



# CRIMSON TIDE

CROSS COUNTRY



## MEET 3



### ALABAMA *at* JOE PIANE INVITATIONAL

SEPT. 29, 2017 / 1 P.M. CT / SOUTH BEND, IND.

BURKE GOLF COURSE

#### THIS WEEK: JOE PIANE INVITATIONAL

**Meet Notes:** The Alabama men's and women's cross country teams will return to action on Friday at the University of Notre Dame's Joe Piane Invitational. The women will run a 5k race beginning at 1 p.m. (CT) with the men's 5-mile race to follow at 1:45 p.m. (CT). The Tide will enter nine men's runners and nine women's runners this week.

**Competing Teams:** Teams scheduled to compete include Air Force, Alabama, Arkansas, Baylor, Bowling Green, Butler, California, Colorado, Creighton, DePaul, Eastern Kentucky, Eastern Michigan, Florida Gulf Coast, Florida State, Idaho State, Illinois-Chicago, Indiana State, Iowa, IUPUI, Loyola (Ill.), Marshall, Michigan, New Mexico, North Carolina State, Northern Iowa, Northern Kentucky, Notre Dame, Ohio State, Pittsburgh, St. Louis, South Carolina, Southern Illinois, Southern Miss, Southern Utah, St. Mary's (Calif.), Temple, Texas, TCU, Tulane, UC Riverside, UNC-Greensboro, Utah, UTEP, UTSA, Valparaiso, Washington State, Weber State, Western Michigan, Wichita State and Wis.-Green Bay.

**Next Meet:** The Crimson Tide will have the week off following the Joe Piane Invitational before hosting the Crimson Classic at the Harry Pritchett Running Park in Tuscaloosa on Friday, Oct. 13.

#### ALABAMA MEN

#### ALABAMA WOMEN

|                                                 |                                                     |
|-------------------------------------------------|-----------------------------------------------------|
| <b>J.P. Brinyark</b> ..... So./Berry, Ala.      | <b>Caroline Barlow</b> ..... Sr./Naples, Fla.       |
| <b>Chase Buckelew</b> ..... Fr./Arab, Ala.      | <b>Rebecca Buteau</b> ..... So./Madison, Miss.      |
| <b>Andrew Bull</b> ..... Sr./Nashville, Tenn.   | <b>Elisabeth Danis</b> ..... So./Nottingham, N.H.   |
| <b>Garrett Bull</b> ..... Sr./Nashville, Tenn.  | <b>Maddie Dearborn</b> ..... Fr./Yorkville, Ill.    |
| <b>Alfred Chelanga</b> ..... Jr./Nairobi, Kenya | <b>Nicole Gardner</b> ..... Jr./Murfreesboro, Tenn. |
| <b>Gilbert Kigen</b> ..... Jr./Kipkabus, Kenya  | <b>Jessica Gray</b> ..... Jr./Manassas, Va.         |
| <b>Vincent Kiprop</b> ..... Jr./Kericho, Kenya  | <b>Sarah Mohan</b> ..... Jr./Huntsville, Ala.       |
| <b>Elliott Miller</b> ..... So./Cheyenne, Wyo.  | <b>Rachael Reddy</b> ..... Jr./Mountain Brook, Ala. |
| <b>Josh Short</b> ..... Jr./Cedarburg, Wis.     | <b>McKenzie Yanek</b> ..... So./Bettendorf, Iowa    |

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## 2017 SCHEDULE

| Meet                       | Date           | Location                |
|----------------------------|----------------|-------------------------|
| <b>CROSS COUNTRY</b>       |                |                         |
| Struts Season Opener       | Sept. 1        | Oxford, Ala.            |
| UC Riverside Invitational  | Sept. 16       | Riverside, Calif.       |
| Joe Piane Invitational     | Sept. 29       | South Bend, Ind.        |
| <b>CRIMSON CLASSIC</b>     | <b>OCT. 13</b> | <b>TUSCALOOSA, ALA.</b> |
| SEC Championships          | Oct. 27        | Athens, Ga.             |
| <b>NCAA SOUTH REGIONAL</b> | <b>Nov. 13</b> | <b>TUSCALOOSA, ALA.</b> |
| NCAA Championships         | Nov. 18        | Louisville, Ky.         |

## QUICK HITS

#### In the Rankings

The Alabama men's and women's cross country teams held steady at No. 3 and No. 5, respectively, in the latest U.S. Track & Field Cross Country Coaches Association (USTFCCA) South Region rankings released Sept. 25.

#### Tide to Host Crimson Classic on Oct. 13

Alabama will host the Crimson Classic on Oct. 13 at the Harry Pritchett Running Park. The annual Tide home meet draws a strong field of regional and national cross country programs and will serve as a final tune-up before the SEC Cross Country Championships, which will be held two weeks later. The Crimson Classic will get under way with a men's 8,000-meter race at 9 a.m. CT, followed by a women's 6,000-meter race at 9:45 a.m. CT.

#### Head Coach Dan Waters' Outlook

"The Joe Piane Invitational always draws a strong field of teams from around the country, including several nationally-ranked teams, so I expect this to be another good test for us as we begin to turn our focus to peaking for the postseason. I thought both of our teams ran very well at UC Riverside. We gave great effort and ran good tactical races. Now we have to do that again against what will be one the stronger fields you will see in a regular season meet."

## QUICK FACTS

### UNIVERSITY

Location ..... Tuscaloosa, Ala.  
 Founded ..... April 12, 1831  
 Enrollment ..... 38,563  
 Conference ..... Southeastern  
 Colors ..... Crimson and White  
 Nickname ..... Crimson Tide  
 President ..... Dr. Stuart Bell  
 Athletic Director ..... Greg Byrne  
 Faculty Athletics Representative ..... Dr. James King

### COACHING STAFF

Head Coach ..... Dan Waters  
 Alma Mater ..... Kansas, 1995  
 Years at Alabama ..... Seventh Season  
 Assistant Coach ..... Adam Tribble  
 Alma Mater ..... Georgia, 2002  
 Years at Alabama ..... Seventh Season

### TEAM INFORMATION

2016 SEC Finish ..... Men-5th/Women- 6th  
 2016 NCAA Regional Finish ..... Men- 4th/Women 4th  
 Returnees ..... Men- 12/Women- 22  
 Newcomers ..... Men- 9/Women- 10  
 Home Course ..... Harry Pritchett Running Park

### PROGRAM HISTORY

Men's SEC Championships ..... 3  
 (1973, 2008, 2009)  
 Women's SEC Championships ..... 2  
 (1986, 87)  
 Men's NCAA Regional Championships ..... 7  
 (1999, 2000, 01, 05, 07, 08, 09)  
 Women's NCAA Regional Championships ..... 3,  
 (1978, 79, 86)  
 Men's NCAA Top 25 Finishes ..... 13  
 (1973, 76, 89, 94, 96, 97, 99, 2005, 06, 07, 08, 09, 10)  
 Women's NCAA Top 25 Finishes ..... 4  
 (1984, 87, 93, 94)  
 Men's All-Americans ..... 11  
 Women's All-Americans ..... 10

### ATHLETICS COMMUNICATIONS

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 Website ..... www.RollTide.com  
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 Room 170  
 Tuscaloosa, AL 35487

## USTFCCCA RANKINGS

Rankings as of 9/25/17

### MEN'S SOUTH REGIONAL

| Rank     | School           | Conference | Previous |
|----------|------------------|------------|----------|
| 1        | Middle Tennessee | C-USA      | 1        |
| 2        | Ole Miss         | SEC        | 2        |
| <b>3</b> | <b>ALABAMA</b>   | <b>SEC</b> | <b>3</b> |
| 4        | Florida State    | ACC        | 4        |
| 5        | Georgia Tech     | ACC        | 5        |
| 6        | Tennessee        | SEC        | 6        |
| 7        | Georgia          | SEC        | 7        |
| 8        | Samford          | Southern   | 8        |
| 9        | North Florida    | A-Sun      | 9        |
| 10       | Tennessee Tech   | OVC        | 11       |

### WOMEN'S SOUTH REGIONAL

| Rank     | School            | Conference | Previous |
|----------|-------------------|------------|----------|
| 1        | Ole Miss          | SEC        | 1        |
| 2        | Vanderbilt        | SEC        | 2        |
| 3        | Mississippi State | SEC        | 3        |
| 4        | Florida State     | ACC        | 4        |
| <b>5</b> | <b>ALABAMA</b>    | <b>SEC</b> | <b>5</b> |
| 6        | Georgia           | SEC        | 6        |
| 7        | Libscomb          | A-Sun      | 7        |
| 8        | Southern Miss     | C-USA      | 9        |
| 9        | Florida           | SEC        | 8        |
| 10       | Georgia Tech      | ACC        | 10       |

## 2017 MEN'S ROSTER

| Name              | Class | Hometown (Last School)                                       |
|-------------------|-------|--------------------------------------------------------------|
| Clay Austell      | So.   | Collierville, Tenn. (Briarcrest Christian)                   |
| Hayden Blalock    | Fr.   | Charlotte, N.C. (Providence)                                 |
| J.P. Brinyark     | So.   | Berry, Ala. (Northside)                                      |
| Chase Buckelew    | Fr.   | Arab, Ala. (Arab)                                            |
| Andrew Bull       | Sr.   | Nashville, Tenn. (Brentwood Academy)                         |
| Garrett Bull      | Sr.   | Nashville, Tenn. (Brentwood Academy)                         |
| Alfred Chelanga   | Jr.   | Nairobi, Kenya (Tenges/Shorter <Ga.>)                        |
| Connor Ferrentino | Jr.   | Orlando, Fla. (Freedom)                                      |
| Nathan Gamble     | Fr.   | Raleigh, N.C. (Leesville Road)                               |
| Patrick Grant     | So.   | Southampton, Pa. (LaSalle)                                   |
| Noah Karr         | R-Fr. | Tuscaloosa, Ala. (American Christian Academy)                |
| Gilbert Kigen     | Jr.   | Kipkabus, Kenya (Eldoret/Central Arizona College)            |
| Vincent Kiprop    | Jr.   | Kericho, Kenya (Londiani Boys High School/Missouri Southern) |
| Elliott Miller    | So.   | Cheyenne, Wyo. (Cheyenne Central)                            |
| Andrew Powell     | R-Fr. | Brentwood, Tenn. (Brentwood Academy/Texas)                   |
| Evan Prizy        | Sr.   | Schaumburg, Ill. (Schaumburg)                                |
| Jackson Reed      | Fr.   | Summersville, WVa. (Nicholas County)                         |
| Oliver Rigg       | So.   | Zionsville, Ind. (Zionsville)                                |
| Paul Selden       | Fr.   | Homewood, Ala. (Homewood)                                    |
| Josh Short        | Jr.   | Cedarburg, Wis. (Cedarburg)                                  |
| Colton Smith      | Fr.   | Scottsboro, Ala. (Scottsboro)                                |
| Conner Thompson   | Sr.   | Murfreesboro, Tenn. (Oakland)                                |
| Drew Williams     | R-Fr. | Mountain Brook, Ala. (Mountain Brook)                        |
| Alex Wind         | Sr.   | North Canton, Ohio (Jackson/Ohio University)                 |

## 2017 WOMEN'S ROSTER

| Name               | Class | Hometown (Last School)                                     |
|--------------------|-------|------------------------------------------------------------|
| Caroline Barlow    | Sr.   | Naples, Fla. (Gulf Coast)                                  |
| Ameena Benselloum  | Fr.   | Herndon, Va. (Westfield)                                   |
| Caroline Brooks    | So.   | Plano, Texas (Plano)                                       |
| Rebecca Buteau     | So.   | Madison, Miss. (Madison Central)                           |
| Isabel Caddo       | Fr.   | Hoover, Ala. (Spain Park)                                  |
| Daley Cline        | R-Fr. | Estero, Fla. (Estero)                                      |
| Calli Coggins      | Jr.   | Franklin, Tenn. (Independence)                             |
| Alexa Cruz         | So.   | Miami, Fla. (St. Thomas Aquinas)                           |
| Caroline Cumbest   | R-Fr. | Mobile, Ala. (Cottage Hill Christian Academy)              |
| Elisabeth Danis    | So.   | Nottingham, N.H. (Coe-Brown Northwood Academy)             |
| Maddie Dearborn    | Fr.   | Yorkville, Ill. (Yorkville)                                |
| Margot Dooley      | Fr.   | Evanston, Ill. (Loyola Academy)                            |
| Ebie Douglas       | So.   | Mobile, Ala. (McGill-Toolen)                               |
| Ashley Eavenson    | Fr.   | Northport, Ala. (Tuscaloosa County)                        |
| Savannah Fraleigh  | R-Fr. | Raleigh, N.C. (Leesville Road)                             |
| Nicole Gardner     | Jr.   | Murfreesboro, Tenn. (Siegel)                               |
| Jessica Gray       | Jr.   | Manassas, Va. (Osborn Park)                                |
| Maya Halprin-Adams | So.   | Cambridge, Mass. (Cambridge Rindge & Latin/South Carolina) |
| Brianna Koshy      | Jr.   | Brentwood, Tenn. (Brentwood)                               |
| Shannon Marsh      | R-Fr. | John's Creek, Ga. (Northview)                              |
| Sarah Mohan        | Jr.   | Huntsville, Ala. (Huntsville)                              |
| Gabby Prizio       | R-Fr. | Derby, Conn. (Derby)                                       |
| Rachael Reddy      | Jr.   | Mountain Brook, Ala. (Mountain Brook/Texas)                |
| Alison Ringle      | Sr.   | Bossier City, La. (Parkway)                                |
| Emma Sidman        | Fr.   | Atlanta, Ga. (Lovett)                                      |
| Brittany Tolson    | So.   | Powell, Tenn. (Powell)                                     |
| Eliza Witherspoon  | Fr.   | Brevard, N.C. (Brevard)                                    |
| Haley Wright       | So.   | Boonsboro, Md. (Boonsboro)                                 |
| McKenzie Yanek     | So.   | Bettendorf, Iowa (Pleasant Valley)                         |
| Kaitlin York       | Jr.   | Tuscaloosa, Ala. (American Christian Academy)              |

## 2017 COACHING STAFF

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

## 2017 MEN'S CROSS COUNTRY RESULTS

| Date     | Event                             | Location          | Time (CT)  | Distance | Team Finish        | Top Individual  | Finish   | Time            |
|----------|-----------------------------------|-------------------|------------|----------|--------------------|-----------------|----------|-----------------|
| Sept. 1  | Struts Season Opener              | Oxford, Ala.      | 6:40 p.m.  | 5k       | 3rd                | Oliver Rigg     | 9th      | 15:32.40        |
| Sept. 16 | UC Riverside Invitational         | Riverside, Calif. | 10:05 a.m. | 8k/8k    | 11th/No team score | Brinyark/Kiprop | 38th/1st | 25:02.8/24:23.0 |
| Sept. 29 | Joe Piane Notre Dame Invitational | South Bend, Ind.  | 1:45 p.m.  | 5 miles  |                    |                 |          |                 |
| Oct. 13  | Crimson Classic                   | Tuscaloosa, Ala.  | 9 a.m.     | 8k       |                    |                 |          |                 |
| Oct. 27  | SEC Championships                 | Athens, Ga.       | TBD        | 8k       |                    |                 |          |                 |
| Nov. 10  | NCAA South Regional               | Tuscaloosa, Ala.  | 9 a.m.     | 10k      |                    |                 |          |                 |
| Nov. 18  | NCAA Championships                | Louisville, Ky.   | TBD        | 10k      |                    |                 |          |                 |

## 2017 WOMEN'S CROSS COUNTRY RESULTS

| Date     | Event                             | Location          | Time (CT) | Distance | Team Finish | Top Individual | Finish   | Time            |
|----------|-----------------------------------|-------------------|-----------|----------|-------------|----------------|----------|-----------------|
| Sept. 1  | Struts Season Opener              | Oxford, Ala.      | 6 p.m.    | 4k       | 2nd         | Shannon Marsh  | 5th      | 14:55.90        |
| Sept. 16 | UC Riverside Invitational         | Riverside, Calif. | 9:30 a.m. | 6k/5k    | 2nd/4th     | Yanek/Dearborn | 15th/6th | 20:37.3/17:45.5 |
| Sept. 29 | Joe Piane Notre Dame Invitational | South Bend, Ind.  | 1 p.m.    | 5k       |             |                |          |                 |
| Oct. 13  | Crimson Classic                   | Tuscaloosa, Ala.  | 9:45 a.m. | 6k       |             |                |          |                 |
| Oct. 27  | SEC Championships                 | Athens, Ga.       | TBD       | 6k       |             |                |          |                 |
| Nov. 10  | NCAA South Regional               | Tuscaloosa, Ala.  | 10 a.m.   | 6k       |             |                |          |                 |
| Nov. 18  | NCAA Championships                | Louisville, Ky.   | TBD       | 6k       |             |                |          |                 |

## 2017 MEET RECAPS

**STRUTS SEASON OPENER - SEPT. 1**

The Alabama women's cross country team finished second while the men's team came in third in their season-opening meet at the Struts Season Opener in Oxford, Ala. Georgia Tech won both the men's and women's races.

In the women's 4,000-meter race, redshirt freshman Shannon Marsh was the Tide's first finisher, coming in fifth in 14:55.90. Freshman Margot Dooley finished seventh in 15:00.50. Sophomore Caroline Brooks finished 13th in 15:14.60. Junior Sarah Mohan finished 17th in 15:18.80 and sophomore Haley Wright finished 18th in 15:27.00 to round out the scoring for Alabama. Other runners for the Tide included sophomore Brittany Tolson, who finished 20th in 15:32.80, junior Brianna Koshy, who finished 26th in 15:50.20 and freshman Ameena Benselloum who finished 31st in 16:06.40.

In the men's 5,000-meter race, sophomore Oliver Rigg the Tide's top runner, finishing ninth in a time of 15:32.40. Freshman Hayden Blalock finished 18th in 15:38.90, one spot ahead of sophomore teammate Elliott Miller who finished in 15:40.60. Freshman Nathan Gamble finished 27th in 16:13.50 while fellow freshman Paul Selden rounded out the scoring for Alabama, finishing 43rd in 16:53.20. Also competing for the Tide on Friday were freshmen Jackson Reed (51st/17:18.80) and Colton Smith (53rd/17:22.30).

**UC RIVERSIDE INVITATIONAL - SEPT. 16**

Alabama juniors Vincent Kiprop, Gilbert Kigen and Alfred Chelanga finished 1-2-3 in their UA cross country debut to cap Alabama's day at UC Riverside Invitational in Riverside, Calif., on Sept. 16. Running in the men's open 8,000-meter race, the trio finished nearly simultaneously with Kiprop claiming first place and Kigen second in identical times of 24:23.0. Chelanga was third in 24:23.3.

In the women's 6,000-meter race, sophomore McKenzie Yanek led the Tide across the finish line, placing 18th (15th collegiate finisher) in 20:37.3. Fellow sophomores Elisabeth Danis and Rebecca Buteau finished 20th (16th) and 25th (18th), respectively. Danis finished in 20:39.1 while Buteau clocked a time of 20:47.0. Junior Jessica Gray finished 43rd (33rd) in 21:16.9. Junior Nicole Gardner rounded out the scoring for UA, finished 44th (34th) in 21:17.0. In the women's open 5,000-meter race, freshman Maddie Dearborn finished seventh overall (sixth collegian) in 17:45.5 to lead the Tide. Redshirt freshman Shannon Marsh finished 13th (12th) in 17:57.7. Senior Alison Ringle was 34th (26th) in 18:31.6. Sophomore Caroline Brooks was the Tide's fourth finisher, running 18:40.7 to come in 52nd (40th). Freshman Margot Dooley was 61st (46th) in 18:51.0 in her collegiate debut.

In the men's invitational 8,000-meter race, sophomore J.P. Brinyark was the Tide's top runner, finishing 46th (38th collegian) in 25:02. Senior Garrett Bull finished 62nd (53rd) in 25:16.5, followed by freshman Chase Buckelew, who placed 72nd (61st) in 25:20.9 in his collegiate debut; sophomore Elliott Miller, 86th (71st) in 25:30.4 and sophomore Clay Austell, 93rd (77th) in 25:35.5.



## 2017 TEAM/INDIVIDUAL MEET RESULTS

## STRUTS SEASON OPENER

September 1, 2017  
Oxford, Ala. • Oxford Lakes

**Men's Race**  
**5,000 Meters**  
Seven teams • 71 runners  
Third Place • 81 points

## Men's Team Results

| Team                | Pts.      |
|---------------------|-----------|
| 1. Georgia Tech     | 15        |
| 2. Troy             | 53        |
| 3. <b>ALABAMA</b>   | <b>81</b> |
| 4. Mercer           | 115       |
| 5. Samford          | 129       |
| 6. Jacksonville St. | 165       |
| 7. Alabama State    | 200       |

## Alabama Men's Individual Results

| Place | Name           | Time     |
|-------|----------------|----------|
| 9.    | Oliver Rigg    | 15:32.40 |
| 18    | Hayden Blalock | 15:38.90 |
| 19    | Elliott Miller | 15:40.60 |
| 27    | Nathan Gamble  | 16:13.50 |
| 43    | Paul Selden    | 16:53.20 |
| 51    | Jackson Reed   | 17:18.80 |
| 53    | Colton Smith   | 17:22.30 |

**Women's Race**  
**4,000 Meters**  
Nine teams • 72 runners  
Second Place • 57 points

## Women's Team Results

| Team                | Pts.      |
|---------------------|-----------|
| 1. Georgia Tech     | 23        |
| 2. <b>ALABAMA</b>   | <b>57</b> |
| 3. Troy             | 80        |
| 4. Kennesaw State   | 106       |
| 5. Samford          | 147       |
| 6. Alabama State    | 147       |
| 7. Jacksonville St. | 186       |
| 8. Mercer           | 214       |
| 9. Alabama A&M      | 233       |

## Alabama Women's Individual Results

| Place | Name              | Time     |
|-------|-------------------|----------|
| 5.    | Shannon Marsh     | 14:55.90 |
| 7     | Margot Dooley     | 15:00.50 |
| 13    | Caroline Brooks   | 15:14.60 |
| 15    | Sarah Mohan       | 15:18.80 |
| 18    | Haley Wright      | 15:27.00 |
| 20    | Brittany Tolson   | 15:32.80 |
| 26    | Brianna Koshy     | 15:50.20 |
| 31    | Ameena Benselloum | 16:06.40 |

## UC RIVERSIDE INVITATIONAL

September 16, 2017  
Riverside, Calif. • UCR Ag Ops Course

**Men's Invitational Race**  
**8,000 Meters**  
13 teams • 100 runners  
9th Place • 200 points

## Men's Team Results

| Team                 | Pts.       |
|----------------------|------------|
| 1. Southern Utah     | 23         |
| 2. Utah Valley       | 89         |
| 3. Cal St. Fullerton | 130        |
| 4. Loyola Marymount  | 142        |
| 5. UC Santa Barbara  | 152        |
| 9. <b>ALABAMA</b>    | <b>200</b> |

## Alabama Men's Individual Results

| Place | Name           | Time    |
|-------|----------------|---------|
| 26.   | J.P. Brinyark  | 25:02.8 |
| 35.   | Garrett Bull   | 25:16.5 |
| 43.   | Chase Buckelew | 25:20.9 |
| 51.   | Elliott Miller | 25:30.4 |
| 55.   | Clay Austell   | 25:35.5 |
| 60.   | Hayden Blalock | 25:44.1 |
| 74.   | Nathan Gamble  | 26:09.0 |
| 87.   | Oliver Rigg    | 26:41.0 |
| 91.   | Evan Prizy     | 26:55.8 |

**Men's Open Race**  
**8,000 Meters**  
8 teams • 35 runners  
No Team Score

## Men's Team Results

| Place | Name            | Time    |
|-------|-----------------|---------|
| 1.    | Vincent Kiprop  | 24:23.0 |
| 2.    | Gilbert Kigen   | 24:23.0 |
| 3.    | Alfred Chelanga | 24:23.3 |

**Women's Invitational Race**  
**6,000 Meters**  
17 teams • 122 runners  
2nd Place • 102 points

## Women's Team Results

| Team                | Pts.       |
|---------------------|------------|
| 1. Arkansas         | 30         |
| 2. <b>ALABAMA</b>   | <b>102</b> |
| 3. Utah Valley      | 140        |
| 4. UC Santa Barbara | 143        |
| 5. Southern Utah    | 151        |

## Alabama Women's Individual Results

| Place | Name            | Time    |
|-------|-----------------|---------|
| 14.   | McKenzie Yanek  | 20:37.3 |
| 15.   | Elsabeth Danis  | 20:39.1 |
| 17.   | Rebecca Buteau  | 20:47.0 |
| 30.   | Jessica Gray    | 21:16.9 |
| 31.   | Nicole Gardner  | 21:17.0 |
| 33.   | Rachael Reddy   | 21:20.9 |
| 40.   | Caroline Barlow | 21:29.9 |

**Women's Open Race**  
**5,000 Meters**  
5 teams • 39 runners  
2nd Place • 48 points

## Women's Team Results

| Team                | Pts.      |
|---------------------|-----------|
| 1. Arkansas         | 16        |
| 2. <b>ALABAMA</b>   | <b>48</b> |
| 3. Loyola Marymount | 80        |
| 4. Utah Valley      | 82        |
| 5. USC              | 100       |

## Alabama Women's Individual Results

| Place | Name            | Time    |
|-------|-----------------|---------|
| 5.    | Maddie Dearborn | 17:45.5 |
| 7.    | Shannon Marsh   | 17:57.7 |
| 10.   | Alison Ringle   | 18:31.6 |
| 16.   | Caroline Brooks | 18:40.7 |
| 18.   | Margot Dooley   | 18:51.0 |

## 2017 MEN'S TOP TIMES BY DISTANCE

## 5 KILOMETERS

|    | Time     | Name           | Event                | Date          | Finish |
|----|----------|----------------|----------------------|---------------|--------|
| 1. | 15:32.40 | Oliver Rigg    | Struts Season Opener | Sept. 1, 2017 | 9      |
| 2. | 15:38.90 | Hayden Blalock | Struts Season Opener | Sept. 1, 2017 | 18     |
| 3. | 15:40.60 | Elliott Miller | Struts Season Opener | Sept. 1, 2017 | 19     |
| 4. | 16:13.50 | Nathan Gamble  | Struts Season Opener | Sept. 1, 2017 | 27     |
| 5. | 16:53.20 | Paul Selden    | Struts Season Opener | Sept. 1, 2017 | 43     |
| 6. | 17:18.80 | Jackson Reed   | Struts Season Opener | Sept. 1, 2017 | 51     |
| 7. | 17:22.30 | Colton Smith   | Struts Season Opener | Sept. 1, 2017 | 53     |

## 8 KILOMETERS

|    | Time    | Name            | Event                     | Date           | Finish |
|----|---------|-----------------|---------------------------|----------------|--------|
| 1. | 24:23.0 | Vincent Kiprop  | UC Riverside Invitational | Sept. 16, 2017 | 1      |
| 2  | 24:23.0 | Gilbert Kigen   | UC Riverside Invitational | Sept. 16, 2017 | 2      |
| 3  | 24:23.3 | Alfred Chelanga | UC Riverside Invitational | Sept. 16, 2017 | 3      |
| 4  | 25:02.8 | James Brinyark  | UC Riverside Invitational | Sept. 16, 2017 | 26     |
| 5  | 25:16.5 | Garrett Bull    | UC Riverside Invitational | Sept. 16, 2016 | 35     |
| 6  | 25:20.9 | Chase Buckelew  | UC Riverside Invitational | Sept. 16, 2017 | 43     |
| 7  | 25:30.4 | Elliott Miller  | UC Riverside Invitational | Sept. 16, 2017 | 51     |
| 8  | 25:35.5 | Clay Austell    | UC Riverside Invitational | Sept. 16, 2017 | 55     |
| 9  | 25:44.1 | Hayden Blalock  | UC Riverside Invitational | Sept. 16, 2017 | 60     |
| 10 | 26:09.0 | Nathan Gamble   | UC Riverside Invitational | Sept. 16, 2017 | 74     |
| 11 | 26:41.0 | Oliver Rigg     | UC Riverside Invitational | Sept. 16, 2017 | 87     |
| 12 | 26:55.8 | Evan Prizy      | UC Riverside Invitational | Sept. 16, 2017 | 91     |

## 2017 WOMEN'S TOP TIMES BY DISTANCE

## 4 KILOMETERS

|    | Time     | Name              | Event                | Date          | Finish |
|----|----------|-------------------|----------------------|---------------|--------|
| 1. | 14:55.90 | Shannon Marsh     | Struts Season Opener | Sept. 1, 2017 | 5      |
| 2. | 15:00.50 | Margot Dooley     | Struts Season Opener | Sept. 1, 2017 | 7      |
| 3. | 15:14.60 | Caroline Brooks   | Struts Season Opener | Sept. 1, 2017 | 13     |
| 4. | 15:18.80 | Sarah Mohan       | Struts Season Opener | Sept. 1, 2017 | 15     |
| 5. | 15:27.00 | Haley Wright      | Struts Season Opener | Sept. 1, 2017 | 18     |
| 6. | 15:32.80 | Brittany Tolson   | Struts Season Opener | Sept. 1, 2017 | 20     |
| 7. | 15:50.20 | Brianna Koshy     | Struts Season Opener | Sept. 1, 2017 | 26     |
| 8. | 16:06.40 | Ameena Benselloum | Struts Season Opener | Sept. 1, 2017 | 31     |

## 5 KILOMETERS

|    | Time    | Name            | Event                     | Date           | Finish |
|----|---------|-----------------|---------------------------|----------------|--------|
| 1. | 17:45.5 | Maddie Dearborn | UC Riverside Invitational | Sept. 16, 2017 | 5      |
| 2  | 17:57.7 | Shannon Marsh   | UC Riverside Invitational | Sept. 16, 2017 | 7      |
| 3  | 18:31.6 | Alison Ringle   | UC Riverside Invitational | Sept. 16, 2017 | 10     |
| 4  | 18:40.7 | Caroline Brooks | UC Riverside Invitational | Sept. 16, 2017 | 16     |
| 5  | 18:51.0 | Margot Dooley   | UC Riverside Invitational | Sept. 16, 2017 | 18     |

## 6 KILOMETERS

|    | Time    | Name            | Event                     | Date           | Finish |
|----|---------|-----------------|---------------------------|----------------|--------|
| 1. | 20:37.3 | Mckenzie Yanek  | UC Riverside Invitational | Sept. 16, 2017 | 14     |
| 2  | 20:47.0 | Lizzy Danis     | UC Riverside Invitational | Sept. 16, 2017 | 15     |
| 3  | 20:47.0 | Rebecca Buteau  | UC Riverside Invitational | Sept. 16, 2017 | 17     |
| 4  | 21:16.9 | Jessica Gray    | UC Riverside Invitational | Sept. 16, 2017 | 30     |
| 5  | 21:17.0 | Nicole Gardner  | UC Riverside Invitational | Sept. 16, 2017 | 31     |
| 6  | 21:20.9 | Rachael Reddy   | UC Riverside Invitational | Sept. 16, 2017 | 33     |
| 7  | 21:29.9 | Caroline Barlow | UC Riverside Invitational | Sept. 16, 2017 | 40     |

## ALABAMA MEN'S PERFORMANCE LIST [2003-PRESENT]

## 5 KILOMETERS

| Time        | Name              | Event                | Date          | Finish |
|-------------|-------------------|----------------------|---------------|--------|
| 1. 14:44.61 | Josephat Waweru   | Belmont Opener       | Sept. 5, 2003 | 1      |
| 2. 14:57.13 | Anitbahs Kosgei   | Chattanooga Powerade | Sept. 9, 2016 | 4      |
| 3. 15:05    | Emmanuel Bor      | UTC Invitational     | Sept. 6, 2006 | 1      |
| 4. 15:08.03 | Alex Korir        | MSU Short Course     | Oct. 25, 2004 | 2      |
| 5. 15:08.59 | Kevin McDonough   | MSU Short Course     | Oct. 25, 2004 | 3      |
| 6. 15:09    | August Maiyo      | UTC Invitational     | Sept. 6, 2006 | 2      |
| 7. 15:10    | Abraham Kutingala | UTC Invitational     | Sept. 6, 2006 | 3      |
| 8. 15:15    | Andrew Kirwa      | UTC Invitational     | Sept. 7, 2007 | 2      |
| 9. 15:19.54 | Alex Korir        | Belmont Opener       | Sept. 4, 2004 | 1      |
| 10. 15:21   | Abraham Kutingala | UTC Invitational     | Sept. 7, 2007 | 3      |

## 6 KILOMETERS

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

## 4 MILES

| Time         | Name                | Event                         | Date           | Finish |
|--------------|---------------------|-------------------------------|----------------|--------|
| 1. 19:09.57  | Augustus Maiyo      | Memphis Twilight Invitational | Sept. 10, 2005 | 2      |
| 2. 19:11.13  | Anitbahs Kosgei     | Brooks Memphis Twilight       | Sept. 3, 2016  | 1      |
| 3. 19:25.63  | Moses Kiptoo        | Memphis Twilight Invitational | Sept. 5, 2009  | 4      |
| 4. 19:35.75  | Abraham Kutingala   | Memphis Twilight Invitational | Sept. 10, 2005 | 4      |
| 5. 19:43.64  | Titus Koeh          | Memphis Twilight Invitational | Sept. 10, 2005 | 5      |
| 6. 19:49.75  | Antibahs Kosgei     | Brooks Twilight Classic       | Sept. 5, 2015  | 1      |
| 7. 19:59.45  | Alex Korir          | Memphis Twilight Invitational | Sept. 10, 2005 | 7      |
| 8. 20:02.83  | Josh Short          | Brooks Memphis Twilight       | Sept. 3, 2016  | 9      |
| 9. 20:04.56  | Conner Thompson     | Brooks Memphis Twilight       | Sept. 3, 2016  | 11     |
| 10. 20:07.89 | Robbie Farnham-Rose | Brooks Twilight Classic       | Sept. 5, 2015  | 2      |

## 5 MILES

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

## 8 KILOMETERS

| Time         | Name              | Event                       | Date           | Finish |
|--------------|-------------------|-----------------------------|----------------|--------|
| 1. 23:01.18  | Augustus Maiyo    | SEC Championships           | Oct. 29, 2005  | 2      |
| 2. 23:19     | Emmanuel Bor      | NCAA Pre-Nationals          | Oct. 13, 2007  | 3      |
| 3. 23:24.20  | Antibahs Kosgei   | SEC Championships           | Oct. 30, 2015  | 1      |
| 4. 23:26     | Emmanuel Bor      | Bill Dellinger Invitational | Sept. 29, 2007 | 3      |
| 5. 23:30     | Augustus Maiyo    | Bill Dellinger Invitational | Sept. 29, 2007 | 4      |
| 6. 23:30.10  | Tyson David       | NCAA Pre-Nationals          | Oct. 18, 2008  | 1      |
| 7. 23:31.70  | Emmanuel Bor      | Bill Dellinger Invitational | Sept. 29, 2006 | 6      |
| 8. 23:36     | Augustus Maiyo    | NCAA Pre-Nationals          | Oct. 13, 2007  | 12     |
| 9. 23:36.63  | Abraham Kutingala | Bill Dellinger Invitational | Sept. 29, 2006 | 8      |
| 10. 23:37.71 | Tyson David       | Bill Dellinger Invitational | Oct. 2, 2009   | 1      |

## 10 KILOMETERS

| Time         | Name              | Event                 | Date          | Finish |
|--------------|-------------------|-----------------------|---------------|--------|
| 1. 28:53.4   | Abraham Kutingala | Chile Pepper Festival | Oct. 14, 2006 | 12     |
| 2. 29:06.30  | Augustus Maiyo    | Chile Pepper Festival | Oct. 15, 2005 | 9      |
| 3. 29:18.6   | Augustus Maiyo    | Chile Pepper Festival | Oct. 14, 2006 | 15     |
| 4. 29:20.6   | Emmanuel Bor      | Chile Pepper Festival | Oct. 14, 2006 | 17     |
| 5. 29:24.50  | Abraham Kutingala | Chile Pepper Festival | Oct. 15, 2005 | 13     |
| 6. 29:39.50  | Alex Korir        | Chile Pepper Festival | Oct. 15, 2005 | 18     |
| 7. 29:48.60  | Titus Koeh        | Chile Pepper Festival | Oct. 15, 2005 | 22     |
| 8. 30:01.11  | Augustus Maiyo    | NCAA South Regional   | Nov. 12, 2005 | 4      |
| 9. 30:03.70  | Tyson David       | NCAA Championships    | Nov. 23, 2009 | 22     |
| 10. 30:05.80 | Emmanuel Bor      | NCAA Championships    | Nov. 23, 2009 | 25     |
| 30:05.80     | Carison Kemei     | NCAA South Regional   | Nov. 13, 2010 | 2      |

## ALABAMA WOMEN'S PERFORMANCE LIST [2003-PRESENT]

## 3 KILOMETERS

|     | Time     | Name                | Event                          | Date          | Finish |
|-----|----------|---------------------|--------------------------------|---------------|--------|
| 1.  | 10:15    | Julia Hicks         | Mississippi State Invitational | Oct. 25, 2003 | 4      |
| 2.  | 10:18    | Tara Enebak         | Mississippi State Invitational | Oct. 25, 2003 | 5      |
| 3.  | 10:31    | Elizabeth Wancowicz | Mississippi State Invitational | Oct. 25, 2003 | 8      |
| 4.  | 10:32.59 | Julia Hicks         | Mississippi State Invitational | Oct. 22, 2004 | 4      |
| 5.  | 10:37.96 | Megan Carnes        | Mississippi State Invitational | Oct. 22, 2004 | 6      |
| 6.  | 10:41    | Blair Davis         | Mississippi State Invitational | Oct. 25, 2003 | 11     |
| 7.  | 10:46.90 | Elizabeth Wancowicz | Mississippi State Invitational | Oct. 22, 2004 | 7      |
| 8.  | 11:02    | Megan Carnes        | Mississippi State Invitational | Oct. 25, 2003 | 12     |
| 9.  | 11:05.31 | Paylee Myrex        | Crimson Tide Kick-Off          | Sept. 1, 2012 | 3      |
| 10. | 11:07.71 | Katelyn Greenleaf   | Crimson Tide Kick-Off          | Sept. 1, 2012 | 4      |

## 2 MILES

|     | Time     | Name               | Event                | Date          | Finish |
|-----|----------|--------------------|----------------------|---------------|--------|
| 1.  | 11:06    | Julia Hicks        | Belmont Opener       | Sept. 5, 2003 | 4      |
| 2.  | 11:13.19 | Veronica Lyle      | Samford Dual         | Aug. 29, 2014 | 1      |
| 3.  | 11:18    | Tara Enebak        | Belmont Opener       | Sept. 5, 2003 | 10     |
| 4.  | 11:22.76 | Meropi Panagiotou  | Samford Dual         | Aug. 31, 2013 | 1      |
| 5.  | 11:22.88 | Katelyn Greenleaf  | Samford Dual         | Aug. 31, 2013 | 2      |
| 6.  | 11:23.45 | Hilary Stafford    | Samford Dual         | Aug. 31, 2013 | 3      |
| 7.  | 11:24.14 | Emily Edwards      | Samford Dual         | Aug. 29, 2014 | 2      |
| 8.  | 11:27.81 | Rebecca Stover     | Samford Dual         | Aug. 31, 2013 | 4      |
| 9.  | 11:28.62 | Abigail Tankersley | Samford Dual         | Aug. 31, 2013 | 5      |
| 10. | 11:28.54 | Emily Edwards      | Chattanooga Powerade | Sept. 9, 2016 | 6      |

## 4 KILOMETERS

|     | Time     | Name              | Event                     | Date           | Finish |
|-----|----------|-------------------|---------------------------|----------------|--------|
| 1.  | 13:59.00 | Katelyn Greenleaf | Iowa Black and Gold       | Sept. 13, 2013 | 2      |
| 2.  | 13:59.52 | Hilary Stafford   | Iowa Black and Gold       | Sept. 13, 2013 | 3      |
| 3.  | 14:14.43 | Julia Hicks       | Belmont Opener            | Sept. 5, 2005  | 2      |
| 4.  | 14:25.61 | Kelsey Johnson    | Belmont/Vanderbilt Opener | Sept. 4, 2009  | 3      |
| 5.  | 14:28.36 | Kimberley Ficenec | Iowa Black and Gold       | Sept. 13, 2013 | 9      |
| 6.  | 14:28.81 | Sara Vaughn       | Belmont/Vanderbilt Opener | Sept. 5, 2008  | 2      |
| 7.  | 14:29.55 | Meropi Panagiotou | Iowa Black and Gold       | Sept. 13, 2013 | 10     |
| 8.  | 14:30.05 | Hannah Waggoner   | Iowa Black and Gold       | Sept. 13, 2013 | 11     |
| 9.  | 14:32.43 | Andrea Torske     | Belmont-Vandy Opener      | Sept. 3, 2010  | 5      |
| 10. | 14:37.95 | Susie Kemper      | Iowa Black and Gold       | Sept. 13, 2013 | 16     |

## 5 KILOMETERS

|     | Time     | Name              | Event                             | Date           | Finish |
|-----|----------|-------------------|-----------------------------------|----------------|--------|
| 1.  | 16:47.41 | Katelyn Greenleaf | Crimson Classic                   | Oct. 16, 2015  | 3      |
| 2.  | 17:01.59 | Julia Hicks       | Auburn Invitational               | Oct. 5, 2005   | 5      |
| 3.  | 17:06.26 | Rachael Reddy     | Brooks Twilight Classic           | Sept. 5, 2015  | 1      |
| 4.  | 17:06.7  | Hannah Waggoner   | Joe Plane Notre Dame Invitational | Sept. 30, 2016 | 47     |
| 5.  | 17:13.69 | Katelyn Greenleaf | Brooks Twilight Classic           | Sept. 5, 2015  | 2      |
| 6.  | 17:17.72 | Hannah Waggoner   | Brooks Memphis Twilight           | Sept. 3, 2016  | 2      |
| 7.  | 17:17.95 | Sara Vaughn       | Crimson Classic                   | Sept. 20, 2008 | 1      |
| 8.  | 17:21.2  | McKenzie Yanek    | Joe Plane Notre Dame Invitational | Sept. 30, 2016 | 69     |
| 9.  | 17:22.22 | Katelyn Greenleaf | Crimson Classic                   | Oct. 18, 2013  | 2      |
| 10. | 17:22.70 | Hannah Waggoner   | Crimson Classic                   | Oct. 16, 2015  | 13     |

## 6 KILOMETERS

|     | Time     | Name              | Event                     | Date           | Finish |
|-----|----------|-------------------|---------------------------|----------------|--------|
| 1.  | 20:01.1  | Hannah Waggoner   | NCAA Regionals            | Nov. 14, 2014  | 11     |
| 2.  | 20:04    | Katelyn Greenleaf | NCAA Regionals            | Nov. 14, 2014  | 12     |
| 3.  | 20:06.90 | Katelyn Greenleaf | SEC Championships         | Oct. 30, 2015  | 7      |
| 4.  | 20:16.13 | Katelyn Greenleaf | NCAA South Regional       | Nov. 13, 2015  | 3      |
| 5.  | 20:23.62 | Katelyn Greenleaf | SEC Championships         | Oct. 31, 2014  | 11     |
| 6.  | 20:25.20 | Rachael Reddy     | SEC Championships         | Oct. 30, 2015  | 16     |
| 7.  | 20:32.9  | Julia Hicks       | SEC Championships         | Oct. 29, 2005  | 14     |
| 8.  | 20:37.45 | Hannah Waggoner   | SEC Championships         | Oct. 31, 2014  | 15     |
| 9.  | 20:37.30 | McKenzie Yanek    | UC Riverside Invitational | Sept. 16, 2017 | 14     |
| 10. | 20:37.50 | Katelyn Greenleaf | NCAA Championships        | Nov. 21, 2015  | 63     |

## 2017 MEN'S INDIVIDUAL TIMES

## CLAY AUSTELL

8-kilometer • PR - 25:35.5 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 25:35.5 | UC Riverside Invitational | Sept. 16, 2017 | 55     |

## HAYDEN BLALOCK

5-kilometer • PR - 15:38.90 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:38.90 | Struts Season Opener | Sept. 1, 2017 | 18     |

8-kilometer • PR - 25:44.1 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 25:44.1 | UC Riverside Invitational | Sept. 16, 2017 | 60     |

## J.P. BRINYARK

8-kilometer • PR - 25:02.8 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 25:02.8 | UC Riverside Invitational | Sept. 16, 2017 | 26     |

## CHASE BUCKELEW

8-kilometer • PR - 25:20.9 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 25:20.9 | UC Riverside Invitational | Sept. 16, 2017 | 43     |

## GARRETT BULL

8-kilometer • PR - 25:16.5 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 25:16.5 | UC Riverside Invitational | Sept. 16, 2017 | 35     |

## ALFRED CHELANGA

8-kilometer • UA PR - 24:23.3 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 24:23.3 | UC Riverside Invitational | Sept. 16, 2017 | 3      |

## GILBERT KIGEN

8-kilometer • UA PR - 24:23.0 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 24:23.0 | UC Riverside Invitational | Sept. 16, 2017 | 2      |

## VINCENT KIPROP

8-kilometer • UA PR - 24:23.0 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 24:23.0 | UC Riverside Invitational | Sept. 16, 2017 | 1      |

## NATHAN GAMBLE

5-kilometer • PR - 16:13.50 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 16:13.50 | Struts Season Opener | Sept. 1, 2017 | 27     |

8-kilometer • PR - 26:09.0 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 26:09.0 | UC Riverside Invitational | Sept. 16, 2017 | 74     |

## ELLIOTT MILLER

5-kilometer • PR - 15:40.60 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:40.60 | Struts Season Opener | Sept. 1, 2017 | 19     |

8-kilometer • PR - 25:30.4 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 25:30.4 | UC Riverside Invitational | Sept. 16, 2017 | 51     |

## EVAN PRIZY

8-kilometer • PR - 25:40.4 • Oct. 14, 2016

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 26:55.8 | UC Riverside Invitational | Sept. 16, 2017 | 91     |

## JACKSON REED

5-kilometer • PR - 17:18.80 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 17:18.80 | Struts Season Opener | Sept. 1, 2017 | 51     |

## OLIVER RIGG

5-kilometer • PR - 15:32.40 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:32.40 | Struts Season Opener | Sept. 1, 2017 | 9      |

8-kilometer • PR - 26:41.0

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 26:41.0 | UC Riverside Invitational | Sept. 16, 2017 | 87     |

## PAUL SELDEN

5-kilometer • PR - 16:53.20 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 16:53.20 | Struts Season Opener | Sept. 1, 2017 | 43     |

## COLTON SMITH

5-kilometer • PR - 17:22.30 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 17:22.30 | Struts Season Opener | Sept. 1, 2017 | 53     |

## 2017 WOMEN'S INDIVIDUAL TIMES

## CAROLINE BARLOW

6-kilometer • PR - 21:23.6 • Nov. 11, 2016

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 21:29.9 | UC Riverside Invitational | Sept. 16, 2017 | 40     |

## AMEENA BENSELLOUM

4-kilometer • PR - 16:06.40 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 16:06.40 | Struts Season Opener | Sept. 1, 2017 | 31     |

## CAROLINE BROOKS

4-kilometer • PR - 15:14.60 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:14.60 | Struts Season Opener | Sept. 1, 2017 | 13     |

5-kilometer • PR - 18:40.7 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 18:40.7 | UC Riverside Invitational | Sept. 16, 2017 | 16     |

## REBECCA BUTEAU

6-kilometer • PR - 20:47.0 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 20:47.0 | UC Riverside Invitational | Sept. 16, 2017 | 17     |

## ELISABETH DANIS

6-kilometer • PR - 20:39.1 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 20:39.1 | UC Riverside Invitational | Sept. 16, 2017 | 15     |

## MADDIE DEARBORN

5-kilometer • PR - 17:45.5 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 17:45.5 | UC Riverside Invitational | Sept. 16, 2017 | 5      |

## MARGOT DOOLEY

4-kilometer • PR - 15:00.50 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:00.50 | Struts Season Opener | Sept. 1, 2017 | 7      |

5-kilometer • PR - 18:51.0 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 18:51.0 | UC Riverside Invitational | Sept. 16, 2017 | 18     |

## NICOLE GARDNER

6-kilometer • PR - 21:17.0 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 21:17.0 | UC Riverside Invitational | Sept. 16, 2017 | 31     |

## JESSICA GRAY

6-kilometer • PR - 21:16.9 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 21:16.9 | UC Riverside Invitational | Sept. 16, 2017 | 30     |

## BRIANNA KOSHY

4-kilometer • PR - 15:50.20 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:50.20 | Struts Season Opener | Sept. 1, 2017 | 26     |

## SHANNON MARSH

4-kilometer • PR - 14:55.90 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 14:55.90 | Struts Season Opener | Sept. 1, 2017 | 5      |

5-kilometer • PR - 17:57.7 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 17:57.7 | UC Riverside Invitational | Sept. 16, 2017 | 7      |

## SARAH MOHAN

4-kilometer • PR - 15:18.80 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:18.80 | Struts Season Opener | Sept. 1, 2017 | 15     |

## RACHAEL REDDY

6-kilometer • PR - 21:20.9 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 21:20.9 | UC Riverside Invitational | Sept. 16, 2017 | 33     |

## ALISON RINGLE

5-kilometer • PR - 18:31.6 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 18:31.6 | UC Riverside Invitational | Sept. 16, 2017 | 10     |

## BRITTANY TOLSON

4-kilometer • PR - 15:32.80 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:32.80 | Struts Season Opener | Sept. 1, 2017 | 20     |

## HALEY WRIGHT

4-kilometer • PR - 15:27.00 • Sept. 1, 2017

| Time     | Event                | Date          | Finish |
|----------|----------------------|---------------|--------|
| 15:27.00 | Struts Season Opener | Sept. 1, 2017 | 18     |

## MCKENZIE YANEK

6-kilometer • PR - 20:37.3 • Sept. 16, 2017

| Time    | Event                     | Date           | Finish |
|---------|---------------------------|----------------|--------|
| 20:37.3 | UC Riverside Invitational | Sept. 16, 2017 | 14     |



## CLAY AUSTELL

### DISTANCE

Sophomore

Collierville, Tenn./  
Briarcrest Christian



#### 2017-18

**Cross Country:** Finished 55th in his season debut at the UC Riverside Invitational on Sept. 16th with a personal-best time of 25:35.5 over the 8k course.

#### 2016-17

**Outdoor Season:** Finished 13th in the 1,500 meters at the SEC Relays on April 29 in 4:18.59 ... ran the anchor leg on Alabama's 4x800-meter relay that finished fifth at the SEC Relays on April 28 in 7:51.98 ... finished 12th in the 800 meters at the Crimson Tide Invitational on April 8 in a personal-best 1:54.50 ... also ran the anchor leg on Alabama's "B" 4x400-meter relay that finished eighth in 3:25.45 ... finished eighth in the 1,500 meters at the Florida State Relays on March 24 in a personal-best 3:57.23 in his first outdoor outing of the season.

**Indoor Season:** Finished 11th in the mile in a personal-best time of 4:19.75 at the Tiger Paw Invitational on Feb. 10 ... finished sixth in the mile in 4:13.61 in his collegiate indoor debut at the Auburn Invitational on Jan. 21.

**Cross Country:** Finished 93rd at the SEC Championships in a time of 27:12.6 ... finished as Alabama's No. 5 runner at the Crimson Classic with a personal-best time of 27:021.8 on the 8k course ... finished 29th in a time of 16:26.06 in the 5k Chattanooga Powerade Invitational on Sept. 9 ... opened the season with a time of 21:20.11 at the four-mile Brooks Memphis Twilight Classic.

#### 2015-16

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

**Indoor Season:** Did not compete.

**Cross Country:** Did not compete.

**Prep and Personal:** A four-time TSSAA state medalist at Briarcrest Christian School ... set 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, 2012-16) ... son of Steve and Carole Austell ... born Sept. 16, 1996 in Germantown, Tenn.



## HAYDEN BLALOCK

### DISTANCE

Freshman

Charlotte, N.C./  
Providence



#### 2017-18

**Cross Country:** Finished 60th at the UC Riverside Invitational on Sept. 16 with a time of 25:44.1 over the 8k course... made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 18th overall and was the Tide's No. 2 runner with a time of 15:38.90 over the 5k course.

**Prep and Personal:** Coached by Steve Touranjoe at Providence High School ... member of three conference and regional cross country championship teams at Providence ... conference cross country champion and team MVP as a senior in 2016 ... All-State in the indoor 1,600 meters as senior in 2017 ... school record-holder in the indoor 3,200 meters ... also played club soccer in high school ... son of Brian and Carolyn Blalock ... mother was a swimmer at Arkansas ... father was a member of the track team at Georgia ... born Nov. 30, 1998.



## J.P. BRINYARK

### DISTANCE

Sophomore

Berry, Ala./  
Northside



#### 2017-18

**Cross Country:** Finished 26th at the UC Riverside Invitational in his season debut on Sept. 16 and was the Tide's No. 4 runner with a personal-best time of 25:02.8 over the 8k course.

#### 2016-17

**2017 Outdoor Season:** Finished fourth in the 3,000-meter steeplechase at the SEC Relays on April 28 in 9:41.40 in his first collegiate outing in the event ... finished eighth in the invitational 1500 meters at the War Eagle Invitational on April 21 in a personal-best 3:59.55 ... finished seventh in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 14:52.49 ... anchored Alabama's distance medley relay at the Florida Relays on April 1 that finished third in 10:03.98 ... finished third in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 6:11.18 in his collegiate outdoor debut.

**2017 Indoor Season:** Finished third in the 3,000 meters at the Tiger Paw Invitational on Feb. 11 in a time of 8:40.40 ... made his collegiate track & field debut at the Auburn Invitational, finishing fifth in the 3,000 meters in 8:39.19.

**2016 Cross Country:** Finished 76th at the SEC Championships

in a time of 26:30.3 ... ran the five-mile course at the Joe Plane Notre Dame Invitational in a time of 26:06.9 ... finished ninth and was the Crimson Tide's third runner in a time of 15:45.97 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... made his college debut at the Brooks Memphis Twilight Classic and covered the four-mile course in 20:34.11 to finish 28th and come in as Alabama's fifth runner.

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



## CHASE BUCKLEW

### DISTANCE

Freshman

Arab, Ala./  
Arab



#### 2017-18

**Cross Country:** Made his collegiate debut at the UC Riverside Invitational on Sept. 16 ... finished 43rd with a time of 25:20.9 over the 8k course.

**Prep and Personal:** Coached by Trent Martin and Russ Polheimus at Arab High School ... 2017 Alabama Class 5A state champion at 1,600 and 3,200 meters indoors and 800 meters, 1,600 meters and 3,200 meters outdoors ... indoor state 3,200 meters record-holder ... school record-holder in the 800 meters, 1,600 meters, 3,200 meters, two-mile and 4x800-meter relay ... son of Jerry Bucklew and Doris Swann ... born Sept. 14, 1998.



## ANDREW BULL

### DISTANCE

Senior

Nashville, Tenn/  
Brentwood Academy



#### 2016-17

**2017 Outdoor Season:** Competed in the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 but did not finish ... finished sixth in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a time of 14:48.85 ... finished 15th in the 1,500 meters at the Crimson Tide Invitational in a personal-best 3:58.15 ... opened the outdoor season with a 12th-place finish in the 5,000 meters at the Florida Relays on March 30 in a personal-best time of 14:45.49.

**2017 Indoor Season:** Finished fifth in the 5,000 meters at the Tiger Paw Invitational on Feb. 10 in a personal-best time of 15:04.22 ... made his 2017 debut at the Auburn Invitational, finishing sixth in the 5,000 meters in a time of 15:16.87.

**2016 Cross Country:** Finished 101st at the NCAA South Regional in a time of 33:04.3 ... finished 75th at the SEC Championships in a time of 25:25.2 ... posted a time of 26:09.8 at the five-mile Joe Piane Notre Dame Invitational on Sept. 30 ... finished 16th in a personal-best time of 15:57.50 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... opened the season with a time of 20:39.44 at the four-mile Brooks Memphis Twilight Classic.

**2015-16**

**2016 Outdoor Season:** Registered a 5,000-meter time of 15:12.97 to finish 11th in the invitational section of the event at the War Eagle Invitational.

**2016 Indoor Season**

Did not compete.

**2015 Cross Country:** Ran a time of 32:48.50 to place 76th at the NCAA South Regional meet ... finished the Crimson Classic 8k in 26:15.49 ... clocked an 8k time of 27:11.8 at the Cowboy Jamboree ... ran the Brooks Twilight Classic 4-mile course in a time of 21:15.44 ... crossed the 5k finish line in 16:44.02 at the Samford Cross Country Opener.

**2014-15**

**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 on the team by his twin brother, Garrett, at The University of Alabama ... son of Donald and Kathryn Bull ... born Aug. 2, 1995, in Nashville, Tenn.



## GARRETT BULL

DISTANCE

Senior

Nashville, Tenn/  
Brentwood Academy



**2017-18**

**Cross Country:** Finished 35th in his season debut at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 5 runner with a personal-best time of 25:16.5 over the 8k course.

**2016-17**

**2017 Outdoor Season:** Finished seventh in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a personal-best 14:50.54 ... finished 20th in the 1,500 meters at the Crimson Tide Invitational on April 8 in a personal-best 4:00.80 ... opened the outdoor season with a 22nd-place finish in the 5,000 meters at the Florida Relays on March 30 in a personal-best time of 14:51.41.

**2017 Indoor Season:** Finished fourth in the 5,000 meters at the Tiger Paw Invitational on Feb. 10 in a personal-best time of 15:00.12 ... opened the 2017 season at the Auburn Invitational, finishing seventh in the 5,000 meters in a time of 15:20.82.

**2016 Cross Country:** Finished 73rd at the NCAA South Regional in a personal-best time of 32:32.0 ... finished 41st, and was Alabama's No. 4 runner, in a personal-best time of 25:45.2 at the 8k Crimson Classic ... posted a time of 25:31.7 at the Joe Piane Notre Dame Invitational to finish as Alabama's No. 4 runner over the five-mile course ... finished 14th in a personal-best time of 15:56.63 at the 5k Chattanooga Powerade Invitational on Sept. 9 ... finished 24th and was Alabama's fourth runner at the season-opening Brooks Memphis Twilight Classic with a time of 20:31.71 over the four-mile course.

**2015-16**

**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.

**2014-15**

**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.



## ALFRED CHELANGA

DISTANCE

Junior

Nairobi, Kenya/  
Tenges/Shorter  
University



**Accolades**

- School record-holder, 10,000 meters (2017)
- Second Team All-American, 10,000 meters (2017)
- SEC Champion, 10,000 meters (2017)
- First Team All-American, indoor 5,000 meters (2017)
- Second Team All-SEC, 3,000 meters (2017)
- Second Team All-SEC, indoor 5,000 meters (2017)

**2017-18**

**Cross Country:** Finished third in his season debut in the open 8K race at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 3 runner with a time of 24:23.3.

**2017 Outdoor Season:** School record-holder in the 10,000 meters (28:04.98) ... finished 11th in the 10,000 meters at the NCAA Championships on June 7 in 29:12.34 ... the time is the 10th-fastest in school history ... finished eighth in the 10,000 meters in 29:59.98 at the NCAA East Regional on May 25 to qualify for the NCAA Track & Field Championships ... won the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 in a time of 30:24.27 to edge out teammate Antibahs Kosgei for the victory ... finished sixth in the 5,000 meters at the SEC Championships on May 13 in 13:57.79 ... finished second in the 1,500 meters at the SEC Relays on April 29 in 3:49.11 in his first outdoor appearance in the event at Alabama ... finished second in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a personal-best 13:53.07, the sixth-fastest time in school history ... finished second in the 10,000 meters - and was the first collegiate finisher - at the Stanford Invitational on March 31 in a school-record time of 28:04.98.

**2017 Indoor Season:** Alabama's high point scorer at the SEC Indoor Track & Field Championships with 14 points ... finished fifth in the 5,000 meters at the NCAA Indoor Track & Field Championships on March 10 in 3:48.56, the fifth-fastest time in school history ... finished second in the 5,000 meters at the SEC

Indoor Track & Field Championships on Feb. 25 in 13:58.61 ... finished third in the 3,000 meters at the SEC Indoor Track & Field Championships on Feb. 24 in a personal-best 8:02.30, the seventh-fastest time in school history ... finished sixth in the invitational 5,000 meters at the Iowa State Classic in a personal-best 13:48.12, the fourth-fastest time in Alabama history ... made his Alabama debut at the Bob Pollock Invitational on Jan. 28 ... Won the 3,000 meters in a time of 8:06.79, the 10th-fastest time in school history.

#### Shorter University (Ga.)

2015-16

Runner-up at the 2016 NCAA Division II Cross Country Championships, covering the 10k course in 29:36.3 ... won the Division II South Region Cross Country Championships with a 10k time of 31:23.3 ... won the 2016 Gulf South Cross Country Championships in a time of 24:54.5 over the 8k course ... won the college division of the Crimson Classic ... finished sixth in the 5,000 meters and 10,000 meters at the 2016 NCAA Division II Outdoor Track & Field Championships ... won the 5,000 meters at the 2016 Florida Relays ... fifth in the 3,000 meters and sixth in the 5,000 meters at the 2016 NCAA Division II Indoor Track & Field Championships ... NCAA Division II national and South region cross country champion in 2015 ... fourth in the 3,000 meters at the 2015 NCAA Division II Indoor Track & Field Championships.

**Prep and Personal:** Son of Joshua and Lorah Chelanga ... born April 2, 1994 in Baringo, Kenya.



## CONNOR FERRENTINO

DISTANCE

Junior

Orlando, Fla./  
Freedom

2016-17

**2017 Outdoor Season:** Made his season debut at the War Eagle Invitational on April 21 and finished 10th in the invitational 1,500 meters in 4:10.05.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Did not compete.

2015-16

**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.

2014-15

**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.



## NATHAN GAMBLE

DISTANCE

Freshman

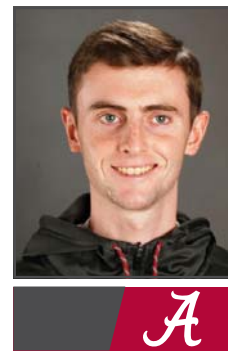
Raleigh, N.C./  
Leesville Road

2017-18

**Cross Country:** Finished 74th at the UC Riverside Invitational on Sept. 16 with a time of 26:09.0 over the 8k course ... made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 27th overall and was the Tide's No. 4 runner with a time of 16:13.50 over the 5k course.

**Prep and Personal:** Coached by Brent Hale and father, Eric Gamble, at Leesville Road High School ... indoor all-state selection in the 3,200 meters in 2016 and 2017 ... cross country all-state honoree as a senior in 2016 ... school record holder in the 3,200 meters indoors and outdoors ... five-time team MVP in track and field and two-time team MVP in cross country ... Cap-8 Conference champion in the outdoor 3,200 meters in 2017 ... Cap-8 cross country champion as a senior in 2016 ... ran his first full marathon as a 13-year-old ... member of the

National Honor Society ... son of Eric and Becky Gamble ... born Dec. 15, 1998.



## PATRICK GRANT

DISTANCE

Sophomore

Southampton, Pa./  
LaSalle

2016-17

**2017 Outdoor Season:** Ran the third leg on Alabama's 4x800-meter relay that finished fifth at the SEC Indoor Track & Field Championships on Feb. 25 in 9:46.81 ... finished fourth in the mile at the Tiger Paw Invitational on Feb. 10 in a personal-best 4:12.25 ... finished 10th in 4:21.69 in the first collegiate mile race of his career on Jan. 27 at the Bob Pollock Invitational on Jan. 27 ... also ran the anchor leg on the Tide's 4x400-meter relay "B" squad that finished ninth in 3:26.16 ... anchored Alabama's Distance Medley Relay that finished second at the Auburn Invitational in 10:37.33 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's Distance Medley Relay and 4x400-meter "C" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished 12th in 3:29.03.

**2017 Indoor Season:** Ran the lead leg on Alabama's distance medley relay that finished fifth at the SEC Indoor Track & Field Championships on Feb. 25 in 9:46.81 ... finished fourth in the mile at the Tiger Paw Invitational on Feb. 10 in a personal-best 4:12.25 ... finished 10th in 4:21.69 in the first collegiate mile race of his career on Jan. 27 at the Bob Pollock Invitational on Jan. 27 ... also ran the anchor leg on the Tide's 4x400-meter relay "B" squad that finished ninth in 3:26.16 ... anchored Alabama's Distance Medley Relay that finished second at the Auburn Invitational in 10:37.33 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's Distance Medley Relay and 4x400-meter "C" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished 12th in 3:29.03.

**2016 Cross Country:** Finished 78th at the SEC Championships in a time of 26:38.4 ... made his collegiate debut at the Chattanooga Powerade Invitational and posted a time of 16:20.22 over the 5k course to finish 27th.

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



## NOAH KARR

### DISTANCE

Sophomore

Tuscaloosa, Ala./  
American Christian  
Academy



#### 2016-17

**2017 Outdoor Season:** Ran the second leg on Alabama's 4x800-meter relay (7:51.98) and 4x400-meter relay (3:28.68) that finished fifth and seventh, respectively, at the SEC Relays on April 28 and 29 ... finished 17th in the 800 meters at the Crimson Tide Invitational on April 8 in a time of 1:57.90 ... also ran the third leg on the Alabama "B" 4x400-meter relay team that finished eighth at the CTL in 3:25.45 ... ran the second leg of Alabama's distance medley relay that finished third at the Florida Relays on April 1 in a time of 10:03.98 ... posted a time of 1:58.50 in the 800 meters at the Florida Relays ... finished 14th in the 800 meters at the Florida State Relays on March 24 in 1:56.77 in his collegiate outdoor debut.

**2017 Indoor Season:** Finished 28th in the 800 meters at the Tiger Paw Invitational on Feb. 11 in a time of 2:00.79 ... ran the anchor leg on the Tide's 4x400-meter "B" relay that finished 11th at the Tiger Paw in 3:18.94 ... ran his first collegiate individual event at the Auburn Invitational, finishing 10th in the 800 meters in 1:54.63 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's Distance Medley Relay and 4x400-meter "B" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished seventh in 3:18.16.

**2016 Cross Country:** Did not compete.

**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.



## GILBERT KIGEN

### DISTANCE

Junior

Kipkabus, Kenya/  
Eldoret/  
Central Arizona  
College



#### 2017-18

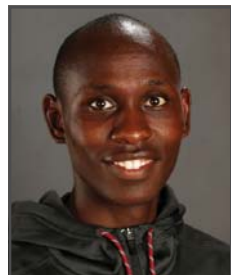
**Cross Country:** Finished second in his Alabama debut in the open 8K race at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 2 runner with a time of 24:23.0

#### Central Arizona College

**2015-2017:** The most decorated junior college runner in

NJCAA history ... won nine individual NJCAA track and field championships – back-to-back titles in 2016 and 2017 in the 5,000 and 10,000 outdoors and the 5,000 and 3,000 indoors as well as the indoor mile championship in 2017 - and two individual NJCAA cross country championships running for Central Arizona College.

**Prep and Personal:** Son of Simeon and Susan Bartilol Kigen ... born December 23, 1994.



## VINCENT KIPROP

### DISTANCE

Junior

Kericho, Kenya/  
Londiani Boys School/  
Missouri Southern  
State University



#### 2017-18

**Cross Country:** Finished first in his Alabama debut in the open 8K race at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 1 runner with a time of 24:23.0.

#### Missouri Southern State University

**2015-17:** Won back-to-back Division II 10,000 meters titles and the 2017 Division II indoor 5,000 meters championships ... also won the 2016 Division II Cross Country crown ... two-time USTFCCA Outdoor Regional Track & Field Athlete of the Year and 2017 USTFCCA Indoor Regional Athlete of the Year at MSSU ... earned 2016 USTFCCA National Division II Cross Country Athlete of the Year honors ... two-time USTFCCA National Scholar-Athlete of the Year ... holds MSSU school records in the 3,000 meters and 5,000 meters indoors and the 1,500 meters, 5,000 meters and 10,000 meters outdoors.

**Prep and Personal:** Son of Samwel and Selly Koskei ... born April 28, 1995.



## ELLIOTT MILLER

### DISTANCE

Sophomore

Cheyenne, Wyo./  
Cheyenne Central



#### 2017-18

**Cross Country:** Finished 51st at the UC Riverside Invitational on Sept. 16 with a personal-best time of 25:30.4 over the 8k course ... finished 19th at the Struts Season Opener on Sept. 1 and was the Tide's No. 3 runner with a personal-best time of 15:40.60 over the 5k course.

#### 2016-17

**2017 Outdoor Season:** Did not compete.

**2017 Indoor Season:** Finished sixth in the mile at the Tiger Paw Invitational on Feb. 11 in a personal-best time of 4:15.74 ...

finished 12th in the 800 meters in 1:58.66 in the first individual event of his college career at the Auburn Invitational ... also ran the second leg on the Tide's Distance Medley Relay that finished second at the Auburn meet in 10:37.33 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's Distance Medley Relay and 4x400-meter "C" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished 12th in 3:29.03.

**2016 Cross Country:** Finished 26th at the Chattanooga Powerade Invitational with a time of 16:18.15 over the 5k course ... made his debut at the four-mile Brooks Memphis Twilight Classic and circled the course in a time of 21:21.17.

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



## ANDREW POWELL

### DISTANCE

Redshirt Freshman

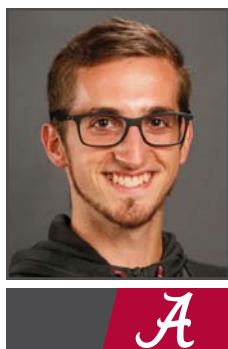
Brentwood, Tenn./  
Brentwood Academy/  
University of Texas



#### University of Texas

**2016-2017:** Did not compete.

**Prep and Personal:** Tennessee state champion in 800 meters as a senior ... helped lead Brentwood Academy to Tennessee state championships in cross country and track & field as a junior and senior ... member of the Brentwood Academy squad that set the Tennessee state championship meet record for points scored ... led Brentwood Academy to runner-up finishes at state championship as a sophomore in cross country and track & field ... all-state in both cross country and track & field as a junior and senior ... school record holder in 800m at 1:53.21 ... son of John and Christine Powell ... born Feb. 10, 1998.



## EVAN PRIZY

### DISTANCE

Senior

Schaumburg, Ill./  
Schaumburg

#### 2017-18

**Cross Country:** Finished 91st in his season debut at the UC Riverside Invitational on Sept. 16 with a time of 26:55.8 over the 8k course.

#### 2016-17

**2017 Outdoor Season:** Finished 15th in the invitational 5,000 meters at the War Eagle Invitational on April 21 in 15:28.51 ... made his 2017 outdoor season debut at the Crimson Tide Invitational on April 7, finishing 19th in the 5,000 meters at 15:29.71.

**2017 Indoor Season:** Opened the 2017 season at the Auburn Invitational, finishing eighth in the 5,000 meters in a time of 16:02.16.

**2016 Cross Country:** Finished 55th at the NCAA South Regional, and was Alabama's No. 5 runner, in a personal-best 10k time of 32:11.0 ... finished 53rd at the SEC Championships, and was Alabama's No. 5 runner, in a time of 25:51.0 ... finished 32nd and was Alabama's No. 3 runner, in a personal-best time of 25:40.4 over the 8k course ... clocked a time of 25:32.3 in the Joe Plane Notre Dame Invitational to finish as the Tide's No. 5 runner on the five-mile course ... finished 13th and was Alabama's fifth finisher at the 5k Chattanooga Powerade Invitational in a personal-best time of 15:54.17 ... opened the season with a time of 20:50.81 at the four-mile Brooks Memphis Twilight Classic.

#### 2015-16

**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.

#### 2014-15

**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.

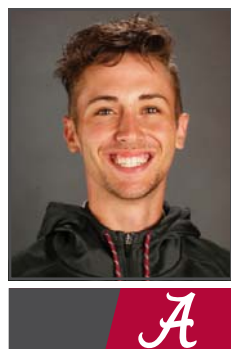
#### 2013-14

**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.



## JACKSON REED

### DISTANCE

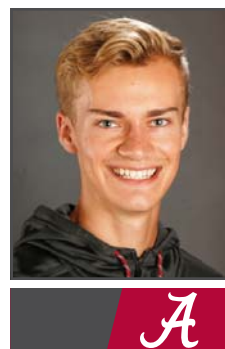
Freshman

Summersville, WVa./  
Nicholas County

#### 2017-18

**Cross Country:** Made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 51st with a time of 17:18.80 over the 5k course.

**Prep and Personal:** Coached by Allen Stump at Nicholas County High School ... West Virginia Class A-AA state cross country champion as a senior in 2016 ... Class AA state champion in the 800 meters, 3,200 meters and runner-up in the 1,600 meters as a junior in 2016 ... member of Nicholas County's state championship 4x400-meter relay team in 2015 and 2016 ... finished fourth in the 1,600 meters and sixth in the 3,200 meters at the 2017 state championships ... son of Brad & Glen Reed ... born March 2, 1999.



## OLIVER RIGG

### DISTANCE

Sophomore

Zionsville, Ind./  
Zionsville

#### 2017-18

**Cross Country:** Finished 87th at the UC Riverside Invitational on Sept. 16 with a personal-best time of 26:41.0 over the 8k course ... finished 9th at the JSU Struts Season Opener on Sept. 1 and was the Tide's No. 1 runner with a personal-best time of 15:32.40 over the 5k course.

#### 2016-17

**2017 Outdoor Season:** Ran the anchor leg on Alabama's 4x400-meter relay team that finished seventh at the SEC Relays on April 29 in 3:28.68 ... finished seventh in the invitational 1,500 meters at the War Eagle Invitational on April 21 in a personal-best 3:53.66 ... finished ninth in the 800 meters at the Jim Bush Collegiate on April 15 in a time of 1:54.81 ... finished seventh in the 800 meters at the Crimson Tide Invitational on April 8 in a personal-best 1:53.67 ... also ran the lead leg on the Alabama "B" 4x400-meter relay that finished eighth at the CTI in 3:25.45 ... finished 10th in the 800 meters at the Florida State Relays on March 24 in 1:54.74 in his collegiate outdoor debut.

**2017 Indoor Season:** Finished 20th in the 800 meters at the Tiger Paw Invitational in 1:54.34 ... finished eighth in a personal-best 1:54.30 in the 800 meters at the Bob Pollock Invitational on Jan. 28 ... also ran the third leg on the Tide's 4x400-meter relay "B" squad that finished ninth in 3:25.16 ... clocked a 1:55.21 for 800 meters to finish 11th in the first individual race of his college career at the Auburn Invitational ... also ran the second leg on the Tide's Distance Medley Relay that finished second at the Auburn meet in 10:37.33 ... made his collegiate track & field debut at the Commodore Invitational on Jan. 13-14 as a member of the Tide's Distance Medley Relay and 4x400-meter "C" relay teams ... the DMR squad finished seventh in 10:20.08 while the 4x400 unit finished 12th in 3:29.03.

**2016 Cross Country:** Made his collegiate debut at the Chattanooga Powerade Invitational on Sept. 9, finishing 22nd in a time of 16:11.09 over the 5k course.

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



## PAUL SELLEN

### DISTANCE

Freshman

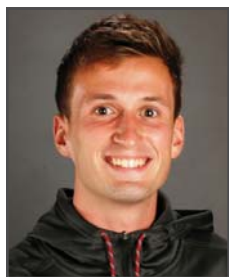
Homewood, Ala./  
Homewood



#### 2017-18

**Cross Country:** Made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 43rd and was the Tide's No. 5 runner with a time of 16:53.20 over the 5k course.

**Prep and Personal:** Coached by Lars Porter at Homewood High School ... member of four state championship cross country teams in high school ... three-time all-state selection in cross country ... finished third at the Alabama state cross country championships as a senior in 2016 ... son of Tom and Kristi Selden ... father was a member of the cross country and track & field teams at Sewanee ... born July 1, 1998.



## JOSH SHORT

### DISTANCE

Junior

Cedarburg, Wis./  
Cedarburg



#### 2016-17

**2017 Outdoor Season:** Competed in the 3,000-meter steeplechase at the NCAA East Regional on May 26 but did not finish ... competed in the 3,000-meter steeplechase at the SEC Outdoor Track & Field Championships on May 12 but did not finish ... finished 14th in the 3,000-meter steeplechase at the Mount SAC Relays on April 13 in a personal-best time of 9:04.71 ... finished sixth in the 800 meters at the Crimson Tide Invitational on April 8 in a personal-best 1:53.02 ... finished 19th in the 1,500 meters at the Florida Relays on March 31 in a time of 3:51.01 ... finished second in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 5:58.13 in his first outdoor outing of the season.

**2017 Indoor Season:** Competed in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 25 but did not finish ... finished 21st in the 3,000 meters at the SEC Indoor Track & Field Championships on Feb. 24 in a time of 8:56.92 ... finished fourth in the 3,000 meters at the Tiger Paw Invitational on Feb. 11 in a time of 8:41.78 ... competed in the 3,000 meters at the Bob Pollock Invitational on Jan. 28 but did not finish the race ... finished 14th in the 800 meters in a personal-best time of 1:54.85 at the season-opening Commodore Invitational on Jan. 14 ... also anchored the Tide's 4x400-meter relay "C" squad that finished 12th in 3:29.03.

**2016 Cross Country:** Finished 42nd at the NCAA South Regional, and was Alabama's No. 4 runner, at the NCAA South Regional in a personal-best time of 31:47.4 ... finished 43rd at the SEC Championships, and was Alabama's No. 3 runner, in a personal-best time of 25:32.8 ... competed in the Joe Plane

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

#### 2015-16

**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

#### 2014-15

**2015 Outdoor Season:** Did not compete.

**2015 Indoor Season:** Did not compete.

**2014 Cross Country:** Did not compete.

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



## COLTON SMITH

### DISTANCE

Freshman

Scottsboro, Ala./  
Scottsboro



#### 2017-18

**Cross Country:** Made his collegiate debut at the Struts Season Opener on Sept. 1 ... finished 53rd with a time of 17:22.30 over the 5k course.

**Prep and Personal:** Alabama Class 5A state cross country champion in 2016 ... four-time all-state selection in cross country ... Scottsboro High School track & field record-holder in the mile and two-mile ... member of Scottsboro's 2016 state cross country championship team and 2017 indoor and outdoor track & field state championship teams ... son of Glenn and Karen Smith ... born June 21, 1999.



## DREW WILLIAMS

### DISTANCE

Redshirt Freshman

Mountain Brook, Ala./  
Mountain Brook



#### 2016-17

**2017 Outdoor Season:** Did not compete.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Did not compete.

**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 former Crimson Tide runner Payton Ballard ... son of Walt and Valerie Williams ... born November 30, 1997.



## CAROLINE BARLOW

### DISTANCE

Senior

Naples, Fla./  
Gulf Coast



#### 2017-18

**Cross Country:** Finished 40th in her season debut at the UC Riverside Invitational on Sept. 16 with a time of 21:29.9 over the 6k course.

#### 2016-17

**2017 Outdoor Season:** Made her outdoor season debut at the Florida Relays on March 31 and finished 42nd in the 1,500 meters in a time of 4:41.70.

**2017 Indoor Season:** Ran the lead leg on Alabama's distance medley relay that finished 11th at the 2017 SEC Indoor Track & Field Championships on Feb. 25 in 11:50.15, the ninth-fastest time in school history ... finished 21st in the prelims of the mile at the SEC Indoor Track & Field Championships in 5:04.55 and did not advance to the final ... competed in the invitational mile at the Iowa State Classic on Feb. 10 but did not finish ... finished 12th in the 800 meters in a personal-best 2:16.00 and sixth in the mile in 4:57.29 at the Bob Pollock Invitational ... finished 10th in the 800 meters at the Auburn Invitational in a time of 2:16.84 ... also anchored the Tide's Distance Medley Relay squad that finished second at the Auburn meet in 12:13.49 ... opened the season with a ninth-place finish in the mile in a time of 4:58.56 at the Commodore Invitational on Jan. 14.

**2016 Cross Country:** Finished 45th at the NCAA South Regional, and was Alabama's No. 4 runner, in a personal-best time of 21:23.6 ... finished 55th at the SEC Championships, and was Alabama's No. 5 runner, in a time of 22:00.6 ... finished 22nd at the Crimson Classic in a personal-best time of 21:32.3 and was Alabama's No. 4 finisher ... clocked a personal-best time of 17:54.0 at the 5k Joe Plane Notre Dame Invitational ... finished 12th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 17:57.48 to finish as Alabama's No. 3 runner.

#### 2015-16

**2016 Outdoor Season:** Clocks 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 ... Clocks 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.

#### 2014-15

**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 Sevine 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 ... named 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.



## AMEENA BENSELLOUM

### DISTANCE

Freshman

Herndon, Va./  
Westfield



#### 2017-18

**Cross Country:** Made her collegiate debut at the Struts Season Opener on Sept. 1 ... finished 31st with a time of 16:06.40 over the 4k course.

**Prep and Personal:** Third in the 1,000 meters at the 2017 VHSL Group 6A Indoor State Championships ... district champion in the 800 meters and member of the all-state 4x800 relay quartet at Westfield High School as a junior in 2016 ... personal bests of 2:14.22 in the 800 meters, 5:11.01 in the 1,600 meters and 18:55 in the 5,000 meters ... daughter of Hicham Benselloum and Marisa Besselièvre ... born July 24, 2000.



## CAROLINE BROOKS

### DISTANCE

Sophomore

Plano, Texas/  
Plano



#### 2017-18

**Cross Country:** Finished 16th at the UC Riverside Invitational on Sept. 16 and was Alabama's No. 4 runner with a time of 18:40.7 over the 5k course ... finished 13th at the Struts Season Opener on Sept. 1 and was the Tide's No. 3 runner with a time of 15:14.60 over the 4k course.

#### 2016-17

**2017 Outdoor Season:** Finished 10th in the invitational 1,500 meters at the War Eagle Invitational on April 21 in a personal-best 4:49.59 ... finished sixth in the 3,000-meter steeplechase at the Crimson Tide Invitational on April 8 in a personal-best 11:23.37 ... also ran the third leg on the Alabama "C" 4x400-meter relay that finished 12th at the CTI in 3:57.60 ... finished second in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 7:21.98 in her outdoor collegiate debut.

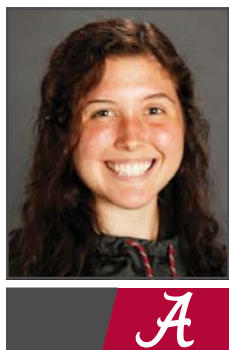
**2017 Indoor Season:** Finished 17th in the 800 meters at the Tiger Paw Invitational on Feb. 11 in a time of 2:17.63 ... finished 19th in the 800 meters in a personal-best 2:17.79 at the Bob Pollock Invitational on Jan. 28 ... in her first individual event as a collegiate runner, finished 15th in the 800 meters in 2:20.35 at the Auburn Invitational ... also ran the second leg on the Tide's Distance Medley Relay squad that finished second in 12:13.49 at the Auburn meet ... made her collegiate track & field debut at

the Commodore Invitational on Jan. 13 as a member of the Tide's distance medley relay squad.

**2016 Cross Country:** Posted a time of 23:36.6 at the Crimson Classic, her first 6k outing as a collegiate runner ... made her collegiate debut at the Chattanooga Powerade Invitational, finishing 22nd in a time of 12:15.97 over the two-mile course.

#### Prep and Personal

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



## REBECCA BUTEAU

### DISTANCE

Sophomore

Madison, Miss./  
Madison Central

#### 2017-18

**Cross Country:** Finished 17th in her season debut at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 3 runner with a time of 20:47.0 over the 6k course.

#### 2016-17

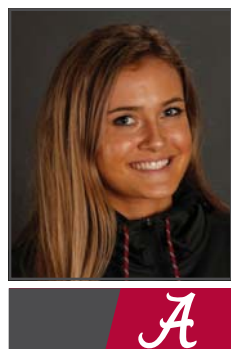
**2017 Outdoor Season:** Finished 23rd in the 5,000 meters at the SEC Outdoor Track & Field Championships on May 13 in a personal-best 17:00.99 ... finished 20th in the prelims of the 1,500 meters at the SEC Championships on May 12 in 4:38.16 ... finished 14th in the 1,500 meters at the SEC Relays on April 29 in 4:36.75 ... finished fourth in the 1,500 meters at the Jim Bush Collegiate in a personal best 4:32.45 ... finished 14th in the 5,000 meters at the Crimson Tide Invitational on April 8 in a personal-best 17:35.52 ... finished 31st in the 1,500 meters at the Florida Relays on March 31 in a time of 4:36.52 ... finished seventh in the 1,500 meters at the Florida State Relays on March 24 in 4:33.10 in her outdoor collegiate debut.

**2017 Indoor Season:** Finished 27th in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 25 in a personal-best 17:38.17 ... finished 21st in the 3,000 meters at the SEC Indoor Track & Field Championships on Feb. 24 in a time of 10:08.02 ... recorded her third top-10 finish in the mile in as a many meets with a 10th-place finish in a personal-best 5:00.89 at the Bob Pollock Invitational on Jan. 27 ... followed up that performance the following day with a sixth-place finish in the 3,000 meters in a time of 9:49.98 ... finished ninth in the mile at the Auburn Invitational in 5:03.41 ... also ran the third leg on the Tide's Distance Medley Relay squad that finished second at the Auburn meet in 12:13.49 ... made her collegiate track & field debut at the Commodore Invitational on Jan. 14 ... finished 10th in the mile in a time of 5:00.91.

**2016 Cross Country:** Finished 99th at the NCAA South Regional in a time of 22:22.9 ... finished 71st at the SEC Championships in a time of 22:17.5 ... finished 26th and was Alabama's No. 5

runner at the 6k Crimson Classic, posting a time of 21:37.3 ... competed in the Joe Plane Notre Dame Invitational and finished as the Tide's No. 4 runner with a time of 17:50.5 in the 5K race ... made her collegiate debut at the Brooks Memphis Twilight Classic and finished 18th in a time of 18:07.23.

**Prep and Personal:** Coached by Gearry Howell at Madison Central High School ... holds all distance records at Madison Central High School ... 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 ... competed on the high school cross country team since she was a middle schooler ... 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, Miss.



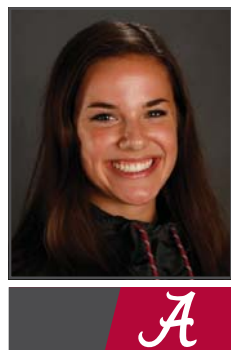
## ISABEL CADDO

### DISTANCE

Freshman

Hoover, Ala./  
Spain Park

**Prep and Personal:** State qualifier at Spain Park in the indoor and outdoor 1,600 meters as a junior and senior in 2016 and 2017 ... state qualifier in the indoor and outdoor 800 meters as a junior and outdoor 800 meters as a junior ... state qualifier in cross country as a junior and senior in 2015 and 2016 ... ran a personal-best 2:25.39 in the 800 meters at the 2016 state sectional meet ... ran a personal best of 5:26.57 in the 1,600 meters at the 2016 state championships ... daughter of Matthew Caddo and Rachael Jostsons ... born July 16, 1999.



## DALEY CLINE

### DISTANCE

Redshirt Freshman

Estero, Fla./  
Estero

#### 2016-17

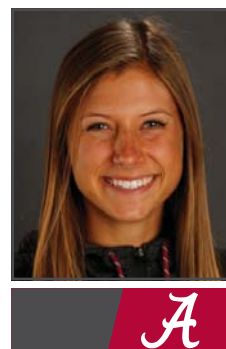
**2017 Outdoor Season:** Did not compete.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Did not compete.

**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.



## CALLI COGGINS

### DISTANCE

Junior

Franklin, Tenn./  
Independence

#### 2016-17

**2017 Outdoor Season:** Finished 11th in the 1,500 meters at the Jim Bush Collegiate on April 15 in 4:42.32 ... finished 14th in the 1,500 meters at the Crimson Tide Invitational on April 8 in a personal-best 4:42.31 ... finished third in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 7:26.87 in her first outing of the outdoor season.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Finished 93rd at the SEC Championships in a time of 22:51.2 ... finished 54th at the Crimson Classic in a personal-best time of 22:02.6 ... posted a time of 18:12.6 at the 5k Joe Plane Notre Dame Invitational ... finished 15th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:01.84 to finish as Alabama's No. 4 runner.

#### 2015-16

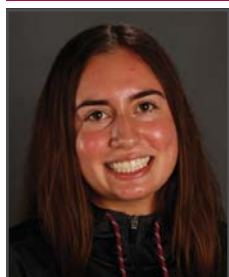
**2016 Outdoor Season:** Clocked a time of 10:37.78 (11th) in the 3,000-meter steeplechase and ran 17:31.70 (31st) in the 5,000 meters at the SEC Championships ... registered a time of 11:30.67 in the 3,000-meter steeplechase to win the event at the LSU Invitational ... clocked a 5,000-meter time of 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.

**2016 Indoor Season:** Did not compete.

**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 Willco 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.



## ALEXA CRUZ

### DISTANCE

Sophomore

Miami, Fla./  
St. Thomas Aquinas



**2016-17**

**2017 Outdoor Season:** Did not compete.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Clocked a personal best time of 18:27.2 at the 5k Joe Piane Notre Dame Invitational ... made her collegiate debut at the 5k Brooks Memphis Twilight Classic and finished 44th in a time of 18:39.77.

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



## CAROLIE CUMBEST

### DISTANCE

Redshirt Freshman

Mobile, Ala./  
Cottage Hill  
Christian Academy



**2016-17**

**2017 Outdoor Season:** Finished 29th in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 18:21.50 ... finished 19th in the 5,000 meters at the Florida State Relays on March 24 in 18:38.78 in her outdoor collegiate debut.

**2017 Indoor Season:** Finished 13th in her first collegiate 5,000-meter race in a time of 19:03.08 ... made her collegiate debut at the Auburn Invitational on Jan. 21 ... finished fifth in the 3,000 meters in 10:52.13 and 16th in the mile in 5:38.65.

**2016 Cross Country:** Did not compete.

**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.



## ELISABETH DANIS

### DISTANCE

Sophomore

Nottingham, N.H./  
Coe-Brown  
Northwood Academy



**2017-18**

**Cross Country:** Finished 15th in her season debut at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 2 runner with a time of 20:39.1 over the 6k course.

**2016-17**

**2017 Outdoor Season:** Competed in the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 but did not finish ... finished 12th in her first collegiate outdoor 1,500 meter race at the SEC Relays on April 29 in 4:35.25 ... finished fourth in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 16:56.51 ... finished fourth in the 5,000 meters at the Florida State Relays on March 24 in 17:35.36 in her outdoor collegiate debut.

**2017 Indoor Season:** Finished 24th in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 25 in a personal-best 17:19.47 ... finished eighth in her first collegiate 5,000 meter competition at the Tiger Paw Invitational on Feb. 10 in a time of 17:30.34 ... finished 10th in the 3,000 meters in a time of 10:09.51 at the Bob Pollock Invitational on Jan. 28 ... finished second in the 3,000 meters in a personal-best 9:56.77 and 11th in the mile in 5:09.48 at the Auburn Invitational ... made her collegiate track & field debut at the Commodore Invitational on Jan. 14 ... finished 12th in the mile in a time of 5:02.64.

**2016 Cross Country:** Finished 53rd at the NCAA South Regional, and was Alabama's No. 5 runner, in a time of 21:31.7 ... finished 47th at the SEC Championships, and was Alabama's No. 4 runner, in a time of 21:55.6 ... finished 13th in a time of 21:14.3, and was Alabama's No. 3 runner, at the 6k Crimson Classic ... posted a time of 18:12.1 at the 5k Joe Piane Notre Dame Invitational ... was Alabama's No. 4 runner in her collegiate debut at the 5k Brooks Memphis Twilight Classic where she finished 16th in a time of 18:05.16.

**Prep and Personal:** Coached by Tim Cox and Brent Tkaczky 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.



## MADDIE DEARBORN

### DISTANCE

Freshman

Yorkville, Ill./  
Yorkville



**2017-18**

**Cross Country:** Made her collegiate debut at the UC Riverside Invitational on Sept. 16 ... finished 5th and was the Tide's No. 1 runner with a time of 17:45.5 over the 5k course.

**Prep and Personal:** Coached by Chris Muth at Yorkville High School ... member of two state championship cross country squad and one state cross country runner-up at Yorkville High School ... earned cross country all-state honors in 2015 ... three-time state qualifier in track & field ... member of the National Honor Society ... daughter of Derek and Jackie Dearborn ... born April 15, 1999.



## MARGOT DOOLEY

### DISTANCE

Freshman

Evanston, Ill./  
Loyola Academy



**2017-18**

**Cross Country:** Finished 18th at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 5 finisher with a time of 18:51.0 over the 5k course. ... made her collegiate debut at the Struts Season Opener on Sept. 1 ... finished seventh and was the Tide's No. 2 runner with a time of 15:00.50 over the 4k course.

**Prep and Personal:** Coached by C.J. Simon at Loyola Academy ... holds school records at 600 meters, 800 meters and as a member of the 4x800-meter relay at Loyola Academy ... finished third in the 800 meters at the 2017 IHSA 3A state championships, the best finish in any event at the state championships in school history ... team MVP as a junior in 2016 ... member of the National Honor Society and French Honors Society ... daughter of Larry and Mary Dooley ... born May 31, 1999.



## EBIE DOUGLAS

### DISTANCE

Sophomore

Mobile, Ala./  
McGill-Toolen



## ASHLEY EAVENSON

### DISTANCE

Freshman

Northport, Ala./  
Tuscaloosa County



## NICOLE GARDNER

### DISTANCE

Junior

Murfreesboro, Tenn./  
Siegel



#### 2016-17

**2017 Outdoor Season:** Finished 23rd in the 1,500 meters at the Crimson Tide Invitational on April 8 in a personal-best 4:49.89 ... finished 25th in the 1,500 meters at the Florida State Relays on March 24 in 5:01.63 in her outdoor season debut.

**2017 Indoor Season:** Finished 25th in the mile at the Tiger Paw Invitational on Feb. 10 in a personal-best time of 5:22.44 ... made her 2017 debut at the Auburn Invitational on Jan. 21, finishing 17th in the 800 meters in 2:26.92 and 15th in the mile in 5:32.52.

**2016 Cross Country:** Made her collegiate cross country debut at the Chattanooga Powerade Invitational on Sept. 9, finishing 52nd in a time of 14:00.03.

#### 2015-16

**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.

**2016 Indoor Season:** Did not compete.

**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 ... 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 ... 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 ... set the McGill-Toolen school record in the 4x800 and 4x1600-meter relay ... earned cross country All-State honors in 2013 ... 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.

**Prep and Personal:** Finished 10th at the AHSAA 7A state cross country championships as a senior in 2016 ... two-time outdoor state qualifier in the 1,600 meters and 3,200 meters ... three-time indoor state qualifier in the 1,600 meters and two-time indoor qualifier in the 800 meters and 3,200 meters ... holds school records at 800 meters, 1,600 meters, mile, 3,200 meters, 2-mile and 5,000 meters ... daughter of Charles and Tanya Eavenson ... born Dec. 5, 1998.



## SAVANNAH FRALEIGH

### DISTANCE

Redshirt Freshman

Raleigh, N.C./  
Leesville Road



#### 2016-17

**2017 Outdoor Season:** Did not compete.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Did not compete.

**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.

#### 2017-18

**Cross Country:** Finished 31st in her season debut at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 5 runner with a time of 21:17.0 over the 6k course.

#### 2016-17

**2017 Outdoor Season:** Finished 13th in the final of the SEC Outdoor Track & Field Championships on May 13 in 4:43.01 ... advanced to the final with a personal-best time of 4:24.46 in the prelims ... finished fifth in the 1,500 meters at the SEC Relays on April 29 in 4:31.45 ... finished 12th in the invitational 5,000 meters at the Mount SAC Relays on April 14 in a personal-best 16:46.08 ... finished second in the 1,500 meters in a personal-best 4:25.53 at the Crimson Tide Invitational on April 8 ... finished fourth in the 1,500 meters at the Florida State Relays on March 24 in a personal-best 4:30.22 in her first outdoor outing of the season.

**2017 Indoor Season:** Finished 15th in the 3,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 24 in a personal-best 9:40.33 ... finished 36th in the invitational 3,000 meters at the Iowa State Classic on Feb. 10 in 9:52.57, her second-fastest time of the season ... ran a personal-best 9:45.08 to finish fifth in the 3,000 meters at the Bob Pollock Invitational on Jan. 28 ... finished third in the 5,000 meters in 17:42.00 and fourth in the mile in 4:55.60 at the Auburn Invitational ... posted a personal-best time of 9:54.55 in the 3,000 meters at the season-opening Commodore Invitational on Jan. 14.

**2016 Cross Country:** Finished 79th at the SEC Championships in a time of 22:26.8 ... finished 57th at the 6k Crimson Classic in a personal-best time of 22:05.2 ... finished 28th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:23.72.

#### 2015-16

**2016 Outdoor Season:** Clocks 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 3,000-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.



## JESSICA GRAY

### DISTANCE

Junior

Manassas, Va./  
Osborn Park



#### 2017-18

**Cross Country:** Finished 30th in her season debut at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 4 runner with a time of 21:16.9 over the 6k course.

#### 2016-17

**2017 Outdoor Season:** Finished fifth in the 3,000-meter steeplechase at the SEC Relays on April 28 in 11:26.24 ... finished eighth in the 1,500 meters at the Jim Bush Collegiate on April 15 in a personal-best 4:36.43 ... finished 11th in the 1,500 meters at the Crimson Tide Invitational on April 8 in 4:40.81 ... finished 11th in her first collegiate 3,000-meter steeplechase at the Florida Relays on March 31 in a time of 11:01.51 ... won the 2,000-meter steeplechase at the Florida State Relays on March 24 in a personal-best 7:07.53 in her first outdoor outing of the season.

**2017 Indoor Season:** Finished ninth in the mile at the Tiger Paw Invitational on Feb. 10 in a time of 4:59.86 ... finished 11th in the 3,000 meters in a personal-best time of 10:10.90 in her season debut at the Bob Pollock Invitational on Jan. 28.

**2016 Cross Country:** Finished 73rd at the SEC Championships in a time of 22:18.2 ... posted a time of 22:22.3 at the 6k Crimson Classic on Oct. 14 ... made her season debut at the Chattanooga Powerade Invitational, finishing seventh in a time of 11:30.71 over the two-mile course and crossing the finish line as Alabama's No. 2 runner.

#### 2015-16

**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.

#### 2014-15

**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.

**2014 Cross Country:** Did not compete.

**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 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.



## MAYA HALPRIN-ADAMS

### DISTANCE

Sophomore

Cambridge, Mass./  
Rindge & Latin/  
University of South  
Carolina



#### University of South Carolina

#### 2016-2017

Did not compete.

**Prep and Personal:** Competed in cross country, indoor and outdoor track at Cambridge Rindge and Latin School ... helped the school claim its first all-state outdoor track & field championship in 2015 ... finished eighth as a senior in the 400 meters at the Massachusetts Interscholastic Athletic Association Outdoor Championships ... won the Dual Country League 400 meters title with a personal-best time of 57.76 ... finished second in the 400-meter hurdles at the same meet ... Ranked third and fifth, respectively, in the 800 meters at the 2013 and 2014 MIAA Outdoor Championships ... runner-up in the 1,000 meters at the 2014 MIAA Auerbach All-State Meet ... finished fourth in the 1,500 meters at the 2014 USATF National Junior Olympics ... ran a top 5K cross country time of 19:45.20 in the 2013 MIAA Eastern State Championship, finishing 26th ... daughter of Ronald Adams and Julia Halprin.



## BRIANNA KOSHY

### DISTANCE

Junior

Brentwood, Tenn./  
Brentwood



#### 2017-18

**Cross Country:** Finished 26th at the Struts Season Opener on Sept. 1 with a time of 15:50.20 over the 4k course.

#### 2016-17

**2017 Outdoor Season:** Finished eighth in the invitational 5,000 meters at the War Eagle Invitational on April 21 in 18:26.74 ... finished 25th in the 5,000 meters at the Crimson Tide Invitational on April 7 in a personal-best 18:04.91 ... finished 17th in the 5,000 meters at the Florida State Relays on March 24 in 18:33.71 in her first outdoor outing of the season.

**2017 Indoor Season:** Finished 12th in the 5,000 meters at the Tiger Paw Invitational on Feb. 10 in a time of 18:48.74 ... made her season debut at the Auburn Invitational on Jan. 21 ... finished sixth in the 5,000 meters in a time of 18:31.64.

**2016 Cross Country:** Posted a personal-best time of 23:22.0 at the 6k Crimson Classic on Oct. 14 ... made her season debut at the Chattanooga Powerade Invitational, finishing 16th in a time of 12:08.34 over the two-mile course.

#### 2015-16

**2016 Outdoor Season:** Clocked a 5,000-meter time of 19:07.21 to finish eighth at the War Eagle Invitational.

**2016 Indoor Season:** Did not compete.

**2015 Cross Country:** Ran the Crimson Classic 5k in a time of 19:19.43 ... crossed the two-mile finish line in 12:17.91 in her Crimson Tide debut at the Samford Cross Country Opener.

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



## SHANNON MARSH

### DISTANCE

Redshirt Freshman

John's Creek, Ga./  
Northview



#### 2017-18

**Cross Country:** Finished 7th at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 2 finisher with a time of 17:57.7 over the 5k course.... made her collegiate debut at the Struts Season Opener on Sept. 1 ... finished fifth and was the Tide's No. 1 runner with a time of 14:55.90 over the 4k course.

#### 2016-17

**2017 Outdoor Season:** Did not compete.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Did not compete.

**Prep and Personal:** Coached by Mike Morris and Bill Hedgecock at Northview ... member of two state champion cross country teams (2013, 2014) and two regional champion cross country teams (2012, 2013) at Northview ... team also finished third in the state in 2015 ... two-time cross country and track & field scholar-athlete of the year at Northview ... cross country and track & field captain as a junior and senior ... member of the National Honor Society and National Spanish Honor Society ... daughter of Dwight and Susan Marsh ... born Dec. 29, 1997.



## SARAH MOHAN

### DISTANCE

Junior

Huntsville, Ala./  
Huntsville



#### 2017-18

**Cross Country:** Finished 15th at the Struts Season Opener on Sept. 1 and was the Tide's No. 4 runner in a time of 15:18.80 over the 4k course.

#### 2016-17

**2017 Outdoor Season:** Finished 15th in the 1,500 meters at the Jim Bush Collegiate on April 15 in a time of 4:51.49 ... finished 12th in the 1,500 meters at the Crimson Tide Invitational on April 8 in 4:41.38 ... also ran the lead leg on the Alabama "C" 4x400-meter relay that finished 12th at the CTI in 3:57.60 ... finished 40th in the 800 meters at the Florida Relays on March 31 in a time of 2:15.00 ... finished seventh in the 800 meters at the

Florida State Relays on March 24 in 2:14.50 in her first outdoor outing of the season.

**2017 Indoor Season:** Ran the third leg on Alabama's distance medley relay that finished 11th at the 2017 SEC Indoor Track & Field Championships on Feb. 25 in 11:50.15, the ninth-fastest time in school history ... finished 11th in the 800 meters at the Tiger Paw Invitational on Feb. 11 in a time of 2:15.63 ... finished third in the 600 meters at the Bob Pollock Invitational on Jan. 28 in a time of 1:36.33 ... finished 11th in the 800 meters at the Auburn Invitational in a time of 2:17.73 ... also ran the lead leg on the Tide's Distance Medley Relay squad that finished second at the Auburn meet in 12:13.49 ... finished 14th in the 800 meters in a time of 2:15.55 at the Commodore Invitational on Jan. 14 ... was also a member of the Tide's distance medley relay squad.

#### 2016-17

**2016 Cross Country:** Finished 104th at the SEC Championships in a time of 23:06.6 ... posted a personal-best time of 22:45.3 at the 6k Crimson Classic on Oct. 14 ... finished 39th in the season-opening Brooks Memphis Twilight Classic ... Covered the 5k course in a time of 18:34.71.

#### 2015-16

**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.



## GABBY PRIZIO

### DISTANCE

Redshirt Freshman

Derby, Conn./  
Derby



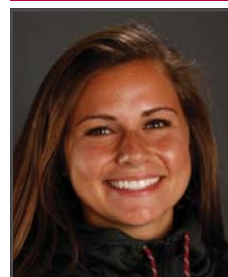
#### 2016-17

**2017 Outdoor Season:** Finished 11th in the invitational 1,500 meters at the War Eagle Invitational on April 21 4:50.28 ... finished 22nd in the 1,500 meters at the Crimson Tide Invitational on April 8 in 4:48.22 ... finished 13th in the 1,500 meters at the Florida State Relays on March 24 in 4:44.67 in her outdoor collegiate debut.

**2017 Indoor Season:** Finished 21st in the mile at the Tiger Paw Invitational on Feb. 10 in a personal-best 5:18.36 ... made her collegiate debut at the Auburn Invitational on Jan. 21, finishing 16th in the 800 meters in 2:26.37 and 14th in the mile in 5:26.77.

**2016 Cross Country:** Did not compete.

**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 ... set 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.



## RACHAEL REDDY

### DISTANCE

Junior

Mountain Brook, Ala./  
Mountain Brook/  
University of Texas



#### Accolades

- SEC All-Freshman Team, 2016 indoor 5,000 meters
- SEC All-Freshman Team, 2015 cross country

#### 2017-18

**Cross Country:** Finished 33rd in her season debut at the UC Riverside Invitational on Sept. 16 with a time of 21:20.9 over the 6k course.

#### 2016-17

**2017 Outdoor Season:** Competed in the 10,000 meters at the SEC Outdoor Track & Field Championships on May 11 but did not finish ... finished ninth in the 5,000 meters at the SEC Relays

on April 28 in 18:07.07 ... made her 2017 season debut at the Crimson Tide Invitational on April 7 and finished 22nd in the 5,000 meters in 17:46.86.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Made her season debut at the Joe Plane Notre Dame Invitational and finished as the Tide's No. 3 runner in a time of 17:27.3 over the 5K course.

**2015-16**

**2016 Outdoor Season:** Clocks 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:** Clocks 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**

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

**Prep and Personal:** A two-sport star in high school, lettering in both soccer and cross country/track & field ... had a breakout senior year, winning the 3,200-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.



## ALISON RINGLE

**DISTANCE**

**Senior**

**Bossier City, La./  
Parkway**



**2017-18**

**Cross Country:** Finished 10th at the UC Riverside Invitational on Sept. 16 and was Alabama's No. 3 runner with a time of 18:31.6 over the 5k course.

**2016-17**

**2017 Outdoor Season:** Finished seventh in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a time of 18:07.06 ... made her outdoor season debut at the Crimson Tide Invitational on April 7 and finished 24th in the 5,000 meters in 17:57.39.

**2017 Indoor Season:** Made her 2017 season debut at the Tiger Paw Invitational on Feb. 10 and finished 10th in the 5,000 meters in a time of 18:06.22.

**2016 Cross Country:** Posted a time of 22:58.2 at the 6k Crimson Classic on Oct. 14 ... made her season debut at the Chattanooga Powerade Invitational on Sept. 9 and finishing 13th in a time of 11:55.94, coming in as Alabama's No. 4 runner.

**2015-16**

**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:** Clocks 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.

**2014-15**

**2015 Outdoor Season:** Competed in both the 5,000 meters and 10,000 meters at the SEC Championships ... placed fourth in the 3,000 meters at the LSU Invitational with a time of 10:12.72 in her only race at that distance on the season ... finished the 5,000 meters with a personal-record time of 17:32.38 at the Alabama Relays.

**2015 Indoor Season:** Did not compete.

**2014 Cross Country:** Finished the Crimson Classic 5k in 19:31.65 ... Clocks a 5k time of 18:57.67 at the Asheville Cross Country Carnival ... opened the season 3k time of 11:48.42 and fifth-place finish at the Samford Dual meet.

**Prep and Personal:** The leading prep distance runner in the state of Louisiana ... coached by Kent Falting at Parkway High

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



## EMMA SIDMAN

**DISTANCE**

**Freshman**

**Atlanta, Ga./  
Lovett**



**Prep and Personal:** Coached by Chris Mayer at The Lovett School ... two-time first-team all-state in cross country ... first-team track all-state in the 800 meters, 1,600 meters, 3,200 meters and 4x400-meter relay ... cross country team MVP as a senior in 2016 ... member of school-record holding distance medley relay, 4x800-meter relay and 4x1,600-meter relay ... member of two state cross country championship teams (2015, 2016) and two track & field state championship teams (2014, 2015) ... Lovett also finished as the state runner-up in 2016 ... member of the National Honor Society ... father was a soccer player at Colgate ... daughter of Steve and Lauren Sidman ... born March 1, 1999.



## BRITTANY TOLSON

**DISTANCE**

**Sophomore**

**Powell, Tenn./  
Powell**



**2017-18**

**Cross Country:** Finished 20th at the Struts Season Opener on Sept. 1 in a time of 15:32.80 over the 4k course.

**2016-17**

**2017 Outdoor Season:** Did not compete.

**2017 Indoor Season:** Made her collegiate track & field debut at the Auburn Invitational on Jan. 21 ... finished sixth in the 3,000 meters in 10:52.64.

**2016 Cross Country:** Finished 94th at the SEC Championships in a time of 22:51.7 ... posted time of 22:34.8 at the 6k Crimson Classic on Oct. 14 ... made her collegiate debut at the Chattanooga Powerade Invitational on Sept. 9 and finishing 15th in a time of 12:07.64, coming in as Alabama's No. 5 runner.

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



## ELIZA WITHERSPOON

### DISTANCE

Freshman

Brevard, N.C./  
Brevard



**Prep and Personal:** Coached by Phillip Latter at Brevard High School ... three-time conference champion and runner of the year at Brevard ... 2016 state cross country runner-up ... four-time all-state selection ... member of Brevard's 2015 and 2016 NCHSAA Class 2A state championship teams ... two-time indoor track & field all-state selection ... daughter of John and Jackie Witherspoon ... mother ran track and cross country at Alabama ... born May 27, 1999 in Brevard, N.C.



## HALEY WRIGHT

### DISTANCE

Sophomore

Boonsboro, Md./  
Boonsboro



#### 2017-18

**Cross Country:** Finished 18th and was the Tide's No. 5 runner at the Struts Season Opener on Sept. 1 ... covered the 4k course in 15:27.00.

#### 2016-17

**2017 Outdoor Season:** Finished fourth in the 2,000-meter steeplechase at the Florida State Relays on March 24 in 7:36.08 in her outdoor collegiate debut.

**2017 Indoor Season:** Finished 13th in the mile in 5:20.30 and 18th in the 800 meters in a time of 2:33.32 at the Auburn Invitational ... made her collegiate track & field debut at the Commodore Invitational on Jan. 14 and finished 34th in the 3,000 meters in 10:46.65.

**2016 Cross Country:** Posted a time of 22:51.8 at the 6k Crimson Classic on Oct. 14 ... 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.



## MCKENZIE YANEK

### DISTANCE

Sophomore

Bettendorf, Iowa./  
Pleasant Valley



#### Accolades

- SEC All-Freshman Team, cross country (2016)

#### 2017-18

**Cross Country:** Finished 14th in her season debut at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 1 runner with a time of 20:37.3 over the 6k course.

#### 2016-17

**2017 Outdoor Season:** Did not compete.

**2017 Indoor Season:** Did not compete.

**2016 Cross Country:** Earned 2016 SEC All-Freshman honors ... finished 36th at the NCAA South Regional, and was Alabama's No. 3 runner, in a time of 21:12.2 ... finished 22nd at the SEC Championships, and was Alabama's No. 1 runner, in a time of 21:13.2 ... Alabama's No. 1 runner at the Crimson Classic, finishing sixth in a time of 21:00.1 over the 6k course ... posted a personal best of 17:21.2 to finish as Alabama's No. 2 runner at the 5k Joe Piane Notre Dame Invitational on Sept. 30 ... finished ninth and was Alabama's No. 2 runner in her collegiate debut at the Brooks Memphis Twilight Classic ... covered the 5k course in a time of 17:43.43.

**Prep and Personal:** Coached by Jane Wheeler at Pleasant Valley High School ... won the 2015 Iowa Girls High School Athletic Union 4A cross country state championship with a 5k time of 17:55 ... won the 2013 IGHSU 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 IGHSU 4A state championships ... competed as a member of the Pleasant Valley High School team that won the 2015 IGHSU 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.



## KAITLIN YORK

### DISTANCE

Junior

Tuscaloosa, Ala./  
American Christian  
Academy



#### 2016-17

**2017 Outdoor Season:** Finished sixth in the invitational 5,000 meters at the War Eagle Invitational on April 21 in a personal-best 17:21.06 ... finished 18th in the 5,000 meters at the Crimson Tide Invitational on April 8 in a personal-best 17:41.57 ... finished 11th in the 5,000 meters at the Florida State Relays on March 24 in 18:11.30 in her first outdoor outing of the season.

**2017 Indoor Season:** Competed in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships on Feb. 25 but did not finish ... competed in the 5,000 meters at the Iowa State Classic on Feb. 10 but did not finish the race ... competed in the 3,000 meters at the Bob Pollock Invitational on Jan. 28 but did not finish the race ... won the 5,000 meters in a personal-best 17:18.73 and finished fifth in the mile in 4:58.00 at the Auburn Invitational ... finished ninth in the 3,000 meters in a personal-best 9:54.14 at the season-opening Commodore Invitational on Jan. 14.

**2016 Cross Country:** Posted a personal-best time of 23:56.3 at the 6k Crimson Classic ... finished 27th in the season-opening Brooks Memphis Twilight Classic ... covered the 5k course in a time of 18:22.99.

#### 2015-16

**2016 Outdoor Season:** Ran 17:55.15 in the 5,000 meters to finish second in the event at the LSU Invitational ... registered a time of 17:48.46 in the invitational section of the 5,000 meters to finish 14th in the event at the War Eagle Invitational ... clocked a time of 17:48.40 in the 5,000 meters to finish 38th at the Florida Relays.

**2016 Indoor Season:** Ran 10:22.46 in the 3,000 meters to finish 10th at the Indiana Relays ... clocked a time of 17:32.53 in the 5,000 meters to finish seventh at the Conference Clash ... ran 10:08.71 in the 3,000 meters to finish 12th at the Commodore Indoor Invitational.

**2015 Cross Country:** Crossed the finish line with a time of 21:43.90 at the SEC Cross Country Championships ... finished the Crimson Classic 5k in a time of 18:15.39 ... ran 11:42.75 in the Samford Cross Country Opener two-mile race.

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