

# 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

### 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

### 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		

### Freshman-of-the-Year

<i>GNAC</i>			
2001	Caleb Tubei, NNU		
2002	Tim LeCount, SPU		

2003	Tris O'Bluck, SMU
2004	Keever Henry, WWU
2005	David Kiplagat, UAA
2006	Cale McCulloch, WWU
2007	Daniel Phillips, WWU
2008	Jacob Parisien, UAA

### 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

### All-Conference (Top 10 Finish)

<b>Four Years</b>	
Louie White, HSU	1999-02

<b>Three Years</b>	
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
Pete Clusener, HSU	2000, 02
Aaron Dickson, UAA	2005-06
Zach Dwello, NNU	2001-02
Bennett Grimes, WWU	2007-08
Doug Hamilton, HSU	2002-03
Keever Henry, WWU	2004, 06
Brian Kostock, HSU	2004-05
Kevin Lambert, NNU	2005, 07
Tim LeCount, SPU	2002, 04
Aaron Matthias, NNU	2000-01
Blake Medhaug, WWU	2007-08
Jasper Peach, HSU	2004-05
Andy Prentice, SMU	2003-04
Tobias Schwoerer, UAA	2000, 02
Jordan Welling, WWU	2007-08
Chase Wells, WOU	2003-04

**One Year**

Ethan Barrons, WOU	2004
Brian Brancheau, WWU	2003
Sam Brancheau, WWU	2004
Brad Brolin, WOU	2003
Marko Cheseto, UAA	2008
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
Braxton Jackson, WOU	2007
Alfred Kangogo, UAA	2008
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
Jacob Parisien, UAA	2008
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
Anthony Tomsich, WWU	2006
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

**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

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

David Kiplagat, UAA	2005-08
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**Three Years**

John Riak, SMU	2006-08
Tobias Schwoerer, UAA	2000-02
Sam Scotchmer, CWU	2004, 06-07
Louie White, HSU	1999-01

**Two Years**

Pete Clusener, HSU	2000, 02
Aaron Dickson, UAA	2005-06
Bennett Grimes, WWU	2007-08

**One Year**

Zach Boteilho, WWU	2001
Brian Brancheau, WWU	2003
Nathanael Castle, SPU	2001
Marko Cheseto, UAA	2008
Brian Cronrath, SPU	2008
Tom Gaschk, CWU	2001
Doug Hamilton, HSU	2003
Kurt Hartmaier, WWU	2003
Alfred Kangogo, UAA	2008
Paul Kezes, WWU	2002
Brent Knight, UAA	2006
Brian Kostock, HSU	2004
Timothy LeCount, SPU	2002
Casey Moriarty, SU	2005
Leif Olson, UAA	2005
Jacob Parisien, UAA	2008
Jasper Peach, HSU	2004
Andy Prentice, SMU	2004
Sean Rivers, UAA	2002
Mike Schmidt, WOU	2007
Eric Strabel, UAA	2001
Brandon Stum, UAA	2003
Chase Wells, WOU	2003
Jordan Welling, WWU	2008

**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

**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)

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

## 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

### 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	

### 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

### Freshman-of-the-Year

2001	Ashlee Vincent, WWU
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

### 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

### All-Conference (Top 10 Finish)

#### Four Years

Stacy Edwards, UAA	2001-03, 05
Mandy Kaempf, UAA	2003-06

#### Three Years

Laura Carr, UAA	2005-06, 08
Elizabeth Chepkosgei, UAA	2006-08
Jane Larson, SPU	2006-08
Jessica Pixler, SPU	2006-08
Ashley Puga, NNU	2006-08
Karin Rohde, SPU	2004, 06-07
Alicen Maier, CWU	2000, 02-03
Laura Trevellyan, WWU	2003-05

#### Two Years

Sigrid Aas, UAF	2002-03
Rachel Bailey, CWU	2005-06
Dolores Bergmann, HSU	2001-02
Nicole Campbell, HSU	2003-04
Kelly Fullerton, SU	2001, 04
Alana Garcia, SU	2004-05
Kati Gosnell, HSU	2001-02
Mary Moriarty, SPU	2005-06
Sarah Porter, WWU	2007-08
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
Ruth Jeptoo Keini, UAA	2008
Becky Knox, SPU	2004
Josie Lavin, SPU	2003
Kiersten Lippmann, UAA	2001
Marcie Mullen, CWU	2007
Lisa Pearl, WWU	2001
Tiffany Picinich, CWU	2002
Natty Plunkett, SPU	2008
Jaclyn Puga, NNU	2008
Kristie Rice, SU	2003
Jill Salmon, WOU	2002
Nicole Seana, SPU	2002
Suzie Strickler, SPU	2007
Johanna Turunen, UAF	2005
Kylee Wells, WOU	2001
Hallidie Wilt, UAA	2008

**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

**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

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

Jane Larson, SPU	2006-08
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Jessica Pixler, SPU	2006-08
Laura Trevellyan, WWU	2003-05

**Two Years**

Abby Bielenberg, CWU	2000-01
Laura Carr, UAA	2006, 08
Elizabeth Chepkosgei, UAA	2006, 08
Stacy Edwards, UAA	2002, 05
Mandy Kaempf, UAA	2004-05
Sarah Porter, WWU	2007-08
Karin Rohde, SPU	2004, 07
Ashlee Vincent, WWU	2001-02
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
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

**Top 30 Finishes and All-Americans**

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)

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