the 8,000-meter layout in a time of 26:06. Saint Martin's finished fourth among Division II schools in the competition. **Female** - Kristie Rice, Seattle (Fr., Des Moines, WA - Mount Rainier) and Josie Lavin, Seattle Pacific (Jr., Bremerton, WA). . .Rice placed 12th, including fifth among Division II runners, in the National Catholic Invitational. Rice covered the 3,000-meter course in a time of 19:01. A total of 256 women competed in the meet. Lavin led wire-to-wire and pulled away in the latter stages to earn her first collegiate win in the Central Washington Invitational. Her time of 19:22 was an 81 second improvement over her 2002 time on the same course.

Week of Sept. 22-28: Male - Tim LeCount, Seattle Pacific (So., Battle Ground, WA) finished second among GNAC runners and eighth overall in the Sundodger Invitational at Lincoln Park, covering the 8,000 meter course in 25:11, a

40-second improvement over his time in the same event last season. **Female** - Kari Konrad, Western Oregon (Jr., Tigard, OR - Clackamas), and Nicole Campbell, Humboldt State (Jr., Topanga, CA - Palisades Charter). . .Konrad and Campbell were clocked in times of 23:03 and 23:07, respectively, in leading their teams at the Cal Poly Pomona Invitational and Stanford Invitational, respectively. Conrad finished fifth overall among seven schools competing at Chino. Campbell placed third among Division II athletes and was 60th overall at Stanford.

Week of Sept. 29-Oct. 5: Male - Doug Hamilton, Humboldt State (Sr., Modesto, CA) placed eighth for the highest finish by a GNAC athlete in the Willamette Invitational at Salem. Hamilton covered the 8,000 meter layout in a time of 24:31.63 to lead the Lumberjacks to a sixth-place team finish. **Female** - Nicole Campbell, Humboldt State (Jr., Topanga, CA - Palisades Charter) finished 24th at Willamette, the best finish by a GNAC runner. She covered the 5,000 meter layout in a time of 18:30.91.

Week of Oct. 6-12: Male - Chase Wells, Western Oregon (Jr., Gresham, OR - Mt. Hood) finished second to lead the Wolves to the team title in the NNU Hampton Inn & Suites Fall Harrier Classic at Kuna, Idaho. Wells was clocked in a time of 27:52.59 on the 8,000-meter course. **Female** - Jamie Witt, Seattle Pacific (Jr., Folsom, CA) finished 25 seconds ahead of the next closest GNAC runner and placed second overall to lead the Falcons to the women's team title in the WWU Invitational. Witt, who has finished no worse than third in any of her five races this fall, was clocked in 22:14 on the 6,000-meter layout.

Week of Nov. 3-9: Male - Doug Hamilton, Humboldt State (Sr. Modesto, CA) placed 10th in the West Regional at Chino to qualify for the NCAA national meet in two weeks at Raleigh, N.C. Hamilton earlier won the GNAC championship. **Female** - Laura Trevellyan, Western Washington (So., Vashon, WA), who finished third in the GNAC meet, had the best finish by a GNAC runner, placing fifth overall in a time of 22:22.0 in the NCAA West Regional to qualify for the national meet.

2004

Week of Aug. 30-Sept. 5: Male - Andy Prentice, Saint Martin's (Sr., Nine Mile Falls, WA) and Zach Dwello, Northwest Nazarene (Sr., McCall, ID) won individual titles in the opening weekend of races. Prentice set a course record in leading the Saints past the University of Puget Sound in the UPS Open. Dwello finished first in the Whitman Invitational to spark the Crusaders to a second-place team finish. **Female** - Janelle Probst, Saint Martin's and Kamie Jo Massey, Alaska Anchorage (Sr., Payson, UT). . .Probst and Massey won individual titles in the UPS Open and the Interior UAF Invitational to lead their squads to team titles in duals with the Loggers and Nanooks, respectively.

Week of Sept. 6-12: Male - Tim LeCount, Seattle Pacific (Sr., Battle Ground, WA) finished third in the Emerald City

Invitational leading the Falcons to their first-ever team title in the four-year history of the conference. LeCount, who was coming off an injury, was clocked in a time of 27:17.44 on the 8,000-meter layout. **Female** - Karen Dickson, Seattle Pacific (So., El Dorado Hills, CA) won the individual title in the Emerald City Invitational, finishing in a time of 18:16.32, 16 ½ seconds ahead of runner-up Kelly Fullerton of Seattle. Both Dickson and Fullerton also finished ahead of all the runners competing in the Division I race.

Week of Sept. 13-19: Male - Brian Kostock, Humboldt State (Jr., Santa Barbara, CA - San Marcos) raced to a 41-second victory in the Humboldt Invitational at McKinleyville, covering the 8,000 meter layout in a time of 26:31. It was the first outing for Kostock since overcoming a hip injury that forced him to sit out the entire 2004 track-and-field season. "Brian ran an incredible race, especially considering that he couldn't train for three months last spring," HSU head coach Sandy Moran said. "His performance makes a statement about what he is capable of achieving." **Female** - Karen Dickson, Seattle Pacific (So., El Dorado, CA) and Kelly Fullerton, Seattle (Sr., Roseburg, OR). . .Dickson outraced all the Division I competition for the second week in a row, finishing third overall and first among collegiate runners in the invitational portion of the Sundodger at Lincoln Park. Dickson covered the 6,000-meter layout in a time of 21:20. Fullerton finished second in the 5,000-meter open race at Sundodger, just three seconds back of Julia Howard of Simon Fraser in a time of 17:58.

Week of Sept. 20-26: Male - Brandon Stum, Alaska Anchorage (Sr., Spokane, WA - University & SCC) placed 22nd in an outstanding field in an invitational at Evansville, Indiana, the site of this year's national meet. Stum covered the 8,000 meter layout in a time of 26:05. The field included about one third of the teams currently ranked in the NCAA Division II Top 25, including the Seawolves who are ranked 20th. **Female** - Kelly Fullerton, Seattle University (Sr., Roseburg, OR) finished first in a meet record time of 18:04 to lead the Redhawks to an easy team victory in the Saint Martin's Invitational at Lacey. SU finished well ahead of the host Saints (22 points to 50) in the team standings.

Week of Sept. 27-Oct. 3: Male - Jasper Peach, Humboldt State (So. Auburn, CA), making his first appearance of the season, finished eighth in a strong field at Willamette, covering the 8,000 meter layout in a time of 24:36.75, more than a minute faster than he ran on the same course last year and the fastest 8,000 meter time by any GNAC runner this fall. **Female** - Brandy Anderson, Central Washington (Jr., Juneau, AK - Western State) finished second in the CWU Invitational in a time of 19:47.6 to lead the Wildcats to the team title over Whitworth and nationally 22nd ranked Seattle University.

Week of Oct. 4-10: Male- Brian Kostock, Humboldt State (Jr., Santa Barbara, CA - San Marcos) finished first in a 10,000 meter time of 32:49, 12 seconds ahead of teammate Jasper Peach in the 31st annual Western Washington

Invitational. **Female** – Karen Dickson, Seattle Pacific (So., El Dorado Hills, CA) won her fourth race of the season at Bellingham, finishing 55 seconds ahead of the second-place finisher and 64 seconds ahead of the next collegiate runner.

Week of Nov. 1-7: Male – Jasper Peach, Humboldt State (So., Auburn, CA – Placer) and Bjorn Bostrom, Seattle Pacific (So., LaConner, WA). .Peach, who finished fourth in the conference meet two weeks ago, was the top GNAC finisher in the NCAA West Regional, covering the 10,000 meter Lake Padden layout in a time of 32:47. Bostrom finished 22nd overall, but his time was nine seconds faster than his last trip around Lake Padden despite soggy conditions and his finish helped SPU to qualify for the NCAA national meet for the first time in school history. **Female** – Karen Dickson, Seattle Pacific (So., El Dorado Hills, CA) finished second, just 24 seconds back of defending NCAA national champion Chelsea Smith of Brigham Young – Hawaii.

2005

Week of Aug. 28-Sept. 4: Male - John Riak, Saint Martin's (Fr., Lacey, WA) won the UPS Open, covering the 8,000 meter layout in a time of 27:01. **Female** - Pavla Havlova, Alaska Fairbanks (Sr., Jince, Czech Republic), a transfer from Wichita State, finished first in the UAF Interior Invitational in a time of 18:23.3 on the 5,250 meter layout.

Week of Sept. 5-11: Male - Casey Moriarty, Seattle (Gr., Seattle, WA) finished first in the Emerald City Invitational, covering the 8,000 meters in a time of 25:39.82, more than a minute faster than the second-place finisher and 95 seconds quicker than the next GNAC runner. Moriarty is a graduate of Yale University and is currently enrolled in the Seattle University Law School. **Female** - Meredith Crane, Seattle Pacific (Jr., Yakima, WA – Davis), a transfer from Texas A&M, won her debut race for the Falcons at the Emerald City Invitational, covering the 5,000 meter course in a time of 18:16.28, 10 seconds ahead of the runner-up and 41 seconds quicker than the next collegian.

Week of Sept. 12-18: Male -Casey Moriarty, Seattle University (Sr., Seattle, WA – Yale) ran the second fastest 8,000 meter time in GNAC history, placing third in the Division I dominated invitational division at the Sundodger. He covered the Lincoln Park layout in a time of 24:07, finishing just seven seconds behind winner Austin Ramos of UCLA. The only better time by a GNAC runner came in 2002 when Western Washington's Paul Kezes navigated the Lincoln Park course in a time of 23:42. **Female** - Janelle Probst, Saint Martin's (So., Spokane, WA – Mead) finished 38th – sixth among Division II runners – at the National Catholic Championships at South Bend, Indiana. Probst covered the 5,000-meter layout in a time of 19:26.

Week of Sept. 19-25: Male - David Kiplagat, Alaska Anchorage (Fr., Kapsabet, Kenya - Kaptumo Boys) finished 18th in a time of 24:27 to lead the Seawolves to a 13th place team finish in the long-course event (8,000 meters) at the Stanford Invitational. **Female** - Meredith

Crane, Seattle Pacific (Jr., Yakima, WA - Davis) won the Saint Martin's Invitational in a course-record 5,000 meter time of 17:33 leading the Falcons to a second-place finish at Lacey. It was Crane's second win of the season. She also finished first two weeks ago at the Emerald City Open.

Week of Sept. 26-Oct. 2: Male - Brian Kostock, Humboldt State (Sr., Santa Barbara, CA – San Marcos) finished 23rd in the Willamette Invitational in a time of 25:17.6 to lead the Lumberjacks to a 13th place team finish, the best among GNAC teams entered in the event. Kostock was the second highest GNAC individual placer, finishing five seconds in back of Saint Martin's John Riak, who placed 17th in a time of 25:12.4. **Female** - Brandy Anderson, Central Washington (Sr., Juneau, AK – Western State) led the Wildcats to a fifth-place team finish at Willamette – second among NCAA Division II schools – covering the 5,000-meter layout in a time of 18:30.15.

Week of Oct. 3-9: Male - Logan Senrud, Western Washington (Jr., Bigfork, MT) finished eighth to lead the Vikings to their fourth team title in six years in the 32nd annual Western Washington Invitational. Senrud, coming off an arch injury, covered the 10,000-meter course in a time of 33:10. Senrud was one of five Viking runners in the Top 20. **Female** - Pavla Havlova, Alaska Fairbanks (Sr., Jince, Czech Republic) won her third race of the season, finishing first in a double dual with Alaska Anchorage and Cal Poly Pomona. She completed the 6,000-meter layout in a time of 22:53.48, a healthy 46 seconds ahead of runner-up Mandy Kaempf of Alaska Anchorage.

Week of Oct. 31-Nov. 6: Men - Casey Moriarty, Seattle (Sr., Seattle, WA) had the highest finish for a GNAC runner in the NCAA West Regional meet Saturday at Prado Park in Chino, Calif. Moriarty finished fifth on the 10,000-meter course in a time of 32:34.1 to qualify for the NCAA national meet. **Female** – Mandy Kaempf, Alaska Anchorage (Jr., Steinbach-Hallenberg, Germany) placed fourth in the women's West Regional meet to lead the Seawolves to a third-place national qualifying team finish. Kaempf covered the 6,000-meter layout in a GNAC-best time of 22:22.7.

2006

Week of Aug. 28-Sept. 3: Male – John Riak, Saint Martin's (So., Lacey, WA) won the Puget Sound Invitational in a time of 26:46, cutting 15 seconds off his winning time in the same race a year ago. It was also his fourth career victory. **Female** – Aurelia Korhauer, Alaska Nanooks (So., Bondorf, Germany) had the highest finish by a GNAC runner in the UPS Invitational, placing third in a time of 20:26 on the 5,000 meter layout.

Week of Sept. 4-10: Male – Sam Scotchmer, Central Washington (Jr., Snohomish, WA) and Anthony Tomsich, Western Washington (So., Fairbanks, AK – West Valley). .Scotchmer finished first at the Lewis & Clark Invitational in a time of 25:54.5. Tomsich led Western Washington to the men's team title at the Emerald City Invitational in a winning time of 26:51.71. **Female** – Katie Hummel,

Central Washington (Jr., Yakima, WA – Eisenhower) and Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA – Eastlake). . Hummel finished in a meet and course-record time of 21:45.7 to lead the Wildcats to the team title in the Lewis & Clark Invitational. Pixler, who also competes for the Falcons' soccer team, led SPU to the team title finishing first in a 6,000-meter time of 22:31 in the Emerald City Invitational, a minute ahead of the next collegian.

Week of Sept. 11-17: Male – John Riak, Saint Martin's (So., Lacey, WA) became just the third Division II runner in the 27-year history of the meet (and the first since 1995) to win the individual title in the National Catholic Cross Country championships Friday at South Bend, Indiana. The SMU sophomore won his third race in three outings this fall, covering the five-mile layout in a time of 24:38, finishing two seconds ahead of second-place Jake Watson of Notre Dame. Earlier this fall, he won the UPS Invitational in a 8,000-meter time of 26:46 and a dual against Evergreen State in a 5,000-meter time of 14:53. He now has seven career victories. **Female** – Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA – Eastlake) won her second consecutive race winning the Sundodger Open Division at Lincoln Park in Seattle in a time of 21:35. Last week she won the Emerald City at Woodland Park in a time of 22:31.69. In between, she takes time to compete for SPU's nationally ranked soccer team, which is off to a 6-1 start.

Week of Sept. 18-24: Male – David Kiplagat, Alaska Anchorage (So., Kapsabet, Kenya) finished second in the Saint Martin's Invitational to lead the Seawolves to the men's team title. Kiplagat who finished five seconds in back of Saint Martin's John Riak in a 8,000 meter time of 25:14, was one of three UAA runners among the top five on the course that will host the GNAC championships on Oct. 21. **Female** – Mary Moriarty, Seattle Pacific (So., Seattle, WA – Ballard) was the top collegiate finisher at Saint Martin's and placed second overall in a time of 22:13 as she led the Falcons to an overwhelming victory in the team race. SPU placed five runners in the top nine even though they were without Jessica Pixler, who will concentrate on soccer until the conference meet.

Week of Sept. 25-Oct. 1: Male – David Kiplagat, Alaska Anchorage (So., Kapsabet, Kenya) finished second in the Willamette Invitational in a 8,000-meter time of 24:06.25, finishing 36 seconds of ninth-place finisher John Riak of Saint Martin's, who had won his four previous races. **Female** – Katie Hummel, Central Washington (Jr., Yakima, WA – Ike & Texas A&M) bounced back from a two-week layoff to finish fourth out of 298 runners (first among Division II athletes) in the Willamette Invitational in a 5,000-meter time of 17:49.75.

Week of Oct. 2-8: Male – Mike Schmidt, Western Oregon (Fr., Tacoma, WA – Bellarmine Prep) led the Wolves to a share of the team title Saturday in the Pacific Lutheran Invitational, finishing second on the 8,000 meter layout in a time of 25:28. Two other Western Oregon runners also placed in the Top 10 as WOU tied Whitworth in the team standings, each finishing with a score of 46. **Female** –

Mandy Kaempf, Alaska Anchorage (Sr., Steinbach-Hallenberg, Germany), competing for the first time since the 2005 NCAA national meet, led all collegians and placed third overall in the 33 rd annual Western Washington Invitational. Kaempf, a three-time GNAC all-conference performer, was clocked in a time of 22:22, 15 seconds in back of race winner Rose Wetzel of Club Northwest. She will attempt to join UAA's Stacy Edwards (2001-03, 05) as the only four-time all-conference performers in GNAC history Oct. 21 when Saint Martin's hosts the sixth annual GNAC championship meet.

Week of Oct. 30-Nov. 5: Male – John Riak, Saint Martin's (So., Lacey, WA) earned all-region honors and qualified for the NCAA Division II national meet by finishing fourth in the NCAA West Regional cross country meet in a 10,000 meter time of 32:24.52. He was the GNAC's first finisher in the meet. **Female** - Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA - Eastlake) won the regional title by 10 seconds becoming Falcons' first individual champion since Bente Moe in 1985 and helping SPU earn first national team berth since 1999.

2007

Week of Aug. 27-Sept. 2: Male – Nik Karr, Western Oregon (Jr., Tigard, OR) led a 1-2 Western Oregon finish as the Wolves placed second in the WOU Summer's End Invite at Monmouth. Karr was clocked on the 8,000-meter layout in a time of 25:01, two seconds ahead of teammate Chris Reed. **Female** – Anna Coulter, Alaska Fairbanks (Jr., Traverse City, MI) and Elizabeth Chepkosgei, Alaska Anchorage (Jr., Kapsabet, Kenya). . Chepkosgei recorded her first career victory in the UAA Invitational in a time of 18:39, finishing 30 seconds ahead of the field. Coulter led her team to three wins in a pair of double duals, finishing second in Thursday's 6,000 meter run in a time of 24:49.4 and fourth Saturday on the 3,870 meter loop in a time of 14:36.1.

Week of Sept. 3-9: Male – Blake Medhaug, Western Washington (Fr., Bothell, WA) finished first among the collegians in the Emerald City Invitational in a time of 27:18.59. He finished 12 seconds ahead of runner-up Chad Meis, who was clocked in a time of 27:30.97. **Female** – Jessica Pixler, Seattle Pacific (So., Sammamish – Eastlake) won the Emerald City Invitational by 77 seconds in a time of 22:28.14, to lead the Falcons to the team title. It was her fifth career win in six outings.

Week of Sept. 10-16: Male - Nathan Heitzinger, Seattle (Sr., Scottsdale, AZ – Brophy Prep) placed fourth in the West Coast Conference Preview at Portland's Pier Park. Heitzinger, who finished in back of three Division I athletes (one from Gonzaga and two from the University of Portland), covered the 8,000-meter layout in a time of 25:27.5. **Female** – Jessica Pixler, Seattle Pacific (So., Sammamish, WA – Eastlake) placed fourth in the Elite Division of the Sundodger Invitational at Lincoln Park in a time of 21:04, 31 seconds better than her winning team in the Open Division in last year's meet.

Week of Sept. 17-23: Male – Bennett Grimes, Western Washington (Fr., Pocatello, ID – Century) had the only Top 10 finish by a GNAC male athlete in the Bob Firman Invitational at Eagle Island State Park in Boise. Grimes finished seventh in a four-mile time of 25:41, only 23 seconds in back of the winner. He is the third different Viking runner to lead WWU in a race this fall. **Female** – Ashley Puga, Northwest Nazarene (Jr., Boise, ID – Nampa Christian) and Marcie Mullen, Central Washington (Jr., Sedro-Woolley, WA). .Puga finished fourth at Boise finishing behind only Seattle Pacific's Jessica Pixler and two Division I athletes, in a time of 18:31. Mullen, who redshirted a year ago, earned her second win of the season, finishing first in the CWU Appleridge Run in a 5,000 meter time of 19:12.

Week of Sept. 24-30: Male – David Kiplagat, Alaska Anchorage (Jr., Kapsabet, Kenya) finished third in the Willamette Charles Bowles Invitational, covering the 8,000 meters in a time of 24:29.05 leading the Seawolves to a fifth-place team finish. **Female** – Elizabeth Chepkosgei, UAA (Jr., Kapsabet, Kenya) and Jessica Pixler, Seattle Pacific (So., Sammamish, WA – Eastlake).....Chepkosgei finished second at Willamette in a time of 17:31.10 on the 5,000 meter layout to lead three GNAC athletes who finished in the Top 10. Joining her in that group was Northwest Nazarene's Ashley Puga (5th) and Central Washington's Marcie Mullen (10th). .Pixler continued her domination of Division II athletes, placing 10 th in the Stanford Invitational in a 6,000-meter time of 21:05. She was the top Division II finisher in the meet, outracing all of top-ranked Adams State's athletes.

Week of Oct. 1-7: Male – Anthony Tomsich, Western Washington (Jr., Fairbanks, AK – West Valley) was the first of seven Vikings (including four redshirt freshmen) to cross the finish line among the top 11 runners as the Vikings easily won their third straight team title in the 34 th annual Western Washington Invitational. Tomsich covered the 10,000-meter layout in a time of 32:15.1. **Female** – Suzie Strickler, Seattle Pacific (Jr., Richland) finished third for her highest career placement as she helped the Falcons win the team title in the WWU Invitational. Her 6,000-meter time of 22:50.3 was 21 seconds quicker than her time on the same course a year ago.

Week of Oct. 29-Nov. 4: Male – John Riak, Saint Martin's (Jr., Lacey, WA) won the NCAA West Regional title Saturday at Eagle Island in a 10,000-meter time of 30:32.75. It was his fifth win this season and officially his 12 th career win though he also won collegiate races in 2004 and 2005 competing unattached. **Female** – Jessica Pixler, Seattle Pacific (So., Sammamish, WA – Eastlake) raced to a 33-second victory over teammate Jane Larson to successfully defend her title and lead the Falcons to their first NCAA West Regional title since 1996. Pixler's 8,000-meter time of 19:52.9 was the first sub-20 minute performance in the regional meet in more than 10 years.

2008

Week of Aug. 25-31: Women – Theresia Schnurr, UAF (Fr., Buhlertal, Germany), and Anna Coulter, UAF (Sr., Traverse City, MI) each won a race in duals with Humboldt State. Coulter won Thursday's 6,000-meter event in a time of 24:01.8 as the Nanooks beat the Lumberjacks 24-31. On Saturday, Schnurr won the 4,000-meter contest in a time of 15:39.4 as Coulter finished second in 15:45.8 in a 24-31 UAF victory. **Men** – Zeke Van Patten, WOU (So., Corvallis, OR) finished fifth in the WOU Summer End Invitational in a time of 25:01.2 leading the Wolves, who are ranked fourth in the NCAA Division II West Regional pre-season poll, to a second-place team finish.

Week of Sept. 1-7: Men – Marko Cheseto, UAA (So., Kapenguria, Kenya – Chewoyet) ran one of the fastest 8,000 meter times in GNAC history in leading the Seawolves to a 24-31 victory over nationally 11 th ranked Edinboro. The only faster 8K cross country time in the eight-year history of the conference was a 23:21 by UAA's David Kiplagat in the same meet last year. **Women** – Jane Larson, Seattle Pacific (Jr., Fall City, WA - Cedar Park Christian) and Sarah Porter, Western Washington (So., Hockinson, WA) each won their first collegiate cross country races in leading their teams to titles at Lacey and Bellingham, respectively. Larson won the Saint Martin's Invitational in a 6,000 meter time of 23:06.0. Porter won the Orca Invitational by an impressive 99-second margin over Angela Shaw of Simon Fraser. The WWU sophomore covered the 5,000 meter layout in a time of 17:38.

Week of Sept. 8-14: Men – John Riak, Saint Martin's (Sr., Lacey, WA) earned his 14th career win (and his second in two weeks) in winning the Apple Ridge Run in Yakima in an 8,000-meter time of 25:52, 29 seconds better than teammate Josiah Price. The defending GNAC and West Region champion now has 14 career victories. **Women** – Sarah Porter, Western Washington (So., Hockinson, WA) also earned her second win in two weeks in leading the Vikings to the team title at Yakima. She covered the 6,000-meter layout in a time of 22:21.

Week of Sept. 15-21: Men – Marko Cheseto, Alaska Anchorage (So., Kapenguria, Kenya) finished second in a field which was mostly Division I runners in leading the Seawolves to a second-place team finish in the Sundodger Invitational at Lincoln Park. Cheseto, who led for virtually the entire race, covered the 8,000-meter layout in a time of 23:45. He finished 12 seconds behind winner Paul Limpf of Eastern Washington. **Women** – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA - Eastlake) made her season debut by finishing third in the Sundodger leading the Falcons to a fifth place finish in the invitational division. The defending GNAC, West Region and NCAA champion finished third in a time of 20:31 on the Lincoln Park layout. That was a 33 second improvement over her time in the same event a year ago and was 64 seconds better than she ran two years ago as a freshman in the Sundodger.

Week of Sept. 22-28: Women – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA - Eastlake) was the top Division II finisher and was sixth overall in the prestigious Stanford Invitational, covering the 6,000-meter layout in a time of 21:22. Last year she finished 10th in a time of 21:05.

Week of Sept. 29-Oct. 5: Men – John Riak, Saint Martin's (Sr., Lacey, WA) finished third for the best finish by a GNAC athlete Saturday in the Willamette Invitational. Riak covered the 8,000 meter course in a time of 24:48.99. Riak has two wins this season and a GNAC-record 14 in his career. He is the defending GNAC and West Region champion. **Women** – Ashley Puga, Northwest Nazarene (Sr., Meridian, ID – Nampa Christian) earned a 12th place finish in the Willamette Invitational. She covered the 5,000 meter layout in 18:17.90. She was one of three GNAC athletes to finish in the Top 25 in the meet, including Marcie Mullen of Central Washington who finished 14th and her sister, Jaclyn Puga of NNU, who placed 22nd.

Week of Oct. 6-12: Men – Marko Cheseto, Alaska Anchorage (So., Kapenguria, Kenya) and Zeke VanPatten, Western Oregon (So., Corvallis, OR). . Cheseto and Van Patten led their respective teams to titles in the UCSD Triton Classic and Pacific Lutheran University Invitational, respectively. Cheseto finished second at San Diego, the site for this November's NCAA Division II regionals, covering the 10,000 meters in a time of 31:29.7. UAA placed four runners in the top five easily outdistancing host UCSD 22-62 for the team title. Van Patten clocked a 8,000 meter time of 25:34.45 to lead the Wolves, who also placed four runners in the top five, to the team title at PLU. **Women** – Joscelyn Minton, Saint Martin's (Fr., Shelton, WA - Northwest Christian) finished first at Pacific Lutheran in a 6,000 meter time of 22:45.66. It was the first invitational win for a Saint runner in the eight-year history of the GNAC. SMU's Janelle Probst had three firsts in 2004 and 2005 in dual meets.

Week of Nov. 3-9: Male – Marko Cheseto, Alaska Anchorage (So., Kapenguria, Kenya) bounced back from a restart to finish second in the NCAA West Regional cross championships Saturday at San Diego. Cheseto covered the 10,000-meter layout in a time of 32:24.6 as he led the Seawolves to a second-place team finish. Cheseto and the rest of the field were midway through the initial race when the lead bike took a wrong turn, which eventually led to a postponement. After consultation with NCAA officials, the race was rerun in its entirety following the women's 6,000 meter event. **Women** – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA) successfully defending her NCAA West Region title posting a time of 20:57.1 and finishing 36.8 seconds ahead of second-place Tori Tyler of Chico State as she led her team to a second-place team finish at the NCAA West Regionals. Pixler will go for her second consecutive national title Nov. 22 at Slippery Rock, Penn.

2009

Week of Aug. 24-30: Men – Manual Santos, Central Washington (Jr., Yakima, WA – Davis) also earned two wins in Alaska with winning margins of 23.8 and 30.5 seconds. Clark redshirted last season at CWU after transferring from Clark Community College. **Women** – Theresia Schnurr, UAF (So., Buhlertal, Germany) raced to a pair of victories in duals with Central Washington Thursday and Saturday finishing 23.7 seconds and 18.5 seconds ahead of the field and leading the Nanooks to two dual meet victories.

Week of Aug. 31-Sept. 6: Men – Micah Chelimo, Alaska Anchorage (Fr., Eldoret, Kenya) led the Seawolves to a dual meet win over nationally fourth-ranked Abilene Christian, finishing first in a 5,000 meter time of 15:18.6. **Women** – Ruth Keino, Alaska Anchorage (So., Kapcheno, Kenya) and Theresia Schnurr, Alaska Fairbanks (So., Buhlertal, Germany). . Jeptoo finished first in a 5,000 meter time of 18:22.8 to lead the Seawolves to a 16-47 dual meet win over Abilene Christian. Schnurr won her third race in three starts, posting a time of 17:58 in the Hawaii Pacific Invitational.

Week of Sept. 7-13: Men – Bennett Grimes, Western Washington (Jr., Pocatello, ID - Century) and Chris Reed, Western Oregon (Jr., Klamath Falls, OR). **Women** – Sarah Porter, Western Washington (Jr., Hockinson, WA). . Grimes, Reed and Porter all had impressive wins in leading their respective teams to invitational titles Saturday. Grimes won the CWU Apple Ridge Run Invitational near Yakima in a 6,000 meter time of 19:49, finishing 20 seconds ahead of teammate Blake Medhaug. The Vikings placed five runners in the Top 7 in winning the team title with 19 points. Reed outran 116 other runners in winning the Lewis & Clark Invitational at Melver Park in Estacada, Ore., in an 8,000-meter time of 25:29.8. The Wolves finished first among the 11 colleges and one club team with 51 points. . Porter won the women's CWU Apple Ridge Run Invitational in a 4,000 meter time of 15:13, more than a full minute ahead of the remainder of the field.

Week of Sept. 14-20: Men – Micah Chelimo, Alaska Anchorage (Fr., Eldoret, Kenya). **Women** – Jessica Pixler, Seattle Pacific (Sr., Sammamish, WA - Eastlake). . Chelimo and Pixler had second and third-place finishes, respectively, in the men's and women's invitational portion at the 18th annual UW Sundodger cross country meet at West Seattle's Lincoln Park. Chelimo was clocked in a time of 24:03.33, less than 10 seconds behind winner Kelly Spady of University of Washington, who had an 8,000 meter time of 23:54.94. Pixler, the two-time defending NCAA Division II national champion, had a time of 20:26.07 for her 6-kilometer (3.72-mile) run on a soggy course under drippy skies. The only two to finish ahead of the two-time defending NCAA Division II titlist were Kendra Schaaf and Mel Lawrence, both from the reigning Division I champion University of Washington.

Week of Sept. 21-27: Men – Barak Watson, Northwest Nazarene (Fr., Nampa, ID - Columbia) finished second in the Bob Firman Invitational at Boise in an 8,000 meter time of 25:37.23. In three races this fall, Watson has a pair of second-place finishes and a fourth. He also placed second in the open division in the UW Sundodger Invitational Sept. 19 and placed fourth in the Roger Curren Invitational Sept. 12 at Nampa. **Women** – Jessica Pixler, Seattle Pacific (Sr., Sammamish, WA - Eastlake) placed second in the Stanford Invitational covering the 6,000 meter layout in 20:21 leading her teammates to a 12 th -place team finish. Pixler finished just one second behind Tara Erdmann, who was competing unattached. Erdmann placed 78th last year in the NCAA Division I national meet competing for Loyola Marymount.

Week of Sept. 28-Oct. 4: Men – Barak Watson, Northwest Nazarene (Fr., Nampa, ID – Columbia) ran the second fastest 8,000 meter time in Northwest Nazarene school history and finished eighth among 198 runners in the Willamette Chuck Bowles Invitational at Salem. His time of 24:32.05 was only 24 seconds behind winner Michael Wickman of Chico State who led the Wildcats to a five-point win over Boise State in the team race. Watson, who finished behind five Division I runners and two Chico athletes, has now had four consecutive Top 10 finishes to start his collegiate career. **Women** – Jaclyn Puga, Northwest Nazarene (Jr., Meridian, ID – Nampa Christian) placed 10 th out of 203 runners at Willamette in a time of 18:05.99 leading NNU to a ninth-place team finish. She was fourth among Division II West Region athletes, trailing three runners from Chico State.

Week of Oct. 5-11: Men – Marko Cheseto, Alaska Anchorage (Jr., Kapenguria, Kenya) won the San Francisco State Invitational at Golden Gate Park Friday in an 8,000 meter time of 24:52.6. It was the first win of the season and the third of his career for Cheseto, who is the defending GNAC champion and was the NCAA Division II West Region runner-up last fall. **Women** – Ruth Keino, Alaska Anchorage (So., Kapcheno, Kenya) led the Seawolves to a perfect score of 15 in the San Francisco State Invitational. Jeptoo finished third in a 6,000-meter time of 21:38.7 and was followed closely by four of her teammates. The five UAA athletes were separated by just 36 ½ seconds. Jessica Pixler and Jane Larson of Seattle Pacific finished 1-2, but were competing as individuals and didn't figure into the team score.

2010

Week of Aug. 30-Sept. 5: Men - Marko Cheseto, Alaska Anchorage (Sr., Kapenguria, Kenya) led the Seawolves to a perfect team score of 15 in the Hawaii Pacific Sand Island Invitational. Cheseto was clocked in a three-mile time of 14:26, seven seconds ahead of teammate Micah Chelimo as UAA had eight of the Top 10 finishers in the meet with Hawaii Pacific and Chaminade. **Women** – Raphaela Sieber, Alaska Fairbanks (So., Voehrenbach, Germany) had first and second-place finishes as the Nanooks won a pair of meets. She finished second in Thursday's 6K race in a time of 22:56.2 and won Saturday's 4,000-meter event in a

time of 15:19.9. UAF had first-place team scores of 27 and 32, winning by margins of 15 and 14, respectively.

Week of Sept. 6-12: Men - Barak Watson, Northwest Nazarene (So., Nampa, ID – Columbia) finished third in the NNU Roger Curran Invitational in a 6K time of 18:21.95. He finished just six seconds back of Boise State's Drew O'Donoghue-McDonald, who was clocked in a winning time of 18:15.49. **Women** – Ruth Keino, Alaska Anchorage (Jr., Kapcheno, Kenya) won her second individual title in two weeks, finishing first in the BYU-Hawaii Invitational in a 5,000 meter time of 17:47. She led UAA to first place with a team score of 20. The University of Hawaii finished second with a score of 73. Keino also won the Hawaii Pacific Invitational a week earlier in a three-mile time of 17:17.

Week of Sept. 13-19: Men - Chris Reed, Western Oregon (Sr., Klamath Falls, OR) posted the best time by a GNAC athlete, finishing third in the invitational division at the Sundodger Invitational at Lincoln Park in Seattle. Reed finished third in a 8,000-meter time of 24:04.75. **Women** – Jessica Smith, Simon Fraser (Sr., North Vancouver, BC) finished first in the open division at Seattle leading the Clan to the team title. Smith led a 1-2 SFU finish covering the 6,000-meter layout in a time of 21:51.94. Teammate Angela Shaw was a close second in 21:52.69.

Week of Sept. 20-26: Men - Kyle Van Santen, Saint Martin's (Jr., Lake Stevens, WA) finished second in the Saint Martin's Invitational in a 8,000 meter time of 26:08. He finished just one second in back of former Saint All-American John Riak. It was the second week in a row Van Santen was the top collegiate finisher in a race. A week earlier, he won the open division of the Sundodger Invitational in a time of 24:47.48. **Women** – Sarah Porter, Western Washington (Sr., Hockinson, WA) won the Saint Martin's Invitational in a time of 21:37, finishing 50 seconds ahead of the second-place finisher and 1:52 ahead of the next collegiate runner. It was the seventh time during Porter's four-year career that she has won a regular-season meet.

Week of Sept. 27-Oct. 3: Men - Marko Cheseto, Alaska Anchorage (Sr., Kapenguria, Kenya) won his third race in three starts this fall posting a 8,000-meter time of 23:18.7 at the Willamette Charles Bowles Invitational in Salem. He led his team to a third-place finish in back of the University of Portland and Chico State, which has won the last eight NCAA Division II West Region titles. **Women** – Miriam Kipng'eno, Alaska Anchorage (So., Eldoret, Kenya) and Sarah Porter, Western Washington (Sr., Hockinson, WA). Kipng'eno won the women's title at Willamette in a 6,000 meter time of 17:19.04 as the Seawolves finished second in the 24-team field in back of the University of Idaho. . Porter placed third in the Greater Louisville Cross Country Classic in a time of 16:57.98. She ranked second among Division II athletes in the meet that was held at E.P. Tom Sawyer State Park in Louisville.

Week of Oct. 4-10: Men - Bennett Grimes, Western Washington (Sr., Pocatello, ID - Century) won the Western

Washington Preview Saturday at Lake Padden in a time of 25:38. Grimes covered the 8,000-meter course, 23 seconds faster than runner-up Jordan Smith of the University of British Columbia. **Women** – Jessica Smith, Simon Fraser (Sr., North Vancouver, BC) finished first in the women's 5,000 meters at Lake Padden in a time of 17:46. It was her second win this season. Earlier this fall, she won the open division at the Sundodger in Seattle in a time of 21:51.94.

Week of Oct. 11-17: Men - Barak Watson, Northwest Nazarene (So., Nampa, ID – Columbia) placed eighth in the invitational division at Santa Clara in an 8K time of 24:07. He finished behind only one Division II runner - Handa Brent of Chico State – in the race that was predominately made up of Division I athletes. **Women** – Whitney Mickelsen, MSU Billings (So., Aurora, UT – North Sevier) finished second in the MSU Billings Invitational with a second-place time of 18:15 as the Yellowjackets finished in third, just 10 points behind first-place Carroll College and five back of second-place Black Hills State. She is the first Yellowjacket cross country runner to earn Athlete-of-the-Week honors since MSUB joined the conference in 2007.

Week of Oct. 18-24: Men - Marko Cheseto, Alaska Anchorage (Sr., Kapenguria, Kenya), who is unbeaten in four races this fall and now has nine career victories, won the 37th annual Western Washington Invitational in a course-record time of 30:41.1. Cheseto chattered the 10,000-meter course record of 31:16 set in 1999 by Uli Steidl of Club Northwest. **Women** – Sarah Porter, Western Washington (Sr., Hockinson, WA) won the 6,000-meter WWU Invitational event in a course-record time of 20:59.3, winning the event for the third year in a row. It was also Porter's eighth career win.

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Week of Aug. 29-Sept. 4: Male - Brian Potter, Montana State Billings (Jr., Manhattan, MT) won a pair of races in Fairbanks, winning the UAF Long-Course Invitational Thursday in an 8,000-meter time of 26:16.4 and the UAF Short-Course Invitational Saturday in a time of 12:49.4. **Female** – Natty Plunkett, Seattle Pacific (Sr., Bellevue, WA – Newport) also swept the two UAF events in 6K and 4K times of 22:59.5 and 15:14.3. The wins were Plunkett's second and third career victories. She also won the long-course event last year at Fairbanks.

Week of Sept. 5-11: Male - Yonatan Yilma, Alaska Anchorage (Sr., Edmonds, WA – Woodway & Everett CC) and Jordan Wolfe, Seattle Pacific (Fr., Bend, Ore.). . . Yilma won his second race in Hawaii in two weeks leading the Seawolves to a perfect team score of 15 for the second week in a row. He won the Hawaii Big Wave in a 5,000-meter time of 15:45.70. A week earlier, he won the Hawaii Pacific Invitational in a 8,000-meter time of 26:15. . . Wolfe won the Apple Ridge Invitational cross country race covering the 6,000 meter course in a time of 20:15. Wolfe made his move near the midpoint of the race in leading the SPU men to their third victory in as many meets. **Female** – Ruth Keino, Alaska Anchorage (Sr., Kapcheno, Kenya) stayed unbeaten this fall recording her third win in three

races in the Hawaii Big Wave Invitational. She covered the 5,000-meter layout in a time of 18:38.32, finishing 12 seconds ahead of teammate Susan Tanui as the Seawolves earned their third team title in three competitions.

Week of Sept. 12-18: Male - Connor Kasler, Western Oregon (Jr., Grants Pass, OR – Hidden Valley) finished 15th in the invitational division of the UW Sundodger in an 8,000-meter time of 24:47.88 to lead the Wolves to a fourth-place team finish. **Female** – Jessica Smith, Simon Fraser (Sr., North Vancouver, BC – Argyle) was clocked in an 11th place 6,000-meter time of 21:42.49 leading the Clan to a fourth-place team finish.

Week of Sept. 19-25: Male - Barak Watson, Northwest Nazarene (Jr., Nampa, ID - Columbia) finished second in the Erik Anderson Invitational Saturday at Plantes Ferry Soccer Complex in Spokane covering the 8,000-meter layout in a time of 24:20. Watson finished 16 seconds in back of Sean Gildea of Colorado Mines on the course that will be used for the NCAA Division II West Regional and NCAA Division II national meets in November. **Female** – Natty Plunkett, Seattle Pacific (Sr., Bellevue, WA – Newport) ran to an eighth-place finish out of 229 runners at Plantes Ferry covering the 6,000-meter layout in a time of 21:55.1. She was the No. 1 finisher among 101 competitors representing Division II schools.

Week of Sept. 26-Oct. 2: Male - Barak Watson, Northwest Nazarene (Jr., Nampa, ID - Columbia) followed up his second-place finish in the Erik Anderson Invitational two weeks ago in Spokane by winning the Willamette Invitational in a time of 24:03.64. Among the teams competing at Willamette was regionally top-ranked Chico State. **Female** – Heidi Laabs-Johnson, Seattle Pacific (Jr., Salt Lake City, UT – Juan Diego) was the only GNAC woman to finish in the Top 10 at Willamette. The former Falcon soccer player who is in her first year of competing in cross country at SPU placed 10 th in the field of 223 in a time of 18:20.19.

Week of Oct. 3-9: Male - Micah Chelimo, Alaska Anchorage (Jr., Kapkoi, Kenya) won the Western Classic at Bellingham in a 10,000 meter time of 31:05. It was his second victory in four races as he also won the UAA Invitational on Sept. 1 in Anchorage. Chelimo is literally a split second from having four wins in four races this fall as he finished second to teammate Yonatan Yilma in two races in Hawaii. In the Hawaii Pacific Invitational he had the same time as Yilma and in the Hawaii Big Wave he finished one-quarter of a second behind his teammate. **Female** – Ruth Keino, Alaska Anchorage (Sr., Kapcheno, Kenya) won her fourth race in four starts at Bellingham, running the 6,000-meter course in a time of 21:10.

Week of Oct. 10-16: Male - Keir Forster, Simon Fraser (Sr., San Roman, CA) finished ninth in a time of 25:14 in the Concordia Adidas Cross Country Classic at Fernhill Park in Portland leading the Clan to a third-place team finish. "Keir ran a good race at a very tough course," SFU coach Brit Townsend said. "We've been talking a lot about him being more aggressive early in races. He did that at

Concordia and it paid off him." **Female** – Jessica Smith, Simon Fraser (Sr., North Vancouver, BC) finished second in a 5,000-meter time of 17:27 at the Concordia Adidas Cross Country Classic leading the Clan to a first-place team finish. "The course was very challenging," Townsend said. "It was soft, with a lot of hills and a lot of turns. Jessica ran a great race and had an excellent result. She does a great job keeping herself in shape and seems to get stronger every time out."