



# ALABAMA

## CROSS COUNTRY

### This Week: NCAA Championships, Nov. 19

With third- and sixth-place finishes, respectively, at the NCAA South Regional in Tallahassee, Fla. on Nov. 11, seniors Robbie Farnham-Rose and Antibahs Kosgei qualified for the 2016 NCAA Cross Country Championships as individuals. The 2016 championships will take place Nov. 19 at the Wabash Valley Family Sports Center in Terre Haute, Ind. Indiana State University will serve as the host institution. The men's 10,000-meter race is scheduled for 11 a.m. CT.

The duo will be looking to become the 12th and 13th men's cross country All-Americans in Alabama history and the first for the Tide on the men's side since 2010. The championships appearance is the second in a row for Kosgei and the first for Farnham-Rose.

### Head Coach Dan Waters Outlook

"Robbie and Antibahs have been our top two runners this season and, as seniors, it is great to see them completing their careers at the NCAA Championships."

### Farnham-Rose, Kosgei & Waggoner Earn All-South Region Honors

Seniors Robbie Farnham-Rose, Antibahs Kosgei and Hannah Waggoner received All-South Region honors for their performances at the NCAA South Regional Nov. 11 in Tallahassee, Fla.

Farnham-Rose finished third at the 2016 South Regional to earn his second All-Region selection. The senior from Borough Green, England previously earned the honor at the 2014 meet, which was also held in Tallahassee.

Kosgei's sixth-place finish at the regional earned him a spot on the men's All-Region team for the second year in a row. Kosgei, who won the South Region meet a year ago in Tuscaloosa, was also voted the South Region Athlete of the Year in 2015.

Waggoner also earned All-South Region honors for the second time in her career. She was previously named to the women's team as a sophomore in 2014.

### In the Rankings

The Crimson Tide women were No. 4 and the men were No. 5 in the final regular season U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) South Region rankings released Oct. 31.

### 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.....	Crimson Classic (Tuscaloosa, Ala.)
Oct. 28.....	SEC Championships (Fayetteville, Ark.)
Nov. 11 .....	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 (Kansas, 1995) Sixth Year
Distance Coach:.....	Adam Tribble (Georgia, 2002) Sixth Year

#### Cross Country Social Media

Twitter.....	@AlabamaTrack
Instagram.....	AlabamaTrack
Facebook.....	AlabamaTrack

#### 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.

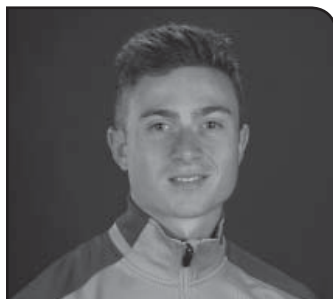
### University of Alabama Athletics Communications

#### Cross Country Contact:

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Senior

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

- NCAA All-South Region, 2016 cross country
- NCAA All-South Region, 2014 cross country
- Second Team All-SEC, 2016 indoor distance medley relay
- SEC All-Freshman Team, 2013 indoor mile
- SEC All-Freshman Team, 2013 outdoor 1,500 meters

**10,000 Meters Progression****PR - 30:24.1 • Nov. 11, 2016**

Time	Event	Date	Finish
30:24.1	NCAA South Regional	Nov. 11, 2016	3
30:58.0	NCAA South Regional	Nov. 14, 2014	18
31:27:01	NCAA South Regional	Nov. 13, 2015	19

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

NCAA Cross Country Championships qualifier ... finished third at the NCAA South Regional, and was Alabama's top runner, in a personal-best time of 30:24.1 ... earned All-South Region honors for his performance ... finished 20th, and was Alabama's No. 2 runner, at the SEC Championships in a time of 24:54.8 ... finished fifth, and was Alabama's No. 2 runner at the 8k Crimson Classic in a personal-best time of 24:39.6 ... clocked a time of 24:49.0 at the five-mile Joe Plane 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 Sevigne 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.

**2012 Cross Country**

Finished 56th at the SEC Championships in a time of 25:30.68 ... made his collegiate cross country debut with a fifth-place finish at the Crimson Classic with a time of 25:37.53.

**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.



Senior

**ANTIBAHS KOSGEI**Eldoret, Kenya  
(South Plains College)**ACCOLADES**

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

**10,000 Meters Progression****PR - 30:25.66 • Nov. 13, 2015**

Time	Event	Date	Finish
30:25.66	NCAA South Regional	Nov. 13, 2015	1
30:33.1	NCAA South Regional	Nov. 11, 2016	6
30:59.30	NCAA Championships	Nov. 21, 2015	102

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

NCAA Cross Country Championships qualifier ... finished sixth at the NCAA South Regional, and was Alabama's No. 2 runner, in a time of 30:33.1 ... earned All-South Region honors for his performance ... second team All-SEC selection in 2016 ... finished eighth at the SEC Championships, and was Alabama's No. 1 finisher, in a time of 24:06.4 ... won the 2016 Crimson Classic, circling the 8k course in a time of 24:14.1 ... finished sixth and was Alabama's top runner at the five-mile Joe Piane 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 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.

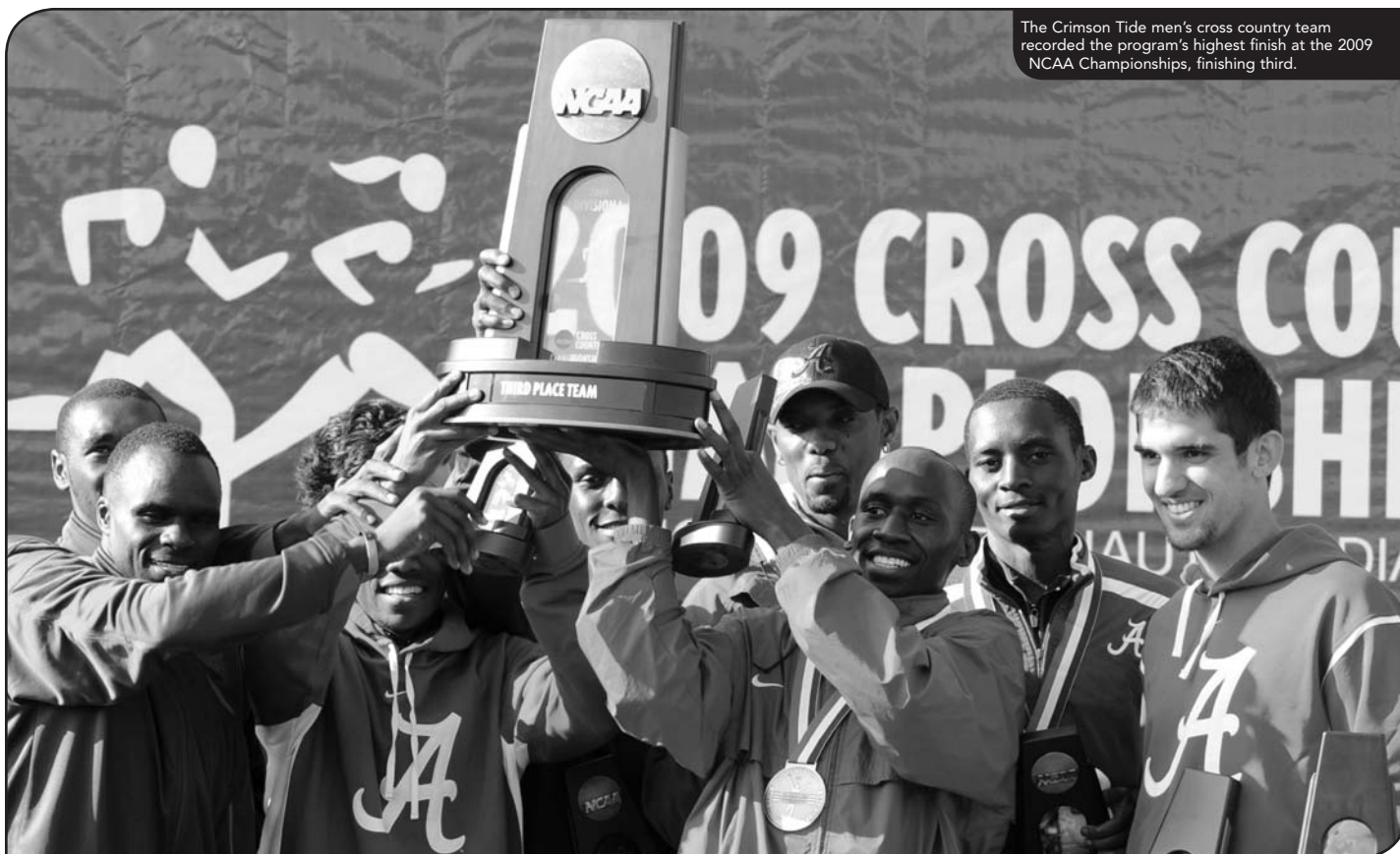
**PREP AND PERSONAL**

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.





The Crimson Tide men's cross country team recorded the program's highest finish at the 2009 NCAA Championships, finishing third.

**NCAA CHAMPIONSHIPS****MEN'S NCAA TOP-25 FINISHES**

Year	Place	Points	Location
1973	16th	352	Pullman, Wash.
1976	24th	519	Denton, Texas
1989	7th	261	Annapolis, Md.
1994	20th	427	Fayetteville, Ark.
1996	13th	365	Tuscon, Ariz.
1997	19th	433	Greenville, S.C.
1999	23rd	501	Bloomington, Ind.
2005	21st	516	Terre Haute, Ind.
2006	15th	245	Terre Haute, Ind.
2007	6th	280	Terre Haute, Ind.
2008	10th	319	Terre Haute, Ind.
2009	3rd	173	Terre Haute, Ind.
2010	11th	338	Terre Haute, Ind.

**WOMEN'S NCAA/AIAW TOP-25 FINISHES**

Year	Place	Points	Location
1978*	18th	-	
1979*	18th	-	
1980*	23rd	-	
1981*	15th	-	
1984	12th	269	State College, Pa.
1987	6th	161	Charlottesville, Va.
1993	13th	367	Bethlehem, Pa.
1994	20th	427	Fayetteville, Ark.

\* denotes AIAW



## CROSS COUNTRY ALL-AMERICANS



1989

GERMAN BELTRAN



1995

FAIZAL EMAMAULLEE



1980

SUE JACKSON



1986

JENI NIELSEN



1996

1999

TIM BROE



1999

CHRIS MUTAI



1986

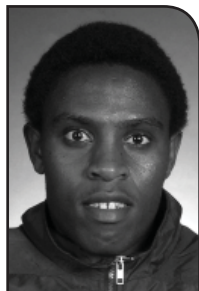
1987

ELSPETH TURNER



1987

HEIDI OLAFSDOTTIR



2000

2002

DAVID KIMANI



2007

AUGUSTUS MAIYO



1988

EVELYN ADIRU



1988

CAROLE TREPANIER



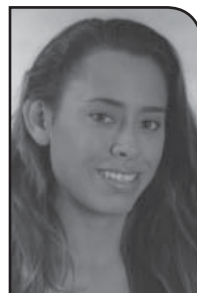
2009

EMMANUEL BOR



2009

TYSON DAVID



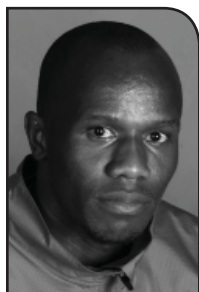
1993

BECKI WELLS



1994

MALIN OHLUND



2010

JULIUS BOR

## MEN'S ALL-AMERICANS

1989	German Beltran
1995	Faizal Emamaullee
1996	Tim Broe
1999	Tim Broe, Chris Mutai
2000	David Kimani
2002	David Kimani
2007	Augustus Maiyo
2009	Emmanuel Bor, Tyson David
2010	Julius Bor

## WOMEN'S ALL-AMERICANS

1980	Sue Jackson
1986	Jeni Nielsen, Elspeth Turner
1987	Heidi Olafsdottir, Elspeth Turner
1988	Evelyn Adiru, Carole Trepanier
1993	Becki Wells
1994	Malin Ohlund
1995	Jessica Fry



1995

JESSICA FRY



## 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)
J.P. 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	7th	Antibahs Kosgei	1st	24:14.10
Oct. 28	SEC Championships	Fayetteville, Ark.	8k	5th	Antibahs Kosgei	8th	24:06.40
Nov. 11	NCAA South Regional	Tallahassee, Fla.	10k	4th	Robbie Farnham-Rose	3rd	30:24.1
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.	6k	1st	McKenzie Yanek	6th	21:00.10
Oct. 28	SEC Championships	Fayetteville, Ark.	6k	6th	McKenzie Yanek	22nd	21:13.20
Nov. 11	NCAA South Regional	Tallahassee, Fla.	6k	4th	Hannah Waggoner	26th	20:54.7
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 J.P. 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 J.P. 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.

**CRIMSON CLASSIC - OCT. 14**

The Alabama women's cross country team captured the team championship at the 2016 Crimson Classic while the men posted a solid seventh-place finish at the Harry Pritchett Running Park in Tuscaloosa on Oct. 14.

In the women's University Division race, the Tide were led by freshman McKenzie Yanek, who posted a time of 21:00.1 to finish sixth in the first 6,000-meter competition of her collegiate career. Freshman Hannah Capek finished 11th in 21:08.9 in her collegiate debut. Freshman Elisabeth Danis was 13th in 21:14.3. Junior Caroline Barlow was 22nd in a personal-best time of 21:32.3. Freshman Rebecca Buteau rounded out the scoring for Alabama, finishing 26th in 21:37.3.

In the men's University Division race, Alabama finished seventh despite fielding only five runners due to a flu bug that hit the team this week. Senior Antibahs Kosgei was the top finisher in the University division and finished second overall in the meet, completing the 8,000-meter course in a time of 24:14.1. Senior Robbie Farnham-Rose finished fifth in a personal-best time of 24:39.6. Senior Evan Prizy finished 32nd in a personal-best time of 25:40.4. Junior Garrett Bull also posted a career-best time, finishing 41st in 25:45.2. Sophomore Clay Austell rounded out the scoring for the Tide, finishing 135th in 27:01.8.

**2016 MEET RECAPS**

**SEC CHAMPIONSHIPS - OCT. 28**

The Alabama men's and women's cross country teams finished fifth and sixth, respectively, at the 2016 SEC Cross Country Championships at Agri Park in Fayetteville, Ark. on Oct. 28.

In the men's 8,000-meter race, the Tide's fifth place finish is the team's best since finishing tied for fifth in 2011. Senior Antibahs Kosgei was the Tide's top runner, finishing eighth in 24:06.4. Fellow senior Robbie Farnham-Rose finished 20th in 24:54.8. Junior Josh Short finished 43rd in a personal-best 25:32.80. Senior Conner Thompson was 44th in 25:34.2. Senior Evan Prizy finished 53rd in 25:51.00 to complete the scoring for Alabama.

In the women's 6,000-meter race, Vanderbilt and Alabama tied for fifth with 170 points but the Commodores were officially awarded fifth place based on where each team's runners finished in the individual standings. The finish is the fourth consecutive top six finish for the Alabama women at the SEC championships (6th-2013, 4th- 2014, 3rd- 2015).

Alabama freshman McKenzie Yanek finished 22nd overall in a time of 21:13.20 to lead the Crimson Tide. Senior Hannah Waggoner was Alabama's second runner, finishing 27th in 21:22.70. Hannah Capek was 34th at 21:28.00. Freshman Elisabeth Danis finished 47th in 21:55.60. Junior Caroline Barlow rounded out the scoring for Alabama, finishing 55th in 22:00.60.


**NCAA SOUTH REGIONAL - NOV. 11**

Seniors Robbie Farnham-Rose and Antibahs Kosgei qualified for the NCAA Men's Cross Country Championships with top-six finishes at the 2016 NCAA South Regional at Apalachee Regional Park in Tallahassee, Fla. on Nov. 11. The Crimson Tide men's and women's teams finished fourth in their respective races.

In the men's 10,000-meter race, Farnham-Rose and Kosgei ran with the lead pack throughout the race, with Farnham-Rose finishing third in a personal-best time of 30:24.1 to earn his first trip to the NCAA Championships. Kosgei, the defending South Regional champion, finished sixth in 30:33.1 to earn his second trip to nationals and give the Tide multiple qualifiers for the first time under head coach Dan Waters. Senior Conner Thompson finished 22nd in a personal-best time of 31:11.4 to join Farnham-Rose and Kosgei on the All-South Region team. Junior Josh Short (31:47.4) and senior Evan Prizy (32:11.0) also scored for the Tide, finishing 42nd and 55th, respectively. Juniors Garrett Bull (32:32.0) and Andrew Bull (33:04.3) finished 73rd and 101st.

In the women's 6,000-meter race, senior Hannah Waggoner was the Tide's top runner, finishing 26th in a time of 20:54.7 to earn All-South Region honors. Freshmen Hannah Capek (21:01.5) and McKenzie Yanek (21:12.2) posted personal best times and finished 30th and 36th, respectively. Junior Caroline Barlow finished 45th in personal-best time of 21:23.6. Freshman Elisabeth Danis rounded out the scoring for the Tide, finishing 53rd in 21:31.7. Junior Emily Edwards finished 85th in 22:11.3 and freshman Rebecca Buteau finished 99th in 22:22.9.

The fourth place finish is the fourth consecutive top-four finish for the Tide women at the South Regional.





## 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.	J.P. 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.	J.P. 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.	J.P. 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 TEAM/INDIVIDUAL MEET RESULTS

## CRIMSON CLASSIC

October 14, 2016

Tuscaloosa, Ala. • Harry Pritchett Running Park

## Men's Race

8 kilometers

24 teams • 217 runners

7th Place • 193 points

## Men's Team Results

Team	Pts.
1. Kentucky	70
2. Georgia	83
3. UT-Arlington	147
4. Samford	148
5. Auburn	153
6. Georgia Tech	163
7. <b>Alabama</b>	<b>193</b>

## Alabama Men's Individual Results

Place	Name	Time
1.	Antibahs Kosgei	24:14.1
5.	Robbie Farnham-Rose	24:39.6
32.	Evan Prizy	25:40.4
41.	Garrett Bull	25:45.2
135.	Clay Austell	27:01.8

## Women's Race

6 kilometers

25 Teams • 251 runners

1st Place • 76 points

## Women's Team Results

Team	Pts.
1. <b>Alabama</b>	<b>76</b>
2. Kentucky	96
3. Lipscomb	127
4. Georgia	139
5. Auburn	149

## Alabama Women's Individual Results

Place	Name	Time
6.	McKenzie Yanek	21:00.1
11.	Hannah Capek	21:08.9
13.	Elisabeth Danis	21:14.3
22.	Caroline Barlow	21:32.3
26.	Rebecca Buteau	21:37.3
42.	Emily Edwards	21:49.9
54.	Calli Coggins	22:02.6
57.	Nicole Gardner	22:05.2
68.	Jessica Gray	22:22.3
82.	Brittany Tolson	22:34.8
96.	Sarah Mohan	22:45.3
107.	Haley Wright	22:51.8
113.	Alison Ringle	22:58.2
136.	Brianna Koshy	23:22.0
150.	Caroline Brooks	23:36.6
171.	Kaitlin York	23:56.3

## SOUTHEASTERN CONFERENCE CHAMPIONSHIPS

October 28, 2016

Fayetteville, Ark. • Agri Park

## Men's Race

8 kilometers

12 teams • 107 runners

5th Place • 152 points

## Men's Team Results

Team	Pts.
1. Arkansas	25
2. Ole Miss	38
3. Kentucky	100
4. Georgia	149
5. <b>Alabama</b>	<b>152</b>

## Alabama Men's Individual Results

Place	Name	Time
8.	Antibahs Kosgei	24:06.4
20.	Robbie Farnham-Rose	24:54.8
43.	Josh Short	25:32.8
44.	Conner Thompson	25:34.2
53.	Evan Prizy	25:51.0
75.	Andrew Bull	25:25.2
76.	J.P. Brinyark	26:30.3
78.	Patrick Grant	26:38.4
93.	Clay Austell	27:12.6
DNF	Garrett Bull	

## Women's Race

6 kilometers

14 Teams • 136 runners

6th Place • 170 points

## Women's Team Results

Team	Pts.
1. Arkansas	46
2. Ole Miss	76
3. Missouri	125
4. Mississippi State	138
5. Vanderbilt	170
6. <b>Alabama</b>	<b>170*</b>

\*- Vanderbilt wins tie-breaker

## Alabama Women's Individual Results

Place	Name	Time
22.	McKenzie Yanek	21:13.2
27.	Hannah Waggoner	21:22.7
34.	Hannah Capek	21:28.0
47.	Elisabeth Danis	21:55.6
55.	Caroline Barlow	22:00.6
58.	Emily Edwards	22:05.7
71.	Rebecca Buteau	22:17.5
73.	Jessica Gray	22:18.2
79.	Nicole Gardner	22:26.8
93.	Calli Coggins	22:51.2
94.	Brittany Tolson	22:51.7
104.	Sarah Mohan	23:06.6

## NCAA SOUTH REGIONAL

November 11, 2016

Tallahassee, Fla. • Apalachee Regional Park

## Men's Race

10 kilometers

21 teams • 157 runners

4th Place • 122 points

## Men's Team Results

Team	Pts.
1. Ole Miss	46
2. Middle Tennessee	61
3. Georgia	105
4. <b>Alabama</b>	<b>122</b>
5. Florida State	127

## Alabama Men's Individual Results

Place	Name	Time
3.	Robbie Farnham-Rose	30:24.1
6.	Antibahs Kosgei	30:33.1
22.	Conner Thompson	31:11.4
42.	Josh Short	31:47.4
55.	Evan Prizy	32:11.0
73.	Garrett Bull	32:32.0
101.	Andrew Bull	33:04.3

## Women's Race

6 kilometers

30 Teams • 212 runners

4th Place • 177 points

## Women's Team Results

Team	Pts.
1. Mississippi State	66
2. Ole Miss	67
3. Vanderbilt	138
4. <b>Alabama</b>	<b>177</b>
5. Georgia	195

## Alabama Women's Individual Results

Place	Name	Time
26.	Hannah Waggoner	20:54.7
30.	Hannah Capek	21:01.5
36.	McKenzie Yanek	21:12.2
45.	Caroline Barlow	21:23.6
53.	Elisabeth Danis	21:31.7
85.	Emily Edwards	22:11.3
99.	Rebecca Buteau	22:22.9

## 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	J.P. 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	J.P. 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 Piane Notre Dame Inv.	Sept. 30, 2016	6
2.	25:49.0	Robbie Farnham-Rose	Joe Piane Notre Dame Inv.	Sept. 30, 2016	87
3.	24:58.4	Conner Thompson	Joe Piane Notre Dame Inv.	Sept. 30, 2016	107
4.	25:41.7	Garrett Bull	Joe Piane Notre Dame Inv.	Sept. 30, 2016	149
5.	25:32.3	Evan Prizy	Joe Piane Notre Dame Inv.	Sept. 30, 2016	150
6.	25:59.3	Josh Short	Joe Piane Notre Dame Inv.	Sept. 30, 2016	176
7.	26:06.9	J.P. Brinyark	Joe Piane Notre Dame Inv.	Sept. 30, 2016	181
8.	26:09.8	Andrew Bull	Joe Piane Notre Dame Inv.	Sept. 30, 2016	185

## 8 KILOMETERS

	Time	Name	Event	Date	Finish
1.	24:06.4	Anitbahs Kosgei	SEC Championships	Oct. 28, 2016	8
2.	24:14.1	Anitbahs Kosgei	Crimson Classic	Oct. 14, 2016	1
3.	24:39.6	Robbie Farnham-Rose	Crimson Classic	Oct. 14, 2016	5
4.	24:54.8	Robbie Farnham-Rose	SEC Championships	Oct. 28, 2016	20
5.	25:32.8	Josh Short	SEC Championships	Oct. 28, 2016	43
6.	25:34.2	Conner Thompson	SEC Championships	Oct. 28, 2016	44
7.	25:40.4	Evan Prizy	Crimson Classic	Oct. 14, 2016	32
8.	25:45.2	Garrett Bull	Crimson Classic	Oct. 14, 2016	41
9.	25:51.0	Evan Prizy	SEC Championships	Oct. 28, 2016	53
10.	26:25.2	Andrew Bull	SEC Championships	Oct. 28, 2016	75
11.	26:30.3	J.P. Brinyark	SEC Championships	Oct. 28, 2016	76
12.	26:38.4	Patrick Grant	SEC Championships	Oct. 28, 2016	78
13.	27:01.8	Clay Austell	Crimson Classic	Oct. 14, 2016	135
14.	27:12.6	Clay Austell	SEC Championships	Oct. 28, 2016	93

## 10 KILOMETERS

	Time	Name	Event	Date	Finish
1.	30:24.1	Robbie Farnham-Rose	NCAA South Regional	Nov. 11, 2016	3
2.	30:33.1	Anitbahs Kosgei	NCAA South Regional	Nov. 11, 2016	6
3.	31:11.4	Conner Thompson	NCAA South Regional	Nov. 11, 2016	22
4.	31:47.4	Josh Short	NCAA South Regional	Nov. 11, 2016	42
5.	32:11.0	Evan Prizy	NCAA South Regional	Nov. 11, 2016	55
6.	32:32.0	Garrett Bull	NCAA South Regional	Nov. 11, 2016	73
7.	33:04.3	Andrew Bull	NCAA South Regional	Nov. 11, 2016	101

## 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 Piane 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 Piane Notre Dame Inv.	Sept. 30, 2016	69
4.	17:27.3	Rachael Reddy	Joe Piane 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 Piane Notre Dame Inv.	Sept. 30, 2016	109
7.	17:51.00	Emily Edwards	Joe Piane Notre Dame Inv.	Sept. 30, 2016	111
8.	17:54.00	Caroline Barlow	Joe Piane 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 Piane Notre Dame Inv.	Sept. 30, 2016	144
14.	18:12.6	Calli Coggins	Joe Piane 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 Piane 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

## 6 KILOMETERS

	Time	Name	Event	Date	Finish
1.	20:54.7	Hannah Waggoner	NCAA South Regional	Nov. 11, 2016	26
2.	21:00.1	McKenzie Yanek	Crimson Classic	Oct. 14, 2016	6
3.	21:01.5	Hannah Capek	NCAA South Regional	Nov. 11, 2016	30
4.	21:08.9	Hannah Capek	Crimson Classic	Oct. 14, 2016	11
5.	21:12.2	McKenzie Yanek	NCAA South Regional	Nov. 11, 2016	36
6.	21:13.2	McKenzie Yanek	SEC Championships	Oct. 28, 2016	22
7.	21:14.3	Elisabeth Danis	Crimson Classic	Oct. 14, 2016	13
8.	21:22.7	Hannah Waggoner	SEC Championships	Oct. 28, 2016	27
9.	21:23.6	Caroline Barlow	NCAA South Regional	Nov. 11, 2016	45
10.	21:28.0	Hannah Capek	SEC Championships	Oct. 28, 2016	34
11.	21:31.7	Elisabeth Danis	NCAA South Regional	Nov. 11, 2016	53
12.	21:32.3	Caroline Barlow	Crimson Classic	Oct. 14, 2016	22
13.	21:37.3	Rebecca Buteau	Crimson Classic	Oct. 14, 2016	26
14.	21:49.9	Emily Edwards	Crimson Classic	Oct. 14, 2016	42
15.	21:55.6	Elisabeth Danis	SEC Championships	Oct. 28, 2016	47
16.	22:00.6	Caroline Barlow	SEC Championships	Oct. 28, 2016	55
17.	22:02.6	Calli Coggins	Crimson Classic	Oct. 14, 2016	54
18.	22:05.2	Nicole Gardner	Crimson Classic	Oct. 14, 2016	57
19.	22:05.7	Emily Edwards	SEC Championships	Oct. 28, 2016	58
20.	22:17.5	Rebecca Buteau	SEC Championships	Oct. 28, 2016	71
21.	22:18.2	Jessica Gray	SEC Championships	Oct. 28, 2016	73
22.	22:22.3	Jessica Gray	Crimson Classic	Oct. 14, 2016	68
23.	22:22.9	Rebecca Buteau	NCAA South Regional	Nov. 11, 2016	99
24.	22:26.8	Nicole Gardner	SEC Championships	Oct. 28, 2016	79
25.	22:34.8	Brittany Tolson	Crimson Classic	Oct. 14, 2016	82
26.	22:45.3	Sarah Mohan	Crimson Classic	Oct. 14, 2016	96
27.	22:51.2	Calli Coggins	SEC Championships	Oct. 28, 2016	93
28.	22:51.7	Brittany Tolson	SEC Championships	Oct. 28, 2016	94
29.	22:51.8	Haley Wright	Crimson Classic	Oct. 14, 2016	107
30.	22:58.2	Alison Ringle	Crimson Classic	Oct. 14, 2016	113
31.	23:06.6	Sarah Mohan	SEC Championships	Oct. 28, 2016	104
32.	23:22.0	Brianna Koshy	Crimson Classic	Oct. 14, 2016	136
33.	23:36.6	Caroline Brooks	Crimson Classic	Oct. 14, 2016	150
34.	23:56.3	Kaitlin York	Crimson Classic	Oct. 14, 2016	171

## 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	J.P. 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	J.P. 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	J.P. 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. 24:06.40	Antibahs Kosgei	SEC Championships	Oct. 28, 2016	8
6. 24:13.40	Carison Kemei	Pre-Nationals	Oct. 16, 2010	23
7. 24:14.10	Anitbahs Kosgei	Crimson Classic	Oct. 14, 2016	1
8. 24:17.47	Antibahs Kosgei	Crimson Classic	Oct. 16, 2015	2
9. 24:20.00	Julius Bor	Notre Dame Invitational	Oct. 1, 2010	23
10. 24:21.60	Conner Thompson	SEC Championships	Oct. 30, 2015	27

## 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. 30:24.10	Robbie Farnham-Rose	NCAA South Regional	Nov. 11, 2016	3
6. 30:25.66	Antibahs Kosgei	NCAA South Regional	Nov. 13, 2015	1
7. 30:26.60	Julius Bor	NCAA Championships	Nov. 22, 2010	35
8. 30:33.10	Anitbahs Kosgei	NCAA South Regional	Nov. 11, 2016	6
9. 30:36.50	Carison Kemei	NCAA Championships	Nov. 22, 2010	46
10. 30:37.96	Andrew Kirwa	NCAA South Regional	Nov. 13, 2010	13



## 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 • Sept. 9, 2016

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

## 8-kilometer • PR - 27:01.8 • Oct. 14, 2016

Time	Event	Date	Finish
27:01.8	Crimson Classic	Oct. 14	135
27:12.6	SEC Championships	Oct. 28	93

## PAYTON BALLARD

## 5-miles • PR -

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

## J.P. 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 - 26:30.3 • Oct. 28, 2016

Time	Event	Date	Finish
26:30.3	SEC Championships	Oct. 28	76

## 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 - 25:25.2 • Oct. 28, 2016

Time	Event	Date	Finish
25:25.2	SEC Championships	Oct. 28	75

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

Time	Event	Date	Finish
33:04.3	NCAA South Regional	Nov. 11	101

## 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 - 25:45.2 • Oct. 14, 2016

Time	Event	Date	Finish
25:45.2	Crimson Classic	Oct. 14	41

## 10-kilometer • PR - 32:32.0 • Nov. 11, 2016

Time	Event	Date	Finish
32:32.0	NCAA South Regional	Nov. 11	73

## 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 - 24:39.6 • Oct. 14, 2016

Time	Event	Date	Finish
24:39.6	Crimson Classic	Oct. 14	5
24:54.8	SEC Championships	Oct. 28	20

## 10-kilometer • PR - 30:24.1 • Nov. 11, 2016

Time	Event	Date	Finish
30:24.1	NCAA South Regional	Nov. 11	3

## CONNOR FERRENTINO

## 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 - 26:38.4 • Oct. 28, 2016

Time	Event	Date	Finish
26:38.4	SEC Championships	Oct. 28	78

## NOAH KARR

## 8-kilometer • PR -

Time	Event	Date	Finish

## 10-kilometer • PR -

Time	Event	Date	Finish



## 2016 ALABAMA MEN'S INDIVIDUAL TIMES

## 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, 2015

Time	Event	Date	Finish
24:14.1	Crimson Classic	Oct. 14	1
24:06.4	SEC Championships	Oct. 28	8

## 10-kilometer • PR - 30:25.66 • Nov. 13, 2015

Time	Event	Date	Finish
30:33.1	NCAA South Regional	Nov. 11	6

## 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

## 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 - 25:40.4 • Oct. 14, 2016

Time	Event	Date	Finish
25:40.4	Crimson Classic	Oct. 14	32
25:51.0	SEC Championships	Oct. 28	53

## 10-kilometer • PR - 32:11.0 • Nov. 11, 2016

Time	Event	Date	Finish
32:11.0	NCAA South Regional	Nov. 11	55

## OLIVER RIGG

## 5-kilometer • PR - 16:11.09

Time	Event	Date	Finish
16:11.09	Chattanooga Powerade Inv.	Sept. 9	22

## 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 - 25:32.8 • Oct. 28, 2016

Time	Event	Date	Finish
25:32.8	SEC Championships	Oct. 28	43

## 10-kilometer • PR - 31:47.4 • Nov. 11, 2016

Time	Event	Date	Finish
31:47.4	NCAA South Regional	Nov. 11	42

## 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
25:34.2	SEC Championships	Oct. 28	44

## 10-kilometer • PR - 31:41.78 • Nov. 13, 2015

Time	Event	Date	Finish
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## DREW WILLIAMS

## 8-kilometer • PR -

Time	Event	Date	Finish
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## 10-kilometer • PR -

Time	Event	Date	Finish
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## 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 - 21:23.6 • Nov. 11, 2016

Time	Event	Date	Finish
21:32.3	Crimson Classic	Oct. 14	22
22:00.6	SEC Championships	Oct. 28	55
21:23.6	NCAA South Regional	Nov. 11	45

## CAROLINE BROOKS

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

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

## 6-kilometer • PR - 23:36.6 • Oct. 14, 2016

Time	Event	Date	Finish
23:36.6	Crimson Classic	Oct. 14	150

## 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 - 21:37.3 • Oct. 14, 2016

Time	Event	Date	Finish
21:37.3	Crimson Classic	Oct. 14	26
22:17.5	SEC Championships	Oct. 28	71
22:22.9	NCAA South Regional	Nov. 11	99

## HANNAH CAPEK

## 6-kilometer • PR - 21:08.9 • Oct. 14, 2016

Time	Event	Date	Finish
21:08.9	Crimson Classic	Oct. 14	11
21:28.0	SEC Championships	Oct. 28	34
21:01.5	NCAA South Regional	Nov. 11	30

## DALEY CLINE

## 6-kilometer • PR -

Time	Event	Date	Finish
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## 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 - 22:02.6 • Oct. 14, 2016

Time	Event	Date	Finish
22:02.6	Crimson Classic	Oct. 14	54
22:51.2	SEC Championships	Oct. 28	93

## 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

## CAROLINE CUMBEST

## 6-kilometer • PR -

Time	Event	Date	Finish
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## 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 - 21:14.3 • Oct. 14, 2016

Time	Event	Date	Finish
21:14.3	Crimson Classic	Oct. 14	13
21:55.6	SEC Championships	Oct. 28	47
21:31.7	NCAA South Regional	Nov. 11	53

## EBIE DOUGLAS

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

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

## 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
21:49.9	Crimson Classic	Oct. 14	42
22:05.7	SEC Championships	Oct. 28	58
22:11.3	NCAA South Regional	Nov. 11	85

## SAVANNAH FRALEIGH

## 6-kilometer • PR -

Time	Event	Date	Finish
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## NICOLE GARDNER

## 5-kilometer • PR - 17:59.00 •

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

## 6-kilometer • PR - 22:05.2 • Oct. 14, 2016

Time	Event	Date	Finish
22:05.2	Crimson Classic	Oct. 14	57
22:26.8	SEC Championships	Oct. 28	79

## JESSICA GRAY

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

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

## 6-kilometer • PR - 21:18.2 • Oct. 28, 2016

Time	Event	Date	Finish
22:22.3	Crimson Classic	Oct. 14	68
22:18.2	SEC Championships	Oct. 28	73

## 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
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## 6-kilometer • PR - 23:22.0 • Oct. 14, 2016

Time	Event	Date	Finish
23:22.0	Crimson Classic	Oct. 14	136

## VERONICA LYLE

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

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





## 2016 ALABAMA WOMEN'S INDIVIDUAL TIMES

## 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 - 22:45.3 • Oct. 14, 2016

Time	Event	Date	Finish
22:45.3	Crimson Classic	Oct. 14	96
23:06.6	SEC Championships	Oct. 28	104

## GABBY PRIZIO

6-kilometer • PR -

Time	Event	Date	Finish
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## 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

## ALISON RINGLE

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

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

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

Time	Event	Date	Finish
22:58.2	Crimson Classic	Oct. 14	113

## BRITTANY TOLSON

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

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

6-kilometer • PR - 22:34.8 • Oct. 14, 2016

Time	Event	Date	Finish
22:34.8	Crimson Classic	Oct. 14	82
22:51.7	SEC Championships	Oct. 28	94

## 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
21:22.7	SEC Championships	Oct. 28	27
20:54.7	NCAA South Regional	Nov. 11	26

## 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 - 22:51.8 • Oct. 14, 2016

Time	Event	Date	Finish
22:51.8	Crimson Classic	Oct. 14	107

## 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 - 21:00.1 • Oct. 14, 2016

Time	Event	Date	Finish
21:00.1	Crimson Classic	Oct. 14	6
21:13.2	SEC Championships	Oct. 28	22
21:12.2	NCAA South Regional	Nov. 11	36

## 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 - 23:56.3 • Oct. 14, 2016

Time	Event	Date	Finish
23:56.3	Crimson Classic	Oct. 14	171



NCAA SOUTH REGION CHAMPIONSHIPS

MEN'S NCAA SOUTH REGION TEAM TITLES

2010, 2009, 2008, 2007, 2001, 2000, 1999

MEN'S SOUTH REGIONAL TOP 10 FINISHES

Year	Place	Points	Location
1973	6th		
1988	8th		
1999	1st	69	Auburn, Ala.
2000	1st	47	Tuscaloosa, Ala.
2001	1st	55	Birmingham, Ala.
2002	2nd	79	Maryville, Tenn.
2003	5th	132	Auburn, Ala.
2004	8th	241	Tuscaloosa, Ala.
2005	1st	40	Gainesville, Fla.
2006	2nd	88	Maryville, Tenn.
2007	1st	28	Gainesville, Fla.
2008	1st	49	Knoxville, Tenn.
2009	1st	45	Tuscaloosa, Ala.
2010	1st	30	Birmingham, Ala.
2015	6th	183	Tuscaloosa, Ala.
2016	4th	122	Tallahassee, Fla.

MEN'S NCAA SOUTH REGIONAL INDIVIDUAL TITLES(10K)

Year	Name	Time	Location
2000	David Kimani	30:25.15	Tuscaloosa, Ala.
2001	David Kimani	30:06.43	Birmingham, Ala.
2002	David Kimani	32:09.91	Maryville, Tenn.
2015	Antibahs Kosgei	30:25.66	Tuscaloosa, Ala.

MEN'S NCAA ALL-SOUTH REGIONAL FINISHERS (BY YEAR)

2000	David Kimani, Japheth Koech, Frank Rono, Chris Mutai
2001	David Kimani, Peter Kiprono, Japheth Koech, Matt Legrand
2002	David Kimani, Peter Kiprono, Tyler Stanfield
2003	Kevin McDonough, Josphat Waweru
2004	Alex Korir
2005	Peter Etoot, Titus Koeh, Alex Korir, Abraham Kutingala, Augustus Maiyo
2006	Emmanuel Bor, Abraham Kutingala, Augustus Maiyo
2007	Emmanuel Bor, Andrew Kirwa, Titus Koeh, Abraham Kutingala, Augustus Maiyo
2008	Emmanuel Bor, Tyson David, Andrew Kirwa, Abraham Kutingala, Augustus Maiyo
2009	Emmanuel Bor, Julius Bor, Tyson David, Andrew Kirwa, Fred Samoei
2010	Julius Bor, Carison Kemei, Moses Kiptoo, Andrew Kirwa, Joel Rop
2014	Robbie Farnham-Rose
2015	Antibahs Kosgei
2016	Robbie-Farnham Rose, Antibahs Kosgei

MEN'S NCAA ALL-SOUTH REGIONAL FINISHERS (BY ATHLETE)

Emmanuel Bor	2006, 2007, 2008, 2009
Julius Bor	2009, 2010
Tyson David	2008, 2009
Peter Etoot	2005
Robbie Farnham-Rose	2014, 2016
Carison Kemei	2010
David Kimani	2000, 2001, 2002
Peter Kiprono	2001, 2002
Moses Kiptoo	2010
Andrew Kirwa	2007, 2008, 2009, 2010
Japheth Koech	2000, 2001
Titus Koeh	2005, 2007
Alex Korir	2004, 2005
Antibahs Kosgei	2015, 2016
Abraham Kutingala	2005, 2006, 2007, 2008
Matt Legrand	2001
Augustus Maiyo	2005, 2006, 2007, 2008
Kevin McDonough	2003
Chris Mutai	2000
Frank Rono	2000
Joel Rop	2010
Fred Samoei	2009
Tyler Stanfield	2002
Josphat Waweru	2003

MEN'S SOUTH REGION COACH OF THE YEAR

Joe Walker	2000, 2001, 2007, 2008, 2009, 2010
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WOMEN'S NCAA/AIAW SOUTH REGION TOP-10 FINISHES

Year	Place	Points	Location
1977*	2nd	-	
1978*	1st	-	
1979*	1st	-	
1980*	2nd	-	
1981*	3rd	-	
1984	3rd	-	
1985	6th	180	
1986	1st	-	
1987	3rd	-	
1988	5th	-	
1997	8th	205	
1999	7th	194	Auburn, Ala.
2000	10th	269	Tuscaloosa, Ala.
2008	8th	219	Knoxville, Tenn.
2009	7th	208	Tuscaloosa, Ala.
2010	7th	239	Birmingham, Ala.
2011	6th	217	Tuscaloosa, Ala.
2012	6th	248	Tallahassee, Fla.
2013	3rd	143	Tuscaloosa, Ala.
2014	3rd	135	Tallahassee, Fla.
2015	3rd	135	Tuscaloosa, Ala.
2016	4th	177	Tallahassee, Fla.

\* denotes AIAW

WOMEN'S AIAW SOUTH REGION INDIVIDUAL TITLES (6K)

Year	Name
1978	Cindy Strum
1979	Cindy Strum
1980	Sue Jackson

WOMEN'S NCAA ALL-SOUTH REGIONAL FINISHERS (BY YEAR)

1998	Ashley LaBudde, Aly Mills
1999	Dawn Boggs, Amanda Grout, Ashley LaBudde
2000	Ashley LaBudde
2005	Julia Hicks
2006	Julia Hicks
2007	Haley Moody
2008	Kelsey Johnson, Sara Vaughn
2009	Kelsey Johnson
2013	Katelyn Greenleaf, Meropi Panagiotou
2014	Katelyn Greenleaf, Hannah Waggoner
2015	Katelyn Greenleaf
2016	Hannah Waggoner

WOMEN'S NCAA ALL-SOUTH REGIONAL FINISHERS (BY ATHLETE)

Dawn Boggs	1999
Katelyn Greenleaf	2013, 2014, 2015
Amanda Grout	1999
Julia Hicks	2005, 2006
Kelsey Johnson	2008, 2009
Ashley LaBudde	1998, 1999, 2000
Aly Mills	1998
Haley Moody	2007
Meropi Panagiotou	2013
Sara Vaughn	2008
Hannah Waggoner	2014, 2016

WOMEN'S SOUTH REGION COACH OF THE YEAR

David Troy	1986
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## SEC MEN'S CHAMPIONSHIPS

Year	Champion	Pts.
1935	Georgia Tech	32
1936	Georgia Tech	15
1937	Georgia Tech	19
1938	Georgia Tech	24
1939	Georgia Tech	29
1940	Georgia Tech	31
1941	Mississippi State	34
1942	Georgia Tech	23
1943	No Competition	---
1944	No Competition	---
1945	No Competition	---
1946	Auburn	40
1947	Georgia Tech	51
1948	Auburn	54
1949	Tennessee	48
1950	Tennessee	30
1951	Tennessee	18
1952	Tennessee	30
1953	Georgia Tech	51
1954	Georgia Tech	38
1955	Auburn & Florida	46
1956	Tennessee	26
1957	Mississippi State	35
1958	Kentucky	47.5
1959	Kentucky	59
1960	Mississippi State	38
1961	Mississippi State	33
1962	Mississippi State	37
1963	Tennessee	15
1964	Auburn	23
1965	Tennessee	15
1966	Tennessee	39
1967	Tennessee	28
1968	Tennessee	30
1969	Tennessee	34
1970	Kentucky	41
1971	Tennessee	48
1972	Tennessee	35
1973	Alabama	41
1974	Tennessee	44
1975	Tennessee	38
1976	Tennessee	32
1977	Tennessee	23
1978	Tennessee	24
1979	Auburn	73
1980	Auburn	35
1981	Tennessee	38
1982	Tennessee	47
1983	Tennessee	31
1984	Tennessee	38
1985	Tennessee	31
1986	Florida	38
1987	Florida	45
1988	Kentucky	37
1989	Tennessee	57
1990	Tennessee	52
1991	Arkansas	15
1992	Arkansas	23
1993	Arkansas	18
1994	Arkansas	38
1995	Arkansas	32
1996	Arkansas	15
1997	Arkansas	16
1998	Arkansas	19
1999	Arkansas	17
2000	Arkansas	27
2001	Arkansas	24
2002	Arkansas	31
2003	Arkansas	33
2004	Arkansas	23
2005	Arkansas	23
2006	Arkansas	21
2007	Arkansas	36
2008	Alabama	32
2009	Alabama	56
2010	Arkansas	34
2011	Arkansas	33
2012	Arkansas	35
2013	Arkansas	31
2014	Arkansas	54
2015	Arkansas	25
2016	Arkansas	25

## ALABAMA SEC TITLES

1973, 2008, 2009

## TEAM CHAMPIONSHIP TOTALS

Team	Total
Tennessee	25
Arkansas	25
Georgia Tech	10
Auburn	6
Mississippi State	5
Alabama	3
Florida	3

## SEC WOMEN'S CHAMPIONSHIPS

Year	Champion	Pts.
1983	Tennessee	24
1984	Florida	41
1985	Kentucky	84
1986	Alabama	30
1987	Alabama	20
1988	Kentucky	22
1989	Kentucky	39
1990	Tennessee	41
1991	Arkansas	30
1992	Arkansas	52
1993	Arkansas	37
1994	Arkansas	31
1995	Arkansas	40
1996	Florida	52
1997	Florida	37
1998	Arkansas	25
1999	Arkansas	15
2000	Arkansas	43
2001	Arkansas	35
2002	Arkansas	39
2003	Tennessee	57
2004	Tennessee	55
2005	Tennessee	48
2006	Arkansas	17
2007	Arkansas	39
2008	Arkansas	46
2009	Florida	24
2010	Florida	60
2011	Vanderbilt	30
2012	Florida	61
2013	Arkansas	32
2014	Arkansas	32
2015	Arkansas	38
2016	Arkansas	46

## ALABAMA SEC TITLES

1986, 1987

## TEAM CHAMPIONSHIP TOTALS

Team	Total
Arkansas	16
Tennessee	5
Florida	5
Kentucky	3
Alabama	2
Vanderbilt	1



## SEC HONORS AND AWARDS

## MEN'S SEC CHAMPIONS

Robert Pette	1959, 1960
Steve Bolt	1976
German Beltran	1988
David Kimani	2000, 2001, 2002
Emmanuel Bor	2007
Antibahs Kosgei	2015

## WOMEN'S SEC CHAMPIONS

Evelyn Adiru	1985, 1987
Carole Tremanier	1988
Becki Wells	1993

## MEN'S SEC

## ATHLETE OF THE YEAR

David Kimani	2000, 2001
Emmanuel Bor	2007
Tyson David	2008
Antibahs Kosgei	2015

## MEN'S FRESHMAN ALL-SEC

Andrew Kirwa	2007
Zac Edwards	2008

## WOMEN'S FRESHMAN ALL-SEC

Haley Moody	2007
Kelsey Johnson	2008
Sara Vaughn	2008
Rachael Reddy	2015
McKenzie Yanek	2016

## MEN'S SEC

## FRESHMAN OF THE YEAR

Peter Etoot	2002
Augustus Maiyo	2005
Andrew Kirwa	2007

## WOMEN'S SEC

## FRESHMAN OF THE YEAR

Ashley LaBudde	1998
Dawn Boggs	1999

## MEN'S SEC

## COACH OF THE YEAR

Joe Walker	2001, 2008, 2009
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## WOMEN'S SEC

## COACH OF THE YEAR

David Troy	1986, 1987
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## MEN'S ALL-SEC SELECTIONS - BY YEAR

Year	Name
1959	Robert Pette
1960	Robert Pette
1965	Gary Terrell
1966	Gary Blackmon, Bill Pease
1967	Angelo Harris
1968	Angelo Harris
1970	Fred Emerling, Angelo Harris, Alton Sizemore, Gaylon Smith
1971	Fred Emerling, Alton Sizemore, Gaylon Smith
1972	Mark Brown, Herb Gibson, Robin Shipman, Bob Starling
1973	Frank Bromberg, Mark Brown, Herb Gibson, Robin Shipman
1975	Steve Bolt, Rick Bourrier
1976	Steve Bolt, Rick Bourrier, Frank Bromberg, Terry Crews, Devon Hind
1977	Rick Bishop, Rick Bourrier
1979	Rich Hanson, Scott Scheffler, Jim Wilson
1980	Jim Wilson
1984	Doug Cronkite, Peter McColgan
1985	Peter McColgan
1988	German Beltran, Guy Shultz
1990	German Beltran
1991	Cern Basher
1999	Tim Broe, Chris Mutai
2000	David Kimani, Japheth Koech, Chris Mutai
2001	David Kimani, Japheth Koech
2002	Peter Etoot, David Kimani, Peter Kiprono
2003	Josphat Waweru
2005	Titus Koeh, Alex Korir, Abraham Kutingala, Augustus Maiyo
2006	Emmanuel Bor, Abraham Kutingala, Augustus Maiyo
2007	Emmanuel Bor, Andrew Kirwa, Abraham Kutingala
2008	Emmanuel Bor, Tyson David, Andrew Kirwa, Abraham Kutingala, Augustus Maiyo
2009	Julius Bor, Tyson David, Moses Kiptoo, Fred Samoei
2010	Julius Bor, Carison Kemei, Joel Rop
2011	Carison Kemei
2015	Antibahs Kosgei
2016	Antibahs Kosgei

## WOMEN'S ALL-SEC SELECTIONS - BY YEAR

Year	Name
1983	Lisa Pakutka
1984	Liz Lynch, Lisa Pakutka, Heidi Olafsdottir, Gina Procaccio
1985	Evelyn Adiru, Jeni Nielson
1986	Evelyn Adiru, Susan Crawford, Jeni Nielson, Heidi Olafsdottir, Elspeth Turner
1987	Evelyn Adiru, Susan Crawford, Jeni Nielson, Heidi Olafsdottir, Kristen Seabury, Elspeth Turner
1988	Evelyn Adiru, Carole Trepanier
1989	Susan Crawford
1990	Malin Ohlund, Kristen Seabury
1991	Malin Ohlund, Sian Pilling, Heather Shutt-Warner
1992	Malin Ohlund, Heather Shutt-Warner
1993	Malin Ohlund, Becki Wells
1994	Jessica Fry
1995	Jessica Fry
1997	Amanda Grout, Liz Lopacki
1998	Ashley LaBudde
1999	Dawn Boggs, Ashley LaBudde
2000	Ashley LaBudde, Aly Mills
2005	Julia Hicks
2007	Haley Moody
2008	Kelsey Johnson, Sara Vaughn
2013	Katelyn Greenleaf
2014	Katelyn Greenleaf
2015	Katelyn Greenleaf, Rachael Reddy

## MEN'S ALL-SEC SELECTIONS

Athlete	Year
Cern Basher	1991
German Beltran	1988, 1990
Rick Bishop	1977
Gary Blackmon	1966
Steve Bolt	1975, 1976
Emmanuel Bor	2006, 2007, 2008
Julius Bor	2009, 2010
Rick Bourrier	1975, 1976, 1977
Tim Broe	1999
Frank Bromberg	1973, 1976
Mark Brown	1972, 1973
Terry Crews	1976
Doug Cronkite	1984
Tyson David	2008, 2009
Fred Emerling	1970, 1971
Peter Etoot	2002
Herb Gibson	1972, 1973
Rich Hanson	1979
Angelo Harris	1967, 1968, 1970
Devon Hind	1976
Carison Kemei	2010, 2011
David Kimani	2000, 2001, 2002
Peter Kiprono	2002
Moses Kiptoo	2009
Andrew Kirwa	2007, 2008
Japheth Koech	2000, 2001
Titus Koeh	2005
Alex Korir	2005
Antibahs Kosgei	2015, 2016
Abraham Kutingala	2005, 2006, 2007, 2008
Augustus Maiyo	2005, 2006, 2008
Peter McColgan	1984, 1985
Chris Mutai	1999, 2000
Bill Pease	1966
Robert Pette	1959, 1960
Joel Rop	2010
Fred Samoei	2009
Scott Scheffler	1979
Robin Shipman	1972, 1973
Guy Shultz	1988
Alton Sizemore	1970, 1971
Gaylon Smith	1970, 1971
Bob Starling	1972
Gary Terrell	1965
Josphat Waweru	2003
Jim Wilson	1979, 1980

## WOMEN'S ALL-SEC SELECTIONS

Athlete	Year
Evelyn Adiru	1985, 1986, 1987, 1988
Dawn Boggs	1999
Susan Crawford	1986, 1987, 1989
Jessica Fry	1994, 1995
Katelyn Greenleaf	2013, 2014, 2015
Amanda Grout	1997
Julia Hicks	2005
Kelsey Johnson	2008
Ashley LaBudde	1998, 1999, 2000
Liz Lopacki	1997
Liz Lynch	1984
Aly Mills	2000
Haley Moody	2007
Jeni Nielson	1985, 1986, 1987
Malin Ohlund	1990, 1991, 1992, 1993
Heidi Olafsdottir	1984, 1986, 1987
Lisa Pakutka	1983, 1984
Sian Pilling	1991
Gina Procaccio	1984
Rachael Reddy	2015
Kristen Seabury	1987, 1990
Heather Shutt-Warner	1991, 1992
Carole Trepanier	1988
Elspeth Turner	1986, 1987
Sara Vaughn	2008
Becki Wells	1993