

# Cross Country Conference, Region and National Results

## MEN

### Team Champion

	Site	Champion	
<i>PacWest</i>			
1997	Seattle	Alaska Anchorage	28
1998	Bellingham	Humboldt State	69
1999	Seattle	Humboldt State	47
2000	Bellingham	Humboldt State	27
<i>GNAC</i>			
2001	Anchorage	Northwest Nazarene	32
2002	Seattle	Alaska Anchorage	70
2003	Monmouth	Western Washington	61
2004	McKinleyville	Seattle Pacific	71
2005	Bellingham	Alaska Anchorage	39
2006	Lacey	Western Washington	35
2007	Nampa	Western Washington	35
2008	Yakima	Alaska Anchorage	34
2009	Yakima	Western Washington	33
2010	Yakima	Alaska Anchorage	41

### Individual Champion

<i>PacWest</i>			
1997	Dickson Mwai, UHH		20:29
1998	Christian Friis, HPU		31:51
1999	Tim Miller, HSU		26:12
2000	Pete Clusener, HSU		25:04
<i>GNAC</i>			
2001	Francis Kimeli, NNU		26:12.2
2002	Paul Kezes, WWU		24:20.85
2003	Doug Hamilton, HSU		24:59.53
2004	Tim LeCount, SPU		25:58
2005	Casey Moriarty, SU		25:16
2006	David Kiplagat, UAA		24:28.27
2007	John Riak, SMU		24:56.77
2008	Marko Cheseto, UAA		24:30.27
2009	Marko Cheseto, UAA		24:50
2010	Marko Cheseto, UAA		23:56

### Newcomer-of-the-Year

<i>PacWest</i>			
1997	Dickson Mwai, UHH		
1998	Christian Friis, HPU		
1999	Sean Rivers, UAA		
2000	Tobias Schwoerer, UAA		
<i>GNAC</i>			
2001	Francis Kimeli, NNU		
2002	Paul Kezes, WWU		
2003	Brad Brolin, WOU		
2004	Doug Gibson, SPU		
2005	Casey Moriarty, SU		
2006	Trevor Kulvi, CWU		
2007	Peter Doner, UAA		
2008	Marko Cheseto, UAA		
2009	Manuel Santos, CWU		
2010	Yonatan Yilma, UAA		

### Freshman-of-the-Year

<i>GNAC</i>	
2001	Caleb Tubei, NNU
2002	Tim LeCount, SPU
2003	Tris O'Bluck, SMU
2004	Keeper Henry, WWU
2005	David Kiplagat, UAA
2006	Cale McCulloch, WWU
2007	Daniel Phillips, WWU
2008	Jacob Parisien, UAA
2009	Micah Chelimi, UAA
2010	Josh Elliott, WOU

### Coach-of-the-Year

<i>PacWest</i>	
1997	Michael Friess, UAA
1998	David Wells, HSU
1999	David Wells, HSU
2000	David Wells, HSU
<i>GNAC</i>	
2001	Randy Dalzell, NNU
2002	Michael Friess, UAA
2003	PeeWee Halsell, WWU
2004	Doris Heritage, SPU
2005	Michael Friess, UAA
2006	PeeWee Halsell, WWU
2007	PeeWee Halsell, WWU
2008	Michael Friess, UAA
2009	PeeWee Halsell, WWU
2010	Michael Friess, UAA

### All-Conference (Top 10 Finish)

<b>Four Years</b>		
Bennett Grimes, WWU		2007-10
Blake Medhaug, WWU		2007-10
Louie White, HSU		1999-02
Jordan Welling, WWU		2007-10

<b>Three Years</b>		
Marko Cheseto, UAA		2008-10
David Kiplagat, UAA		2005-06,08
John Riak, SMU		2006-08
Sean Rivers, UAA		1999-00,02
Sam Scotchmer, CWU		2004, 06-07
Eric Strabel, UAA		2000-02

<b>Two Years</b>		
Bjorn Bostrom, SPU		2004,06
Zach Boteilho, WWU		2000-01
Nathanael Castle, SPU		2001-02
Micah Chelimo, UAA		2009-10
Pete Clusener, HSU		2000,02
Aaron Dickson, UAA		2005-06
Zach Dwello, NNU		2001-02
Doug Hamilton, HSU		2002-03

Keever Henry, WWU	2004,06
Alfred Kangogo, UAA	2008-09
Brian Kostock, HSU	2004-05
Kevin Lambert, NNU	2005,07
Tim LeCount, SPU	2002,04
Aaron Matthias, NNU	2000-01
Jacob Parisien, UAA	2008,10
Jasper Peach, HSU	2004-05
Andy Prentice, SMU	2003-04
Chris Reed, WOU	2009-10
Tobias Schwoerer, UAA	2000,02
Anthony Tomsich, WWU	2006,09
Kyle Van Santen, SMU	2009-10
Barak Watson, NNU	2009-10
Chase Wells, WOU	2003-04

#### One Year

Ethan Barrons, WOU	2004
Brian Brancheau, WWU	2003
Sam Brancheau, WWU	2004
Brad Brolin, WOU	2003
Brian Cronrath, SPU	2008
Steve DeKoker, WWU	2003
Drew Dickson, UAA	2005
Peter Doner, UAA	2007
Tom Gaschk, CWU	2001
Kurt Hartmaier, WWU	2003
Jake Hotchkiss, NNU	2003
Spencer Hunt, SMU	2010
Braxton Jackson, WOU	2007
Paul Kezes, WWU	2002
Francis Kimeli, NNU	2001
Brent Knight, UAA	2006
Cale McCulloch, WWU	2006
Casey Moriarty, SU	2005
Tris O'Bluck, SMU	2003
Leif Olson, UAA	2005
Daniell Phillips	2007
Chad Portwood, WWU	2006
Martin Ranney, WWU	2001
Mike Schmidt, WOU	2007
Logan Senrud, WWU	2005
Brandon Stum, UAA	2003
Eric Tibbetts, HSU	2005
Juraj Trubiroha, NNU	2001
Zeke VanPatten, WOU	2008

#### WEST REGIONAL

##### Team Champion

	Site	Champion	
1998	Bellingham	UC Davis	40
1999	Rocklin	UC Davis	33
2000	Pomona	UC Davis	17
2001	Bellingham	UC Davis	27
2002	Fresno	Chico State	43
2003	Chino	Chico State	28
2004	Bellingham	Chico State	30
2005	Chino	Chico State	23
2006	Oroville	Chico State	32
2007	Boise	Chico State	39

2008	San Diego	Chico State	28
2009	San Francisco	Chico State	42
2010	Bellingham	Alaska Anchorage	49

#### Individual Champion

1998	Christian Friis, Hawaii Pacific	31:51
1999	Jeff Kaiser, UC Davis	32:22.5
2000	Jeff Kaiser, UC Davis	33:09.2
2001	Christian Madsen, Hawaii Pacific	32:07
2002	Paul Kezes, Western Washington	31:58
2003	William Ngetich, Hawaii Pacific	31:40.5
2004	Mark Batres, Cal Poly Pomona	32:09
2005	Patrick Boivin, Chico State	31:23.6
2006	Todd Iacovelli, Hawaii Pacific	31:58.35
2007	John Riak, Saint Martin's	30:32.75
2008	Scott Bauhs, Chico State	32:15.8
2009	Marko Cheseto, UAA	30:42.5
2010	Marko Cheseto, UAA	31:20.8

#### USTFCCA Region Athlete-of-the-Year

2009	Marko Cheseto, Alaska Anchorage
2010	Marko Cheseto, Alaska Anchorage

#### USTFCCA Region Coach-of-the-Year

2010	Michael Friess, Alaska Anchorage
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#### All-Region (Top 15 Finish)

##### Four Years

Bennett Grimes, WWU	2007-10
David Kiplagat, UAA	2005-08

##### Three Years

Marko Cheseto, UAA	2008-10
John Riak, SMU	2006-08
Tobias Schwoerer, UAA	2000-02
Sam Scotchmer, CWU	2004, 06-07
Jordan Welling, WWU	2008-10
Louie White, HSU	1999-01

##### Two Years

Micah Chelimo, UAA	2009-10
Pete Clusener, HSU	2000,02
Aaron Dickson, UAA	2005-06
Alfred Kangogo, UAA	2008-09
Jacob Parisien, UAA	2008,10
Chris Reed, WOU	2009-10
Mike Schmidt, WOU	2007,09
Barak Watson, NNU	2009-10

##### One Year

Zach Boteilho, WWU	2001
Brian Brancheau, WWU	2003
Nathanael Castle, SPU	2001
Brian Cronrath, SPU	2008
Tom Gaschk, CWU	2001
Doug Hamilton, HSU	2003
Kurt Hartmaier, WWU	2003
Spencer Hunt, SMU	2010
Paul Kezes, WWU	2002
Brent Knight, UAA	2006
Brian Kostock, HSU	2004

Timothy LeCount, SPU	2002
Blake Medhaug, WWU	2010
Casey Moriarty, SU	2005
Leif Olson, UAA	2005
Jasper Peach, HSU	2004
Andy Prentice, SMU	2004
William Ritewiang, UAA	2010
Sean Rivers, UAA	2002
Eric Strabel, UAA	2001
Brandon Stum, UAA	2003
Anthony Tomsich, WWU	2009
Chase Wells, WOU	2003

## NATIONAL

### GNAC Team Finishes

2001	Alaska Anchorage	16 <sup>th</sup> , 407
2002	Alaska Anchorage	12 <sup>th</sup> , 358
2003	Western Washington	13 <sup>th</sup> , 312
2004	Seattle Pacific	19 <sup>th</sup> , 512
2005	Alaska Anchorage	20 <sup>th</sup> , 490
2006	Alaska Anchorage	15 <sup>th</sup> , 402
2007	Western Washington	11 <sup>th</sup> , 303
2008	Western Washington	10 <sup>th</sup> , 263
2008	Alaska Anchorage	11 <sup>th</sup> , 288
2009	Western Washington	4 <sup>th</sup> , 170
2009	Alaska Anchorage	17 <sup>th</sup> , 415
2010	Alaska Anchorage	8 <sup>th</sup> , 262
2010	Western Washington	9 <sup>th</sup> , 269
2010	Western Oregon	20 <sup>th</sup> , 493

### Top 30 Finishes and All-Americans

Paul Kezes, WWU	2002 (7 <sup>th</sup> , 31:16.7)
Kurt Hartmaier, WWU	2003 (41 <sup>st</sup> , 32:42.6)
Casey Moriarty, SU	2005 (15 <sup>th</sup> , 32:08.6)
David Kiplagat, UAA	2007 (26 <sup>th</sup> , 31:16.5)
Bennett Grimes, WWU	2007 (43 <sup>rd</sup> , 31:46.5)
Marko Cheseto, UAA	2008 (9 <sup>th</sup> , 31:32)
Jacob Parisien, UAA	2008 (17 <sup>th</sup> , 31:43)
Jordan Welling, WWU	2008 (29 <sup>th</sup> , 32:02)
Blake Medhaug, WWU	2008 (36 <sup>th</sup> , 32:11)
Bennett Grimes, WWU	2008 (41 <sup>st</sup> , 32:18)
Jordan Welling, WWU	2009 (13 <sup>th</sup> , 31:44.6)
Chris Reed, WOU	2009 (35 <sup>th</sup> , 32:28.5)
Barak Watson, NNU	2009 (38 <sup>th</sup> , 32:30.1)
Micah Chelimo, UAA	2009 (40 <sup>th</sup> , 32:34.3)
Jordan Welling, WWU	2010 (8 <sup>th</sup> , 31:06.2)
Bennett Grimes, WWU	2010 (13 <sup>th</sup> , 31:11.8)
Micah Chelimo, UAA	2010 (21 <sup>st</sup> , 31:18.2)
Marko Cheseto, UAA	2010 (25 <sup>th</sup> , 31:28.0)

**Note:** All-Americans awarded to Top 30 finishers and Top 30 U.S. finishers. Francis Kimeli of Northwest Nazarene earned NAIA All-American honors placing 14<sup>th</sup> in the 2001 meet with a time of 25:41.

## WOMEN

### Team Champion

	Site	Champion	
<i>PacWest</i>			
1997	Seattle	Seattle Pacific	29
1998	Bellingham	Seattle Pacific	71
1999	Seattle	Seattle Pacific	43
2000	Bellingham	Central Washington	24
<i>GNAC</i>			
2001	Anchorage	Humboldt State	58
2002	Seattle	Humboldt State	49
2003	Monmouth	Seattle Pacific	62
2004	McKinleyville	Central Washington	67
2005	Bellingham	Seattle Pacific	54
2006	Lacey	Seattle Pacific	34
2007	Nampa	Seattle Pacific	24
2008	Yakima	Seattle Pacific	48
2009	Yakima	Alaska Anchorage	25
2010	Yakima	Alaska Anchorage	27

### Individual Champion

<i>PacWest</i>			
1997	Heather Wallace, SPU (4,000m)		15:03
1998	Rachel Ross, SPU		22:33
1999	Heather Wallace, SPU (5,000m)		18:28
2000	Rachel Ross, SPU		21:42
<i>GNAC</i>			
2001	Ashlee Vincent, WWU		23:46.0
2002	Ashlee Vincent, WWU		21:44.89
2003	Josie Lavin, SPU		21:42.84
2004	Karen Dickson, SPU		22:28.02
2005	Pavla Havlova, UAF		22:15
2006	Jessica Pixler, SPU		21:11
2007	Jessica Pixler, SPU		20:53.48
2008	Jessica Pixler, SPU		21:12.00
2009	Jessica Pixler, SPU		21:03
2010	Sarah Porter, WWU		21:04

### Newcomer-of-the-Year

<i>PacWest</i>			
1997	Becky Weinz, SPU		
1998	Rachel Ross, SPU		
1999	Nicole Seana, SPU		
2000	Kelly Vandenkart, CWU		
<i>GNAC</i>			
2001	Dolores Bergmann, HSU		
2002	Kelly Cronin, HSU		
2003	Kari Konrad, WOU		
2004	Megan McDrew, HSU		
2005	Pavla Havlova, UAF		
2006	Katie Hummel, CWU		
2007	Jessica Harper, WOU		
2008	Adriana Mendoza, CWU		
2009	Michele Phillips, NNU		
2010	Whitney Mickelsen, MSUB		

### Freshman-of-the-Year

2001	Ashlee Vincent, WWU
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2002	Laura Trevellyan, WWU
2003	Mandy Kaempf, UAA
2004	Karin Rohde, SPU
2005	Mary Moriarty, SPU
2006	Jessica Pixler, SPU
2007	Sarah Porter, WWU
2008	Natty Plunkett, SPU
2009	Miriam Kip'ngeno, UAA
2010	Raphaella Sieber, UAF

#### Coach-of-the-Year

##### PacWest

1997	Doris Heritage, SPU
1998	Doris Heritage, SPU
1999	Doris Heritage, SPU
2000	Kevin Adkisson, CWU

##### GNAC

2001	Chris Parmer, HSU
2002	David Wells, HSU
2003	Michael Friess, UAA
2004	Michael Friess, UAA
2005	Michael Friess, UAA
2006	Doris Heritage, SPU
2007	Doris Heritage, SPU
2008	Erika Daligcon, SPU
2009	Michael Friess, UAA
2010	Michael Friess, UAA

#### All-Conference (Top 10 Finish)

##### Four Years

Laura Carr, UAA	2005-06, 08-09
Stacy Edwards, UAA	2001-03, 05
Mandy Kaempf, UAA	2003-06
Jane Larson, SPU	2006-09
Jessica Pixler, SPU	2006-09
Sarah Porter, WWU	2007-10

##### Three Years

Elizabeth Chepkosgei, UAA	2006-08
Ruth Jeptoo Keino, UAA	2008-10
Ashley Puga, NNU	2006-08
Jaclyn Puga, NNU	2008-10
Karin Rohde, SPU	2004,06-07
Alicen Maier, CWU	2000,02-03
Laura Trevellyan, WWU	2003-05
Hallidie Wilt, UAA	2008-10

##### Two Years

Sigrid Aas, UAF	2002-03
Rachel Bailey, CWU	2005-06
Dolores Bergmann, HSU	2001-02
Lauren Breihof, WWU	2009-10
Nicole Campbell, HSU	2003-04
Kelly Fullerton, SU	2001,04
Alana Garcia, SU	2004-05
Kati Gosnell, HSU	2001-02
Soshana Keegan, UAA	2009-10
Miriam Kipn'geno, UAA	2009-10
Mary Moriarty, SPU	2005-06
Natty Plunkett, SPU	2008,10

Stephanie Stine, CWU	2001,04
Ashlee Vincent, WWU	2001-02
Jamie Witt, SPU	2001,03

#### One Year

Brandy Anderson, CWU	2004
Meredith Crane, SPU	2005
Kelly Cronin, HSU	2002
Karen Dickson, SPU	2004
Katie Hansen, SU	2007
Sarah Hansen, UAA	2003
Kate Harline, SPU	2007
Pavla Havlova, UAF	2005
Katie Hummel, CWU	2006
Becky Knox, SPU	2004
Josie Lavin, SPU	2003
Kiersten Lippmann, UAA	2001
Joscelyn Minton, SMU	2010
Marcie Mullen, CWU	2007
Lisa Pearl, WWU	2001
Tiffany Picinich, CWU	2002
Kristie Rice, SU	2003
Jill Salmon, WOU	2002
Nicole Seana, SPU	2002
Raphaella Sieber, UAF	2010
Suzie Strickler, SPU	2007
Johanna Turunen, UAF	2005
Kylee Wells, WOU	2001

#### WEST REGIONAL

##### Team Champion

	Site	Champion	
1998	Bellingham	UC Davis	29
1999	Rocklin	UC Davis	53
2000	Pomona	Central Washington	60
2001	Bellingham	UC Davis	44
2002	Fresno	UC Davis	86
2003	Chino	Chico State	38
2004	Bellingham	Chico State	49
2005	Chino	Chico State	42
2006	Oroville	Cal State L.A.	67
2007	Boise	Seattle Pacific	45
2008	San Diego	Chico State	60
2009	San Francisco	Alaska Anchorage	35
2010	Bellingham	Alaska Anchorage	40

##### Individual Champion

1998	Sarah Shuler, UC Davis	21:34
1999	Nina Christensen, Hawaii Pacific	21:49.4
2000	Yvonne Liebig, UC Davis	22:44.3
2001	Nina Christensen, Hawaii Pacific	21:37
2002	Ann Marie Housen, CSLA	21:27
2003	Chelsea Smith, BYU-Hawaii	20:54.3
2004	Chelsea Smith, BYU-Hawaii	21:43
2005	Miriam Hodgins, UC San Diego	21:59.8
2006	Jessica Pixler, Seattle Pacific	20:46.10
2007	Jessica Pixler, Seattle Pacific	19:52.9
2008	Jessica Pixler, Seattle Pacific	20:57.1
2009	Jessica Pixler, Seattle Pacific	20:098.9
2010	Sarah Porter, Western Washington	21:21.9

**USTFCCCA Region Athlete-of-the-Year**

2008 Jessica Pixler, Seattle Pacific  
 2009 Jessica Pixler, Seattle Pacific  
 2010 Sarah Porter, Western Washington

**USTFCCCA Region Coach-of-the-Year**

2009 Michael Friess, Alaska Anchorage  
 2010 Michael Friess, Alaska Anchorage

**All-Region (Top 15 Finish)****Four Years**

Jane Larson, SPU 2006-09  
 Jessica Pixler, SPU 2006-09  
 Sarah Porter, WWU 2007-10

**Three Years**

Laura Carr, UAA 2006, 08-09  
 Laura Trevellyan, WWU 2003-05

**Two Years**

Abby Bielenberg, CWU 2000-01  
 Lauren Breihof, WWU 2009-10  
 Elizabeth Chepkosgei, UAA 2006,08  
 Stacy Edwards, UAA 2002,05  
 Mandy Kaempf, UAA 2004-05  
 Shoshana Keegan, UAA 2009-10  
 Ruth Jeptoo Keino, UAA 2009-10  
 Mariam Kipn'geno, UAA 2009-10  
 Karin Rohde, SPU 2004,07  
 Ashlee Vincent, WWU 2001-02  
 Hallidie Wilt, UAA 2009-10  
 Jamie Witt, SPU 2000,03

**One Year**

Rachel Bailey, CWU 2006  
 Dolores Bergmann, HSU 2001  
 Meredith Crane, SPU 2005  
 Karen Dickson, SPU 2004  
 Kelly Fullerton, SU 2004  
 Katie Gosnell, HSU 2002  
 Pavla Havlova, UAF 2005  
 Katie Hummel, CWU 2006  
 Alicen Maier, CWU 2002  
 Natty Plunkett, SPU 2008  
 Ashley Puga, NNU 2007  
 Jaclyn Puga, NNU 2010  
 Suzie Strickler, SPU 2007  
 Kylee Wells, WOU 2001

**NATIONAL****GNAC Team Finishes**

2001 Humboldt State 14<sup>th</sup>, 331  
 2004 Alaska Anchorage 21<sup>st</sup>, 489  
 2005 Alaska Anchorage 12<sup>th</sup>, 350  
 2006 Seattle Pacific 6<sup>th</sup>, 195  
 2007 Seattle Pacific 2<sup>nd</sup>, 178  
 2008 Seattle Pacific 4<sup>th</sup>, 194  
 2008 Alaska Anchorage 9<sup>th</sup>, 266  
 2008 Western Washington 10<sup>th</sup>, 301  
 2009 Seattle Pacific 4<sup>th</sup>, 151  
 2009 Alaska Anchorage 5<sup>th</sup>, 258  
 2009 Western Washington 8<sup>th</sup>, 300  
 2010 Alaska Anchorage 6<sup>th</sup>, 185  
 2010 Western Washington 10<sup>th</sup>, 300  
 2010 Western Oregon 21<sup>st</sup>, 563

**Top 30 Finishes and All-Americans****NCAA**

Laura Trevellyan, WWU 2003 (21<sup>st</sup>, 22:18.5)  
 Laura Trevellyan, WWU 2004 (22<sup>nd</sup>, 22:44.7)  
 Karen Dickson, SPU 2004 (4<sup>th</sup>, 21:43.4)  
 Pavla Havlova, UAF 2005 (22<sup>nd</sup>, 22:13.3)  
 Jessica Pixler, SPU 2006 (10<sup>th</sup>, 20:40.0)  
 Katie Hummel, CWU 2006 (12<sup>th</sup>, 20:43.9)  
 Jessica Pixler, SPU 2007 (1<sup>st</sup>, 20:29.1)  
 Jane Larson, SPU 2007 (9<sup>th</sup>, 20:55.5)  
 Ashley Puga, NNU 2007 (19<sup>th</sup>, 21:22.1)  
 Jessica Pixler, SPU 2008 (1<sup>st</sup>, 20:59)  
 Sarah Porter, WWU 2008 (13<sup>th</sup>, 21:59)  
 Jane Larson, SPU 2008 (15<sup>th</sup>, 22:02)  
 Elizabeth Chepkosgei, UAA 2008 (28<sup>th</sup>, 22:30)  
 Jessica Pixler, SPU 2009 (1<sup>st</sup>, 20:22.6)  
 Sarah Porter, WWU 2009 (2<sup>nd</sup>, 20:30.1)  
 Miriam Kipn'geno, UAA 2009 (14<sup>th</sup>, 21:16.7)  
 Lauren Breihof, WWU 2009 (31<sup>st</sup>, 21:48.7)  
 Ruth Keino, UAA 2009 (39<sup>th</sup>, 21:58.2)  
 Sarah Porter, WWU 2010 (2<sup>nd</sup>, 20:56.1)  
 Ruth Keino, UAA 2010 (7<sup>th</sup>, 21:20.8)  
 Miriam Kipng'eno, UAA 2010 (12<sup>th</sup>, 21:40.2)  
 Jaclyn Puga, NNU 2010 (35<sup>th</sup>, 22:14.5)

**Note:** All-Americans awarded to Top 30 finishers and Top 30 U.S. finishers.

**NAIA All-Americans**

Helen Croft, SFU 2010 (10<sup>th</sup>, 18:15)  
 Jessica Smith, SFU 2010 (18<sup>th</sup>, 18:21)