



# ALABAMA

## CROSS COUNTRY

### Up Next: Tide Hosts Crimson Classic Oct. 13-14

The Tide will be off this weekend before hosting the Crimson Classic at the Harry Pritchett Running Park Oct. 13-14. The meet will feature high school varsity and junior varsity races on Thursday, Oct. 13, beginning at 3 p.m. CT. The college races on Friday will include a number of top teams from around the region competing in an 8,000-meter men's race and a 5,000-meter women's race. The Friday men's race will begin at 9 a.m. CT with the women's race scheduled to follow at 9:45 a.m.

### In the Rankings

The Crimson Tide men's and women's teams are No. 5 in their respective U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) South Region rankings released Oct. 4.

### Kosgei Tops SEC Men's 5K and Four-Mile Lists

Alabama's Antibahs Kosgei has the top 5K time of any SEC men's runner so far this season. Kosgei finished fourth at the Chattanooga Powerade Invitational in a time of 14:57.13. Kosgei also holds the top 4-mile time in the conference with his 19:11.13 performance at the Brooks Memphis Twilight Classic on Sept. 3.

### Last Week: Joe Piane Notre Dame Invitational

The Alabama men finished 17th and women came in 15th in their third meet of the season on Sept. 30 at the Joe Piane Notre Dame Invitational in South Bend, Ind. Ole Miss and Providence won the men's and women's races, respectively. In the men's five-mile race, senior Antibahs Kosgei was again the Tide's top runner, finishing sixth in a time of 23:53.4. Kosgei now has three top 10 finishes in three meets so far this season. In the women's 5,000-meter race, senior Hannah Waggoner was the Tide's top runner, finishing 47th in a personal best time of 17:06.7. Waggoner has been the Tide's No. 1 runner in both of her appearances this season.

### Kosgei Earns SEC Men's Runner of the Week Honors

Alabama senior Antibahs Kosgei was named the Southeastern Conference Men's Runner of the Week for his performance at the season-opening Brooks Memphis Twilight Classic on Sept. 3. The 2015 SEC and South Region Runner of the Year, Kosgei raced to the men's 4-mile title, crossing the finish line in 19:11.13. Kosgei's victory helped Alabama to a second-place finish. This is the second year in a row that Kosgei has earned Runner of the Week honors for his performance in the Twilight Classic. He won the 2015 meet in a time of 19:49.75.

### Following the Tide

Get all the latest information on the team by following @AlabamaTrack on Twitter, Instagram and Facebook. General athletic news can also be found at UA\_Athletics on Twitter and Instagram and AlabamaAthletics on Facebook.

### 2016 Cross Country Season Schedule

| Date           | Meet   |
|----------------|--|
| Sept. 3 .....  | Brooks Memphis Twilight Classic (Memphis, Tenn.)       |
| Sept. 9 .....  | Chattanooga Powerade Invitational (Chattanooga, Tenn.) |
| Sept. 30 ..... | Joe Piane Notre Dame Invitational (South Bend, Ind.)   |
| Oct. 14 .....  | <b>Crimson Classic (Tuscaloosa, Ala.)</b>              |
| Oct. 28 .....  | SEC Championships (Fayetteville, Ark.)                 |
| Nov. 13 .....  | NCAA South Regional (Tallahassee, Fla.)                |
| Nov. 19 .....  | NCAA Championships (Terre Haute, Ind.)                 |

### Quick Facts

| General Information |                              |
|---------------------|------------------------------|
| Location.....       | Tuscaloosa, Ala.             |
| Enrollment .....    | 37,655                       |
| Conference .....    | Southeastern (SEC)           |
| Facility .....      | Harry Pritchett Running Park |

| Coaching Staff       |  |
|----------------------|--|
| Head Coach:.....     | Dan Waters<br>(Kansas, 1995) Sixth Year    |
| Distance Coach:..... | Adam Tribble<br>(Georgia, 2002) Sixth Year |

| Cross Country Social Media |               |
|----------------------------|---------------|
| Twitter .....              | @AlabamaTrack |
| Instagram .....            | @AlabamaTrack |
| Facebook .....             | @AlabamaTrack |

University of Alabama Athletics Communications

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## 2016 CRIMSON TIDE CROSS COUNTRY ROSTERS

## MEN'S ROSTER

| Name                | Class | Hometown (Last School)                        |
|---------------------|-------|---|
| Clay Austell        | So.   | Collierville, Tenn. (Briarcrest Christian)    |
| Payton Ballard      | Sr.   | Mountain Brook, Ala. (Mountain Brook)         |
| James Brinyark      | Fr.   | Berry, Ala. (Northside)                       |
| Andrew Bull         | Jr.   | Nashville, Tenn. (Brentwood Academy)          |
| Garrett Bull        | Jr.   | Nashville, Tenn. (Brentwood Academy)          |
| Robbie Farnham-Rose | Sr.   | Borough Green, England (Wrotham)              |
| Connor Ferrentino   | Jr.   | Orlando, Fla. (Freedom)                       |
| Patrick Grant       | Fr.   | Southampton, Pa. (LaSalle)                    |
| Noah Karr           | Fr.   | Tuscaloosa, Ala. (American Christian Academy) |
| Antibahs Kosgei     | Sr.   | Eldoret, Kenya (South Plains College)         |
| Elliott Miller      | Fr.   | Cheyenne, Wyo. (Cheyenne Central)             |
| Evan Prizy          | Sr.   | Schaumburg, Ill. (Schaumburg)                 |
| Oliver Rigg         | Fr.   | Zionsville, Ind. (Zionsville)                 |
| Josh Short          | Jr.   | Cedarburg, Wis. (Cedarburg)                   |
| Conner Thompson     | Sr.   | Murfreesboro, Tenn. (Oakland)                 |
| Drew Williams       | Fr.   | Mountain Brook, Ala. (Mountain Brook)         |

## COACHES

|              |                 |
|--------------|-----------------|
| Dan Waters   | Head Coach      |
| Adam Tribble | Assistant Coach |

## WOMEN'S ROSTER

| Name              | Class | Hometown (Last School)                        |
|-------------------|-------|---|
| Caroline Barlow   | Jr.   | Naples, Fla. (Gulf Coast)                     |
| Caroline Brooks   | Fr.   | Plano, Texas (Plano)                          |
| Rebecca Buteau    | Fr.   | Madison, Miss. (Madison Central)              |
| Hannah Capek      | Fr.   | Monument, Colo. (Palmer Ridge)                |
| Daley Cline       | Fr.   | Estero, Fla. (Estero)                         |
| Calli Coggins     | So.   | Franklin, Tenn. (Independence)                |
| Alexa Cruz        | Fr.   | Miami, Fla. (St. Thomas Aquinas)              |
| Caroline Cumbest  | Fr.   | Mobile, Ala. (Cottage Hill Christian Academy) |
| Elisabeth Danis   | Fr.   | Nottingham, N.H. (Coe-Brown Northwood)        |
| Ebie Douglas      | So.   | Mobile, Ala. (McGill-Toolen)                  |
| Emily Edwards     | Jr.   | Fort Myers, Fla. (Fort Myers)                 |
| Savannah Fraleigh | Fr.   | Raleigh, N.C. (Leesville Road)                |
| Nicole Gardner    | So.   | Murfreesboro, Tenn. (Siegel)                  |
| Jessica Gray      | Jr.   | Manassas, Va. (Osbourn Park)                  |
| Brianna Koshy     | So.   | Sandersville, Ga. (Brentwood)                 |
| Veronica Lyle     | Jr.   | Trussville, Ala. (Hewitt-Trussville)          |
| Sarah Mohan       | So.   | Huntsville, Ala. (Huntsville)                 |
| Gabby Prizio      | Fr.   | Derby, Conn. (Derby)                          |
| Rachael Reddy     | So.   | Mountain Brook, Ala. (Mountain Brook/Texas)   |
| Alison Ringle     | Jr.   | Bossier City, La. (Parkway)                   |
| Brittany Tolson   | Fr.   | Powell, Tenn. (Powell)                        |
| Hannah Waggoner   | Sr.   | Murfreesboro, Tenn. (Oakland)                 |
| Haley Wright      | Fr.   | Boonsboro, Md. (Boonsboro)                    |
| McKenzie Yanek    | Fr.   | Bettendorf, Iowa (Pleasant Valley)            |
| Kaitlin York      | So.   | Tuscaloosa, Ala. (American Christian Academy) |

## 2016 MEN'S SCHEDULE/RESULTS

| Date     | Event                             | Location           | Distance | Team Finish | Top Individual  | Finish | Time     |
|----------|-----------------------------------|--------------------|----------|-------------|-----------------|--------|----------|
| Sept. 3  | Brooks Twilight Classic           | Memphis, Tenn.     | 4 miles  | 2nd         | Antibahs Kosgei | 1st    | 19:11.13 |
| Sept. 9  | Chattanooga Powerade Invitational | Chattanooga, Tenn. | 5k       | 2nd         | Antibahs Kosgei | 4th    | 14:57.13 |
| Sept. 30 | Joe Piane Notre Dame Invitational | South Bend, Ind.   | 5 miles  | 17th        | Antibahs Kosgei | 6th    | 23:53.4  |
| Oct. 14  | Crimson Classic                   | Tuscaloosa, Ala.   | 8k       |             |                 |        |          |
| Oct. 28  | SEC Championships                 | Fayetteville, Ark. | 8k       |             |                 |        |          |
| Nov. 13  | NCAA South Regional               | Tallahassee, Fla.  | 10k      |             |                 |        |          |
| Nov. 19  | NCAA Championships                | Terre Haute, Ind.  | 10k      |             |                 |        |          |

## 2016 WOMEN'S SCHEDULE/RESULTS

| Date     | Event                             | Location           | Distance | Team Finish | Top Individual  | Finish | Time     |
|----------|-----------------------------------|--------------------|----------|-------------|-----------------|--------|----------|
| Sept. 3  | Brooks Twilight Classic           | Memphis, Tenn.     | 5k       | 1st         | Hannah Waggoner | 2nd    | 17:17.72 |
| Sept. 9  | Chattanooga Powerade Invitational | Chattanooga, Tenn. | 2 miles  | 2nd         | Emily Edwards   | 6th    | 11:28.54 |
| Sept. 30 | Joe Piane Notre Dame Invitational | South Bend, Ind.   | 5k       | 15th        | Hannah Waggoner | 47th   | 17:06.7  |
| Oct. 14  | Crimson Classic                   | Tuscaloosa, Ala.   | 5k       |             |                 |        |          |
| Oct. 28  | SEC Championships                 | Fayetteville, Ark. | 6k       |             |                 |        |          |
| Nov. 13  | NCAA South Regional               | Tallahassee, Fla.  | 6k       |             |                 |        |          |
| Nov. 19  | NCAA Championships                | Terre Haute, Ind.  | 6k       |             |                 |        |          |

## 2016 MEET RECAPS

**BROOKS TWILIGHT CLASSIC - SEPT. 3**

The Alabama men's and women's cross country teams kicked off the season on Saturday, Sept. 3, competing in the Brooks Memphis Twilight Classic hosted by Christian Brothers University. The Tide women walked away with a team crown, outdistancing second-place Mississippi State, 54-69. The men finished second to Middle Tennessee, 47-66, in their race.

In the women's 5-kilometer race, senior Hannah Waggoner led the Tide with a second place finish in a time of 17:17.72. Freshman McKenzie Yanek finished ninth in 17:43.43 in her collegiate debut. Junior Caroline Barlow was 12th in 17:57.48. Sophomore Calli Coggins was 15th in 18:01.84 and freshman Elisabeth Danis was 16th in 18:05.16.

In the men's 4-mile race, senior Antibahs Kosgei claimed meet individual honors, completing the course in 19:11.13. Other scorers for the Tide were junior Josh Short, who was ninth in 20:02.83. Senior Conner Thompson finished 11th in 20:04.56. Junior Garrett Bull was 24th in 20:31.71 and freshman James Brinyark was 28th in 20:34.11.

**CHATTANOOGA POWERADE INVITATIONAL - SEPT. 9**

The Alabama men's and women's cross country teams recorded second place finishes in their second meet of the season on Sept. 9 at the Powerade Invitational hosted by the University of Tennessee-Chattanooga. Middle Tennessee won both the men's and women's races.

In the men's 5k race, senior Antibahs Kosgei was again the Tide's top runner, finishing fourth in a time of 14:57.13. Senior Robbie Farnham-Rose was sixth in a personal-best 15:33.74 in his first meet of the season. Freshman James Brinyark finished ninth in 15:45.97 while senior Conner Thompson was 10th in a personal-best 15:47.46. Senior Evan Prizy rounded out the scoring, finishing 13th in 15:54.17, which was also a personal best.

In the women's two-mile race, junior Emily Edwards led the Tide across the finish line, completing the course in 11:28.54 to finish sixth. Junior Jessica Gray was seventh in 11:30.71. Junior Veronica Lyle was ninth in 11:42.54 while junior Alison Ringle was 13th in 11:55.94 and freshman Brittany Tolson was 15th in 12:07.64 to complete the scoring for the Tide. The race was the first as a collegian for Tolson and the first of the season for Edwards, Gray, Lyle and Ringle.

**JOE PIANE NOTRE DAME INVITATIONAL - SEPT. 30**

The Alabama men finished 17th and women came in 15th in their third meet of the season on Sept. 30 at the Joe Piane Notre Dame Invitational in South Bend, Ind. Ole Miss and Providence won the men's and women's races, respectively.

In the men's five-mile race, senior Antibahs Kosgei was again the Tide's top runner, finishing sixth in a time of 23:53.4. Kosgei now has three top 10 finishes in three meets so far this season. Seniors Robbie Farnham-Rose (24:49.00) and Conner Thompson (24:58.4) were Alabama's second and third finishers. Junior Garrett Bull (25:31.7) and senior Evan Prizy (25:32.3) also scored for the Tide.

In the women's 5,000-meter race, senior Hannah Waggoner was the Tide's top runner, finishing 47th in a personal best time of 17:06.7. Waggoner has been the Tide's No. 1 runner in both of her appearances this season. Freshman McKenzie Yanek was Alabama's second finisher, coming in 69th in 17:21.2. Sophomore Rachael Reddy finished 76th in 17:27.3. Freshman Rebecca Buteau (17:50.5) and junior Emily Edwards (17:51.00) rounded out the scoring for the Tide.



## 2016 TEAM/INDIVIDUAL MEET RESULTS

## BROOKS MEMPHIS TWILIGHT CLASSIC

September 3, 2016

Memphis, Tenn. • Mike Rose Soccer Complex

## Men's Race

4 miles

25 teams • 226 runners

Second Place • 66 points

## Men's Team Results

| Team                 | Pts.      |
|----------------------|-----------|
| 1. Middle Tennessee  | 47        |
| 2. <b>Alabama</b>    | <b>66</b> |
| 3. Ole Miss          | 112       |
| 4. Mississippi State | 127       |
| 5. Central Arkansas  | 160       |

## Alabama Men's Individual Results

| Place | Name            | Time     |
|-------|-----------------|----------|
| 1.    | Antibahs Kosgei | 19:11.13 |
| 9.    | Josh Short      | 20:02.83 |
| 11.   | Conner Thompson | 20:04.56 |
| 24.   | Garrett Bull    | 20:31.71 |
| 28.   | James Brinyark  | 20:34.11 |
| 34.   | Andrew Bull     | 20:39.44 |
| 44.   | Evan Prizy      | 20:50.81 |
| 66.   | Clay Austell    | 21:20.11 |
| 67.   | Elliott Miller  | 21:21.17 |

## Women's Race

5 kilometers

25 Teams • 229 runners

First Place • 54 points

## Women's Team Results

| Team                 | Pts.      |
|----------------------|-----------|
| 1. <b>Alabama</b>    | <b>54</b> |
| 2. Mississippi State | 69        |
| 3. Ole Miss          | 103       |
| 4. Memphis           | 112       |
| 5. Middle Tennessee  | 133       |

## Alabama Women's Individual Results

| Place | Name            | Time     |
|-------|-----------------|----------|
| 2.    | Hannah Waggoner | 17:17.72 |
| 9.    | McKenzie Yanek  | 17:43.43 |
| 12.   | Caroline Barlow | 17:57.48 |
| 15.   | Calli Coggins   | 18:01.84 |
| 16.   | Elisabeth Danis | 18:05.16 |
| 18.   | Rebecca Buteau  | 18:07.23 |
| 27.   | Kaitlin York    | 18:22.99 |
| 28.   | Nicole Gardner  | 18:23.72 |
| 39.   | Sarah Mohan     | 18:34.71 |
| 42.   | Haley Wright    | 18:38.32 |
| 44.   | Alexa Cruz      | 18:39.77 |

## CHATTANOOGA POWERADE INVITATIONAL

September 9, 2016

Chattanooga, Tenn. • Moccasin Bend

## Men's Race

5 kilometers

Eight teams • 69 runners

Second Place • 42 points

## Men's Team Results

| Team                | Pts.      |
|---------------------|-----------|
| 1. Middle Tennessee | 19        |
| 2. <b>Alabama</b>   | <b>42</b> |
| 3. Chattanooga      | 66        |
| 4. Austin Peay      | 115       |
| 5. Samford          | 120       |

## Alabama Men's Individual Results

| Place | Name                | Time     |
|-------|---------------------|----------|
| 4.    | Antibahs Kosgei     | 14:57.13 |
| 6.    | Robbie Farnham-Rose | 15:33.74 |
| 9.    | James Brinyark      | 15:45.97 |
| 10.   | Conner Thompson     | 15:47.46 |
| 13.   | Evan Prizy          | 15:54.17 |
| 14.   | Garrett Bull        | 15:56.63 |
| 15.   | Josh Short          | 15:56.80 |
| 16.   | Andrew Bull         | 15:57.50 |
| 22.   | Oliver Rigg         | 16:11.09 |
| 26.   | Elliott Miller      | 16:18.15 |
| 27.   | Patrick Grant       | 16:20.22 |
| 29.   | Clay Austell        | 16:26.06 |

## Women's Race

2 miles

Nine Teams • 76 runners

Second Place • 50 points

## Women's Team Results

| Team                | Pts.      |
|---------------------|-----------|
| 1. Middle Tennessee | 15        |
| 2. <b>Alabama</b>   | <b>50</b> |
| 3. Chattanooga      | 69        |
| 4. Samford          | 127       |
| 5. Mercer           | 136       |

## Alabama Women's Individual Results

| Place | Name            | Time     |
|-------|-----------------|----------|
| 6.    | Emily Edwards   | 11:28.54 |
| 7.    | Jessica Gray    | 11:30.71 |
| 9.    | Veronica Lyle   | 11:42.54 |
| 13.   | Alison Ringle   | 11:55.94 |
| 15.   | Brittany Tolson | 12:07.64 |
| 16.   | Brianna Koshy   | 12:08.34 |
| 22.   | Caroline Brooks | 12:15.97 |
| 52.   | Ebie Douglals   | 14:00.03 |

## JOE PIANE NOTRE DAME INVITATIONAL

September 30, 2016

South Bend, Ind. • Burke Golf Course

## Men's Race

5 miles

25 teams • 202 runners

17th Place • 475 points

## Men's Team Results

| Team                | Pts.       |
|---------------------|------------|
| 1. Ole Miss         | 83         |
| 2. UTEP             | 99         |
| 3. Eastern Kentucky | 168        |
| 4. Providence       | 182        |
| 5. Illinois         | 183        |
| 17. <b>Alabama</b>  | <b>475</b> |

## Alabama Men's Individual Results

| Place | Name                | Time    |
|-------|---------------------|---------|
| 6.    | Antibahs Kosgei     | 23:53.4 |
| 87.   | Robbie Farnham-Rose | 24:49.0 |
| 107.  | Conner Thompson     | 24:58.4 |
| 149.  | Garrett Bull        | 25:31.7 |
| 150.  | Evan Prizy          | 25:32.3 |
| 176.  | Josh Short          | 25:59.3 |
| 181.  | James Brinyark      | 26:06.9 |
| 185.  | Andrew Bull         | 26:09.8 |
| DNF   | Payton Ballard      |         |

## Women's Race

5 kilometers

23 Teams • 184 runners

15th Place • 402 points

## Women's Team Results

| Team                | Pts.       |
|---------------------|------------|
| 1. Providence       | 117        |
| 2. North Carolina   | 149        |
| 3. Eastern Michigan | 159        |
| 4. New Mexico       | 166        |
| 5. Baylor           | 169        |
| 15. <b>Alabama</b>  | <b>402</b> |

## Alabama Women's Individual Results

| Place | Name            | Time    |
|-------|-----------------|---------|
| 47.   | Hannah Waggoner | 17:06.7 |
| 69.   | McKenzie Yanek  | 17:21.2 |
| 76.   | Rachael Reddy   | 17:27.3 |
| 109.  | Rebecca Buteau  | 17:50.5 |
| 111.  | Emily Edwards   | 17:51.0 |
| 114.  | Caroline Barlow | 17:54.0 |
| 144.  | Elisabeth Danis | 18:12.1 |
| 145.  | Calli Coggins   | 18:12.6 |
| 160.  | Alexa Cruz      | 18:27.5 |

## 2016 ALABAMA MEN'S TOP TIMES BY DISTANCE

## 5 KILOMETERS

|     | Time     | Name                | Event                     | Date          | Finish |
|-----|----------|---------------------|---------------------------|---------------|--------|
| 1.  | 14:57.13 | Anitbahs Kosgei     | Chattanooga Powerade Inv. | Sept. 9, 2016 | 4      |
| 2.  | 15:33.74 | Robbie Farnham-Rose | Chattanooga Powerade Inv. | Sept. 9, 2016 | 6      |
| 3.  | 15:45.97 | James Brinyark      | Chattanooga Powerade Inv. | Sept. 9, 2016 | 9      |
| 4.  | 15:47.46 | Conner Thompson     | Chattanooga Powerade Inv. | Sept. 9, 2016 | 10     |
| 5.  | 15:54.17 | Evan Prizy          | Chattanooga Powerade Inv. | Sept. 9, 2016 | 13     |
| 6.  | 15:56.63 | Garrett Bull        | Chattanooga Powerade Inv. | Sept. 9, 2016 | 14     |
| 7.  | 15:56.80 | Josh Short          | Chattanooga Powerade Inv. | Sept. 9, 2016 | 15     |
| 8.  | 15:57.50 | Andrew Bull         | Chattanooga Powerade Inv. | Sept. 9, 2016 | 16     |
| 9.  | 16:11.09 | Oliver Rigg         | Chattanooga Powerade Inv. | Sept. 9, 2016 | 22     |
| 10. | 16:18.15 | Elliott Miller      | Chattanooga Powerade Inv. | Sept. 9, 2016 | 26     |
| 11. | 16:20.22 | Patrick Grant       | Chattanooga Powerade Inv. | Sept. 9, 2016 | 27     |
| 12. | 16:26.06 | Clay Austell        | Chattanooga Powerade Inv. | Sept. 9, 2016 | 29     |

## 4 MILES

|    | Time     | Name            | Event                   | Date          | Finish |
|----|----------|-----------------|-------------------------|---------------|--------|
| 1. | 19:11.13 | Anitbahs Kosgei | Brooks Memphis Twilight | Sept. 3, 2016 | 1      |
| 2. | 20:02.83 | Josh Short      | Brooks Memphis Twilight | Sept. 3, 2016 | 9      |
| 3. | 20:04.56 | Conner Thompson | Brooks Memphis Twilight | Sept. 3, 2016 | 11     |
| 4. | 20:31.71 | Garrett Bull    | Brooks Memphis Twilight | Sept. 3, 2016 | 24     |
| 5. | 20:34.11 | James Brinyark  | Brooks Memphis Twilight | Sept. 3, 2016 | 28     |
| 6. | 20:39.44 | Andrew Bull     | Brooks Memphis Twilight | Sept. 3, 2016 | 34     |
| 7. | 20:50.81 | Evan Prizy      | Brooks Memphis Twilight | Sept. 3, 2016 | 44     |
| 8. | 21:20.11 | Clay Austell    | Brooks Memphis Twilight | Sept. 3, 2016 | 66     |
| 9. | 21:21.17 | Elliott Miller  | Brooks Memphis Twilight | Sept. 3, 2016 | 67     |

## 5 MILES

|    | Time    | Name                | Event                     | Date           | Finish |
|----|---------|---------------------|---------------------------|----------------|--------|
| 1. | 23:53.4 | Anitbahs Kosgei     | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 6      |
| 2. | 25:49.0 | Robbie Farnham-Rose | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 87     |
| 3. | 24:58.4 | Conner Thompson     | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 107    |
| 4. | 25:41.7 | Garrett Bull        | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 149    |
| 5. | 25:32.3 | Evan Prizy          | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 150    |
| 6. | 25:59.3 | Josh Short          | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 176    |
| 7. | 26:06.9 | James Brinyark      | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 181    |
| 8. | 26:09.8 | Andrew Bull         | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 185    |

## 2016 ALABAMA WOMEN'S TOP TIMES BY DISTANCE

## 2 MILES

|    | Time     | Name            | Event                     | Date          | Finish |
|----|----------|-----------------|---------------------------|---------------|--------|
| 1. | 11:28.54 | Emily Edwards   | Chattanooga Powerade Inv. | Sept. 9, 2016 | 6      |
| 2. | 11:30.71 | Jessica Gray    | Chattanooga Powerade Inv. | Sept. 9, 2016 | 7      |
| 3. | 11:42.54 | Veronica Lyle   | Chattanooga Powerade Inv. | Sept. 9, 2016 | 9      |
| 4. | 11:55.94 | Alison Ringle   | Chattanooga Powerade Inv. | Sept. 9, 2016 | 13     |
| 5. | 12:07.64 | Brittany Tolson | Chattanooga Powerade Inv. | Sept. 9, 2016 | 15     |
| 6. | 12:08.34 | Brianna Koshy   | Chattanooga Powerade Inv. | Sept. 9, 2016 | 16     |
| 7. | 12:15.97 | Carolina Brooks | Chattanooga Powerade Inv. | Sept. 9, 2016 | 22     |
| 8. | 14:00.03 | Ebie Douglas    | Chattanooga Powerade Inv. | Sept. 9, 2016 | 52     |

## 5 KILOMETERS

|     | Time     | Name            | Event                     | Date           | Finish |
|-----|----------|-----------------|---------------------------|----------------|--------|
| 1.  | 17:06.7  | Hannah Waggoner | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 47     |
| 2.  | 17:17.72 | Hannah Waggoner | Brooks Memphis Twilight   | Sept. 3, 2016  | 2      |
| 3.  | 17:21.2  | McKenzie Yanek  | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 69     |
| 4.  | 17:27.3  | Rachael Reddy   | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 76     |
| 5.  | 17:43.43 | McKenzie Yanek  | Brooks Memphis Twilight   | Sept. 3, 2016  | 9      |
| 6.  | 17:50.5  | Rebecca Buteau  | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 109    |
| 7.  | 17:51.00 | Emily Edwards   | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 111    |
| 8.  | 17:54.00 | Caroline Barlow | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 114    |
| 9.  | 17:57.48 | Caroline Barlow | Brooks Memphis Twilight   | Sept. 3, 2016  | 12     |
| 10. | 18:01.84 | Calli Coggins   | Brooks Memphis Twilight   | Sept. 3, 2016  | 15     |
| 11. | 18:05.16 | Elisabeth Danis | Brooks Memphis Twilight   | Sept. 3, 2016  | 16     |
| 12. | 18:07.23 | Rebecca Buteau  | Brooks Memphis Twilight   | Sept. 3, 2016  | 18     |
| 13. | 18:12.1  | Elisabeth Danis | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 144    |
| 14. | 18:12.6  | Calli Coggins   | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 145    |
| 15. | 18:22.99 | Kaitlin York    | Brooks Memphis Twilight   | Sept. 3, 2016  | 27     |
| 16. | 18:23.72 | Nicole Gardner  | Brooks Memphis Twilight   | Sept. 3, 2016  | 28     |
| 17. | 18:27.5  | Alexa Cruz      | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 160    |
| 18. | 18:34.71 | Sarah Mohan     | Brooks Memphis Twilight   | Sept. 3, 2016  | 39     |
| 19. | 18:38.32 | Haley Wright    | Brooks Memphis Twilight   | Sept. 3, 2016  | 42     |
| 20. | 18:39.77 | Alexa Cruz      | Brooks Memphis Twilight   | Sept. 3, 2016  | 44     |

## ALABAMA MEN'S PERFORMANCE LIST (2010-PRESENT)

## 5 KILOMETERS

| Time         | Name                | Event                | Date          | Finish |
|--------------|---------------------|----------------------|---------------|--------|
| 1. 14:57.13  | Anitbahs Kosgei     | Chattanooga Powerade | Sept. 9, 2016 | 4      |
| 2. 15:33.74  | Robbie Farnham-Rose | Chattanooga Powerade | Sept. 9, 2016 | 6      |
| 3. 15:45.97  | James Brinyark      | Chattanooga Powerade | Sept. 9, 2016 | 9      |
| 4. 15:47.46  | Conner Thompson     | Chattanooga Powerade | Sept. 9, 2016 | 10     |
| 5. 15:54.17  | Evan Prizy          | Chattanooga Powerade | Sept. 9, 2016 | 13     |
| 6. 15:56.53  | Robbie Farnham-Rose | Samford XC Opener    | Sept. 1, 2015 | 5      |
| 7. 15:56.63  | Garrett Bull        | Chattanooga Powerade | Sept. 9, 2016 | 14     |
| 8. 15:56.80  | Josh Short          | Chattanooga Powerade | Sept. 9, 2016 | 15     |
| 9. 15:57.50  | Andrew Bull         | Chattanooga Powerade | Sept. 9, 2016 | 16     |
| 10. 16:07.75 | Conner Thompson     | Samford XC Opener    | Sept. 1, 2015 | 10     |

## 6 KILOMETERS

| Time         | Name            | Event               | Date           | Finish |
|--------------|-----------------|---------------------|----------------|--------|
| 1. 18:57.75  | Matt Airola     | Iowa Black and Gold | Sept. 13, 2013 | 6      |
| 2. 19:00.25  | Gil Walton      | Iowa Black and Gold | Sept. 13, 2013 | 9      |
| 3. 19:01.17  | Justin Ahalt    | Iowa Black and Gold | Sept. 13, 2013 | 10     |
| 4. 19:03.97  | Parker Deuel    | Iowa Black and Gold | Sept. 13, 2013 | 13     |
| 5. 19:14.04  | Conner Thompson | Iowa Black and Gold | Sept. 13, 2013 | 16     |
| 6. 19:22.61  | Eric Sivill     | Iowa Black and Gold | Sept. 13, 2013 | 17     |
| 7. 19:29.37  | Andrew Faris    | Iowa Black and Gold | Sept. 13, 2013 | 21     |
| 8. 19:34.23  | Evan Prizy      | Iowa Black and Gold | Sept. 13, 2013 | 24     |
| 9. 19:47.26  | Payton Ballard  | Iowa Black and Gold | Sept. 13, 2013 | 26     |
| 10. 20:06.17 | Matt Joyner     | Iowa Black and Gold | Sept. 13, 2013 | 31     |

## 4 MILES

| Time         | Name                | Event                   | Date          | Finish |
|--------------|---------------------|-------------------------|---------------|--------|
| 1. 19:11.13  | Anitbahs Kosgei     | Brooks Memphis Twilight | Sept. 3, 2016 | 1      |
| 2. 19:49.75  | Antibahs Kosgei     | Brooks Twilight Classic | Sept. 5, 2015 | 1      |
| 3. 20:02.83  | Josh Short          | Brooks Memphis Twilight | Sept. 3, 2016 | 9      |
| 4. 20:04.56  | Conner Thompson     | Brooks Memphis Twilight | Sept. 3, 2016 | 11     |
| 5. 20:07.89  | Robbie Farnham-Rose | Brooks Twilight Classic | Sept. 5, 2015 | 2      |
| 6. 20:22.71  | Josh Short          | Brooks Twilight Classic | Sept. 5, 2015 | 6      |
| 7. 20:30.42  | Conner Thompson     | Brooks Twilight Classic | Sept. 5, 2015 | 12     |
| 8. 20:31.71  | Garrett Bull        | Brooks Memphis Twilight | Sept. 3, 2016 | 24     |
| 9. 20:34.11  | James Brinyark      | Brooks Memphis Twilight | Sept. 3, 2016 | 28     |
| 10. 20:37.77 | Evan Prizy          | Brooks Twilight Classic | Sept. 5, 2015 | 16     |

## 5 MILES

| Time       | Name                | Event                     | Date           | Finish |
|------------|---------------------|---------------------------|----------------|--------|
| 1. 23:53.4 | Anitbahs Kosgei     | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 6      |
| 2. 25:49.0 | Robbie Farnham-Rose | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 87     |
| 3. 24:58.4 | Conner Thompson     | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 107    |
| 4. 25:41.7 | Garrett Bull        | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 149    |
| 5. 25:32.3 | Evan Prizy          | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 150    |
| 6. 25:59.3 | Josh Short          | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 176    |
| 7. 26:06.9 | James Brinyark      | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 181    |
| 8. 26:09.8 | Andrew Bull         | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 185    |

## 8 KILOMETERS

| Time         | Name            | Event                   | Date           | Finish |
|--------------|-----------------|-------------------------|----------------|--------|
| 1. 23:24.20  | Antibahs Kosgei | SEC Championships       | Oct. 30, 2015  | 1      |
| 2. 23:57.60  | Julius Bor      | Pre-Nationals           | Oct. 16, 2010  | 12     |
| 3. 24:00.00  | Carison Kemei   | Notre Dame Invitational | Oct. 1, 2010   | 5      |
| 4. 24:04.30  | Carison Kemei   | Crimson Classic         | Sept. 18, 2010 | 4      |
| 5. 24:13.40  | Carison Kemei   | Pre-Nationals           | Oct. 16, 2010  | 23     |
| 6. 24:17.47  | Antibahs Kosgei | Crimson Classic         | Oct. 16, 2015  | 2      |
| 7. 24:20.00  | Julius Bor      | Notre Dame Invitational | Oct. 1, 2010   | 23     |
| 8. 24:21.60  | Conner Thompson | SEC Championships       | Oct. 30, 2015  | 27     |
| 9. 24:35.90  | Carison Kemei   | Commodore Classic       | Sept. 17, 2011 | 2      |
| 10. 24:37.34 | Carison Kemei   | Georgia Invitational    | Sept. 3, 2011  | 1      |

## 10 KILOMETERS

| Time         | Name                | Event               | Date          | Finish |
|--------------|---------------------|---------------------|---------------|--------|
| 1. 30:05.80  | Carison Kemei       | NCAA South Regional | Nov. 13, 2010 | 2      |
| 2. 30:06.96  | Julius Bor          | NCAA South Regional | Nov. 13, 2010 | 3      |
| 3. 30:13.23  | Joel Rop            | NCAA South Regional | Nov. 13, 2010 | 5      |
| 4. 30:23.70  | Moses Kiptoo        | NCAA South Regional | Nov. 13, 2010 | 9      |
| 5. 30:25.66  | Antibahs Kosgei     | NCAA South Regional | Nov. 13, 2015 | 1      |
| 6. 30:26.60  | Julius Bor          | NCAA Championships  | Nov. 22, 2010 | 35     |
| 7. 30:36.50  | Carison Kemei       | NCAA Championships  | Nov. 22, 2010 | 46     |
| 8. 30:37.96  | Andrew Kirwa        | NCAA South Regional | Nov. 13, 2010 | 13     |
| 9. 30:39.80  | Moses Kiptoo        | NCAA Championships  | Nov. 22, 2010 | 68     |
| 10. 30:58.00 | Robbie Farnham-Rose | NCAA Regionals      | Nov. 14, 2014 | 18     |



## ALABAMA WOMEN'S PERFORMANCE LIST (2010-PRESENT)

## 3 KILOMETERS

|     | Time     | Name               | Event                 | Date          | Finish |
|-----|----------|--------------------|-----------------------|---------------|--------|
| 1.  | 11:05.31 | Paylee Myrex       | Crimson Tide Kick-Off | Sept. 1, 2012 | 3      |
| 2.  | 11:07.71 | Katelyn Greenleaf  | Crimson Tide Kick-Off | Sept. 1, 2012 | 4      |
| 3.  | 11:09.74 | Elsbeth Denton     | Crimson Tide Kick-Off | Sept. 1, 2012 | 5      |
| 4.  | 11:11.25 | Rebecca Stover     | Crimson Tide Kick-Off | Sept. 1, 2012 | 6      |
| 5.  | 11:11.40 | Abigail Tankersley | Crimson Tide Kick-Off | Sept. 1, 2012 | 7      |
| 6.  | 11:12.72 | Susie Kemper       | Crimson Tide Kick-Off | Sept. 1, 2012 | 8      |
| 7.  | 11:23.07 | Claire Turner      | Crimson Tide Kick-Off | Sept. 1, 2012 | 12     |
| 8.  | 11:29.55 | Calli Coggins      | Samford XC Opener     | Sept. 1, 2015 | 8      |
| 9.  | 11:33.74 | Analisa Patrick    | Crimson Tide Kick-Off | Sept. 1, 2012 | 14     |
| 10. | 11:37.46 | Abby Rentschler    | Samford XC Opener     | Sept. 1, 2015 | 11     |

## 2 MILES

|     | Time     | Name               | Event                | Date          | Finish |
|-----|----------|--------------------|----------------------|---------------|--------|
| 1.  | 11:13.19 | Veronica Lyle      | Samford Dual         | Aug. 29, 2014 | 1      |
| 2.  | 11:22.76 | Meropi Panagiotou  | Samford Dual         | Aug. 31, 2013 | 1      |
| 3.  | 11:22.88 | Katelyn Greenleaf  | Samford Dual         | Aug. 31, 2013 | 2      |
| 4.  | 11:23.45 | Hilary Stafford    | Samford Dual         | Aug. 31, 2013 | 3      |
| 5.  | 11:24.14 | Emily Edwards      | Samford Dual         | Aug. 29, 2014 | 2      |
| 6.  | 11:27.81 | Rebecca Stover     | Samford Dual         | Aug. 31, 2013 | 4      |
| 7.  | 11:28.62 | Abigail Tankersley | Samford Dual         | Aug. 31, 2013 | 5      |
| 8.  | 11:28.54 | Emily Edwards      | Chattanooga Powerade | Sept. 9, 2016 | 6      |
| 9.  | 11:30.71 | Jessica Gray       | Chattanooga Powerade | Sept. 9, 2016 | 7      |
| 10. | 11:40.17 | Susie Kemper       | Samford Dual         | Aug. 31, 2013 | 6      |

## 4 KILOMETERS

|     | Time     | Name              | Event                | Date           | Finish |
|-----|----------|-------------------|----------------------|----------------|--------|
| 1.  | 13:59.00 | Katelyn Greenleaf | Iowa Black and Gold  | Sept. 13, 2013 | 2      |
| 2.  | 13:59.52 | Hilary Stafford   | Iowa Black and Gold  | Sept. 13, 2013 | 3      |
| 3.  | 14:28.36 | Kimberley Ficenec | Iowa Black and Gold  | Sept. 13, 2013 | 9      |
| 4.  | 14:29.55 | Meropi Panagiotou | Iowa Black and Gold  | Sept. 13, 2013 | 10     |
| 5.  | 14:30.05 | Hannah Waggoner   | Iowa Black and Gold  | Sept. 13, 2013 | 11     |
| 6.  | 14:32.43 | Andrea Torske     | Belmont-Vandy Opener | Sept. 3, 2010  | 5      |
| 7.  | 14:37.95 | Susie Kemper      | Iowa Black and Gold  | Sept. 13, 2013 | 16     |
| 8.  | 14:41.59 | Katlyn Will       | Belmont-Vandy Opener | Sept. 3, 2010  | 10     |
| 9.  | 14:41.69 | Rebecca Stover    | Iowa Black and Gold  | Sept. 13, 2013 | 19     |
| 10. | 14:46.41 | Allison Gregg     | Iowa Black and Gold  | Sept. 13, 2013 | 24     |

## 5 KILOMETERS

|     | Time     | Name              | Event                     | Date           | Finish |
|-----|----------|-------------------|---------------------------|----------------|--------|
| 1.  | 16:47.41 | Katelyn Greenleaf | Crimson Classic           | Oct. 16, 2015  | 3      |
| 2.  | 17:06.26 | Rachael Reddy     | Brooks Twilight Classic   | Sept. 5, 2015  | 1      |
| 3.  | 17:06.7  | Hannah Waggoner   | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 47     |
| 4.  | 17:13.69 | Katelyn Greenleaf | Brooks Twilight Classic   | Sept. 5, 2015  | 2      |
| 5.  | 17:17.72 | Hannah Waggoner   | Brooks Memphis Twilight   | Sept. 3, 2016  | 2      |
| 6.  | 17:21.2  | McKenzie Yanek    | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 69     |
| 7.  | 17:22.22 | Katelyn Greenleaf | Crimson Classic           | Oct. 18, 2013  | 2      |
| 8.  | 17:22.70 | Hannah Waggoner   | Crimson Classic           | Oct. 16, 2015  | 13     |
| 9.  | 17:27.3  | Rachael Reddy     | Joe Plane Notre Dame Inv. | Sept. 30, 2016 | 76     |
| 10. | 17:28.20 | Andrea Torske     | Crimson Classic           | Sept. 18, 2010 | 4      |

## 6 KILOMETERS

|     | Time     | Name              | Event               | Date          | Finish |
|-----|----------|-------------------|---------------------|---------------|--------|
| 1.  | 20:01.1  | Hannah Waggoner   | NCAA Regionals      | Nov. 14, 2014 | 11     |
| 2.  | 20:04    | Katelyn Greenleaf | NCAA Regionals      | Nov. 14, 2014 | 12     |
| 3.  | 20:06.90 | Katelyn Greenleaf | SEC Championships   | Oct. 30, 2015 | 7      |
| 4.  | 20:16.13 | Katelyn Greenleaf | NCAA South Regional | Nov. 13, 2015 | 3      |
| 5.  | 20:23.62 | Katelyn Greenleaf | SEC Championships   | Oct. 31, 2014 | 11     |
| 6.  | 20:25.20 | Rachael Reddy     | SEC Championships   | Oct. 30, 2015 | 16     |
| 7.  | 20:37.45 | Hannah Waggoner   | SEC Championships   | Oct. 31, 2014 | 15     |
| 8.  | 20:37.50 | Katelyn Greenleaf | NCAA Championships  | Nov. 21, 2015 | 63     |
| 9.  | 20:38    | Rebecca Stover    | NCAA Regionals      | Nov. 14, 2014 | 33     |
| 10. | 20:38.44 | Katelyn Greenleaf | NCAA South Region   | Nov. 15, 2013 | 13     |



## 2016 ALABAMA MEN'S INDIVIDUAL TIMES

## CLAY AUSTELL

4-miles • PR - 21:20.11 • Sept. 3, 2016

| Time     | Event                   | Date    | Finish |
|----------|-------------------------|---------|--------|
| 21:20.11 | Brooks Memphis Twilight | Sept. 3 | 66     |

5-kilometer • PR - 16:26.06

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 16:26.06 | Chattanooga Powerade Inv. | Sept. 9 | 29     |

## PAYTON BALLARD

5-miles • PR -

| Time | Event                     | Date     | Finish |
|------|---------------------------|----------|--------|
| DNF  | Joe Piane Notre Dame Inv. | Sept. 30 |        |

5-kilometer • PR - 16:29.55 • Sept. 1, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

8-kilometer • PR - 25:30.26 • Sept. 20, 2014

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

10-kilometer • PR - 32:28.80 • Nov. 14, 2014

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## JAMES BRINYARK

4-miles • PR - 20:34.11 • Sept. 3, 2016

| Time     | Event                   | Date    | Finish |
|----------|-------------------------|---------|--------|
| 20:34.11 | Brooks Memphis Twilight | Sept. 3 | 28     |

5-miles • PR - 26:06.9 • Sept. 30, 2016

| Time    | Event                     | Date     | Finish |
|---------|---------------------------|----------|--------|
| 26:06.9 | Joe Piane Notre Dame Inv. | Sept. 30 | 181    |

5-kilometer • PR - 15:45.97 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 15:45.97 | Chattanooga Powerade Inv. | Sept. 9 | 9      |

8-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## ANDREW BULL

4-miles • PR - 20:39.44 • Sept. 3, 2016

| Time     | Event                   | Date    | Finish |
|----------|-------------------------|---------|--------|
| 20:39.44 | Brooks Memphis Twilight | Sept. 3 | 34     |

5-miles • PR - 26:09.8 • Sept. 30, 2016

| Time    | Event                     | Date     | Finish |
|---------|---------------------------|----------|--------|
| 26:09.8 | Joe Piane Notre Dame Inv. | Sept. 30 | 185    |

5-kilometer • PR - 15:57.50 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 15:57.50 | Chattanooga Powerade Inv. | Sept. 9 | 16     |

8-kilometer • PR - 25:57.08 • Sept. 20, 2014

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

10-kilometer • PR - 32:48.50 • Nov. 13, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## GARRETT BULL

4-miles • PR - 20:31.71 • Sept. 3, 2016

| Time     | Event                   | Date    | Finish |
|----------|-------------------------|---------|--------|
| 20:31.71 | Brooks Memphis Twilight | Sept. 3 | 24     |

5-miles • PR - 25:31.7 • Sept. 30, 2016

| Time    | Event                     | Date     | Finish |
|---------|---------------------------|----------|--------|
| 25:31.7 | Joe Piane Notre Dame Inv. | Sept. 30 | 149    |

5-kilometer • PR - 15:56.63 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 15:56.63 | Chattanooga Powerade Inv. | Sept. 9 | 14     |

8-kilometer • PR - 25:53.24 • Sept. 20, 2014

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

10-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## ROBBIE FARNHAM-ROSE

5-miles • PR - 24:49.0 • Sept. 30, 2016

| Time    | Event                     | Date     | Finish |
|---------|---------------------------|----------|--------|
| 24:49.0 | Joe Piane Notre Dame Inv. | Sept. 30 | 87     |

5-kilometer • PR - 15:33.74 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 15:33.74 | Chattanooga Powerade Inv. | Sept. 9 | 6      |

8-kilometer • PR - 25:03.55 • Oct. 31, 2014

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

10-kilometer • PR - 30:58 • Nov. 14, 2014

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## CONNOR FERRENTINO

5-kilometer • PR - 16:28.92 • Sept. 1, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

8-kilometer • PR - 26:13.55 • Oct. 16, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

10-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## PATRICK GRANT

5-kilometer • PR - 16:20.22 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 16:20.22 | Chattanooga Powerade Inv. | Sept. 9 | 27     |

8-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

10-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|





## 2016 ALABAMA MEN'S INDIVIDUAL TIMES

## NOAH KARR

5-kilometer • PR -  
Time Event Date Finish

8-kilometer • PR -  
Time Event Date Finish

10-kilometer • PR -  
Time Event Date Finish

## ANTIBAHS KOSGEI

4-mile • PR - 19:11.13 • Sept. 3, 2016  
Time Event Date Finish  
19:11.13 Brooks Memphis Twilight Sept. 3 1

5-miles • PR - 23:53.4 • Sept. 30, 2016  
Time Event Date Finish  
23:53.4 Joe Piane Notre Dame Inv. Sept. 30 6

5-kilometer • PR - 14:57.13 • Sept. 9, 2016  
Time Event Date Finish  
14:57.13 Chattanooga Powerade Inv. Sept. 9 4

8-kilometer • PR - 23:24.20 • Oct. 30, 2016  
Time Event Date Finish

10-kilometer • PR - 30:25.66 • Nov. 13, 2015  
Time Event Date Finish

## ELLIOTT MILLER

4-mile • PR - 21:21.17 • Sept. 3, 2016  
Time Event Date Finish  
21:21.17 Brooks Memphis Twilight Sept. 3 67

5-kilometer • PR - 16:18.15 • Sept. 9, 2016  
Time Event Date Finish  
16:18.15 Chattanooga Powerade Inv. Sept. 9 26

8-kilometer • PR -  
Time Event Date Finish

10-kilometer • PR -  
Time Event Date Finish

## EVAN PRIZY

4-mile • PR - 20:37.77 • Sept. 5, 2015  
Time Event Date Finish  
20:50.81 Brooks Memphis Twilight Sept. 3 44

5-miles • PR - 25:32.3 • Sept. 30, 2016  
Time Event Date Finish  
25:32.3 Joe Piane Notre Dame Inv. Sept. 30 150

5-kilometer • PR - 15:47.17 • Sept. 9, 2016  
Time Event Date Finish  
15:54.17 Chattanooga Powerade Inv. Sept. 9 13

8-kilometer • PR - 26:15.65 • Oct. 18, 2013  
Time Event Date Finish

10-kilometer • PR -  
Time Event Date Finish

## OLIVER RIGG

5-kilometer • PR - 16:11.09  
Time Event Date Finish  
16:11.09 Chattanooga Powerade Inv. Sept. 9 22

8-kilometer • PR -  
Time Event Date Finish

10-kilometer • PR -  
Time Event Date Finish

## JOSH SHORT

4-mile • PR - 20:02.83 • Sept. 3, 2016  
Time Event Date Finish  
20:02.83 Brooks Memphis Twilight Sept. 3 9

5-miles • PR - 25:59.3 • Sept. 30, 2016  
Time Event Date Finish  
25:59.3 Joe Piane Notre Dame Inv. Sept. 30 176

5-kilometer • PR - 15:56.80 • Sept. 9, 2016  
Time Event Date Finish  
15:56.80 Chattanooga Powerade Inv. Sept. 9 15

8-kilometer • PR - 26:53.40 • Sept. 26, 2015  
Time Event Date Finish

10-kilometer • PR -  
Time Event Date Finish

## CONNER THOMPSON

4-mile • PR - 20:04.56 • Sept. 3, 2016  
Time Event Date Finish  
20:04.56 Brooks Memphis Twilight Sept. 3 11

5-miles • PR - 24:58.4 • Sept. 30, 2016  
Time Event Date Finish  
24:58.4 Joe Piane Notre Dame Inv. Sept. 30 107

5-kilometer • 15:47.46 • Sept. 9, 2016  
Time Event Date Finish  
15:47.46 Chattanooga Powerade Inv. Sept. 9 10

8-kilometer • PR - 24:21.60 • Oct. 30, 2015  
Time Event Date Finish

10-kilometer • PR - 31:41.78 • Nov. 13, 2015  
Time Event Date Finish

## DREW WILLIAMS

5-kilometer • PR -  
Time Event Date Finish

8-kilometer • PR -  
Time Event Date Finish

10-kilometer • PR -  
Time Event Date Finish



## 2016 ALABAMA WOMEN'S INDIVIDUAL TIMES

## CAROLINE BARLOW

5-kilometer • PR - 17:57.48 • Sept. 3, 2016

| Time     | Event                     | Date     | Finish |
|----------|---------------------------|----------|--------|
| 17:57.48 | Brooks Memphis Twilight   | Sept. 3  | 12     |
| 17:54.04 | Joe Piane Notre Dame Inv. | Sept. 30 | 114    |

6-kilometer • PR - 21:33.3 • Nov. 14, 2014

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## CAROLINE BROOKS

2-miles • PR - 12:15.97 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 12:15.97 | Chattanooga Powerade Inv. | Sept. 9 | 22     |

5-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## REBECCA BUTEAU

5-kilometer • PR - 17:50.5 • Sept. 30, 2016

| Time     | Event                     | Date     | Finish |
|----------|---------------------------|----------|--------|
| 18:07.23 | Brooks Memphis Twilight   | Sept. 3  | 18     |
| 17:50.5  | Joe Piane Notre Dame Inv. | Sept. 30 | 109    |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## HANNAH CAPEK

5-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## DALEY CLINE

5-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## CALLI COGGINS

5-kilometer • PR - 18:01.84 • Sept. 3, 2016

| Time     | Event                     | Date     | Finish |
|----------|---------------------------|----------|--------|
| 18:01.84 | Brooks Memphis Twilight   | Sept. 3  | 15     |
| 18:12.6  | Joe Piane Notre Dame Inv. | Sept. 30 | 145    |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## ALEXA CRUZ

5-kilometer • PR - 18:27.2 • Sept. 30, 2016

| Time     | Event                     | Date     | Finish |
|----------|---------------------------|----------|--------|
| 18:39.77 | Brooks Memphis Twilight   | Sept. 3  | 44     |
| 18:27.2  | Joe Piane Notre Dame Inv. | Sept. 30 | 160    |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## CAROLINE CUMBEST

5-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## ELISABETH DANIS

5-kilometer • PR - 18:05.16 • Sept. 3, 2016

| Time     | Event                     | Date     | Finish |
|----------|---------------------------|----------|--------|
| 18:05.16 | Brooks Memphis Twilight   | Sept. 3  | 16     |
| 18:12.1  | Joe Piane Notre Dame Inv. | Sept. 30 | 144    |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## EBIE DOUGLAS

2-miles • PR - 14:00.03 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 14:00.03 | Chattanooga Powerade Inv. | Sept. 9 | 52     |

5-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## EMILY EDWARDS

2-miles • PR - 11:28.54 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 11:28.54 | Chattanooga Powerade Inv. | Sept. 9 | 6      |

5-kilometer • PR - 17:47.12 • Sept. 5, 2015

| Time    | Event                     | Date     | Finish |
|---------|---------------------------|----------|--------|
| 17:51.0 | Joe Piane Notre Dame Inv. | Sept. 30 | 111    |

6-kilometer • PR - 21:38.05 • Nov. 13, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## SAVANNAH FRALEIGH

5-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## NICOLE GARDNER

5-kilometer • PR - 17:59.00 •

| Time     | Event                   | Date    | Finish |
|----------|-------------------------|---------|--------|
| 18:23.72 | Brooks Memphis Twilight | Sept. 3 | 28     |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## JESSICA GRAY

2-miles • PR - 11:30.71 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 11:30.71 | Chattanooga Powerade Inv. | Sept. 9 | 7      |

5-kilometer • PR - 18:17.79 • Oct. 16, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR - 21:24.40 • Oct. 30, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|



## 2016 ALABAMA WOMEN'S INDIVIDUAL TIMES

## BRIANNA KOSHY

2-miles • PR - 12:08.34 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 12:08.34 | Chattanooga Powerade Inv. | Sept. 9 | 16     |

5-kilometer • PR - 19:19.43 • Oct. 16, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## VERONICA LYLE

2-miles • PR - 11:42.54 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 11:42.54 | Chattanooga Powerade Inv. | Sept. 9 | 9      |

5-kilometer • PR - 17:52.20 • Oct. 16, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR - 21:40.60 • Oct. 30, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## SARAH MOHAN

5-kilometer • PR - 18:34.71 • Sept. 3, 2016

| Time     | Event                   | Date    | Finish |
|----------|-------------------------|---------|--------|
| 18:34.71 | Brooks Memphis Twilight | Sept. 3 | 39     |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## GABBY PRIZIO

5-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## RACHAEL REDDY

5-kilometer • PR - 17:06.26 • Sept. 5, 2015

| Time    | Event                     | Date     | Finish |
|---------|---------------------------|----------|--------|
| 17:27.3 | Joe Piane Notre Dame Inv. | Sept. 30 | 76     |

6-kilometer • PR - 20:25.20 • Oct. 30, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## ALISON RINGLE

2-miles • PR - 11:55.94 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 11:55.94 | Chattanooga Powerade Inv. | Sept. 9 | 13     |

5-kilometer • 18:07.33 • Sept. 5, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR - 22:09.8 • Sept. 26, 2015

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## BRITTANY TOLSON

2-miles • PR - 12:07.64 • Sept. 9, 2016

| Time     | Event                     | Date    | Finish |
|----------|---------------------------|---------|--------|
| 12:07.64 | Chattanooga Powerade Inv. | Sept. 9 | 15     |

5-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## HANNAH WAGGONER

5-kilometer • PR - 17:06.7 • Sept. 30, 2016

| Time     | Event                     | Date     | Finish |
|----------|---------------------------|----------|--------|
| 17:17.72 | Brooks Memphis Twilight   | Sept. 3  | 2      |
| 17:06.7  | Joe Piane Notre Dame Inv. | Sept. 30 | 47     |

6-kilometer • PR - 20:01.1 • Nov. 14, 2014

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## HALEY WRIGHT

5-kilometer • PR - 18:38.32 • Sept. 3, 2016

| Time     | Event                   | Date    | Finish |
|----------|-------------------------|---------|--------|
| 18:38.32 | Brooks Memphis Twilight | Sept. 3 | 42     |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## MCKENZIE YANEK

5-kilometer • PR - 17:21.2 • Sept. 30, 2016

| Time     | Event                     | Date     | Finish |
|----------|---------------------------|----------|--------|
| 17:43.43 | Brooks Memphis Twilight   | Sept. 3  | 9      |
| 17:21.2  | Joe Piane Notre Dame Inv. | Sept. 30 | 69     |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## KAITLIN YORK

5-kilometer • 18:15.39 • Oct. 16, 2015

| Time     | Event                   | Date    | Finish |
|----------|-------------------------|---------|--------|
| 18:22.99 | Brooks Memphis Twilight | Sept. 3 | 27     |

6-kilometer • PR -

| Time | Event | Date | Finish |
|------|-------|------|--------|
|------|-------|------|--------|

## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS



Sophomore

**CLAY AUSTELL**Collierville, Tenn.  
(Briarcrest Christian School)**SOPHOMORE****2016 Cross Country**

Finished 29th in a time of 16:26.06 in the 5k Chattanooga Powerade Invitational on Sept. 9 ... opened the season with a time of 21:20.11 at the four-mile Brooks Memphis Twilight Classic.

**FRESHMAN****2016 Outdoor Season**

Clocked a 1,500-meter time of 4:03.49 to finish eighth in the event at the War Eagle Invitational.

**2016 Indoor Season**

Did not compete.

**2015 Cross Country**

Did not compete.

**PREP AND PERSONAL**

A four-time TSSAA state medalist at Briarcrest Christian School ... holds the school record for the 5k in cross country and the 4x800 relay ... all-metro selection twice for both cross country and track & field ... a 2015 Indoor Tennessee Track All-State selection ... named the 2012 and 2014 Briarcrest Most Valuable Runner for Cross Country ... also a three-time Briarcrest Most Valuable Runner for Track ... Freshman County Champion in the 800 and 1,600 meters ... has three older brothers who all competed collegiately in track & field – Kent (University of Arkansas, 2004-08), Drew (Chattanooga, 2010-13; Memphis, 2013-14), and Lane (University of Arkansas, 2012-present) ... son of

Steve and Carole Austell ... born Sept. 16, 1996 in Germantown, Tenn.



Senior

**PAYTON BALLARD**Mountain Brook, Ala.  
(Mountain Brook)**ACCOLADES**

- Second Team All-SEC, distance medley relay (2016)

**JUNIOR****Outdoor Season**

Clocked a time of 3:50.58 in the 1,500-meter prelims to finish sixth in the first heat of the event at the SEC Championships ... registered a time of 1:51.34 in the 800 meters to finish 15th at the LSU Invitational ... ran 3:47.09 in the 1,500 meters to finish eighth in the invitational section of the event at the War Eagle Invitational ... registered an 800-meter time of 1:51.43 to finish 12th in the event at the Battle on the Bayou ... clocked a time of 3:57.35 in the 1,500 meters to finish eighth in the event at the FSU Relays.

**Indoor Season**

Assisted in the distance medley relay that took second place in 9:38.28 at the SEC Championships ... ran 4:22.34 to finish 16th in the mile at the Samford Elite Team Invite ... finished the 800 meters in a time of 1:54.43 to place ninth at the Indiana Relays ... clocked an 800-meter time of 1:54.37 at the Conference Clash ... finished sixth in the 800 meters with a time of 1:54.35 at the Commodore Indoor Invitational.

**2015 Cross Country**

Finished the Crimson Classic 8k in 26:22.79 ... clocked a time of 21:44.45 in the 4-mile race at

the Brooks Twilight Classic ... ran 16:29.55 in the Samford Cross Country Opener 5k.

**SOPHOMORE****2015 Outdoor Season**

Registered a time of 3:52.73 in the 1,500 meters to finish third at the LSU Invitational ... finished the 1,500 meters in 3:53.64 to finish 11th at the Border Clash ... clocked a time of 3:55.61 in the 1,500 meters at the Crimson Tide Invitational, finishing eighth ... finished the 1,500 meters in 3:54.21 to place 17th at the Alabama Relays.

**2015 Indoor Season**

Clocked a mile time of 4:12.70 at the Vanderbilt Invitational to finish 13th.

**2014 Cross Country**

Ran a 32:28.8 10k at the NCAA South Regional to finish as Alabama's fifth scorer ... scored for Alabama in the SEC Championships 8k behind a time of 26:02.66 and a 58th-place finish ... clocked a time of 26:41.69 in the Crimson Classic 8k ... finished the Paul Short Invitational 8k in 25:39 ... opened the season with a time of 25:30.26 in the 8k at the Asheville Cross Country Carnival, setting a new personal best.

**FRESHMAN****2014 Indoor Season**

Ran a personal best 4:17.84 in the mile at the Tyson Invitational ... clocked a 4:21.39 at the Indiana Relays ... placed 22nd at the Auburn Invitational in the mile with a time of 4:21.94.

**2013 Cross Country**

Clocked at 32:40.11 and counted towards the Crimson Tide's score at the NCAA South Region with a 10k time of 32:40.11 ... ran 75th at the SEC Championships with a time of 26:02.68 ... placed 26th with a 6k time of 19:47.26 at the Iowa Invitational ... ran a 5-kilometer time of 16:47.17 to open the season at the Samford Dual meet and finished 10th.

**PREP AND PERSONAL**

The 2013 AHSAA state indoor champion in the 1,600 meters (4:24.32) and the 3,200 meters (in a personal-best time of 9:27.95), while running for Mountain Brook High School ... runner-up in the 800 meters at the 2013 state indoor championships (1:57.11) ... set a personal best of 4:19.98 in the 1,600 meters at the Ice Breaker Invitational on Dec. 29, 2012 ... achieved a personal best of 1:53.44 in the 800 meters at the Indoor Alumni Group Invitational (Dec. 15, 2012) ... runner-up in the 5,000 meters at the 2012 AHSAA State Cross Country Championships (5k - 15:44.98) ... won the 2012 Sectional Cross Country Championships (5k - 15:55.64) and the 2012 Walt Disney World Cross Country Classic (5k - 16:24.59) ... placed third in the 800 (1:56.22) and second in the 1,600 (4:23.87) at the 2012 AHSAA Outdoor Championships ... posted a time of 4:20.35 in the 1,600 at the 2012 Volunteer Track Classic ... won 2012 state indoor title in the 800 meters (1:54.84) while finishing as runner-up in the 1,600 (4:21.36) ... placed third in the 2011 state cross country meet (5k - 16:08.05) ... coached by Greg Echols at Mountain Brook ... son of Rob and Sandy Ballard ... born Nov. 15, 1994, in Birmingham, Ala.



Freshman

**JAMES BRINYARK**Berry, Ala.  
(Northside)**FRESHMAN****2016 Cross Country**

Ran the five-mile course at the Joe Piane Notre Dame Invitational in a time of 26:06.9 ... finished ninth and was the Crimson Tide's third runner in a time of 15:45.97 at the 5k

## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS

Chattanooga Powerade Invitational on Sept. 9 ... made his college debut at the Brooks Memphis Twilight Classic and covered the four-mile course in 20:34.11 to finish 28th and come in as Alabama's fifth runner.

**PREP AND PERSONAL**

Coached by Sue Robertson at Northside High School ... runner-up at the 2015 Alabama 4A state cross country championships with a personal-best 5k time of 16:18 ... state champion in the 1,600 and 3,200 meters and runner-up in the 800 meters at the Alabama indoor state championships in 2015 ... member of Northside's 2014 Alabama Class 4A state cross country championship team and 2015 4A/5A state indoor championship team ... also played baseball and basketball at Northside ... born October 13, 1997 in Birmingham, Ala.



Junior

**ANDREW BULL**Nashville, Tenn.  
(Brentwood Academy)**JUNIOR****2016 Cross Country**

Posted a time of 26:09.8 at the five-mile Joe Plane Notre Dame Invitational on Sept. 30 ... finished 16th in a personal-best time of 15:57.50 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... opened the season with a time of 20:39.44 at the four-mile Brooks Memphis Twilight Classic.

**SOPHOMORE****2016 Outdoor Season**

Registered a 5,000-meter time of 15:12.97 to finish 11th in the invitational section of the event at the War Eagle Invitational.

**2016 Indoor Season**

Did not compete.

**2015 Cross Country**

Ran a time of 32:48.50 to place 76th at the NCAA South Regional meet ... finished the Crimson Classic 8k in 26:15.49 ... clocked an 8k time of 27:11.8 at the Cowboy Jamboree ... ran the Brooks Twilight Classic 4-mile course in a time of 21:15.44 ... crossed the 5k finish line in 16:44.02 at the Samford Cross Country Opener.

**FRESHMAN****2015 Outdoor Season**

Did not compete.

**2015 Indoor Season**

Did not compete.

**2014 Cross Country**

Clocked an 8k time of 26:43.61 at the SEC Championships ... ran a 26:56.78 8k at the Crimson Classic ... finished the Paul Short Invitational 8k with a time of 26:06 ... clocked an 8k time of 25:57.08 at the Asheville Cross Country Carnival ... ran a 5k time of 16:31.87 to open the season at the Samford Dual meet, finishing fourth.

**PREP AND PERSONAL**

Coached by Marshal Smith at Brentwood Academy in Nashville, Tenn. ... finished as the runner-up in the 3,200 meters with a time of 9:39.43 at the Tennessee Secondary School Athletic Association Division II State Championships ... set a personal best of 9:20.74 in the 3,200 meters at the 2014 Eastern Relays ... finished fifth in the 1,600 meters with a time of 4:26.29 at the TSSAA Division II State Championships in 2014 ... set a personal best of 4:21.34 in the 1,600 meters while finishing third at the TSSAA Middle Sub-Sectional Meet in 2014 ... helped the Brentwood Academy Eagles in winning the TSSAA Division II State Championships in 2011, 2012 and 2013 ... member of 4x800 relay unit that set a Brentwood

Academy school record in 2014 ... held the position of cross country team captain for the Eagles in the fall of 2013 ... joined by his twin brother, Garrett, at The University of Alabama ... son of Donald and Kathryn Bull ... born Aug. 2, 1995, in Nashville, Tenn.



Junior

**GARRETT BULL**Nashville, Tenn.  
(Brentwood Academy)**JUNIOR****2016 Cross Country**

Posted a time of 25:31.7 at the Joe Plane Notre Dame Invitational to finish as Alabama's No. 4 runner over the five-mile course ... finished 14th in a personal-best time of 15:56.63 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... finished 24th and was Alabama's fourth runner at the season-opening Brooks Memphis Twilight Classic with a time of 20:31.71 over the four-mile course.

**SOPHOMORE****2016 Outdoor Season**

Clocked a 5,000-meter time of 14:57.88 to finish seventh in the invitational section of the event at the War Eagle Invitational ... opened the track and field season at the Alabama Relays, running 4:08.81 in the 1,500 meters.

**2016 Indoor Season**

Did not compete.

**2015 Cross Country**

Ran a time of 32:36.43 to place 64th at the NCAA South Regional meet ... crossed the finish line in 75th place and scored 70 points at the SEC Cross Country Championships

with a time of 25:25.00 ... finished the Crimson Classic 8k in 26:12.20 ... clocked an 8k time of 26:45.5 to finish 34th at the Cowboy Jamboree ... ran 21:27.16 in the Brooks Twilight Classic 4-mile race ... opened the season with a 16:23.07 5k-finish at the Samford Cross Country Opener.

**FRESHMAN****2015 Outdoor Season**

Crossed the finish line in the 5,000 meters with a time of 15:11.53 to finish seventh at the Border Clash ... finished the 5,000 meters in 15:29.13 at the Alabama Relays.

**2015 Indoor Season**

Did not compete.

**2014 Cross Country**

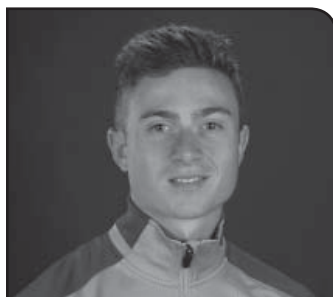
Ran the SEC championship 8k in 26:58.14 ... finished the Crimson Classic 8k in a time of 26:53.95 ... clocked an 8k time of 25:42 at the Paul Short Invitational ... ran the Asheville Cross Country Carnival 8k in a time of 25:53.24 ... opened the season with a 5k time of 16:32 at the Samford Dual and finished fifth.

**PREP AND PERSONAL**

Coached by Marshal Smith at Brentwood Academy in Nashville, Tenn. ... set a personal best of 4:22.60 in the 1,600 meters and finished fourth at the Tennessee Secondary School Athletic Association Division II Middle Sub-Sectional Meet ... finished fourth in the 1,600 meters at the TSSAA Division II State Championships in 2014 with a time of 4:23.40 ... recorded a personal best of 9:27.33 in the 3,200 meters at the 2014 Eastern Relays ... was a member of the Brentwood Academy track and field team that won the TSSAA Division II State Championships in 2011, 2012 and 2013 ... aided his high school's cross country team to a state championship in 2011 ... running alongside his twin brother, Andrew, for the Crimson Tide ... son of Donald and Kathryn Bull ... born Aug. 2, 1995, in Nashville, Tenn.



## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS



Senior

**ROBBIE FARNHAM-ROSE**Borough Green, England  
(Wrotham)**ACCOLADES**

- Second Team All-SEC, indoor DMR (2016)
- NCAA All-South Region, 2014 cross country
- SEC All-Freshman Team, 2013 indoor (Mile)
- SEC All-Freshman Team, 2013 outdoor (1,500 meters)

**SENIOR****2016 Cross Country**

Clocked a time of 24:49.0 at the five-mile Joe Piane Notre Dame Invitational, finishing as Alabama's No. 2 runner ... made his 2016 debut at the Chattanooga Powerade Invitational and finished sixth in a personal-best time of 15:33.74, coming in as the Tide's No. 2 runner over the 5k course.

**JUNIOR****2016 Outdoor Season**

Ran a time of 3:51.96 in the 1,500 meters at the NCAA East Regional meet ... registered a 1,500-meter preliminary time of 3:46.64 to qualify for the finals in the event where he ran 3:51.11 to finish fourth at the SEC Championships ... finished third in the invitational section of the 1,500 meters at the War Eagle Invitational, clocking a personal-best time of 3:44.39 ... posted a time of 1:51.13 in the 800 meters at the Battle on the Bayou to finish 10th in the event ... ran a time of 3:46.22 in section one of the 1,500 meters at the Stanford Invitational.

**2016 Indoor Season**

Registered a mile preliminary time of 4:07.82 to finish 11th in the event and ran a leg of the distance medley relay that finished second in 9:38.28 at the SEC Championships ... clocked a time of 4:00.92 in the mile to finish fifth at the Iowa State Classic ... finished the mile in a time of 4:07.65 to place seventh at the Conference Clash ... ran the 3,000 meters in 8:08.77 to finish fifth in the event at the Commodore Indoor Invitational.

**2015 Cross Country**

Ran a top-25 time of 31:27.01 to place 19th at the NCAA South Regional meet ... crossed the finish line in 43rd place and scored 42 points at the SEC Cross Country Championships with a time of 24:48.60 ... finished the Crimson Classic 8k with a time of 25:45.01 ... finished 20th at the Cowboy Jamboree, recording an 8k time of 26:00.8 ... ran a 4-mile time of 20:07.89 at the Brooks Twilight Classic ... crossed the 5k finish line in a time of 15:56.53 at the Samford Cross Country Opener

**SOPHOMORE****2015 Outdoor Season**

Posted a time of 1:50.50 in the 800 meters to finish eighth at the LSU Invitational ... won the 1,500 meters at the Border Clash with a time of 3:44.72 ... won the 1,500 meters at the Crimson Tide Invitational with a time of 3:46.58.

**2015 Indoor Season**

Crossed the mile finish line in 4:03.87 to place third in the mile at the SEC championships after finishing third (4:06.48) in the second heat of the semifinals ... recorded a personal-best mile time of 4:01.34 to win the Frank Seignie Husker Invitational ... won the men's mile at the Auburn Invitational with a time of 4:03.75.

**2014 Cross Country**

Led the Alabama men's team across the finish line at the NCAA South Regional 10k, recording an 18th

place finish and a personal best of 30.58 ... finished with a time of 25:50.60 in the Crimson Classic 8k ... clocked an 8k time of 25:06 at the Paul Short Invitational ... won the Asheville Cross Country Carnival with a 25:04.98 8k.

**2013-14**

Did not compete.

**FRESHMAN****2013 Outdoor Season**

Finished 4th at the SEC Outdoor Championships with a 1,500 meter time of 3:51.46 ... ran on the 4x800-meter relay team at the Drake Relays that came in 6th with a time of 7:33.83 ... won his second event of the outdoor season with a 3:47.55 1,500 meter time at the Crimson Tide Invitational ... won the 1,500 meter race at the Yellow Jacket Invitational, timed at 3:45.47, a new PR ... anchor leg on the winning distance medley relay (1st in 9:51.62) unit at the John Mitchell Alabama Relays.

**2013 Indoor Season**

Ran best time of the year at the SEC Championships and placed third in the mile with a time of 4:02.34 ... ran in the mile at the Mark Colligan with a time of 4:07.81 and a second-place finish ... added another top-10 finish at the Indiana Relays with a time of 1:53.55 in the 800 meter invitational ... ran a 4:08.04 at the Indiana Relays in the mile invitational, good enough for ninth ... finished third in the mile with a time of 4:11.63 in first collegiate meet of his career at the Auburn Invitational.

**PREP AND PERSONAL**

Competed for the Tonbridge Athletic Club in his native England ... ran a personal best of 1:49.61 in the 800 meters to win the BMC Regional Races ... was second in the U20 section of the 1,500 meters at the Aviva England Athletics Championships & World Trials ... was third at the English Schools' Cross Country Championships ... finished 23rd at the English Junior Cross

Country Championships ... is the son of Robert Farnham and Eileen Rose.



Junior

**CONNOR FERRENTINO**Orlando, Fla.  
(Freedom)**SOPHOMORE****2016 Outdoor Season**

Clocked a time of 3:53.22 in the 1,500-meter prelims to finish eighth in the second heat of the event at the SEC Championships ... finished ninth in the 800 meters with a time of 1:49.69 at the LSU Invitational ... ran 3:48.83 in the 1,500 meters to finish 11th in the invitational section of the event at the War Eagle Invitational ... registered a time of 3:53.88 in the 1,500 meters at the Florida Relays ... clocked a time of 3:52.42 in the 1,500 meters to finish fifth in the event at the FSU Relays.

**2016 Indoor Season**

Ran a mile-time of 4:18.17 at the Conference Clash.

**2015 Cross Country**

Crossed the finish line in 67th place and scored 63 points at the SEC Cross Country Championships with a time of 25:10.40 ... Clocked a time of 26:13.55 in the Crimson Classic 8k ... finished the Brooks Twilight Classic 4-mile race in a time of 21:04.82 ... ran 16:28.92 in the Samford Cross Country Opener 5k.

**FRESHMAN****2015 Outdoor Season**

Ran the 1,500 meters in 3:53.81 to finish 16th at the Alabama Relays.

**2015 Indoor Season**

Ran the mile in 4:25.78 to finish 24th at the Vanderbilt Invitational.



## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS

**2014 Cross Country**

Clocked an 8k time of 26:35.47 at the Asheville Cross Country Carnival ... ran a time of 16:31.87 to open the season at the Samford Dual meet and finish second.

**PREP AND PERSONAL**

Coached by Leonard Malach at Freedom High School in Orlando, Fla. ... one of the top cross country runners in the Florida prep ranks ... earned first team All-State honors in track and cross country in 2012 and 2013 ... won the 2013 Metro East Cross Country Championships (5k - 16:05.36) and the 2013 Astronaut Cross Country Invitational (5k - 16:18.60) ... was second at the 2013 Florida Class 4A Region 1 Cross Country Championships (5k - 16:04.00) ... was runner-up at the 2013 Florida Class 4A District 4 Cross Country Championships (5k - 16:01.20) ... placed eighth (5k - 15:54.21) at the 2013 Florida High School Athletic Association (FHSAA) Cross Country Championships ... competed at the 2013 Foot Locker South Regional Cross Country Championships (5k - 15:45.00) ... was third at the Mountain Dew Cross Country Invitational (5k - 15:46.57) ... as a sophomore in 2012, placed sixth at the Florida Class 4A Cross Country Championships (5k - 15:52.00) and was fourth at the Class 4A Region 1 Championships (5k - 15:50.55) ... won two cross country races in 2012, the Gibson Summertime Run (5k - 16:24.90) and the Edgewater Invitational (5k - 16:29.00) ... on the track, he placed 11th in the 1,500 at the 2012 AAU National Junior Olympics (4:08.69) ... placed third in the 1,600 (4:21.64) at the 2012 Florida Class 4A Outdoor State Finals ... holds Freedom High School records in six events (1,500; 1,600; 3,200; 2-mile; 5,000; 4x800-meter relay) ... named the team's MVP in 2012 and 2013 ... the 2013 Metro Conference cross country champion ... also played soccer in high school, earning team offensive MVP honors as a sophomore when he scored 17 goals for the season ... son of Robert

and Erin Ferrentino ... born Dec. 31, 1995 in Buffalo, N.Y.



Freshman

**PATRICK GRANT**

Southampton, Pa.  
(LaSalle)

**FRESHMAN****2016 Cross Country**

Made his collegiate debut at the Chattanooga Powerade Invitational and posted a time of 16:20.22 over the 5k course to finish 27th.

**PREP AND PERSONAL**

Coached by Greg Bielecki at LaSalle High School ... Philadelphia Catholic League indoor and outdoor champion in the mile run ... 4x800-meter relay and distance medley relay state medalist ... second team all-state as a senior ... personal best of 4:15.56 in the 1,600 meters and 1:54.85 in the 800 meters ... member of three Philadelphia Catholic League indoor and outdoor championship teams (2013, 2015, 2016) and the 2015 PCL cross country championship team ... son of Christopher and Mary Grant ... born June 16, 1997 in Southampton, Pa.



Freshman

**NOAH KARR**

Tuscaloosa, Ala.  
(American Christian Academy)

**PREP AND PERSONAL**

Coached by Charles Tiller at American Christian Academy in Tuscaloosa, Ala. ... one of the top distance runners in Alabama ... Won state outdoor titles in the 800 meters and mile in 2015 and indoor 800 meter state titles in 2014 and 2015 ... holds personal bests of 1:56.00 in the 800 meters and 4:30.00 in the mile ... older brother, Nathan, is a shot putter for the Crimson Tide ... son of Chuck and Jodie Karr born April 8, 1997 in Tuscaloosa, Ala.



Senior

**ANTIBAHS KOSGEI**

Eldoret, Kenya  
(South Plains College)

**ACCOLADES**

- SEC Cross Country Champion, 8k (2015)
- SEC Men's Runner of the Year, cross country (2015)
- First Team All-SEC, cross country (2015)
- Honorable Mention All-American, outdoor 10,000 meters (2016)
- Second Team All-SEC, 10,000 meters (2016)
- NCAA South Region Champion, 10k (2015)
- South Region Athlete of the Year (2015)

- All-NCAA South Region, cross country (2015)

**SENIOR****2016 Cross Country**

Finished sixth and was Alabama's top runner at the five-mile Joe Plane Notre Dame Invitational in a time of 23:53.4 ... was the Tide's first runner across the finish line, coming in fourth at the Chattanooga Powerade Invitational on Sept. 9 with a time of 14:57.13 over the 5k course ... Earned SEC Men's Runner of the Week honors after finishing first at the season-opening Brooks Memphis Twilight Classic in a time of 19:11.13 over the four-mile course.

**JUNIOR****2016 Outdoor Season**

Crossed the finish line with a time of 29:42.89 in the 10,000 meters to place 18th at the NCAA Championships ... finished second in the 10,000 meters at the NCAA East Regional meet, clocking a time of 30:03.59 ... competed in three events at the SEC Championships, finishing as the runner-up in the 10,000 meters (29:49.16), 10th in the 3,000-meter steeplechase (9:00.53), and fifth in the 5,000 meters (14:08.08) ... finished eighth in the 1,500 meters with a time of 3:54.11 at the LSU Invitational ... won the invitational section of the 5,000 meters at the War Eagle Invitational with a time of 14:38.68 ... finished the 10,000 meters in 29:19.63 at the Stanford Invitational.

**2016 Indoor Season**

Registered a 5,000-meter time of 14:10.62 to finish 6th in the event at the SEC Championships ... ran the 3,000 meters in a time of 8:13.39 to finish as the runner-up at the Indiana Relays ... clocked a 3,000-meter time of 8:19.56 to finish sixth at the Conference Clash ... finished eighth in the mile with a time of 4:10.07 at the Commodore Indoor Invitational.

**2015 Cross Country**

Competed at the 2015 NCAA Cross Country Championships with a time

## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS

of 30:59.30 ... won the NCAA South Regional 10k race with a time of 30:25.66 ... winner of the SEC Cross Country Championships crossing the finish line with a time of 23:24.10 ... clocked a time of 24:17.47 at the Crimson Classic to finish as the runner-up ... ran 25:08.9 to win the Cowboy Jamboree 8k ... won the Brooks Twilight Classic 4-mile race in his Crimson Tide debut, running 19:49.75.

## PREP AND PERSONAL

Placed in the top six in three events at the 2015 National Junior College Athletic Association (NJCAA) Indoor Championships (5,000 – 2nd, 15:01.23; 3,000 – third, 8:47.20; Mile – sixth, 4:22.28) ... fifth in the 5,000 at the 2014 NJCAA Outdoor Championships in 14:57.92 ... second at the 2014 NJCAA Cross Country Championships (8k) in 24:25.00 ... led South Plains to a third-place team finish at the 2014 NJCAA Cross Country Championships ... won the NJCAA Region 5 meet in the 8k with a time of 23:49.00, leading South Plains to a team title ... helped lead South Plains to a third-place team finish at the 2013 NJCAA Cross Country Championships with a sixth-place finish in 25:33.5 (8k) ... was the 2013 NJCAA Region 5 champion in the 8k running a time of 25:15.61 ... placed sixth at the 2013 NJCAA Half-Marathon Championships ... has personal bests of 3:53.01 in the 1,500 meters, 4:19.43 in the Mile, 9:09.78 in the 3,000 meter steeplechase, 14:51.27 in the 5,000 meters, and 32:40.99 in the 10,000 meters ... Born in Eldoret, Kenya.



Freshman

**ELLIOTT MILLER**Cheyenne, Wyo.  
(Cheyenne Central)

## FRESHMAN

## 2016 Cross Country

Finished 26th at the Chattanooga Powerade Invitational with a time of 16:18.15 over the 5k course ... made his debut at the four-mile Brooks Memphis Twilight Classic and circled the course in a time of 21:21.17.

## PREP AND PERSONAL

Coached by Sean Wilde and Bruce Mowry at Cheyenne Central ... three-time all-state selection in cross country ... outdoor state champion in the 800 meters and 1,600 meters and indoor 800 meters as a senior in 2016 ... high-point scorer at 2016 state outdoor track championships ... runner-up at the 2015 state cross country championships ... all-state selection as a junior and senior in outdoor track and as a senior in indoor track ... 5k cross country personal best of 15:57 ... personal bests of 4:21.80 in the 1,600 meters and 1:55.76 in the 800 meters ... son of Kirk and Cheryl Miller ... born February 14, 1998.



Senior

**EVAN PRIZY**Schaumburg, Ill.  
(Schaumburg)

## SENIOR

## 2016 Cross Country

Clocked a time of 25:32.3 in the Joe Piane Notre Dame Invitational to finish as the Tide's No. 5 runner on the five-mile course ... finished 13th and was Alabama's fifth finisher at the 5k Chattanooga Powerade Invitational in a personal-best time of 15:54.17 ... opened the season with a time of 20:50.81 at the four-mile Brooks Memphis Twilight Classic.

## JUNIOR

## 2016 Outdoor Season

Finished fourth in the 5,000 meters with a time of 15:15.95 at the LSU Invitational ... clocked a time of 14:53.41 in the 5,000 meters to finish fifth in the invitational section of the meet at the War Eagle Invitational ... won the 5,000 meters with a time of 15:07.62 at the FSU Relays.

## 2016 Indoor Season

Did not compete.

## 2015 Cross Country

Crossed the finish line with a time of 25:50.20 at the SEC Cross Country Championships ... finished the Crimson Classic 8k in a time of 26:16.18 ... clocked a time of 28:17.7 in the Cowboy Jamboree 8k ... ran 20:37.77 in the Brooks Twilight Classic 4-mile race ... opened the season at the Samford Cross Country Opener, finishing the 5k in 16:26.93.

## SOPHOMORE

## 2015 Outdoor Season

Did not compete.

## 2015 Indoor Season

Did not compete.

## 2014 Cross Country

Clocked a time of 16:31.91 to open the season at the Samford Dual meet and finished third.

## FRESHMAN

## 2014 Outdoor Season

Did not compete.

## 2014 Indoor Season

Did not compete.

## 2013 Cross Country

Competed at the SEC Championships, posting an 8k time of 27:58.00 ... in his first collegiate meet, finished 24th in the 6k run at the Iowa Invitational with a time of 19:34.23.

## PREP AND PERSONAL

Coached by Jam Macnider (2009-10) and Scott Lilley (2011-13) at Schaumburg High School in Schaumburg, Ill. ... helped his team qualify for the Illinois state cross country championships as a freshman and sophomore in 2009 and 2010 ... qualified for the state meet in the 3,200 meters for three consecutive years from his sophomore through senior seasons (2011-13) ... a two-time Sectional Track champion (2011, 2013) ... set the freshman indoor school record for the 1,600 with a 4:43.4 in 2010 ... the 2013 Daily Herald Prep Sports Excellence Athlete ... Most Valuable Player for his cross country team as a junior and a senior (2011 and 2012) ... Schaumburg's cross country team captain as a junior and senior (2011 and 2012) ... named Schaumburg's Track Distance Captain as a junior and senior (2012 and 2013) ... began competing in track at the age of 13 ... son of Mike and Sandy Prizy ... the youngest of three children ... his father ran track and cross country at Eastern Illinois ... born September 9, 1994, in Schaumburg, Ill.

## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS



Freshman

**OLIVER RIGG**Zionsville, Ind.  
(Zionsville)**FRESHMAN****2016 Cross Country**

Made his collegiate debut at the Chattanooga Powerade Invitational on Sept. 9, finishing 22nd in a time of 16:11.09 over the 5k course.

**PREP AND PERSONAL**

Coached by Gabe Porras at Zionsville High School ... won the 2015 IHSAA Sectional Cross Country race with 5k time of 16:01 ... claimed the runner-up position at the 2015 IHSAA Regional Cross Country race with a personal-record 5k time of 15:47 ... finished as the runner-up in the 2015 IHSAA Boys Sectional in the 800 meters and the 2014 IHSAA Sectional 1,600 meters ... named a New Balance Nationals All-American for his performance in the freshman mile in 2013 ... son of John and Suzanne Rigg ... both parents were members of the track team at Iowa State ... born February 10, 1998 in Zionsville, Ind.



Junior

**JOSH SHORT**Cedarburg, Wis.  
(Cedarburg)**JUNIOR****2016 Cross Country**

Competed in the Joe Piane Notre Dame Invitational and posted a time of 25:59.3 over the five-mile course ... finished 15th in a time of 15:56.80 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... finished ninth with a time of 20:02.83 at the four-mile Brooks Memphis Twilight Classic to finish as Alabama's No. 2 runner.

**SOPHOMORE****2016 Outdoor Season**

Clocked a 3,000-meter steeplechase time of 9:27.76 to finish 15th in the event at the SEC Championships ... competed in the 1,500-meter race at the LSU Invitational ... registered a 1,500-meter time of 3:50.18 to finish 12th in the invitational section of the event at the War Eagle Invitational ... clocked a time of 5:56.43 in the 2,000-meter steeplechase to finish fourth in the event at the FSU Relays.

**2016 Indoor Season**

Clocked a time of 8:24.85 in the 3,000 meters at the SEC Championships to finish 12th in the event ... registered a time of 8:28.84 in the 3,000 meters to finish seventh at the Samford Elite Team Invite ... finished 11th in the 3,000 meters at the Indiana Relays, clocking a time 8:36.80 ... clocked a mile-time of 4:13.36 at the Conference Clash ... ran the mile in 4:11.07 at the Commodore Indoor Invitational to finish 10th.

**2015 Cross Country**

Clocked an 8k time of 26:53.4 to finish 37th at the Cowboy Jamboree ... crossed the Brooks Twilight Classic 4-mile finish as the Tide's third runner, clocking a time of 20:22.71 ... ran 16:12.50 in the Samford Cross Country Opener 5k.

**FRESHMAN****2015 Outdoor Season**

Did not compete.

**2015 Indoor Season**

Did not compete.

**2014 Cross Country**

Did not compete.

**PREP AND PERSONAL**

Coached by Mark Allen at Cedarburg High School in Cedarburg, Wis. ... one of the top distance and cross country runners in the state of Wisconsin high school ranks ... won conference, regional and sectional championships in the 1,600 and 3,200 outdoors in 2013 ... voted Cedarburg's Cross Country MVP in 2012 ... qualified for the state meet at 1,600 and 3,200 in 2013 ... first-team all-conference in cross country in 2012 ... ran his cross country personal best 5k of 16:05.20 while finishing fourth at the 2012 Cudahy Purgolder Invitational ... finished third at the 2012 Port Washington Cross Country Invitational (5k - 16:28.69) ... placed 32nd at the 2012 Wisconsin Division I State Championships (5k - 16:18.58) ... finished fifth in the 3,200 at the 2013 Myrhum Invitational (9:37.23) ... ran his 3,200 personal best of 9:29.70 on the way to a ninth-place finish at the 2013 Wisconsin Division I Outdoor State Championships ... also lettered in soccer ... began competing in track at age 13 ... son of Brad and Colleen Short ... his mother, Colleen (Wisner) Short competed in cross country and track at the University of Wisconsin-Parkside from 1984-88 ... born April 16, 1996 in McHenry, Ill.



Senior

**CONNER THOMPSON**Murfreesboro, Tenn.  
(Oakland)**SENIOR****2016 Cross Country**

Competed in the Joe Piane Notre Dame Invitational, finishing as the Tide's No. 3 runner with a time of 24:58.4 over the five-mile course ... Alabama's No. 4 runner at the 5k Chattanooga Powerade Invitational, finishing 10th in a personal-best time of 15:47.46 ... finished 11th in a time of 20:04.56 at the four-mile Brooks Memphis Twilight Classic to come in as Alabama's No. 3 runner.

**JUNIOR****2016 Outdoor Season**

Clocked a time of 14:46.78 in 5,000 meters to finish as the runner-up in the invitational section of the event at the War Eagle Invitational ... ran to a sixth-place finish in the 1,500 meters with a time of 3:52.76 at the Battle on the Bayou.

**2016 Indoor Season**

Clocked a time of 14:41.10 in the 5,000 meters to finish 13th in the event at the SEC Championships ... finished ninth in the 3,000 meters at the Conference Clash, recording a time of 8:25.85.

**2015 Cross Country**

Finished in 27th place at the NCAA South Regional meet with a time of 31:45.31 ... crossed the finish line in 27th place at the SEC Cross Country Championships with a time of 24:21.50 ... Ran 25:04.75 to finish 19th in the Crimson Classic 8k ... clocked an 8k time of 27:09.4 at the Cowboy Jamboree ... ran 20:30.42 in the 4-mile at the Brooks

## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS

Twilight Classic ... completed the Samford Cross Country Opener 5k in 16:12.50.

**SOPHOMORE****2015 Outdoor Season**

Posted a 1,500-meter time of 3:57.01 to finish eighth in the event at the LSU Invitational ... ran the 5,000 meters in 14:42.88 at the Florida Relays to finish 17th overall.

**2015 Indoor Season**

Did not compete.

**2014 Cross Country Season**

Was Alabama's third finisher at the NCAA South Regional 10k, posting a 72nd-place finish and a time of 32:03.8 ... ran a 26:03.23 at the Crimson Classic 8k ... finished the Paul Short Invitational 8k in 25:17, a new personal best ... finished fifth in the Asheville Cross Country Carnival 8k with a time of 25:30.53.

**FRESHMAN****2014 Outdoor Season**

Ran the 5,000 meters in a time of 14:54.51 at the Alabama Relays.

**2014 Indoor Season**

Clocked a time of 15:19.63 in the 5,000 meters at the SEC Championships.

**2013 Cross Country**

Placed 73rd at the NCAA South Region and ran a 10k of 31:45.37 ... was the Tide's top freshman finisher at the SEC Championships, placing 59th and recording an 8k time of 25:41.40 ... finished as the second UA athlete at the Paul Short Invitational with a time of 25:37 in the 8k, finishing 127th overall ... placed 17th at the Iowa Invitational with a 6k time of 19:14.04 ... was the top freshman finisher at the Samford Dual meet to open the season where he clocked a 5k time of 16:31.83 and finished sixth overall.

**PREP AND PERSONAL**

One of the region's top cross country runners during his prep career ... placed 13th at the 2012 Foot Locker South Regional Cross Country

Championships (5k - 15:15.00) while setting a personal best ... finished sixth at the 2012 Tennessee TSSAA State Cross Country Meet in a time of 16:09.81 (5k), while running for Oakland High School ... won the 2012 state cross country title in a time of 16:00.87 (5k) ... runner-up at the 2012 MSCCA High School Championships in a 5k time of 15:49.41 ... finished third at the 2012 Tennessee Classic in a 5k time of 16:27.51 ... placed 15th on the track in the 3,200 meters at the 2012 New Balance Outdoor Nationals, with a personal-best time of 9:33.36 ... posted a personal best in the mile (4:24.81) at the 2012 Music City Distance Carnival ... placed fifth in the 3,200 meters at the 2012 Tennessee TSSAA State Outdoor Track and Field Championships in a time of 9:26.99, setting a personal best in the process ... won the 3,200 meters at the 2012 Wildcat Classic in 9:57.80 ... placed eighth in the 3,200 meters at the 2011 state outdoor meet (9:30.96) ... finished seventh at the 2010 state cross country meet in a time of 16:19.28 (5k) ... coached by Jason Wooten at Oakland High School ... son of Bret and Robyn Thompson ... born Sept. 6, 1994, in Fort Smith, Ark.

Mountain Brook High School ... high school teammate of current Crimson Tide runner Payton Ballard ... son of Walt and Valerie Williams ... born November 30, 1997.



Freshman

**DREW WILLIAMS**

Mountain Brook, Ala.  
(Mountain Brook)

**PREP AND PERSONAL**

Placed in the top five for the 800 meters, 1600 meters, and high jump at the 2014 AHSAA 6A Section 3 meet ... finished in sixth in the 800 meters at the 2014 AHSAA 6A State Championships with a time of 2:00.24 ... was voted MVP for the 2015 indoor and outdoor seasons at



## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS



Junior

**CAROLINE BARLOW**Naples, Fla.  
(Gulf Coast)**JUNIOR****2016 Cross Country**

Clocked a personal best time of 17:54.0 at the 5k Joe Plane Notre Dame Invitational ... finished 12th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 17:57.48 to finish as Alabama's No. 3 runner.

**SOPHOMORE****2016 Outdoor Season**

Clocked a 1,500-meter preliminary time of 4:37.92 to finish 10th in heat one of the event at the SEC Championships ... also ran the 5,000 meters in a time of 17:02.52 to finish 20th at the SEC Championships ... posted a 1,500-meter time of 4:29.84 to finish fifth in the event at the LSU Invitational ... recorded a time of 17:13.53 in the invitational section of the 5,000 meters at the War Eagle Invitational to finish 10th ... registered an 800-meter time of 2:15.92 to finish 22nd and ran 4:33.19 in the 1,500 meters to finish 10th at the Battle on the Bayou ... ran 4:26.57 in the 1,500 meters at the Alabama Relays to finish sixth.

**2016 Indoor Season**

Registered a personal record time of 4:46.95 in the mile prelims at the SEC Championships to clock the 11th-best time of the day in the event and ran a leg of the distance medley relay that finished fifth with a time of 11:23.59 ... clocked a time of 4:55.78 in the mile to finish fifth at the Samford Elite Team Invite ... finished 16th in the Indiana Relays 800-meter race (2:17.37) and 12th

in the mile (5:02.91) ... ran the 800 meters in a time of 1:16.59 and the mile in a time of 5:00.19 to finish 17th at the Conference Clash ... clocked a time of 4:59.72 in the mile at the Commodore Indoor Invitational.

**2015 Cross Country**

Finished in 49th place with a time of 21:33.05 at the NCAA South Regional meet ... Crossed the finish line in 44th place and scored 41 points with a time of 21:11.70 at the SEC Cross Country Championships ... Clocked a 6k time of 22:18.9 at the Cowboy Jamboree ... ran 18:44.58 in the Brooks Twilight Classic 5k to open her season... finished the Crimson Classic 5k in 18:14.57.

**FRESHMAN****2015 Outdoor Season**

Registered a time of 4:33.20 in the LSU Invitational 1,500 meters to finish eighth in the event ... ran 17:21.52 and finished 14th in the 5,000 meters at the Florida Relays ... crossed the 1,500-meter finish line in 4:34.65 at the Crimson Tide Invitational to finish third ... ran the 5,000 meters in a personal record time of 17:34.77 to finish 22nd at the Alabama Relays.

**2015 Indoor Season**

Finished 12th in the 3,000 meters with a time of 10:16.39 at the Frank Sevigne Husker Invitational ... competed in the mile race with a time of 5:07.34 at the Auburn Invitational.

**2014 Cross Country**

Ran her fastest 6k of the year at the NCAA South Regional, posting a time of 21:33.3 ... finished 65th at the SEC Championships 6k with a time of 21:43.3 ... ran the Crimson Classic 5k in 19:08.37 ... finished her first career 6k in 22:07 at the Paul Short Invitational ... ran 19:02.77 in the 5k at the Asheville Cross Country Carnival ... clocked a 3k time of 12:12.40 to finish eighth at the Samford Dual.

**PREP AND PERSONAL**

One of Florida's top prep distance and cross country runners ... coached by Paul Barlow at Gulf Coast High School in Naples, Fla. ... finished among the top 10 at the Florida Class 3A Cross Country Championships all four years of her prep career, earning all-state honors each time ... set school and conference records in the 1,600 meters, 3,200 meters and 5k ... the 2013 Runner of the Year by the *Naples Daily News* ... runner-up at the 2013 Florida Class 3A Cross Country Championships (5k - 18:15.19) ... the 2013 Class 3A District 12 cross country champion (5k - 18:22.58) ... placed third at the 2013 Class 3A Region 3 cross country championships (5k - 19:18.60) ... was third in the 3,200 meters (11:17.15) at the 2013 Class 3A Outdoor Championships ... finished second (11:14.33) in the 3,200 at the 2013 Class 3A Region 3 Outdoor Championships ... won the Elite Division race at the 2013 Florida State Cross Country Invitational (5k - 17:53.99) ... as a junior, placed fourth at the 2012 Class 3A Cross Country Championships (5k - 18:12.91) ... won the 1,600 at the 2012 Florida Relays (5:03.79) ... placed second in the 1,600 (4:58.91) and second in the 3,200 (10:55.82) at the 2012 Class 3A Region 3 meet ... was fifth in the 1,600 (5:00.36) and fourth in the 3,200 (10:51.22) at the 2012 Class 3A Outdoor Championships ... as a sophomore, finished 16th (5k - 19:04.96) at the 2011 Class 3A Cross Country Championships ... ran a 2011 seasonal best of 18:46.99 for 5k at the Little Everglades Ranch Pre-State cross country meet ... daughter of Paul and Julie Barlow ... born Nov. 6, 1995 in Littleton, Colo.



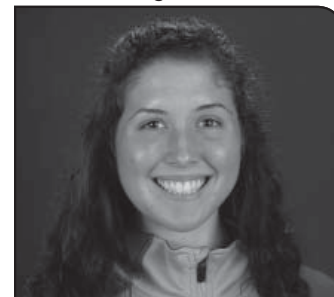
Freshman

**CAROLINE BROOKS**Plano, Texas  
(Plano)**FRESHMAN****2016 Cross Country**

Made her collegiate debut at the Chattanooga Powerade Invitational, finishing 22nd in a time of 12:15.97 over the two-mile course.

**PREP AND PERSONAL**

Coached by Amy Dehdari at Plano High School ... track & field team MVP as a senior in 2016 ... qualified for the UIL 6A regional meet in the 800 meters and 4x400-meter relay ... member of school record-setting 4x400-meter relay team ... also played club soccer in high school ... personal best times/marks of 2:16 in the 800 meters, 59.3 in the 400 meters and 34-1 in the triple jump ... personal best cross country time of 21:12 ... daughter of David and Stephanie Brooks ... born May 18, 1998 in Birmingham, Ala.



Freshman

**REBECCA BUTEAU**Madison, Miss.  
(Madison Central)**FRESHMAN****2016 Cross Country**

Competed in the Joe Plane Notre Dame Invitational and finished as the Tide's No. 4 runner with a time of 17:50.5 in the 5K race ... made

## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS

her collegiate debut at the Brooks Memphis Twilight Classic and finished 18th in a time of 18:07.23.

**PREP AND PERSONAL**

Coached by Garry Howell at Madison Central High School ... holds all distance records at Madison Central High School ... has won multiple state championships in cross country, 3,200 meters, 1,600 meters, and the 800 meters including placing second at the MHSAA State Cross Country Championships in 2014 ... has competed on the high school cross country team since she was a middle schooler ... is a five-time MHSAA all-state performer in cross country and a four-time MHSAA all-state performer in track and field ... daughter of Phil and Patty Carol Buteau ... born July 18, 1998 in Flowood, Mississippi.



Freshman

**HANNAH CAPEK**Monument, Colo.  
(Palmer Ridge)**PREP AND PERSONAL**

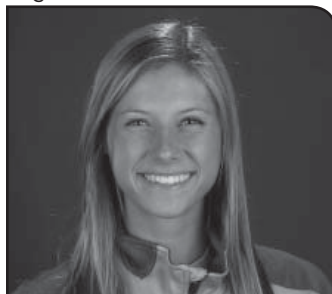
Coached by Kelly Christensen at Palmer Ridge High School ... earned all-state honors in track & field as a senior in 2016... two-time all-conference selection and team MVP in both cross country and track and field as a junior and senior ... school record-holder at 3,200 meters ... also captain of her high school basketball team ... member of National Honor Society ... daughter of Charlie and Ellie Capek ... born Nov. 15, 1997 in Colorado Springs, Colo.



Freshman

**DALEY CLINE**Estero, Fla.  
(Estero)**PREP AND PERSONAL**

Coached by Jeff Sommer at Estero High School ... placed 11th in the 2014 FHSAA 3A cross country championship with a 5,000 meter time of 19:03.10 ... ran the 14th-fastest 1,600-meter time in the state of Florida in 2014 as a sophomore (5:06.51) ... finished second in District 11, third in Region 3 and 10th at the 3A State Championships in the 1,600 meters in 2015 ... member of two state championship cross country teams and two 4x800 relay championship squads at Estero ... 5k personal best time of 18:38 ... 1,600 meters personal best of 5:06 ... Member of National Honor Society ... daughter of Brad and Anne Cline ... born August 12, 1998 in Estero, Fla.



Sophomore

**CALLI COGGINS**Franklin, Tenn.  
(Independence)**SOPHOMORE****2016 Cross Country**

Posted a time of 18:12.6 at the 5k Joe Piane Notre Dame Invitational ... finished 15th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:01.84 to finish as Alabama's No. 4 runner.

**FRESHMAN****2016 Outdoor Season**

Clocked a time of 10:37.78 (11th) in the 3,000-meter steeplechase and ran 17:31.70 (31st) in the 5,000 meters at the SEC Championships ... registered a time of 11:30.67 in the 3,000-meter steeplechase to win the event at the LSU Invitational ... clocked a 5,000-meter time of 17:48.73 to finish 15th in the invitational section of the event at the War Eagle Invitational ... ran 7:24.39 in the 2,000-meter steeplechase to win the event at the FSU Relays.

**2015 Cross Country**

Ran a time of 19:29.34 in the Crimson Classic 5k ... finished as the top Alabama runner at the Samford Cross Country Opener, completing the two-mile course in 11:29.55.

**PREP AND PERSONAL**

A standout in both cross country and track for coach Luke Finley at Independence High School in Thompsons Station, Tenn. ... won the indoor 800 meters as a senior, becoming the first state champion in Independence High School program history ... helped the 4x800 relay team set a school record at the track state championships in 2014 ... was named team MVP for cross country in 2014 after earning all-Mid-state honor ... placed fourth at the state cross country as a sophomore ... received the Wilco Award for cross country as a senior along with the Student-Athlete Award for all of Williamson County ... earned the 2015 DAR Good Citizen Award ... also lettered in softball in 2012 ... member of National Honor Society, Mu Alpha Theta, and volunteered with Habitat for Humanity ... daughter of Jon, who played basketball at Georgia State University and Pam Coggins ... born Oct. 4, 1996 in Nashville, Tenn.



Freshman

**ALEXA CRUZ**Miami, Fla.  
(St. Thomas Aquinas)**FRESHMAN****2016 Cross Country**

Clocked a personal best time of 18:27.2 at the 5k Joe Piane Notre Dame Invitational ... made her collegiate debut at the 5k Brooks Memphis Twilight Classic and finished 44th in a time of 18:39.77.

**PREP AND PERSONAL**

Coached by Trish Butler at St. Thomas Aquinas High School ... 2013 Florida state cross country champion ... won the 2014 Florida State Championship in the 3,200 meters ... 2014 state runner-up in cross country ... selected to the all-county team for cross country and track and field for three consecutive years ... helped the St. Thomas Aquinas Track team become three-time district, regional and state champions ... member of National Honor Society and National Spanish Honor Society ... daughter of Antonio and Eva Cruz ... born April 24, 1998 in Miami.



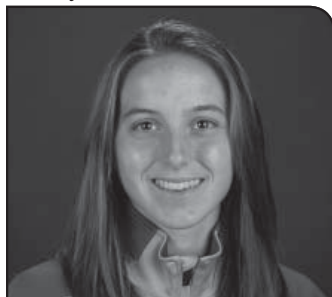
## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS



Freshman

**CAROLINE CUMBEST**Mobile, Ala.  
(Cottage Hill Christian Academy)**PREP AND PERSONAL**

Coached by Chris Brazell at Cottage Hill Christian Academy ... won the bronze division of the 2014 Jesse Owens Classic cross country race ... holds the school records in the 5,000 meters, 3,000 meters, and the 1,600 meters ... named to the all-state cross country team in 2013 and 2014 ... named to the all-state indoor and outdoor track and field team in 2015 ... member of National Honor Society and Mu Alpha Theta Math Honor Society ... daughter of Brent and Patti Cumbest ... born January 16, 1998 in Mobile, Ala.



Freshman

**ELISABETH DANIS**Nottingham, N.H.  
(Coe-Brown Northwood)**FRESHMAN****2016 Cross Country**

Posted a time of 18:12.1 at the 5k Joe Piane Notre Dame Invitational ... was Alabama's No. 4 runner in her collegiate debut at the 5k Brooks Memphis Twilight Classic where she finished 16th in a time of 18:05.16.

**PREP AND PERSONAL**

Coached by Tim Cox and Brent Tkaczyk at Coe-Brown Northwood

... the 2013 New England champion in the 3,200 meters ... placed second at the 2015 New Balance outdoor meet in the 2-mile race ... two-time Nike Cross Nationals qualifier ... was the 2014 and 2015 New Hampshire state champion in the 3,200 meters ... daughter of Eric and Donna Danis ... born March 26, 1998.



Sophomore

**EBIE DOUGLAS**Mobile, Ala.  
(McGill-Toolen)**SOPHOMORE****2016 Cross Country**

Made her collegiate cross country debut at the Chattanooga Powerade Invitational on Sept. 9, finishing 52nd in a time of 14:00.03.

**FRESHMAN****2016 Outdoor Season**

Registered a 1,500-meter time of 4:51.91 to finish ninth at the War Eagle Invitational ... ran the 1,500 meters in a time of 4:55.44 at the Battle on the Bayou ... clocked a time of 4:59.58 in the 1,500 meters at the Alabama Relays.

**2015 Cross Country**

Did not compete.

**PREP AND PERSONAL**

One of the finest middle and long distance runners in Mobile ... coached by Drew Bentley at McGill-Toolen High School ... was an integral part of the 2012 Alabama State Championship 4x800-meter relay ... member of the back-to-back AHSAA 6A state runner-up cross country teams (2010 and 2011) ... member of the AHSAA 6A state runner-up Indoor track and field team in 2012 ... was awarded Mobile

County's 6A Cross Country Runner of the Year in 2013 ... earned All-County Cross Country and Track and Field honors for four years ... captain of the McGill-Toolen cross country and track and field teams for three years ... lettered in cross country and track and field at McGill-Toolen for six years ... holds the McGill-Toolen school record in the 4x800 and 4x1600-meter relay ... earned cross country All-State honors in 2013 ... has personal bests of 5:20.56 in the 1,600 meters, 11:45.28 in the 3,200 meters, and 19:04.40 in the 5k coming out of high school ... member of the Key Club, Servants of the Poor Club and a homeroom representative ... daughter of Boyd and Largay Douglas ... born May 5, 1997 in Mobile, Ala.



Junior

**EMILY EDWARDS**Fort Myers, Fla.  
(Fort Myers)**JUNIOR****2016 Cross Country**

Posted a time of 17:51.0 at the 5k Joe Piane Notre Dame Invitational ... Alabama's top finisher in her season debut at the Chattanooga Powerade Invitational, finishing sixth in a time of 11:28.54 over the two-mile course.

**SOPHOMORE****2016 Outdoor Season**

Clocked an 800-meter time of 2:15.55 to finish 11th in the event at the LSU Invitational ... ran 4:40.02 in the invitational section of the 1,500 meters at the War Eagle Invitational to finish 12th in the event ... registered a time of 2:17.35 in the 800 meters and finished the 1,500 meters in 4:38.19 to finish 15th at

the Battle on the Bayou ... crossed the finish line in 4:34.96 in the 1,500 meters at the Florida Relays ... finished sixth in the 800 meters with a time of 2:13.95 at the FSU Relays ... clocked a time of 4:45.27 in the 1,500 meters at the Alabama Relays.

**2016 Indoor Season**

Registered a mile time of 5:03.77 at the Samford Elite Team Invite to finish 11th ... clocked a time of 2:19.01 in the 800 meters and ran the mile in 5:10.20 at the Indiana Relays ... ran 2:16.65 in the 800 meters and 5:02.44 in the mile at the Conference Clash ... crossed the mile finish line in a time of 4:58.81 at the Commodore Indoor Invitational.

**2015 Cross Country**

Ran a time of 21:38.05 at the NCAA South Regional meet ... Crossed the finish line with a time of 21:44.80 at the SEC Cross Country Championships ... Ran a time of 18:20.05 in the Crimson Classic 5k ... clocked a 6k time of 22:27.0 at the Cowboy Jamboree ... finished 10th in the Brooks Twilight Classic 5k, clocking a personal-best time of 17:47.12.

**FRESHMAN****2015 Outdoor Season**

Finished ninth in the 1,500 meters with a season-best time of 4:32.34 at the Border Clash ... clocked a time of 2:14.25 in the Crimson Tide Invitational 800 meters to finish 11th ... finished fifth in the 1,500 meters with a time of 4:32.72 at the Alabama Relays.

**2015 Indoor Season**

Ran 10:29.20 to take 29th in the 3,000 meters at the SEC Championships ... clocked a time of 5:11.30 in the mile at the Vanderbilt Invitational.

**2014 Cross Country**

Ran a 22:52.2 6k at the SEC championship ... finished the Crimson Classic 5k in a time of 18:50.81 ... clocked a 19:02.04 5k at the Asheville Cross Country Carnival ... ran 11:24.14 and finished second

**2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS**

in the Samford Dual 3k race to open up the season.

**PREP AND PERSONAL**

Widely regarded as the top middle distance and cross country runner in the state of Florida out of high school ... coached by Kelly Britton at Fort Myers High School in Fort Myers, Fla. ... the 2013 Florida Class 3A cross country champion (5k - 18:09.24) ... won the 2013 Class 3A Region 3 cross country title (5k - 18:57.50) and the District 11 title (5k - 19:06.20) ... the 2013 Florida Class 3A 1,600-meter state champion (5:00.60) ... the 2013 Florida Class 3A Region 3 1,600 champion (5:05.57) ... as a junior, placed fifth at the 2012 Florida Class 3A cross country championships (5k - 18:30.30) ... won the 2012 Florida Class 3A Region 3 cross country title (5k - 18:37.30) ... as a freshman in 2011, she finished second in the 800 meters (2:18.43) at the Florida Class 1A State Outdoor Championships.



Freshman

**SAVANNAH FRALEIGH**

Raleigh, N.C.  
(Leesville Road)

**PREP AND PERSONAL**

Coached by Karen Hawkins at Leesville Road High School ... captain of the cross country team as a senior ... team finished third at the 2015 state championships ... received team's Coaches Award as a junior in 2014 and Captains Award as a senior in 2015 ... personal best of 5:38 in the mile ... personal best of 20:58 for the 5k ... personal best of 2:29.5 for the 800 meters ... also an international-level karate competitor while in high school ... daughter of Stephen and Adrienne

Fraleigh ... born February 8, 1998 in Raleigh, N.C.



Sophomore

**NICOLE GARDNER**

Murfreesboro, Tenn.  
(Siegel)

**SOPHOMORE**
**2016 Cross Country**

Finished 28th in the season-opening Brooks Memphis Twilight Classic ... Covered the 5k course in a time of 18:23.72.

**FRESHMAN**
**2016 Outdoor Season**

Clocked a 5,000-meter time of 18:06.35 to finish third at the LSU Invitational ... recorded a 5,000-meter time of 17:37.09 to finish 12th in the invitational section of the event at the War Eagle Invitational ... registered a 3,000-meter steeplechase time of 11:45.64 to finish fifth in the event at the Battle on the Bayou ... ran 7:33.57 in the 2,000-meter steeplechase to finish second in the event at the FSU Relays ... clocked a time of 4:52.24 in the 1,500 meters at the Alabama Relays.

**2016 Indoor Season**

Registered a time of 4:55.78 in the 3,000 meters to finish 11th at the Samford Elite Team Invite ... crossed the 3,000-meter finish line in 10:10.64 at the Conference Clash ... ran 10:07.68 in the 3,000 meters to finish 11th at the Commodore Indoor Invitational.

**2015 Cross Country**

Ran a time of 18:56.73 in the Crimson Classic 5k ... made her Crimson Tide debut at the Samford Cross Country Opener, finishing the two-mile race in 11:48.8.

**PREP AND PERSONAL**

A talented long distance runner coming out of Tennessee ... coached by Phil Young at Siegel High School ... was a part of the 2012 Tennessee State Championship Team ... three-time Siegel High School girls' team MVP (2011-2013) ... three-time recipient of the Daily New Journal Cross Country Runner of the Year in Tennessee (2011-2013) ... member of the student council, Key Club, FCA, Excalibur Club and the Science Olympiad ... daughter of Brent and Nancy Gardner ... born Feb. 2, 1997 in Murfreesboro, Tenn.



Junior

**JESSICA GRAY**

Manassas, Va.  
(Osborn Park)

**JUNIOR**
**2016 Cross Country**

Made her season debut at the Chattanooga Powerade Invitational, finishing seventh in a time of 11:30.71 over the two-mile course and crossing the finish line as Alabama's No. 2 runner.

**SOPHOMORE**
**2016 Outdoor Season**

Ran 19:11.27 in the 5,000 meters to finish seventh in the event at the LSU Invitational ... recorded a 1,500-meter time of 4:48.27 to finish fifth in the event at the War Eagle Invitational.

**2016 Indoor Season**

Registered a time of 10:25.18 in the 3,000 meters to finish 18th at the Samford Elite Team Invite ... clocked a time of 18:12.11 in the 5,000 meters at the Conference Clash ... ran 10:21.61 in the 3,000 meters at the Commodore Indoor Invitational.

**2015 Cross Country**

Crossed the finish line with a time of 21:24.30 at the SEC Cross Country Championships ... ran a time of 18:17.79 in the Crimson Classic 5k ... finished the Samford Cross Country Opener two-mile race in a time of 11:47.84.

**FRESHMAN**
**2015 Outdoor Season**

Recorded a personal-best 4:36.50 in the 1,500 meters at The Border Clash...clocked a 1,500-meter time of 4:39.74 at the Crimson Tide Invitational to finish eighth ... ran the 1,500 meters in 4:44.86, placing 33rd at the Alabama Relays

**2015 Indoor Season**

Ran the mile at the Vanderbilt Invitational, clocking a time of 5:09.32 ... competed in the mile race with a time of 5:16.8 at the Auburn Invitational.

**PREP AND PERSONAL**

Won the Virginia High School League Class 6A Conference 8 indoor 1,000 meters in 2014 ... aided the 4x400 and the 4x800 teams to wins at the Class 6A North Regional Championship ... named Most Valuable Player of her team for the 2013 outdoor track season ... was a member of a travel soccer team, as well as the National Honor Society, Key Club, Environmental Club and Spanish Honor Society ... received the AP Scholar Award in 2013 ... coached by Mike Schuster and Mike Feldman at Osborn Park High School in Manassas, Va. ... daughter of Walter Donald Gray III and Susan Gray ... born May 5, 1996, in Fairfax, Va.

## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS



Sophomore

**BRIANNA KOSHY**Brentwood, Tenn.  
(Brentwood)**SOPHOMORE****2016 Cross Country**

Made her season debut at the Chattanooga Powerade Invitational, finishing 16th in a time of 12:08.34 over the two-mile course.

**FRESHMAN****2016 Outdoor Season**

Clocked a 5,000-meter time of 19:07.21 to finish eighth at the War Eagle Invitational.

**2015 Cross Country**

Ran the Crimson Classic 5k in a time of 19:19.43 ... crossed the two-mile finish line in 12:17.91 in her Crimson Tide debut at the Samford Cross Country Opener.

**PREP AND PERSONAL**

Helped Brentwood High School to state runner-up finishes in cross country (2013) and track & field (2015) ... earned All-Mid-State honors in 2013 and 2014 ... won the Outstanding Achievement/Improvement Award in 2011 and 2014 ... earned the Coach's Award in both her junior and senior seasons at Brentwood High ... took part in the 2014 Nike Cross Nationals Southeast Regional ... member of FCA, NHS, and volunteered with Habitat for Humanity ... coached by Guy Avery and Lara Whitaker ... also lettered in tennis as a freshman ... daughter of Sunny Koshy and Tina Tsui ... born April 17, 1997 in Nashville, Tenn.



Junior

**VERONICA LYLE**Trussville, Ala.  
(Hewitt-Trussville)**JUNIOR****2016 Cross Country**

Made her season debut at the Chattanooga Powerade Invitational and finished ninth in a time of 11:42.54, coming in as Alabama's No. 3 runner.

**SOPHOMORE****2016 Outdoor Season**

Did not compete.

**2016 Indoor Season**

Registered a mile time of 4:59.31 to finish sixth in the event at the Samford Elite Team Invite ... crossed the 800-meter finish line 10th in a time of 2:15.32 and finished 13th in the mile in a time of 5:03.83 at the Indiana Relays ... ran 2:16.73 in the 800 meters and 5:05.15 in the mile at the Conference Clash ... clocked a time of 2:14.42 in the 800 meters to finish eighth at the Commodore Indoor Invitational.

**2015 Cross Country**

Crossed the finish line with a time of 21:40.60 at the SEC Cross Country Championships ... finished the Crimson Classic 5k in a time of 17:52.20 ... clocked a time of 22:15.1 in the Cowboy Jamboree 6k ... ran 18:01.56 in the Brooks Twilight Classic 5k.

**FRESHMAN****2015 Outdoor Season**

Competed in the 1,500 meters and 5,000 meters at the SEC Championships, placing 18th in the 5,000 meters with a season-best time of 17:02.00...registered

a 1,500-meter time of 4:27.43 to finish third in the event at the LSU Invitational ... clocked 4:29.84 in the 1,500 meters to obtain a seventh-place finish at the Border Clash ... posted an 800-meter time of 2:12.40 at the Florida Relays ... finished seventh in the Crimson Tide Invitational 1,500 meters, running 4:37.90 ... ran a 4:38.96 to finish 16th in the 1,500 meters at the Alabama Relays

**2015 Indoor Season**

Took sixth in heat two of the 800-meter semifinal at the SEC Championships with a time of 2:13.91 ... ran 4:55.21 to finish seventh in the seeded section of the mile at the Tyson Invitational ... placed third in the 800-meters with a time of 2:12.09 at the Frank Sevigne Husker Invitational ... crossed the mile finish line in 4:55.19 to place seventh at the Vanderbilt Invitational ... placed fifth with a 2:12.66 800-meter dash time at the Auburn Invitational.

**2014 Cross Country**

Finished the Crimson Classic 5k in 18:39.64 ... Clocked a 5k time of 18:10.13 to finish sixth at the Asheville Cross Country Carnival ... won her first collegiate race in 11:13.19 for 3k to open the season at the Samford Dual meet.

**PREP AND PERSONAL**

The top distance runner in the state of Alabama ... coached by David Dobbs at Hewitt-Trussville High School in Trussville, Ala. ... the 2013 Alabama High School Athletic Association (AHSAA) Class 6A Cross Country champion (5k - 18:06.40) ... set a personal best in the 1,600 of 4:59.98 while winning the 2014 AHSAA Class 6A Indoor 1,600-meter title ... set a personal best in the 800 of 2:12.96 while winning the 2014 AHSAA Class 6A Indoor 800-meter title ... the 2013 Birmingham Metro Cross Country Runner of the Year ... helped lead Hewitt-Trussville to the 2013 Class 6A state team cross country title ... owns state high school records in eight events (300

meters; 400; 500; 800; 1,600; 5,000; 10,000) ... played soccer for BUSA elite club ... began competing in track at age 14 ... daughter of Rick and Kathy Lyle ... born Jan. 21, 1996 in Birmingham, Ala.



Sophomore

**SARAH MOHAN**Huntsville, Ala.  
(Huntsville)**SOPHOMORE****2016 Cross Country**

Finished 39th in the season-opening Brooks Memphis Twilight Classic ... Covered the 5k course in a time of 18:34.71.

**FRESHMAN****2016 Outdoor Season**

Recorded a time of 2:14.28 in the 800-meter prelims to finish seventh in the second heat of the event at the SEC Championships ... ran 2:18.14 in the 800 meters to finish 12th in the event at the LSU Invitational ... registered a time of 4:50.32 in the 1,500 meters at the Battle on the Bayou ... clocked a time of 2:13.63 in the 800 meters at the Florida Relays ... finished fifth in the 800 meters (2:13.89) and third in the 1,500 meters (4:36.05) at the FSU Relays.

**2016 Indoor Season**

Crossed the 800-meter finish line in a time of 2:20.04 and ran the mile in 5:18.68 at the Indiana Relays ... clocked a mile time of 5:04.36 to finish 25th at the Conference Clash ... ran 5:13.91 in the mile to finish 22nd at the Commodore Indoor Invitational.

**2015 Cross Country**

Ran the Crimson Classic 5k in a time of 19:12.00 ... ran the two-mile



## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS

Samford Cross Country Opener course in 11:49.70.

## PREP AND PERSONAL

A stellar double sport athlete from Huntsville High School in cross country/ track and gymnastics ... coached by Lea Bryant ... a part of the 2014 Alabama State Championship 4x800 meter relay ... member of the 2013 Alabama State Championship Sprint Medley relay ... was the 4x100 meter relay state runner-up in 2013 ... member of the 2014 Cross Country State runner-up team ... awarded MVP and Most Inspiring Athlete amongst her teammates and coaching staff ... two-time state champion in gymnastics ... member of the national honor society, Mu Alpha Theta, Delta Tri Sigma, and FCA ... daughter of Chris and Cindy Mohan ... born July 20, 1997 in Ohio.



Freshman

**GABBY PRIZIO**Derby, Conn.  
(Derby)

## PREP AND PERSONAL

Coached by Nick Diluggo at Derby High School ... earned All-State honors in cross country as a senior ... Naugatuck Valley League cross country champion as a sophomore ... conference cross country runner of the year as a sophomore ... conference outstanding senior runner for cross country and track and field in 2015-2016 ... conference outstanding female distance runner in track as a sophomore ... set conference record in the 800 meters as a senior ... holds eight school records ... member of two state runner-up teams in cross country ... member of the National Honor Society ... daughter of Tony and

Annette Prizio ... born Nov. 8, 1997 in New Haven, Conn.



Sophomore

**RACHAEL REDDY**Mountain Brook, Ala.  
(Mountain Brook/Texas)

## ACCOLADES

- SEC All-Freshman Team, 2016 Indoor 5,000 meters
- SEC All-Freshman Team, 2015 Cross Country

## SOPHOMORE

## 2016 Cross Country

Made her season debut at the Joe Piane Notre Dame Invitational and finished as the Tide's No. 3 runner in a time of 17:27.3 over the 5K course.

## FRESHMAN

## 2016 Outdoor Season

Clocked a 5,000-meter time of 16:48.06 in the invitational section of the event at the War Eagle Invitational to finish fourth ... recorded a time of 33:55.23 in the 10,000 meters at the Stanford Invitational ... ran 4:30.21 in the Alabama Relays 1,500 meters to finish seventh in the event.

## 2016 Indoor Season

Clocked a time of 9:28.15 in the 3,000 meters to finish seventh and a time of 16:37.76 in the 5,000 meters to finish fourth at the SEC Championships ... ran 16:28.01 in the 5,000 meters to finish 15th at the Iowa State Classic ... claimed a runner-up finish in the 3,000 meters with a time of 9:30.27 at the Conference Clash ... clocked a mile time of 4:51.47 to finish third at the Commodore Indoor Invitational.

## 2015 Cross Country

Ran a time of 21:22.90 to place 36th at the NCAA South Regional meet ... crossed the finish line in 16th place and scored 16 points with a time of 20:25.20 at the SEC Cross Country Championships ... claimed the Cowboy Jamboree 6k title with a time of 21:02.3 ... won her first career cross country race, clocking a time of 17:06.26 at the Brooks Twilight Classic ... won the 5000 meters at the USATF Junior Championships to qualify for the Junior Pan American Games, where she won gold with a time of 16:23.35.

UNIVERSITY OF TEXAS (2014-15)  
FRESHMAN

Redshirted and did not officially compete for the Longhorns ... ran unattached in the 3,000 meters at the Longhorn Invitational, winning the event with a time of 9:45.55.

## PREP AND PERSONAL

A two-sport star in high school, lettering in both soccer and cross country/track & field ... had a breakout senior year, winning the 3200-meter state championship along with finishing third in the indoor and outdoor mile and fourth in the 800 meters ... won the Colonel George V Irons Distance Trophy in 2014, which goes to Mountain Brook's top distance runner each year ... named team MVP for both the 2014 indoor and outdoor seasons ... was also the indoor team MVP in 2012 after placing second in the mile and third in the 800 meters ... helped Mountain Brook win the 2011 AHSAA 6A outdoor track & field state title and 2013 AHSAA 6A indoor track & field state title ... won the Emerging Elite Two Mile event at the 2014 New Balance Nationals coached by Greg Echols at Mountain Brook High School ... played soccer competitively for the Birmingham United Soccer Association and the Alabama Youth Soccer Association, serving as team captain for four years ... daughter of Michael and Alyssa Reddy ... mother Alyssa competed in cross country and track

& field at Boston University, along with aunts Linda Reddy and Donna Adamoli ... brother Alex Reddy played soccer for the University of Pennsylvania ... born May 15, 1996 in Birmingham, Ala.



Junior

**ALISON RINGLE**Bossier City, La.  
(Parkway)

## JUNIOR

## 2016 Cross Country

Made her season debut at the Chattanooga Powerade Invitational on Sept. 9 and finishing 13th in a time of 11:55.94, coming in as Alabama's No. 4 runner.

## SOPHOMORE

## 2016 Outdoor Season

Ran 18:40.46 in the invitational section of the 5,000 meters to finish 17th at the War Eagle Invitational ... clocked a time of 18:10.49 in the 5,000 meters at the Florida Relays to open her outdoor season.

## 2016 Indoor Season

Clocked a time of 10:24.63 in the 3,000 meters at the Samford Elite Team Invite ... crossed the 5,000-meter finish line in a time of 18:24.90 at the Conference Clash ... ran 10:30.42 in the 3,000 meters at the Commodore Indoor Invitational.

## 2015 Cross Country

Crossed the finish line with a time 22:11.20 at the SEC Cross Country Championships ... finished the Crimson Classic 5k in a time of 18:08.16 ... clocked a time of 22:09.8 in the Cowboy Jamboree 6k to finish 19th overall ... ran 18:07.33 in the Brooks Twilight Classic 5k.

## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS

## FRESHMAN

## 2015 Outdoor Season

Competed in both the 5,000 meters and 10,000 meters at the SEC Championships...placed fourth in the 3,000 meters at the LSU Invitational with a time of 10:12.72 in her only race at that distance on the season...finished the 5,000 meters with a personal-record time of 17:32.38 at the Alabama Relays.

## 2015 Indoor Season

Did not compete.

## 2014 Cross Country

Finished the Crimson Classic 5k in 19:31.65 ... Clocks a 5k time of 18:57.67 at the Asheville Cross Country Carnival ... opened the season 3k time of 11:48.42 and fifth-place finish at the Samford Dual meet.

## PREP AND PERSONAL

The leading prep distance runner in the state of Louisiana ... coached by Kent Falting at Parkway High School in Bossier City, La. ... the 2013 Louisiana Class 5A outdoor state champion in the 3,200 meters (11:23.34) ... won a pair of titles at the 2013 USA Track & Field (USATF) Region 6 Junior Olympics on the same day (July 7), in the 1,500 (4:48.91) and the 3,200 (10:38.21) ... placed third in the 3,000 (10:38.05) at the 2013 USATF National Junior Olympics ... was second at the 2013 Mobile Challenge of Champions Cross Country meet (5k - 19:05.21) ... ran 18:53.39 over a 5k course to place 26th at the 2013 NXN South Regional championships ... owns the fastest indoor 1,600-meter time in Louisiana thus far in 2014 (5:14.62) set Jan. 18 at the McNeese State Indoor ... helped lead Parkway to the 2013 Louisiana Class 5A state cross country title, as well as three successive Class 5A District 1 cross country championships and the 2012 Class 5A District 1 track title ... daughter of Alan and Michele Ringle ... born Nov. 20, 1995 in Bossier City, La.



Freshman

**BRITTANY TOLSON**Powell, Tenn.  
(Powell)

## FRESHMAN

## 2016 Cross Country

Made her collegiate debut at the Chattanooga Powerade Invitational on Sept. 9 and finishing 15th in a time of 12:07.64, coming in as Alabama's No. 5 runner.

## PREP AND PERSONAL

Coached by Doug Tolson and Scott Clark at Powell High School ... earned all-state honors in cross country and track & field as a senior ... four-time team MVP in track & field and two-time team MVP in cross country ... school record-holder in the 1,600 meters, 3,200 meters and 5,000 meters ... member of school record-holding sprint medley relay ... set a personal best of 5:08.98 in the 1,600 meters at the Knoxville Interscholastic League Championship as a senior ... set a personal best of 11:05.48 to finish third in the 3,200 meters at the Tennessee state championship meet as a senior ... member of National Honor Society ... daughter of Doug and Pamela Tolson ... father was her high school coach and is a former All-American track and cross country athlete at Tennessee in the 1980s ... born March 11, 1998 in Knoxville, Tenn.



Senior

**HANNAH WAGGONER**Murfreesboro, Tenn.  
(Oakland)

## ACCOLADES

- NCAA All-South Region, 2014 Cross Country

## SENIOR

## 2016 Cross Country

Finished as Alabama's No. 1 runner at the 5k Joe Plane Notre Dame Invitational with a personal-best time of 17:06.7 ... Alabama's top runner with a second-place finish in the season-opening Brooks Memphis Twilight Classic ... Covered the 5k course in a time of 17:17.72.

## JUNIOR

## 2016 Outdoor Season

Recorded a time of 10:37.46 in the 3,000-meter steeplechase at the NCAA East Regional meet ... posted a time of 10:04.69 in the 3,000-meter steeplechase to finish fourth at the SEC Championships ... also ran the 5,000 meters at the SEC Championships, clocking a time of 16:47.19 to finish 14th ... ran 4:35.54 in the 1,500 meters to finish eighth in the event at the LSU Invitational ... finished second in the invitational section of the 5,000 meters at the War Eagle Invitational with a time of 16:40.08 ... registered a 1,500-meter time of 4:29.52 to finish sixth in the event at the Battle on the Bayou ... clocked a time of 10:24.41 in the 3,000-meter steeplechase at the Stanford Invitational ... ran the 1,500 meters in 4:35.82 at the Alabama Relays to finish 12th.

## 2016 Indoor Season

Clocked a 3,000-meter time of 9:48.45 to finish 17th in the event

at the SEC Championships ... registered a time of 9:30.42 in the 3,000 meters to finish 14th at the Iowa State Classic ... clocked a 3,000-meter time of 9:38.70 to finish fifth at the Conference Clash ... ran 4:59.66 in the mile at the Commodore Indoor Invitational.

## 2015 Cross Country

Ran a time of 20:50.71 to place 18th at the NCAA South Regional meet ... Competed at the SEC Cross Country Championships ... finished 13th in the Crimson Classic 5k in a time of 17:22.70 ... clocked a 6k time of 21:29.8 at the Cowboy Jamboree to finish seventh overall ... ran 17:46.68 in the Brooks Twilight Classic 5k to finish ninth.

## SOPHOMORE

## 2015 Outdoor Season

Recorded a personal-best time of 10:41.74 in the 3,000-meter Steeplechase at the SEC Championships ... placed 15th at the SEC Championships in the 5,000 meters ... recorded a time of 16:55.73 in the Open Section C of the 5,000 meters to finish 15th at the Mt. SAC Relays ... posted a personal-best 3,000-meter steeplechase time of 10:53.55 at the Florida Relays, finishing 19th overall ... ran 4:47.52 in the Crimson Tide Invitational 1,500 meters to finish 14th ... finished ninth in the 5,000 meters with a personal-record time of 17:03.02 at the Alabama Relays.

## 2015 Indoor Season

Ran the 3,000 meters at the SEC Championships, finishing in a time of 10:12.59 to place 20th ... ran 4:57.92 in the mile to finish fourth at the Tyson Invitational ... finished fifth in the 3,000 meters with a time of 9:51.11 at the Frank Sevigne Husker Invitational ... placed 10th in the mile race with a time of 4:57.33 at the Auburn Invitational.

## 2014 Cross Country

Improved over her 2013 personal best by over a minute in the 6k and broke her personal best three

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times, including a time of 20:01.1 and team-best 11th-place finish at the NCAA South Regional 6k ... ran a 6k time of 20:37.45 to finish 15th at the SEC Championships and help the Tide to a third-place team finish ... also set a personal best in the 5k after finishing the Crimson Classic in 17:42.96 ... had previously shattered her personal best in the 6k with a time of 20:43 at the Paul Short Invitational ... clocked a 5K time of 17:44.68 to open the season and finish second at the Asheville Cross Country Carnival.

**FRESHMAN****2014 Outdoor Season**

Ran the 5,000 meters in a time of 17:36.00 at the SEC Championships ... clocked a time of 4:40.45 in the 1,500 meters at the Mt. SAC Relays ... won the 3,000-meter steeplechase in a time of 11:02.33 at the Alabama-Mississippi Border Clash ... ran the 1,500 meters in a time of 4:40.95 at the Alabama Relays ... also served on the distance medley relay team that won the event with a time of 11:47.04 at the Alabama Relays.

**2014 Indoor Season**

Made her season debut at the SEC Championships and clocked a time of 5:05.68 in the prelims of the mile.

**2013 Cross Country**

Counted towards UA's team score at the NCAA South Region by finishing 50th with a 6k time of 21:17.46, helping lead the Tide to its highest team finish in 27 years (third) ... placed 40th at the SEC Championships (6k - 21:44.67) ... was the top freshman finisher at the 6k Paul Short Invitational and finished 54th overall with a 21:27 time ... clocked a 14:30.05 over 4k to finish 11th at the Iowa Invitational.

**PREP AND PERSONAL**

Coached by Jason Wooten at Oakland High School in Murfreesboro, Tenn. ... earned a spot in the Tennessee state meet as a senior in 2013 ... named Oakland's track & field most valuable performer

in 2013 ... Oakland's cross country MVP as a senior in the fall of 2012 ... valedictorian of her graduating class ... earned a spot in the International Baccalaureate program ... played on district champion soccer team at Oakland ... earned all-area honors and was named most valuable player of Oakland's tennis team ... her diverse athletic accomplishments included earning a black belt in karate ... daughter of Doug and Renee Waggoner ... youngest of five children ... born Feb. 6, 1995, in Knoxville, Tenn.



Freshman

**HALEY WRIGHT**

Boonsboro, Md.  
(Boonsboro)

**FRESHMAN****2016 Cross Country**

Finished 42nd in her collegiate debut at the Brooks Memphis Twilight Classic ... Covered the 5k course in a time of 18:38.32.

**PREP AND PERSONAL**

Coached by Becky Walter at Boonsboro High School ... won the 2015 MPSSAA 1A West Regional Cross Country Championship with a 5k time of 19:34.4 ... won the Washington County Cross Country Championship with a 5k time of 20:15.3 ... led Boonsboro High to the 2013 MPSSAA 2A Indoor and Outdoor state track and field titles ... finished third in the 2015 New Balance Nationals two-mile race ... three-time county and regional cross country champion ... three-time county champion in the 3,200 meters ... daughter of Jeff and Carol Wright ... born June 29, 1998 in Rockville, Md.



Freshman

**MCKENZIE YANEK**

Bettendorf, Iowa  
(Pleasant Valley)

**FRESHMAN****2016 Cross Country**

Posted a personal best of 17:21.2 to finish as Alabama's No. 2 runner at the 5k Joe Piane Notre Dame Invitational on Sept. 30 ... finished ninth and was Alabama's No. 2 runner in her collegiate debut at the Brooks Memphis Twilight Classic ... Covered the 5k course in a time of 17:43.43.

**PREP AND PERSONAL**

Coached by Jane Wheeler at Pleasant Valley High School ... won the 2015 Iowa Girls High School Athletic Union 4A cross country state championship with a 5k time of 17:55 ... won the 2013 IGHS AU 4A cross country state championship with a 4k time of 14:00.2 ... finished fifth in the 2015 New Balance Nationals 5k with a time of 17:01 ... claimed the runner-up title in both the 3,000 meters and the 1,500 meters at the IGHS AU 4A state championships ... competed as a member of the Pleasant Valley High School team that won the 2015 IGHS AU 4A State Team Championships ... three-time Mississippi Athletic Conference cross country champion ... three-time district cross country champion ... holds Pleasant Valley school records in the 3,000 meters (9:50.87) and the 1,500 meters (4:39.79) ... holds state record in the 5k (17:55) ... member of National Honor Society ... daughter of Jeremy and Toni Yanek ... born May 22, 1998 in Warner Robins, Ga.



Sophomore

**KAITLIN YORK**

Tuscaloosa, Ala.  
(American Christian Academy)

**SOPHOMORE****2016 Cross Country**

Finished 27th in the season-opening Brooks Memphis Twilight Classic ... Covered the 5k course in a time of 18:22.99.

**FRESHMAN****2016 Outdoor Season**

Ran 17:55.15 in the 5,000 meters to finish second in the event at the LSU Invitational ... registered a time of 17:48.46 in the invitational section of the 5,000 meters to finish 14th in the event at the War Eagle Invitational ... clocked a time of 17:48.40 in the 5,000 meters to finish 38th at the Florida Relays.

**2016 Indoor Season**

Ran 10:22.46 in the 3,000 meters to finish 10th at the Indiana Relays ... clocked a time of 17:32.53 in the 5,000 meters to finish seventh at the Conference Clash ... ran 10:08.71 in the 3,000 meters to finish 12th at the Commodore Indoor Invitational.

**2015 Cross Country**

Crossed the finish line with a time of 21:43.90 at the SEC Cross Country Championships ... finished the Crimson Classic 5k in a time of 18:15.39 ... ran 11:42.75 in the Samford Cross Country Opener two-mile race.

**PREP AND PERSONAL**

Coached by Charles Tiller at American Christian Academy ... named the 2014-15 Gatorade Alabama Girls Cross Country Runner of the Year, the first in ACA school



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history ... won the 3A individual cross country title (5k) as a senior after finishing second in both her sophomore and junior seasons ... guided ACA to the team cross country title as well, their sixth in eight years ... claimed a total of seven individual track titles, four indoor and three outdoor, in her senior season while guiding ACA to both the indoor and outdoor state championships ... posted personal-best times in the 1,600 meters and 3,200 meters in 2015.