



ALABAMA

CROSS COUNTRY

This Week: Brooks Twilight Classic

The University of Alabama men's and women's cross country teams travel to Memphis, Tenn. to open the 2016 cross country season at the Brooks Memphis Twilight Classic on Saturday, Sept. 3. Christian Brothers University will serve as host for the meet, which features both collegiate and high school races. The women will run a 5-kilometer race beginning at 9:20 p.m. (CT) with the men's 4-mile race set for a 10 p.m. (CT) start. A total of 24 men's teams and 27 women's teams are set to compete in the event.

In the Rankings

The Crimson Tide women's team is No. 5 and the men's squad is No. 7 in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) preseason South Region rankings released Tuesday, August 30. Both teams were voted seventh in their respective SEC Cross Country Coaches preseason polls.

21 Runners Set to Compete in Memphis

The Crimson Tide will travel 21 athletes - 12 women and nine men - to Memphis this weekend. Competing for the women's squad will be senior Hannah Waggoner; junior Caroline Barlow; sophomores Calli Coggins, Nicole Gardner, Sarah Mohan, Rachael Reddy and Kaitlin York; freshmen Rebecca Buteau, Alexa Cruz, Elisabeth Danis, Haley Wright and McKenzie Yanek. The Alabama men will run seniors Antibahs Kosgei, Evan Prizy and Conner Thompson; juniors Andrew Bull, Garrett Bull and Josh Short; sophomore Clay Austell and freshmen James Brinyark and Elliott Miller.

Youth Movement

Seven Tide runners will make their collegiate debut in Memphis on Saturday - Rebecca Buteau, Alexa Cruz, Elisabeth Danis, Haley Wright and McKenzie Yanek on the women's side and James Brinyark and Elliott Miller for the men. In all, Alabama will roster 18 freshmen - 6 men and 12 women - in 2016.

Kosgei Earns Runner of the Year Honors

Senior Antibahs Kosgei returns to the men's cross country team in 2016 after a stellar debut performance last season. The Eldoret, Kenya, native won the individual crowns at both the Southeastern Conference Championships and the NCAA South Regional in 2015 to earn runner of the year honors for both the conference and the region.

Head Coach Dan Waters' Outlook

"This weekend will be a good opportunity for several of our freshmen to get a taste of college competition for the first time and learn what it takes to rebound quickly as we will also be running next weekend as well. It's also an opportunity to get our veteran group on the course for the first time this season. I know everyone is looking forward to running in Memphis and kicking off the season. We've had a good summer and it's time to see what we have."

Up Next

The Tide has a quick turnaround after this weekend's meet, traveling to Chattanooga, Tenn., for the Powerade Invitational on Friday, Sept. 9. The Tide men will run a five kilometer race while women will run a two mile race.

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 Twilight Classic (Memphis, Tenn.)
Sept. 9	Chattanooga Powerade Inv. (Chattanooga, Tenn.)
Sept. 30	Joe Piane Notre Dame Inv. (South Bend, Ind.)
Oct. 14	Crimson Classic (Tuscaloosa, Ala.)
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	37,100
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

University of Alabama Athletics Communications

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2016 CRIMSON TIDE CROSS COUNTRY ATHLETES

MEN'S ROSTER

Name	Class	Hometown (High School/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 (James Moiben/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 (High School/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.	Mannassas, Va. (Osborn 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	RS 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				
Sept. 9	Chattanooga Powerade Invitational	Chattanooga, Tenn.	5k				
Sept. 30	Joe Piane Notre Dame Invitational	South Bend, Ind.	5 miles				
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				
Sept. 9	Chattanooga Powerade Invitational	Chattanooga, Tenn.	2 miles				
Sept. 30	Joe Piane Invitational	South Bend, Ind.	5k				
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 ALABAMA CROSS COUNTRY PREVIEW

If someone could use one word to describe the key to the University of Alabama's 2016 season in cross country, it would almost have to be camaraderie.

"You have to mix it up when you're running this far, it's so many miles," senior Conner Thompson said. "You have to have some personalities in there. But also in training. The more depth you have, maybe one guy will have a great day and push the other guys up, bring the whole level of the team up. I think we have that this year."

However, the reasons why camaraderie is so crucial to the Crimson Tide this season are about as different as the men's and women's teams themselves.

Men's Cross Country

On the men's side, Alabama returns 10 lettermen, including a few who were limited by injuries in 2015, but still headlining the team is reigning Southeastern Conference champion Antibaahs Kosgei.

The senior from Eldoret, Kenya, who transferred in a year ago from South Plains College in Texas, ran the SEC course at Texas A&M in 23:24.10 seconds, the fifth-fastest winning time at the meet since it became an 8K race in 1986.

Kosgei also became the first conference champion in Crimson Tide history since fellow Eldoret native Emmanuel Bor in 2007.

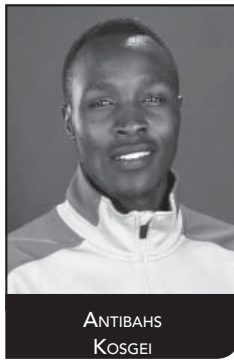
Robbie Farnham-Rose of England is also back for his final year of eligibility, and with the three seniors leading the way, Alabama likes its chances of significantly improving on last year's ninth-place team finish at the SEC Championships.

Kosgei, Thompson and Farnham-Rose are joined by fellow seniors Payton Ballard and Evan Prizy on the 2016 squad and will be counted on to provide valuable experience this season.

Also returning in 2016 are juniors Andrew and Garrett Bull, Connor Ferrentino and Josh Short and sophomore Clay Austell.

"We have a bunch of more experienced guys now who have run a lot of miles, built big engines and we're ready to put those big trucks on a cross country course and go for the long haul," sixth-year head coach Dan Waters said.

"That's a huge advantage. I try to explain that as like having a veteran offensive line, knowing that you have seniors in that position who know how to pace, know how to attack courses and conserve energy, burn an even fuse, all those things that are highly important to being successful as you break down a race. We have guys who know how to do that."



ANTIBAHAS
KOSGEI



RACHAEL
REDDY

Women's Cross Country

Meanwhile, the women's team is coming off an impressive fourth-place SEC showing, but returns just one of its top four finishers from that meet, Rachael Reddy, who was 16th individually.

"She made some real good progress last year," distance coach Adam Tribble said about the in-state product from Mountain Brook High School who transferred from the University of Texas last year.

Among those who have moved on include program staples Meropi Panagiotou, Rebecca Stover and Katelyn Greenleaf. Like Kosgei, Greenleaf qualified for the NCAA Championships a season ago.

"We have really big shoes to fill, but training with her all three years to get to this position, she's really helped me a lot," said Hannah Waggoner, the only senior on this year's women's roster.

In addition to Waggoner, Alabama will also rely heavily on Reddy — the sophomore who won her first career cross country race at the Brooks Twilight Classic (17:06:26) and claimed the Cowboy Jamboree 6k title last season.

Alabama also returns five juniors from a season ago — Caroline Barlow, Emily Edwards, Jessica Gray, Veronica Lyle and Allison Ringle — who will add some veteran presence as well.

Sophomores Calli Coggins, Ebie Douglas, Nicole Gardner, Brianna Koshy, Sarah Mohan and Kaitlin York also gained valuable experience as freshmen in 2015.

But what really has the coaching staff encouraged was the addition of 12 freshmen to the women's roster (along with six more on the men's side). It wasn't that long ago that the Crimson Tide didn't have that many names on its entire roster.

"One of the things that's exciting when you get this many as a group together, especially in women's distance, people are always going to make huge jumps," Tribble said. "When you have this kind of group you have more opportunities for that."

"We're excited about seeing who's going to be the next Hannah Waggoner of this group."

Tribble was referring in part to the fact that while Waggoner ran track at Oakland High School in Murfreesboro, Tenn., she also led the tennis team, played a district-winning soccer team and has a black belt in karate. Having previously never focused on one sport before isn't uncommon.

Moreover, because women's cross-country races at the collegiate level aren't much longer than in high school, it's often an easier adjustment. Factor in the tougher training regimen and breakout seasons are more common than with the men.

"That's going to really be the story with the women's cross country team," Waters said about the major influx of runners. "We did graduate a couple of girls on our team from last year, but we brought in some girls with some amazing high school credentials who have done some really great things."

"Which one of those girls isn't afraid to go out and compete against some of the best runners in the nation and don't get a little sticker shock when they see the names on the jerseys — just go out and compete like they're capable of."

Perhaps it'll be McKenzie Yanek from Iowa, or Elisabeth Danis from New Hampshire who will be the first to contribute. Coaches hope to have a better feel for the team's depth by the time the Crimson Tide competes in the Joe Piane Notre Dame Invitational on Sept. 30.

It'll feature many of the nation's top programs and runners, thus serving as a good barometer for both Alabama teams.

"That will be big-time for us," Thompson said.

"Every course is different and every course sort of plays well to one team or another," Waters said. "The Notre Dame course is a very flat and fast course, so you go there during years you have teams geared in that direction — and we are this year."

"It's a good field."

Thus, with all the new faces and the new challenge of competing in a premier event just before hosting the annual Crimson Classic on Oct. 14, there will be a much bigger buildup to the SEC Cross Country Championships on Oct. 28 at Arkansas. From there, Alabama hopes to have more than just two individuals compete at the NCAAs, but the whole team.

Thus, the emphasis on camaraderie.

"It's not the same as [a sport like] soccer, where you have to communicate a lot and that kind of thing, but definitely be motivating, day-in, day-out, because it is so demanding physically and mentally," Waggoner said. "We go through rough periods. Being there for each other is huge."