

GNAC Year-by-Year Cross Country Results

Men

| 2001 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-----------------------|--------------------------------------|-----------------------------------|
| Sept. 1 | UAF Birch Hill | Alaska Anchorage 20 | Eric Strabel, UAA, 26:34 | |
| Sept. 8 | UAA Palmer | Alaska Anchorage 31 | Will Kimball, Team Alaska, 15:45 | 4. Eric Strabel, UAA, 15:48.0 |
| Sept. 8 | Emerald City | Washington 15 | Dustin Duke, UW, 25:44.34 | 8. Zach Boteilho, WWU, 26:31.49 |
| Sept. 8 | Humboldt State | Humboldt State 24 | Tim Miller, Humboldt TC, 25:47 | 4. Louie White, HSU, 26:06 |
| Sept. 8 | Boise State | Idaho State 23 | Casey Crumrine, Idaho State, 21:01 | 4. Zach Dwello, NNU, 21:35 |
| Sept. 15 | Whitman | Northwest Nazarene 16 | Aaron Mathias, NNU, 25:19.62 | |
| Sept. 15 | Clackamas | Willamette 26 | Jake Stout, Willamette, 19:18.35 | 2. Jesse Light, WOU, 19:55.74 |
| Sept. 15 | Saint Martin's | Seattle 52 | Eric Tollefson, unat., 25:12.3 | 2. Nathanael Castle, SPU, 26:32.0 |
| Sept. 21 | National Catholic | Notre Dame 19 | Ryan Shay, Notre Dame, 24:03 | 39. Steve Manos, SU, 26:30 |
| Sept. 22 | UW Sundodger | Northwest Nazarene 51 | David Milne, UBC, 24:03 | 2. Aaron Matthias, NNU, 24:40 |
| Sept. 29 | Western Washington | Central Washington 49 | Jim Finlayson, Island Pacific, 32:12 | 2. Martin Ranney, WWU, 32:46 |
| Sept. 29 | Western Oregon | Western Oregon 22 | Jesse Light, WOU, 20:50 | |
| Oct. 6 | Willamette | Seacows 99 | Jerry Ziak, Victoria, 24:06.4 | 5. Francis Kimeli, NNU, 24:22.3 |
| Oct. 6 | Central Washington | Central Washington 15 | Eric Tollefson, unat., 20:14 | 2. Matt Schmitt, CWU, 21:58 |
| Oct. 13 | GNAC | Northwest Nazarene 32 | Francis Kimeli, NNU, 26:12.2 | |
| Oct. 20 | Northwest College | Eastern Oregon 26 | Chris Clancy, Warner Pacific, 24:47 | 3. Tom Gaschk, CWU, 24:49 |
| Nov. 3 | NCAA Regionals | UC Davis 27 | Christian Madsen, HPU, 32:07 | 2. Tobias Schwoerer, UAA, 32:10 |
| Nov. 3 | NAIA Regionals | Northwest Nazarene 32 | David Milne, UBC, 24:39 | 4. Francis Kimeli, NNU, 25:12 |
| Nov. 10 | NCCAA Nationals | Northwest Nazarene 33 | | 3. Francis Kimeli, NNU, 25:03.56 |
| Nov. 17 | NCAA Nationals | Western State 38 | | 35. Toby Schwoerer, UAA, 33:13.1 |
| Nov. 17 | NAIA Nationals | Life, Ga., 84 | | 14. Francis Kimeli, NNU, 25:41 |

Sites: National Catholic – South Bend, Ind. GNAC – Anchorage. NCAA Regionals – Bellingham. NAIA Regionals – Kirkland. NCCAA Nationals – Cedarville, Iowa. NAIA Nationals – Kenosha, Wisc. NCAA Nationals – Slippery Rock.

| 2002 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-----------------------|---|---------------------------------------|
| Aug. 31 | Alaska Fairbanks | Alaska Anchorage 16 | Sean Rivers, UAA, 25:19 | |
| Sept. 7 | Emerald City | Washington 19 | Todd Arnold, UW, 25:46.74 | 2. Nathanael Castle, SPU, 26:02.40 |
| Sept. 7 | Northwest Nazarene | No team scores | Forest Braden, Boise State, 19:08.59 | 2. Zach Dwello, NNU, 19:24.92 |
| Sept. 7 | Humboldt State | Humboldt State 21 | Jason Walker, Humboldt TC, 24:50 | 2. Pete Clusener, HSU, 25:04 |
| Sept. 7 | UAA Palmer | Alaska Anchorage 19 | Sean Rivers, UAA, 15:39 | |
| Sept. 14 | Fresno State | Chico State 43 | Chris Eggers, Chico State, 25:44 | 5. Sean Rivers, UAA, 26:08 |
| Sept. 14 | Central Washington | Central Washington 28 | Eric Tollefson, CWU Alums, 19:45 | 2. Jason Porter, CWU, 21:48 |
| Sept. 14 | Lewis & Clark | Eastern Oregon 18 | Brian Crowl, Eastern Oregon, 25:40.5 | 3. Chase Wells, WOU, 26:02.9 |
| Sept. 21 | UW Sundodger | Inv. - Washington 46 | Paul Kezes, WWU, 23:42 | |
| | | Open – Willamette 27 | Ahrlin Bauman, Team Athletics, 24:27.0 | 5. Zach Dwello, NNU, 24:49.0 |
| Sept. 28 | Saint Martin's | Seattle 33 | Miguel Galeana, unat., 25:01.89 | 2. Steve Manos, SU, 26:10.83 |
| Sept. 28 | Western Oregon | Western Oregon 15 | Brett Franz, WOU, 19:23.30 | |
| Sept. 28 | Stanford | New Mexico 61 | Ian Dobson, unat., 23:27 | 34. Pete Clusener, HSU, 24:35 |
| Sept. 28 | Alaska Anchorage | Alaska Anchorage 23 | Sean Rivers, UAA, 15:45.51 | |
| Sept. 28 | Boise State | Boise State 15 | Malcom Hassan, unat., 25:54.51 | 14. Marc Veristain III, NNU, 27:26.31 |
| Oct. 5 | Willamette | Chico State 47 | Chris Clancy, Warner Pacific, 24:17.86 | 3. Pete Clusener, HSU, 24:29.38 |
| Oct. 5 | SPU-WWU Dual | Western Washington 15 | Kurt Hartmaier, WWU, 15:15 | |
| Oct. 12 | Western Washington | Western Washington 40 | Paul Kezes, WWU, 31:29 | |
| Oct. 12 | Pacific Lutheran | Western Oregon 49 | Floyd Bangarter, PLU, 25:08.1 | 3. Steve Manos, SU, 25:19.0 |
| Oct. 12 | San Diego Triton | DII – UC San Diego 36 | Thomas Loos, unat., 24:44.0 | 7. Pete Clusener, HU, 25:24.6 |
| Oct. 19 | Treasure Valley | Northwest Nazarene 15 | Aaron Mathias, unat., 26:25 | 2. Zach Dwello, NNU, 26:31 |
| Oct. 19 | Spokane CC | CC of Spokane 35 | Mike Sayenko, unat., 25:38.9 | 23. Gabe Andrews, CWU, 27:23.1 |
| Oct. 26 | GNAC | Alaska Anchorage 70 | Paul Kezes, WWU, 24:20.85 | |
| Nov. 9 | NCAA Regional | Chico State 43 | Paul Kezes, WWU, 31:58 | |
| Nov. 23 | NCAA Nationals | Western State 35 | Alfred Rugena, Abilene Christian, 30:43.7 | 7. Paul Kezes, WWU, 31:16.7 |

Sites: GNAC – Seattle. NCAA Regionals – Fresno. NCAA Nationals – Ashland, Ohio.

| 2003 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-----------------------|--|----------------------------------|
| Aug. 30 | Alaska Fairbanks | Alaska Anchorage 15 | Eric Strabel, UAA, 27:27 | |
| Sept. 6 | UAA Palmer | Alaska Anchorage 21 | Aaron Dickson, UAA, 15:55.27 | |
| Sept. 6 | Emerald City | Western Washington 20 | Phil Olson, NWC, 25:57.0 | 2. Kurt Hartmaier, WWU, 26:23.4 |
| Sept. 6 | Pacific | Western Oregon 35 | Kalen Abbott, Warner Pacific, 26:40.76 | 5. Nick Crawford, WOU, 27:48.68 |
| Sept. 6 | Whitman | Boise State 19 | Forest Braden, BSU, 26:22.0 | 17. Tyler Lane, NNU, 28:43.61 |
| Sept. 13 | Saint Martin's | Western Washington 56 | Phil Olson, NWV, 25:22 | 2. Nathan Carlson, SMC, 25:57 |
| Sept. 13 | Humboldt | Humboldt State 27 | Doug Hamilton, HSU, 25:41 | |
| Sept. 13 | Lewis & Clark | Western Oregon 35 | Chase Wells, WOU, 25:36.1 | |
| Sept. 13 | Brigham Young | Brigham Young 20 | Kip Kangogo, BYU, 19:33.4 | 48. Jake Hotchkiss, NNU 21:59.2 |
| Sept. 19 | National Catholic | Notre Dame 36 | Ryan Sheehan, St. Francis, 24:37 | 30. Andy Prentice, SMC, 26:06 |
| Sept. 20 | Central Washington | Willamette 32 | Eric Tollefson, unat., 20:20 | 3. Tim LeCount, SPU, 21:22 |
| Sept. 27 | Cal Poly Pomona | Cal Poly Pomona 18 | Mark Batres, CPP, 31:56.5 | 6. Brad Brolin, WOU, 33:05.4 |
| Sept. 27 | UW Sundodger | Western Washington 64 | Richard Mosley, SFU, 24:24 | 7. Kurt Hartmaier, WWU, 25:08 |
| Sept. 27 | Stanford | Stanford 18 | Ian Dobson, Stanford, 23:46 | 61. Jasper Peach, HSU, 25:51 |
| Sept. 27 | Boise State | Boise State 15 | Forrest Braden, BSU, 25:50.0 | 9. Jake Hotchkiss, NNU, 28:04.2 |
| Oct. 4 | Willamette | Chico State 45 | Tyler Graff, Chico, 24:15.97 | 8. Doug Hamilton, HSU, 24:31.63 |
| Oct. 4 | WWU Silver Lake | No team scores | John Murrey, unat., 15:13 | 2. Steve DeKoker, WWU, 15:29 |
| Oct. 11 | Western Washington | Western Washington 34 | Eric Kiauka, Iron Lung, 31:52 | 6. Kurt Hartmaier, WWU, 32:38 |
| Oct. 11 | Northwest Nazarene | Western Oregon 28 | Kalen Abbott, Warner Pacific, 27:07.08 | 2. Chase Wells, WOU, 27:52.59 |
| Oct. 11 | Clark CC | Saint Martin's 57 | | 3. Nathan Carlson, SMC, 25:57 |
| Oct. 18 | Evergreen | Washington "B" 42 | Richard Mosley, SFU, 20:10 | 12. Andy Prentice, SMC, 21:07 |
| Oct. 25 | GNAC | Western Washington 61 | Doug Hamilton, HSU, 24:59.53 | |
| Nov. 8 | NCAA Regional | Chico State 28 | William Ngetich, HPU, 31:40.5 | 10. Doug Hamilton, HSU, 32:42.6 |
| Nov. 22 | NCAA Nationals | Adams State 40 | Celedino Rodriguez, Adams, 30:25 | 41. Kurt Hartmaier, WWU, 32:42.6 |

Sites: National Catholic – South Bend, Ind. GNAC – Monmouth. NCAA Regionals – Chino. NCAA Nationals – Raleigh, NC.

| 2004 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|------------------------|-------------------------------------|---------------------------------|
| Sept. 3 | Whitman | Whitworth 37 | Zach Dwello, NNU, 26:58.30 | |
| Sept. 4 | UPS Open | Saint Martin's 27 | Andy Prentice, SMC, 26:37 | |
| Sept. 4 | Interior UAF | Alaska Anchorage 19 | Moses Waweru, unat., 26:27 | 2. Brandon Stum, UAA, 26:47 |
| Sept. 10 | Portland | No team scores | Brendan Robinson, UP, 20:32 | 10. Ethan Barrons, WOU, 21:23 |
| Sept. 10 | TESC-SMC Dual | Saint Martin's 19 | Saint Riak, unat., 15:19 | 2. Andy Prentice, SMC, 15:28 |
| Sept. 11 | Emerald City | Seattle Pacific 29 | Kalen Abbott, WPC, 27:02.05 | 3. Tim LeCount, SPU, 27:17.44 |
| Sept. 11 | Northwest Nazarene | Lewis-Clark State 51 | Eric Griffiths, EOU, 18:35.71 | 3. Zach Dwello, NNU, 19:10.14 |
| Sept. 11 | UAA Palmer | Alaska Anchorage 15 | David Kiplagat, unat., 15:38.62 | 3. Brandon Stum, UAA, 16:10.47 |
| Sept. 17 | National Catholic | Notre Dame 19 | Tim Moore, Notre Dame, 24:58 | 22. Andy Prentice, SMC, 25:58 |
| Sept. 17 | Humboldt State | Notre Dame de Namur 30 | Brian Kostock, HSU, 26:31 | |
| Sept. 18 | UW Sundodger | Simon Fraser 61 | Brandon Reiff, unat., 24:38 | 19. Tim LeCount, SPU, 25:48 |
| Sept. 18 | Western Oregon | Western Oregon 20 | Jerret Mantalas, WOU, 21:22 | |
| Sept. 23 | UAF Birch Hill | Seattle Pacific 18 | Moses Waweru, unat., 26:38.2 | 2. Tim LeCount, SPU, 27:12.8 |
| Sept. 25 | UAF Short Course | Seattle Pacific 16 | Tim LeCount, SPU, 11:11.1 | |
| Sept. 25 | Saint Martin's | Saint Martin's 48 | Andy Prentice, SMC, 26:10 | |
| Sept. 25 | NCAA Pre-Nationals | Lockhaven 47 | Daniel Rojas, CPP, 24:59 | 22. Brandon Stum, UAA, 26:05 |
| Sept. 25 | Boise State | Greater Boise RC 35 | Forest Braden, BSU, 25:43.60 | 6. Zach Dwello, NNU, 26:34.21 |
| Oct. 2 | Central Washington | Whitworth 29 | Eric Tollefson, CWU Alums, 20:37.0 | 3. Sam Scotchmer, CWU, 21:29.8 |
| Oct. 2 | Willamette | Chico State 33 | Eric Griffiths, EOU, 24:09.55 | 8. Jasper Peach, HSU, 24:36.75 |
| Oct. 9 | Western Washington | Seattle Pacific 46 | Brian Kostock, HSU, 32:49 | |
| Oct. 9 | Evergreen State | Simon Fraser 26 | Richard Mosely, SFU, 25:24 | 3. Andy Prentice, SMC, 25:59 |
| Oct. 16 | SCC Bigfoot Open | Whitworth 35 | Mark Currell, CCS, 25:21 | 13. Matt Schmitt, CWU, 27:17 |
| Oct. 23 | GNAC | Seattle Pacific 71 | Tim LeCount, SPU, 25:58 | |
| Nov. 6 | NCAA Regional | Chico State 30 | Mark Batres, CPP, 32:09 | 5. Jasper Peach, HSU, 32:47 |
| Nov. 20 | NCAA Nationals | Western State 39 | Nicodemus Naimadu, Abilene, 32:38.1 | 56. Brian Kostock, HSU, 33:51.9 |

Sites: National Catholic – South Bend, Ind. GNAC – McKinleyville, Calif. NCAA Regionals – Bellingham. NCAA Pre-Nationals & Nationals – Evansville, Ind.

| 2005 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-----------------------|-------------------------------------|---------------------------------|
| Sept. 3 | UAF Interior | Alaska Anchorage 18 | David Kiplagat, UAA, 15:52.1 | |
| Sept. 3 | Whitman | Northwest Nazarene 30 | Doug Blackburn, Whtw, 19:12.88 | 2. Kevin Lambert, NNU, 19:18.84 |
| Sept. 3 | Puget Sound | Puget Sound 21 | John Riak, SMU, 27:01 | |
| Sept. 9 | Saint Martin's | Saint Martin's 27 | John Riak, SMU, 15:06 | |
| Sept. 9 | UP Pier Park | Oregon 15 | J.K. Withers, UO, 20:28.85 | 21. Troy Banker, WOU, 22:35 |
| Sept. 10 | Emerald City | Western Washington 35 | Casey Moriarty, SU, 25:38.82 | |
| Sept. 10 | Humboldt State | Fresno Pacific 31 | Brian Kostock, HSU, 25:56.34 | |
| Sept. 10 | UAA Lynx | Alaska Anchorage 15 | David Kiplagat, UAA, 15:44 | |
| Sept. 10 | Northwest Nazarene | Albertson 54 | Aron Rono, unat., 18:06.08 | 9. Jake Perry, NNU, 19:05.05 |
| Sept. 16 | National Catholic | Duquesne 45 | Patrick Smythe, UND, 24:6 | 15. John Riak, SMU, 25:43 |
| Sept. 17 | UW Sundodger | Willamette 45 | Nick Arciniaga, Team Saucony, 24:39 | 32. Kevin Lambert, NNU, 25:47 |
| | UW Sundodger Inv. | | Austin Ramos, UCLA, 24:00 | 3. Casey Moriarty, SU, 24:07 |
| Sept. 24 | Saint Martin's | Victoria 20 | John Riak, SMU, 25:49 | |
| Sept. 24 | Stanford (short) | Stanford 23 | Russell Brown, Stanf, 11:59 | 16. Brian Kostock, HSU, 12:49 |
| | Stanford (long) | Stanford 50 | Josh McDougal, Liberty, 23:24 | 18. David Kiplagat, UAA, 24:27 |
| Sept. 24 | CWU Apple Ridge | Central Washington 17 | Sam Scotchmer, unat., 26:44 | 5. Brian Rockenbach, CWU, 28:58 |
| Oct. 1 | Willamette | Chico State 15 | Charlie Serrano, CSUC, 24:22.55 | 17. John Riak, SMU, 25:12.4 |
| Oct. 8 | Western Washington | Western Washington 28 | Casey Moriarty, SU, 31:56 | |
| Oct. 8 | UAA Double Dual | Alaska Anchorage 21 | David Kiplagat, UAA, 26:22.46 | |
| Oct. 8 | Boise State | Lewis-Clark State 26 | Forest Braden, unat., 25:51 | 5. Jake Perry, NNU, 26:16 |
| Oct. 8 | TESC Steilberg | Simon Fraser 21 | John Riak, unat., 25:33 | 8. Nic Crawford, WOU, 26:34 |
| Oct. 22 | GNAC | Alaska Anchorage 39 | Casey Moriarty, SU, 25:16 | |
| Oct. 29 | Bellevue CC | No team scores | Sam Scotchmer, unat., 25:33 | 8. Josh Beck, WWU, 26:15 |
| Nov. 5 | NCAA Regionals | Chico State 23 | Patrick Boivin, CSUC, 31:23.6 | 5. Casey Moriarty, SU, 32:34.1 |
| Nov. 19 | NCAA Nationals | Western State 51 | Nicodemus Naimadu, Abilene, 30:13.8 | 15. Casey Moriarty, SU, 32:08.6 |

Sites: National Catholic – South Bend, Ind. GNAC – Bellingham. NCAA Regionals – Chino, Calif.. NCAA Nationals – Chino, Calif.

| 2006 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-----------------------|-------------------------------------|-----------------------------------|
| Sept. 2 | Puget Sound | Puget Sound 24 | John Riak, SMU, 26:46 | |
| Sept. 2 | Pacific | Linfield 36 | Brent Fahsolz, Corban, 28:16.37 | 7. Braxton Jackson, WOU, 29:16.15 |
| Sept. 2 | Whitman | Whitworth 18 | Jacob Deitz, Whtw, 19:46.57 | 8. Zach Lane, NNU, 20:12.69 |
| Sept. 6 | SMU-TESC Dual | SMU 23, TESC 32 | John Riak, SMU, 14:53 | |
| Sept. 8 | UP Pier Park | No team scores | Shadrack Kiptoo, Oregon, 19:46.86 | 30. Nick Crawford, WOU, 21:20.95 |
| Sept. 9 | Northwest Nazarene | Boise State 26 | Ty Axtman, BSU, 18:36.71 | 18. Seth Clark, NNU, 20:12.61 |
| Sept. 9 | Emerald City | Western Washington 17 | Anthony Tomsich, WWU, 26:51.71 | |
| Sept. 9 | Lewis & Clark | Linfield 43 | Sam Scotchmer, CWU, 25:54.5 | |
| Sept. 15 | National Catholic | Notre Dame 48 | John Riak, SMU, 24:38 | |
| Sept. 16 | UW Sundodger | Chico State 80 | David Kiplagat, UAA, 24:38 | |
| Sept. 23 | Saint Martin's | Alaska Anchorage 34 | John Riak, SMU, 25:09 | |
| Sept. 23 | CWU Appleridge | Central Washington 15 | Sam Scotchmer, CWU 20:50 | |
| Sept. 30 | Willamette | Concordia, CA 37 | Aron Rono, Azusa Pacific, 23:43.35 | 2. David Kiplagat, UAA, 24:06.25 |
| Oct. 7 | Western Washington | Western Washington 32 | David Wambuim, Simon Fraser, 32:10 | 2. John Riak, SMU, 32:10.1 |
| Oct. 7 | Eastern Oregon | Albertson 35 | Sean Williams, unat., 26:14.35 | 15. Zach Lane, NNU, 27:42.30 |
| Oct. 7 | Pacific Lutheran | Whitworth, WOU 46 | Harrison Wilson, Linf, 25:14.5 | 2. Mike Schmidt, WOU, 25:28.0 |
| Oct. 21 | GNAC | Western Washington 35 | David Kiplagat, UAA, 24:28.27 | |
| Oct. 28 | Bellevue CC | Spokane CC 15 | Charles Cummings, CCS, 25:17 | 6. Josh Beck, WWU, 25:36 |
| Nov. 4 | NCAA Regionals | Chico State 32 | Todd Iacovelli, HPU, 31:58.35 | 4. John Riak, SMU, 32:24.52 |
| Nov. 18 | NCAA Nationals | Abilene Christian 56 | Nicodemus Naimadu, Abilene, 29:17.5 | 31. John Riak, SMU, 30:25.8 |

Sites: National Catholic – South Bend, Ind. GNAC – Lacey. NCAA Regionals – Oroville, Calif.. NCAA Nationals – Pensacola, Fla.

| 2007 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|-------------------------|-----------------------|---|-------------------------------------|
| Aug. 30 | UAF Three-Way | BYU-Hawaii 28 | Kenneth Harper, BYUH, 27:22.3 | 6. Vahur Teppan, UAF, 28:30.2 |
| Aug.31 | Western Oregon | Wartburg 42 | Nik Karr, WOU, 25:01 | |
| Sept. 1 | UAF Three-Way | Hawaii Pacific 20 | Kenneth Harper, BYUH, 11:31.9 | 5. Vahur Teppan, UAF, 11:51.4 |
| Sept. 1 | Alaska Anchorage | Slippery Rock 18 | Jeff Weiss, Slippery Rock, 22:41 | 3. David Kiplagat, UAA, 23:21 |
| Sept. 7 | Northwest | Central Washington 28 | John Riak, SMU, 19:37 | |
| Sept. 8 | South Dakota Tech | Black Hills State 15 | Allen Wood, Black Hills, 26:18.50 | 7. Jarred Rensvold, MSUB, 28:33.47 |
| Sept. 8 | Emerald City | Seattle 27 | Blake Medhaug, WWU, 27:18.59 | |
| Sept.8 | Northwest Nazarene | Boise State 29 | Cody Eaton, Boise State, 18:41.3 | 6. Kevin Lambert, NNU, 19:05.5 |
| Sept. 14 | West Coast Preview | Portland 31 | Colby Litzenger, GU, 25:05.7 | 4. Nathan Heitzinger, SU, 25:27.5 |
| Sept. 15 | UW Sundodger Inv. | Washington 31 | Jon Harding, UW, 23:36 | 9. Anthony Tomsich, WWU, 24:22 |
| | UW Sundodger Open | Spokane CC 64 | John Riak, SMU, 24:35 | |
| Sept. 15 | Montana State | Utah State 59 | Mark Korir, Wyoming, 24:14 | 79. Ryan Ceynar, MSUB, 28:24 |
| Sept. 20 | Dickinson State | Dickinson State 15 | Sergio Campos-Jimenez, Dickinson, 26:08 | 16. Jarred Rensvold, MSUB, 28:06 |
| Sept. 22 | CWU Appleridge | Central Washington 29 | Sam Scotchmer, CWU, 21:05 | |
| Sept. 22 | Saint Martin's | Western Oregon 25 | John Riak, SMU, 25:14 | |
| Sept. 22 | Boise State (Firman) | Chico State 30 | Patrick Boivin, Chico State, 25:17.14 | 7. Bennett Grimes, WWU, 25:40.71 |
| Sept.29 | Willamette | Willamette 63 | Chris Erichsen, St.John's, 24:10.65 | 3. David Kiplagat, UAA, 24:29.05 |
| Sept.29 | Colorado Rocky Mountain | Western State 16 | | 73. Jarred Rensvold, MSUB, 29:46.84 |
| Oct. 6 | Pacific Lutheran | Western Oregon 30 | Nicholas Gallagher, Whtw, 25:08.81 | 2. Braxton Jackson, WOU, 25:15.36 |
| Oct. 6 | Western Washington | Western Washington 20 | Anthony Tomsich, WWU, 32:15.1 | |
| Oct. 6 | Evergreen State | Simon Fraser 28 | Daniel Mallie, Victoria, 25:13 | 18. Josh Gatbunton, SMU, 27:12 |
| Oct. 13 | Spokane Falls | CC of Spokane 21 | Dak Riek, CCS, 25:01 | 55. John Durkee, CWU, 28:59 |
| Oct. 13 | Eastern Oregon | Eastern Oregon 20 | Kevin Lambert, NNU, 15:43.35 | |
| Oct. 20 | GNAC | Western Washington 35 | John Riak, SMU, 24:56.77 | |
| Oct. 27 | MSU Billings | Dickinson State 17 | Parra Porfirio, Dickinson, 20:21 | 6. Jarred Rensvold, MSUB, 21:15 |
| Nov. 3 | NCAA Regionals | Chico State 39 | John Riak, SMU, 30:32.75 | |
| Nov. 17 | NCAA Nationals | Abilene Christian 59 | Nicodemus Naimadu, Abilene, 29:39.7 | 26. David Kiplagat, UAA, 31:16.5 |

Sites: West Coast Preview – Portland. GNAC – Nampa. NCAA Regionals – Boise. NCAA Nationals – Joplin, Mo.

| 2008 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|-------------------------|-----------------------|---|---------------------------------------|
| Aug. 29 | UAF West Ridge | Humboldt State 22 | Eric Malain, HSU, 27:13.4 | 4. Matthew Scerbak, UAF, 27:30.3 |
| Aug. 29 | WOU Summer End | Portland 28 | Alfred Kipchumba, UP, 24:14.2 | 5. Zeke Van Patten, WOU, 25:01.2 |
| Aug. 30 | UAF Birch Hill | Humboldt State 17 | Eric Malain, HSU, 13:05.5 | 4. Matthew Scerbak, UAF, 13:19.1 |
| Sept. 4 | MSUB vs. RMC | MSUB 24, RMC 31 | Dan Lombardi, unat., 16:56 | 2. Tyson Vanderby, MSUB, 17:15 |
| Sept. 6 | WWU Orca | Simon Fraser 37 | Ryen Brockerville, SFU, 26:17 | 5. Bennett Grimes, WWU, 26:47 |
| Sept. 6 | NNU Roger Curran | Boise State 25 | Kevin Peters, Greater Boise, 18:58.09 | 18. Josh Wageman, NNU, 20:17.43 |
| Sept. 6 | Saint Martin's | Lewis & Clark 40 | John Riak, SMU, 26:17.0 | |
| Sept. 6 | Alaska Anchorage | Alaska Anchorage 24 | Marko Cheseto, UAA, 23:23.6 | |
| Sept. 12 | UP Pier Point | Portland 45 | David Kinsella, UP, 25:06.54 | 5. Chris Reed, WOU, 25:58.69 |
| Sept. 13 | Black Hills | Black Hills State 21 | Cody Bordewyk, Black Hills, 20:19.75 | 25. Travis Hutchinson, MSUB, 22:52.76 |
| Sept. 13 | CWU Appleridge | Western Washington 33 | John Riak, SMU, 25:52 | |
| Sept. 20 | UW Sundodger Open | Southern Oregon 51 | Edward Kibet Taragon, Ac. of Art, 24:45 | 2. John Riak, SMU, 24:49 |
| | UW Sundodger Inv. | Washington 41 | Paul Limpf, EWU, 23:33 | 2. Marko Cheseto, UAA, 23:45 |
| Sept. 20 | Willamette Grass Course | Willamette 30 | Chris Reed, WOU, 22:36.50 | |
| Sept. 20 | NNU Bob Firman | Boise State 35 | Brian Pierre, BSU, 26:02.67 | 24. Josh Wageman, NNU, 27:25.69 |
| Sept. 20 | Montana State | Weber State 43 | Mark Korir, Wyoming, 24:28 | 80. Tyson Vanderby, MSUB, 28:48 |
| Oct. 4 | Willamette | Chico State 33 | Scott Bauhs, Chico State, 24:06.32 | 3. John Riak, SMU, 24:48.99 |
| Oct. 4 | Montana | No team scores | Nick Atwood, unat., 24:44 | 49. Taylor Canfield, MSUB, 29:32 |
| Oct. 11 | Hawaii Pacific | Xavier 23 | Tommy Kauffmann, Xavier, 27:56 | 15. Ray Sabo, UAF, 29:51 |
| Oct. 11 | UCSD Triton | Alaska Anchorage 22 | Jordan Chipangama, C. Arizona, 31:07.2 | 2. Marko Cheseto, UAA, 31:29.7 |
| Oct. 11 | Western Washington | Western Washington 15 | John Riak, SMU, 31:44 | |
| Oct. 11 | Pacific Lutheran | Western Oregon 25 | Zeke Van Patten, WOU, 25:34.45 | |
| Oct. 11 | MSU Billings | Black Hills State 19 | Cody Bordewyk, Black Hills, 26:26 | 38. Tyson Vanderby, MSUB, 29:36 |
| Oct. 18 | Eastern Oregon | Team Greyhound 32 | Eric Griffiths, Team Greyhound, 15:32 | 3. Josh Wageman, NNU, 15:55 |
| Oct. 18 | Cascade Preview | 6K – Washington 15 | Kelly Spadu, UW, 18:13 | 27. Jeff Dull, SPU, 22:13 |
| | | 8K – Concordia 41 | Josh Simpson, Whatcom, 25:30.23 | |
| Oct. 25 | GNAC | Alaska Anchorage 34 | Marko Cheseto, UAA, 24:30 | |
| Nov. 8 | NCAA Regionals | Chico State 28 | Scott Bauhs, Chico State, 32:15.8 | 2. Marko Cheseto, UAA, 32:24.6 |
| Nov. 22 | NCAA Nationals | Adams State 67 | Scott Bauhs, Chico State, 30:23 | 9. Marko Cheseto, UAA, 31:32 |

Sites: Cascade Preview – Seattle (Lincoln Park). GNAC – Yakima. NCAA Regionals – San Diego. NCAA Nationals – Slippery Rock, Penn.

| 2009 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|----------------------|------------------------------|-------------------------------------|-----------------------------------|
| Aug. 27 | UAF West Ridge | UAF 29, CWU 29 | Manuel Santos, CWU, 17:57.2 | |
| Aug. 29 | UAF Birch Hill | UAF 28, CWU 29 | Manuel Santos, CWU, 9:42.0 | |
| Sept. 4 | UAA Invitational | UAA 22, Abilene Christian 33 | Micah Chelimo, UAA, 15:18.6 | |
| Sept. 5 | Hawaii Pacific Inv. | Humboldt State 21 | Brendan McMaster, BYUH, 24:52 | 14. Samuel Tilly, UAF, 27:04 |
| Sept. 5 | SMU Invitational | Saint Martin's 32 | John Riak, unat., 25:28.8 | 4. Kyle Van Santen, SMU, 26:22.0 |
| Sept. 5 | MSUB/Rocky Mountain | RMC 24, MSUB 31 | Cesar Mireles, RMC, 16:04 | 2. Daniel Lombardi, MSUB, 16:12 |
| Sept. 12 | NNU Curran | Boise State 18 | Kevin Higgs, BSU, 18:41.23 | 4. Barak Watson, NNU, 18:57.36 |
| Sept. 12 | CWU Appleridge | Western Washington 19 | Bennett Grimes, WWU, 19:49 | |
| Sept. 12 | Lewis & Clark Inv. | Western Oregon 51 | Chris Reed, WOU, 25:29.8 | |
| Sept. 12 | South Dakota Mines | Black Hills State 30 | Jed Morgan, Black Hills, 26:25 | 11. Daniel Lombardi, MSUB, 27:45 |
| Sept. 18 | Willamette Grass | No team scores | Chris Reed, WOU, 22:36.32 | |
| Sept. 18 | UW Sundodger Open | British Columbia 89 | Amos Maru, Academy of Art, 24:52.34 | 2. Barak Watson, NNU, 24:52.85 |
| Sept. 18 | UW Sundodger Inv. | Washington 27 | Kelly Spady, UW, 23:54.94 | 2. Micah Chelimo, UAA, 24:03.33 |
| Sept. 19 | Montana State Inv. | Utah State 42 | Patrick Casey, Montana State, 24:54 | 47. Daniel Lombardi, MSUB, 27:07 |
| Sept. 25 | Dickinson State Inv. | Dickinson State 22 | Sal Bautista, unat., 25:56 | 6. Daniel Lombardi, MSUB, 28:00 |
| Sept. 26 | NNU Firman | Boise State 25 | John Ricardi, Idaho State, 25:15.16 | 2. Barak Watson, NNU, 25:37.23 |
| Sept. 26 | TESC Steilberg | Simon Fraser 21 | Kevin Friesen, SFU, 25:42.54 | 4. Kyle Van Santen, SMU, 25:57.07 |
| Oct. 3 | Emerald City | Seattle 25 | Rob Webster, UW, 25:59 | 22. Gavin Brand, SPU, 28:58 |
| Oct. 3 | Willamette Bowles | Chico State 46 | Michael Wickman, Chico, 24:08.06 | 8. Barak Watson, NNU, 24:32.05 |
| Oct. 3 | Colorado Rocky Mtn. | Garden City CC 34 | Kenyon Neuman, Colorado, 24:51 | 72. Daniel Lombardi, MSUB, 28:28 |
| Oct. 9 | SFSU Invitational | Alaska Anchorage 52 | Marko Cheseto, UAA, 24:52.6 | |
| Oct. 10 | MSU Billings Inv. | Black Hills State 27 | Mark Mazza, Black Hills, 25:27 | 14. Daniel Lombardi, MSUB, 26:38 |
| Oct. 10 | WWU Invitational | Western Washington 23 | Jordan Welling, WWU, 31:41 | |
| Oct. 17 | Eastern Oregon Inv. | NNU 24, EOU 33 | Barak Watson, NNU, 15:40 | |
| Oct. 17 | Puget Sound Open | Whitworth 38 | Shawn Fisher, Linf, 25:57.92 | 63. Zach Armstrong, CWU, 31:05.47 |
| Oct. 24 | GNAC | Western Washington 33 | Marko Cheseto, UAA, 24:50 | |
| Nov. 7 | NCAA West Regionals | Chico State 42 | Marko Cheseto, UAA, 30:42.5 | |
| Nov. 21 | NCAA Nationals | Adams State 23 | Reuben Mwei, Adams State, 30:27.8 | 13. Jordan Welling, WWU, 31:44.6 |

Sites: GNAC – Yakima. NCAA Regionals – San Francisco. NCAA Nationals – Evansville, Indiana.

| 2010 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|------------------------|------------------------|---|-------------------------------------|
| Sept. 2 | UAF Long Course | Northwest Nazarene 25 | Barak Watson, NNU, 26:30.0 | |
| Sept. 4 | WWU Lake Padden | Western Washington | None (Relay Event) | |
| Sept. 4 | MSUB Open | Rocky Mountain 22 | Noah Kiprono, RMC, 15:25 | 6. Daniel Lombardi, MSUB, 15:58 |
| Sept. 4 | Hawaii Pacific Inv. | Alaska Anchorage 15 | Marko Cheseto, UAA, 14:26 | |
| Sept. 4 | UAF Short Course | Seattle Pacific 41 | Matt Stark, NNU, 13:00.6 | |
| Sept. 9 | Black Hills State | Black Hills State 28 | Wesley Cheruiyot, Gillette, 20:06.21 | 14. Daniel Lombardi, MSUB, 21:36.93 |
| Sept. 11 | NNU Curran | Boise State 23 | D. O'Donogue-McDonald, BSU, 18:15.49 | |
| Sept. 11 | CWU Apple Ridge | Great Falls 19 | Rigoberto Jimenez, UGF, 19:34 | 6. Graham Armstrong, WWU, 20:27 |
| Sept. 11 | BYU-Hawaii Inv. | Alaska Anchorage 15 | Marko Cheseto, UAA, 25:10 | |
| Sept. 18 | UW Sundodger Inv. | Washington 27 | M. O'Donogue-McDonald, BSU, 24:03.63 | 3. Chris Reed, WOU, 24:04.75 |
| Sept. 18 | UW Sundodger Open | Whitworth 45 | Kyle Van Santen, SMU, 24:47.48 | |
| Sept. 18 | Montana State Inv. | Great Falls 55 | Patrick Casey, MSU, 25:01 | 19. Daniel Lombardi, MSUB, 27:37 |
| Sept. 24 | Dickinson State Inv. | MSU Billings 15 | Ishmael Arzola, unat., 25:53.79 | 3. Daniel Lombardi, MSUB, 26:36.49 |
| Sept. 25 | Chaminade Inv. | BYU-Hawaii 20 | Thomas Puzey, BYUH, 25:54.28 | 4. Tyler Kornfield, UAF, 26:33.80 |
| Sept. 25 | Saint Martin's Inv. | Western Washington 31 | John Riak, unat., 26:07 | 2. Kyle Van Santen, SMU, 26:08 |
| Sept. 25 | Boise State Firman | Northwest Nazarene 26 | Travis Fuller, BYU, 25:10.45 | 4. Barak Watson, NNU, 25:44.84 |
| Sept. 25 | SCC Anderson | Washington State 19 | Justin Englund, WSU, 25:14 | 31. Manuel Santos, CWU, 27:08 |
| Oct. 2 | Greater Louisville | Louisville 97 | Meshack Koyiaki, Columbus St., 23:20.75 | 51. Jordan Welling, WWU, 24:43.62 |
| Oct. 2 | Willamette Bowles | Portland 25 | Marko Cheseto, UAA, 23:18.70 | |
| Oct. 2 | UC Rocky Mountain | Adams State 22 | Joe Bosshard, Colorado, 24:44 | 115. Daniel Lombardi, MSUB, 28:01 |
| Oct. 2 | Emerald City Inv. | Seattle 29 | Erik Barkhaus, SU, 26:00 | 7. Manuel Santos, CWU, 27:08 |
| Oct. 8 | San Fran. St. Inv. | San Francisco State 55 | Maru Amos, Acad. of Art, 24:56 | 19. Manuel Santos, CWU, 26:19 |
| Oct. 9 | WWU Preview | British Columbia 31 | Bennett Grimes, WWU, 25:38 | |
| Oct. 9 | Pacific Lutheran Inv. | Saint Martin's 52 | Kyle Van Santen, SMU, 26:06.44 | |
| Oct. 15 | Clackamas Hodges | Southern Oregon 24 | David Laney, SOU, 19:31.17 | 2. Chris Reed, WOU, 19:58.03 |
| Oct. 16 | MSUB Inv. | Great Falls 37 | Wesley Cheruiyot, Gillette, 23:57 | 12. Daniel Lombardi, MSUB, 25:33 |
| Oct. 16 | Concordia Classic | British Columbia 42 | Matt Pieteron, Victoria, 24:32.9 | 2. Ryan Brockerville, SFU, 24:47.5 |
| Oct. 16 | Santa Clara Inv. | Lamar 51 | Jon Peterson, UC Davis, 23:45.1 | 8. Barak Watson, NNU, 24:07.0 |
| Oct. 16 | Eastern Oregon Inv. | Eastern Oregon 15 | Damion Flores, EOU, 15:39.6 | 15. Luke Hetrick, NNU, 16:56.10 |
| Oct. 21 | C of I Coyote Twilight | College of Idaho 28 | D.J. Flores, EOU, 24:57.8 | 12. Ryan Jaggi, NNU, 26:27.6 |
| Oct. 23 | WWU Inv. | Alaska Anchorage 33 | Marko Cheseto, UAA, 30:41.1 | |
| Oct. 23 | Biola Inv. | CSU San Marcos 45 | John Gilbertson, The Master's, 224:54.2 | 8. Ryan Brockerville, SFU, 25:41.4 |
| Oct. 23 | Oregon State Classic | Southern Oregon 21 | David Laney, SOU, 24:12 | 38. Brady Beagley, WOU, 26:26 |
| Nov. 6 | GNAC | Alaska Anchorage 41 | Marko Cheseto, UAA, 23:56 | |
| Nov. 6 | A.I.I. | CSU San Marcos 32 | Brett Campfield, CSU San Marcos, 24:43 | 3. Ryan Brockerville, SFU, 25:19 |
| Nov. 20 | NCAA West Region | Alaska Anchorage 49 | Marko Cheseto, UAA, 31:20.8 | |
| Nov. 20 | NAIA Nationals | Southern Oregon 105 | Kennedy Kithuka, Wayland Bap., 24:02 | 166. Keir Forster, SFU, 27:13 |

Dec. 4 NCAA Nationals Adams State 57 Michael Crouch, Queens, 30:43.2 8. Jordan Welling, WWU, 31:06.2

Sites: **GNAC** – Yakima. **NAIA A.I.I.** – San Diego. **NCAA Regionals** – Bellingham. **NAIA Nationals** – Vancouver, Wash. **NCAA Nationals** – Louisville.

Women

| 2001 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-----------------------|--------------------------------------|---|
| Sept. 1 | UAF Birch Hill | Alaska Anchorage 24 | Sigrid Aas, UAF, 19:40 | |
| Sept. 8 | UAA Palmer | Alaska Anchorage 21 | Sigrid Aas, UAF, 19:13.0 | |
| Sept. 8 | Emerald City | Washington 17 | Sabrina Monro, UW, 17:17.03 | 6. Ashlee Vincent, WWU, 18:37.12 |
| Sept. 8 | Humboldt State | Sonoma State 25 | Kathy Lenno, Sonoma, 17:30 | 3. Jill Salmon, WOU, 18:28 |
| Sept. 8 | Boise State | Boise State 24 | Amanda Archuleta, Utah Valley, 19:52 | 11. Ann-Marie Wiggins, NNU, not available |
| Sept. 15 | Whitman | Lewis-Clark State 33 | Tausha Kuzmic, LCSC, 18:51.69 | 3. Ann-Marie Wiggins, NNU, 19:22.82 |
| Sept. 15 | Clackamas | Willamette 40 | Hollie Saclie-Rohman, CCC, 15:19.60 | 2. Jill Salmon, WOU, 15:20.96 |
| Sept. 15 | Saint Martin's | Seattle Pacific 36 | Karen Steen, unat., 18:36.8 | 2. Rachel Ross, SPU, 19:05.4 |
| Sept. 21 | National Catholic | Marquette 37 | Jennifer Handley, Notre Dame, 17:31 | 21. Kelly Fullerton, SU, 18:45 |
| Sept. 22 | UW Sundodger | Northwest 70 | Dana Boyle, UPS, 17:13 | 4. Ashlee Vincent, WWU, 17:56 |
| Sept. 29 | Western Washington | Club Northwest 20 | Shelley Samthers, CNW, 21:34 | 6. Jamie Witt, SPU, 22:48 |
| Sept. 29 | Western Oregon | Western Oregon 15 | Jill Salmon, WOU, 15:00 | |
| Oct. 6 | Willamette | Victoria 68 | Cheryl Smith, Hawaii, 16:56.33 | 18. Kylee Wells, WOU, 18:10.21 |
| Oct. 6 | Central Washington | Central Washington 26 | Stephanie Stine, CWU, 20:37 | |
| Oct. 13 | GNAC | Humboldt State 58 | Ashlee Vincent, WWU, 23:46.0 | |
| Oct. 20 | Northwest College | Northwest 30 | Sarah Forrey, unat., 17:51 | 5. Kelly Fullerton, SU, 18:06 |
| Nov. 3 | NCAA Regionals | UC Davis 44 | Nina Christensen, HPU, 21:37 | 7. Ashlee Vincent, WWU, 22:28 |
| Nov. 3 | NAIA Regionals | Northwest 41 | Emilie Mondor, SFU, 16:42 | 4. Kelly Fullerton, SU, 17:52 |
| Nov. 10 | NCCAA Nationals | | | 11. Ann-Marie Wiggins, NNU, 19:05.90 |
| Nov. 17 | NCAA Nationals | Western State 46 | | 51. Dolores Bergmann, HSU, 23:07.3 |
| Nov. 17 | NAIA Nationals | Cedarville, Ohio 47 | | 31. Kelly Fullerton, SU, 18:56 |

Sites: National Catholic – South Bend, Ind. GNAC – Anchorage. NCAA Regionals – Bellingham. NAIA Regionals – Kirkland. NCCAA Nationals – Cedarville, Iowa. NAIA Nationals – Kenosha, Wisc. NCAA Nationals – Slippery Rock.

| 2002 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-----------------------|-------------------------------------|-----------------------------------|
| Aug. 31 | Alaska Fairbanks | Alaska Anchorage 37 | Sigrid Aas, UAF, 18:28 | |
| Sept. 7 | Emerald City | Washington 22 | Laura Hodgson, UW, 17:40.6 | 4. Ashlee Vincent, WWU, 18:23.99 |
| Sept. 7 | Northwest Nazarene | No team scores | Robin Wemple, Boise State, 15:02.26 | 7. Jessica Wiggins, NNU, 16:37.70 |
| Sept. 7 | Humboldt State | Humboldt State 29 | Sarah Davey, Humboldt TC, 17:50 | 2. Kati Gosnell, HSU, 18:08 |
| Sept. 7 | UAA Palmer | Alaska Anchorage 28 | Sigrid Aas, UAF, 18:58 | |
| Sept. 14 | Fresno State | Nevada Reno 46 | Emma Garrard, Nevada Reno, 17:59 | 5. Kati Gosnell, HSU, 18:08 |
| Sept. 14 | Central Washington | Central Washington 18 | Alicen Maier, CWU, 19:38 | |
| Sept. 14 | Lewis & Clark | Eastern Oregon 61 | Kelsey Jones, EOU, 22:46.8 | |
| Sept. 21 | UW Sundodger | Open – Northwest 49 | Emile Mondor, SFU, 16:05 | 3. Ashlee Vincent, WWU, 18:26.05 |
| Sept. 28 | Saint Martin's | Seattle Pacific 39 | Ashlee Vincent, WWU, 18:26.05 | |
| Sept. 28 | Western Oregon | Western Oregon 26 | Jill Salmon, WOU, 14:54.15 | |
| Sept. 28 | Stanford | Stanford 50 | Sara Bei, Stanford, 20:52 | 23. Kati Gosnell, HSU, 21:54 |
| Sept. 28 | Alaska Anchorage | Alaska Fairbanks 32 | Sigrid Aas, UAF, 18:58.88 | |
| Oct. 5 | Willamette | Northwest 49 | Brianna Carstensen, Azusa, 17:44.50 | 2. Kati Gosnell, HSU, 17:50.42 |
| Oct. 5 | SPU-WWU Dual | Western Washington 26 | Laura Trevellyan, WWU, 18:24 | |
| Oct. 12 | Western Washington | Western Washington 44 | Cari Rampsad-Kuzyk, Hershey, 22:13 | 2. Ashlee Vincent, WWU, 22:21 |
| Oct. 12 | Pacific Lutheran | Whitworth 64 | Emile Mondor, SFU, 19:29.6 | 6. Jill Salmon, WOU, 22:15.8 |
| Oct. 12 | San Diego Triton | DII – UC San Diego 44 | Victoria Chang, Hawaii, 21:46.7 | 9. Kati Gosnell, HSU, 22:23.3 |
| Oct. 19 | Treasure Valley | Northwest Nazarene 25 | Kelly Squibb, unat., 19:48 | 2. Mindy Newby, NNU, 21:16 |
| Oct. 19 | Spokane CC | Lewis-Clark State 38 | Leslie Nelson, Whtw, 18:59.7 | 40. Erica Pitman, CWU, 21:13 |
| Oct. 26 | GNAC | Humboldt State 49 | Ashlee Vincent, WWU, 21:44.89 | |
| Nov. 9 | NCAA Regional | UC Davis 86 | Ann Marie Housen, CSLA, 21:27 | 8. Ashlee Vincent, WWU, 22:21 |

Sites: GNAC – Seattle. NCAA Regionals – Fresno.

| 2003 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-------------------------|-------------------------------------|-------------------------------------|
| Aug. 30 | UAF | Alaska Anchorage 35 | Sigrid Aas, UAF, 19:32 | |
| Sept. 6 | UAA Palmer | Alaska Anchorage 29 | Sigrid Aas, UAF, 18:40.32 | |
| Sept. 6 | Emerald City | Northwest 26 | Danyel Longmire, NWC, 18:27.9 | 2. Laura Trevellyan, WWU, 18:47.8 |
| Sept. 6 | Pacific | Lewis & Clark 42 | Sadie Grossman, L&C, 23:03.51 | 3. Kari Konrad, WOU, 23:42.69 |
| Sept. 6 | Whitman | Lewis-Clark State 39 | Robin Wemple, BSU, 22:37.76 | 13. Mindy Newby, NNU, 25:42.53 |
| Sept. 13 | Saint Martin's | Northwest 25 | Jamie Witt, SPU, 18:01.01 | |
| Sept. 13 | Humboldt | Humboldt State 30 | Dolores Bergman, HTC, 18:29 | 2. Nicole Campbell, HSU, 18:47 |
| Sept. 13 | Lewis & Clark | Claremont-Mudd 30 | Jeannine Liang, Claremont, 22:08.3 | 10. Kari Konrad, WOU, 23:17.8 |
| Sept. 13 | Brigham Young | Brigham Young 23 | Breanne Sandberg, BYU, 17:39.1 | 50. Mindy Newby, NNU, 20:55.5 |
| Sept. 19 | National Catholic | Notre Dame 17 | Kerry Meagher, Notre Dame, 17:45 | 12. Kristie Rice, SU, 19:01 |
| Sept. 20 | Central Washington | Willamette 39 | Josie Lavin, SPU, 19:22 | |
| Sept. 27 | Cal Poly Pomona | Cal State Stanislaus 62 | Sarah Bouchard, CSLA, 22:08.1 | 5. Kari Konrad, WOU, 23:03.0 |
| Sept. 27 | UW Sundodger | British Columbia 55 | Jenny Rodgers, unat., 17:37 | 2. Jamie Witt, SPU, 17:46 |
| Sept. 27 | Stanford | UCLA 37 | Alicia Craig, Stanfird, 20:25 | 60. Nicole Campbell, HSU, 23:07 |
| Sept. 27 | Boise State | Boise State 18 | Robin Wemple, BSU, 18:47.4 | 6. Mindy Newby, NNU, 20:13.2 |
| Oct. 4 | Willamette | Chico State 42 | Katie Lee, Chico, 17:48.29 | 24. Nicole Campbell, HSU, 18:30.91 |
| Oct. 4 | WWU Silver Lake | Seattle Pacific 20 | Kathleen Memi, unat, 17:56 | 2. Jamie Witt, SPU, 18:19 |
| Oct. 11 | Western Washington | Seattle Pacific 59 | Nathalie Cote, Mountain West, 21:59 | 2. Jamie Witt, SPU, 22:14 |
| Oct. 11 | Northwest Nazarene | Lewis-Clark State 41 | Leslie Nelson, Whitworth, 19:44.99 | 2. Kari Konrad, WOU, 20:13.23 |
| Oct. 11 | Clark CC | Lewis & Clark 44 | | 16. Kendra Steinbrugger, SMC, 20:15 |
| Oct. 18 | Evergreen | Northwest 42 | Natasha Wodak, SFU, 18:11 | 24. Alicen Maier, CWU, 19:29 |
| Oct. 25 | GNAC | Seattle Pacific 62 | Josie Lavin, SPU, 21:42.84 | |
| Nov. 8 | NCAA Regional | Chico State 38 | Chelsea Smith, BYU-Hawaii, 20:54.3 | 5. Laura Trevellyan, WWU, 22:22.0 |
| Nov. 22 | NCAA Nationals | Adams State 38 | Chelsea Smith, BYU-Hawaii, 20:33.9 | 21. Laura Trevellyan, WWU, 22:18.5 |

Sites: National Catholic – South Bend, Ind. GNAC – Monmouth. NCAA Regionals – Chino. NCAA Nationals – Raleigh, NC.

| 2004 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|--------------------------|--|-----------------------------------|
| Sept. 3 | Whitman | Lewis-Clark State 25 | Tausha Kuzmic, LCSC, 23:31.69 | 15. Mindy Newby, NNU, 25:49.78 |
| Sept. 4 | UPS Open | Saint Martin's 28 | Janelle Probst, SMC, 20:24 | |
| Sept. 4 | Interior UAF | Alaska Anchorage 19 | Kamie Jo Massey, UAA, 19:45 | |
| Sept. 10 | Portland | No team scores | Laura Harmon, Oregon, 18:10 | 43. Rachel Horn, WOU, 22:07 |
| Sept. 10 | TESC-SMC Dual | Saint Martin's 15 | Janelle Probst, SMC, 19:30 | |
| Sept. 11 | Emerald City | Seattle 41 | Karen Dickson, SPU, 18:16.32 | |
| Sept. 11 | Northwest Nazarene | Lewis-Clark State 35 | Stephanie Colkitt, EOU, 15:04.67 | 2. Brandy Anderson, CWU, 15:07.64 |
| Sept. 11 | UAA Palmer | Alaska Anchorage 19 | Jenny Rodgers, unat., 18:51.37 | 2. Kamie Jo Massey, UAA, 19:34.35 |
| Sept. 17 | National Catholic | Notre Dame 28 | Stephanie Madia, Notre Dame, 17:38 | 31. Alana Garcia, SU, 19:22 |
| Sept. 17 | Humboldt State | Notre Dame de Namur 33 | Dolores Bergmann, unat., 19:05 | 4. Heather Moulton, HSU, 21:07 |
| Sept. 18 | UW Sundodger | Simon Fraser 21 | Julia Howard, SFU, 17:55 | 2. Kelly Fullerton, SU, 17:58 |
| | | | Invite – Sabrina Monro, CNW, 20:09.97 | 3. Karen Dickson, SPU, 21:20.05 |
| Sept. 18 | Western Oregon | Oregon Tech 22 | Amy Bricco, OIT, 16:20 | 2. Leah Trutna, WOU, 16:32 |
| Sept. 23 | UAF Birch Hill | Seattle Pacific 20 | Karen Dickson, SPU, 22:42.2 | |
| Sept. 25 | UAF Short Course | Seattle Pacific 22 | Karen Dickson, SPU, 12:52.9 | |
| Sept. 25 | Saint Martin's | Seattle 22 | Kelly Fullerton, SU, 18:04 | |
| Sept. 25 | NCAA Pre-Nationals | Tennessee Chattanooga 34 | Shannon Wommack, UTC, 21:42 | 22. Kamie Jo Massey, UAA< 23:50 |
| Sept. 25 | Boise State | Boise State 16 | Rebecca Ward, BSU, 19:06.77 | 6. Melanie Nisley, NNU, 19:48.87 |
| Oct. 2 | Central Washington | Central Washington 38 | Kelly Fullerton, SU, 19:26.0 | |
| Oct. 2 | Willamette | Chico State 48 | Kristina Rody, Guelph, 17:15.38 | 57. Janelle Probst, SMC, 19:00.01 |
| Oct. 9 | Western Washington | Central Washington 64 | Karen Dickson, SPU, 21:57 | |
| Oct. 9 | Evergreen State | Simon Fraser 15 | Courtney Inman, SFU, 17:17 | 10. Janelle Probst, SMC, 19:14 |
| Oct. 16 | SCC Bigfoot Open | Whitworth 27 | Sierra Witnov, Whitman, 19:50 | 7. Marcie Mullen, CWU, 19:43 |
| Oct. 23 | GNAC | Central Washington 67 | Karen Dickson, SPU, 22:28.02 | |
| Nov. 6 | NCAA Regional | Chico State 49 | Chelsea Smith, BYU-Hawaii, 21:43 | 2. Karen Dickson, SPU, 22:07 |
| Nov. 20 | NCAA Nationals | Adams State 31 | Chelsea Smith, BYU-Hawaii, 21:33.0 | 4. Karen Dickson, SPU, 21:43.4 |

Sites: National Catholic – South Bend, Ind. GNAC – McKinleyville, Calif. NCAA Regionals – Bellingham. NCAA Pre-Nationals & Nationals – Evansville, Ind.

| 2005 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|-----------------------|------------------------------------|------------------------------------|
| Sept. 3 | UAF Interior | Alaska Anchorage 26 | Pavla Havlova, UAF, 18:23.3 | |
| Sept. 3 | Whitman | Whitworth 31 | E. Kristi Dickey, Whtw, 15:09.98 | 3. Ashley Puga, NNU, 15:35.32 |
| Sept. 3 | Puget Sound | Puget Sound 23 | Sarah Orzell, UPS, 20:01 | 2. Janelle Probst, SMU, 20:19 |
| Sept. 9 | Saint Martin's | Saint Martin's 16 | Janelle Probst, SMU, 18:36 | |
| Sept. 10 | Emerald City | Seattle Pacific 43 | Meredith Craine, SPU, 18:16.28 | |
| Sept. 10 | Humboldt State | Fresno Pacific 17 | Nicole Campbell, unat., 18:58.45 | 6. Jessica Rendon, HSU, 19:24.12 |
| Sept. 10 | UAA Lynx | Alaska Anchorage 23 | Pavla Havlova, UAF, 18:14 | |
| Sept. 10 | Northwest Nazarene | Eastern Oregon 42 | Robin Wemple, unat, 14:27.68 | 6. Ashley Puga, NNU, 14:49. 92 |
| Sept. 16 | National Catholic | Notre Dame 48 | Sunni Olding, UND, 17:42 | 38. Janelle Probst, SMU, 19:26 |
| Sept. 17 | UW Sundodger | Simon Fraser 38 | Kristen Kolstad, SFU, 21:43 | 8. Laura Trevelyan, WWU, 22:18 |
| | UW Sundodger Inv. | | Haley Paul, WSU, 20:50 | 7. Meredith Crane, SPU, 21:21 |
| Sept. 24 | Saint Martin's | Victoria 26 | Meredith Crane, SPU, 17:33 | |
| Sept. 24 | Stanford (short) | Stanford 23 | Amanda Trotter, Stanf, 14:03 | 50. Jessica Rendon, HSU, 15:48 |
| | Stanford (long) | Stanford 31 | Arianna Lambie, Stanf, 21:15 | 35. Mandy Kaempf, UAA, 22:41 |
| Sept. 24 | CWU Apple Ridge | Central Washington 21 | Brandy Anderson, CWU, 19:12 | |
| Oct. 1 | Willamette | Chico State 19 | Jennifer James, CSUC, 17:49.75 | 15. Brandy Anderson, CWU, 18:30.15 |
| Oct. 8 | Western Washington | Seattle Pacific 20 | Meredith Crane, SPU, 21:52 | |
| Oct. 8 | UAA Double Dual | Cal Poly Pomona 35 | Pavla Havlova, UAF, 22:53.48 | |
| Oct. 8 | Boise State | Boise State 33 | Robin Nixon, unat., 17:58 | 9. Melanie Nisley, NNU, 19:24 |
| Oct. 8 | TESC Steilberg | Simon Fraser 15 | Julia Howard, SFU, 17:47 | 8. Janelle Probst, SMU, 19:01 |
| Oct. 12 | PSU-WOU Dual | Portland State 15 | Molly Cole, PSU, 11:29 | 7. Rachel Peters, WOU, 12:27 |
| Oct. 15 | Eastern Washington | Montana 20 | Allie Brosh, Montana, 18:31.6 | 9. Rachel Bailey, CWU, 19:47.7 |
| Oct. 22 | GNAC | Seattle Pacific 54 | Pavla Havlova, UAF, 22:15 | |
| Oct. 29 | Bellevue CC | CC Spokane 20 | Jen Tonkin, Seattle RC, 18:06.56 | 10. Hanane Benanaya, SPU, 19:54.10 |
| Nov. 5 | NCAA Regionals | Chico State 42 | Miriam Hodgins, UCSD, 21:59.8 | 4. Mandy Kaempf, UAA, 22:22.7 |
| | Event | Team Winner | Individual Winner | Top GNAC Finisher |
| Nov. 19 | NCAA Nationals | Adams State 54 | Mandi Zemba, Grand Valley, 21:01.7 | 22. Pavla Havlova, UAF, 22:13.3 |

Sites: National Catholic – South Bend, Ind. GNAC – Bellingham. NCAA Regionals – Chino, Calif.. NCAA Nationals – Chino, Calif.

| 2006 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|--------------------|--------------------------|--------------------------------------|-----------------------------------|
| Sept. 2 | Puget Sound | Puget Sound 23 | Brittany Hodgson, UPS, 19:52 | 3. Aurelia Kortjaier, UAF, 20:26 |
| Sept. 2 | Pacific | Lewis & Clark 24 | Tamma Carleton, L&C, 22:32.27 | 24. Sara Howell, WOU, 26:58.25 |
| Sept. 2 | Whitman | Whitman 24 | Kristi Dickey, unat., 15:15.57 | 10. Shannon DeBoer, NNU, 16:40.56 |
| Sept. 6 | SMU-TESC Dual | SMU 25, TESC inc. | Kelly Beckham, TESC, 19:05 | 2. Jessie Dunnam, SMU, 19:20 |
| Sept. 9 | Northwest Nazarene | Lewis-Clark State 35 | Breanna Sande, Boise State, 14:40.80 | 5. Ashley Puga, NNU, 15:01.36 |
| Sept. 9 | Chico State | Chico State 16 | Mary Torres, Chico, 24:26 | 5. Mary Moriarty, SPU, 25:10 |
| Sept. 9 | Emerald City | Seattle Pacific 28 | Jessica Pixler, SPU, 22:31.69 | 3. Katie Hansen, SU, 23:31.36 |
| Sept. 9 | Lewis & Clark | Central Washington 46 | Katie Hummel, CWU, 21:45.7 | |
| Sept. 15 | National Catholic | Notre Dame, Marquette 28 | Sunni Olding, Notre Dame, 17:51 | 68. Amy Layton, SMU, 20:17 |
| Sept. 16 | UW Sundodger | Simon Fraser 59 | Jessica Pixler, SPU, 21:35 | |
| Sept. 23 | Saint Martin's | Seattle Pacific 26 | Linda Huyck, CNW, 21:34 | 2. Mary Moriarty, SPU, 22:13 |
| Sept. 23 | CWU Appleridge | Central Washington 30 | Rachel Bailey, CWU, 18:57 | |
| Sept. 30 | Willamette | Concordia, CA 52 | Sarah Zerzan, Willamette, 17:11 | 4. Katie Hummel, CWU, 17:49.75 |
| Oct. 7 | Western Washington | Simon Fraser 36 | Rose Wetzel, CNW, 22:07 | 3. Mandy Kaempf, UAA, 22:22 |
| Oct. 7 | Eastern Oregon | Eastern Oregon 53 | Beth Knudson, Northwest, 19:13.73 | 2. Ashley Puga, NNU, 19:30.37 |
| Oct. 7 | Pacific Lutheran | Whitworth 53 | Julie Lauterbach, Whtw, 21:58.8 | 6. Alea Rowley, WOU, 22:57.5 |
| Oct. 21 | GNAC | Seattle Pacific 34 | Jessica Pixler, SPU, 21:11 | |
| Oct. 28 | Bellevue CC | Spokane CC 17 | Erica Swanson, CNW, 18:23 | 12. Kim Beamon, SPU, 19:19 |
| Nov. 4 | NCAA Regionals | Cal State L.A. 67 | Jessica Pixler, SPU, 20:46.10 | |
| Nov. 18 | NCAA Nationals | Adams State 94 | Esther Komen, Western State, 20:09.4 | 10. Jessica Pixler, SPU, 20:40.0 |

Sites: National Catholic – South Bend, Ind. GNAC – Lacey. NCAA Regionals – Oroville, Calif.. NCAA Nationals – Pensacola, Fla.

| 2007 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|-------------------------|-----------------------|---|--|
| Aug. 30 | UAF Three-Way | Alaska Fairbanks 26 | Amanda Whitford, BYUH, 24:26.1 | 2. Anna Coulter, UAF, 24:49.4 |
| Aug.31 | Western Oregon | Wartburg 34 | Amanda Phillips, L&C, 18:44 | 7. Shirlon Moncrief, WOU, 20:18 |
| Sept. 1 | UAF Three-Way | Alaska Fairbanks 24 | Amanda Whitford, BYUH, 14:12.5 | 4. Anna Coulter, UAF, 14:36.1 |
| Sept. 1 | Alaska Anchorage | Slippery Rock 23 | Elizabeth Chepkosgei, UAA, 18:39 | |
| Sept. 7 | Northwest | Central Washington 35 | Marcie Mullen, CWU, 17:12 | |
| Sept. 8 | South Dakota Tech | Black Hills State 17 | Kerry Washburn, Black Hills, 19:23.50 | 8. Diana Stanley, MSUB, 21:59.60 |
| Sept. 8 | Emerald City | Seattle Pacific 22 | Jessica Pixler, SPU, 22:28.14 | |
| Sept.8 | Northwest Nazarene | Boise State 24 | Breanna Sande, BSU, 14:13.6 | 2. Ashley Puga, NNU, 14:18.7 |
| Sept. 14 | West Coast Preview | Portland 17 | Bobeye Krishnek, UP, 21:43.36 | 13. Katie Hansen, SU, 22:38 |
| Sept. 15 | UW Sundodger Inv. | Washington 27 | Anita Campbell, UW, 20:20 | 4. Jessica Pixler, SPU, 21:04 |
| | UW Sundodger Open | Simon Fraser 50 | Emily Timmer, UPS, 21:30 | 4. Sarah Porter, WWU, 21:49 |
| Sept. 15 | Montana State | Weber State 29 | Sariah Long, Weber, 16:38 | 64. Mykel Ler, MSUB, 19:30 |
| Sept. 20 | Dickinson State | North Dakota 19 | Heidi Evans, UND, 18:36 | 11. Mykel Ler, MSUB, 20:10 |
| Sept. 22 | CWU Appleridge | Alaska Fairbanks 28 | Marcie Mullen, CWU, 19:12 | |
| Sept. 22 | Saint Martin's | Western Oregon 35 | Lisa Anderberg, SPU, 18:39 | |
| Sept. 22 | Boise State (Firman) | Boise State 50 | Jessica Pixler, SPU, 18:00.44 | |
| Sept.29 | Willamette (Bowles) | Willamette 101 | Sarah Zerzan, Willamette, 17:20.15 | 2. Elizabeth Chepkosgei, UAA, 17:31.10 |
| Sept. 29 | Colorado Rocky Mountain | Western State 29 | | 57. Dianna Stanley, MSUB, 24:41 |
| Oct. 6 | Pacific Lutheran | Western Oregon 30 | Amanda Phillips, L&C, 21:27.39 | 5. Tricia Morrison, WOU, 22:39.04 |
| Oct. 6 | Western Washington | Seattle Pacific 25 | Jessica Pixler, SPU, 21:55.6 | |
| Oct. 6 | Evergreen State | Simon Fraser 32 | Mer. MacGregor, Valley Royals, 18:00.14 | 16. Jessie Dunnam, SMU, 19:22.05 |
| Oct. 13 | Spokane Falls | Whitman 48 | Jenny Jensen, L&C, 18:28 | 65. Tanja Owen, CWU, 22:48 |
| Oct. 13 | Eastern Oregon | Northwest Nazarene 26 | Ashley Puga, NNU, 10:40.42 | |
| Oct. 20 | GNAC | Seattle Pacific 24 | Jessica Pixler, SPU, 20:53.48 | |
| Oct. 27 | MSU Billings | MSU Billings 26 | Jepkiuri Rose, Dickinson, 18:10 | 3. Dianna Stanley, MSUB, 19:30 |
| Nov. 3 | NCAA Regionals | Seattle Pacific 45 | Jessica Pixler, SPU, 19:52.9 | |
| Nov. 17 | NCAA Nationals | Adams State 63 | Jessica Pixler, SPU, 20:29.1 | |
| | | | | |
| 2008 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
| Aug. 29 | UAF West Ridge | Alaska Fairbanks 24 | Anna Coulter, UAF, 24:01.8 | |
| Aug. 29 | WOU Summer End | Portland 20 | Marci Klimek, Linf, 18:39.6 | 8. Jessica Harper, WOU, 19:35.6 |
| Aug. 30 | UAF Birch Hill | Alaska Fairbanks 24 | Theresia Schnurr, UAF, 15:39.4 | |
| Sept. 4 | MSUB vs. RMC | MSUB 26, RMC 33 | Amber Watson, RMC, 20:02 | 4. Deanna Stanley, MSUB, 20:56 |
| Sept. 6 | WWU Orca | Western Washington 28 | Sarah Porter, WWU, 17:38 | |
| Sept. 6 | NNU Roger Curran | Boise State 33 | Stephanie Helm, C. Idaho, 14:46.50 | 6. Ashley Puga, NNU, 15:17.87 |
| Sept. 6 | Saint Martin's | Seattle Pacific 19 | Jane Larson, SPU, 23:06.0 | |
| Sept. 6 | Alaska Anchorage | Alaska Anchorage 17 | Julie Nemergut, unat., 17:44.0 | 2. Elizabeth Chepkosgei, UAA, 18:23 |
| Sept. 12 | UP Pier Point | Portland 23 | Katie Hansen, SU, 22:19.64 | 10. Jessica Harper, WOU, 23:29.93 |
| Sept. 13 | Black Hills | Black Hills State 17 | Wendy O'Lexey, Black Hills, 16:05.93 | 17. Dianna Stanley, MSUB, 17:54.85 |
| Sept. 13 | CWU Appleridge | Western Washington 43 | Sarah Porter, WWU, 22:21 | |
| Sept. 20 | UW Sundodger Open | Alaska Anchorage 40 | Sarah Porter, WWU, 20:50 | |
| | UW Sundodger Inv. | Washington 24 | Kendra Schaaf, UW, 19:58 | 3. Jessica Pixler, SPU, 20:31 |
| Sept. 20 | Willamette Grass Course | Whitworth 39 | Maddie Coffman, WU, 18:04 | 5. Jessica Harper, WOU, 19:07.68 |
| Sept. 20 | NNU Bob Firman | Brigham Young 23 | Angela Wagner, BYU, 18:19.70 | 11. Ashley Puga, NNU, 19:06.36 |
| Sept. 20 | Montana State | Weber State 44 | Emily Higgins, Wyoming, 17:14 | 62. Diana Stanley, MSUB, 19:48 |
| Sept. 27 | Stanford | Stanford 43 | Laira Olvera, UC Irvine, 20:42 | 6. Jessica Pixler, SPU, 21:22 |
| Oct. 4 | Willamette | Chico State 50 | Maddie Coffman, WU, 17:37.53 | 12. Ashley Puga, NNU, 18:17.90 |
| Oct. 4 | Montana | No team scores | Sara Trane, WSU, 18:10 | 39. Sarah Jackson, MSUB, 20:36.3 |
| Oct. 4 | Emerald City | Seattle 27 | Mo Huber, unat, 22:28 | 7. Marie Kiekhaefer, SPU, 24:37 |
| Oct. 11 | Hawaii Pacific | Xavier 34 | Chantelle Wilder, unat., 19:04 | 7. Theresia Schnurr, UAF, 20:08 |
| Oct. 11 | UCSD Triton | Alaska Anchorage 45 | Jessica Pixler, SPU, 21:12.3 | |
| Oct. 11 | Western Washington | Western Washington 25 | Sarah Porter, WWU, 21:24 | |
| Oct. 11 | Pacific Lutheran | Western Oregon 29 | Joscelyn Minton, SMU, 22:45.66 | |
| Oct. 11 | MSU Billings | Black Hills State 26 | Wendy O'Lexey, Black Hills, 19:09 | 13. Dianna Stanley, MSUB, 21:16 |
| Oct. 18 | Eastern Oregon | Northwest Nazarene 23 | Ashley Puga, NNU, 11:11 | |
| Oct. 18 | Cascade Preview | Concordia 53 | Kenna Patrick, UW, 17:16.68 | 29. Jennifer Bluhm, SPU, 19:09.67 |
| Oct. 25 | GNAC | Seattle Pacific 48 | Jessica Pixler, SPU, 21:12 | |
| Nov. 8 | NCAA Regionals | Chico State 60 | Jessica Pixler, SPU, 20:57.1 | |
| Nov. 22 | NCAA Nationals | Adams State 79 | Jessica Pixler, SPU, 20:59 | |

Sites: Cascade Preview – Seattle (Lincoln Park). GNAC – Yakima. NCAA Regionals – San Diego. NCAA Nationals – Slippery Rock, Penn.

| 2009 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|-----------------------|------------------------------|---------------------------------------|-----------------------------------|
| Aug. 27 | UAF West Ridge | UAF 15, CWU 46 | Theresia Schnurr, UAF, 20:46.1 | |
| Aug. 29 | UAF Birch Hill | UAF 16, CWU 41 | Theresia Schnurr, UAF, 11L11.1 | |
| Sept. 3 | WOU Summer End | No team scores | Sarah Auer, Portland, 16:07.3 | 2. Tricia Morrison, WOU, 16:15.9 |
| Sept. 4 | UAA Invitational | UAA 16, Abilene Christian 47 | Ruth Jeptoo, UAA, 18:22.8 | |
| Sept. 5 | Hawaii Pacific Inv. | BYU-Hawaii 49 | Theresia Schnurr, UAF, 17:58 | |
| Sept. 5 | SMU Invitational | Pacific Lutheran 39 | Karen Steen, unat., 23:31.6 | 5. Ashley Llapitan, SMU, 24:51.9 |
| Sept. 5 | MSUB/Rocky Mountain | MSUB 23, RMC 37 | Amber Watson, RMC, 18:50 | 2. Lisa Minnehan, MSUB, 19:22 |
| Sept. 12 | NUU Curran | College of Idaho 46 | Shannon Porter, Boise State, 14:19.20 | 5. Jaclyn Puga, NNU, 14:44.35 |
| Sept. 12 | CWU Appleridge | Western Washington 31 | Sarah Porter, WWU, 15:13 | |
| Sept. 12 | Lewis & Clark Inv. | Whitman 35 | Marci Klimek, Linf, 22:17.5 | 13. Tricia Morrison, WOU, 23:47.3 |
| Sept. 12 | South Dakota Mines | Black Hills State 31 | Wendy O'Lexey, Black Hills, 19:14.29 | 3. Lisa Minnehan, MSUB, 20:07.07 |
| Sept. 18 | Willamette Grass | No team scores | Amanda Wright, WOU, 19:32.36 | |
| Sept. 18 | UW Sundodger Open | Alaska Anchorage 22 | Natasha Wodak, unat., 21:02.83 | 2. Ruth Keino, UAA, 21:41.16 |
| Sept. 18 | UW Sundodger Inv. | Washington 21 | Kendra Schaaf, UW, 19:49.12 | 3. Jessica Pixler, SPU, 20:26.07 |
| Sept. 19 | Montana State Inv. | Weber State 36 | Mary Nothum, Utah Valley, 17:10 | 43. Lisa Minnehan, MSUB, 19:07 |
| Sept. 25 | Dickinson State Inv. | Mary 18 | Jennifer Agnew, Mary, 19:05 | 3. Lisa Minnehan, MSUB, 19:24 |
| Sept. 26 | Stanford Invitational | Stanford 24 | Tara Erdmann, unat., 20:20 | 2. Jessica Pixler, SPU, 20:21 |
| Sept. 26 | NUU Firman | Brigham Young 28 | Katy Andrews, BYU, 17:59.34 | 10. Jaclyn Puga, NNU, 18:31.57 |
| Sept. 26 | TESC Steilberg | Simon Fraser 15 | Jessica Smith, SFU, 18:20.43 | 8. Annie Laweryson, SMU, 20:06.30 |
| Oct. 3 | Emerald City | Washington 15 | Mo Huber, UW< 23:03 | 18. Krysta Carrick, SPU, 25:56 |
| Oct. 3 | Willamette Bowles | Chico State 43 | Teegan Schoch, Idaho, 17:26.92 | 10. Jaclyn Puga, NNU, 18:05.99 |
| Oct. 3 | Colorado Rocky Mtn. | Mesa State 33 | Jennifer Barringer, Colorado, 19:25 | 41. Lisa Minnehan, MSUB, 23:42 |
| Oct. 9 | SFSU Invitational | Alaska Anchorage 15 | Jessica Pixler, SPU, 20:36.4 | |
| Oct. 10 | MSU Billings Inv. | Black Hills State 34 | Wendy O'Lexey, Black Hills, 18:02 | 4. Lisa Minnehan, MSUB, 18:50 |
| Oct. 10 | WWU Invitational | Club Northwest 32 | Sarah Porter, WWU, 21:10 | |
| Oct. 17 | Eastern Oregon Inv. | Northwest Nazarene 23 | Jaclyn Puga, NNU, 10:55.35 | |
| Oct. 17 | Puget Sound Open | Whitworth 36 | Marci Klimek, Linfield, 22:23.45 | 77. Cindy Glenn, CWU, 27:42.32 |
| Oct. 24 | GNAC | Alaska Anchorage 25 | Jessica Pixler, SPU, 21:03 | |
| Nov. 7 | NCAA West Regionals | Alaska Anchorage 35 | Jessica Pixler, SPU, 20:08.9 | |
| Nov. 21 | NCAA Nationals | Adams State 73 | Jessica Pixler, SPU, 20:22.6 | |

Sites: GNAC – Yakima. NCAA Regionals – San Francisco. NCAA Nationals – Evansville, Indiana.

| 2010 | Event | Team Winner | Individual Winner | Top GNAC Finisher |
|----------|------------------------|-----------------------|--------------------------------------|------------------------------------|
| Sept. 2 | UAF Long Course | Alaska Fairbanks 27 | Natty Plunkett, SPU, 22:30.3 | |
| Sept. 4 | WWU Lake Padden | Western Washington | None (Relay Event) | |
| Sept. 4 | MSUB Open | Black Hills State 20 | Sarah Graves, unat., 18:10 | 4. Katie Thiel, MSUB, 19:21 |
| Sept. 4 | Hawaii Pacific Inv. | Alaska Anchorage 18 | Ruth Keino, UAA, 17:17.2 | |
| Sept. 4 | UAF Short Course | Alaska Fairbanks 32 | Raphaela Sieber, UAF, 15:19.9 | |
| Sept. 9 | Black Hills State | Black Hills State 32 | Abi Bever, Black Hills, 16:45.23 | 3. Sarah Jackson, MSUB, 17:11.17 |
| Sept. 11 | NUU Curran | Boise State 34 | Karlee Coffey, EOU, 13:36.29 | 4. Jaclyn Puga, NNU, 13:59.66 |
| Sept. 11 | CWU Apple Ridge | Western Washington 20 | Allison Cutting, SPU, 15:45 | |
| Sept. 11 | BYU-Hawaii Inv. | Alaska Anchorage 20 | Ruth Keino, UAA, 17:47 | |
| Sept. 18 | UW Sundodger Inv. | Washington 22 | Lindsay Flanagan, UW, 20:34.70 | 39. Erika Snawder, WOU, 22:54.35 |
| Sept. 18 | UW Sundodger Open | Simon Fraser 35 | Jessica Smith, SFU, 21:51.94 | |
| Sept. 18 | Montana State Inv. | Montana 31 | Kara DeWalt, UM, 16:55 | 43. Whitney Mickelsen, MSUB, 18:52 |
| Sept. 24 | Dickinson State Inv. | MSU Billings 22 | Whitney Mickelsen, MSUB, 19:56.01 | |
| Sept. 25 | Chaminade Inv. | BYU-Hawaii 34 | Frida Aspnaes, HPU, 18:31.75 | 2. Raphael Sieber, UAF, 18:43.4 |
| Sept. 25 | Saint Martin's Inv. | Western Washington 29 | Sarah Porter, WWU, 21:37 | 7. Jaclyn Puga, NNU, 18:38.24 |
| Sept. 25 | Boise State Firman | Brigham Young 15 | Lisa Drury, BYU, 18:20.12 | 25. Taylor Kartes, CWU, 20:25 |
| Sept. 25 | SCC Eric Anderson | Washington State 30 | Ruby Roberts, WSU, 18:26 | 3. Sarah Porter, WWU, 16:57.98 |
| Oct. 2 | Greater Louisville | Grand Valley 106 | Neely Spence, Shippensburg, 16:32.90 | |
| Oct. 2 | Willamette Bowles | Idaho 55 | Miriam Kipng'eno, UAA, 17:19.04 | |
| Oct. 2 | UC Rocky Mountain | Adams State 31 | Laura Tremblay, Colorado, 20:29 | 48. Whitney Mickelsen, MSUB, 23:22 |
| Oct. 2 | Emerald City Inv. | Washington 59 | Claudia Copeland, CNW, 21:47 | 22. Kelsey Kreft, CWU, 24:56 |
| Oct. 8 | San Fran. St. Inv. | Santa Clara 48 | Rubye Elhard, CSUS, 22:10 | 33. Adriana Mendoza, CWU, 23:54 |
| Oct. 9 | WWU Preview | Simon Fraser 21 | Jessica Smith, SFU, 17:46 | |
| Oct. 9 | Pacific Lutheran Inv. | Clark 33 | Kristi Houk, unat, 22:37.76 | 2. Joscelyn Minton, SMU, 23:04.92 |
| Oct. 15 | Clackamas Hodges | Southern Oregon 24 | Christine Babcock, unat., 17:15.18 | 25. Annan Applebee, WOU, 19:27.38 |
| Oct. 16 | MSUB Inv. | Carroll 47 | Rhianna Grossman, Carroll, 18:06 | 2. Whitney Mickelsen, MSUB, 18:15 |
| Oct. 16 | Concordia Classic | Simon Fraser 20 | Jessica Smith, SFU, 17:24.6 | |
| Oct. 16 | Santa Clara Inv. | Chico State 19 | Jenn Derego, unat., 18:22.0 | 18. Natalie Evans, NNU, 19:05.1 |
| Oct. 16 | Eastern Oregon Inv. | Eastern Oregon 15 | Sarah Hancock, EOU, 10:32.0 | 12. Chelsea Layne, NNU, 12:12..1 |
| Oct. 21 | C of I Coyote Twilight | College of Idaho 25 | Karlee Coffey, EOU, 17:38.6 | |
| Oct. 23 | WWU Inv. | Alaska Anchorage 42 | Sarah Porter, WWU, 20:59.3 | |
| Oct. 23 | Biola Inv. | CSU San Marcos 29 | Jessica Smith, SFU, 17:39 | |
| Oct. 23 | Oregon State Classic | Southern Oregon 41 | Marit Tegelaar, UP, 21:17 | 25. Amanda Wright, WOU, 22:50 |
| Nov. 6 | GNAC | Alaska Anchorage 27 | Sarah Porter, WWU, 21:04 | |
| Nov. 6 | A.I.I. | CSU San Marcos 24 | Helen Croft, SFU, 17:39 | |

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|---------|------------------|---------------------|-------------------------------------|-------------------------------|
| Nov. 20 | NCAA West Region | Alaska Anchorage 40 | Sarah Porter, WWU, 21:21.9 | |
| Nov. 20 | NAIA Nationals | CSU San Marcos 88 | Erin Curran, Black Hills, 17:52 | 10. Helen Croft, SFU, 18:15 |
| Dec. 4 | NCAA Nationals | Grand Valley 66 | Neely Spence, Shippensburg, 20:41.2 | 2. Sarah Porter, WWU, 20:56.1 |

Sites: GNAC – Yakima. NAIA A.I.I. – San Diego. NCAA Regionals – Bellingham. NAIA Nationals – Vancouver, Wash. NCAA Nationals – Louisville.

2001

Birch Hill Invitational (Sept. 1 at Anchorage): Men's Team Scores - Alaska Anchorage 20, Saint Martin's 47, Alaska Fairbanks 64. **Individuals** - 1. Eric Strabel, UAA, 26:34; 2. Toby Schwoerer, UAA, 26:55; 3. Andy Elvester, UAA, 27:00; 4. Matt Gage, SMC, 27:18; 5. Juraj Brugos, UAF, 27:32; 6. Scott Rood, UAA, 27:36; 7. Chris Carpenter, SMC, 27:43; 8. Chris Cannon, UAA, 27:52; 9. Zac Vawter, SMC, 27:57; 10. Nathan Carlson, SMC, 28:00. **Women's Team Scores** - Alaska Anchorage 24, Alaska Fairbanks 49, Saint Martin's 77. **Individuals** - 1. Sigrid Aas, UAF, 19:40; 2. Leslie Boyd, UAA, 19:49; 3. Kiersten Lippman, UAA, 19:50; 4. Stacy Edwards, UAA, 19:50; 5. Meyoung Blum, UAA, 19:58; 6. Diana Heimerl, UAF, 20:34; 7. Erinn Whitmer, UAF, 20:34; 8. Michelle Mitchell, unat., 20:45; 9. Emily Thomas, SMC, 20:56; 10. Stephanie Myers, UAA, 21:00.

UAA Palmer Invitational (Sept. 8 at Palmer): Men's Team Scores - Alaska Anchorage 31, Team Alaska 32, Alaska Fairbanks 70. **Individuals** - 1. Will Kimball, Team Alaska, 15:45.0; 4. Eric Strabel, UAA, 15:48.0; 5. Tobias Schwoerer, UAA, 15:59.0; 6. Andy Elvester, UAA, 16:03.0; 7. Scott Rood, UAA, 16:16.0; 9. Juraj Brugos, Alaska Fairbanks, 16:33.0; 10. Nate Normadin, UAA, 16:43.0; 13. Zach Violet, UAA, 16:53.0; 14. Chris Canon, UAA, 16:54.0; 15. John Heimerl, UAF, 17:03.0. **Women's Team Scores** - Alaska Anchorage 21, Alaska Fairbanks 45, Valley Women's Running Club 98. **Individuals** - 1. Sigrid Aas, UAF, 19:13.0; 2. Kiersten Lippman, UAA, 19:20.0; 3. Stacy Edwards, UAA, 19:23.0; 4. Leslie Boyd, UAA, 19:24.0; 5. Meyoung Blum, UAA, 19:31.0; 7. Diana Heimerl, UAF, 20:00.0; 8. Lindsay Krous, UAA, 20:22.0; 9. Stephanie Meyers, UAA, 20:23.0; 10. Brandy Berkbigler, UAF, 20:27.0; 11. Erinn Whitmer, UAF, 20:58.0.

Emerald City Invitational (Sept. 8 at West Seattle): Men's Team Scores - Washington 15, Western Washington 79, Puget Sound 84, Central Washington 106, Seattle 113, Seattle Pacific 155, Saint Martin's 171, Everett CC 242. **Individuals (7,941 Meters)** - 1. Dustin Duke, UW, 25:44.34; 8. Zack Boteilho, WWU, 26:31.49; 9. Martin Ranney, WWU, 26:32.61; 11. Nathan Castle, SPU, 26:45.72; 18. Ben Perkey, SU, 27:27.32; 19. Steve DeKoker, WWU, 27:29.39; 20. Steve Manos, SU, 27:31.28; 21. Cory Rebman, CWU, 27:33.09; 23. Matt Gage, Saint Martin's, 27:37.58; 24. Jeremy Rice, CWU, 27:38.91; 25. Michael Hughes, SU, 27:42.86. **Women's Team Scores** - Washington 17, Northwest College 58, Puget Sound 106, Western Washington 114, Central Washington 125, Seattle Pacific 144, Seattle 181, Saint Martin's 188. **Individuals** - 1. Sabrina Monro, UW, 17:17.03; 6. Ashlee Vincent, WWU, 18:37.12; 18. Marty Bednarczyk, WWU, 19:25.31; 21. Abby Bielenberg, CWU, 19:40.44; 22. Kelly Fullerton, Seattle, 19:43.16; 23. Nina Laurinoli, WWU, 19:45.00; 25. Tara Mathews, SU, 19:51.54; 28. Dana Cantrell, SPU, 20:00.38; 30. Stephanie Stine, CWU, 20:03.81; 34. Krissi Mathers, CWU, 20:11.91.

Humboldt State Invitational (Sept. 8 at Arcata): Men's Team Scores - Humboldt State 24, Western Oregon 38, CSU Hayward 74. **Individual** - 1. Tim Miller, Humboldt Track Club, 25:47; 4. Louie White, HSU, 26:06; 6. Lehren Morey, HSU, 26:23; 7. Spencer Walsh, WOU, 26:41; 9. Brian Kostock, HSU, 26:56; 10. Brett Franz, WOU, 27:02; 13. Nick Gai, HSU, 27:20; 14. Dylan Corbett, WOU, 27:31; 16. Ron Anderson, 27:43; 17. Kelly Young, WOU, 27:47. **Women's Team Scores** - Sonoma State 25, Western Oregon 43, Humboldt State 62, Mills 120. **Individual** - 1. Kathy Lenno, Sonoma State, 17:30; 3. Jill Salmon, WOU, 18:28; 5. Ellie Enos, WOU, 18:43; 6. Kylee Wells, WOU, 18:48; 9. Tammy Hunt, HSU, 19:10; 12. Laurel Weil, HSU, 19:19; 13. Becky Mello, HSU, 19:35; 14. Katherine Stephenson, HSU, 19:42; 17. Blair Staley, WOU, 20:01; 18. Theresa Lane, WOU, 20:06.

Bogus Basin Invitational (Sept. 8 at Boise): Men's Team Scores - Idaho State 23, Northwest Nazarene 32, Boise State 89, Utah Valley 96. **Individuals** - 1. Casey Crumrine, ISU, 21:01; 4. Zach Dwello, NNU, 21:35; 5. Francis Kimelli, NNU, 21:55; 6. Aaron Matthias, NNU, 22:02; 7. Juraj Trubiroha, NNU, 22:09; 10. Ben Wornell, NNU, 22:32. **Women's Team Scores** - Boise State 24, Idaho State 48, Utah Valley 61, Northwest Nazarene 104. **Individuals** - 1. Amanda Archuleta, Utah Valley, 19:52; 11. Ann-Marie Wiggins, NNU.

Whitman Invitational (Sept. 15 at Walla Walla): Men's Team Scores - Northwest Nazarene 16, Eastern Oregon 42, Spokane Falls 100, Whitworth 114, Lewis-Clark State 128, Whitman 168, Treasure Valley 200. **Individuals** - 1. Aaron Matthias, NNU, 25:19.62; 2. Francis Kimeli, NNU, 25:21.50; 3. Juraj Trubiroha, NNU, 25:38.60; 4. Caleb Tubei, NNU, 25:43.46; 6. Zach Dwello, NNU, 26:12.00; 11. Brice Roncace, NNU, 26:50.55; 20. Nathan Wilkinson, NNU, 27:31.82. **Women's Team Scores** - Lewis-Clark State 33, Whitworth 43, Northwest Nazarene 68, Whitman 82, Eastern Oregon 130. **Individuals** - Tausha Kuzmic, LCSC, 18:51.69; 3. Ann-Marie Wiggins, NNU, 19:22.82; 12. Rachelle Cronrath, NNU, 20:01.10; 15. Kristin Lane, NNU, 20:18.22; 16. Erica Madison, NNU, 20:25.10; 29. Jessica Wiggins, NNU, 20:59.66.

Clackamas Invitational (Sept. 15 at Oregon City): Men's Team Scores - Willamette 26, Mt. Hood CC 79, North Idaho 90, Clackamas CC 118, Western Oregon 126, Lane CC 197. **Individuals** - 1. Jake Stout, WU, 19:18.35; 7. Jesse Light, WOU, 19:55.74; 16. Kelly Young, WOU, 20:19.23; 26. Spencer Walsh, WOU, 20:30.54; 33. Dylan Corbett, WOU, 20:47.48; 44. Ethan Barrons, WOU, 21:13.21. **Women's Team Scores** - Willamette 40, Western Oregon 65, Mt. Hood 86, Clackamas 98, George Fox 101, North Idaho 124. **Individuals** - 1. Hollie Saclic-Rohman, Clackamas, 15:19.60; 2. Jill Salmon, WOU, 15:20.96; 5. Kylee Wells, WOU, 15:34.79; 12. Ellie Enos, WOU, 15:52.11; 34. Sarah Block, WOU, 16:41.37; 36. Theresa Lane, WOU, 16:44.85.

Saint Martin's Invitational (Sept. 15 at Lacey): Men's Team Scores - Seattle 52, Saint Martin's 68, Seattle Pacific 75, Pacific Lutheran 77, Western Washington 99, Highline 131, Evergreen State 195, Everett CC 220. **Individuals** - 1. Eric Tollefson, unat., 25:12.3; 2. Nathanael Castle, SPU, 26:32.0; 5. Steve Manos, SPU, 26:51.9; 6. Matt Gage, SMC, 26:56.8; 7. Ben Perkey, SU, 26:58.7; 8. Michael Hughes, SU, 27:13.3; 9. Chris Carpenter, SMC, 27:31.2; 10. Nick Glancy, SPU, 27:33.6; 12. Brandon Whitaker, WWU, 27:37.7; 13. Nathan Carlson, SMC, 27:40.60; 15. Zac Vawter, SMC, 28:00.8; 16. John Callan, SU, 28:02.9; 17. Kirk Larson, WWU, 28:05.7; 18. Emil Newhouse, WWU, 28:06.0; 19. Neil Fryett, SPU, 28:14.40. **Women's Team Scores** - Seattle Pacific 36, Western Washington 44, Seattle 91, Pacific Lutheran 98, Saint Martin's 132. **Individuals** - 1. Karen Steen, unat., 18:36.8; 2. Rachel Ross, SPU, 19:05.4; 3. Ashlee Vincent, WWU, 19:07.9; 5. Kelly Fullerton,

SU, 19:35.6; 6. Tara Matthews, SU, 19:42.5; 8. Dana Cantrell, SPU, 19:46.3; 9. Jamie Witt, SPU, 19:50.8; 10. Ruth Hawkinson, SPU, 19:51.5; 11. Nina Laurinoli, WWU, 19:54.6; 13. Beth Rosapepe, WWU, 20:09.6; 14. Shannon Ross, WWU, 20:13.6; 15. Emily Thomas, SMC, 20:24.7; 16. Kara Richard, SPU, 20:25.5; 17. Kristin Haas, WWU, 20:26.2; 18. Emily Picinich, WWU, 20:28.8; 20. Josie Lavin, SPU, 20:31.9.

National Catholic College Invitational (Sept. 21 at South Bend): Men's Team Scores - 1. Notre Dame 19; 13. Seattle 359. **Individuals** - 1. Ryan Shay, UND, 24:03; 39. Steve Manos, SU, 26:30; 52. Ben Perkey, UND, 26:43; 69. Michael Hughes, SU, 27:04; 99. Dain Engebretsen, SU, 27:33. **Women's Team Scores** - 1. Marquette 37, 15. Seattle 419. **Individuals** - 1. Jennifer Handley, ND, 17:31; 21. Kelly Fullerton, SU, 18:45; 55. Tara Matthews, SU, 19:46; 82. Kelly Dotson, SU, 20:15.

UC Davis Aggie Invitational (Sept. 22 at Davis): Men's Team Scores - UC Davis 19, California 81, Santa Clara 165, Hoy's Excelsior 169, Alaska Anchorage 171, Humboldt State 189, San Jose State 223, Cal State Stanislaus 261, Humboldt Track Club 274, Sacramento State 287, West Valley TC 305, Southern Oregon 343, River City Rebels 413, Tamalpa 2 418, Golden Valley Harriers 421, EBS/WVTC 440, Reebok Aggie Masters 444, San Francisco State 482, Tamalpa 1 485, San Francisco 499, Golden Valley Harriers 503, Pursuit/Davis TC 524, Slug Cross Country 652, Buffalo Chips Seniors 711, Tamalpa 784. **Individuals** - 1. Ryan Miller, UC Davis, 25:06; 22. Andy Elvester, UAA, 26:10.7; 28. Lebrin Morey, HSU, 26:19.0; 40. Scott Road, UAA, 26:38.9; 43. Brian Kostek, HSU, 26:45.7; 47. Eric Strabel, UAA, 26:51.0; 62. Nick Gai, HSU, 27:15.2. **Women's Team Scores** - UC Davis 54, Nevada 93, Fresno State 132, San Jose State 176, Adidas Transport 179, California 189, Sonoma State 190, CSU Stanislaus 203, Santa Clara 211, West Valley TC 246, Alaska Anchorage 248, Humboldt State 301, Sacramento State 314, Southern Oregon 357, Tamalpa 371, Golden Valley Harriers 396, Buffalo Chips 437, University of Pacific 559, Santa Clara B 561, Slug Cross Country 600, Holy Names 678, Cal State Hayward 692. **Individuals** - 1. Melanie Cleland, Adidas, 17:49.6; 28. Leslie Boyd, UAA, 19:06.2; 35. Kiersten Lippman, UAA, 19:16.1; 47. Stacy Edwards, UAA, 19:35.1; 49. Becky Mello, HSU, 19:37.40; 52. Tammy Hunt, HSU, 19:39.2; 56. Meyoung Blum, UAA, 19:41.7; 61. Laurel Weil, HSU, 19:45.4.

UW Sundogder Invitational (Sept. 22 at Seattle): Men's Team Scores - Northwest Nazarene 51, British Columbia 97, Simon Fraser 112, Willamette 115, Central Washington 179, Western Washington 189, Kajacks Track Club 205, Mt. Hood CC 209, Lewis & Clark 266, Puget Sound 286, Pacific Lutheran 306, Seattle Pacific 334, Saint Martin's 352, Clackamas CC 353, Western Oregon 494, Victoria 521, Highline CC 607, Evergreen State 673. **Individuals** - 1. David Milne, UBC, 24:03; 2. Aaron Matthias, NNU, 24:40; 8. Juraj Trubiroha, NNU, 24:48; 10. Francis Kimeli, NNU, 24:50; 11. Nathanael Castle, SPU, 24:51; 13. Zach Boteilho, WWU, 25:01; 15. Caleb Tubei, NNU, 25:12; 18. Martin Ranney, WWU, 25:20; 22. Tom Gaschk, CWU, 25:29; 24. Zach Dwello, NNU, 25:33; 32. Cory Rebman, CWU, 25:52; 33. Jason Porter, CWU, 25:52. **Women's Team Scores** - Northwest College 70, Willamette 128, Western Washington 137, Seattle Pacific 143, Simon Fraser 149, Puget Sound 160, Western Oregon 227, Lewis & Clark 228, Central Washington 256, Pacific Lutheran 262, British Columbia 280, Northwest Nazarene 291, Portland 319, Victoria 337, Clackamas 369, Mt. Hood 379, Saint Martin's 562. **Individuals** - 1. Dana Boyle, UPS, 17:13; 4. Ashlee Vincent, WWU, 17:56; 6. Jamie Witt, SPU, 18:10; 10. Jill Salmon, WOU, 18:21; 18. Kylee Wells, WOU, 18:32; 19. Rachel Ross, SPU, 18:33; 24. Marta Bednarczyk, WWU, 18:46; 31. Dana Cantrell, SPU, 18:52; 33. Abby Bielenberg, CWU, 18:54; 37. Ann-Marie Wiggins, NNU, 18:59; 39. Lisa Peal, WWU, 19:01.

Western Washington Invitational (Sept. 29 at Bellingham): Men's Team Score - Central Washington 49, Western Washington 51, Alaska Anchorage 53, Club Northwest 125, Seattle Pacific 131, Saint Martin's 148, Alaska Fairbanks 195, Evergreen State 230, Everett CC 241. **Individuals** - 1. Jim Finlayson, Island Pacific, 32:12; 2. Martin Ranney, WWU, 32:46; 3. Nathanael Castle, SPU 32:56; 4. Zack Boteilho, WWU, 33:13; 5. Tom Gaschk, CWU, 33:15; 8. Andy Elvester, UAA, 33:43; 9. Eric Strabel, UAA, 33:52; 10. Tobias Schwoerer, UAA, 33:56; 12. Curt Stephan, CWU, 34:03; 14. Kurt Hartmaier, WWU, 34:08; 15. Kelsey Backen, CWU, 34:11; 16. Jason Porter, CWU, 34:13; 17. Jeremy Rice, CWU, 34:17; 19. Nathan Carlson, SMC, 34:25; 20. Sean Rivers, UAA, 34:30. **Women's Team Scores** - Club Northwest 20, Western Washington 79, Central Washington 99, Seattle Pacific 100, Alaska Anchorage 105, Alaska Fairbanks 161, Saint Martin's 183, Skagit Valley 230. **Individuals** - 1. Shelley Smathers, CNW, 21:34; 6. Jamie Witt, SPU, 22:48; 9. Ashlee Vincent, WWU, 23:21; 11. Abby Bielenberg, CWU, 23:27; 18. Sigrid Aas, UAF, 23:54; 19. Kiersten Lippman, UAA, 23:59; 21. Stephanie Stine, CWU, 24:05; 23. Lisa Pearl, WWU, 24:06; 24. Stacy Edwards, UAA, 24:07; 25. Dana Cantrell, SPU, 24:10; 26. Marta Bednarczyk, WWU, 24:15; 28. Leslie Boyd, UAA, 24:22; 29. Tracey Fischer, CWU, 24:26; 30. Shannon Ross, WWU, 24:29.

Western Oregon Invitational (Sept. 29 at Monmouth): Men's Team Scores - Western Oregon 22, Willamette B 46, Chemeketa 65. **Individuals** - 1. Jesse Light, WOU, 20:50; 2. Spencer Walsh, WOU, 20:51; 4. Dylan Corbett, WOU, 21:19; 7. Chris Logan, WOU, 21:44; 8. Kelly Young, WOU, 21:47. **Women's Team Scores** - Western Oregon 15, Willamette B 54, Chemeketa 78. **Individuals** - 1. Jill Salmon, WOU, 15:00; 2. Kylee Wells, WOU, 15:01; 3. Ellie Enos, WOU, 15:18; 4. Theresa Lane, WOU, 15:56; 5. Blair Staley, WOU, 18:03.

Willamette Invitational (Oct. 6 at Salem): Men's Team Scores (Non-Division 1) - Seacows 99, Eastern Oregon 103, Claremont-Mudd-Scripps 131, Northwest Nazarene 132, Willamette 167, British Columbia 174, Team Eugene 176, Victoria 284, Lewis & Clark 332, Mt. Hood 358, Humboldt State 387 (19. Seattle 506, 21. Saint Martin's 552, 23. Western Oregon 618). **Individuals (8,000 Meters)** - 1. Jerry Ziak, Victoria, 24:06.4; 5. Francis Kimeli, NNU, 24:22.3; 14. Aaron Matthias, NNU, 24:39.50; 20. Louie White, HSU, 24:46.4; 31. Juraj Trubiroha, NNU, 24:53.0; 53. Zach Dwello, NNU, 25:22.5; 58. Lebrin Morey, HSU, 25:25.7; 62. Ben Wornell, NNU, 25:28.8; 75. Nathan Carlson, SMC, 25:46.5; 76. Jesse Light, WOU, 25:48.8; 82. Brice Roncace, NNU, 25:52.6. **Women's Team Scores (Non-Division I)** - Victoria 68, Claremont-Mudd-Scripps 121, Greater Boise 140, Utah Valley 149, Northwest College 175, Willamette 250, Humboldt State 252, Westmont 296, Lewis-Clark State 344, Point Loma Nazarene 372, Western Oregon 380 (19. Northwest Nazarene 519; 22. Seattle 558). **Individuals (5,000 Meters)** - 1. Cheryl Smith, Hawaii, 16:56.33; 18. Kylee Wells, WOU, 18:10.21; 42. Ann-Marie Wiggins, NNU, 18:37.4; 44. Dolores

Bergmann, HSU, 18:37.89; 45. Jill Salmon, WOU, 18:39.28; 46. Kelly Fullerton, SU, 18:39.76; 61. Kati Gosnell, HSU, 18:48.21; 72. Laurel Weil, HSU, 18:57.77; 75. Tammy Hunt, HSU, 19:00.59; 83. Ellie Enos, WOU, 19:06.90; 88. Tara Matthews, Seattle, 19:10.77.

Central Washington Invitational (Oct. 6 at Ellensburg): Men's Team Scores - Central Washington 15, Western Washington inc. **Individuals (Four Miles)** - 1. Eric Tollefson, unat., 20:14; 2. Matt Schmitt, CWU, 21:58; 3. Cory Rebman, CWU, 22:14; 4. David Simmons, CWU, 22:21; 5. Travis Radich, WWU, 22:34. **Women's Team Scores** - Central Washington 26, Western Washington 29. **Individuals (5,000 Meters)** - 1. Stephanie Stine, CWU, 20:37; 2. Jill Hall, WWU, 21:07; 3. Tracy Fischer, CWU, 21:17; 4. Andrea Ring, WWU, 21:24; 5. Linsy Nickels, CWU, 21:26.

GNAC Championships (Oct. 13 at Anchorage): Men's Team Scores - Northwest Nazarene 32, Western Washington 76, Central Washington 86, Alaska Anchorage 87, Humboldt State 143, Seattle 181, Seattle Pacific 183, Western Oregon 218, Saint Martin's 227, Alaska Fairbanks 270. **All-Conference (8,000 Meters)** - 1. Francis Kimeli, NNU, 26:12.2; 2. Martin Ranney, WWU, 26:27.8; 3. Aaron Matthias, NNU, 26:31.5; 4. Tom Gaschk, CWU, 26:35.0; 5. Nathanael Castle, SPU, 26:38.3; 6. Zach Boteilho, WWU, 26:44.7; 7. Juraj Trubiroha, NNU, 26:46.2; 8. Louie White, HSU, 26:52.8; 9. Zach Dwello, NNU, 26:54.7; 10. Eric Strabel, UAA, 27:00.3. **Women's Team Scores** - Humboldt State 58, Western Washington 69, Alaska Anchorage 84, Seattle Pacific 118, Central Washington 125, Western Oregon 161, Northwest Nazarene 179, Seattle 186, Alaska Fairbanks 189, Saint Martin's 290. **All-Conference (6,000 Meters)** - 1. Ashlee Vincent, WWU, 23:46.0; 2. Dolores Bergmann, HSU, 24:05.7; 3. Kelly Fullerton, SU, 24:06.3; 4. Kylee Wells, WOU, 24:12.5; 5. Stephanie Stine, CWU, 24:19.3; 6. Jamie Witt, SPU, 24:26.5; 7. Kati Gosnell, HSU, 24:27.6; 8. Stacey Edwards, UAA, 24:30.5; 9. Kiersten Lippmann, UAA, 24:31.9; 10. Lisa Pearl, WWU, 24:38.9.

Northwest Invitational (Oct. 20 at Kirkland): Men's Team Scores - Eastern Oregon 26, Central Washington 53, Western Washington 81, Seattle 130, Lewis-Clark State 154, Saint Martin's 158, Seattle Pacific 162, Southern Oregon 185, Cascade 291, Evergreen State 319, Everett 328, Skagit Valley 344. **Individuals** - 1. Chris Clancy, WPC, 24:47; 3. Tom Gaschk, CWU, 24:49; 6. Zach Boteilho, WWU, 25:01; 7. Clint Bjella, SPU, 25:03; 11. Nathan Carlson, SMC, 25:18; 14. Cory Rebman, CWU, 25:28; 15. Jeremy Rice, CWU, 25:36; 16. Matt Schmitt, CWU, 25:40; 19. David Simmons, CWU, 25:51; 20. Karl Meller, WWU, 25:51; 22. Kirk Larson, WWU, 25:53; 23. Steve DeKoker, WWU, 25:55; 25. Ben Perkey, SU, 26:00; 27. Emil Newhouse, WWU, 26:01; 28. Carlos Siqueros, SU, 26:03; 29. Curt Stephan, CWU, 26:03; 30. Steve Manos, SU, 26:04. **Women's Team Scores** - Northwest College 30, Western Washington 89, Seattle Pacific 90, Lewis-Clark State 97, Central Washington 127, Southern Oregon 139, Seattle 170, Eastern Oregon 192, Saint Martin's 278, Bellevue 291, Skagit Valley 321. **Individuals** - 1. Sarah Forrey, unat., 17:51; 5. Kelly Fullerton, SU, 18:06; 6. Abby Bielenberg, CWU, 18:07; 8. Stephanie Stine, CWU, 18:12; 11. Rachel Ross, SPU, 18:25; 12. Jamie Witt, SPU, 18:25; 13. Lisa Pearl, WWU, 18:29; 18. Tara Matthews, SU, 18:45; 19. Dana Cantrell, SPU, 18:46; 20. Marta Bednarczyk, WWU, 18:49; 21. Emily Picinich, WWU, 18:50; 24. Shannon Ross, WWU, 18:55; 25. Nina Laurinoli, WWU, 18:58.

NCAA Regionals (Nov. 3 at Bellingham): Men's Team Scores - UC Davis 27, Chico State 89, Alaska Anchorage 106, UC San Diego 124, Western Washington 144, Central Washington 154, Cal Poly Pomona 169, Humboldt State 236, Hawaii Pacific 249, Seattle Pacific 324, Cal State LA 340, Saint Martin's 340, Western Oregon 342, BYU-Hawaii 388, Hawaii Hilo 408, Chaminade 438, San Francisco State 459, MSU-Billings 537. **All-Region (10,000 Meters)** - 1. Christian Madsen, HPU, 32:07; 2. Tobias Schwoerer, UAA, 32:10; 8. Nathanael Castle, SPU, 32:28; 10. Zach Boteilho, WWU, 32:42; 12. Tom Gaschk, CWU, 32:52; 13. Eric Strabel, UAA, 32:56; 14. Louie White, HSU, 32:57. **Women's Team Scores** - UC Davis 44, Humboldt State 133, Chico State 139, Sonoma State 154, Western Washington 177, Cal State Stanislaus 220, Alaska Anchorage 224, Seattle Pacific 243, Central Washington 250, Hawaii Pacific 252, Cal State Dominguez Hills 263, UC San Diego 283, Western Oregon 295, Cal Poly Pomona 332, BYU-Hawaii 381, Cal State LA 466, Cal State San Bernardino 469, San Francisco State 482, Saint Martin's 503, MSU-Billings 507, Chaminade 575. **All-Region (6,000 Meters)** - 1. Nina Christensen, HPU, 21:37; 7. Ashlee Vincent, WWU, 22:28; 10. Kylee Wells, WOU, 22:44; 13. Abby Bielenberg, CWU, 22:50; 14. Dolores Bergmann, HSU, 22:51.

NAIA Regionals (Nov. 3 at Kirkland): Men's Team Scores - Northwest Nazarene 32, British Columbia 64, Eastern Oregon 75, Simon Fraser 103, Lewis-Clark State 156, Seattle 165, Southern Oregon 187, Warner Pacific 249, Oregon Tech 271, Cascade 272, Evergreen State 290. **Individuals** - 1. David Milne, UBC, 24:39; 4. Francis Kimeli, NNU, 24:54; 5. Aaron Matthias, NNU, 24:59; 6. Caleb Tubei, NNU, 25:01; 7. Juraj Trubiroha, NNU, 25:03; 10. Zach Dwello, NNU, 25:12; 14. Brice Roncace, NNU, 25:19; 25. Steve Manos, SU, 25:54; 27. Ben Wornell, NNU, 26:02; 32. Dain Engebretsen, SU, 26:17; 39. Joseph Hughes, SU, 26:49. **Women's Team Scores** - Northwest College 41, Simon Fraser 95, Lewis-Clark State 96, British Columbia 101, Southern Oregon 132, Northwest Nazarene 154, Seattle 177, Eastern Oregon 229, Warner Pacific 241, Oregon Tech 259, Cascade College 289, Evergreen State 290. **Individuals** - 1. Emilie Mondor, SFU, 16:42; 4. Kelly Fullerton, SU, 17:52; 11. Ann-Marie Wiggins, NNU, 18:22; 22. Erica Madison, NNU, 18:57; 23. Tara Matthews, SU, 18:58; 24. Kelly Dotson, SU, 19:01; 35. Susan Young, NNU, 19:34; 41. Rachele Cronrath, NNU, 19:47; 47. Mindy Meier, NNU, 20:01; 54. Jessica Wiggins, NNU, 20:13; 60. Kristin Lane, NNU, 20:27.

NCCAA Nationals (Nov. 10 at Cedarville, Iowa): Men's Team Scores - 1. Northwest Nazarene 33, 2. Malone, Ohio 43, 3. Mid-America Nazarene, Kan. 94, 4. Cedarville, Ohio 128, 5. Grace, Ind. 152, 6. Geneva, Pa. 194, 7. Roberts Wesleyan, N.Y. 208, 8. Bethel, Ind. 240, 9. Spring Arbor, Mich. 250, 10. Oakland City, Ind. 271. **Individuals (NNU results)** -- 3. Francis Kimeli 25:03.56; 4. Aaron Matthias 25:18.01; 7. Zach Dwello 25:26.42; 9. Caleb Tubei 25:29.79; 10. Brice Roncace 25:32.72; 12. Juraj Trubiroha 25:41.31; 14. Ben Wornell 25:49.75. **Women's Team Scores** - 1. Cedarville, Ohio 38, 2. Malone, Ohio 63, 3. Spring Arbor, Mich. 110, 4. Roberts Wesleyan N.Y. 142, 5. NNU 148, 6. Indiana Wesleyan 163, 7. Geneva, Pa. 197, 8. Northwestern, Minn. 206, 9. Asbury, Ky. 220, 10. Bethel, Ind. 259. **Individuals (NNU results)** - 11. Ann-Marie Wiggins 19:05.90 ; 18. Erica Madison 19:33.71; 27. Susan Young 19:47.42; 46. Mindy Meier 20:27.48; 59. Kristin Lane 20:55.79; 66. Jana Harris 21:02.85; 95. Jessica Wiggins 22:19.50.

NAIA Nationals (Nov. 17 at Kenosha, Wisc.): Men (8,000 Meters) - 14. Francis Kimeli, NNU, 25:41; 48. Juraj Trubiroha, NNU, 26:27; 68. Ben Wornell, NNU, 26:43; 75. Zach Dwello, NNU, 26:49; 78. Aaron Matthias, NNU, 26:50; 70. Caleb Tubei, NNU, 26:51; 131. Brice Roncace, NNU, 27:30. **Women (5,000 Meters)** - 31. Kelly Fullerton, SU, 18:56.

NCAA Nationals (Nov. 17 at Slippery Rock): Men's Team Scores – 1. Western State Colorado 38; 2. Abilene Christian 74; 3. Adams State 107; 4. Truman State 167; 5. Harding 202; 6. California-Davis 202; 7. South Dakota State 214; 8. Edinboro, Pa. 266; 9. Cal State-Chico 293; 10. UMass-Lowell 304; 15. UC San Diego 397; 16. Alaska Anchorage 407. **Individuals (10,000 meters)** - 35. Toby Schwoerer, UAA, 33:13.1; 73. Eric Strabel, UAA, 34:08.9; 87. Sean Rivers, UAA, 34:26; 114. Nathanael Castle, SPU, 35:02.3; 121. Andy Elvester, UAA, 35:11.1; 134. Vernon Campbell, UAA, 35:30.7; 159. Nate Normandin, UAA, 36:21.5; 166. Scott Rood, UAA, 36:38.6. **Women's Team Scores** - 1. Western State 46, 2. Adams State 55, 3. Cal Davis 120, 4. North Dakota 192, 5. Grand Valley State 229, 6. Northern Michigan 246, 7. Edinboro 275, 8. Wisconsin-Parkside 285, 9. Sonoma State 291, 10. South Dakota 306, 14. Humboldt State 331, 18. Chico State 429. **Individuals (6,000 meters)** - 51. Dolores Bergmann, HSU, 23:07.3; 57. Rachael Wiseman, HSU, 23:20.4; 74. Kati Gosnell, HSU, 23:43.2; 98. Tammy Hunt, HSU, 24:05.4; 119. Becky Mello, HSU, 24:34.0; 167. Sadie Solem, HSU, 25:53.0.

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UAF Invitational (Aug. 31 at Fairbanks): Men's Team Scores - Alaska Anchorage 16, Central Washington 60, Alaska Fairbanks 76. **Individuals** - 1. Sean Rivers, UAA, 25:19; 2. Tobias Schwoerer, UAA, 25:52; 3. Eric Strabel, UAA, 26:02; 4. Andy Elvester, UAA, 26:21; 5. Juraj Brugos, UAF, 26:25; 6. Nate Normandin, UAA, 26:29; 7. Todd List, UAA, 26:33; 8. Chris Cannon, UAA, 26:42; 9. Jeremy Rice, CWU, 26:48; 10. Cory Rebmann, CWU, 26:57. **Women's Team Scores** - Alaska Anchorage 37, Central Washington 42, Alaska Fairbanks 49. **Individuals** - 1. Sigrid Aas, UAF, 18:28; 2. Stacy Edwards, UAA, 18:38; 3. Johanna Turunen, UAF, 18:50; 4. Kiersten Lippmann, UAA, 19:10; 5. Alicen Maier, CWU, 19:15; 6. Stephanie Stine, CWU, 19:23; 7. Tiffany Picinich, CWU, 19:27; 8. Nicole Deyong, UAA, 19:34; 9. Dawnita LiaBraaten, CWU, 19:38; 10. Meyoung Blum, UAA, 19:48.

Seattle Emerald City Open (Sept. 7 at Seattle): Men's Team Scores - Washington 19, Puget Sound 94, Seattle 106, Central Washington 116, Western Washington 130, Seattle Pacific 140, Saint Martin's 154, Evergreen State 235. **Individuals** - 1. Todd Arnold, UW, 25:46.74; 2. Nathanael Castle, SPU, 26:02.40; 10. Emil Newhouse, WWU, 27:27.22; 11. Michael Hughes, SU, 27:32.02; 12. Steve Manos, SU, 27:38.78; 13. Jeremy Rice, CWU, 27:39.83; 16. Nathan Carlson, SMC, 27:44.84; 19. Matt Schmitt, CWU, 27:59.26; 20. Kurt Hartmaier, WWU, 28:01.25. **Women's Team Scores** - Washington 22, Northwest 44, Central Washington 101, Western Washington 125, Puget Sound 154, Seattle Pacific 165, St. Martin's 266, Seattle 356. **Individuals** - 1. Laura Hodgson, UW, 17:40.6; 4. Ashlee Vincent, WWU, 18:23.99; 8. Alicen Maier, CWU, 18:47.55; 16. Tiffany Picinich, CWU, 19:14.40; 20. Lisa Pearl, WWU, 19:27.37.

Northwest Nazarene Open (Sept. 7 at Nampa): Men - 1. Forest Braden, BSU, 19:08.59; 2. Zach Dwello, NNU, 19:24.92; 3. Ben Wornell, NNU, 19:37.08; 8. Brice Roncace, NNU, 20:08.78. **Women** - 1. Robin Wemple, BSU, 15:02.26; 7. Jessica Rae Wiggins, NNU, 16:37.70.

Humboldt State Invitational (Sept. 7 at Arcata): Men's Team Scores - Humboldt State 21, Western Oregon 37. **Individuals** - 1. Jason Walker, Humboldt TC, 24:50; 2. Pete Clusener, HSU, 25:04; 4. Louie White, HSU, 25:58.; 5. Chase Wells, WOU, 26:06; 6. Brett Franz, WOU, 26:06; 7. Brian Kostock, HSU, 26:19; 10. Lehrin Morey, HSU, 26:41. **Women's Team Scores** - Humboldt State 29, Western Oregon 50, Fresno Pacific 62, Mills 105. **Individuals** - 1. Sarah Davey, Humboldt TC, 17:50; 2. Kati Gosnell, HSU, 18:08; 4. Jill Salmon, WOU, 18:25; 5. Dolores Bergmann, HSU, 18:26; 6. Ellie Enos, WOU, 18:28; 9. Katherine Stephenson, HSU, 18:53; 10. Tammy Hunt, HSU, 18:54.

Palmer Invitational (Sept. 7 at Palmer): Men's Team Scores - Alaska Anchorage 19, Team Alaska 48, Alaska Fairbanks 63. **Individuals** - 1. Sean Rivers, UAA, 15:39; 2. Tobias Schwoerer, UAA, 15:56; 4. Eric Strabel, UAA, 15:58; 5. Todd List, UAA, 16:10; 7. Andy Elvester, UAA, 16:19; 8. Michael Malak, UAF, 16:30; 9. Juraj Brugos, UAF, 16:31. **Women's Team Scores** - Alaska Anchorage 28, Alaska Fairbanks 28. **Individuals** - 1. Sigrid Aas, UAF, 18:58; 2. Johanna Turunen, UAF, 19:07; 3. Stacy Edwards, UAA, 19:21; 4. Kiersten Lippmann, UAA, 19:58; 5. Erinn Whitmer, UAF, 20:02; 6. Nicole DeYong, UAA, 20:11; 7. Leslie Boyd, UAA, 20:21; 8. Lindsay Krous, UAA, 20:36; 9. Diana Heimerl, UAF, 20:45; 10. Nicole Hanson, UAA, 21:08.

Fresno State Invitational (Sept. 14 at Fresno): Men's Team Scores - Chico State 43, UC Davis 52, Fresno State 80, UC San Diego 110, Humboldt State 133, Alaska Anchorage 156, High Sierra TC 158, Cal State Stanislaus 237. **Individuals** - 1. Chris Eggers, Chico, 25:44; 5. Sean Rivers, UAA, 26:08; 6. Pete Clusener, HSU, 26:09; 14. Nathanael Castle, SPU, 26:34; 33. Brian Kostock, HSU, 27:23; 35. Lehrin Morey, HSU, 27:24. **Women's Team Scores** - Nevada Reno 46, Chico State 93, UC San Diego 119, UC Davis 125, Santa Clara 144, Humboldt State 159, Fresno State 187, Cal State Stanislaus 198, Alaska Anchorage 259, Cal State San Bernardino 259, Sonoma State 267, Cal State LA 341, Cal State Dominguez Hills 383, Cal State Bakersfield 408. **Individuals** - 1. Emma Garrard, Nevada Reno, 17:59; 5. Kati Gosnell, HSU, 18:34; 20. Kelly Cronin, HSU, 19:22; 29. Stacy Edwards, UAA, 19:30.

Central Washington Invitational (Sept. 14 at Ellensburg): Men's Team Scores - Central Washington 28, CWU Alum 50, Saint Martin's 54. **Individuals** - 1. Eric Tollefson, CWU Alums, 19:45; 2. Jason Porter, CWU, 21:48; 3. Andy Prentice, SMC, 21:59; 4. Cory Rebmann, CWU, 22:08; 5. Matt Schmitt, CWU, 22:09; 6. Matt Gage, SMC, 22:26; 7. Tom Gaschk, CWU Alums, 22:30; 8. Ryan Nash, SPU, 22:42; 9. Phil Paul, CWU, 22:44; 10. Mike Pankiewicz, CWU, 22:47. **Women's Team Scores** - Central Washington 18, Seattle Pacific 44, Western Washington 74, Saint Martin's 105. **Individuals** - 1. Alicen Maier, CWU, 19:38; 2. Tiffany Picinich, CWU, 20:12; 3. Stephanie Stine, CSU, 20:20; 4. Dawnita

LiaBraaten, CWU, 20:31; 5. Josie Lavin, SPU, 20:43; 6. Laura Trevellyan, WWU, 20:46; 7. Ruth Hawkinson, SPU, 20:53; 8. Erika Olson, CWU, 21:03; 9. Sarah Kraybill, SPU, 21:11; 10. Nicole Seana, SPU, 21:27.

Lewis & Clark Invitational (Sept. 14 at Portland): Men's Team Scores - Eastern Oregon 18, Western Oregon 58, Lewis & Clark 91, Southern Oregon 103, Whitman 157, Pacific 175, Cal Lutheran 204, Oregon Tech 229, Cascade 233, Linfield 277, George Fox 296. **Individuals** - 1. Brian Crawl, EOU, 25:40.5; 3. Chase Wells, WOU, 26:02.9; 11. Spencer Walsh, WOU, 27:11.6; 12. Lewis Topinka, WOU, 27:12.6. **Women's Team Scores** - Eastern Oregon 61, Western Oregon 78, Southern Oregon 103, Lewis & Clark 108, Cal Lutheran 112, Linfield 131, Pacific 155, Whitman 166, George Fox 200. **Individuals** - 1. Kelsey Jones, EOU, 22:46.8; 2. Jill Salmon, WOU, 23:01.5; 5. Ellie Enos, WOU, 23:35.0.

UW Sundodger Invitational (Sept. 21 at Seattle): Men's Invitational Team Scores - Washington 46, Texas A&M 61, South Dakota State 84, Pacific Sport-Canada 115, Idaho 124, Boise State 141, Club Northwest 154, Eastern Washington 213, Cal State Northridge 253. **Individuals** - 1. Paul Kezes, WWU, 23:42; 15. Nathanael Castle, SPU, 24:44. **Men's Open Team Scores** - Willamette 27, CC of Spokane 121, Northwest Nazarene 144, Victoria 167, Western Oregon 175, Puget Sound 189, British Columbia 235, Central Washington 281, Seattle 320, Whitworth 333 (12. Seattle Pacific 339, 18. Western Washington 489, 20. Saint Martin's 530). **Individuals** - 1. Ahrlin Bauman, Team Athletics, 24:27.0; 5. Zach Dwello, NNU, 24:49.0; 17. Ben Wornell, NNU, 25:24.4; 25. Brett Franz, WOU, 25:38.3; 26. Emil Newhouse, WWU, 25:39.9; 29. Michael Hughes, SU, 25:41.7; 30. Chase Wells, WOU, 25:43.7; 32. Tim LeCount, SPU, 25:51.4. **Women's Open Team Scores** - Northwest College 49, Hershey Harriers-Canada 130, Simon Fraser 135, Western Washington 144, Central Washington 168, Lewis-Clark State 180, Victoria 195, Whitworth 202, Puget Sound 221, Portland 226 (11. Seattle Pacific 296, 13. Western Oregon 212, 18. Saint Martin's 495, 19. Seattle 518). **Individuals** - 1. Emilie Mondor, SFU, 16:05; 3. Ashlee Vincent, WWU, 17:44; 6. Alicen Maier, CWU, 17:55; 14. Jill Salmon, WOU, 18:16; 20. Lisa Pearl, WWU, 18:30; 30. Tiffany Picinich, CWU, 18:49; 31. Dawnita LiaBraaten, CWU, 18:49; 36. Stephanie Stine, CWU, 18:53; 39. Kristin Haas, WWU, 18:54.

Saint Martin's Open (Sept. 28 at Lacey): Men's Team Scores - Seattle 33, Seattle Pacific 61, Saint Martin's 75, Highline CC 89, Evergreen 101, Skagit Valley 150. **Individuals** - 1. Miguel Galeana, unat., 25:01.89; 2. Steve Manos, SU, 26:10.83; 4. Tim LeCount, SPU, 26:27.36; 5. Nathan Carlson, SMC, 26:41.13; 6. Michael Hughes, SU, 26:53.24; 7. Andy Prentice, SMC, 26:55.97; 8. Dain Engebretsen, SU, 26:58.72; 9. Carlos Siqueros, SU, 27:00.73. **Women's Team Scores** - Seattle Pacific 39, Western Washington 48, Clark CC 58, Seattle 122, Central Washington 147, Evergreen State 152, Everett 163. **Individuals** - 1. Ashlee Vincent, WWU, 18:26.05; 4. Laura Trevellyan, WWU, 18:48.68; 6. Annie McCanick, SMC, 19:00.00; 7. Nicole Seana, SPU, 19:03.16; 8. Angela Gummow, SU, 19:04.37; 9. Sarah Kraybill, SPU, 19:06.75; 10. Kristen Bjork, SPU, 19:07.46.

Western Oregon Invitational (Sept. 28 at Monmouth): Men's Team Scores - Western Oregon 15, Willamette B 55, Chemeketa 75, George Fox 108. **Individuals** - 1. Brett Franz, WOU, 19:23.30; 2. Chase Wells, WOU, 19:24.10; 4. Jerret Mantalas, WOU, 19:50.79; 5. Spencer Walsh, WOU, 19:51.44; 6. Aaron Eckert, WOU, 19:59.12. **Women's Team Scores** - Western Oregon 26, Willamette B 55, Team GFR 75, George Fox 103, Chemeketa 114. **Individuals** - 1. Jill Salmon, WOU, 14:54.15; 2. Ellie Enos, WOU, 15:21.01; 6. Rachel Horn, WOU, 15:48.33; 8. Leah Trutna, WOU, 16:03.17; 9. Amber Brougner, WOU, 16:05.38.

Stanford Invitational (Sept. 28 at Palo Alto): Men's Team Scores - 16. Humboldt State 430. **Individuals** - 34. Pete Clusener, HSU, 24:35; 104. Doug Hamilton, HSU, 25:56. **Women's Team Scores** - 15. Humboldt State 461. **Individuals** - 23. Kati Gosnell, HSU, 21:54; 101. Kelly Cronin, HSU, 23:12; 108. Dolores Bergmann, HSU, 23:21.

UAA Invitational (Sept. 28 at Palmer): Men's Team Scores - Alaska Anchorage 23, Alaska Fairbanks 55, Team Alaska 57, Linfield 118. **Individuals** - 1. Sean Rivers, UAA, 15:45.51; 3. Tobias Schwoerer, UAA, 15:50.36; 5. Eric Strabel, UAA, 16:04.95; 6. Andy Elvester, UAA, 16:20.49; 7. Michal Malak, UAF, 16:21.69; 8. Nate Normandin, UAA, 16:30.47; 9. Brent Lowen, UAF, 16:38.36; 10. Todd List, UAA, 16:41.36. **Women's Team Scores** - Alaska Fairbanks 32, Alaska Anchorage 35, Linfield 58. **Individuals** - 1. Sigrid Aas, UAF, 18:58.88; 2. Stacy Edwards, UAA, 19:06.12; 3. Johanna Turunen, UAF, 19:17.74; 4. Kiersten Lippman, UAA, 19:24.03; 5. Nicole Deyong, UAA, 19:26.27; 6. Diana Heimerl, UAF, 19:28.16; 9. Lindsay Krous, UAA, 20:05.73; 10. Erin Whitmer, UAF, 20:14.66.

Boise State Invitational (Sept. 28 at Boise): Men's Team Scores - NNU did not field a complete team. **Individuals** - 14. Marc Veristain III, NNU, 27:26.31; 26. Andy Peters, NNU, 28:24.80; 31. Tyler Layne, NNU, 29:06.55. **Women's Team Scores** - No NNU entries.

Willamette Invitational (Oct. 5 at Salem): Men's Team Scores - Chico State 47, Eastern Oregon 95, Willamette 97, Humboldt State 224, CC of Spokane 236, Victoria 253, Azusa Pacific 284, Northwest Nazarene 310, Western Oregon 315, Warner Pacific 344 (14. Central Washington 392, 16. Seattle 430, 17. Seattle Pacific 480, 27. Saint Martin's 762). **Individuals** - 1. Chris Clancy, Warner Pacific, 24:17.86; 3. Peter Clusener, HSU, 24:29.38; 7. Nathanael Castle, SPU, 24:35.56; 9. Zach Dwello, NNU, 24:48.47; 25. Brett Franz, WOU, 25:17.82; 30. Tim LeCount, SPU, 25:21.29; 34. Steve Manos, SU, 25:26.85; 39. Doug Hamilton, HSU, 25:34.38; 50. Chase Wells, WOU, 25:42.79. **Women's Team Scores** - Northwest College 49, Chico State 84, Azusa Pacific 160, Victoria 190, Humboldt State 214, Concordia 224, Central Washington 233, Willamette 251, Lewis-Clark State 278, Eastern Oregon 281 (12. Western Oregon 357, 28. Seattle 769). **Individuals** - 1. Brianna Carstensen, Azusa Pacific, 17:44.50; 2. Kati Gosnell, HSU, 17:50.42; 5. Alicen Maier, CWU, 18:00.75; 18. Jill Salmon, WOU, 18:19.44; 27. Kelly Cronin, HSU, 18:30.67; 29. Ellie Enos, WOU, 18:36.49; 33. Dani Jacobs, HSU, 18:39.58; 37. Tiffany Picinich, CWU, 18:43.46; 41. Dawnita LiaBraaten, CWU, 18:46.62.

SPU-WWU Dual (Oct. 5 at Maple Falls): Men's Team Scores - Western Washington 15, Seattle Pacific inc. **Individuals** - 1. Kurt Hartmaier, WWU, 15:15; 2. Jon Carwin, WWU, 15:58; 3. Brian Brancheau, WWU, 16:09; 4. Brandon Whitaker, WWU, 16:12; 5. Matt Crabtree, WWU, 16:20. **Women's Team Scores** - Western Washington 26, Seattle Pacific 29. **Individuals** - 1. Laura Trevellyan, WWU, 18:24; 2. Molly DePasqual, WWU, 18:42; 3. Nicole Seana, SPU, 18:44; 4. Josie Lavin, SPU, 18:49; 5. Sarah Kraybill, SPU, 18:58.

Western Washington Invitational (Oct. 12 at Bellingham): Men's Team Scores - Western Washington 40, Central Washington 52, Seattle Pacific 59, Club Northwest 75. **Individuals** - 1. Paul Kezes, WWU, 31:29; 2. Nathanael Castle, SPU, 31:57; 8. Kurt Hartmaier, WWU, 32:59; 11. Emil Newhouse, WWU, 33:17; 14. Tim LeCount, SPU, 33:19. **Women's Team Scores** - Western Washington 44, Central Washington 54, Hershey Harriers-Canada 55, Seattle Pacific 66. **Individuals** - 1. Cari Rampersad-Kuzyk, Hershey Harriers-Canada, 22:13; 2. Ashlee Vincent, WWU, 22:21; 5. Alicen Maier, CWU, 22:47; 9. Tiffany Picinich, CWU, 23:23; 10. Stephanie Stine, CWU, 23:24; 11. Laura Trevellyan, WWU, 23:29; 14. Lisa Pearl, WWU, 23:38.

Pacific Lutheran Invitational (Oct. 12 at Tacoma): Men's Team Scores - Western Oregon 49, Seattle 98, British Columbia 143, Simon Fraser 160, Whitworth 175, Clackamas 177, Pacific Lutheran 186, Lewis-Clark State 209, Saint Martin's 249, Puget Sound 251, Alaska Anchorage 284, Pacific 287, Lewis & Clark 297, Whitman 30-5, Evergreen 416, George Fox 438, Linfield 475. **Individuals** - 1. Floyd Bangerter, PLU, 25:08.1; 3. Steve Manos, SU, 25:19.0; 5. Chase Wells, WOU, 25:23.0; 8. Brett Franz, WOU, 25:32.9; 13. Ethan Barrons, WOU, 25:54.1; 14. Michael Hughes, SU, 25:54.3; 15. Dain Engebretsen, SU, 25:54.5. **Women's Team Scores** - Whitworth 64, Simon Fraser 90, Western Oregon 96, Linfield 127, Pacific Lutheran 149, Alaska Anchorage 169, Puget Sound 175, Lewis & Clark 192, Whitman 252, Pacific 268, British Columbia 273, Seattle 289, George Fox 302, Saint Martin's 303, Evergreen 385. **Individuals** - 1. Emilie Mondor, SFU, 19:29.6; 6. Jill Salmon, WOU, 22:15.8; 9. Ellie Enos, WOU, 22:26.8; 10. Kiersten Lippmann, UAA, 22:31.4.

San Diego Triton Classic (Oct. 12 at San Diego): Men's Team Scores - UCLA 71, UC Riverside 117, UC San Diego 119, Humboldt State 136, UC Irvine 145 (Division II - UC San Diego 36, Humboldt State 42, Cal State San Marcos 55, Cal State Stanislaus 145). **Individuals** - 1. Thomas Loos, unat., 24:44.0; 7. Pete Clusener, HSU, 25:24.6; 21. Doug Hamilton, HSU, 26:05.3; 50. Jorge Medina, HSU, 26:50.9. **Women's Team Scores** - Division II, UC San Diego 44, Cal State Stanislaus 55, Humboldt State 73, Cal State San Marcos 108. **Individuals** - 1. Victoria Chang, Hawaii, 21:46.7; 9. Kati Gosnell, HSU, 22:23.3; 43. Katherine Stephenson, HSU, 23:42.3.

Treasure Valley Invitational (Oct. 19 at Ontario): Men's Team Scores - Northwest Nazarene 15, Treasure Valley 50, Eastern Oregon JVs 55. **Individuals** - 1. Aaron Matthias, unat., 26:25; 2. Zach Dwello, NNU, 26:31; 3. Ben Wornell, NNU, 26:34; 4. Brice Roncace, NNU, 26:43; 5. Jacon Hotchkiss, NNU, 26:46; 6. Mark Veristain III, NNU, 27:03. **Women's Team Scores** - Northwest Nazarene 25, Treasure Valley 35. **Individuals** - 1. Kelly Squibb, unat., 19:48; 2. Mindy Newby, NNU, 21:16; 3. Jessica Wiggins, NNU, 21:25; 6. Christy Wynkoop, NNU, 22:38; 7. Jami Epley, NNU, 22:47.

Spokane CC Bigfoot Open (Oct. 19 at Spokane): Men's Team Scores - CC of Spokane 35, Idaho 45, Whitworth 91, Lewis-Clark State 100, Central Washington 131, Whitman 141, Wild Cards 173, Gonzaga 174, Everett CC 251. **Individuals** - 1. Mike Sayenko, unat., 25:38.9; 23. Gabe Andrews, CWU, 27:23.1. **Women's Team Scores** - Lewis-Clark State 38, Whitworth 43, Spokane Sunfish 95, Whitman 112, Gonzaga 136, Central Washington 178, Wild Cards 184, Everett CC 202, Eastern Washington B 219, Flathead Valley 238. **Individuals** - 1. Leslie Nelson, Whtw, 18:59.7; 40. Erica Pitman, CWU, 21:13.0.

Great Northwest Athletic Conference Championships (Oct. 26 at Seattle): Men's Team Scores - Alaska Anchorage 70, Humboldt State 72, Western Oregon 85, Western Washington 102, Northwest Nazarene 119, Seattle 148, Central Washington 152, Seattle Pacific 163, Saint Martin's 252, Alaska Fairbanks 262. **All-Conference (8,000 Meters)** - 1. Paul Kezes, WWU, 24:20.85; 2. Pete Clusener, HSU, 24:40.13; 3. Sean Rivers, UAA, 24:53.22; 4. Louie White, HSU, 24:57.71; 5. Nathanael Castle, SPU, 25:04.01; 6. Zach Dwello, NNU, 25:05.74; 7. Tobias Schwoerer, UAA, 25:08.42; 8. Tim LeCount, SPU, 25:15.34; 9. Eric Strabel, UAA, 25:19.01; 10. Doug Hamilton, HSU, 25:23.73. **Women's Team Scores** - Humboldt State 49, Central Washington 78, Western Washington 92, Alaska Fairbanks 113, Alaska Anchorage 122, Seattle Pacific 124, Western Oregon 154, Seattle 189, Northwest Nazarene 264, Saint Martin's inc. **All-Conference (6,000 Meters)** - 1. Ashlee Vincent, WWU, 21:44.89; 2. Kati Gosnell, HSU, 21:55.21; 3. Alicen Maier, CWU, 22:08.75; 4. Sigrid Aas, UAF, 22:16.33; 5. Stacy Edwards, UAA, 22:23.46; 6. Delores Bergmann, HSU, 22:28.97; 7. Kelly Cronin, HSU, 22:31.62; 8. Jill Salmon, WOU, 22:34.23; 9. Nicole Seana, SPU, 22:36.68; 10. Tiffany Picinich, CWU, 22:39.15.

NCAA West Regional (Nov. 9 at Fresno): Men's Team Scores - 1. Chico State 43, 2. UC Davis 86, 3. Alaska Anchorage 105, 4. UC San Diego 113, 5. Humboldt State 120, 6. Northwest Nazarene 146, 7. Western Washington 179, 8. Cal Poly Pomona 194, 9. Western Oregon 202, 10. Hawaii Pacific 213, 11. Seattle 299, 12. Central Washington 313, 13. Chaminade HI 420, 14. Brigham Young-Hawaii 434, 15. Saint Martin's 449, 16. San Francisco State 494. **All-Region (10,000 Meters)** - 1. Paul Kezes, WWU, 31:58; 4. Peter Clusener, Humboldt State, 32:29; 5. Sean Rivers, Alaska Anchorage, 32:39; 8. Timothy LeCount, Seattle Pacific, 33:05; 13. Tobias Schwoerer, UAA, 33:19. **Women's Team Scores** - 1. UC Davis 86, 2. Chico State 91, 3. UC San Diego 126, 4. Cal State Stanislaus 141, 5. Humboldt State 160, 6. Central Washington 171, 7. Western Washington 173, 8. Hawaii Pacific 217, 9. Alaska Anchorage 246, 10. Western Oregon 294, 11. San Francisco State 304, 12. Cal State San Bernardino 333, 13. Brigham Young-Hawaii 338, 14. Cal Poly Pomona 384, 15. Seattle U. 391, 16. Montana State-Billings 407, 17. Cal State L.A. 450, 18. Chaminade HI 508, 19. Northwest Nazarene ID 531, 20. Cal State Bakersfield 563. **All-Region (6,000 Meters)** - 1. Ann Marie Housen, Cal State L.A., 21:27; 8. Ashlee Vincent, WWU, 22:21; 11. Alicen Maier, CWU, 22:41; 12. Kati Gosnell, HSU, 22:43; 15. Stacy Edwards, UAA, 22:54.

NCAA Division II Nationals (Nov. 23 at Ashland, Ohio): Men's Team Scores - 1. Western State, Colo., 35; 2. Abilene Christian 81; 3. Adams State, Colo., 131; 4. South Dakota State 143; 5. Chico State 154; 6. Massachusetts Lowell 206; 7. Missouri Southern 265; 8. Cal Davis 282; 9. Grand Valley State 283; 10. Fort Hays State 327; 12. Alaska Anchorage 358. **Individuals** - 1. Alfred Rugema, Abilene Christian, 30:43.7; 7. Paul Kezes, WWU, 31:16.7; 44. Pete Clusener, HSU, 32:37.0; 55. Eric Strabel, UAA, 33:02.6; 56. Sean Rivers, UAA, 33:03.7; 67. Andy Elvester, UAA, 33:15.5; 71. Tobias Schwoerer, UAA, 33:18.8; 109. Todd List, UAA, 34:03.8; 126. Nate Normandin, UAA, 34:33.3; 137. Chris Cannon, UAA, 34:55.2. **Women's Team Scores** - 1. Western State 43; 2. Adams State 46; 3. Grand Valley State 97; 4. Northern Michigan 129; 5. Chico State 241; 6. North Florida 248; 7. South Dakota State 249; 8. Kennesaw State 255; 9. Wayne State 274; 10. UC Davis 287; 17. UC San Diego 421. **Individuals** - 1. Amber Klein, Adams State, 20:54.5.

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UAF Invitational (Aug. 30 at Fairbanks): Men's Team Scores - Alaska Anchorage 15, Slippery Rock 55, Alaska Fairbanks 70. **Individuals** - 1. Eric Strabel, UAA, 27:27; 2. Aaron Dickson, UAA, 27:36; 3. Todd List, UAA, 27:42; 4. Leif Olson, UAA, 27:46; 5. Drew Dickson, UAA, 27:48; 6. Brandon Stum, UAA, 27:55; 8. Juraj Brugos, UAF, 28:12; 10. Brent Knight, UAA, 28:24. **Women's Team Scores** - Alaska Anchorage 35, Alaska Fairbanks 42, Slippery Rock 56. **Individuals** - 1. Sigrid Aas, UAF, 19:32; 2. Diana Heimerl, UAF, 19:55; 3. Stacy Edwards, UAA, 20:00; 4. Nicole Deyong, UAA, 20:11; 5. Johanna Turunen, UAF, 20:28; 7. Davya Baker, UAA, 20:40; 9. Sarah Hansen, UAA, 20:50; 10. Sigrid Lagerfelt, UAF, 21:00.

UAA Palmer Invitational (Sept. 6 at Seattle): Men's Team Scores - Alaska Anchorage 21, Team Alaska 43, Alaska Fairbanks 76. **Individuals** - 1. Aaron Dickson, UAA, 15:55.27; 2. Leif Olson, UAA, 15:57.02; 5. Drew Dickson, UAA, 16:13.80; 6. Eric Strabel, UAA, 16:19.72; 7. Todd List, UAA, 16:22.12; 8. Brandon Stum, UAA, 16:26.30; 9. Brent Knight, UAA, 16:31.37; 10. Jonas Tettie, UAF, 16:32.52. **Women's Team Scores** - Alaska Anchorage 29, Alaska Fairbanks 32. **Individuals** - 1. Sigrid Aas, UAF, 18:40.32; 2. Stacy Edwards, UAA, 19:07.91; 3. Mandy Kaempf, UAA, 19:21.64; 4. Diana Heimerl, UAF, 19:21.84; 5. Sigrid Lagerfelt, UAF, 19:42.07; 6. Davya Baker, UAA, 19:42.78; 7. Johanna Turunen, UAF, 19:45.28; 8. Sarah Hansen, UAA, 19:48.26; 10. Nicole DeYong, UAA, 20:10.44.

Emerald City Open (Sept. 6 at Seattle): Men's Team Scores - Western Washington 20, Puget Sound 59, Seattle 70, Seattle Pacific 91, Saint Martin's 108. **Individuals** - 1. Phil Olson, NWC, 25:57.0; 2. Kurt Hartmaier, WWU, 26:23.4; 4. Steve DeKoker, WWU, 26:46.5; 5. T.J. Garlatz, WWU, 26:49.4; 7. Brian Brancheau, WWU, 26:51.0; 9. Steve Manos, SU, 27:17.6; 10. Mike Hughes, SU, 27:22.2; 12. Tim LeCount, SPU, 27:30.8; 14. Logan Senrud, WWU, 28:03.7; 17. Paul Mach, SPU, 28:09.6; 19. Andy Prentice, SMC, 28:17.9. **Women's Team Scores** - Northwest 26, Seattle Pacific 65, Western Washington 73, Seattle 77, Puget Sound 133, Saint Martin's 173, Evergreen State 210. **Individuals** - 1. Danyel Longmire, NWC, 18:27.9; 2. Laura Trevellyan, WWU, 18:47.8; 3. Jamie Witt, SPU, 18:54.4; 9. Christie Rice, SU, 19:23.1; 10. Josie Lavin, SPU, 19:24.0; 11. Beth Rosapepe, WWU, 19:44.4; 17. Rachel Suess, SU, 20:09.7; 18. Alana Garcia, SU, 20:21.9.

Pacific Invitational (Sept. 6 at Forest Grove): Men's Team Scores - Western Oregon 35, Linfield 65, Lewis & Clark 69, Pacific 76, Western Baptist 130. **Individuals** - 1. Kalen Abbott, Warner Pacific, 26:40.76; 5. Nick Crawford, WOU, 27:48.68; 6. Felipe Jasso, WOU, 27:49.66; 7. Aaron Eckert, WOU, 28:01.40; 13. Spencer Walsh, WOU, 28:43.09. **Women's Team Scores** - Lewis & Clark 42, Linfield 46, Western Oregon 74, George Fox 88, Pacific 134, Warner Pacific 159, Western Baptist 201. **Individuals** - 1. Sadie Grossman, L&C, 23:03.51; 3. Kari Konrad, WOU, 23:42.69; 9. Niki McCorkle, WOU, 24:13.10; 14. Leah Trutna, WOU, 24:46.80.

Whitman Invitational (Sept. 6 at Walla Walla): Men's Team Scores - Boise State 19, Whitworth 62, Lewis-Clark State 73, Northwest Nazarene 116, Eastern Oregon 118, Whitman 122. **Individuals** - 1. Forest Braden, BSU, 26:22.0; 17. Tyler Lane, NNU, 28:43.61; 19. Jake Hotchkiss, NNU, 28:57.09. **Women's Team Scores** - Lewis-Clark State 39, Boise State 42, Whitworth 54, Whitman 119, Northwest Nazarene 127, Eastern Oregon 166. **Individuals** - 1. Robin Wemple, BSU, 22:37.76; 13. Mindy Newby, NNU, 25:42.53; 24. Kristin Lane, NNU, 26:39.26; 25. Susan Young, NNU, 26:44.46.

Saint Martin's Open (Sept. 13 at Lacey): Men's Team Scores - Western Washington 56, Saint Martin's 68, Seattle 77, Highline 82, Seattle Pacific 96, Central Washington 111. **Individuals** - 1. Phil Olson, Northwest, 25:22; 2. Nathan Carlson, SMC, 25:57; 4. Tim LeCount, SPU, 26:35; 5. Andy Prentice, SMC, 26:47; 6. Tris Obluck, SMC, 26:53; 7. Michael Hughes, SU, 26:53; 8. Steve DeKoker, WWU, 27:04; 9. T.J. Garlatz, WWU, 29:04; 10. Brian Brancheau, WWU, 27:04; 11. Steve Manos, SU, 27:07; 14. Phil Paul, CWU, 27:26; 15. Paul Mach, SPU, 27:30. **Women's Team Scores** - Northwest 25, Seattle Pacific 64, Seattle 81, Western Washington 96, Central Washington 110, Saint Martin's 176, Evergreen State 207. **Individuals** - 1. Jamie Witt, SPU, 18:01.01; 5. Laura Trevellyan, WWU, 18:24.37; 7. Josie Lavin, SPU, 18:43.88; 8. Alana Garcia, SU, 18:48.42; 9. Kristie Rice, SU, 18:49.65; 13. Stephanie Stine, CWU, 19:19.38; 15. Rachel Suess, SU, 19:31.09.

Humboldt Invitational (Sept. 13 at Trinidad): Men's Team Scores - Humboldt State 27, Fresno Pacific 29, Cal State Hayward 70. **Individuals** - 1. Doug Hamilton, HSU, 25:41; 4. Matt Deshazo, HSU, 26:48; 7. Jesse Plummer, HSU, 27:00; 15. Kile Taylor, HSU, 28:45. **Women's Team Scores** - Humboldt State 30, Oregon Tech 44, Fresno Pacific 71, Cal State Hayward 78. **Individuals** - 1. Dolores Bergman, Humboldt TC, 18:29; 2. Nicole Campbell, HSU, 18:47; 4. Kelly Cronin, HSU, 19:04; 6. Jessica Rendon, HSU, 19:48; 12. Sadie Solem, HSU, 20:39; 13. Erin Wyner, HSU, 20:40.

Lewis & Clark Invitational (Sept. 13 at Estacada): Men's Team Scores - Western Oregon 35, Claremont-Mudd-Scripps 57, George Fox 97, Linfield 144, Lewis & Clark 146, Whitman 149, Eastern Oregon 154, Pacific 159, Western Baptist 226, Cascade inc. **Individuals** - 1. Chase Wells, WOU, 25:36.1; 4. Brad Brolin, WOU, 26:11.8; 6. Ethan Barrons, WOU, 26:29.4; 7. Aaron Eckert, WOU, 26:40.1. **Women's Team**

Scores - Claremont-Mudd-Scripps 30, Lewis & Clark 70, Eastern Oregon 101, Western Oregon 109, Linfield 126, George Fox 138, Whitman 173, Pacific 203, Western Baptist 290. **Individuals** - 1. Jeannine Liang, Claremont, 22:08.3; 10. Kari Konrad, WOU, 23:17.8; 15. Niki McCorkle, WOU, 23:38.6; 23. Stephanie Upshaw, WOU, 24:17.6.

BYU Autumn Classic (Sept. 13 at Orem): Men's Team Scores - Brigham Young 20, Weber State 58, Minnesota 65, Utah State 108, Utah 156, Utah Valley 157, Northwest Nazarene 188, Westminster inc. **Individuals (4 Miles)** - 1. Kip Kangogo, BYU, 19:33.4; 48. Jake Hotchkiss, NNU, 21:59.2; 54. Tyler Lane, NNU, 22:12.0; 59. Lincoln Hagood, NNU, 22:37.4. **Women's Team Scores** - Brigham Young 23, Weber State 48, Utah Valley 79, Utah 96, Utah Valley 125, Northwest Nazarene 190. **Individuals (5,000 Meters)** - 1. Breanne Sandberg, BYU, 17:39.1; 50. Mindy Newby, NNU, 20:55.5; 52. Susan Young, NNU, 21:12.3; 55. Christy Wynkoop, NNU, 21:54.6.

National Catholic Invitational (Sept. 19 at South Bend, Ind.): Men's Team Scores - Notre Dame 36, St. Francis, Penn. 50, DePaul 66, Dayton 167, Loras 209, Wheeling Jesuit 226, Xavier 235, Bellarmine 313, Holy Cross 314, Saint Martin's 316 (14. Seattle 376). **Division II** - 1. Loras 79. 4. Saint Martin's 134, 6. Seattle 157. **Individuals (8,000 Meters)** - 1. Ryan Sheehan, St. Francis, 24:37; 30. Andy Prentice, SMC, 26:06; 34. Tris O'Bluck, SMC, 26:16; 39. Nathan Carlson, SMC, 26:22; 53. Steve Manos, SU, 26:43; 62. Michael Hughes, SU, 26:52. **Women's Team Scores** - Notre Dame 17, Dayton 129, St. Francis 148, St. Benedict 171, Holy Cross 218, Mercyhurst 239, John Carroll 231, Xavier 255, DePaul 259, Regis 262 (13. Seattle 385, 27. Saint Martin's 766). **Division II** - 1. St. Benedict 67, 6. Seattle 208, 17. Saint Martin's 477. **Individuals (3,000 Meters)** - 1. Kerry Meagher, Notre Dame, 17:45; 12. Kristie Rice, SU, 19:01; 41. Alana Garcia, SU, 19:40; 58. Rachel Suess, SU, 19:53; 79. Kendra Steinbrugger, SMC, 20:17.

Central Washington Invitational (Sept. 20 at Ellensburg): Men's Team Scores - Willamette 32, Whitworth 70, Central Washington 88, Seattle Pacific 91, Whitman 112, Western Washington 130, Georgia College & State University 218. **Individuals (4 miles)** - 1. Eric Tollefson, unat., 20:20; 3. Tim LeCount, SPU, 21:22; 9. Sam Brancheau, WWU, 21:55; 13. Jason Porter, CWU, 22:01; 15. Paul Mach, SPU, 22:05; 18. Phil Paul, CWU, 22:19. **Women's Team Scores** - Willamette 39, Seattle Pacific 65, Whitworth 70, Central Washington 82, Whitman 140, Western Washington 141. **Individuals (5,000 Meters)** - 1. Josie Lavin, SPU, 19:22; 8. Brandy Anderson, CWU, 20:16; 9. Laura Trevellyan, WWU, 20:19; 10. Stephanie Stine, CWU, 20:23; 12. Karen Dickson, SPU, 20:30; 14. Abby Groth, SPU, 20:31; 15. Crystal Dennis, CWU, 20:32; 17. Kirsten Bjork, SPU, 20:43.

Cal Poly Pomona Invitational (Sept. 27 at Chino): Men's Team Scores - Cal Poly Pomona 18, Alaska Anchorage 53, Western Oregon 57. **Individuals (10,000 Meters)** - 1. Mark Batres, CPP, 31:56.5; 6. Brad Brolin, WOU, 33:05.4; 7. Chase Wells, WOU, 33:14.7; 9. Brandon Stum, UAA, 33:38.6; 11. Aaron Dickson, UAA, 33:47.8; 12. Drew Dickson, UAA, 33:50.4; 13. Todd List, UAA, 33:53.1. **Women's Team Scores** - Cal State Stanislaus 62, Alaska Anchorage 76, Cal State Dominguez Hills 93, Cal Poly Pomona 106, Western Oregon 114, Cal State San Bernardino 117, Cal State LA 128. **Individuals (6,000 Meters)** - 1. Sarah Bouchard, Cal State LA, 22:08.1; 5. Kari Konrad, WOU, 23:03.0; 7. Mandy Kaempf, UAA, 23:11.6; 10. Stacy Edwards, UAA, 23:48.5; 15. Sarah Hansen, UAA, 23:48.5.

UW Sundodger Open (Sept. 27 at Seattle, Lincoln Park): Men's Team Scores - Western Washington 64, Simon Fraser 81, Spokane CC 90, Victoria 140, Puget Sound 148, British Columbia 173, Lewis-Clark State 209, Seattle 236, Seattle Pacific 275, Clackamas CC 280 (12. Central Washington 335). **Individuals (8,000 Meters)** - 1. Richard Mosley, SFU, 24:24; 7. Kurt Hartmaier, WWU, 25:08; 8. Tim LeCount, SPU, 25:11; 9. T.J. Garlatz, WWU, 25:16; 11. Brian Brancheau, WWU, 25:17; 12. Steve DeKoker, WWU, 25:19; 19. Steve Manos, SU, 25:36. **Women's Team Scores** - British Columbia 55, Simon Fraser 79, Seattle Pacific 146, Lewis-Clark State 153, Victoria 167, Portland 171, Western Washington 196, Central Washington 203, Lewis & Clark 236, Seattle 246 (14. Saint Martin's 338). **Individuals (5,000 Meters)** - 1. Jenny Rodgers, unat., 17:37; 2. Jamie Witt, SPU, 17:46; 7. Laura Trevellyan, WWU, 18:07; 12. Caitlyn Ames, SMC, 18:18; 13. Josie Lavin, SPU, 18:19; 14. Kristie Rice, SU, 18:27.

Stanford Invitational (Sept. 27 at Stanford): Men's Team Scores - Stanford 18, Cal Poly SLO 54, Chico State 92, Harding 156, UC Santa Barbara 192, UC San Diego 200, UC Irvine 218, UC Davis 219, Long Beach State 228, San Bernardino Valley 267 (15. Humboldt State 453). **Individuals (8,000 Meters)** - 1. Ian Dobson, Stanford, 23:46; 61. Jasper Peach, HSU, 25:51; 88. Matt DeShazo, HSU, 26:34; 110. Lehrin Morey, HSU, 27:12. **Women's Team Scores** - UCLA 37, Stanford 56, Wisconsin 88, Arkansas 101, Nevada 219, Santa Clara 245, Chico State 256, UC Davis 257, UC Irvine 258, Utah 262 (22. Humboldt State 600). **Individual (6,000 Meters)** - 1. Alicia Craig, Stanford, 20:25; 60. Nicole Campbell, HSU, 23:07; 111. Kelly Cronin, HSU, 24:12; 145. Jessica Rendon, HSU, 24:57.

Boise Invitational (Sept. 27 at Eagle Island): Men's Team Scores - Boise State 15, Northwest Nazarene 51, Treasure Valley 66. **Individuals (8,000 Meters)** - 1. Forrest Braden, BSU, 25:50.0; 9. Jake Hotchkiss, NNU, 28:04.2; 10. Marcus Veristain, NNU, 28:17.8; 12. Andy Peters, NNU, 28:23; 14. Zach Shaw, NNU, 28:29.8. **Women's Team Scores** - Boise State 18, Bronco Track Club 51, Northwest Nazarene 61. **Individuals (5,000 Meters)** - 1. Robin Wemple, BSU, 18:47.4; 6. Mindy Newby, NNU, 20:13.2; 11. Susan Young, NNU, 21:18.3; 13. Kristin Lane, NNU, 21:27.6; 15. Christy Wynkoop, NNU, 22:05.6.

Willamette Invitational (Oct. 4 at Salem): Men's Team Scores - Chico State 45, Eastern Oregon 58, UC San Diego 99, Willamette 161, Puget Sound 191, Humboldt State 205, Western Oregon 224, Concordia, Calif. 228, Alliant International 251, British Columbia 271 (13. Northwest Nazarene 386, 14. Saint Martin's 388, 15. Seattle Pacific 429). **Individual (8,000 Meters)** - 1. Tyler Graff, Chico State, 24:15.97; 8. Doug Hamilton, HSU, 24:31.63; 16. Brad Brolin, WOU, 24:58.94; 24. Chase Wells, WOU, 25:09.63; 25. Tim LeCount, SPU, 25:11.20; 33. Nathan Carlson, SMC, 25:28.09; 34. Jesse Plummer, HSU, 25:29.01; 35. Tristan O'Bluck, SMC, 25:29.90; 37. Jake Hotchkiss, NNU, 25:31.37. **Women's Team Scores** - Chico State 42, UC San Diego 75, Northwest 111, British Columbia 139, Willamette 185, Point Loma Nazarene 247,

Lewis-Clark State 262, Concordia, Calif. 264, Eastern Oregon 307, Southern Oregon 321 (14. Western Oregon 398, 15. Humboldt State 425, 21. Northwest Nazarene 543, 24. Saint Martin's 616). **Individuals (5,000 Meters)** - 1. Katie Lee, Chico, 17:48.29; 24. Nicole Campbell, HSU, 18:30.91; 28. Kari Konrad, WOU, 18:36.81.

Western Washington Silver Lake (Oct. 4 at Bellingham): Men's Team Scores - None. **Individuals** - 1. John Murrey, unat., 15:13; 2. Steve DeKoker, WWU, 15:29; 3. Logan Sennud, WWU, 15:45; 5. T.J. Garlatz, WWU, 15:45. **Women's Team Scores** - Seattle Pacific 20, Western Washington 41. **Individuals** - 1. Kathleen Memi, unat., 17:56; 2. Jamie Witt, SPU, 18:19; 3. Beth Posapepe, WWU, 18:47; 5. Abby Groth, SPU, 19:25; 6. Ruth Harbough, SPU, 19:26; 8. Kristin Bjork, SPU, 19:47; 10. Molly DePasqual, WWU, 20:00.

Western Washington Invitational (Oct. 11 at Lake Padden, Bellingham): Men's Team Scores - Western Washington 34, Alaska Anchorage 70, Seattle 101, Seattle Running Team 107, Seattle Pacific 108, Central Washington 124, Highline CC 127, Skagit Valley 247. **Individuals (10,000 Meters)** - 1. Eric Kiauka, Iron Lung, 31:52; 6. Kurt Hartmaier, WWU, 32:38; 7. Steve Manos, SU, 32:43; 8. Brian Brancheau, WWU, 32:47; 9. Tim LeCount, SPU, 32:57; 12. T.J. Garlatz, WWU, 33:15; 13. Steve DeKoker, WWU, 33:19; 15. Brandon Stum, UAA, 33:26; 16. Eric Strabel, WWU, 33:33; 19. Todd List, UAA, 33:53; 20. Dain Engbretsen, SU, 33:54. **Women's Team Scores** - Seattle Pacific 59, Central Washington 78, Alaska Anchorage 79, Western Washington 84, Hershey Harriers 94, Seattle 105, Skagit Valley 215. **Individuals (6,000 Meters)** - 1. Nathalie Cote, Mountain West, 21:59; 2. Jamie Witt, SPU, 22:14; 5. Laura Trevellyan, WWU, 22:39; 7. Josie Lavin, SPU, 22:52; 9. Stacy Edwards, UAA, 23:15; 10. Sarah Hansen, UAA, 23:18; 11. Kristie Rice, SU, 23:26; 12. Rachel Suess, SU, 23:36; 13. Stephanie Stine, CWU, 23:38; 15. Brandy Anderson, CWU, 23:41; 16. Beth Rosapepe, WWU, 23:44; 18. Abby Groth, SPU, 23:56; 20. Alicen Maier, CWU, 24:07.

Northwest Nazarene Invitational (Oct. 11 at Nampa): Men's Team Scores - Western Oregon 28, Lewis-Clark State 53, Whitworth 56, Northwest Nazarene 89. **Individuals (8,000 Meters)** - 1. Kalen Abbott, Warner Pacific, 27:07.08; 2. Chase Wells, WOU, 27:52.59; 3. Brad Brolin, WOU, 27:58.87; 4. Jake Hotchkiss, NNU, 28:04.90; 7. Ethan Barrons, WOU, 28:22.50; 10. Jesse Light, WOU, 28:33.55; 12. Aaron Eckert, WOU, 28:41.16; 16. Felipe Jasso, WOU, 29:02.81. **Women's Team Scores** - Lewis-Clark State 41, Whitworth 44, Western Oregon 52, Northwest Nazarene 109, Warner Pacific 140. **Individuals (5,000 Meters)** - 1. Leslie Nelson, Whtw, 19:44.99; 2. Kari Konrad, WOU, 20:17.23; 5. Niki McCorkle, WOU, 20:35.38; 7. Stephanie Upshaw, WOU, 20:52.10; 8. Mindi Newby, NNU, 20:55.05; 17. Amber Brougher, WOU, 21:30.08.

Clark College Invitational (Oct. 11 at Battle Ground): Men's Team Scores - Saint Martin's 57, Clackamas 76, Linfield 93, Clark 124, Lane 136, Bellevue 138, Lewis & Clark 145, Pacific 162, Evergreen State 198, UO Running Club 252. **Individuals** - 3. Nathan Carlson, SMC, 25:57; 4. Andy Prentice, SMC, 26:01; 5. Tris Obluck, SMC, 26:10. **Women's Team Scores** - Lewis & Clark 44, Linfield 51, Clackamas 91, Clark 113, Lane 139, Pacific 141, Saint Martin's 141, Evergreen State 186. **Individuals** - 16. Kendra Steinbrugger, SMC, 20:15; 20. Nicole Beatty, SMC, 20:21.

Evergreen Open (Oct. 18 at Olympia): Men's Team Scores - Washington "B" 42, Simon Fraser 60, British Columbia 80, Portland "B" 83, Saint Martin's 141, Pacific Lutheran 159, Southern Oregon 180, Central Washington 187, Evergreen State 266. **Individuals (6400 Meters)** - 1. Richard Mosley, SFU, 20:10; 12. Andy Prentice, SMC, 21:07; 16. Nathan Carlson, SMC, 21:14; 18. Tris Obluck, SMC, 21:20; 21. Dain Engbretsen, SU, 21:25; 29. Jason Porter, CWU, 21:41. **Women's Team Scores** - Northwest 42, Washington "B" 52, Simon Fraser 55, British Columbia 80, Central Washington 144, Southern Oregon 165, Western Washington 223, Saint Martin's 230. **Individuals (5000 Meters)** - 1. Natasha Wodak, SFU, 18:11; 24. Alicen Maier, CWU, 19:29; 27. Brandy Anderson, CWU, 19:41; 35. Rachel Bailey, CWU, 20:14.

GNAC (Oct. 25 at Monmouth): Men's Team Scores - Western Washington 61, Alaska Anchorage 77, Western Oregon 79, Humboldt State 96, Saint Martin's 154, Seattle 157, Central Washington 174, Seattle Pacific 183, Northwest Nazarene 194, Alaska Fairbanks 257. **All-Conference (8,000 Meters)** - 1. Doug Hamilton, HSU, 24:59.53; 2. Chase Wells, WOU, 25:01.81; 3. Andy Prentice, SMC, 25:04.60; 4. Brian Brancheau, WWU, 25:07.05; 5. Steve DeKoker, WWU, 25:16.93; 6. Brad Brolin, WOU, 25:17.64; 7. Kurt Hartmaier, WWU, 25:30.35; 8. Jake Hotchkiss, NNU, 25:31.50; 9. Brandon Stum, UAA, 25:32.94; 10. Tris O'Bluck, SMC, 25:34.21. **Women's Team Scores** - Seattle Pacific 62, Alaska Anchorage 77, Central Washington 88, Western Washington 113, Alaska Fairbanks 135, Western Oregon 147, Seattle 152, Humboldt State 205, Northwest Nazarene 210, Saint Martin's 255. **All-Conference (6,000 Meters)** - 1. Josie Lavin, SPU, 21:42.84; 2. Jamie Witt, SPU, 21:56.19; 3. Laura Trevellyan, WWU, 21:57.77; 4. Sigrid Aas, UAF, 22:04.02; 5. Mandy Kaempf, UAA, 22:14.79; 6. Nicole Campbell, HSU, 22:15.71; 7. Kristie Rice, SU, 22:28.12; 8. Sarah Hansen, UAA, 22:31.35; 9. Stacy Edwards, UAA, 22:32.91; 10. Alicen Maier, CWU, 22:37.25.

NCAA Division II West Regional (Nov. 8 at Chino, Prado Park): Men's Team Scores - 1. Chico State 28, 2. UC San Diego 79, 3. Cal Poly Pomona 91, 4. Western Washington 105, 5. Alaska Anchorage 147, 6. Humboldt State 182, 7. Western Oregon 214, 7. Hawaii Pacific 214, 9. Brigham Young-Hawaii 262, 9. Saint Martin's 262, 11. Seattle U. 269, 12. Central Washington 283, 13. Northwest Nazarene 302, 14. Hawaii Hilo 376, 15. Chaminade 425, 16. San Francisco State 453, 17. Montana State-Billings 513. **Men's All-Region (10,000 Meters)** - 1. William Ngetich, HPU, 31:40.5; 2. Tyler Graff, Chico State, 31:48.8; 3. Daniel Rojas, Cal Poly Pomona, 31:56.6; 4. Mark Batres, Cal Poly Pomona, 32:07.1; 5. Patrick Boivin, Chico State, 32:17.6; 6. Charlie Serrano, Chico State, 32:35.4; 7. Joel Martinez, Chico State, 32:37.1; 8. Christopher Layman, Chico State, 32:37.5; 9. Robert Eap, UCSD, 32:38.2; 10. Doug Hamilton, HSU, 32:42.6; 11. Brian Brancheau, WWU, 32:43.6, 12. Chase Wells, WOU, 32:45.5; 13. Brandon Stum, UAA, 32:47.0; 14. Julian Nahan, UCSD, 32:48.0; 15. Kurt Hartmaier, WWU, 32:48.3. **Women's Team Scores** - 1. Chico State 38, 2. UC San Diego 124, 3. Cal State Stanislaus 176, 4. Alaska Anchorage 177, 5. Seattle Pacific 209, 6. Central Washington 219, 7. Western Washington 242, 8. Cal State Dominguez Hills 275, 9. Hawaii Pacific 278, 10. Seattle 292, 11. Sonoma State 321, 12. Cal Poly Pomona 326, 13. Western Oregon 358, 14. Cal State San Bernardino 403, 15. Hawaii-Hilo 405, 16. Humboldt

State 412, 17. Cal State Bakersfield 431, 18. Brigham Young-Hawaii 441, 19. Cal State L.A. 478, 20. Northwest Nazarene 510, 21. Saint Martin's 525, 22. Chaminade 546, 23. Montana State-Billings 549, 24. San Francisco State 609. **Women's All-Region (6,000 Meters)** - 1. Chelsea Smith, BYU-Hawaii, 20:54.3; 2. Nina Christensen, HPU, 21:49.9; 3. Sarah Bouchard, Cal State LA., 22:00.8; 4. Missy Lendl, Chico State, 22:16.9; 5. Laura Trevellyan, WWU, 22:22.0; 6. Tina Firouz, UCSD, 22:25.5; 7. Margaret Pridgen, Chico State, 22:30.9; 8. Kelly Ortlieb, Chico State, 22:34.0; 9. Sarah Montez, Chico State, 22:48.8; 10. Katie Lee, Chico State, 22:50.1; 11. Janine Brown, HPU, 22:50.6; 12. Jamie Witt, SPU, 22:51.8; 13. Stephanie Holley, CSU Stanislaus, 22:54.4; 14. Tanya Zeferjahn, CSU San Bernardino, 22:58.0; 15. Chandra Farnam, Sonoma State, 23:01.7.

NCAA Division II Nationals (Nov. 22 at Raleigh, NC): Men's Team Scores - 1. Adams State 40, 2. Abilene Christian 68, 3. Harding 86, 4. Chico State 147, 5. Western State 150, 6. Wayne State 212, 7. South Dakota State 255, 8. North Dakota State 265, 9. Kennesaw 273, 10. Massachusetts Lowell 293, 11. Cal Poly Pomona 302, 13. Western Washington 312, 15. UC San Diego 370. **Individuals** - 1. Celedino Rodriguez, Adams State, 30:25; 41. Kurt Hartmaier, WWU, 32:42.6; 47. Brian Brancheau, WWU, 32:49.1; 64. Steve DeKoker, WWU, 33:14.9; 68. T.J. Garlatz, WWU, 33:18.5; 123. Doug Hamilton, HSU, 34:41.90; 130. Logan Senrud, WWU, 34:50.4; 155. Sam Brancheau, WWU, 35:40.2; 172. Justin McNeil, WWU, 36:53.9. **Women's Team Scores** - 1. Adams State 38, 2. Western State 101, 3. Grand Valley State 143, 4. Chico State 201, 5. Harding and South Dakota State 264, 7. Northern Michigan 268, 8. Tampa 271, 9. South Dakota 280, 10. Stonehill 286.16. UC San Diego 354, 21. Cal State Stanislaus 474. **Individuals** - 1. Chelsea Smith, BYU-Hawaii, 20:33.9; 21. Laura Trevellyan, WWU, 22:18.5.

2004

Whitman Invitational (Sept. 3 at Fort Walla Walla): Men's Team Scores - Whitworth 38, Northwest Nazarene 39, Lewis-Clark State 47, Whitman 97. **Individuals (8,000 Meters)** - 1. Zach Dwello, NNU, 26:58.30; 4. Jake Hotchkiss, NNU, 27:24.61; 7. Andy Peters, NNU, 27:44.47; 14. Kevin Lambert, NNU, 28:41.70; 16. Tim Keller, NNU, 28:49.53. **Women's Team Scores** - Lewis-Clark State 25, Whitworth 43, Whitman 80, Northwest Nazarene 96. **Individuals (6,000 Meters)** - 1. Tausha Kuzmic, LCSC, 23:31.69; 15. Mindy Newby, NNU, 25:49.78; 19. Susan Young, NNU, 26:09.30; 20. Lindsey Graham, NNU, 26:23.60.

Puget Sound Open (Sept. 4 at Lakewood): Men's Team Scores - Saint Martin's 27, Puget Sound 30. **Individuals (8,000 Meters)** - 1. Andy Prentice, SMC, 26:37; 6. Tris O'Bluck, SMC, 28:06; 7. Brent Christiansen, SMC, 28:19; 8. Noe Castellon, SMC, 28:22; 9. Robbie Wilbur, SMC, 28:36; 10. Seth Woods, SMC, 28:53. **Women's Team Scores** - Saint Martin's 28, Puget Sound 29. **Individuals (5,000 Meters)** - 1. Janelle Probst, SMC, 20:24; 3. Jessie Dunnam, SMC, 20:43; 4. Ann McCanick, SMC, 20:44; 8. Nicole Beatty, SMC, 21:29.

Interior UAF Invitational (Sept. 4 at Fairbanks): Men's Team Scores - Alaska Anchorage 19, Alaska Fairbanks 40. **Individuals (8,000 Meters)** - 1. Moses Waweru, unat., 26:27; 2. Brandon Stum, UAA, 26:47; 3. Thomas Oyberg, UAF, 27:01; 4. Nate Normandin, UAA, 27:04; 5. Aaron Dickson, UAA, 27:06; 6. Brent Knight, UAA, 27:09; 7. Stig Yngve, UAA, 24:14; 8. Leif Olson, UAA, 27:28; 9. Erik Wickstrom, UAF, 27:36. **Women's Team Scores** - Alaska Anchorage 19, Alaska Fairbanks 39. **Individuals (5,000 Meters)** - 1. Kamie Jo Massey, UAA, 19:45; 2. Johanna Turenen, UAF, 20:00; 3. Davya Baker, UAA, 20:11; 4. Sarah Hansen, UAA, 20:28; 5. Danielle Pratt, UAA, 20:35; 6. Steph Myers, UAA, 20:54; 7. Diana Heimerl, UAF, 21:10; 8. Kasandra Rice, UAF, 21:41; 9. Vanessa Santana, UAF, 21:42; 10. Jenn Glover UAA, 21:54.

U. of Portland Pier Park (Sept. 10 at Portland): Men's Team Scores - No team scores. **Individuals (4 Miles)** - 1. Brendan Robinson, Portland, 20:32; 10. Ethan Barrons, WOU, 21:23; 20. Nick Crawford, WOU, 22:15. **Women's Team Scores** - No team scores. **Individuals (5,000 Meters)** - 1. Laura Harmon, Oregon, 18:10; 43. Rachel Horn, WOU, 22:07.

Saint Martin's - Evergreen Dual (Sept. 10 at Lacey): Men's Team Scores - Saint Martin's 19, Evergreen 42. **Individuals (5,000 Meters)** - 1. John Riak, unat., 15:19; 2. Andy Prentice, SMC, 15:28; 5. Brent Christensen, SMC, 16:13; 6. Noe Castellon, SMC, 16:20; 7. Seth Woods, SMC, 16:29; 8. Robbie Wilbur, SMC, 16:33. **Women's Team Scores** - Saint Martin's 15, Evergreen inc. **Individuals (5,000 Meters)** - 1. Janelle Probst, SMC, 19:30; 2. Ann McCanick, SMC, 19:50; 3. Nicole Beatty, SMC, 20:27; 4. Lakita Burr, SMC, 21:00; 6. Kaleigh Bishop, SMC, 21:56; 9. Mo Driscoll, SMC, 22:59.

Emerald City Invitational (Sept. 11 at Seattle, Woodland Park): Men's Team Scores - Seattle Pacific 29, Western Washington 53, Warner Pacific 60, Seattle 83. **Individuals (8,000 Meters)** - 1. Kalen Abbott, WPC, 27:02.05; 3. Tim LeCount, SPU, 27:17.44; 4. Bjorn Bostrom, SPU, 27:21.36; 6. Michael Hughes, SU, 27:32.96; 8. Keever Henry, WWU, 27:58.94; 9. Doug Gibson, SPU, 28:03.21; 10. Keith Lemay, WWU, 28:11.64; 11. Paul Mach, SPU, 28:21.11; 15. Brian Cronrath, SPU, 28:34.89. **Women's Team Scores** - Seattle 41, Northwest 54, Seattle Pacific 59, Western Washington 61. **Individuals (5,000 Meters)** - 1. Karen Dickson, SPU, 18:16.32; 2. Kelly Fullerton, SU, 18:32.93; 4. Laura Trevellyan, WWU, 18:42.11; 7. Alana Garcia, SU, 19:17.27; 10. Sara Thon, WWU, 19:52.27; 12. Meghan Salveson, SU, 20:03.41; 14. Nikki Jensen, SPU, 20:33.13.

Northwest Nazarene Invitational (Sept. 11 at Nampa): Men's Team Scores - Lewis-Clark State 51, Northwest Nazarene 58, Eastern Oregon 63, Central Washington 66, Mt. Hood 142, Albertson 154, Treasure Valley 193. **Individuals (6,000)** - 1. Eric Griffiths, EOU, 18:35.71; 3. Zach Dwello, NNU, 19:10.14; 5. Jake Hotchkiss, NNU, 19:18.77; 6. Sam Scotchmer, CWU, 19:23.72; 8. Andy Peters, NNU, 19:45.42; 14. Phil Paul, CWU, 20:12.83; 15. Dayne Kinder, CWU, 20:21.33. **Women's Team Scores** - Lewis-Clark State 35, Central Washington 47, Eastern Oregon 72, Northwest Nazarene 91, Albertson 139, Treasure Valley 175. **Individuals (4,000 Meters)** - 1. Stephanie Colkitt, EOU, 15:04.67; 2. Brandy Anderson, CWU, 15:07.64; 4. Stephanie Stine, CWU, 15:09.58; 7. Melanie Nisly, NNU, 15:22.64; 12. Sarah Benson, CWU, 15:40.58; 14. Lindy Mullen, CWU, 15:43.74; 15. Rachel Bailey, CWU, 15:52.56.

UAA Palmer Invitational (Sept. 11 at Palmer): Men's Team Scores - Alaska Anchorage 15, Alaska Fairbanks 50. **Individuals (5,000 Meters)** - 1. David Kiplagat, unat., 15:38.62; 3. Brandon Stum, UAA, 16:10.47; 4. Stig Yngve, UAA, 16:12.60; 5. Aaron Dickson, UAA, 16:16.90; 7. Leif Olson, UAA, 16:20.92; 8. Drew Dickson, UAA, 16:21.71; 9. Nate Normadin, UAA, 16:23.07; 10. Brent Knight, UAA, 16:24.46. **Women's Team Scores** - Alaska Anchorage 19, Alaska Fairbanks 44. **Individuals (5,000 Meters)** - 1. Jenny Rodgers, unat, 18:51.37; 2. Kamie Jo Massey, UAA, 19:34.35; 3. Johanna Turunen, UAF, 19:49.99; 4. Davya Baker, UAA, 20:03.67; 5. Nicole DeYong, UAA, 20:14.43; 6. Danielle Pratt, UAA, 20:23.63; 7. Sarah Hansen, UAA, 20:31.28; 8. Jenn Grover, UAA, 20:40.20; 10. Stephanie Myers, UAA, 20:50.90.

National Catholic Invitational (Sept. 17 at South Bend, Ind.): Men's Team Scores - Notre Dame 19, Gonzaga 106, Xavier 139, Dayton 156, DePaul 176 (10. Saint Martin's 348, 21. Seattle 509). Division II - Loras 76, Saint Vincent 95, Sienna Heights 149, Saint Martin's 153, Walsh 160 (12. Seattle 268). **Individuals (8,000 Meters)** - 1. Tim Moore, Notre Dame, 24:58; 22. Andy Prentice, SMC, 25:58; 49. Mike Hughes, SU, 27:09; 53. Noe Castellon, SMC, 27:15; 84. Brent Christiansen, SMC, 27:44; 92. Seth Woods, SMC, 27:53. **Women's Team Scores** - Notre Dame 28, DePaul 87, Gonzaga 164, Bellarmine 168, Xavier 199, (13. Seattle 398, 15. Saint Martin's 462). Division II - Bellarmine 69, St. Thomas 94, Mercyhurst 114, Siena Heights 123, John Carroll 156 (6. Seattle 201, 8. Saint Martin's 250). **Individuals (5,000 Meters)** - 1. Stephanie Madia, Notre Dame, 17:38; 31. Alana Garcia, SU, 19:22; 47. Janelle Probst, SMC, 19:46; 67. Meghan Salveson, SU, 20:09; 79. Ann McCanick, SMC, 20:20; 98. Rachel Suess, SU, 20:38.

Humboldt State Invitational (Sept. 17 at McKinleyville): Men's Team Scores - Notre Dame de Namur 30, Humboldt State 42, San Francisco State 49. **Individuals (8,000 Meters)** - 1. Brian Kostick, HSU, 26:31; 2. Matt DeShazo, HSU, 27:12; 13. Andrew Chong, HSU, 29:31; 14. Andrew Wright, HSU, 30:05; 15. Ryan Tuss, HSU, 30:08. **Women's Team Scores** - Notre Dame de Namur 33, Humboldt State 39, San Francisco State 51. **Individuals (5,000 Meters)** - 1. Dolores Bergmann, unat., 19:05; 4. Heather Moulton, HSU, 21:07; 5. Sadie Solem, HSU, 21:20; 12. Betsy Peterson, HSU, 22:42; 13. Katherine Smith, HSU, 23:12; 16. Jackie Piombo, HSU, 24:07.

Sundodger Classic at Lincoln Park (Sept. 18 at Seattle): Men's Team Scores - Simon Fraser 61, Eastern Oregon 106, British Columbia 133, Spokane CC 138, Southern Oregon 143, Puget Sound 149, Seattle Pacific 187, Whitworth 203, Lewis-Clark State 234, Western Washington 240 (13. Central Washington 329). **Individuals (8,000 Meters)** - 1. Brandon Reiff, unat., 24:38; 19. Tim LeCount, SPU, 25:48; 26. Bjorn Bostrom, SPU, 26:04; 31. Sam Scotchmer, CWU, 26:13; 44. Doug Gibson, SPU, 26:29; 45. Keever Henry, WWU, 26:30; 48. Logan Senrud, WWU, 26:33. **Women's Open Team Scores** - Simon Fraser 21, British Columbia 61, Lewis-Clark State 141, Central Washington 172, Eastern Oregon 192, Puget Sound 199, Western Washington 238, Seattle Pacific 244, Whitworth 246, Pacific Lutheran 256. **Open Individuals (5,000 Meters)** - 1. Julia Howard, SFU, 17:55; 2. Kelly Fullerton, SU, 17:58; 5. Laura Trevellyan, WWU, 18:07; 15. Brandy Anderson, CWU, 18:28; 25. Sara Thon, WWU, 18:49; 29. Stephanie Stine, CWU, 18:52; 30. Rebecca Knox, SPU, 18:53; 43. Karin Rohde, SPU, 19:14; 44. Lindy Mullen, CWU, 19:18; 50. Sarah Benson, CWU, 19:25. **Invitational (6,000 Meters)** - 1. Sabrina Monro, CNW, 20:09.97; 3. Karen Dickson, SPU, 21:20.05.

WOU New Balance Meet of Champions (Sept. 18 at Monmouth): Men's Team Scores - Western Oregon 20, Oregon Tech 37. **Individuals (6,000 Meters)** - 1. Jerret Mantalas, WOU, 21:22; 2. Ethan Barrons, WOU, 21:24; 3. Nick Crawford, WOU, 21:31; 6. Jasso Felipe, WOU, 22:20; 8. Troy Banker, WOU, 22:37. **Women's Team Scores** - Oregon Tech 22, Western Oregon 34. **Individuals (4,000 Meters)** - 1. Amy Bricco, OIT, 16:20; 2. Leah Trutna, WOU, 16:32; 4. Stephanie Upshaw, WOU, 16:44; 8. Kayla Castenada, WOU, 18:23; 9. Jen Smith, WOU, 18:34.

UAF Birch Hill Invitational (Sept. 23 at Fairbanks): Men's Team Scores - Seattle Pacific 18, Alaska Fairbanks 41. **Individuals (8,000 Meters)** - 1. Moses Waweru, unat., 26:38.2; 2. Tim LeCount, SPU, 27:12.8; 3. Bjorn Bostrom, SPU, 27:17.9; 4. Erik Wickstrom, UAF, 27:26.0; 5. Paul Mach, SPU, 27:39.6. **Women's Team Scores** - Seattle Pacific 20, Alaska Fairbanks 35. **Individuals (6,000)** - 1. Karen Dickson, SPU, 22:42.2; 2. Johanna Turunen, UAF, 23:58.3; 3. Karin Rohde, SPU, 24:00.2; 4. Nikki Jensen, SPU, 24:34.6; 5. Tracy Kuhn, SPU, 24:40.2.

Alaska Fairbanks Short Course (Sept. 25 at Fairbanks): Men's Team Scores - Seattle Pacific 16, Alaska Fairbanks 39. **Individuals (4,000 Meters)** - 1. Tim LeCount, SPU, 11:11.1; 2. Eddie Strickler, SPU, 11:18.5; 3. Paul Mach, SPU, 11:20.7; 4. Bjorn Bostrom, SPU, 11:25.4; 5. Erik Wickstrom, UAF, 11:33.6. **Women's Team Scores** - Seattle Pacific 22, Alaska Fairbanks 33. **Individuals (4,000)** - 1. Karen Dickson, SPU, 12:52.9; 2. Johanna Turunen, UAF, 13:33.4; 3. Karin Rohde, SPU, 13:34.3; 4. Diaba Heimerl, UAF, 13:59.7; 5. Tracy Kuhn, SPU, 14:07.1.

Saint Martin's Invitational (Sept. 25 at Lacey): Men's Team Scores - Saint Martin's 48, Western Washington 55, Victoria 76, Highline CC 92, Seattle 92, Evergreen State 146. **Individuals (8,000 Meters)** - 1. Andy Prentice, SMC, 26:10; 4. Michael Hughes, SU, 26:55; 7. Keever Henry, WWU, 27:02; 8. Tris O'Bluck, SMC, 27:05; 10. Brent Christensen, SMC, 27:13; 14. Sam Brancheau, WWU, 27:21; 15. Keith Lemay, WWU, 27:28. **Women's Team Scores** - Seattle 22, Saint Martin's 50, Western Washington 68, Highline 97. **Individuals (5,000)** - 1. Kelly Fullerton, SU, 18:04; 3. Alana Garcia, SU, 19:02; 4. Becky Knox, SPU, 19:14; 5. Janelle Probst, SMC, 19:19; 7. Meghan Salveson, SU, 19:27; 9. Emily Ferguson, SU, 20:00; 10. Rachel Suess, SU, 20:04; 11. Ann McCanick, SMC, 20:09; 12. Nicole Beatty, SMC, 20:11; 13. Katrina Schwerdtfeger, WWU, 20:13; 14. Emma Rea, WWU, 20:17; 15. Phoebe Rorhnbacher, SU, 20:18.

NCAA Pre-Nationals (Sept. 25 at Evansville, Ind.): Men's Team Scores - Lockhaven 47, Tennessee Chattanooga 65, Lewis 90, UC San Diego 132, Cal Poly Pomona 134, Stonehill 134, Kennesaw State 198, Southern Indiana 209, Mars Hill 215, Alaska Anchorage 227, Grand Valley 262, East Stroudsburg 260, Alabama Huntsville 384, Wheeling Jesuit 392, Wingate 452. **Individuals (8,000 Meters)** - 1. Daniel Rojas, CPP, 24:59; 22. Brandon Stum, UAA, 26:05; 33. Aaron Dickson, UAA, 26:22; 40. Brent Knight, UAA, 26:29; 65. Nate Normadin, UAA, 27:11. **Women's Team Scores** - Tennessee Chattanooga 34, Kennesaw State 92, Alabama Huntsville 115, Southern Indiana 130, Stonehill 138, UC

San Diego 139, Cal Poly Pomona 185, Grand Valley 224, East Stroudsburg 229, Mars Hill 248, Alaska Anchorage 261, Wingate 304, Lockhaven 318, Lewis 327, Wheeling Jesuit 426. **Individuals (5,000)** - 1. Shannon Wommack, UTC, 21:42; 22. Kamie Jo Massey, UAA, 23:50; 35. Davya Baker, UAA, 24:26; 67. Danielle Pratt, UAA, 25:28; 70. Sarah Hansen, UAA, 25:31.

Boise Invitational (Sept. 25 at Boise, ID): Men's Team Scores - Greater Boise RC 35, Northwest Nazarene 38, Boise State 47, Bronco TC 110. **Individuals (8,000 Meters)** - 1. Forest Braden, BSU, 25:43.60; 6. Zach Dwello, NNU, 26:34.21; 8. Jake Hotchkiss, NNU, 26:53.51; 11. Andy Peters, NNU, 27:26.49; 13. Tyler Lane, NNU, 27:41.73. **Women's Team Scores** - Boise State 16, Northwest Nazarene 47. **Individuals (5,000)** - 1. Rebecca Ward, BSU, 19:06.77; 6. Melanie Nisley, NNU, 19:48.87; 11. Susan Young, NNU, 20:58.86; 13. Mindy Newby, NNU, 21:17.79; 17. Lindsay Graham, NNU, 21:35.95.

CWU Invitational (Oct. 2 at Ellensburg): Men's Team Scores - Whitworth 29, Central Washington 48, Seattle 73, CWU Alumni 104. **Individuals (4 Miles)** - 1. Eric Tollefson, CWU Alums, 20:37.0; 3. Sam Scotchmer, CWU, 21:29.8; 6. Michael Hughes, SU, 21:46.2; 8. Phil Paul, CWU, 21:57.0; 11. Mike Pankiewicz, CWU, 22:19.0. **Women's Team Scores** - Central Washington 38, Whitworth 43, Seattle 46. **Individuals (5,000)** - 1. Kelly Fullerton, SU, 19:26.0; 2. Brandy Anderson, CWU, 19:47.6; 4. Alana Garcia, SU, 20:07.8; 6. Meghan Salveson, SU, 20:10.2; 7. Stephanie Stine, CWU, 20:11.1; 8. Lindy Mullen, CWU, 20:29.0; 9. Rachel Bailey, CWU, 20:30.0.

Willamette Invitational (Oct. 2 at Salem): Men's Team Scores - Chico State 33, Edinboro 117, Willamette 132, Augustana 143, Guelph 146, Eastern Oregon 177, Southern Oregon 229, Notre Dame de Namur 293, British Columbia 319, Humboldt State 332 (12. Northwest Nazarene 363, 16. Saint Martin's 427). **Individuals (8,000 Meters)** - 1. Eric Griffiths, EOU, 24:09.55; 8. Jasper Peach, HSU, 24:36.75; 18. Brian Kostock, HSU, 24:59.34; 37. Jake Hotchkiss, NNU, 25:30.10; 41. Matt DeShazo, HSU, 25:33.70. **Women's Team Scores** - Chico State 48, Edinboro 82, UC San Diego 92, Willamette 137, Guelph 145, British Columbia 193, Augustana 303, Lewis-Clark State 307, Northwest 357, Puget Sound and Eastern Oregon 364 (17. Northwest Nazarene 490, 18. Saint Martin's 517, 21. Humboldt State 567). **Individuals (5,000 Meters)** - 1. Kristina Rody, Guelph, 17:15.38; 57. Janelle Probst, SMC, 19:00.01; 67. Melanie Nisley, NNU, 19:10.89; 76. Nicole Campbell, HSU, 19:18.73; 97. Jessie Dunnam, SMC, 19:38.57.

WWU Invitational (Oct. 9 at Bellingham): Men's Team Scores - Seattle Pacific 46, Western Washington 67, Humboldt State 72, Northwest Nazarene 84, Central Washington 85. **Individuals (10,000 Meters)** - 1. Brian Kostock, HSU, 32:49; 2. Jasper Peach, HSU, 33:01; 5. Tim LeCount, SPU, 33:34; 7. Sam Scotchmer, CWU, 33:50; 8. Sam Brancheau, WWU, 34:00; 9. Aaron Dickson, UAA, 34:02; 10. Jake Hotchkiss, NNU, 34:06. **Women's Team Scores** - Central Washington 64, Seattle Pacific 71, Seattle 78, Western Washington 98, Alaska Anchorage 99, Humboldt State 131, Northwest Nazarene 170. **Individuals (6,000 Meters)** - 1. Karen Dickson, SPU, 21:57; 3. Laura Trevellyan, WWU, 23:01; 4. Kelly Fullerton, SU, 23:15; 6. Alana Garcia, SU, 23:53; 7. Karin Rohde, SPU, 23:54; 8. Brandy Anderson, CWU, 23:57; 9. Mandy Kaempf, UAA, 24:00; 10. Becky Knox, SPU, 24:04.

Evergreen Invitational (Oct. 9 at Olympia): Men's Team Scores - Simon Fraser 26, Saint Martin's 47, Western Oregon 47, Evergreen State 95. **Individuals (8,000 Meters)** - 1. Richard Mosely, SFU, 25:24; 3. Andy Prentice, SMC, 25:59; 4. Chase Wells, WOU, 26:08; 6. Noe Castellon, SMC, 26:25; 8. Nick Crawford, WOU, 26:49; 10. Brent Christensen, SMC, 26:56. **Women's Team Scores** - Simon Fraser 15, Saint Martin's 58, Western Oregon 67. **Individual (5,000 Meters)** - 1. Courtney Inman, SFU, 17:17; 10. Janelle Probst, SMC, 19:14; 11. Leah Trutna, WOU, 19:20; 13. Stephanie Upshaw, WOU, 19:42; 15. Ann McCanick, SMC, 19:58.

Runners Soul Bigfoot Open (Oct. 16 at Spokane): Men's Team Scores - Whitworth 35, CC of Spokane 37, SkinnyRaven 80, Whitman 111, Central Washington 119, Treasure Valley 162, Everett 193. **Individuals (8,000 Meters)** - 1. Mark Currell, CCS, 25:21; 13. Matt Schmitt, CWU, 27:17; 31. Dan Ferguson, CWU, 28:27. **Women's Team Scores** - Whitworth 27, Bloomsday Road Runners 68, Central Washington 76, CC of Spokane 93, Whitman 96, Treasure Valley 175, Flathead Valley 208. **Individuals (5,000 Meters)** - 1. Sierra Witnov, Whtm, 18:50; 7. Marcie Mullen, CWU, 19:43; 9. Emily Picinich, CWU, 19:47; 12. Erica Pitman, CWU, 19:59.

GNAC Championships (Oct. 23 at McKinleyville, CA): Men's Team Scores - Seattle Pacific 71, Alaska Anchorage 80, Western Washington 95, Western Oregon 97, Humboldt State 116, Northwest Nazarene 121, Central Washington 161, Saint Martin's 187, Seattle 218, Alaska Fairbanks 263. **All-Conference (8,000 Meters)** - 1. Tim LeCount, SPU, 25:58; 2. Brian Kostock, SPU, 26:11; 3. Ethan Barrons, WOU, 26:12; 4. Jasper Peach, HSU, 26:27; 5. Andy Prentice, SMC, 26:39; 6. Sam Scotchmer, CWU, 26:40; 7. Bjorn Bostrom, SPU, 26:42; 8. Sam Brancheau, WWU, 26:45; 9. Chase Wells, WOU, 26:48; 10. Keever Henry, WWU, 26:49. **Women's Team Scores** - Central Washington 67, Seattle Pacific 74, Alaska Anchorage 98, Seattle 104, Western Washington 123, Humboldt State 130, Western Oregon 151, Saint Martin's 203, Northwest Nazarene 220, Alaska Fairbanks 265. **All-Conference (6,000 Meters)** - 1. Karen Dickson, SPU, 22:28.02; 2. Laura Trevellyan, WWU, 23:05.87; 3. Kelly Fullerton, SU, 23:26.54; 4. Brandy Anderson, CWU, 23:49.22; 5. Mandy Kaempf, UAA, 23:54.00; 6. Alana Garcia, SU, 23:54.28; 7. Karin Rohde, SPU, 23:57.08; 8. Becky Knox, SPU, 24:03.55; 9. Stephanie Stine, CWU, 24:13.43; 10. Nicole Campbell, HSU, 24:16.98.

NCAA West Regionals (Nov. 6 at Lake Padden, Bellingham): Men's Team Scores - 1. Chico State 30, 2. Cal Poly Pomona 73, 3. Seattle Pacific 143, 4. UC San Diego 154, 5. Alaska Anchorage 180, 6. Western Washington and Western Oregon 197, 8. Humboldt State 200, 9. Central Washington 229, 10. Northwest Nazarene 231, 13. Saint Martin's 353, 14. Seattle 363. **All-Region (10,000 Meters)** - 1. Mark Batres, CPP, 32:09; 5. Jasper Peach, HSU, 32:47; 7. Brian Kostock, HSU, 33:07; 13. Sam Scotchmer, CWU, 33:36; 15. Andy Prentice, SMC, 33:44. **Women's Team Scores** - 1. Chico State 49, 2. UC San Diego 96, 3. Alaska Anchorage 168, 4. Seattle Pacific 172, 5. Central Washington 178, 7. Seattle 225, 8. Western Washington 231, 11. Humboldt State 279, 15. Northwest Nazarene 356, 16. Saint Martin's 415, 17. Western

Oregon 429. **All-Region (6,000 Meters)** – 1. Chelsea Smith, BYUH, 21:43; 2. Karen Dickson, SPU, 22:07; 3. Laura Trevellyan, WWU, 23:04; 5. Kelly Fullerton, SU, 23:11; 9. Mandy Kaempf, UAA, 23:31; 14. Karin Rohde, SPU, 23:49.

NCAA Division II Nationals (Nov. 20 at Evansville, Indiana): Men's Team Scores – 1. Western State 39, 2. Adams State 76, 3. Abilene Christian 137, 4. Chico State 144, 5. Harding 196, 6. Grand Valley State 213, 7. Edinboro 231, 8. Hillsdale 246, 9. Lock Haven 256, 10. Kennesaw 271, 14. Cal Poly Pomona 344, 19. Seattle Pacific 512. **Individuals (10,000 Meters)** – 1. Nicodemus Naimadu, Abilene Christian, 31:38.1; 56. Brian Kostock, HSU, 33:51.9; 64. Tim LeCount, SPU, 34:16.0; 100. Bjorn Bostrom, SPU, 34:58.5; 105. Doug Gibson, SPU, 35:02.8; 117. Brian Cronrath, SPU, 35:22.3; 126. Paul Mach, SPU, 35:42.3; 143. Eddie Strickler, SPU, 36:17.4; 154. James Rosser, SPU, 36:54.2; Jasper Peach, HSU, did not finish. **Women's Team Scores** – 1. Adams State 31, 2. Edinboro 101, 3. Western State 134, 4. Grand Valley State 171, 5. Kennesaw State 215, 6. Chico State 219, 7. Northern Michigan 234, 8. Tampa 242, 9. Harding 277, 10. Central Missouri 322, 17. UC San Diego 382, 21. Alaska Anchorage 489. **Individuals (6,000 Meters)** – 1. Chelsea Smith, BYU-Hawaii, 21:33.0; 4. Karen Dickson, SPU, 21:43.4; 22. Laura Trevellyan, WWU, 22:44.7; 48. Mandy Kaempf, UAA, 23:41.4; 87. Kamie Jo Massey, UAA, 24:20.2; 95. Kelly Fullerton, SU, 24:12.8; 99. Davya Baker, UAA, 24:31.5; 126. Nicole DeYong, UAA, 25:14.8; 129. Stephanie Myers, UAA, 25:16.9; 147. Danielle Pratt, UAA, 25:50.4; 149. Sarah Hansen, UAA, 25:55.5

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Alaska Fairbanks Interior Invitational (Sept. 3 at Fairbanks): Men's Team Scores - Alaska Anchorage 18, Alaska Fairbanks 41. **Individuals (5250 meters)** - 1. David Kiplagat, UAA, 15:52.1; 2. Aaron Dickson, UAA, 16:18.3; 3. Leif Olson, UAA, 16:18.8; 4. Christopher Eversman, UAF, 16:35.0; 5. Drew Dickson, UAA, 16:38.4; 6. Erik Wickstrom, UAF, 16:48.4; 7. Stig Yngve, UAA, 16:52.8; 8. Tyson Flaharty, UAF, 17:15.1; 9. Mick Boyle, UAA, 17:21.6; 10. Auston Ellis, UAA, 17:23.4. **Women's Team Scores** - Alaska Anchorage 26, Alaska Fairbanks 29. **Individuals (5250 Meters)** - 1. Pavla Havlova, UAF, 18:23.3; 2. Laura Carr, UAA, 19:58.9; 3. Julia Coulter, UAF, 20:04.9; 4. Davya Baker, UAA, 20:18.5; 5. Danielle Pratt, UAA, 20:27.0; 6. Kaley Strachen, UAA, 20:32.8; 7. Anna Coulter, UAF, 20:46.8; 8. Krynn Finstad, UAF, 21:12.5; 9. Mary Krusen, UAA, 21:22.6; 10. Tamra Kornfield, UAF, 21:53.4.

Whitman Invitational (Sept. 3 at Walla Walla): Men's Team Scores - Northwest Nazarene 30, Whitworth 31, Whitman 65. **Individuals (6,000 Meters)** - 1. Doug Blackburn, Whtw, 19:12.88; 2. Kevin Lambert, NNU, 19:18.84; 4. Jake Perry, NNU, 19:49.97; 5. Andy Peters, NNU, 19:50.84; 8. Tim Keller, NNU, 20:28.75. **Women's Team Scores** - Whitworth 31, Northwest Nazarene 34, Whitman 66. **Individuals (4000 Meters)** - 1. E. Kristi Dickey, Whtw, 15:09.98; 3. Ashley Puga, NNU, 15:35.32; 6. Melanie Nisly, NNU, 15:49.32; 7. Shannon DeBoer, NNU, 16:21.52; 8. Macey Blaine, NNU, 16:32.38; 10. Rebecca Mishler, NNU, 16:36.08.

UPS Open (Sept. 3 at Tacoma): Men's Team Scores - Puget Sound 21, Saint Martin's 40. **Individuals (8,000 Meters)** - 1. John Riak, SMU, 27:01; 7. Robbie Wilbur, SMU, 28:54. **Women's Team Scores** - Puget Sound 23, Saint Martin's 36. **Individuals (5,000 Meters)** - 1. Sarah Orzell, UPS, 20:01; 2. Janelle Probst, SMU, 20:19; 3. Kaleigh Bishop, SMU, 20:41.

Saint Martin's Invitational (Sept. 9 at Lacey): Men's Team Scores - Saint Martin's 26, Evergreen State 29. **Individuals (5,000 Meters)** – 1. John Riak, SMU, 15:06; 4. Seth Woods, SMU, 16:13; 7. Steve Lalonde, SMU, 16:24; 8. Tris O'Bluck, SMU, 16:47. **Women's Team Scores** – Saint Martin's 16, Evergreen State 43. **Individuals (5,000 Meters)** – 1. Janelle Probst, SMU, 18:36; 2. Kaleigh Bishop, SMU, 18:59; 5. Nicole Beatty, SMU, 20:11; 5. Jessica Pendon, SMU, 20:34; 7. Chelsi Claussen, SMU, 22:05; 8. Katelynn Blume, SMU, 22:49.

Pier Park Invitational (Sept. 9 at Portland): Men's Team Scores - Oregon 15, Portland 51, Clark 96, Portland State 110. **Individuals (6400 Meters)** - 1. J.K. Withers, UO, 20:28.85; 21. Troy Banker, WOU, 22:35; 25. Felipe Jasso, WOU, 22:47; 26. B. Dibos, WOU, 23:00.

Emerald City Open (Sept. 10 at Seattle): Men's Team Scores - Western Washington 35, Seattle Pacific 48, Seattle 81, Northwest 106, Pacific Lutheran 116, Central Washington 139. **Individuals (8,000 Meters)** - 1. Casey Moriarty, SU, 25:38.82; 4. Sam Bedell, WWU, 27:17.45; 5. Sam Brancheau, WWU, 27:20.45; 6. Michael Stewart, WWU, 27:21.83; 7. Doug Gibson, SPU, 27:24.54; 8. Bjorn Bostrom, SPU, 27:25.13; 9. Brian Cronrath, SPU, 27:25.13; 10. Chad Portwood, WWU, 27:37.52. **Women's Team Scores** - Seattle Pacific 43, Central Washington 68, Seattle 82, Western Washington 92, Pacific Lutheran 98, Northwest 117. **Individuals (5,000 Meters)** - 1. Meredith Crane, SPU, 18:16.28; 4. Laura Trevellyan, WWU, 18:57.72; 5. Brandy Anderson, CWU, 19:01.01; 7. Katie Hansen, SU, 19:19.24; 8. Karin Rohde, SPU, 19:19.91; 9. Mary Moriarty, SPU, 19:23.71; 10. Rachel Bailey, CWU, 19:26.79.

Humboldt Invitational (Sept. 10 at Arcata): Men's Team Scores - Fresno Pacific 31, Humboldt State 31, Oregon Tech 68. **Individuals (8,000 Meters)** - 1. Brian Kostock, HSU, 25:56.34; 4. Jimmy Elam, HSU, 26:28.62; 7. Eric Tibbetts, HSU, 26:38.24. **Women's Team Scores** - Fresno Pacific 17, Humboldt State 40, Mills 75. **Individuals (5,000 Meters)** - 1. Nicole Campbell, unat., 18:58.45; 6. Jessica Rendon, HSU, 19:24.12; 9. Ariel Gray, HSU, 20:14.17.

UAA Lynx Invitational (Sept. 10 at Anchorage): Men's Team Scores - Alaska Anchorage 15, Alaska Fairbanks 49. **Individuals (5,000 Meters)** - 1. David Kiplagat, UAA, 15:44; 2. Aaron Dickson, UAA, 16:15; 3. Drew Dickson, UAA, 16:21; 4. Leif Olson, UAA, 16:27; 5. Stig Yngve, UAA, 16:39; 6. Mick Boyle, UAA, 16:44; 7. Chris Eversman, UAF, 16:48; 8. Austin Ellis, UAA, 17:10. **Women's Team Scores** - Alaska Anchorage 23, Alaska Fairbanks 38. **Individuals (5,000 Meters)** - 1. Pavla Havlova, UAF, 18:14; 2. Laura Carr, UAF, 19:54; 3. Davya Baker, UAA, 20:04; 4. Julia Coulter, UAF, 20:11; 5. Stacy Edwards, UAA, 20:16; 6. Danielle Pratt, UAA, 20:33; 7. Brittany Greer, UAA, 20:34; 8. Kelly Strachen, UAA, 20:54.

Northwest Nazarene Invitational (Sept. 10 at Nampa): Men's Team Scores - Albertson 54, Lewis-Clark State 72, Northwest Nazarene 74, Boise State 74, Eastern Oregon 75, Treasure Valley 156. **Individuals (6000 Meters)** - 1. Aron Rono, unat., 18:06.08; 9. Jake Perry, NNU, 19:05.05; 14. Kevin Lambert, NNU, 19:26.15; 17. Andy Peters, NNU, 19:29.31. **Women's Team Scores** - Eastern Oregon 42, Boise State 46, Lewis-Clark State 67, Northwest Nazarene 81, Albertson 127. **Individuals (4,000 Meters)** - 1. Robin Wemple, unat., 14:27.68; 6. Ashley Puga, NNU, 14:49.92; 16. Macey Blaine, NNU, 15:40.37.

National Catholic at South Bend (Sept. 16 at South Bend): Men's Team Scores - 1. Duquesne 45, 2. Notre Dame 46, 15. Saint Martin's 450. **Division II** - 1. Lewis 47, 7. Saint Martin's 206. **Individuals (5 Miles)** - 1. Patrick Smythe, UND, 24:36; 15. John Riak, SMU, 25:43; 89. Tris O'Bluck, SMU, 27:28; 117. Robbie Wilbur, SMU, 27:46; 129. Seth Woods, SMU, 27:52; 130. Steve LaLonde, SMU, 27:53. **Women's Team Scores** - 1. Notre Dame 48, 17. Saint Martin's 490. **Division II** - 1. Bellarmine 66, 7. Saint Martin's 219). **Individuals (5,000 Meters)** - 1. Sunni Olding, UND, 17:42; 38. Janelle Probst, SMU, 19:26; 83. Kaleigh Bishop, SMU, 20:11; 119. Jessica Pendon, SMU, 20:41; 129. Dharma Beatty, SMU, 20:52; 163. Lakita Burr, SMU, 21:21.

Sundodger Classic (Sept. 17 at Lincoln Park): Men's Open: Team Scores - Willamette 45, Portland 72, British Columbia 177, Simon Fraser 183, Western Washington 203 (9. Seattle Pacific 275, 12. Northwest Nazarene 328, 17. Seattle 492, 22. Central Washington 611). **Individuals (8,000 Meters)** - 1. Nick Arciniaga, Team Saucony, 24:39; 32. Kevin Lambert, NNU, 25:47; 39. Sam Brancheau, WWU, 25:53; 48. Carlo Lozano, SPU, 26:03; 49. Sam Bedell, WWU, 26:04; 50. Sam Gibson, SPU, 26:04. **Men's Invitational (8,000 Meters)** - 1. Austin Ramos, UCLA, 24:00; 3. Casey Moriarty, SU, 24:07. **Women's Open Team Scores** - Simon Fraser 38, British Columbia 89, Seattle Pacific 177, Willamette 181, Lewis & Clark 186 (8. Seattle 223, 9. Central Washington 230, 12. Western Washington 323). **Individuals (6,000 Meters)** - 1. Kristen Kolstad, SFU, 21:43; 8. Laura Trevellyan, WWU, 22:18; 13. Brandy Anderson, CWU, 22:34; 16. Josie Lavin, SPU, 22:36; 19. Mary Moriarty, SPU, 22:38; 24. Karin Rohde, SPU, 22:54; 25. Katie Hansen, SU, 22:58; 31. Rachel Bailey, CWU, 23:09; 32. Molly Follen, SU, 23:09; 45. Alana Garcia, SU, 23:22; 46. Marcie Mullen, CWU, 23:22. **Women's Invitational (6,000 Meters)** - 1. Haley Paul, WSU, 20:50; 7. Meredith Crane, SPU, 21:21.

Saint Martin's Open (Sept. 24 at Lacey): Men's Team Scores - Victoria 20, Seattle Pacific 63, Western Oregon 88, Saint Martin's 104, Western Washington 121, Highline 142, Evergreen 167. **Individuals (8,000 Meters)** - 1. John Riak, SMU, 25:49; 7. Carlo Lozano, SPU, 26:40; 8. Bul Nyoup, WWU, 26:50; 10. Nic Crawford, WOU, 26:59; 11. Bjorn Bostrom, SPU, 26:50; 12. Brian Cronrath, SPU, 27:00; 15. Filipe Jasso, WOU, 27:15; 16. Nic Karr, WOU, 27:18; 17. Eddie Strickler, SPU, 27:26; 18. Doug Gibson, SPU, 27:32; 20. Tris O'Bluck, SMU, 27:38. **Women's Team Scores** - Victoria 26, Seattle Pacific 38, Western Washington 101, Saint Martin's 114, Western Oregon 124, Evergreen State 154, Bellevue 197. **Individuals (5,000 Meters)** - 1. Meredith Crane, SPU, 17:33; 4. Karin Rhode, SPU, 18:24; 10. Janelle Probst, SMU, 18:36; 11. Josie Lavin, SPU, 18:41; 16. Megan Wrightman, SPU, 19:18; 17. Rachel Peters, WOU, 19:19; 19. Becky Knox, SPU, 19:26.

Stanford Invitational (Sept. 24 at Palo Alto): Men's Short Course Team Scores - Stanford 23, Azusa Pacific 72, Texas Tech 97, Cal Coast TC 113, Humboldt State 134. **Individuals (4,000 Meters)** - 1. Russell Brown, Stanf, 11:59; 16. Brian Kostock, HSU, 12:49; 18. Eric Tibbetts, HSU, 12:50; 20. Jimmy Elam, HSU, 12:52. **Long Course Team Scores** - Stanford 50, Chico State 66, UC San Barbara 102, Liberty 131, California 141 (13. Alaska Anchorage 440). **Individuals (8,000 Meters)** - 1. Josh McDougal, Liberty, 23:24; 18. David Kiplagat, UAA, 24:27; 54. Leif Olson, UAA, 25:13. **Women's Short Course Team Scores** - Stanford 23, Simon Fraser 79, British Columbia 99, Valpariso 147, UC Davis 154 (14. Humboldt State 366). **Individuals (4,000 Meters)** - 1. Amanda Trotter, Stanford, 14:03; 50. Jessica Rendon, HSU, 15:48; 88. Heather Moulton, HSU, 16:44; 89. Nicole Beare, HSU, 16:45. **Long Course Team Scores** - Stanford 31, Chico State 136, Portland 155, San Diego State 189, UC Santa Barbara 193 (18. Alaska Anchorage 485). **Individuals (6,000 Meters)** - 1. Arianna Lambie, Stanf, 21:15; 35. Mandy Kaempf, UAA, 22:41; 74. Stacy Edwards, UAA, 23:31.

CWU Apple Ridge Run (Sept. 24 at Naches): Men's Team Scores - Central Washington 17, Whitworth 42. **Individuals (8,000 Meters)** - 1. Sam Scotchmer, unat., 26:44; 5. Brian Rockenbach, CWU, 28:58; 7. Danny Weiser, CWU, 29:37; 8. Kevin Oberholser, CWU, 29:54; 9. Gabe Andrews, CWU, 29:57. **Women's Team Scores** - Central Washington 21, Whitworth 34. **Individuals (5,000 Meters)** - 1. Brandy Anderson, CWU, 19:12; 3. Rachel Bailey, CWU, 19:48; 4. Sarah Benson, CWU, 19:57; 6. Marcie Mullen, CWU, 20:18; 7. Andrea Ring, CWU, 20:41.

Willamette Invitational (Oct. 1 at Salem): Men's Team Scores - 1. Chico State 15, 2. Willamette 101, 3. Victoria 140, 4. St. John's, Minn. 173, 5. Southern Oregon 200 (13. Humboldt State 374, 18. Saint Martin's 483). **Individual (8,000 Meters)** - 1. Charlie Serrano, Chico, 24:22.55; 17. John Riak, SMU, 25:12.4; 23. Brian Kostock, HSU, 25:17.6; 54. Jimmy Elam, HSU, 25:54.7; 62. Eric Tibbetts, HSU, 26:03.9. **Women's Team Scores** - 1. Chico State 19, 2. British Columbia 148, 3. Willamette 180, 4. Claremont Mudd Scripps 186, 5. Central Washington 204 (12. Northwest Nazarene 358, 18. Humboldt State 468, 20. Saint Martin's 547). **Individuals (5,000 Meters)** - 1. Jennifer James, Chico, 17:49.75; 15. Brandy Anderson, CWU, 18:30.15; 24. Rachel Bailey, CWU, 18:42.5; 33. Ashley Puga, NNU, 18:54.55; 34. Jessica Rendon, HSU, 18:55.0; 35. Janelle Probst, SMU, 18:55.9; 40. Melanie Nisley, NNU, 18:59.1; 46. Sarah Nelson, CWU, 19:03.0.

WWU Invitational (Oct. 8 at Bellingham): Men's Team Scores - Western Washington 28, Seattle Pacific 46, Seattle 66, Central Washington 109. **Individuals (10,000 Meters)** - 1. Casey Moriarty, SU, 31:56; 6. Carlo Lozano, SPU, 33:10; 8. Logan Senrud, WWU, 33:10; 9. Sam Brancheau, WWU, 33:30; 14. Brian Cronrath, SPU, 33:47; 16. Bul Nyuop, WWU, 33:52; 18. Chad Portwood, WWU, 34:05; 19. Keever Henry, WWU, 34:11. **Women's Team Scores** - Seattle Pacific 20, Seattle 62, Western Washington 69, San Francisco State 85, Central Washington 152. **Individuals (6,000 Meters)** - 1. Meredith Crane, SPU, 21:52; 4. Laura Trevellyan, WWU, 22:32; 6. Mary Moriarty, SPU, 22:51; 9. Karin

Rohde, SPU, 23:02; 14. Josie Lavin, SPU, 23:13; 15. Alana Garcia, SU, 23:14; 17. Kim Beaman, SPU, 23:39; 18. Suzie Strickler, SPU, 23:39; 19. Katie Hansen, SU, 23:42; 20. Molly Follen, SU, 23:45.

UAA Double Dual (Oct. 8 at Anchorage): Men's Team Scores - Alaska Anchorage 21, Cal Poly Pomona 34, Alaska Fairbanks 77. **Individuals (8,000 Meters)** - 1. David Kiplagat, UAA, 26:22.46; 3. Leif Olson, UAA, 27:21.99; 4. Aaron Dickson, UAA, 27:31.45; 5. Benjamin Sonntag, UAA, 27:36.87; 8. Drew Dickson, UAA, 27:38.82. **Women's Team Scores** - Cal Poly Pomona 35, Alaska Anchorage 40, Alaska Fairbanks 51. **Individuals (6,000 Meters)** - 1. Pavla Havlova, UAF, 22:53.48; 2. Mandy Kaempf, UAA, 23:39.06; 6. Johanna Turenen, UAF, 24:24.30; 7. Stacy Edwards, UAA, 24:46.29; 9. Laura Carr, UAA, 24:57.25.

Boise State WAC Preview (Oct. 8 at Boise): Men's Team Scores - Lewis-Clark State 26, Northwest Nazarene 33. **Individuals (8,000 Meters)** - 1. Forest Braden, unat., 25:51; 5. Jake Perry, NNU, 26:16; 8. Kevin Lambert, NNU, 26:36; 9. Andy Peters, NNU, 26:40. **Women's Team Scores** - Boise State 33, Nevada Reno 46, Lewis-Clark State 67, Northwest Nazarene 74. **Individuals (5,000 Meters)** - 1. Robin Nixon, unat., 17:58; 9. Melanie Nisley, NNU, 19:24; 10. Ashley Puga, NNU, 19:25.

TESC Pete Steilberg Open (Oct. 8 at Olympia): Men's Team Scores - Simon Fraser 21, Western Oregon 62, Evergreen State 80, Saint Martin's 90, Warner Pacific 110. **Individuals (8,000 Meters)** - 1. John Riak, unat., 25:33; 8. Nic Crawford, WOU, 26:34; 11. Filipe Jasso, WOU, 26:49; 19. Seth Woods, SMU, 27:29; 20. Nic Karr, WOU, 27:39. **Women's Team Scores** - Simon Fraser 15, Saint Martin's 64, Western Oregon 69, Evergreen State 95. **Individuals (5,000 Meters)** - 1. Julia Howard, SFU, 17:47; 8. Janelle Probst, SMU, 19:01; 10. Rachel Peters, WOU, 19:30; 14. Kaleigh Bishop, 20:08; 15. Sarah Howell, WOU, 20:13.

Portland State 15, Western Oregon 52 (Oct. 12 at Bush Park, Salem) - 1. Molly Cole, PSU, 11:29; 7. Rachel Peters, WOU, 12:27; 11. Sarah Howell, WOU, 12:57; 12. Jen Peterson, WOU, 13:52.

EWU Invitational (Oct. 15 at Cheney): Women's Team Scores - Montana 20, Eastern Washington 51, Central Washington 71, Washington State B 116, Gonzaga 126, Idaho B 138 (**Dual** - EWU 23, CWU 32). **Individuals (5,000 Meters)** - 1. Allie Brosh, Montana, 18:31.6; 9. Rachel Bailey, CWU, 19:47.7; 14. Marcie Mullen, CWU, 20:04.5; 16. Sarah Benson, CWU, 20:06.7; 23. Andrea Ring, CWU, 20:30.0.

GNAC Championships (Oct. 22 at East Lake Padden, Bellingham): Men's Team Scores - Alaska Anchorage 39, Western Washington 88, Humboldt State 91, Seattle Pacific 97, Northwest Nazarene 149, Western Oregon 151, Seattle 161, Central Washington 207, Saint Martin's 231, Alaska Fairbanks 236. **All-Conference (8,000 Meters)** - 1. Casey Moriarty, SU, 25:16; 2. David Kiplagat, UAA, 25:57; 3. Brian Kostock, HSU, 26:06; 4. Jasper Peach, HSU, 26:08; 5. Aaron Dickson, UAA, 26:29; 6. Logan Senrud, WWU, 26:30; 7. Eric Tibbetts, HSU, 26:31; 8. Kevin Lambert, NNU, 26:32; 9. Leif Olson, UAA, 26:36; 10. Drew Dickson, UAA, 26:38. **Women's Team Scores** - Seattle Pacific 54, Alaska Anchorage 71, Central Washington 91, Seattle 123, Northwest Nazarene 138, Western Washington 148, Alaska Fairbanks 148, Humboldt State 182, Western Oregon 211, Saint Martin's 245. **All-Conference (6,000 Meters)** - 1. Pavla Havlova, UAF, 22:15; 2. Meredith Crane, SPU, 22:32; 3. Mandy Kaempf, UAA, 22:36; 4. Laura Trevellyan, WWU, 22:43; 5. Alana Garcia, SU, 22:57; 6. Johanna Turunen, UAF, 23:03; 7. Mary Moriarty, SPU, 23:11; 8. Rachel Bailey, CWU, 23:12; 9. Stacy Edwards, UAA, 23:13; 10. Laura Carr, UAA, 23:22.

Bellevue CC Invitational (Oct. 29 at Lake Sammamish, Issaquah): Men's Team Scores - Team scores not available due to dropped pull tags for finishers #37 through #75. **Individuals (8,000 Meters)** - 1. Sam Scotchmer, unat., 25:33; 8. Josh Beck, WWU, 26:15; 12. Keever Henry, WWU, 26:29; 21. Bobby Carlson, WWU, 27:03; 25. Arthur Gamirov, WWU, 27:13; 27. Mike Zetterberg, SPU, 27:16. **Women - JCs - CC Spokane 20, Highline 46, Bellevue 68. Colleges/Clubs, Seattle Running Club 15, Seattle Pacific 43, Central Washington 74. Individuals (5,000 Meters)** - 1. Jen Tonkin, SRC, 18:06.56; 10. Hanane Benanaya, SPU, 19:54.10; 12. Nikki Jensen, SPU, 19:58.80; 15. Teona Perkins, SPU, 20:24.74; 16. Jessica Pendon, SMU, 20:31.10; 17. Heidi Peterson, SPU, 20:34.62.

NCAA West Regionals (Nov. 5 at Chino, Calif.): Men's Team Scores - Chico State 23, Cal Poly Pomona 97, Alaska Anchorage 106, Western Washington 124, Seattle Pacific 172, Humboldt State 193, UC San Diego 197, Cal State Stanislaus 214, BYU-Hawaii 278, Seattle 279, Western Oregon 288, Hawaii Hilo 325, Northwest Nazarene 338, San Francisco State 349, Central Washington 353, Saint Martin's 443. **Individuals (10,000 Meters)** - 1. Patrick Boivin, Chico, 31:23.6; 5. Casey Moriarty, SU, 32:34.1; 8. David Kiplagat, UAA, 32:55.3; 13. Aaron Dickson, UAA, 33:14.6; 15. Leif Olson, UAA, 33:24.3; 17. Logan Senrud, WWU, 33:30.5; 18. Doug Gibson, SPU, 33:32.5; 20. Bjorn Bostrom, SPU, 33:45.7; 21. Brian Kostock, HSU, 33:45.7; 22. Sam Brancheau, WWU, 33:49.6; 24. Drew Dickson, UAA, 33:53.0; 27. Jake Perry, NNU, 34:07.4; 29. Keith Lemay, WWU, 34:18.6. **Women's Team Scores** - Chico State 42, UC San Diego 62, Alaska Anchorage 129, Seattle Pacific 134, Cal State L.A. 163, Central Washington 197, Cal Poly Pomona 246, Seattle 270, Western Washington 278, BYU-Hawaii 282, Hawaii Pacific 285, CSU San Bernardino 286, CSU Stanislaus 294, San Francisco State 385, Northwest Nazarene 403, Humboldt State 417, CSU Bakersfield 422, Alaska Fairbanks 440, Sonoma State 453, Saint Martin's 520, Chaminade 566. **Individuals (6,000 Meters)** - 1. Miriam Hodgins, UC San Diego, 21:59.8; 4. Mandy Kaempf, UAA, 22:22.7; 5. Meredith Crane, SPU, 22:23.3; 8. Pavla Havlova, UAF, 22:31; 9. Laura Trevellyan, WWU, 22:34.5; 13. Stacy Edwards, UAA, 22:55.9; 21. Karin Rohde, SPU, 23:29.3; 25. Josie Lavin, SPU, 23:38.1; 26. Laura Carr, UAA, 23:41.1; 28. Marcie Mullen, CWU, 23:46.1; 30. Sarah Benson, CWU, 23:50.4.

NCAA Nationals (Nov. 19 at Chino, Calif.): Men's Team Scores - 1. Western State 51, 2. Adams State 108, 3. Chico State 127, 4. Grand Valley State 131, 5. Saginaw Valley State 218, 14. Cal Poly Pomona 339, 20. Alaska Anchorage 490. **Individuals (10,000 Meters)** - 1. Nicodemus Naimadu, Abilene Christian, 30:13.8; 15. Casey Moriarty, SU, 32:08.6; 47. David Kiplagat, UAA, 33:20.9; 96. Aaron Dickson, UAA, 34:36.1; 115. Drew Dickson, UAA, 35:12.7; 149. Leif Olson, UAA, 36:14.8; 152. Mick Boyle, UAA, 36:31.8; 168. Stig Yngve, UAA, 40:06.9;

Benjamin Sonntag, did not finish. **Women's Team Scores** - 1. Adams State 54, 2. Grand Valley State 69, 3. Western State 154, 4. Chico State 162, 5. Colorado Mines 194, 7. UC San Diego 225, 12. Alaska Anchorage 350. **Individuals (6,000 Meters)** - 1. Mandi Zemba, Grand Valley, 21:01.7; 22. Pavla Havlova, UAF, 22:13.3; 46. Mandy Kaempf, UAA, 22:51.2; 64. Laura Carr, UAA, 23:29.8; 71. Stacy Edwards, UAA, 23:38.2; 114. Davya Baker, UAA, 24:27.3; 129. Kaley Strachen, UAA, 24:40.6; 156. Danielle Pratt, UAA, 25:33.9; 163. Mary Krusen, UAA, 25:50.9.

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Puget Sound Invitational (Sept. 2 at Fort Steilacoom): Men's Team Scores - Puget Sound 24, Saint Martin's 34; Puget Sound 16, Alaska Fairbanks 46; Saint Martin's 21, Alaska Fairbanks 34. **Individuals (8,000 meters)** - 1. John Riak, SMU, 26:46; 6. Niwar Nasim, SMU, 29:01; 7. Robbie Wilbur, SMU, 29:16; 9. Ander Gillis, UAF, 29:28. **Women's Team Scores** - Puget Sound 23, Alaska Fairbanks 32; Puget Sound 20, Saint Martin's 36; Alaska Fairbanks 25, Saint Martin's 30. **Individuals (6,000 Meters)** - 1. Brittany Hodgson, UPS, 19:52; 3. Aurelia Korhauer, UAF, 20:26; 4. Jessie Dunnam, SMU, 20:52; 5. Elisabeth Habermann, UAF, 21:01; 7. Anna Coulter, UAF, 21:21; 8. Kaleigh Bishop, SMU, 21:25.

Pacific Boxer Rebellion (Sept. 2 at Forest Grove): Men's Team Scores - Linfield 36, Corban 49, Western Oregon 84, Pacific 91, Lewis & Clark 98. **Individuals (8,000 Meters)** - 1. Brent Fahsolz, Corban, 28:16.37; 7. Braxton Jackson, WOU, 29:16.15; 18. Nick Karr, WOU, 30:09.88. **Women's Team Scores** - Lewis & Clark 24, Linfield 47, Corban 63, Western Oregon inc. **Individuals (6,000 Meters)** - 1. Tamma Carleton, L&C, 22:32.27; 24. Sara Howell, WOU, 26:58.25; 28. Shirlon Moncrief, WOU, 27:50.80.

Whitman Invitational (Sept. 2 at Walla Walla): Men's Team Scores - Whitworth 18, Whitman 48, Northwest Nazarene 74. **Individuals (6,000 Meters)** - 1. Jacob Deitz, Whtw, 19:46.57; 8. Zach Lane, NNU, 20:12.69; 13. Seth Clark, NNU, 20:33.72. **Women's Team Scores** - Whitman 24, Whitworth 35, Northwest Nazarene 79. **Individuals (4,000 Meters)** - 1. Kristi Dickey, unat, 15:15.57; 10. Shannon DeBoer, NNU, 16:40.56.

Saint Martin's - TESC Dual (Sept. 6 at Olympia): Men's Team Scores - Saint Martin's 23, Evergreen State 32. **Individual (5,000 Meters)** - 1. John Riak, SMU, 14:53; 5. Robbie Wilbur, SMU, 16:30; 6. Steven LaLonde, SMU, 16:32; 7. Niwar Nasim, SMU, 16:47; 9. Tristan Beach, SMU, 17:04. **Women's Team Scores** - Saint Martin's 25, Evergreen State inc. **Individuals (5,000 Meters)** - 1. Kelly Beckham, TESC, 19:05; 2. Jessie Dunnam, SMU, 19:20; 3. Amy Layton, SMU, 19:32; 5. Taylor Shipman, SMU, 20:26; 7. Jessica Pendon, SMU, 20:55; 8. Krinda Carlson, SMU, 20:58; 9. Chelsi Claussen, SMU, 20:58; 10. Kaleigh Bishop, SMU, 21:55.

Portland Pier Point (Sept. 8 at Portland): Men's Team Scores - None. **Individuals (4 Miles)** - 1. Shadrack Kiptoo, Oregon, 19:46.86; 30. Nick Crawford, WOU, 21:20.95; 37., Mike Schmidt, WOU, 21:42.46; 56. Kurt Sommer, WOU, 22:25.43; 64. Troy Banker, WOU, 23:02.90; 69. Jeff Long, WOU, 23:17.78; 70. Braxton Jackson, WOU, 23:28.67; 73. Kyle Seick, WOU, 23:43.68; 79. Josh Vredenberg, WOU, 24:55.25

Northwest Nazarene Hampton Inn Fall Classic (Sept. 9 at Nampa): Men's Team Scores - Boise State 26, Albertson 53, Lewis-Clark State 57, Eastern Oregon 93, Northwest Nazarene 137, Treasure Valley 152. **Individuals (6,000 Meters)** - 1. Ty Axtman, BSU, 18:36.71; 18. Seth Clark, NNU, 20:12.61; 24. Zach Lane, NNU, 20:35.24. **Women's Team Scores** - Lewis-Clark State 35, Boise State 44, Eastern Oregon 75, Northwest Nazarene 81, Albertson 120. **Individuals (4,000 Meters)** - 1. Breanna Sande, Boise State, 14:40.80; 5. Ashley Puga, NNU, 15:01.36; 14. Holly Mishler, NNU, 16:00.14; 20. Shannon DeBoer, NNU, 16:27.30.

Chico State Invitational (Sept. 9 at Oroville, CA): Women's Team Scores - Chico State 16, CSU Stanislaus 63, San Francisco State 71, Humboldt State 72, Seattle Pacific inc. **Individuals (6,000 Meters)** - 1. Mary Torres, CSUC, 24:26; 5. Mary Moriarty, SPU, 25:10; 7. Jane Larson, SPU, 25:15; 8. Karin Rohde, SPU, 25:16.

Emerald City (Sept. 9 at Woodland Park, Seattle): Men's Team Scores - Western Washington 17, Seattle Pacific 47, Seattle 72. **Individuals (8,000 Meters)** - 1. Anthony Tomsich, WWU, 26:51.71; 2. Sam Bedell, WWU, 27:09.42; 5. Bul Nyuop, WWU, 27:22.68; 7. Josh Beck, WWU, 27:27.29; 8. Nicholas Alvarado, SU, 27:31.18; 9. Bjorn Bostrom, SPU, 27:37.41; 10. Casey Barten, WWU, 27:38.89. **Women's Team Scores** - Seattle Pacific 28, Western Washington 40, Seattle 61. **Individuals (6,000 Meters)** - 1. Jessica Pixler, SPU, 22:31.69; 3. Katie Hansen, SU, 23:31.36; 5. Suzie Strickler, SPU, 23:46.05; 6. Ashley McDougall, WWU, 23:47.92; 7. Megan Wrightman, SPU, 23:55.98; 8. Danielle Slaughter, WWU, 24:21.44; 9. McKinley Williams, WWU, 24:30.88; 10. Rachel Yorkston, SU, 24:35.64.

Lewis & Clark Invitational (Sept. 9 at Portland): Men's Team Scores - Linfield 43, Central Washington 64, Whitman 68, Corban 78, Lewis & Clark 129, Oregon Tech 155, Pacific 203, Warner Pacific 215. **Individuals (8,000 Meters)** - 1. Sam Scotchmer, CWU, 25:54.5; 10. John McDonald, CWU, 26:54.0; 13. Scott Palmer, CWU, 26:57.3; 19. James Roach, CWU, 27:17.6; 21. Brian Rockenbach, CWU, 27:22.5. **Women's Team Scores** - Central Washington 46, Lewis & Clark 56, Whitman 57, Linfield 83, Corban 129, Oregon Tech 140. **Individuals (6,000 Meters)** - 1. Katie Hummel, CWU, 21:45.7; 2. Rachel Bailey, CWU, 22:10.1; 10. Sarah Benson, CWU, 23:47.7; 15. Amber Green, CWU, 24:19.6; 18. Mary Bakeman, CWU, 24:32.0.

National Catholic (Sept. 15 at South Bend, Ind.): Men's Team Scores - 1. Notre Dame 48, 15. Saint Martin's 428 (**Division 2** - Loras 95, 6. Saint Martin's 185). **Individuals (5,000 Miles)** - 1. John Riak, SMU, 24:38; 2. Jake Watson, Notre Dame, 24:40; 86. Niwar Nasim, SMU, 27:53; 119. Robbie Wilbur, 28:31; 132. Tristan Beach, SMU, 28:44; 166. Josh Gatbunton, SMU, 29:26; 231. Kevin Tober, SMU, 34:35. **Women's Team Scores** - 1. Notre Dame and Marquette 28, 18. Saint Martin's 562. **Individuals (5,000 Meters)** - 1. Sunni Olding, UND,

17:51; 68. Amy Layton, SMU, 20:17; 89. Jessie Dunnam, SMU, 20:38; 114. Taylor Shipman, SMU, 21:03; 159. Jessica Pendon, SMU, 21:59; 175. Krinda Carlson, SMU, 22:05; 185. Kaleigh Bishop, SMU, 22:27; 192. Chelsi Claussen, SMU, 22:50.

UW Sundodger (Sept. 16 at Seattle, Lincoln Park): Men's Open Team Scores - Chico State 80, Western Washington 98, Concordia 128, Spokane CC 138, Alaska Anchorage 183 (8. Central Washington 249, 10. Seattle Pacific 296, 18. Seattle 545, 22. Northwest Nazarene 621). **Individuals (8,000 Meters)** - 1. David Kiplagat, UAA, 24:38; 12. Anthony Tomsich, WWU, 25:17; 14. Sam Scotchmer, CWU, 25:20; 21. Logan Senrud, WWU, 25:29; 23. Chad Portwood, WWU, 25:30; 25. Sam Brancheau, WWU, 25:32. **Women's Open Team Scores** - Simon Fraser 59, Seattle Pacific 71, Chico State 80, Puget Sound 181, Cal State L.A. 221 (7. Alaska Anchorage 247, 11. Western Washington 302; 13. Central Washington 331, 17. Seattle 407). **Individuals (6,000 Meters)** - 1. Jessica Pixler, SPU, 21:35; 10. Mary Moriarty, SPU, 22:13; 11. Rachel Bailey, CWU, 22:21; 13. Karin Rohde, SPU, 22:34; 16. Jane Larson, SPU, 22:34; 20. Katie Hansen, SU, 22:40.

Saint Martin's Invitational (Sept. 23 at Lacey): Men's Team Scores - Alaska Anchorage 34, Western Oregon 55, Western Washington 76, Seattle Pacific 91, Saint Martin's 116, Evergreen State 160, Bellevue CC 193. **Individuals (8,000 Meters)** - 1. John Riak, SMU, 25:09; 2. David Kiplagat, UAA, 25:14; 3. Aaron Dickson, UAA, 25:59; 4. Nick Crawford, WOU, 26:13; 5. Brent Knight, UAA, 26:14; 6. Josh Beck, WWU, 26:18; 7. Cale McCulloch, WWU, 26:26; 8. Nik Karr, WOU, 26:27; 9. Mike Schmidt, WOU, 26:34; 10. Brian Cronrath, SPU, 26:36. **Women's Team Scores** - Seattle Pacific 26, Club Northwest 65, Alaska Anchorage 80, Western Oregon 102, Western Washington 110, Saint Martin's 123, Bellevue CC 195. **Individuals (6,000 Meters)** - 1. Linda Huyck, CNW, 21:34; 2. Mary Moriarty, SPU, 22:13; 3. Karin Rohde, SPU, 22:31; 4. Jane Larsen, SPU, 22:39; 5. Laura Carr, UAA, 22:57; 7. Elizabeth Chepkosgei, UAA, 23:04; 8. Suzie Strickler, SPU, 23:10; 9. Kate Harline, SPU, 23:10.

CWU Appleridge Invitational (Sept. 23 at Naches): Men's Team Scores - Central Washington 15, Northwest Nazarene 47; Central Washington 15, Alaska Nanooks 48; Alaska Nanooks 24, Northwest Nazarene 31. **Individuals (4 miles)** - 1. Sam Scotchmer, CWU, 20:50; 2. Trevor Kulvi, CWU, 21:34; 3. John McDonald, CWU, 21:45; 4. Brian Rockenbach, CWU, 21:53; 5. Kevin Blount, CWU, 21:55; 7. Allan Spangler, UAF, 22:10; 8. Seth Clark, NNU, 22:11; 9. Jonathan Rank, CWU, 22:16; 10. Zach Lane, NNU, 22:22. **Women's Team Scores** - Central Washington 30, Northwest Nazarene 36; Alaska Nanooks 27, Central Washington 28; Alaska Nanooks 22, Northwest Nazarene 33. **Individuals (5,000 Meters)** - 1. Rachel Bailey, CWU, 18:57; 2. Ashley Puga, NNU, 19:25; 3. Sarah Benson, CWU, 19:39; 4. Julia Coulter, UAF, 19:41; 5. Aurelia Kourthauer, UAF, 19:46; 6. Anna Coulter, UAF, 19:55; 7. Amber Green, CWU, 20:04; 8. Holly Misher, NNU, 20:19; 9. Elisabeth Habermann, UAF, 20:22; 10. Beth Zirbes, UAF, 20:52.

Willamette Invitational (Sept. 30 at Salem, Bush Park): Women's Team Scores - Concordia (Calif) 52, Willamette 129, Puget Sound 194, Azusa Pacific 208, Point Loma Nazarene 239, British Columbia 248, Lewis-Clark State 255, Alaska Anchorage 263, Westmont 277, Central Washington 286 (12. Western Washington 372, 20. Northwest Nazarene 414, 21. Seattle 523, 23. Saint Martin's 605). **Individuals (5,000 Meters)** - 1. Sarah Zerzan, WU, 17:11.0; 4. Katie Hummel, CWU, 17:49.75; 10. Rachel Bailey, CWU, 18:11.8; 14. Katie Hansen, SU, 18:19.65; 16. Ashley Puga, NNU, 18:23.3; 22. Laura Carr, UAA, 18:29.8; 24. Elizabeth Chepkosgei, UAA, 18:34.65. **Men's Team Scores** - Concordia (Calif.) 37, Westmont 149, Alaska Anchorage 152, Western Washington 184, Azusa Pacific 187, Willamette 195, BYU 221, Lewis-Clark State 245 Concordia (Ore.) 256, Puget Sound 299 (16. Central Washington 424, 23. Saint Martin's 572, 26. Seattle 692). **Individuals (8,000 Meters)** - 1. Aron Rono, APU, 23:43.35; 2. David Kiplagat, UAA, 24:06.25; 9. John Riak, SMU, 24:42.15; 12. Sam Scotchmer, CWU, 24:57.3; 13. Aaron Dickson, UAA, 24:57.75; 21. Logan Senrud, WWU, 25:18.90; 30. Brent Knight, WWU, 25:23.65.

WWU Invitational (Oct. 7 at Bellingham): Men's Team Scores - Western Washington 32, Seattle Pacific 72, Central Washington 83, British Columbia 90, Simon Fraser 125, Seattle 151, Evergreen State 175. **Individuals (10,000 Meters)** - 1. David Wambuim SFU, 32:10; 2. John Riak, SMU, 32:10.1; 6. Anthony Tomsich, WWU, 32:40; 7. Sam Scotchmer, CWU, 32:41; 9. Logan Senrud, WWU, 32:55.1; 12. Keever Henry, WWU, 33:13; 14. Bjorn Bostrom, SPU, 33:20; 15. Bul Nyuop, WWU, 33:24. **Women's Team Scores** - Simon Fraser 36, Seattle Pacific 43, Alaska Anchorage 57, British Columbia 118, Western Washington 131, Central Washington 143, Seattle 199. **Individuals (6,000 Meters)** - 1. Rose Wetzel, CNW, 22:07; 3. Mandy Kaempf, UAA, 22:22; 7. Mary Moriarty, SPU, 22:36; 10. Karen Rohde, SPU, 23:03; 11. Jane Larson, SPU, 23:06; 13. Elizabeth Chepkosgei, UAA, 23:08; 14. Rachel Bailey, CWU, 23:09; 15. Laura Carr, UAA, 23:10.

Eastern Oregon Invitational (Oct. 7 at La Grande): Men's Team Scores - Albertson 35, Concordia 37, Eastern Oregon 59, Treasure Valley 131, Northwest Nazarene 132, Northwest 133. **Individuals (8,000 Meters)** - 1. Sean Williams, unat, 26:14.35; 15. Zach Lane, NNU, 27:42.30; 34. Seth Clark, NNU, 28:35.05. **Women's Team Scores** - Eastern Oregon 53, Lewis-Clark State 61, Northwest 63, Northwest Nazarene 96, Albertson 97, Treasure Valley 144, Concordia 175. **Individuals (5,000 Meters)** - 1. Beth Knudtson, NWU, 19:13.73; 2. Ashley Puga, NNU, 19:30.37; 21. Shannon DeBoer, NNU, 21:13.18; 24. Macey Blaine, NNU, 21:20.15.

Pacific Lutheran Invitational (Oct. 7 at Tacoma): Men's Team Scores - Whitworth 46, Western Oregon 46, Linfield 58, Saint Martin's 118, Lewis & Clark 133, Puget Sound 144, Clackamas 168, Pacific Lutheran 200. **Individuals (8,000 Meters)** - 1. Harrison Wilson, Linf, 25:14.5; 2. Mike Schmidt, WOU, 25:28.0; 5. Nick Crawford, WOU, 25:36.0; 8. Braxton Jackson, WOU, 25:58.8; 16. Troy Banker, WOU, 26:28.9; 17. Niwar Nasim, SMU, 26:30.6; 19. Josh Gatbunton, SMU, 26:33.7. **Women's Team Scores** - Whitworth 53, Western Oregon 61, Lewis & Clark 70, Linfield 91, Saint Martin's 115, Pacific Lutheran 126, Puget Sound 176. **Individuals (6,000 Meters)** - 1. Julie Lauterbach, Whtw, 21:58.8; 6. Alee Rowley, WOU, 22:57.5; 8. Jessie Dunnam, SMU, 23:04.7; 10. Shirlon Moncrief, WOU, 23:11.7; 14. Sarah Howell, WOU, 23:23.0; 18. Kim Parry, WOU, 23:29.9; 20. Kambria Schumacher, WOU, 23:34.2.

GNAC Championships (Oct. 21 at Lacey): Men's Team Scores - Western Washington 35, Alaska Anchorage 53, Seattle Pacific 86, Western Oregon 104, Central Washington 117, Saint Martin's 169, Seattle University 213, Alaska Fairbanks 244, Northwest Nazarene 245. **All-Conference (8,000 Meters)** -1. David Kiplagat, UAA, 24:28.27; 2. Sam Scotchmer, CWU, 24:49.85; 3. Anthony Tomsich, WWU, 25:06.57; 4. John Riak, SMU, 25:07.77; 5. Aaron Dickson, UAA, 25:12.48; 6. Chad Portwood, WWU, 25:18.98; 7. Keever Henry, WWU, 25:26.63; 8. Cale McCulloch, WWU, 25:29.75; 9. Bjorn Bostrom, SPU, 25:30.15; 10. Brent Knight, UAA, 25:33.38. **Women's Team Scores** - Seattle Pacific 34, Alaska Anchorage 44, Central Washington 93, Western Washington 113, Alaska Fairbanks 127, Western Oregon 131, Saint Martin's 195, Northwest Nazarene 203, Seattle University 252. **All-Conference (6,000 Meters)** - 1. Jessica Pixler, SPU, 21:11; 2. Mandy Kaempf, UAA, 21:14; 3. Katie Hummel, CWU, 21:18; 4. Rachel Bailey, CWU, 21:39; 5. Elizabeth Chepkosgei, UAA, 21:50; 6. Mary Moriarty, SPU, 21:56; 7. Karin Rohde, SPU, 22:04; 8. Laura Carr, UAA, 22:24; 9. Jane Larson, SPU, 22:27; 10. Ashley Puga, NNU, 22:28.

Bellevue CC Invitational (Oct. 28 at Bellevue): Men's Team Scores - Spokane CC 15, Western Washington 37, Seattle Running Club 45, Treasure Valley 60, Everett CC 62, Eastside Running Club 72, Bellevue CC 75, Husky Running Club 89, Northwest Indian 128. **Individuals (8,000 Meters)** - 1. Charles Cummings, CCS, 25:17; 6. Josh Beck, WWU, 25:36; 15. Peter Ellis, WWU, 26:22; 17. Kyle Lampi, WWU, 26:27; 19. Geoff Anderson, CWU, 26:29. **Women's Team Scores** - Spokane CC 17, Seattle Pacific 33, Seattle Running Club 43, Treasure Valley 51, Eastside Running Club 55, Bellevue CC 74. **Individuals (5,000 Meters)** - 1. Erica Swanson, CNW, 18:23; 12. Kim Beamon, SPU, 19:19; 13. Lisa Anderberg, SPU, 19:25; 14. Kaitlin Rohde, SPU, 19:32; 17. Katie Hart, SPU, 19:41.

NCAA West Regional (Nov. 4 at Oroville, Calif.): Men's Team Scores - Chico State 32, Cal Poly Pomona 116, Alaska Anchorage 119, Western Washington 121, UC San Diego 261, BYU-Hawaii 165, Hawaii Pacific 238, Western Oregon 242, Cal State Stanislaus 250, Seattle Pacific 250, Humboldt State 285, Central Washington 302, Hawaii Hilo 315, San Francisco State 320, Saint Martin's 352, Seattle 456. **Individuals (10,000 Meters)** - 1. Todd Iacovelli, HPU, 31:58.35; 4. John Riak, SMU, 32:24.52; 5. David Kiplagat, UAA, 32:31.55; 7. Sam Scotchmer, CWU, 32:39.34; 12. Aaron Dickson, UAA, 33:06.98; 15. Brent Knight, UAA, 33:19.17. **Women's Team Scores** - Cal State L.A. 67, Seattle Pacific 70, UC San Diego 76, Chico State 77, Alaska Anchorage 109, Central Washington 171, Cal State Stanislaus 225, Cal Poly Pomona 250, Western Oregon 254, San Francisco State 280, Cal State San Bernardino 302, Humboldt State 334, Hawaii Hilo 370, Western Washington 389, BYU-Hawaii 399, Saint Martin's 422, Seattle 422, Hawaii Pacific 441. **Individuals (6,000 Meters)** - 1. Jessica Pixler, SPU, 20:46.10; 3. Katie Hummel, CWU, 21:10.90; 9. Laura Carr, UAA, 21:47.00; 11. Rachel Bailey, CWU, 21:49.62; 12. Elizabeth Chepkosgei, UAA, 21:51.44; 14. Jane Larson, SPU, 21:54.63.

NCAA Nationals (Nov. 18 at Pensacola, Fla.): Men's Team Scores - 1. Abilene Christian 56, 2. Adams State 70, 3. Western State 113, 4. Chico State 137, 5. Grand Valley State 168, 15. Alaska Anchorage 402, 17. Cal Poly Pomona 421. **Individuals (10,000 Meters)** - 1. Nicodemus Naimadu, Abilene Christian, 29:17.5; 31. John Riak, SMU, 30:25.8; 41. David Kiplagat, UAA, 30:36.4; 85. Brent Knight, UAA, 31:35.7; 92. Aaron Dickson, UAA, 31:40.6; 120. Drew Dickson, UAA, 32:08.0; 147. Mick Boyle, UAA, 32:50.0; 153. Auston Ellis, UAA, 32:57.1; 173. Andy Liebner, UAA, 33:42.9. **Women's Team Scores** - 1. Adams State 94, 2. Western State 101, 3. Grand Valley State 165, 4. Cal State L.A. 169, 5. Harding 186, 6. Seattle Pacific 195, 9. Chico State 228, 16. UC San Diego 369. **Individuals (6000 meters)** - 1. Esther Komen, Western State, 20:09.4; 10. Jessica Pixler, SPU, 20:40.0; 12. Katie Hummel, CWU, 20:43.9; 50. Mary Moriarty, SPU, 21:36.2; 57. Karin Rohde, SPU, 21:39.7; 62. Suzie Strickler, SPU, 21:44.5; 63. Jane Larson, 21:44.6; 79. Megan Wrightman, SPU, 22:04.0; 132. Kate Harline, SPU, 23:04.4.

2007

UAF Three-Way (Aug. 30 at Fairbanks): Men - BYU-Hawaii 28, UAF 29; Hawaii Pacific 26, UAF 32. **Individuals (8,000 Meters)** - 1. Kenneth Harper, BYUH, 27:22.3; 6. Vahur Teppan, UAF, 28:30.2; 8. Ray Sabo, UAF, 28:34.0. **Women** - UAF 26, Hawaii Pacific 31; UAF 30, BYU-Hawaii inc. **Individuals (6,000 Meters)** - 1. Amanda Whitford, BYUH, 24:26.1; 2. Anna Coulter, UAF, 24:49.4; 7. Beth Zirbes, UAF, 25:42.9.

WOU Invitational (Aug. 31 at Monmouth): Men - Wartburg 42, Western Oregon 43, Linfield 57, Lewis & Clark 91, Pacific 137. **Individuals (8,000 Meters)** - 1. Nik Karr, WOU, 25:01; 2. Chris Reed, WOU, 25:03; 9. Justin Karr, WOU, 25:47. **Women** - Wartburg 34, Western Oregon 53, Lewis & Clark 62, Linfield 93. **Individuals (6,000 Meters)** - 1. Amanda Phillips, L&C, 18:44; 7. Shirlon Moncrief, WOU, 20:18; 9. Alee Rowley, WOU, 20:28.

UAF Three-Way (Sept. 1 at Fairbanks): Men - Hawaii Pacific 20, UAF 35; BYU-Hawaii 28, UAF 29. **Individuals (3,870 Meters)** - 1. Kenneth Harper, BYUH, 11:31.9; 5. Vahur Teppan, UAF, 11:51.4; 9. Zach McGill, UAF, 12:07.3. **Women** - UAF 24, Hawaii Pacific 35; BYU-Hawaii 24, UAF 31. **Individuals (3,870 Meters)** - 1. Amanda Whitford, BYUH, 14:12.5; 4. Anna Coulter, UAF, 14:36.1; 5. Beth Zirbes, UAF, 14:38.3; 6. Nikkol Sipes, UAF, 14:41.1.

UAA Invitational (Sept. 1 at Anchorage): Men - Slippery Rock 18, UAA 41. **Individuals (8,000 Meters)** - 1. Jeff Weiss, Slippery Rock, 22:41; 3. David Kiplagat, UAA, 23:21; 7. Paul Rottich, UAA, 24:12; 8. Cornelious Sigei, UAA, 24:13. **Women** - Slippery Rock 23, UAA 36. **Individuals (6,000 Meters)** - 1. Elizabeth Chepkosgei, UAA, 18:39; 4. Ciri Vail, UAA, 19:51; 9. Kaley Strachan, UAA, 20:53.

Northwest Invitational (Sept. 7 at Kirkland). Men - Central Washington 28, Everett CC 59, Whatcom CC 77, Saint Martin's 92, Northwest 102, Evergreen State inc. **Individuals (Four Miles)** - 1. John Riak, SMU, 19:37; 2. Sam Scotchmer, CWU, 19:57; 3. Nick Holt, CWU, 20:36; 5.

Scott Palmer, CWU, 20:56 **Women** - Central Washington 35 , Saint Martin's 36, Everett CC 83, Northwest 91, Evergreen State 104. **Individuals (Three Miles)** - 1. Marcie Mullen, CWU, 17:12; 2. Katie Hummel, CWU, 17:18; 3. Annie Lawreyson, SMU, 18:12.

South Dakota Tech Invitational (Sept. 8): Men – Black Hills State 15, South Dakota Mines 58, MSU Billings 66. **Individuals (8,000 Meters)** – 1. Allen Wood, Black Hills, 26:18.50; 7. Jarred Rensvold, MSUB, 28:33.47. **Women** – Black Hills State 17, MSU Billings 50, South Dakota Mines 74, Rocky Mountain 103. **Individuals (5,000 Meters)** – 1. Kerry Washburn, Black Hills, 19:23.50; 8. Diana Stanley, MSUB, 21:59.60; 9. Mykel Ler, MSUB, 22:11.02; 10. Katie Thiel, MSUB, 22:18.07.

Emerald City Invitational (Sept. 8 at Seattle, Lower Woodland): Men – Seattle 27, Seattle Pacific 51, Western Washington 55. **Individuals (8,000 Meters; Collegians only)** – 1. Blake Medhaug, WWU, 27:18.59; 2. Chad Meis, SPU, 27:30.97; 3. Nathan Heitzinger, SU, 27:34.83; 5. Nicholas Alvarado, SU, 28:14.43. **Women** – Seattle Pacific 22, Seattle 53, Western Washington 60. **Individuals (6,000 Meters)** – 1. Jessica Pixler, SPU, 22:28.14; 2. Sarah Porter, WWU, 23:45.35; 3. Suzie Strickler, SPU, 23:50.22; 4. Katie Hansen, SU, 23:54.99; 5. Karin Rohde, SPU, 24:07.90.

NUU Invitational (Sept. 8 at Nampa): Men – Boise State 29, Eastern Oregon 46, Albertson 58, Northwest Nazarene 95, Treasure Valley 146. **Individuals (6,000 Meters)** – 1. Cody Eaton, BSU, 18:41.3; 6. Kevin Lambert, NNU, 19:05.5. **Women** – Boise State 24, Albertson 59, Northwest Nazarene 69, Eastern Oregon 90. **Individuals (4,000 Meters)** – 1. Breanna Sande, BSU, 14:13.6; 2. Ashley Puga, NNU, 14:18.7.

West Coast Conference Preview (Sept. 14 at Portland): Men - Portland 31, Boise State 69, Western Oregon 86, Pepperdine 91, Seattle 123, Gonzaga 126, Northwest 234, Clackamas 237, Warner Pacific 247, Evergreen State 268. **Individuals (8,000 Meters)** - 1. Colby Litzenberger, GU, 25:05.7; 4. Nathan Heitzinger, SU, 25:27.5; 10. Nik Karr, WOU, 25:44.5; 11. Chris Reed, WOU, 25:46.10; 18. Kym Hunt, WOU, 26:12.6. **Women** - Portland 17, Boise State 51, Pepperdine 89, Seattle 107, Western Oregon 130, Gonzaga 165. **Individuals (6,000 Meters)** - 1. Bobeye Krishnek, UP, 21:43.36; 13. Katie Hansen, SU, 22:38; 23. Tricia Morrison, WOU, 23:27; 24. Rachel Yorkston, SU, 23:28.

UW Sundodger (Sept. 15 at Seattle, Lincoln Park): Men's Invitational - Washington 31, Washington State 52, UC Davis 116, Eastern Washington 116, Western Washington 128, Idaho 148, Santa Clara 153, San Francisco 181. **Individuals (8,000 Meters)** - 1. Jon Harding, UW, 23:36; 9. Anthony Tomsich, WWU, 24:22; 13. David Kiplagat, UAA, 24:29. **Men's Open** - Spokane CC 64, Lewis-Clark State 80, Alaska Anchorage 86, Simon Fraser 109, San Francisco State 158 (8. Central Washington 191, 9. Northwest Nazarene 272; 10. Saint Martin's 273; 11. Western Washington 291; 14. Seattle Pacific 345). **Individuals (8,000 Meters)** - 1. John Riak, SMU, 24:35; 4. Cory Pena, UAA, 25:01; 5. Sam Scotchmer, CWU, 25:03; 7. Kevin Lambert, NNU, 25:08. **Women's Invitational** - Washington 27, Idaho 76, San Francisco 104, Santa Clara 122, UC Davis 123, Eastern Washington 130, Seattle Pacific 143, Washington State 180. **Individuals (6,000 Meters)** - 1. Anita Campbell, UW, 20:20; 4. Jessica Pixler, SPU, 21:04. **Women's Open** - Simon Fraser 50, British Columbia 72, Puget Sound 123, Western Washington 156, Alaska Anchorage 181 (6. Central Washington 188, 7. Northwest Nazarene 203, 11. Saint Martin's 227). **Individuals (6,000 Meters)** - 1. Emily Timmer, UPS, 21:30; 4. Sarah Porter, WWU, 21:49; 6. Marcie Mullen, CWU, 21:53; 7. Katie Hummel, CWU, 22:06; 8. Ashley Puga, NNU, 22:11; 9. Elizabeth Chepkosgei, UAA, 22:19.

Montana State Invitational (Sept. 15 at Bozeman): Men - Utah State 59, Montana 73, Weber State 78, Utah 83, Utah Valley 112 (9. MSU Billings 284). **Individual (Five Miles)** - 1. Mark Korir, Wyoming, 24:14; 79. Ryan Ceynar, MSUB, 28:24; 85. Jarred Rensvold, MSUB, 28:52. **Women** - Weber State 29, Montana 76, Utah State 79, Montana State 107, Wyoming 107 (11. MSU Billings 330). **Individuals (Three Miles)** - 1. Sariah Long, Weber State, 16:38; 64. Mykel Ler, MSUB, 19:30; 65. Katie Thiel, MSUB, 19:34; 66. Diana Stanley, MSUB, 19:37.

Dickinson State Invitational (Sept. 20 at Dickinson, N.D.): Men - Dickinson State 15, North Dakota 48, Jamestown 94, MSU Billings 95. **Individuals (5 Miles)** - 1. Sergio Campos-Jimenez, Dickinson, 26:08; 16. Jarred Rensvold, MSUB, 28:06; 18. Ryan Ceynar, MSUB, 27:38. **Women** - North Dakota 19, Dickinson State 57, MSU Billings 68, South Dakota Mines 92, Minot State inc. **Individual (3 Miles)** - 1. Heidi Evans, UND, 18:36; 11. Mykel Ler, MSUB, 20:10; 15. Dianna Stanley, MSUB, 20:29.

CWU Appleridge Run (Sept. 22 at Yakima): Men – Central Washington 29, Alaska Fairbanks 36, Edmonds 60. **Individuals (4 Miles)** - 1. Sam Scotchmer, CWU, 21:05; 3. Jani Tulppo, UAF, 21:52; 5. Eric Ardissono, CWU, 22:06. **Women** - Alaska Fairbanks 28, Central Washington 47, Edmonds 56. **Individuals (5,000 Meters)** - 1. Marcie Mullen, CWU, 19:12; 2. Anna Coulter, UAF, 19:53; 4. Nikkol Sipes, UAF, 20:08; 5. Stephanie Cooke, CWU, 20:29.

SMU Invitational (Sept. 22 at Lacey): Men - Western Oregon 25, Seattle Pacific 69, Saint Martin's 82, Evergreen State 102, Western Washington 105, Bellevue CC 147. **Individuals (8,000 Meters)** - 1. John Riak, SMU, 25:14, 2. Nik Karr, WOU, 25:44, 4. Chad Meis, SPU, 26:09; 5. Chris Reed, WOU, 26:12; 6. Braxton Jackson, WOU, 26:18; 7. Mike Schmidt, WOU, 26:45. **Women** - Western Oregon 35, Seattle Pacific 51, Saint Martin's 59, Evergreen State 98, Western Washington 114. **Individuals(5,000 Meters)** - 1. Lisa Anderberg, SPU, 18:39, 2. Tricia Harrison, WOU, 18:53; 3. Kaitlyn Rohde, SPU, 19:07; 4. Annie Lawreyson, SMU, 19:08; 5. Shirlon Moncrief, WOU, 19:09; 6. Jessie Dunnam, SMU, 19:20; 7. Kim Beamon, SPU , 19:20; 8. Jackie Dent, WOU, 19:23.

Bob Firman Invitational (Sept. 22 at Eagle Island, Boise): Men - Chico State 30, Boise State 96, Idaho State 97, Humboldt State 122, UC San Diego 127, Eastern Oregon 133, Western Washington 184, Albertson 193, Cal State Stanislaus 201, Northwest Nazarene 253, Treasure Valley CC 338. **Individuals (8,000 Meters)** - 1. Patrick Boivin, Chico TC, 25:17.14; 7. Bennett Grimes, Western Washington, 25:40.71. **Women** - Boise State 50, Chico State 71, Seattle Pacific 71, UC San Diego 158, Lewis-Clark State 162, Albertson 174, Western Washington

187, Northwest Nazarene 211, Idaho State 220, Cal State Stanislaus 221, Eastern Oregon 266, Humboldt State 303, Concordia OR 388. **Individuals (5,000 Meters)** - 1. Jessica Pixler, SPU, 18:00.44; 4. Ashley Puga, NNU, 18:30.77, 8. Sarah Porter, WWU, 18:37.13.

Willamette Charles Bowles Invitational (Sept. 29 at Salem): Men - Willamette 63, Aquinas 123, St. John's (Minn.) 127, Concordia 156, Alaska Anchorage 162 (12. Central Washington 330, 14. Seattle 398, 15. Northwest Nazarene 449, 16. Saint Martin's 494). **Individuals (8,000 Meters)** - 1. Chris Erichsen, St. John's, 24:10.65; 3. David Kiplagat, UAA, 24:29.05; 5. John Riak, SMU, 24:37.66; 11. Sam Scotchmer, CWU, 24:59.65; 18. Nathan Heitzinger, SU, 25:09.15; 20. Kevin Lambert, NNU, 25:12.90; 27. Paul Rottich, UAA, 25:19.70. **Women** - Willamette 101, British Columbia 115, Point Loma Nazarene 175, Concordia 202, Aquinas 207 (6. Seattle 214, 10. Northwest Nazarene 270, 11. Alaska Anchorage 299, 13. Central Washington 307, 19. Saint Martin's 467). **Individuals (5,000 Meters)** - 1. Sarah Zerzan, WU, 17:20.15; 2. Elizabeth Chepkosgei, UAA, 17:31.10; 5. Ashley Puga, NNU, 17:46.05; 10. Marcie Mullen, CWU, 17:58.15; 14. Katie Hansen, SU, 18:05.75; 26. Rachael Johnson, SU, 18:34.10.

Colorado Rocky Mountain Invitational (Sept. 29 at Boulder): Women (Non-Division I) - Western State 29, Mesa State 79, Fort Lewis 100, Regis 130, Dickinson State 163 (7. MSU Billings 176). **Individuals (5,800 Meters)** - 57. Dianna Stanley, MSUB, 24:41, 65. Mykel Ler, MSUB, 25:26, 71. Morgan Streeter, MSUB, 25:39. 73. Cierra Dornfeld, MSUB, 25:51; 74. Colleen Dalimata, MSUB, 25:53. **Men (Non-Division I)** - Western State 16, Metro State 53, Dickinson State 76, Fort Lewis 128, South Dakota Mines 155 (8. MSU Billings 224). **Individuals (8,000 Meters)** - 73. Jarred Rensvold, MSUB, 29:46; 84. Ryan Ceynar, MSUB, 30:22; 99. Kelley Miller, MSUB, 31:48.

PLU Invitational (Oct. 6 at Tacoma): Men - Western Oregon 30, Whitworth 47, Puget Sound 69, Whitman 94, Lewis & Clark 129, Pacific Lutheran 172. **Individuals (8,000 Meters)** - 1. Nicholas Gallagher, Whtw, 25:08.81; 2. Braxton Jackson, WOU, 25:15.36; 4. Nik Karr, WOU, 25:25.18; 6. Mike Schmidt, WOU, 25:36.04; 8. Chris Reed, WOU, 25:56.13; 10. Justin Karr, WOU, 25:59.58. **Women** - Western Oregon 30, Whitworth 47, Puget Sound 69, Whitman 94, Lewis & Clark 129, Pacific Lutheran 172. **Individuals (6,000 Meters)** - 1. Amanda Phillips, L&C, 21:27.39; 5. Tricia Morrison, WOU, 22:39.04; 8. Shirlon Moncrief, WOU, 22:44.48; 11. Sarah Howell, WOU, 23:08.05; 12. Lyndsey McKillip, WOU, 23:10.96; 13. Jessica Harper, WOU, 34:11.83.

WWU Invitational (Oct. 6 at Lake Padden): Men - Western Washington 20, Central Washington 58, Seattle 85, Whatcom CC 99, Seattle Pacific 123. **Individuals (10,000 Meters)** - 1. Anthony Tomsich, WWU, 32:15.1; 2. Bennett Grimes, WWU, 32:18.9; 3. John Riak, SMU, 32:32.1; 4., Sam Scotchmer, CWU, 32:53.1; 5. Blake Medhaug, WWU, 32:57.9; 7. Nathan Heitzinger, SU, 33:15.8; 8. Daniel Phillips, WWU, 33:21.2; 9. Keith Lemay, WWU, 33:22.4; 10. Jon Skelton, WWU, 33:23.9. **Women** - Seattle Pacific 25, Seattle 65, Western Washington 82, Alaska Anchorage 84, Central Washington 103. **Individuals (6,000 Meters)** - 1. Jessica Pixler, SPU, 21:55.6; 2. Elizabeth Chepkosgei, UAA, 22:17.8; 3. Suzie Strickler, SPU, 22:50.3; 4. Katie Hansen, SU, 22:51.2; 5. Sarah Porter, WWU, 22:58.1; 6. Karin Rohde, SPU, 23:18.2; 7. Kate Harline, SPU, 23:23.5; 9. Jane Larson, SPU, 23:28.5.

Evergreen Pete Steilberg Open (Oct. 6 at Olympia): Men - Simon Fraser 28, Victoria 41, British Columbia 78, Northwest 87, Concordia 145, Warner Pacific 155, Saint Martin's inc. **Individuals (8,000 Meters)** - 1. Daniel Mallie, Victoria, 25:13; 18. Josh Gatbunton, SMU, 27:12; 37. Nick Harvey, SMU, 28:44; 63. Kevin Tober, SMU, 33:02. **Women** - Simon Fraser 32, Victoria 45, British Columbia 65, Saint Martin's 126, Northwest 144, Concordia 161, Evergreen 175. **Individuals (5,000 Meters)** - 1. Meredith MacGregor, Valley Royals, 18:00.14; 16. Jessie Dunnam, SMU, 19:22.05; 25. Annie Lawreyson, SMU, 19:55.31; 32. Helen Camden, SMU, 20:04.50.

Spokane Falls Invitational (Oct. 13 at Spokane): Men - CC of Spokane 21, Lewis-Clark State 48, Whitworth 68, Whitman 126, Carroll 156, Bigfoot X-Country Club 168, Great Falls 195. **Individuals (8,000 Meters)** - 1. Dak Riek, CCS, 25:01; 55. John Durkee, CWU, 28:59; 59. Wes Hargrove, CWU, 29:11; 62. Jeff Knutson, CWU, 29:16; 67. Corey Cronkhite, CWU, 29:56. **Women** - Whitman 48, Lewis-Clark State 65, Whitworth 72, CC of Spokane 94, Great Falls 133, Bigfoot X-Country Club 141, Carroll 168, Rocky Mountain 228. **Individuals (5,000 Meters)** - 1. Jenny Jensen, L&C, 18:28; 65. Tanja Owen, CWU, 22:48; 70. Kara Nygard, CWU, 26:31.

Eastern Oregon Invitational (Oct. 13 at LaGrande): Men - Eastern Oregon 20, Northwest Nazarene 42, Albertson 96, Treasure Valley 96. **Individuals (5,000 Meters)** - 1. Kevin Lambert, NNU, 15:43.35; 9. Seth Clark, NNU, 16:12.07. **Women** - Northwest Nazarene 26, Eastern Oregon 39, Treasure Valley 80, Albertson 101. **Individuals (3,000 Meters)** - 1. Ashley Puga, NNU, 10:40.42; 3. Jaclyn Puga, NNU, 11:15.39; 5. Shannon DeBoer, NNU, 11:38.52; 8. Elisa Decker, NNU, 11:47.27; 9. Jamie Beatty, NNU, 11:50.00.

GNAC Championships (Oct. 20 at Nampa, West Park): Men - Western Washington 35, Western Oregon 67, Alaska Anchorage 81, Central Washington 141, Alaska Fairbanks 151, Seattle 163, Northwest Nazarene 164, Saint Martin's 179, Seattle Pacific 218, Montana State Billings 296. **All-Conference (8,000 Meters)** - 1. John Riak, SMU, 24:56.77; 2. Daniel Phillips, WWU, 25:05.96; 3. Bennett Grimes, WWU, 25:09.03; 4. Sam Scotchmer, CWU, 25:17.56; 5. Kevin Lambert, NNU, 25:26.29; 6. Mike Schmidt, WOU, 25:33.92; 7. Peter Doner, UAA, 25:39.68; 8. Blake Medhaug, WWU, 25:40.82; 9. Braxton Jackson, WOU, 25:42.68; 10. Jordan Welling, WWU, 25:56.31. **Women** - Seattle Pacific 24, Western Oregon 99, Northwest Nazarene 110, Alaska Anchorage 123, Seattle 131, Central Washington 139, Western Washington 151, Saint Martin's 188, Alaska Fairbanks 192, Montana State Billings 233. **All-Conference (6,000 Meters)** - 1. Jessica Pixler, SPU, 20:53.48; 2. Jane Larson, SPU, 21:45.32; 3. Ashley Puga, NNU, 21:48.67; 4. Suzie Strickler, SPU, 22:06.74; 5. Katie Hansen, SU, 22:07.92; 6. Marcie Mullen, CWU, 22:08.37; 7. Karin Rohde, SPU, 22:16.22; 8. Elizabeth Chepkosgei, UAA, 22:18.27; 9. Sarah Porter, WWU, 22:21.97; 10. Kate Harline, SPU, 22:24.68.

MSU Billings Invitational (Oct. 27 at Billings): Men – Dickinson State 17, Carroll 64, MSU Billings 65. **Individuals (4 Miles)** – 1. Parra Porfirio, Dickinson, 20:21; 6. Jarred Rensvold, MSUB, 21:15. **Women** – MSU Billings 26, Dickinson State 48, Carroll 58. **Individuals (5,000 Meters)** – 1. Jekpiuri Rose, Dickinson, 18:10; 3. Dianna Stanley, MSUB, 19:30.

NCAA Division II West Regional (Nov. 3 at Eagle, ID): Men – Chico State 39, Western Washington 93, UC San Diego 135, Western Oregon 140, Alaska Anchorage 152, Cal State Stanislaus 172, Humboldt State 181, Central Washington 228, BYU-Hawaii 275, San Francisco State 284, Northwest Nazarene 290, Hawaii Pacific 301, Cal Poly Pomona 315, Seattle 330, Hawaii Hilo 383, Alaska Fairbanks 392, Montana State Billings 510, Chaminade 552, Grand Canyon 557. **All-Region (10,000 Meters)** – 1. John Riak, SMU, 30:32.75; 2. Sam Scotchmer, CWU, 30:35.40; 3. Tim Tollefson, Chico State, 30:40.20; 4. David Kiplagat, UAA, 30:44.78; 5. Bennett Grimes, WWU, 30:48.02; 6. Vincente Moreno, CSUS, 30:50.20; 7. Jasper Peach, HSU, 30:55.40; 8. Brendan Scanlon, Chico State, 30:57.46; 9. Mike Schmidt, WOU, 30:59.71; 10. Michael Wickman, Chico State, 31:01.37; 11. Manny Mejia, Chico State, 31:02.79; 12. Jordan Page, Chico State, 31:03.52; 13. Kenneth Harper, BYU-Hawaii, 31:04.49; 14. Bobby Olivera, CSU Stanislaus, 31:06.31; 15. Angel Marquez, Chico State, 31:12.82. **Women** – Seattle Pacific 45, Cal State L.A. 54, Chico State 64, UC San Diego 125, Northwest Nazarene 231, Seattle 251, Cal Poly Pomona 260, Western Oregon 260, Central Washington 275, Western Washington 278, Alaska Anchorage 297, Cal State Stanislaus 302, Saint Martin's 347, San Francisco State 356, Cal State San Bernardino 370, Montana State Billings 374, BYU-Hawaii 409, Humboldt State 441, Alaska Fairbanks 441, Hawaii Pacific 486, Hawaii Hilo 514, Sonoma State 671, Chaminade 699. **All-Region (6,000 Meters)** – 1. Jessica Pixler, SPU, 19:52.9; 2. Jane Larson, SPU, 20:26.0; 3. Sarah Montez, Chico State, 20:27.0; 4. Ashley Puga, NNU, 20:35.5; 5. Karla Albrez, CSLA, 20:44.8; 6. Suzie Strickler, SPU, 21:02.2; 7. Diane Dunn, UCSD, 21:03.8; 8. Liliana Hernandez, CSLA, 21:04.4; 9. Lindsay Nelson, Chico State, 21:04.7; 10. Maribel Cespedes, CSLA, 21:06.7; 11. Shawna Burger, CSLA, 21:07.5; 12. Aisha Kamala, Chico State, 21:14.5; 13. Sarah Porter, WWU, 21:15.9; 14. Cherise McNair, CSUS, 21:17.6; 15. Karin Rohde, SPU, 21:23.5.

NCAA Division II Nationals (Nov. 17 at Joplin, MO.): Men – 1. Abilene Christian 59, 2. Western State 66, 3. Adams State 66, 4. Grand Valley State 152, 5. Minnesota State Mankato 185, 6. Chico State 197, 11. Western Washington 303; 20. UC San Diego 456. **Individuals (10,000 Meters)** – 1. Nicodemus Naimadu, Abilene Christian, 29:39.7; 26. David Kiplagat, UAA, 31:16.5; 43. Bennett Grimes, WWU, 31:46.5; 46. John Riak, SMU 31:49.1; 51. Daniel Phillips, WWU, 31:57.6; 58. Jordan Welling, WWU, 32:11.1; 80. Sam Scotchmer, CWU, 32:36.9; 101. Jon Skelton, WWU, 32:57.3; 110. Anthony Tomsich, WWU, 33:04.4; 142. Blake Medhaug, WWU, 34:01.8; 158. Keith Lemay, WWU, 34:34.0. **Women** – 1. Adams State 63, 2. Seattle Pacific 178, 3. Grand Valley State 181, 4. Chico State 183, 5. Cal State L.A. 185, 11. UC San Diego 293. **Individuals (6,000 Meters)** – 1. Jessica Pixler, SPU, 20:29.1; 9. Jane Larson, SPU, 20:55.5; 19. Ashley Puga, NNU, 21:22.1; 45. Sarah Porter, WWU, 21:58.3; 54. Suzie Strickler, SPU, 22:04.7; 63. Karin Rohde, SPU, 22:15.0; 87. Kate Hartline, SPU, 22:39.7; 102. Lisa Anderberg, SPU, 23:03.2; 111. Kaitlin Rohde, SPU 23:08.9.

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UAF West Ridge Invitational (Aug. 29 at Fairbanks): Men - Humboldt State 22, Alaska Fairbanks 35. **Individuals (8,000 Meters)** - 1. Eric Malain, HSU, 27:13.4; 4. Matthew Scerbak, UAF, 27:30.3; 5. Einar Often, UAF, 27:47.4; 6. Ray Sabo, UAF, 27:56.8; 8. Chris Eversman, UAF, 28:02.0. **Women** - Alaska Fairbanks 24, Humboldt State 31. **Individuals (6,000 Meters)** - 1. Anna Coulter, UAF, 24:01.8; 2. Julie Pierson, UAF, 24:05.5; 6. Elisabeth Habermann, UAF, 25:24.4; 7. Aurelia Korthauer, UAF, 25:43.8; 8. Jana Benedix, UAF, 25:50.7.

WOU Summer End Invitational (Aug. 29 at Monmouth): Men - Portland 28, Western Oregon 70, Concordia 77, Lewis & Clark 83, Linfield 92. **Individuals (7,650 Meters)** - 1. Alfred Kipchumba, Portland, 24:14.2; 5. Zeke Van Patten, WOU, 25:01.2; 16. Kyle Larson, WOU, 25:45.0; 17. Braxton Jackson, WOU, 25:46.2. **Women** - Portland 20, Western Oregon 67, Concordia 80, Linfield 94, Lewis & Clark 119. **Individuals (4,920 Meters)** - 1. Marci Klimek, Linf, 18:39.6; 8. Jessica Harper, WOU, 19:35.6; 10. Jackie Dent, WOU, 19:48.1; 17. Annan Applebee, WOU, 20:11.8; 20. Amanda Wright, WOU, 20:23.2.

UAF Birch Hill Invitational (Aug. 30 at Fairbanks): Men - Humboldt State 17, Alaska Fairbanks 42. **Individuals (4,000 Meters)** - 1. Eric Malain, HSU, 13:05.5; 4. Matthew Scerbak, UAF, 13:19.1; 8. Chris Eversman, UAF, 13:45.8; 9. Einar Often, UAF, 13:46.5; 10. Ray Sabo, UAF, 13:59.0. **Women** - Alaska Fairbanks 24, Humboldt State 31. **Individuals (4,000 Meters)** - 1. Theresia Schnurr, UAF, 15:39.4; 2. Anna Coulter, UAF, 15:45.8; 4. Julia Pierson, UAF, 15:57.9; 7. Aurelia Korthauer, UAF, 16:44.6; 10. Elisabeth Habermann, UAF, 17:02.6..

MSUB/RMC Dual (Sept. 4 at Billings): Men - MSU Billings 24, Rocky Mountain 31. **Individuals (5,000 Meters)** - 1. Dan Lombardi, unat., 16:56; 2. Tyson Vanderby, MSUB, 17:15; 4. Taylor Canfield, MSUB, 17:39; 5. Travis Hutchinson, MSUB, 17:42; 9. Kelley Miller, MSUB, 18:05. **Women** - MSU Billings 26, Rocky Mountain 33. **Individuals (5,000)** - 1. Amber Watson, RMC, 20:02; 4. Deanna Stanley, MSUB, 20:56; 5. Sarah Jackson, MSUB, 21:01; 6. Katie Thiel, MSUB, 21:19; 7. Mykel Ler, MSUB, 21:21; 9. Cierra Dornfield, MSUB, 21:43.

Orca Invitational (Sept. 6 at Bellingham): Men - Simon Fraser 37, Western Washington 41, Whatcom 69, British Columbia 87, Highline 136, Everett 140. **Individuals (8,000 Meters)** - 1. Ryen Brockerville, SFU, 26:17; 5. Bennett Grimes, WWU, 26:47; 7. Kyle Lampi, WWU, 26:51; 9. Blake Medhaug, WWU, 26:58. **Women** - Western Washington 28, Simon Fraser 34, British Columbia 92, Everett 98, Northwest 118, Highline 178. **Individuals (5,000 Meters)** - 1. Sarah Porter, WWU, 17:38; 3. Courtney Olsen, WWU, 19:18; 7. Lauren Breihof, WWU, 19:34; 9. Danielle Slaughter, WWU, 19:39.

Roger Curran Invitational (Sept. 6 at Nampa): Men - Boise State 25, College of Idaho 36, Eastern Oregon 80, Northwest Nazarene 101, Treasure Valley 152. **Individuals (6,000 Meters)** - 1. Kevin Peters, Greater Boise, 18:58.09; 18. Josh Wageman, NNU, 20:17.43. **Women** -

Boise State 33, College of Idaho 39, Northwest Nazarene 71, Eastern Oregon 97. **Individuals (4,000 Meters)** - 1. Stephanie Helm, CI, 14:46.50; 6. Ashley Puga, NNU, 15:17.87; 11. Jaclyn Puga, NNU, 15:34.37; 17. Megan Oberst, NNU, 15:49.28; 19. Shannon DeBoer, NNU, 16:05.71.

Saint Martin's Invitational (Sept. 6 at Lacey): Men - Lewis & Clark 50, Saint Martin's 55, Seattle Pacific 71, Evergreen State 98, Puget Sound 103, Cascade 131. **Individuals (8,000 Meters)** - 1. John Riak, SMU, 26:17.0; 2. Josiah Price, SMU, 26:29.4; 3. Chad Meis, SPU, 26:32.5; 5. Brian Cronrath, SPU, 27:08.7; 9. Kyle Van Santen, SMU, 27:26.7. **Women** - Seattle Pacific 19, Lewis & Clark 69, Saint Martin's 85, Puget Sound 92, Evergreen State 102, Central Washington 137. **Individuals (6,000 Meters)** - 1. Jane Larson, SPU, 23:06.0; 2. Joscelyn Minton, SMU, 23:21.5; 3. Natty Plunkett, SPU, 23:23.8; 4. Kate Harline, SPU, 23:31.8; 5. Kim Beamon, SPU, 24:32.5; 6. Kayti Krepel, SPU, 24:34.0; 9. Annie Laweryson, SMU, 24:55.3.

UAA Invitational (Sept. 6 at Anchorage): Men - Alaska Anchorage 24, Edinboro 31. **Individuals (8,000 Meters)** - 1. Marko Cheseto, UAA, 23:23.6; 3. Jake Parisien, UAA, 24:01.2; 5. Paul Rottich, UAA, 24:38.2; 7. David Kiplagat, UAA, 24:44.7; 8. Cory Pena, UAA, 25:14.9. **Women** - Alaska Anchorage 17, Edinboro 44. **Individuals (6,000 Meters)** - 1. Julie Nemergut, unat., 17:44.0; 2. Elizabeth Chepkosgei, UAA, 18:23.0; 3. Laura Carr, UAA, 18:31.0; 4. Emma Bohman, UAA, 19:08.9; 5. Laura Rombach, UAA, 19:09.8; 8. Stephanie Trenholm, UAA, 19:43.7; 9. Mychaela Bailey, UAA, 19:55.1; 10. Hallidie Wilt, UAA, 19:55.4.

UP Pier Park (Sept. 12 at Portland): Men - Portland 45, Santa Clara 60, Spokane CC 85, Western Oregon 93, Seattle 172, Everett 173, UO Running Club 182, San Francisco State 192, Warner Pacific 264, Evergreen State 295, Cascade 324, Clackamas 339, Mt. Hood 377. **Individuals (8,000 Meters)** - 1. David Kinsella, UP, 25:06.54; 5. Chris Reed, WOU, 25:58.69; 8. Zeke Van Patten, WOU, 26:13.6; 18. Nik Karr, WOU, 26:37.01. **Women** - Portland 23, Western Oregon 103, Spokane CC 107, San Francisco State 108, Seattle 112, Evergreen State 156, Mt. Hood 225, Everett 227, Cascade 227, Clark 275, Warner Pacific 280. **Individuals (6,000 Meters)** - 1. Katie Hansen, SU, 22:19.64; 10. Jessica Harper, WOU, 23:29.93; 21. Tricia Morrison, WOU, 24:11.61; 28. Lyndsey McKillip, WOU, 24:43.35.

Black Hills State Invitational (Sept. 13 at Spearfish, S.D.): Men - Black Hills State 21, Dickinson State 47, South Dakota School Mines 89, Concordia Moorhead 113, Gillette CC 154, Rocky Mountain 152, MSU Billings 165. **Individuals (6,000 Meters)** - 1. Cody Bordewyk, Black Hills, 20:19.75; 25. Travis Hutchinson, MSUB, 22:52.76; 35. Tyson Vanerby, MSUB, 23:38.79. **Women** - Black Hills State 17, Concordia Moorhead 48, MSU Billings 97, Rocky Mountain 108, Dickinson State 119. **Individuals (4,000 Meters)** - 1. Wendy O'Lexey, Black Hills, 16:05.93; 17. Dianna Stanley, MSUB, 17:54.85; 27. Cierra Dornfield, MSUB, 18:39.44; 28. Katie Thiel, MSUB, 18:55.84; 29. Mykel Ler, MSUB, 18:58.23.

CWU Apple Ridge Invitational (Sept. 13 at Yakima): Men - Western Washington 33, Saint Martin's 49, Northwest Nazarene 78, Seattle Pacific 79, Alaska Fairbanks 116, Central Washington 149. **Individuals (8,000 Meters)** - 1. John Riak, SMU, 25:52; 2. Josiah Price, SMU, 26:21; 3. Bennett Grimes, WWU, 26:33; 4. Blake Medhaug, WWU, 26:35; 5. Eric Brill, WWU, 26:44; 7. Yonas Berhe, WWU, 27:02; 8. Brian Cronrath, SPU, 27:11; 10. Josh Wageman, NNU, 27:30. **Women** - Western Washington 43, Northwest Nazarene 66, Seattle Pacific 82, Saint Martin's 91, Central Washington 109, Alaska Fairbanks 109. **Individuals (6,000 Meters)** - 1. Sarah Porter, WWU, 22:21; 2. Joscelyn Minton, SMU, 23:46; 3. Marcie Mullen, CWU, 23:49; 4. Theresia Schnurr, UAF, 24:05; 5. Jaclyn Puga, NNU, 24:07; 6. Ashley Puga, NNU, 24:11; 7. Courtney Olson, WWU, 24:19; 8. Lauren Breihof, WWU, 24:19; 9. Phoebe Harnett, WWU, 24:24; 10. Kim Beamon, SPU, 24:47.

UW Sundodger (Sept. 20 at Seattle): Men's Invitational - Washington 41, Alaska Anchorage 54, Eastern Washington 68, UC Davis 102, Western Washington 159, Idaho 165, Gonzaga 197, St. Mary's 205, Seattle Running 206, Seattle 318. **Individuals (8,000 Meters)** - 1. Paul Limpf, EWU, 23:33; 2. Marko Cheseto, UAA, 23:45; 7. Alfred Kangogo, UAA, 24:13; 14. Jacob Parisien, UAA, 24:32; 15. David Kiplagat, UAA, 24:34. **Men's Open** - Southern Oregon 51, Academy of Art 72, Simon Fraser 81, British Columbia 142, Everett CC 145, Saint Martin's 148, Puget Sound 162, Western Washington 213, Warner Pacific 228, Seattle Pacific 260, Evergreen State 321, Central Washington 332, Bellevue CC 352, Eastside 353, Seattle Running 415. **Individuals (8,000 Meters)** - 1. Edward Kibet Taragon, Academy Art, 24:45; 2. John Riak, SMU, 24:49; 8. Josiah Price, SMU, 25:08; 22. Sam Bedell, WWU, 25:54. **Women's Invitational** - Washington 24, UC Davis 67, Oregon State 75, Washington State 121, Seattle Pacific 132, Idaho 141, Gonzaga 225, St. Mary's 236, Seattle 265. **Individuals (6,000 Meters)** - 1. Kendra Schaaf, UW, 19:58; 3. Jessica Pixler, SPU, 20:31, 20. Jane Larson, SPU, 21:24; 48. Natty Plunkett, SPU, 22:35; 52. Kate Harline, SPU, 22:44. **Women's Open** - Alaska Anchorage 40, Western Washington 63, Simon Fraser 91, British Columbia 143, Eastside Runners 183, Seattle Pacific 186, Eastern Washington 193, Evergreen State 199, Saint Martin's 214, Puget Sound 219, Central Washington 266, Everett 285, Academy of Art 337. **Individuals (6,000 Meters)** - 1. Sarah Porter, WWU, 20:50; 2. Elizabeth Chepkosgei, UAA, 21:34; 5 Laura Carr, UAA, 21:59; 6. Joscelyn Minton, SMU, 22:02.

Willamette Grass Course Invitational (Sept. 20 at Salem): Men - Willamette 30, Western Oregon 39, Whitworth 70, Lane CC 114, Pacific Lutheran 140, Pacific 167. **Individuals (7,085 Meters)** - 1. Chris Reed, WOU, 22:36.50; 3. Zeke Van Patten, WOU, 22:53.88; 6. Nik Karr, WOU, 23:04.87; 7. Mike Schmidt, UAA, 23:05.73. **Women** - Whitworth 39, Willamette 52, Western Oregon 62, Team GFR Salem 106, Pacific Lutheran 137, Lane 146. **Individuals (5,000 Meters)** - 1. Maddie Coffman, WU, 18:04; 5. Jessica Harper, WOU, 19:07.68; 11. Tricia Morrison, WOU, 19:25.23; 15. Lyndsey McKillip, WOU, 19:32.09.

Bob Firman Invitational (Sept. 20 at Nampa): Men - Boise State 35, Lewis-Clark State 52, College of Idaho 69, Eastern Oregon 98, Idaho State 120, Northwest Nazarene 129, Treasure Valley 228, Dixie State 241. **Individuals (8,000 Meters)** - 1. Brian Pierre, BSU, 26:02.67; 24. Josh Wageman, NNU, 27:25.69; 27. Neil Easter, NNU, 27:48.80; 35. Luke Hetrick, NNU, 28:07.74. **Women** - Brigham Young 23, Idaho State

63, Boise State 82, Lewis-Clark State 112, College of Idaho 133, Northwest Nazarene 150, Eastern Oregon 190. **Individuals (5,000 Meters)** - 1. Angela Wagner, BYU, 18:19.70; 11. Ashley Puga, NNU, 19:06.36; 46. Elisa Decker, NNU, 20:33.66; 50. Ashley Rendahl, NNU, 20:51.57.

Montana State Invitational (Sept. 20 at Bozeman): Men - Weber State 43, Utah State 54, Wyoming 55, Montana 107, Utah Valley 114, Montana State 151, Dickinson State 213, Great Falls 241, Carroll 285, MSU Billings 332, Rocky Mountain 338. **Individuals (5 Miles)** - 1. Mark Korir, Wyoming, 24:28; 80. Tyson Vanderby, MSUB, 28:48; 89. Travis Hutchinson, MSUB, 29:15. **Women** - Weber State 44, Utah State 60, Wyoming 71, Montana 105, Utah 111, Utah Valley 140, Montana State 144, Carroll 295, Westminster 296, MSU Billings 300, Rocky Mountain 333, Great Falls 334, Dickinson 363. **Individuals (3 Miles)** - 1. Emily Higgins, Wyoming, 17:13; 62. Diana Stanley, MSUB, 19:48; 67. Sarah Jackson, MSUB, 20:24.

Stanford Invitational (Sept. 27 at Palo Alto): Women - 1. Stanford 43, 6. Chico State 227, 18. Seattle Pacific 447. **Individuals (6,000 Meters)** - 1. Laura Olvera, Cal Irvine, 20:42; 6. Jessica Pixler, SPU, 21:22; 28. Jane Larson, SPU, 22:13; 82. Natty Plunkett, SPU, 23:12; 161. Kate Harline, SPU, 24:38; 173. Lisa Anderberg, SPU, 24:57.

Willamette Invitational (Oct. 4 at Salem): Men - Chico State 33, Southern Oregon 127, Lewis-Clark State 147, College of Idaho 17, Concordia 171 (10. Saint Martin's 291, 12. Seattle Pacific 347, 19. Northwest Nazarene 562, 30. Central Washington 816). **Individuals (8,000 Meters)** - 1. Scott Bauhs, Chico State, 24:06.32; 3. John Riak, SMU, 24:48.99; 9. Brian Cronrath, SPU, 25:11.74; 15. Josiah Price, SMU, 25:23.18. **Women** - Chico State 50, Lewis-Clark State 190, Claremont-Mudd-Scripps 215, Whitman 215, Willamette 223 (10. Northwest Nazarene 284, 19. Saint Martin's 477, 24. Central Washington 612). **Individuals (5,000 Meters)** - 1. Maddie Coffman, WU, 17:37.53; 12. Ashley Puga, NNU, 18:17.90; 14. Marcie Mullen, CWU, 18:26.30; 22. Jaclyn Puga, NNU, 18:43.48.

University of Montana Invitational (Oct. 4 at Missoula, MT): Men: No team scores. **Individuals (8,000 Meters)** - 1. Nick Atwood, unat., 24:44; 49. Taylor Canfield, MSUB, 29:32; 50. Travis Hutchinson, MSUB, 29:35. **Women**: No team scores. **Individuals (5,000 Meters)** - 1. Sara Trane, WSU, 18:10; 39. Sarah Jackson, MSUB, 20:36.3; 41. Dianna Stanley, MSUB, 20:46.1; 49. Cierra Dornfield, MSUB, 21:37.

Emerald City Invitational (Oct. 4 Seattle): Women - Seattle 27, Seattle Pacific 35, Northwest 65. **Individuals (6,000 Meters)** - 1. Mo Huber, unat., 22:28; 7. Marie Kiekhaefer, SPU, 24:37; 8. Mary Williams, SPU, 24:45.

Hawaii Pacific Invitational (Oct. 11 at Kahaluu): Men - Xavier 23, Hawaii Pacific 60, Hawaii Hilo 94, BYU-Hawaii 73, Alaska Fairbanks 107, Chaminade 164. **Individuals (8,000 Meters)** - 1. Tommy Kauffmann, Xavier, 27:56; 15. Ray Sabo, UAF, 29:51; 20. Mitch Chandler, UAF, 30:20. **Women** - Xavier 34, BYU-Hawaii 58, Hawaii Pacific 69, Alaska Fairbanks 82, Hawaii Hilo 127, Hawaii 137, Chaminade 170. **Individuals (5,000 Meters)** - 1. Chantelle Wilder, unat., 19:04; 7. Theresia Schnurr, UAF, 20:08; 14. Julia Pierson, UAF, 20:44; 19. Anna Coulter, UAF, 20:52.

UCSD Triton Classic (Oct. 11 at San Diego): Men - Alaska Anchorage 22, UC San Diego 62, Cal Poly Pomona 80, Central Arizona 107, Tec de Monterrey 137, Cal State Stanislaus 150, Western New Mexico 187, Notre Dame de Namur 220, San Diego 221. **Individual (10,000 Meters)** - 1. Jordan Chipangama, Central Arizona, 31:07.2; 2. Marko Cheseto, UAA, 31:29.7; 3. David Kiplagat, UAA, 31:57.7; 4. Alfred Kangogo, UAA, 32:09.2; 5. Jacob Parisien, UAA, 32:12.8; 8. Paul Rottich, UAA, 32:39.6; 10. Brian Cronrath, SPU, 32:55. **Women** - Alaska Anchorage 45, UC San Diego 61, San Diego State 111, Cal Poly Pomona 119, Central Arizona 156, Cal State Stanislaus 164, UC Irvine 173, San Diego 224, Cal State San Bernardino 238, Tec de Monterrey 250, UC San Diego Alumni 261, Notre Dame de Namur 372, Grand Canyon 376, Cal State Dominguez Hills 381. **Individual (6,000 Meters)** - 1. Jessica Pixler, SPU, 21:12.3; 3. Elizabeth Chepkosgei, UAA, 21:48.0; 4. Laura Carr, UAA, 21:49.6; 5. Jane Larson, SPU, 21:59.8; 12. Ruth Jeptoo Keino, UAA, 22:56.6.

Western Washington Invitational (Oct. 11 at Bellingham): Men - Western Washington 15, Seattle Pacific 68, Seattle Running Club 84, Central Washington 94, British Columbia 105. **Individuals (10,000 Meters)** - 1. John Riak, SMU, 31:44; 2. Jordan Welling, WWU, 31:45; 3. Bennett Grimes, WWU, 31:48; 5. Blake Medhaug, WWU, 32:31; 6. Josiah Price, SMU, 32:36; 8. Yonas Berhe, WWU, 33:02; 9. Tahoma Khalsa, WWU, 33:08; 10. Eric Brill, WWU, 33:24. **Women** - Western Washington 25, Seattle Pacific 39, Central Washington 73. **Individuals (6,000 Meters)** - 1. Sarah Porter, WWU, 21:24; 2. Courtney Olsen, WWU, 22:20; 3. Marcie Mullen, CWU, 22:38; 4. Natty Plunkett, SPU, 22:43; 5. Kate Harline, SPU, 22:47; 6. Lauren Breihof, WWU, 22:49; 7. Rachael Johnson, WWU, 23:01; 8. Katie Hart, SPU, 23:13; 9. Danielle Slaughter, WWU, 23:20; 10. Lisa Anderberg, SPU, 23:33.

Pacific Lutheran Invitational (Oct. 11 at Tacoma): Men - Western Oregon 25, Whitworth 47, Lewis & Clark 67, Clark 114, Whatcom CC 138, Pacific Lutheran 144, Puget Sound 317, Green River 222. **Individuals (8,000 Meters)** - 1. Zeke Van Patten, WOU, 25:34.45; 2. Chris Reed, WOU, 25:46.64; 4. Braxton Jackson, WOU, 26:01.24; 5. Nik Karr, WOU, 26:01.99. **Women** - Western Oregon 29, Whitworth 53, Lewis & Clark 69, Saint Martin's 111, Pacific Lutheran 126, Clark 169, Puget Sound 189. **Individuals (6,000 Meters)** - 1. Joscelyn Minton, SMU, 22:45.66; 2. Jessica Harper, WOU, 22:50.07; 3. Tricia Morrison, WOU, 22:52.93; 7. Lyndsey McKillip, WOU, 23:15.94; 8. Jackie Dent, WOU, 23:18.90; 9. Annan Applebee, WOU, 23:21.02.

MSUB Invitational (Oct. 11 at Billings): Men - Black Hills State 19, Dickinson State 52, Big Sky Distance Project 97, Great Falls 101, Carroll 120, Montana State Billings 171, Rocky Mountain 188, Blackfeet CC inc., Jamestown inc. **Individuals (8,000 Meters)** - 1. Cody Bordewyk, BHSU, 26:26; 38. Tyson Vanderby, MSUB, 29:36; 47. Travis Hutchinson, MSUB, 30:02. **Women** - Black Hills State 26, Jamestown 42, Carroll 95, Montana State Billings 102, Rocky Mountain 130, Dickinson State 166, Great Falls 172. **Individuals (5,000 Meters)** - 1. Wendy O'Lexey,

BHSU, 19:09; 13. Dianna Stanley, MSUB, 21:16; 20. Sarah Jackson, MSUB, 21:56; 21. Katie Thiel, MSUB, 22:13; 25. Mykel Ler, MSUB, 22:29.

Eastern Oregon Invitational (Oct. 18 at La Grande): Men - Team Greyhound 32, Eastern Oregon 41, Northwest Nazarene 48, Treasure Valley 108. **Individuals (5,000 Meters)** - 1. Eric Griffiths, Team Greyhound, 15:32; 3. Josh Wageman, NNU, 15:55; 6. Neil Easter, NNU, 16:09. **Women** - Northwest Nazarene 23, Eastern Oregon 35. **Individuals (3,000 Meters)** - 1. Ashley Puga, NNU, 11:11; 3. Jaclyn Puga, NNU, 11:21; 6. Megan Oberst, NNU, 11:54; 7. Jamie Beaty, NNU, 11:58.

Cascade Conference Preview (Oct. 18 at Lincoln Park): Men's 6K - Washington 15, Seattle Pacific inc. **Individuals** - 1. Kelly Spadu, UW, 18:13; 27. Jeff Dull, SPU, 22:13. **Men's 8K** - Concordia 41, Seattle 61, British Columbia 66, Whatcom CC 90, Cascade 125, Evergreen 135, Western Washington inc. **Individuals** - 1. Josh Simpson, Whatcom CC, 25:30.23; 19. Nick Abraham, WWU, 26:48.83; 22. Alex Wipf, WWU, 26:59.55. **Women** - Concordia 53, British Columbia 58, Evergreen State 66, Seattle 82, Whatcom CC 146 (7. Western Washington 174, 8. Seattle Pacific 185). **Individuals (5,000 Meters)** - 1. Kenna Patrick, UW, 17:16.68; 29. Jennifer Bluhm, SPU, 19:09.67; 36. Alexandria Johnson, SPU, 19:21.49.

GNAC (Oct. 25 at Yakima): Men - Alaska Anchorage 34, Western Washington 53, Western Oregon 78, Saint Martin's 98, Seattle Pacific 119, Northwest Nazarene 183, Alaska Fairbanks 183, Central Washington 213, Montana State Billings 276. **All-Conference (8,000 Meters)** - 1. Marko Cheseto, UAA, 24:30; 2. Jacob Parisien, UAA, 25:07; 3. Alfred Kangogo, UAA, 25:09; 4. Brian Cronrath, SPU, 25:10; 5. Jordan Welling, WWU, 25:15; 6. David Kiplagat, UAA, 25:20; 7. Zeke VanPatten, WOU, 25:33; 8. John Riak, SMU, 25:33; 9. Bennett Grimes, WWU, 25:36; 10. Blake Medhaug, WWU, 25:45. **Women** - Seattle Pacific 48, Alaska Anchorage 52, Western Washington 75, Western Oregon 111, Northwest Nazarene 123, Alaska Fairbanks 158, Saint Martin's 179, Central Washington 218, Montana State Billings 253. **All-Conference (6,000 Meters)** - 1. Jessica Pixler, SPU, 21:12; 2. Sarah Porter, WWU, 21:51; 3. Jane Larson, SPU, 22:06; 4. Laura Carr, UAA, 22:11; 5. Elizabeth Chepkosgei, UAA, 22:19; 6. Ashley Puga, NNU, 22:37; 7. Natty Plunkett, SPU, 22:44; 8. Hallidie Wilt, UAA, 22:56; 9. Jaclyn Puga, NNU, 22:57; 10. Ruth Jeptoo Keino, UAA, 23:03.

NCAA West Regional (Nov. 8 at San Diego): Men - Chico State 28, Alaska Anchorage 67, Western Washington 103, Western Oregon 128, Cal Poly Pomona 167, Hawaii Pacific 185, UC San Diego 189, Humboldt State 192, Saint Martin's 207, Cal State Stanislaus 291 (15. Alaska Fairbanks 418). **All-Region (6,000 Meters)** - 1. Scott Bauhs, Chico State, 32:15.8; 2. Marko Cheseto, UAA, 32:24.6; 3. John Riak, SMU, 32:35.1; 5. Jacob Parisien, UAA, 32:54.2; 8. Jordan Welling, WWU, 33:19.2; 9. Alfred Kangogo, UAA, 33:26.0; 11. Bennett Grimes, WWU, 33:30.5; 13. David Kiplagat, UAA, 33:35.3; 15. Brian Cronrath, SPU, 33:45.3. **Women** - Chico State 60, Seattle Pacific 92, Alaska Anchorage 104, Cal State L.A. 114, Western Washington 141, UC San Diego 203, BYU-Hawaii 208, Western Oregon 217, Northwest Nazarene 237, Humboldt State 285 (14. Saint Martin's 370, 16. Central Washington 422, 20. Montana State Billings 577). **All-Region (6,000 Meters)** - 1. Jessica Pixler, SPU, 20:57.1; 3. Sarah Porter, WWU, 21:38.1; 4. Laura Carr, UAA, 21:40.3; 6. Elizabeth Chepkosgei, UAA, 21:58.0; 8. Jane Larson, SPU, 22:15.6; 15. Natty Plunkett, SPU, 22:42.5.

NCAA Nationals (Nov. 22 at Slippery Rock, Penn.): Men - 1. Adams State 67, 2. Western State 88, 3. Chico State 120, 4. Abilene Christian 128, 5. Grand Valley 190, 10. Western Washington 263, 11. Alaska Anchorage 288. **Individuals (8,000 Meters)** - 1. Scott Bauhs, CSUC, 30:23; 9. Marko Cheseto, UAA, 31:32; 17. Jacob Parisien, UAA, 31:43; 29. Jordan Welling, WWU, 32:02; 36. Blake Medhaug, WWU, 32:11; 41. Bennett Grimes, WWU, 32:18; 86. David Kiplagat, UAA, 33:01; 90. Alfred Kangogo, UAA, 33:04; 97. Eric Brill, WWU, 33:14; 101. John Riak, SMU, 33:17; 111. Yonas Berhe, WWU, 33:26; 131. Tahoma Khalsa, WWU, 33:46; 132. Auston Ellis, UAA, 33:47; 147. Sam Bedell, WWU, 34:15; 159. Paul Rottich, UAA, 34:49; 162. Mick Boyle, UAA, 35:00. **Women** - 1. Adams State 79, 2. Grand Valley State 102, 3. Western State 183, 4. Seattle Pacific 194, 5. Augustana, S.D. 203, 7. Chico State 241, 9. Alaska Anchorage 266, 10. Western Washington 301, 13. Cal State L.A. 324. **Individuals (6,000 Meters)** - 1. Jessica Pixler, SPU, 20:59; 13. Sarah Porter, WWU, 21:59; 15. Jane Larson, SPU, 22:02; 28. Elizabeth Chepkosgei, UAA, 22:30; 48. Laura Carr, UAA, 23:00; 51. Natty Plunkett, SPU, 23:02; 53. Lauren Breihof, WWU, 23:05; 64. Hallidie Wilt, UAA, 23:18; 73. Courtney Olsen, WWU, 23:24; 74. Ruth Jeptoo Keino, UAA, 23:24; 89. Kate Harline, SPU, 23:36; 92. Lisa Anderberg, SPU, 23:40; 108. Katie Hart, SPU, 23:53; 112. Mary Williams, SPU, 23:55; 115. Rachael Johnson, WWU, 23:58; 120. Phoebe Hartnett, WWU, 24:02; 123. Shoshana Keegan, UAA, 24:06; 135. Laura Rombach, UAA, 24:20; 144. Danielle Slaughter, WWU, 24:31; 149. McKinley Williams, WWU, 24:37; 174. Emma Bohman, UAA, 25:25.

2009

UAF West Ridge Invitational (Aug. 27 at Fairbanks): Men - Alaska Fairbanks 29, Central Washington 29. **Individuals (5,000 Meters)** - 1. Manual Santos, CWU, 17:57.2; 2. Matt Nodine, CWU, 18:27.7; 3. Tyler Kornfield, UAF, 18:31.9; 4. Tom Johnson, CWU, 18:33.8; 5. Ray Sabo, UAF, 19:04.1; 6. Einar Often, UAF, 19:09.6; 7. John Perry, UAF, 19:12.7; 9. Mitch Chandler, UAF, 19:33.6; 10. Samuel Tilly, UAF, 19:41.6. **Women** - Alaska Fairbanks 15, Central Washington 46. **Individuals (5,000 Meters)**- 1. Theresia Schnurr, UAF, 20:46.1; 3. Maria Stensland, UAF, 22:09.9; 4. Heather Edic, UAF, 22:11.0; 5. Aurelia Korthauer, UAF, 22:17.4; 6. Jana Benedix, UAF, 22:48.7; 7. Stephanie Cooke, CWU, 22:58.6; 8. Kelsey Kreft, CWU, 23:08.6; 9. Mary Bakeman, CWU, 23:14.6.

UAF Birch Hill Invitational (Aug. 29 at Fairbanks): Men - Alaska Fairbanks 28, Central Washington 29. **Individuals (3,000 Meters)** - 1. Manual Santos, CWU, 9:42.0; 2. Tyler Kornfield, UAF, 9:58.7; 3. Matt Nodine, CWU, 10:00.6; 4. Matt Johnson, CWU, 10:01.5; 5. Sam Tilly, UAF, 10:03.2; 6. Mitch Chandler, UAF, 10:06.4; 7. Ray Sabo, UAF, 10:08.6; 8. Einar Often, UAF, 10:12.8; 10. Wes Hargrove, CWU, 10:22.1. **Women** - Alaska Fairbanks 16, Central Washington 41. **Individuals (3,000 Meters)** - 1. Theresia Schnurr, UAF, 11:11.1; 3. Heather Edic,

UAF, 11:56.3; 4. Maria Stensland, UAF, 12:03.8; 5. Aurelia Korthauer, UAF, 12:11.5; 6. Stephanie Cooke, CWU, 12:15.4; 8. Rebecca Konieczny, UAF, 12:23.9; 9. Kelsey Kreft, CWU, 12:24.2; 10. Jana Benedix, UAF, 12:28.5.

WOU Summer's End Run (Sept. 3 at Monmouth) Women: No team score. **Individual (4,300 Meters)** - 1. Sarah Auer, Portland, 16:07.3; 2. Tricia Morrison, WOU, 16:15.9; 3. Annan Applebee, WOU, 16:15.9; 4. Amanda Wright, WOU, 16:22.9; 7. Erica Zambon, WOU, 16:46.8.

UAA Invitational (Sept. 5 at Anchorage): Men - Alaska Anchorage 22, Abilene Christian 33. **Individuals (5,000 Meters)** - 1. Micah Chelimo, UAA, 15:18.6; 3. Alfred Kangogo, UAA, 15:47.6; 4. Paul Rottich, UAA, 15:47.6; 7. Thomas Hill, UAA, 16:24.6; 10. Michael Adams, UAA, 16:41.4. **Women** - Alaska Anchorage 16, Abilene Christian 47. **Individuals (5,000 Meters)** - 1. Ruth Jeptoo, UAA, 18:22.8; 2. Hallidie Wilt, UAA, 18:32.8; 3. Miriam Kipngeno, UAA, 19:02.5; 4. Shoshana Keegan, UAA, 19:15.2; 6. Emma Bohman, UAA, 19:37.0; 7. Ariel Rolle, UAA, 19:45.6; 8. Laura Carr, UAA, 10:50.8; 9. Kayla Teslow, UAA, 20:14.0.

HPU Invitational (Sept. 5 at Kaaawa): Men - Humboldt State 21, Hawaii Pacific 72, BYU-Hawaii 84, Alaska Fairbanks 95, Hawaii Hilo 104, Chaminade 141. **Individuals (8,000 meters)** - 1. Brendan McMaster, BYUH, 24:52; 14. Samuel Tilly, UAF, 27:04; 16. Ray Sabo, UAF, 27:04; 18. Einar Often, UAF, 27:20; 20. Mitch Chandler, UAF, 27:38. **Women** - BYU-Hawaii 49, Humboldt State 52, Hawaii 77, Alaska Fairbanks 86, Hawaii Pacific 100, Hawaii Hilo 144, Chaminade 220. **Individuals (5,000 Meters)** - 1. Theresia Schnurr, UAF, 17:58; 15. Aurelia Korthauer, UAF, 19:29; 20 Heather Edic, UAF, 19:54.

Saint Martin's Invitational (Sept. 5 at Lacey): Men - Saint Martin's 32, Pacific Lutheran 49, Puget Sound 55, Evergreen State 100. **Individuals (8,000 meters)** - 1. John Riak, unat., 25:28.8; 4. Kyle Van Santen, SMU, 26:22.0; 6. Spencer Hunt, SMU, 26:41.4; 7. Nick Harvey, SMU, 27:11.0; 8. Joseph Patti, SMU, 27:25.4. **Women** - Pacific Lutheran 39, Saint Martin's 41, Puget Sound 53, Evergreen State 98. **Individuals (6,000 Meters)**- 1. Karen Steen, unat., 23:31.6; 5. Ashley Llapitan, SMU, 24:51.9; 8. Krinda Carlson, SMU, 24:56.6.

MSUB-Rocky Mountain Dual (Sept. 5 at Billings): Men - Rocky Mountain 24, Montana State-Billings 31. **Individuals (5,000 Meters)** - 1. Cesar Mireles, RMC, 16:04; 2. Daniel Lombardi, MSUB, 16:12; 5. Tyson Vanderby, MSUB, 16:59; 6. Travis Buttelman, MSUB, 17:06; 8. Mark Bolt, MSUB, 17:09; 10. Travis Hutchinson, MSUB, 17:24. **Women** - Montana State-Billings 23, Rocky Mountain College 37. **Individuals (5,000 Meters)**- 1. Amber Watson, RMC, 18:50; 2. Lisa Minnehan, MSUB, 19:22; 3. Leah Thompson, MSUB, 20:34; 5. Mary Owen, MSUB, 20:41; 6. Katie Thiel, MSUB, 20:48; 7. Kristen Yeley, MSUB, 20:53; 8. Sarah Jackson, MSUB, 21:09; 10. Mykel Ler, MSUB, 21:16.

NUU Roger Curren Invitational (Sept. 12): Men - Boise State 18, College of Idaho 51, Northwest Nazarene 89, Eastern Oregon 90, Treasure Valley CC 140, Westminster (Utah) 184. **Individuals (6,000 Meters)** - 1. Kevin Higgs, BSU, 18:41.23; 4. Barak Watson, NNU, 18:57.36; 17. Luke Hetrick, NNU, 19:45.57; 22. Matt Rankin, NNU, 20:01.29. **Women** - College of Idaho 46, Boise State 52, Northwest Nazarene 68, Eastern Oregon 70, Westminster (Utah) 134. **Individuals (4,000 Meters)** - 1. Shannon Porter, BSU, 14:19.20; 5. Jaclyn Puga, NNU, 14:44.35; 7. Jordan Powell, NNU, 15:06.58; 11. Michelle Phillips, NNU, 15:18.23; 24. Ashley Rendahl, NNU, 16:13.38; 28. Christine Harwood, NNU, 16:28.12.

CWU Apple Ridge Run Invitational (Sept. 12 at Yakima): Men - Western Washington 19, Seattle Pacific 48, Central Washington 57, Alaska Fairbanks 108, Skagit Valley 145. **Individuals (6,000 Meters)** - 1. Bennett Grimes, WWU, 19:49; 2. Blake Medhaug, WWU, 20:09; 3. Manuel Santos, CWU, 20:28; 5. Nick Abraham, WWU, 20:47; 6. Yonas Berhe, WWU, 20:48; 9. Jordan Lance, SPU, 20:55; 10. Kyle Johnson, WWU, 21:07. **Women** - Western Washington 31, Seattle Pacific 45, Alaska Fairbanks 65, Central Washington 76. **Individuals (4,000 Meters)** - 1. Sarah Porter, WWU, 15:13; 2. Kate Harline, SPU, 16:15; 3. Lisa Anderberg, SPU, 16:23; 4. Emily Wallen, WWU, 16:32; 5. Heather Edic, UAF, 16:35; 6. Kristi Fairbanks, WWU, 16:36; 7. Mary Williams, SPU, 16:44; 8. Jana Benedix, UAF, 16:54; 9. Kendra Hedges, WWU, 16:59; 10. Stephanie Cooke, CWU, 17:04.

Lewis & Clark Invitational (Sept. 12 at Estacada): Men - Western Oregon 51, Linfield 71, Concordia (Ore.) 77, Whitman 118, Lewis & Clark 120, Pacific Lutheran 175, Northwest Christian 206, Corban 216, George Fox 220, Bruin Track Club 230, Pacific 276. **Individuals (8,000 meters)** - 1. Chris Reed, WOU, 25:29.8; 8. Conner Kasler, WOU, 26:10.1; 14. Braxton Jackson, WOU, 26:30.7; 15. Brandon Snook, WOU, 26:38.5; 17. Mike Schmidt, WOU, 26:41.3; 18. Matt McCrary, WOU, 26:41.6. **Women** - Whitman 35, Lewis & Clark 60, Linfield 88, Northwest Christian 113, Concordia (Ore.) 120, Western Oregon 127, Pacific Lutheran 151, Corban College 238, Bruin Track Club 273, Oregon Tech. 280, George Fox 296. **Individuals (6,000 Meters)** - 1. Marci Klimek, Linf, 22:17.5; 13. Tricia Morrison, WOU, 23:47.3; 15. Amanda Wright, WOU, 23:49.9.

South Dakota Mines (Sept. 12 at Rapid City): Men - Black Hills State 30, Dickinson State 88, Gillette Community College 89, SD Mines 108, Rocky Mountain 109, MSU Billings 128, Minot State 145. **Individuals (7,920 Meters)** - 1. Jed Morgan, BHS, 26:25; 11. Daniel Lombardi, MSUB, 27:45; 31. Tyson Vanderby, MSUB, 28:45; 34. Mar Bolt, MSUB, 28:51. **Women** - Black Hills State 31, MSU Billings 60, Minot State 80, Dickinson State 99, Rocky Mountain 124, Gillette Community College 128, SD Mines 171. **Individuals (5,000 meters)** - 1. Wendy O' Lexey, BHS, 19:14.29; 3. Lisa Minnehan, MSUB, 20:07.07; 11. Leah Thompson, MSUB, 21:00.48; 13. Mary Owen, MSUB, 21:12.71; 14. Katie Thiel, MSUB, 21:14.61; 20. Kristen Yeley, MSUB, 21:34.27.

Willamette Grass Course (Sept. 18 at Salem): Women - No Team Scores. **Individual (5,000 Meters)** - 1. Amanda Wright, WOU, 19:32.36; 2. Tricia Morrison, WOU, 19:45.85; 3. Janelle Everetts, WOU, 19:48.12; 9. Erica Snawder, WOU, 20:18.42; 10. Megan Everetts, WOU,

20:31.90. **Men** - No Team Scores. **Individual (7085 Meters)** - 1. Chris Reed, WOU, 22:36.32; 7. Conner Kasler, WOU, 23:20.32; 10. Brandon Snook, WOU, 23:36.82.

UW Sundodger Open (Sept. 19 at Seattle): Men - British Columbia 89, Academy of Art 119, Simon Fraser 139, Northwest Nazarene 145, Whitworth 161, Everett CC 180, Seattle Running Club 181, Lewis & Clark 204, St. Martin's 227, Western Washington 239, Seattle Pacific 242, Central Washington 362. **Individuals (8,000 Meters)** - 1. Amos Maru, A of A, 24:52.34; 2. Barak Watson, NNU, 24:52.85; 9. Kyle Van Santen, SMU, 25:05.96; 10. Chad Meis, SPU, 25:10.96. **Women** - Alaska Anchorage 22, Simon Fraser 60, Whitworth 127, British Columbia 135, Northwest Nazarene 140, Lewis & Clark 154, Everett CC 199, Occidental 210, Whittier 280, Sonoma St. 281, St. Martin's 389, Central Washington 395, Western Washington 441. **Individuals (6,000 Meters)** - 1. Natasha Wodak, unat., 21:02.83; 2. Ruth Keino, UAA, 21:41.16; 3. Hallidie Wilt, UAA, 21:48.31; 5. Laura Carr, UAA, 21:58.11; 9. Shoshana Keegan, UAA, 22:05.63; 10. Miriam Kipng'eno, UAA, 22:06.09.

UW Sundodger Invite (Sept. 19 at Seattle): Men - Washington 27, Western Washington 84, Eastern Washington 95, Alaska Anchorage 98, Idaho 135, East County 144, Seattle University 157, Portland State 178. **Individuals (8,000 meters)** - 1. Kelly Spady, UW, 23:54.94; 2. Micah Chelimo, UAA, 24:03.33; 5. Marko Cheseto, UAA, 24:14.92; 12. Jordan Welling, WWU, 24:38.20; 13. Bennett Grimes, WWU, 24:39.78; 22. Paul Rottich, UAA, 25:08.89. **Women** - Washington 21, Oregon State 70, Western Washington 83, Idaho 93, Seattle Pacific 111, Portland State 183, Seattle University 192, Eastern Washington 242. **Individuals (6,000 meters)** - 1. Kendra Schaaf, UW, 19:49.12; 3. Jessica Pixler, SPU, 20:26.07; 4. Sarah Porter, WWU, 20:37.13; 12. Jane Larson, SPU, 21:29.26; 15. Lauren Breihof, WWU, 21:51.66; 24. Courtney Olsen, WWU, 22:29.76.

Montana State Invitational (Sept. 19 at Bozeman): Men - Utah State 42, Montana State 53, Weber State 70, Montana 76, Utah Valley 104, Great Falls 208, Dickinson State 223, Rocky Mountain 257, MSU - Billings 259. **Individuals (8,000 meters)** - 1. Patrick Casey, MSU, 24:54; 47. Daniel Lombardi, MSUB, 27:07; 66. Ryan Blombeck, MSUB, 28:27; 69. Travis Hutchinson, MSUB, 28:39; 71. Tyson Vanderby, MSUB, 28:45; 75. Travis Buttelman, MSUB, 28:49. **Women** - Weber State 36, Utah Valley 50, Montana 64, Utah State 94, Montana State 146, Utah 168, Concordia College 237, MSU - Billings 261. **Individuals (5,000 Meters)** - 1. Mary Nothum, UV, 17:10; 43. Lisa Minnehan, MSUB, 19:07; 49. Leah Thompson, MSUB, 19:20; 74. Kristen Yeley, MSUB, 20:00; 77. Mykel Ler, MSUB, 20:03; 78. Mary Owen, MSUB, 20:05.

Dickinson State Invitational (Sept. 25 at Dickinson): Men - Dickinson State 22, Montana State - Billings 47, University of Mary 55. **Individuals (8,000 Meters)** - 1. Sal Bautista, unat., 25:56; 6. Daniel Lombardi, MSUB, 28:00; 9. Tyson Vanderby, MSUB, 28:13; 10. Ryan Blombeck, MSUB, 28:13; 14. Taylor Canfield, MSUB, 28:39; 15. Daniel Hutchinson, MSUB, 28:43; 16. John Buttelman, MSUB, 28:50; 17. Tucker Shuler, MSUB, 29:43; 22. Kelley Miller, MSUB, 32:30. **Women** - Mary 18, MSU Billings 51, Dickinson State 54. **Individuals (5,000 Meters)** - 1. Jennifer Agnew, Mary, 19:05; 3. Lisa Minnehan, MSUB, 19:24; 10. Mary Owen, MSUB, 20:26; 11. Mykel Ler, MSUB, 20:30; 13. Kristen Yeley, MSUB, 20:31; 14. Leah Thompson, MSUB, 20:36; 16. Katie Thiel, MSUB, 21:06; 17. Sarah Jackson, MSUB, 21:09; 19. Malori Woodford, MSUB, 21:47; 23. Natasha Fredrickson, MSUB, 24:19.

Stanford Invitational (Sept. 26 at Stanford): Women - Stanford 24, California 100, Loyola Marymount 143, UC Davis 145, Chico State 187, UC Santa Barbara 196, Cal Poly 201, Long Beach 201, UTSA 269, Sacramento State 282, Seattle Pacific 334. **Individuals (6,000 meters)** - 1. Tara Erdmann, unat., 20:20; 2. Jessica Pixler, SPU, 20:21; 35. Jane Larson, SPU, 21:57; 86. Lisa Anderberg, SPU, 23:04; 131. Mary Williams, SPU, 23:54; 135. Kate Harline, SPU, 23:58.

NNU Bob Firman (Sept. 26 at Boise): Men - Boise State 25, Idaho State 59, College of Idaho 70, Northwest Nazarene 100, Central Washington 139. **Individuals (8,000 meters)**- 1. John Ricardi, ISU, 25:25.16; 2. Barak Watson, NNU, 25:37.23; 14. Manuel Santos, CWU, 26:00.61. **Women** - Brigham Young 28, Idaho State 44, Boise State 86, Northwest Nazarene 100, Utah 101, Central Washington 171. **Individuals (5,000 Meters)** - 1. Katy Andrews, BYU, 17:59.34; 10. Jaclyn Puga, NNU, 18:31.57; 19. Jordan Powell, NNU, 18:52.37.

TESC Pete Steilberg Invitational (Sept. 26 at Olympia): Men - Simon Fraser 21, Saint Martin's 49, Evergreen State 85, Seattle Pacific 87. **Individuals (8,000 Meters)** - 1. Kevin Friesen, SFU, 25:42.54; 4. Kyle Van Santen, SMU, 25:57.07; 9. Spencer Hunt, SMU, 27:02.18; 13. Noah Caffrey, SMU, 27:15.91; 14. Nick Harvey, SMU, 27:21.20; 15. Nate Sleight, SPU, 27:29.61. **Women** - Simon Fraser 15, Saint Martin's 52, Seattle Pacific 89, Evergreen State 89. **Individuals (5,000 Meters)** - 1. Jessica Smith, SFU, 18:20.43; 8. Annie Laweryson, SMU, 20:06.30; 10. Ashley Llapitan, SMU, 20:12.02; 11. Helen Camden, SMU, 20:13.00; 15. Krinda Carlson, SMU, 20:48.40.

Emerald City Invitational (Oct. 3 at Lower Woodland Park): Men - Seattle University 25, Seattle Running Club 36. **Individuals (8,000 Meters)** -- 1. Rob Webster, UW, 25:59; 22. Gavin Brand, SPU, 28:58; 27. Daniel Hamilton, SPU, 30:34; 30. Nathan Seely, SPU, 31:30. **Women** - Washington 15, Seattle 47, Seattle Pacific 85 Eastside Runners 97. **Individuals (6,000 Meters)** - 1. Mo Huber, UW, 23:03; 18. Krysta Carrick, SPU, 25:56; 23. Laura Moser, SPU, 26:47; 26. Lauren Wood, SPU, 27:01; 27. Kayla Wilkins, SPU, 27:18; 28. Margaret Hanscom, SPU, 27:32.

Willamette Chuck Bowles Invitational (Oct. 3 at Salem): Men - Chico State 46, Boise State 51, Willamette 113, Idaho 164, Nebraska Wesleyan 169, San Jose State 232, Whitworth 234, Portland State 243, Northwest Nazarene 250, St. John's (Minn.) 257, Seattle Pacific 370. **Individuals (8,000 meters)** - 1. Michael Wickman, CSU, 24:08.06; 8. Barak Watson, NNU, 24:32.05; 21. Chad Meis, SPU, 25:54.89; 26. Matt Stark, NNU, 25:0.09. **Women** - Chico State 43, Augustana (SD) 114, Idaho 116, Whitworth 142, St. Thomas (Minn.) 171, Whitman 177, Boise State 183, Nebraska Wesleyan 206, Northwest Nazarene 232. **Individuals (5,000 Meters)** - 1. Teegan Schoch, UI, 17:26.92; 10. Jaclyn Puga, NNU, 18:05.99; 22. Jordan Powell, NNU, 18:18.70; 28. Michelle Phillips, NNU, 18:23.49.

Colorado Rocky Mountain Shootout (Oct. 3 at Boulder): Men - Garden City CC 34, Metro State 37, Black Hills State 67, Gillette 148, South Dakota School of Mines 151, Rocky Mountain 173, Colorado Christian 185, Montana State - Billings 196. **Individuals (8,000 Meters)** - 1. Kenyon Neuman, UC, 24:51; 72. Daniel Lombardi, MSUB, 28:28. **Women** - Mesa State 33, Metro State 62, Black Hills State 79, Montana State - Billings 110. **Individuals (5,800 Meters)** - 1. Jennifer Barringer, UC, 19:25; 41. Lisa Minnehan, MSUB, 23:42; 67. Mykel Ler, MSUB, 24:31; 68. Leah Thompson, MSUB, 24:31.

San Francisco State Invitational (Oct. 9 at San Francisco): Men - Alaska Anchorage 52, Western Oregon 56, Humboldt State 58, Chico State 108, Santa Clara 131. **Individuals (8,000 meters)** - 1. Marko Cheseto, UAA, 24:52.6; 2. Micah Chelimo, UAA, 24:55.0; 3. Chris Reed, WOU, 25:17.1; 8. Alfred Kangogo, UAA, 25:44.3; 9. Chad Meis, SPU, 25:48.2. **Women** - Alaska Anchorage 15, Chico State 81, Santa Clara 116, San Jose State 148, Western Oregon 148. **Individuals (6,000 Meters)** - 1. Jessica Pixler, SPU, 20:36.4; 2. Jane Larson, SPU, 21:37.9; 3. Ruth Keino, UAA, 21:38.7; 4. Hallidie Wilt, UAA, 21:57.1; 5. Shoshana Keegan, UAA, 22:02.8; 6. Laura Carr, UAA, 22:09.2; 7. Miriam Kipng'eno, UAA, 22:15.2.

MSU Billings Invitational (Oct. 10 at Billings): Men - Black Hills State 27, Great Falls 71, Dickinson State 96, MSU Billings 118, South Dakota Tech 120, Rocky Mountain 133, Carroll 146, FVCC 245. **Individuals (8,000 Meters)** - 1. Mark Mazza, BHSU, 25:27; 14. Daniel Lombardi, MSUB, 26:38; 19. Mark Bolt, MSUB, 26:49. **Women** - Black Hills State 34, MSU Billings 47, Great Falls 98, Carroll 99, Dickinson State 113, Rocky Mountain 130, South Dakota Tech 180, FVCC 240. **Individuals (5,000 Meters)** - 1. Wendy O'Lexey, BHSU, 18:02; 4. Lisa Minnehan, MSUB, 18:50; 9. Mary Owen, MSUB, 19:19; 10. Leah Thompson, MSUB, 19:20; 13. Ler Mykel, MSUB, 19:32; 15. Sarah Jackson, MSUB, 19:43.

Western Washington Invitational (Oct. 10 at Bellingham): Men - Western Washington 23, Club Northwest 63, British Columbia 84, Seattle Running 96, Central Washington 140, St. Martin's 160, Seattle Pacific 170. **Individuals (8,000 Meters)** - 1. Jordan Welling, WWU, 31:41; 2. Bennett Grimes, WWU, 31:50; 3. Anthony Tomsich, WWU, 31:59; 6. Blake Medhaug, WWU, 32:22; 9. Kyle Van Santen, SMU, 32:32. **Women** - Club Northwest 32, Western Washington 39, British Columbia 88, Seattle Pacific 90, Central Washington 141, St. Martin's 164. **Individuals (6,000 Meters)** - 1. Sarah Porter, WWU, 21:10; 3. Courtney Olsen, WWU, 22:03; 6. Lauren Briehef, WWU, 22:11. 8. Natty Plunkett, SPU, 22:29.

Eastern Oregon Blue & Gold Open (Oct. 17 at LaGrande): Men - Northwest Nazarene 24, Eastern Oregon 33. **Individuals (5,000 Meters)** - 1. Barak Watson, NNU, 15:40; 2. Matt Stark, NNU, 15:41; 5. Kyle Gray, NNU, 16:04; 9. Benard Ngeno, NNU, 16:17. **Women** - Northwest Nazarene 23, Eastern Oregon 32. **Individual (3,000 Meters)** - 1. Jaclyn Puga, NNU, 10:55.35; 4. Jordan Powell, NNU, 11:23.26; 5. Michelle Phillips, NNU, 11:32.37; 9. Christine Harwood, NNU, 11:53.94; 10. Ashley Rehdahl, NNU, 12:07.65.

Puget Sound Open (Oct. 17 at Tacoma): Men - Whitworth 38, Linfield 46, Whitman 83, Lewis & Clark 94, Puget Sound 126, Pacific Lutheran 135, Highline CC 196, Central Washington inc. **Individuals (8,000 Meters)** - 1. Shawn Fisher, Linf, 25:57.92; 63. Zach Armstrong, CWU, 31:05.47. **Women** - Whitworth 36, Whitman 52, Lewis & Clark 78, Linfield 85, Pacific Lutheran 131, Puget Sound 149, Highline 222. **Individuals (6,000 Meters)** - 1. Marci Klimek, Linf, 22:23.45; 77. Cindy Glenn, CWU, 27:42.32; 81. Jessica Hirschorn, CWU, 28:02.69.

Coyote Classic (Oct. 22 at Caldwell, ID): Men - College of Idaho 26, Eastern Oregon 32, Treasure Valley 103, Boise State 104, Northwest Nazarene 139, Boise Track Club 148. **Individuals (8,000 Meters)** - 1. Greg Montgomery, C of I, 23:55.7; 16. Justin Webb, NNU, 25:13.30. **Women** - College of Idaho 24, Eastern Oregon 31, Boise State 78, Northwest Nazarene inc. **Individuals (5,000 Meters)** - 1. Karlee Coffey, EOU, 16:56.6.; 28. Chelsea Layne, NNU, 20:47.2.

GNAC Championships (Oct. 24 at Apple Ridge, Yakima): Men - Western Washington 33, Alaska Anchorage 70, Western Oregon 74, Northwest Nazarene 99, Seattle Pacific 138, Central Washington 167, Saint Martin's 190, Alaska Fairbanks 219, Montana State Billings 257. **All-Conference (8,000 Meters)** - 1. Marko Cheseto, UAA, 24:50; 2. Bennett Grimes, WWU, 25:05; 3. Jordan Welling, WWU, 25:08; 4. Alfred Kangogo, UAA, 25:12; 5. Micah Chelimo, UAA, 25:13; 6. Anthony Tomsich, WWU, 25:14; 7. Chris Reed, WOU, 25:26; 8. Kyle Van Santen, SMU, 25:28; 9. Blake Medhaug, WWU, 25:32; 10. Barak Watson, NNU, 25:35. **Women** - Alaska Anchorage 25, Seattle Pacific 48, Western Washington 64, Northwest Nazarene 114, Western Oregon 146, Montana State Billings 167, Alaska Fairbanks 196, Central Washington 205, Saint Martin's 255. **All-Conference (6,000 Meters)** - 1. Jessica Pixler, SPU, 21:03; 2. Sarah Porter, WWU, 21:13; 3. Miriam Kipng'eno, UAA, 22:02; 4. Shoshana Keegan, UAA, 22:06; 5. Ruth Keino, UAA, 22:12; 6. Hallidie Wilt, UAA, 22:16; 7. Laura Carr, UAA, 22:18; 8. Jane Larson, SPU, 22:20; 9. Lauren Briehef, WWU, 22:37; 10. Jaclyn Puga, NNU, 22:48.

NCAA West Regional (Nov. 7 at San Francisco): Men - Chico State 42, Western Washington 74, Alaska Anchorage 96, Western Oregon 105, Cal Poly Pomona 129, Humboldt State 157, Northwest Nazarene 212, CSU Stanislaus 248. UC San Diego 262, BYU-Hawaii 303, San Francisco State 314, Hawaii Pacific 324, Saint Martin's 340, Central Washington 362, Hawaii Hilo 433, MSU Billings 464, Grand Canyon 475, Notre Dame de Namur 477, Alaska Fairbanks 552, CSU Monterey Bay 579. **All-Region (10,000 Meters)** - 1. Marko Cheseto, UAA, 30:42.5; 2. Jordan Welling, WWU, 30:59.4; 3. Micah Chelimo, UAA, 31:05.6; 4. Brent Handa, Chico State, 31:07.8; 5. Jimmy Elam, Chico State, 31:11.4; 6. Beau Gradone-Rogers, Chico State, 31:16.4; 7. Anthony Tomsich, WWU, 31:23.7; 8. Chris Reed, WOU, 31:26.1; 9. Michael Wickman, Chico State, 31:30.9; 10. Alfred Kangogo, UAA, 31:35. 80; 11. Barak Watson, NNU, 32:39.8; 12. Bennett Grimes, WWU, 31:42.9; 13. Jersain Torres, CPP, 31:45.8; 14. Mike Schmidt, WOU, 31:46.3; 15. Andrew Sylvester, HSU, 31:50.7. **Women** - Alaska Anchorage 35, Chico State 58, Seattle Pacific 75, Western Washington 121, Cal Poly Pomona 197, Northwest Nazarene 200, UC San Diego 217, Cal State L.A. 245, BYU-

Hawaii 300, Western Oregon 303, Humboldt State 304, CSU Stanislaus 306, San Francisco State, 339, MSU Billings 352, Hawaii Pacific 396, Alaska Fairbanks 403, CSU San Bernardino 414, Central Washington 420, Sonoma State 490, Saint Martin's 536, Hawaii Hilo 634, CSU Dominguez Hills 641, CSU Monterey Bay 715, Grand Canyon 726, Notre Dame de Namur 753. **All-Region (6,000 Meters)** - 1. Jessica Pixler, SPU, 20:08.9; 2. Sarah Porter, WWU, 20:42.3; 3. Hallidie Wilt, UAA, 21:11.5; 4. Ruth Keino, UAA, 21:11.8; 5. Miriam Kipngeno, UAA, 21:17.9; 6. Tori Tyler, Chico State, 21:23.5; 7. Jane Larson, SPU, 21:28.8; 8. Julie Shaw, Chico State, 21:29.4; 9. Laura Carr, UAA, 21:30.03; 10. Vivien Wadeck, CSULA, 21:34.2; 11. Megan Rolland, Humboldt State, 21:41.5; 12. Lauren Breihof, WWU, 21:44.5; 13. Alia Gray, Chico State, 21:45.0; 14. Shoshana Keegan, UAA, 21:45.7; 15. Kara Lubieniecki, Chico State, 21:48.7.

NCAA Nationals (Nov. 21 at Evansville, Indiana): Men - Adams State 23, Western State 86, Colorado Mines 153, Western Washington 170, Grand Valley 185, Southern Indiana 228, Queens (NC) 256, Chico State 284, Harding 296, Augustana 313 (17. Alaska Anchorage 415). **All-Americans (10,000 Meters)** - 1. Reuben Mwei, Adams State, 30:27.8; 13. Jordan Welling, WWU, 31:44.6; 35. Chris Reed, WOU, 32:28.5; 38. Barak Watson, NNU, 32:30.1; 40. Micah Chelimo, UAA, 32:34.3. **Others** - 42. Marko Cheseto, UAA, 32:38.8; 45. Anthony Tomsich, WWU, 32:44.7; 52. Eric Brill, WWU, 32:48.6; 56. Bennett Grimes, WWU, 32:53.7; 61. Blake Medhaug, WWU, 32:59.9; 79. Greg Kubitz, WWU, 33:18.0; 94. Alfred Kangogo, UAA, 33:39.6; 97. Yonas Berhe, WWU, 33:41.5; 143. Michael Adams, UAA, 34:56.4; 174. William Estes, UAA, 36:42.5; 180. Paul Rottich, UAA, 37:26.5. **Women** - Adams State 73, Grand Valley State 81, Missouri Southern 104, Seattle Pacific 151, Alaska Anchorage 158, Chico State 172, Minnesota Duluth 294, Western Washington 300, Western State 306, Tampa 308. **All-Americans (6,000 Meters)** - 1. Jessica Pixler, SPU, 20:22.6; 2. Sarah Porter, WWU, 20:30.1; 14. Miriam Kipngeno, UAA, 21:16.7; 31. Lauren Breihof, WWU, 21:48.7; 39. Ruth Keino, UAA, 21:58.2. **Others** - 45. Hallidie Wilt, UAA, 22:09.9; 46. Suzie Strickler, SPU, 22:11.5; 47. Jane Larson, SPU, 22:12.0; 49. Natty Plunkett, SPU, 22:12.5; 53. Shoshana Keegan, UAA, 22:16.3; 62. Kate Harline, SPU, 22:24.8; 63. Laura Carr, UAA, 22:27.1; 65. Courtney Olsen, WWU, 22:30.2; 80. Lisa Anderberg, SPU, 22:43.5; 112. Kirsten Moore, WWU, 23:13.1; 152. Emma Bohman, UAA, 23:58.5; 153. Sierra Brisky, WWU, 24:02.0; 163. Mary Williams, SPU, 24:15.3; 166. Danielle Slaughter, WWU, 24:31.7; 172. Ariel Roelle, UAA, 24:54.0; 181. Emily Wallen, WWU, 26:09.4.

2010

UAF Nanook Invitational (Sept. 2 at Fairbanks): Men - Northwest Nazarene 25, Alaska Fairbanks 48, Seattle Pacific 51. **Individuals (8,000 Meters)** - 1. Barak Watson, NNU, 26:30.0; 2. William Harrison, SPU, 26:53.3; 3. Jesse Baggenstos, NNU, 27:02.9; 4. Tyler Kornfield, UAF, 27:12.6; 5. Daniel Hamilton, SPU, 27:22.6; 6. Neil Easter, NNU, 27:32.7; 7. Matt Rankin, NNU, 27:33.1; 8. Luke Hetrick, NNU, 27:35.6; 9. David Norris, UAF, 27:46.0; 10. Lex Treinen, NNU, 28:01.8. **Women** - Alaska Fairbanks 27, Seattle Pacific 42, Northwest Nazarene 63. **Individuals (6,000 Meters)** - 1. Natty Plunkett, SPU, 22:30.3; 2. Raphaela Sieber, UAF, 22:56.2; 3. Jaclyn Puga, NNU, 23:08.7; 4. Theresa Schnurr, UAF, 23:17.5; 5. Allison Cutting, SPU, 23:58.2; 6. Heather Edic, UAF, 24:05.2; 7. Jana Benedix, UAF, 24:22.2; 8. Aurelia Korthauer, UAF, 24:31.2; 9. Crystal Pitney, UAF, 24:32.9; 10. Robyn Zeidler, SPU, 24:51.8.

Lake Padden Relays (Sept. 4 at Bellingham): Men - 1. Western Washington (Bennett Grimes, Nick Abraham, Yonas Berhe, Chip Jackson) 54:38. **Women** - 1. Western Washington (Sarah Porter, Lauren Breihof, Phoebe Hartnett, Sierra Brisky) 1:01:26.

MSU Billings Open (Sept. 4 at Billings): Men - Rocky Mountain 22, MSU Billings 33. **Individuals (5,000 Meters)** - 1. Noah Kiprono, RMC, 15:25; 6. Daniel Lombardi, MSUB, 15:58; 7. Tyson Vanderby, MSUB, 16:17; 10. Taylor Canfield, MSUB, 16:29. **Women** - Black Hills 20, MSU Billings 50, Rocky Mountain 54. **Individuals (5,000 Meters)** - 1. Sarah Graves, unat., 18:10; 4. Katie Thiel, MSUB, 19:21; 7. Mary Owen, MSUB, 19:45; 11. Sarah Jackson, MSUB, 20:10; 13. Mykel Ler, MSUB, 20:10.

Hawaii Pacific Sand Island Invitational (Sept. 4 at Honolulu): Men - Alaska Anchorage 15, Hawaii Pacific 58, Chaminade 88. **Individuals (3 Miles)** - 1. Marko Cheseto, UAA, 14:26; 2. Micah Chelimo, UAA, 14:33; 3. Jacob Parisien, UAA, 14:44; 4. Paul Rottich, UAA, 14:45; 5. William Ritekwiang, UAA, 15:06. **Women** - Alaska Anchorage 18, Chaminade 80, Hawaii Pacific inc. **Individuals (3 Miles)** - 1. Ruth Keino, UAA, 17:17; 2. Miriam Kipng'eno, UAA, 17:19; 4. Shoshana Keegan, UAA, 17:44; 5. Susan Bick, UAA, 18:08.

UAF Short-Course Invitational (Sept. 4 at Fairbanks): Men - Seattle Pacific 41, Alaska Fairbanks 42, Northwest Nazarene 43. **Individuals (4,000 Meters)** - 1. Matt Stark, NNU, 13:00.6; 2. Ryan Jaggi, NNU, 13:04.4; 3. Tyler Kornfield, UAF, 13:08.2; 5. William Harrison, SPU, 13:19.2; 6. Benard Ngeno, NNU, 13:20.3; 7. David Norris, UAF, 13:31.1; 8. Daniel Hamilton, SPU, 13:32.3; 9. Andrew Arnold, UAF, 13:34.4; 10. Andrew VanNess, SPU, 13:37.0. **Women** - Alaska Fairbanks 32, Northwest Nazarene 46, 3. Seattle Pacific 49. **Individuals (4,000 meters)** - 1. Raphaela Sieber, UAF, 15:19.9; 2. Jaclyn Puga, NNU, 15:25.5; 3. Natty Plunkett, SPU, 15:26.8; 4. Theresa Schnurr, UAF, 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, UAF, 16:14.1; 9. Jana Benedix, UAF, 16:17.5; 10. Crystal Pitney, UAF, 16:26.9.

Black Hills State Yellowjacket Invitational (Sept. 9 at Spearfish): Men - Black Hills State 28, MSU Billings 89, Rocky Mountain 89, Gillette CC 89, South Dakota Mines 97, Dickinson State 154. **Individuals (6,000 Meters)** - 1. Wesley Cheruiyot, Gillette, 20:06.21; 14. Daniel Lombardi, MSUB, 21:36.93; 22. Tyson Vanderby, MSUB, 21:59.16; 24. Taylor Canfield, MSUB, 22:05.69; 26. Brian Potter, MSUB, 22:14.94; 29. Mark Bolt, MSUB, 22:31.61. **Women** - Black Hills State 32, MSU Billings 55, Rocky Mountain 59, South Dakota Mines 111, Dickinson State, 124, Gillette CC 139. **Individuals (4,000 Meters)** - 1. Abi Bever, BHS, 16:45.23; 3. Sarah Jackson, MSUB, 17:11.17; 6. Katie Thiel, MSUB, 17:18.25; 10. Mary Owen, MSUB, 17:35.54; 11. Mykel Ler, MSUB, 17:36.50.

NUU Roger Curran Invitational (Sept. 11 at Nampa): Men - Boise State 23, College of Idaho 51, Northwest Nazarene 68, Eastern Oregon 87, Treasure Valley 143. **Individuals (6,000 Meters)** - 1. Drew O'Donoghue-McDonald, BSU, 18:15.49; 3. Barak Watson, NNU, 18:21.95; 14. Jesse Bagganostos, NNU, 19:00.32; 17. Ryan Jaggi, NNU, 19:09.33. **Women** - Boise State 34, College of Idaho 43, Eastern Oregon 74, Northwest Nazarene 86, Treasure Valley 152. **Individual (4,000 Meters)** - 1. Karlee Coffey, EOU, 13:36.29; 4. Jaclyn Puga, NNU, 13:59.66; 15. Jordan Powell, NNU, 14:37.14; 28. Natalie Evans, NNU, 15:03.74.

CWU Apple Ridge Invitational (Sept. 11 at Yakima): Men - Great Falls 19, Western Washington 68, Central Washington 76, Green River 122, Seattle Pacific 129, Olympic 165. **Individuals (6,000 Meters)** - 1. Rigoberto Jimenez, UGF, 19:34; 6. Graham Armstrong, WWU, 20:27; 12. Tanner Boyd, WWU, 20:41; 15. Manuel Santos, CWU, 20:45; 16. Nathan Power, CWU, 20:45. **Women** - Western Washington 20, Seattle Pacific 64, Central Washington 68, Great Falls 77, Olympic 152. **Individuals (4,000 Meters)** - 1. Allison Cutting, SPU, 15:45; 2. Mary Rogers, WWU, 16:05; 3. Rachael Johnson, WWU, 16:06; 4. Phoebe Harnett, WWU, 16:15; 5. Kristi Fairbanks, WWU, 16:35; 6. Haida Ikeda, WWU, 16:39; 7. Taylor Kartes, CWU, 16:41; 8. Kelsey Kreft, CWU, 16:45.

BYU-Hawaii Invitational (Sept. 11 at Laie): Men - Alaska Anchorage 15, BYU-Hawaii 70, Hawaii Pacific 91, George Fox 106, Hawaii Hilo 136, Chaminade 166. **Individuals (6,000 Meters)** - 1. Marko Cheseto, UAA, 25:10; 2. Micah Chelimo, UAA, 25:11; 3. Paul Rottich, UAA, 25:42; 4. Jacob Parisien, UAA, 25:46; 5. William Ritekwiang, UAA, 26:16; 8. Yon Yilma, UAA, 26:58; 10. Lucas Ebner, UAA, 27:18. **Women** - Alaska Anchorage 20, Hawaii 73, BYU-Hawaii 74, Hawaii Pacific 86, George Fox 192, Chaminade 218, Hawaii Hilo inc. **Individuals (4,000 Meters)** - 1. Ruth Keino, UAA, 17:47; 2. Miriam Kipng'eno, UAA, 17:50; 4. Shoshana Keegan, UAA, 18:29; 6. Emma Bohman, UAA, 18:38; 7. Katie Krehik, UAA, 18:45; 10. Hallidie Wilt, UAA, 19:00.

Sundodger Invitational (Sept. 18 at Seattle): Invitational, Men - Washington 27, Southern Oregon 75, Idaho 78, Gonzaga 140, Western Oregon 142, Eastern Washington 160, Portland State 175, Seattle 185, East County 239, Pepperdine 267. **Individuals (8,000 Meters)** - 1. Max O'Donoghue-McDonald, UW, 24:03.63; 3. Chris Reed, WOU, 24:04.75. **Open, Men** - Whitworth 45, British Columbia 55, Lewis & Clark 98, Simon Fraser 140, Saint Martin's 184, Whitman 187, Southern Oregon 187, Everett CC 195, Seattle Pacific 220, Puget Sound 272. **Individuals (8,000 Meter)** - 1. Kyle Van Santen, SMU, 24:47.48; 8. Ryan Brockerville, SFU, 25:17.45; 9. Spencer Hunt, SMU, 25:17.72. **Invitational, Women** - Washington 22, Idaho 72, Pepperdine 99, Gonzaga 108, Nevada 152, Eastern Washington 160, Portland State 176, Seattle 186, Western Oregon 235. **Individuals (6,000 Meters)** - 1. Lindsay Flanagan, UW, 20:34.70; 39. Erika Snawder, WOU, 22:54.35. **Open, Women** - Simon Fraser 35, Lewis & Clark 88, Whitworth 95, Southern Oregon 116, British Columbia 126, Everett CC 180, Whitman 200, Seattle Pacific 219, Saint Martin's 260. **Individuals (6,000 Meters)** - 1. Jessica Smith, SFU, 21:51.94; 2. Angela Shaw, SFU, 21:52.69; 5. Helen Croft, SFU, 22:03.83; 8. Alli Cutting, SPU, 22:20.56.

Montana State Invitational (Sept. 18 at Bozeman): Men - Great Falls 55, Montana State 59, Utah State 92, Rocky Mountain 123, Weber State 138, MSU Billings 177, Carroll 196, South Dakota Mines 213, Montana 219, Idaho State 228, Westminster 248. **Individuals (5 Miles)** - 1. Patrick Casey, MSU, 25:01; 19. Daniel Lombardi, MSUB, 27:37; 30. Tyson Vanderby, MSUB, 27:59; 41. Brian Potter, MSUB, 28:14. **Women** - Montana 31, Weber State 46, Utah State 87, Idaho State 87, Utah 131, Montana State 164, Carroll 204, MSU Billings 234, Rocky Mountain 281, South Dakota Mines 297, Great Falls 318, Westminster 362. **Individuals (3 Miles)** - 1. Kara DeWalt, UM, 16:55; 43. Whitney Mickelsen, MSUB, 18:52; 51. Katie Thiel, MSUB, 19:16; 59. Sarah Jackson, MSUB, 19:30.

Dickinson State Invitational (Sept. 24 at Dickinson, ND): Men - MSU Billings 15, Valley City 48, Dickinson State inc., United Tribes inc. **Individuals (8,000 Meters)** - 1. Ishmael Arzola, unat., 25:53.79; 3. Daniel Lombardi, MSUB, 26:36.49; 5. Brian Potter, MSUB, 27:02.79; 6. Tyson Vanderby, MSUB, 27:17.36; 7. Chase Robinson, MSUB, 27:22.67; 8. Taylor Canfield, MSUB, 27:25.81; 10. Mark Bolt, MSUB, 27:42.54. **Women** - MSU Billings 22, Dickinson State 34, United Tribes inc., Valley City inc. **Individuals (5,000 Meters)** - 1. Whitney Mickelsen, MSUB, 19:56.01; 2. Mary Owen, MSUB, 20:09.85; 3. Mykel Ler, MSUB, 20:10.36; 8. Shena Wald, MSUB, 20:45.93; 10. Melanie Bock, MSUB, 21:02.12.

Chaminade Invitational (Sept. 25 at Honolulu): Men - BYU-Hawaii 20, Alaska Fairbanks 78, Hawaii Pacific 79, Hawaii Hilo 106, Chaminade 110. **Individuals (8,000 Meters)** - 1. Thomas Puzey, BYUH, 25:54.28; 4. Tyler Kornfield, UAF, 26:33.80; 15. David Norris, UAF, 27:48.25. **Women** - BYU-Hawaii 34, Alaska Fairbanks 46, Hawaii Pacific 89, Hawaii Manoa 98, Hawaii Hilo 168, Chaminade inc. **Individuals (5,000 Meters)** - 1. Frida Aspnaes, HPU, 18:31.75; 2. Raphaela Sieber, UAF, 18:43.4; 3. Theresia Schnurr, UAF, 19:16.4; 8. Jana Benedix, UAF, 19:42.42.

Saint Martin's Invitational (Sept. 25 at Lacey): Men - Western Washington 31, Saint Martin's 63, Pacific Lutheran 85, Clark College 97, Green River CC 114, Seattle Pacific 158, Olympic CC 158, Evergreen State College 216. **Individuals (8,000 Meters)** - 1. John Riak, unattached, 26:07; 2. Kyle Van Santen, SMU, 26:08; 4. Spencer Hunt, SMU, 26:16; 5. Chip Jackson, WWU, 27:01; 7. Kyle Johnson, WWU, 27:07; 8. Tanner Boyd, WWU, 27:08; 10. Nick Abraham, WWU, 27:16. **Women** - Western Washington 29, Clark College 60, Saint Martin's 76, Pacific Lutheran 89, Seattle Pacific 123, Evergreen State 170, Olympic CC 195. **Individuals (6,000 Meters)** - 1. Sarah Porter, WWU, 21:37; 3. Annie Laweryson, SMU, 23:29; 5. Jessica Boyer, WWU, 23:41; 7. Joscelyn Minton, SMU, 23:50; 8. Rachael Johnson, WWU, 23:52; 9. Lacey Nation, WWU, 23:53; 10. Haida Ikeda, WWU, 23:55.

Boise State Bob Firman Invitational (Sept. 25 at Eagle, ID): Men - Northwest Nazarene 26, Boise State 44, Treasure Valley 67, Westminster 92, Boise State TC 140. **Individuals (8,000 Meters)** - 1. Travis Fuller, BYU, 25:10.45; 4. Barak Watson, NNU, 25:44.84; 10. Ryan Jaggi, NNU, 26:41.09; 12. Jesse Bagganostos, NNU, 26:44.99; 15. Benard Ngeno, NNU, 26:56.65. **Women** - BYU 15, Boise State 60,

Northwest Nazarene 65, Westminster 114, Treasure Valley. **Individuals (5,000 Meters)** - 1. Lisa Drury, BYU, 18:20.12; 7. Jaclyn Puga, NNU, 18:38.24; 16. Natalie Evans, NNU, 19:18.61.

Spokane CC Eric Anderson Invitational (Sept. 25 at Spokane, WA): Men - Washington State 19, Lewis-Clark State 74, Gonzaga 98, Whitworth 98, Spokane CC 130, Central Washington 217. **Individuals (8,000 Meters)** - 1. Justin Englund, WSU, 25:14; 31. Manuel Santos, CWU, 27:08; 47. Nathan Power, CWU, 27:50; 50. Ryan Eidsmore, CWU, 28:01. **Women** - Washington State 30, Gonzaga 61, Lewis-Clark State 97, Spokane CC 158, Central Washington 187. **Individuals (5,000 Meters)** - 1. Ruby Roberts, WSU, 18:26; 25. Taylor Kartes, CWU, 20:25; 31. Kelsey Kreft, CWU, 20:37; 33. Adriana Mendoza, CWU, 20:39.

Greater Louisville Cross Country Classic (Oct. 2 at Louisville): Men - Louisville 97. **Individuals (8,000 Meters)** - 1. Meshack Koyiaki, Columbus State, 23:20.75; 51. Jordan Welling, WWU, 24:43.62; 55. Bennett Grimes, WWU, 24:45.14; 107. Blake Medhaug, WWU, 25:13.73. **Women** - Grand Valley State 106. **Individuals (5,000 Meters)** - 1. Neely Spence, Shippensburg, 16:32.90; 3. Sarah Porter, WWU, 16:57.98; 35. Lauren Breihof, WWU, 17:46.50.

Willamette Charles Bowles Invitational (Oct. 2 at Salem): Men - Portland 25, Chico State 62, Alaska Anchorage 90, Idaho 142, Willamette 155 (7. Northwest Nazarene 221, 8. Western Oregon 228, 16. Seattle Pacific 488). **Individuals (8,000 Meters)** - 1. Marko Cheseto, UAA, 23:18.70; 6. Micah Chelimo, UAA, 23:49.10; 14. Barak Watson, NNU, 24:16.95; 23. Chris Reed, WOU, 24:31.06. **Women** - Idaho 55, Alaska Anchorage 93, Chico State 110, UC Riverside 133, Lipscomb 134 (11. Western Oregon 312, 13. Northwest Nazarene 388, 21. Seattle Pacific 552). **Individuals (6,000 Meters)** - 1. Miriam Kipng'eno, UAA, 17:19.04; 3. Ruth Keino, UAA, 17:31.72; 20. Ivy O'Guinn, UAA, 18:04.03; 22. Jaclyn Puga, NNU, 18:04.80.

University of Colorado Rocky Mountain Shootout (Oct. 2 at Boulder): Men (Division II) - 1. Adams State 22, 2. Western State 70, 3. Metro State 118, 4. Colorado College 145, 5. New Mexico Highlands 154, 11. MSU Billings 302. **Individuals (8,000 Meters)** - 1. Joe Bosshard, Colorado, 24:44; 115. Daniel Lombardi, MSUB, 28:01 (46th); 138. Tyson Vanderby, MSUN, 28:31 (57th); 156. Brian Potter, MSUB, 28:42. **Women (Division II)** - 1. Adams State 31, 2. Western State 38, 3. Mesa State 124, 4. Regis 139, 5. MSU Billings 159. **Individuals (6,000 Meters)** - 1. Laura Tremblay, Colorado, 20:29; 48. Whitney Mickelsen, MSUB, 23:22 (19th); 56. Katie Thiel, MSUB, 23:43 (24th); 61. Mykel Ler, MSUB, 23:49 (29th). **Note:** Team scoring place in parenthesis.

Emerald City Invitational (Oct. 2 at Woodland Park, Seattle): Men - Seattle 29, Club Northwest 32, Central Washington 74, Seattle Running Club 93, Seattle Pacific inc. **Individuals (8,000 Meters)** - 1. Erik Barkhaus, SU, 26:00; 7. Manuel Santos, CWU, 27:08; 20. Ryan Eidsmoe, CWU, 28:11; 25. Nathan Power, CWU, 28:11. **Women** - Washington 59, Seattle 63, Central Washington 96, Seattle Pacific inc. **Individuals (6,000 Meters)** - 1. Claudia Copeland, CNW, 21:47; 22. Kelsey Kreft, CWU, 24:56; 25. Kristy McGill, CWU, 25:09.

San Francisco State Invitational (Oct. 8 at Golden Gate Park): Men - San Francisco State 55, Humboldt State 64, San Francisco State 78, Academy of Art 142, Central Washington 168. **Individuals (8,000 Meters)** - 1. Maru Amos, Academy of Art, 24:56; 19. Manuel Santos, CWU, 26:19; 49. Ryan Eidsmoe, 27:16. **Women** - Santa Clara 48, St. Mary's 86, CSU Stanislaus 107, Humboldt State 117, San Francisco State 137 (9. Central Washington 228). **Individuals (6,000 Meters)** - 1. Rubye Elhard, CSUS, 22:10; 33. Adriana Mendoza, CWU, 23:54; 37. Taylor Kartes, CWU, 24:00.

WWU Preview (Oct. 9 at Bellingham): Men - British Columbia 31, Western Washington 39, Simon Fraser 58, Seattle Pacific 111, Trinity Western 153. **Individuals (8,000 Meters)** - 1. Bennett Grimes, WWU, 25:38; 3. Keir Forester, SFU, 26:05; 5. Ryan Brockerville, SFU, 26:20; 7. Chip Jackson, WWU, 26:23; 8. Yonas Berhe, WWU, 26:39. **Women** - Simon Fraser 21, Western Washington 57, British Columbia 58, Seattle Pacific 122, Trinity Western 151. **Individuals (5,000 Meters)** - 1. Jessica Smith, SFU, 17:46; 2. Lauren Breihof, WWU, 18:07; 3. Helen Croft, SFU, 18:1; 4. Angela Shaw, SFU, 18:13; 6. Brianna Kane, SFU, 18:51; 7. Sarah Sawatzky, SFU, 18:51; 9. Lindsey Butterworth, SFU, 18:57; 10; Michaela Kane, SFU, 18:59.

PLU Invitational (Oct. 9 at Tacoma): Men - Saint Martin's 52, Clark 53, Pacific Lutheran 71, Highline CC 81, Olympic 119, Green River CC 125, Skagit Valley 184. **Individuals (8,000 Meters)** - 1. Kyle Van Santen, SMU, 26:06.44; 2. Spencer Hunt, SMU, 26:17.09; 3. Nick Harvey, SMU, 26:58.24. **Women** - Clark 33, Pacific Lutheran 49, Saint Martin's 52, Green River 119, Highline 128, Olympic 154. **Individuals (6,000 Meters)** - 1. Kristi Houk, unat., 22:37.76; 2. Joscelyn Minton, SMU, 23:04.92; 5. Annie Laweryson, SMU, 23:25.31; 10. Kaitlyn Pecha, SMU, 24:06.06.

Clackamas Mike Hodges Invitational (Oct. 15 at Oregon City): Men - Southern Oregon 24, Western Oregon 40, Willamette 127, UO Running Club 130, Everett CC 173. **Individuals (Four Miles)** - 1. David Laney, SOU, 19:31.17; 2. Chris Reed, WOU, 19:58.03; 5. Connor Kasler, WOU, 20:18.77; 6. Josh Elliott, WOU, 20:20.11; 13. Justin Karr, WOU, 20:36.87; 15. Ryan Chapman, WOU, 20:45.15. **Women** - Southern Oregon 24, Everett 75, Willamette 79, Clark 106, Seattle 150 (7. Western Oregon 221). **Individuals (5,000 Meters)** - 1. Christine Babcock, unat., 17:15.18; 25. Annan Applebee, WOU, 19:27.38.

MSU Billings Invitational (Oct. 16 at Billings): Men - Great Falls 37, MSU Billings 96, Gillette CC 98, Rocky Mountain 99, Black Hills 105, Carroll 126, South Dakota Tech 130, Dickinson State 220. **Individuals (8,000 Meters)** - 1. Wesley Cheruiyot, GCC, 23:57; 12. Daniel Lombardi, MSUB, 25:33; 20. Brian Potter, MSUB, 25:54. **Women** - Carroll 47, Black Hills 52, MSU Billings 57, Dickinson State 118, Rocky Mountain 128, South Dakota Tech 160, Great Falls 169, Gillette CC 220. **Individuals (5,000 Meters)** - 1. Rhianna Grossman, Carroll, 18:06; 2. Whitney Mickelsen, MSUB, 18:15; 4. Katie Thiel, MSUB, 18:24.

Concordia Classic (Oct. 16 at Portland): Men - British Columbia 42, Concordia 48, Simon Fraser 63, Victoria 92, Linfield 151. **Individuals (8,000 Meters)** - 1. Matt Pieteron, Victoria, 24:32.9; 2. Ryan Brockerville, SFU, 24:47.5; 6. Keir Forester, SFU, 25:13.8. **Women** - Simon Fraser 20, British Columbia 66, Concordia 75, Victoria 81, Linfield 143. **Individuals (5,000 Meters)** - 1. Jessica Smith, SFU, 17:24.6; 2. Angela Shaw, SFU, 17:31.6; 4. Helen Croft, SFU, 17:48.4; 7. Brianna Kane, SFU, 18:10.1; 8. Lindsey Butterworth, SFU, 18:11.4.

Santa Clara Invitational (Oct. 16 at Santa Clara): Men's Invitational - Lamar 51, Chico State 62, UC Davis 113, San Francisco 127, Boise State 137 (13. Northwest Nazarene 333). **Individuals (8,000 Meters)** - 1. Jon Peterson, UC Davis, 23:45.1; 8. Barak Watson, NNU, 24:07.0; 79. Matt Stark, 25:12.7; 93. Neil Easter, NNU, 25:31.0. **Women's Open** - Chico State 19, UC Santa Cruz 84, Cal State East Bay 125, Sonoma State 127, Santa Clara 127, Northwest Nazarene 134. **Individuals (5,000 Meters)** - 1. Jenn Derego, unat., 18:22.0; 18. Natalie Evans, NNU, 19:05.1; 22. Meagan Swenson, NNU, 19:10.5; 31. Jordan Powell, NNU, 19:19.9.

Eastern Oregon Invitational (Oct. 16 at La Grande): Men - Eastern Oregon 15, Northwest Nazarene 50. **Individuals (3.14 Miles)** - 1. Damion Flores, EOU, 15:39.6; 15. Luke Hetrick, NNU, 16:56.10; 17. Alex Crystal, NNU, 17:01.7. **Women** - Eastern Oregon 15, Northwest Nazarene inc. **Individuals (1.8 Miles)** - 1. Sarah Hancock, EOU, 10:32.0; 12. Chelsea Layne, NNU, 12:12.1; 13. Danielle Beesley, NNU, 12:26.7.

Coyote Twilight (Oct. 21 at Caldwell): Men - College of Idaho 28, Eastern Oregon 29, Boise State 80, Northwest Nazarene 104, Treasure Valley 144, Team Run Onion 184, Boise State TC 193. **Individuals (8,000 Meters)** - 1. D.J. Flores, EOU, 24:57.8; 12. Ryan Jaggi, NNU, 26:27.6; 15. Luke Hetrick, NNU, 26:38.8. **Women** - College of Idaho 25, Eastern Oregon 44, Boise State 75, Northwest Nazarene 99, Treasure Valley 153. **Individuals (5,000 Meters)** - 1. Karlee Coffey, EOU, 17:38.6; 9. Natalie Evans, NNU, 19:00.8.

Western Washington Invitational (Oct. 23 at Bellingham): Men - Alaska Anchorage 33, Western Washington 65, Victoria 96, Club Northwest 104, Humboldt State 126, Academy of Art 162, Saint Martin's 190, Seattle Pacific 207, Central Washington 225, Alaska Fairbanks 283, Trinity Western 323, Eastside Runners inc., Seattle RC inc. **Individual (10,000 Meters)** - 1. Marko Cheseto, UAA, 30:41.1; 2. Micah Chelimo, UAA, 31:15.5; 3. Jordan Welling, WWU, 31:25.1; 5. Bennett Grimes, WWU, 31:33.6; 8. Blake Medhaug, WWU, 31:44.8; 9. Jacob Parisien, UAA, 31:49.8; 10. Paul Rottich, UAA, 31:52.5. **Women** - Alaska Anchorage 42, Club Northwest 49, Victoria 53, Western Washington 88, Seattle Pacific 171, Humboldt State 189, Saint Martin's 222, Central Washington 231, Northwest 259, Alaska Fairbanks 273, Academy of Art 295, Trinity Western 332, Eastside Runners inc., Valley Royals inc, Seattle RC inc. **Individuals (6,000 Meters)** - 1. Sarah Porter, WWU, 20:59.3; 2. Miriam Kipng'eno, UAA, 21:10.2; 3. Ruth Keino, UAA, 21:13.9; 8. Lauren Breihof, WWU, 22:17.7; 9. Shoshana Keegan, UAA, 22:21.5.

Biola Invitational (Oct. 23 at Irvine, CA): Men - Cal State San Marcos 45, The Master's 64, Biola 92, Westmont 119, Simon Fraser 121, Fresno Pacific 183, Concordia 216, Point Loma Nazarene 219, USC 235, Soka 258, East LA 262, Southwestern 343. **Individuals (8,000 Meters)** - 1. John Gilbertson, The Master's, 24:54.2; 8. Ryan Brockerville, SFU, 25:41.4; 21. Adam Reid, SFU, 26:18.6. **Women** - Cal State San Marcos 29, Biola 46, Simon Fraser 68, Point Loma Nazarene 139, Westmont 151, Vanguard 161, The Master's 180, San Diego Christian 245, Fresno Pacific 263, East LA College 285, Soka 305. **Individuals (6,000 Meters)** - 1. Jessica Smith, SFU, 17:39.0; 9. Helen Crofts, SFU, 18:13.5.

Oregon State Beaver Classic (Oct. 23 at Avery Park, Corvallis): Men - Southern Oregon 21, Seattle 44, UO Running Club 98, Southern Oregon TC 144, Oregon Tech 150, Northwest 169, Corvallis RC 182, Mt. Hood 234, Willamette 238, Evergreen State 261 (Western Oregon inc.). **Individuals (8,000 Meters)** - 1. David Laney, SOU, 24:12; 38. Brady Beagley, WOU, 26:26; 43. Logan Osterhout, WOU, 26:37. **Women** - Southern Oregon 41, Portland 61, UO Running Club 87, Seattle 100, Northwest 112, Western Oregon 131, Mt. Hood 161. Oregon Tech 223, Evergreen State 254. **Individuals (6,000 Meters)** - 1. Marit Tegelaar, Portland, 21:17; 25. Amanda Wright, WOU, 22:50; 30. KayAnna Cecchi, WOU, 23:03.

GNAC (Nov. 6 at Yakima): Men - Alaska Anchorage 41, Western Washington 56, Western Oregon 67, Northwest Nazarene 90, Saint Martin's 175, Seattle Pacific 180, Alaska Fairbanks 184, MSU Billings 212, Central Washington 230. **All-Conference (8,000 Meters)** - 1. Marko Cheseto, UAA, 23:56; 2. Micah Chelimo, UAA, 24:27; 3. Chris Reed, WOU, 24:29; 4. Barak Watson, NNU, 24:30; 5. Jordan Welling, WWU, 24:34; 6. Bennett Grimes, WWU, 24:36; 7. Jacob Parisien, UAA, 25:10; 8. Blake Medhaug, WWU, 25:16; 9. Spencer Hunt, SMU, 25:24; 10. Kyle Van Santen, SMU, 25:30. **Women** - Alaska Anchorage 27, Western Washington 69, Western Oregon 108, Alaska Fairbanks 129, MSU Billings 137, Northwest Nazarene 146, Seattle Pacific 160, Saint Martin's 189, Central Washington 233. **All-Conference (6,000 Meters)** - 1. Sarah Porter, WWU, 21:04; 2. Miriam Kipng'eno, UAA, 21:09; 3. Ruth Keino, UAA, 21:26; 4. Jaclyn Puga, NNU, 22:06; 5. Shoshana Keegan, UAA, 22:24; 6. Hallidie Wilt, UAA, 22:27; 7. Lauren Breihof, WWU, 22:37; 8. Raphaela Sieber, UAF, 22:43; 9. Natty Plunkett, SPU, 22:44; 10. Joselyn Minton, SMU, 22:49. **GNAC AWARDS: Male Athlete of the Year** - Marko Cheseto, UAA. **Newcomer of the Year** - Yonatan Yilma, UAA. **Freshman of the Year** - Josh Elliott, WOU. **Female Athlete of the Year** - Sarah Porter, WWU. **Newcomer of the Year** - Whitney Mickelsen, MSUB. **Freshman of the Year** - Raphaela Sieber, UAF.

Association of Independent Institutions (Nov. 6 at San Diego): Men - Cal State San Marcos 32, British Columbia 45, Simon Fraser 68, SOKA 99, Southwestern 156, Johnson and Wales 160. **Individuals (8,000 Meters)** - 1. Brett Campfield, CSU San Marcos, 24:43; 3. Ryan Brockerville, SFU, 25:19; 7. Kyle Forster, SFU, 25:44. **Women** - Cal State San Marcos 24, Simon Fraser 42, British Columbia 60, SOKA 120. **Individuals (5,000 Meters)** - 1. Helen Croft, SFU, 17:39; 6. Angela Shaw, SFU, 17:55; 10. Brianna Kane, SFU, 18:06.

NCAA WEST REGIONAL (Nov. 20 at Lake Padden, Bellingham): Men - Alaska Anchorage 49, Chico State 54, Western Washington 93, Western Oregon 125, Cal Poly Pomona 157, Humboldt State 182, Northwest Nazarene 206, UC San Diego 227, BYU-Hawaii 251, San Francisco State 294, Saint Martin's 302, Seattle Pacific 372, MSU Billings 399, Grand Canyon 401 Hawaii Pacific 422, Central Washington 438, Alaska Fairbanks 486, Dixie State 563, CSU Monterey Bay 614, Hawaii Hilo inc., Chaminade inc., CSU San Bernardino inc. **All-Region (10,000 Meters)** - 1. Marko Cheseto, UAA, 31:20.8; 2. Jordan Welling, WWU, 31:29.4; 3. Bennett Grimes, WWU, 31:39.7; 6. Micah Chelimo, UAA, 32:02.0; 7. Jacob Parisien, UAA, 32:02.4; 8. Barak Watson, NNU, 32:03.4; 9. Spencer Hunt, SMU, 32:05.4; 10. Chris Reed, WOU, 32:10.2; 13. Blake Medhaug, WWU, 32:19.8; 15. William Ritekwiang, UAA, 32:32.2. **Women** - Alaska Anchorage 40, Chico State 55, Western Washington 111, Cal Poly Pomona 185, Western Oregon 211, BYU-Hawaii 213, Northwest Nazarene 276, Cal State Stanislaus 277, MSU Billings 284, Cal State San Bernardino 301, San Francisco State 310, Seattle Pacific 314, Hawaii Pacific 322, UC San Diego 337, Cal State L.A. 367, Humboldt State 382, Saint Martin's 455, Central Washington 483, Alaska Fairbanks 487, Sonoma State 489, CSU Dominguez Hills 522, CSU Monterey Bay 662, Grand Canyon 707, Dixie State 738, Chaminade inc., Hawaii Hilo inc. **All-Region (6,000 Meters)** - 1. Sarah Porter, WWU, 21:21.9; 2. Ruth Keino, UAA, 22:01.2; 3. Miriam Kipng'eno, UAA, 22:09.2; 4. Shoshana Keegan, UAA, 22:43.9; 5. Jaclyn Puga, NNU, 22:51.2; 6. Lauren Breihof, WWU, 22:51.7; 14. Hallidie Wilt, UAA, 23:28.8.

NAIA Nationals (Nov. 20 at Vancouver, WA): Women - Cal State San Marcos 88, Biola 127, Black Hills State 151, Malone 164, Simon Fraser 177. **Individuals (5,000 Meters)** - 1. Erin Curran, Black Hills, 17:52; 10. Helen Croft, SFU, 18:15; 18. Jessica Smith, SFU, 18:21; 52. Sarah Sawatzky, SFU, 18:53; 86. Lindsey Butterworth, SFU, 19:14; 98. Brianna Kane, SFU, 19:21; 141. Michaela Kane, SFU, 19:37; 176. Angela Shaw, SFU, 19:52. **Men** - Southern Oregon 105. **Individuals (8,000 Meters)** - 1. Kennedy Kithuka, Wayland Baptist, 24:02; 166. Keir Forster, SFU, 27:13.

NCAA Nationals (Dec. 4 at Louisville, Kent.): Men - 1. Adams State 57, 2. Western State 102, 3. Grand Valley 135, 4. Colorado Mines 161, 5. Chico State 181, 8. Alaska Anchorage 262, 9. Western Washington 269, 20. Western Oregon 493. **All-Americans (10,000 Meters)** - 1. Michael Crouch, Queens, 30:43.2; 8. Jordan Welling, WWU, 31:06.2; 13. Bennett Grimes, WWU, 31:11.8; 21. Micah Chelimo, UAA, 31:18.2; 25. Marko Cheseto, UAA, 31:28.0. **Other GNAC Finishers** - 43. Jacob Parisien, UAA, 31:44.0; 51. Barak Watson, NNU, 31:54.8; 66. Blake Medhaug, WWU, 32:05.8; 68. Chris Reed, WOU, 32:07.1; 75. Connor Kasler, WOU, 32:15.3; 80. Eric Brill, WWU, 32:23.8; 85. Spencer Hunt, SMU, 32:30.0; 101. William Ritekwiang, UAA, 32:48.1; 103. Paul Rottich, UAA, 32:52.8; 119. Justin Karr, WOU, 33:25.5; 131. Nick Abraham, WWU, 33:44.6; 136. Yonatan Yilma, UAA, 33:55.1; 138. Chip Jackson, WWU, 34:00.9; 143. Ryan Chapman, WOU, 34:05.9; 146. Kyle Larson, WOU, 34:10.3; 158. Dan Sprinkle, WOU, 34:25.1; 164. Aaron Rogers, WOU, 34:53.6; 169. Thomas Hill, UAA, 34:59.4; 173. Kyle Johnson, WWU, 35:33.9. **Women** - 1. Grand Valley 66, 2. Western State 95, 3. Adams State 98, 4. Shippensburg 114, 5. Chico State 164, 6. Alaska Anchorage 185, 10. Western Washington 300, 19. Cal Poly Pomona 546, 21. Western Oregon 563, 23. BYU-Hawaii 628. **All-Americans (6,000 Meters)** - 1. Neely Spence, Shippensburg, 20:41.2; 2. Sarah Porter, WWU, 20:56.1; 7. Ruth Keino, UAA, 21:20.8; 12. Miriam Kipng'eno, UAA, 21:40.2; 35. Jaclyn Puga, NNU, 22:14.5. **Other GNAC Finishers** - 49. Lauren Breihof, WWU, 22:32.6; 50. Shoshana Keegan, UAA, 22:33.7; 67. Hallidie Wilt, UAA, 22:52.6; 89. Rachael Johnson, WWU, 23:17.1; 91. Erika Snawder, WOU, 23:17.6; 92. Emma Bohman, UAA, 23:18.2; 106. Susan Bick, UAA, 23:37.3; 108. Jessica Boyer, WWU, 23:38.5; 111. Phoebe Hartnett, WWU, 23:42.1; 112. Ivy O'Guinn, UAA, 23:43.8; 127. Amanda Wright, WOU, 23:55.8; 135. Lacey Nation, WWU, 24:10.3; 140. Janelle Everetts, WOU, 24:15.4; 145. KayAnna Cecchi, WOU, 24:19.0; 146. Sierra Brisky, WWU, 24:21.4; 154. Tricia Morrison, WOU, 24:37.0; 156. Megan Everetts, WOU, 24:40.0; 159. Annan Applebee, WOU, 24:42.9.