

**GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016****Lake Padden****Results****Event 1 Men 8k Run CC**

Name	Year School	Avg Mile	Finals	Points
Results - Men				
1 Kangogo, Edwin	Alaska Anchorage	5:00.7	24:54.80	1
2 Ramirez, Michel	Alaska Anchorage	5:01.1	24:56.50	2
3 Derline, Isaac	Western Washington	5:03.4	25:07.80	3
4 Cheseto, Henry	Alaska Anchorage	5:05.7	25:19.20	4
5 Ribich, David	Western Oregon	5:06.5	25:23.40	5
6 Charlton, Braeden	Simon Fraser	5:08.0	25:31.00	6
7 Mitchell, Isaac	Northwest Nazarene	5:08.5	25:33.50	7
8 Lutz, Matthew	Western Washington	5:09.1	25:36.20	8
9 Miller, Sean	Simon Fraser	5:09.2	25:36.60	9
10 Nading, Dustin	Western Oregon	5:10.0	25:40.70	10
11 Samoei, Victor	Alaska Anchorage	5:11.1	25:46.50	11
12 Rouleau, Marc-Antoine	Simon Fraser	5:11.4	25:47.60	12
13 Mendenhall, Michael	Alaska Anchorage	5:11.6	25:48.90	13
14 Doherty, Rowan	Simon Fraser	5:12.4	25:52.80	14
15 Kipchumba, Nathan	Alaska Anchorage	5:12.8	25:54.90	15
16 Love, Garrett	Msu-Billings	5:12.9	25:55.40	16
17 Carrancho, Justin	Alaska Anchorage	5:13.6	25:58.50	17
18 Egeland, Jorey	Msu-Billings	5:13.7	25:59.00	18
19 de Dalmases, Mateo	Simon Fraser	5:14.9	26:05.40	19
20 Kemboi, Godfrey	Northwest Nazarene	5:15.2	26:06.70	20
21 Kipchumba, Amos	Alaska Anchorage	5:15.6	26:08.50	
22 McCranie, Cody	Western Washington	5:16.2	26:11.80	21
23 Tadesse, Ephraim	Simon Fraser	5:16.8	26:14.60	22
24 Butler, Peter	Western Washington	5:17.4	26:17.80	23
25 Crosswhite, Justin	Western Oregon	5:17.5	26:18.00	24
26 Javier, Kaleb	Central Washington	5:17.7	26:19.20	25
27 Lewis, Judd	Concordia (Ore.)	5:17.9	26:19.90	26
28 Platil, Lukash	Alaska Fairbanks	5:18.0	26:20.80	27
29 Miller, Jesse	Alaska Anchorage	5:18.8	26:24.50	
30 Hamilton, Nick	Northwest Nazarene	5:18.9	26:24.80	28
31 Livermore, Ethan	Concordia (Ore.)	5:18.9	26:24.90	29
32 Seckel, Jared	Concordia (Ore.)	5:19.0	26:25.50	30
33 Hayes, Dylan	Western Washington	5:19.3	26:27.00	31
34 Jones, Tyler	Western Oregon	5:19.5	26:28.10	32
35 Wise, Andrew	Western Washington	5:19.9	26:29.90	33
36 Dempsey, Josh	Western Oregon	5:20.1	26:31.00	34
37 Boston, Josh	Central Washington	5:20.5	26:33.00	35
38 Irvine, Justin	Western Washington	5:21.0	26:35.50	36
39 Lafferty, Jonathan	Central Washington	5:21.1	26:36.10	37
40 Panasuk, Josh	Msu-Billings	5:21.1	26:36.20	38
41 Mendoza, Tyus	Msu-Billings	5:22.6	26:43.30	39
42 Korta, Kaleb	Alaska Anchorage	5:22.9	26:44.90	
43 Serviss, Samuel	Simon Fraser	5:23.1	26:45.70	40
44 Serventi, Daniel	Alaska Fairbanks	5:23.3	26:47.10	41
45 Mustard, Timothy	Simon Fraser	5:23.6	26:48.30	
46 Humphries, Tyler	Central Washington	5:23.7	26:49.10	42
47 Heckman, Jasper	Saint Martin's	5:24.0	26:50.50	43
48 Takagi, Seiji	Alaska Fairbanks	5:24.1	26:50.70	44
49 Leaf, Ron	Central Washington	5:24.1	26:51.00	45
50 Hovland, Mark	Msu-Billings	5:24.3	26:51.70	46
51 Lee, Hanson	Central Washington	5:24.3	26:52.00	47
52 Eckert, Alex	Alaska Fairbanks	5:24.3	26:52.10	48



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2	Simon Fraser	60	6	9	12	14	19	22	40
	Total Time:	2:08:53.40							
	Average:	25:46.68							
3	Western Washington	86	3	8	21	23	31	33	36
	Total Time:	2:09:40.60							
	Average:	25:56.12							
4	Western Oregon	105	5	10	24	32	34	55	56
	Total Time:	2:10:21.20							
	Average:	26:04.24							
5	Msu-Billings	157	16	18	38	39	46	49	62
	Total Time:	2:12:05.60							
	Average:	26:25.12							
6	Northwest Nazarene	178	7	20	28	58	65	76	
	Total Time:	2:13:15.60							
	Average:	26:39.12							
7	Central Washington	184	25	35	37	42	45	47	50
	Total Time:	2:13:08.40							
	Average:	26:37.68							
8	Alaska Fairbanks	211	27	41	44	48	51	57	59
	Total Time:	2:13:52.30							
	Average:	26:46.46							
9	Concordia (Ore.)	226	26	29	30	69	72	73	74
	Total Time:	2:16:29.20							
	Average:	27:17.84							
10	Saint Martin's	285	43	54	61	63	64	66	71
	Total Time:	2:16:57.60							
	Average:	27:23.52							
11	Seattle Pacific	300	52	53	60	67	68	70	75
	Total Time:	2:17:50.20							
	Average:	27:34.04							

**GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016****Lake Padden****Results****Event 2 Women 6k Run CC**

Name	Year School	Avg Mile	Finals	Points
Results - Women				
1 Kurgat, Caroline	Alaska Anchorage	5:42.6	21:17.10	1
2 Porter, Shannon	Saint Martin's	5:44.4	21:23.70	2
3 Bassett, Rebecca	Simon Fraser	5:48.0	21:37.40	3
4 Charleson, Mary	Seattle Pacific	5:48.9	21:40.60	4
5 Chelimo, Joyce	Alaska Anchorage	5:51.5	21:50.20	5
6 Macdonald, Sarah	Seattle Pacific	5:54.1	22:00.20	6
7 Howley, Julia	Simon Fraser	5:56.5	22:09.00	7
8 Lopez, Yadira	Saint Martin's	5:57.1	22:11.10	8
9 Manzer, Anysja	Northwest Nazarene	5:59.7	22:20.90	9
10 Perez, Tamara	Alaska Anchorage	6:00.3	22:23.20	10
11 Bassett, Miryam	Simon Fraser	6:01.3	22:26.80	11
12 Stelling, Lillianna	Western Washington	6:02.0	22:29.30	12
13 Townsend, Addy	Simon Fraser	6:02.8	22:32.30	13
14 Jepchumba, Zannah	Alaska Anchorage	6:03.5	22:35.20	14
15 Maker, Kaitlyn	Alaska Anchorage	6:03.9	22:36.50	15
16 Burroughs, Mariah	Alaska Anchorage	6:04.7	22:39.60	16
17 Rufener, Kennedy	Western Oregon	6:05.2	22:41.30	17
18 Manzer, Sierra	Northwest Nazarene	6:07.6	22:50.20	18
19 McCormick, Danielle	Alaska Anchorage	6:08.0	22:51.90	19
20 Knapp, Grace	Western Oregon	6:08.7	22:54.40	20
21 Block, Jordyn	Alaska Anchorage	6:08.8	22:55.00	
22 Coscia, Kimberly	Alaska Anchorage	6:09.8	22:58.70	
23 Grant, Brittany	Western Washington	6:09.9	22:59.10	21
24 Dobie, Reta	Simon Fraser	6:10.1	22:59.50	22
25 Calvert, Hannah	Seattle Pacific	6:10.7	23:02.00	23
26 O'Donnell, Dorothy	Alaska Fairbanks	6:11.0	23:03.00	24
27 Taferre, Sara	Western Washington	6:11.9	23:06.50	25
28 Rexus, Stephanie	Central Washington	6:12.3	23:07.90	26
29 Hutchison, Maddy	Western Washington	6:12.7	23:09.50	27
30 Carroll, Sophie	Seattle Pacific	6:14.3	23:15.40	28
31 Shinnick, Peyton	Western Washington	6:14.9	23:17.40	29
32 Striker, Kali	Alaska Fairbanks	6:15.3	23:19.10	30
33 Phan, Chynna	Seattle Pacific	6:15.5	23:19.70	31
34 Galvez, Sophia	Western Washington	6:16.0	23:21.70	32
35 Nock, Paige	Simon Fraser	6:16.9	23:24.90	33
36 Van de Grift, Suzie	Western Oregon	6:17.4	23:27.00	34
37 Clem, Delaney	Central Washington	6:18.3	23:30.20	35
38 Foote, Alyssa	Seattle Pacific	6:19.1	23:33.20	36
39 Riberio, Chelsea	Simon Fraser	6:20.3	23:37.80	37
40 Lilly, Kate	Seattle Pacific	6:20.4	23:38.00	38
41 Walter, Katherine	Seattle Pacific	6:20.6	23:39.00	
42 Kolasinski, Larissa	Saint Martin's	6:22.1	23:44.40	39
43 Liebel, Brenna	Central Washington	6:22.5	23:45.90	40
44 Bathe, Nichole	Alaska Fairbanks	6:23.1	23:48.10	41
45 Carlson, Brenna	Central Washington	6:23.2	23:48.40	42
46 Troupe, Shawna	Western Washington	6:23.4	23:49.40	43
47 Teigen, Megan	Saint Martin's	6:24.1	23:51.80	44
48 Shreffler, Waverly	Western Washington	6:24.5	23:53.40	
49 Kettel, Hailey	Seattle Pacific	6:25.5	23:57.00	
50 Mason, Ashley	Central Washington	6:26.6	24:01.10	45
51 McCloskey, Claire	Saint Martin's	6:29.3	24:11.40	46
52 Fristoe, Megan	Concordia (Ore.)	6:29.8	24:13.10	47

**GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016****Lake Padden****Results****...Event 2 Women 6k Run CC**

53 Girdler, Alicia	Central Washington	6:30.4	24:15.20	48
54 Markset, Anne-Tine	Alaska Fairbanks	6:31.9	24:20.90	49
55 Fitzgerald, Kimberly	Alaska Fairbanks	6:34.2	24:29.70	50
56 Townsend, Dana	Simon Fraser	6:34.7	24:31.40	
57 Hammons, Emily	Northwest Nazarene	6:35.0	24:32.50	51
58 Woodward, Mikhaela	Western Washington	6:35.6	24:34.80	
59 Hobson, Gabby	Concordia (Ore.)	6:36.4	24:37.90	52
60 McNerney, Sedona	Seattle Pacific	6:37.0	24:39.90	
61 Pederson, Nicole	Concordia (Ore.)	6:38.2	24:44.60	53
62 Conley, McKenna	Northwest Nazarene	6:40.4	24:52.50	54
63 Weller, Grace	Alaska Fairbanks	6:41.2	24:55.70	55
64 Aiken, Nikki	Msu-Billings	6:41.4	24:56.50	56
65 Dreicer, Talia	Western Washington	6:41.6	24:57.20	
66 Danner, Bethany	Northwest Nazarene	6:42.9	25:01.80	57
67 Nelson, Miranda	Central Washington	6:43.1	25:02.80	58
68 Dorney, Lindsey	Saint Martin's	6:43.4	25:03.70	59
69 Frame, Rio	Msu-Billings	6:44.3	25:07.20	60
70 Richardson, Dalen	Concordia (Ore.)	6:44.7	25:08.80	61
71 Beyerlein, Tera	Central Washington	6:45.9	25:13.20	
72 Link, Ginny	Western Oregon	6:46.9	25:16.80	62
73 Harrington, Sara	Concordia (Ore.)	6:47.0	25:17.30	63
74 Ditzhazy, Amanda	Western Oregon	6:47.2	25:17.80	64
75 Woods, Olivia	Western Oregon	6:48.7	25:23.60	65
76 Bomar, Bailey	Msu-Billings	6:50.1	25:28.70	66
77 Vaughan, Yeshi	Saint Martin's	6:50.6	25:30.60	67
78 Fristoe, Sara	Concordia (Ore.)	6:50.7	25:31.20	68
79 Foster, Lydia	Msu-Billings	6:51.2	25:32.90	69
80 Wilsey, Halie	Northwest Nazarene	6:51.5	25:33.90	70
81 Gowen, Toni	Western Oregon	6:53.2	25:40.40	71
82 Rose, Megan	Western Oregon	6:54.7	25:45.80	
83 McKinney, Kaitlyn	Central Washington	6:54.9	25:46.80	
84 Fjelstul, Bailey	Concordia (Ore.)	6:59.9	26:05.40	72
85 Bailly, Kaitlyn	Concordia (Ore.)	7:01.2	26:10.00	
86 Burke, Grayson	Western Oregon	7:04.2	26:21.20	
87 Schuchard, Catrina	Msu-Billings	7:06.6	26:30.30	73
88 Lilly, Sarah	Alaska Fairbanks	7:08.1	26:36.00	74
89 Campbell, Kelsea	Concordia (Ore.)	7:09.4	26:40.80	
90 Beatty, Sarah	Msu-Billings	7:24.4	27:36.80	75
91 McKenzie, Ella	Msu-Billings	7:25.3	27:39.90	76
92 Pott, Tiffany	Saint Martin's	7:36.9	28:23.30	
93 Abbott, Olivia	Saint Martin's	7:59.4	29:47.00	
-- Schell, Madison	Concordia (Ore.)		DNF	
-- Merioles, Emily	Northwest Nazarene		DNF	
-- Maurmann, Nicole	Western Oregon		DNF	

## Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Women

**GNAC 2016 CROSS COUNTRY CHAMPIONSHIPS - 10/22/2016****Lake Padden****Results****....Event 2 Women 6k Run CC**

1	Alaska Anchorage	45	1	5	10	14	15	16	19
	Total Time:	1:50:42.20							
	Average:	22:08.44							
2	Simon Fraser	56	3	7	11	13	22	33	37
	Total Time:	1:51:45.00							
	Average:	22:21.00							
3	Seattle Pacific	92	4	6	23	28	31	36	38
	Total Time:	1:53:17.90							
	Average:	22:39.58							
4	Western Washington	114	12	21	25	27	29	32	43
	Total Time:	1:55:01.80							
	Average:	23:00.36							
5	Saint Martin's	139	2	8	39	44	46	59	67
	Total Time:	1:55:22.40							
	Average:	23:04.48							
6	Central Washington	188	26	35	40	42	45	48	58
	Total Time:	1:58:13.50							
	Average:	23:38.70							
7	Northwest Nazarene	189	9	18	51	54	57	70	
	Total Time:	1:59:37.90							
	Average:	23:55.58							
8	Alaska Fairbanks	194	24	30	41	49	50	55	74
	Total Time:	1:59:00.80							
	Average:	23:48.16							
9	Western Oregon	197	17	20	34	62	64	65	71
	Total Time:	1:59:37.30							
	Average:	23:55.46							
10	Concordia (Ore.)	276	47	52	53	61	63	68	72
	Total Time:	2:04:01.70							
	Average:	24:48.34							
11	Msu-Billings	324	56	60	66	69	73	75	76
	Total Time:	2:07:35.60							
	Average:	25:31.12							