

## **CROSS COUNTRY (By WWU Sports Information)**

### **Western men second, women fourth at NCAA II West Regional**

#### **Both Viking teams going to nationals for second straight year**

SAN FRANCISCO, Calif. --- Western Washington University had the best combined showing in school history as its men's team placed second and the women's squad finished fourth at the NCAA Division II West Region Cross Country Championships on Saturday at Golden Gate Park's Speedway Meadow.

The finishes qualified both Viking teams for the national meet Nov. 21 at Evansville, Ind. The men were ranked sixth nationally and women 10th in this week's U.S. Track & Field and Cross Country Coaches Association/NCAA Division II Top 25.

"We hit our goals and got to nationals," said Western coach Pee Wee Halsell (23rd year). "Now, we just need to fine-tune and I can still see improvement happening."

Western's Jordan Welling (Jr., Burlington/Burlington-Edison) was second individually in the men's race as was the Vikings' Sarah Porter (Jr., Hockinson) in the women's run.

In all, five Viking runners earned all-region honors by placing among the top 15. Anthony Tomsich (Sr., Fairbanks, AK/West Valley) was seventh and Bennett Grimes (Jr., Pocatello, ID/Century) 12th in the men's division, and Lauren Breihof (So., Vancouver/Mountain View) was 12th in the women's division.

The top three West Region men's teams and the first four women's squads advanced to nationals.

The runner-up finish by Western's men matched their best ever at regionals. The Vikings also were second in 2007, and third in 2008.

Chico State took the men's title for the eighth straight year with 42 points. Western was second in the 20-team field with 74, and Alaska Anchorage was third with 96, edging out Western Oregon, fourth at 105.

Alaska Anchorage's Marko Cheseto was the individual champion, completing the 10-kilometer course in 30:42.5. Welling was second in 30:59.4, Tomsich seventh in 31:23.7 and Grimes 12th in 31:42.9.

Grimes received all-region recognition for the third straight year and Welling for the second consecutive season. Last fall, Welling was eighth and Grimes 11th, and in 2007 Grimes was fifth.

There was a spread of 1:45.4 between Western's five scoring runners with Eric Brill (So., Kent/Kentwood) placing 27th in 32:35.7, and Blake Medhaug (Jr., Bothell) 28th in 32:44.8.

Completing the Vikings' contingent were Yonas Berhe (So., Seattle/Roosevelt), 32nd in 32:53.4, and Greg Kubitz (Sr., Kelso), 41st in 33:16.7. "Our depth carried us through as we had a couple of flat spots," Halsell said. "That's nice to be able to rely on that in this caliber of a race."

Western placed fourth in the 25-team women's division with 121 points. Alaska Anchorage took top honors with 35. Defending champion Chico State was second with 58, and Seattle Pacific was third with 75. Finishing fifth was Cal Poly Pomona at 197.

Seattle Pacific's Jessica Pixler was the individual winner, touring the six-kilometer course in 20:08.9. Porter was second in 20:42.3 and Breihof was 12th in 21:44.5. It was the third all-region performance for Porter, who was third last year and 13th in 2007 as a freshman.

Also among the Vikings' scoring five were Courtney Olsen (Sr., Bellingham/Squalicum), 20th in 21:54.7; Danielle Slaughter (Sr., Spokane/Shadle Park), 38th in 22:54.0; and Sierra Brisky (So., Acme/Mount Baker), 49th in 23:16.7.

Western's Kirsten Moore (Fr., Carlsbad, CA) placed 57th in 23:23.1, and Emily Wallen (Fr., Olympia/Capital) was 64th in 23:33.9.

"The women had some good races, they did what they needed to do," said Halsell. "We had improvement from our four through seven runners, with Danielle (Slaughter) doing an excellent job."

In 2008, Western qualified both teams for nationals for the first time since joining the NCAA in 1998, the men placing third and the women fifth as five West Region teams qualified for nationals that year. Both Viking squads finished 10th at nationals with Grimes, Medhaug, Porter and Welling all earning All-America recognition.

**Nov. 7 (Sat.) NCAA Division II West Region Championships - San Francisco, Calif.  
(Golden Gate Park's Speedway Meadows)**

**MEN**

**TEAM RESULTS (10K)** - 1. Chico State 42, 2. Western Washington 74, 3. Alaska Anchorage 96, 4. Western Oregon 105, 5. Cal Poly Pomona 129, 6. Humboldt State 157, 7. Northwest Nazarene 212, 8. Cal State Stanislaus 248, 9. UC San Diego 262, 10. BYU-Hawaii 303, 11. San Francisco State 314, 12. Hawaii Pacific 324, 13. Saint Martin's 340, 14. Central Washington 362, 15. Hawaii Hilo 433, 16. Montana State Billings 464, 17. Grand Canyon 475, 18. Notre Dame de Namur 477, 19. Alaska Fairbanks 552, 20. Cal State Monterey Bay 579.

**TOP 15** - 1. Marko Cheseto, UAA, 30:42.5; 2. Jordan Welling, WWU, 30:59.4; 3. Micah Chelimo, UAA, 31:05.6; 7. Anthony Tomsich, WWU, 31:23.7; 8. Chris Reed, WOU, 31:26.1; 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.

**WWU INDIVIDUAL RESULTS** - 2. Jordan Welling 30:59.4, 7. Anthony Tomsich 31:23.7, 12. Bennett Grimes 31:42.9, 27. Eric Brill 32:35.7, 28. Blake Medhaug 32:44.8, 32. Yonas Berhe 32:53.4, 41. Greg Kubitz 33:16.7.

**WOMEN**

**TEAM RESULTS (6K)** - 1. Alaska Anchorage 35, 2. Chico State 58, 3. Seattle Pacific 75, 4. Western Washington 121, 5. Cal Poly Pomona 197, 6. Northwest Nazarene 200, 7. UC San Diego 217, 8. Cal State L.A. 245, 9. BYU-Hawaii 300, 10. Western Oregon 303, 11. Humboldt State 304, 12. Cal State Stanislaus 306, 13. San Francisco State, 339, 14. Montana State Billings 352, 15. Hawaii Pacific 396, 16. Alaska Fairbanks 403, 17. Cal State San Bernardino 414, 18. Central Washington 420, 19. Sonoma State 490, 20. Saint Martin's 536, 21. Hawaii Hilo 634, 22. Cal State Dominguez Hills 641, 23. Cal State Monterey Bay 715, 24. Grand Canyon 726, 25. Notre Dame de Namur 753.

**TOP 15** - 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. Mariam Kipng'Eno, 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. Soshana Keegan, UAA, 21:45.7; 15. Kara Lubieniecki, Chico State, 21:48.7.

**WWU INDIVIDUAL RESULTS** - 2. Sarah Porter 20:42.3, 12. Lauren Breihof 21:44.5, 20. Courtney Olsen 21:54.7, 38. Danielle Slaughter 22:54.0, 49. Sierra Brisky 23:16.7, 57. Kirsten Moore 23:23.1, 64. Emily Wallen 23:33.9.