



# ALABAMA

## CROSS COUNTRY

### This Week: Chattanooga Powerade Invitational

The University of Alabama men's and women's cross country teams travel to Chattanooga, Tenn. for the Powerade Chattanooga Invitational on Friday, Sept. 9. The University of Tennessee-Chattanooga will serve as host for the meet. The women will run a two-mile race beginning at 4:45 p.m. (CT) with the men's 5k race to follow. A total of seven men's and eight 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) South Region preseason rankings released August 30. The first regular season rankings will be announced on Sept. 13.

### 19 Runners Set to Compete in Chattanooga

The Crimson Tide will travel 19 athletes - 11 men and eight women - to Chattanooga on Friday. Competing for the men's squad will be seniors Robbie Farnham-Rose, Antibahs Kosgei, Evan Prizy and Conner Thompson; juniors Andrew Bull, Garrett Bull and Josh Short; sophomore Clay Austell and freshmen James Brinyark, Patrick Grant and Oliver Rigg. The Alabama women will run juniors Emily Edwards, Jessica Gray, Veronica Lyle and Allison Ringle; sophomores Ebie Douglas and Brianna Koshy and freshmen Caroline Brooks and Brittany Tolson.

### 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. 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.

### Waggoner and Yanek Top SEC Women's 5K List

Alabama's Hannah Waggoner posted the top 5K time of any SEC runner on the opening weekend of competition. Waggoner finished second - and was the top collegiate finisher - at the Brooks Memphis Twilight Classic in a personal-best time of 17:17.72. Freshman McKenzie Yanek finished ninth in the meet in 17:43.43 to rank second on the SEC 5k list after the first weekend.

### Head Coach Dan Waters' Outlook

"I thought we got off to a good start last weekend. I was pleased with the performances of our veterans and our freshmen as well. We have several athletes who will be running for the first time this season on Friday and I'm looking forward to seeing how they perform."

### Up Next

The Tide will be off the next two weekends before traveling to South Bend, Ind. to participate in the Joe Piane Notre Dame Invitational on Sept. 30. The meet will feature a number of top teams from around the country competing in a five mile men's race and a 5k women's 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 .....	<b>Crimson Classic</b> <b>(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 ..... 37,100  
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

Cross Country Contact:

Todd Bell, Assistant Director

tbell@ia.ua.edu

972-825-6686



## 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.	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	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				
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	1st	Hannah Waggoner	2nd	17:17.72
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 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.



## 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

**2016 ALABAMA MEN'S TOP TIMES BY DISTANCE****4 MILES**

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

**2016 ALABAMA WOMEN'S TOP TIMES BY DISTANCE****5 KILOMETERS**

	Time	Name	Event	Date	Finish
1.	17:17.72	Hannah Waggoner	Brooks Memphis Twilight	Sept. 3	2nd
2.	17:43.43	McKenzie Yanek	Brooks Memphis Twilight	Sept. 3	9th
3.	17:57.48	Caroline Barlow	Brooks Memphis Twilight	Sept. 3	12th
4.	18:01.84	Calli Coggins	Brooks Memphis Twilight	Sept. 3	15th
5.	18:05.16	Elisabeth Danis	Brooks Memphis Twilight	Sept. 3	16th
6.	18:07.23	Rebecca Buteau	Brooks Memphis Twilight	Sept. 3	18th
7.	18:22.99	Kaitlin York	Brooks Memphis Twilight	Sept. 3	27th
8.	18:23.72	Nicole Gardner	Brooks Memphis Twilight	Sept. 3	28th
9.	18:34.71	Sarah Mohan	Brooks Memphis Twilight	Sept. 3	39th
10.	18:38.32	Haley Wright	Brooks Memphis Twilight	Sept. 3	42nd



## 2016 ALABAMA MEN'S INDIVIDUAL TIMES

## CLAY AUSTELL

4-miles • PR - 21:20.11			
Time	Event	Date	Finish
21:20.11	Brooks Memphis Twilight	Sept. 3	66

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR -			
Time	Event	Date	Finish

8-kilometer • PR -			
Time	Event	Date	Finish

10-kilometer • PR -			
Time	Event	Date	Finish

## PAYTON BALLARD

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR -			
Time	Event	Date	Finish

8-kilometer • PR - 25:30.26			
Time	Event	Date	Finish

10-kilometer • PR -			
Time	Event	Date	Finish

## JAMES BRINYARK

4-miles • PR - 20:34.11			
Time	Event	Date	Finish
20:34.11	Brooks Memphis Twilight	Sept. 3	28

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR -			
Time	Event	Date	Finish

8-kilometer • PR -			
Time	Event	Date	Finish

10-kilometer • PR -			
Time	Event	Date	Finish

## ANDREW BULL

4-miles • PR - 20:39.44			
Time	Event	Date	Finish
20:39.44	Brooks Memphis Twilight	Sept. 3	34

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR - 16:32.58			
Time	Event	Date	Finish

8-kilometer • PR - 25:57.08			
Time	Event	Date	Finish

10-kilometer • PR -			
Time	Event	Date	Finish

## GARRETT BULL

4-miles • PR - 20:31.71			
Time	Event	Date	Finish
20:31.71	Brooks Memphis Twilight	Sept. 3	24

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR - 16:23.07			
Time	Event	Date	Finish

8-kilometer • PR - 25:53.24			
Time	Event	Date	Finish

10-kilometer • PR -			
Time	Event	Date	Finish

## ROBBIE FARNHAM-ROSE

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR - 15:56.53			
Time	Event	Date	Finish

8-kilometer • PR - 25:03.55			
Time	Event	Date	Finish

10-kilometer • PR - 30:58			
Time	Event	Date	Finish

## CONNOR FERRENTINO

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR - 16:21.10			
Time	Event	Date	Finish

8-kilometer • PR - 26:13.55			
Time	Event	Date	Finish

10-kilometer • PR -			
Time	Event	Date	Finish

## PATRICK GRANT

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR -			
Time	Event	Date	Finish

8-kilometer • PR -			
Time	Event	Date	Finish

10-kilometer • PR -			
Time	Event	Date	Finish

## NOAH KARR

5-miles • PR -			
Time	Event	Date	Finish

5-kilometer • PR -			
Time	Event	Date	Finish

8-kilometer • PR -			
Time	Event	Date	Finish

10-kilometer • PR -			
Time	Event	Date	Finish



## 2016 ALABAMA MEN'S INDIVIDUAL TIMES

## ANTIBASH KOSGEI

4-mile • PR - 19:11.13			
Time	Event	Date	Finish
19:11.13	Brooks Memphis Twilight	Sept. 3	1
5-miles • PR -			
Time	Event	Date	Finish
5-kilometer • PR -			
Time	Event	Date	Finish
8-kilometer • PR -			
Time	Event	Date	Finish
10-kilometer • PR - 30:25.66			
Time	Event	Date	Finish

## ELLIOTT MILLER

4-mile • PR - 21:21.17			
Time	Event	Date	Finish
21:21.17	Brooks Memphis Twilight	Sept. 3	67
5-miles • PR -			
Time	Event	Date	Finish
5-kilometer • PR -			
Time	Event	Date	Finish
8-kilometer • PR -			
Time	Event	Date	Finish
10-kilometer • PR -			
Time	Event	Date	Finish

## EVAN PRIZY

4-mile • PR - 20:30.77			
Time	Event	Date	Finish
20:50.81	Brooks Memphis Twilight	Sept. 3	44
5-miles • PR -			
Time	Event	Date	Finish
5-kilometer • PR - 16:26.93			
Time	Event	Date	Finish
8-kilometer • PR - 26:15.65			
Time	Event	Date	Finish
10-kilometer • PR -			
Time	Event	Date	Finish

## OLIVER RIGG

5-miles • PR -			
Time	Event	Date	Finish
5-kilometer • PR -			
Time	Event	Date	Finish
8-kilometer • PR -			
Time	Event	Date	Finish
10-kilometer • PR -			
Time	Event	Date	Finish

## JOSH SHORT

4-mile • PR - 20:02.83			
Time	Event	Date	Finish
20:02.83	Brooks Memphis Twilight	Sept. 3	9
5-miles • PR -			
Time	Event	Date	Finish
5-kilometer • PR - 15:52.00			
Time	Event	Date	Finish
8-kilometer • PR - 26:53.40			
Time	Event	Date	Finish
10-kilometer • PR -			
Time	Event	Date	Finish

## CONNER THOMPSON

4-mile • PR - 20:04.56			
Time	Event	Date	Finish
20:04.56	Brooks Memphis Twilight	Sept. 3	11
5-miles • PR -			
Time	Event	Date	Finish
5-kilometer • 16:07.75			
Time	Event	Date	Finish
8-kilometer • PR - 24:21.60			
Time	Event	Date	Finish
10-kilometer • PR - 31:41.78			
Time	Event	Date	Finish

## DREW WILLIAMS

5-miles • PR -			
Time	Event	Date	Finish
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

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 17:57.48 Time	Event	Date	Finish
17:57.48	Brooks Memphis Twilight	Sept. 3	12
6-kilometer • PR - 21:33.3 Time	Event	Date	Finish

## CAROLINE BROOKS

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - Time	Event	Date	Finish
6-kilometer • PR - Time	Event	Date	Finish

## REBECCA BUTEAU

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - Time	Event	Date	Finish
6-kilometer • PR - Time	Event	Date	Finish

## HANNAH CAPEK

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - Time	Event	Date	Finish
6-kilometer • PR - Time	Event	Date	Finish

## DALEY CLINE

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - Time	Event	Date	Finish
6-kilometer • PR - Time	Event	Date	Finish

## CALLI COGGINS

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 18:01.84 Time	Event	Date	Finish
18:01.84	Brooks Memphis Twilight	Sept. 3	15
6-kilometer • PR - Time	Event	Date	Finish

## ALEXA CRUZ

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 18:39.77 Time	Event	Date	Finish
18:39.77	Brooks Memphis Twilight	Sept. 3	44
6-kilometer • PR - Time	Event	Date	Finish

## CAROLINE CUMBEST

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - Time	Event	Date	Finish
6-kilometer • PR - Time	Event	Date	Finish

## ELISABETH DANIS

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 18:05.16 Time	Event	Date	Finish
18:05.16	Brooks Memphis Twilight	Sept. 3	16
6-kilometer • PR - Time	Event	Date	Finish

## EBIE DOUGLAS

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - Time	Event	Date	Finish
6-kilometer • PR - Time	Event	Date	Finish

## EMILY EDWARDS

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 17:47.12 Time	Event	Date	Finish
6-kilometer • PR - 21:38.05 Time	Event	Date	Finish

## SAVANNAH FRALEIGH

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - Time	Event	Date	Finish
6-kilometer • PR - Time	Event	Date	Finish

## NICOLE GARDNER

2-miles • PR - Time	Event	Date	Finish
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 - Time	Event	Date	Finish
5-kilometer • PR - 18:17.79 Time	Event	Date	Finish
6-kilometer • PR - 21:24.40 Time	Event	Date	Finish





## 2016 ALABAMA WOMEN'S INDIVIDUAL TIMES

## BRIANNA KOSHY

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 19:14.00			
Time	Event	Date	Finish
6-kilometer • PR -			
Time	Event	Date	Finish

## VERONICA LYLE

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 17:52.20			
Time	Event	Date	Finish
6-kilometer • PR - 21:40.60			
Time	Event	Date	Finish

## SARAH MOHAN

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 18:34.71			
Time	Event	Date	Finish
18:34.71	Brooks Memphis Twilight	Sept. 3	39
6-kilometer • PR -			
Time	Event	Date	Finish

## GABBY PRIZIO

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR -			
Time	Event	Date	Finish
6-kilometer • PR -			
Time	Event	Date	Finish

## RACHAEL REDDY

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 17:06.26			
Time	Event	Date	Finish
6-kilometer • PR - 20:25.20			
Time	Event	Date	Finish

## ALISON RINGLE

2-miles • PR - Time	Event	Date	Finish
5-kilometer • 18:07.33			
Time	Event	Date	Finish
6-kilometer • PR - 22:09.8			
Time	Event	Date	Finish

## BRITTANY TOLSON

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR -			
Time	Event	Date	Finish
6-kilometer • PR -			
Time	Event	Date	Finish

## HANNAH WAGGONER

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 17:17.72			
Time	Event	Date	Finish
17:17.72	Brooks Memphis Twilight	Sept. 3	2
6-kilometer • PR - 20:01.1			
Time	Event	Date	Finish

## HALEY WRIGHT

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR -			
Time	Event	Date	Finish
6-kilometer • PR -			
Time	Event	Date	Finish

## MCKENZIE YANEK

2-miles • PR - Time	Event	Date	Finish
5-kilometer • PR - 17:43.43			
Time	Event	Date	Finish
17:43.43	Brooks Memphis Twilight	Sept. 3	9
6-kilometer • PR -			
Time	Event	Date	Finish

## KAITLIN YORK

2-miles • PR - Time	Event	Date	Finish
5-kilometer • 18:15.39			
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**

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)**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**

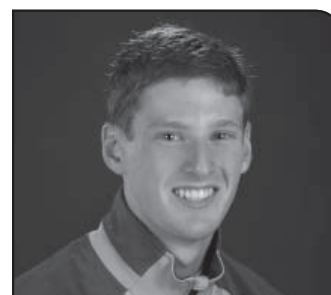
Ran a personal best 4:17.84 in the mile at the Tyson Invitational ... clocked a 4:21.39 at the Indiana Relays ... placed 22nd at the Auburn Invitational in the mile with a time of 4:21.94.

**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**

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**

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 ALABAMA MEN'S CROSS COUNTRY BIOS

**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**

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.



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)

**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-prelim 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.

## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS

**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.

**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)**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**

Won 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.



## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS

**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.



Freshman

**ELLIOTT MILLER**Cheyenne, Wyo.  
(Cheyenne Central)**FRESHMAN****2016 Cross Country**

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**

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.



Freshman

**OLIVER RIGG**Zionsville, Ind.  
(Zionsville)**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**

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

## 2016 ALABAMA MEN'S CROSS COUNTRY BIOS

## FRESHMAN

## 2015 Outdoor Season

Did not compete.

## 2015 Indoor Season

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

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 finished 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 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.



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

## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS



Junior

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

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 prelim 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)**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**

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

**PREP AND PERSONAL**

Coached by Geary 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.



## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS



Sophomore

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

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

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

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.



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**

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 Tkaczkyk 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)**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)**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.



## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS

**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.

**2015 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 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**

Mannassas, Va.  
(Osborn Park)

**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.



Sophomore

**BRIANNA KOSHY**

Brentwood, Tenn.  
(Brentwood)

**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

## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS

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)**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 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.



RS Sophomore

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

- SEC All-Freshman Team, 2015 Cross Country

**REDSHIRT 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**

Did not officially compete (redshirt season), but ran unattached in the 3,000 meters at the Longhorn Invitational, winning the event with a time of 9:45.55.

## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS

## 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)

## 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.

## 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 ... Clocked 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)

## 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

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 Sevine Husker Invitational ... placed 10th in the mile race with a time of 4:57.33 at the Auburn Invitational.



## 2016 ALABAMA WOMEN'S CROSS COUNTRY BIOS

**2014 Cross Country**

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

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.

**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 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.



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.