



EMBRY-RIDDLE EAGLES WOMEN'S CROSS COUNTRY 2019 RESULTS / PERFORMANCE LIST



SCHEDULE / RESULTS

Date	Event	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 14	Mountain Dew Invitational	Gainesville, Fla.	5K	7th (240 points)	Sarah Edens	19th	18:52.83
Sept. 21	ASICS Embry-Riddle Classic	Daytona Beach, Fla.	5K	1st (20 points)	Sarah Edens	2nd	19:04.1
Oct. 5	Charles Bowles Invitational	Salem, Ore.	5K	5th (130 points)	Sarah Edens	6th	18:15.2
Oct. 11	FSU Invitational	Tallahassee, Fla.	5K	8th (239 points)	Ukeyvia Beckwith	45th	18:56.1
Oct. 26	SSC Championship	Boca Raton, Fla.	6K	4th (72 points)	Sarah Edens	4th	22:46.8
Nov. 9	NCAA South Regionals	Lakeland, Fla.	6K	6th (169 points)	Sarah Edens	16th	22:45.69

MOUNTAIN DEW INVITATIONAL Sept. 14, 2019 • Gainesville, Fla. 5,000 meters

TEAM RESULTS (Top 5)

1.	Florida.....	30 pts.
2.	Tampa.....	107 pts.
3.	North Florida.....	133 pts.
4.	Troy.....	183 pts.
5.	Southeastern.....	191 pts.
7.	Embry-Riddle.....	240 pts.

ERAU INDIVIDUAL RESULTS

19.	Sarah Edens.....	18:52.83
33.	Anna Miller.....	19:14.72
56.	Alyssa Zack.....	19:41.43
68.	Rachel Jones.....	19:48.54
83.	Ukeyvia Beckwith.....	20:00.13
134.	Maggie Allen.....	20:57.63
156.	Grayson Iller.....	21:27.02
164.	Mikaela Hakamaa.....	21:42.02
205.	Morgan Dudley.....	22:35.22
208.	Kaitlyn Buck.....	22:36.99
214.	Megan Fletcher.....	22:50.03

ASICS EMBRY-RIDDLE CLASSIC Sept. 21, 2019 • Daytona Beach, Fla. 5,000 meters

TEAM RESULTS (Top 5)

1.	Embry-Riddle.....	20 pts.
2.	Daytona State.....	86 pts.
3.	Jacksonville.....	87 pts.
4.	Bethune-Cookman.....	96 pts.
5.	Seminole State.....	115 pts.

ERAU INDIVIDUAL RESULTS

2.	Sarah Edens.....	19:04.1
3.	Anna Miller.....	19:39.7
4.	Rachel Jones.....	19:53.0
5.	Alyssa Zack.....	19:58.2
6.	Ukeyvia Beckwith.....	20:30.8
8.	Maggie Allen.....	20:59.2
9.	Josie Gray.....	21:02.0
15.	Mikaela Hakamaa.....	22:00.9
18.	Kara Funke.....	22:20.2
30.	Kaitlyn Buck.....	23:00.5
35.	Morgan Dudley.....	23:34.8

CHARLES BOWLES INVITATIONAL Oct. 15, 2019 • Salem, Ore. 5,000 meters

TEAM RESULTS (Top 5)

1.	Portland State.....	54 pts.
2.	Portland.....	86 pts.
3.	Humboldt State.....	95 pts.
4.	Eastern Washington.....	101 pts.
5.	Embry-Riddle.....	130 pts.

ERAU INDIVIDUAL RESULTS

6.	Sarah Edens.....	18:15.2
12.	Anna Miller.....	18:27.0
35.	Alyssa Zack.....	18:59.5
40.	Rachel Jones.....	19:08.3
46.	Ukeyvia Beckwith.....	19:18.4
64.	Kara Funke.....	19:37.6
65.	Maggie Allen.....	19:37.8
69.	Josie Gray.....	19:39.3
114.	Mikaela Hakamaa.....	20:24.0
151.	Grayson Iller.....	21:22.1

FSU INVITATIONAL Oct. 11, 2019 • Tallahassee, Fla. 5,000 meters

TEAM RESULTS (Top 5)

1.	Florida.....	29 pts.
2.	Florida State.....	63 pts.
3.	Tampa.....	127 pts.
4.	North Florida.....	131 pts.
5.	UCF.....	196 pts.
8.	Embry-Riddle.....	239 pts.

ERAU INDIVIDUAL RESULTS

45.	Ukeyvia Beckwith.....	18:56.1
48.	Anna Miller.....	19:02.9
61.	Rachel Jones.....	19:18.9
70.	Kara Funke.....	19:37.7
82.	Maggie Allen.....	19:48.8
98.	Josie Gray.....	20:04.3
135.	Mikaela Hakamaa.....	20:57.8
164.	Morgan Dudley.....	22:08.8
166.	Grayson Iller.....	22:14.0

SSC CHAMPIONSHIP Nov. 9, 2019 • Boca Raton, Fla. 6,000 meters

TEAM RESULTS

1.	Tampa.....	37 pts.
2.	Saint Leo.....	45 pts.
3.	Florida Southern.....	67 pts.
4.	Embry-Riddle.....	76 pts.
5.	Nova Southeastern.....	176 pts.

ERAU INDIVIDUAL RESULTS

4.	Sarah Edens.....	22:46.8
12.	Anna Miller.....	23:36.1
17.	Rachel Jones.....	24:04.7
19.	Kara Funke.....	24:09.9
21.	Josie Gray.....	24:11.4
25.	Ukeyvia Beckwith.....	24:20.4
27.	Maggie Allen.....	24:34.1
33.	Alyssa Zack.....	24:59.7
45.	Mikaela Hakamaa.....	25:45.6
60.	Kaitlyn Buck.....	27:16.5
75.	Morgan Dudley.....	29:43.9

NCAA II South Region Nov. 9, 2019 • Lakeland, Fla. 6,000 meters

TEAM RESULTS (Top 5)

1.	Lee.....	41 pts.
2.	Tampa.....	62 pts.
3.	Saint Leo.....	101 pts.
4.	Florida Southern.....	125 pts.
5.	Union (Tenn.).....	163 pts.
6.	Embry-Riddle.....	169 pts.

ERAU INDIVIDUAL RESULTS

16.	Sarah Edens.....	22:45.69
35.	Kara Funke.....	23:26.87
36.	Rachel Jones.....	23:30.68
42.	Josie Gray.....	23:36.85
48.	Alyssa Zack.....	24:02.11
53.	Anna Miller.....	24:14.61
83.	Ukeyvia Beckwith.....	25:26.15

2019 TOP INDIVIDUAL TIMES

MAGGIE ALLEN

TOP 5K TIMES - 2019			
19:37.8	Charles Bowles Invitational	10/5/19	65th
19:48.8	FSU Invitational	10/11/19	82nd
20:57.63	Mountain Dew Invitational	9/14/19	134th

TOP 6K TIMES - 2019			
24:34.1	SSC Championship	10/26/19	27th

TOP 5K TIMES - CAREER			
19:37.8	Charles Bowles Invitational	10/5/19	65th
19:48.8	FSU Invitational	10/11/19	82nd
19:56.6	Sand Shark Invitational	10/20/18	61st

TOP 6K TIMES - CAREER			
23:35.99	SSC Championship	11/3/18	24th
23:49.83	NCAA South Regionals	11/4/17	44th
24:25.41	SSC Championship	10/21/17	21st

UKEYVIA BECKWITH

TOP 5K TIMES - 2019			
18:56.1	FSU Invitational	10/11/19	45th
19:18.4	Charles Bowles Invitational	10/5/19	46th
20:00.13	Mountain Dew Invitational	9/14/19	83rd

TOP 6K TIMES - 2019			
24:20.4	SSC Championship	10/26/19	25th
25:26.15	NCAA South Regionals	11/9/19	83rd

TOP 5K TIMES - CAREER			
18:56.1	FSU Invitational	10/11/19	45th
19:17	Queen City Invitational	9/28/18	77th
19:18.4	Charles Bowles Invitational	10/5/19	46th

TOP 6K TIMES - CAREER			
23:53.36	SSC Championship	11/3/18	31st
24:20.4	SSC Championship	10/26/19	25th
25:26.15	NCAA South Regionals	11/9/19	83rd

KAITLYN BUCK

TOP 5K TIMES - 2019			
22:36.99	Mountain Dew Invitational	9/14/19	208th
23:00.5	ASICS Embry-Riddle Classic	9/21/19	30th

TOP 6K TIMES - CAREER			
27:16.5	SSC Championship	10/26/19	60th

TOP 5K TIMES - CAREER			
20:27.50	Mountain Dew Invitational	9/22/18	154th
20:34	Queen City Invitational	9/28/18	131st
22:36.99	Mountain Dew Invitational	9/14/19	208th

TOP 6K TIMES - CAREER			
27:06.46	SSC Championship	10/21/17	58th
27:16.5	SSC Championship	10/26/19	60th

MORGAN DUDLEY

TOP 5K TIMES - 2019			
22:08.8	FSU Invitational	10/11/19	164th
22:35.22	Mountain Dew Invitational	9/14/19	205th
23:34.8	ASICS Embry-Riddle Classic	9/21/19	35th

TOP 6K TIMES - 2019			
29:43.9	SSC Championship	10/26/19	75th

SARAH EDENS

TOP 5K TIMES - 2019			
18:15.2	Charles Bowles Invitational	10/5/19	6th
18:52.83	Mountain Dew Invitational	9/14/19	19th
19:04.1	ASICS Embry-Riddle Classic	9/21/19	2nd

TOP 6K TIMES - 2019			
22:45.69	NCAA South Regionals	11/9/19	16th
22:46.8	SSC Championship	10/26/19	4th

TOP 5K TIMES - CAREER			
17:30.61	Mountain Dew Invitational	9/22/18	11th
17:49	Queen City Invitational	9/28/18	9th
17:54.6	Sand Shark Invitational	10/20/18	3rd

TOP 6K TIMES - CAREER			
21:18.61	NCAA II South Region Championship	11/17/18	1st
21:52.71	SSC Championship	11/3/18	1st
21:55.05	NCAA South Regionals	11/4/17	4th

MEGAN FLETCHER

TOP 5K TIMES - 2019			
22:50.03	Mountain Dew Invitational	9/14/19	214th

TOP 6K TIMES - 2019			
TOP 5K TIMES - CAREER			
20:29.16	Mountain Dew Invitational	9/22/18	155th
21:25	Queen City Invitational	9/28/18	166th
21:27.6	South Florida Invitational	10/12/18	94th

TOP 6K TIMES - CAREER			
25:31.96	SSC Championship	11/3/18	46th

KARA FUNKE

TOP 5K TIMES - 2019			
19:37.6	Charles Bowles Invitational	10/5/19	64th
19:37.7	FSU Invitational	10/11/19	70th
22:20.2	ASICS Embry-Riddle Classic	9/21/19	18th

TOP 6K TIMES - 2019			
23:26.87	NCAA South Regionals	11/9/19	35th
24:09.9	SSC Championship	10/26/19	19th

TOP 5K TIMES - CAREER			
18:26.79	Mountain Dew Invitational	9/22/18	43rd
18:49.0	Sand Shark Invitational	10/20/18	13th
18:55	Queen City Invitational	9/28/18	56th

TOP 6K TIMES - CAREER			
22:40.05	NCAA II South Region Championship	11/17/18	17th
23:06.18	SSC Championship	11/3/18	12th
23:26.87	NCAA South Regionals	11/9/19	35th

JOSIE GRAY

TOP 5K TIMES - 2019			
19:39.3	Charles Bowles Invitational	10/5/19	69th
20:04.3	FSU Invitational	10/11/19	98th
21:02.0	ASICS Embry-Riddle Classic	9/21/19	9th

TOP 6K TIMES - 2019			
23:36.85	NCAA South Regionals	11/9/19	41st
24:11.4	SSC Championship	10/26/19	21st

TOP 5K TIMES - CAREER			
19:05	Queen City Invitational	9/28/18	68th
19:16.1	Sand Shark Invitational	10/20/18	28th
19:37.91	Sand Shark Invitational	10/24/15	38th

TOP 6K TIMES - CAREER			
23:12.96	SSC Championship	11/3/18	17th
23:43.13	NCAA II South Region Championship	11/17/18	48th
23:36.85	NCAA South Regionals	11/9/19	41st

MIKAELA HAKAMAA

TOP 5K TIMES - 2019			
20:24.0	Charles Bowles Invitational	10/5/19	114th
20:57.8	FSU Invitational	10/11/19	135th
21:42.02	Mountain Dew Invitational	9/14/19	164th

TOP 6K TIMES - 2019			
25:45.6	SSC Championship	10/26/19	45th

TOP 5K TIMES - CAREER			
18:39.72	Mountain Dew Invitational	9/22/18	52nd
18:43.04	Sand Shark Invitational	10/22/16	18th
18:48	Queen City Invitational	9/28/18	48th

TOP 6K TIMES - CAREER			
22:57.58	NCAA II South Region Championship	11/17/18	26th
23:34.35	SSC Championship	10/21/17	10th
23:45.32	SSC Championship	11/3/18	28th

GRAYSON ILLER

TOP 5K TIMES - 2019			
21:22.1	Charles Bowles Invitational	10/5/19	151st
21:27.02	Mountain Dew Invitational	9/14/19	156th
22:14.0	FSU Invitational	10/11/19	166th

TOP 6K TIMES - 2019			
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RACHEL JONES

TOP 5K TIMES - 2019			
19:08.3	Charles Bowles Invitational	10/5/19	40th
19:18.9	FSU Invitational	10/11/19	61st
19:48.54	Mountain Dew Invitational	9/14/19	68th

TOP 6K TIMES - 2019			
23:30.68	NCAA South Regionals	11/9/19	36th
24:04.7	SSC Championship	10/26/19	17th

TOP 5K TIMES - CAREER			
18:57	Queen City Invitational	9/28/18	59th
19:08.3	Charles Bowles Invitational	10/5/19	40th
19:18.9	FSU Invitational	10/11/19	61st

TOP 6K TIMES - CAREER			
23:17.84	NCAA II South Region Championship	11/17/18	34th
23:30.68	NCAA South Regionals	11/9/19	36th
24:04.7	SSC Championship	10/26/19	17th

ANNA MILLER

TOP 5K TIMES - 2019			
18:27.0	Charles Bowles Invitational	10/5/19	12th
19:02.9	FSU Invitational	10/11/19	48th
19:14.72	Mountain Dew Invitational	9/14/19	33rd

TOP 6K TIMES - 2019			
23:36.1	SSC Championship	10/26/19	12th
24:14.61	NCAA South Regionals	11/9/19	53rd

SARA TOWERS

TOP 5K TIMES - 2019			
TOP 6K TIMES - 2019			
TOP 5K TIMES - CAREER			
21:08.65	Mountain Dew Invitational	9/22/18	173rd
21:14.4	Sand Shark Invitational	10/20/18	136th
21:18	Queen City Invitational	9/28/18	160th

TOP 6K TIMES - CAREER			
26:44.22	SSC Championship	11/3/18	55th

ALYSSA ZACK

TOP 5K TIMES - 2019			
18:59.5	Charles Bowles Invitational	10/5/19	35th
19:41.43	Mountain Dew Invitational	9/14/19	56th
19:58.2	ASICS Embry-Riddle Classic	9/21/19	5th

TOP 6K TIMES - 2019			
24:02.11	NCAA South Regionals	11/9/19	48th
24:59.7	SSC Championship	10/26/19	33rd

2019 TOP TIMES BY DISTANCE

5,000 METERS

Time	Runner	Event	Date
18:15.2	Sarah Edens	Charles Bowles Invitational	10/5/19
18:27.0	Anna Miller	Charles Bowles Invitational	10/5/19
18:52.83	Sarah Edens	Mountain Dew Invitational	9/14/19
18:56.1	Ukeyvia Beckwith	FSU Invitational	10/11/19
18:59.5	Alyssa Zack	Charles Bowles Invitational	10/5/19
19:02.9	Anna Miller	FSU Invitational	10/11/19
19:04.1	Sarah Edens	ASICS Embry-Riddle Classic	9/21/19
19:08.3	Rachel Jones	Charles Bowles Invitational	10/5/19

6,000 METERS

Time	Runner	Event	Date
22:45.69	Sarah Edens	NCAA II South Region	11/9/19
22:46.8	Sarah Edens	SSC Championship	10/26/19
23:26.87	Kara Funke	NCAA II South Region	11/9/19
23:30.68	Rachel Jones	NCAA II South Region	11/9/19
23:36.1	Anna Miller	SSC Championship	10/26/19
23:36.85	Josie Gray	NCAA II South Region	11/9/19
24:02.11	Alyssa Zack	NCAA II South Region	11/9/19
24:04.7	Rachel Jones	SSC Championship	10/26/19

CAREER TOP TEN FINISHES

Runner	2019	Career
Maggie Allen	1	2
Ukeyvia Beckwith	1	1
Kaitlyn Buck		
Morgan Dudley		
Sarah Edens	3	21
Megan Fletcher		
Kara Funke		1
Josie Gray	1	4
Mikaela Hakamaa		5
Grayson Iller		
Rachel Jones	1	1
Anna Miller	1	1
Sara Towers		
Alyssa Zack	1	1

ALL-TIME TOP 10 BEST TIMES FOR A 5K RACE

Time	Runner	Event	Date
17:18.32	Ellie Staker	Sand Shark Invitational	10/20/12
17:24.74	Ellie Staker	South Florida Invitational	9/6/13
17:30.61	Sarah Edens	Mountain Dew Invitational	9/22/18
17:41.72	Ellie Staker	Sand Shark Invitational	10/26/13
17:48.39	Kristen Metcalfe	Mountain Dew Invitational	9/22/18
17:49	Ellie Staker	Queen City Invitational	9/28/18
17:52.57	Beth McCubbin	Charles Bowles Invitational	10/3/09
17:54.7	Sarah Edens	Sand Shark Invitational	10/20/18
17:55.38	Ellie Staker	Sun Conference Championship	11/9/13
17:59	Kristen Metcalfe	Queen City Invitational	9/28/18

ALL-TIME TOP 10 BEST TIMES FOR A 6K RACE

Time	Runner	Event	Date
21:18.61	Sarah Edens	NCAA II South Region	11/17/18
21:48.60	Kristen Metcalfe	NCAA II South Region	11/17/18
21:52.71	Sarah Edens	SSC Championship	11/3/18
21:55.05	Sarah Edens	NCAA II South Regional	11/4/17
22:08.37	Kristen Metcalfe	SSC Championship	11/3/18
22:17.20	Sarah Edens	NCAA II Nationals	11/18/17
22:18.40	Sarah Edens	SSC Championship	10/21/17
22:29.60	Alex Orr	NCAA II South Regional	11/4/17
22:40.05	Kara Funke	NCAA II South Region	11/17/18
22:45.69	Sarah Edens	NCAA II South Region	11/9/19

ALL-TIME TOP 10 TIMES AT NCAA REGIONAL MEET

Time	Runner	Event	Date
21:18.61	Sarah Edens	NCAA II South Region	11/17/18
21:48.60	Kristen Metcalfe	NCAA II South Region	11/17/18
21:55.05	Sarah Edens	NCAA II South Regional	11/4/17
22:29.60	Alex Orr	NCAA II South Regional	11/4/17
22:40.05	Kara Funke	NCAA II South Region	11/17/18
22:45.69	Sarah Edens	NCAA II South Region	11/9/19
22:57.58	Mikaela Hakamaa	NCAA II South Region	11/17/18
23:10.77	Kristen Metcalfe	NCAA II South Regional	11/4/17
23:17.84	Rachel Jones	NCAA II South Regional	11/17/18
23:26.87	Kara Funke	NCAA II South Region	11/9/19

ALL-TIME TOP 10 TIMES AT NCAA NATIONAL MEET

Time	Runner	Event	Date
22:17.20	Sarah Edens	NCAA II Nationals	11/18/17
22:59.80	Alex Orr	NCAA II Nationals	11/18/17
23:07.30	Kristen Metcalfe	NCAA II Nationals	11/18/17
23:22.3	Sarah Edens	NCAA II Nationals	12/1/18
23:55.80	Mikaela Hakamaa	NCAA II Nationals	11/18/17
24:06.60	Marina Levine	NCAA II Nationals	11/18/17
24:12.0	Kristen Metcalfe	NCAA II Nationals	12/1/18
24:31.90	Nicole Kvitkauskas	NCAA II Nationals	11/18/17
25:06.60	Maggie Allen	NCAA II Nationals	11/18/17
25:23.6	Josie Gray	NCAA II Nationals	12/1/18
26:18.2	Mikaela Hakamaa	NCAA II Nationals	12/1/18