

# GREAT NORTHWEST ATHLETIC CONFERENCE

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Report 12E (Nov. 10, 2011)

## Cross Country: Seventy-Six Named To GNAC Academic Team

SPOKANE, Wash. - A total of 76 student-athletes – 29 men and 47 women - have been named to the 2011 Great Northwest Athletic Conference cross country all-academic team.

Heading up the women's academic squad are Madeline Barker of Simon Fraser and Alyson McPhetres of Alaska Fairbanks.

Barker, who placed 50<sup>th</sup> in the conference meet, has the best GPA under the Canadian system that awards 4.33 points for an A+. Barker has a 4.23 GPA. McPhetres, who finished 45<sup>th</sup> in the conference meet, has a perfect 4.00 GPA in the American grading system.

Leading the men's academic squad with 3.94 and 3.93 GPAs, respectively, are James Young of Simon Fraser and Chip Jackson of Western Washington. Jackson finished 49<sup>th</sup> and Young placed 55<sup>th</sup> in the conference meet.

Sixteen athletes earned academic honors for the third time include six men – Erik Soederstroem of Alaska Fairbanks; Luke Hetrick of Northwest Nazarene; Jacob Suazo of Saint Martin's, Daniel Hamilton of Seattle Pacific; Dan Sprinkle of Western Oregon and Eric Brill of Western Washington.

Three-time academic award winners for the women include Ruth Keino of Alaska Anchorage; Theresia Schnurr and Jana Benedix of Alaska Fairbanks, Danielle Beesley and Meagan Swenson of Northwest Nazarene, Joscelyn Minton of Saint Martin's, Natty Plunkett of Seattle Pacific, Amanda Wright of Western Oregon and Lauren Breihof and Sierra Brisky of Western Washington.

## 2011 GNAC Cross Country Academic All-Conference Team

### Men

\*Micah Chelimo, Alaska Anchorage (Engineering, So., 3.74, Kapkoi, Kenya)  
Alfred Kangogo, Alaska Anchorage (Nursing/Nutrition, Jr., 3.40, Eldoret, Kenya)  
Thomas Hill, Alaska Anchorage (Physical Education, Jr., 3.20, Thunder Bay, Ontario)  
Wyatt Mayo, Alaska Fairbanks (Biology, So., 3.90, Fairbanks, AK)  
\*\*Erik Soederstroem, Alaska Fairbanks (Geography, Sr., 3.91, As, Sweden)  
Tux Seims, Alaska Fairbanks (Civil Engineering, So., 3.73, Homer, AK)  
\*Jon Swanson, Central Washington (Accounting/Business Administration, Jr., 3.44, Spokane, WA)  
Nathan Minor, Central Washington (Undeclared, So., 3.92, Mount Vernon, WA)  
\*Scott Power, Central Washington (Physical Education, Sr., 3.51, Burlington, WA)  
Nathan Power, Central Washington (Undeclared, So., 3.44, Burlington, WA)  
Travis Hutchinson, MSU Billings (Business Administration: Management, Sr., 3.50, Billings, MT)  
Daniel Lombardi, MSU Billings (Mass Communications, Sr., 3.34, Deer Lodge, MT)  
Chase Robinson, MSU Billings (General Studies, So., 3.20, Colstrip, MT)  
\*Jesse Baggenstos, Northwest Nazarene (Engineering Physics, Jr., 3.80, Renton, WA)  
\*\*Luke Hetrick, Northwest Nazarene (Engineering Physics, Sr., 3.50, Caldwell, ID)  
\*Joseph Patti, Saint Martin's (History/Political Science, Jr., 3.83, Renton, WA)  
\*\*Jacob Suazo, Saint Martin's (Biology, Sr., 3.46, Lakewood, WA)

\*AJ Baker, Seattle Pacific (Educational Ministry, Jr., 3.26, Au Gres, MI)  
Gavin Brand, Seattle Pacific (Philosophy, Jr., 3.23, Suwanee, GA)  
\*\*Daniel Hamilton, Seattle Pacific (Computer Science, Sr., 3.45, Missoula, MT)  
Will Harrison, Seattle Pacific (Exercise Science, Jr., 3.46, Tucson, AZ)  
\*Jacob Wahlenmaier, Seattle Pacific (Political Science, Sr., 3.52, Everett, WA)  
\*James Young, Simon Fraser (Biomedical Physiology, Jr., 3.94, Surrey, BC)  
\*Connor Kasler, Western Oregon (Comm. Health Education, Jr., 3.51, Grants Pass, OR)  
\*\*Dan Sprinkle, Western Oregon (History, Sr., 3.33, Hillsboro, OR)  
Lukas Fenley, Western Oregon (Information Systems, Sr., 3.37, Leaburg, OR)  
Chip Jackson, Western Washington (Mathematics, So., 3.93, Shoreline, WA)  
\*\*Eric Brill, Western Washington (English-Literature, Jr., 3.86, Kent, WA)  
\*Travis Peters, Western Washington (Mathematics, Sr., 3.32, Kelso, WA)

### Women

\*\*Ruth Keino, Alaska Anchorage (Nursing, Sr., 3.50, Kapcheno, Kenya)  
\*Miriam Kipng'eno, Alaska Anchorage (Nursing, Jr., 3.45, Eldoret, Kenya)  
\*Shoshana Keegan, Alaska Anchorage (Early Childhood Education, Sr., 3.32, Anchorage, AK)  
Katie Krehlik, Alaska Anchorage (Early Childhood Education, Jr., 3.60, Juneau, AK)  
Susan Bick, Alaska Anchorage (English/Journalism, So., 3.28, Anchorage, AK)

Alyson McPhetres, Alaska Fairbanks (Emergency Management, So., 4.00, Chugiak, AK)  
Megan Thompson, Alaska Fairbanks (Music Education, Jr., 3.93, Fairbanks, Alaska)  
\*Marit Rjabov, Alaska Fairbanks (Psychology, Jr., 3.89, Voru, Estonia)  
\*\*Theresia Schnurr, Alaska Fairbanks (Physics, Sr., 3.88, Buhlertal, Germany)  
Raphaela Sieber, Alaska Fairbanks (Business Administration, Jr., 3.80, Voehrenbach, Germany)  
\*Heather Edic, Alaska Fairbanks (Mechanical Engineering, Jr., 3.80, Fairbanks, AK)  
Heidi O'Connor-Brook, Alaska Fairbanks (Music, So., 3.72, Whitehorse, Yukon Territory)  
\*\*Jana Benedix, Alaska Fairbanks (Biology, Sr., 3.71, Fairbanks, AK)  
Crystal Pitney, Alaska Fairbanks (Business Administration, Sr., 3.54, Fairbanks, AK)  
\*Ashley Rice, Central Washington (Clinical Physiology, Jr., 3.59, Tieton, WA)  
Adriana Zazula Central Washington (Communications: Public Relations, Jr., 3.53, Puyallup, WA)  
Rose Cruze, Central Washington (Clinical Physiology, So., 3.52, Issaquah, WA)  
Taylor Kartes, Central Washington (Clinical Physiology, So., 3.51, Federal Way, WA)  
\*Mary Owen, MSU Billings (Health and Human Performance, Jr., 3.95, Hammond, MT)  
Keri Clump, MSU Billings (General Studies, So., 3.55, Wasilla, AK)  
Melanie Bock, MSU Billings (Chemistry, So., 3.52, East Helena, MT)  
\*\*Danielle Beesley, Northwest Nazarene (Nursing, Sr., 3.21, Caldwell, ID)  
Missy Colby, Northwest Nazarene (Secondary Education - English, So., 3.98, Lake Oswego, OR)  
Natalie Evans, Northwest Nazarene (Nursing, Jr., 3.21, New Plymouth, ID)  
Samantha Hill, Northwest Nazarene (Communications, Jr., 3.26, Woodinville, WA)  
\*\*Meagan Swenson, Northwest Nazarene (Marketing, Sr., 3.25, Salem, OR)  
\*Carelia Agis, Saint Martin's (Business, Jr., 3.50, Tacoma, WA)  
Erika Copeland, Saint Martin's (Math/Education, So., 3.87, Port Orchard, WA)  
\*\*Joscelyn Minton, Saint Martin's (History, Sr., 3.39, Shelton, WA)  
\*\*Natty Plunkett, Seattle Pacific (Psychology, Sr., 3.97, Bellevue, WA)  
Heidi Laabs-Johnson, Seattle Pacific (Food & Nutrition Sciences, Sr., 3.89, Salt Lake City, UT)  
Josie Becker, Seattle Pacific (Mathematics, Sr., 3.66, Grapeview, WA)  
Ali Cutting, Seattle Pacific (Ecology, So., 3.51, Sequim, WA)  
\*Brianna Kane, Simon Fraser (Communications, Sr., 3.34, Burnaby, BC)  
Madeline Barker, Simon Fraser (Biomedical Physiology, So., 4.23, Sherbrooke, Quebec)  
Kirsten Allen, Simon Fraser (Kinesiology, So., 3.81, London, Ontario)  
\*KayAnna Cecchi, Western Oregon (Psychology, Sr., 3.24, Gresham, OR)  
\*\*Amanda Wright, Western Oregon (Exercise Science, Sr., 3.23, Olympia, WA)  
Meryl Butcher, Western Oregon (Health Promotion, Sr., 3.23, Clackamas, OR)  
Miranda Lahman, Western Washington (Biology, So., 3.96, Boulder, CO)  
\*\*Phoebe Hartnett, Western Washington (Special Education, Jr., 3.89, San Diego, CA)  
\*Mary Rogers, Western Washington (Pre-Medicine, Jr., 3.88, Spokane, WA)  
\*Rachael Johnson, Western Washington (English-Creative Writing, Sr., 3.73, Yakima, WA)  
\*\*Lauren Breihof, Western Washington (Business Admin.-Marketing, Sr., 3.66, Vancouver, WA)  
\*\*Sierra Brisky, Western Washington (Kinesiology: Sport Psychology, Jr., 3.64, Acme, WA)  
Lacey Nation, Western Washington (Psychology, Jr., 3.44, Marysville, WA)  
Kendra Hedges, Western Washington (Special Education, Sr., 3.30, Lake Stevens, WA)

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\*Repeater (Keegan and Cecchi from 2009) \*\*Two-time repeater