

NORTHWEST NAZARENE CROSS COUNTRY

TOP TEN LISTS

MEN

8K INDIVIDUAL TOP 10

1.	Barak Watson	24:03	2011
2.	Brady Kemble	24:15	2024
3.	Francis Kimeli	24:22	2001
4.	Ian Stockett	24:26	2024
5.	Grady Mylander	24:27	2024
6.	Dylan Tidwell	24:35	2021
7.	Godfrey Kemboi	24:37	2019
8.	Aaron Matthias	24:39	2001
9.	Zach Dwello	24:40	2002
10.	Carter Stedman	24:44	2024

8K TOP 10 BEST TIMES

1.	Barak Watson	24:03	2011
2.	Barak Watson	24:07	2010
3.	Brady Kemble	24:15	2024
4.	Barak Watson	24:16	2010
5.	Barak Watson	24:19	2011
6.	Francis Kimeli	24:22	2001
7.	Ian Stockett	24:26	2024
8.	Grady Mylander	24:27	2024
9.	Grady Mylander	24:28	2024
10.	Brady Kemble	24:30	2024

10K INDIVIDUAL TOP 10

1.	Barak Watson	30:23	2011
2.	Tyler Shea	30:37	2019
3.	Isaac Mitchell	30:39	2015
4.	Godfrey Kemboi	31:01	2019
5.	Brady Kemble	31:10	2024
6.	Kevin Lambert	31:15	2007
7.	Grady Mylander	31:44	2024
8.	Carter Stedman	31:56	2024
9.	Jesse Bagganastos	31:58	2011
	Nick Hamilton	31:58	2017

10K TOP 10 BEST TIMES

1.	Barak Watson	30:23	2011
2.	Tyler Shea	30:37	2019
3.	Isaac Mitchell	30:39	2015
4.	Isaac Mitchell	30:47	2016
5.	Godfrey Kemboi	31:01	2019
6.	Brady Kemble	31:10	2024
7.	Kevin Lambert	31:15	2007
8.	Barak Watson	31:19	2011
9.	Tyler Shea	31:37	2019
10.	Barak Watson	31:39	2009

WOMEN

5K INDIVIDUAL TOP 10

1.	Natalie Evans	17:31	2013
2.	Ashley Puga	17:46	2007
3.	Jaclyn Puga	17:51	2010
4.	Kalen Johnson	18:06	2018
5.	Julia LaMar	18:13	2019
6.	Bethany Danner	18:14	2019
	Annalisa Hamilton	18:14	2019
8.	Jordan Powell	18:18	2009
9.	Ann Marie Wiggins	18:22	2001
10.	Michelle Phillips	18:23	2009

5K TOP 10 BEST TIMES

1.	Natalie Evans	17:31	2013
2.	Ashley Puga	17:46	2007
3.	Jaclyn Puga	17:51	2010
4.	Jaclyn Puga	18:04	2010
5.	Jaclyn Puga	18:05	2009
6.	Kalen Johnson	18:06	2018
7.	Natalie Evans	18:10	2013
8.	Julia LaMar	18:13	2019
9.	Bethany Danner	18:14	2019
	Annalisa Hamilton	18:14	2019

6K INDIVIDUAL TOP 10

1.	Ashley Puga	20:35	2007
2.	Natalie Evans	21:00	2013
3.	Julia LaMar	21:06	2019
4.	Bethany Danner	21:17	2019
5.	Annalisa Hamilton	21:22	2019
6.	Sierra Manzer	21:29	2019
7.	Morgan Erler	21:30	2024
8.	Anysja Manzer	22:04	2016
	Kalen Johnson	22:04	2019
10.	Jaclyn Puga	22:06	2010

6K TOP 10 BEST TIMES

1.	Ashley Puga	20:35	2007
2.	Natalie Evans	21:00	2013
3.	Julia LaMar	21:06	2019
4.	Bethany Danner	21:17	2019
5.	Ashley Puga	21:22	2007
	Annalisa Hamilton	21:22	2019
7.	Sierra Manzer	21:29	2019
8.	Morgan Erler	21:30	2024
9.	Julia LaMar	21:38	2019
	Morgan Erler	21:38	2024



NORTHWEST NAZARENE CROSS COUNTRY

GNAC ALL-CONFERENCE PERFORMERS

MEN

2001	Francis Kimeli	1st
2001	Aaron Mathias	3rd
2001	Juraj Trubiroha	7th
2001	Zach Dwello	9th
2002	Zach Dwello	6th
2003	Jake Perry	8th
2005	Kevin Lambert	8th
2007	Kevin Lambert	5th
2009	Barak Watson	10th
2010	Barak Watson	4th
2011	Barak Watson	2nd
2012	Jesse Baggenstos	8th
2014	Isaac Mitchell	8th
2015	Isaac Mitchell	8th
2016	Isaac Mitchell	8th
2018	Godfrey Kemboi	8th
2021	Dylan Tidwell	4th
2023	<i>Brody Kemble</i>	<i>7th</i>
2024	<i>Brody Kemble</i>	<i>10th</i>

WOMEN

2006	Ashley Puga	10th
2007	Ashley Puga	3rd
2008	Ashley Puga	6th
2008	Jaclyn Puga	9th
2009	Jaclyn Puga	10th
2010	Jaclyn Puga	4th
2013	Natalie Evans	9th
2016	Anysja Manzer	9th

