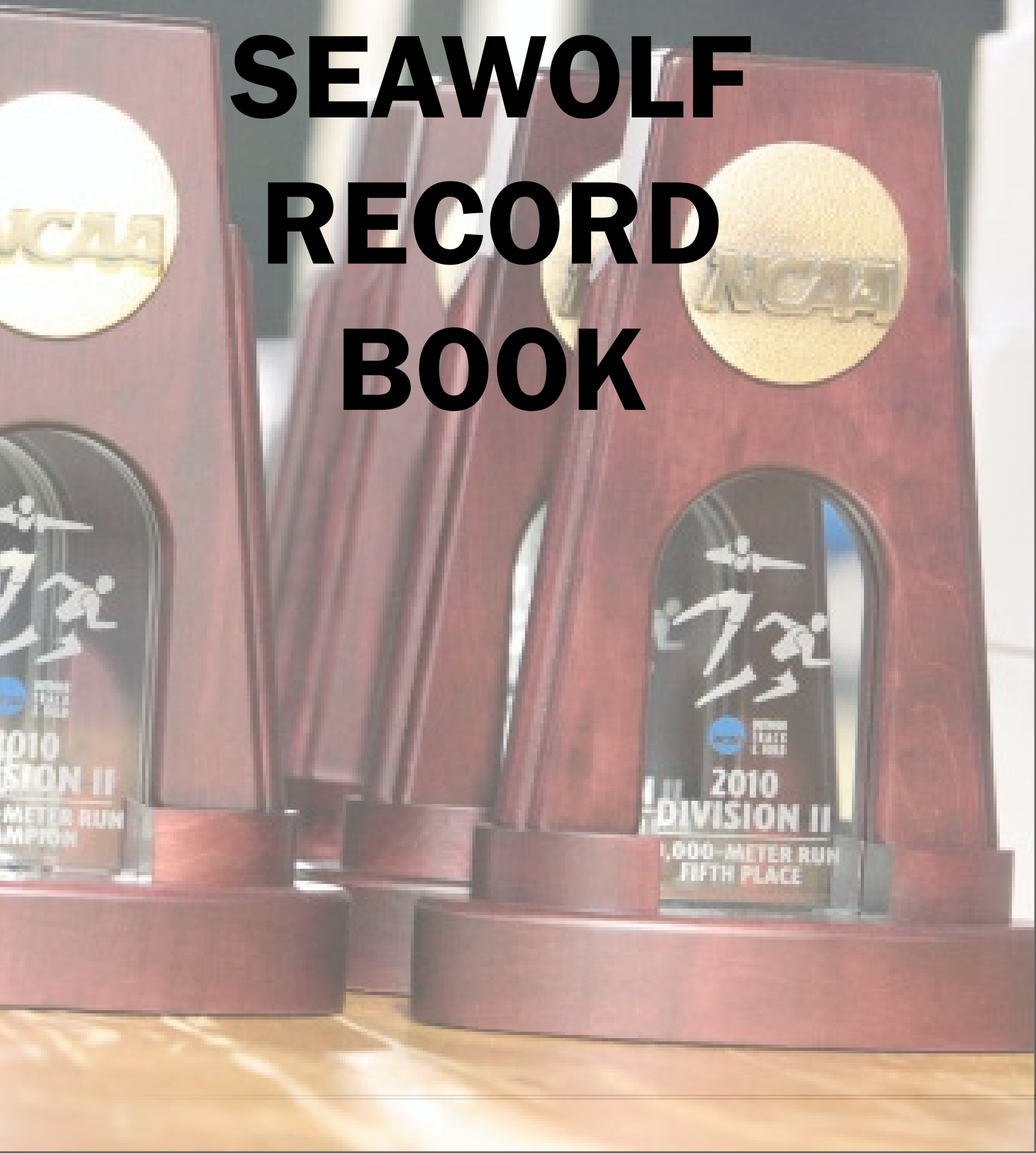


SEAWOLF RECORD BOOK



2001 GNAC Championships (Oct. 13 at Anchorage): Men's Team Scores - Northwest Nazarene 32, Western Washington 76, Central Washington 86, **Alaska Anchorage 87**, Humboldt State 143, Seattle 181, Seattle Pacific 183, Western Oregon 218, Saint Martin's 227, Alaska Fairbanks 270. All-Conference (8,000 Meters) - 1. Francis Kimeli, NNU, 26:12.2; 2. Martin Ranney, WWU, 26:27.8; 3. Aaron Matthias, NNU, 26:31.5; 4. Tom Gaschk, CWU, 26:35.0; 5. Nathanael Castle, SPU, 26:38.3; 6. Zach Boteilho, WWU, 26:44.7; 7. Juraj Trubiroha, NNU, 26:46.2; 8. Louie White, HSU, 26:52.8; 9. Zach Dwello, NNU, 26:54.7; **10. Eric Strabel, UAA, 27:00.3.**

Women's Team Scores - Humboldt State 58, Western Washington 69, **Alaska Anchorage 84**, Seattle Pacific 118, Central Washington 125, Western Oregon 161, Northwest Nazarene 179, Seattle 186, Alaska Fairbanks 189, Saint Martin's 290. All-Conference (6,000 Meters) - 1. Ashlee Vincent, WWU, 23:46.0; 2. Dolores Bergmann, HSU, 24:05.7; 3. Kelly Fullerton, SU, 24:06.3; 4. Kylee Wells, WOU, 24:12.5; 5. Stephanie Stine, CWU, 24:19.3; 6. Jamie Witt, SPU, 24:26.5; 7. Kati Gosnell, HSU, 24:27.6; **8. Stacey Edwards, UAA, 24:30.5; 9. Kiersten Lippmann, UAA, 24:31.9;** 10. Lisa Pearl, WWU, 24:38.9.

2002 GNAC Championships (Oct. 26 at Seattle): Men's Team Scores - **Alaska Anchorage 70**, Humboldt State 72, Western Oregon 85, Western Washington 102, Northwest Nazarene 119, Seattle 148, Central Washington 152, Seattle Pacific 163, Saint Martin's 252, Alaska Fairbanks 262. All-Conference (8,000 Meters) - 1. Paul Kezes, WWU, 24:20.85; 2. Pete Clusener, HSU, 24:40.13; **3. Sean Rivers, UAA, 24:53.22;** 4. Louie White, HSU, 24:57.71; 5. Nathanael Castle, SPU, 25:04.01; 6. Zach Dwello, NNU, 25:05.74; **7. Tobias Schroerer, UAA, 25:08.42;** 8. Tim LeCount, SPU, 25:15.34; **9. Eric Strabel, UAA, 25:19.01;** 10. Doug Hamilton, HSU, 25:23.73.

Women's Team Scores - Humboldt State 49, Central Washington 78, Western Washington 92, Alaska Fairbanks 113, **Alaska Anchorage 122**, Seattle Pacific 124, Western Oregon 154, Seattle 189, Northwest Nazarene 264, Saint Martin's inc. All-Conference (6,000 Meters) - 1. Ashlee Vincent, WWU, 21:44.89; 2. Kati Gosnell, HSU, 21:55.21; 3. Alicen Maier, CWU, 22:08.75; 4. Sigrid Aas, UAF, 22:16.33; **5. Stacy Edwards, UAA, 22:23.46;** 6. Dolores Bergmann, HSU, 22:28.97; 7. Kelly Cronin, HSU, 22:31.62; 8. Jill Salmon, WOU, 22:34.23; 9. Nicole Seana, SPU, 22:36.68; 10. Tiffany Picinich, CWU, 22:39.15.

2003 GNAC Championships (Oct. 25 at Monmouth): Men's Team Scores - Western Washington 61, **Alaska Anchorage 77**, Western Oregon 79, Humboldt State 96, Saint Martin's 154, Seattle 157, Central Washington 174, Seattle Pacific 183, Northwest Nazarene 194, Alaska Fairbanks 257. All-Conference (8,000 Meters) - 1. Doug Hamilton, HSU, 24:59.53; 2. Chase Wells, WOU, 25:01.81; 3. Andy Prentice, SMC, 25:04.60; 4. Brian Brancheau, WWU, 25:07.05; 5. Steve DeKoker, WWU, 25:16.93; 6. Brad Brolin, WOU, 25:17.64; 7. Kurt Hartmaier, WWU,

25:30.35; 8. Jake Hotchkiss, NNU, 25:31.50; **9. Brandon Stum, UAA, 25:32.94;** 10. Tris O'Bluck, SMC, 25:34.21.

Women's Team Scores - Seattle Pacific 62, **Alaska Anchorage 77**, Central Washington 88, Western Washington 113, Alaska Fairbanks 135, Western Oregon 147, Seattle 152, Humboldt State 205, Northwest Nazarene 210, Saint Martin's 255. All-Conference (6,000 Meters) - 1. Josie Lavin, SPU, 21:42.84; 2. Jamie Witt, SPU, 21:56.19; 3. Laura Trevellyan, WWU, 21:57.77; 4. Sigrid Aas, UAF, 22:04.02; **5. Mandy Kaempf, UAA, 22:14.79;** 6. Nicole Campbell, HSU, 22:15.71; 7. Kristie Rice, SU, 22:28.12; **8. Sarah Hansen, UAA, 22:31.35; 9. Stacy Edwards, UAA, 22:32.91;** 10. Alicen Maier, CWU, 22:37.25.

2004 GNAC Championships (Oct. 23 at McKinleyville, CA): Men's Team Scores - Seattle Pacific 71, **Alaska Anchorage 80**, Western Washington 95, Western Oregon 97, Humboldt State 116, Northwest Nazarene 121, Central Washington 161, Saint Martin's 187, Seattle 218, Alaska Fairbanks 263. All-Conference (8,000 Meters) - 1. Tim LeCount, SPU, 25:58; 2. Brian Kostock, SPU, 26:11; 3. Ethan Barrons, WOU, 26:12; 4. Jasper Peach, HSU, 26:27; 5. Andy Prentice, SMC, 26:39; 6. Sam Scotchmer, CWU, 26:40; 7. Bjorn Bostrom, SPU, 26:42; 8. Sam Brancheau, WWU, 26:45; 9. Chase Wells, WOU, 26:48; 10. Keever Henry, WWU, 26:49.

Women's Team Scores - Central Washington 67, Seattle Pacific 74, **Alaska Anchorage 98**, Seattle 104, Western Washington 123, Humboldt State 130, Western Oregon 151, Saint Martin's 203, Northwest Nazarene 220, Alaska Fairbanks 265. All-Conference (6,000 Meters) - 1. Karen Dickson, SPU, 22:28.02; 2. Laura Trevellyan, WWU, 23:05.87; 3. Kelly Fullerton, SU, 23:26.54; 4. Brandy Anderson, CWU, 23:49.22; **5. Mandy Kaempf, UAA, 23:54.00;** 6. Alana Garcia, SU, 23:54.28; 7. Karin Rohde, SPU, 23:57.08; 8. Becky Knox, SPU, 24:03.55; 9. Stephanie Stine, CWU, 24:13.43; 10. Nicole Campbell, HSU, 24:16.98.

2005 GNAC Championships (Oct. 22 at East Lake Padden, Bellingham): Men's Team Scores - **Alaska Anchorage 39**, Western Washington 88, Humboldt State 91, Seattle Pacific 97, Northwest Nazarene 149, Western Oregon 151, Seattle 161, Central Washington 207, Saint Martin's 231, Alaska Fairbanks 236. All-Conference (8,000 Meters) - 1. Casey Moriarty, SU, 25:16; **2. David Kiplagat, UAA, 25:57;** 3. Brian Kostock, HSU, 26:06; 4. Jasper Peach, HSU, 26:08; **5. Aaron Dickson, UAA, 26:29;** 6. Logan Senrud, WWU, 26:30; 7. Eric Tibbetts, HSU, 26:31; 8. Kevin Lambert, NNU, 26:32; **9. Leif Olson, UAA, 26:36;** **10. Drew Dickson, UAA, 26:38.**

Women's Team Scores - Seattle Pacific 54, **Alaska Anchorage 71**, Central Washington 91, Seattle 123, Northwest Nazarene 138, Western Washington 148, Alaska Fairbanks 148, Humboldt State 182, Western Oregon 211, Saint Martin's 245. All-Conference (6,000 Meters) - 1. Pavla Havlova, UAF, 22:15; 2. Meredith Crane, SPU, 22:32; **3. Mandy Kaempf, UAA, 22:36;** 4. Laura Trevellyan, WWU, 22:43; 5. Alana Garcia, SU, 22:57; 6. Johanna Turunen,

UAF, 23:03; 7. Mary Moriarty, SPU, 23:11; 8. Rachel Bailey, CWU, 23:12; **9. Stacy Edwards, UAA, 23:13;** **10. Laura Carr, UAA, 23:22.**

2006 GNAC Championships (Oct. 21 at Lacey): Men's Team Scores - Western Washington 35, **Alaska Anchorage 53**, Seattle Pacific 86, Western Oregon 104, Central Washington 117, Saint Martin's 169, Seattle University 213, Alaska Fairbanks 244, Northwest Nazarene 245. All-Conference (8,000 Meters) - **1. David Kiplagat, UAA, 24:28.27;** 2. Sam Scotchmer, CWU, 24:49.85; 3. Anthony Tomsich, WWU, 25:06.57; 4. John Riak, SMU, 25:07.77; **5. Aaron Dickson, UAA, 25:12.48;** 6. Chad Portwood, WWU, 25:18.98; 7. Keever Henry, WWU, 25:26.63; 8. Cale McCulloch, WWU, 25:29.75; 9. Bjorn Bostrom, SPU, 25:30.15; **10. Brent Knight, UAA, 25:33.38.**

Women's Team Scores - Seattle Pacific 34, **Alaska Anchorage 44**, Central Washington 93, Western Washington 113, Alaska Fairbanks 127, Western Oregon 131, Saint Martin's 195, Northwest Nazarene 203, Seattle University 252. All-Conference (6,000 Meters) - 1. Jessica Pixler, SPU, 21:11; **2. Mandy Kaempf, UAA, 21:14;** 3. Katie Hummel, CWU, 21:18; 4. Rachel Bailey, CWU, 21:39; **5. Elizabeth Chepkosgei, UAA, 21:50;** 6. Mary Moriarty, SPU, 21:56; 7. Karin Rohde, SPU, 22:04; **8. Laura Carr, UAA, 22:24;** 9. Jane Larson, SPU, 22:27; 10. Ashley Puga, NNU, 22:28.

2007 GNAC Championships (Oct. 20 at Nampa, West Park): Men's Team Scores - Western Washington 35, Western Oregon 67, **Alaska Anchorage 81**, Central Washington 141, Alaska Fairbanks 151, Seattle 163, Northwest Nazarene 164, Saint Martin's 179, Seattle Pacific 218, Montana State Billings 296. All-Conference (8,000 Meters) - 1. John Riak, SMU, 24:56.77; 2. Daniel Phillips, WWU, 25:05.96; 3. Bennett Grimes, WWU, 25:09.03; 4. Sam Scotchmer, CWU, 25:17.56; 5. Kevin Lambert, NNU, 25:26.29; 6. Mike Schmidt, WOU, 25:33.92; **7. Peter Doner, UAA, 25:39.68;** 8. Blake Medhaug, WWU, 25:40.82; 9. Braxton Jackson, WOU, 25:42.68; 10. Jordan Welling, WWU, 25:56.31.

Women's Team Scores - Seattle Pacific 24, Western Oregon 99, Northwest Nazarene 110, **Alaska Anchorage 123**, Seattle 131, Central Washington 139, Western Washington 151, Saint Martin's 188, Alaska Fairbanks 192, Montana State Billings 233. All-Conference (6,000 Meters) - 1. Jessica Pixler, SPU, 20:53.48; 2. Jane Larson, SPU, 21:45.32; 3. Ashley Puga, NNU, 21:48.67; 4. Suzie Strickler, SPU, 22:06.74; 5. Katie Hansen, SU, 22:07.92; 6. Marcie Mullen, CWU, 22:08.37; 7. Karin Rohde, SPU, 22:16.22; **8. Elizabeth Chepkosgei, UAA, 22:18.27;** 9. Sarah Porter, WWU, 22:21.97; 10. Kate Harline, SPU, 22:24.68.

2008 GNAC Championships (Oct. 25 at Yakima): Men's Team Scores - **Alaska Anchorage 34**, Western Washington 53, Western Or-

ALASKA ANCHORAGE CROSS COUNTRY

ALL-TIME GNAC RESULTS

egon 78, Saint Martin's 98, Seattle Pacific 119, Northwest Nazarene 183, Alaska Fairbanks 183, Central Washington 213, MSU Billings 276. Men (8,000 Meters) **1. Marko Cheseto, UAA 24:30.27** **2. Jacob Parisien, UAA 25:07.82** **3. Alfred Kangogo, UAA 25:09.92** **4. Brian Cronrath, SPU 25:10.49** **5. Jordan Welling, WWU 25:15.76** **6. David Kiplagat, UAA 25:20.90** **7. Zeke VanPatten, WOU 25:33.26** **8. John Riak, SMU 25:33.58** **9. Bennett Grimes, WWU 25:36.65** **10. Blake Medhaug, WWU 25:45.48.**

Women's Team Scores - Seattle Pacific 48, **Alaska Anchorage 52**, Western Washington 75, Western Oregon 111, Northwest Nazarene 123, Alaska Fairbanks 158, Saint Martin's 179, Central Washington 218, Montana State Billings 253. Women (6,000 Meters) **1. Jessica Pixler, SPU 21:12.00** **2. Sarah Porter, WWU 21:51.16** **3. Jane Larson, SPU 22:06.10** **4. Laura Carr, UAA 22:10.86** **5. Elizabeth Chepkosgei, UAA 22:19.20** **6. Ashley Puga, NNU 22:37.05** **7. Natty Plunkett, SPU 22:44.11** **8. Hallidie Wilt, UAA 22:56.24** **9. Jaclyn Puga, NNU 22:56.86** **10. Ruth Jeptoo Keino, UAA 23:03.21.**

2009 GNAC Championships (Oct. 24 at Yakima): Men's Team Scores - Western Washington 33, **Alaska Anchorage 70**, Western Oregon 74, Northwest Nazarene 99, Seattle Pacific 138, Central Washington 167, Saint Martin's 190, Alaska Fairbanks 219, Montana State Billings 257. All-Conference (8,000 Meters) - **1. Marko Cheseto, UAA, 24:50;** **2. Bennett Grimes, WWU, 25:05;** **3. Jordan Welling, WWU, 25:08;** **4. Alfred Kangogo, UAA, 25:12;** **5. Micah Chelimo, UAA, 25:13;** **6. Anthony Tomsich, WWU, 25:14;** **7. Chris Reed, WOU, 25:26;** **8. Kyle Van Santen, SMU, 25:28;** **9. Blake Medhaug, WWU, 25:32;** **10. Barak Watson, NNU,**

25:35.

Women's Team Scores - **Alaska Anchorage 25**, Seattle Pacific 48, Western Washington 64, Northwest Nazarene 114, Western Oregon 146, Montana State Billings 167, Alaska Fairbanks 196, Central Washington 205, Saint Martin's 255. All-Conference (6,000 Meters) - **1. Jessica Pixler, SPU, 21:03;** **2. Sarah Porter, WWU, 21:13;** **3. Miriam Kipng'eno, UAA, 22:02;** **4. Shoshana Keegan, UAA, 22:06;** **5. Ruth Keino, UAA, 22:12;** **6. Hallidie Wilt, UAA, 22:16;** **7. Laura Carr, UAA, 22:18;** **8. Jane Larson, SPU, 22:20;** **9. Lauren Breihof, WWU, 22:37;** **10. Jaclyn Puga, NNU, 22:48.**

2010 GNAC Championships (Nov. 6 at Yakima): Men's Team Scores - **Alaska Anchorage 41**, Western Washington 56, Western Oregon 67, Northwest Nazarene 90, Saint Martin's 175, Seattle Pacific 180, Alaska Fairbanks 184, MSU Billings 212, Central Washington 230. All-Conference (8,000 Meters) - **1. Marko Cheseto, UAA, 23:56;** **2. Micah Chelimo, UAA, 24:27;** **3. Chris Reed, WOU, 24:29;** **4. Barak Watson, NNU, 24:30;** **5. Jordan Welling, WWU, 24:34;** **6. Bennett Grimes, WWU, 24:36;** **7. Jacob Parisien, UAA, 25:10;** **8. Blake Medhaug, WWU, 25:16;** **9. Spencer Hunt, SMU, 25:24;** **10. Kyle Van Santen, SMU, 25:30.**

Women's Team Scores - **Alaska Anchorage 27**, Western Washington 69, Western Oregon 108, Alaska Fairbanks 129, MSU Billings 137, Northwest Nazarene 146, Seattle Pacific 160, Saint Martin's 189, Central Washington 233. All-Conference (6,000 Meters) - **1. Sarah Porter, WWU, 21:04;** **2. Miriam Kipng'eno, UAA, 21:09;** **3. Ruth Keino, UAA, 21:26;** **4. Jaclyn Puga, NNU, 22:06;** **5. Shoshana Keegan, UAA, 22:24;** **6. Hallidie Wilt, UAA, 22:27;** **7. Lauren Breihof, WWU, 22:37;** **8. Raphaela Sieber, UAF, 22:43;** **9. Natty Plunkett, SPU,**

22:44; **10. Joscelyn Minton, SMU, 22:49.**

2011 GNAC Championships (Oct. 22 at Yakima): Men's Team Scores - **Alaska Anchorage 27**, Western Washington 63, Western Oregon 80, Northwest Nazarene 139, Saint Martin's 151, Seattle Pacific 161, Simon Fraser 193, Central Washington 203, Montana State Billings 220, Alaska Fairbanks 228. All-Conference (8,000 Meters) - **1. Micah Chelimo, UAA, 24:24;** **2. Barak Watson, NNU, 24:31;** **3. Kyle Van Santen, SMU, 25:00;** **4. Alfred Kangogo, UAA, 25:13;** **5. Tyler Cannon, WWU, 25:18;** **6. Yonatan Yilma, UAA, 25:18;** **7. Dylan Anthony, UAA, 25:32;** **8. Spencer Hunt, SMU, 25:38;** **9. Isaac Kangogo, UAA, 25:41;** **10. Dak Riek, WWU, 25:44.**

Women's Team Scores - **Alaska Anchorage 31**, Simon Fraser 76, Western Washington 87, Alaska Fairbanks 97, Seattle Pacific 110, Northwest Nazarene 173, Western Oregon 196, Montana State Billings 234, Saint Martin's 236, Central Washington 269. All-Conference (6,000 Meters) - **1. Ruth Keino, UAA, 21:26;** **1. Jessica Smith, SFU, 21:39;** **3. Miriam Kipng'eno, UAA, 22:12;** **4. Ivy O'Guinn, UAA, 22:24;** **5. Lindsey Buterworth, SFU, 22:36;** **6. Theresia Schnurr, UAF, 22:44;** **7. Natty Plunkett, SPU, 22:44;** **8. Heidi Laabs-Johnson, SPU, 22:44;** **9. Lauren Breihof, WWU, 22:45;** **10. Whitney Mickelsen, MSU, 22:51.**

2012 GNAC Championships (Oct. 20 at Monmouth, Ore.) Men's Team Scores - **Alaska Anchorage 23**, Western Washington 50, MSU Billings 103, Western Oregon 112, Seattle Pacific 140, Simon Fraser 165, Northwest Nazarene 191, Alaska Fairbanks 206, Central Washington 255, Saint Martin's

CONFERENCE YEAR-BY-YEAR RESULTS

MEN

SEASON	CONF.	FINISH	PTS	TOP UAA RUNNER	LOCATION
1994	PWC	2nd	61	David Laurence (10th)	Portland, Ore.
1995	PWC	2nd	40		Hilo, Hawaii
1996	PWC	2nd	N/A		McKinleyville, Calif.
1997	PWC	1st	28	Erlend Kroken (2nd)	Seattle, Wash.
1998	PWC	4th	134	Jerome Ross (5th)	Bellingham, Wash.
1999	PWC	2nd	58	Sean Rivers (5th)	Seattle, Wash.
2000	PWC	2nd	51	Tobias Schwoerer (3rd)	Monmouth, Ore.
2001	GNAC	4th	87	Eric Strabel (10th)	Kincaid Park, Alaska
2002	GNAC	1st	70	Sean Rivers (3rd)	Seattle, Wash.
2003	GNAC	2nd	77	Brandon Stum (9th)	Monmouth, Ore.
2004	GNAC	2nd	71	Brandon Stum (13th)	McKinleyville, Calif.
2005	GNAC	1st	39	David Kiplagat (2nd)	Bellingham, Wash.
2006	GNAC	2nd	53	David Kiplagat (1st)	Lacey, Wash.
2007	GNAC	3rd	81	Peter Doner (7th)	Nampa, Idaho
2008	GNAC	1st	34	Marko Cheseto (1st)	Yakima, Wash.
2009	GNAC	2nd	70	Marko Cheseto (1st)	Yakima, Wash.
2010	GNAC	1st	41	Marko Cheseto (1st)	Yakima, Wash.
2011	GNAC	1st	27	Micah Chelimo (1st)	Yakima, Wash.
2012	GNAC	1st	23	Micah Chelimo (1st)	Monmouth, Ore.
2013	GNAC	1st	32	Isaac Kangogo (1st)	Monmouth, Ore.
2014	GNAC	1st	18	Henry Cheseto (1st)	Monmouth, Ore.
2015	GNAC	1st	21	Henry Cheseto (1st)	Bellingham, Wash.

WOMEN

SEASON	CONF.	FINISH	PTS	TOP UAA RUNNER	LOCATION
2000	PWC	7th	183	Kirsten Lippman (16th)	Bellingham, Wash.
2001	GNAC	3rd	84	Stacy Edwards (8th)	Kincaid Park, Alaska
2002	GNAC	5th	124	Stacy Edwards (5th)	Seattle, Wash.
2003	GNAC	2nd	77	Mandy Kaempf (5th)	Monmouth, Ore.
2004	GNAC	3rd	98	Mandy Kaempf (5th)	McKinleyville, Calif.
2005	GNAC	2nd	71	Mandy Kaempf (3rd)	Bellingham, Wash.
2006	GNAC	2nd	44	Mandy Kaempf (2nd)	Lacey, Wash.
2007	GNAC	4th	123	Elizabeth Chepkosgei (8th)	Nampa, Idaho
2008	GNAC	2nd	52	Laura Carr (4th)	Yakima, Wash.
2009	GNAC	1st	25	Miriam Kipng'eno (3rd)	Yakima, Wash.
2010	GNAC	1st	27	Miriam Kipng'eno (2nd)	Yakima, Wash.
2011	GNAC	1st	31	Ruth Keino (1st)	Yakima, Wash.
2012	GNAC	1st	16	Susan Tanui (1st)	Monmouth, Ore.
2013	GNAC	1st	36	Susan Tanui (1st)	Monmouth, Ore.
2014	GNAC	2nd	63	Amy Johnston (4th)	Monmouth, Ore.
2015	GNAC	1st	39	Joyce Chelimo (1st)	Bellingham, Wash.



Susan Tanui is UAA's highest placing woman at the NCAAs with a runner-up finish (2012) and only female Seawolf runner to claim two GNAC and West Region titles.

256. - **1. Micah Chelimo, UAA 24:49.53**, **2. Alfred Kangogo, UAA 24:57.93**, 3. Dak Riak, WWU 25:05.38, 4. Chip Jackson, WWU 25:10.97, **5. Dylan Anthony, UAA 25:12.49**, **6. Jacob Parisien, UAA 25:18.51**, 7. William Harrison, SPU 25:20.30, 8. Jesse Baggenstos, NNU 25:26.06, **9. Isaac Kangogo, UAA 25:27.84**, 10. Kyle Johnson, WWU 25:28.37.

Women's Team Scores - **Alaska Anchorage 16**, Simon Fraser 61, Seattle Pacific 104, Western Washington 115, Central Washington 151, MSU Billings 168, Northwest Nazarene 181, Alaska Fairbanks 198, Western Oregon 201, Saint Martin's 317. - **1. Susan Tanui, UAA 20:37.29**, **2. Miriam Kipp'geno, UAA 20:55.16**, **3. Ivy O'Guinn, UAA 21:04.20**, **4. Sarah Freistine, UAA 21:13.06**, 5. Lindsey Butterworth, SFU 21:19.46, **6. Susan Bick, UAA 21:20.09**, **7. Katie Krehlik, UAA 21:22.34**, 8. Kelsey Kreft, CWU 21:23.96, 9. Kansas MacKenzie, SFU 21:25.57, 10. Peggy Noel, SFU 21:28.06

2013 GNAC Championships (Oct. 26 at Monmouth, Ore.) Men's Team Scores - **Alaska Anchorage 32**, Western Washington 35, Simon Fraser 114, Western Oregon 125, MSU Billings 142, Central Washington 142, Alaska Fairbanks 198, Seattle Pacific 225, Northwest Nazarene 236, Saint Martin's 254 - **1. Isaac Kangogo, UAA 24:51.27**; **2. Victor Samoei, UAA 24:52.14**; **3. Dylan Anthony, UAA 24:54.09**; 4. Chip Jackson, WWU 25:03.74; 5. Brady Beagley, WOU 25:06.76; 6. Tanner Boyd, WWU 25:07.75; 7. Tabor Reedy, WWU 25:14.25; 8. Nathan Richards, WWU 25:14.90; 9. Oliver Jorgensen, SFU 25:15.09; 10. Jonathan Quimby, WWU 25:15.11.

Women's Team Scores - **Alaska Anchor-**

age 36, Simon Fraser 49, Seattle Pacific 94, Western Washington 112, Central Washington 127, Western Oregon 161, Northwest Nazarene 193, Alaska Fairbanks 215, MSU Billings 228, Saint Martin's 312 - **1. Susan Tanui, UAA 20:24.74** 2. Katelyn Steen, WWU 20:31.99; **3. Ivy O'Guinn, UAA 20:32.67**; **4. Joyce Kipchumba, UAA 20:35.05**; 5. Lindsey Butterworth, SFU 20:42.90; 6. Connie Morgan, CWU 20:49.89; 7. Dani Eggleston, CWU 20:52.30; 8. Kansas Mackenzie, SFU 20:57.61; 9. Natalie Evans, NNU 21:00.55; 10. Kirsten Allen, SFU 21:05.19.

2014 GNAC Championships (Nov. 1 at Monmouth, Ore.) Men's Team Scores - **Alaska Anchorage 18**, Western Washington 61, Simon Fraser 87, MSU Billings 156, Central Washington 159, Northwest Nazarene 173, Alaska Fairbanks 188, Western Oregon 199, Saint Martin's 229, Seattle Pacific 235 - **1. Henry Cheseto, UAA 24:35.91**; **2. Dominik Notz, UAA 24:41.87**; **3. Dylan Anthony, UAA 24:51.27**; 4. Robert Peterson, MSU Billings 24:59.61; **5. Michel Ramirez, UAA 25:06.68**; 6. Oliver Jorgensen, Simon Fraser 25:07.60; **7. Victor Samoei, UAA 25:12.07**; **8. Edwin Kangogo, UAA 25:12.36**; 9. Isaac Griffith, Western Washington 25:12.66; **10. Kevin Rooke, UAA 25:13.42**.

Women's Team Scores - Simon Fraser 62, **Alaska Anchorage 63**, Western Washington 64, Central Washington 85, Seattle Pacific 130, MSU Billings 140, Western Oregon 185, Alaska Fairbanks 235, Northwest Nazarene 241, Saint Martin's 298 - **1. Katelyn Steen, Western Washington 20:13.75**; **2. Rebecca Bassett, Simon Fraser 20:32.08**; 3. Dani Eggleston, Central Washington 20:42.10; **4. Amy Johnston, UAA 20:44.35**; 5. Jennifer Johnson, Simon Fraser 20:48.53; **6. Beatrice**

Decker, UAA 20:52.48; 7. Anna Patti, Seattle Pacific 20:54.60, 8. Nocona Frame, MSU Billings 20:57.34; 9. Connie Morgan, Central Washington 21:02.24; 10. Taylor Guenther, Western Washington 21:02.66

2015 GNAC Championships (Oct. 24 at Bellingham, Wash.) Men's Team Scores - **Alaska Anchorage 21**, Simon Fraser 54, Western Washington 83, Western Oregon 118, MSU Billings 130, Central Washington 177, Northwest Nazarene 215, Alaska Fairbanks 224, Seattle Pacific 252, Saint Martin's 298, Concordia (Ore.) 298 - **1. Henry Cheseto, UAA 24:22.70**; **2. Dominik Notz, UAA 24:27.30**; **3. Edwin Kangogo, UAA 24:44.10**; 4. David Ribich, Western Oregon 24:59.60; 5. Oliver Jorgensen, Simon Fraser 25:03.60; **6. Victor Samoei, UAA 25:19.60**; 7. Marc-Antoi Rouleau, Simon Fraser 25:22.10; 8. Isaac Mitchell, Northwest Nazarene 25:25.20; **9. Nathan Kipchumba, UAA 25:29.30**; 10. Andrew Wise, Western Washington 25:30.80.

Women's Team Scores - **Alaska Anchorage 39**, Western Washington 71, Central Washington 95, Simon Fraser 112, Seattle Pacific 114, Western Oregon 183, Northwest Nazarene 205, Concordia (Ore.) 216, Saint Martin's 217, Alaska Fairbanks 267, MSU Billings 298 - **1. Joyce Chelimo, UAA 21:00.90**; **2. Caroline Kurgat, UAA 21:08.80**; 3. Rebecca Bassett, Simon Fraser 21:29.10; 4. Anna Patti, Seattle Pacific 21:42.50; 5. Dani Eggleston, Central Washington 21:58.60; 6. Taylor Guenther, Western Washington 22:01.50; 7. Megan Rogers, Central Washington 22:06.40, 8. Brittany Grant, Western Washington 22:10.90; **9. Kimberly Coscia, UAA 22:16.30**; 10. Tracy Melville, Western Washington 22:24.90

WEST REGION YEAR-BY-YEAR RESULTS

MEN

SEASON	FINISH	PTS	TOP UAA FINISHER	LOCATION
1987	11th	335	N/A	Seattle, Wash.
1988	10th	305	N/A	San Luis Obispo, Calif.
1989	DNP	N/A	N/A	McKinleyville, Calif.
1990	11th	292	N/A	Riverside, Calif.
1991	DNP	N/A	Jason Alward (61st)	Rohnert Park, Calif.
1992	9th	235	Dan Fleener (38th)	Sandy, Ore.
1993	11th	298	N/A	Pomona, Calif.
1994	9th	247	David Laurence (37th)	San Francisco, Calif.
1995	12th	288	N/A	Pomona, Calif.
1996	5th	139	Miguel Gomez (15th)	McKinleyville, Calif.
1997	N/A	N/A	N/A	Pomona, Calif.
1998	6th	134	Jerome Ross (5th)	Bellingham, Wash.
1999	5th	152	Richy Hankins (15th)	Rocklin, Calif.
2000	5th	139	Tobias Schoerer (10th)	Pomona, Calif.
2001	3rd	106	Tobias Schoerer (2nd)	Bellingham, Wash.
2002	3rd	105	Sean River (5th)	Fresno, Calif.
2003	5th	147	Brandon Stum (13th)	Chino, Calif.
2004	4th	186	Brandon Stum (27th)	Bellingham, Wash.
2005	3rd	106	David Kiplagat (8th)	Chino, Calif.
2006	3rd	119	David Kiplagat (5th)	Chico, Calif.
2007	5th	152	David Kiplagat (4th)	Boise, Idaho
2008	2nd	67	Marko Cheseto (2nd)	San Diego, Calif.
2009	3rd	96	Marko Cheseto (1st)	San Francisco, Calif.
2010	1st	49	Marko Cheseto (1st)	Bellingham, Wash.
2011	1st	37	Micah Chelimo (1st)	Spokane, Wash.
2012	2nd	46	Micah Chelimo (1st)	Kahuku, Hawaii
2013	2nd	81	Victor Samoei (5th)	Spokane, Wash.
2014	2nd	53	Henry Cheseto (1st)	Billings, Mont.
2015	1st	55	Henry Cheseto (1st)	Monmouth, Ore.

WOMEN

SEASON	FINISH	PTS	TOP UAA FINISHER	LOCATION
2000	10th	260	Kiersten Lippman (36th)	Pomona, Calif.
2001	7th	224	Stacy Edwards (21st)	Bellingham, Wash.
2002	9th	246	Stacy Edwards (15th)	Fresno, Calif.
2003	4th	177	Mandy Kaempf (16th)	Chino, Calif.
2004	3rd	172	Mandy Kaempf (9th)	Bellingham, Wash.
2005	3rd	129	Mandy Kaempf (4th)	Chino, Calif.
2006	5th	109	Laura Carr (9th)	Chico, Calif.
2007	11th	297	Hallidie Wilt (25th)	Boise, Idaho
2008	3rd	104	Laura Carr (4th)	San Diego, Calif.
2009	1st	35	Hallidie Wilt (3rd)	San Francisco, Calif.
2010	1st	40	Ruth Keino (2nd)	Bellingham, Wash.
2011	1st	27	Ruth Keino (1st)	Spokane, Wash.
2012	2nd	56	Susan Tanui (1st)	Kahuku, Hawaii
2013	1st	76	Susan Tanui (1st)	Spokane, Wash.
2014	3rd	144	Amy Johnston (5th)	Billings, Mont.
2015	3rd	201	Joyce Chelimo (1st)	Monmouth, Ore.



Micah Chelimo is the only Seawolf to win a NCAA title (2012) and is UAA's only four-time All-American in cross country.

ALASKA ANCHORAGE CROSS COUNTRY

ALL-TIME NCAA INDIVIDUAL AND TEAM FINISHES

NCAA YEAR-BY-YEAR RESULTS

MEN				
SEASON	FINISH	PTS	TOP UAA RUNNER	LOCATION
2001	20th	407	Tobias Schwoerer (35th)	Slippery Rock, Pa.
2002	12th	258	Eric Strabel (63rd)	Ashland, Ohio
2005	20th	490	David Kiplagat (47th)	Chino, Calif.
2006	15th	402	David Kiplagat (41st)	Pensacola, Fla.
2008	11th	288	Marko Cheseto (9th)	Slippery Rock, Calif.
2009	17th	415	Micah Chelimo (40th)	Evansville, Ind.
2010	8th	262	Micah Chelimo (21st)	Louisville, Ky.
2011	8th	290	Micah Chelimo (15th)	Spokane, Wash.
2012	3rd	148	Micah Chelimo (1st)	Joplin, Mo.
2013	7th	256	Dylan Anthony (25th)	Spokane, Wash.
2014	6th	196	Henry Cheseto (23rd)	Louisville, Ky.
2015	3rd	138	Henry Cheseto (3rd)	Joplin, Mo.

WOMEN				
SEASON	FINISH	PTS	TOP UAA RUNNER	LOCATION
2004	21st	489	Mandy Kaempf (64th)	Evansville, Calif.
2005	12th	350	Mandy Kaempf (46th)	Chino, Calif.
2008	9th	266	Elizabeth Chepkosgei (28th)	Slippery Rock, Pa.
2009	5th	158	Miriam Kipng'eno (12th)	Evansville, Ind.
2010	6th	185	Ruth Keino (7th)	Louisville, Ky.
2011	6th	152	Ruth Keino (9th)	Spokane, Wash.
2012	6th	202	Susan Tanui (2nd)	Joplin, Mo.
2013	4th	214	Joyce Kipchumba (13th)	Spokane, Wash.
2014	8th	280	Amy Johnston (17th)	Louisville, Ky.
2015	8th	317	Caroline Kurgat (6th)	Joplin, Mo.

MEN Place	Name	Time	Year	Location
1	Micah Chelimo*	28:56.6	2012	Joplin, Mo.
3	Henry Cheseto*	29:35.6	2015	Joplin, Mo.
8	Dominik Notz*	29:59.4	2015	Joplin, Mo.
9	Marko Cheseto*	31:32	2008	Slippery Rock, Pa.
14	Alfred Kangogo*	29:56.5	2012	Joplin, Mo.
15	Micah Chelimo*	31:38.4	2011	Spokane, Wash.
17	Jake Parisien*	31:43	2008	Slippery Rock, Pa.
21	Micah Chelimo*	31:18.2	2010	Louisville, Ky.
23	Henry Cheseto*	31:15.8	2014	Louisville, Ky.
23	Dylan Anthony*	30:09.4	2012	Joplin, Mo.
25	Dylan Anthony*	31:02.6	2013	Spokane, Wash.
25	Marko Cheseto*	31:28.0	2010	Louisville, Ky.
26	David Kiplagat*	31:16.5	2007	Joplin, Mo.
28	Dominik Notz*	31:22.6	2014	Louisville, Ky.
30	Edwin Kangogo*	30:24.5	2015	Joplin, Mo.
30	Michel Ramirez*	31:24.5	2014	Louisville, Ky.
32	Victor Samoei*	31:10.6	2013	Spokane, Wash.
35	Tobias Schwoerer*	33:13.1	2001	Slippery Rock, Pa.
40	Isaac Kangogo*	31:17.9	2013	Spokane, Wash.
40	Micah Chelimo*	32:34.3	2009	Evansville, Ind.
41	David Kiplagat	30:36.4	2006	Pensacola, Fla.
42	Marko Cheseto	32:38.8	2009	Evansville, Ind.
43	Jake Parisien	31:44.0	2010	Louisville, Ky.
47	David Kiplagat	33:20.9	2005	Chino, Calif.
59	Tobias Schwoerer	33:32.2	2000	Pomona, Calif.
60	Dylan Anthony	31:52.3	2014	Louisville, Ky.
63	Eric Strabel	33:02.6	2002	Ashland, Ohio
64	Sean Rivers	33:05.7	2002	Ashland, Ohio
67	Kevin Rooke	30:55.3	2012	Joplin, Mo.
68	Michael Mendenhall	30:59.7	2015	Joplin, Mo.
71	Alfred Kangogo	32:50.9	2011	Spokane, Wash.
72	Jake Parisien	30:58.9	2012	Joplin, Mo.
73	Eric Strabel	34:08.9	2001	Slippery Rock, Pa.
74	Victor Samoei	31:04.2	2015	Joplin, Mo.
77	Andy Elvester	33:15.5	2002	Ashland, Ohio
81	Dylan Anthony	33:06.9	2011	Spokane, Wash.
82	Tobias Schwoerer	33:18.8	2002	Ashland, Ohio
85	Brent Knight	31:35.7	2006	Pensacola, Fla.
86	David Kiplagat	33:01	2008	Slippery Rock, Pa.
87	Kevin Rooke	32:03.8	2013	Spokane, Wash.
87	Sean Rivers	34:26.0	2001	Slippery Rock, Pa.
90	Edwin Kangogo	32:30.0	2014	Louisville, Ky.
90	Isaac Kangogo	33:20.9	2011	Spokane, Wash.
90	Alfred Kangogo	33:04	2008	Slippery Rock, Pa.
92	Aaron Dickson	31:40.6	2006	Pensacola, Fla.
94	Alfred Kangogo	33:39.6	2009	Evansville, Ind.
96	Aaron Dickson	34:36.1	2005	Chino, Calif.
101	William Ritekwiang	32:48.1	2010	Louisville, Ky.
103	Paul Rottich	32:52.8	2010	Louisville, Ky.
108	Victor Samoei	32:31.2	2014	Louisville, Ky.
109	Nathan Kipchumba	31:33.9	2015	Joplin, Mo.
110	Kevin Rooke	32:32.7	2014	Louisville, Ky.
114	Yonatan Yilma	33:45.3	2011	Spokane, Wash.
115	Drew Dickson	35:12.7	2005	Chino, Calif.
120	Drew Dickson	32:08.0	2006	Pensacola, Fla.
121	Andy Elvester	35:11.1	2001	Slippery Rock, Pa.
125	Todd List	34:03.8	2002	Ashland, Ohio
126	Dominik Notz	32:36.0	2013	Spokane, Wash.
127	Isaac Kangogo	31:47.0	2012	Joplin, Mo.

132	Auston Ellis	33:47	2008	Slippery Rock, Pa.
134	Vernon Campbell	35:30.7	2001	Slippery Rock, Pa.
135	Michael Mendenhall	32:39.4	2013	Spokane, Wash.
136	Michael Adams	34:08	2011	Spokane, Wash.
136	Yonatan Yilma	33:55.1	2010	Louisville, Ky.
143	Michael Adams	35:56.4	2009	Evansville, Ind.
143	Nate Normandin	34:33.3	2002	Ashland, Ohio
147	Mick Boyle	32:50.0	2006	Pensacola, Fla.
149	Leif Olson	36:14.8	2005	Chino, Calif.
152	Mick Boyle	36:31.8	2005	Chino, Calif.
153	Auston Ellis	32:57.1	2006	Pensacola, Fla.
154	Chris Cannon	34:55.2	2002	Ashland, Ohio
159	Paul Rottich	34:49	2008	Slippery Rock, Pa.
159	Nate Normandin	36:21.5	2001	Slippery Rock, Pa.
162	Andrey Ionashku	33:02.1	2014	Spokane, Wash.
162	Mick Boyle	35:00	2008	Slippery Rock, Pa.
166	Scott Rood	36:38.6	2001	Slippery Rock, Pa.
168	Stig Yngve	40:06.9	2005	Chino, Calif.
173	Andy Liebner	33:42.9	2006	Pensacola, Fla.
174	Will Estes	36:42.5	2009	Evansville, Ind.
180	Paul Rottich	37:26.5	2009	Evansville, Ind.
189	Dominik Notz	32:40.9	2012	Joplin, Mo.
208	Jesse Miller	32:53.9	2015	Joplin, Mo.

*ALL-AMERICAN

WOMEN				
Place	Name	Time	Year	Location
2	Susan Tanui*	20:12.6	2012	Joplin, Mo.
6	Caroline Kurgat*	20:14.4	2015	Joplin, Mo.
7	Joyce Chelimo*	20:17.1	2015	Joplin, Mo.
7	Ruth Keino*	21:20.8	2010	Louisville, Ky.
9	Ruth Keino*	21:35.0	2011	Spokane, Wash.
12	Miriam Kipng'eno*	21:40.2	2010	Louisville, Ky.
13	Joyce Kipchumba*	21:57.5	2013	Spokane, Wash.
14	Miriam Kipng'eno*	21:16.7	2009	Evansville, Ind.
16	Susan Tanui*	21:29.9	2013	Spokane, Wash.
17	Amy Johnston	21:39.9	2014	Louisville, Ky.
28	Elizabeth Chepkosgei*	22:30	2008	Slippery Rock, Pa.
32	Miriam Kipng'eno*	22:11.3	2011	Spokane, Wash.
33	Ivy O'Guinn*	22:12.2	2011	Spokane, Wash.
39	Ruth Keino*	21:58.2	2009	Evansville, Ind.
41	Shoshana Keegan	22:23.8	2011	Spokane, Wash.
45	Hallidie Wilt	22:09.9	2009	Evansville, Ind.
46	Caroline Kurgat	22:12.0	2014	Louisville, Ky.
46	Mandy Kaempf	22:51.2	2005	Chino, Calif.
47	Ivy O'Guinn	21:57.3	2013	Spokane, Wash.
48	Ivy O'Guinn	21:34.5	2012	Joplin, Mo.
48	Laura Carr	23:00	2008	Slippery Rock, Pa.
50	Miriam Kipng'eno	21:35.9	2012	Joplin, Mo.
50	Shoshana Keegan	22:33.7	2010	Louisville, Ky.
53	Shoshana Keegan	22:16.3	2009	Evansville, Ind.
62	Sarah Freestone	21:46.9	2012	Joplin, Mo.
63	Laura Carr	22:27.1	2009	Evansville, Ind.
64	Hallidie Wilt	23:18	2008	Slippery Rock, Pa.
64	Laura Carr	23:29.8	2005	Chino, Calif.
64	Mandy Kaempf	23:41.4	2004	Evansville, Ind.
65	Laura Carr	21:46.3	2006	Pensacola, Fla.
67	Susan Bick	23:06.5	2011	Spokane, Wash.
67	Hallidie Wilt	22:52.6	2010	Louisville, Ky.
69	Susan Bick	22:21.4	2013	Spokane, Wash.
71	Stacy Edwards	23:38.2	2005	Chino, Calif.
72	Bryn Haebe	22:38.4	2014	Louisville, Ky.
74	Ruth Keino	23:24	2008	Slippery Rock, Pa.
75	Kimberly Coscia	22:00.4	2015	Joplin, Mo.
75	Bryn Haebe	23:16.6	2011	Spokane, Wash.
79	Beatrice Decker	22:42.1	2014	Louisville, Ky.
92	Jessica Pahkala	22:10.4	2015	Joplin, Mo.
92	Emma Bohman	23:18.2	2010	Louisville, Ky.
93	Susan Bick	22:10.6	2012	Joplin, Mo.
98	Susan Tanui	23:37.1	2011	Spokane, Wash.
100	Bryn Haebe	22:20.9	2012	Joplin, Mo.
106	Kamie Jo Massey	24:20.2	2004	Evansville, Ind.
106	Susan Bick	23:37.3	2010	Louisville, Ky.
112	Ivy O'Guinn	23:43.8	2010	Louisville, Ky.
114	Davya Baker	24:27.3	2005	Chino, Calif.
117	Bryn Haebe	22:46.7	2013	Spokane, Wash.
119	Davya Baker	24:31.5	2004	Evansville, Ind.
121	Jessica Pahkala	23:05.6	2014	Louisville, Ky.
123	Shoshana Keegan	24:06	2008	Slippery Rock, Pa.
128	Jessica Pahkala	22:52.0	2013	Spokane, Wash.
129	Kaley Strachan	24:40.6	2005	Chino, Calif.
135	Laura Rombach	24:20	2008	Slippery Rock, Pa.
145	Mariah Burroughs	23:20.7	2014	Louisville, Ky.
148	Nicole DeYong	25:14.8	2004	Evansville, Ind.
151	Stephanie Myers	25:16.9	2004	Evansville, Ind.
152	Emma Bohman	23:58.5	2009	Evansville, Ind.
156	Danielle Pratt	25:33.9	2005	Chino, Calif.
163	Mary Krusen	25:50.9	2005	Chino, Calif.
170	Katie Krehlik	22:57.8	2012	Joplin, Mo.
170	Danielle Pratt	25:50.4	2004	Evansville, Calif.
172	Sarah Hansen	25:55.5	2004	Evansville, Calif.
174	Emma Bohman	25:25	2008	Slippery Rock, Pa.
190	Tamara Perez	23:52.4	2014	Louisville, Ky.
195	Beatrice Decker	23:13.2	2015	Joplin, Mo.
195	Christi Schmitz	23:43.0	2013	Spokane, Wash.
202	Kaitlyn Maker	23:19.1	2015	Joplin, Mo.
206	Tamara Perez	23:23.5	2015	Joplin, Mo.

* ALL-AMERICAN

ALASKA ANCHORAGE CROSS COUNTRY

NCAA INDIVIDUAL CHAMPIONS

2012	Micah Chelimo
ALL-AMERICANS	
2001	Tobias Schwoerer
2007	David Kiplagat
2008	Elizabeth Chepkosgei
	Marko Cheseto
	Jake Parisien
2009	Micah Chelimo
	Ruth Keino
	Miriam Kipng'eno
2010	Micah Chelimo
	Marko Cheseto
	Ruth Keino
	Miriam Kipng'eno
2011	Micah Chelimo
	Ruth Keino
	Miriam Kipng'eno
2012	Ivy O'Guinn
	Dylan Anthony
	Micah Chelimo
	Alfred Kangogo
	Susan Tanui
2013	Dylan Anthony
	Isaac Kangogo
	Joyce Kipchumba
	Susan Tanui
2014	Victor Samoei
	Henry Cheseto
	Amy Johnston
	Dominik Notz
2015	Michel Ramirez
	Joyce Chelimo
	Henry Cheseto
	Edwin Kangogo
	Caroline Kurgat
	Dominik Notz

WEST REGION INDIVIDUAL CHAMPIONS

2009	Marko Cheseto
2010	Marko Cheseto
2011	Micah Chelimo
	Ruth Keino
2012	Micah Chelimo
	Susan Tanui
2013	Susan Tanui
2014	Henry Cheseto
2015	Joyce Chelimo
	Henry Cheseto

WEST REGION TEAM CHAMPION

2009	Women
2010	Men
	Women
2011	Men
	Women
2013	Women
2015	Men

ALL-WEST REGION

1996	Miguel Gomez
1998	Jerry Ross
1999	Richy Hankins
2000	Tobias Schwoerer
2001	Tobias Schwoerer
	Eric Strabel
2002	Stacy Edwards
	Sean Rivers
	Tobias Schwoerer
2003	Brandon Stum
2004	Mandy Kaempf
2005	Stacy Edwards
	Mandy Kaempf
	David Kiplagat
	Leif Olson
2006	Laura Carr
	Elizabeth Chepkosgei
	David Kiplagat
	Brent Knight
2007	David Kiplagat
2008	Laura Carr
	Elizabeth Chepkosgei
	Marko Cheseto

	Alfred Kangogo
	David Kiplagat
	Jacob Parisien
2009	Laura Carr
	Micah Chelimo
	Marko Cheseto
	Alfred Kangogo
	Shoshana Keegan
	Ruth Keino
	Miriam Kipng'eno
	Hallidie Wilt
2010	Micah Chelimo
	Marko Cheseto
	Shoshana Keegan
	Ruth Keino
	Miriam Kipng'eno
	Jake Parisien
	William Ritekwiang
	Hallidie Wilt
2011	Dylan Anthony
	Susan Bick
	Micah Chelimo
	Alfred Kangogo
	Isaac Kangogo
	Ruth Keino
	Shoshana Keegan
	Miriam Kipng'eno
	Ivy O'Guinn
	Jake Parisien
	Susan Tanui
	Yonatan Yima
2012	Dylan Anthony
	Jaymi Bethea
	Susan Bick
	Micah Chelimo
	Sarah Freistone
	Alfred Kangogo
	Isaac Kangogo
	Miriam Kipng'eno
	Dominik Notz
	Ivy O'Guinn
	Jake Parisien
	Kevin Rooke
2013	Susan Tanui
	Dylan Anthony
	Susan Bick
	Isaac Kangogo
	Joyce Kipchumba
	Susan Tanui
	Ivy O'Guinn
	Victor Samoei
2014	Dylan Anthony
	Henry Cheseto
	Caroline Kurgat
	Amy Johnston
	Dominik Notz
	Victor Samoei
2015	Joyce Chelimo
	Henry Cheseto
	Edwin Kangogo
	Nathan Kipchumba
	Caroline Kurgat
	Michael Mendenhall
	Dominik Notz
	Victor Samoei

WEST REGION

ATHLETE OF THE YEAR

2009	Marko Cheseto
2010	Marko Cheseto
2011	Micah Chelimo
	Ruth Keino
2012	Micah Chelimo
	Susan Tanui
2013	Susan Tanui
2014	Henry Cheseto
2015	Joyce Chelimo
	Henry Cheseto

WEST REGION COACH OF THE YEAR

2009	Women - Michael Friess
2010	Men - Michael Friess
	Women - Michael Friess
2011	Men - Michael Friess
	Women - Michael Friess

2013	Women - Michael Friess
2015	Men - Michael Friess

GNAC INDIVIDUAL CHAMPIONS

2006	David Kiplagat
2008	Marko Cheseto
2009	Marko Cheseto
2010	Marko Cheseto
2011	Micah Chelimo
	Ruth Keino
2012	Micah Chelimo
	Susan Tanui
2013	Isaac Kangogo
	Susan Tanui
2014	Henry Cheseto
2015	Joyce Chelimo
	Henry Cheseto

GNAC TEAM CHAMPION

1997	Men (PacWest)
2002	Men
2005	Men
2008	Men
2009	Women
2010	Men
	Women
2011	Men
	Women
2012	Men
	Women
2013	Men
	Women
2014	Men
2015	Men
	Women

ALL-CONFERENCE

1994	David Laurence (PacWest)
1996	Chad Dudney (PacWest)
	Miguel Gomez (PacWest)
	Frode Lillefjell (PacWest)
	Mike McQueen (PacWest)
1997	Todd Bruce (PacWest)
	Chad Dudney (PacWest)
	Erlend Kroken (PacWest)
	Preston Martin (PacWest)
	Mike McQueen (PacWest)
	Jerry Ross (PacWest)
1999	Richy Hankins (PacWest)
	Sean Rivers (PacWest)
2000	Sean Rivers (PacWest)
	Tobias Schwoerer (PacWest)
	Eric Strabel (PacWest)
2001	Stacy Edwards
	Kiersten Lippmann
2002	Eric Strabel
	Stacy Edwards
	Sean Rivers
	Tobias Schwoerer
	Eric Strabel
2003	Stacy Edwards
	Sarah Hansen
	Mandy Kaempf
	Brandon Stum
2004	Mandy Kaempf
2005	Laura Carr
	Aaron Dickson
	Drew Dickson
	Stacy Edwards
	Mandy Kaempf
	David Kiplagat
	Leif Olson
2006	Laura Carr
	Elizabeth Chepkosgei
	Aaron Dickson
	Mandy Kaempf
	David Kiplagat
	Brent Knight
2007	Elizabeth Chepkosgei
	Peter Doner
2008	Laura Carr
	Elizabeth Chepkosgei
	Marko Cheseto
	Alfred Kangogo
	Ruth Keino

	David Kiplagat
	Jake Parisien
	Hallidie Wilt
2009	Laura Carr
	Micah Chelimo
	Marko Cheseto
	Alfred Kangogo
	Shoshana Keegan
	Ruth Keino
	Miriam Kipng'eno
	Hallidie Wilt
2010	Micah Chelimo
	Marko Cheseto
	Shoshana Keegan
	Ruth Keino
	Miriam Kipng'eno
	Jake Parisien
	Hallidie Wilt
2011	Dylan Anthony
	Micah Chelimo
	Alfred Kangogo
	Isaac Kangogo
	Ruth Keino
	Miriam Kipng'eno
	Ivy O'Guinn
	Yonatan Yilma
2012	Dylan Anthony
	Susan Bick
	Micah Chelimo
	Sarah Freistone
	Alfred Kangogo
	Isaac Kangogo
	Miriam Kipng'eno
	Katie Krehlik
	Ivy O'Guinn
	Jake Parisien
	Susan Tanui
2013	Dylan Anthony
	Isaac Kangogo
	Joyce Kipchumba
	Susan Tanui
	Ivy O'Guinn
	Victor Samoei
2014	Dylan Anthony
	Henry Cheseto
	Beatrice Decker
	Bryn Haebe
	Edwin Kangogo
	Caroline Kurgat
	Amy Johnston
	Dominik Notz
	Michel Ramirez
	Kevin Rooke
	Victor Samoei
2015	Joyce Chelimo
	Henry Cheseto
	Kimberly Coscia
	Edwin Kangogo
	Nathan Kipchumba
	Caroline Kurgat
	Dominik Notz
	Victor Samoei

GNAC RUNNER OF THE YEAR

2008	Marko Cheseto
2009	Marko Cheseto
2010	Marko Cheseto
2011	Micah Chelimo
	Ruth Keino
2012	Micah Chelimo
	Susan Tanui
2013	Susan Tanui
2014	Henry Cheseto
2015	Joyce Chelimo
	Henry Cheseto

GNAC COACH OF THE YEAR

1997	Men - Michael Friess (PacWest)
2002	Men - Michael Friess
2003	Women - Michael Friess
2004	Women - Michael Friess
2005	Men - Michael Friess
	Women - Michael Friess
2008	Men - Michael Friess

ALASKA ANCHORAGE CROSS COUNTRY

ACADEMIC / POSTSEASON AWARDS

2009 Women - Michael Friess
 2010 Men - Michael Friess
 Women - Michael Friess
 2011 Men - Michael Friess
 Women - Michael Friess
 2012 Men - Michael Friess
 Women - Michael Friess
 2013 Men - Michael Friess
 Women - Michael Friess
 2014 Men - Michael Friess
 2015 Men - Michael Friess

GNAC FRESHMAN OF THE YEAR

2003 Mandy Kaempf
 2005 David Kiplagat
 2008 Jacob Parisien
 2009 Micah Chelimo
 Miriam Kipng'eno
 2011 Dylan Anthony
 Bryn Haebe
 2012 Sarah Freistone
 2014 Henry Cheseto
 Caroline Kurgat
 2015 Kimberly Coscia

GNAC NEWCOMER OF THE YEAR

1996 Miguel Gomez (PacWest)
 1999 Sean Rivers (PacWest)
 2000 Tobias Schwoerer (PacWest)
 2007 Peter Doner
 2008 Marko Cheseto
 2010 Yonatan Yilma
 2013 Joyce Kipchumba
 2014 Amy Johnston
 Michel Ramirez

CAPITAL ONE/COSIDA ACADEMIC ALL-AMERICANS

2002 Tobias Schwoerer
 2006 Mandy Kaempf
 2012 Micah Chelimo
 2013 Alfred Kangogo
 Ruth Keino

USTFCCCA SCHOLAR ATHLETES OF THE YEAR

2012 Micah Chelimo

USTFCCCA

ACADEMIC ALL-AMERICANS

2006 Mandy Kaempf
 2008 Peter Doner
 David Kiplagat
 Cornelious Sigei
 2009 Laura Carr
 Ruth Keino
 David Kiplagat
 Laura Rombach
 Paul Rottich
 2010 Micah Chelimo
 Laura Carr
 Alfred Kangogo
 Ruth Keino
 Miriam Kipng'eno
 2011 Micah Chelimo
 Bryn Haebe
 Alfred Kangogo
 Isaac Kangogo
 Shoshana Keegan
 Ruth Keino
 Miriam Kipng'eno
 2012 Micah Chelimo
 Bryn Haebe
 Sarah Freistone
 Alfred Kangogo
 Miriam Kipng'eno
 Katie Krehlik
 Dominik Notz
 Kevin Rooke
 2013 Dylan Anthony
 Bryn Haebe
 Jessica Pahkala
 Kevin Rooke
 Victor Samoei
 2014 Dylan Anthony

Henry Cheseto
 Beatrice Decker
 Bryn Haebe
 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat
 Jessica Pahkala
 Kevin Rooke
 2015 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat
 Kaitlyn Maker
 Michael Mendenhall
 Jessica Pahkala

USTFCCCA ALL-ACADEMIC TEAMS

2005 Men
 Women
 2007 Men
 Women
 2008 Men
 Women
 2009 Men
 Women
 2010 Men
 Women
 2011 Men
 Women
 2012 Men
 Women
 2013 Men
 Women
 2014 Men
 Women
 2015 Men
 Women

GNAC ALL-ACADEMIC

1994 Brad Bauer (PacWest)
 1996 Steve Carroll (PacWest)
 1998 Brad Hawkins (PacWest)
 Casey Jackson (PacWest)
 Jerry Ross (PacWest)
 Mike McQueen (PacWest)
 Tim Miller (PacWest)
 Jerry Ross (PacWest)
 1999 Benji Uffenbeck (PacWest)
 2000 Meyoung Blum (PacWest)
 Leslie Boyd (PacWest)
 Katya Lamskova (PacWest)
 Sara Nielsen (PacWest)
 2001 Meyoung Blum
 Leslie Boyd
 River Campbell
 Nicole Hanson
 Sheamus Lamb
 Katya Lamskova
 Sean Rivers
 Tobias Schwoerer
 2002 Meyoung Blum
 Leslie Boyd
 Chris Cannon
 Stacy Edwards
 Lindsay Krous
 Sarah Hansen
 Nate Normandin
 Sean Rivers
 Tobias Schwoerer
 2003 Nicole De Yong
 Stacy Edwards
 Sarah Hansen
 Lindsay Krous
 2004 Nicole De Yong
 Sarah Hansen
 Anjuli Haydu
 Kamie Jo Massey
 Stephanie Myers
 Mandy Kaempf
 Nate Normandin
 Stacy Edwards
 2005 Mandy Kaempf
 Leif Olson
 Kaley Strachan
 2006 Mick Boyle
 Laura Carr

Mandy Kaempf
 Mary Krusen
 Brent Knight
 Danielle Pratt
 Cornelius Sigei
 Paul Schauer
 Kaley Strachan
 Mick Boyle
 2007 Anjuli Haydu
 David Kiplagat
 Mary Krusen
 Heather McIntyre
 Cornelius Sigei
 Kaley Strachan
 Autumn Streuli
 Mick Boyle
 Laura Carr
 David Kiplagat
 Paul Rottich
 Cornelius Sigei
 2009 Laura Carr
 Shoshana Keegan
 Ruth Keino
 Natalie Pfeifer
 Arielle Rolle
 Paul Rottich
 Alex West
 2010 Micah Chelimo
 Marko Cheseto
 Ruth Keino
 Miriam Kipng'eno
 Susan Bick
 2011 Micah Chelimo
 Alfred Kangogo
 Ruth Keino
 Shoshana Keegan
 Miriam Kipng'eno
 Katie Krehlik
 Thomas Hill
 2012 Dylan Anthony
 Micah Chelimo
 Bryn Haebe
 Alfred Kangogo
 Miriam Kipng'eno
 Katie Krehlik
 Kevin Rooke
 Christi Schmitz
 Bryn Haebe
 2013 Sarah Freistone
 Isaac Kangogo
 Jesse Miller
 Dominik Notz
 Jessica Pahkala
 Kevin Rooke
 Christi Schmitz
 Dylan Anthony
 Bryn Haebe
 Haleigh Lloyd
 Micheal Mendenhall
 Jessica Pahkala

Kevin Rooke
 Victor Samoei
 2015 Mariah Burroughs
 Beatrice Decker
 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat
 Michael Mendenhall
 Jessica Pahkala
 Tamara Perez

GNAC RUNNERS OF THE WEEK

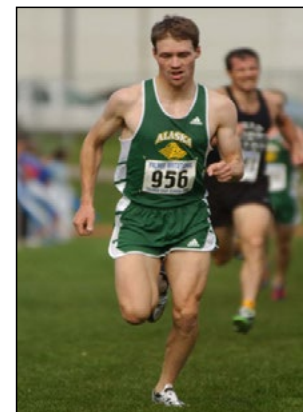
2000 Kiersten Lippman (Oct. 9)
 Tobias Schwoerer (Sept. 25)
 2001 Eric Strabel (Aug. 27-Sept. 2)
 Tobias Schwoerer (Oct. 29-Nov. 4)
 2002 Sean Rivers (Aug. 26-Sept. 1)
 2004 Kamie Jo Massey
 Brandon Stum (Sept. 20-26)
 2005 Mandy Kaempf (Oct. 31-Nov. 6)
 David Kiplagat (Sept. 19-25)
 2006 Mandy Kaempf (Oct. 2-8)
 David Kiplagat (Sept. 18-24)
 David Kiplagat (Sept. 25-Oct. 1)
 2007 Elizabeth Chepkosgei (A. 27-S. 2)
 Elizabeth Chepkosgei (S. 24-30)
 David Kiplagat (Sept. 24-30)
 2008 Marko Cheseto (Sept. 1-7)
 Marko Cheseto (Sept. 15-21)
 Marko Cheseto (Oct. 6-12)
 Marko Cheseto (Nov. 3-9)
 2009 Micah Chelimo (Aug. 31-Sept. 6)
 Micah Chelimo (Sept. 14-20)
 Marko Cheseto (Oct. 5-11)
 Ruth Keino (Sept. 6-12)
 Ruth Keino (Oct. 5-11)
 2010 Marko Cheseto (Aug. 30-Sept. 5)
 Marko Cheseto (Sept. 27-Oct. 3)
 Marko Cheseto (Oct. 18-24)
 Ruth Keino (Sept. 6-12)
 Miriam Kipng'eno (Sept. 27-Oct. 3)
 2011 Ruth Keino (Sept. 5-11)
 Yonatan Yilma (Sept. 5-11)
 Micah Chelimo (Oct. 3-9)
 Ruth Keino (Oct. 3-9)
 2012 Susan Tanui (Sept. 10)
 Micah Chelimo (Oct. 8)
 Susan Tanui (Oct. 8)
 2013 Dylan Anthony (Oct. 7)
 Joyce Kipchumba (Oct. 7)
 2014 Beatrice Decker (Sept. 1)
 Henry Cheseto (Sept. 8)
 Dylan Anthony (Oct. 6)
 2015 Henry Cheseto (Sept. 7-13)
 Joyce Chelimo (Oct. 5-11)
PacWest results incomplete

USTFCCCA NATIONAL ATHLETE OF THE WEEK

2014 Henry Cheseto (Nov. 3)



Marko Cheseto became the first GNAC male runner to claim three individual titles.



UAA's first All-American, Tobias Schwoerer (2001)

A	
Adams, Michael.....	'09, '10, '11
Alward, Jason.....	'87, '88, '89, '91
Anthony, Dylan.....	'11, '12, '13, '14
Atwood, Dwayne.....	'86, '87
Bailey, Mychaela.....	'08
Baker-Flaharty, Davya.....	'03, '04, '05, '06
Barnett, Jeff.....	'92
Bauer, Brad.....	'93, '94, '96
B	
Bethea, Jaymi.....	'12
Bick, Susan.....	'10, '11, '12, '13
Blandheol, J.T.....	'95, '96
Blum, Meyoung.....	'00, '01, '02
Bohman, Emma.....	'07, '09, '10
Booher, John.....	'91
Boyd, Leslie.....	'00, '01, '02
Boyle, Mick.....	'05, '07, '08
Brenner, Mary.....	'85
Brewster, Brandon.....	'11
Brown, John.....	'84, '85, '86, '87
Brown, Peter.....	'84, '85, '86
Bruber, Wilhelm.....	'84
Bruce, Todd.....	'97, '98
Budd, Eric.....	'91, '92, '93, '94
BURROUGHS, MARIAH.....	'14, '15
BURROUGHS, RILEY.....	'15
Byrne, Dacry.....	'85
C	
Callison, Eric.....	'98
Campbell, Vernon.....	'00, '01
Cannon, Chris.....	'01, '02
Carpentier, Denise.....	'84
Carr, Laura.....	'05, '06, '08, '09
Carroll, Steve.....	'95, '96, '97, '98
Chelimo, Joyce.....	'13, '15
Chelimo, Micah.....	'09, '10, '11, '12
Chepkoech, Mary.....	'10
Chepkosgei, Elizabeth.....	'06, '07, '08
Cheseret, Cosmas.....	'13
CHESETO, HENRY.....	'14, '15
Cheseto, Marko.....	'08, '09, '10
Child, Anita.....	'85
Clark, Esther.....	'82, '83
Cline, Dan.....	'02
Commandeur, Scott.....	'13
COSCIA, KIMBERLY.....	'15
D	
Davis, John Nathan.....	'86, '87
De Yong, Nicole.....	'03, '04
Decker, Beatrice.....	'14, '15
Dickson, Aaron.....	'03, '04, '05, '06
Dickson, Drew.....	'03, '04, '05, '06
Dombrovsky, Ray.....	'84, '85
Doner, Johanna.....	'07
Doner, Peter.....	'07
Dudney, Chad.....	'96, '97
E	
Edwards, Stacy.....	'01, '02, '03, '05
Ellis, Auston.....	'05, '06, '07
Elvester, Andy.....	'00, '01, '02
Emerson, Charles.....	'91, '92, '93, '94
Emerson, Roger.....	'93
Enkvist, Urban.....	'93
Erickson, Keith.....	'84
F	
Fisher, Kirk.....	'88, '89, '90, '92
Flora, Bjorn.....	'95
Floyd, Jason.....	'95
Freistone, Sarah.....	'12
Fudala, Chip.....	'87
G	
Gibbs, Cindy.....	'81, '82, '83
Glover, Billy.....	'96
Gomez, Miguel.....	'96, '97

Greer, Brittany.....	'05
Gruber, Willie.....	'85, '86
Gunderson, Marne.....	'00
H	
Haebe, Bryn.....	'11, '12, '13, '14
Hamilton, Scott.....	'90, '91, '92, '93
Hankins, Richy.....	'96, '98, '99
Hansen, Sarah.....	'02, '03, '04
Haydu, Anjali.....	'03, '04, '07
Hegg, Heidi.....	'85
Heuseveldt, Jeff.....	'94
Hill, Thomas.....	'09, '10, '11
Hoffman, Dave.....	'82, '83, '84
Hutto, Janet.....	'81, '82, '83
Hynne, Morten.....	'90
I	
Ingram, Christy.....	'85
Ionashku, Andrey.....	'12, '13
J	
JEPCHUMBA, ZENNA.....	'15
Johnson, Mike A.....	'87, '89, '90
Johnston, Amy.....	'14
Johnston, Eric.....	'89
K	
Kaempf, Mandy.....	'03, '04, '05, '06
Kanerva, Heikke.....	'84, '85
Kangogo, Alfred.....	'08, '09, '11, '12
KANGOGO, EDWIN.....	'14, '15
Kangogo, Isaac.....	'11, '12, '13
Kantola, Tiina.....	'83, '84
Keegan, Shoshana.....	'08, '09, '10, '11
Keino, Ruth.....	'08, '09, '10, '11
KIPCHUMBA, NATHAN.....	'14, '15
Kiplagat, David.....	'05, '06, '07, '08
Kipng'eno, Miriam.....	'09, '10, '11, '12
Kjellstand, Britta.....	'81
Knight, Brent.....	'02, '03, '04, '06
Krehlik, Katie.....	'10, '11, '12
Kroken, Erlend.....	'97
Krous, Lindsay.....	'00, '01, '02, '03
Krusen, Mary.....	'05, '06, '07
KURGAT, CAROLINE.....	'14, '15
L	
Lambe, Amy.....	'01
Lamskova, Ekaterina.....	'00
Lane, Terry.....	'84
Latva-Kiskola, Tuomo.....	'87, '88
Leighton, Tim.....	'88
Liebner, Andy.....	'06
Lillefjell, Frode.....	'95, '96
Lippman, Kiersten.....	'00, '01, '02
List, Todd.....	'02, '03
M	
MAKER, KAITLYN.....	'15
Massie, Valerie.....	'11, '12
Markuson, James.....	'91
Martin, Preston.....	'97, '98
Massey, Kamie Jo.....	'04
MCCORMICK, DANIELLE.....	'15
McIntyre, Heather.....	'07
McQueen, Mike.....	'96, '97, '98
Meehan, Dan.....	'84
MENDENHALL, MICHAEL.....	'13, '14, '15
MESSINA, PHILIP.....	'13, '14, '15
MILLER, JESSE.....	'12, '13, '15
Miller, Yuri.....	'86
Myers, Paul.....	'94, '95, '96, '98
Myers, Stephanie.....	'01, '03, '04
N	
Nibeck, Meldoy.....	'84, '85
Normandin, Nate.....	'00, '01, '02, '04
Notz, Dominik.....	'12, '13, '14, '15
O	
Oberbreckling, Scott.....	'85
O'Guinn, Ivy.....	'10, '11, '12, '13

Olmes, Mathew.....	'86
Olson, Leif.....	'03, '04, '05
P	
Pahkala, Jessica.....	'12, '13, '14, '15
Parisien, Jake.....	'08, '10, '11, '12
PEREZ, TAMARA.....	'15
Pena, Cory.....	'07, '08
Pollock, Joe.....	'86
Pope, Carroll.....	'86, '87, '88, '89
Potter, Craig.....	'87, '88, '89, '90
Pratt, Danielle.....	'03, '04, '05, '06
R	
RAMIREZ, MICHEL.....	'14
Ramsey, Lisa.....	'85
Recob, Jim.....	'81, '82
Ritekwiang, William.....	'10
Rivers, Sean.....	'99, '00, '01, '02
Roelle, Ariel.....	'08, '09
Rombach, Laura.....	'08
Rood, Scott.....	'01
Rooke, Kevin.....	'11, '12, '13, '14
Ross, Jerry.....	'97, '98
Rottich, Paul.....	'07, '08, '09, '10
Rupert, Andy.....	'03
Rutledge, Tommy.....	'89, '90, '92
S	
SAMOEI, VICTOR.....	'13, '14, '15
Scheel, Jeromy.....	'95
Schiffkorn, Michelle.....	'83
Schmitz, Christi.....	'11, '12, '13
Schwoerer, Tobias.....	'00, '01, '02
Sievert, Julie.....	'84
Sigei, Cornelious.....	'05, '06, '07, '08
Smith, John.....	'94, '95
Sonntag, Benjamin.....	'05
Strabel, Eric.....	'00, '01, '02, '03
Strabel, Mark.....	'99, '01
Strachan, Kaley.....	'04, '05, '06, '07
Strand, Debbie.....	'84, '85
Strange, Sanford.....	'92
Streuli, Autumn.....	'06, '07
Stum, Bradon.....	'03, '04
T	
Talbot, Paul.....	'89
Tanui, Susan.....	'11, '12, '13
Thill, Brian.....	'92, '93
Trenholm, Stephanie.....	'08
Truax, Brad.....	'10
Turney, R. Scott.....	'85
V	
Voohees, Coert.....	'81
W	
Walker, Craig.....	'81, '82, '83
West, Alex.....	'09, '10
Williams, Lorris.....	'99, '00
Wilt, Hallidie.....	'07, '08, '09, '10
Y	
Yilma, Yonatan.....	'10, '11
Yngve, Stig.....	'05
Yutzenka, Grant.....	'81, '82

