



# ALASKA ANCHORAGE

## 2016 CROSS COUNTRY

GoSeawolves.com

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UAA MEDIA RELATIONS • ALASKA AIRLINES CENTER RM 124B • 3211 PROVIDENCE DR • ANCHORAGE, ALASKA

Dec. 23, 2016

### Seawolves continue streak of national appearances and GNAC titles

#### SEAWOLF QUICK FACTS

##### GENERAL INFORMATION

Name: University of Alaska Anchorage  
Website: GoSeawolves.com  
Location: 3211 Providence Dr.  
Anchorage, AK 99508  
Founded: 1977  
Enrollment: 16,463  
Nickname: Seawolves  
Colors: Green & Gold  
Affiliation: NCAA Division II  
Conference: Great Northwest Athletic Conf.  
Chancellor: Tom Case  
Athletics Director: Keith Hackett  
Athletic Dept. Phone: 907-786-1250  
Ticket Office Phone: 907-786-1293

##### COACHING STAFF

Head Coach: Michael Friess, 27th season  
Alma Mater: Linfield ('85)  
Phone: 907-786-1325  
Email: track@alaska.edu  
Assist. Coach: TJ Garlatz, 10th season  
Alma Mater: Washington ('02)  
Phone: 907-786-6022  
Email: tjgarlatziii@alaska.edu  
Assist. Coach: Ryan McWilliams, 6th season  
Alma Mater: Angelo State ('09)  
Phone: 907-786-1308  
Email: rbmcwilliams@alaska.edu  
Grad. Assist. Coach: Erin Alewine, 3rd season  
Alma Mater: Central Missouri ('14)  
Phone: 907-786-7856  
Email: eealewine@alaska.edu

##### TEAM INFORMATION

2016 NCAA Finish: Men - 8th, Women - 8th  
2016 West Region Finish: Men - 2nd, Women - 3rd  
2016 GNAC Finish: Men - 1st, Women - 1st  
Letterwinners Returning: Men - 8, Women - 9  
Newcomers: Men - 4, Women - 2

##### TEAM HISTORY

Conference Titles  
Men-11 (2016, 2015, 2014, 2013, 2012, 2011, 2010, 2008, 2005, 2002, 1997)  
Women-7 (2016, 2015, 2013, 2012, 2011, 2010, 2009)  
NCAA Appearances  
Men-13 (2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2006, 2005, 2002, 2001)  
Women-11 (2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2005, 2004)

##### MEDIA RELATIONS

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#### 2016 UAA CROSS COUNTRY SCHEDULE

DATE	MEET	LOCATION	TIME (Alaska)
Sept. 3	NDNU Argo Invitational	at Belmont, Calif.	W: 1st/7; M: 1st/3
Sept. 17	UW Sundodger Invitational	at Seattle, Wash.	W: 6th/29; M: 2nd/28
Oct. 8	WWU Classic Invitational	at Bellingham, Wash.	W: 1st/16; M: 2nd/17
Oct. 22	GNAC Championships	at Bellingham, Wash.	W: 1st/11; M: 1st/11
Nov. 5	NCAA West Regional Champ.	at Billings, Mont.	W: 3rd/30; M: 2nd/25
Nov. 19	NCAA Championships	at Saint Leo, Fla.	W: 8th/32; M: 7th/32

**2016 SEASON RECAP:** The UAA cross country teams finished the year with strong performances at the NCAA Div. II Championships in St. Leo, Fla. ... the men concluded the campaign with a seventh-place finish, marking the seventh straight season in the top eight ... the women ended the national meet in eighth place, extending its streak of top-eight finishes to nine ... both teams featured All-Americans (men - **Edwin Kangogo**; women - **Caroline Kurgat**, **Joyce Chelimo**) ... **Caroline Kurgat** became the second-highest placing Seawolf for the women by finishing third at NCAAs ... the men's team began the year ranked a program-best No. 4 nationally and never fell beyond the top 10 ... on the women's side, UAA found itself outside the top 25 midway through the season, snapping an impressive streak of 18 national polls before returning to the top 10 the final two weeks ... the men finished runner-up to No. 4 Chico State at West Region Championships, while the women advanced to nationals with a third-place performance ... on the conference level, the UAA men won its seventh consecutive Great Northwest Athletic crown and 11th conference title overall ... the Green & Gold women repeated as GNAC champions and won their seventh such accolade in the past eight years ... **Edwin Kangogo** and **Caroline Kurgat** each earned individual titles and were named GNAC Runner of the Year in Bellingham, Wash. ... **Jordyn Block** was named GNAC Freshman of the Year ... the Seawolves landed six runners on both the All-Region and All-GNAC teams ... head coach **Michael Friess** was selected as the GNAC Men's Cross Country Coach of the Year for the seventh straight season, earning his 19th overall conference award in 27 seasons ... additionally, a record-tying nine Seawolves were named to the GNAC All-Academic team.

**NCAA RECAP:** Three All-Americans piloted the nationally-ranked Alaska Anchorage cross country teams into the top eight at the NCAA Div. II Cross Country Championships ... the No. 5 men's team finished in seventh place with 289 points ... Adams State (54 pts) claimed its 12th national championship, after finishing runner-up a year ago, ahead of Grand Valley State (79 pts) and 2015 champion Colorado Mines (153 pts) ... West Region champion Chico State (4th) completed the top five with 166 points ... Missouri Southern's Vincent Kiprop (29:07.4) defeated Shorter University's Alfred Chelanga (29:36.3) for the individual title ... Chelanga was the 2015 individual victor over Kiprop, while both runners were freshmen ... junior **Edwin Kangogo** of Eldoret, Kenya led the way for the Seawolves, becoming a two-time and back-to-back All-American by finishing in 34th (31:11.5) ... juniors **Henry Cheseto** (49th, 31:28.5), **Justin Carrancho** (73rd, 31:54.1), senior **Victor Samoei** (90th, 32:10.3) and junior **Nathan Kipchumba** (91st, 32:10.8) completed the scoring ... on the women's side, No. 10 UAA finished the national meet in eighth for the third straight season ... Grand Valley State (116 pts) edged Adams State (139 pts) for its fifth national championship ... Adams State won the title last season by defeating Grand Valley State ... Western State placed 3rd (168 pts) ahead of West Region champion Chico State (4th, 189 pts). Simon Fraser – out of the GNAC – finished the day in sixth (210 pts) ... GVSU's Kendra Foley won her second national title with a 6K time of 20:01.8, making a new record at the NCAA Div. II meet in the process ... runner-up Alexis Zeis of U-Mary crossed the line

1 NCAA Champion • 37 All-Americans • 24 NCAA Appearances • 7 West Region Titles • 18 GNAC Titles

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in 20:26.4, a year after defeating Foley by 0.3 seconds for the victory ... UAA's **Caroline Kurgat** and **Joyce Chelimo** each placed in the top 10 for the second straight season ... **Kurgat** – a two-time All-American - finished in 3rd (20:30.5), trailing only Susan Tanui's runner-up performance from 2012 ... **Chelimo** became a three-time All-American (10th, 20:42.8), joining UAA's Miriam Kipng'eno and Ruth Keino on the women's team with three honors ... in addition, Kurgat and Chelimo are also the only pair of Seawolves to make the top 10 twice in the same season ... **Henry Cheseto** (3rd) and Dominik Notz (8th) accomplished the feat once in 2015 for the men ... Wasilla's **Mariah Burroughs** (74th, 22:04.6), sophomore **Zannah Jepchumba** (101st, 22:21.9), and junior **Tamara Perez** (123rd, 22:33.5) contributed to the team's final score.

**UAA AT THE NCAAs:** The Seawolves qualified both the men's and women's teams to the NCAAs for the ninth straight season, while the men's squad made its 13th overall appearance and the women made their 11th ... the UAA men's team holds a program-best 3rd-place showing from 2012 and 2015, while the women's fourth-place finish in 2013 is a program best ... the men finished in third place last season, while the women grabbed eighth place at the NCAA Div. II Championships.

**FRIESS NAMED GNAC MEN'S COACH OF THE YEAR:** The Great Northwest Athletic Conference honored **Michael Friess** as the GNAC Men's Cross Country Coach of the Year for the seventh consecutive season ... **Friess** coached the Alaska Anchorage men to another successful season as the Seawolves finished fifth at the NCAA Division II Championships ... it marked the third time UAA has finished in the top 5 at the national meet ... Alaska Anchorage secured their seventh straight GNAC title and finished second at the NCAA West Region Championships, prior to the national competition ... the team has now recorded 10 GNAC championships in the conference's 16-year history ... the GNAC Men's Cross Country Coach of the Year award is the 10th for **Friess** and the 19th overall, earning eight on the women's side and one Pac West Men's Coach of the Year honor ... in his 27-year career at Alaska Anchorage, **Friess** has 30 coach of the year awards combined in cross country, indoor track and field and outdoor track and field.

**GNAC ALL-ACADEMIC:** A record-tying nine members of the Alaska Anchorage men's and women's cross country teams were among a total of 104 student-athletes – 43 men and 61 women – named to the 2016 Great Northwest Athletic Conference cross country all-academic team ... the nine members making the team equals the mark set in 2002 and 2006 ... **Michael Mendenhall**, a senior from Kenmore, Wash., lead the way for the Seawolves with his third all-academic team nomination ... he is among two other three-time winners on the men's side and 13 on the women's side ... **Mendenhall** is pursuing a physical education major and sports a 3.30 GPA ... six Seawolves joined 49 total GNAC athletes who earned the award for the second time ... they include juniors **Edwin Kangogo** and **Nathan Kipchumba** for the men and **Mariah Burroughs**, **Caroline Kurgat** and **Tamara Perez** for the women ... sophomores **Kimberly Coscia**, **Kaitlyn Maker** and **Danielle McCormick** claimed their first GNAC academic honor, joining the 39 total GNAC first-time nominees.

**RUNNER OF THE WEEK, TWICE:** Alaska Anchorage's **Caroline Kurgat** was named the Great Northwest Athletic Conference Women's Cross Country Athlete of the Week on two occasions during the season (Sept. 12-18 and Oct. 3-9) ... first, **Kurgat** placed third in the women's 6,000-meter open race at the University of Washington Sundodger Invitational ... she crossed the finish line in a time of 20 minutes, 34.90 seconds, five seconds behind the

top-two finishers ... she led UAA to a sixth-place finish out of 29 teams with 138 points ... **Kurgat** earned the award a second time after leading the Seawolves to the team title at the Western Washington Classic Invitational ... the junior from Eldoret, Kenya, placed second overall with a 6-kilometer time of 21 minutes, 26.5 seconds on the Lake Padden Park course, helping UAA to its second team victory of the season.

### UAA SEAWOLVES - NCAA CHAMPIONSHIPS

November 19 - Saint Leo, Fla.

MEN PLACE	ATHLETE	TIME - 10K
34	<b>Edwin Kangogo</b>	31:11.5 (Jr.)
49	<b>Henry Cheseto</b>	31:28.5 (Jr.)
73	<b>Justin Carrancho</b>	31:54.1 (Jr.)
90	<b>Victor Samoei</b>	32:10.3 (Sr.)
91	<b>Nathan Kipchumba</b>	32:10.8 (Jr.)
144	Michael Mendenhall	32:59.7 (Sr.)
241	Finishers	

WOMEN PLACE	ATHLETE	TIME - 6K
3	<b>Caroline Kurgat</b>	20:30.5 (Jr.)
10	<b>Joyce Chelimo</b>	20:42.8 (RSr.)
74	<b>Mariah Burroughs</b>	22:04.6 (Jr.)
101	<b>Zannah Jepchumba</b>	22:21.9 (So.)
123	<b>Tamara Perez</b>	22:33.5 (Jr.)
133	Danielle McCormick	22:41.9 (So.)
184	Kaitlyn Maker	23:25.6 (So.)
240	Finishers	

### UAA SEAWOLVES - WEST REGION CHAMPIONSHIPS

November 5 - Billings, Mont.

MEN PLACE	ATHLETE	TIME - 10K
4	<b>Edwin Kangogo</b>	30:07.58 (Jr.)
8	<b>Michel Ramirez</b>	30:26.12 (RSr.)
11	<b>Henry Cheseto</b>	30:32.92 (Jr.)
24	<b>Victor Samoei</b>	30:57.21 (Sr.)
34	<b>Michael Mendenhall</b>	31:12.57 (Sr.)
36	Justin Carrancho	31:14.65 (Jr.)
52	Nathan Kipchumba	31:44.12 (Jr.)
168	Finishers	

WOMEN PLACE	ATHLETE	TIME - 6K
1	<b>Caroline Kurgat</b>	20:59.01 (Jr.)
7	<b>Joyce Chelimo</b>	21:22.87 (RSr.)
29	<b>Zannah Jepchumba</b>	22:13.48 (So.)
35	<b>Danielle McCormick</b>	22:26.47 (So.)
38	<b>Tamara Perez</b>	22:28.53 (Jr.)
65	Mariah Burroughs	22:54.39 (Jr.)
72	Kaitlyn Maker	23:01.20 (So.)
204	Finishers	

### UAA SEAWOLVES - GNAC CHAMPIONSHIPS

October 22 - Bellingham, Wash.

MEN PLACE	ATHLETE	TIME - 8K
1	<b>Edwin Kangogo</b>	24:54.8 (Jr.)
2	<b>Michel Ramirez</b>	24:56.5 (RSr.)
4	<b>Henry Cheseto</b>	25:19.2 (Jr.)
11	<b>Victor Samoei</b>	25:46.5 (Sr.)
13	<b>Michael Mendenhall</b>	25:48.9 (Sr.)
15	Nathan Kipchumba	25:54.9 (Jr.)
17	Justin Carrancho	25:58.5 (Jr.)
21	Amos Kipchumba	26:08.5 (So.)
29	Jesse Miller	26:24.5 (Sr.)
42	Kaleb Korta	26:44.9 (Fr.)
92	Finishers	

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**WOMEN**

PLACE	ATHLETE	TIME - 6K
1	<b>Caroline Kurgat</b>	<b>21:17.1 (Jr.)</b>
5	<b>Joyce Chelimo</b>	<b>21:50.2 (RSr.)</b>
10	<b>Tamara Perez</b>	<b>22:23.2 (Jr.)</b>
14	<b>Zannah Jepchumba</b>	<b>22:35.2 (So.)</b>
15	<b>Kaitlyn Maker</b>	<b>22:36.5 (So.)</b>
16	Mariah Burroughs	22:39.6 (Jr.)
19	Danielle McCormick	22:51.9 (So.)
21	Jordyn Block	22:55.0 (Fr.)
22	Kimberly Coscia	22:58.7 (So.)
93	Finishers	

**UAA SEAWOLVES - WWU CLASSIC INVITE**

October 8 - Bellingham, Wash.

**MEN**

PLACE	ATHLETE	TIME - 10K
4	<b>Michel Ramirez</b>	<b>31:36.6 (RSr.)</b>
5	<b>Edwin Kangogo</b>	<b>31:40.8 (Jr.)</b>
11	<b>Henry Cheseto</b>	<b>31:56.5 (Jr.)</b>
16	<b>Michael Mendenhall</b>	<b>32:15.3 (Sr.)</b>
21	<b>Victor Samoei</b>	<b>32:27.3 (Sr.)</b>
22	Nathan Kipchumba	32:31.3 (Jr.)
50	Kaleb Korta	33:24.5 (Fr.)
52	Jesse Miller	33:29.2 (Sr.)
53	Amos Kipchumba	33:29.3 (So.)
69	Justin Carrancho	33:50.2 (Jr.)
185	Finishers	

**WOMEN**

PLACE	ATHLETE	TIME - 6K
2	<b>Caroline Kurgat</b>	<b>21:26.5 (Jr.)</b>
10	<b>Joyce Chelimo</b>	<b>22:05.7 (RSr.)</b>
19	<b>Zannah Jepchumba</b>	<b>22:33.2 (So.)</b>
22	<b>Tamara Perez</b>	<b>22:41.4 (Jr.)</b>
30	<b>Mariah Burroughs</b>	<b>22:55.1 (Jr.)</b>
32	Kaitlyn Maker	22:59.9 (So.)
38	Danielle McCormick	23:08.6 (So.)
48	Kimberly Coscia	22:23.6 (So.)
67	Jordyn Block	23:52.3 (Fr.)
154	Finishers	

**UAA SEAWOLVES - UW SUNDODGER INVITE**

September 17 - West Seattle, Wash.

**MEN**

PLACE	ATHLETE	TIME - 8K
3	<b>Michel Ramirez</b>	<b>24:08.0 (RSr.)</b>
6	<b>Edwin Kangogo</b>	<b>24:32.6 (Jr.)</b>
22	<b>Michael Mendenhall</b>	<b>25:02.4 (Sr.)</b>
27	<b>Henry Cheseto</b>	<b>25:12.4 (Jr.)</b>
36	<b>Nathan Kipchumba</b>	<b>25:28.8 (Jr.)</b>
39	Victor Samoei	25:31.8 (Sr.)
40	Kaleb Korta	25:31.9 (Fr.)
41	Justin Carrancho	25:32.9 (Jr.)
51	Amos Kipchumba	25:43.9 (So.)
97	Jesse Miller	26:16.9 (Sr.)
291	Finishers	

**WOMEN**

PLACE	ATHLETE	TIME - 6K
3	<b>Caroline Kurgat</b>	<b>20:34.9 (Jr.)</b>
32	<b>Zannah Jepchumba</b>	<b>22:22.2 (So.)</b>
35	<b>Tamara Perez</b>	<b>22:23.5 (Jr.)</b>
38	<b>Mariah Burroughs</b>	<b>22:26.7 (Jr.)</b>
41	<b>Kaitlyn Maker</b>	<b>22:27.6 (So.)</b>
53	Kimberly Coscia	22:46.5 (So.)
55	Danielle McCormick	22:51.4 (So.)
73	Jordyn Block	23:08.5 (Fr.)
284	Finishers	

**UAA SEAWOLVES - NDNU ARGO INVITE**

September 3 - Belmont, Calif.

**MEN**

PLACE	ATHLETE	TIME - 6.75K
1	<b>Edwin Kangogo</b>	<b>21:19.9 (Jr.)</b>
2	<b>Michel Ramirez</b>	<b>21:20.4 (RSr.)</b>
3	<b>Justin Carrancho</b>	<b>21:41.6 (Jr.)</b>
4	<b>Victor Samoei</b>	<b>21:42.4 (Sr.)</b>
5	<b>Michael Mendenhall</b>	<b>21:44.9 (Sr.)</b>
7	Kaleb Korta	21:52.5 (Fr.)
9	Jesse Miller	22:15.0 (Sr.)
10	Amos Kipchumba	22:15.3 (So.)
30	Finishers	

**WOMEN**

PLACE	ATHLETE	TIME - 5K
1	<b>Caroline Kurgat</b>	<b>18:52.9 (Jr.)</b>
4	<b>Mariah Burroughs</b>	<b>19:54.7 (Jr.)</b>
5	<b>Zannah Jepchumba</b>	<b>19:55.7 (So.)</b>
9	<b>Danielle McCormick</b>	<b>20:11.1 (Sr.)</b>
12	<b>Kimberly Coscia</b>	<b>20:23.2 (So.)</b>
13	Tamara Perez	20:28.6 (Jr.)
23	Jordyn Block	21:47.1 (Fr.)
53	Finishers	

**USTFCCCA NCAA DIVISION II MEN'S**

**CROSS COUNTRY COACHES POLL**

November 19 (NCAA Championships)

**TOP 10**

Rank	Institution	Points
1	Adams State	54
2	Grand Valley State	79
3	Colorado Mines	153
4	Chico State	166
5	Western State	235
6	Missouri Southern	283
7	<b>Alaska Anchorage</b>	<b>289</b>
8	Cal Poly Pomona	311
9	CSU-Pueblo	322
10	Saginaw Valley	330

Highest All-Time Ranking: 3 in 2015

**USTFCCCA NCAA DIVISION II**

**MEN'S CROSS COUNTRY NATIONAL**

**COACHES' POLL (Week-By-Week)**

Preseason - August 31	4
Week #1 - September 14	5
Week #2 - September 21	9
Week #3 - September 28	9
Week #4 - October 5	T8
Week #5 - October 12	9
Week #6 - October 26	6
Week #7 - November 9	5
NCAA - November 19	5

**USTFCCCA NCAA DIVISION II WOMEN'S**

**CROSS COUNTRY COACHES POLL**

November 19 (NCAA Championships)

**TOP 10**

Rank	Institution	Points
1	Grand Valley State	116
2	Adams State	139
3	Western State	168
4	Chico State	189
5	Southern Indiana	209
6	Simon Fraser	210
7	U-Mary	217
<b>8</b>	<b>Alaska Anchorage</b>	<b>259</b>
9	Cal Baptist	274
10	Minnesota-Duluth	284

Highest All-Time Ranking: 3 in 2009

**USTFCCCA NCAA DIVISION II  
WOMEN'S CROSS COUNTRY NATIONAL  
COACHES' POLL (Week-by-Week)**

Preseason - August 31	6
Week #1 - September 14	6
Week #2 - September 21	24
Week #3 - September 28	RV (12 )
Week #4 - October 5	RV ( 8)
Week #5 - October 12	14
Week #6 - October 26	11
Week #7 - November 9	10
NCAA - November 19	8



**2016 GNAC Preseason Men's Cross Country Coaches Poll**

Team (First Place Votes)	2015 GNAC Finish	Pts.
<b>1. Alaska Anchorage (11)</b>	<b>1st (21 pts.)</b>	<b>121</b>
2. Simon Fraser	2nd (54 pts.)	106
3. Western Washington	3rd (83 pts.)	101
4. Western Oregon	4th (118 pts.)	88
5. Northwest Nazarene	7th (215 pts.)	64
6. Montana St. Billings	5th (130 pts.)	61
7. Central Washington	6th (177 pts.)	60
8. Concordia	11th (298 pts.)	38
9. Alaska	8th (224 pts.)	35
10. Seattle Pacific	9th (252 pts.)	28
11. Saint Martin's	10th (298 pts.)	24

**2016 GNAC Preseason Women's Cross Country Coaches Poll**

Team (First Place Votes)	2015 GNAC Finish	Pt.
<b>1. Alaska Anchorage (9)</b>	<b>1st (39 pts.)</b>	<b>117</b>
2. Western Washington (2)	2nd (71 pts.)	107
3. Simon Fraser	4th (112 pts.)	90
4. Seattle Pacific	5th (114 pts.)	88
5. Central Washington	3rd (95 pts.)	79
6. Western Oregon	6th (183 pts.)	63
7. Concordia	8th (216 pts)	46
8. Northwest Nazarene	7th (205 pts.)	45
9. Saint Martin's	9th (217 pts.)	36
10. Alaska	10th (267 pts.)	25
11. Montana St. Billings	11th (298 pts.)	21

Votes awarded on a 11-10-9-8-7-6-5-4-3-2-1 basis.  
Coaches could vote for their own teams.

**SEAWOLF SOCIAL**

- University of Alaska Anchorage Cross Country and Track & Field  
- Alaska Anchorage Seawolves

- UAA XC/TF (@UAAXC TF)  
- UAA Seawolves (@UAA Seawolves)

- uaaxctf  
- uaa\_seawolves

- UAA Seawolves

- UAASeawolves

#SeawolfXC #UAASeawolves #GNACXC



## 2016 ALASKA ANCHORAGE RESULTS

MEN	NDNU (0903)	UWS (0917)	WWU (1008)	GNAC (1022)	Region (1105)	NCAA (1119)
Justin Carrancho	(3) 21:41.6	(41) 25:32.9	(69) 33:50.2	(17) 25:58.5	(36) 31:14.65	(73) 31:54.1
Henry Cheseto		(27) 25:12.4	(11) 31:56.5	(4) 25:19.2	(11) 30:32.92	(49) 31:28.5
Edwin Kangogo	(1) 21:19.9	(6) 24:32.6	(5) 31:40.8	(1) 24:54.8	(4) 30:07.58	(34) 31:11.5
Amos Kipchumba	(10) 22:15.3	(51) 25:43.9	(53) 33:29.3	(21) 26:08.5		
Nathan Kipchumba		(36) 25:28.8	(22) 32:31.3	(15) 25:54.9	(52) 31:44.12	(91) 32:10.8
Kaleb Korta	(7) 21:52.5	(40) 25:31.9	(50) 33:24.5	(42) 26:44.9		
Michael Mendenhall	(5) 21:44.9	(22) 25:02.4	(16) 32:15.3	(13) 25:48.9	(34) 31:12.57	(144) 32:59.7
Philip Messina						
Jesse Miller	(9) 22:15.0	(97) 26:16.9	(52) 33:29.2	(29) 26:24.5		
Michel Ramirez	(2) 21:20.4	(3) 24:08.0	(4) 31:36.6	(2) 24:56.5	(8) 30:26.12	-----
Victor Samoei	(4) 21:42.4	(39) 25:31.8	(21) 32:27.3	(11) 25:46.5	(24) 30:57.21	(90) 32:10.3
<b>Team</b>	<b>(1st) 15</b>	<b>(2nd) 86</b>	<b>(2nd) 53</b>	<b>(1st) 31</b>	<b>(2nd) 81</b>	<b>(7th) 289</b>
<b>Distance</b>	<b>6,750</b>	<b>8,000</b>	<b>10,000</b>	<b>8,000</b>	<b>10,000</b>	<b>10,000</b>

WOMEN	NDNU (0903)	UWS (0917)	WWU (1008)	GNAC (1022)	Region (1105)	NCAA (1119)
Jordyn Block	(23) 21:47.1	(73) 23:08.5	(67) 23:52.3	(21) 22:55.0		
Mariah Burroughs	(4) 19:54.7	(38) 22:26.7	(30) 22:55.1	(16) 22:39.6	(65) 22:54.39	(74) 22:04.6
Riley Burroughs						
Joyce Chelimo			(10) 22:05.7	(5) 21:50.2	(7) 21:22.87	(10) 20:42.8
Kimberly Coscia	(12) 20:23.2	(53) 22:46.5	(48) 23:23.6	(22) 22:58.7		
Zannah Jepchumba	(5) 19:55.7	(32) 22:22.2	(19) 22:33.2	(14) 22:35.2	(29) 22:13.48	(101) 22:21.9
Caroline Kurgat	(1) 18:52.9	(3) 20:34.9	(2) 21:26.5	(1) 21:17.1	(2) 20:59.01	(3) 20:30.5
Kaitlyn Maker		(41) 22:27.6	(32) 22:59.9	(15) 22:36.5	(72) 23:01.20	(184) 23:25.6
Danielle McCormick	(9) 20:11.7	(55) 22:51.4	(38) 23:08.6	(19) 22:51.9	(35) 22:26.47	(133) 22:41.9
Tamara Perez	(13) 20:28.6	(35) 22:23.5	(22) 22:41.4	(10) 22:23.2	(38) 22:28.53	(123) 22:33.5
<b>Team</b>	<b>(1st) 31</b>	<b>(6th) 138</b>	<b>(1st) 76</b>	<b>(1st) 45</b>	<b>(3) 111</b>	<b>(8) 259</b>
<b>Distance</b>	<b>5,000</b>	<b>6,000</b>	<b>6,000</b>	<b>6,000</b>	<b>6,000</b>	<b>6,000</b>

### 2016 GNAC Runners of the Week

Week	Male	Female
Aug. 29 - Sept. 4	David Ribich, Western Oregon	Shannon Porter, Saint Martin's
Sept. 5 - 11	David Ribich, Western Oregon	Mary Charleson, Seattle Pacific
Sept. 12 - 18	David Ribich, Western Oregon	<b>Caroline Kurgat, Alaska Anchorage</b>
Sept. 19 - 25	Godfrey Kemboi, NW Nazarene	Shannon Porter, Saint Martin's
Sept. 26 - Oct. 2	Judd Lewis, Concordia	Shannon Porter, Saint Martin's
Oct. 3 - 9	Isaac Derline, W. Washington	<b>Caroline Kurgat, Alaska Anchorage</b>
Oct. 10 - 16	Godfrey Kemboi, NW Nazarene	Sierra Manzer, NW Nazarene

## 2016 ALASKA ANCHORAGE ROSTER

### WOMEN

NAME	YR.	HOMETOWN (PREVIOUS SCHOOL)
Jordyn Block	Fr.	Palmer, Alaska (Colony HS)
Mariah Burroughs	Jr.	Wasilla, Alaska (Wasilla HS)
Riley Burroughs	So.	Wasilla, Alaska (Wasilla HS)
Emmah Chelimo	So.	Chebiemit, Kenya (Nyack College)
Joyce Chelimo	RSr.	Kapsowar, Kenya (American International)
Kimberly Coscia	So.	Torrance, California (South Torrance HS)
Zannah Jepchumba	So.	Eldoret, Kenya (Legebet Secondary School)
Caroline Kurgat	Jr.	Eldoret, Kenya (Kapkenda)
Kaitlyn Maker	So.	Anchorage, Alaska (Eagle River HS)
Danielle McCormick	So.	Soldotna, Alaska (Soldotna HS)
Tamara Perez	Jr.	Hendaye, France (Lycee Maurice Ravel)

### MEN

NAME	YR.	HOMETOWN (PREVIOUS SCHOOL)
Justin Carrancho	Jr.	Salinas, Calif. (Harnell JC)
Henry Cheseto	Jr.	Kapenguria, Kenya (Kaptabuk Boys Secondary)
Joe Day	Sr.	Palmer, Alaska (Palmer HS)
Edwin Kangogo	Jr.	Eldoret, Kenya (Kitale Boys HS)
Amos Kipchumba	So.	Kapsowar, Kenya (Ranger [Texas] College)
Nathan Kipchumba	Jr.	Eldoret, Kenya (Crater View Secondary)
Kaleb Korta	Fr.	Galena, Alaska (Galena HS)
Michael Mendenhall	Sr.	Kenmore, Wash. (Inglemoor HS)
Philip Messina	Sr.	Toronto, Ontario (St. Michael's College)
Jesse Miller	Sr.	Juneau, Alaska (Juneau-Douglas HS)
Michel Ramirez	RSr.	Salinas, Calif. (Hartnell JC)
Victor Samoei	Sr.	Eldoret, Kenya
Taylor Turney	RJr.	Anchorage, Alaska (Colo. School of Mines)