



# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

Updated Through 2023 Season

## MEN'S YEAR BY YEAR TEAM SCORES

Year	UAA	UAF	CWU	CU	HSU	MSUB	NUU	SMU	SPU	SU	SFU	WOU	WWU
2001	3rd/106		6th/154		8th/236			12th/340	10th/324			13th/342	5th/144
2002	3rd/105		12th/313		5th/120			15th/449	DNC			9th/202	7th/179
2003	5th/147		12th/283		6th/182		6th/146	9th/262	DNC	11th/299		7th/214	4th/105
2004	5th/180		9th/229		8th/200		13th/302	10th/231	13th/353	3rd/143		6th/197	6th/197
2005	3rd/106		15th/353		6th/193		10th/231	13th/338	16th/443	5th/172		4th/124	11th/288
2006	3rd/119		12th/302					DNC	15th/352	9th/250		8th/242	4th/121
2007	5th/152	16th/392	8th/228			17th/510	11th/290	DNC	DNC	DNC		4th/140	2nd/93
2008	2nd/67	15th/418	DNC				DNC	9th/207	DNC			4th/128	3rd/103
2009	3rd/96	19th/552	14th/362			16th/464	7th/212	13th/340	DNC			4th/105	2nd/74
2010	<b>1st/49</b>	17th/486	16th/438			13th/399	7th/206	11th/302	12th/372			4th/125	3rd/93
2011	<b>1st/37</b>	16th/449	13th/321			15th/342	5th/200	10th/261	7th/247			3rd/126	4th/128
2012	2nd/46	16th/434	18th/491			9th/260	12th/324	DNC	11th/323		13th/359	8th/232	3rd/82
2013	2nd/81	15th/391	13th/325			9th/250	DNC	18th/491	16th/408			12th/290	4th/102
2014	2nd/53	18th/455	14th/402			17th/454	15th/430	21st/568	Inc.		6th/225	19th/457	4th/150
2015	<b>1st/55</b>	18th/503	14th/400			10th/287	17th/477	22nd/656	20th/557		4th/107	12th/310	6th/194
2016	2nd/81	12th/404	11th/397			13th/405	10th/394	23rd/582	DNC		9th/204	14th/407	7th/168
2017	5th/172	24th/596	16th/454	17th/509		19th/520	13th/404	26th/754	25th/616		4th/121*	3rd/121*	8th/213
2018	3rd/116	Inc.	10th/351	20th/536		16th/432	Inc.	23rd/636	14th/395		2nd/63	6th/182	5th/159
2019	8th/216	22nd/571	17th/465	27th/784		28th/787	12th/330	20th/523	19th/514		9th/243	13th/357	5th/139
2021	11th/339	Inc.	18th/439			12th/359	20th/523	19th/500	Inc.		8th/203	10th/329	5th/147
2022	7th/235	Inc.	19th/529			16th/396+	Inc.	15th/396+	21st/576		4th/126	13th/371	2nd/82
2023	5th/197	22nd/546	14th/380			Inc.	16th/438	19th/473	21st/515		9th/293	17th/442	4th/79

\* - Western Oregon beat Simon Fraser on tiebreaker, 3-2. + - Saint Martin's beat MSUB on tiebreaker, 3-2  
No Regional Championship in 2020 due to COVID-19 pandemic.

## WOMEN'S YEAR BY YEAR TEAM SCORES

Year	UAA	UAF	CWU	CU	HSU	MSUB	NUU	SMU	SPU	SU	SFU	WOU	WWU
2001	7th/224	DNC	9th/250		2nd/133			19th/503	8th/243			13th/295	5th/177
2002	9th/246	DNC	6th/173		5th/160		19th/531	DNC	DNC	15th/391		10th/294	7th/173
2003	4th/177	DNC	6th/219		16th/412		20th/510	21st/525	5th/209	10th/292		13th/358	7th/242
2004	3rd/168	DNC	5th/178		11th/279		15th/356	16th/315	4th/172	7th/225		17th/429	8th/231
2005	3rd/129	18th/440	6th/197		16th/417		15th/403	20th/520	4th/134	8th/270			9th/278
2006	5th/109	DNC	6th/171					16th/422	2nd/70	17th/422		9th/254	14th/380
2007	11th/297	19th/441	9th/275			16th/374	5th/231	13th/347	<b>1st/45</b>	6th/251		7th/260	10th/278
2008	3rd/104	DNC	16th/322			20th/577	9th/237	14th/370	2nd/92			8th/217	5th/141
2009	<b>1st/35</b>	16th/403	18th/420			14th/352	6th/200	20th/536	3rd/75			10th/303	4th/121
2010	<b>1st/40</b>	19th/487	18th/483			9th/284	7th/276	17th/455	12th/314			5th/211	3rd/111
2011	<b>1st/27</b>	4th/164	21st/551			17th/517	13th/339	24th/578	6th/212			14th/417	3rd/148
2012	2nd/56	20th/463	10th/335			18th/435	14th/390	DNC	5th/157		6th/179	22nd/533	7th/274
2013	<b>1st/76</b>	20th/553	10th/275			19th/450	18th/434	23rd/707	4th/137		3rd/94	8th/261	5th/157
2014	3rd/144	21st/573	5th/180			13th/306	22nd/575	24th/725	12th/282			<b>1st/103</b>	16th/437
2015	3rd/201	21st/585	6th/212			25th/669	17th/472	19th/542	5th/207		10th/273	15th/416	2nd/165
2016	3rd/111	22nd/563	14th/392			29th/858	21st/513	15th/401	16th/407		2nd/103	11th/350	8th/286
2017	2nd/84	25th/702	15th/378	22nd/653		29th/831	21st/643	27th/753	13th/332		4th/127	19th/518	8th/257
2018	<b>1st/66</b>	Inc.	10th/256	22nd/628		23rd/635	17th/451	26th/828	4th/182		2nd/85	18th/497	5th/187
2019	4th/146	Inc.	18th/471	25th/731		27th/771	2nd/134	26th/755	5th/153		10th/243	17th/437	7th/175
2021	Inc.	Inc.	20th/518			22nd/545	16th/419	19th/512	Inc.		<b>1st/75</b>	10th/267	7th/180
2022	22nd/566	7th/221	25th/755			23rd/600	Inc.	10th/248	20th/494		9th/241	11th/262	6th/220
2023	12th/358	5th/135	23rd/671			22nd/636	Inc.	7th/220	14th/365		8th/221	18th/427	<b>1st/75</b>

No 2020 Regional Championship due to COVID-19 pandemic.

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

## YEAR BY YEAR WEST REGION CHAMPIONSHIPS RESULTS

**2001**  
**Nov. 3 at Lake Padden Park, Bellingham, Wash.**  
**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, Montana State Billings 537.

**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, Montana State Billings 507, Chaminade 575.

<b>Men's Results (10,000 Meters)</b>							
1. Christian Madsen, HPU	32:07	65. Shadrack Nabea, HPU	35:02	6. Kathleen Lenni, SSU	22:06	71. Nancy Rodriguez, CPP	24:31
2. Tobias Schwoerer, UAA	32:10	66. Will Smith, WOU	35:03	7. Ashlee Vincent, WWU	22:28	72. Ann McCanick, SMC	24:34
3. Ryan Miller, UCD	32:13	67. Brian Janes, HSU	35:04	8. Jenny Hunt, SSU	22:36	73. Lillian Gardinier, UCSD	24:35
4. Steve Laurie, UCD	32:18	68. Chris Carpenter, SMC	35:06	9. Christina Liorente,UCD	22:40	74. Alyson Voltmer, SSU	24:36
5. Nate Bristow, UCD	32:19	69. Oswaldo Fuentes, SFSU	35:07	10. Kylee Wells, WOU	22:44	75. Wendy Vallejo, CSUDH	24:37
6. John Kuehn, UCD	32:20	70. Scott Rood, UAA	35:08	11. Cambria D'Amico, CSUDH	22:47	76. Tiffany Picinich, CWU	24:39
7. David Braund, CSUC	32:22	71. Neal Fryett, SPU	35:11	12. MaeAnna Glenn, UCD	22:48	77. Lindsey Young, UCSD	24:40
8. Nathanael Castle, SPU	32:28	72. Zac Vawter, SMC	35:20	13. Abby Bielenberg, CWU	22:50	78. Ashley Miller, BYUH	24:41
9. Jeff Wilson, UCD	32:35	73. Jason Porter, CWU	35:22	14. Dolores Bergmann, HSU	22:51	79. Victoria Flores, CSUDH	24:41
10. Zach Boteilho, WWU	32:42	74. Jedediah Wheeler, BYUH	35:30	15. Jasmine Gren, CSUC	22:53	80. Nancy Lopez, CSLA	24:42
11. Tyler Graff, CSUC	32:43	75. Andy Prentice, SMC	35:35	16. Laura Cherdack, UCD	22:55	81. Julie Pope, UCSD	24:43
12. Tom Gaschk, CWU	32:52	76. Alistair In, UHH	35:37	17. Sopagna Eap, UCD	22:59	82. MaryClare Peate, UCSD	24:44
13. Eric Strabel, UAA	32:56	77. Brian Kostock, HSU	35:38	18. Kathym Lee, CSUC	23:05	83. Shelby Jacobs, CWU	24:46
14. Louie White, HSU	32:57	78. Scott VanHess, SPU	35:39	19. Wendy Fortino, CSUS	23:06	84. Jamie Kendrick, CSUS	24:49
15. Matthew Rainwater, CPP	33:00	79. Siul Michel, HPU	35:40	20. Sarah Hallas,CSUC	23:08	85. Sarah Kraybill, SPU	24:52
16. Andy Elvester, UAA	33:02	80. Dylan Corbet, WOU	35:41	21. Stacy Edwards, UAA	23:09	86. Kauano Kaneshiro, CUH	24:53
17. Martin Ranney, WWU	33:03	81. Matt DeShazo, HSU	35:43	22. Kati Gosnell, HSU	23:16	87. Stephanie Myers, UAA	24:53
18. Alan Shapiro, UCSD	33:05	82. Andrew Anglemeyer, SFSU	35:44	23. Stephanie Stine, CWU	23:17	88. Chelsea Lynnes, MSUB	24:58
19. David Simmons, CWU	33:10	83. Owen Kano, UHH	35:49	24. Monica Valdez, CPP	23:17	89. Jamie Ray, CPP	25:00
20. Eron Tello, CSUC	33:11	84. Frank Dabrosky, CUH	35:56	25. Audrey Sung, UCSD	23:18	90. Katie Price, CPP	25:02
21. Lehrin Morey, HSU	33:14	85. Nick Glancy, SPU	36:01	26. Jamie Witt, SPU	23:20	91. Lindy Mullen, CWU	25:04
22. Jose Palacios, CSUS	33:16	86. Devin Barlow, BYUH	36:03	27. Lindsay Stalker, UCSD	23:27	92. Amber Miller, CSUC	25:05
23. Neil Kalra, UCSD	33:17	87. Ethan Barrons, WOU	36:14	28. Laurel Weil, HSU	23:28	93. Amanda McDermott, CPP	25:06
24. Miguel Ramirez, CSLA	33:18	88. Jesse Light, WOU	36:17	29. Aracne Hernandez, CSUDH	23:29	94. Amelia Kinney, WOU	25:07
25. Zachary Tarver, CSUC	33:19	89. Andrew Kamikawa, CUH	36:19	30. Jennifer Stef, CSUS	23:30	95. Amy Lambe, UAA	25:11
26. David Dunbar, UCSD	33:20	90. Tim Marston, SPU	36:29	31. Jill Salmon, WOU	23:31	96. Grace Sousa, UCSD	25:12
27. Sean Rivers, UAA	33:21	91. Tim Sheneman, MSUB	36:34	32. Marcia Silva, SSU	23:32	97. Maria Alba, CSLA	25:14
28. Chris Eggers, CSUC	33:24	92. Aaron Libadisos, SPU	36:35	33. Rachel Wiseman, HSU	23:33	98. Stephanie Holley, CSUS	25:15
29. Vernon Ruiz, CSUC	33:26	93. Ivars Baikovs, BYUH	36:37	34. Kiersten Lippman, UAA	23:34	99. Kara Richards, SPU	25:17
30. Stephen Martin, UCSD	33:32	94. Robert Tyler, HPU	36:40	35. Missy Lendl, CSUC	23:35	100. Amie Beard, CPP	25:19
31. Julian Nahan, UCSD	33:33	95. Joshua Hoeh, BYUH	36:47	36. Tammy Hunt, HSU	23:36	101. Linsy Nickels, CWU	25:20
32. David Gomez, CPP	33:34	96. Matt Gage, SMC	37:11	37. Alyson Zollinger, BYUH	23:37	102. Kristi Wooley, BYUH	25:21
33. Matt Schmitt, CWU	33:35	97. Kelly Young, WOU	37:17	38. Emily Picinich, WWU	23:41	103. Maggie Weamer, MSUB	25:22
34. Alex Daniels, UCD	33:38	98. Zach Grice, SPU	37:33	39. Marta Bednarczyk, WWU	23:44	104. Ellen Swogger, MSUB	25:26
35. Kirk Larson, WWU	33:42	99. Clifton Ho, UHH	37:43	40. Leslie Boyd, UAA	23:46	105. Kelly Long, MSUB	25:29
36. John Morrison, UCSD	33:43	100. Tim Marr, UHH	38:00	41. Katherine Pederson, CSUSB	23:48	106. Lindsay Krous, UAA	25:30
37. Manuel Lopez, CSUS	33:44	101. Kile Taylor, HSU	38:05	42. Meyoung Blum, UAA	23:49	107. Anjel Engesser, MSUB	25:34
38. Kurt Hartmaier, WWU	33:45	102. Alex Mendez, CSLA	38:06	43. Lisa Pearl, WWU	23:51	108. Jennifer Houk, SMC	25:35
39. Nathan Carlson, SMC	33:47	103. Jon Davis, SFSU	38:12	44. Hannah Knight, CSUSB	23:53	109. Candice Gahr, SFSU	25:37
40. Ryan Wade, CSUC	33:49	104. Herman Luna, CSLA	38:16	45. Ruth Hawkinson, SPU	23:54	110. Karina Arreola, CSLA	25:46
41. Max Rodriguez, UCD	33:50	105. Michael Terry, HPU	38:38	46. Ellie Enos, WOU	23:55	111. Sherron Rhetta, CSUDH	25:49
42. Michael Barkhuff, CPP	33:51	106. Mathew Morden, BYUH	38:42	47. Kirsten Bjork, SPU	23:55	112. Annie Hahle-Clark, BYUH	25:50
43. Scott Frost, CPP	34:00	107. Clint Sapiro, SFSU	38:48	48. Maria Bustamante, CSUS	23:56	113. Anne Hopkins, BYUH	25:54
44. Lutz Braun, CPP	34:03	108. Eric Barhaugh, SFSU	38:50	49. Andrea Woodcock, SSU	23:56	114. Rachel Daniels, WOU	26:01
45. Aaron Stone, CUH	34:12	109. Ryan Archibald, MSUB	39:01	50. Shannon Ross, WWU	23:57	115. Theresa Lane, WOU	26:04
46. Grant Guenther, UCSD	34:13	110. Jess Matsuda, CUH	39:10	51. Carol Schryver, CSUC	23:58	116. Maromi Abe, CUH	26:06
47. Curt Stephan, CWU	34:17	111. Julien Stevens, UHH	39:17	52. Amanda Mauldin, BYUH	23:59	117. Sadie Solem, HSU	26:07
48. Cory Rebman, CWU	34:18	112. Joel Hathaway, MSUB	39:21	53. Becky Mello, HSU	24:00	118. Elizabeth Teixeira, CUH	26:08
49. Steve DeKoker, WWU	34:20	113. Tyson Magney, SMC	39:29	54. Monica Montano, CSLA	24:05	119. Sarah Block, WOU	26:21
50. Kyle Briggs, BYUH	34:23	114. John Beitler, UHH	39:30	55. Tracey Fischer, CWU	24:06	120. Heather Postema, HPU	26:25
51. Nate Normandin, UAA	34:28	115. Marcos MocineMcQueen, SF	39:49	56. Elsa Guerrero, CSUS	24:07	121. Becky Dalrymple, SMC	26:34
52. Shawn Miller, WWU	34:32	116. Carlos Gonzalez, SMC	40:29	57. Hillary Alberts, SFSU	24:08	122. Denise Anders, CUH	26:43
53. Najj Abdeslam, HPU	34:39	117. Nick Kanning, MSUB	40:50	58. Shawna Winfrey, CPP	24:08	123. Krysta Cochran, CSUSB	27:41
54. Emil Newhouse, WWU	34:41	118. Clayton Augustine, MSU	40:58	59. Katherine Moon, SSU	24:09	124. Amanda Crowe, HPU	27:49
55. Vernon Campbell, UAA	34:46	119. Ben McNeley, MSUB	41:20	60. Joanna Luk, SFSU	24:13	125. Lourdes Menchaca, CSLA	27:50
56. Daniel Sutton-Kane, CPP	34:48	120. Brian Church, CUH	41:35	61. Elisabeth Rosapepe, WWU	24:14	126. Stacy Frahm, CSUSB	28:11
57. Brett Franz, WOU	34:49	121. Jason Clark, SFSU	42:36	62. Dana Cantrell, SPU	24:15	127. Cheri Sanguinetti, SFSU	28:12
58. Jose Cano, CSLA	34:50	122. Jose Ramos, CUH	42:43	63. Nicole Seana, SPU	24:16	128. Amanda Brown, MSUB	29:00
59. Chris Larson, HPU	34:50			64. Veronica Hernandez, CSUC	24:17	129. Jessica Craig, SFSU	29:01
60. Paul Moth, UHH	34:51			65. Kelly Russell, SSU	24:18	130. Colleen Knudson, MSUB	29:21
61. Michael Soto, CSLA	34:51			66. Yvonne Liebig, UCD	24:23	131. Alysa Sutter, SFSU	29:31
62. Spencer Walsh, WOU	34:52			67. Dijjeet Mendoza, CSUS	24:25	132. Tiffany Martin, SFSU	30:37
63. Nick Gai, HSU	34:53			68. Emily Thomas, SMC	24:26	133. Karen Kusbak, CUH	31:13
64. Jeremy Rice, CWU	34:59			69. Yosie Castillo, CSUDH	24:28	134. Heather Stolz, SMC	31:52
				70. Nina Laurinoli, WWU	24:29	135. Amy Niessen, CSUSB	33:19

### Women's Results (6,000 Meters)

1. Nina Christensen, HPU	21:37
2. Lisa Blomme, HPU	21:57
3. Heather Gibson, UCD	21:58
4. Jessica Neu, UCD	22:01
5. Sayuri Kusutani, HPU	22:02

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

## 2002

### Nov. 9 at Fresno, Calif.

**Men's Team Scores:** Chico State 43, UC Davis 86, Alaska Anchorage 105, UC San Diego 113, Humboldt State 120, Northwest Nazarene 146, Western Washington 179, Cal Poly Pomona 194, Western Oregon 202, Hawaii Pacific 213, Seattle 299, Central Washington 313, Chaminade 420, Brigham Young-Hawaii 434, Saint Martin's 449, San Francisco State 494.

**Women's Team Scores:** UC Davis 86, Chico State 91, UC San Diego 126, Cal State Stanislaus 141, Humboldt State 160, Central Washington 171, Western Washington 173, Hawaii Pacific 217, Alaska Anchorage 246, Western Oregon 294, San Francisco State 304, Cal State San Bernardino 333, Brigham Young-Hawaii 338, Cal Poly Pomona 384, Seattle 391, Montana State Billings 407, Cal State L.A. 450, Chaminade 508, Northwest Nazarene 531, Cal State Bakersfield 563.

#### Men's Results (10,000 Meters)

1. Paul Kezes, WWU	31:58	63. Cory Rebmann, CWU	35:36	6. Sopagna Eap, UCD	22:18	69. Nicole Deyong, UAA	24:41
2. Chris Eggers, CSUC	32:10	64. Jerret Mantales, WOU	35:38	7. Katie Lee, CSUC	22:20	70. Geraldina Garcia, CSUS	24:42
3. Mark Batres, CPP	32:25	65. Tom Hummel, CPP	35:38	8. Ashlee Vincent, WWU	22:21	71. Tracey Fischer, CWU	24:45
4. Peter Clusener, HSU	32:29	66. Robert Tyler, HPU	35:44	9. Shannon O'Connor, SFSU	22:31	72. Carla Mingione, WWU	24:47
5. Sean Rivers, UAA	32:39	67. Bedora Lim, CUH	35:46	10. Laura Cherduck, UCD	22:37	73. Stephanie Upshaw, WOU	24:50
6. Christian Madsen, HPU	32:45	68. Dain Engebretsen, SU	35:51	11. Alicen Maier, CWU	22:41	74. Jamie Kendrick, CSUS	24:51
7. John Kuehn, UCD	32:47	69. Steve Soelberg, BYUH	35:52	12. Katie Gosnell, HSU	22:43	75. Christine Perez, SFSU	24:53
8. TimLeCount, SPU	33:05	70. Jon Carwin, WWU	35:55	13. Jennifer Stief, CSUS	22:45	76. Elizabeth Teixeira, CUH	24:55
9. Matt Faulkner, CSUC	33:06	71. Shadrack Nabea, HPU	35:57	14. Tanya Zeferjahn, CSUSB	22:51	77. Melissa Flake, BYUH	24:58
10. Patrick Boivin, CSUS	33:13	72. Chris Carpenter, SMC	35:58	15. Stacy Edwards, UAA	22:54	78. Krisin Haas, WWU	24:58
11. Steven Laurie, UCD	33:15	73. Aaron Eckert, WOU	36:06	16. Wendy Fortino, CSUS	22:56	79. Niki McCorkle, WOU	24:59
12. Juan Sanchez, CSUC	33:18	74. Steven Springhorn, CSUC	36:06	17. Anna Mae Glenn, UCD	22:56	80. Lindsay Krous, UAA	25:02
13. Tobias Schwoerer, UAA	33:19	75. Joe Hughes, SU	36:06	18. Laura Trevellyan, WWU	22:59	81. Ann McCanick, SMC	25:07
14. Vernon Ruiz, CSUC	33:28	76. James De Bruhl, CPP	36:12	19. Sarah Hallas, CSUC	23:02	82. Natalie Miano, CPP	25:09
15. Neil Karla, UCSD	33:29	77. Michael Pankiewicz, CWU	36:13	20. Margaret Pridgen, CSUC	23:05	83. Beatriz Reyes, CSLA	25:09
16. Nathanael Castle, SPU	33:33	78. Andy Prentice, SMC	36:21	21. Michelle Solone, UCD	23:05	84. Mindy Newby, NNU	25:09
17. Louie White, HSU	33:34	79. Stephen Martin, UCSD	36:22	22. Missy Lendl, CSUC	23:06	85. Monica Valdez, CPP	25:15
18. David Dunbar, UCSD	33:37	80. James M. Blaine, SU	36:36	23. Jasmine Green, CSUC	23:07	86. Sarah Hansen, UAA	25:15
19. Stephen Fairclough, UCD	33:40	81. Kevin Lybarger, SU	36:43	24. Lillian Gardiner, UCSD	23:09	87. Rachelle Miller, HPU	25:19
20. Doug Hamilton, HSU	33:41	82. Frank Dabrosky, CUH	36:50	25. Katherine Stephenson, HSU	23:09	88. Julie Thielen, SMC	25:20
21. Eric Strabel, UAA	33:53	83. Marcus Meddles, CWU	36:58	26. Tiffany Picinich, CWU	23:12	89. Ryan Mayfield, CSUB	25:21
22. Zach Dwello, NNU	33:55	84. Samuel Macharia, HPU	37:05	27. Hannah Knight, CSUSB	23:13	90. Kaluhiokalani-Myers, CUH	25:25
23. Chase Wells, WOU	33:57	85. Nathan Wilkinson, NNU	37:13	28. Meghan Bellotti, UCD	23:14	91. Katie Price, CPP	25:28
24. Alan Shapiro, UCSD	34:00	86. Humberto Arredondo, CPP	37:17	29. Jennifer James, CSUC	23:14	92. Anjel Hoff, MSUB	25:30
25. Alex Daniels, UCD	34:00	87. Andrew Williams, CUH	37:29	30. Kelly Cronin, HSU	23:18	93. Sabrina St. Laurent, BYUH	25:44
26. John Morrison, UCSD	34:01	88. Ozzy Fuentes, SFSU	37:30	31. Janine Brown, HPU	23:18	94. Elizabeth Mack, SU	25:47
27. Joel Martinez, CSUC	34:01	89. Phillip Paul, CWU	37:36	32. Priscilla Moreno, UCD	23:19	95. Masako Sagawa, HPU	25:48
28. Jake Hotchkiss, NNU	34:05	90. Brian Fojord, MSUB	37:48	33. Stephanie Holley, CSUS	23:19	96. Julie Johnson, CPP	25:51
29. Kurt Hartmaier, WWU	34:13	91. Robert Renninger, SU	37:51	34. Stephanie Stine, CWU	23:21	97. Sarah Block, WOU	25:53
30. Andy Elvester, UAA	34:18	92. Palikani Aho, BYUH	37:55	35. Mimi Hodgins, UCSD	23:24	98. Esmeralda Garcia, CSUSB	25:55
31. Justin Rau, UCD	34:21	93. Harald Buerkle, HPU	38:05	36. Erin O'Donnell, UCSD	23:25	99. Candice Palmer, CSUSB	26:02
32. Tawney James, CPP	34:22	94. Andrew Peters, NNU	38:08	37. Ellie Enos, WOU	23:29	100. Emily Ferguson, SU	26:05
33. Steve Manos, SU	34:26	95. Thomas Jordan, BYUH	38:13	38. Dawnita Liabraaten, CWU	23:30	101. Ruth Barron, CSUSB	26:08
34. Jose Palma, CSUS	34:29	96. Hanson Hsu, CUH	38:14	39. Desiree Dvorak, CSUS	23:32	102. Leah Trutna, WOU	26:11
35. Mark Veristain, NNU	34:30	97. Jeremy Rice, CWU	38:20	40. Sirena Alvarez, CSUS	23:34	103. Megan Salvesson, SU	26:13
36. Ben Wornell, NNU	34:32	98. Billy Cornelison, BYUH	38:26	41. Lyndsey Kuehn, CSUC	23:39	104. Kaylene Wilson, BYUH	26:25
37. Abdeslam Najj, HPU	34:33	99. Steven Loforti, BYUH	38:50	42. Lisa Pearl, WWU	23:41	105. Nicole Beatty, SMC	26:28
38. Brice Roncace, NNU	34:34	100. Nobuya Takahashi, SFSU	38:53	43. Kiersten Lippmann, UAA	23:46	106. Kelly Long, MSUB	26:29
39. Lehrin Morey, HSU	34:38	101. Matt Crabtree, WWU	39:02	44. Dolores Bergman, HSU	23:49	107. Denise Anders, CUH	26:33
40. Carl Lostrom, UCSD	34:45	102. Matt Gage, SMC	39:25	45. Angela Gummow, SU	23:49	108. Jami Epley, NNU	26:42
41. Will Smith, WOU	34:46	103. Scott Carter, BYUH	39:29	46. Dona Brown, SFSU	23:50	109. Jessica Wiggung, NNU	26:44
42. Tov Fisher-Kirshner, UCSD	34:47	104. Victor Carpenter, SMC	39:38	47. Ellen Swogger, MSUB	23:52	110. Anne Hopkins, BYUH	26:47
43. Spencer Walsh, WOU	34:48	105. Joey Becerra, CUH	40:02	48. Amber Brougher, WOU	23:53	111. Tracie Overberg, MSUB	26:54
44. Nate Normandin, UAA	34:50	106. Alek Zelenkovsky, SFSU	40:09	49. Nicole Hodgson, HSU	23:53	112. Candace Gahr, SFSU	26:57
45. Chris Larson, HPU	34:50	107. Ryan Archibald, MSUB	40:30	50. Kelsey Kaiser, UCD	23:54	113. Christy Wynkoop, NNU	27:16
46. Brian Brancheau, WWU	34:52	108. Clinton Imholte Jr., CUH	40:41	51. Lindsay Stalker, UCSD	23:55	114. Katherine Archambault, SU	27:20
47. Matthew Rainwater, CPP	34:53	109. Heber Moulton, BYUH	40:42	52. Molly Depasqual, WWU	23:56	115. Holly Bueb, SU	27:26
48. Timothy Helms, UCD	34:56	110. Eric Callero, SFSU	41:01	53. Tina Stimson, WWU	23:56	116. Colleen Anderson, MSUB	27:45
49. Matt Schmitt, CWU	34:57	111. Sam Messe, SFSU	41:22	54. Tammy Hunt, HSU	23:57	117. Jackie Villacorta, CSUSB	27:50
50. Brian Kostock, HSU	35:01	112. Nathan Carlson, SMC	41:25	55. Kelly Fullerton, SU	23:57	118. Christine Krumm, CSUB	27:52
51. Matthew Laye, UCD	35:01	113. Benjamin McNeley, MSUB	41:30	56. Jessica Neu, UCD	23:59	119. Jennifer Barnett, CSUSB	27:57
52. Emil Newhouse, WWU	35:02	114. Eric Barhaugh, SFSU	41:49	57. Jill Salmon, WOU	24:03	120. Monique Rodriguez, CSUB	28:00
53. Matt Deshazo, HSU	35:05	115. Mike Brown, SMC	42:22	58. Meyoung Blum, UAA	24:08	121. Maromi Abe, CUH	28:02
54. Brett Franz, WOU	35:07	116. Thomas Callaghan, CUH	42:32	59. Chelsea Lynnes, MSUB	24:09	122. Ana Martinez, CSUB	28:30
55. Ethan Barrons, WOU	35:08	117. Justin Freyermuth, CSUS	42:33	60. Kara Cross, UCSD	24:09	123. Daniella Russell, CSLA	28:52
56. Jason Porter, CWU	35:08	118. Rob Kemper, SMC	42:33	61. Leslie Boyd, UAA	24:10	124. Mandy Brown, MSUB	28:53
57. Carlos Siqueiros, SU	35:08			62. Erika Olson, CWU	24:12	125. Karen Kubasak, CUH	29:28
58. Shaun Fitzgerald, CPP	35:12			63. Shawna Winfrey, CPP	24:15	126. Mariah Pasos, CSLA	29:59
59. Jorge Medina, HSU	35:13			64. Namealoha Curtis, BYUH	24:23	127. Patrice Edwards, CSLA	30:15
60. Chris Cannon, UAA	35:22			65. Joanna Luk, SFSU	24:29	128. Wendi Plott, CSUB	30:25
61. Todd List, UAA	35:32			66. Lindy Mullen, CWU	24:29	129. Tiffany Martin, SFSU	30:44
62. Brandon Whitaker, WWU	35:34			67. Jamie Ray, CPP	24:31	130. Amber Sommer, SMC	31:22
				68. Nicole Campbell, HSU	24:39	131. Tara Robinson, NNU	32:43

#### Women's Results (6,000 Meters)

1. Ann Marie Housen, CSLA	21:27
2. Sayuri Kusutani, HPU	21:48
3. Audrey Sung, UCSD	22:07
4. Chelsea Smith, BYUH	22:13
5. Nina Christensen, HPU	22:15

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

2003  
 Nov. 8 at Chino, Calif.  
**Men's Team Scores:** Chico State 28, UC San Diego 79, Cal Poly Pomona 91, Western Washington 105, Alaska Anchorage 147, Humboldt State 182, Western Oregon 214, Hawaii Pacific 214, BYU-Hawaii 262, Saint Martin's 262, Seattle 269, Central Washington 283, Northwest Nazarene 302, Hawaii Hilo 376, Chaminade 425, San Francisco State 453, Montana State Billings 513.

**Women's Team Scores:** Chico State 38, UC San Diego 124, Cal State Stanislaus 176, Alaska Anchorage 177, Seattle Pacific 209, Central Washington 219, Western Washington 242, Cal State Dominguez Hills 275, Hawaii Pacific 278, Seattle 292, Sonoma State 321, Cal Poly Pomona 326, Western Oregon 358, Cal State San Bernardino 403, Hawaii-Hilo 405, Humboldt State 412, Cal State Bakersfield 431, BYU-Hawaii 441, Cal State L.A. 478, Northwest Nazarene 510, Saint Martin's 525, Chaminade 546, Montana State Billings 549, San Francisco State 609.

**Men's Results (10,000 Meters)**

1. William Ngetich, HPU	31:40.5	69. Bradley Fessenden, CPP	35:25.3	20. Nicole Campbell, HSU	23:16.2	89. Becky Southworth, CSUSB	25:20.5
2. Tyler Graff, CSUC	31:48.8	70. Stephen Taylor, HSU	35:25.6	21. Josanna Lavin, SPU	23:19.3	90. Meghan Salvesson, SU	25:24.0
3. Daniel Rojas, CPP	31:56.6	71. Aaron Eckert, WOU	35:31.8	22. Jennifer James, CSUC	23:20.6	91. Elizabeth Teixeira, CUH	25:26.0
4. Mark Batres, CPP	32:07.2	72. Marcos Veristain, NNU	35:33.1	23. Stacy Edwards, UAA	23:23.6	92. Mindy Newby, NNU	25:26.6
5. Patrick Boivin, CSUC	32:17.6	73. Andy Peters, NNU	35:34.4	24. Michelle DiMeo, UCSD	23:25.1	93. Ann McCanick, SMC	25:26.9
6. Charlie Serrano, CSUC	32:35.5	74. Justin McNeil, WUU	35:40.5	25. Amanda Felder, UC SD	23:26.3	94. Susan Young, NNU	25:28.2
7. Joel Martinez, CSUC	32:37.1	75. Mike Pankiewicz, CWU	35:44.0	26. Jenny Bunicio, CSUDH	23:26.5	95. Tiffany Piplica, MSUB	25:30.2
8. Christopher Layman, CSUC	32:37.6	76. Kevin Lambert, NNU	35:46.5	27. Christina Jimenez, CPP	23:26.9	96. Sadie Solem, HSU	25:33.3
9. Robert Eap, UCSD	32:38.2	77. Felipe Jasso, WOU	35:53.8	28. Kari Konrad, WOU	23:28.2	97. Ashley Spann, CPP	25:34.6
10. Doug Hamilton, HSU	32:42.7	78. James Blaine, SU	36:06.9	29. Jennifer Stief, CSUS	23:29.4	98. Jessica Rendon, HSU	25:35.4
11. Brian Brancheau, WUU	32:43.7	79. Bryan Halferty, CWU	36:15.7	30. Rachel Suess, SU	23:38.2	99. Leah Trutna, WOU	25:42.0
12. Chase Wells, WOU	32:45.5	80. Joshua Blount, CSUS	36:19.6	31. Alicia Veiss, CSUB	23:38.6	100. Tehani Thompson, SFSU	25:43.2
13. Brandon Stum, UAA	32:47.0	81. Joseph Hughes, SU	36:21.1	32. Laura Cohen, CSUC	23:39.0	101. Adelita Flores, CSUB	25:45.5
14. Julian Nahan, UCSD	32:48.0	82. Tyler Layne, NNU	36:27.7	33. Lillian Gardiner, UCSD	23:39.4	102. Phoebe Rohrbacher, SU	25:49.6
15. Kurt Hartmaier, WUU	32:48.3	83. Ryan Orme, BYUH	36:29.9	34. Stephanie Stine, CWU	23:40.0	103. Natalie Miano, CPP	25:50.7
16. Steve DeKoker, WUU	32:50.0	84. Nathan Heitzinger, SU	36:31.0	35. Colleen Cassidy, UHH	23:41.4	104. Leil. Kaluhiokalani-My, CUH	25:55.0
17. Tim LeCount, SPU	33:02.5	85. Adam Wadsworth, BYUH	36:36.2	36. Kathy Read, UCSD	23:42.6	105. Devan Bernier, CSUB	25:56.4
18. Carl Lostro, UCSD	33:11.4	86. Jeff Orchard, UHH	36:50.6	37. Lindsay Stalker, UCSD	23:43.3	106. Carolyn Brown, CPP	26:01.2
19. Neil Kalra, UCSD	33:12.0	87. Seth Woods, SMC	36:51.7	38. Desiree Dvorak, CSUS	23:44.4	107. Dominique Rosete, CSLA	26:06.3
20. Mikkel Kleis, HPU	33:15.0	88. Silas Canary, UHH	37:00.8	39. Beth Rosapepe, WUU	23:44.6	108. Lydia Kahle-Clark, BYUH	26:10.5
21. Daniel Cerecerez, CPP	33:18.1	89. Andrew Kamikawa, CUH	37:03.1	40. Isabel Espinoza, CSUDH	23:53.1	109. Allison Daum, SSU	26:12.3
22. John Morrison, UCSD	33:23.1	90. Robbie Wilbur, SMC	37:05.0	41. Alicen Maier, CWU	23:53.9	110. Kendra Byrd, HPU	26:14.0
23. T.J. Garlatz, WUU	33:29.9	91. Steve Lehman, CWU	37:08.9	42. Hannah Knight, CSUSB	23:55.4	111. Katie Moriarty, HSU	26:15.9
24. Jake Hotchkiss, NNU	33:33.5	92. Richard Franck, SU	37:16.7	43. Shawna Winfrey, CPP	24:00.0	112. Jennifer Smith, WOU	26:16.7
25. Tris O'Bluck, SMC	33:35.1	93. Clington Imholte, CUH	37:20.6	44. Erin O'Donnell, UCSD	24:06.7	113. Marissa Harshman, WUU	26:19.5
26. Todd List, UAA	33:35.2	94. Scott Brown, MSUB	37:25.7	45. Andrea Branco, SSU	24:07.5	114. Stacie Wells, WOU	26:26.5
27. James Tawney, CPP	33:35.6	95. Nathan Wilkinson, NNU	37:26.9	46. Lindy Mullen, CWU	24:10.0	115. Michelle Telfer, SSU	26:27.4
28. Steve Manos, SU	33:39.0	96. Paul Broyer, SFSU	37:29.9	47. Christina Buck, CSUS	24:13.0	116. Lindsay Dickinson, SFSU	26:28.1
29. Dain Engbretsen, SU	33:46.0	97. Ryan Tuss, HSU	37:30.3	48. Emily Pincin, CWU	24:13.4	117. Katie Price, CPP	26:30.8
30. Jonathan Osterlund, BYUH	33:47.9	98. Joseph Damato, UHH	37:39.1	49. Shannon Fredeen, CSUS	24:14.4	118. Denise Anders, CUH	26:33.3
31. Aaron Dickson, UAA	33:52.0	99. Joey Becera, CUH	37:44.6	50. Brandy Weston, CWU	24:16.5	119. Andrea Brandt, CSUSB	26:35.4
32. Jesse Plummer, HSU	33:57.7	100. Keiichi Matsumoto, CUH	37:46.4	51. Laura Hernandez, UHH	24:17.7	120. Christy Wynkoop, NNU	26:36.2
33. Nathan Carlson, SMC	34:00.3	101. Aaron Norton, HPU	37:47.6	52. Alana Garcia, SU	24:19.6	121. Whitney Rothery, BYUH	26:42.3
34. Chris Beetley-Hagl, UCSD	34:01.9	102. Sam Hartpence, MSUB	38:02.2	53. Davya Baker, UAA	24:19.8	122. Melissa Dunbar, CSUB	26:43.6
35. Lehrin Morey, HSU	34:02.5	103. Earl Hartman, SFSU	38:14.1	54. Geybi Garibay, CSS	24:20.6	123. Martha Gonzalez, CSUDH	26:45.7
36. Andy Prentice, SMC	34:06.3	104. Matt Povey, SFSU	38:16.6	55. Karen Dickson, SPU	24:21.4	124. Martha Kawasaki, UHH	26:46.1
37. Drew Dickson, UAA	34:06.4	105. George Harrington, SFSU	38:27.5	56. Jayme Ambros, CPP	24:23.4	125. Jessica Wiggins, NNU	26:47.0
38. Ethan Barrons, WOU	34:06.7	106. Zac Vawter, SMC	38:37.8	57. Lara Bachmeier, UHH	24:28.9	126. Christine Perez, SFSU	26:53.2
39. Jeran Carr, CPP	34:07.7	107. Seth Miller, CUH	38:40.3	58. Anjel Hoff, MSUB	24:31.3	127. Wendi Plott, CSUB	26:54.8
40. Humberto Vargas, CSUS	34:08.0	108. Joe Kragt, MSUB	38:59.9	59. Molly DePasqu, WUU	24:31.9	128. Ashley Rickels, NNU	26:55.8
41. Jason Porter, CWU	34:09.6	109. Victor Carpenter, SMC	39:00.6	60. Abby Groth, SPU	24:32.6	129. Cori Harris, BYUH	27:05.2
42. Steven Springhorn, CSUC	34:10.6	110. Ryan Archibald, MSUB	39:21.5	61. Summer Huntington, SPU	24:33.3	130. Raquei McCarthy, MSUB	27:11.9
43. Sam Brancheau, WUU	34:11.6	111. Frank Dabrosky, CUH	39:25.5	62. Kendra Steinbrugger, SMC	24:33.5	131. Tracie Overberg, STUB	27:23.9
44. Chris Larson, HPU	34:14.2	112. Jordan Theuerkauf, UHH	40:26.7	63. Kristin Haas, WUU	24:33.9	132. Kristen Nielson, BYUH	27:29.8
45. Eric Strabel, UAA	34:15.3	113. Justin Freyermuth, CSUS	40:57.5	64. Crystal Dennis, CWU	24:34.1	133. Jackie Plombo, SFSU	27:34.7
46. Sam Scotchmer, CWU	34:17.9	114. Jesse Light, WOU	41:12.8	65. Kirsten Bjork, SPU	24:35.0	134. Kristin Mizar, SFSU	27:40.6
47. Matthew DeShazo, HSU	34:21.5	115. Sean Hannifin, MSUB	42:04.5	66. Rachel Bailey, CWU	24:36.9	135. Kendra Bebee, MSUB	27:57.1
48. Brad Brolin, WOU	34:24.9	116. Brendan Murray, MSUB	43:43.6	67. Jacqueline Ramirez, CSDH	24:38.0	136. Desiree Herran, SFSU	28:02.9

**Women's Results (6,000 Meters)**

1. Chelsea Smith, BYUH	20:54.4	71. Stephanie Upshaw, WOU	24:47.0	89. Becky Southworth, CSUSB	25:20.5
2. Nina Christensen, HPU	21:50.1	72. Ryan Mayfield, CSUB	24:48.1	90. Meghan Salvesson, SU	25:24.0
3. Sarah Bouchard, CSLA	22:00.9	73. Nicole Johnson, CSUS	24:49.3	91. Elizabeth Teixeira, CUH	25:26.0
4. Missy Lendl, CSUC	22:17.0	74. Niki McCorkle, WOU	24:50.8	92. Mindy Newby, NNU	25:26.6
5. Laura Trevelyan, WUU	22:22.1	75. Heather Postema, HPU	24:52.1	93. Ann McCanick, SMC	25:26.9
6. Tina Firouz, UCSD	22:25.6	76. Keely Kalligs, WUU	24:53.8	94. Susan Young, NNU	25:28.2
7. Margaret Pridden, CSUC	22:31.0	77. Beatriz Reyes, CSLA	24:54.1	95. Tiffany Piplica, MSUB	25:30.2
8. Kelly Ortlieb, CSUC	22:34.1	78. Nicole Deyong, UAA	24:56.1	96. Sadie Solem, HSU	25:33.3
9. Sarah Montez, CSUC	22:48.9	79. Kristin Lane, NNU	24:56.7	97. Ashley Spann, CPP	25:34.6
10. Katie Lee, CSUC	22:50.2	80. Masako Sagawa, HPU	24:56.8	98. Jessica Rendon, HSU	25:35.4
11. Janine Brown, HPU	22:50.6	81. Ruth Harbaugh, SPU	24:58.0	99. Leah Trutna, WOU	25:42.0
12. Jamie Witt, SPU	22:51.8	82. Melissa Flaks, BYUH	24:58.3	100. Tehani Thompson, SFSU	25:43.2
13. Stehanie Holley, CSUS	22:54.4	83. Sandra Wells, SSU	25:01.9	101. Adelita Flores, CSUB	25:45.5
14. Tanya Zeferjahn, CSUSB	22:58.0	84. Lexi Baxter, WUU	25:02.6	102. Phoebe Rohrbacher, SU	25:49.6
15. Chandra Farnam, SSU	23:01.7	85. Kristina Huttmacher, CUH	25:04.7	103. Natalie Miano, CPP	25:50.7
16. Mandy Kaempf, UAA	23:06.8	86. Amber Brougher, WOU	25:10.3	104. Leil. Kaluhiokalani-My, CUH	25:55.0
17. Sarah Hansen, UAA	23:07.8	87. Erin Wyner, HSU	25:14.3	105. Devan Bernier, CSUB	25:56.4
18. Kristie Rice, SU	23:10.6	88. Nicole Beatty, SMC	25:15.2	106. Carolyn Brown, CPP	26:01.2
19. Alejandra Contreras, CSDH	23:16.1			107. Dominique Rosete, CSLA	26:06.3

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2004**

**Nov. 6 at Lake Padden Park, Bellingham, Wash.**

**Men's Team Scores:** Chico State 30, Cal Poly Pomona 73, Seattle Pacific 143, UC San Diego 154, Alaska Anchorage 180, Western Washington 197, Western Oregon 197, Humboldt State 200, Central Washington 229, Northwest Nazarene 231, BYU-Hawaii 240, Cal State Stanislaus 316, Saint Martin's 353, Seattle 363, Hawaii Hilo 377, San Francisco State 401, Montana State Billings 538.

**Women's Team Scores:** Chico State 49, UC San Diego 96, Alaska Anchorage 168, Seattle Pacific 172, Central Washington 178, Cal Poly Pomona 179, Seattle 225, Western Washington 231, BYU- Hawaii 234, Cal State Stanislaus 256, Humboldt State 279, Montana State Billings 294, Cal State San Bernardino 303, Cal State Bakersfield 353, Northwest Nazarene 356, Saint Martin's 415, Western Oregon 429, Cal State L.A. 436, San Francisco State 533.

**Men's Results (10,000 Meters)**

1. Mark Batres, CPP	32:09	64. Kevin Lambert, NNU	35:28	10. Ryan Mayfield, CSUB	23:39	74. Maija Rohde, CSLA	25:38
2. Daniel Rojas, CPP	32:11	65. Daniel Holligan, UCSD	35:28	11. Michelle DiMeo, UCSD	23:42	75. Heather Moulton, HSU	25:41
3. Steven Springhorn, CSUC	32:23	66. Humberto Vargas, CSUS	35:32	12. Lindsay Stalker, UCSD	23:43	76. Karina Vega, CPP	25:42
4. Scott Bauhs, CSUC	32:42	67. Chris Binchus, HSU	35:33	13. Mary Biggs, CSUC	23:47	77. Kari Andrew, UHH	25:43
5. Jasper Peach, HSU	32:47	68. Joshua Croft, BYUH	35:33	14. Karin Rohde, SPU	23:49	78. Melissa Flake, BYUH	25:44
6. Patrick Boivin, CSUC	32:55	69. Peter Barriaga, CPP	35:38	15. Laura Cohen, CSUC	23:50	79. Kaitlin Rohde, SPU	25:45
7. Brian Kostock, HSU	33:07	70. James Rosser, SPU	35:39	16. Kamie Jo Massey, UAA	23:52	80. Rebecca Mishler, NNU	25:48
8. Chris Layman, CSUC	33:24	71. Keith Lemay, WWU	35:46	17. Brandy Anderson, CWU	23:56	81. Whitney Hurley, CPP	25:50
9. Kyle Ivie, CSUC	33:26	72. Dan Weiser, CWU	35:47	18. Natalie Miano, CPP	24:01	82. Valorie Rojas, CSLA	25:51
10. Antonio Miramontes, CSUC	33:30	73. Paul Broyer, SFSU	35:47	19. Nicole Campbell, HSU	24:06	83. Christine Perez, SFSU	25:51
11. Charlie Serrano, CSUC	33:31	74. Brent Christensen, SMC	35:50	20. Megan McDrew, HSU	24:07	84. Holly Mishler, NNU	25:52
12. Arturo Garcia, CSUS	33:32	75. Ernesto Madrigal, CSUS	35:52	21. Miriam Hodgins, UCSD	24:09	85. Ann McCanick, SMC	25:53
13. Sam Scotchmer, CWU	33:36	76. Spencer Walsh, WOU	35:53	22. Paige Osborn, CSUC	24:11	86. Brandi McCoy, SPU	25:54
14. Robert Eap, UCSD	33:37	77. Noe Castellon, SMC	35:55	23. Zuzana Iler, CSUB	24:16	87. Emily Ferguson, SU	25:55
15. Andy Prentice, SMC	33:44	78. Tyler Layne, NNU	35:56	24. Lindsey Young, UCSD	24:17	88. Leah Trutna, WOU	26:01
16. Tim LeCount, SPU	33:46	79. Matt Cook, CWU	35:57	25. Heidi Robertson, MSUB	24:18	89. Wendi Plott, CSUB	26:04
17. Ethan Barrons, WOU	33:47	80. Bedora Lim, CUH	35:58	26. Sarah Lord, MSUB	24:18	90. Diana Davis, MSUB	26:05
18. James Tawney, CPP	33:52	81. Mark Rivera, CSUS	36:00	27. Rebecca Knox, SPU	24:19	91. Sarah Brundidge, SU	26:08
19. Chase Wells, WOU	33:54	82. Ty Schepler, WWU	36:08	28. Rebecca Cherry, UCSD	24:20	92. Melanie Madsen, BYUH	26:11
20. Jake Hotchkiss, NNU	34:08	83. Batbileg Bor, SFSU	36:11	29. Diane Dunn, UCSD	24:21	93. Katie Wittrock, WWU	26:12
21. Zach Dwello, NNU	34:09	84. David Tamura, BYUH	36:12	30. Hilary Oppido, CSUC	24:22	94. Elizabeth Gonzalez, CSLA	26:14
22. Bjorn Bostrom, SPU	34:13	85. Andrew Chong, HSU	36:16	31. Stephanie Stine, CWU	24:23	95. Sarah Hansen, UAA	26:15
23. David Cerecerez, CPP	34:15	86. Mitchell Steves, UCSD	36:21	32. Christina Jimenez, CPP	24:24	96. Carie Castro, CSLA	26:15
24. Brian Cronrath, SPU	34:18	87. Tim Keller, NNU	36:24	33. Diana Choi, BYUH	24:26	97. Beth Rosapepe, WWU	26:15
25. Jeremy Vantress, BYUH	34:22	88. Nicholas Fill, CSUS	36:26	34. Desiree Dvorak, CSUS	24:28	98. Megan Holt, CSSB	26:17
26. Carl Lofstrom, UCSD	34:24	89. Jesus Cisneros, HSU	36:27	35. Alana Garcia, SU	24:30	99. Kayla Castenada, WOU	26:20
27. Brandon Stum, UAA	34:27	90. Alastair In, UHH	36:28	36. Monica Valdez, CPP	24:33	100. Tehani Thompson, SFSU	26:28
28. Michael Stewart, WWU	34:28	91. Dan Ferguson, CWU	36:30	37. Stephanie Upshaw, WOU	24:37	101. Lindsey Graham, NNU	26:33
29. Christopher Miano, CPP	34:29	92. Richard Franck, SU	36:31	38. Meghan Salvesson, SU	24:38	102. Rachel Suess, SU	26:34
30. Abdullah Jamali, UCSD	34:30	93. Lucas Franco, SU	36:31	39. Lindy Mullen, CWU	24:38	103. Becky Southworth, CSSB	26:35
31. Sam Brancheau, WWU	34:31	94. Gustavo Arceo, UHH	36:35	40. Sarah Benson, CWU	24:40	104. Emily Williams, BYUH	26:36
32. Brad Theobald, CPP	34:33	95. Martin Ramos, CSUS	36:44	41. Nicole DeYong, UAA	24:42	105. Nicole Beatty, SMC	26:37
33. Keever Henry, WWU	34:34	96. Robin Wilbur, SMC	36:45	42. Jessica Laslovich, UCSD	24:44	106. Leilani Myers, CUH	26:40
34. Aaron Dickson, UAA	34:35	97. Seth Woods, SMC	36:50	43. Holly Digerolamo, CSSB	24:47	107. Stacy Wells, WOU	26:42
35. Jake Rushton, BYUH	34:36	98. Laurence Graham, NNU	36:51	44. Davya Baker, UAA	24:48	108. Lindsey Vitrakis, CSUS	26:43
36. Leif Olson, UAA	34:38	99. Ryan Tuss, HSU	36:52	45. Shawna Winfrey, CPP	24:50	109. Tiffany Piplica, MSUB	26:44
37. Brent Knight, UAA	34:40	100. Nathan Heitzinger, SU	36:53	46. Susan Young, NNU	24:51	110. Juanita Hernandez, CSLA	26:46
38. Paul Mach, SPU	34:41	101. Cinton Imholte Jr., CUH	36:55	47. Erin Frier, CSUS	24:52	111. Jessica Rendon, SU	26:51
39. Matt DeShazo, HSU	34:43	102. Felipe Jasso, WOU	37:15	48. Jamie Ray, CPP	24:54	112. Denise Anders, CUH	26:59
40. Luke Sigmon, UCSD	34:44	103. Mikhail Osipov, SFSU	37:17	49. Marcia Silva, SSU	24:55	113. Karin Hansen, SFSU	27:03
41. Geoff Anderson, CWU	34:46	104. Clifton Ho, UHH	37:20	50. Amy Yonan, CSUS	24:56	114. Andrea Brandt, CSSB	27:05
42. Matt Stevens, HPU	34:50	105. Scott Brown, MSUB	37:22	51. Molly DePasqual, WWU	24:57	115. Tracie Overberg, MSUB	27:06
43. Chikara Omine, SFSU	34:52	106. Steven Lalonde, SMC	37:26	52. Lara Bachmeier, UHH	24:57	116. Kaleigh Bishop, SMC	27:07
44. Doug Gibson, SPU	34:53	107. Joey D'Amato, UHH	37:33	53. Emily Picinich, CWU	24:58	117. Jen Smith, WOU	27:09
45. Chris Beetley-Hagler, UCSD	34:54	108. Sam Hartpence, MSUB	37:38	54. Sara Thon, WWU	25:01	118. Deanne Soon, CUH	27:10
46. Paul Moth, UHH	34:55	109. Sandino Moya-Smith, SFSU	37:48	55. Chelsea Lynnes, MSUB	25:03	119. Elizabeth Lugo, CSLA	27:12
47. Nate Normandin, UAA	34:56	110. Ehren Ching, SMC	38:18	56. Janelle Probst, SMC	25:04	120. Betsy Peterson, HSU	27:26
48. Logan Senrud, WWU	34:56	111. Andrew Chain, SFSU	38:35	57. Rachel Bailey, CWU	25:08	121. Adelita Flores, CSUB	27:30
49. Matt Schmitt, CWU	34:56	112. Joe Kragt, MSUB	39:07	58. Julie Stewart, BYUH	25:10	122. Katherine Smith, HSU	27:34
50. Eddie Strickler, SPU	34:59	113. Ryan Archibald, MSUB	39:17	59. Melanie Nisly, NNU	25:11	123. Amanda Brown, MSUB	27:37
51. Andy Peters, NNU	35:00	114. Efeson Alemayehu, SFSU	39:27	60. Stephanie Myers, UAA	25:16	124. Danielle Pratt, UAA	27:44
52. Germain Ortiz, UHH	35:01	115. Jarred Rensvold, MSUB	39:33	61. Rachael Bates, WWU	25:21	125. Aeshia Rosse, WOU	27:45
53. Nick Crawford, WOU	35:02	116. Juan Morales, UHH	40:50	62. Jessica Dawney, SSU	25:23	126. Hilda Ramirez, CSUS	27:52
54. Joseph Sybrowsky, BYUH	35:03			63. Jamie Kendrick, CSUS	25:24	127. Lakita Burr, SMC	28:18
55. Jerret Mantalias, WOU	35:06			64. Tracy Kuhn, SPU	25:26	128. Lovette Mioni, CSUB	28:21
56. Brad Brolin, WOU	35:07			65. Sadie Solem, HSU	25:28	129. Jessica Wiggens, NNU	28:40
57. Phil Paul, CWU	35:07			66. Kim Miller, CSUSB	25:29	130. Maureen Driscoll, SMC	28:50
58. Drew Dickson, UAA	35:09			67. Kristie Rice, SU	25:32	131. Flora Lugo, CSLA	29:07
59. Jake Haskins, WWU	35:11			68. Amber Green, CWU	25:33	132. Marisol Miranda, SFSU	29:11
60. Andrew Lybarger, SU	35:15			69. Geraldina Garcia, CSUS	25:33	133. Brittany McBride, SFSU	30:34
61. Jacob Puzey, BYUH	35:18			70. Kristin Haas, WWU	25:34	134. Beth Miller, CSUB	31:30
62. Michael Hughes, SU	35:19			71. Nicole Jensen, SPU	25:35	135. Kathy Keenan, CSSB	31:44
63. Nicholas Dols, SU	35:27			72. Jessie Dunnam, SMC	25:37	136. Myriam Bayer, SFSU	32:43
				73. Jennifer Puzey, BYUH	25:38	137. Melissa Simmons, SFSU	35:01

**Women's Results (6,000 Meters)**

1. Chelsea Smith, BYUH	21:43
2. Karen Dickson, SPU	22:07
3. Laura Trevelyan, WWU	23:04
4. Tanya Zeferjahn, CSUSB	23:08
5. Kelly Fullerton, SU	23:11
6. Jennifer James, CSUC	23:23
7. Sarah Montez, CSUC	23:29
8. Ciara Harvey, CSUC	23:30
9. Mandy Kaempf, UAA	23:31

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2005**  
**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.

**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.

**Men's Results (10,000 Meters)**

1. Patrick Boivin, CSUC	31:23.6
2. Charlie Serrano, CSUC	31:44.3
3. Mark Batres, CPP	32:03.6
4. Antonio Miramontes, CSUC	32:30.0
5. Casey Moriarty, SU	32:34.1
6. Josh Babiak, SFSU	32:42.5
7. Beau Bettinger, CSUC	32:48.0
8. David Kiplagat, UAA	32:55.3
9. Rory Kuykendall, CSUC	32:56.8
10. Jacob Klausen, HPU	33:05.9
11. Arturo Garcia, CSUS	33:07.6
12. Scott Bauhs, CSUC	33:12.5
13. Aaron Dickson, UAA	33:14.6
14. Isaac Perez, CPP	33:16.2
15. Leif Olson, UAA	33:24.3
16. Kyle Ivie, CSUC	33:30.4
17. Logan Senrud, WWU	33:30.5
18. Doug Gibson, SPU	33:32.5
19. Mark Rivera, CSUS	33:35.5
20. Bjorn Bostrom, SPU	33:45.7
21. Brian Kostock, HSU	33:47.8
22. Sam Brancheau, WWU	33:49.6
23. Joseph Sybrowsky, BYUH	33:52.5
24. Drew Dickson, UAA	33:53.0
25. Miguel Cabanas, CPP	33:57.5
26. Kevin Urak, CPP	34:02.5
27. Jake Perry, NNU	34:07.4
28. Casper Dahl, HPU	34:14.6
29. Keith Lemay, WWU	34:18.6
30. Eric Tibbetts, HSU	34:21.3
31. Anthony Tomsich, WWU	34:24.6
32. Jasper Peach, HSU	34:25.2
33. Michael Stewart, WWU	34:25.8
34. James Tawney, CPP	34:27.0
35. Chad Portwood, WWU	34:29.1
36. Eddie Venegas, CPP	34:32.5
37. Carlo Lozano, SPU	34:33.4
38. Gabriel LaMonthe, UCSD	34:37.2
39. Carl Lostrom, UCSD	34:39.5
40. Jale LeVieux, UCSD	34:39.9
41. Jimmy Elam, HSU	34:41.6
42. Pedro Barriga, CPP	34:42.2
43. Matthew Noble, UCSD	34:42.3
44. Paul Moth, UHH	34:50.0
45. Larry Blaylock, CSUS	34:51.9
46. Jerret Mantalas, WOU	34:52.4
47. Dan Holligan, UCSD	34:54.8
48. Joshua Croft, BYUH	34:57.2
49. Nathan Heitzinger, SU	35:01.0
50. Andrew Lybarger, SU	35:01.5
51. Benjamin Sonntag, UAA	35:01.8
52. Brian Cronrath, SPU	35:02.5
53. James Rosser, SPU	35:03.8
54. Eddie Strickler, SPU	35:03.9
55. Stig Yngve, UAA	35:05.7
56. Chris Beetley-Hagler, UCSD	35:07.3
57. Bedora Lim, CUH	35:14.1
58. Brian Rockenbach, CWU	35:15.4
59. Luke Sigmon, UCSD	35:23.1
60. Gustavo Arceo, UHH	35:35.7
61. Nik Karr, WOU	35:42.1
62. Batbileg Bor, SFSU	35:46.4
63. Cary Costa, WOU	35:48.0
64. Andy Peters, NNU	35:54.3

65. Troy Banker, WOU	35:55.7
66. Brandon Krout, BYUH	36:01.2
67. Felipe Jasso, WOU	36:04.7
68. Joshua Enos, UHH	36:11.0
69. Sam Bedell, WWU	36:13.3
70. Michael Boyle, UAA	36:15.1
71. Gabe Andrews, CWU	36:16.4
72. Tyler Lane, NNU	36:23.6
73. Matthew Gulden, BYUH	36:27.9
74. Jack Chandler, CSUS	36:30.9
75. Isaac Crawford, CSUS	36:32.5
76. Dan Ferguson, CWU	36:41.4
77. Clifton Ho, UHH	36:42.4
78. Dan Weiser, CWU	36:53.2
79. Craig Giovenetti, HSU	36:54.3
80. Thomas Jordan, BYUH	36:55.3
81. Clinton Imholte, CUH	37:00.6
82. Seth Woods, SMU	37:04.6
83. Nick Dols, SU	37:07.5
84. Bryan Dibos, WOU	37:08.1
85. Martin Ramos, CSUS	37:18.1
86. Steve Lehman, CWU	37:24.4
87. Tim Keller, NNU	37:31.3
88. James Roach, CWU	37:31.4
89. Andrew Chong, HSU	37:52.3
90. Luke Graesser, BYUH	37:57.8
91. Michael Evans, UHH	37:59.2
92. Nic Crawford, WOU	38:03.6
93. Robbie Wilbur, SMU	38:05.4
94. Caleb Timmer, SMU	38:10.5
95. Kerry Burns, HSU	38:13.5
96. Keiichi Matsumoto, CUH	38:19.7
97. Jason Koide, CUH	38:56.2
98. Rich Thomas, SMU	38:56.3
99. Scott Clark, SFSU	39:27.0
100. Tris Obluck, SMU	39:37.6
101. Mikhail Osipov, SFSU	39:45.0
102. Luis Cortes, SFSU	39:57.3
103. Justin Freyermuth, CSUS	40:05.2
104. Steven Lalonde, SMU	40:17.3
105. Kyle Gray, NNU	41:29.9
106. Robert Renninger, SU	41:50.7
107. Sandino Moya-Smith, SFSU	42:40.6

**Women's Results (6,000 Meters)**

1. Miriam Hodgins, UCSD	21:59.8
2. Katie Lee, CSUC	22:01.9
3. Jennifer James, CSUC	22:19.4
4. Mandy Kaempf, UAA	22:22.7
5. Meredith Crane, SPU	22:23.3
6. Maria Delgado, CSLA	22:24.0
7. Erin O'Donnell, UCSD	22:30.0
8. Pavla Havlova, UAF	22:31.0
9. Laura Trevellyan, WWU	22:34.5
10. Tanya Zeferjahn, CSUSB	22:39.4
11. Missy Lendl, CSUC	22:46.6
12. Ciara Harvey, CSUC	22:52.0
13. Stacy Edwards, UAA	22:55.9
14. Julie Shaw, CSUC	22:59.7
15. Emily McGregor, UCSD	23:04.5
16. Louise Brasen, HPU	23:08.7
17. Lindsay Nelson, CSUC	23:15.9
18. Karla Albrez, CSLA	23:19.4
19. Michelle DiMeo, UCSD	23:28.1
20. Nina Miller, UCSD	23:28.6

21. Karin Rohde, SPU	23:29.3
22. Zuzana Iler, CSUB	23:29.6
23. Natalie Miano-Batres, CPP	23:33.3
24. Jennifer Puzey, BYUH	23:33.7
25. Josie Lavin, SPU	23:38.1
26. Laura Carr, UAA	23:41.1
27. Desiree Castellanos, CSUS	23:42.8
28. Marcie Mullen, CWU	23:46.1
29. Maija Rohde, CSLA	23:49.2
30. Sarah Benson, CWU	23:50.4
31. Christina Jimenez, CPP	23:52.3
32. Erin Deasy, WWU	23:52.6
33. Molly Follen, SU	23:52.7
34. Brandy Anderson, CWU	23:54.3
35. Jessica Rendon, HSU	23:55.4
36. Melissa Flake, BYUH	23:55.9
37. Ashley Puga, NNU	23:59.4
38. Davya Baker, UAA	24:00.4
39. Rachel Bailey, CWU	24:03.4
40. Anna Olesen, HPU	24:04.9
41. Mary Moriarty, SPU	24:06.6
42. Suzanne Strickler, SPU	24:07.1
43. Diane Dunn, UCSD	24:07.5
44. Katie Hansen, SU	24:08.6
45. Pia Folsing, HPU	24:12.9
46. Shawna Burger, CSLA	24:13.3
47. Erin Frier, CSUS	24:15.5
48. Danielle Pratt, UAA	24:16.7
49. Christine Perez, SFSU	24:17.8
50. Dallase Scott, CSUC	24:18.7
51. Jolene Boogard, WWU	24:18.9
52. Alana Garcia, SU	24:22.0
53. Holly Digerolamo, CSUSB	24:22.7
54. Amanda Castro, BYUH	24:26.1
55. Kimberly Beaman, SPU	24:26.8
56. Stephanie Upshaw, WOU	24:27.4
57. Sofia Leon, CSUS	24:30.7
58. Rebecca Knox, SPU	24:31.8
59. Jacqui Trenkwalder, SSU	24:37.6
60. Jamie Ray, CPP	24:38.3
61. Masako Sagawa, HPU	24:39.9
62. Monica Valdez, CPP	24:40.3
63. Janelle Probst, SMU	24:40.4
64. Meghan Salvesson, SU	24:42.0
65. Ana Juarez, CSLA	24:43.3
66. Kaley Strachan, UAA	24:47.4
67. Andrea Ring, CWU	24:47.9
68. Becky Southworth, CSUSB	24:50.2
69. Amanda Burkhardt, UCSD	24:53.2
70. Suzie Sandoval, SFSU	24:56.2
71. Geraldina Garcia, CSUS	25:03.4
72. Mary Krusen, UAA	25:07.7
73. Evelyn Lopez, CPP	25:10.0
74. Kristin Glen, CSUDH	25:10.8
75. Kiyara Iravanian, SSU	25:11.6
76. Melanie Nisly, NNU	25:13.2
77. Kristen Torrez, CSUSB	25:15.6
78. Karin Hansen, SFSU	25:23.6
79. Rachel Barreau, WOU	25:25.3
80. Amber Green, CWU	25:26.9
81. Alice McIntosh, SU	25:28.2
82. Julia Coulter, UAF	25:29.2
83. Melanie Madsen, BYUH	25:29.3
84. Megan Holt, CSUSB	25:30.7

85. Linsey Vanzant, CSLA	25:31.2
86. Raha Hakimdavar, CPP	25:32.2
87. Kari Brandt, CSUSB	25:32.6
88. Lovette Mioni, CSUB	25:36.6
89. Heather Moulton, HSU	25:38.1
90. Jill Keller, WWU	25:38.5
91. Diana Choi, BYUH	25:40.4
92. Nicole Beare, HSU	25:41.3
93. Kristin Gallup, SFSU	25:41.8
94. April Montgomery, SSU	25:41.9
95. Rebecca Mishler, NNU	25:43.4
96. Leilani Kaluhiokalani-My, CUH	25:45.8
97. Marissa Hager, CSUS	25:46.7
98. Macey Blaine, NNU	25:47.0
99. Ashley Benson, UHH	25:48.1
100. Maria Cardenas, CPP	25:48.4
101. Ariel Gray, HSU	25:48.6
102. Jenna Carvajal, SSU	25:49.1
103. Keely Kalgis, WWU	25:50.7
104. Wendi Plott, CSUB	25:52.9
105. Ariela Ramos, SFSU	25:55.7
106. Jodi Calderon, CSUB	25:57.2
107. Anna Coulter, UAF	25:57.4
108. Rachel Peters, WOU	25:59.2
109. Elizabeth Lugo, CSLA	26:00.6
110. Holly Mishler, NNU	26:01.0
111. Lydia Lauer, SU	26:02.0
112. Kim Miller, CSUSB	26:03.5
113. Kaleigh Bishop, SMU	26:04.3
114. Anzen Salvador, CUH	26:08.1
115. Andrea Lovio, HSU	26:13.6
116. Deanne Soon, CUH	26:16.5
117. Valerie Tucker, CSUDH	26:17.0
118. Lindsey Graham, NNU	26:17.2
119. Alyssa Lewis, CSUB	26:28.9
120. Chelsi Claussen, SMU	26:30.3
121. Jessica Pendon, SMU	26:31.7
122. Kelly Frier, CSUS	26:36.7
123. Kari Andrew, UHH	26:42.7
124. Lexi Baxter, WWU	26:43.9
125. Kryn Finstad, UAF	26:46.6
126. Lisa Castle, CUH	26:46.8
127. Christy Wynkoop, NNU	26:53.0
128. Lakita Burr, SMU	26:56.3
129. Betsy Peterson, HSU	26:57.1
130. Emily Uhlig, CWU	26:59.0
131. Leigh Meade, HPU	26:59.6
132. Rhiannon Cadelinia, SU	27:00.1
133. Patty Guerrero, CSUS	27:11.6
134. Amanda Garcia, HSU	27:13.1
135. Katrina Schwerdtfeger, WWU	27:20.6
136. Monica Marroquin, CSUDH	27:23.9
137. Tiana Ring, CSUB	27:28.8
138. Nicole Beatty, SMU	27:48.5
139. Crista Phillips, SFSU	28:19.9
140. Virginia Parrish, UAF	28:28.2
141. Allison Daum, SSU	28:59.3
142. Kristine Smallwood, CUH	29:55.9
143. Felicia Jasso, CSUB	30:33.7
144. Jaime Knaus, CUH	30:48.7
145. Crystal Weseman, CUH	30:57.4
146. Katelynn Blume, SMU	31:33.0

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2006**  
**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.

**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.

**Men's Results (10,000 Meters)**

1. Todd Iacovelli, HPU	31:58.35	59. Braxton Jackson, WOU	34:57.36	8. Sarah Montez, CSUC	21:39.84	67. Amy Layton, SMU	23:58.70
2. Charlie Serrano, CSUC	32:09.72	60. Jose Alvarez, SFSU	35:00.11	9. Laura Carr, UAA	21:47.00	68. Quinn Horochuk, HPU	24:00.13
3. Antonio Miramontes, CSUC	32:13.89	61. Daniel Anderson, UCSD	35:05.28	10. Emily McGregor, UCSD	21:47.41	69. Kim Parry, WOU	24:01.31
4. John Riak, SMU	32:24.52	62. Doug Gibson, SPU	35:11.99	11. Rachel Bailey, CWU	21:49.62	70. Margarita Henriquez, CSUS	24:04.71
5. David Kiplagat, UAA	32:31.55	63. Stefano Barbis, UHH	35:14.31	12. Elizabeth Chepkosgei, UAA	21:51.44	71. Stephanie Cooke, CWU	24:06.90
6. Scott Bauhs, CSUC	32:34.42	64. Vicente Moreno, CSUS	35:16.23	13. Lindsay Nelson, CSUC	21:53.72	72. Lisa Herrera, SFSU	24:07.97
7. Sam Scotchmer, CWU	32:39.34	65. Mick Boyle, UAA	35:18.18	14. Jane Larson, SPU	21:54.63	73. Diana Choi, BYUH	24:08.80
8. Kyle Ivie, CSUC	32:51.87	66. Jonathon Rank, CWU	35:19.33	15. Erin Frier, CSUS	21:58.28	74. Shannon Weston, SFSU	24:10.15
9. Eddie Venegas, CPP	33:02.15	67. Joseph Sybrowsky, BYUH	35:21.61	16. Karin Rohde, SPU	22:00.40	75. Nina Hagemann, UHH	24:11.38
10. Brandon Laan, HPU	33:04.05	68. Nicholas Alvarado, SU	35:22.75	17. Suzie Strickler, SPU	22:02.26	76. Ariela Ramos, SFSU	24:13.99
11. Jesse Morrill, UCSD	33:05.27	69. Geoffrey Dunn, HPU	35:34.50	18. Davya Flaharty, UAA	22:04.97	77. Mary Bakeman, CWU	24:16.99
12. Aaron Dickson, UAA	33:06.98	70. Kevin Blount, CWU	35:38.90	19. Nina Miller, UCSD	22:08.73	78. Miranda Houston, SFSU	24:17.42
13. Rory Kuykendall, CSUC	33:09.31	71. Martin Ramos, CSUS	35:39.54	20. Amanda Burkhardt, UCSD	22:10.13	79. Denise Salceda, CPP	24:17.52
14. Josh Babiak, SFSU	33:12.40	72. Shane Brookshire, CSUS	35:39.70	21. Ashleigh Montgomery, UCSD	22:11.81	80. Marissa Harshman, WWU	24:19.48
15. Brent Knight, UAA	33:19.17	73. Jacob Hurd, HSU	35:42.52	22. Megan Wrightman, SPU	22:15.73	81. Marlene Malagon, CSUSB	24:22.47
16. Isaac Perez, CPP	33:20.15	74. Andy Liebner, UAA	35:43.45	23. Mary Moriarty, SPU	22:16.27	82. Mary Krusen, UAA	24:24.00
17. Bul Nyuop, WWU	33:25.83	75. Jason Lewis, HSU	35:47.37	24. Aisha Kamala, CSUC	22:17.66	83. Kari Brandt, CSUSB	24:29.74
18. Anthony Tomsich, WWU	33:27.55	76. Isaac Crawford, CSUS	35:47.82	25. Maribel Cespedes, CSLA	22:25.73	84. Rachel Ochs, CSUS	24:33.19
19. Bobby Olivera, CSUS	33:27.91	77. Esben Dalgaard, HPU	35:51.60	26. Shawna Burger, CSLA	22:30.62	85. Danielle Slaughter, WWU	24:35.45
20. Tim Tollefson, CSUC	33:28.09	78. Niwar Nasim, SMU	35:55.50	27. Christina Jiminez, CPP	22:31.67	86. Natalie Martinez, SU	24:36.49
21. Chad Portwood, WWU	33:29.05	79. Scott Palmer, CWU	35:56.98	28. Becky Southworth, CSUSB	22:33.64	87. Holly Digerolamo, CSUSB	24:36.61
22. Omar Limon, HSU	33:35.05	80. Eric Ardissono, CWU	36:08.12	29. Kate Harline, SPU	22:39.10	88. Heather Moulton, HSU	24:37.49
23. Gerardo Rabelo, CPP	33:36.29	81. Doug Higigns, HPU	36:15.15	30. Julie Shaw, CSUC	22:39.63	89. Rhiannon Cadelina, SU	24:39.72
24. Larry Blaylock, CSUS	33:41.20	82. Ryan Phillips, SPU	36:18.71	31. Ashley Puga, NNU	22:46.52	90. Kirsten Clarke, CWU	24:40.87
25. Michael Wickman, CSUC	33:43.78	83. Troy Banker, WOU	36:20.08	32. Mandy Kaempf, UAA	22:46.83	91. Keely Kaligs, WWU	24:41.12
26. Jimmy Elam, HSU	33:46.78	84. Brian Rockenbach, CWU	36:23.84	33. Whitney Hurley, CPP	22:48.06	92. Taylor Shipman, SMU	24:42.99
27. Jake LeVieux, UCSD	33:47.45	85. Trevor Kulvi, CWU	36:32.44	34. Sarah Benson, CWU	22:54.72	93. McKinley Williams, WWU	24:46.24
28. Keith Lemay, WWU	33:48.34	86. Jon George, CSUS	36:38.90	35. Sarah Howell, WOU	22:57.92	94. Rachel O'Brien, WOU	24:49.79
29. Mathew Gulden, BYUH	33:48.42	87. Travis Banker, WOU	36:46.03	36. Amanda Whitford, BYUH	22:58.84	95. Adrienne Cesena, BYUH	24:53.03
30. Kenneth Harper, BYUH	33:49.14	88. Josh Gatbuntun, SMU	36:48.87	37. Alee Rowley, WOU	22:59.56	96. Jaime Clark, SU	24:54.00
31. Nick Crawford, WOU	33:53.65	89. Hansueli Overturf, HSU	36:49.92	38. Megan Rolland, HSU	23:03.66	97. Deanne Soon, CUH	24:58.05
32. Miguel Cabanas, CPP	33:54.68	90. Steven LaLonde, SMU	37:05.30	39. Alix Kitka, SFSU	23:08.31	98. Marty Kawawaski, UHH	24:58.79
33. Jeremy VanTress, BYUH	33:55.91	91. Nick Kirschner, SU	37:06.90	40. Danielle Pratt, UAA	23:14.30	99. Kim Crouch, HSU	25:00.77
34. Jacob Puzey, BYUH	33:59.20	92. Tristan Beach, SMU	37:09.32	41. Kelly Frier, CSUS	23:15.90	100. Silvia Manzo, HSU	25:01.92
35. Greg Geldman, UCSD	34:00.51	93. Andrew Lybarger, SU	37:11.03	42. Lisa Castle, CUH	23:16.96	101. Gabriella Arrendano, CSLA	25:04.33
36. Derek DeSantiago, CPP	34:01.68	94. Carlo Lozano, SPU	37:18.01	43. Kari Andrew, UHH	23:18.41	102. Jessica Crosby, BYUH	25:06.98
37. Keever Henry, WWU	34:04.18	95. Steve Kilroy, HSU	37:21.49	44. Inga Burger, HPU	23:20.62	103. Krinda Carlson, SMU	25:12.10
38. Brian Cronrath, SPU	34:08.94	96. Luis Cortes, SFSU	37:26.55	45. Erica Van Voast, SFSU	23:20.94	104. Yu-Jhih Fong, BYUH	25:18.46
39. Thomas Puzey, BYUH	34:09.09	97. Scott Clark, SFSU	37:27.05	46. Megan Williams, CSUC	23:22.47	105. Alisan Engle, UHH	25:22.96
40. Sam Brancheau, WWU	34:10.87	98. Robbie Wilbur, SMU	37:29.83	47. Kaley Strachan, UAA	23:23.45	106. Catherine Jaureguy, CSUS	25:24.61
41. Dan Holligan, UCSD	34:12.24	99. Andrew Wright, HSU	37:34.65	48. Catherine Strouse, UCSD	23:26.41	107. Charissa Buchanan, HPU	25:28.14
42. Drew Dickson, UAA	34:13.08	100. Keiichi Matsumoto, CUH	37:52.48	49. Allison Ivie, CSUC	23:26.62	108. Claire Weinan, CSLA	25:28.47
43. Kendall Lopez, CPP	34:15.01	101. Kevin Enriques, HPU	38:01.66	50. Molly DePasqual, WWU	23:31.89	109. Jessica Pendon, SMU	25:29.74
44. Bjorn Bostrom, SPU	34:18.89	102. Chris Henry, SU	38:02.57	51. Yacxiri Lopez, CSUS	23:34.36	110. Asia VanderBilt, SU	25:31.34
45. Auston Ellis, UAA	34:22.18	103. Evan Meza, UHH	38:12.77	52. Charisse Arce, SU	23:35.25	111. Megan Holt, CSUSB	25:34.48
46. Kym Hunt, WOU	34:28.83	104. Toby Castro, CUH	38:18.99	53. Jenna Lee, HSU	23:35.78	112. Malia Williams, UHH	25:42.07
47. Max Mullender, UCSD	34:31.72	105. Ryan Dela Cruz, CUH	40:16.79	54. Amy Gilsen, CSUSB	23:36.61	113. Valarie Tucker, CSUDH	25:52.21
48. James Rosser, SPU	34:36.87	106. Ehren Ching, CUH	42:08.30	55. Danielle Ciraulo, CSUS	23:36.85	114. Kaleigh Bishop, SMU	25:52.37
49. Germain Ortiz, UHH	34:39.31	107. Andrew Wilburn, SU	42:59.05	56. Kambria Schumacher, WOU	23:42.05	115. Hilarie Glenn, BYUH	26:07.72
50. Joshua Enos, UHH	34:40.17			57. Amber Green, CWU	23:44.03	116. Wendy Darling, HPU	26:24.79
51. Garrett McAllister, UHH	34:40.34			58. Karina Vega, CPP	23:45.15	117. Evelyn Lopez, CPP	26:33.62
52. Nik Karr, WOU	34:43.38			59. Cynthia Chaidez, SFSU	23:47.68	118. Allison Graham, WWU	26:41.12
53. Battileg Bor, SFSU	34:44.20			60. Emma Hartel, CPP	23:49.62	119. Greta Stickney, SU	26:42.43
54. Mike Schmidt, WOU	34:45.76			61. Ashley Benson, UHH	23:51.16	120. Jennifer Innes, SU	26:54.09
55. Kevin Urak, CPP	34:46.97			62. Jordana Henderson, UCSD	23:52.92	121. Kelly Corral, CSUDH	27:05.20
56. Mike Wright, UCSD	34:50.89			63. Jessie Dunnam, SMU	23:54.61	122. Brittany Maisi, CSUDH	27:34.69
57. Logan Senrud, WWU	34:53.15			64. Kim Miller, CSUSB	23:56.44	123. Rachel Martin, CUH	28:17.04
58. Chad Meis, SPU	34:54.78			65. Shirfon Moncrief, WOU	23:57.34	124. Elizabeth Johnson, HPU	29:20.79
				66. Jessica Rendon, HSU	23:58.07	125. Jamie Kanus, CUH	31:36.50

**Women's Results (6,000 Meters)**

1. Jessica Pixler, SPU	20:46.10
2. Mary Torres, CSUC	20:56.93
3. Katie Hummel, CWU	21:10.90
4. Pilar Delgado, CSLA	21:25.60
5. Karla Albrez, CSLA	21:27.09
6. Diane Dunn, UCSD	21:31.05
7. Maija Rhode, CSLA	21:37.22

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

## 2007

### Nov. 3 at Eagle Island State Park, Boise, Idaho

**Men's Team Scores:** 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.

**Women's Team Scores:** 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.

#### Men's Results (10,000 Meters)

1. John Riak, SMU	30:32.75	71. Zach McGill, UAF	33:19.77	15. Karin Rohde, SPU	21:23.5	86. Mary Krusen, UAA	23:13.0
2. Sam Scotchmer, CWU	30:35.40	72. Tris Obluck, SMU	33:22.82	16. Erin Frier, CSUS	21:25.3	87. Anjuli Haydu, UAA	23:13.6
3. Tim Tollefson, CSUC	30:40.20	73. Mick Boyle, UAA	33:23.78	17. Emily McGregor, UCSD	21:26.0	88. Jennifer Torres, HPU	23:15.5
4. David Kiplagat, UAA	30:44.78	74. Jose Alvarez, SFSU	33:25.26	18. Kayla Silva, CSUC	21:28.9	89. Alejandra Sanchez, UHH	23:16.8
5. Bennett Grimes, WWU	30:48.02	75. Paul Broyer, SFSU	33:25.91	19. Marcie Mullen, CWU	21:32.8	90. Jamie Sundvall, NNU	23:18.4
6. Vicente Moreno, CSUS	30:50.20	76. Scott Palmer, CWU	33:29.88	20. Cynthia Rios, CSLA	21:33.4	91. Vanesa Zuzuarregui, SFSU	23:19.4
7. Jasper Peach, HSU	30:55.40	77. Kevin Enriques, HPU	33:30.88	21. Kate Harline, SPU	21:35.2	92. Cierra Dornfeld, MSUB	23:20.0
8. Brendan Scanlon, CSUC	30:57.46	78. Chris Eversman, UAF	33:31.25	22. Kara Lubieniecki, CSUC	21:39.2	93. Kerianne Quiocho, SU	23:20.7
9. Mike Schmidt, WOU	30:59.71	79. Matt Stark, NNU	33:40.71	23. Katie Hansen, SU	21:41.6	94. Holly Digerlamo, CSUSB	23:21.2
10. Michael Wickman, CSUC	31:01.37	80. Evan Meza, UHH	33:41.84	24. Vera Ross, SFSU	21:42.5	95. Sarah Garcia, CPP	23:22.9
11. Manny Mejia, CSUC	31:02.79	81. Ryan Ceynar, MSUB	33:44.34	25. Hallidie Wilt, UAA	21:44.0	96. Jordana Henderson, UCSD	23:24.9
12. Jordan Page, CSUC	31:03.52	82. Jonathan Batres, CPP	33:45.81	26. Dinora Moran, CSUC	21:47.2	97. Marissa Hager, CSUS	23:29.7
13. Kenneth Harper, BYUH	31:04.49	83. Kyle Gray, NNU	33:47.62	27. Ashleigh Montgomery, UCSD	21:49.0	98. Emma Palmer, HPU	23:30.2
14. Bobby Olivera, CSUS	31:06.31	84. Gabe LaMothe, UCSD	33:48.13	28. Jessica Harper, WOU	21:49.5	99. Kari Brandt, CSUSB	23:30.2
15. Angel Marquez, CSUC	31:12.82	85. Vincent Rojas, CPP	33:49.04	29. Rachel Yorkston, SU	21:51.2	100. Quinn Horochuk, HPU	23:30.5
16. Kevin Lambert, NNU	31:15.31	86. Nathan Sandholtz, BYUH	33:51.15	30. Amanda Whitford, BYUH	21:53.4	101. Sarah Jackson, MSUB	23:32.1
17. Jordan Fairley, CSUC	31:26.72	87. Stefano Barbis, UHH	33:55.36	31. Sarah Benson, CWU	21:54.4	102. Shellene Jensen, WWU	23:32.5
18. Braxton Jackson, WOU	31:32.54	88. Alberto Diaz, CPP	33:57.77	32. Claudia Garcia, CPP	21:59.2	103. Kari Andrew, UHH	23:33.0
19. Jon Skelton, WWU	31:37.69	89. Jon George, CSUS	34:01.98	33. Kaitlin Rohde, SPU	21:59.4	104. April Montgomery, CSUS	23:34.4
20. Anthony Tomsich, WWU	31:39.02	90. Alan Kass, HSU	34:03.47	34. Amanda Burkhardt, UCSD	22:01.3	105. Ashley Rendahl, NNU	23:35.4
21. Peter Doner, UAA	31:39.36	91. Joseph Gonsalves, BYUH	34:09.13	35. Tiffany Turner, CPP	22:04.2	106. Johanna Doner, UAA	23:36.3
22. Jimmy Elam, HSU	31:39.91	92. Victor Cuccia, CPP	34:14.65	36. Elisa Decker, WOU	22:12.0	107. Kirsten Clarke, CWU	23:37.0
23. Batbileg Bor, SFSU	31:40.92	93. Jarred Rensvold, MSUB	34:14.86	37. Jaclyn Puga, NNU	22:12.8	108. Irene Graham, HSU	23:37.0
24. Jesse Morrill, UCSD	31:44.53	94. Michael Van Nuland, SU	34:24.69	38. Julia Coulter, UAF	22:13.2	109. Amanda Garcia, HSU	23:37.6
25. Daniel Phillips, WWU	31:44.84	95. Nick Harvey, SMU	34:28.70	39. Jessie Dunnam, SMU	22:14.0	110. Mary Bakeman, CWU	23:37.7
26. Jason Lewis, HSU	31:52.71	96. Diego Morales, UHH	34:31.51	40. Jessie Bodenhamer, UCSD	22:14.5	111. Crista Phillips, SFSU	23:39.7
27. Kevin Klein, UCSD	31:58.53	97. Max Cole, SU	34:33.80	41. Adrienne Schumm, CPP	22:17.2	112. Shawna Alvarez, CSUSB	23:42.0
28. Greg Geldman, UCSD	32:01.13	98. Scott Clark, SFSU	34:45.68	42. Megan Rolland, HSU	22:19.1	113. Ashley Benson, UHH	23:49.0
29. Blake Medhaug, WWU	32:01.62	99. Steven Lalonde, SMU	34:50.48	43. Dianna Stanley, MSUB	22:20.4	114. Allyson Robison, BYUH	23:52.9
30. Daniel Anderson, UCSD	32:07.48	100. Max Fernandez, SFSU	34:53.85	44. Emma Bohman, UAA	22:23.0	115. Deanne Soon, CUU	23:54.5
31. Jake LeVieux, UCSD	32:08.12	101. Hank Hetrick, NNU	34:55.17	45. Annie Laweryson, SMU	22:24.3	116. Alexa Pulley, SSU	23:55.1
32. Keith Lemay, WWU	32:13.03	102. Graham Miller, SU	35:01.84	46. Lyndsey McKillip, WOU	22:25.3	117. Wendy Darling, HPU	23:56.1
33. Jose Morales, CSUS	32:15.20	103. Vaughn Harber, HPU	35:05.69	47. Lisa Anderberg, SPU	22:27.8	118. Naomi Bisagno, CPP	23:57.3
34. Alex Wood, CPP	32:17.43	104. Nick Holt, CWU	35:13.55	48. Dora Perez, CSLA	22:27.8	119. Kyrnn Finstad, UAF	24:03.2
35. Chris Reed, WOU	32:18.71	105. Adam Kollgaard, SU	35:21.50	49. Jackie Dent, WOU	22:29.2	120. Shirlon Moncrief, WOU	24:09.7
36. Cornelious Sigei, UAA	32:18.94	106. Toby Castro, CUH	35:23.24	50. Keeley Kaligis, WWU	22:29.8	121. Malori Woodford, MSUB	24:11.0
37. Zeke VanPatten, WOU	32:20.59	107. Greg DeSimone, NNU	35:28.61	51. Kim Miller, CSUSB	22:30.8	122. Colleen Dalimata, MSUB	24:12.3
38. Jani Tulppo, UAF	32:22.59	108. David Apperson, UAF	35:28.82	52. Brianna Alban, UCSD	22:32.1	123. Alena Mohd-Yusof, CSUSB	24:13.8
39. Brandon Laan, HPU	32:24.53	109. Michael Dunahoe, UAF	35:36.66	53. Tricia Morrison, WOU	22:35.4	124. Nina Hagemann, UHH	24:15.6
40. Jordan Welling, WWU	32:26.05	110. Kelley Miller, MSUB	35:41.43	54. Shannon Weston, SFSU	22:37.0	125. Yu-jihng Fong, BYUH	24:18.0
41. Auston Ellis, UAA	32:26.68	111. Tyler Pickle, CUH	35:47.62	55. Elizabeth Chepkosgei, UAA	22:37.6	126. Heather Moulton, HSU	24:21.5
42. Nathan Heitzinger, SU	32:29.01	112. J.D. Sholola, GCU	37:06.01	56. Clare Nowell, HSU	22:40.0	127. Autumn Streuli, UAA	24:24.3
43. Jens Munk Nielsen, HPU	32:29.56	113. Franklin Kirimi, GCU	37:08.25	57. Elizabeth Soria, CPP	22:40.6	128. Amber Drumm, UAF	24:24.7
44. Nicholas Alvarado, SU	32:30.71	114. Kenneth Oningu, GCU	38:17.71	58. Bertyn Bales, CWU	22:41.4	129. Amber Hebb, CPP	24:30.0
45. Thomas Puzey, BYUH	32:31.63	115. Ryan Dela Cruz, CUH	39:00.86	59. Diana Choi-Voorhees, BYUH	22:42.3	130. Klyarra Irvaninan, SSU	24:30.4
46. Nik Karr, WOU	32:37.90	116. Nicholas Ogata, CUH	39:06.97	60. Stephanie Cooke, CWU	22:42.6	131. Kelly Coral, CSUDH	24:35.6
47. Joseph Sybrowsky, BYUH	32:39.38	117. Isaac Hadley, BYUH	39:24.76	61. Greta Stickney, SU	22:43.6	132. Ashley Ommen, SFSU	24:35.7
48. Esben Dalgaard, HPU	32:40.43	118. Apostolos Tsolakis, GCU	40:25.58	62. Megan Holt, CSUSB	22:45.1	133. Kaleigh Bishop, SMU	24:38.6
49. Seth Clark, NNU	32:40.72	119. James Hopkins, MSUB	40:28.28	63. Krinda Carlson, SMU	22:45.9	134. Tess Dahlgren, HSU	24:43.1
50. Eric Ardissono, CWU	32:45.89	120. Daniel Ontiveros, GCU	41:09.14	64. Amy Gilson, CSUSB	22:46.2	135. Annie Pedlar, SSU	24:53.0
51. Kym Hunt, WOU	32:47.82	121. Luke Larm, GCU	41:41.98	65. Julia Miller, SU	22:47.1	136. Malia Williams, UHH	25:08.4
52. Michael Najera, CPP	32:48.18	122. Brian Yannutz, UHH	41:54.84	66. Mykel Ler, MSUB	22:48.1	137. Sylvia Nicovich, HSU	25:14.8
53. Kevin Oberholser, CWU	32:49.18	123. Joe Houghton, MSUB	42:26.31	67. Valerie Matthews, WWU	22:48.5	138. Lindsey Vitrakis, CSUS	25:23.2
54. Justin Karr, WOU	32:49.91	124. Thomas Park, CUH	45:30.39	68. Helen Camden, SMU	22:50.1	139. Anya Friday, CWU	25:29.1
55. Paul Rottich, UAA	32:50.63	125. Sean Wilson, CUH	52:10.77	69. Maria Castaneda, CSLA	22:50.8	140. Liliana Yera, CSUDH	25:40.5
56. Cory Pena, UAA	32:51.46			70. Maeve Sayres, WWU	22:52.3	141. Catherine Jaureguy, CSUS	25:43.0
57. Kyle Fujitsubo, SFSU	32:52.62			71. Clarissa Rivera, CSUS	22:53.3	142. Veronica Mendoza, BYUH	25:47.1
58. Max Mullender, UCSD	32:54.28			72. Katie Thiel, MSUB	22:54.7	143. Joelle Tanaka, CUH	25:49.2
59. Martin Ramos, CSUS	32:57.15			73. Rachael Johnson, SU	22:55.2	144. Sandra Stevens, SSU	25:59.9
60. Trevor Kulvi, CWU	32:58.36			74. Shannon DeBoer, NNU	22:57.4	145. Ninalynn Benitez, SMU	26:01.9
61. Hans Heitzinger, SU	33:00.24			75. Shannon McVanell, CSUC	22:57.7	146. Samantha Mathews, HPU	26:09.6
62. Jason Karbelk, SFSU	33:03.01			76. Tayna Ferreira, SFSU	22:58.1	147. Annan Applebee, WOU	26:20.7
63. Garrett McAllister, UHH	33:04.75			77. Nikkol Sipes, UAF	22:58.9	148. Arlin Guadian, GCU	26:23.3
64. Eric Tibbetts, HSU	33:06.37			78. Danielle Slaughter, WWU	23:00.3	149. Rachel Martin, CUH	26:24.2
65. Shane Brookshire, CSUS	33:07.16			79. Riikka Kemppainen, UAF	23:00.5	150. Janet Ramer, CSUDH	26:57.2
66. Joshua Enos, UHH	33:07.40			80. Kendra Loeber, NNU	23:01.5	151. Ayissa Adams, GCU	27:01.0
67. Eric Malain, HSU	33:07.76			81. Hilarie Glenn, BYUH	23:02.0	152. Melodie Boyd, CUH	27:16.9
68. Tom Johnson, CWU	33:08.99			82. Courtney Olsen, WWU	23:05.6	153. Courtney Wheeler, SFSU	27:25.4
69. Mariano Baez, CPP	33:14.71			83. Elin Soto-Thompson, HPU	23:07.4	154. Jackie Kemp, SSU	27:37.3
70. Zach Lane, NNU	33:16.38			84. Sarah Howell, WOU	23:09.8	155. Krystal Walthor, CUH	28:09.4
				85. Kelly Rogers, UHH	23:12.3	156. Brittany Mony, GCU	31:07.2

#### Women's Results (6,000 Meters)

1. Jessica Pixler, SPU	19:52.9
2. Jane Larson, SPU	20:26.0
3. Sarah Montez, CSUC	20:27.0
4. Ashley Puga, NNU	20:35.5
5. Karla Albuarez, 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, CSUC	21:04.7
10. Maribel Cespedes, CSLA	21:06.7
11. Shawna Burger, CSLA	21:07.5
12. Aisha Kamala, CSUC	21:14.5
13. Sarah Porter, WWU	21:15.9
14. Cherise McNair, CSUS	21:17.6



# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2008**

**Nov. 8 at San Diego, Calif.**

**Men's Team Scores:** 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, San Francisco State 294, BYU-Hawaii 308, Hawaii Hilo 312, Notre Dame de Namur 352, Alaska Fairbanks 418, Chaminade 432, Dixie State 495, Grand Canyon 517.

**Women's Team Scores:** 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, Hawaii Pacific 332, Cal Poly Pomona 347, San Francisco State 359, Saint Martin's 370, CSU San Bernardino 375, Central Washington 422, CSU Stanislaus 436, Hawaii Hilo 529, Sonoma State 538, Montana State Billings 577, Dixie State 684, Notre Dame de Namur 704, Chaminade 711, Grand Canyon 719.

**Men's Results (10,000 Meters)**

1. Scott Bauhs, CSUC	32:15.8	72. Wes Hargrove, CWU	37:15.2	17. Marcie Mullen, CWU	22:45.4	89. Wendy Darling, HPU	25:25.3
2. Marko Cheseto, UAA	32:24.6	73. Tyler Pickle, CUH	37:18.7	18. Ruth Jeptoo Keino, UAA	23:03.7	90. Jana Benedix, UAF	25:25.8
3. John Riak, SMU	32:35.1	74. Jon Cleghorn, HPU	37:22.8	19. Dora Perez, CSLA	23:05.8	91. Tess Dahlgren, HSU	25:26.3
4. Angel Marquee, CSUC	32:36.0	75. David Santana, NDDN	37:24.6	20. Lorena Banda, CSLA	23:09.2	92. Annie Laweryson, SMU	25:27.1
5. Jacob Parisien, UAA	32:54.2	76. Andrew Lavallee, SFSU	37:26.7	21. Jocelyn Minton, SMU	23:10.9	93. Karen Marchan, SFSU	25:28.3
6. Beau Rogers, CSUC	33:01.9	77. Jason Towery, NNU	37:29.6	22. Stephanie Consiglio, CSUC	23:12.9	94. April Montgomery, CSUS	25:31.9
7. Michael Wickman, CSUC	33:02.1	78. Matt Scerbak, UAF	37:34.5	23. Shannon Rich, CSUC	23:13.4	95. Helen Camden, SMU	25:32.8
8. Jordan Welling, WWU	33:19.2	79. Greg Goldman, UCSD	37:39.9	24. Emma Palmer, HPU	23:18.2	96. Sarah Jackson, MSUB	25:33.4
9. Alfred Kangogo, UAA	33:26.0	80. Luke Hetrick, NNU	37:42.6	25. Anna Bretan, SFSU	23:22.6	97. Lisa Herrera, SFSU	25:33.5
10. Manny Mejia, CSUC	33:28.9	81. Rick Medeiros, NDDN	37:44.1	26. Courtney Olsen, WWU	23:25.6	98. Kaitlynn Pecha, SMU	25:38.4
11. Bennett Grimes, WWU	33:30.5	82. Matthew Belliston, BYUH	37:56.4	27. Ashl. Montgomery, UCSD	23:26.2	99. Annan Applebee, WOU	25:42.9
12. Jordan Fairley, CSUC	33:33.8	83. Scott Power, CWU	38:00.4	28. Lauren Breihof, WWU	23:33.7	100. Allison Shamrell, BYUH	25:44.9
13. David Kiplagat, UAA	33:35.3	84. Noah Caffrey, SMU	38:18.3	29. Lacey Johnson, BYUH	23:36.7	101. Naomi Bisagno, CPP	25:45.1
14. Jake LeVieux, UCSD	33:41.1	85. Dan Napieralski, SFSU	38:21.6	30. Mary Williams, SPU	23:37.0	102. Shawna Alvarez, CSUSB	25:50.7
15. Brian Cronrath, SPU	33:45.3	86. Nick LaPlant, HSU	38:22.3	31. Danielle Slaughter, WWU	23:41.7	103. Lindsey Vittrakis, CSUS	25:51.4
16. Chris Reed, WOU	33:58.1	87. Eric Gutierrez, CSUS	38:24.6	32. Jaclyn Puga, NNU	23:42.2	104. Catherine Jaureguy, CSUS	25:53.8
17. Chad Meis, SPU	34:03.8	88. Tyler Morris, Dixie State	38:29.8	33. Megan Rolland, HSU	23:43.3	105. Mykel Ler, MSUB	25:56.0
18. Gabe LaMothe, UCSD	34:04.9	89. Johsua Enos, UHH	38:32.2	34. Johanna Berggren, HPU	23:44.2	106. Angelica Lopez, CSUSB	25:58.4
19. Jersain Torres, CPP	34:08.2	90. Kyle Fujitsubo, SFSU	38:34.2	35. Lyndsey McKillip, WOU	23:47.4	107. Ali Herd, UHH	26:00.0
20. Andrew Sylvester, HSU	34:14.4	91. Mark DePasquale, SFSU	38:41.8	36. Emma Bohman, UAA	23:48.7	108. Whitney Pitman, HPU	26:09.8
21. Yonas Berhe, WWU	34:22.9	92. Aaron Sommer, NDDN	38:44.7	37. Jessica Harper, WOU	23:49.2	109. Amber Drumm, UAF	26:11.8
22. Steve Kilroy, HSU	34:24.3	93. Shane Brookshire, CSUS	38:56.1	38. Kate Harline, SPU	23:50.6	110. Irene Graham, HSU	26:13.7
23. Josiah Price, SMU	34:35.7	94. Cory Pena, UAA	39:06.3	39. Lisa Anderberg, SPU	23:51.1	111. Cierra Dornfield, MSUB	26:16.3
24. Jason Karbelk, SFSU	34:35.8	95. Andrew Alhajri, CWU	39:07.3	40. Hallidie Wilt, UAA	23:51.7	112. Denise Salceda, CPP	26:20.5
25. Dany Malley, HPU	34:35.9	96. Jonathan Hooke, BYUH	39:17.0	41. Clare Nowel, HSU	23:57.7	113. Jamie Torres, HPU	26:21.4
26. Alex Wood, CPP	34:37.4	97. Vierra Preston, UHH	39:23.6	42. Amanda Garcia, HSU	23:58.7	114. Jackie Kemp, SSU	26:22.9
27. Zeke Van Patten, WOU	34:43.9	98. Nick Ucker, UHH	39:36.6	43. Katie Hart, SPU	23:59.0	115. Chelsea Deerinck, CSUS	26:23.6
28. Nik Karr, WOU	34:44.8	99. Jesse Morrill, UCSD	39:40.4	44. Tricia Morrison, WOU	24:00.7	116. Ashley Hughes, NDDN	26:27.1
29. Braxton Jackson, WOU	34:46.2	100. Daniel Hutchinson, MSUB	39:44.9	45. Jackie Dent, WOU	24:02.7	117. Elizabeth Soria, CPP	26:30.5
30. Thomas Puzey, BYUH	34:46.8	101. Josh Kratzer, CWU	39:45.9	46. Colleen Joyce, CSUC	24:06.6	118. Jamie Sundvall, NNU	26:30.6
31. Garrett McAllister, UHH	34:47.1	102. Chad Nahoolewa, BYUH	39:47.7	47. Danielle Amparan, BYUH	24:07.3	119. Denali Foldager, CSUS	26:32.7
32. Brendan Scanlon, CSUC	34:49.1	103. Mitch Chandler, UAF	40:01.8	48. Amber Hebb, CPP	24:07.4	120. Sable Schepmann, SSU	26:32.8
33. Jens Munk Nielsen, HPU	34:52.3	104. Shaun Russon, DSC	40:19.9	49. Elisa Decker, NNU	24:07.6	121. Kelsey Kreft, CWU	26:33.2
34. Tahoma Khalsa, WWU	34:53.3	105. Joseph DeWilde, UAF	40:42.8	50. Katherine Buxton, BYUH	24:08.8	122. Tanya Ferreira, SFSU	26:39.1
35. Blake Medhaug, WWU	34:56.0	106. Charles Gumm, CUH	40:55.6	51. Elena Inouye, UCSD	24:09.7	123. Andrew Kirita, UHH	26:44.0
36. Sam Bedell, WWU	35:03.6	107. Andrew Zappala, GCU	41:01.0	52. Laura Rombach, UAA	24:10.1	124. Meagan Oday, SSU	26:47.4
37. Brandon Snook, WOU	35:08.4	108. Palmer Thiele, CSUS	41:10.9	53. Rachael Johnson, WWU	24:10.4	125. Mary Bakeman, CWU	26:54.7
38. Joey Nunes, CSUS	35:14.8	109. David Apperson, UAF	41:14.1	54. Phoebe Harnett, WWU	24:15.5	126. Sammantha Thomas, SSU	27:00.0
39. Kevin Enriquez, HPU	35:16.6	110. Taylor Canfield, MSUB	41:29.2	55. Valerie Sanchez, CSLA	24:16.8	127. Noelle Erosa, SSU	27:00.7
40. Paul Rottich, UAA	35:19.9	111. Michael Hildebrand, MSUB	41:43.7	56. Sarah Howell, WOU	24:17.3	128. Amanda Valera, CWU	27:00.8
41. Josh Babiak, SFSU	35:20.6	112. Franklin Kirimi, GCU	42:36.3	57. McKinley Williams, WOU	24:20.3	129. Brianna Schmid, SMU	27:07.9
42. Mariano Baez, CPP	35:24.0	113. Nick Cross, GCU	42:36.5	58. Amanda Wright, WOU	24:23.1	130. Lauren Wong, CPP	27:13.9
43. Alberto Diaz, CPP	35:26.5	114. Ronan Debelius, CUH	42:39.0	59. Brianna Alban, UCSD	24:33.2	131. Amanda Tanhchaleun, HPU	27:21.8
44. D. Vorderbruegge, CSUS	35:39.7	115. Geordan Smith, NDDN	42:58.4	60. Nicole Chestnut, CSUSB	24:36.7	132. Lisa Hilton, DSC	27:27.9
45. Mike Wright, UCSD	35:39.9	116. Nathan Martin, CUH	43:00.8	61. Kim Andrews, UCSD	24:37.3	133. Tennil Reed, DSC	27:29.4
46. Stefano Barbis, UHH	35:43.5	117. Andrew Unker, DSC	43:18.3	62. Katie Bolce, SSU	24:40.4	134. Rachel Martin, CUH	27:30.4
47. Clint Hostetler, CPP	35:46.9	118. Justin Decker, DSC	43:30.8	63. Maria Castaneda, CSLA	24:42.3	135. Katie Thiel, MSUB	27:35.2
48. Brian Lindberg, HPU	35:47.9	119. Luke Larm, GCU	43:43.6	64. Shoshana Keegan, UAA	24:44.4	136. Stephanie Biehl, NDDN	27:48.7
49. Ivan Bojorquez, CSUS	35:50.6	120. Nicholas Ogata, CUH	44:22.6	65. Rubye Foldager, CSUS	24:46.8	137. Ashley Hamm, DSC	27:55.8
50. Andreas Schwab, HPU	35:54.4	121. Tycen Flygare, DSC	45:02.5	66. Shannon DeBoer, NNU	24:50.7	138. Cassie Holm, MSUB	28:19.4
51. Jeremy Riley, UCSD	35:55.7	122. Travis Nguyen, DSC	45:24.9	67. Krinda Carlson, SMU	24:51.0	139. Liliana Yera, CSUDH	28:29.2
52. Eric Malain, HSU	35:56.9	123. Jon Hilton, DSC	45:39.9	68. Vera Ross, SFSU	24:52.4	140. Krystal Walthour, CUH	28:29.8
53. Jesus Solis, HSU	36:05.5	124. Tyson Vanderby, MSUB	47:54.7	69. Jessica DiMascio, UCSD	24:53.8	141. Arlin Guadian, GCU	28:33.1
54. Auston Ellis, UAA	36:06.6	125. Dennis Kirimi, GCU	49:26.3	70. Amanda Kuehn, UCSD	24:56.7	142. Carly McCrealy, SSU	28:38.7
55. Humberto Gonzalez, HSU	36:08.6			71. Anjuli Nieto, CSUSB	25:01.2	143. Shelley Wee, CUH	28:57.2
56. Brandon Krout, BYUH	36:11.8	<b>Women's Results (6,000 Meters)</b>		72. Kari Brandt, CSUSB	25:02.6	144. Bree Dove, DSC	29:01.4
57. Mike Schmidt, WOU	36:12.6	1. Jessica Pixler, SPU	20:57.1	73. Clarissa Rivera, CSUS	25:03.4	145. Dora Baldwin, CSUDH	29:08.0
58. Johnny Yarena, NDDN	36:14.9	2. Tori Tyler, CSUC	21:33.9	74. Ashley Rendahl, NNU	25:03.6	146. Shannon Vreeland, CWU	29:09.0
59. Justin Karr, WOU	36:19.5	3. Sarah Porter, WWU	21:38.1	75. Yu-jih Fong, BYUH	25:06.0	147. Evelia Stacey, GCU	29:28.6
60. Chris Eversman, UAF	36:19.7	4. Laura Carr, UAA	21:40.3	76. Sarah Garcia, CPP	25:07.6	148. Aylssa Adams, GCU	30:02.9
61. Spencer Hunt, SMU	36:19.9	5. Bre Schofield, UCSD	21:44.2	77. Kelly Rogers, UHH	25:09.9	149. Malia Williams, UHH	30:03.3
62. Neil Easter, NNU	36:32.6	6. Elizabeth Chepkosgei, UAA	21:58.0	78. Quinn Horochuk, HPU	25:10.7	150. Veronica House, GCU	30:40.2
63. Nick Harvey, SMU	36:36.9	7. Amanda Whitford, BYUH	22:15.5	79. Silvia Manzo, HSU	25:11.3	151. Ines Mendoza, CSUDH	30:55.1
64. Garrett Prinslow, CUH	36:38.8	8. Jane Larson, SPU	22:15.6	80. Nina Hagemann, UHH	25:11.7	152. Kim Empey, DSC	31:32.1
65. Brendan McMastor, BYUH	36:40.1	9. Vivien Wade, CSLA	22:27.3	81. Stephanie Cooke, CWU	25:13.0	153. Faviola Fernandez, CSUDH	31:48.3
66. Kevin Urak, CPP	36:46.8	10. Shannon McVaneil, CSUC	22:28.8	82. Adriana Mendoza, CWU	25:13.5	154. Margaret Lind, GCU	32:07.2
67. Kyle Van Satten, SMU	36:47.4	11. Liliana Hernandez, CSLA	22:37.1	83. Megan Oberst, NNU	25:13.7	155. Jayme Bento, CUH	32:19.7
68. Arturo Huezco, NDDN	36:50.5	12. Alia Gray, CSUC	22:37.6	84. Claire Weinan, CSLA	25:14.0	156. Katelyn Mills, NDDN	32:34.8
69. Austin Huff, HSU	37:01.0	13. Tiffany Turner, CPP	22:40.3	85. Alena Mohd-Yusof, CSUSB	25:21.6	157. Marisa Hare, GCU	32:37.0
70. Max Mullender, UCSD	37:09.6	14. Kara Lubieniecki, CSUC	22:41.0	86. Claire Fleming, SFSU	25:23.3	158. Cyndi Castor, NDDN	33:09.5
71. Diego Morales, UHH	37:11.3	15. Natty Plunkett, SPU	22:42.5	87. Kristen Torrez, CSUSB	25:24.0	159. Jamie Knaus, CUH	33:13.8
		16. Ashley Puga, NNU	22:44.2	88. Rachel Harrington, SFSU	25:24.3	160. Kat Romero, NDDM	34:42.9

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2009**

**Nov. 7 at San Francisco, Calif.**

**Men's Team Scores:** 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.

**Women's Team Scores:** 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.

**Men's Results (10,000 Meters)**

1. Marko Cheseto, UAA	30:42.5	74. William Estes, UAA	34:33.6	15. Kara Lubieniecki, CSUC	21:48.7	89. Mary Williams, SPU	24:02.8
2. Jordan Welling, WWU	30:59.4	75. Chris Lewis, GCU	34:34.9	16. Paige Henker, CSUC	21:51.6	90. Helen Camden, SMU	24:03.7
3. Micah Chelimo, UAA	31:05.6	76. Julio Aguilera, NDDM	34:36.8	17. Natty Plunkett, SPU	21:51.9	91. Caprice Thompson, UCSD	24:04.6
4. Brent Handa, CSUC	31:07.8	77. Nick Harvey, SMU	34:37.4	18. Bre Schofield, UCSD	21:52.8	92. Stephanie Cooke, CWU	24:06.6
5. Jimmy Elam, CSUC	31:11.4	78. Johnny Yerena, NDDM	34:41.7	19. Tiffany Turner, CPP	21:53.8	93. Keri Molt, CSLA	24:07.8
6. B. Gradone-Rogers, CSUC	31:16.4	79. Kanwar Dhallwal, CSUS	34:46.5	20. Courtney Olsen, WWU	21:54.7	94. Allison Shamrell, BYUH	24:09.4
7. Anthony Tomsich, WWU	31:23.7	80. Julio Zuniga, GCU	34:47.1	21. Shannon Rich, CSUC	21:57.8	95. Karen Marchan, SFSU	24:10.6
8. Chris Reed, WOU	31:26.1	81. Anthony Heredia, UCSD	34:52.0	22. Kate Harline, SPU	22:01.9	96. Andrew Kirsta, UHH	24:11.0
9. Michael Wickman, CSUC	31:30.9	82. Sam Cuadra, SFSU	34:56.3	23. Theresia Schnurr, UAF	22:10.5	97. Carly McCready, SSU	24:12.2
10. Alfred Kangogo, UAA	31:35.8	83. Sam Tilly, UAF	34:56.5	24. Jaclyn Puga, NNU	22:16.7	98. Deserae Perez, CSUSB	24:13.2
11. Barak Watson, NNU	31:39.8	84. Jon Cleghorn, HPU	35:01.1	25. Denali Foldager, CSUS	22:18.2	99. Gaby Rubi, CSUDH	24:13.7
12. Bennett Grimes, WWU	31:42.9	85. Jonathan-Keoni Ucker, UHH	35:07.2	26. Emma Bohman, UAA	22:19.7	100. Kristen Yelley, MSUB	24:14.4
13. Jersain Torres, CPP	31:45.8	86. Jake Hastings, CWU	35:11.0	27. Jordan Powell, NNU	22:21.0	101. Amanda Wright, WOU	24:16.8
14. Mike Schmidt, WOU	31:46.3	87. Matt Lenehan, UCSD	35:13.9	28. Lisa Anderberg, SPU	22:27.5	102. Denise Salceda, CPP	24:20.2
15. Andrew Sylvester, HSU	31:50.7	88. Tyson Vanderby, MSUB	35:18.1	29. Michelle Phillips, NNU	22:30.8	103. Justina Sadauskaitė, CSLA	24:20.7
16. Matt Prentice, CPP	31:53.1	89. Brandon Jaueregui, SFSU	35:19.1	30. Amber Hebb, CPP	22:34.2	104. Caitlyn Buske, SFSU	24:21.3
17. Kyle Van Santen, SMU	31:59.0	90. Tyler Roland, CWU	35:19.4	31. Vivien Rico, CSLA	22:44.6	105. Kelsey Elder, BYUH	24:21.6
18. Alan Campos, CSUC	32:08.7	91. Vaughn Harber, HPU	35:27.7	32. Rubye Foldager, CSUS	22:45.7	106. Anjuli Nieto, CSUSB	24:23.5
19. Joey Kochalacs, CSUC	32:15.3	92. Mathew Gulden, BYUH	35:33.6	33. Bridget Berg, HSU	22:47.1	107. Mary Bakeman, CWU	24:23.9
20. Eric Malain, HSU	32:17.9	93. Scott Bauer, SMU	35:35.3	34. Brittany Garrett, SFSU	22:48.6	108. Sabile Scheppmann, SSU	24:25.2
21. Chad Meis, SPU	32:21.2	94. Alex Weissberg, UAF	35:38.6	35. Elizabeth Soria, CPP	22:51.0	109. Tess Dahlgren, HSU	24:25.6
22. Mariano Baez, CPP	32:23.1	95. Tom Johnson, CWU	35:42.3	36. Suzie Strickler, SPU	22:51.8	110. Elizabeth Bloom, SSU	24:28.0
23. Joey Nunes, CSUC	32:23.8	96. Jon Flores, SFSU	35:42.6	37. Elena Inouye, UCSD	22:52.3	111. Alyssa Thiele, CSUS	24:30.5
24. D. Vorderbruegge, CSUS	32:26.7	97. Joseph Patti, SMU	35:44.2	38. Danielle Slaughter, WWU	22:54.0	112. Erica Biehl, CSUDH	24:31.4
25. Connor Kasler, WOU	32:27.1	98. Jon Swanson, CWU	35:50.2	39. Ariel Roelle, UAA	22:54.5	113. Heather Cannioto, SFSU	24:32.8
26. Manuel Santos, CWU	32:28.5	99. Max Fernandez, SFSU	35:51.3	40. Lisa Minnehan, MSUB	22:56.2	114. Courtney Ciraulo, CSUSB	24:36.0
27. Eric Brill, WWU	32:35.7	100. David Santana, NDDM	35:54.9	41. Tanya Ferreira, SFSU	22:57.6	115. Meaghan O'Day, SSU	24:38.5
28. Blake Medhaug, WWU	32:44.8	101. Tyler Thiele, CSUS	36:05.9	42. Marie Schaper, UCSD	23:01.5	116. Kayanna Cecchi, WOU	24:39.4
29. Matt Stark, NNU	32:51.2	102. Taylor Canfield, MSUB	36:06.8	43. Tricia Morrison, WOU	23:03.0	117. Ashley Llapitan, SSU	24:41.3
30. Braxton Jackson, WOU	32:52.2	103. Mark Bolt, MSUB	36:07.6	44. Danielle Anderson, BYUH	23:03.8	118. Mariane Uehara, HPU	24:44.1
31. Brandon Snook, WOU	32:52.7	104. Fabian Rangel, CSUMB	36:21.9	45. Michelle Lundh, HPU	23:06.9	119. Mary Owen, MSUB	24:45.3
32. Yonas Berhe, WWU	32:53.4	105. Travis Buttelman, MSUB	36:23.0	46. Lacey Krout, BYUH	23:09.7	120. Lindsay Garcia, CSUS	24:52.1
33. Justin Karr, WOU	32:54.5	106. Andrew Zappala, GCU	36:27.9	47. Katherine Buxton, BYUH	23:10.5	121. Annie Laweryson, SMU	24:55.5
34. Dany Malley, HPU	32:56.3	107. Noah Caffrey, SMU	36:29.2	48. Samantha Borman, CSUSB	23:12.9	122. Lauren Parr, CPP	24:55.9
35. Jeremy Riley, UCSD	32:58.1	108. Miles Lindsay, GCU	36:29.5	49. Sierra Brisky, WWU	23:16.7	123. Kaitlynn Pecha, SMU	24:59.2
36. Nicholas Arguelles, HSU	33:02.0	109. Ryan Blomback, MSUB	36:33.0	50. Erica Thomas, CSLA	23:17.1	124. Andrea Johnson, CSUS	25:00.3
37. Paul Rotich, UAA	33:04.7	110. Aaron Sommer, NDDM	36:37.7	51. Quinn Horochuk, HPU	23:17.9	125. Meagan Swenson, NNU	25:03.9
38. Brendan Scanlon, CSUC	33:05.4	111. Nick Cross, GCU	36:39.2	52. Christine Harwood, NNU	23:18.4	126. Jamie Torres, HPU	25:05.1
39. Jose Marquez, CPP	33:12.5	112. M. Plascencia, CSUMB	36:45.0	53. Annan Applebee, WOU	23:19.0	127. Angelica Lopez, CSUSB	25:13.4
40. Spencer Deavilla, BYUH	33:12.8	113. Craig Kandler, HPU	36:45.2	54. Aaryn Kobayashi, UCSD	23:19.5	128. Melissa Lopez, CSLA	25:17.8
41. Greg Kubitz, WWU	33:16.7	114. Palmer Thiele, CSUS	36:46.4	55. Sarah Garcia, CPP	23:21.7	129. Elisa Decker, NNU	25:18.6
42. Stephen Kent, CPP	33:18.4	115. Zach Johnson, UHH	37:04.3	56. Kim Kuhnert, HPU	23:22.1	130. Jezabel Ortiz, NDDM	25:25.5
43. Mike Wright, UCSD	33:26.7	116. Travis Hutchinson, MSUB	37:07.8	57. Kirsten Moore, WWU	23:23.1	131. Chelsea Schaefer, HSU	25:27.2
44. Luis Galicia, HSU	33:26.9	117. Vincent Carr, CSUMB	37:15.0	58. Tiffany Dinh, CPP	23:23.1	132. Katie Thiel, MSUB	25:28.9
45. Austin Huff, HSU	33:28.3	118. Tony Roberts, NDDM	37:16.8	59. Chelsea Deerinck, CSUS	23:23.7	133. Renee Peck, GCU	25:32.3
46. Dan Sprinkle, WOU	33:31.5	119. Kevin Wright, HPU	37:25.0	60. Rachel Borg, SSU	23:25.4	134. Noelle Erosa, SSU	25:57.7
47. Michael Adams, UAA	33:32.7	120. Ryan Belliston, BYUH	37:26.4	61. Lorena Banda, CSLA	23:28.6	135. Sammantha Thomas, SSU	26:05.4
48. Brian Trejo, SFSU	33:40.2	121. Justin Pang, UHH	37:39.7	62. Janelle Everetts, WOU	23:30.2	136. Krista Sornborger, CSUMB	26:20.2
49. Ryan Raya, SFSU	33:40.4	122. Joseph DeWilde, UAF	37:45.3	63. Erica Snawder, WOU	23:32.9	137. Dora Baldwin, CSUDH	26:25.4
50. Jesse Baggenstos, NNU	33:45.0	123. Matt Nodine, CWU	38:35.6	64. Emily Wallen, WWU	23:33.9	138. Joy Hulsey, GCU	26:26.9
51. Kyle Fujitsubo, SFSU	33:51.0	124. Vincent Delgado, CSUMB	38:44.8	65. Amanda Garcia, HSU	23:36.1	139. Shannon Vreeland, CWU	26:29.1
52. Alex Corliss, UCSD	33:52.5	125. William McClarty, GCU	39:08.7	66. Brianna Alban, UCSD	23:36.5	140. Wendy Darling, HPU	26:38.1
53. Garrett McAllister, UHH	33:54.1	126. Nick Hagemann, UHH	39:33.6	67. Leah Thompson, MSUB	23:37.9	141. Marie Beard, CSUMB	26:41.2
54. Shane Brookshire, CSUS	33:54.5	127. Travis Nelson, CSUMB	39:47.2	68. Ashley Rendahl, NNU	23:39.5	142. Nidia Padilla, CSUDH	26:47.5
55. Jose Lara, CPP	33:55.3	128. Cody Priest, UAF	39:59.2	69. Lacey Kurtz, BYUH	23:43.5	143. Natalie Benoy, NDDN	26:51.3
56. Brendan McMaster, BYUH	33:56.8	129. Alex Olson, CSUMB	40:34.8	70. Sarah Jackson, MSUB	23:46.1	144. Malia Williams, UHH	26:55.4
57. Kevin Enriques, HPU	34:00.2	130. Ian Longridge, UAF	42:32.3	71. Maria Stensland, UAF	23:47.2	145. Hayley Tharp, CSUMB	26:58.7
58. Luke Graesser, BYUH	34:00.5	131. Daniel Ontiveros, GCU	43:40.0	72. Adriana Mendoza, CWU	23:47.5	146. Mackenzie Morgan, CSUMB	27:10.6
59. Nick Laplant, HSU	34:00.8			73. Kelsey Kreft, CWU	23:48.2	147. Keri Zaro, CSUMB	27:24.8
60. Spencer Hunt, SMU	34:06.4			74. Heather Edic, UAF	23:50.6	148. Shannon Walsh, GCU	27:35.8
61. Neil Easter, NNU	34:07.1			75. Mykel Ler, MSUB	23:51.4	149. Chi Tran, CSUMB	27:41.1
62. Brandon Krout, BYUH	34:07.4			76. Alex Borunda, CWU	23:51.7	150. Lauren Viera, UHH	27:53.3
63. Fleming Eriksen, HPU	34:08.1			77. Catherine Crisp, UCSD	23:52.0	151. Ines Mendoza, CSUDH	27:54.7
64. Stefano Barbis, UHH	34:10.4			78. Rebekah Frazier, CSUSB	23:52.3	152. Tabitha Bailey, CSUMB	27:58.5
65. Kyle Gray, NNU	34:17.6			79. Mary Courtright, CSUS	23:52.6	153. Arlin Guadian, GCU	28:11.9
66. Seth Clark, NNU	34:18.8			80. Jana Benedix, UAF	23:53.0	154. Evelia Stacey, GCU	28:26.2
67. Luke Hetrick, NNU	34:20.4			81. Claire Fleming, SFSU	23:53.2	155. Kate Bennett, UAF	28:29.1
68. John Svet, USCD	34:21.2			82. Megan Everetts, WOU	23:54.0	156. Emily Cruz, GCU	28:57.2
69. Eric Baum, UCSD	34:26.3			83. Alyssa Flores, CSUC	23:54.6	157. Lilliana Desmiter, UHH	29:34.2
70. Scott Power, CWU	34:28.1			84. Nicole Chestnut, CSUSB	23:56.2	158. Megan Thompson, UAF	29:37.8
71. Daniel Lombardi, MSUB	34:28.9			85. Joscelyn Minton, SMU	23:59.2	159. Stephanie Biehl, NDDN	29:43.8
72. Thomas Hill, UAA	34:30.0			86. Irene Graham, HSU	23:59.5	160. Morganna Hayes, NDDN	31:20.3
73. Ivan Bojorquez, CSUS	34:32.7			87. Nina Hagemann, UHH	24:01.4	161. Hannah Giger, NDDN	35:26.2
				88. Sue Choi, SFSU	24:02.1		

**Women's Results (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. Mariam Kipngeno, UAA	21:17.9
6. Tori Tyler, CSUC	21:23.5
7. Jane Larson, SPU	21:28.8
8. Julie Shaw, CSUC	21:29.4
9. Laura Carr, UAA	21:30.3
10. Vivien Wade, CSLA	21:34.2
11. Megan Rolland, HSU	21:41.5
12. Lauren Breihof, WWU	21:44.5
13. Alia Gray, CSUC	21:45.0
14. Shoshana Keegan, UAA	21:45.7

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2010**  
**Nov. 20 at Lake Padden Park, Bellingham, Wash.**  
**Men's Team Scores:** 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, Montana State Billings 399, Grand Canyon 401 Hawaii Pacific 422, Central Washington 438, Alaska Fairbanks 486, Dixie State 563, CSU Monterey Bay 614, Hawaii Hilo, Chaminade & Cal St. San Bernardino incomplete.

**Women's Team Scores:** 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, Montana State 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 & Hawaii Hilo incomplete.

**Men's Results (10,000 Meters)**

1. Marko Cheseto, UAA	31:20.8	75. Garrett Prinslow, CUH	34:58.6	13. Colleen Joyce, CSUC	23:26.7	88. Kelsey Elder, BYUH	25:25.1
2. Jordan Welling, WWU	31:29.4	76. Dany Malley, HPU	35:04.0	14. Hallidie Wilt, UAA	23:28.8	89. Mary Owen, MSUB	25:26.1
3. Bennett Grimes, WWU	31:39.7	77. Ryan Woods, SFSU	35:07.8	15. Shannon McVannel, CSUC	23:42.2	90. Katie Timmermans, CSUS	25:26.6
4. Isaac Chavez, CSUC	31:44.9	78. Harlan Lopez, SFSU	35:07.8	16. Shannon Rich, CSUC	23:44.0	91. Kaitlynn Pecha, SMU	25:28.8
5. Brent Handa, CSUC	31:52.7	79. Matthew Roberts, BYUH	35:08.4	17. Ivy O'Guinn, UAA	23:44.6	92. Krysta Carrick, SPU	25:31.8
6. Micah Chelimo, UAA	32:02.0	80. Andrew VanNess, SPU	35:14.0	18. Bridget Berg, HPU	23:46.0	93. Lindsay Garcia, CSUS	25:34.2
7. Jacob Parisien, UAA	32:02.4	81. Williams Harrison, SPU	35:20.0	19. KayAnna Cecchi, WOU	23:50.3	94. Lauren Parr, CPP	25:36.2
8. Barak Watson, NNU	32:03.4	82. A.J. Baker, SPU	35:21.0	20. Allison Cutting, SPU	23:52.8	95. Astyne Price, CSUDH	25:36.9
9. Spencer Hunt, SMU	32:05.4	83. Nathan Minor, CWU	35:21.7	21. Katie Spencer, CSUC	23:53.8	96. Taylor Kartes, CWU	25:37.2
10. Chris Reed, WOU	32:10.2	84. Julio Zuniga, GCU	35:23.8	22. Jocelyn Minton, SMU	23:54.0	97. Caitlin Stark, SFSU	25:38.7
11. Joey Kochalacs, CSUC	32:17.1	85. Evan Bradford, SPU	35:24.3	23. Lacey Krout, BYUH	23:54.1	98. Ashley Llapitan, SMU	25:39.2
12. Anthony Costales, CUSC	32:18.3	86. Nick Harvey, SMU	35:29.3	24. Denali Foldager, CSUS	23:55.5	99. Kamilah Foley, UCSD	25:40.0
13. Blake Medhaug, WWU	32:19.8	87. Frederik Bak, UAF	35:37.1	25. Samantha Borman, CSUSB	23:58.0	100. Sabille Schepppmann, SSU	25:40.8
14. Kipkorir Mutai, GCU	32:25.7	88. Tux Seims, UAF	35:38.3	26. Diana Zapata, CPP	23:59.8	101. Josephine Becker, SPU	25:41.0
15. William Ritekwiang, UAA	32:32.2	89. Daniel Hamilton, SPU	35:42.8	27. Natty Plunkett, SPU	24:00.7	102. Berlyn Bales, CWU	25:43.1
16. Kyle Van Santen, SMU	32:32.2	90. Luke Hetrick, NNU	35:44.8	28. Ina Marie Hjorth, HPU	24:02.4	103. Anjuli Nieto, CSUSB	25:44.3
17. Nicholas Arguelles, HSU	32:36.7	91. Tyson Vanderby, MSUB	35:45.3	29. Amber Hebb, CPP	24:04.2	104. Carly McCready, SSU	25:46.0
18. Eric Malain, HSU	32:43.2	92. Joseph Patti, SMU	35:45.5	30. Sierra Brisky, WWU	24:08.7	105. Megan Everetts, WOU	25:47.7
19. Connor Kasler, WOU	32:44.7	93. Taylor Canfield, MSUB	35:53.9	31. Susan Bick, UAA	24:10.9	106. Alizah Rotman, HSU	25:48.7
20. Paul Rottich, UAA	32:49.0	94. Rasmus Nielsen, HPU	36:07.7	32. Justina Sadauskaitė, CSLA	24:15.0	107. Chia Chang, UCSD	25:49.0
21. Yonatan Yilma, UAA	32:58.5	95. Chase Robinson, MSUB	36:10.7	33. Jessica Boyer, WWU	24:16.1	108. Melinda Gage, HSU	25:50.0
22. Manuel Mejia Jr., CSUC	33:01.5	96. Mark Bolt, MSUB	36:14.8	34. Emma Bohman, UAA	24:17.8	109. Marisela Giles, CSUSB	25:53.2
23. Adrian Sherrord, CSUC	33:07.0	97. Tom Johnson, CWU	36:18.6	35. Katie Bolce, SSU	24:18.4	110. Melissa Lopez, CSLA	25:57.5
24. Austin Huff, HSU	33:07.2	98. Benard Ngeno, NNU	36:21.6	36. Katherine Gomez, CSUSB	24:18.7	111. Lynette Manuel, HPU	25:58.8
25. Ryan Carrell, CPP	33:07.9	99. Luke Peck, DSC	36:25.1	37. Maritza Hernandez, CSLA	24:18.9	112. Amanda Camarillo, HPU	25:59.8
26. Jesse Morrill, UCSD	33:10.7	100. Nathan Williams, CUH	36:34.7	38. Katherine Buxton, BYUH	24:19.3	113. Queriza Armandariz, DH	26:01.7
27. Justin Karr, WOU	33:12.5	101. Chris Lewis, GCU	36:35.6	39. Sarah Jackson, MSUB	24:20.3	114. Shena Wald, MSUB	26:08.6
28. Matt Stark, NNU	33:15.4	102. Keith Williams, HPU	36:35.8	40. Tricia Morrison, WOU	24:20.7	115. Shannon Whener, CUH	26:09.3
29. Stephen Kent, CPP	33:16.9	103. Warren Nastivar, HPU	36:39.5	41. Lacey Nation, WWU	24:20.9	116. Megan Knape, SPU	26:13.5
30. Thomas Puzey, BYUH	33:21.4	104. Andrew Arnold, UAF	36:45.4	42. Adriana Mendoza, CWU	24:21.0	117. Aurelia Korthauer, UAF	26:15.6
31. Alan Campos, CSUC	33:22.9	105. Nick Cross, GCU	36:45.9	43. Tanya Ferreira, CSUC	24:22.1	118. Mariah Murray, CSLA	26:16.7
32. Kyle Larson, WOU	33:25.6	106. Scott Bauer, SMU	36:49.4	44. Chanda Romney, BYUH	24:24.3	119. Jamie Torres, HPU	26:18.6
33. Gustavo Cruz, CPP	33:26.4	107. Ryan Blomback, MSUB	36:51.4	45. Phoebe Hamett, WWU	24:26.5	120. Courtney Ciraulo, CSUSB	26:22.6
34. Jose Marquez, CPP	33:28.9	108. Chris Lewis, GCU	36:52.0	46. Amanda Wright, WOU	24:29.8	121. Karissa Owen, SMU	26:24.7
35. Nick Abraham, WWU	33:29.4	109. Dean Alley, CSUSB	36:52.7	47. Erika Snawder, WOU	24:30.5	122. Kelsey Kreft, CWU	26:26.7
36. Matt Prentice, CPP	33:30.1	110. Joseph DeWilde, UAF	36:59.5	48. Natalie Evans, NNU	24:31.4	123. Reyna Samaniego, CSUDH	26:27.5
37. Ryan Chapman, WOU	33:31.4	111. Emmanuel Jimenez, CUH	37:01.0	49. Whitney Mickelsen, MSUB	24:36.6	124. Rachel Borg, SSU	26:29.6
38. Mathew Gulden, BYUH	33:33.3	112. Jon Cleghorn, HPU	37:10.9	50. Rachael Johnson, WWU	24:37.3	125. Hayley Tharp, CSUMB	26:32.3
39. Neil Easter, NNU	33:34.0	113. Cody Priest, UAF	37:14.8	51. Katie Thiel, MSUB	24:39.9	126. Megan Young, GCU	26:34.7
40. Chip Jackson, WWU	33:34.8	114. Tyler Thiele, CSUSB	37:23.9	52. Lacey Kurtz, BYUH	24:40.9	127. Amanda Valera, CWU	26:36.6
41. Eric Brill, WWU	33:42.8	115. Jon Swanson, CWU	37:25.2	53. Catherine Crisp, UCSD	24:41.7	128. Ashlee Sincraugh, CWU	26:40.6
42. Manuel Santos, CWU	33:45.5	116. Brandon Becerra, CSUSB	37:25.4	54. Sue Choi, SFSU	24:41.7	129. Danika Lawson, SMU	26:44.6
43. Jesse Baggenstoss, NNU	33:45.9	117. David Apperson, UAF	37:28.6	55. Kim Kuhnert, HPU	24:42.4	130. Erika Copeland, MSU	26:48.2
44. Josh Elliott, WOU	33:47.3	118. Jacob Calvin, CWU	37:30.2	56. Amanda Wilson, BYUH	24:43.3	131. Laura Moser, SPU	26:50.2
45. Brian Trejo, SFSU	33:48.3	119. Ryan Eidsmoe, CWU	37:49.9	57. Mykel Ler, MSUB	24:43.7	132. Ashley Holtze, SSU	26:51.9
46. Scott McMichael, CPP	33:49.6	120. Willy Heinrich, DSC	37:50.7	58. Brigette Fernandez, CSUDH	24:44.5	133. Keri Zaro, CSUMB	27:00.1
47. Aaron Rogers, WOU	33:52.1	121. Daniel Cocca, GCU	38:16.8	59. Janelle Everetts, WOU	24:45.5	134. Hayley Sa, SSU	27:03.1
48. Matt Lenehan, UCSD	33:53.8	122. Tason Turek, DSC	38:26.3	60. Sarah Garcia, CPP	24:46.4	135. Christina Perez, HSU	27:05.3
49. Patrick French, UCSD	33:54.2	123. Sean Sevy, DSC	38:26.8	61. Rebekah Frazier, CSUSB	24:47.5	136. Krista Sornborger, CSMB	27:06.6
50. Brandon Krout, BYUH	33:55.2	124. Wyatt Mayo, UAF	38:49.4	62. Fabiola Lugo, CPP	24:49.0	137. Hailey Grossman, HPU	27:08.3
51. Kellen Levy, UCSD	33:56.4	125. Devon DeMoss, SMU	38:53.8	63. Heather Hisgen, UCSD	24:49.2	138. Marie Beard, CSUMB	27:21.2
52. Kyle Johnson, WWU	34:03.5	126. T.J. Miller, CSUMB	39:29.6	64. Kendall Dye, SFSU	24:49.4	139. Dora Baldwin, CSUDH	27:25.4
53. Alex Corliss, UCSD	34:04.6	127. T. Megolmedomb, CSUMB	39:37.3	65. Alyson McPhetres, UAF	24:51.0	140. Mackenzie Morgan, CSMB	27:28.7
54. Bruk Assefa, SFSU	34:05.0	128. Craig Kandler, HPU	39:38.7	66. Sarah Gull, CPP	24:52.9	141. Skyler Tarver, DSC	27:35.3
55. Daniel Lombardi, MSUB	34:15.6	129. Cody Pitcher, DSC	39:41.3	67. Aaryn Kobayashi, UCSD	24:53.7	142. Mary K. Franklin, GCU	27:37.3
56. Jose Lara, CPP	34:17.4	130. James Dunn, CSUMB	40:56.9	68. Jana Benedix, UAF	24:55.7	143. Kali Reiersen, GCU	27:40.2
57. Anders Ludvigsen, HPU	34:18.1	131. Taylor Stout, DSC	41:22.6	69. Meagan Swenson, NNU	24:57.1	144. Rebecca Caracoza, CSDH	27:42.8
58. Ryan Raya, SFSU	34:19.6	132. Vincent Carr, CSUMB	41:51.2	70. Jordan Powell, NNU	24:58.9	145. Melanie Bock, MSUB	27:44.4
59. Mario Flores, UCSD	34:20.3	133. Erick James, GCU	41:57.4	71. Courtney Stephens, SFSU	25:00.1	146. Sayla Hicks, CSUMB	27:51.3
60. Daniel Cooper, UCSD	34:25.1	134. Andrew Meyers, GCU	42:07.5	72. Tess Dahlgren, HSU	25:01.1	147. Sophie Hummer, CWU	27:53.8
61. Keoni Ucker, UHH	34:30.1	135. Nic Carter, CSUMB	45:48.7	73. Sara Taylor, CSLA	25:03.4	148. Cassidy Ferris, DSC	28:12.4
62. Benjamin Stern, HSU	34:34.5			74. Chelsea Deerinck, CSUS	25:04.0	149. Joy Hulsey, GCU	28:13.9
63. Hunter Daniel, HSU	34:36.1			75. Jackie Sikkema, UCSD	25:06.2	150. Chi Tran, CSUMB	28:16.6
64. Thomas Hill, UAA	34:37.9			76. McKayla Fricker, SPU	25:08.0	151. Lyndsi Riley, SSU	28:18.2
65. Derek Lactaon, HSU	34:41.2			77. Nikki Chesnut, CSUSB	25:08.4	152. Kylie Friedel, DSC	28:29.4
66. Vincente Herrera, BYUH	34:48.4			78. Alicia Trujillo, SFSU	25:09.9	153. Haley Miller-Boren, DSC	28:34.4
67. Jacob Wahlenmaier, SPU	34:48.5			79. Kathryn Turner, UCSD	25:11.3	154. Ashley Judd, DSC	28:35.2
68. Andrew LaValier, SFSU	34:50.2			80. Irene Graham, HSU	25:13.9	155. Chelsea Barney, DSC	28:37.6
69. Justin Royer, BYUH	34:51.1			81. Kelly DiMeo, SFSU	25:14.9	156. Raizah Singh, CSLA	28:45.6
70. Nathanael Sleight, SPU	34:52.5			82. Kinsey Laine, UAF	25:17.6	157. Alyssa Adams, GCU	28:54.0
71. Tom Ashby, SFSU	34:54.6			83. Kirsta Andrew, UHH	25:20.5	158. Melody Papali'i, HPU	29:03.2
72. Brian Potter, MSUB	34:55.5			84. Marina Ghabbour, CSUS	25:21.6	159. Megan Thompson, UAF	29:10.1
73. Luke Graesser, BYUH	34:56.6			85. Ashley Rendahl, NNU	25:21.9	160. Tamara Webb, GCU	29:28.8
74. Joe Ostini, HSU	34:57.9			86. Annan Applebee, WOU	25:22.9	161. Kaitlyn Harbick, GCU	29:42.1
				87. Alyssa Thiele, CSUS	25:24.3	162. Katie Bennett, UAF	30:53.2

**Women's Results (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
7. Kara Lubieniecki, CSUC	23:00.7
8. Tiffany Dinh, CPP	23:02.4
9. Jonah Weeks, CSUC	23:07.3
10. Rubye Elhard, CSUS	23:11.3
11. Stephanie Consiglio, CSUC	23:22.5
12. Frida Aspaens, HPU	23:26.5

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2011**  
**Nov. 5 at Spokane, Wash.**  
**Men's Team Scores:** Alaska Anchorage 37, Chico State 39, Western Oregon 126, Western Washington 128, Northwest Nazarene 200, San Francisco State 211, Seattle Pacific 247, Humboldt State 250, UC San Diego 252, Saint Martin's 261, Cal Poly Pomona 277, BYU-Hawaii 306, Central Washington 321, Grand Canyon 332, Montana State Billings 342, Alaska Fairbanks 449, Cal State Monterey Bay 482.

**Women's Team Scores:** Alaska Anchorage 27, Chico State 66, Western Washington 148, Alaska Fairbanks 164, Cal Poly Pomona 171, Seattle Pacific 212, San Francisco State 216, UC San Diego 224, Cal State Stanislaus 239, Cal State L.A. 262, Humboldt State 305, BYU-Hawaii 312, Northwest Nazarene 339, Western Oregon 417, Cal State San Bernardino 423, Sonoma State 511, Montana State Billings 517, Cal State Monterey Bay 517, Grand Canyon 532, Cal State East Bay 540, Central Washington 551, Cal State Dominguez Hills 561, Hawaii Pacific 569, Saint Martin's 578.

**Men's Results (10,000 Meters)**

1. Micah Chelimo, UAA	30:19	73. Ben Rich, UCSD	33:46	21. Paige Henker, CSUC	22:15	94. Alyssa Vaughn, CSLA	24:07
2. Isaac Chavez, CSUC	30:20	74. Jeremy Riley, UCSD	33:47	22. Katelyn Steen, WWU	22:16	95. Victoria Perdomo, CSUSB	24:08
3. Barak Watson, NNU	30:23	75. Nathan Power, CWU	33:48	23. Natty Plunkett, SPU	22:17	96. Madison Tanner, UCSD	24:10
4. Alfred Kangogo, UAA	30:52	76. Joe Berger, SMU	33:49	24. Jonah Weeks, CSUC	22:21	97. Megan Everetts, WOU	24:11
5. Connor Kasler, WOU	30:58	77. Joseph Patti, SMU	33:50	25. Crystal Pitney, UAF	22:22	98. Caitlin Stark, SFSU	24:12
6. Johnny Sanchez, CSUC	31:07	78. Cameron Cruse, CSUMB	33:51	26. Maritza Hernandez, CSLA	22:24	99. Alyson McPhetres, UAF	24:13
7. Kyle Van Santen, SMU	31:10	79. Luke Hetrick, NNU	33:53	27. Paxton Cota, SFSU	22:25	100. Nicole Anderson, WOU	24:16
8. Yonatan Yilma, UAA	31:12	80. Tyler Deniston, SFSU	33:55	28. Bryn Haebe, UAA	22:26	101. Kelsi Beam, GCU	24:17
9. Adrian Sherrod, CSUC	31:19	81. James Clay, BYUH	33:57	29. Michelle Leroux, UCSD	22:28	102. Janelle Myers, CSUSB	24:18
10. Joseph Rivera, CSUC	31:20	82. Andres Zavala, CPP	33:59	30. Lauren Breihof, WWU	22:30	103. Kelli Bercier, SSU	24:19
11. Isaac Kangogo, UAA	31:22	83. Brady Beagley, WOU	34:00	31. Courtney Anderson, CSUS	22:32	104. Renae Hepfner, MSUB	24:20
12. Joey Kochlacs, CSUC	31:23	84. Chase Robinson, MSUB	34:01	32. Diana Zapata, CPP	22:35	105. Alicia Leuth, SSU	24:22
13. Dylan Anthony, UAA	31:26	85. David Urista, SFSU	34:02	33. Denali Foldager, CSUS	22:37	106. Hailey Bradshaw, NNU	24:23
14. Dayne Gradone, CSUC	31:35	86. Ryan Thompson, CWU	34:03	34. Piper Delaney, CSUMB	22:38	107. Cristina Hernandez, CSMB	24:24
15. Spencer Hunt, SMU	31:39	87. Mario Flores, UCSD	34:07	35. Raphaela Sieber, UAF	22:40	108. Marina Ghabbour, CSUS	24:26
16. Dany Malley, HPU	31:41	88. Andrew Arnold, UAF	34:09	36. Jazmine Reyes, CPP	22:41	109. Melanie Bock, MSUB	24:27
17. Anthony Costales, CSUC	31:43	89. Craig Kandler, HPU	34:10	37. Lacey Krout, BYUH	22:46	110. Kryston McPhetres, UAF	24:28
18. Ryan Carrell, CPP	31:44	90. Brendan Dilloughery, CPP	34:12	38. Katherine Buxton, BYUH	22:49	111. Rachel Borg, SSU	24:29
19. Dan Sprinkle, WOU	31:45	91. Ryan Blomback, GCU	34:18	39. Mary Rogers, WWU	22:50	112. Monique Belmudes, GCU	24:30
20. Jake Parisien, UAA	31:46	92. Jordan Beverly, GCU	34:20	40. Lizette Huerta, CPP	22:52	113. Gabriella Cruz, CSUEB	24:31
21. Eric Brill, WWU	31:52	93. Yuki Kitihara, BYUH	34:22	41. Valerie Sanchez, CSLA	22:53	114. Keesha Brown, NNU	24:32
22. Dak Riek, WWU	31:55	94. Brandon Kocmoud, GCU	34:25	42. Cassie Mejia, CSLA	22:54	115. Raizah Singh, CSLA	24:33
23. Jesse Baggenstos, NNU	31:58	95. Matt Rankin, NNU	34:26	43. Heather Edic, UAF	22:56	116. Kaitlynn Pecha, SMU	24:34
24. Nick Abraham, WWU	32:03	96. Frank Krause, SMU	34:42	44. Dani Brabender, UCSD	22:57	117. Jennie Yeaman, CSUMB	24:35
25. Joe Ostini, HSU	32:05	97. Ethan Wilhelm, MSUB	34:45	45. Joscelyn Minton, SMU	22:58	118. Sabile Schepppmann, SSU	24:36
26. Seth Pierson, SPU	32:10	98. Jon Cleghorn, HPU	34:52	46. Haley O'Connor, WWU	22:59	119. Chelsea Dowdell, CWU	24:37
27. Ryan Chapman, WOU	32:12	99. John Hudson, HSU	34:58	47. Sue Choi, SFSU	23:00	120. Courtney Ciraulo, CSUSB	24:38
28. Kipkorir Mutai, GCU	32:15	100. Jorge Cisneros, CUH	34:59	48. Sierra Brisky, WWU	23:01	121. Mary Botsford, HPU	24:40
29. Brian Trejo, SFSU	32:16	101. Anthony Fagundes, CSUS	35:00	49. Tiffany Heflin, CSUC	23:02	122. Taylor Kartes, CWU	24:42
30. Kyle Johnson, WWU	32:19	102. Renato Romo, GCU	35:05	50. Jordan Powell, NNU	23:03	123. Josephine Becker, SPU	24:45
31. Manuel Santos, CWU	32:21	103. Lars Ameson, UAF	35:10	51. Amanda Wright, WOU	23:04	124. Kayanna Cecchi, WOU	24:46
32. Bruk Assefa, SFSU	32:23	104. Logan Coe, CSUMB	35:16	52. Robyn Zeidler, SPU	23:05	125. Hayley Tharp, CSUMB	24:48
33. Kanwar Dhalival, CSUS	32:24	105. Jacob Phipps, CWU	35:23	53. Janelle Everetts, WOU	23:08	126. Kindra Aschenbrenner, HSU	24:49
34. Charles Simon, GCU	32:25	106. Travis Buttelman, MSUB	35:26	54. Amanda Reynolds, HSU	23:10	127. Erika Copeland, SMU	24:50
35. Brian Potter, MSUB	32:28	107. Kenneth Brewer, UAF	35:29	55. Jana Benedix, UAF	23:11	128. Justine Peterson, GCU	24:51
36. Michael Adams, UAA	32:33	108. Karson Hayden, CSUMB	35:32	56. Jeannie Castelli, HSU	23:13	129. Regina Hernandez, CSLA	24:53
37. Tanner Boyd, WWU	32:34	109. Bobby Wojciek, CSUMB	35:39	57. Meaghan Swenson, NNU	23:14	130. Ashley Holtze, SSU	24:55
38. Lukas Fenley, WOU	32:36	110. Ryan Loutsis, CWU	35:48	58. Rachel Naranjo, CSUS	23:15	131. Julia Wild, GCU	25:00
39. Matt Lenehan, UCSD	32:37	111. Joseph Dillon, UAF	35:56	59. Katie Timmermans, CSUS	23:16	132. Alisha Gipe, HPU	25:03
40. Nathan Minor, CWU	32:38	112. Emmanuel Jimenez, CUH	36:11	60. McKayla Fricker, SPU	23:17	133. Tiffany Duffy, CSUEB	25:04
41. Kellen Levy, UCSD	32:41	113. Jon Swanson, CWU	36:12	61. Sarah Gulli, CPP	23:18	134. Rebecca Caracozza, CSDH	25:09
42. Benjamin Stern, HSU	32:43	114. Nolin Ainsworth, UAF	36:18	62. Alicia Trujillo, SFSU	23:19	135. Amber Christenberry, GCU	25:10
43. Garrett Prinslow, CUH	32:45	115. Ray Garcia, CSUMB	36:21	63. Claire Jenkins, CSUS	23:20	136. Christine Harwood, NNU	25:11
44. Kyle Larson, WOU	32:46	116. Dylan Lammers, MSUB	36:31	64. Kass McGonegal, BYUH	23:25	137. Shannon Whener, CUH	25:12
45. Justin Royer, BYUH	32:47	117. Devon DeMoss, SMU	36:35	65. Emily Oschsner, CUH	23:26	138. Julia Wilson, CSUDH	25:13
46. Will Zentmyer, SFSU	32:48	118. Andrew Meyers, GCU	36:46	66. Sabrina Lopez, CSLA	23:31	139. Rachel Shelley, WOU	25:14
47. Tyler Cannon, WWU	32:49	119. James Deitler, CSUMB	37:12	67. Kaitlyn Smith, CSUEB	23:32	140. Meryl Butcher, CWU	25:15
48. Spencer Deavilla, BYUH	32:50	120. Terrance Ellis, CSUS	37:18	68. Rebekah Frazier, CSUSB	23:33	141. Rose Cruze, WOU	25:16
49. Turner Wiley, SPU	32:51	121. Wyatt Mayo, UAF	37:19	69. Kendall Dye, SFSU	23:34	142. Veronica Camarillo, BYUH	25:17
50. Dylan Peterson, WWU	32:52	122. Alex Nelson, SMU	37:49	70. Megan Young, GCU	23:37	143. Dominique Esparza, CSSB	25:18
51. Daniel Lombardi, MSUB	32:53	123. Seth Alstrom, GCU	39:52	71. Allison Cutting, SPU	23:38	144. Sara Dionne, CSUMB	25:19
52. Ernesto Rodriguez, SFSU	32:54			72. Alia Bales, UCSD	23:39	145. Lindsay Anderson, SMU	25:20
53. John Svet, UCSD	32:55			73. Alizah Rotman, HSU	23:40	146. Chelsea Schaefer, HSU	25:22
54. Tyler Cleveland, HSU	33:06			74. Astyne Price, CSUDH	23:41	147. Mary Owen, MSUB	25:26
55. Matthew Belliston, BYUH	33:07			75. Jasmine Johnson, SPU	23:44	148. Veronica Kays, SSU	25:31
56. William Tsai, CPP	33:09			76. Reyna Samaniego, CSUDH	23:45	149. Nastassia Hamor, CSUEB	25:36
57. Michael Gordon, NNU	33:11			77. Aaron Kobayashi, UCSD	23:47	150. Theresa Lombardi, MSUB	25:40
58. Kaleb Fleenor, NNU	33:12			78. Deserae Perez, CSUSB	23:49	151. Lidia Ferman, CSUDH	25:45
59. Alex Corliss, UCSD	33:14			79. Mikhaila Thornton, WWU	23:50	152. Elizabeth Brown, MSUB	25:46
60. AJ Baker, SPU	33:18			80. Kim Kuhnert, HPU	23:51	153. Allie Levy, CSUMB	25:47
61. Jacob Wahlenmaier, SPU	33:19			81. Alyssa Thiele, CSUS	23:53	154. Keri Clump, MSUB	25:57
62. Drew Larson, WOU	33:20			82. Ximena Cruz, UCSD	23:55	155. Brianna Barton, CWU	26:18
63. Ryan Woods, SFSU	33:21			83. Jenny McCarthy, CPP	23:56	156. Ashley Llapitan, SMU	26:20
64. William Harrison, SPU	33:22			84. Carly McCready, SSU	23:57	157. Jessica Wences, CUH	26:30
65. Nathanael Sleight, SPU	33:23			85. Shannon White, HPU	23:58	158. Beatriz Ramirez, SMU	26:39
66. Brandon Haugen, CPP	33:24			86. Regina Lopez, CPP	23:59	159. Ally Swan, CSUMB	26:45
67. Tux Seims, UAF	33:25			87. Connie Morgan, CWU	24:00	160. Gloria Flores, CSUDH	26:53
68. Clark Selters, CPP	33:26			88. Katrina Kropashek, BYUH	24:01	161. Ashley Rice, CWU	27:04
69. Matt Stark, NNU	33:31			89. Amanda McNabb, CSUEB	24:02	162. Megan Anderson, GCU	27:26
70. Abel Gutierrez, HSU	33:35			90. Nikki Chestnut, CSUSB	24:03	163. Taylor Sinn, HPU	27:30
71. Brent Ritschel, HSU	33:38			91. Lindsay Enright, SFSU	24:04	164. Brittany Blake, SMU	27:39
72. Maximilian Bell, HSU	33:43			92. Kelsey Elder, BYUH	24:05	165. Danielle Beesley, NNU	28:59
				93. Ashlee Sincraugh, CWU	24:06		

**Women's Results (6,000 Meters)**

1. Ruth Keino, UAA	20:51
2. Bridget Berg, HSU	21:18
3. Miriam Kipng'eno, UAA	21:25
4. Ivy O'Guinn, UAA	21:28
5. Alia Gray, CSUC	21:37
6. Tiffany Dinh, CPP	21:42
7. Shoshana Keegan, UAA	21:45
8. Chia Chang, UCSD	21:46
9. Amy Schnittger, CSUC	21:52
10. Rachel Young, DSC	21:54
11. Theresia Schnurr, UAF	21:55
12. Heidi Laabs-Johnson, SPU	22:00
13. Susan Bick, UAA	22:01
14. Katie Spencer, CSUC	22:05
15. Susan Tanui, UAA	22:09
16. Rachael Johnson, WWU	22:10
17. Zuleima Jimenez, SFSU	22:11
18. Whitney Mickelsen, MSUB	22:12
19. Natalie Evans, NNU	22:13
20. Shannon Rich, CSUC	22:14

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2012**  
**Nov. 3 at Kahuku, Hawaii**  
**Men's Team Scores:** Chico State 38, Alaska Anchorage 46, Western Washington 82, San Francisco State 130, Humboldt State 140, Cal Poly Pomona 203, BYU-Hawaii 230, Western Oregon 232, Montana State Billings 260, UC San Diego 266, Seattle Pacific 323, Northwest Nazarene 324, Simon Fraser 359, Cal State Stanislaus 387, Hawaii Pacific 414, Alaska Fairbanks 434, Dixie State 471, Central Washington 491.

**Women's Team Scores:** Chico State 51, Alaska Anchorage 56, Humboldt State 120, Cal State Stanislaus 154, Seattle Pacific 157, Simon Fraser 179, Western Washington 274, Cal Poly Pomona 279, San Francisco State 284, Central Washington 335, Cal State San Bernardino 381, UC San Diego 384, Dixie State 387, Northwest Nazarene 390, BYU-Hawaii 412, Cal State L.A. 423, Grand Canyon 425, Montana State Billings 435, Hawaii Pacific 438, Alaska Fairbanks 463, Sonoma State 484, Western Oregon 533, Cal State East Bay 592, Chaminade 668, Hawaii Hilo 777.

Men (10,000 Meters)			Women (6,000 Meters)				
1. Micah Chelimo, UAA	31:58	77. Timo Hoberg, SFU	35:07	18. Rebekah Bahra, CSUC	22:23	95. Elena Inouye, UCSD	24:30
2. Adrian Sherrod, CSUC	32:02	78. Parker Hawkins, BYUH	35:11	19. Peggy Noel, SFU	22:26	96. Kelli Bercier, SSU	24:35
3. Alfonso Cisneros, CSUC	32:06	79. Eddie Carrillo, UCSD	35:12	20. Jonah Weeks, CSUC	22:28	97. Jinise Osborne, MSUB	24:36
4. Isaac Chavez, CSUC	32:07	80. AJ Baker, SPU	35:13	21. Kansas Mackenzie, SFU	22:32	98. Lindsey Ragas, SFSU	24:38
5. Dak Riek, WWU	32:10	81. Kaleb Fleener, NNU	35:17	22. Amy Schnittger, CSUC	22:34	99. Jenece Powell, DSC	24:38
6. Charles Simon, GCU	32:23	82. William Tsai, CPP	35:19	23. Ruby Elhard, CSUC	22:37	100. Katherine Gomez, CSUSB	24:38
7. Ryan Carrell, CPP	32:24	83. Zach Smith, DSC	35:23	24. Susan Bick, UAA	22:41	101. Allyson Rosemond, Dominican	24:39
8. Austin Huff, HSU	32:24	84. Matt Rankin, NNU	35:24	25. Jaymi Bethea, UAA	22:43	102. Haida Kkeda, WWU	24:39
9. Bruk Assefa, SFSU	32:29	85. Lawrence Viola, SFU	35:25	26. Katie Morris, SPU	22:44	103. Laura Copenhagen, WOU	24:42
10. Alfred Kangogo, UAA	32:33	86. Brandon Kocmoud, GCU	35:26	27. Robyn Zeidler, SPU	22:44	104. Mariisela Giles, CSUSB	24:43
11. Aaron Thomas, CSUC	32:34	87. Anthony Fagundes, CSUS	35:27	28. Katelyn Steen, WWU	22:45	105. Kelsi Beam, GCU	24:46
12. Jacob Parisien, UAA	32:48	88. Renato Romo, GCU	35:28	29. Natalie Evans, NNU	22:47	106. Kelly Dobbins, HPU	24:46
13. Dylan Anthony, UAA	32:51	89. Daniel Lombardi, MSUB	35:28	30. Chia Chang, UCSD	22:48	107. Briana Barton, CWU	24:48
14. Isaac Kangogo, UAA	32:52	90. Tanner Collins, UCSD	35:30	31. Kaylie Belk, SFSU	22:50	108. Andrea Martin, BYUH	24:48
15. Tyler Cannon, WWU	32:55	91. Ryan Eidsmoed, CWU	35:31	32. Lizette Huerta, CPP	22:51	109. Lynelle Decker, SPU	24:49
16. Chip Jackson, WWU	32:56	92. Mario Flores, UCSD	35:40	33. Raven Harrison, HSU	22:51	110. Celina Vera, CSUEB	24:49
17. Dawson Vorderbruegge, CSUS	32:59	93. William Ebner, CPP	35:40	34. Kelsey Kreft, CWU	22:54	111. Savannah Silacci, SSU	24:50
18. Gustavo Cruz, CPP	33:01	94. Curtis Capell, NNU	35:42	35. Emily Oschner, CUH	22:57	112. Rebecca Holland, NNU	24:51
19. Kevin Rooke, UAA	33:03	95. Tux Seims, UAF	35:49	36. McKayla Fricker, SPU	23:00	113. Natalie Schaller, WOU	24:55
20. Dayne Gradone, CSUC	33:05	96. Brent Ritschel, HSU	35:50	37. Dallas Campbell, CSUS	23:00	114. Jenny McCarthy, CPP	24:57
21. Johnny Sanchez, CSUC	33:11	97. Xavier Uranga, HSU	35:50	38. Nina Carson, HSU	23:00	115. Shannon White, HPU	25:01
22. Jesse Baggenstos, NNU	33:13	98. Nathan Minor, CWU	36:02	39. Amanda Camarillo, HSU	23:02	116. Keely Craig, GCU	25:02
23. Spencer Deavilla, BYUH	33:14	99. Tyler Thiele, CSUS	36:06	40. Patricia Cortez, CSUSB	23:02	117. Michelle LeRoux, UCSD	25:04
24. Dylan Peterson, WWU	33:14	100. William Harrison, SPU	36:11	41. Kirsten Allen, SFU	23:07	118. Veronica Kays, SSU	25:05
25. Dominik Notz, UAA	33:19	101. John Klein, UAF	36:15	42. Rachel Naranjo, CSUS	23:08	119. Rebecca Paradis, WOU	25:05
26. Kyle Johnson, WWU	33:21	102. Dawson Flake, DSC	36:19	43. Alyssa Thiele, CSUS	23:09	120. Rachel Shelley, WOU	25:06
27. Brian Trejo, SFSU	33:27	103. Cameron Proceviat, SFU	36:20	44. Sarah Sawatzky, SFU	23:11	121. Alicia Lueth, SSU	25:07
28. Jeremy Brummitt, CSUC	33:36	104. Palmer Thiele, CSUS	36:20	45. Calene Morris, CPP	23:11	122. Marissa Kunsch, HPU	25:07
29. Ernesto Rodriguez, SFSU	33:36	105. Robert Peterson, MSUB	36:21	46. Arianna Michaels, AArt	23:12	123. Jaydn Gourley, NNU	25:10
30. Joe Ostino, HSU	33:38	106. John Wojtech, CWU	36:22	47. Alyson McPhetres, UAF	23:13	124. Juliana Ruffolo, CPP	25:13
31. Tyler Cleveland, HSU	33:41	107. Brendan Wong, SFU	36:22	48. Dani Eggleston, CWU	23:13	125. Marie Miller, NNU	25:17
32. Leandro Santillan, HPU	33:41	108. Vojta Ripa, CSUS	36:23	49. Taylor Guenther, WWU	23:14	126. Courtney Cirraulo, CSUSB	25:19
33. Tyler Deniston, SFSU	33:48	109. Sebastian Cruz, HPU	36:25	50. Jordan Powell, NNU	23:15	127. Lindsay Enright, SFSU	25:20
34. Michael Lühr, MSUB	33:51	110. Isaac Lammers, UAF	36:30	51. Rachel Borg, SSU	23:16	128. Kryston McPhetres, UAF	25:22
35. Jordan Wolfe, SPU	33:54	111. Craig Kandler, HPU	36:33	52. Caroline Kaufman, HSU	23:17	129. Julia Woid, GCU	25:23
36. Jantzen Oshier, HSU	33:55	112. Kaleb Javier, CWU	36:42	53. Marina Ghabbour, CSUS	23:19	130. Alyssa Vaughn, CSLA	25:23
37. Ryan Woods, SFSU	33:58	113. Davey Cagle, HPU	36:49	54. Zuleima Jimenez, SFSU	23:21	131. Kim Kuhnert, HPU	25:25
38. Scott Larson, WOU	34:00	114. Kanwar Dhaliwal, CSUS	36:54	55. Paxton Cota, SFSU	23:23	132. Marissa Yang, SSU	25:27
39. Kellen Levy, UCSD	34:01	115. Chris Gallagher, CSUEB	37:01	56. Austen Reiter, WWU	23:23	133. Imani Heath, CSUEB	25:33
40. Benjamin Stern, HSU	34:03	116. Benard Ngeno, NNU	37:27	57. Raphaela Sieber, UAF	23:26	134. Abby Utic, SSU	25:33
41. Ross MacDougall, UAF	34:04	117. Kenneth Brewer, UAF	37:46	58. Sarah Colorado, CSUSB	23:27	135. Dani Brabender, UCSD	25:34
42. Jorge Cisneros, CUH	34:06	118. Jose Gonzalez-Mejia, CSUEB	37:46	59. Alex McBroom, MSUB	23:28	136. Christine Harwood, NNU	25:37
43. Brady Beagley, WOU	34:07	119. Ryan Alcantara, SPU	37:52	60. Michaela Kane, SFU	23:28	137. Taylor Sinn, HPU	25:37
44. Adam Reid, SFU	34:08	120. Turner Wiley, SPU	38:04	61. Pauline Muiruri, GCU	23:29	138. Ximena Cruz, UCSD	25:40
45. Kevin Miller, BYUH	34:09	121. Nick Spencer, CWU	38:21	62. Katie Krehlik, UAA	23:29	139. Haley Olcott, BYUH	25:40
46. Tareq Alwafai, UCSD	34:10	122. Jon Swanson, CWU	38:42	63. Jasmine Johnson, SPU	23:30	140. Nastassia Hamor, CSUEB	25:43
47. Zach Holloway, WOU	34:13	123. Andrew Arnold, UAF	38:58	64. Whitney Mickelsen, MSUB	23:30	141. Cass. Schumacher, A. of Art	25:51
48. Justin Valdez, Dominican	34:14	124. Clark Farnsworth, DSC	39:19	65. Megan Rivera, GCU	23:31	142. Mikhaila Thornton, WWU	25:56
49. Daniel Franz, UCSD	34:17	125. Corey Jennings, HPU	39:40	66. Brianna Decker, DSC	23:33	143. Amanda McNabb, CSUEB	25:58
50. Brandon Haugen, CPP	34:17	126. John Vergara, CSUEB	39:49	67. Arielle Walton, WWU	23:34	144. Chelsea Dowdell, CWU	25:59
51. Stewart Adair, BYUH	34:18	127. Tyler Thatcher, DSC	39:58	68. Marie Diaz, UCSD	23:37	145. Elizabeth Brown, MSUB	25:59
52. Tyson Vanderby, MSUB	34:21	128. John Fratinardo, HPU	40:12	69. Cassie Mejia, CSLA	23:40	146. Nadia Ramirez, UHH	26:02
53. Chase Robinson, MSUB	34:21	129. RJ Smith, DSC	40:30	70. Anna Patti, SPU	23:42	147. Felix Jackline, CSUSB	26:08
54. Tanner Boyd, WWU	34:21	130. Wyatt Mayo, UAF	40:32	71. Connie Morgan, CWU	23:44	148. Skyler Tarver, DSC	26:18
55. Matthew Belliston, BYUH	34:23	131. Alejandro Pardi, CUH	42:00	72. Jessica Paget, BYUH	23:47	149. Julia Wilson, CSUEB	26:28
56. Logan Smith, SFSU	34:25	132. Josh Decker, DSC	42:11	73. Alicia Trujillo, SFSU	23:49	150. Sara Falconer, UAF	26:38
57. Chris Olsen, WOU	34:26	133. James Coughlin, CUH	42:46	74. Sabrina Lopez, CSLA	23:49	151. Jordan Bledsoe, UHH	26:40
58. Connor Kasler, WOU	34:29	134. Kevin Ruaro, CUH	44:25	75. Amanda Reynolds, HSU	23:52	152. Melissa Lopez, CSLA	26:42
59. Tabor Reedy, WWU	34:31			76. Micaela Jaramillo, BYUH	23:52	153. Morgan Lacey, DSC	26:43
60. Jack Nevins, Academy of Art	34:34			77. Celeste Gutzman, DSC	23:53	154. Taylor Kartes, CWU	26:48
61. Drew Larson, WOU	34:38			78. Lindsey Butterworth, SFU	23:56	155. Damanjot Kaur, CSLA	26:49
62. David Urista, SFSU	34:38			79. Amy King, BYUH	24:03	156. Vanessa Mares, CSUEB	26:49
63. Alex Horton, SPU	34:41			80. Monique Diaz, SFSU	24:04	157. Melanie Bock, MSUB	26:53
64. Clint Choquette, MSUB	34:44			81. Robinea McClinton, CSUEB	24:05	158. Jenny Leaf, WOU	27:07
65. Michael Gordon, NNU	34:49			82. Mary Owen, MSUB	24:07	159. Laura Spiegel, CUH	27:19
66. Seth Pierson, SPU	34:50			83. Madeline McGee, WWU	24:08	160. Horalia Gamboa, CSLA	27:35
67. Cristian Garcia, CPP	34:52			84. Carolina Guzman, UCSD	24:09	161. Kristine Kanekichi, CUH	27:43
68. Scott Acton, UCSD	34:53			85. Megan Rogers, CWU	24:13	162. Keri Fujiwara, UHH	27:53
69. Jon Hooke, BYUH	34:54			86. Lizzie Grolle, CSUS	24:15	163. Shannon Whener, CUH	27:56
70. Rodney Warr, DSC	34:57			87. Hailey Bradshaw, NNU	24:15	164. Kalbie Jordan, DSC	28:04
71. Clayton Kearl, BYUH	34:59			88. Chelsea Ollar, BYUH	24:17	165. Emma Chadsey, SFU	28:14
72. Taylor Canfield, MSUB	35:01			89. Deserae Perez, CSUSB	24:20	166. Megan Thompson, UAF	28:16
73. Travis Vugteveen, SFU	35:02			90. Kelsi Klotter, GCU	24:20	167. Jessica Wences, CUH	28:41
74. Clemens Kammer, A. of Art	35:03			91. Evelina Maanson, HPU	24:21	168. Justina Wood, UHH	28:44
75. Andres Zavala, CPP	35:05			92. Stephanie Stuckey, WOU	24:25	169. Victoria Frehill, UAF	32:21
76. Marco Perez, HPU	35:06			93. Johannah Murray, CPP	24:27	170. Hillary Ramos, UAA	34:47
				94. Julia Ebner, UAF	24:28		

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2013**  
**Nov. 9 at Spokane, Wash.**  
**Men's Team Scores:** Chico State 33, Alaska Anchorage 81, Cal Poly Pomona 90, Western Washington 102, Cal Baptist 150, UC San Diego 168, Humboldt State 206, San Francisco State 214, MSU Billings 250, Simon Fraser 261, Hawaii Pacific 272, Western Oregon 290, Central Washington 325, BYU-Hawaii 376, Alaska Fairbanks 391, Seattle Pacific 408, Cal State Stanislaus 452, Saint Martin's 491.

**Women's Team Scores:** Alaska Anchorage 76, Chico State 79, Simon Fraser 94, Seattle Pacific 137, Western Washington 157, CSU Stanislaus 247, Humboldt State 259, Western Oregon 261, Cal Baptist 265, Central Washington 275, UC San Diego 282, Cal Poly Pomona 305, Hawaii Pacific 328, Cal State L.A. 355, San Francisco State 375, Cal State East Bay 392, CSU San Bernardino 413, Northwest Nazarene 434, MSU Billings 450, Alaska Fairbanks 553, BYU-Hawaii 567, Sonoma State 692, Saint Martin's 707.

<b>Men (10,000 Meters)</b>							
1. Isaac Chavez, CSUC	30:55.9	74. Adam Avischious, SPU	33:59.4	16. Rebecca Bassett, SFU	22:40.4	90. Imani Heath, CSUEB	24:12.6
2. Johnny Sanchez, CSUC	31:32.2	75. James Young, SFU	34:01.8	17. Paxton Cota, SFSU	22:43.4	91. Robinae McClinton, CSUEB	24:13.6
3. Dayne Gradone, CSUC	31:34.6	76. Travis Buttelman, MSUB	34:02.7	18. Ivy O'Guinn, UAA	22:44.7	92. Lizzie Grolle, CSUS	24:14.6
4. Chip Jackson, WWU	31:42.5	77. Joe Berger, SMU	34:02.9	19. Susan Bick, UAA	22:46.4	93. Michelle Leroux, UCSD	24:15.2
5. Victor Sarmoi, UAA	31:49.0	78. Nathan Minor, CWU	34:09.2	20. Kansas Mackenzie, SFU	22:49.1	94. Hannah Bell, CSUMB	24:18.3
6. Alfonso Cisneros, CSUC	31:52.9	79. Thomas Hesselgesser, BYUH	34:10.7	21. Dani Eggleston, CWU	22:49.4	95. Renae Hepfner, MSUB	24:20.2
7. Bryton Reim, CBU	31:55.5	80. Ross MacDougall, UAF	34:11.4	22. Marie Diaz, UCSD	22:49.6	96. Ella Verhees, UCSD	24:21.5
8. John Carrell, CPP	32:04.3	81. Harjit Randhawa, SFSU	34:19.9	23. Paige Hughes, UCSD	22:51.0	97. Naomi Van Setten, CBU	24:23.7
9. Dylan Anthony, UAA	32:14.4	82. James Currell, WOU	34:20.5	24. Kofi Gilley, HSU	22:51.6	98. Dorothy O'Donnell, UAF	24:25.3
10. Bruk Assefa, SFSU	32:18.0	83. Alex Reyes, CSUS	34:20.9	25. Kirsten Allen, SFU	22:51.9	99. Christi Schmitz, UAA	24:25.4
11. Ryan Carrell, CPP	32:18.9	84. Taylor Guske, CBU	34:22.5	26. Sadie Gastelum, CSUC	22:52.2	100. Briana Barton, CWU	24:26.5
12. Isaac Kangogo, UAA	32:20.2	85. Kaleb Javier, CWU	34:23.3	27. Sarah Macdonald, SPU	22:52.8	101. Megan Alfi, HSU	24:26.5
13. Tyler Dutchover, CBU	32:24.9	86. Keegan Rankin, UAF	34:25.0	28. Stephanie Stuckey, WOU	22:53.1	102. Nohemi Martinez, HPU	24:27.0
14. Tareq Alwafai, UCSD	32:26.2	87. Skyler Larson, SMU	34:25.8	29. Emma Chadsey, SFU	22:53.8	103. Cynthia Rivera, CSUSB	24:27.6
15. Nicolas Riffard, AAU	32:26.7	88. Austin Trapp, SFU	34:26.1	30. Haley Kroll, CSUC	22:54.6	104. Layla Amir, CPP	24:28.5
16. Mark Hulzar, CPP	32:28.0	89. Kenneth Brewer, UAF	34:28.5	31. Zuleima Jimenez, SFSU	22:55.2	105. Danielle Maldonado, CWU	24:28.8
17. Tanner Collins, UCSD	32:29.8	90. James Dagley, HSU	34:29.0	32. Katie Timmerman, CSUS	22:56.8	106. Jessica Paget, BYUH	24:29.3
18. Benji Preciado, SFU	32:30.5	91. Matthew Belliston, BYUH	34:31.0	33. Sabrina Lopez, CSLA	22:59.6	107. Susanna Fleming, NNU	24:30.7
19. Oliver Jorgensen, SFU	32:31.4	92. Kaleb Fleenor, NNU	34:32.1	34. Calene Morris, CPP	23:00.2	108. Celina Vera, CSUEB	24:32.2
20. Isaac Griffith, WWU	32:32.9	93. Isaac Lammers, UAF	34:35.4	35. Haley O'Connor, WWU	23:01.7	109. Jessica Bath, HSU	24:32.4
21. Tabor Reedy, WWU	32:35.2	94. Tal Norvell, UAF	34:36.2	36. Bryn Haebe, UAA	23:02.7	110. Krystal Cota, CSUSB	24:33.7
22. Phil Graber, CSUC	32:36.1	95. Michael Garaventa, SFSU	34:36.8	37. Dallas Campbell, CSUS	23:03.9	111. Evelina Maanson, HPU	24:33.8
23. Kevin Rooke, UAA	32:36.6	96. Mario Flores, UCSD	34:37.7	38. Devon Kelsey, HSU	23:05.5	112. Kami Dixon, BYUH	24:34.6
24. Nathan Richards, WWU	32:37.7	97. Julian Hernandez, CBU	34:38.4	39. Fiona McKenna, HPU	23:06.6	113. Gabriela Maldonado, CSUS	24:36.4
25. John Dominguez, CPP	32:41.5	98. Fermin Murillo-Villagran, HPU	34:39.3	40. Jessica Herrera, CSLA	23:08.5	114. Casey Carpenter, BYUH	24:36.6
26. Mitchell Moore, CBU	32:44.5	99. Davey Cagle, HPU	34:41.2	41. Vanessa Herrera, CSLA	23:10.5	115. Jennie Yeaman, CSUMB	24:36.8
27. Ben Garland, CSUMB	32:46.0	100. David Aguilar, CBU	34:43.0	42. Lynnelle Decker, SPU	23:10.7	116. Hannah Dowdell, CWU	24:38.1
28. Sergio Rodrigue, CBU	32:49.5	101. Tomislav Smith, CWU	34:43.0	43. Jinise Osborne, SPU	23:11.7	117. Julie Scully, CSUEB	24:41.3
29. Aaron Thomas, CSUC	32:52.9	102. Michael Mrgudic, CSUS	34:45.9	44. Hannah Calvert, SPU	23:20.8	118. Madison Tanner, UCSD	24:46.4
30. Brady Beagley, WOU	32:53.0	103. Andrey Ionashku, UAA	34:48.3	45. Caroline Barkechir, CBU	23:21.6	119. Lizette Huerta, CPP	24:51.6
31. Tyler Cleveland, HSU	32:53.7	104. Clayton Kearl, BYUH	34:48.7	46. Sarah Sawatzky, SFU	23:22.0	120. Nichole Bathe, UAF	24:54.2
32. Rudy Spencer, CWU	32:54.4	105. Yeltsen Vasquez, HPU	34:49.2	47. Jasmine Johnson, SPU	23:22.5	121. Hannah Stevens, UAF	24:57.8
33. Joe Ostini, HSU	32:58.4	106. Chris Dinsdale, SFU	34:50.6	48. Jessica Pakkala, UAA	23:23.2	122. Marie Miller, NNU	24:59.3
34. Brandon Haugen, CPP	33:02.4	107. Thomas Neale, MSUB	34:51.0	49. Austein Reiter, WWU	23:23.8	123. Alicia Trujillo, SFSU	25:00.2
35. Dominik Notz, UAA	33:02.5	108. Zeke Wilson, WOU	34:51.1	50. Hayley Swanson, CSUC	23:24.6	124. Madeleine Westman, BYUH	25:01.5
36. Leandro Santillan, HPU	33:05.5	109. Jorge Cisneros, CUH	34:52.3	51. Rio Frame, MSUB	23:27.9	125. Savannah Siolacci, SSU	25:02.1
37. Matt Lenehan, UCSD	33:07.7	110. Michael Mendenhall, UAA	34:53.2	52. Sarah Perrin, CSUEB	23:28.4	126. Claire Rachwitz, SPU	25:06.8
38. Dylan Peterson, WWU	33:09.9	111. Stuart McDonald, SFU	34:53.3	53. Chandler Colquitt, UCSD	23:28.5	127. Taylor Condon, MSUB	25:09.8
39. Cameron Proceviat, SFU	33:11.9	112. Josh Hanna, WOU	34:54.1	54. Regina Lopez, CPP	23:29.6	128. Chelsea Butters, BYUH	25:12.4
40. Chase Robinson, MSUB	33:11.9	113. Brian Comer, SPU	34:58.4	55. Jamie Neal, HPU	23:29.6	129. Nicole Anderson, WOU	25:12.5
41. Teague Senninger, CPP	33:12.8	114. Josh Panasuk, MSUB	35:02.8	56. Elizabeth Olivera, CPP	23:29.9	130. Becky Parks, SFSU	25:15.5
42. Marco Perez, HPU	33:13.7	115. Alex Nelson, SMU	35:12.6	57. Imogene Carson, HSU	23:31.1	131. Horalia Gamboa, CSLA	25:16.8
43. Kellen Levy, UCSD	33:16.6	116. Jackson Halford, CWU	35:19.8	58. Haida Ikeda, WWU	23:32.4	132. Erika Crook, SMU	25:21.6
44. Jamon Rodrigues, MSUB	33:17.0	117. Dean Alley, CSUS	35:23.8	59. Ashlee Cervantes, CBU	23:33.0	133. Lindsey Ragas, SFSU	25:22.9
45. Aiden Irish, CPP	33:18.2	118. Eric Brooks, CSUS	35:30.0	60. Sarah Gull, CPP	23:35.7	134. Ingvild Skorpen, HPU	25:24.9
46. Michael Luhr, MSUB	33:20.2	119. Temarius Walker, AAU	35:32.1	61. Jenny Leaf, WOU	23:40.5	135. Jackline Felix, CSUSB	25:25.5
47. Alex McGuirk, CSUC	33:23.7	120. Ryan Torres, CSUMB	35:38.7	62. Michaela Kane, SFU	23:42.2	136. Jessica Horrocks, BYUH	25:26.3
48. Connor Henderson, CSUMB	33:24.8	121. Nathan Morgan, SMU	35:49.4	63. Malia Gonzales, HPU	23:42.4	137. Veronica Kays, SSU	25:29.4
49. Jantzen Oshier, HSU	33:26.3	122. Daniel Hauptman, UCSD	35:49.9	64. Hailey Bradshaw, NNU	23:42.7	138. Justine Malek, SMU	25:29.7
50. Justin Valdez, DUC	33:26.7	123. Carson Feigleson, BYUH	36:06.8	65. Caroline Kaufman, HSU	23:43.3	139. Bethany Balady, WOU	25:33.8
51. John Wojtech, CWU	33:27.2	124. Mitch Burgess, UAF	36:10.5	66. Patricia Cortez, CSUSB	23:43.3	140. Alyssa Casillas, CSUSB	25:35.5
52. Benjamin Tarango, HSU	33:30.2	125. Colin Wilkins, SPU	36:33.4	67. Rebekah Fraizer, CSUSB	23:43.6	141. Maria Hurtado, SSU	25:39.6
53. Cory Johnson, WWU	33:31.5	126. Emmanuel Jimenez, CUH	36:49.8	68. Lillianna Stelling, WWU	23:43.8	142. Rocio Pacheco, SFSU	25:47.0
54. Jorge Mendez, HPU	33:32.7	127. Josiah Shelman, SMU	37:21.8	69. Kim Rabebeinstein, CBU	23:44.3	143. Sarah Lilly, UAF	25:49.9
55. Tanner Smith, BYUH	33:34.5	128. Jasper Heckman, SMU	37:49.7	70. Lacey Wagner, CWU	23:45.2	144. Bailey Voss, NNU	25:53.3
56. Benjamin Stern, HSU	33:35.7	129. Matt Dunford, SMU	37:55.1	71. Bethany Quan, CSLA	23:46.4	145. Theresa Lombardi, MSUB	25:57.4
57. Brendan Wong, SFU	33:39.3	130. Nick Spencer, CWU	40:11.4	72. Marissa Kunsch, HPU	23:46.9	146. Jaydn Gourley, NNU	25:58.5
58. Zach Holloway, WOU	33:39.4			73. Deserae Perez, CSUSB	23:48.2	147. Marissa Nickles, CPP	25:59.4
59. Robert Peterson, MSUB	33:39.7			74. Kaelyn Harbison, AAU	23:49.0	148. Megan Teigen, SMU	26:03.6
60. Corey Jennings, HPU	33:44.6			75. Sofia Marikis, WWU	23:51.3	149. Elizabeth Brown, MSUB	26:06.3
61. Alex Villaescusa, CSUS	33:47.2					150. Keri Clump, MSUB	26:08.5
62. Alex Horton, SPU	33:47.3					151. Emily Merioles, NNU	26:10.0
63. Turner Wiley, SPU	33:47.7					152. Madison Hills, UCSD	26:10.8
64. Michael Gordon, NNU	33:49.0					153. Debra Daubenspeck, SSU	26:48.7
65. Logan Smith, SFSU	33:49.7					154. Beatriz Ramirez, SMU	26:49.5
66. Ryan Woods, SFSU	33:50.6					155. Kenna Fosnacht, SMU	26:58.6
67. Scott Acton, UCSD	33:51.6					156. Abby Ulic, SSU	27:03.2
68. Houston Horner, WOU	33:54.4					157. Irene Moore, SMU	27:11.8
69. Tux Seims, UAF	33:55.0					158. Raelynn Brett, SSU	27:13.1
70. Edgar Lopez, HSU	33:55.2					159. Laura Dyer, UAF	27:16.2
71. Kenny Trejo, SFSU	33:57.7					160. Brittany Smith, SSU	28:12.2
72. Kevin Miller, BYUH	33:58.4					161. Claire McCloskey, SMU	29:26.8
73. Scott Larson, WOU	33:59.0						

  

<b>Women (6,000 Meters)</b>			
1. Susan Tanui, UAA	21:45.4		
2. Joyce Kipchumba, UAA	21:48.4		
3. Katelyn Steen, WWU	21:52.9		
4. Lindsey Butterworth, SFU	22:02.7		
5. Ayla Granados, CSUC	22:07.3		
6. Connie Morgan, CWU	22:18.4		
7. Sara Mikesell, CSUC	22:20.2		
8. Natalie Evans, NNU	22:25.5		
9. Annie Wade, WOU	22:32.9		
10. McKayla Fricker, SPU	22:36.5		
11. Rebekah Bahra, CSUC	22:37.0		
12. Taylor Guenther, WWU	22:37.6		
13. Rachel Naranjo, CSUS	22:38.0		
14. Anna Patti, SPU	22:38.2		
15. Natalie Ball, CBU	22:40.1		

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2014**

**Nov. 22 at Avery Park, Billings, Mont.**

**Men's Team Scores:** Chico State 30, Alaska Anchorage 53 Cal Poly Pomona 101, Western Washington 150, Cal Baptist 208, Simon Fraser 225, UC San Diego 239, San Francisco St. 253, Azusa Pacific 283, Cal St. Stanislaus 285, Academy of Art 298, Cal St. Monterey Bay 307, Humboldt State 368, Central Washington 402, Northwest Nazarene 430, Hawaii Pacific 433, Montana State Billings 454, Alaska 455, Western Oregon 457, BYU-Hawaii 493, Saint Martin's 568, Dixie State 584, Cal St. East Bay 677. Seattle Pacific incomplete.

**Women's Team Scores:** Simon Fraser 103, Chico State 112, Alaska Anchorage 144, UC San Diego 171, Central Washington 180, Western Washington 185, Hawaii Pacific 193, Cal Baptist 196, Azusa Pacific 198, Cal Poly Pomona 222, Humboldt State 233, Seattle Pacific 282, Montana State Billings 306, Cal St. Stanislaus 338, San Francisco St. 371, Western Oregon 437, Cal St. Monterey Bay 437, Dixie State 496, BYU-Hawaii 559, Cal State L.A. 570, Alaska 573, Northwest Nazarene 575, Cal St. East Bay 630, Saint Martin's 725.

**Men's Results (10,000m)**

1. Henry Cheseto, UAA	30:33.99
2. Dominik Notz, UAA	30:48.60
3. Mark Huizar, CPP	30:48.89
4. Johnny Sanchez, CSUC	31:01.02
5. Kyle Medina, CSUC	31:01.20
6. Nick Grubiss, CSUC	31:04.26
7. Alex McQuirk, CSUC	31:06.65
8. Aaron Mora, CSUC	31:07.54
9. Taylor Guske, CBU	31:10.36
10. Dillon Breen, CSUC	31:13.60
11. Dylan Anthony, UAA	31:20.89
12. Isaac Griffith, WWU	31:26.97
13. Robert Peterson, MSUB	31:29.45
14. Tanner Collins, UCSD	31:31.12
15. Valentin Pepiot, AAU	31:32.29
16. Drew Feldman, SFSU	31:33.05
17. Francisco Gomez, CPP	31:35.97
18. Victor Samoei, UAA	31:37.25
19. Mack Marbas, AAU	31:37.60
20. Alex Villaescusa, CSUS	31:38.07
21. Michel Ramirez, UAA	31:39.44
22. Teague Senninger, CPP	31:42.17
23. Ben Garland, CSUMB	31:46.59
24. Brandon Haugen, CPP	31:47.28
25. Edwin Kangogo, UAA	31:48.31
26. Marc-Antoine Rouleau, SFU	31:49.65
27. Jeremy Porter, APU	31:49.83
28. Tareq Alwafai, UCSD	31:51.27
29. Sean Eustis, WWU	31:51.92
30. Nathan Kipchumba, UAA	31:53.08
31. Rudy Speaker, CWU	31:54.49
32. Abdel-Samad El-Hajjami, CBU	31:57.75
33. Barron Maizland, CSUC	31:58.77
34. Isaac Derline, WWU	32:00.13
35. John Dominguez, CPP	32:02.12
36. Jonathan Quimby, WWU	32:08.04
37. Bryton Reim, CBU	32:11.06
38. Ruben Dominguez, CPP	32:14.11
39. Tabor Reedy, WWU	32:14.84
40. Austin Trapp, SFU	32:15.17
41. Ross MacDougall, UAF	32:17.22
42. Cameron Proceviat, SFU	32:17.39
43. Isaac Mitchell, NNU	32:17.80
44. Frank Krause, SMU	32:18.26
45. Cody Drisko, APU	32:21.09
46. Matt Lutz, WWU	32:21.40
47. Connor Henderson, CSUMB	32:23.10
48. Oliver Jorgensen, SFU	32:24.53
49. Troy Stechman, CPP	32:26.02
50. Brent Ritschel, HSU	32:32.88
51. Benji Preciado, SFSU	32:33.62
52. David Ribich, WOU	32:34.34
53. Michael Garaventa, SFSU	32:35.73
54. Kyle Bueckert, APU	32:37.51
55. Michael Mrgudic, CSUS	32:38.36
56. Caton Avilla, CSUMB	32:42.04
57. Daniel Franz, UCSD	32:42.18
58. Zach Holloway, WOU	32:43.94
59. Leandro Santillan, HPU	32:44.13
60. Daniel Haputman, UCSD	32:44.33
61. Alex Reyes, CSUS	32:46.52
62. George Barlow, DSU	32:47.62
63. Austin Esposito, AAU	32:47.90
64. Valentin Robert, CBU	32:48.35

65. Kenny Trejo, SFSU	32:49.25
66. Hector Hernandez, CBU	32:54.83
67. Kaleb Javier, CWU	32:56.99
68. Logan Smith, SFSU	32:58.78
69. Travis Vugteveen, SFU	33:01.56
70. David Rosales, CSUS	33:04.11
71. Nathan Richards, WWU	33:04.54
72. Hunter Gulino, APU	33:05.04
73. Ryan Lawler, HSU	33:06.20
74. John Wojtech, CWU	33:09.34
75. Jorge Mendez, HPU	33:10.14
76. Xavier Uranga, HSU	33:10.54
77. Kaleb Fleener, NNU	33:11.53
78. Garrett Love, MSUB	33:14.73
79. Jesus Ortiz, CSUS	33:15.51
80. Scott Acton, UCSD	33:15.52
81. Zach Snel, CSUMB	33:15.56
82. Dustyn Salomon, HSU	33:16.35
83. Abraham Alvarado, CSUS	33:16.59
84. Jon Hooke, BYUH	33:17.97
85. Peter Buscheck, APU	33:19.77
86. Kenneth Brewer, UAF	33:24.25
87. CM April, HSU	33:25.17
88. Kevin Miller, BYUH	33:26.48
89. Brendan Wong, SFU	33:30.36
90. Michael Fehrenbach, UAF	33:32.16
91. Chase Cunningham, NNU	33:34.17
92. Yeltsen Vasquez, HPU	33:34.58
93. Brendan Gee, UCSD	33:40.11
94. Brett Bermudez, AAU	33:40.32
95. Michael Gordon, NNU	33:42.13
96. Cody Bartlett, HPU	33:43.39
97. Adam Gardere, CSUEB	33:44.26
98. Jeremiah Gotts, CBU	33:44.48
99. Philippe Gravel, SFU	33:46.56
100. Dan Metzger, CSUMB	33:47.63
101. Sam Naffziger, WOU	33:48.79
102. Eric Brooks, CSUS	33:49.63
103. Thomas Hesselgesser, BYUH	33:50.70
104. Mario Castillo-Urbin, HSU	33:53.53
105. Lucas Graham, CBU	33:58.94
106. Clayton Kearn, BYUH	34:00.24
107. Chris Costa, AAU	34:03.12
108. Josh Panasuk, MSUB	34:05.88
109. Michael Dondalski, APU	34:09.75
110. Logan Means, AAU	34:11.89
111. Edward Ochsner, HPU	34:12.01
112. Carston Feigleson, BYUH	34:17.53
113. Ryan Thompson, CWU	34:18.95
114. Fermin Murillo-Villagr, HPU	34:21.10
115. Daniel Serventi, UAF	34:25.52
116. Jasper Heckman, SMU	34:27.94
117. Nick Spencer, CWU	34:29.01
118. Ryan Torres, CSUMB	34:32.83
119. Mark Hovland, MSUB	34:34.30
120. Riley Anheluk, WOU	34:41.12
121. Nathan Morgan, SMU	34:41.48
122. Shi-Quan Nettingham, DSU	34:44.84
123. Mitch Burgess, UAF	34:47.08
124. Brandon Schafer, NNU	34:49.73
125. Keegan Rankin, UAF	34:54.93
126. David McLeod, WOU	34:57.35
127. Joe Soik, WOU	34:58.16
128. Derek Gallagher, DSU	34:58.91
129. Chase Wheeler, HSU	35:08.42

130. Arlen Musgrove, DSU	35:10.49
131. Jorge Mendoza, HPU	35:12.22
132. Lyon Kopsack, UAF	35:12.75
133. Karson Hayden, CSUMB	35:12.82
134. Turner Wiley, SPU	35:23.88
135. Ron Leaf, CWU	35:25.09
136. Ryan Belliston, BYUH	35:26.67
137. Jorey Egeland, MSUB	35:30.73
138. Jesse Fenn, SFSU	35:34.55
139. Norman (Will) Weekes, CSUEB	35:37.25
140. Josh Hanna, WOU	35:45.40
141. Carlos Bojorguez, UCSD	35:58.81
142. Jacob Marshall, MSUB	36:05.84
143. Alex Schiffman, DSU	36:09.72
144. Josiah Shelman, SMU	36:19.26
145. Alex Nelson, SMU	36:49.31
146. Latee Pigea, CSUEB	36:46.08
147. Irvin Parada, CSUEB	37:15.77
148. Brent Christianson, CWU	37:26.20
149. Mitchell Hughey, SMU	37:49.68
150. Austin Murray, AAU	38:09.46
151. Jonathan Vandenberg, DSU	38:14.87
152. Leo Theuss, CSUEB	41:44.49

**Women's Results (6,000m)**

1. Katelyn Steen, WWU	21:06.59
2. Caroline Barkechir, CBU	21:12.11
3. Rebecca Bassett, SFU	21:15.22
4. Fiona McKenna, HPU	21:22.21
5. Amy Johnston, UAA	21:22.60
6. Staci Foster, APU	21:23.60
7. Anna Patti, SPU	21:31.01
8. Jennifer Johnson, SFU	21:31.94
9. Veronica Hall, CBU	21:37.99
10. Dani Eggleston, CWU	21:39.53
11. Quette Peinado, CSUC	21:44.49
12. Tatiana Gillick, HSU	21:53.72
13. Connie Morgan, CWU	21:57.78
14. Megan Rogers, CWU	21:59.95
15. Kori Gilley, HSU	22:00.52
16. Paige Hughes, UCSD	22:01.88
17. Skyler Storie, DSU	22:01.99
18. Camila Turati, CSUC	22:03.52
19. Mckaela Christenson, AAU	22:04.78
20. Peggy Noel, SFU	22:06.43
21. Eileen Stressling, APU	22:07.47
22. Alex Burkhart, CSUC	22:07.85
23. Caroline Kurgat, UAA	22:08.17
24. Sadie Gastelum, CSUC	22:08.18
25. Jamie Neal, HPU	22:10.45
26. Taylor Guenther, WWU	22:11.95
27. Bryn Haebe, UAA	22:19.26
28. Kylie Betts, APU	22:22.52
29. Beatrice Decker, UAA	22:25.29
30. Kaelyn Harbison, AAU	22:27.31
31. Hannah Bell, CSUMB	22:29.89
32. Haley O'Connor, WWU	22:32.12
33. Miryam Bassett, SFU	22:32.82
34. Nocona Frame, MSUB	22:33.90
35. Ashley Espinoza, CPP	22:37.07
36. Calene Morris, CPP	22:40.89
37. Corinne Hinkle, UCSD	22:41.08
38. Chandler Colquitt, UCSD	22:45.59
39. Michelle Leroux, UCSD	22:46.58
40. Gina Wood, CSUS	22:46.76

41. Rebekah Bahra, CSUC	22:57.05
42. Meghan Fairchild, HPU	22:48.25
43. Lizette Huerta, CPP	22:48.92
44. Brittany Evans, SFU	22:51.26
45. Sarah McDonald, SPU	22:51.38
46. Marissa Kunsch, HPU	22:52.72
47. Paxton Cota, SFSU	22:53.44
48. Jessica Rawlins, SPU	22:53.48
49. Marie Diaz, UCSD	22:55.98
50. Emma Chadsey, SFU	22:56.57
51. Imogene Carson, HSU	22:57.07
52. Lora James, CSUC	22:58.07
53. Katie Timmermans, CSUS	22:58.69
54. Millie Leitich, CBU	22:58.99
55. Cori Harral, SFSU	22:59.19
56. Ranae Hepfner, MSUB	22:59.88
57. Marissa Nickles, CPP	23:00.82
58. Lindsey Ragas, SFSU	23:04.36
59. Rio Frame, MSUB	23:04.63
60. Stephanie Stuckey, WOU	23:08.05
61. Elizbaeth Olvera, CPP	23:09.29
62. Madison Tannerr, UCSD	23:09.41
63. Sofia Marikis, WWU	23:09.72
64. Kali Striker, UAF	23:10.43
65. Jessica Pahkala, UAA	23:11.28
66. Hannah Dowdell, CWU	23:11.74
67. Kristie Sikma, APU	23:13.21
68. Alicia Williams, CBU	23:15.89
69. Katie Deimling, CBU	23:16.24
70. Austen Reiter, WWU	23:16.81
71. Sarah Miranda, CSUS	23:16.82
72. Patricia Cortez, CSUSB	23:19.03
73. Megan Alfi, HSU	23:20.54
74. Kansas Mackenzie, SFU	23:22.13
75. Vanessa Herrera, CSULA	23:24.35
76. Rachel Crawford, WOU	23:25.29
77. Mariah Burroughs, UAA	23:25.32
78. Imani Heath, CSUEB	23:26.22
79. Marissa Jimenez, CSUS	23:26.89
80. Sara Dionne, CSUMB	23:26.90
81. Jinise Osborne, MSUB	23:27.80
82. Brenna Eldredge, CWU	23:28.00
83. Elle Farrar, APU	23:29.16
84. Gabrielle Wisot, HPU	23:29.20
85. Susanna Fleming, NNU	23:33.24
86. Lynelle Decker, SPU	23:33.97
87. Micayla Andersen, CPP	23:34.82
88. Melanie Bock, MSUB	23:36.08
89. Elizabeth Khau, AAU	23:37.53
90. Skyler Thiel, UCSD	23:37.82
91. Nayeli Santamaria, HSU	23:38.92
92. Bethany Quan, CSULA	23:39.79
93. Haley Olcott, BYUH	23:40.58
94. Taylor Condon, MSUB	23:41.38
95. Natalie Barr, CBU	23:42.84
96. Jessy McIntyre, CSUMB	23:43.57
97. Brianna Moyle, DSU	23:44.61
98. Mikhailia Thornton, WWU	23:48.70
99. Annie Wade, WOU	23:49.93
100. Jessica Horrocks, BYUH	23:50.54
101. Giovanna Romo, HSU	23:52.68
102. Annie Roberts, HSU	23:53.93
103. Chloe Rock, SFSU	23:54.71
104. Casey Monoslay, CPP	23:54.73
105. Debora De Leon, WOU	23:55.27

## GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

### 2014 Women's Results (Continued)

106. Jennie Yeaman, CSUMB	23:55.87	121. Rebecca Hook, NNU	24:20.02	137. Celina Vera, CSUEB	24:50.18	153. Fattima Momini, CSUMB	25:46.86
107. Claire Rachwitz, SPU	23:56.52	122. Olivia Moyle, DSU	24:21.22	138. Kami Dixon, BYUH	24:55.42	154. Josefine Malmborg, CSULA	25:53.79
108. Gabee Maldonado, CSUS	23:57.84	123. Megan Teigen, SMU	24:21.23	139. Elizabeth Cook, DSU	24:57.38	155. Allison Carone, HPU	25:55.59
109. Alexa Lua, CSUS	23:58.33	124. Hailey Kettel, SPU	24:22.60	140. Camille Hansen, CSUEB	25:01.95	156. Anna Henning, CSUMB	25:57.46
110. Erin Chinchar, CWU	23:59.20	125. Emily Harper, SFSU	24:25.67	141. Jordan Donaghy, MSUB	25:02.25	157. Savannah Silacci, SSU	26:05.00
111. Julianna Mendez, DU	23:59.65	126. Anysja Manzer, NNU	24:28.84	142. Nicole Novales, SFSU	25:03.83	158. Kenna Fosnacht, SMU	26:25.80
112. Ericka Taylor, AAU	24:00.10	127. Amanda Turnbull, BYUH	24:29.54	143. Colby Childers, WOU	25:08.36	159. Nicole Ide, SMU	26:35.42
113. Maria Hurtado, SSU	24:03.84	128. Arielle Steimer-Barraga, CSULA	24:30.07	144. Ester Mueller, CBU	25:08.37	160. Natalie Palmer, DSU	27:02.82
114. Kayla Rossi, CSUS	24:06.12	129. Jess Aguilar, APU	24:32.22	145. Cristina Hernandez, CSUMB	25:17.36	161. Amy Wheeler, NNU	27:03.90
115. Jacyn Gourley, NNU	24:09.10	130. Hannah Calvert, SPU	24:34.81	146. Cheyenne Greenside, UAF	25:20.42	162. Iris Martinez, CSUEB	27:25.76
116. Dorothy O'Donnell, UAF	24:09.52	131. Anna Baker-Mikkelsen, UHH	24:36.31	147. Sarah Lilly, UAF	25:27.94	163. Jennifer Hickey, SMU	27:55.57
117. Bailey Beeson, WOU	24:09.92	132. Malacie Jorgenson, BYUH	24:37.96	148. Brittany Brooks, DSU	25:29.39	164. Bente Heller, UAF	27:58.80
118. Jayna Inderbitzin, CWU	24:11.03	133. Grace Weller, UAF	24:41.00	149. Sarah Ferrin, CSUEB	25:30.92	165. Victoria Nunez, SMU	29:12.15
119. Tamara Perez, UAA	24:11.51	134. Nicole Anderson, WOU	24:41.96	150. Chandra Smith, UAF	25:35.35	166. Tori Dwyer, SSU	29:34.11
120. Elizbaeth Lyons, APU	24:11.77	135. Rocio Pacheco, SFSU	24:47.59	151. Elizabeth Miranda, CSULA	25:37.67	167. Alexis Caradang, SMU	31:19.63
		136. Evelina Maanson, HPU	24:48.55	152. Casey Carpenter, BYUH	25:44.41		



# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2015**

**Nov. 7 at Ash Creek Preserve, Monmouth, Ore.**

**Men's Team Scores:** Alaska Anchorage 55, Chico State 79, Cal Poly Pomona 81, Simon Fraser 107, San Francisco State 167, Western Washington 194, Azusa Pacific 233, Cal Baptist 243, Academy of Art 272, Montana State Billings 287, Humboldt State 291, Western Oregon 310, UC San Diego 320, Central Washington 400, Cal St. Monterey Bay 429, Fresno Pacific 472, Northwest Nazarene 477, Alaska 503, Dixie State 551, Seattle Pacific 557, Hawaii Pacific 616, Saint Martin's 656, Cal St. East Bay 690.

**Women's Team Scores:** Chico State 89, Western Washington 165, Alaska Anchorage 201, Cal Baptist 203, Seattle Pacific 207, Central Washington 212, UC San Diego 223, Cal Poly Pomona 247, Cal St. San Bernardino 265, Simon Fraser 273, Azusa Pacific 279, Cal St. Stanislaus 291, Humboldt State 296, Point Loma 322, Western Oregon 416, Cal St. Monterey Bay 429, Northwest Nazarene 472, Hawaii Pacific 478, Saint Martin's 542, San Francisco St. 569, Alaska 585, Dixie State 598, Fresno Pacific 610, Cal St. East Bay 649, Montana State Billings 669, Cal State L.A. 701, Dominican (Calif.) 737, Hawaii-Hilo 798.

**Men's Results (10,000m)**

1. Henry Cheseto, UAA	29:29.82	65. Uriel Carlos, CSUS	31:55.02	130. Joseph Walker, SPU	33:33.74	29. Alexandra Hernandez, PLNU	22:00.50
2. Dominik Notz, UAA	29:32.63	66. Tyre Hines, CBU	31:56.65	131. Josh Hunt, SMU	33:34.06	30. Marissa Bartello, PLNU	22:00.82
3. William Reyes, CSUC	29:36.55	67. David Cornish, WOU	31:58.56	132. Brysten James, SPU	33:36.07	31. Kimberly Cosica, UAA	22:02.34
4. Valentin Pepiot, AAU	29:53.83	68. Angel Escobar, APU	32:00.76	133. Ryan Phillips, FPU	33:37.12	32. Haley Kroll, CSUC	22:04.56
5. Oliver Jorgensen, SFU	29:59.40	69. Terrence Luevano, UCSD	32:01.05	134. Dylan Evans, HPU	33:37.57	33. Alexa Shindruk, CWU	22:05.42
6. Mark Huizar, CPP	30:03.07	70. Aren Johnson, UCSD	32:01.13	135. Hanson Lee, CWU	33:38.68	34. Alex Burkhardt, CSUC	22:05.83
7. Ruben Dominguez, CPP	30:04.85	71. Jeremy Zadoorian, SFSU	32:03.81	136. Austin Miller, SMU	33:42.11	35. Dorothy O'Donnell, UAF	22:05.95
8. Edwin Kangogo, UAA	30:06.78	72. William Ernst, CBU	32:05.07	137. Gabe Fisher, NNU	33:45.39	36. Sierra Manzer, NNU	22:07.65
9. Francisco Gomez, CPP	30:08.38	73. Zach Snel, CSUMB	32:07.59	138. Evan Gonzales, CSUMB	33:46.28	37. Nicole Maurmann, WOU	22:07.96
10. Steven Martinez, CSU	30:11.36	74. Ken Kipkorir, CBU	32:09.96	139. Dylan Nixon-Helms, UAF	33:47.21	38. Lorraine Fernandez, CPP	22:08.65
11. David Ribich, WOU	30:11.95	75. Jake Kelist, APU	32:11.68	140. Yonas Desta, DSU	33:57.94	39. Berenice Cleyet-Merle, CBU	22:09.08
12. Pierre Fontanarosa, AAU	30:13.91	76. Hunter Chamberlain, DSU	32:12.79	141. Nathan Morgan, SMU	33:59.74	40. Stephanie Stuckey, WOU	22:10.84
13. Robert Peterson, MSUB	30:15.08	77. Josh Boston, CWU	32:12.81	142. Adam Awad, FPU	34:01.84	41. Sarah Macdonald, SPU	22:11.71
14. Andrew Wise, WWU	30:22.33	78. Jacob Alplund, HPU	32:12.97	143. Hunter Ramos, CSUS	34:05.89	42. Miryam Bassett, SFU	22:12.29
15. Benji Preciado, SFSU	30:27.74	79. Nick Hamilton, NNU	32:13.63	144. Zach Kanlong, CSUEB	34:06.21	43. Karen Horvath, SMU	22:14.12
16. Marc-Antoine Rouleau, SFU	30:28.17	80. Ismael Guzman, FPU	32:14.48	145. Jarred Gregory-Grimes, AAU	34:06.99	44. Corinne Hinkle, UCSD	22:16.04
17. Cameron Procevat, SFU	30:28.40	81. Alex Torres, FPU	32:14.59	146. Brandon Borget, DSU	34:07.47	45. Jessica Stienhoff, CSUSB	22:16.15
18. Steven Velarde, CSUC	30:29.24	82. Seiji Takagi, UAF	32:14.72	147. Clark Sterling, SPU	34:09.00	46. Karina Carstens, UCSD	22:16.67
19. Aaron Mora, CSUC	30:32.33	83. Carlos Cruz III, HSU	32:17.77	148. Brandon Schafer, HPU	34:09.91	47. Imogene Carson, HSU	22:16.85
20. Victor Samoei, UAA	30:32.73	84. Garrett Boulais, UCSD	32:18.82	149. Joe Edgecomb, SMU	34:13.28	48. Marie Diaz, UCSD	22:19.20
21. Jeremy Porter, APU	30:35.97	85. Phil Kruse, AAU	32:19.50	150. Ivan Colmanero, MSUB	34:20.96	49. Shawna Troupe, WWU	22:20.03
22. Valentin Robert, CBU	30:38.89	86. Shi-Quan Nettingham, DSU	32:20.16	151. Ramon Vargas, CSUS	34:23.09	50. Elise Larson, APU	22:22.51
23. Isaac Mitchell, NNU	30:39.48	87. Dustyn Solomon, HSU	32:21.81	152. Jesus Leon, CSUEB	34:27.20	51. Katie Deimling, CBU	22:23.21
24. Nathan Kipchumba, UAA	30:42.61	88. Andrew Selevos, SFSU	32:22.42	153. Jorge Mendoza, HPU	34:27.98	52. Claire Rainey, CBU	22:23.66
25. Michael Mendenhall, UAA	30:43.23	89. Ron Leaf, CWU	32:22.89	154. Mark Mojarro, HPU	34:40.23	53. Alana Enabnit, CBU	22:24.18
26. Drew Feldman, SFSU	30:43.59	90. Tyus Mendoza, MSUB	32:24.65	155. Kyle Fetter, CSUEB	34:45.74	54. Alexa Lua, CSUS	22:24.63
27. John Dominguez, CPP	30:44.95	91. Tyler Jones, WOU	32:26.10	156. Cameron Olson, CSUEB	34:49.17	55. Larissa Kolasinski, SMU	22:25.27
28. Sean Eustis, WWU	30:46.85	92. Mark Hovland, MSUB	32:28.01	157. Tim Swart, NNU	35:03.96	56. Emeline Delanis, CBU	22:29.28
29. Caton Avilla, CSUC	30:47.60	93. Ryan Thompson, MSUB	32:28.99	158. Skyler Larson, SMU	35:20.95	57. Ariel Melendez, CSULA	22:29.46
30. Kenny Trejo, SFSU	30:54.27	94. Jorey Egeland, MSUB	32:29.88	159. Rob Anderson, CSUMB	35:32.40	58. Jessy McIntyre, CSUMB	22:29.57
31. Cody Drisko, APU	30:55.36	95. Alex Wallach, CSUMB	32:30.69	160. Rob Siegel, CSUEB	35:47.24	59. Lillianna Sterling, WWU	23:30.00
32. Christian Rodriguez, CPP	30:55.83	96. Alex Martinez, CWU	32:31.63	161. Levi Schilter, SMU	35:57.96	60. Laura Aceves, CSUSB	22:30.35
33. Sean Miller, SFU	30:57.95	97. Chase Cunningham, NNU	32:32.32	162. David Waterman, NNU	36:19.51	61. Lora James, CSUC	22:30.39
34. Nicholas Valenzuela, CSUC	31:00.11	98. Brent Ritschel, HSU	32:32.90	163. David Waterman, NNU	36:31.54	62. Annie Roberts, HSU	22:32.97
35. Connor Henderson, CSUMB	31:04.15	99. Ben Halladay, SPU	32:34.11	164. Jonathan VanDeberg, DSU	36:40.62	63. Adriana Calva, SFSU	22:33.51
36. Brendan Wong, SFU	31:05.83	100. Wyler Ovoboda, UCSD	32:35.05			64. Soleil Hall, CSUSB	22:33.67
37. Devon Reed, CPP	31:07.73	101. Alex Eckert, UAF	32:37.79			65. Imani Heath, CSUEB	22:34.89
38. Arturo Arevalo, CSUC	31:08.71	102. William Mayhew, APU	32:38.90			66. Laticia Joven, CSUC	22:35.61
39. Rowan Doherty, SFU	31:10.94	103. Ricardo Jazo, FPU	32:39.13			67. Olivia Watt, CSUC	22:37.53
40. Garrett Love, MSUB	31:12.72	104. Sam Naffsiger, WOU	32:41.34			68. Skylar Thiel, UCSD	22:40.28
41. Logan Smith, SFSU	31:15.43	105. Connor Nolen, FPU	32:41.87			69. Stephanie Rexus, CWU	22:40.74
42. Aaron Potts, APU	31:19.22	106. Joe Soik, WOU	32:44.15			70. Paige Nock, SFU	22:41.03
43. Zach Holloway, WOU	31:23.56	107. Adam Avischious, SPU	32:46.50			71. Marissa Jimenez, CSUS	22:41.10
44. Keefe Hanson, HSU	31:23.74	108. Max Moncur, BYUH	32:47.21			72. Hannah Calvert, SPU	22:41.43
45. Daniel Franz, UCSD	31:26.00	109. Brian Comer, SPU	32:48.06			73. Chynna Phan, SPU	22:43.05
46. Isaac Derline, WWU	31:26.03	110. Keegan Rankin, UAF	32:49.17			74. Kim Rabenstein, CBU	22:43.46
47. Matthew Lutz, WWU	31:26.56	111. Lyon Kopsack, UAF	32:50.75			75. Sara Taferre, WWU	22:43.51
48. Duncan Perillat-Amede, CBU	31:27.20	112. Abel Aleman, CSUS	32:52.33			76. Kaitlyn Maker, UAA	22:44.02
49. William Ebner, CPP	31:28.86	113. Tristan Sayre, UAF	32:52.89			77. Kansas Mackenzie, SFU	22:44.25
50. Omar Padilla, HSU	31:29.37	114. Israel Sotelo, CSUEB	32:54.35			78. Lynelle Decker, SPU	22:44.28
51. Braeden Charlton, SFU	31:31.60	115. Chris Goertzen, FPU	32:55.89			79. Brittany Evans, SFU	22:45.32
52. Abdel-Amad El-Hajjani, CBU	31:32.12	116. Chris Costa, AAU	32:57.72			80. Addy Townsend, SFU	22:45.39
53. Jonathan Lafferty, CWU	31:33.58	117. Jesse Miller, UAA	33:02.89			81. Alexandra Laiblin, WWU	22:45.79
54. Cristian Nazarek, HSU	31:35.82	118. Ryan Torres, CSUMB	33:09.01			82. Erin Chinchar, CWU	22:47.41
55. Michael Garaventa, SFSU	31:36.37	119. Austin Esposito, AAU	33:10.07			83. Cynthia Rivera, CSUSB	22:47.55
56. Matt Winter, MSUB	31:36.59	120. Jason Morris, CSUMB	33:11.54			84. Anahi Belart, CPP	22:48.01
57. Jayden Emerson, CBU	31:38.83	121. Eddie Carrillo, UCSD	33:11.56			85. Marissa Kunsch, HPU	22:50.71
58. Garrett Lepine, UCSD	31:39.27	122. Carston Feigleson, BYUH	33:13.00			86. Julianna Mendez, DU	22:53.96
59. Max Romey, WWU	31:39.46	123. George Barlow, DSU	33:13.48			87. Zoe Kaufman, HSU	22:54.10
60. Nick Mounier, WWU	31:39.58	124. Tyler Humphries, CWU	33:14.60			88. Sarah Miranda, CSUS	22:54.99
61. Kris Everett, AAU	31:46.86	125. Jasper Heckman, SMU	33:23.26			89. Megan Alfi, HSU	22:55.01
62. Mario Castillo-Urbina, HSU	31:48.21	126. Josh Dempsey, WOU	33:24.92			90. Jessica Rawlins, SPU	22:55.51
63. Will Jones, WWU	31:48.59	127. Daniel Serventi, AUF	33:27.89			91. Taylore Cantu, CSUSB	22:56.68
64. Michael Young, NDNV	31:52.39	128. Edward Schsner, HPU	33:30.98			92. Hailey Gordon, NNU	22:57.95
		129. David McLeod, SPU	33:32.76				

**Women's Results (6,000m)**

1. Joyce Chelimo, UAA	20:42.34
2. Caroline Kurgat, UAA	20:59.57
3. Sadie Gastelum, CSUC	21:05.57
4. Anna Patti, SPU	21:15.71
5. Eileen Stressling, APU	21:19.24
6. Taylor Guenther, WWU	21:21.29
7. Hannah Bell, CSUMB	21:27.15
8. Quetta Peinado, CSUC	21:27.50
9. Rebecca Bassett, SFU	21:28.20
10. Marissa Nickles, CPP	21:30.57
11. Skyler Storie, DSU	21:31.56
12. Caroline Barkechir, CBU	21:35.59
13. Dani Eggleston, CWU	21:36.34
14. McCall Habermehl, CSUC	21:38.30
15. Kori Gilley, HSU	21:39.57
16. Gina Wood, CSUC	21:41.20
17. Patricia Cortez, CSUSB	21:42.44
18. Megan Rogers, CWU	21:46.47
19. Lauren Harrell, APU	21:47.61
20. Mary Charleson, SPU	21:48.40
21. Paige Hughes, UCSD	21:49.72
22. Courtney Moore, FPU	21:50.79
23. McKaela Christenson, AAU	21:53.69
24. Ashli Baddorf, CPP	21:54.98
25. Brianna Bartello, PLNU	21:55.87
26. Johnana Apeilyrd, HPU	21:58.43
27. Tracy Melville, WWU	21:58.44
28. Brittany Grant, WWU	21:59.95

## GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

### 2015 Women's Results Continued

93. Alexandra Bielli, UHH	22:58.86	118. Symone Booker, CPP	23:20.52	144. Jocelyn Duran, PLNU	23:56.64	170. Josie Lonai, NNU	25:14.40
94. Jessica Pahkala, UAA	23:02.12	119. Maria Hurtado, SSU	23:20.66	145. Jessica Betancourt, SFSU	24:00.52	171. Alyssa Tenney, CSUEB	25:19.71
95. Araceli Servin, CPP	23:02.40	120. Megan Sidwell, DSU	23:24.48	146. Sarah Lilly, UAF	24:01.15	172. Kelsey Rij, FPU	25:30.22
96. Reta Dobie, SFU	23:03.13	121. Brielle Davis, MSUB	23:24.92	147. Jinise Trueblood, MSUB	24:05.01	173. Michelle Gonzalez, DU	25:39.34
97. Evelyn De La Luz, CSUSB	23:03.20	122. Allison Carone, HPU	23:26.16	148. Briana Swendener, PLNU	24:10.22	174. Bethany Quan, CSULA	25:48.84
98. Rebecca Hook, NNU	23:04.63	123. Gabrielle Wisot, HPU	23:27.65	149. Hallie Swenson, PLNU	24:12.40	175. Morgan Gilmore, SFSU	26:05.88
99. Anysja Manzer, NNU	23:05.20	124. Ella Verhees, UCSD	23:27.90	150. Myha Castro, SFSU	24:14.38	176. Janine Villanueva, DU	26:18.54
100. Kali Striker, UAF	23:05.64	125. Rachel Crawford, WOU	23:29.41	151. Jordan Allen, CSUMB	24:15.70	177. Scarlett Perez, CSULA	26:28.21
101. Jayna Inderbitzin, CWU	23:06.38	126. Beatrice Decker, UAA	23:33.50	152. Leah Rife-Dupuy, FPU	24:18.15	178. Kimberly Fitzgerald, UAF	26:29.14
102. Josie Frye, PLNU	23:06.73	127. Hadley Clark, CSUMB	23:34.97	153. Elizabeth Cook, DSU	24:20.75	179. June Garrett, UHH	26:34.31
103. Taylor Hurlock, APU	23:06.87	128. Christina Russell, APU	23:38.59	154. Kandace Compton, CSUEB	24:21.15	180. Claire McCloskey, SMU	26:40.11
104. Kaelyn Harbison, AAU	23:07.37	129. Kayla Rossi, CSUS	23:38.65	155. Emily Hammons, NNU	24:23.61	181. Devin McDonald, MSUB	26:41.52
105. Cori Harral, SFAU	23:07.87	130. Clarissa Hernandez, CSULA	23:41.73	156. Sarah Perrin, CSUEB	24:29.83	182. Vanessa Mares, CSUEB	26:45.29
106. Brooke Caravello, APU	23:08.40	131. Chloe Rock, SFSU	23:42.39	157. Malia Gonzales, HPU	24:31.92	183. Audree Baldizon, CSULA	26:45.35
107. Chelsea Robinson, CSUMB	23:09.27	132. Oddessey Tapia, CSUEB	23:42.43	158. Cheyenne Greenside, UAF	24:32.23	184. Dalia Pedro-Trujillo, SMU	26:46.47
108. Thalia Silva, CSUS	23:10.16	133. Mo Lee Thornburg, HSU	23:43.21	159. Kelsey Lamb, CSUEB	24:34.32	185. Caroline Roncalli, CSULA	26:48.49
109. Casey Monoszlay, CPP	23:12.09	134. Samantha Ross, DU	23:44.59	160. Olivia Rivera, BYUH	24:41.71	186. Crystal Baysa, UHH	26:56.56
110. Jessica Horrocks, BYUH	23:12.72	135. Debora De Leon, WOU	23:45.27	161. Grace Weller, UAF	24:44.19	187. Viridiana Trujillo, FPU	26:57.84
111. Megan Teigen, SMU	23:15.56	136. Meghan Fairchild, HPU	23:46.09	162. Hannah Stevens, UAF	24:46.21	188. Gabriella Foyle, DU	26:58.09
112. Grace Knapp, WOU	23:16.31	137. Bailey Beeson, WOU	23:46.48	163. Jadyr Gourley, NNU	24:46.61	189. Oriana Cotres, DU	27:04.53
113. Hannah Dowdell, CWU	23:17.52	138. Taylor Condon, MSUB	23:48.71	164. Zannah Jepchumba, UAA	24:51.41	190. Karina Duarte, DU	27:17.69
114. Suzie Van de Grift, WOU	23:17.84	139. Jennifer Arellano, FPU	23:51.54	165. Jenecee Gallacher, DSU	25:04.31	191. Sarah Beatty, MSUB	27:43.42
115. Merin Arft, UCSD	23:18.18	140. Samantha Lopez, SFSU	23:52.13	166. Hailey Bomar, MSUB	25:04.42	192. Kaylee Rapoza, UHH	29:02.68
116. Nikaela Hemminger, HSU	23:18.33	141. Renny Castanon, CSUMB	23:53.27	167. Olivia Moyle, DSU	25:06.22		
117. Rio Frame, MSUB	23:19.08	142. Randi McCarley, FPU	23:55.70	168. Lindsey Dorney, SMU	25:08.27		
		143. Jordin Prado, APU	23:56.13	169. Anna Baker-Mikkelsen, UHH	25:10.60		

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2016**

**Nov. 5 at Amend Park, Billings, Mont.**

**Men's Team Scores:** Chico State 45, Alaska Anchorage 81, Cal Poly Pomona 90, Academy of Art 156, Cal Baptist 156, UC San Diego 163, Western Washington 168, San Francisco St. 185, Simon Fraser 204, Northwest Nazarene 394, Central Washington 397, Alaska 404, Montana State Billings 405, Western Oregon 407, Fresno Pacific 433, Azusa Pacific 438, Cal State East Bay 452, Dixie State 456, Cal State Monterey Bay 470, Humboldt State 484, Stanislaus State 572, BYU-Hawaii 580, Saint Martin's 582, Holy Names 588, Cal State LA 623.

**Women's Team Scores:** Chico State 70, Simon Fraser 103, Alaska Anchorage 111, Point Loma 124, Cal Poly Pomona 164, Cal Baptist 185, Humboldt State 283, Western Washington 286, UC San Diego 318, Stanislaus State 318, Western Oregon 350, Cal State San Bernardino 353, Fresno Pacific 378, Central Washington 392, Saint Martin's 401, Seattle Pacific 407, Academy of Art 418, Azusa Pacific 440, San Francisco St. 484, Hawaii Pacific 506, Northwest Nazarene 513, Alaska 563, Cal State Monterey Bay 578, Cal State LA 592, Sonoma State 598, Cal State East Bay 673, BYU-Hawaii 737, Dixie State 776, Montana State Billings 858, Notre Dame de Namur 970.

**Men's Results (10,000m)**

1. William Reyes, CSUC	29:45.16	63. Godfrey Kemboi, NNU	32:03.03	126. Garrett Mitchell, HNU	33:39.27	19. Katie Deimling, CBU	22:00.51
2. Kyle Medina, CSUC	30:04.96	64. Dylan Hayes, WWU	32:03.28	127. Colton Buster, SMU	33:41.66	20. Tatiana Gillick, HSU	22:00.52
3. Falco Digiallonardo, CSUC	30:05.35	65. Max Moncur, BYUH	32:06.16	128. Peyton Brothers, NNU	33:45.67	21. Lillianna Stelling, WWU	22:00.54
4. Edwin Kangogo, UAA	30:07.58	66. Mateo de Dalmases, SFU	32:08.45	129. Ryan Torres, CSUMB	33:46.64	22. Leanda Du Bruyn, CBU	22:02.89
5. Isaac Derline, WWU	30:08.04	67. Brett Bermudez, AAU	32:11.07	130. Levi Schilter, SMU	33:48.44	23. Lorraine Fernandez, CPP	22:04.30
6. Mark Huizar, CPP	30:08.94	68. Jonathan Estrada, SFSU	32:13.43	131. Ronald Venema, MSUB	33:48.49	24. Anysja Manzer, NNU	22:04.68
7. Terek Alwafai, UCSD	30:09.47	69. Nick Hamilton, NNU	32:15.97	132. Jackson Oliver, BYUH	33:49.59	25. Nora Pizzella, CSUC	22:04.80
8. Michel Ramirez, UAA	30:26.12	70. Chase Wheeler, HSU	32:16.91	133. Dennis Messmer, CBU	33:50.44	26. Addy Townsend, SFU	22:10.11
9. Pierre Fontanarosa, AAU	30:27.42	71. Ephraim Tadeese, SFU	32:19.93	134. Leo Skellenger, CSUEB	33:52.01	27. Kennedy Rufener, WOU	22:11.25
10. Brendan Gee, UCSD	30:30.87	72. Ismael Guzman, FPU	32:22.19	135. Connor Nolen, FPU	33:53.83	28. Haley Kroll, CSUC	22:12.72
11. Henry Cheseto, UAA	30:32.92	73. Ben Stalheim, HSU	32:22.76	136. Jason Morris, CSUMB	33:58.05	29. Zannah Jephumba, UAA	22:13.48
12. Ruben Dominguez, CPP	30:34.34	74. George Barlow, DSU	32:22.77	137. Jarred Gregory-Grimes, AAU	34:00.25	30. Symone Booker, CPP	22:13.50
13. Benji Preciado, SFSU	30:34.95	75. Tyler Humphries, CWU	32:22.82	138. Nick Spencer, CWU	34:01.77	31. Kayden Carpenter, CSUC	22:15.14
14. Gatien Airiau, AAU	30:05.90	76. Hunter Chamberlain, DSU	32:25.69	139. David Mejia, HNU	34:02.55	32. Grace Knapp, WOU	22:17.23
15. David Ribich, WOU	30:36.07	77. Lukash Platil, UAF	32:27.60	140. Alejandro Rios, CSUS	34:03.03	33. Sarah Macdonald, SPU	22:19.05
16. Kenny Trejo, SFSU	30:36.99	78. Josh Dempsey, WOU	32:29.30	141. Philip Herrera, BYUH	34:08.33	34. Fruzsina Ladanyi, CBU	22:22.90
17. Aaron Mora, CSUC	30:39.83	79. Jeremy Porter, APU	32:29.54	142. Kainalu Asam, HSU	34:09.14	35. Danielle McCormick, UAA	22:26.47
18. Valentin Robert, CBU	30:41.09	80. Chris Goertzen, APU	32:34.67	143. Anthony Lemus, HNU	34:09.88	36. Stefani Gaskell, FPU	22:26.76
19. Brandon Ferguson, CPP	30:42.12	81. Kaleb Javier, CWU	32:36.14	144. Samuel Serviss, SFU	34:15.60	37. Alexandra Hernandez, PLNU	22:27.31
20. Andrew Wise, WWU	30:46.91	82. Keegan Rankin, UAF	32:38.71	145. James Dagley, HSU	34:20.33	38. Tamara Perez, UAA	22:28.53
21. Isaac Mitchell, NNU	30:47.23	83. Isaac Stinchfield, BYUH	32:39.90	146. Jonathan Matson, FPU	34:20.78	39. Anett Somogyi, CBU	22:29.31
22. Steven Martinez, CSUC	30:51.97	84. Michael Mrgudic, CSUS	32:39.95	147. Hunter Mosman, WOU	34:34.47	40. Ella Verhees, UCSD	22:31.03
23. Connor Henderson, CSUMB	30:55.28	85. Justin Irvine, WWU	32:40.08	148. Anthony Palacio, HSU	34:35.81	41. Karina Carstens, UCSD	22:31.07
24. Victor Samoei, UAA	30:57.21	86. Rene Siqueiros, SFSU	32:40.95	149. Evan Gonzales, CSUMB	34:44.02	42. Thalia Silva, CSUS	22:31.32
25. Grant Stromberg, CPP	30:57.62	87. Tyus Mendoza, MSUB	32:41.48	150. Josh Hunt, SMU	34:44.24	43. Yadira Lopez, SMU	22:33.52
26. Rowan Doherty, SFU	30:58.09	88. Wyler Svoboda, UCSD	32:41.93	151. Cody McCranie, WWU	34:48.99	44. Casey Monozlay, CPP	22:34.53
27. Braeden Charlton, SFU	30:59.49	89. Jonathan Lafferty, CWU	32:43.06	152. Deion Molina, CSUEB	34:53.75	45. Kimberly Carter, HPU	22:34.56
28. Teague Senninger, CPP	31:00.91	90. Ron Leaf, CWU	32:44.12	153. Christian Moncada, CSUEB	35:00.45	46. Reta Dobie, SFU	22:34.58
29. Ken Kipkorir, CBU	31:03.63	91. Seiji Takagi, UAF	32:46.71	154. Joe Carranza, FPU	35:00.97	47. Sierra Manzer, NNU	22:36.89
30. Matthew Lutz, WWU	31:03.95	92. Zech Snel, CSUMB	32:47.61	155. David Puga, CSULA	35:16.01	48. Kori Gilley, HSU	22:38.55
31. Josh Thorson, AAU	31:04.77	93. Ben Fish, DSU	32:48.23	156. Ricardo Pena, CSULA	35:21.37	49. Megan Alfi, HSU	22:39.56
32. Jayden Emerson, CBU	31:05.46	94. Scott Acton, UCSD	32:49.01	157. Kurt Hake, APU	35:29.12	50. Ericka Taylor, CSULA	22:40.97
33. Drew Feldman, SFSU	31:10.47	95. Rodney Warr, DSU	32:52.04	158. Alex Nienaber, APU	35:30.75	51. Peyton Shinnick, WWU	22:42.22
34. Michael Mendenhall, UAA	31:12.57	96. Carl Wahlin, UAF	32:56.42	159. Dallin Olander, BYUH	35:33.38	52. Alexa Shindruk, CWU	22:42.57
35. Kris Everett, AAU	31:13.29	97. Marvin Thomas, AAU	32:56.54	160. Alex Johnson, HSU	35:33.97	53. Jordan Sienkiewicz, PLNU	22:43.26
36. Justin Carrancho, UAA	31:14.65	98. Josiah Shelman, SMU	32:57.40	161. Ethan MacHado, HNU	35:42.66	54. Brittani Matthews, CPP	22:43.55
37. Cody Drisko, APU	31:16.07	99. Daniel Serventi, UAF	32:58.03	162. Didier Pina, CSULA	35:49.36	55. Delaney Clem, CWU	22:44.44
38. Anthony Lozano, CBU	31:17.23	100. Dustin Nading, WOU	32:58.06	163. Matt Espinoza, APU	35:58.93	56. Gina Wood, CSUS	22:46.86
39. William Ernst, CBU	31:18.46	101. Mark Hovland, MSUB	32:58.86	164. Evan Morrow, BYUH	35:59.95	57. Rachel Gee, CSUSB	22:49.74
40. Sean Miller, SFU	31:21.10	102. Richard Jazo, FPU	32:59.30	165. Tyler Bird, DSU	36:03.27	58. Sara Taferre, WWU	22:51.08
41. Aren Johnson, UCSD	31:21.59	103. Max Hite, CSUMB	33:02.75	166. Jose Garcia, CSULA	36:42.11	59. Ann Poythress, FPU	22:52.41
42. Even Negash, CSULA	31:22.68	104. Alberto Venegas, CSUEB	33:03.52	167. Nick Fox, BYUH	37:49.67	60. Hadley Clark, CSUMB	22:52.57
43. Chris Lessard, CSUEB	31:23.33	105. Tyler Jones, WOU	33:05.92	168. Austin Magin, SFSU	39:05.28	61. Meghan Rasch, HPU	22:52.72
44. Alex Torres, FPU	31:24.48	106. Ivan Colmanero, MSUB	33:06.18			62. Kristin Semancsin, UCSD	22:53.39
45. Marc Antoine-Rouleau, SFU	31:25.95	107. Ramon Vargas, CSUS	33:07.88			63. Dorothy O'Donnell, UAF	22:53.98
46. Samuel Blake, UCSD	31:26.63	108. Daniel Zaragoza-Rincon, CSULA	33:08.29			64. Magali Arsiniega, SFSU	22:54.12
47. Christian Rodriguez, CPP	31:32.97	109. Justin Crosswhite, WOU	33:08.46			65. Mariah Burroughs, UAA	22:54.39
48. Michael Lowrie, CBU	31:37.80	110. Jacob Walsh, UAF	33:09.05			66. Laticia Joven, CSUS	22:55.58
49. Peter Butler, WWU	31:40.37	111. Hanson Lee, CWU	33:09.37			67. Jasmine Casillas, SSU	22:56.66
50. Aaron Potts, APU	31:40.89	112. Jasper Heckman, SMU	33:10.31			68. McKaela Christenson, AAU	22:57.09
51. Garrett Love, MSUB	31:42.23	113. Rylan Manzer, NNU	33:12.68			69. Annie Roberts, HSU	22:58.04
52. Nathan Kipchumba, UAA	31:44.12	114. Israel Sotelo, CSUEB	33:13.07			70. Chandler Johnson, AAU	22:59.62
53. Arturo Arevalo, CSUC	31:46.66	115. Jake Kleist, APU	33:14.41			71. Claire Rainey, CBU	23:00.29
54. Daniel Tull, HSU	31:50.52	116. Sawyer Heckard, WOU	33:14.76			72. Kaitlyn Maker, UAA	23:01.20
55. Austin Sanchez, SFSU	31:51.41	117. Uriel Carlos, CSUS	33:18.31			73. Clarissa Morales, CSUS	23:02.84
56. Christopher Hyden, CPP	31:53.01	118. Shi-Quan Nettingham, DSU	33:19.23			74. Nicole Maurmann, WOU	23:04.52
57. Pedro Cruz, CSUEB	31:54.05	119. Julian Johnson, HNU	32:25.99			75. Stephanie Rexus, CWU	23:04.54
58. Alex Eckert, UAF	31:56.02	120. Joe Edgecomb, SMU	33:24.06			76. Brittany Grant, WWU	23:05.99
59. Terrence Luevano, UCSD	31:57.09	121. Josh Panasuk, MSUB	33:25.97			77. Analia Garcia, SSU	23:07.93
60. Jorey Egeland, MSUB	31:57.47	122. Yonas Desta, DSU	33:28.02			78. Michelle Pineda, CSUSB	23:08.44
61. Arthur Rivalcaba, HNU	31:57.82	123. Alex Wallach, CSUMB	33:29.52			79. Suzia Van De Grift, WOU	23:08.58
62. Josh Boston, CWU	31:59.80	124. Joel Perez, CSUS	33:33.67			80. Maddy Hutchison, WWU	23:09.32
		125. Austin Miller, SMU	33:36.08			81. Cynthia Mejia, CSUS	23:11.65

**Women's Results (6,000m)**

1. Laura Aceves, CSUSB	20:55.95
2. Caroline Kurgat, UAA	20:59.01
3. Shannon Porter, SMU	21:16.64
4. Eileen Stessling, APU	21:16.94
5. Sadie Gastelum, CSUC	21:17.34
6. Karlie Garcia, CSUC	21:20.16
7. Joyce Chelimo, UAA	21:22.87
8. Rebecca Bassett, SFU	21:24.53
9. Hannah Benoit-Bucher, PLNU	21:40.51
10. Brianna Bartello, PLNU	21:42.72
11. Miryam Bassett, SFU	21:45.81
12. Julia Howley, SFU	21:47.40
13. Calene Morris, CPP	21:48.32
14. Adrianna Calva, SFSU	21:49.35
15. Marissa Bartello, PLNU	21:50.84
16. Alex Burkhardt, CSUC	21:52.42
17. Courtney Moore, FPU	21:57.41
18. Hannah Dorman, CSUC	21:59.93

## GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

### 2016 Women's Results Continued

82. Jamie Morris, AAU	23:12.10	112. Jessica Horrocks, BYUH	23:41.16	143. Taylor Hurlock, APU	24:26.38	174. Breann Howell, BYUH	25:13.75
83. Alyssa Foote, SPU	23:12.28	113. Kristi Capello, APU	23:43.63	144. Brooke Caravello, APU	24:28.46	175. Shawna Troupe, WWU	25:18.08
84. Sophia Gomez, WWU	23:12.66	114. Megan Teigen, SMU	23:45.47	145. Bethany Quan, CSULA	24:28.81	176. Fern Aguilar, CSUMB	25:22.39
85. Mary Charleson, SPU	23:13.78	115. Brenna Liebel, CWU	23:46.16	146. Amanda Turnbull, BYUH	24:30.99	177. Kelsey Rij, FPU	25:23.91
86. Sarah Perrin, CSUEB	23:14.24	116. Jessica Steinhoff, CSUSB	23:46.29	147. Grace Weller, UAF	24:33.65	178. Arlene Avalos, DSU	25:26.16
87. Merin Arft, UCSD	23:14.93	117. Sophie Carroll, SPU	23:47.76	148. Cicelya Beard, CSULA	24:33.78	179. Cassandra Martinez, NDNU	25:28.78
88. Skylar Thiel, UCSD	23:15.41	118. Ashley Mason, CWU	23:48.11	149. Halie Wilsey, NNU	24:34.84	180. Yeshi Vaughan, SMU	25:30.12
89. Hannah Calvert, SPU	23:15.56	119. Lariss Kolasinski, SMU	23:49.47	150. Jordan Linsky, SFSU	24:36.09	181. Bethany Danner, NNU	25:31.30
90. Kali Striker, UAF	23:15.81	120. Alyssa Haring, DSU	23:50.17	151. Rio Frame, MSUB	24:36.46	182. Kandace Compton, CSUEB	25:33.92
91. Belle Moran, APU	23:16.74	121. Brenna Carlson, CWU	23:53.07	152. Noelle Hele, DSU	24:40.48	183. Breanne Brett, SSU	25:36.40
92. Pearl Shoemaker, SFSU	23:17.45	122. Claire McCloskey, SMU	23:55.81	153. Ashlyn Barajas, CSUMB	24:42.62	184. Mikayla Mesker, SSU	25:37.02
93. Josie Frye, PLNU	23:17.63	123. Laura Romero, CSUSB	23:56.20	154. Mackenzie Harder, PLNU	24:42.64	185. Emily McCarthy, AAU	25:39.30
94. Jordan Allen, CSUMB	23:18.85	124. Nichole Bathe, UAF	23:57.84	155. Kate Lilly, SPU	24:43.16	186. Chelsea Robinson, CSUMB	25:41.73
95. Elena Gomez, CWU	23:19.19	125. Jessica Wunschmann, AAU	23:58.45	156. Marieta Wright, DSU	24:43.47	187. Mackenzie Martinez, BYUH	25:46.12
96. Kaelyn Harbison, AAU	23:20.94	126. Maria Hurtado, SSU	23:59.29	157. Camille Schutze, SSU	24:46.71	188. Lydia Foster, MSUB	25:48.30
97. Catie Ledesma, HSU	23:21.86	127. Christa Kloha, UCSD	24:02.65	158. Andrea Romero, CSUEB	24:48.95	189. Chynna Phan, SPU	25:49.27
98. Elise Larson, APU	23:21.89	128. Chelsea Riberio, SFU	24:03.36	159. Lindsey Dorney, SMU	24:50.47	190. Jazmine Moore, NDNU	26:01.21
99. Isabel Mendoza, CSUS	23:24.11	129. Evelina Maanson, HPU	24:07.22	160. Nikki Aiken, MSUB	24:52.92	191. Amanda Dithazy, WOU	26:09.25
100. Denise Reis, CSUS	23:25.86	130. Gabrille Wisot, HPU	24:08.45	161. Karina Vidiros, FPU	24:52.99	192. Catrina Schuchard, MSUB	26:14.10
101. Delaney Ellsworth, CSUSB	23:27.61	131. Emily Hammons, NNU	24:10.00	162. Mckenna Conley, NNU	24:54.76	193. Madison Hurley, BYUH	26:30.63
102. Giulia McIssac, AAU	23:28.17	132. Cynthia Rivera, CSUSB	24:13.58	163. Megan Perko, CSUMB	24:55.40	194. Sarah Beatty, MSUB	26:38.34
103. Paige Nock, SFU	23:29.27	133. Andie Ledesma, HSU	24:15.27	164. Carly Josephson, SFSU	24:59.07	195. Milagros Vizciano, NDNU	26:39.53
104. Elizabeth Henandez, CPP	23:29.46	134. Annie Ware, APU	24:17.14	165. Alyssa Odum, BYUH	24:59.26	196. Laura Hernandez, CSULA	26:56.68
105. Randi McCarley, FPU	23:29.76	135. Niki Hemminger, HSU	24:17.42	166. Ginny Link, WOU	24:59.96	197. Morgan lacey, DSU	26:58.04
106. Emeline Delanis, CBU	23:30.85	136. Dana Pollard, CSUEB	24:18.36	167. Bailey Bomar, MSUB	25:04.28	198. Amy Wheeler, NNU	27:13.81
107. Ariel Melendez, CSULA	23:33.96	137. Raelene Dearmas, UCSD	24:18.48	168. Kimberly Fitzgerald, UAF	25:05.19	199. Heather Lacey, DSU	27:21.66
108. Jessie McIntyre, CSUMB	23:34.43	138. Olivia Woods, WOU	24:19.22	169. Myha Castro, SFSU	25:07.13	200. Ella McKenzie, MSUB	27:39.99
109. Berenice Cleyet-Merle, CBU	23:35.29	139. Brooke Gottmier, UAF	24:19.60	170. Kacie Labrum, DSU	25:07.18	201. Megan Satterfield, CSUEB	27:44.18
110. Elizabeth Olivera, CPP	23:37.13	140. Olivia Rivera, BYUH	24:21.58	171. Sierra Downum, SSU	25:07.94	202. Toni Cardoza, NDNU	28:23.02
111. Kelsey Lamb, CSUEB	23:40.23	141. Allison Carone, HPU	24:21.71	172. Brianna Guerrero, FPU	25:11.74	203. Taryn Stevenson, CSUEB	29:31.32
		142. Clarisa Hernandez, CSULA	24:24.97	173. Ann-Cathrin Uhl, UAF	25:12.35	204. Noelle Reyes, NDNU	29:54.95

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

2017

**Nov. 4 at Ash Creek Preserve, Monmouth, Ore.**

**Men's Team Scores:** Chico State 55, Cal Baptist 84, Western Oregon 121, Simon Fraser 121 (WOU wins tiebreaker for third 3-2), Alaska Anchorage 172, Academy of Art 174, Cal Poly Pomona 178, Western Washington 213, Cal St. San Marcos 235, UC San Diego 297, Cal St. East Bay 302, Azusa Pacific 367, Northwest Nazarene 404, Fresno Pacific 422, San Francisco St. 428, Central Washington 454, Concordia (Ore.) 509, Stanislaus State 513, Montana State Billings 520, Concordia (Calif.) 537, Dixie State 546, Cal St. Monterey Bay 562, Humboldt State 586, Alaska 596, Seattle Pacific 616, Saint Martin's 754, Dominican (Calif.).

**Women's Team Scores:** Cal Baptist 68, Alaska Anchorage 84, Chico State 105, Simon Fraser 127, Cal St. San Marcos 165, Cal Poly Pomona 189, Academy of Art 252, Western Washington 257, Humboldt State 292, Point Loma 307, UC San Diego 325, Stanislaus State 328, Seattle Pacific 332, San Francisco St. 348, Central Washington 378, Azusa Pacific 437, Dixie State 505, Cal St. East Bay 508, Western Oregon 518, Fresno Pacific 610, Northwest Nazarene 643, Concordia (Ore.) 653, Cal St. LA 682, Concordia (Calif.) 699, Alaska 702, Cal St. Monterey Bay 717, Saint Martin's 753, Sonoma St. 803, Montana State Billings 831, Notre Dame de Namur 849.

**Men's Results (10,000m)**

1. David Ribich, WOU	29:49.2	63. Sean Eustis, WWU	31:45.6	126. Jake Garrissere, SFSU	33:07.1	188. Elliot Portillo, HSU	37:53.8
2. Kyle Medina, CSUC	29:57.5	64. Justin Crosswhite, WOU	31:48.6	127. Royce Garcia, SPU	33:08.2	Jacob Silva, CSULA	DQ
3. McMarshall Hartzenberg, CBU	29:59.9	65. Tim Corvese, UCSD	31:51.2	128. Alex Wallach, CSUMB	33:10.2	Luis Ayala-Sierra, CSULA	DQ
4. Ruben Dominguez, CPP	30:01.8	66. Daniel Tull, HSU	31:55.0	129. Chandler Maciel, FPU	33:10.2	Anthony Palacio, HSU	DQ
5. Gatién Airiau, AAU	30:08.4	67. Jorey Egeland, MSUB	31:55.3	130. Jacob Walsh, UAF	33:11.7		
6. Edwin Kangogo, UAA	30:11.5	68. Steven Terris, CSUSM	31:55.6	131. Hanson Lee, CWU	33:12.0		
7. Jeremy Porter, APU	30:12.6	69. Godfrey Kemboi, NNU	31:55.6	132. Eric Alvarez, CSUS	33:13.5		
8. Connor Fisher, CSUC	30:19.2	70. Zech Snel, CSUMB	31:56.1	133. Kurt Hake, APU	33:16.5		
9. Simon Bedard, CBU	30:21.6	71. Angel Aguirre, CUI	31:56.5	134. Evan Gonzales, CSUMB	33:20.5		
10. Jack Johnson, CSUC	30:22.7	72. Brett Bermudez, AAU	31:56.8	135. Carson Cohn, HSU	33:20.9		
11. Pierre-Louis Detourbe, CBU	30:23.9	73. Peder Rickbeil, SPU	31:57.3	136. Alex Grimmitt, HSU	33:21.9		
12. Josh Litwiller, CSUSM	30:25.8	74. Kyle Rossman, CSUSM	31:57.4	137. Julian Romero, UCSD	33:22.9		
13. Dustin Nading, WOU	30:28.9	75. Nick Hamilton, NNU	31:58.3	138. Christian Barajas, CSUMB	33:23.7		
14. Andrew Wise, WWU	30:30.9	76. Dustyn Salomon, HSU	31:58.6	139. Ivan Colmenero, MSUB	33:24.5		
15. Oliver Jorgensen, SFU	30:42.4	77. Corbin Carlton, CWU	31:59.2	140. Stephen Fey, WU	33:27.5		
16. Sean Miller, SFU	30:46.9	78. Josh Boston, CWU	32:06.4	141. Seiji Takagi, UAF	33:28.5		
17. Teddy Kassa, CSUC	30:49.4	79. Hector Arteaga, CUI	32:08.4	142. Austin Magin, SFSU	33:32.1		
18. Eddie King, CSUC	30:51.8	80. Josh Moats, CU	32:09.6	143. Nathan Nickeson, FPU	33:32.6		
19. Rowan Doherty, SFU	30:52.5	81. Joey Benrubi, UCSD	32:09.6	144. James Logan, APU	33:33.6		
20. Aren Johnson, UCSD	30:53.4	82. Rabah Houali, AAU	32:10.8	145. Jimmy Chagoya, HPU	33:34.5		
21. Chris Lessard, CSUEB	30:54.9	83. Phillip Dorado, CSUSM	32:11.7	146. Elius Graff, SPU	33:35.4		
22. Christian Rodriguez, CPP	30:55.1	84. Chase Cunningham, NNU	32:12.0	147. Ryan Abdalla, NNU	33:38.2		
23. Victor Moreau, AAU	30:57.3	85. James Jasperson, WWU	32:12.5	148. Yonas Desta, DSU	33:41.2		
24. Arturo Arevalo, CSUC	30:57.8	86. Leo Skellenger, CSUEB	32:15.7	149. Mark Werley, CSUSM	33:41.7		
25. Mateo de Dalmases, SFU	30:59.0	87. Nathaniel Tamminga, APU	32:17.4	150. Luis Barrera, CSUS	33:42.7		
26. Shea Vavra, CSUSM	30:59.4	88. Dawson Ribeiro, SFU	32:18.1	151. Noah Wallace, CU	33:43.5		
27. Jadon Olson, WWU	31:00.8	89. Garrett Boulais, UCSD	32:22.4	152. Brysten James, SPU	33:45.1		
28. Dennis Messmer, CBU	31:02.5	90. Trevor Allen, CWU	32:22.5	153. Carson Jessop, MSUB	33:47.4		
29. Nathan Kipchumba, UAA	31:03.4	91. Oscar Soto, CPP	32:23.2	154. Jan Cech, UAF	33:48.9		
30. Caton Avilla, CSUC	31:03.9	92. Kaleb Korta, UAA	32:23.6	155. Nathan-Michael Guzman, CSULA	33:52.9		
31. Freddie Hessian, AAU	31:04.4	93. Miguel Ramirez, DSU	32:24.3	156. Erick Ayala, CSUS	33:57.1		
32. Parker Marson, WOU	31:05.2	94. Ben Fish, DSU	32:24.8	157. Buay Deng, DUC	34:02.9		
33. Michael Lowrie, CBU	31:06.8	95. Mark Field, APU	32:26.2	158. Tyson Mckeon, DSU	34:09.4		
34. Alex Torres, FPU	31:07.7	96. Lukash Plattl, UAF	32:26.9	159. Matt Whitworth, HPU	34:11.1		
35. Chris Goertzen, FPU	31:11.8	97. Rene Siqueiros, SFSU	32:27.9	160. Nizar Sweileh, CSUS	34:12.3		
36. Tyler Jones, WOU	31:12.5	98. Jonathan Estrada, SFSU	32:30.3	161. Miguel De LaMarena, SMU	34:20.6		
37. Nickson Koech, UAA	31:13.2	99. Elijah Horwitz, UCSD	32:30.4	162. Peyton Brothers, NNU	34:23.6		
38. Devon Reed, CPP	31:15.1	100. Alberto Venegas, CSUEB	32:30.5	163. Carlos Gonzalez, SFSU	34:26.9		
39. Josh Dempsey, WOU	31:16.2	101. Chris Sobczak, SFU	32:31.2	164. Shawn Trejo, CUI	34:27.9		
40. Jorge Sanchez, UAA	31:18.2	102. Henry Milodragovich, CWU	32:31.3	165. Levi Schilter, SMU	34:29.1		
41. Jayden Emerson, CBU	31:21.3	103. Samuel Bautista, CUI	32:32.1	166. Noah Murry, CU	34:29.6		
42. Garrett Lepine, UCSD	31:23.5	104. Josh Hunt, SMU	32:35.2	167. Joe Edgecomb, SMU	34:39.6		
43. Marvin Thomas, AAU	31:28.1	105. Israel Sotelo, CSUEB	32:37.7	168. Joey Morris, DUC	34:41.7		
44. Judd Lewis, CU	21:28.8	106. Max Hite, CSUMB	32:40.3	169. Colton Buster, SMU	34:47.5		
45. Cody Drisko, APU	31:32.2	107. Ron Leaf, CWU	32:40.4	170. Ricardo Pena, CSULA	34:50.2		
46. Carlos Vargas, SFU	31:33.8	108. Brittan Reed, CPP	32:42.1	171. Ben Hansen, SPU	34:57.7		
47. Pedro Cruz, CSUEB	31:33.9	109. Connor Nolen, FPU	32:43.5	172. Josiah Alverts, UAF	35:00.0		
48. Esteban Leon, CSUEB	31:34.3	110. Carl Wahlin, UAF	32:44.6	173. David Puga, CSULA	35:00.9		
49. Tyus Mendoza, MSUB	31:35.8	111. Jarred Gregory-Grimes, AAU	32:45.4	174. Guillaume Tabary, SMU	35:03.4		
50. Michael Mrgudic, CSUS	31:36.5	112. Tyler Humphries, CWU	32:47.1	175. Anthony Ruiz, CUI	35:09.2		
51. Eric Hamel, WWU	31:37.6	113. Ronald Venema, MSUB	32:47.7	176. Isaiah Giordano, APU	35:09.6		
52. Grant Stromberg, CPP	31:38.3	114. Dominic Giordano, CU	32:48.5	177. Logan Phillips, CSUMB	35:18.6		
53. Austin Sanchez, SFSU	31:38.5	115. Adam Gonzalez, FPU	32:50.1	178. Jeran Sykes, HSU	35:20.6		
54. Andrew Selevos, SFSU	31:39.3	116. Miguel Morales, CSUEB	32:50.2	179. William Best, CUI	35:20.7		
55. Joseph Gonzales, CSUSM	31:39.8	117. Rylan Manzer, NNU	32:50.4	180. Drake Henson, MSUB	35:29.2		
56. Hunter Chamberlain, DSU	31:40.4	118. Liam Cossette, WWU	32:51.2	181. Jonathan Matson, FPU	35:40.8		
57. Isaac Gonzalez, CSUS	31:40.7	119. Lyon Kopsack, UAF	32:52.5	182. Paul Roman, DUC	35:42.4		
58. Dylan Hayes, WWU	31:41.5	120. Shad Galloway, SPU	32:52.9	183. Derrick Howlett, SMU	35:50.1		
59. Isaac Mitchell, NNU	31:43.5	121. Jose Macias, CU	32:53.3	184. Jack Pickell, MSUB	35:59.7		
60. Felix Kemboi, UAA	31:44.6	122. Justin Carrancho, UAA	32:55.7	185. Jose Garcia, CSULA	36:30.3		
61. Mirco Zenzen, CBU	31:45.2	123. Tyler Arnold, CUI	32:56.1	186. Anthony Sassano, DUC	36:34.6		
62. Jeremiah Suzara, CPP	31:45.6	124. Matthew Morris, CSUMB	33:03.3	187. Christian Li, DUC	37:17.9		
		125. Tomas Huerta, CSUS	33:06.8				

**WOMEN**

1. Caroline Kurgat, UAA	20:26.1
2. Anett Somogyi, CBU	21:04.5
3. Emeline Delanis, CBU	21:08.6
4. Hannah Dorman, CSUC	21:10.9
5. Natalie Rodriguez, CSUSM	21:16.1
6. Julia Howley, SFU	21:23.0
7. Swann Phelippeau, AAU	21:27.5
8. Tatiana Gillick, HSU	21:30.0
9. Ella Verhees, UCSD	21:30.4
10. Hannah Benoit-Bucher, PLNU	21:31.3
11. Fruzsina Landayi, CBU	21:32.7
12. Kennedy Rufener, WOU	21:32.8
13. Lisa Flora, CSUSM	21:33.7
14. Annie Roberts, HSU	21:34.0
15. Zannah Jephumba, UAA	21:34.2
16. Alex Burkhardt, CSUC	21:38.6
17. Miryam Basset, SFU	21:39.6
18. Alexa Shindruk, CWU	21:40.7
19. Lorraine Fernandez, CPP	21:41.0
20. Haley Kroll, CSUC	21:45.6
21. Danielle McCormick, UAA	21:47.0
22. Mariah Burroughs, UAA	21:47.7
23. Casey Monozslay, CPP	21:49.9
24. Caroline Barkechir, CBU	21:50.0
25. Emmah Chelimo, UAA	21:52.1
26. Kimberly Coscia, UAA	21:54.1
27. Adriana Calva, SFSU	21:54.8
28. Katherine Robinson, CBU	21:56.3
29. Giulia McIssac, AAU	21:57.2
30. Haley Boynton, CSUC	21:59.3
31. Salena Gallardo, CSUSM	22:01.7
32. Jenna Wilson, APU	22:02.6
33. Addy Townsend, SFU	22:03.0
34. Olivia Willett, SFU	22:03.0
35. Kayden Carpenter, CSUC	22:03.9
36. Katie Deimling, CBU	22:03.9
37. Chelsea Ribiero, SFU	22:04.7
38. Lillianna Stelling, WWU	22:05.4
39. Tracy Melville, WWU	22:06.4
40. Nora Pizzella, CSUC	22:07.3
41. Kristin Semancsin, UCSD	22:08.5
42. Samantha Barajas, CPP	22:12.1
43. Cynthia Mejia, CSUS	22:13.4
44. Alexandra Hernandez, PLNU	22:14.5
45. Camille Hansen, SFSU	22:14.7
46. Cessair McKinney, HSU	22:15.5
47. Alyssa Foote, SPU	22:16.2
48. Megan Satterfield, CSUEB	22:18.4
49. Elizabeth Hernandez, CPP	22:19.4
50. Elise Larson, APU	22:20.2
51. Paul Stonehouse, CSUSM	22:23.4
52. Alexandria Tucker, CSUC	22:25.0
53. Clarissa Morales, CSUS	22:25.0
54. Brianna Bartello, PLNU	22:26.5
55. Ericka Taylor, CSULA	22:26.9
56. Symone Booker, CPP	22:27.2

## GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

### 2017 Women's Results Continued

57. Katherine Walter, SPU	22:28.3	94. Shalyn Mabritto, UCSD	23:04.5	133. Cori Harral, NDNU	23:55.3	172. Ariana Jasso, FPU	24:50.9
58. Leanda du Bruyn, CBU	22:29.1	95. Peyton Shinnick, WWU	23:05.3	134. Kiersten Kimminau, CWU	23:55.4	173. Carly Halm, APU	24:52.3
59. Alexandra Laiblin, WWU	22:29.2	96. Nikki Allen, MSUB	23:06.3	135. Kaitlyn Bailly, CU	23:56.3	174. Yeshi Vaughan, SMU	24:53.7
60. Jane Barr, WWU	22:30.3	97. MaKenna Duda, CSUEB	23:10.2	136. Jackline Knight, CWU	23:58.8	175. Rosalva Quevedo, CSUEB	24:58.0
61. Maddy Hutchison, WWU	22:31.3	98. Alexandra Bergholtz, UAF	23:11.0	137. Morgan Siebka, UAF	24:01.0	176. Grace Weller, UAF	24:59.1
62. Magali (Allie) Arsiniega, SFSU	22:32.1	99. Brenna Carlson, CWU	22:11.9	138. Anna Hamilton, NNU	24:02.0	177. Kaitlyn Wood, CSUMB	25:04.3
63. Jamie Morris, AAU	22:33.8	100. Anahi Betart, CPP	23:13.7	139. Andie LeDesma, HSU	24:02.7	178. Ann-Cathlin Uhl, UAF	25:06.3
64. Sierra Manzer, NNU	22:34.8	101. Natalie Vaughn, CSUMB	23:15.1	140. Brooke Caravello, APU	24:03.8	179. Ashlyn Barajas, CSUMB	25:07.6
65. Shelby Eberwein, CSUSM	22:35.1	102. Merin Arft, UCSD	23:16.1	141. Jocelyn Macias, CUI	24:05.3	180. Kelsea Campbell, CU	25:08.0
66. Yadira Lopez, SMU	22:36.3	103. Vicki Arevalo, FPU	23:17.0	142. Emily Hammons, NNU	24:05.6	181. Arlene Avalos, DSU	25:09.4
67. Sophia Galvez, WWU	22:36.3	104. Nichelle Jackson, CPP	23:17.3	143. Olivia Woods, WOU	24:06.1	182. Ashley Harris, NNU	25:10.9
68. Jax Heckers, CSUSM	22:39.6	105. Gabby Hobson, CU	23:17.8	144. Cicelya Beard, CSULA	24:06.3	183. Sadie Dalgleish, SMU	25:14.7
69. Tamara Perez, UAA	22:40.8	106. Cecelia Carretero, CSUEB	23:17.9	145. Bailey Fjelstul, CU	24:06.4	184. Noelle Reyes, NDNU	25:16.7
70. Madelein Dignadice, AAU	22:41.1	107. Jordan Linsky, SFSU	23:18.7	146. Kassandra Martinez, NDNU	24:07.3	185. Jordan Allen, CSUMB	25:19.5
71. Mary Charleson, SPU	22:47.6	108. Jasmine Casillas, SSU	23:19.7	147. Natali Contreras, APU	24:11.4	186. Kelby Wagner, MSUB	25:20.2
72. Kendall Herod, CSUS	22:47.9	109. Pearl Shoemaker, SFSU	23:20.0	148. Claire Fisher, CSUEB	24:12.0	187. Alondra Ortiz, CSUEB	25:20.7
73. Anahi Soriano, CSUSM	22:48.4	110. Kaylee Thompson, HSU	23:20.0	149. Jocelyn Duran, PLNU	24:13.1	188. Grace Hall, HSU	25:20.7
74. Sophie Dodd, SFU	22:49.0	111. Nicole Pederson, CU	23:20.2	150. Breeana Montoya, FPU	24:13.4	189. Alyssa Stromsland, PLNU	25:24.5
75. Skyler Storie, DSU	22:49.3	112. Camille Perkins, UCSD	23:21.5	151. Brooke Gottmeier, HPU	24:14.5	190. Mikayla Mesker, SSU	25:26.3
76. Iris Carrillo, CSUS	22:50.7	113. Dana Pollard, CSUEB	23:22.9	152. Alyssa Renteria, SSU	24:18.2	191. Gina Rowley, SSU	25:28.5
77. Laynee Wells, DSU	22:50.8	114. Mackenzie Harder, PLNU	23:25.3	153. Anja Majjala, UAF	24:18.9	192. Sierra Downum, SSU	25:30.9
78. Chynna Phan, SPU	22:51.9	115. Anela Christensen, DSU	23:25.3	154. Stephanie Bernal, CSUS	24:19.0	193. Toni Cardoza, NDNU	25:35.5
79. Dania Holmberg, SPU	22:53.2	116. Rosa Granados, HSU	23:28.7	155. Clarisa Hernandez, CSULA	24:21.3	194. Heidi Nisly, NNU	25:44.6
80. Kimberly Carter, HPU	22:54.2	117. Paige Nock, SFU	23:33.1	156. Isabelle Tingstad, WOU	24:22.5	195. Jerrica Martin, MSUB	25:46.6
81. Nicole Soleim, CWU	22:54.6	118. Araceli Mancilla, FPU	23:33.9	157. Savannah Neu, CUI	24:22.9	196. Sara Harrington, CU	25:49.4
82. Karina Carstens, UCSD	22:54.7	119. Rosalba Cabrera, CUI	23:36.9	158. Kimberly Fitzgerald, UAF	24:24.8	197. Taylor Towne, SSU	25:50.2
83. Jordyn Zorn, FPU	22:55.2	120. Sara Fish, DSU	23:37.0	159. Trinity Gomez, CSUMB	24:24.9	198. Catrina Schuchard, MSUB	25:53.8
84. Chandler Johnson, AAU	22:57.0	121. Billie Hatch, DSU	23:37.2	160. Anamauri Hernandez, CUI	24:26.3	199. Kateri Rush, MSUB	25:59.5
85. Nancy Juarez, CSUS	22:59.5	122. Bethany Danner, NNU	23:38.5	161. Molly Mulay, CSUMB	24:27.9	200. KaKenna Conley, NNU	26:04.5
86. Belle Moran, APU	22:59.9	123. Cassie McKinney, WOU	23:38.8	162. Gracielita Bastidas, FPU	24:28.4	201. Milagros Vizcaino, NDNU	26:06.2
87. Marissa Bartello, PLNU	23:00.2	124. Kendra Corey, UCSD	23:40.0	163. Aysia Killingbeck, CU	24:28.7	202. Hannah Hopkins, CUI	26:21.7
88. Kate Lilly, SPU	23:00.2	125. Sarah Martinez, SFSU	23:40.7	164. Tatjana Spaic, UAF	24:31.5	203. Tera Zortman, CUI	26:36.8
89. Suzie Van De Grift, WOU	23:01.8	126. Alyssa Haring, DSU	23:44.1	165. Bailey Bomar, MSUB	24:33.6	204. Daniela Camacho, NDNU	26:57.5
90. Ashley Brown, AAU	23:03.1	127. Hadley Clark, CSUMB	23:48.5	166. Karina Vidrios, FPU	24:42.4	205. Laura Hernandez, CSULA	27:09.7
91. Miranda Nelson, CWU	23:03.2	128. Hailey Kettel, SPU	23:49.5	167. Janet Meza-Avila, CSULA	24:43.2	206. Sarah Beatty, MSUB	27:55.4
92. Akia Buford, CSUS	23:03.7	129. Bailey Wade, CUI	23:50.9	168. Adriana Velasco, CSULA	24:44.1	207. Cassie La Brake, SMU	28:41.8
93. Delaney Clem, CWU	23:03.9	130. Lindsey Dorney, SMU	23:52.6	169. Beatriz Martinez, AAU	24:46.5	208. Mariah Villapudua, NDNU	28:45.9
		131. Fabiola Naranjo, SFSU	23:53.3	170. Megan Rose, WOU	24:47.4	209. Olivia Abbott, SMU	30:30.0
		132. Taylor Hurlock, APU	23:54.3	171. Camille Schutze, SSU	24:49.1		

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2018**

**Nov. 17 at Amend Park, Billings, Mont.**

**Men's Team Scores:** Chico State 39, Simon Fraser 63, Alaska Anchorage 116, Cal Poly Pomona 146, Western Washington 159, Western Oregon 182, Cal State San Marcos 209, Stanislaus State 213, UC San Diego 299, Central Washington 351, Academy of Art 356, Azusa Pacific 375, Notre Dame de Namur 386, Seattle Pacific 395, San Francisco St. 399, Montana State Billings 432, Cal State East Bay 444, Humboldt State 478, Hawaii Pacific 496, Concordia (Ore.) 536, Concordia (Calif.) 568, Fresno Pacific 576, Saint Martin's 576, Cal State LA 748. Incomplete: Alaska, Cal State Monterey Bay, Dominican (Calif.), Northwest Nazarene.

**Women's Team Scores:** Alaska Anchorage 66, Simon Fraser 85, Chico State 88, Seattle Pacific 182, Western Washington 187, Point Loma 188, Azusa Pacific 189, Stanislaus State 205, Cal State San Marcos 210, Central Washington 256, Academy of Art 280, Cal State San Bernardino 340, Cal Poly Pomona 345, UC San Diego 360, Cal State East Bay 365, Humboldt State 402, Northwest Nazarene 451, Western Oregon 497, San Francisco St. 558, Fresno Pacific 573, Concordia (Calif.) 574, Concordia (Ore.) 628, Montana State Billings 625, Sonoma State 677, Cal State LA 692, Saint Martin's 828. Incomplete: Alaska, Cal State Monterey Bay, Notre Dame de Namur.

**Men's Results (10,000m)**

1. Eddie King, CSUC	30:49.00	63. Ronald Venema, MSUB	32:37.19	126. Michael Kilgariff, SFSU	34:10.07	16. Kaylee Mitchell, SPU	21:43.05
2. Felix Kemboi, UAA	30:50.84	64. Hunter Mosman, WOU	32:38.17	127. David Rutto, HPU	34:14.71	17. Nora Pizzella, CSUC	21:43.40
3. Jack Johnson, CSUC	30:55.95	65. Eilius Graff, SPU	32:39.25	128. Carson Jessop, MSUB	34:17.32	18. Mackenzie Landa, APU	21:43.59
4. John Lawson, SFSU	31:00.19	66. Trevor Allen, CWU	32:41.39	129. Miguel Andrade, NDNU	34:18.31	19. Katherine Walter, SPU	21:43.93
5. Wesley Kirui, UAA	31:04.74	67. Jake Selstad, UCSD	32:42.35	130. Ries Ruehrwein, HSU	34:19.16	20. Kayden Carpenter, CSUC	21:44.02
6. Pierre-Louis Detourbe, SFU	31:06.36	68. Kyle Rossman, CSUSM	32:43.89	131. Colton Buster, SMU	34:20.55	21. Cecelia Carretero, CSUEB	21:45.14
7. Sean Miller, SFU	31:06.93	69. Drew Johnson, UAA	32:43.98	132. Hunter Hutton, WOU	34:24.27	22. Karlie Garcia, CSUC	21:48.37
8. Wyatt Baxter, CSUC	31:10.15	70. Samuel Blake, UCSD	32:44.16	133. Joel Swiatkowski, CSUMB	34:25.11	23. Haley Boynton, CSUC	21:48.45
9. Tyler Jones, WOU	31:12.85	71. Phillip Dorado, CSUSM	32:46.37	134. Carlos Gonzalez, SFSU	34:38.05	24. Jane Barr, WWU	21:50.86
10. Dustin Nading, WOU	31:14.94	72. Dylan Hayes, WWU	32:47.86	135. Zach Strader, CSUMB	34:40.08	25. Hasna Kaarour, AAU	21:51.41
11. Eamon Smythe, CPP	31:16.63	73. Turlan Morlan, CWU	32:48.23	136. Anthony Ruiz, CUI	34:40.40	26. Brianna Bartello, PLNU	21:53.44
12. Rowan Doherty, SFU	31:23.88	74. Kaleb Korta, UAA	32:49.21	137. Abraxaz Sanchez-Lopez, CSLA	34:41.53	27. Tatiana Gillick, HSU	21:54.79
13. Teddy Kassa, CSUC	31:26.25	75. Josh Moats, CU	32:49.29	138. Joshua Browne, AAU	34:44.07	28. Chelsea Ribeiro, SFU	21:58.97
14. Luis Ortega, CSUC	31:26.53	76. Kevin Lehr, CSUSM	32:51.12	139. Kaeston Carothers, NDNU	34:47.14	29. Sophia Galvez, WWU	22:03.77
15. Jason Intravala, CSUC	31:27.14	77. Justin Crosswhite, WOU	32:52.66	140. Logan Straus, MSUB	34:48.19	30. Cynthia Mejia, CSUS	22:04.93
16. Vahagn Isayan, CSUSM	31:34.00	78. Julian Johnson, CSUEB	32:53.69	141. Jacob Dunagin, CUI	34:48.58	31. Giulia McIssac, AAU	22:06.19
17. Carlos Vargas, SFU	31:35.05	79. Elijah Horwitz, UCSD	32:55.36	142. Anthony Palacio, HSU	34:50.48	32. Marissa Bartello, PLNU	22:10.40
18. Jack Emanuel, CSUC	31:36.40	80. Colby Otero, SPU	32:59.12	143. Angel Aguirre, CUI	34:52.19	33. Sophie Dodd, SFU	22:10.75
19. Jorge Sanchez, UAA	31:36.81	81. Colton Hoggarth, WWU	33:02.19	144. Ase Ackerman, MSUB	34:55.52	34. Grace Knapp, WOU	22:10.97
20. Jadon Olson, WWU	31:40.63	82. Noah Monroy, UCSD	33:03.54	145. Nicolas Boffman, AAU	34:59.72	35. Rebecca Lehman, WWU	22:11.28
21. Aaron Ahl, SFU	31:40.81	83. Mark Hovland, MSUB	33:03.74	146. Amos Kipchumba, HPU	35:01.28	36. Shawnee Konrad, WWU	22:11.87
22. Eric Hamel, WWU	31:42.83	84. Bryan Llopis, CSUEB	33:03.90	147. Nathan Aguinaga, CUI	35:01.86	37. Michelle Pineda, CSUSB	22:12.76
23. Nickson Koech, UAA	31:43.37	85. Esteban Leon, CSUEB	33:04.81	148. Alex Halter, HSU	35:06.26	38. Kendall Herod, CSUC	22:13.06
24. Shea Vavra, CSUSM	31:43.94	86. Rabah Houali, AAU	33:07.82	149. David Brito, CUI	35:11.29	39. Jenna Wilson, APU	22:15.45
25. Nathaniel Tamminga, APU	31:46.13	87. Tyler Humphries, CWU	33:10.86	150. Collin McMillan, NDNU	35:13.00	40. Iris Carrillo, CSUS	22:15.89
26. Parker Marson, WOU	31:51.10	88. Julian Romero, UCSD	33:11.85	151. Miguel DeLaMalena, SMU	35:15.70	41. Anahi Betart, CPP	22:17.04
27. Freddie Hessian, AAU	31:51.64	89. Carlos Mendoza, CSUS	33:12.60	152. Joseph Chagoyana, HPU	35:26.68	42. Akia Walker, CSUS	22:18.57
28. Kyler Sager, WWU	31:51.79	90. Israel Cardoza, CPP	33:13.77	153. Tyler Arnold, CUI	35:39.18	43. Ericka Taylor, CSLA	22:18.98
29. Alejandro Ambrosio, CPP	31:54.41	91. Kurt Hake, APU	33:14.43	154. Drake Henson, MSUB	35:40.39	44. Marina McDonough, CSUSM	22:19.51
30. Brett Beattie, UCSD	31:55.33	92. Dominic Giordano, CU	33:16.35	155. Andrew Wolfert, FPU	35:52.64	45. Alexandra Hernandez, UCSD	22:20.88
31. Jonathan Woolf, CPP	31:56.38	93. Henry Milodragovich, CWU	33:21.95	156. John Farrell, SMU	35:55.55	46. Ruth Cvancara, UAA	22:20.95
32. Jeremiah Suzara, CPP	31:56.70	94. Faisal Ibrahim, UAA	33:22.03	157. Jimmy Chagoya, HPU	36:00.74	47. Jax Heckers, CSUSM	22:21.36
33. Hector Arteaga, CUI	31:57.07	95. Israel Sotelo, CSUEB	33:23.03	158. Joey Morris, DUC	36:10.78	48. Bethany Danner, NNU	22:22.49
34. Godfrey Kemboi, NNU	31:58.42	96. Brayden Schultz, SPU	33:23.64	159. Derrick Howlett, SMU	36:23.62	49. Brooke Roy, CSUMB	22:22.90
35. Alexis Reynoso, CSUS	32:00.82	97. Adam Gonzalez, FPU	33:24.42	160. Aaron Mendez, CSLA	36:32.51	50. Kalen Johnson, NNU	22:23.59
36. James Jaspersen, WWU	32:02.04	98. Elliott Portillo, HSU	33:25.25	161. Ricardo Pena, CSLA	36:35.56	51. Cessair McKinney, HSU	22:24.00
37. Ivan Colmenero, MSUB	32:05.38	99. Logan Briner, AAU	33:26.42	162. Max Rotar, CU	37:06.47	52. Shelby Eberwein, CSUSM	22:24.45
38. Chris Sobczak, SFU	32:06.06	100. Hanson Lee, CWU	33:27.36	163. Manuel Carranza, FPU	37:12.30	53. Elise Larson, APU	22:25.79
39. Andrew Vazquez, CSUS	32:07.03	101. Hudson Lockette, AAU	33:28.23	164. Alex Tait, SFSU	37:13.74	54. Audrey Rosencrans, AAU	22:25.90
40. Leo Oliva, CSUS	32:07.44	102. Shad Galloway, SPU	33:29.04	165. David Puga, CSLA	37:21.56	55. Kaylie Balavaneda, CSUSB	22:26.33
41. Corbin Carlton, CWU	32:08.93	103. Adam Grimmitt, HSU	33:31.07	166. Peter Seifert, CU	37:26.13	56. Clarissa Morales, CSUS	22:26.66
42. Austin Sanchez, SFSU	32:10.73	104. Rajesh Gill, CWU	33:32.09	167. Noah Roberts, SMU	37:34.75	57. Alicia Villareal, CSUSM	22:27.45
43. Rickus Jacobs, HPU	32:12.00	105. Buay Deng, DUC	33:35.98	168. Jonathan Matson, FPU	38:03.06	58. Claire Fisher, CSUEB	22:28.25
44. Tristan Sylva, CPP	32:13.24	106. Jason Gomez, NDNU	33:37.01	169. Didier Pina, CSLA	39:46.37	59. Camille Perkins, UCSD	22:28.98
45. Ben Drew, APU	32:17.56	107. Josh Nyberg, APU	33:37.13			60. Cassidy Towner, PLNU	22:29.77
46. Anthony Garcia, NDNU	32:17.70	108. Alex Torres, FPU	33:39.19			61. Ruth Chepsat, MSUB	22:30.83
47. Thomas Gallagher, SFU	32:19.20	109. Andrew Oslin, SMU	33:42.33			62. Kaylin Cantu, WOU	22:31.40
48. Josh Litwiller, CSUSM	32:19.59	110. Jake Garrissere, SFSU	33:43.05			63. Zita Molnar, PLNU	22:31.82
49. Daniel Tuill, HSU	32:20.68	111. Nathan Garcia, CSUMB	33:46.16			64. Olivia Willett, SFU	21:18.31
50. Victor Moreau, AAU	32:24.85	112. Noah Murry, CU	33:47.64			65. Nicole Soleim, CWU	21:19.03
51. Eric Alvarez, CSUS	32:25.95	113. Carson Cohn, HSU	33:47.96			66. Zannah Jephumba, UAA	21:23.02
52. Lucas Motschmann, HPU	32:27.01	114. Melvin Esteva, CSUEB	33:48.97			67. Sophia Kaiser, SFU	21:26.04
53. Alejandro Rios, CSUS	32:27.30	115. Jack Matherly, UAF	33:50.81			68. Alexa Shindruk, CWU	21:27.52
54. Isaac Gonzalez, CSUS	32:27.71	116. Chandler Maclell, FPU	33:53.74			69. Hannah Benoit-Bucher, PLNU	21:30.04
55. Ed Kiobasa, WWU	32:28.86	117. Jose Macias, CU	33:58.78			70. Kate Lilly, SPU	21:34.11
56. Alejandro Mariscal, CPP	32:28.94	118. Marcus Dawall, APU	33:59.25			71. Danielle McCormick, UAA	21:35.66
57. Steven Terris, CSUSM	32:29.39	119. Levi Schiiter, SMU	33:59.51			72. Lisa Flora, CSUSM	21:35.71
58. Williams Ordaz, NDNU	32:31.64	120. Matthew Morris, CSUMB	34:00.59			73. Addy Townsend, SFU	21:41.21
59. Lawson Sims, NDNU	32:32.52	121. Joseph Perkins, SPU	34:01.01			74. Alexandria Tucker, CSUC	21:42.24
60. Tim Corvese, UCSD	32:34.25	122. Xavier Smith, CSUEB	34:02.98			75. Desirae Jones, CSUC	21:42.84
61. Colin Boutin, SPU	32:35.88	123. Zach Kanelis, WOU	34:04.26				
62. Nick Hamilton, NNU	32:35.97	124. Seth Garcia, FPU	34:06.41				
		125. Luke Calubayan, CSUEB	34:09.19				

## GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

### 2018 Women's Results Continued

77. Shalyn Mabritto, UCSD	22:47.35	103. Caitlin Amburgey, CSUEB	23:13.93	130. Liz Cano, HSU	23:52.01	155. Rebecca Harris, CSLA	24:53.16
78. Annalisa Hamilton, NNU	22:47.40	104. Alyssa Renteria, SSU	23:13.94	131. Luz Garcia, CPP	23:53.76	156. Dalen Richardson, CU	24:55.80
79. Belle Moran, APU	22:49.15	105. Krystal Kaufman, SPU	23:14.34	132. Toni Gowen, WOU	23:54.53	157. Viridiana Hernandez, SFSU	24:55.88
80. Peyton Shinnick, WWU	22:49.77	106. Karina Vidrios, FPU	23:15.47	133. Carly Halm, APU	23:54.75	158. Morgan Leonard, SFSU	24:56.03
81. Arianna Fuentes, CSUSB	22:50.22	107. Emily Donahue, PLNU	23:17.94	134. Arianna Garcia-Swantek, CSUSM		159. Shayla Solomon, WOU	24:57.70
82. Imelda Suarez, CSUS	22:50.22	108. Jasmine Casillas, SSU	23:19.02		23:56.72	160. Carissa Gomez, CSUSB	24:59.29
83. Elli Kliewer, CPP	22:50.80	109. Jennifer Melendez, CPP	23:19.61	135. Riley Burroughs, UAA	24:00.52	161. Alyssa Robinson, SMU	25:02.50
84. Rosalba Cabrera, CUI	22:53.92	110. Rachel Gee, CSUSB	23:21.47	136. Caitlin Gohr, CWU	24:02.76	162. Natalie Hakala, CUI	25:06.30
85. Kaylee Thompson, HSU	22:57.86	111. Nikki Aiken, MSUB	23:24.49	137. Makenna Conley, NNU	24:04.00	163. Janet Meza-Avila, CSLA	25:06.39
86. Kimgerly Coscia, UAA	22:58.51	112. Kayla Blomquist, CWU	23:25.05	138. Anamauri Hernandez, CUI	24:04.14	164. Miranda Kennedy, FPU	25:08.90
87. Chandler Johnson, AAU	22:58.57	113. Clarissa Garcia, CSUSM	23:25.09	139. Alyssa Winter, AAU	24:09.25	165. Alana Reyna, SSU	25:18.80
88. Emma Johnson, AAU	23:01.52	114. Madalynne Coney, UCSD	23:25.35	140. Veronica Ortega, FPU	24:16.94	166. Ariana Jasso, FPU	25:24.19
89. Samantha Aguilar, CPP	23:04.26	115. Mckenna Lewis, UCSD	23:26.17	141. Kailee Stoppel, MSUB	24:23.33	167. Mikayla Mesker, SSU	25:28.52
90. Kendra Corey, UCSD	23:04.66	116. Andrea Romero, CSUEB	23:31.92	142. Cassie McKinney, WOU	24:24.36	168. Sadie Dalglish, SMU	25:40.74
91. Delaney Clem, CWU	23:06.03	117. Marian Ledesma, APU	23:34.21	143. Rachel Bayly, WOU	24:27.38	169. Yeshi Vaughan, SMU	25:44.08
92. Madison Child, CWU	23:06.12	118. Sedona McNeerney, SPU	23:36.08	144. Katherine Embody, CSUEB	24:27.82	170. Sierra Durbin, MSUB	25:52.20
93. Nancy Suarez, CSUS	23:06.35	119. Diani Ellis, SFSU	23:38.11	145. Rosie Melville, HSU	24:29.12	171. Miranda Livingston, MSUB	26:02.80
94. Hadley Clark, CSUMB	23:07.10	120. Yuliana Garibay, HSU	23:38.72	146. Hope Brecto, HSU	24:32.22	172. Elle Konrzer, SSU	26:03.49
95. Nicole Pederson, CU	23:08.40	121. Alexandra Bergholtz, UAF	23:39.05	147. Kaitlyn Bailly, CU	24:33.67	173. Belen Luna, CSLA	26:08.40
96. Megan Roxby, SFU	23:08.90	122. Alex Baron, CSUMB	23:40.22	148. Alexandra Cholometes, CSUEB		174. Rachel Hiner, MSUB	26:13.48
97. Tess Rounds, UCSD	23:10.01	123. Araceli Mancilla, FPU	23:41.91		24:34.17	175. Eliza Bannister, SMU	26:29.71
98. Bailey Wade, CUI	23:10.08	124. Graciellita Bastidas, FPU	23:44.96	149. Rosa Franco, CUI	24:37.73	176. Madalyn Terwilliger, MSUB	26:30.62
99. Jocelyn Dominguez, SFSU	23:10.40	125. Hannah Hopkins, CUI	23:46.10	150. Danel Camacho, WOU	24:38.53	177. Kara Hunt, SSU	26:32.25
100. Julia Cantrell, CSUSB	23:10.67	126. Gabby Hobson, CU	23:47.25	151. Emily Hammons, NNU	24:38.83	178. Damaris Hamilton, CSLA	27:37.75
101. Stefani Gaskell, FPU	23:13.22	127. Bailey Fjelstul, CU	23:47.28	152. Ashley Brown, AAU	24:41.12	179. Janeth Moya, CSLA	28:02.34
102. Bibiana Enriquez, SFSU	23:13.62	128. Summer Shea, SFSU	23:48.88	153. Katelyn Wilson, CUI	24:42.85	180. Olivia Abbott, SMU	28:19.27
		129. Analicia Uribe, SFSU	23:51.43	154. Taylor Towne, SSU	24:52.00		



# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2019**

**Nov. 9 at Ash Creek Preserve, Monmouth, Ore.**

**Men's Team Scores:** Chico State 43, Cal Poly Pomona 115, Cal St. San Marcos 121, Stanislaus State 135, Western Washington 139, Biola 167, UC San Diego 199, Alaska Anchorage 216, Simon Fraser 243, Academy of Art 260, Humboldt State 326, Northwest Nazarene 330, Western Oregon 357, Cal State East Bay 405, Notre Dame de Namur 443, San Francisco St. 451, Central Washington 465, Concordia Irvine 496, Seattle Pacific 514, Saint Martin's 523, Cal State LA 546, Alaska 571, Fresno Pacific 625, Cal St. Monterey Bay 628, Azusa Pacific 636, Hawaii Pacific 653, Concordia 784, Montana St. Billings 787. Incomplete: Dominican (Calif.).

**Women's Team Scores:** Chico State 75, Northwest Nazarene 134, Cal St. East Bay 142, Alaska Anchorage 146, Seattle Pacific 153, Cal Poly Pomona 168, Western Washington 175, Cal St. San Marcos 234, Stanislaus State 238, Simon Fraser 243, UC San Diego 256, Fresno Pacific 334, Humboldt State 360, Biola 368, Concordia Irvine 390, Academy of Art 432, Western Oregon 437, Central Washington 471, Cal State LA 496, Notre Dame de Namur 517, Azusa Pacific 556, Cal St. Monterey Bay 597, San Francisco St. 617, Sonoma State 700, Concordia 731, Saint Martin's 755, Montana St. Billings 771. Incomplete: Alaska, Chaminade, Hawaii Hilo, Hawaii Pacific, Point Loma.

**Men's Results (10,000m)**

1. Josh Litwiller, CSUSM	29:54.4	62. Jacob Walsh, UAF	31:36.9	123. Emmett Klus, WOU	32:45.1	184. Robert Bierly, CU	37:22.1
2. Trad Berti, CSUC	29:56.7	63. Colby Otero, SPU	31:40.8	124. Evan Ledesma, HSU	32:45.1	185. Nick Redgrave, MSUB	37:23.8
3. Aren Johnson, UCSD	29:57.4	64. Bryan Banuelos, FPU	31:41.6	125. Jacob Allmaras, SPU	32:45.9		
4. Gabe Plencio, BIOLA	30:01.2	65. Jared Donnel, BIOLA	31:43.2	126. Nickson Koeh, UAA	32:48.5		
5. Wyatt Baxter, CSUC	30:02.4	66. Hudson Lockette, AAU	31:43.3	127. Kaden Bolton, FPU	32:48.5		
6. Joseph Macareno, STAN	30:03.2	67. Trevor Allen, CWU	31:45.9	128. Joseph Shanahan, HSU	32:49.7		
7. Daniel Tull, HSU	30:10.6	68. Marcelo Ramirez, CPP	31:46.9	129. Brett Bergler, NNU	32:50.2		
8. Felix Kemboi, UAA	30:11.9	69. Jacob Moos, UAA	31:47.0	130. Ben Sumner, APU	32:54.0		
9. Wesley Kirui, UAA	30:13.4	70. Eduardo Orozco, UAA	31:47.8	131. Alex Tait, SFSU	32:54.5		
10. Eamon Smythe, CPP	30:14.3	71. Chris Plascendia, CSUMB	31:49.2	132. Hector Leon, CSLA	32:57.0		
11. Matthew Herrera, CSUC	30:14.7	72. Marcus Rice, SMU	31:50.4	133. Calvin Abbott, FPU	32:59.7		
12. Jack Emanuel, CSUC	30:16.3	73. Jake Garrissere, SFSU	31:51.5	134. Giovanni Orellana, BIOLA	33:03.5		
13. Jhavahn Holston, CSUC	30:26.0	74. Nixon Korir, APU	31:51.5	135. Joshua Browne, AAU	33:05.3		
14. Remington Breeze, CSUC	30:26.1	75. Shane Burton, HSU	31:57.7	136. Ronald Venema, MSUB	33:06.2		
15. Samuel Blake, UCSD	30:28.0	76. Bryan Llopis, CSUEB	31:51.9	137. Jona Bodirsky, HPU	33:07.5		
16. Shea Vavra, CSUSM	30:31.4	77. Zach Kanelis, WOU	31:52.8	138. Brayden Schultz, SPU	33:09.9		
17. Nicholas Albro, CPP	30:32.0	78. Colin Boutin, SPU	31:53.7	139. Julian Dorantes-Lara, CSUMB			
18. James Jaspersen, WWU	30:32.6	79. Elijah Horwitz, UCSD	31:58.4		33:12.8		
19. Edward Kilobasa, WWU	30:34.8	80. Jordan Wilson, SFU	31:59.0	140. Carlos Gonzalez, SFSU	33:14.0		
20. Tyler Shea, NNU	30:37.4	81. Gabriel Reuter, UCSD	31:59.9	141. David Rutto, HPU	33:14.7		
21. Eric Hamel, WWU	30:37.6	82. Sawyer Heckard, WOU	32:00.7	142. Oscar Mora, CSUEB	33:15.0		
22. Tomas Huerta, STAN	30:38.7	83. David Brito, CUI	32:01.1	143. Trevor Bransetter, CUI	33:15.2		
23. Xavier Smith, CSUEB	30:42.2	84. Jack Matherly, UAF	32:02.0	144. Max Rotar, CU	33:15.6		
24. Angel Escobar, BIOLA	30:45.1	85. Peyton Brothers, NNU	32:03.0	145. Trevor Boaz, CSUSM	33:16.1		
25. Jeremiah Suzara, CPP	30:45.8	86. Anthony Garcia, NDNUN	32:04.0	146. Carson Jessop, MSUB	33:17.4		
26. Charlie Messai, AAU	30:47.9	87. Treyson Conley, NNU	32:05.8	147. Henry Milodragovich, CWU	33:17.4		
27. Kevin Lehr, CSUSM	30:48.1	88. Finn Tyvoll, HSU	32:06.6	148. Jacob Potere, DUC	33:18.9		
28. Deyago Peraza, WWU	30:48.9	89. Markus Anderson-Deakin, AAU		149. Jose Torres, NDNUN	33:23.1		
29. Chistian Macias, STAN	30:49.6		32:07.3	150. Joel Swiatkowski, CSUMB	33:25.9		
30. Chris Sobczak, SFU	30:50.6	90. Isreal Cardona, CPP	32:07.4	151. Roberto Lopez, FPU	33:27.8		
31. Alejandro Ambrosio, CPP	30:53.0	91. Jack Sundt, CWU	32:07.6	152. Andres Espinoza, CSLA	33:28.0		
32. Diego Duran, CPP	30:54.1	92. Derek Holdsworth, WOU	32:10.0	153. Jacob Dunagin, CUI	33:31.5		
33. Kibrom Elias, CSUSM	30:56.0	93. Rajesh Gill, CWU	32:10.1	154. Garrett Hough, CWU	33:31.7		
34. Brady DeHaven, BIOLA	30:59.9	94. Lucas Vigil, SFSU	32:11.9	155. Jacob Niles, NDNUN	33:33.9		
35. Carlos Vargas, SFU	31:00.5	95. Hector Arteaga, CUI	32:13.6	156. Jacob Resende, FPU	33:35.4		
36. Andrew Vazquez, STAN	31:01.0	96. Jason Gomez, NDNUN	32:13.6	157. Skyler McIntyre, UAA	33:36.5		
37. Godfrey Kemboi, NNU	31:01.7	97. Nathan Garcia, CSUMB	32:14.3	158. Marcus Dawal, APU	33:37.6		
38. James Young, AAU	31:02.8	98. Ryan Thompson, BIOLA	32:14.9	159. Zephon Ozturgut, UAF	33:41.2		
39. Aaron Ahl, SFU	31:03.6	99. Carson Rohn, HSU	32:15.4	160. Christian Duran, HPU	33:42.7		
40. Ryan St. Pierre, BIOLA	31:05.7	100. Williams Ordaz, NDNUN	32:17.1	161. Seth Garcia, FPU	33:43.5		
41. Rabah Houali, AAU	31:06.2	101. Gabe Martin, NNU	32:17.6	162. Sheamus Mahoney, SPU	33:45.3		
42. Alexies Reynoso, STAN	31:06.2	102. Jesse Wiley, WWU	32:18.8	163. Luke Calubayan, CSUEB	33:47.9		
43. Lawson Sims, NDNUN	31:07.5	103. Jesus Nichol II, CSLA	32:20.2	164. Anthony Ruiz, CUI	33:51.3		
44. Phillip Dorado, CSUSM	31:08.3	104. Ephrem Mekonnen, SFU	32:20.5	165. Mike Ophoff, UAF	33:54.5		
45. Andy Muha, WOU	31:09.7	105. Lukash Platil, UAF	32:23.0	166. Rylie Cabalse, APU	33:57.0		
46. Robert Marin, CSUSM	31:12.7	106. Donovan Barnhart, CWU	32:26.3	167. Jared Chan, APU	33:57.0		
47. Luka Motschmann, HPU	31:16.4	107. Nick Sarysz, SMU	32:29.1	168. Alejandro Hernandez, CSLA	33:58.2		
48. Moises Marquez, CSLA	31:18.6	108. Mateo Rivera, CWU	32:33.5	169. Logan Straus, MSUB	34:00.0		
49. Esteban Leon, CSUEB	31:19.6	109. Joey Manahan, SFSU	32:33.6	170. Abdeloua Mustapha, AAU	34:06.3		
50. Tim Corvese, UCSD	31:21.1	110. Josh Scheetz, CU	32:35.1	171. Bryant Edgerton, MSUB	34:10.9		
51. Carlos Mendoza, STAN	31:21.4	111. Hunter Mosman, WOU	32:35.5	172. Guillaume Tabary, SMU	34:14.0		
52. Brett Beattie, UCSD	31:22.4	112. Jared Putney, SPU	32:36.9	173. Stefan Mueller, DUC	34:17.7		
53. Liam Cossette, WWU	31:25.2	113. Kurt Hake, APU	32:38.9	174. Ase Ackerman, MSUB	34:21.0		
54. Austin Sanchez, SFSU	31:25.2	114. Buay Deng, DUC	32:39.0	175. Jason Flores, HPU	34:29.6		
55. Andrew Oslin, SMU	31:25.3	115. Carlos De La Torre, CSLA	32:41.3	176. Noah Murry, CU	34:49.0		
56. Angel Aguirre, CUI	31:29.4	116. Caleb Ko, STAN	32:42.9	177. Connor Farrow, CSUMB	34:57.5		
57. Elliott Portillo, HSU	31:34.4	117. Jeremy Shaw, CSUEB	32:43.5	178. Zachary Franco, SMU	35:11.3		
58. Colton Hoggarth, WWU	31:35.7	118. Jake Selstad, UCSD	32:44.1	179. Ryan Negrette, APU	35:14.9		
59. Thomas Gallagher, SFU	31:35.8	119. Collin McMillan, NDNUN	32:44.5	180. Noah Roberts, SMU	35:33.4		
60. Faisal Ibrahim, UAA	31:36.4	120. Miguel De LaMalena, SMU	32:44.5	181. Ethan Tucey, CU	36:06.9		
61. Justin Crosswhite, WOU	31:36.5	121. Jose Munguia Zaragoz, CUI	32:44.6	182. Will Steinfeldt, MSUB	36:23.8		
		122. Michael Kilgariff, SFSU	32:45.0	183. Josh Allan, CU	36:45.3		

**Women's Results (6,000m)**

1. Emmah Chelimo, UAA	20:22.4
2. Dania Holmberg, SPU	20:49.5
3. Olivia Willett, SFU	20:51.6
4. Nancy Jeptoo, UAA	20:53.0
5. Destiny Everett, CSUC	20:56.2
6. Grace Knapp, WOU	20:57.4
7. Nancy Juarez, STAN	20:57.9
8. Kate Lilly, SPU	20:59.4
9. Talia Swangler, CSUC	21:03.6
10. Angelina Ronquillo, CSUEB	21:03.6
11. Julia LaMar, NNU	21:06.4
12. Hasna Kaarour, AAU	21:07.0
13. Luz Garcia, CPP	21:08.8
14. Claire Fisher, CSUEB	21:09.0
15. Sam Rocke, UCSD	21:09.5
16. Sophia Galvez, WWU	21:10.1
17. Gracie DuPuis, CSUC	21:11.5
18. Amanda Navarro, CSUEB	21:11.9
19. Marina McDonough, CSUSM	21:12.1
20. Nora Pizzella, CSUC	21:16.3
21. Bethany Danner, NNU	21:17.9
22. Araseli Servin, CPP	21:21.1
23. Annalisa Hamilton, NNU	21:22.2
24. Desirae Jones, CSUC	21:23.2
25. Mackenna Mason, BIOLA	21:24.7
26. Haley Boynton, CSUC	21:28.7
27. Sierra Manzer, NNU	21:29.5
28. Tracy Melville, WWU	21:31.2
29. Elizabeth Hernandez, CPP	21:34.7
30. Joan Kipsanai, UAA	21:36.6
31. Taylor Bailey-Lustyan, CSUC	
	21:37.7
32. Tovah Swartz-Ireland, WWU	21:38.4
33. Jax Heckers, CSUSM	21:39.3
34. Jordyn Zorn, FPU	21:41.3
35. Cessair McKinney, HSU	21:41.5
36. Zita Molnar, PLNU	21:44.8
37. Andrea Romero, CSUEB	21:48.0
38. Katherine Walter, SPU	21:48.1
39. Caitlin Billman, UCSD	21:49.0
40. Natalia Novak, AAU	21:50.2
41. Roby Kaltenbrunn, HPU	21:51.1
42. Renee Laurenzana, CSUSM	21:52.9
43. Makaelyn Bickel, STAN	21:53.9
44. Alexandra Bergholtz, UAF	21:55.7
45. Devianna Salcedo, STAN	21:57.9
46. Samantha Aguilar, CPP	21:59.5
47. Megan Roxby, SFU	21:59.6
48. Rebecca Lehman, WWU	22:00.0
49. Ruth Cvanca, UAA	22:01.1
50. Veronica Ortega, FPU	22:01.3
51. Kaylin Cantu, WOU	22:02.2
52. Mairin Shields-Brown, SFU	22:03.0
53. Kelsey Washenberger, SPU	22:03.7
54. Molly Mattson, CWU	22:03.7
55. Kalen Johnson, NNU	22:04.5
56. Anama Hernandez, CUI	22:05.5
57. Aundrea Koger, WWU	22:06.4

## GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

### 2019 Women's Results Continued

58. Rosalba Cabrera, CUI	22:07.1	90. Audrena Rosencrans, AAU	22:31.3	123. Madison Child, CWU	22:58.0	156. Alana Reyna, SSU	23:57.2
59. Sedona Mc Nerney, SPU	22:08.1	91. Clara Haynes, BIOLA	22:32.0	124. Claire Noort, SFU	22:58.6	157. Jasmine Becker, AAU	23:58.6
60. Camille Perkins, UCSD	22:09.2	92. Rebecca Morales, CSLA	22:32.4	125. Yorka Gebrehiwot, FPU	22:59.0	158. Mia Gutierrez, APU	24:01.2
61. Grace Catena, BIOLA	22:09.2	93. Lily Tyrrell, CWU	22:32.5	126. Ruth Hernandez, NDNU	23:04.7	159. Cheyenne Abbott, CU	24:01.5
62. Yuliana Garibay, HSU	22:09.8	94. Sara Feitz, CUI	22:32.7	127. Megan Oblin, STAN	23:05.0	160. Alena Albertson, CUH	24:13.5
63. Luz Mercado, CSUSM	22:10.5	95. Kalli Waller, BIOLA	22:33.9	128. Brittney Duquette, CSUEB	23:05.3	161. Bethany Forward, SMU	24:14.5
64. Pearl Burton, CPP	22:10.9	96. Emily Chilton, SFU	22:34.3	129. Jasmine Casillas, SSU	23:05.9	162. Rachel Spektor, SSU	24:18.6
65. Bailey Wade, CUI	22:11.0	97. Rosie Melville, HSU	22:34.8	130. Zarah Kayhan, HSU	23:09.7	163. Ashley Carabes, APU	24:19.9
66. Rebecca Ruiz, CSLA	22:11.3	98. Natalie Schroeder, CSUSM	22:35.8	131. Ana Mercado, CSUSM	23:13.3	164. Danel Camacho, WOU	24:25.7
67. Alondra Ortiz, CSUEB	22:12.3	99. Ariel Van Riper, CSUEB	22:35.9	132. Leslie Oseguera, NDNU	23:14.0	165. Naomi Hartley, SMU	24:27.6
68. Yvonne Jeschke, UAA	22:12.7	100. Gabby Hobson, CU	22:36.8	133. Natalie Hakala, CUI	23:14.4	166. Rachel Bayly, WOU	24:31.2
69. Elizabeth Thompson, SPU	22:12.9	101. Isabel Mendoza, STAN	22:36.9	134. Ashley Mendenall, SSU	23:15.2	167. Maria Aceves Espinoza, UAA	24:34.2
70. Grace Chalk, SFU	22:13.7	102. Stefani Gaskell, FPU	22:37.8	135. Viridian Hernandez, SFSU	23:15.3		
71. Natalie Contreras, APU	22:15.2	103. Rosa Granados, HSU	22:38.0	136. Jori Paradis, CUI	23:18.5	168. Faerynn Glasscock, WOU	24:37.1
72. Diani Ellis, SFSU	22:16.3	104. Brooke Roy, CSUMB	22:38.3	137. Taurean Morgan, NDNU	23:24.7	169. Olivia Segura, APU	24:37.7
73. Isabelle Shepherd, UCSD	22:16.9	105. Ashley Arreola, CWU	22:38.6	138. Adriana Gil, CUI	23:25.5	170. Emma Heidelmeier, UHH	24:40.1
74. Teresa Castillo, STAN	22:17.0	106. Nikki Aiken, MSUB	22:39.7	139. Anja Majjala, UAF	23:26.4	171. Morgan Leonard, SFSU	24:41.7
75. Saedy Williamson, HSU	22:20.2	107. Elaina Hansen, SMU	22:40.2	140. Alex Barron, CSUMB	23:27.5	172. Ashley Rivas, CSLA	24:45.4
76. Gracielita Bastidas, FPU	22:21.0	108. Amanda Reyes, BIOLA	22:40.6	141. Arlene Diazleal, CSMUB	23:30.0	173. Kaitlyn Bailly, CU	24:46.7
77. Sammy Bockover, APU	22:22.2	109. Lucy Atkinson, HSU	22:41.7	142. Analicia Uribe, SFSU	23:30.6	174. Charlene Aguilera, SFSU	24:47.5
78. Jocelyn Cervantes, NDNU	22:23.0	110. Olivia Paez, NDNU	22:41.8	143. Kaitlyn Natividad, BIOLA	23:31.7	175. Olivia Jarvis, UHH	24:55.4
79. Ashley Faller, UCSD	22:23.6	111. Karen Corona-Perez, HPU	22:41.9	144. Kristina Ihlen, CWU	23:32.1	176. Kierria Yates, SMU	24:59.5
80. Ruth Blanco, STAN	22:23.8	112. Cassie McKinney, WOU	22:43.2	145. Gina Rowley, SSU	23:33.0	177. Marleen Aranda, SFSU	25:05.5
81. Talia Dreicer, WWU	22:23.9	113. Madalyne Coney, UCSD	22:44.0	146. Ashlyn Barajas, CSMUB	23:37.4	178. Taylor Towne, SSU	25:19.4
82. Kendra Corey, UCSD	22:24.8	114. Siena Stacy, BIOLA	22:44.5	147. Hannah Marin, CSUMB	23:40.5	179. Sierra Durbin, MSUB	25:23.3
83. Calli Charlton, SFU	22:26.1	115. Belen Luna, CSLA	22:44.8	148. Alyssa Winter, AAU	23:42.2	180. Abby Burton, CU	25:32.4
84. Araceli Macilla, FPU	22:26.6	116. Breeana Montoya, FPU	22:45.8	149. Alfin Nyamasyo, UAA	23:45.9	181. Caitlin Kawaiaaea, UHH	25:40.8
85. Olivia Quezada, CSUSM	22:27.9	117. Delaney Clem, CWU	22:46.0	150. Natasha Smigelski, CU	23:46.1	182. Kendyl Otter, SMU	26:21.0
86. Britney Solis, CPP	22:28.2	118. Molly Hake, APU	22:49.0	151. Madi Bucci, PLNU	23:46.5	183. Rebcca Harris, CSLA	26:41.5
87. Natalie Vaughn, CSUMB	22:28.7	119. Caitlin Gohr, CWU	22:52.0	152. Lindsay Calderon, NDNU	23:49.2	184. Miranda Livingston, MSUB	27:25.1
88. Maria Hernandez, NDNU	22:30.1	120. Heidi Nisly, NNU	22:52.1	153. Zoe Gurule, CSLA	23:53.6	185. Rachel Hiner, MSUB	28:55.9
89. Serena Duenas, CSLA	22:30.3	121. Katya Candray, SFSU	22:57.2	154. Carly Halm, APU	23:55.0	186. Maiya Martinez, SMU	30:44.9
		122. Olivia Jimenez, WOU	22:57.7	155. Kailee Stoppel, MSUB	23:55.8		

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2021**  
**Nov. 6 at Ash Creek Preserve, Monmouth, Ore.**  
**Men's Team Scores:** Chico State 47, Fresno Pacific 109, Cal Poly Pomona 138, Azusa Pacific 139, Western Washington 147, Cal St. San Marcos 150, Biola 155, Simon Fraser 203, Stanislaus State 218, Western Oregon 329, Alaska Anchorage 339, Montana State Billings 359, Concordia Irvine 365, San Francisco St. 377, Cal St. East Bay 381, Academy of Art 423, Humboldt State 428, Central Washington 439, Saint Martin's 500, Northwest Nazarene 523, Cal St. Monterey Bay 539.  
 Incomplete: Alaska, Cal State LA, Hawaii Pacific, Holy Names, Seattle Pacific.

**Women's Team Scores:** Simon Fraser 75, Stanislaus State 91, Chico State 110, Academy of Art 134, Biola 175, Cal St. San Marcos 179, Western Washington 180, Cal St. East Bay 218, Azusa Pacific 239, Western Oregon 267, Concordia Irvine 286, Cal Poly Pomona 330, Cal St. Monterey Bay 357, Fresno Pacific 411, Humboldt State 412, Northwest Nazarene 419, Point Loma 484, Sonoma State 493, Saint Martin's 512, Central Washington 518, Cal St. San Bernardino 530, Montana State Billings 545, San Francisco St. 579, Cal State LA 727. Complete: Alaska, Alaska Anchorage, Dominican (Calif.), Hawaii Pacific, Seattle Pacific.

**Men's Results (10,000m)**

1. Patrick Kiprof, FPU	30:12.6	64. Logan Straus, MSUB	32:34.3
2. Shea Vavra, CSUSM	30:55.2	65. Collin McMillan, APU	32:34.7
3. Brayden McLaughlin, CSUC	30:55.4	66. Markus Anderson-Deakin, AAU	
4. Joshua Velasco, APU	30:55.9		32:34.9
5. Coleman Nash, UAA	30:56.3	67. Jack Farrell, SMU	32:35.4
6. Bryan Banuelos, FPU	30:57.4	68. Sean Sands, WWU	32:35.8
7. Charlie Giannini, CSUC	30:58.5	69. Tyler Shea, NNU	32:36.3
8. Jose Garcia, STAN	31:07.7	70. Bailey Smith, WOU	32:40.0
9. Jona Bodirsky, HPU	31:09.8	71. Moises Benavides, STAN	31:41.8
10. Ronald Kigen, BIOLA	31:10.1	72. Ephrem Mekonnen, SFU	32:42.3
11. Mac Franks, WWU	31:11.7	73. Joshua Nyberg, APU	32:42.8
12. Matthew Herrera, CSUC	31:13.8	74. Sebastian Brinkman, SFU	32:44.2
13. Rory Abberton, CSUC	31:19.4	75. Felix Kemboi, UAA	32:45.6
14. Saba Khvichava, AAU	31:21.2	76. Carson Smith, HSU	32:45.9
15. Omar Hernandez-Alvarez, CSUC		77. Abesolom Teffra, FPU	32:50.5
	31:22.7	78. Aiden Good, SFU	32:52.8
16. Diego Duran, CPP	31:25.0	79. Bailey Williams, SFSU	32:53.4
17. Vincent Sarino, CPP	31:25.6	80. Logan McNamar, NNU	32:55.8
18. Jack Emanuel, CSUC	31:27.6	81. Jacob Moos, UAA	32:56.5
19. Jeret Gillingham, WWU	31:28.1	82. Juan Sebastian Garcia, CUI	32:58.7
20. Nixon Korir, APU	31:28.3	83. Rajesh Gill, CWU	32:58.8
21. Charlie Dannatt, SFU	31:29.1	84. Trevor Allen, CWU	32:59.3
22. Kobrom Elias, CSUSM	31:30.5	85. Kevin McDermott, WWU	33:00.5
23. Aaron Ahi, SFU	31:35.7	86. Shawn Clough, CWU	33:05.7
24. Scott Arndt, SFU	31:37.6	87. Luke Calubayan, CSUEB	33:07.4
25. Xavier Smith, FPU	31:41.8	88. Tim Rambo, WOU	33:07.9
26. Colin Boutin, SPU	31:43.2	89. Justin Matties, CSUEB	33:12.4
27. Jacob Resendez, FPU	31:43.8	90. Leandro Candray, CPP	33:14.8
28. Miguel Villar, WOU	31:43.9	91. Miles Worthen, CSUEB	33:16.9
29. Julian Johnson, CSUEB	31:43.9	92. Jason St. Pierre, CUI	33:17.2
30. Nick Melanese, CSUSM	31:44.8	93. Henry Milodragovich, CWU	33:17.2
31. Michael Schneider, APU	31:45.2	94. Ken Valdez, STAN	33:18.0
32. Brady DeHaven, BIOLA	31:45.9	95. Joshua Scheetz, CUI	33:21.8
33. Ase Ackerman, MSUB	31:47.1	96. Nicholas Albro, CPP	33:24.1
34. Riley Burns, APU	31:48.8	97. Connor Farrow, CSUMB	33:24.7
35. Moises Marquez, CSULA	31:50.9	98. Jaime Gonzalez, CSUMB	33:24.7
36. Jerry Baltzer, BIOLA	31:53.7	99. Ian Rusk, HSU	33:29.2
37. Gideon Pichardo, CPP	31:55.0	100. Jose Castro, SFU	33:31.4
38. Dylan White, CSUC	31:57.1	101. Roberto Lopez, FPU	33:34.6
39. Francisco Zavaleta, CPP	31:59.9	102. Jacob Niles, SFSU	33:35.5
40. Daniel Echeveste, CPP	32:00.8	103. Bryant Edgerton, MSUB	33:39.1
41. Alec Ritter, WWU	32:01.0	104. Treyson Conley, NNU	33:45.4
42. Jalen Javurek, WWU	32:01.8	105. Gary Valle, SFSU	33:51.0
43. Angel Escobar, BIOLA	32:01.9	106. Kainalu Pagente, SMU	33:52.4
44. Cristian Alcantar, STAN	32:04.0	107. John Bradshaw, CSUEB	33:35.4
45. Kaleb Korta, WWU	32:04.3	108. Hudson Lockette, AAU	33:35.5
46. Aidan Arrendondo, BIOLA	32:06.3	109. Jacob Dunagin, CUI	33:57.8
47. Johnathon Zavala, CSULA	32:11.1	110. Michael Harwell, SMU	33:59.0
48. Elliott Portillo, HSU	32:12.8	111. Dustyn McKenney, WOU	34:02.2
49. Carson Jessop, MSUB	32:13.1	112. Rudu Wani, SMU	34:03.5
50. Medhane Woldu, STAN	32:13.6	113. Lucio Rivas, CSUC	34:06.3
51. Kevin Lehr, SFSU	32:14.7	114. Lucas Vigil, SFSU	34:10.6
52. Keanu Daos, WOU	32:16.5	115. Kaleb Traficante, HSU	34:16.0
53. Trevor Boaz, CSUSM	32:18.4	116. Dylan Brown, CSUSM	34:20.1
54. Ruben Pina, CSUSM	32:18.7	117. Chandler Emerson, NNU	34:20.9
55. Ryan Sorensen, BIOLA	32:19.9	118. Mateo Rivera, CWU	34:27.6
56. Hector Arteaga, CUI	32:20.4	119. Cole McKain, CSUEB	34:33.1
57. Bo Olsen, FPU	32:21.3	120. Ryan Bradley, CSUMB	34:34.4
58. Jared Donnel, BIOLA	32:23.3	121. Ty Savely, CWU	34:37.2
59. Dider Sandoval, APU	32:23.5	122. Jaxon Leduc, HSU	34:44.4
60. Tomas Huerta, STAN	32:24.3	123. Quincy Ellis, NNU	34:44.7
61. Nickson Koech, UAA	32:25.2	124. Maxwell Eickele, CSUMB	34:47.4
62. Evan Jackson, SFSU	32:28.4	125. Diego Denson, CSUMB	34:50.2
63. Angel Aguirre, CUI	32:30.3	126. Jose Torres, SFSU	34:53.3

127. Abdelouakil Mustapha, AAU	34:56.4	42. Mackenna Mason, BIOLA	22:39.3
128. Owen Day, AAU	35:19.5	43. Natalie Schroeder, CSUSM	22:40.2
129. Isaac Cortes, SMU	35:27.3	44. Luz Mercado, CSUSM	22:40.6
130. Jordi Peiro, MSUB	35:35.6	45. Kimberly Lima, CSUEB	22:41.1
131. Mica Mills, HSU	35:36.8	46. Britta Holmberg, BIOLA	22:24.4
132. Lance Slichko, SMU	35:37.4	47. Katarina Borchin, STAN	22:44.8
133. Zephan Ozturgut, UAF	35:37.9	48. Julia LaMar, NNU	22:45.1
134. Koen Ross, UAF	35:44.6	49. Mia Crocker, WWU	22:45.6
135. Cedar Davis-Frankfort, WOU	35:45.2	50. Ila Davis, WWU	22:46.2
136. Jeff Fairbanks, UAF	35:46.2	51. Hannah Wirth, CSUC	22:47.8
137. Titus Kangogo, UAA	35:47.0	52. Alyse Sibley, CSUSM	22:48.2
138. Aidan Singh, CSUEB	35:47.8	53. Ella Marion, SFU	22:49.1
139. Daniel Gonzalez, CSULA	36:03.3	54. Natalie Harper, CSUMB	22:50.3
140. Steven Baltz, SMU	36:12.1	55. Clarissa Garcia, CSUSM	22:52.5
141. Frederick Inada, CSULA	36:32.5	56. Sara Feitz, CUI	22:53.8
142. Nolan Earnest, UAF	37:30.6	57. Alex Boyle, SSU	22:54.8
143. Aaron Borger, NNU	37:34.2	58. Daisy Romero, BIOLA	22:56.5
144. Mitchell Machuca, CSUSM	37:34.4	59. Megan Neumann, BIOLA	22:57.0
145. Jack Cater, UAF	38:10.9	60. Claire Noort, SFU	22:57.5
146. Zack Sundt, CWU	38:31.5	61. Sophie Rodriguez, SSU	22:57.7
147. Jackson Bailey MSUB	38:35.4	62. Adriana Gil, CUI	22:58.8
		63. Cassidy Walchak-Sloan, SMU	22:59.0

**Women's Results (6,000 Meters)**

1. Kaela Dishion, STAN	21:14.4	64. Jaclyn Denham, CSUC	22:59.2
2. Olivia Willett, SFU	21:19.7	65. Madi Bucci, PLNU	23:00.1
3. Natalia Novak, AAU	21:27.1	66. Grace Catena, BIOLA	23:00.6
4. Rosie Fordham, UAF	21:34.4	67. Arissa Hatcher, CPP	23:00.9
5. Kendall Kramer, UAF	21:36.1	68. Kalen Belton, NNU	23:01.4
6. Naomi Bailey, UAF	21:41.7	69. Carly Schuerger, CSUSM	23:03.0
7. Justine Stecko, APU	21:44.1	70. Grace Kenny, STAN	23:05.6
8. Luz Garcia, WOU	21:44.5	71. Aubrie Nex, PLNU	23:07.2
9. Marissa D'Atri, CSUC	21:47.1	72. Brooke Roy, CSUMB	23:08.6
10. Julianna Mendez, DUC	21:50.4	73. Leza Cassidy, CSUEB	23:08.9
11. Sabrina Garcia, STAN	21:50.9	74. Lisa Irvine, CSUMB	23:10.4
12. Briseida Garcia Meza, APU	21:52.1	75. Veronica Ortega, FPU	23:11.2
13. Kate Cameron, SFU	21:53.0	76. Madison Templeton, CUI	23:14.6
14. Hasna Kaarour, AAU	21:56.0	77. Melissa Sosa, CSUEB	23:16.3
15. Iris Carrillo, STAN	21:58.7	78. Kailee Stoppel, MSUB	23:17.5
16. Mikayla Akers, APU	21:59.8	79. Kaylin Cantu, WOU	23:19.4
17. Renee Laurenzana, CSUSM	22:00.1	80. Hannah Marin, CSUMB	23:19.9
18. Delanie Dykes, AAU	22:00.7	81. Araceli Mancilla, FPU	23:21.1
19. Chase Worthen, CSUEB	22:02.7	82. Angie Arellano, CPP	23:22.1
20. Katie Hawley, CSUC	22:04.2	83. Ana Mercado, CSUSM	23:22.8
21. Lynette Ruiz, BIOLA	22:06.0	84. Shawnee Konrad, WWU	23:23.5
22. Annika Esvelt, SPU	22:07.4	85. Sara Sabra, SMU	23:24.5
23. Caitlin Heldt, WOU	22:08.4	86. Madeleine Liem, SFSU	23:26.0
24. Nancy Jeptoo, UAA	22:10.5	87. Paulina Guerrero, CSUC	23:26.3
25. Hannah Ryan, CSUC	22:11.3	88. Katie Chapman, WOU	23:27.1
26. Emily Hilton, SFU	22:11.9	89. Lauren Jauregui, CPP	23:27.4
27. Alison Andrews-Paul, SFU	22:18.4	90. Yorka Gebrehiwot, FPU	23:37.8
28. Audrey Rosencrans, AAU	22:18.9	91. Miranda Avila, CSUSM	23:28.1
29. Megan Roxby, SFU	22:22.8	92. Lina Hanich, AAU	23:29.7
30. Rosa Granados, HSU	22:23.5	93. Bridget Edwards, CPP	23:30.0
31. Gracie Dupuis, CSUC	22:24.2	94. Angelique Antonini, CUI	23:30.6
32. Porshe Eismann, CUI	22:24.2	95. Ellie Rising, SPU	23:35.5
33. Delaine Zock, UAF	22:25.1	96. Alexa Queenan, FPU	23:37.1
34. Samantha Aguilar, CPP	22:26.6	97. Emily McMahon, NNU	23:39.1
35. Saedy Williamson, HSU	22:26.7	98. Madison Child, CWU	23:42.3
36. Amanda Navarro, CSUEB	22:27.7	99. Lindie Larson, WOU	23:43.6
37. Brittany Aquino, WWU	22:29.5	100. Madeline Jahshan, CUI	23:45.2
38. Brook Wedin, WWU	22:30.6	101. Sophie Wright, WWU	23:51.0
39. Nancy Juarez, STAN	22:32.3	102. Svetlana Martin, CPP	23:51.7
40. Jax Heckers, BIOLA	22:34.5	103. Alana Hurley, CUI	23:52.0
41. Eugenia Palko, WWU	22:37.2	104. Nicki Yorges, SPU	23:56.6

## GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

### 2021 Women's Results Continued

105. Alfin Nyamasyo, UAA	23:58.1	121. Nicole Renteria, CSUSB	24:25.8	138. Andie Kolasinski, HSU	25:11.0	155. Madison Petersen, SSU	25:58.7
106. Kay Lester, CWU	23:59.0	122. Sierra Shaver, CSUSB	24:27.4	139. Fatima Cortez, FPU	25:11.1	156. Anabel Ojeda, HSU	26:01.0
107. Sukey Esteva, CSUSB	23:59.7	123. Ariel Van Riper, CSUEB	24:28.1	140. Belen Luna, CSULA	25:12.2	157. Melissa Pinter, HSU	26:04.5
108. Marina Barragan, FPU	24:01.2	124. Serena Smith, HSU	24:28.7	141. Sierra Durbin, MSUB	25:12.9	158. Abigail Toarmina, CSUSB	26:07.0
109. Molly Hake, APU	24:05.0	125. Joanna Lopez, CSUSB	24:30.2	142. Sara Wenger, SSU	25:15.4	159. Madison Thompson, CWU	26:17.3
110. Kendra Woods, MSUB	24:05.9	126. Abby Rivet, SSU	24:32.8	143. Arielle Himelbloom, UAA	25:17.2	160. Kylee Halpin, MSUB	26:22.5
111. Maribel Aguilar, FPU	24:10.1	127. Olivia Segura, APU	24:33.8	144. Amaya Ferris, CSULA	25:22.7	161. Samantha Gotz, PLNU	26:33.7
112. Meredith Massey, CWU	24:10.5	128. Alisha Saucedo, SMU	24:37.9	145. Jenna Bernath, PLNU	25:29.3	162. Katya Candray, SFSU	26:35.7
113. Faith Rocha, PLNU	24:11.8	129. Alisa Moradian, CPP	24:43.5	146. Kaitlyn Kruse, WOU	25:31.9	163. Abby Burton, SMU	26:54.2
114. Sage Earnest, NNU	24:13.0	130. Naomi Hartley, SMU	24:46.6	147. Olivia Renfro, SFSU	25:37.9	164. Savanna Woody, NNU	26:56.6
115. Karen Corona-Perez, HPU	24:13.5	131. Kayla Penny, HSU	24:50.1	148. Luca Burns, PLNU	25:40.1	165. Camilia Aguilar, CSULA	26:57.8
116. Mackenzie Caprino, CSUMB	24:14.1	132. Caitlin Gohr, CWU	24:54.9	149. Veronica Valenton, CSUEB	25:42.3	166. Abbi Zent, MSUB	27:39.3
117. Ally Whitmer, MSUB	24:17.2	133. Kim Tovar, CSUMB	24:56.0	150. Kit Wiersema, MSUB	25:44.0	167. Sydney Seyer, SFSU	27:44.8
118. Stephanie Martinez, SFSU	24:18.5	134. Tailer Cochran, CWU	25:01.0	151. Savannah Milner, CSUSB	25:44.1	168. Dericka Braden, CSULA	28:02.9
119. Daisy Salinas, SFSU	24:22.9	135. Olivia Klein, NNU	25:06.3	152. Emily Johnson, WOU	25:45.3	169. Devony Quiddam, CSULA	31:01.2
120. Katelynn Strate, CWU	24:23.1	136. Gensis Obispo, CSUSB	25:07.6	153. Jordan Woods, NNU	25:48.1		
		137. Emily Donahue, PLNU	25:10.0	154. Kya Ramirez, SMU	25:53.5		

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

**2022**

**Nov. 19 at Amend Park, Billings, Mont.**

**Men's Team Scores:** Chico State 48, Western Washington 82, Azusa Pacific 111, Simon Fraser 126, Cal Poly Pomona 127, Biola 147, Alaska Anchorage 235, Fresno Pacific 236, Cal St. San Marcos 295, Concordia 298, San Francisco St. 345, Cal Poly Humboldt 347, Western Oregon 371, Stanislaus State 374, Saint Martin's 396, Montana State Billings 396, Cal State East Bay 397, Cal St. Monterey Bay 449, Central Washington 529, Academy of Art 561, Seattle Pacific 576. Incomplete: Alaska, Dominican (Calif.), Hawaii Pacific, Holy Names, Northwest Nazarene.

**Women's Team Scores:** Stanislaus State 91, Chico State 93, Biola 114, Cal Poly Pomona 191, Azusa Pacific 198, Western Washington 220, Alaska 221, Cal State East Bay 231, Simon Fraser 241, Saint Martin's 248, Western Oregon 262, Concordia 283, Fresno Pacific 309, Cal St. San Marcos 369, Cal Poly Humboldt 425, Academy of Art 436, Cal St. Monterey Bay 439, Point Loma 463, Sonoma State 466, Seattle Pacific 494, Cal St. San Bernardino 498, Alaska Anchorage 566, Montana State Billings 600, San Francisco St. 646, Central Washington 755. Incomplete: Northwest Nazarene.

**Men's Results (10,000m)**

1. Charlie Dannatt, SFU 30:07.49	62. Bryant Edgerton, MSUB 32:06.08	125. Jacob Potere, DUC 34:12.45	35. Carly Schuerger, CSUSM 22:06.77
2. Coleman Nash, UAA 30:10.34	63. Xavier Smith, FPU 32:06.71	126. Luis Contreras, CSUMB 34:16.07	36. Chase Worthen, CSUEB 22:07.35
3. Rory Abberton, CSUC 30:14.63	64. David DeLeora, FPU 32:06.98	127. Gaven McCullough, MSUB 34:18.70	37. Sophie Wright, WWU 22:07.78
4. Benjamin White, BIOLA 30:20.69	65. Nolan Arredondo, BIOLA 32:07.80	128. Miles Worthen, CSUEB 34:20.46	38. Hannah Champness, BIOLA 22:10.66
5. Bryan Banuelos, FPU 30:26.89	66. Rodney Chemalmal, FPU 32:11.21	129. Tom Thake, SPU 34:25.28	39. Lauren Landrith, BIOLA 22:11.91
6. Ricardo Vargas, CPP 30:29.95	67. Brody Kemble, NNU 32:13.09	130. Austin Hoach, CSUS 34:26.88	40. Emily Chilton, SFU 22:12.87
7. Michael Zapherson, UAA 30:31.12	68. Jared St. Pierre, CUI 32:14.86	131. Dustin Berger, CUI 34:27.06	41. Aubrie Nex, PLNU 22:13.10
8. Jack Emanuel, CSUC 30:32.25	69. Aidan Singh, CSUEB 32:14.93	132. Jordi Piero, MSUB 34:32.60	42. Sara Sabra, SMU 22:14.11
9. Jared Wright, DUC 30:33.08	70. Ty Savely, CWU 32:15.98	133. Koen Ross, UAF 34:38.13	43. Leza Cassidy, CSUEB 22:14.89
10. Omar Alvarez-Hernandez, CSU 30:33.44	71. Miguel Villar, WOU 32:19.69	134. Dustyn McKenney, WOU 34:43.43	44. Lisa Redlinger, AAU 22:19.52
11. Jeret Gillingham, WWU 30:33.49	72. Connor Farrow, CSUMB 32:21.26	135. Jonah Grubbs, HUM 34:45.65	45. Hannah Ryan, CSUC 22:19.82
12. Sebastian Brinkman, SFU 30:35.69	73. Ephrem Mekonnen, SFU 32:22.33	136. Owen Day, AAU 34:59.38	46. Sarah Prangle, SFU 22:22.03
13. Brayden McLaughlin, CSUC 30:36.53	74. Brennan LeBlanc, SPU 32:23.66	137. Sankalp Shastri, CSUSM 35:01.24	47. Rosa Granados, HUM 22:23.75
14. Andrew Oslin, WWU 30:36.88	75. Juan Sebastian Garcia, CUI 32:24.08	138. Vaughn Lacour, UUA 35:04.06	48. Reese Sion, HUM 22:26.21
15. Salvador Capetillo, APU 30:37.59	76. David Berardi, CUI 32:27.45	139. Shun Yamaguchi, CWU 35:09.34	49. Lisa Irvine, CSUMB 22:27.00
16. Ryan Clough, WWU 30:38.29	77. Gideon Pichardo, CPP 32:28.36	140. Troy Oshimo, HPU 35:13.06	50. Sara Feitz, CUI 22:28.00
17. Daniel Hernandez, CSUC 30:39.35	78. Kolby Spink, WOU 32:28.73	141. Justin Matties, CSUEB 35:18.32	51. Katie Chapman, WOU 22:28.36
18. George Karamitsos, WWU 30:39.90	79. Chas O'Bear, CSUEB 32:30.77	142. Jaden Singleton, AAU 35:22.10	52. Haleigh Humble, CSUS 22:28.91
19. Leandro Candray, CPP 30:42.25	80. Matthew Frey, CSUSM 32:31.70	143. Nathaniel Gale, SPU 35:23.41	53. Julissa Avila, FPU 22:30.03
20. Joshua O'Neill, CSUC 30:47.85	81. Cooper Feeman, CSUS 32:32.08	144. Markus Anderson-Deakin, AAU 35:54.03	54. Bridget Edwards, CPP 22:30.36
21. Felix Perrier, APU 30:50.26	82. Jack Farrell, SMU 32:32.52	145. Ryan Owens, UAF 35:56.12	55. Audrey Rosencrans, AAU 22:30.97
22. Nixon Korir, APU 30:52.20	83. Adin Dibble, CSUS 32:32.57	146. Kevin Graves, MSUB 36:03.27	56. Vivian Martinez, CPP 22:32.00
23. Nick Melanese, CSUSM 30:52.29	84. Jose Torres, SFSU 32:33.65	147. Lucas Reyes, SPU 36:04.50	57. Maribel Aguilar, FPU 22:34.40
24. Riley Burns, APU 30:53.29	85. Justin Todd, HPU 32:37.97	148. Josh Baurick, UAF 36:11.04	58. Sofia Vasquez, APU 22:35.73
25. Nick Brichta, HUM 30:54.87	86. Ries Tveit, UAF 32:38.83	149. Jack Cater, UAF 38:01.75	59. Matisse Mulch, SPU 22:37.27
26. Cameron Duquette, CSUC 31:02.37	87. Bo Olsen, FPU 32:41.43	150. Kevin Kipchirchir, CWU 38:28.23	60. Melissa Sosa, CSUEB 22:38.20
27. Hunter Hutton, WOU 31:05.33	88. Jaxon LeDuc, HUM 32:42.83		61. Tressa Wood, UAA 22:39.27
28. Kevin McDermott, WWU 31:09.73	89. Alexis Lorenzana, CSUMB 32:44.16		62. Alanna Parker, WWU 22:39.63
29. Ryan Todd, BIOLA 31:13.55	90. Nathan Garcia, CSUMB 32:44.20		63. Morgan Erler, NNU 22:39.90
30. Scott Arndt, SFU 31:14.72	91. Quincy Ellis, NNU 32:45.03		64. Alyssa Escay, CSUEB 22:41.42
31. Isaac Cortes, SMU 31:18.72	92. Michael Harwell, SMU 32:45.69		65. Jaclyn Denham, CSUC 22:42.80
32. Jerry Blatzer, BIOLA 31:20.17	93. Joshua Abrenica, SFSU 32:48.74		66. Kseniya Nikanorov, CSUMB 22:43.56
33. Daniel Echeveste, CPP 31:21.80	94. Eric Perez, APU 32:54.05		67. Megan Roxby, SFU 22:44.11
34. Dider Sandoval, APU 31:24.61	95. Bailey Smith, WOU 32:56.16		68. Marian Ledesma, WWU 22:44.64
35. Thomas McDowell, CPP 31:27.61	96. Carson Smith, HUM 32:57.34		69. Vanessa Aniteye, SPU 22:45.96
36. Ricardo Torres, HUM 31:28.66	97. Matthew Morgon, CSUEB 33:01.09		70. Anika Pettinger, SFSU 22:46.15
37. Jalen Javurek, WWU 31:31.39	98. Renton McGregor, CSUSM 33:02.74		71. Alisha Saucedo, SMU 22:46.39
38. Vincent Sarino, CPP 31:32.58	99. Emanuel Salas, FPU 33:06.03		72. Emma Mills, CSUSM 22:46.64
39. Jesus Avalos, UAA 31:33.09	100. Joey Manahan, SFSU 33:07.70		73. Delainey Zock, UAF 22:47.18
40. Brady DeHaven, BIOLA 31:33.30	101. Gary Valle, SFSU 33:10.86		74. Kailee Stoppel, MSUB 22:47.69
41. Evan Jackson, SFSU 31:33.54	102. Jimmy Byland, CSUSM 33:13.29		75. Grace Handler, CSUSM 22:49.89
42. Bailey Williams, SFSU 31:33.92	103. Alex Fernandes, CSUMB 33:14.28		76. Sophie Rodriguez, SSU 22:53.24
43. Aiden Good, SFU 31:35.12	104. Eli Dale, SMU 33:15.51		77. Milena Kalisch, SFU 22:53.29
44. Henry Ruckman-Utting, SFU 31:36.10	105. Ben Heagler, SFSU 33:16.72		78. Kate Cameron, SFU 22:53.74
45. Abesolom Teftra, FPU 31:37.49	106. Lance Slichko, SMU 33:18.11		79. Kimberly Lima, CSUEB 22:54.84
46. Aidan Tomasini, BIOLA 31:38.42	107. Jack Pratapas, CWU 33:20.41		80. Ali Keith, CSUMB 22:55.32
47. Trevor Boaz, CSUSM 31:39.33	108. Kainalu Pagente, SMU 33:21.39		81. Alexa Queenan, FPU 22:56.18
48. Diego Duran, CPP 31:41.27	109. Rudu Wani, SMU 33:21.86		82. Luz Mercado CSUSM 22:58.21
49. Ase Ackerman, MSUB 31:42.35	110. Sebastian Garcia, CSUEB 33:23.41		83. Holly Hutton, WOU 22:58.83
50. Mefhane Woldu, CSUS 31:43.20	111. Zachary Christensen, UAA 33:24.24		84. Alexis Wallace, CSUSB 23:00.98
51. Logan Straus, MSUB 31:44.56	112. Ryan Sorensen, BIOLA 33:25.75		85. Ryley Burns, PLNU 23:02.06
52. Logan McNamar, HNU 31:44.60	113. Hudson Lockette, AAU 33:28.56		86. Isabel Perez-Zoghbi, HUM 23:03.51
53. Jared Alderfer, WWU 31:46.03	114. Jon Owen, SPU 33:33.13		87. Isabela Moreno, CSUS 23:03.53
54. Fernando Aguirre, CUI 31:46.09	115. Garrett Hough, CWU 33:34.46		88. Natalie Perez, WOU 23:05.45
55. Christian Alcantar, CSUS 31:50.17	116. Jaime Gonzalez, CSUMB 33:40.66		89. Joanna Lopez, CSUSB 23:05.72
56. Noah Plaza, CUI 31:51.95	117. Easton Pomrankey, WOU 33:49.51		90. Alisa Moradian, CPP 23:06.69
57. Colin Bervig, CUI 31:54.69	118. Carson Cohn, HUM 33:53.76		91. Hayley Kilion, CUI 23:07.93
58. Michael Schneider, APU 32:01.20	119. Mario Gutierrez, CSUS 33:55.45		92. Katya Candray, SFSU 23:14.88
59. Ruben Pina, CSUSM 32:03.48	120. Keeton Sanchez, WOU 33:58.00		93. Maggie Williams, BIOLA 23:15.78
60. Cole McKain, CSUEB 32:04.30	121. Luis Sandoval, HUM 34:00.14		94. Ella Marion, SFU 23:16.69
61. Sebastian Rivera, AAU 32:05.81	122. Wyatt May, MSUB 34:01.07		95. Maylea Brawner, APU 23:17.27
	123. Shawn Clough, CWU 34:04.10		96. Cadence Youngman, APU 23:17.95
	124. Jordan Schmidt, SFU 34:05.22		

**Women's Results (6,000m)**

1. Naomi Bailey, UAF 20:53.08	2. Kendall Kramer, UAF 20:58.47	3. Marissa D'Atri, CSUC 21:05.36	4. Rosie Fordham, UAF 21:06.17	5. Kaela Dishion, CSUS 21:13.81	6. Majwa Chouati, CSUS 21:23.74	7. Alauna Carstens, SMU 21:25.46	8. Bethany Mapes, BIOLA 21:27.42	9. Eline Pinter, APU 21:29.37	10. Kayden Legan, CSUS 21:32.45	11. Gracie Dupuis, CSUC 21:33.11	12. Caitlin Heldt, WOU 21:33.92	13. Grace Chalk, SFU 21:37.88	14. Briseida Garcia Meza, APU 21:39.99	15. Cassidy Walchak-Sloan, SMU 21:40.12	16. Porshe Eismann, CUI 21:41.34	17. Grace Catena, BIOLA 21:41.68	18. Yahaira Zuniga, CSUS 21:43.09	19. Samantha Aguilar, CPP 21:43.48	20. Yorkabel Gebrehitot, FPU 21:44.06	21. Iresh Molina, CSUC 21:45.22	22. Mia Crocker, WWU 21:46.67	23. Leia Jones, APU 21:46.85	24. Jori Paradis, CUI 21:47.47	25. Lynette Ruiz, BIOLA 21:50.08	26. Ellie Stetina, BIOLA 21:51.19	27. Della Molina, CSUC 21:53.68	28. Arissa Hatcher, CPP 21:55.84	29. Claire Fisher, CSUEB 21:58.39	30. Luz Garcia, WOU 21:58.94	31. Hannah Tiffany, CSUC 22:00.06	32. Meaera Shannon, WWU 22:00.96	33. Gianna Bomarito, SSU 22:01.93	34. Angie Arellano, CPP 22:06.74
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## GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

### 2022 Women's Results Continued

97. Kristilyn Hetherington, APU	23:18.70	114. Delanie Dykes, AAU	23:37.01	133. Alex Boyle, SSU	24:06.67	151. Helena Valdez, CSUSB	24:38.56
98. Nicole Renteria, CSUSB	23:18.77	115. Naomi Hartley, SMU	23:37.31	134. Ally Whitmer, MSUB	24:11.26	152. Veronica Valenton, CSUEB	24:40.58
99. Alfin Nyamasyo, UAA	23:20.39	116. Lina Hanich, AAU	23:37.83	135. Katelyn Flolo, SPU	24:16.01	153. Tailer Cochran, CWU	24:44.50
100. Marina Barragan, FPU	23:21.27	117. Sofija Spaic, UAA	23:38.06	136. Emily Mendoza, CSUSM	24:17.15	154. Madeleine Liem, SFSU	24:49.70
101. Victoria Escanuelas, CPP	23:22.24	118. Aubree Gentry, PLNU	23:40.76	137. Aunika Miller, UAA	24:20.24	155. Kayla Penny, CPP	24:55.98
102. Ashley Reeck, WWU	23:22.32	119. Angelee Berganio, CSUMB	23:41.41	138. Nicki Yorges, SPU	24:20.59	156. Monica Ruelas, UAA	25:01.70
103. Libby Michael, SPU	23:23.06	120. Adriana Gil, CUI	23:44.13	139. Kit Wiersema, MSUB	24:21.75	157. Teagan Silva, UAF	25:02.24
104. Madeline Jahshan, CUI	23:24.85	121. Elizabeth King, CUI	23:47.24	140. Rosie Melville, CWU	24:23.98	158. Madeline Severson, MSUB	25:04.77
105. Maddie Baytosh, SSU	23:25.87	122. Sophie Smith, HUM	23:47.68	141. Madison Petersen, SSU	24:24.79	159. Kelli Heim, CWU	25:04.99
106. Aryanna Guzman, FPU	23:27.74	123. Sara Wenger, SSU	23:47.72	142. Mackenzie Caprino, CSUMB	24:25.49	160. Olivia Wyatt, CWU	25:13.07
107. Riley Smith, WOU	23:30.30	124. Kai Marroquin, CSUSB	23:48.95	143. Abigail Haas, UAF	24:26.03	161. Courtney Osborn, SMU	25:16.72
108. Miranda Avila, CSUSB	23:30.37	125. Jess Hill-Roddick, HUM	23:50.04	144. Abby Ribet, SSU	24:26.14	162. Alexa Amador, HUM	25:20.05
109. Jessica Schempp, CSUSM	23:31.58	126. Evelyn Collins-Winn, WWU	23:50.45	145. Kya Ramirez, SMU	24:28.00	163. Lauren Thompson, CWU	25:41.97
110. Michaela Andrews, AAU	23:32.76	127. Carey Berendsen, MSUB	23:54.01	146. Natalie Harper, CSUMB	24:29.82	164. Madison Thompson, CWU	25:47.20
111. Madeline Reeves, PLNU	23:32.84	128. Angela McManus, CSUSM	23:58.18	147. Alahna Lien, MSUB	24:32.38	165. Jackeline Parra, FPU	26:01.96
112. Kellis Hein, PLNU	23:33.78	129. Audrey Garcia, CSUMB	24:01.60	148. Zoie Mastin, CWU	24:33.71	166. Maria Rojas, CSUSB	26:02.41
113. Lindie Larson, WOU	23:36.57	130. Katarina Borchin, CSUS	24:02.01	149. Elizabeth Satterlee, PLNU	24:34.12	167. Caidence Avelar, SFSU	26:25.41
		131. Kaylee Dalling, MSUB	24:05.08	150. Maria Martin, AAU	24:38.35	168. Sydney Seyer, SFSU	26:47.57
		132. Maya Ewing, SPU	24:06.31				



# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

Updated Through 2023 Season

2023

Nov. 4 at Ash Creek Preserve, Monmouth, Ore.

Complete Results on TFRRS: [https://www.tfrrs.org/results/xc/22931/NCAA\\_Division\\_II\\_West\\_Region\\_Cross\\_Country\\_Championships](https://www.tfrrs.org/results/xc/22931/NCAA_Division_II_West_Region_Cross_Country_Championships)

# GNAC CROSS COUNTRY REGIONAL CHAMPIONSHIP HISTORY

## NAIA Regional Championship History

**2000 (Nov. 3 at Clarkston, Wash.): Men's Team Scores** – Simon Fraser 30, British Columbia 52, Northwest Nazarene 69, Seattle 86, Lewis-Clark State 106. **Individuals (8,000 Meters)** – 1. Byron Wood, UBC, 25:58.25; 5. Aaron Matthias, NNU, 26:57.21; 6. Ben Wornell, NNU, 27:00.61; 8. Steve Manos, SU, 27:10.68; 11. Carlos Siqueros, SU, 27:16.18; 13. Zach Dwello, NNU, 27:23.77; 18. Brice Roncace, NNU, 28:06.63; 20. Dain Engbretsen, SU, 28:15.01. **Women's Team Scores** – Northwest Nazarene 41, Simon Fraser 47, Lewis-Clark State 63, British Columbia 70, Seattle 125. **Individuals (5,000 Meters)** – 1. Desneige McLean, SFU, 18:50.33; 3. Kristi Lind, NNU, 19:39.20; 4. Ann-Marie Wiggins, NNU, 19:45.35; 5. Heather Esposito, NNU, 19:57.02; 10. Tara Matthews, SU, 20:06.82; 13. Susan Young, NNU, 20:21.74; 16. Mary Glaze, NNU, 20:28.96.

**2001 (Nov. 3 at Kirkland, Wash.): 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 Engbretsen, 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.

**2010 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.