

Seawolves Finish Sixth, Eighth In National Meet

SPOKANE, Wash. – The Alaska Anchorage men's and women's historic cross country season came to an end with the women's squad finishing sixth and the men's team eighth at the 2011 NCAA Div. II Cross Country Championships on Saturday at the Plantes Ferry Athletic Complex.

Following an undefeated regular season, the women's team finished with a program-best 152 points at NAAs, good for sixth place for the second straight year. Claiming the team title was Augustana with 75 points, followed by Western State (79) and defending champion Grand Valley State (104). Adams State was fourth with 120 points and the University of Mary (131) was fifth.

Also undefeated throughout the year, the men's team tied its program-high eighth-place showing from 2010 with 290 points. Western State easily collected the team title with 27 points, posting five scorers in the top 12. Adams State (69) was second, while Grand Valley State (100) was third. West Region foe Chico State finished in fourth with 110 points, and Colorado Mines (134) rounded out the top five.

The UAA women, who were ranked No. 4 going into the Championships, landed a program-best three Seawolves on the All-America team. The lone Seawolf on the men's team to earn All-America honors was junior [Micah Chelimo](#).

Senior [Ruth Keino](#), one of the most decorated female athletes to compete for the Green & Gold, capped off her collegiate cross country career with her third All-America honor. The Kapcheno, Kenya, local furnished a 9th-place showing in the women's 6K race with a time of 21 minutes, 35 seconds. Keino, who posted six individual titles this season, was seventh at the NAAs a year ago and 39th in 2009.

Joining Keino as All-Americans were junior [Miriam Kipng'eno](#) and sophomore [Ivy O'Guinn](#). Kipng'eno finished 32nd with a time of 22:11.3 for her third All-America honor, while O'Guinn (33rd, 22:12.2) registered her first All-America accolade.

Also scoring for the Seawolves were senior [Shoshana Keegan](#) (22:23.8) in 41st and sophomore [Susan Bick](#) (23:06.5) in 67th, while freshman [Bryn Haebe](#) (23:16.6) was 75th and sophomore transfer [Susan Tanui](#) (23:37.1) was 98th.

"I honestly thought that the women's team ran well," said 22nd-year head coach [Michael Friess](#). "The competition was very close, and yes, you always want to finish higher, but four years in the top nine says a lot about the program."

For the fourth consecutive race, the UAA men were led by Chelimo as the Kapkoi, Kenya, native posted his best NCAA finish in 15th-place finish with a time of 31 minutes, 38.4 seconds on the 10K course. The All-America award was the third of Chelimo's career after finishing 21st in 2010 and 40th in 2009. Chelimo's 15th-place showing is the best for the UAA men's program since [Marko Cheseto](#) finished 9th in 2008.

The next Seawolf to cross the line was junior [Alfred Kangogo](#), who was clocked at 32:50.9, good for 71st place. Classmate [Jake Parisien](#) finished at 33:04 for 78th, while [Dylan Anthony](#) wrapped up his stellar rookie season in 81st with a time of 33:06.9.

Freshman [Issac Kangogo](#) (33:20.9), who came on strong in the final meets of the season, was 90th, while seniors [Yonatan Yilma](#) (33:45.3) was 114th and [Michael Adams](#) (34:08) was 136th.

"I think this was a year that we overachieved on the men's side," said Friess, "Winning the GNAC and West Region Championships and then a second straight year finishing 8th in the nation."

The Seawolves were no stranger to the Plantes Ferry Athletic Complex, having swept the NCAA Div. II West Region Championships two weeks ago at the same venue. However, today's races were held in less than perfect weather conditions, in the low 20s and snowing.

UAA has now competed in 14 NCAA races (8 men, 6 women), including consecutive appearances in 2008, 2009, 2010 and 2011. The Seawolves, who also swept the GNAC Championships earlier this season, will have the next few months off to prepare for the upcoming 2011 track & field season.