

2021 NAVY WOMEN'S CROSS COUNTRY

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General Information

Location	Annapolis, Md.
Founded	October 10, 1845
Enrollment	4,400
Nickname	Midshipmen, Mids
Colors	Navy Blue and Gold
Conference	Patriot League
Superintendent	Vice Adm. Sean S. Buck, USN
Commandant	Col. James P. McDonough, USMC
Director of Athletics	Chet Gladchuk
Athletics Website	www.navysports.com
Academy Website	www.usna.edu

Team Information

Head Coach	Kim Lewnes
Alma Mater	Cornell '11
Office Phone	(410) 293-5579
E-mail	lewnes@usna.edu
Record at Navy (Years)	1-2 (Third year)
Home Course	USNA Cross Country Course
First Year of Program (Years)	1983 (39 yrs.)
All-Time Record	183-30 (.859)
Captain	MIDN 1/C Jessica Nangle
Officer Representative	CDR Jana Vavasseur, USN
Faculty Representative	Prof. Dianne Luning-Prak
Associate AD/Compliance/SWA	Loretta Lamar
Athletic Trainer	Heather Mohler
Sports Information Contact	Alex Lumb
Office Phone	(410) 293-8771
Office Fax	(410) 293-8954
E-mail	lumb@usna.edu
SID Mailing Address	566 Brownson Road Annapolis, MD 21402

2021 Schedule

Date	Meet/Opponent	Site	Time
Sat., Sept. 4	at Salisbury Fall Classic	Salisbury, Md.	9:30 a.m.
Fri., Sept. 10	Navy XC Twilight Meet	Annapolis, Md.	5:25 p.m.
Fri., Sept. 17	at Virginia Invitational	Earlsville, Va.	5:15 p.m.
Fri., Oct. 1	at Paul Short Invitational	Bethlehem, Pa.	11:45 a.m.
Fri., Oct. 15	at Army - Star Meet	Wappingers Falls, N.Y.	3:45 p.m.
Sun., Oct. 31	at Patriot League Championship	Bethlehem, Pa.	11:00 a.m.
Fri., Nov. 12	at NCAA Mid-Atlantic Regional	Bethlehem, Pa.	12:00 p.m.
Sat., Nov. 20	at NCAA Championship	Tallahassee, Fla.	10:20 a.m.

Home meets in **bold**, at USNA Cross Country Course

All times ET, subject to change

2020 Results (1-1)

Date	Meet/Opponent	Result	Top Navy Finisher (Finish)
Oct. 2	Pittsburgh	W, 15-50	Ellie Abraham (1st of 30)
Oct. 17	Army - Star Meet	L, 29-27	Emily Craig (1st of 24)
March 5	at Patriot League Championship	Did Not Compete/USNA Restriction of Movement	

Credits

The 2021 Navy women's cross country media guide is a production of the Navy Sports Information office. The guide was designed, written and edited by Alex Lumb. Covers and additional layout and design by Mark Leddy. Photographs provided by Phil Hoffmann, Bert Hindman, Anne Arundel County Visitors Bureau and Naval Academy archives.

2021 NAVY WOMEN'S CROSS COUNTRY

Head Coach



Kim **LEWNES**

Head Coach • Third Season
Fifth Year at Navy
Cornell (2011)

Announced in June of 2019, Kim Lewnes became the fourth head coach in the storied history of the Navy women's cross country program following Karen Boyle (1987-2019), Barbara Lawson (1984-1986) and Major Rocky Rosacker, USMC (1983). All-time, Navy has won over 85 percent of its regular season contests, 21 of 34 Star Meets over Army and four Patriot League titles (2007, 2008, 2011 and 2012). No stranger to the Naval Academy and the Midshipmen, Lewnes was most recently on staff as a volunteer assistant under Boyle. Lewnes brings a decorated past as a collegiate competitor and assistant to her new role as head coach.

In her first season at the helm of the program in 2019, Lewnes helped the Midshipmen finish top-three in a trio of early-season competitions and a fourth-place result at the Patriot League Championship. Navy came up three points shy of coming in third at the league meet, 87-90. A pair of All-Patriot League individual performances led Navy's cause as junior Emily Craig placed fourth, while freshman Elizabeth Sullivan crossed the finish line in 14th place.

Lewnes' second season as head coach was severely impacted by the COVID-19 pandemic as the Mids' competitive slate was condensed to just two head-to-head meets, one against Pitt and the second against Army. In Navy's 2020 season opener, the team hit on all cylinders and cruised to a perfect 15-50 victory as the first eight runners to cross the finish line of the 6k race were all Mids. In the 2020 Star Meet, Navy had six of the top-10 finishers, including race champion Emily Craig, but were edged in team points by the Black Knights, 27-29.

Lewnes' initial experience with the Midshipmen came during the 2017 fall season when she came aboard as Boyle's assistant coach. During her two years, Navy earned back-to-back third place results at the Patriot League Championship and saw a trio of runners garner All-Patriot League honors: Grace West (2018-first team, 2017-second), Ali Valenti (2017-first) and Emily Craig (2017-second). As part of the Mids' 2018 regular season slate, the team turned in a dominant victory over Army in the teams' annual Star Meet. Racing at the USNA Cross Country Course, Navy saw three of its runners finish in the top-four, including West winning the race with the seventh-fastest time in program history.

Prior to joining the Naval Academy, Lewnes spent five years as an assistant coach at Johns Hopkins University. From 2012 through 2016, Lewnes helped guide the women's cross country team to four NCAA Championships and five Mideast Regional Championships. The men's cross country team also reached new heights during her tenure winning two NCAA Mideast Regional Championships. In her five years at Hopkins, Lewnes coached cross country runners to 17 All-America honors and 33 student-athletes earned All-America honors on the track. She was named the Mideast Assistant Coach of the Year during the 2014 and 2015 indoor seasons.

Before joining JHU, Lewnes spent the 2011-12 school year as a volunteer coach at Cornell University, where the women won both the cross country and outdoor track & field Heptagonal Conference Championships.

As a collegiate athlete, Lewnes (nee Standridge) was the track & field team captain and earned numerous accolades for the Big Red in middle distance events. An ECAC champion in the distance medley relay, previous school record holder in the 1000 and third all-time in school history in the 800. Additionally, she garnered All-America honors with a ninth-place finish at the 2010 Outdoor NCAA Division I Championships in Eugene, Oregon.

A 2011 graduate of Cornell University, Lewnes earned a degree in Communication. She went on to earn a Master of Science in Counseling from Johns Hopkins University's School of Education in 2017. Lewnes lives in Annapolis with her husband Mack, who was an All-American wrestler for Cornell. The couple are the proud parents of a daughter, Liliana.

Year-by-Year at Navy

Year	Record	Pct.	vs. Army
2019	0-1	.000	0-1
2020	1-1	.500	0-1
Totals	1-2	.333	0-2

*Patriot League Champions

Lewnes' Career Timeline

- Cornell (2007-12)
 - B.S. Communication in 2011
 - Four-year letterwinner with varsity T&F and XC teams
 - Assistant Track & Field / Cross Country Coach (2011-12)
- Johns Hopkins (2012-17)
 - M.S. Athletic Administration and Recreation in 2017
 - Assistant Track & Field / Cross Country Coach (2012-17)
- U.S. Naval Academy (2017-Present)
 - Volunteer Assistant Cross Country Coach (2017, 2018)
 - Head Women's Cross Country Coach (2019-Present)

2021 NAVY WOMEN'S CROSS COUNTRY

Season Outlook

After a truncated fall 2020 campaign, the Navy women's cross country program is energized and ready to go out and compete in its first full season in nearly two years. Under the direction of third-year head coach Kim Lewnes, the Mids' depth will get a chance to shine on Sept. 4 in the Salisbury Fall Classic. Navy's 12-person freshmen class and a host of other young runners will be looking to gain their first experiences of competing in a collegiate race at Winter Place Park.

Navy's 2021 team returns five of its top-seven finishers from its competitions versus Pittsburgh and Army last fall. Team captain Jessica Nangle is at the forefront of that talented group of returners after breaking through with a second place result against the Panthers and a fourth against the Black Knights, both were second-best amongst Navy runners. She will be joined by five other seniors this fall, including a trio of experienced starters in the form of Maddie Warrender, Anna Kovacs and Kathleen Murphy. Suiing up 14 times for the Mids since her freshman year in 2018, Warrender has produced solid results for Navy throughout her career with a personal-best fourth place finish at the 2020 season opener against Pittsburgh. Additionally, she's scored for Navy in both of her previous two Patriot League Championships in 2018 and 2019. Similar to Warrender, Kovacs has been a member of Navy's starting squad on 13 different occasions during her first three years with the Midshipmen. She'll be looking to recapture the success that she posted in the second half of her 2019 season when she scored for the Mids as one of their fourth- or fifth-best finishers in each of the last four races. Murphy is the third member of the Class of '22 with double-digit career starts to her names as she has broke with the starter's pistol 11 times as a Mid. Bronte Bacchetta and Isabell Baltimore round out Navy's senior class set to compete this fall.

One of the top freshman runners back in 2019, Elizabeth Sullivan returns for her junior season alongside six other classmates. An All-Patriot League Second Team honoree and three-time PL Rookie of the Week in 2019, Sullivan posted a pair of top-six results in Navy's abridged 2020 season placing sixth against Pittsburgh and a fifth against Army. Winter Boese, Lauren Moore and Alanna Julius all were important pieces of Navy's mid-pack effort with Boese recording a career-best eighth place result against Pittsburgh on Oct. 2, as well as finishing as the sixth-best Mid against Army on Oct. 17. Moore will look to continue building on her collegiate resume that includes a seventh place effort at the 2019 Star Meet and an 18th place finish at that year's Patriot League Championship. After not competing as a freshman in 2019, Julius debuted in 2020 and placed 14th versus Pittsburgh and 17th against Army. Fellow junior Julia Galbraith also saw action in 2020 as she represented the Mids in their season opener against the Panthers; she finished 19th overall in the field.

Seven sophomores return in 2021 after getting a small taste of collegiate racing last fall. The duo of Ellie Abraham and Emily Boutin headline the class as both were integral parts of the Mids' starting lineup out of the gates with Abraham cruising to a six-plus second victory in her first collegiate event and Boutin finishing as one of the top-seven Navy runners in both competitions. McKenna Brophy was the only other sophomore that returns this fall with at least one race of experience under her belt as she ran against Pittsburgh in the season opener.

Lewnes has 12 freshmen, who will be in competition for action this fall. The Salisbury Fall Classic will mark the first chance for those newcomers to test themselves against collegiate competition at the Salisbury Fall Classic. In total, Navy is scheduled to run in eight events this fall with the Army-Navy Star Meet on Oct. 15, the Patriot League Championship on Oct. 31 and the NCAA Mid-Atlantic Regional on Nov. 12 highlighting the slate.

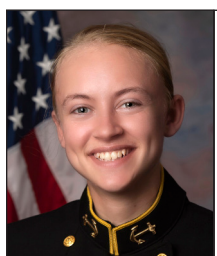
2021 Roster

Name	Yr.	Ht.	Hometown/High School
Ellie Abraham	So.	5-5	Brookings, S.D./Brookings
Bronte Bacchetta	Sr.	5-10	Atlanta, Ga./The Westminster Schools
Isabell Baltimore	Sr.	5-5	Alexandria, Va./Bishop O'Connell
Winter Boese	Jr.	5-7	Clark, Colo./Steamboat Springs
Emily Boutin	So.	5-3	Chicopee, Mass./Pope Francis Prep
McKenna Brophy	So.	5-6	New Hope, Pa./Central Bucks East
Anna Cherian	Fr.	5-3	Minnetonka, Minn./Minnetonka
Shannon Clancy	So.	5-11	N. Arlington, N.J./ Bergen County Tech.
Emily Ettrich	Jr.	5-6	Whispering Pines, N.C./Pinecrest
Julia Galbraith	Jr.	5-4	Glen Allen, Va./St. Catherine's School
Caroline Harding	So.	5-5	Saint Paul, Minn./Highland Park
Charlotte Hill	Fr.	5-6	Williston, Vt./Northfield Mount Hermon
Alanna Julius	Jr.	5-2	Minnetonka, Minn./Minnetonka
Cassidy Kiko	So.	5-9	Louisville, Ohio/Louisville
Anna Kovacs	Sr.	5-7	Toledo, Ohio/Toledo Central Catholic
Olivia Lutkevich	Fr.	5-4	Kauai, Hawaii/Island School
Abby Lutz	Fr.	5-9	Medford Lakes, N.J./Paul VI
Kayla McGuire	So.	5-9	Richmond Hill, Ga./Richmond Hill
Beth Miller	Jr.	5-8	Roswell, Ga./Blessed Trinity
Lauren Moore	Jr.	5-4	Danbury, Conn./Danbury
Kathleen Murphy	Sr.	5-5	Westport, Conn./Weston
Kelly Murray	Fr.	5-6	Fort Washington, Pa./Gwynedd Mercy
Madeline Myers	Fr.	5-4	Klein, Texas/Klein
Jessica Nangle*	Sr.	5-6	Southampton, Pa./Archbishop Wood
Katelyn Pepin	Fr.	5-8	Manchester, N.H./Manchester Central
Layne Rivera	Fr.	-	Jacksonville, Fla./The Bolles School
Kathleen Simander	Fr.	5-8	Lock Haven, Pa./St. Joseph's Catholic
Phoebe Spackman	So.	5-10	Dallas, Texas/Highland Park
Elizabeth Sullivan	Jr.	5-5	Portsmouth, R.I./Portsmouth
Carolyn Thurlby	Fr.	5-5	Overland Park, Kan./Blue Valley NW
Maddie Warrender	Sr.	5-8	Mount Wolf, Pa./Northeastern Senior
Alex Wercinski	Fr.	5-5	Virginia, Minn./Virginia
Taylor Woodworth	Fr.	5-5	Lacey, Wash./River Edge

* - Jessica Nangle is the 2021 Team Captain

2021 NAVY WOMEN'S CROSS COUNTRY

Midshipmen Profiles



Ellie **ABRAHAM**

Sophomore
Brookings, S.D.
Brookings

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	21:45.34	1 of 30 (1)
Oct. 17	vs. Army-Star Meet (6K)	23:37.98	22 of 24 (12)

High School

- Ran cross country for Brookings High School for six seasons, as well as track for four; additionally played club soccer
- Won the 2015 and 2017 South Dakota High School Class AA State Championships
- Swept the Eastern South Dakota individual championships four straight years from 2016 through 2019
- Named the 2017 South Dakota Gatorade Cross Country Player of the Year
- Garnered South Dakota Class AA All-State, All-Eastern South Dakota and Brookings HS Team MVP honors all six seasons competing in cross country
- Served as team captain her final three years with the XC squad
- Accomplished in distance track events too as she holds Brookings' school records in the 800m, 1600m and medley relay
- Won the South Dakota Class AA 800-meter State Championship in 2017 and 2018, also won with the medley relay team at the same state championships; Abraham and Brookings' medley relay team set the state meet record at the 2017 championship
- Participated in South Dakota's All-State Choir (three years) and All-State Band (four years)

Personal

- Daughter of Ross and Julie



Bronte **BACCHETTA**

Senior
Atlanta, Ga.
The Westminster Schools

2018-19-20:

Did not compete in varsity cross country meets during the 2018, 2019 and 2020 seasons.

High School

- Competed in track and field at The Westminster Schools in Atlanta, Ga.
- As a senior in 2017 placed fourth at the Georgia 3A State Cross Country Championship; was runner-up at the Region 5-AAA Championship that same year
- Westminster's XC team was the 2017 Georgia 3A State Champion
- Placed 12th at the 2016 Georgia 3A State Cross Country Championship as Westminster won the team title
- Crossed the finish line second in the 800- and 1600m events at the 2018 Georgia 3A State Outdoor T&F Championship

- Winner of the 800m race at both the 2018 Georgia Region 5-AAA and 2018 Section 1,4,5,6 Championship

Personal

- Daughter of Jim and Michelle Bacchetta



Isabell **BALTIMORE**

Senior
Alexandria, Va.
Bishop O'Connell

2021

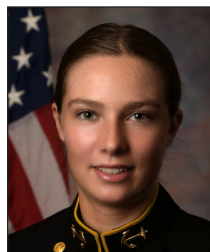
First season competing and training with the Navy women's cross country program; previously was solely a member of the track & field program.

High School

- Lettered for four years in track and field, cross country, and swimming at Bishop O'Connell High School
- Helped Bishop O'Connell win the state title in cross country (2017) and track and field (2017), while winning a WCAC title (2017) in cross country
- Named team MVP for track and field (2013-17), cross country (2013-17), and swimming (2017), while being selected as captain for each team as a senior

Personal

- Daughter of Jason and Dianna; father played football at Cornell
- Sister, Gabriella, graduated a member of the Naval Academy's Class of 2020
- Cousin, Tara Cutner, was a 2009 graduate of the Naval Academy



Winter **BOESE**

Junior
Clark, Colo.
Steamboat Springs

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	22:43.73	8 of 30 (8)
Oct. 17	vs. Army-Star Meet (6K)	22:34.81	12 of 24 (6)

2019

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Salisbury Fall Classic (6K)	23:41.2223	of 76 (16)
Sept. 7	Harry Lang Invite (4.8K)	19:14.658	of 90 (16)
Sept. 14	Navy Invitational (6K)	25:21.3739	of 65 (19)
Oct. 5	Paul Short Run (6K) - Open	22:53.973	of 424

High School

- An eight-time letter winner at Steamboat Springs High School; four in each of cross country and track & field
- Earned First Team All-State Class 3A honors as a sophomore in 2016 after placing seventh at the Colorado State Championship and later Second Team All-State Class 3A accolades as a junior in 2017 following her ninth-place finish at the state meet
- Sided Steamboat Springs' second-place finish at the 2017 Colorado Class 3A

2021 NAVY WOMEN'S CROSS COUNTRY

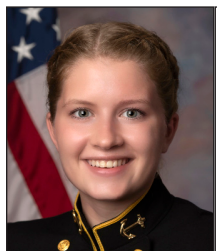
Midshipmen Profiles

State Championship

- In track, finished eighth in the 800-meter run at the state championship in 2017 before coming back the following year and placing third in the 4x800 relay at the 2018 Colorado Class 4A State Championship
- Played hockey during the winter seasons with the Steamboat 19U team

Personal

- Daughter of Richard and Donna



Emily
BOUTIN

Sophomore
Chicopee, Mass.
Pope Francis Prep

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	22:38.63	7 of 30 (7)
Oct. 17	vs. Army-Star Meet (6K)	22:34.93	13 of 24 (7)

High School

- Earned 12 combined varsity letters running cross country, indoor track and outdoor track at Pope Francis Prep School
- Won the 2018 and 2019 MIAA Western Division XC Championship and finished second at the 2019 MIAA State Meet out of 176 runners
- Garnered Pioneer South All-League and First Team All-Western Massachusetts honors in all four seasons competing with Pope Francis' cross country teams; mirrored those honors as an All-Valley League North All-Star and First Team All-Western Massachusetts performer all four seasons with the indoor track team
- Named All-Valley League North All-Star and All-Western Massachusetts in 2018 and 2019 for outdoor track
- Collected Outstanding Runner Performer accolades across all three sports

Personal

- Daughter of Roger and Marie; father serves in the United States Army
- Second cousin and sponsor parent Jeff McNichols graduated from USNA in 1999



Mckenna
BROPHY

Sophomore
New Hope, Pa.
Central Bucks East

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	24:12.70	22 of 30 (14)

High School

- Collected 12 varsity letters at Central Bucks East High School with four each from cross country, indoor track and outdoor track
- Garnered SOL First Team All-League honors following her junior and senior cross country seasons in 2018 and 2019; was a state medalist at the 2019 3A PIAA State XC Championship
- Turned in state medalist finishes at the PIAA State Indoor and Outdoor Track

Championships

- Set the Central Bucks East HS record in the indoor 800-m run
- Served as team captain, as well as earned Team MVP honors from all three programs

Personal

- Daughter of Doug and Kim
- Fourth member of her family to attend the Naval Academy as her father graduated in 1992 and brother Jake (Class of 2020) and John (Class of 2022) have graduated or are currently studying in Annapolis; Jake was a four-year letterwinner and Navy Athletics Hall of Famer for his performances as a cross country and distance track athlete



Anna
CHERIAN

Freshman
Minnetonka, Minn.
Minnetonka

High School

- Lettered in cross country and track & field all four years at Minnetonka High School; also participated in nordic skiing with the Minnetonka Nordic Ski Club and basketball with the Minnetonka Recreation League
- Earned 2019 Class AA Minnesota All-State honors for her efforts at the state championship
- Member of Minnetonka's 4x800 relay team that finished runner-up at the 2021 Class AA Minnesota Outdoor State Championship
- Collected three All-Lake Conference honors for XC and two for T&F
- Helped Minnetonka to the 2018 MSHSL Class AA State Track & Field Championship
- Served as captain of both teams as a junior and senior ...

Personal

- Daughter of Mike and Roselin



Shannon
CLANCY

Sophomore
North Arlington, N.J.
Bergen County Technical

2020

Did not compete in either of the Mids' two meets in an abbreviated 2020 season.

High School

- Participated in four sports in at Bergen County Technical High School: cross country (4 letters), outdoor track (4), indoor track (2) and basketball (1)
- Won the 2019 NJTAC Championship; finished runner-up at the 2019 Big North Championship and 2019 NJSIAA Sectional – North 1 Championship
- In recognition of her senior season success she garnered First Team All-North Jersey, First Team All-State Group 4 and Second Team All-State honors
- Earned All-Bergen County honors four times: first team during the 2019 cross country and indoor track seasons and second team during her 2017 and 2018

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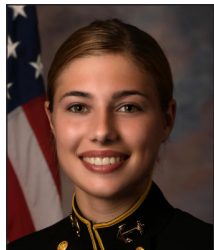
Midshipmen Profiles

cross country campaigns; additionally was a five-time First Team All-Big North Liberty League for XC, ITF and OTF

- Selected to North Jersey All-Decade Girls Cross Country Second Team (2010-19)
- Served as team captain of her cross country squad for the 2017, 2018 and 2019 seasons; helped Bergen Tech win the 2018 and 2019 New Jersey Technical Athletic Association Championships and 2018 Big North Liberty League XC Championship

Personal

- Daughter of David and Denise
- Won the 2019 Booking.com Women in Tech Code-A-Thon



**Emily
ETTRICH**

Junior
Whispering Pines, N.C.
Pinecrest

2020

Did not compete in either of the Mids' two meets in an abbreviated 2020 season.

2019

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Salisbury Fall Classic (6K)	26:08.37	50 of 76 (24)
Sept. 14	Navy Invitational (6K)	25:17.03	37 of 65 (18)
Oct. 5	Paul Short Run (6K) - Open	24:13.2	172 of 424

High School

- Ran track and cross country at Pinecrest High School, earning a combined seven varsity letters; four for T&F and three for XC
- Finished in third place at the 2018 New Balance Outdoor Nationals in the Girls Distance Medley Relay event in the "Emerging Elite" classification

Personal

- Daughter of Brian and Kerry; father is a retired U.S. Army officer
- Previously attended UNC Chapel Hill during the 2018-19 school year



**Julia
GALBRAITH**

Junior
Glen Allen, Va.
St. Catherine's School

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	23:53.92	19 of 30 (13)

2019

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Salisbury Fall Classic (6K)	22:50.95	9 of 76 (6)
Sept. 7	Harry Lang Invite (4.8K)	18:20.3	24 of 90 (7)
Sept. 14	Navy Invitational (6K)	23:46.39	14 of 65 (6)
Sept. 20	Battle in Beantown (5K)	19:50	155 of 196 (10)
Oct. 5	Paul Short Run (6K) - Open	22:40.2	61 of 424

Oct. 18 at Army (5.6K)

20:56.5

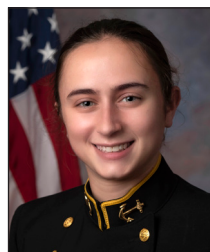
20 of 24 (11)

High School

- Collected 12 combined varsity letters as a four-sport athlete at St. Catherine's School: soccer (5), indoor track & field (4), cross country (2) and field hockey (1)
- Earned All-State (VISAA) honors five times for her efforts in track & field (1600-meter in 2017-18-19; 3200-meter in 2107 and 2019), as well as twice more in cross country (2017 and 2019)
- A member of eight Virginia State Championship programs; soccer (2015-16-17), indoor track & field (2017-18-19) and cross country (2018-19); additionally won nine League of Independent School (LIS) titles in those three sports
- Volunteered with the Jacob's Chance Organization by helping children with special needs learn how to play sports

Personal

- Daughter of Roger and Maria; both parents are USNA graduates, her father is a Class of 1989 grad, while her mother is a Class of 1990 grad
- Mother ran with the cross country and track & field teams at Navy



**Caroline
HARDING**

Sophomore
St. Paul, Minn.
Highland Park

2020

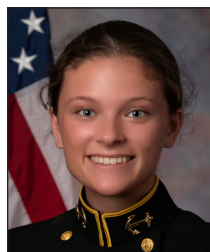
Did not see action in either of the Mids' two meets in an abbreviated 2020 season.

High School

- Three-sport athlete at Highland Park High School as she competed in cross country (6 letters), track & field (4) and nordic/cross country skiing (3)
- Earned St. Paul Cross Country All-Conference honors five times and was a state championship qualifier three times; 2017-18-19
- Served as the XC team captain beginning her sophomore season
- 2019 St. Paul Conference champion in the 800m; collected a total of three All-Conference awards for track & field
- Twin City Nordic Ski All-Conference performer in 2018-19-20
- Member of 11 conference championship teams (6-XC, 3-Ski, 2-TF); Highland Park won the 2020 Minnesota State High School Nordic Ski Championship

Personal

- Daughter of Kevin and Anita



**Charlotte
HILL**

Freshman
Williston, Vt.
Northfield Mount Hermon

High School

- Attended Champlain Valley Union (VT) before continuing her high school career at Loomis Chaffee School (CT) and Northfield Mount Hermon School (MA)
- Competed in track at CVU and NMH (sprints at CVU and middle distance at NMH)

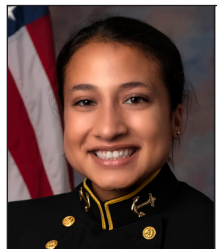
2021 NAVY WOMEN'S CROSS COUNTRY

Midshipmen Profiles

- Won the 100-meter dash at the 2017 Vermont DI State Track & Field Championship
- Also lettered a combined five times in soccer over the three schools
- Earned All-Vermont State Division I girls soccer honors in 2016 and 2017 at CVU and All-Connecticut State honors in 2018 and 2019 in the Prep School division at Loomis Chaffee

Personal

- Daughter of Robert and Jennifer
- Both parents were collegiate athletes as her father played two years of football at Ithaca College and two years of lacrosse at Castleton University, while her mother competed in track and cross country at the University of Vermont
- Her twin sister Caroline is set to run track at Rochester Institute of Technology



**Alanna
JULIUS**

Junior
Minnetonka, Minn.
Minnetonka

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	23:18.75	14 of 30 (12)
Oct. 17	vs. Army-Star Meet (6K)	22:43.06	17 of 24 (9)

2019:

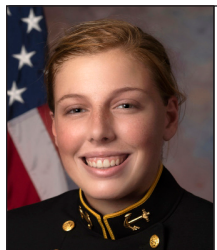
Was not a member of the Navy XC or TF programs as a freshman

High School

- Earned a pair of varsity letters playing center midfield for the Minnetonka High School soccer team

Personal

- Daughter of Andrew and Julie
- Older brother Drew graduated from the Naval Academy with the Class of 2018
- Attended the University of Minnesota during the 2018-19 academic year



**Cassidy
KIKO**

Sophomore
Louisville, Ohio
Louisville

2020

Did not compete in either of the Mids' two meets in an abbreviated 2020 season.

High School

- Lettered in cross country (4), track (4) and basketball (1) at Louisville High School
- Collected First Team All-Stark County honors each year competing in cross country, as well as in track
- Finished runner-up at the 2019 Stark County XC Championship; Louisville placed second as a team
- Member of Louisville HS' record-setting 4x800m relay team; that relay also won the 2019 regional championship

- Won Stark County championships in 2018 and 2019 in the 1600m and 4x800 relay races
- Earned Academic All-Ohio honors in both cross country and track

Personal

- Daughter of George and Rebecca
- Older sister Georgia played two seasons of volleyball at Malone University



**Anna
KOVACS**

Senior
Toledo, Ohio
Toledo Central Catholic

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	23:06.55	10 of 30 (9)
Oct. 17	vs. Army-Star Meet (6K)	22:48.30	18 of 24 (10)

2019

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Salisbury Fall Classic (6K)	23:03.85	15 of 76 (11)
Sept. 7	Harry Lang Invite (4.8K)	18:30.5	30 of 90 (10)
Sept. 14	Navy Invitational (6K)	23:20.01	8 of 65 (2)
Sept. 20	Battle in Beantown - Open (5K)	19:07	4 of 65
Oct. 5	Paul Short Run (6K)	22:03.3	204 of 377 (4)
Oct. 18	at Army (5.6K)	20:12.8	8 of 24 (4)
Nov. 2	Patriot League Championship (6K)	22:57.1	25 of 112 (4)
Nov. 15	NCAA Mid-Atlantic Regional (6K)	22:23.9	112 of 211 (5)

2018

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Bison Open (4k)	15:23.6	65 of 132 (13)
Sept. 7	Spiked Shoe Invitational (6k)	23:22.6	74 of 127 (6)
Sept. 15	Salty Dog Invitational (6k)	24:11.97	19 of 77 (11)

High School

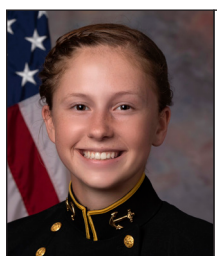
- Three-sport athlete at Toledo Central Catholic: cross country (4 letters), track (4) and soccer (4).
- Competed in cross country and soccer concurrently during the fall season
- Won the 2017 Three Rivers Athletic Conference (TRAC) Cross Country Conference Championship and 2018 TRAC 800-meter Conference Championship
- Collected All-State honors in cross country three times, 2015-17 and four times in track, 2015-18

Personal

- Daughter of Jim and Christine

2021 NAVY WOMEN'S CROSS COUNTRY

Midshipmen Profiles



Abby
LUTZ

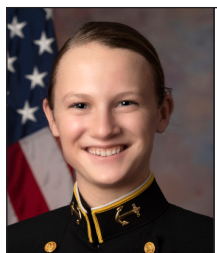
Freshman
Medford Lakes, N.J.
Paul Vi

High School

- Competed in track & field and soccer at Paul VI High School in Haddonfield, N.J. and collected 11 varsity letters
- Raced to All-Olympic Conference, All-South Jersey and All-New Jersey Non-Public Class A honors during her 2018, 2019 and 2020 track seasons
- Garnered First Team All-Olympic Conference accolades for soccer as a junior in 2019
- Track teammate Aliya Garozzo ('24) is a member of the program at Penn

Personal

- Daughter of Michael and Carolyn



Kayla
MCGUIRE

Sophomore
Richmond Hill, Ga.
Richmond Hill

2020

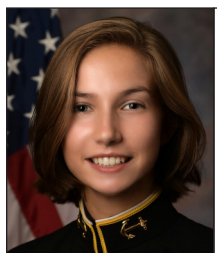
Did not compete in either of the Mids' two meets in an abbreviated 2020 season.

High School

- Competed in cross country and track at Belvidere North High School (Illinois) and Richmond Hill High School (Georgia); earned three varsity letters in XC and two in TF at Belvidere before racing as a senior at Richmond Hill
- Collected All-NIC-10 Conference honors during her 2017 and 2018 track seasons
- Ran with Belvidere's 2017 Illinois State Championship winning 4x800m relay team
- Member of Belvidere North's IHSA 2A State XC Championship teams in 2016 and 2018, as well as the 2017 IHSA 3A Track & Field State Championship
- Richmond Hill's team captain for the 2019 cross country season

Personal

- Daughter of Ronald and Andrea; father served in the U.S. Navy for 21 years



Beth
MILLER

Junior
Roswell, Ga.
Blessed Trinity

2020

Did not see action in either of the Mids' two meets in an abridged 2020 season.

2019

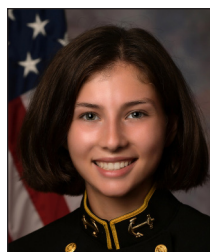
Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Salisbury Fall Classic (6K)	23:47.62	26 of 76 (18)
Sept. 7	Harry Lang Invite (4.8K)	19:59.8	71 of 90 (17)
Sept. 14	Navy Invitational (6K)	25:22.31	40 of 65 (20)
Oct. 5	Paul Short Run (6K) - Open	23:17.9	105 of 424

High School

- Participated in both track (4 letters) and cross country (2) at Blessed Trinity Catholic High School
- Collected All-GHSA Class 4A State honors in the 800-meter run as a senior in 2019, as well as in the 4x400-meter relay in 2017
- Served as team captain of the TF and XC teams during 2017-18-19 seasons
- Her 2017 and 2018 cross country teams placed third at the GHSA 4A State Championships

Personal

- Daughter of Kurt and Cindy; both parents are graduates from the Naval Academy, her father is a Class of 1988 grad, while her mother is a Class of 1990 grad
- Mother rowed at Navy from 1986-1990
- Older sister Katie graduated from the Naval Academy in 2021 and competed with Navy's women's rowing team all four years
- Cousin Jamie Miller ('20) graduated from USNA



Lauren
MOORE

Junior
Danbury, Conn.
Danbury

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	23:15.34	13 of 30 (11)
Oct. 17	vs. Army-Star Meet (6K)	22:57.79	20 of 24 (11)

2019

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Salisbury Fall Classic (6K)	23:26.52	19 of 76 (14)
Sept. 7	Harry Lang Invite (4.8K)	18:08.3	17 of 90 (4)
Sept. 14	Navy Invitational (6K)	23:46.45	15 of 65 (7)
Sept. 20	Battle in Beantown (5K)	19:17	116 of 196 (6)
Oct. 5	Paul Short Run (6K)	21:39.8	150 of 377 (3)
Oct. 18	at Army (5.6K)	20:10.9	7 of 24 (3)
Nov. 2	Patriot League Championship (6K)	22:48.3	18 of 112 (3)
Nov. 15	NCAA Mid-Atlantic Regional (6K)	22:02.2	89 of 211 (4)

High School

- Earned 10 combined varsity letters at Danbury High School, seven for track (indoor/outdoor) and three for cross country
- Led Danbury to a sweep of the 2018 FCIAC, Class LL and Connecticut Open State Girl's Cross Country State Championship; finished second at the Class LL Championship to earn All-State recognition
- Helped Danbury to a dominant four-year run of Class LL indoor championships (2016, '17 and '19 titles, '18 runner-up)
- Won the 2019 FCIAC, Class LL and Connecticut Open 1600-m indoor titles
- Earlier in her career won the 1,600-meter run at the 2018 New England Outdoor Championship after taking titles in the 1,600- and 3,200-meter events at the

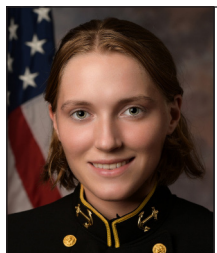
2021 NAVY WOMEN'S CROSS COUNTRY

Midshipmen Profiles

2018 Connecticut Class LL Outdoor Championship

Personal

- Daughter of Kevin and Kim



Kathleen MURPHY

Senior
Westport, Conn.
Weston

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	25:18.88	28 of 30 (18)

2019

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Salisbury Fall Classic (6K)	23:00.92	14 of 76 (10)
Sept. 7	Harry Lang Invite (4.8K)	18:49.4	44 of 90 (12)
Sept. 14	Navy Invitational (6K)	24:19.29	28 of 65 (13)
Oct. 5	Paul Short Run (6K) - Open	22:49.7	69 of 424
Nov. 2	Patriot League Championship (6K)	24:13.2	75 of 112 (12)

2018

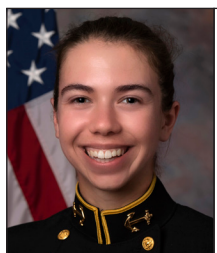
Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Bison Open (4k)	15:19.0	61 of 132 (11)
Sept. 7	Spiked Shoe Invitational (6k)	23:15.5	69 of 127 (5)
Sept. 15	Salty Dog Invitational (6k)	24:07.60	16 of 77 (8)
Oct. 13	Army-Navy Star Meet (6k)	23:36.24	15 of 24 (9)
Oct. 27	Patriot League Championship (6k)	24:01.2	73 of 110 (11)

High School

- Lettered 11 times at Weston High School in indoor/outdoor track (8) and cross country (3)
- Garnered three All-State nods for indoor track 2016-18 and one in 2018 for outdoor
- Named to the All-New England regional teams for indoor track in 2016 and 2017
- Helped Weston's indoor track and field team win the 2015, 2016, 2017 and 2018 South West Conference Championship, as well as the 2015 and 2016 outdoor championship

Personal

- Daughter of Gregory and Michelle
- Sister, Bridget rowed at the University of Connecticut (2015-19)



Kelly MURRAY

Freshman
Fort Washington, Pa.
Gwynedd Mercy Academy

High School

- Three-sport athlete at Gwynedd Mercy Academy as she lettered in cross country, swimming and track & field

- Earned PIAA All-District and All-AACA Conference honors three times and four Team MVP nods in cross country
- Set the 2017 AACA course record at the Tyler State Park
- Garnered six All-AACA and two Team MVP accolades in track & field
- Placed on the podium at the PIAA District 1 swim meets in 2017 and 2021
- Captained all three teams as a senior

Personal

- Daughter of Edward and Carolyn



Madeline MYERS

Freshman
Klein, Texas
Klein

High School:

- Ran cross country and distance events in track all four years at Klein High School
- Collected an All-Texas Class 6A honor as a junior in 2019 after finishing 16th in the state
- Finished tenth at the 2019 UIL Region 2 XC Championship
- Three-time Academic All-State honoree for cross country
- Focused on 800- and 1600m events with Klein's track & field program
- Served as team captain during her senior seasons of XC and TF

Personal

- Daughter of Greg and Wendy



Jessica NANGLE

Senior ~ Team Captain
Southampton, Pa.
Archbishop Wood

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	21:51.62	2 of 30 (2)
Oct. 17	vs. Army-Star Meet (6K)	21:48.79	4 of 24 (2)

2018-19

- Did not compete in varsity cross country meets during the 2018 and 2019 seasons.

High School:

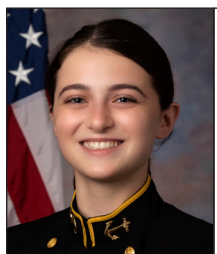
- Lettered in track and field (4 years) and cross country (3) at Archbishop Wood High School in Warminster, Pa.
- Selected as team captain for track and field and cross country team as a senior
- Prepped at NAPS during the 2017-18 school year

Personal

- Daughter of Joseph and Barbara
- Father is a 1983 graduate of the Naval Academy and competed with the crew team as a Midshipmen.

2021 NAVY WOMEN'S CROSS COUNTRY

Midshipmen Profiles



**Katelyn
PEPIN**

Freshman
Manchester, N.H.
Manchester Central

High School

- Garnered 11 varsity letters as a member of the cross country (4), indoor track (4) and outdoor track (3) teams at Manchester Central HS
- Collected All-State Division I honors in cross country (2017; ninth at state championship) and outdoor track & field (2018)
- Won the 1000m at the 2018 New Hampshire Division I Indoor Track & Field Championship
- Served as captain of her XC team for three years

Personal

- Daughter of Mark and Casey
- Twin sister Keegan runs XC and TF at Sacred Heart University; older sister Kaleigh competed in XC and TF at the University of New Hampshire (2010-14)
- Attended the University of New Hampshire during the 2020-21 academic year; member of UNH's ultimate frisbee club team



**Kathleen
SIMANDER**

Freshman
Lock Haven, Pa.
Saint Joseph's Catholic Academy

High School

- Garnered 12 varsity letters participating in cross country, track & field and basketball at Saint Joseph's Catholic Academy
- Placed third at 2020 PIAA District Cross Country Championship
- PIAA 2A District 6 champion in the 800m as senior; finished third at PIAA Class AA State T&F Championship in same event
- Member of Saint Joseph's 2019 PIAA State Cross Country Championship team; program finished runner-up at 2017 meet
- Captained her cross country teams as a junior and senior
- Teammates Camryn Eby (Duquesne '25) and Sera Mazza (Penn State '23) compete collegiately in XC and TF

Personal

- Daughter of Matthew and Stephanie



**Elizabeth
SULLIVAN**

Junior
Portsmouth, R.I.
Portsmouth

Career Honors:

- 2019 All-Patriot League Second Team
- Patriot League Rookie of the Week (Sept. 3, Sept. 10, Sept. 17, 2019)

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	22:30.41	6 of 30 (6)
Oct. 17	vs. Army-Star Meet (6K)	21:53.85	5 of 24 (3)

2019

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Salisbury Fall Classic (6K)	22:07.93	1 of 76 (1)
Sept. 7	Harry Lang Invite (4.8K)	17:24.4	3 of 90 (1)
Sept. 14	Navy Invitational (6K)	22:59.10	5 of 65 (1)
Sept. 20	Battle in Beantown (5K)	18:23	47 of 196 (1)
Oct. 5	Paul Short Run (6K)	21:28.2	127 of 377 (2)
Oct. 18	at Army (5.6K)	19:44.2	2 of 24 (2)
Nov. 2	Patriot League Championship (6K)	22:38.0	14 of 112 (2)
Nov. 15	NCAA Mid-Atlantic Regional (6K)	21:42.1	67 of 211 (2)

High School

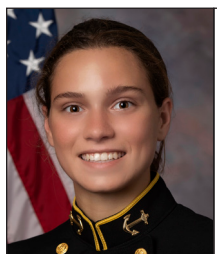
- Earned varsity letters for cross country and track & field at Portsmouth HS
- Collected three Rhode Island State Championships during her senior year in 2018-19 as she won individual titles at the state cross country meet and later in the 1,000- and 1,500-meter runs at the winter indoor championship
- Named the 2018-19 Rhode Island Gatorade Player of the Year for Cross Country
- Placed 10th at the 2018 Nike Cross National Northeast Regional Championship, where she was top finisher from the state Rhode Island
- Helped Portsmouth to Rhode Island Girls XC State Championship titles in both 2017 and 2018, as well as a runner-up result at the 2019 indoor state championship
- Served as team captain during her senior season

Personal

- Daughter of Daniel and Jeanne
- Mother was a member of the cross country and track and field team at Northeastern University, while grandfather, Jack Hand, competed in baseball, cross country, and track and field at Fordham University
- Older sister Mary Lyn was a teammate on the Navy cross country and track & field teams. She graduated in May of 2021.

2021 NAVY WOMEN'S CROSS COUNTRY

Midshipmen Profiles



Carolyn **THURLBY**

Freshman
Overland Park, Kan.
Blue Valley Northwest

High School

- Competed in cross country (3), soccer (3) and track & field at Blue Valley Northwest HS
- Three-time All-State Kansas Class 6A Cross Country recipient for finishing top-20
- As a senior in 2020, placed ninth at the Class 6A Shawnee Mission South Regional and 11th at the Kansas Class 5A/6A State Championship
- As a team, Blue Valley Northwest HS placed first at the district and regional championship and second at the state championship in 2020
- Individually, finished 11th at 2019 KSHSAA 6A State Championship and 18th at the event as a sophomore in 2018
- Garnered All-State Class 5A/6A status for finishing eighth in the 1600m at the 2021 Kansas State HS Outdoor T&F Championship
- Earned 2019 All-Eastern Kansas League (EKL) honors as a midfielder in soccer
- HS teammate Riley Beach ('25) runs for Iowa State XC/TF

Personal

- Daughter of Trace and Kristin
- Father graduated from the U.S. Air Force Academy (Class of 1994) and played tennis for the Falcons
- Born in California grew up in Kansas



Maddie **WARRENDER**

Senior
Mount Wolf, Pa.
Northeastern Senior

Career Honors:

- 2020 & 2021 CoSIDA Academic All-District First Team
- 2019 Patriot League All-Academic Team

2020

Date	Meet (Distance)	Time	Place (Navy)
Oct. 2	vs. Pittsburgh (6K)	22:10.63	4 of 30 (4)
Oct. 17	vs. Army-Star Meet (6K)	22:25.33	11 of 24 (5)

2019

Date	Meet (Distance)	Time	Place (Navy)
Sept. 7	Harry Lang Invite (4.8K)	18:51.3	46 of 90 (13)
Sept. 14	Navy Invitational (6K)	23:25.89	10 of 65 (4)
Sept. 20	Battle in Beantown - Open (5K)	19:23	10 of 65
Oct. 5	Paul Short Run (6K)	23:34.8	352 of 377 (10)
Nov. 2	Patriot League Championship (6K)	23:18.2	37 of 112 (7)
Nov. 15	NCAA Mid-Atlantic Regional (6K)	21:54.0	79 of 211 (3)

2018

Date	Meet (Distance)	Time	Place (Navy)
Aug. 31	Bison Open (4k)	15:41.2	79 of 132 (17)

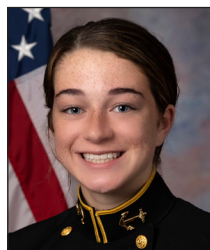
Sept. 7	Spiked Shoe Invitational (6k)	23:37.7	85 of 127 (8)
Sept. 15	Salty Dog Invitational (6k)	24:09.71	18 of 77 (10)
Sept. 29	Paul Short Run (6k)	23:21	248 of 353 (6)
Oct. 13	Army-Navy Star Meet (6k)	23:25.14	13 of 24 (8)
Oct. 27	Patriot League Championship (6k)	23:20.0	47 of 110 (5)

High School

- Collected 13 varsity letters at Northeastern High School: track (4), soccer (4), cross country (3) and swimming (2)
- 2018 York-Adams Interscholastic Athletic Association (YAI) 1,600-m Champion
- Set the Northeastern HS school record in the 1,600-m, 3,200-m and 4x800-m relay events in 2018
- Earned First Team All-County honors for track in 2018 with nods on the All-County Honorable Mention teams for cross country in 2017 and 2016
- Served as team captain as a senior on her track team in 2018
- Graduated as Northeastern's Valedictorian

Personal

- Daughter of Colleen and the late Brian Warrender
- Father swam collegiately at Ursinus University (1979-84)



Alex **WERCINSKI**

Freshman
Virginia, Minn.
Virginia

High School

- Compiled 14 varsity letters in track (6 letters), cross country (4) and ice hockey (4) while suiting up at Virginia High School and Eveleth-Gilbert (hockey)
- Competed at the 2017, 2018 and 2019 Minnesota State XC Championships
- Finished ninth at the 2019 MSHSL Section 7A Championship
- Garnered All-Iron Range Conference XC honors
- Served as team captain her final three cross country seasons
- Virginia's Class of 2021 Valedictorian

Personal

- Daughter of Curt and Meribeth
- Uncle Darren Wercinski played college hockey at Dartmouth



Taylor **WOODWORTH**

Freshman
Lacey, Wash.
River Ridge

High School

- Participated in soccer, track & field and basketball at River Ridge High School
- Earned All-South Sound Conference honors in track & field

Personal

- Daughter of Donald and Lisa
- Born in Honolulu, grew up in Washington

2021 NAVY WOMEN'S CROSS COUNTRY

Patriot League History

Year	Navy Finish	Team Champion	Top Navy Finisher
2003	3rd	American	Emily Castro (5th)
2004	2nd	Army	Emily Castro (3rd)
2005	5th	Bucknell	Justine Whipple (3rd)
2006	2nd	Bucknell	Justine Whipple (3rd)
2007	T-1st	Navy & Bucknell	Amy Watson (5th)
2008	1st	Navy	Amy Watson (1st)
2009	3rd	Bucknell	Brigid Byrne (9th)
2010	4th	Colgate	Jess Palacio (3rd)
2011	1st	Navy	Jess Palacio (1st)
2012	1st	Navy	Annie-Norah Beveridge (1st)
2013	3rd	Boston University	Kelley Robinson (5th)
2014	4th	Boston University	Kelley Robinson (4th)
2015	2nd	Bucknell	Kelley Robinson (1st)
2016	4th	Bucknell	Erin McDonnell (20th)
2017	3rd	Bucknell	Ali Valenti (6th)
2018	3rd	Bucknell	Grace West (4th)
2019	4th	Boston University	Emily Craig (4th)
2020-21	Did Not Compete	Boston University	--

First-Team All-Patriot League

2003	Emily Castro, Allison Barlow
2004	Emily Castro, Christine Taranto
2005	Justine Whipple
2006	Justine Whipple, Emily Castro
2007	Amy Watson
2008	Amy Watson, Marina McGrail, Jess Palacio, Katie Rentz
2010	Jess Palacio
2011	Jess Palacio
2012	Annie-Norah Beveridge, Brigid Byrne, Kelley Robinson
2013	Annie-Norah Beveridge, Kelley Robinson
2014	Kelley Robinson, Lindsay Rheiner
2015	Kelley Robinson, Erin McDonnell
2017	Ali Valenti
2018	Grace West
2019	Emily Craig

Second-Team All-Patriot League

2003	Stephanie Patterson
2004	Kyleigh Millhouse
2007	Kyleigh Millhouse, Arwyn Becker, Lexa Gass
2008	Anna Bernal, Maureen Dooley, Lexa Gass
2009	Brigid Byrne
2011	Brigid Byrne, Annie-Norah Beveridge
2015	Ali Valenti
2017	Emily Craig, Grace West
2019	Elizabeth Sullivan

Patriot League Coach of the Year

2007	Karen Boyle
2008	Karen Boyle
2011	Karen Boyle
2012	Karen Boyle

Patriot League Rookie of the Meet

2004	Kyleigh Millhouse
2009	Brigid Byrne
2011	Annie-Norah Beveridge
2015	Erin McDonnell
2017	Emily Craig

Academic All-Patriot League Team

2010	Brigid Byrne
2011	Brigid Byrne, Katie Taylor
2012	Brigid Byrne, Annie-Norah Beveridge
2013	Annie-Norah Beveridge
2014	Morgan O'Connor
2015	Morgan O'Connor
2016	Erin McDonnell
2018	Erin McDonnell
2019	Maddie Warrender

Patriot League Scholar-Athlete of the Year

2012	Brigid Byrne
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2021 NAVY WOMEN'S CROSS COUNTRY

NCAA & Patriot League History

Patriot League Academic Honor Roll

1993	Laura Grace Almdale, Sarah Crouse, Laura Ann Herath, Andria Johnson, Michelle Montgomery, Brauna Rosenberg
2003	Allison Barlow, Gina DiPero, Colleen Maloney, Stephanie Patterson
2004	Allison Barlow, Erin Demchko, Kristyn Kern, Kyleigh Millhouse
2005	Allison Barlow, Gina DiPero, Kyleigh Millhouse, Vicki Moore
2006	Kaitlin Baker, Allison Barlow, Jade Baum, Arwyn Becker, Maureen Dooley, Caitlyn Harrington, Kyleigh Millhouse, Vicki Moore, Susan Richardson
2007	Arwyn Becker, Maureen Dooley, Kyleigh Millhouse, Vicki Moore, Katie Rentz, Jenny Rubin, Amy Watson, Katherine Wirtz, Erica Ziel
2008	Anna Bernal, Maureen Dooley, Kristine Mun, Bethany Rahall, Katie Rentz, Jenny Rubin, Kayla Sax, Katherine Wirtz, Erica Ziel
2009	Annie Barry, Jacqueline Blackburn, Brigid Byrne, Katie Calhoun, Nicole Kaszarich, Ashley Mannix, Erin Neumann, Bethany Rahall, Katie Rentz, Jenny Rubin, Kayla Sax, Kyla Stabb, Katie Taylor
2010	Aimee Brenner, Sarah Burns, Brigid Byrne, Samantha Carl, Cara Fisher, Mollie Hebda, Mary Jordan, Marina McGrail, Liz Milewski, Erin Neumann, Bethany Rahall, Katie Rentz, Chloe Staab, Katie Taylor
2011	Alisa Batcher, Annie-Norah Beveridge, Christina Blair, Hannah Bobell, Brigid Byrne, Shannon Cuthbert, Mollie Hebda, Emily Jensen, Gee Mi Jorde, Marina McGrail, Liz Milewski, Jess Palacio, Chloe Staab, Katie Taylor, Madeline Zell
2012	Annie-Norah Beveridge, Aimee Brenner, Brigid Byrne, Shannon Cuthbert, Margo Darragh, Emily Jensen, Mary Jordan, Dale Lescher, Michelle Nelson, Morgan O'Connor, Katherine Quandt, Kelley Robinson
2013	Julie Candau, Nicole Hadler, Meghan Harvey, Emily Jensen, Gee Mi Jorde, Ashley Krulik, Zatha Loewen, Michelle Nelson, Morgan O'Connor, Kathryn Quandt, Mary Cate Scully, Erin Seiffert, Rachel Slater, Ashley Welker
2014	Annie-Norah Beveridge, Julie Candau, Nicole Hadler, Emily Jensen, Ashley Krulik, Dale Lescher, Brenna McDannold, Emma Mickelson, Michelle Nelson, Morgan O'Connor, Allison Parks, Lindsay Rheiner, Mary Cate Scully
2015	Julie Candau, Rachel Fairbanks, Meghan Harvey, Katie Jan, Lisa Jauch, Ashley Krulik, Brenna McDannold, Erin McDonnell, Michelle Nelson, Morgan O'Connor, Annika Pearson, Gabrielle Perrin, Kathryn Quandt, Mary Cate Scully, Ashley Welker
2016	Julie Candau, Allie Freedman, Katie Jan, Marie Jendrysik, Brenna McDannold, Erin McDonnell, Kathryn Quandt, Mary Cate Scully, Erin Seiffert
2017	Morgan Bollinger, Rachel Fairbanks, Hannah Godfrey, Annie Imhof, Marie Jendrysik, Kara Kakascik, Eva Knowles, Erin McDonnell, Lilly Myers
2018	Morgan Bollinger, Rachel Fairbanks, Annie Imhof, Erin McDonnell, Annika Pearson, Pippin Robison, Maddie Warrender
2019	Winter Boese, Morgan Bollinger, Emily Craig, Piper Freed, Annie Imhof, Eva Knowles, Hannah Lyon, Beth Miller, Renee Nosko, Claire Ostrowski, Caitlin Schmitt, Meghan Sculli, Elizabeth Sullivan, Mary Lyn Sullivan, Rebecca Vavasseur, Maddie Warrender, Hannah Werren, Grace West
2020-21	Ellie Abraham, Winter Boese, Morgan Bollinger, Emily Boutin, Mckenna Brophy, Shannon Clancy, Emily Craig, Emily Ettrich, Caroline Foley, Julia Galbraith, Caroline Harding, Annie Imhof, Sara Jarman, Alanna Julius, Eva Knowles, Hannah Lyon, Beth Miller, Jessica Nangle, Maddie Peterson, Elizabeth Sullivan, Mary Lyn Sullivan, Maddie Warrender, Hannah Werren

Navy Individuals at the NCAA Championships

1992	Kerry O'Neill, 91st
1995	Jackie Hayes, 99th
1997	Rebecca Cline, 138th
2000	Melissa Foon, 75th
2008	Amy Watson, 153rd
2011	Jess Palacio, 164th
2012	Annie-Norah Beveridge, 116th



(Above: Annie-Norah Beveridge)

CoSIDA Academic All-America

2011	Brigid Byrne (third team)
2012	Brigid Byrne (first team)

2021 NAVY WOMEN'S CROSS COUNTRY

2020 Meet Results

Navy-Pitt Dual Meet

October 2, 2020 • Annapolis, Md. • 6K

2 teams, 30 runners competed

Navy 15 - Pitt 50

1. Navy 1 2 3 4 5 [6] [7] -- 15

Navy Top-Seven Runners

1. Ellie Abraham	21:45.34
2. Jessica Nangle	21:51.62
3. Emily Craig	22:07.41
4. Maddie Warrender	22:10.63
5. Lael Flores	22:22.10
6. Elizabeth Sullivan	22:30.41
7. Emily Boutin	22:38.63

Top-Five Average: 22:03.42

Top-Five Spread: 0:37

Army-Navy Star Meet

October 17, 2020 • Annapolis, Md. • 6K

2 teams, 24 runners competed

Army 27 - Navy 29

2. Navy 1 4 5 8 11 [12] [13] -- 29

Navy Top-Seven Runners

1. Emily Craig	21:14.78
4. Jessica Nangle	21:48.79
5. Elizabeth Sullivan	21:53.85
8. Lael Flores	22:09.71
11. Maddie Warrender	22:25.33
12. Winter Boese	22:34.81
13. Emily Boutin	22:34.93

Top-Five Average: 21:54.50

Top-Five Spread: 1:10

2021 NAVY WOMEN'S CROSS COUNTRY

All-Time Letterwinners

A	Ellie Abraham 2020	F	Rachel Fairbanks 2017-18	L	Michaele LaForge 1983-84, 86	R	Bethany Rahall 2008, 10
	Maria Arnone 2011, 12		Maria Filonczuk 1986-89		Emily Lai 1985-86		Katie Rentz 2007-09
	Caroline Ascherl 2017-18		Elizabeth Fitzpatrick 1998-90		Almdale Laura 1993		Patricia Restrepo 1995
B	Kaitlin Baker 2006		Kathryn Fitzpatrick 1987-88, 90		Tanya Lehmann 1994-97		Lindsay Rheiner 2014
	Mary Balch 1983-86		Sherri Flohr 2002		Zatha Loewen 2010		Susan Richardson 2006
	Karen Barker 1988-89		Lael Flores 2020		Hannah Lyon 2020		Kelley Robinson 2012-15
	Allison Barlow 2003-06		Melissa Foon 1997-00	M	Colleen Maloney 2003		Brauna Rosenberg 1990
	Annie Barry 2009		Mary Forehand 1983		Kim Marks 1987		Jenny Rubin 2007-08
	Jade Baum 2006		Gridska Forrest 1997		Joanna McCoy 2012	S	Erica Sahler 1983-85
	Amy Baxter 1997-00		Piper Freed 2016		Brenna McDannold 2013-16		Kayla Sax 2008
	Amy Beauman 1991	G	Anna Funkhauser 2011, 13-14		Erin McDonnell 2015-16, 18		Caitlin Schmitt 2016, 18-19
	Arwyn Becker 2004, 07		Joanna Garciz 1991		Marina McGrail 2008, 11		Suzanne Sclafani 1996, 98
	Jessica Berlowski 1994-95		Sophia Garcia 1998		Kimberly McGreevy 1993-94		Jennifer Scott 1988
	Anna Bernal 2007-09		Lexa Gass 2007-09		Susan McGrill 1983-84		Meghan Sculli 2019
	Annie-Norah Beveridge 2011-14		Erika Gompers 1991		Kayla Mendoza 2016-19		Mary Cate Scully 2013-16
	Jacqueline Blackburn 2010-11		Kathryn Graves 1990-91		Liz Milewski 2010-11		Erin Seiffert 2016
	Christina Blair 2011-14		Jennifer Graves 1991		Paige Miller 2011-14		Martha Shue 1988-90
	Winter Boese 2020		Lagena Gray 1993-94, 96		Kyleigh Millhouse 2004-07		Sandra Smith 1997-00
	Brittney Boucher 2007		Stefani Green 1983-84		Michelle Montgomery 1990-93		Susie Stewart 1988, 90-91
	Emily Boutin 2020	H			Lauren Moore 2019		Melanie Stock 1998-01
	Yvonne Bressler 1983		Caitlyn Harrington 2006		Vicki Moore 2005-07		Elizabeth Sullivan 2019-20
	Rebecca Bryan 1997		Meghan Harvey 2012, 14-15		Maureen Moroney 1995	T	Christine Taranto 2003-04
	Sara Burk 1986		Jackie Hayes 1995-98		Amanda Mulkey 2012		Katie Taylor 2011
	Sarah Burns 2009		Mollie Hebda 2010-11		Kristine Mun 2008		Tina Terry 2002
	Laura Bush 1985-86		Laura Herath 1990-93		Kathleen Murphy 2018	V	Ali Valenti 2015-18
	Brigid Byrne 2009-12		Cheryl Herrick 1990		Lilly Myers 2017		Kelly VanDyke 1988-89
	Martha Byrne 2017		Dawn Hillman 1985, 87-88	N			Jolene Vanyo 1996, 98-99
C	Katie Calhoun 2009		Nancy Honan 1983-84		Jessica Nangle 2020	W	Janet Walters 1983-85
	Julie Candau 2016		Nora Honrath 2017		Michelle Nelson 2014, 15		Sara Waters 2001
	Maureen Carr 1999-02		Rachael Honrath 2010		Erin Neumann 2010		Amy Watson 2007-09
	Emily Castro 2003-06		Julia House 1992		Sarah Newport 2004		Anne Watt 1984, 86
	Zoe Cawfield 1994-97	I			Christine Niebuhr 1991		Regina Ware 1997
	Jill Cesari 1992, 95		Annie Imhof 2019	O			Maddie Warrender 2018-20
	Rebecca Cline 1996-97	J			Morgan O'Connor 2012-15		Shevaun Webster 1985-86
	Amy Colvin 1987-89		Naomi Jackson 1993-95		Nancy Olson 1991-94		Ashley Welker 2012-13, 15
	Sara Colvin 1987-89		Katie Jan 2013, 16		Erin O'Marr 1998-99		Hannah Werren 2020
	Kelley Conjelko 1991-92		Evelyn Jansen 2016-17		Kathleen O'Neill 1984, 86		Grace West 2016-19
	Nora Connelly 1990-92		Emily Jensen 2011-13		Kerry O'Neill 1990-92		Justine Whipple 2003-06
	April Cooper 1988		Andria Johnson 1993		Claire Ostrowski 2018		Abby Wilder 2000-01
	Patricia Corsello 1985		Juliann Jordan 2006	P			Aletha Williams 1990, 92-93
	Emily Craig 2017, 19-20		Mary Jordan 2012		Jess Palacio 2008, 10, 11		Ana Wilson 1997-98
	Sarah Crouse 1991-93		Gee Mi Jorde 2013		Sunita Pandya 1984		Katherine Wirtz 2007-08
	Candi Cunningham 1990-91, 93	K			Allison Parks 2014-17		Carol Womack 1985, 88
	Shannon Cuthbert 2011		Nicole Kauzlarich 2009		Stephanie Patterson 2000-03		
D	Jeanne Daffron 1995-96		Lori Kelley 1992-95		Amy Pavlock 1991	Y	Robin Young 1984
	Nancy Daigler 1985		Kristyn Kern 2001, 04		Annika Pearson 2018		
	Jennifer Day 2002		Erica Kolsch 1996		Gabrielle Perrin 2015, 17-18	Z	Madeline Zell 2011
	Erin Demchko 2003-06		Anna Kovacs 2019		Ingrid Peterson 1998-00		Erica Ziel 2007-09
	Gina DiPiero 2002-03, 05		Wendy Krom 1983		Lisa Procaccini 1999-02		
	Amy Donovan 1983-86		Ashley Krulik 2013, 15	Q			
	Maureen Dooley 2006-08				Sarah Quimby 1991-92		

2021 NAVY WOMEN'S CROSS COUNTRY

Year-By-Year History / All-Time Records

Year	Record	Pct.	Home	Pct.	vs. Army	Site	Head Coach	Captain(s)
1983	3-3	.500	1-2	.333	n/a	n/a	Maj. Rocky Rosacker, USMC	Mary Forehand
1984	8-0	1.000	8-0	1.000	n/a	n/a	Barbara Lawson	Nancy Honan
1985	6-1	.857	3-1	.750	n/a	n/a	Barbara Lawson	Erica Sahler
1986	6-1	.857	5-1	.833	L, 29-27	Navy	Barbara Lawson	Mary Balch
1987	5-2	.714	5-1	.833	L, 31-24	Army	Karen Boyle	Anne Watt
1988	6-0	1.000	6-0	1.000	W, 23-34	Navy	Karen Boyle	Dawn Hillman
1989	5-0	1.000	2-0	1.000	W, 16-45	Army	Karen Boyle	Maria Filonczuk
1990	4-0	1.000	4-0	1.000	W, 15-46	Navy	Karen Boyle	Kathryn Fitzpatrick
1991	4-2	.667	3-0	1.000	W, 23-36	Army	Karen Boyle	Susie Stewart
1992	6-0	1.000	4-0	1.000	W, 17-45	Navy	Karen Boyle	Kerry O'Neill
1993	10-1	.909	9-1	.900	W, 20-43	Army	Karen Boyle	Michelle Montgomery
1994	7-1	.875	4-0	1.000	W, 23-38	Navy	Karen Boyle	Nancy Olson
1995	5-3	.625	2-2	.500	W, 25-34	Navy	Karen Boyle	Lori Kelley
1996	5-0	1.000	4-0	1.000	W, 27-28	Army	Karen Boyle	Maureen Moroney
1997	9-2	.818	3-0	1.000	L, 34-23	Army	Karen Boyle	Zoe Cawfield
1998	6-0	1.000	4-0	1.000	W, 21-36	Navy	Karen Boyle	Jackie Hayes
1999	5-1	.833	5-0	1.000	L, 42-20	Army	Karen Boyle	Erin O'Marr
2000	6-0	1.000	6-0	1.000	W, 20-41	Navy	Karen Boyle	Amy Baxter
2001	5-1	.833	5-0	1.000	L, 40-19	Army	Karen Boyle	Melanie Stock
2002	0-2	.000	0-1	.000	L, 29-26	Navy	Karen Boyle	Lisa Procaccini
2003	3-2	.600	1-1	.500	L, 41-18	Army	Karen Boyle	Colleen Maloney
2004	4-1	.800	0-1	.000	L, 30-25	Navy	Karen Boyle	Kristyn Kern
2005	6-1	.857	6-0	1.000	L, 41-20	Army	Karen Boyle	Gina DiPiero
2006	5-0	1.000	1-0	1.000	W, 21-38	Navy	Karen Boyle	Erin Demchko
2007	4-0	1.000	0-0	---	W, 23-38	Army	Karen Boyle	Kyleigh Millhouse
2008	7-0	1.000	1-0	1.000	W, 15-48	Navy	Karen Boyle	Katherine Wirtz
2009	5-1	.833	0-0	---	L, 31-24	Army	Karen Boyle	Erica Ziel
2010	0-1	.000	0-1	.000	L, 29-26	Navy	Karen Boyle	Katie Rentz
2011	1-0	1.000	0-0	---	W, 25-31	Army	Karen Boyle	Jess Palacio
2012	7-0	1.000	7-0	1.000	W, 20-40	Navy	Karen Boyle	Brigid Byrne
2013	5-0	1.000	5-0	1.000	W, 24-31	Army	Karen Boyle	Mary Jordan
2014	5-0	1.000	1-0	1.000	W, 26-29	Navy	Karen Boyle	Paige Miller
2015	6-0	1.000	5-0	1.000	W, 23-35	Army	Karen Boyle	Morgan O'Connor
2016	6-1	.857	1-0	.857	W, 20-42	Navy	Karen Boyle	Katie Jan
2017	6-1	.857	0-0	---	L, 28-27	Army	Karen Boyle	Evie Jansen
2018	1-0	1.000	1-0	1.000	W, 24-31	Navy	Karen Boyle	Erin McDonnell
2019	0-1	.000	0-0	---	L, 28-27	Army	Kim Lewnes	Grace West
2020	1-1	.500	1-1	.500	L, 29-27	Navy	Kim Lewnes	Annie Imhof
Totals	183-30	.859	113-13	.897	Navy, 21-14	---	---	

All-Time Top-10 Times on the USNA Cross Country Course (6K)

Pl.	Name	School	Time	Year
1.	Annie-Norah Beveridge	Navy	20:46.23	2013
2.	Kiera Harrison	Loyola (Md.)	20:51.75	2013
3.	Annie-Norah Beveridge	Navy	21:13.9	2012
4.	Emily Craig	Navy	21:14.78	2020
5.	Kelley Robinson	Navy	21:16.82	2013
6.	Christina Blair	Navy	21:32.26	2013
7.	Georgia Jones	Navy	21:35.80	2020
8.	Lisa Junta	Army	21:37.9	2012
9.	Grace West	Navy	21:40.18	2018
10.	Helen Shearer	Army	21:40.80	2020

Note the course was redesigned in 2011, 2012 and 2018

All-Time Navy Top-10 Times on the USNA Cross Country Course (6K)

Pl.	Name	Time	Year
1.	Annie-Norah Beveridge	20:46.23	2013
2.	Annie-Norah Beveridge	21:13.9	2012
3.	Emily Craig	21:14.78	2020
4.	Kelley Robinson	21:16.82	2013
5.	Christina Blair	21:32.26	2013
6.	Grace West	21:40.18	2018
7.	Ellie Abraham	21:45.34	2020
8.	Brenna McDannold	21:48.26	2013
9.	Jess Palacio	21:48.6	2010
10.	Jessica Nangle	21:48.79	2020

Note the course was redesigned in 2011, 2012 and then again in 2018

2021 NAVY WOMEN'S CROSS COUNTRY

Patriot League

Now in its fourth decade as an all-sport conference combining academic and athletic excellence, the Patriot League sponsors championships in 24 men and women's sports. Initially started as an NCAA Division I-AA football conference in 1986, the Patriot League became an all-sport conference in 1990 and includes American, Army West Point, Boston University, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh, Loyola Maryland and Navy as full members, and Fordham, Georgetown, MIT and Richmond as associate members. These institutions are among the oldest and most prestigious in the nation and their alumni have and continue to play leadership roles in shaping our country.

The Patriot League's mission is simple: to provide successful competitive athletic experiences while maintaining high academic standards, and to prepare its student-athletes to be leaders in society. During the 2020-21 academic year, Patriot League student-athletes and teams accomplished the following:

- ★ **Navy** won the Patriot League Presidents' Cup for the seventh-straight time and eighth in the last nine times it has been presented (no award for 2019-20) following the 2020-21 academic year. Army West Point won the men's race, while Boston University topped the women's standings.
- ★ The League's 95 percent graduation success rate (GSR) is the second-best mark in the nation, finishing in the top three in each year since the rating has been released in 2013. All 10 member schools were at 91 percent or higher, each exceeding the record-high national GSR of 90 percent. In addition, the League's 87 percent Federal Graduation Rate (FGR) places it as the national leader for the eighth-consecutive year.
- ★ 17 student-athletes earned CoSIDA Academic All-America recognition including first-team accolades for Bucknell's Rick Mottram (Football), and **Navy's Sean Casey (Men's Track & Field)**, **Thomas Johnstone (Men's Track and Field)**, **Micah Oh (Men's Swimming & Diving)** and **Victoria Tran (Women's Soccer)**. Second-team honorees include Fordham's Ryan Greenhagen (Football), Lehigh's Mason Black (Baseball) and Conor Gaffney (Men's Lacrosse), Loyola Maryland's Elli Kluegel (Women's Lacrosse) and **Navy's Christian Daniel (Men's Lacrosse)**, **Matt Nocita (Men's Soccer)** and **Andrew Ton (Men's Tennis)**. Third-team honorees include Bucknell's Matt Thorsheim (Men's Soccer) and **Navy's Cam Davis (Men's Basketball)**, **Caroline Kwon (Women's Lacrosse)**, **Zach Stevens (Baseball)** and **Nicole Victory (Women's Lacrosse)**. Of the 17 student-athletes who earned CoSIDA Academic All-America honors from the Patriot League, 11 were Midshipmen.
- ★ 47 Patriot League student-athletes received Google Cloud/CoSIDA Academic All-District recognition.
- ★ There were a Patriot League record 3,739 student-athletes named to the Patriot League Academic Honor Roll in 2020-21, the second-highest total in League history and the fourth consecutive year the League has topped 3,000 honorees.
- ★ Two Patriot League student-athletes were recognized among the 2020-21 Senior CLASS Award finalists with Lehigh's Teddy Leggett (Men's Lacrosse) receiving Senior CLASS Award Second Team honors in men's lacrosse and **Navy's Cam Davis (Men's Basketball)** claiming Senior CLASS Award Second Team honors in men's basketball.
- ★ Three Patriot League baseball student-athletes were selected in the Major League Baseball (MLB) Draft, including Lehigh's Mason Black and Matt Svanson and **Navy's Charlie Connolly**.
- ★ Nine Patriot League student-athletes and coaches will compete during the 2020 Tokyo Olympics and Paralympics. Olympians include Boston University's Julimar Avila (Honduras, women's swimming) and Anna Weis (USA, sailing), former Bucknell softball head coach Joey Lye (Canada, softball), MIT's Veronica Toro (Puerto Rico, women's rowing) and **Navy's Regine Tugade-Watson (Guam, women's track and field)**. Bucknell's Rayven Sample (USA, men's track and field), Loyola Maryland's McKenzie Coan (USA, women's swimming) and McClain Hermes (USA, women's swimming) and **Navy's Brad Snyder (USA, swimming)** will all compete in the Paralympics.
- ★ Loyola Maryland's Elli Kluegel (Women's Lacrosse) and **Navy's Micah Oh (Men's Swimming & Diving)** were named the Patriot League Female and Male Scholar-Athlete of the Year honorees, respectively, for the 2020-21 academic year.
- ★ In 2019-20, the Patriot League had 92 Patriot League teams (47 percent of League teams) earned NCAA Public Recognition Awards for ranking in the top 10 percent of their sport in Academic Progress Rate (APR), with 80 squads earning perfect scores. In addition, The Patriot League ranked second among all conferences in Public Recognition Awards, and also placing second for the highest percentage of teams earning the honor at 47 percent. **Navy** had eight of the 92 teams to earn top 10 percent standing and seven of the 80 that earned perfect scores.
- ★ Over the last 10 years **Navy** has won 71 Patriot League team championships, more than twice as many as the next closest school (Boston U., 29).

