

**Alaska Nanook Invitational
Short Course Meet
Saturday, September 4, 2010
West Ridge Trails, UAF**

Men's 4Km

Team Scores

1. SPU 41
2. UAF 42
3. NNU 43

Individual Results

1. Matt Stark, NNU-13:00.6;
2. Ryan Jaggi, NNU-13:04.4;
3. Tyler Kornfield, Alaska-13:08.2;
4. Vahur Teppan, Open-13:09.9;
5. William Harrison, SPU-13:19.2;
6. Benard Ngeno, NNU-13:20.3;
7. David Norris, Alaska-13:31.1;
8. Daniel Hamilton, SPU-13:32.3;
9. Andrew Arnold, Alaska-13:34.4;
10. Andrew VanNess, SPU-13:37.0;
11. AJ Baker, SPU-13:38.6;
12. Ray Sabo, Open-13:43.0;
13. Evan Bradford, SPU-13:47.6;
14. John Parry, Alaska-13:51.7;
15. Lex Treinen, Alaska-13:54.7;
16. Lars Arneson, Alaska-13:57.7;
17. Mickey Wilson, Alaska-13:59.6;
18. Eric Ryan, Open-14:01.9;
19. Gavin Brand, SPU-14:03.5;
20. Erik Soderstrom, Alaska-14:04.3;
21. Cody Priest, Alaska-14:11.2;
22. Tux Seims, Alaska-14:11.6;
23. David Apperson, Alaska-14:19.6;
24. Josh Merioles, NNU-14:22.1;
25. Alex Crystal, NNU-14:24.2;
26. Frederik Bak, Open-14:44.0;
27. Wyatt Mayo, Open-14:47.0;
28. Nolin Ainsworth, Alaska-14:54.3;
29. Justin Webb, NNU-14:55.7;
30. Caleb Reynolds, NNU-14:56.7;
31. Henri Soom, Open-14:58.3;
32. Alex Morris, Alaska-15:00.7;
33. Justin Calkins, Alaska-15:16.9;

Women's 4Km

Team Scores

1. UAF 32
2. NNU 46
3. SPU 49

Individual Results

1. Raphaela Sieber, Alaska-15:19.9;
2. Jaclyn Puga, NNU-15:25.5;
3. Natty Plunkett, SPU-15:26.8;
4. Theresia Schnurr, Alaska-15:42.0;
5. Allison Cutting, SPU-15:55.7;
6. Jordan Powell, NNU-16:09.2;
7. Natalie Evans, NNU-16:10.9;
8. Heather Edic, Alaska-16:14.1;
9. Jana Benedix, Alaska-16:17.5;
10. Crystal Pitney, Alaska-16:26.9;
11. Aurelia Korthauer, Alaska-16:31.6;
12. Robyn Zeidler, SPU-16:40.6;
13. Krysta Carrick, SPU-16:41.7;
14. Christine Harwood, NNU-16:41.9;
15. Kinsey Laine, Alaska-16:50.5;
16. Rebecca Konieczny, Alaska-17:06.1;
17. Kelsey Brown, SPU-17:43.2;
18. Marit Rjabov, Alaska-17:53.1;
19. Heidi O'Connor-Brook, Open-17:54.5;
20. Morgan Bender, Alaska-18:07.2;
21. Chelsea Layne, NNU-18:09.7;
22. Megan Thompson, Alaska-19:54.5;