



CRIMSON TIDE

CROSS COUNTRY



MEET 4



ALABAMA *at* BLAZER CLASSIC

OCT. 12, 2018 / 9:30 A.M. CT / MONTEVALLO, ALA.
MONTEVALLO CROSS COUNTRY COURSE

Meet Notes: The Alabama women's cross country team will compete at UAB's Blazer Classic Friday, Oct. 12. The Crimson Tide will travel 18 student-athletes for Friday's meet that will be held at the Montevallo Cross Country Course in Montevallo, Ala. The 6,000-meter race will begin at 9:30 a.m. CT.

SCHEDULE CHANGE: Both the Crimson Tide men and women were scheduled to compete at the Florida State Invitational in Tallahassee, Fla., on Friday but that meet was cancelled due to Hurricane Michael. As a result of the cancellation, the Crimson Tide men will not compete this weekend.

SEC CHAMPIONSHIPS ON TAP NEXT: The Alabama cross country teams will open the 2018 postseason at the Southeastern Conference Cross Country Championships Friday, Oct. 26, at Auburn University. The women's 6,000-meter race will open the day at 9 a.m. CT, followed by the men's 8,000-meter race at 10 a.m. This year's SEC meet will be run at the Indian Pines Golf Course in Auburn, Ala.

ALABAMA WOMEN

Rebecca Billman Fr./Tuscaloosa, Ala.	Leahrose Mami Fr./Cullman, Ala.
Lauren Brackin Fr./Muscle Shoals, Ala.	Shannon Marsh So./John's Creek, Ga.
Caroline Brooks Jr./Plano, Texas	Megan Patton Fr./Naperville, Ill.
Rebecca Buteau Jr./Madison, Miss.	Riley Schelp Fr./St. Louis, Mo.
Alexa Cruz Jr./Miami, Fla.	Brittany Tolson Jr./Powell, Tenn.
Maddie Dearborn So./Yorkville, Ill.	Eliza Witherspoon So./Brevard, N.C.
Nicole Gardner Sr./Murfreesboro, Tenn.	Haley Wright Jr./Boonsboro, Md.
Esther Gitahi Jr./Nakuru, Kenya	McKenzie Yanek Jr./Bettendorf, Iowa
Brianna Koshy Sr./Brentwood, Tenn.	Kaitlin York Sr./Tuscaloosa, Ala.

2018 SCHEDULE

Meet	Date	Location
CROSS COUNTRY		
Miss. College Season Opener	Aug. 31	Clinton, Miss.
SEC Preview Meet	Sept. 7	Auburn, Ala.
Nuttyscombe Invitational	Sept. 28	Madison, Wis.
Blazer Classic	Oct. 12	Montevallo, Ala.
SEC Championships	Oct. 26	Auburn, Ala.
NCAA South Regional	Nov. 9	Tallahassee, Fla.
NCAA Championships	Nov. 17	Madison, Wis.

QUICK HITS

Alabama Men No. 23 in Latest USTFCCCA National Rankings

The Alabama men's cross country team checks in at No. 23 in the latest United States Track & Field and Cross Country Coaches Association (USTFCCCA) Men's Cross Country National Coaches' Poll released Oct. 2. Defending NCAA champion Northern Arizona is No. 1, followed by BYU, Wisconsin, Portland and Stanford to round out the top five.

Tide Men No. 3 in South Region Rankings

The Alabama men's cross country team is No. 3 in the latest United States Track & Field and Cross Country Coaches Association South Region rankings released Oct. 1. The Tide women are up one spot from last week to No. 9 in the women's South Region rankings this week.

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QUICK FACTS

UNIVERSITY

Location	Tuscaloosa, Ala.
Founded	April 12, 1831
Enrollment	38,563 (Fall 2018)
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	Eighth Season
Assistant Coach	Will Palmer
Alma Mater	Williams (Mass.), 2011
Years at Alabama	First Season

TEAM INFORMATION

2017 SEC Finish	Men-2nd/Women- 7th
2017 South Region Finish	Men- 3rd/Women 9th
2017 NCAA Finish	Men- 14th/Women N/A
Returnees	Men- 14/Women- 16
Newcomers	Men- 4/Women- 8

OUTDOOR PROGRAM HISTORY

Men's SEC Championships	3 (1973, 2008, 09)
Women's SEC Championships	2 (1986, 87)
Men's Regional Championships ..	7 (1999, 2000, 01, 05, 07, 08, 09)
Women's Regional Championships	3 (1978, 79, 86)
Men's NCAA Top 25 Finishes	14
..... (1973, 76, 89, 94, 96, 97, 99, 2005, 06, 07, 08, 09, 10, 17)	
Women's NCAA Top 25 Finishes	4 (1984, 87, 93, 94)
Men's All-Americans	15
Women's All-Americans	10

ATHLETICS COMMUNICATIONS

Track & Field Contact	Todd Bell
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ROSTERS

2018 MEN'S ROSTER

Name	Class	Hometown (Last School)
Payton Ash	Fr.	Flower Mound, Texas (Flower Mound)
Clay Austell	Jr.	Collierville, Tenn. (Briarcrest Christian)
Hayden Blalock	So.	Charlotte, N.C. (Providence)
J.P. Brinyark	Jr.	Berry, Ala. (Northside)
Alfred Chelanga	Sr.	Nairobi, Kenya (Tenges/Shorter <Ga.>)
Connor Ferrentino	Sr.	Orlando, Fla. (Freedom)
Nathan Gamble	So.	Raleigh, N.C. (Leesville Road)
Noah Karr	So.	Tuscaloosa, Ala. (American Christian Academy)
Gilbert Kigen	Sr.	Kipkabus, Kenya (Eldoret/Central Arizona College)
Vincent Kiprop	Sr.	Kericho, Kenya (Londiani Boys/Missouri Southern)
Elliott Miller	Jr.	Cheyenne, Wyo. (Cheyenne Central)
Kwemai Ndiwa	Fr.	Eldoret, Kenya (Goseta Boys)
Andrew Powell	So.	Brentwood, Tenn. (Brentwood Academy/Texas)
Oliver Rigg	Jr.	Zionsville, Ind. (Zionsville)
Noel Rotich	Fr.	Kapenguria, Kenya (Chewoyet)
Paul Selden	So.	Homewood, Ala. (Homewood)
Sam Thornton	Fr.	Raleigh, N.C. (Cardinal Gibbons)
Drew Williams	So.	Mountain Brook, Ala. (Mountain Brook)

2018 WOMEN'S ROSTER

Name	Class	Hometown (Last School)
Ameena Benselloum	So.	Herndon, Va. (Westfield)
Rebecca Billman	Fr.	Tuscaloosa, Ala. (American Christian Academy)
Lauren Brackin	Fr.	Muscle Shoals, Ala. (Muscle Shoals)
Caroline Brooks	Jr.	Plano, Texas (Plano)
Rebecca Buteau	Jr.	Madison, Miss. (Madison Central)
Alexa Cruz	Jr.	Miami, Fla. (St. Thomas Aquinas)
Maddie Dearborn	So.	Yorkville, Ill. (Yorkville)
Margot Dooley	So.	Evanston, Ill. (Loyola Academy)
Ashley Eavenson	So.	Northport, Ala. (Tuscaloosa County)
Erika Feurtado	R.-Fr.	Elmont, N.Y. (Elmont Memorial/Troy)
Nicole Gardner	Sr.	Murfreesboro, Tenn. (Siegel)
Esther Gitahi	Jr.	Nakuru, Kenya (Mona/New Mexico Junior College)
Brianna Koshy	Sr.	Brentwood, Tenn. (Brentwood)
Leahrose Mami	Fr.	Cullman, Ala. (St. Bernard)
Shannon Marsh	So.	John's Creek, Ga. (Northview)
Savannah Noethlich	Fr.	Winnetka, Ill. (New Trier)
Megan Patton	Fr.	Naperville, Ill. (Plainfield North)
Riley Schelp	Fr.	St. Louis, Mo. (Lutheran South)
Emma Sidman	So.	Atlanta, Ga. (Lovett)
Brittany Tolson	Jr.	Powell, Tenn. (Powell)
Eliza Witherspoon	So.	Brevard, N.C. (Brevard)
Haley Wright	Jr.	Boonsboro, Md. (Boonsboro)
McKenzie Yanek	Jr.	Bettendorf, Iowa (Pleasant Valley)
Kaitlin York	Sr.	Tuscaloosa, Ala. (American Christian Academy)

2018 COACHING STAFF

Dan Waters	Head Coach
Will Palmer	Assistant Coach

2018 RESULTS

MEN'S RESULTS

Date	Event	Location	Time (CT)	Distance	Team Finish	Top Individual	Finish	Time
Aug. 31	Mississippi College Opener	Clinton, Miss.	5 p.m.	5k	2nd	Miller	3rd	15:51.84
Sept. 7	SEC Preview Meet	Auburn, Ala.	8:30 p.m.	6k	5th	Ferrentino	18th	18:46.04
Sept. 28	Nuttycombe Invitational	Madison, Wis.	1 p.m.	8k	N/A	Chelanga	10th	23:33.8
Oct. 12	Florida State Invitational	Tallahassee, Fla.	6:40 a.m.	8k	Cancelled			
Oct. 26	SEC Championships	Auburn, Ala.	TBD	8k				
Nov. 9	NCAA South Regional	Tallahassee, Fla.	TBD	10k				
Nov. 17	NCAA Championships	Auburn, Ala.	TBD	10k				

WOMEN'S RESULTS

Date	Event	Location	Time (CT)	Distance	Team Finish	Top Individual	Finish	Time
Aug. 31	Mississippi College Opener	Clinton, Miss.	5:30 p.m.	5k	3rd	Patton	8th	19:06.07
Sept. 7	SEC Preview Meet	Auburn, Ala.	9 a.m.	4k	4th	Gardner	9th	13:55.03
Sept. 28	Nuttycombe Invitational	Madison, Wis.	12:20 p.m.	6k	4th	Buteau	17th	21:34.6
Oct. 12	Florida State Invitational	Tallahassee, Fla.	7:20 a.m.	5k	Cancelled			
Oct. 12	Blazier Classic	Montevallo, Ala.	9:30 a.m.	6k				
Oct. 26	SEC Championships	Auburn, Ala.	TBD	6k				
Nov. 9	NCAA South Regional	Tallahassee, Fla.	TBD	8k				
Nov. 17	NCAA Championships	Auburn, Ala.	TBD	8k				

USTFCCA RANKINGS

Latest rankings as of 10/2/18

MEN'S NATIONAL

Rank	School (1st votes)	Conference	Pts.	Previous
1	Northern Arizona (11)	Big Sky	330	1
2	BYU	West Coast	318	2
3	Wisconsin	Big Ten	299	9
4	Portland	West Coast	295	3
5	Stanford	Pac-12	294	4
6	Iowa State	Big 12	277	5
7	Boise State	MWC	257	26
8	Syracuse	ACC	245	8
9	Colorado State	MWC	239	10
10	Air Force	MWC	117	17
11	Colorado	Pac-12	214	7
12	Washington	Pac-12	203	12
13	Purdue	Big Ten	181	NR
	Oregon	Pac-12	181	11
15	Southern Utah	Big Sky	166	14
16	Arkansas	SEC	161	13
17	Washington State	Pac-12	152	15
18	Eastern Kentucky	OVC	141	RV
19	Virginia	ACC	123	18
20	Michigan	Big Ten	115	RV
21	Indiana	Big Ten	97	29
22	Ole Miss	SEC	85	20
23	ALABAMA	SEC	82	6
24	Oklahoma State	Big 12	78	22
25	UCLA	Pac-12	69	23
26	North Carolina State	ACC	56	25
27	Iona	MAAC	51	16
28	Middle Tennessee	C-USA	44	19
29	Georgetown	Big East	33	RV
30	Virginia Tech	ACC	28	NR

Latest rankings as of 10/1/18

MEN'S SOUTH REGIONAL

Rank	School	Conference	Previous
1	Ole Miss	SEC	2
2	Tennessee	SEC	5
3	ALABAMA	SEC	1
4	Belmont	OVC	7
5	Florida State	ACC	4
6	Florida A&M	MEAC	6
7	East Tennessee State	SoCon	14
8	Tennessee Tech	OVC	8
9	Lipscomb	A-Sun	9
10	North Florida	A-Sun	10
11	Florida	SEC	11
12	Georgia Tech	ACC	12
13	Georgia	SEC	13
14	Vanderbilt	SEC	NR
15	UT Martin	OVC	NR

WOMEN'S SOUTH REGIONAL

Rank	School	Conference	Previous
1	Ole Miss	SEC	1
2	Florida State	ACC	4
3	Georgia Tech	ACC	2
4	Georgia	SEC	3
5	Vanderbilt	SEC	7
6	Lipscomb	A-Sun	8
7	Middle Tennessee	CUSA	13
8	Tennessee	SEC	6
9	ALABAMA	SEC	10
10	Southern Miss	C-USA	9
11	Florida	SEC	12
12	Mississippi State	SEC	5
13	Auburn	SEC	11
14	Belmont	OVC	14
15	Chattanooga	SoCon	NR

2018 MEET RECAPS

MISSISSIPPI COLLEGE SEASON OPENER - AUG. 31

The Alabama men's and women's cross country teams opened the 2018 season with second and third place finishes, respectively, at the Mississippi College Season Opener in Clinton, Miss.

Junior Elliott Miller was the top finisher for the Alabama men, placing third in 15:15.84 over the 5,000-meter course at Choctaw Trails. Freshman Megan Patton led the Tide women with an eight-place finish in 19:06.07 in the women's 5,000-meter race.

Also scoring for the Crimson Tide men were sophomore Hayden Blalock, who finished seventh in 15:58.12; freshman Payton Ash, who finished ninth in 16:03.57; junior Oliver Rigg, who was 14th in 16:15.79 and junior Clay Austell, who finished 18th in 16:28.20.

Samford won the men's race with 27 points, followed by Alabama (48) and Mississippi College (57).

Other scorers for the Alabama women were freshman Riley Schelp, who covered the 5,000-meter course in 19:26.73 to finish 12th; junior Brittany Tolson, who finished 17th in 19:42.63; freshman Lauren Brackin, who was 21st in 19:48.77 and freshman Savannah Noethlich, who finished 22nd in 19:55.18.

Southern Miss won the women's race with 22 points, followed by Samford (39) and Alabama (75).

**SEC PREVIEW - SEPT. 7**

The Alabama women's and men's cross country teams got a first look at the course they will run on at the SEC Championships Friday as they turned in fourth- and fifth-place finishes, respectively, at the SEC Preview Meet at Indian Pines Golf Course in Auburn, Ala.

Senior Nicole Gardner was the top finisher for the Crimson Tide women, covering the 4,000-meter course in 13:55.1 to finish ninth in her first outing of the season. Senior Connor Ferrentino led the Crimson Tide men, finishing 18th in 18:56.1 in his season debut in the 6,000-meter race.

**NUTTYCOMBE INVITATIONAL - SEPT. 28**

Alabama senior All-Americans Alfred Chelanga and Gilbert Kigen posted top-12 finishes in their season debuts for the men's cross country team at the 2018 Nuttycombe Invitational Friday in Madison, Wis.

Chelanga finished 10th in the 8,000-meter race in 23:33.8 with Kigen right behind him in 12th at 23:35.1 on a cool, overcast afternoon at the University of Wisconsin's Zimmer Championship Course. Juniors J.P. Brinyark and Clay Austell turned in times of 25:04.7 and 25:56.3 as Alabama's third and fourth finishers.

Alabama finished fourth in the women's "B" race and were led by junior Rebecca Buteau, who completed the 6,000-meter circuit in 21:34.6 to finish 17th. Fellow junior Esther Gitahi finished 31st in 21:50.0 in her Alabama debut. Senior Nicole Gardner finished 48th in 22:18.1 while juniors Caroline Brooks (22:26.3) and Haley Wright (22:29.4) finished 57th and 61st to round out the scoring for the Tide.



2018 TEAM/INDIVIDUAL MEET RESULTS

MISSISSIPPI COLLEGE SEASON OPENER

August 31, 2018
Clinton, Miss. • Choctaw Trails

Men's Race
5,000 Meters
13 teams • 88 runners
Second Place • 45 points

Men's Team Results

Team	Pts.
1. Samford	27
2. ALABAMA	48
3. Mississippi College	57
4. Grambling	137
5. Jackson State	155

Alabama Men's Individual Results

Place	Name	Time
3.	Elliott Miller	15:51.84
7.	Hayden Blalock	15:58.12
9.	Payton Ash	16:03.57
14.	Oliver Rigg	16:15.79
18.	Clay Austell	16:28.20
22.	Paul Selden	16:47.92

Women's Race
5,000 Meters
11 teams • 92 runners
Third Place • 57 points

Women's Team Results

Team	Pts.
1. Southern Miss	22
2. Samford	39
3. ALABAMA	75
4. Blue Mountain (Miss.)	135
5. Mississippi College	170

Alabama Women's Individual Results

Place	Name	Time
8.	Megan Patton	19:06.07
12.	Riley Schelp	19:26.73
17.	Brittany Tolson	19:42.63
21.	Lauren Brackin	19:48.77
23.	Savannah Noethlich	19:55.18
24.	Eliza Witherspoon	19:55.36
25.	Margot Dooley	20:02.10
27.	Alexa Cruz	20:19.89
29.	Emma Sidman	20:31.12
32.	Rebecca Billman	20:50.77
35.	Leahrose Mami	21:04.76
44.	Ashley Eavenson	22:02.63

SEC PREVIEW

September 7, 2018
Auburn, Ala. • Indian Pines Golf Course

Men's Race
6,000 Meters
Five teams • 34 runners
Fifth Place • 119 points

Men's Team Results

Team	Pts.
1. Ole Miss	
3. Tennessee	31
4. Auburn	35
5. Vanderbilt	96
5. ALABAMA	119

Alabama Men's Individual Results

Place	Name	Time
18.	Connor Ferrentino	18:56.05
24.	Oliver Rigg	19:23.09
27.	Paul Selden	19:28.81
33.	Payton Ash	21:06.31
34.	Noah Karr	21:50.31

Women's Race
4,000 Meters
5 teams • 46 runners
Fourth Place • 78 points

Women's Team Results

Team	Pts.
1. Tennessee	34
2. Ole Miss	53
3. Vanderbilt	54
4. ALABAMA	78
5. Auburn	125

Alabama Women's Individual Results

Place	Name	Time
9.	Nicole Gardner	13:55.03
15.	Rebecca Buteau	14:03.24
16.	Caroline Brooks	14:03.71
17.	Haley Wright	14:05.27
21.	McKenzie Yanek	14:10.39
22.	Megan Patton	14:11.13
24.	Maddie Dearborn	14:13.34
26.	Brianna Koshy	14:19.91
27.	Riley Schelp	14:24.01
32.	Savannah Noethlich	14:33.92
36.	Eliza Witherspoon	14:38.03
37.	Lauren Brackin	14:39.51
44.	Brittany Tolson	14:48.37
46.	Margot Dooley	15:04.70

NUTTYCOMBE INVITATIONAL

September 28, 2018
Madison, Wis. • Zimmer Championship Course

Men's Race
8,000 Meters
34 teams • 233 runners
No Team Score

Alabama Men's Individual Results

Place	Name	Time
10.	Alfred Chelanga	23:33.8
12.	Gilbert Kigen	23:35.1
174.	J.P. Brinyark	25:05.0
214.	Clay Austell	25:56.7

Women's Open Race
6,000 Meters
10 teams • 116 runners
Fourth Place • 131 points

Women's Team Results

Team	Pts.
1. Michigan State	31
2. Tennessee	65
3. New Mexico	86
4. ALABAMA	131
5. Northern Arizona	132

Alabama Women's Individual Results

Place	Name	Time
17.	Rebecca Buteau	21:34.6
31.	Esther Gitahi	21:51.0
48.	Nicole Gardner	22:18.1
57.	Caroline Brooks	22:26.3
61.	Haley Wright	22:29.4
67.	Shannon Marsh	22:33.9
72.	Maddie Dearborn	22:41.1

2018 MEN'S TOP TIMES BY DISTANCE

5 KILOMETERS

Time	Name	Event	Date	Finish
1 15:51.84	Elliott Miller	Mississippi College Season Opener	Aug. 31	3
2 15:58.12	Hayden Blalock	Mississippi College Season Opener	Aug. 31	7
3 16:03.57	Payton Ash	Mississippi College Season Opener	Aug. 31	9
4 16:16.79	Oliver Rigg	Mississippi College Season Opener	Aug. 31	14
5 16:28.20	Clay Austell	Mississippi College Season Opener	Aug. 31	18
6 16:47.92	Paul Selden	Mississippi College Season Opener	Aug. 31	22

6 KILOMETERS

Time	Name	Event	Date	Finish
1 18:56.05	Connor Ferrentino	SEC Preview	Sept. 7	18
2 19:23.09	Oliver Rigg	SEC Preview	Sept. 7	24
3 19:28.81	Paul Selden	SEC Preview	Sept. 7	27
4 21:06.31	Payton Ash	SEC Preview	Sept. 7	33
5 21:50.31	Noah Karr	SEC Preview	Sept. 7	34

8 KILOMETERS

Time	Name	Event	Date	Finish
1 23:33.8	Alfred Chelanga	Nuttycombe Invitational	Sept. 28	10
2 23:35.1	Gilbert Kigen	Nuttycombe Invitational	Sept. 28	12
3 25:05.0	J.P. Brinyark	Nuttycombe Invitational	Sept. 28	174
4 25:56.7	Clay Austell	Nuttycombe Invitational	Sept. 28	214

2018 WOMEN'S TOP TIMES BY DISTANCE

4 KILOMETERS

Time	Name	Event	Date	Finish
1 13:55.03	Nicole Gardner	SEC Preview	Sept. 7	9
2 14:03.24	Rebecca Buteau	SEC Preview	Sept. 7	15
3 14:03.71	Caroline Brooks	SEC Preview	Sept. 7	16
4 14:05.27	Haley Wright	SEC Preview	Sept. 7	17
5 14:10.39	McKenzie Yanek	SEC Preview	Sept. 7	21
6 14:11.13	Megan Patton	SEC Preview	Sept. 7	22
7 14:13.34	Maddie Dearborn	SEC Preview	Sept. 7	24
8 14:19.91	Brianna Koshy	SEC Preview	Sept. 7	26
9 14:24.01	Riley Schelp	SEC Preview	Sept. 7	27
10 14:33.92	Savannah Noethlich	SEC Preview	Sept. 7	32
11 14:38.03	Eliza Witherspoon	SEC Preview	Sept. 7	36
12 14:39.51	Lauren Brackin	SEC Preview	Sept. 7	37
13 14:48.37	Brittany Tolson	SEC Preview	Sept. 7	44
14 15:04.70	Margot Dooley	SEC Preview	Sept. 7	46

5 KILOMETERS

Time	Name	Event	Date	Finish
1 19:06.07	Megan Patton	Mississippi College Season Opener	Aug. 31	8
2 19:26.73	Riley Schelp	Mississippi College Season Opener	Aug. 31	12
3 19:42.63	Brittany Tolson	Mississippi College Season Opener	Aug. 31	17
4 19:48.77	Lauren Brackin	Mississippi College Season Opener	Aug. 31	21
5 19:55.18	Savannah Noethlich	Mississippi College Season Opener	Aug. 31	23
6 19:55.36	Eliza Witherspoon	Mississippi College Season Opener	Aug. 31	24
7 20:02.10	Margot Dooley	Mississippi College Season Opener	Aug. 31	25
6 20:19.89	Alexa Cruz	Mississippi College Season Opener	Aug. 31	27
9 20:31.12	Emma Sidman	Mississippi College Season Opener	Aug. 31	29
10 20:50.77	Rebecca Billman	Mississippi College Season Opener	Aug. 31	32
11 21:04.76	Leahrose Mami	Mississippi College Season Opener	Aug. 31	35
12 22:02.63	Ashley Eavenson	Mississippi College Season Opener	Aug. 31	44

6 KILOMETERS

Time	Name	Event	Date	Finish
1 21:34.6	Rebecca Buteau	Nuttycombe Invitational	Sept. 28	17
2 21:51.0	Esther Gitahi	Nuttycombe Invitational	Sept. 28	31
3 22:18.1	Nicole Gardner	Nuttycombe Invitational	Sept. 28	48
4 22:26.3	Caroline Brooks	Nuttycombe Invitational	Sept. 28	57
5 22:29.4	Haley Wright	Nuttycombe Invitational	Sept. 28	61
6 22:33.9	Shannon Marsh	Nuttycombe Invitational	Sept. 28	67
7 22:41.1	Maddie Dearborn	Nuttycombe Invitational	Sept. 28	72

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. 18:56.05	Connor Ferrentino	SEC Preview	Sept. 7, 2018	18
2. 18:57.75	Matt Airola	Iowa Black and Gold	Sept. 13, 2013	6
3. 19:00.25	Gil Walton	Iowa Black and Gold	Sept. 13, 2013	9
4. 19:01.17	Justin Ahalt	Iowa Black and Gold	Sept. 13, 2013	10
5. 19:03.97	Parker Deuel	Iowa Black and Gold	Sept. 13, 2013	13
6. 19:14.04	Conner Thompson	Iowa Black and Gold	Sept. 13, 2013	16
7. 19:22.61	Eric Sivill	Iowa Black and Gold	Sept. 13, 2013	17
8. 19:23.09	Oliver Rigg	SEC Preview	Sept. 7, 2013	24
9. 19:28.81	Paul Selden	SEC Preview	Sept. 7, 2013	27
10. 19:29.37	Andrew Faris	Iowa Black and Gold	Sept. 13, 2013	21

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

8 KILOMETERS

Time	Name	Event	Date	Finish
1. 23:01.18	Augustus Maiyo	SEC Championships	Oct. 29, 2005	2
2. 23:15.4	Vincent Kiprop	SEC Championships	Oct. 27, 2017	1
3. 23:18.8	Gilbert Kigen	SEC Championships	Oct. 27, 2017	2
4. 23:19	Emmanuel Bor	NCAA Pre-Nationals	Oct. 13, 2007	3
5. 23:23.4	Alfred Chelanga	SEC Championships	Oct. 27, 2017	3
6. 23:24.20	Antibahs Kosgei	SEC Championships	Oct. 30, 2015	1
7. 23:26	Emmanuel Bor	Bill Dellinger Invitational	Sept. 29, 2007	3
8. 23:26.4	Vincent Kiprop	Crimson Classic	Oct. 13, 2017	2
9. 23:30	Augustus Maiyo	Bill Dellinger Invitational	Sept. 29, 2007	4
10. 23:30.10	Tyson David	NCAA Pre-Nationals	Oct. 18, 2008	1

5 MILES

Time	Name	Event	Date	Finish
1. 23:23.7	Gilbert Kigen	Joe Plane Notre Dame Invitational	Sept. 29, 2017	1
2. 23:24.2	Vincent Kiprop	Joe Plane Notre Dame Invitational	Sept. 29, 2017	2
3. 23:26.9	Alfred Chelanga	Joe Plane Notre Dame Invitational	Sept. 29, 2017	3
4. 23:53.4	Anitbahs Kosgei	Joe Plane Notre Dame Invitational	Sept. 30, 2016	6
5. 24:55.3	Josh Short	Joe Plane Notre Dame Invitational	Sept. 29, 2017	75
6. 24:58.4	Conner Thompson	Joe Plane Notre Dame Invitational	Sept. 30, 2016	107
7. 25:32.3	Evan Prizy	Joe Plane Notre Dame Invitational	Sept. 30, 2016	150
7. 25:41.7	Garrett Bull	Joe Plane Notre Dame Invitational	Sept. 30, 2016	149
8. 25:45.9	Garrett Bull	Joe Plane Notre Dame Invitational	Sept. 29, 2017	131
9. 25:49.0	Robbie Farnham-Rose	Joe Plane Notre Dame Invitational	Sept. 30, 2016	87
10. 25:59.3	Josh Short	Joe Plane Notre Dame Invitational	Sept. 30, 2016	176

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. 29:11.90	Gilbert Kigen	NCAA Championships	Nov. 18, 2017	4
4. 29:18.6	Augustus Maiyo	Chile Pepper Festival	Oct. 14, 2006	15
5. 29:20.6	Emmanuel Bor	Chile Pepper Festival	Oct. 14, 2006	17
6. 29:24.50	Abraham Kutingala	Chile Pepper Festival	Oct. 15, 2005	13
7. 29:27.13	Vincent Kiprop	NCAA Championships	Nov. 18, 2017	7
8. 29:39.50	Alex Korir	Chile Pepper Festival	Oct. 15, 2005	18
9. 29:44.5	Gilbert Kigen	NCAA South Regional	Nov. 10, 2017	1
10. 29:47.1	Alfred Chelanga	NCAA South Regional	Nov. 10, 2017	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 Enebaks	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.	13:55.03	Nicole Gardner	SEC Preview	Sept. 7, 2018	9
2.	13:59.00	Katelyn Greenleaf	Iowa Black and Gold	Sept. 13, 2013	2
3.	13:59.52	Hilary Stafford	Iowa Black and Gold	Sept. 13, 2013	3
4.	14:03.24	Rebecca Buteau	SEC Preview	Sept. 7, 2018	15
5.	14:03.71	Caroline Brooks	SEC Preview	Sept. 7, 2018	16
6.	14:05.27	Haley Wright	SEC Preview	Sept. 7, 2018	17
7.	14:10.39	McKenzie Yanek	SEC Preview	Sept. 7, 2018	21
8.	14:11.13	Megan Patton	SEC Preview	Sept. 7, 2018	22
9.	14:13.34	Maddie Dearborn	SEC Preview	Sept. 7, 2018	24
10.	14:14.43	Julia Hicks	Belmont Opener	Sept. 5, 2005	2

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

2018 MEN'S INDIVIDUAL TIMES

PAYTON ASH

5-kilometer • PR - 16:03.57 • Aug. 31, 2018

Time	Event	Date	Finish
16:03.57	Mississippi College Season Opener	Aug. 31	9

6-kilometer • PR - 21:05.31 • Sept. 7, 2018

Time	Event	Date	Finish
21:06.31	SEC Preview	Sept. 7	33

CLAY AUSTELL

5-kilometer • PR - 16:28.20 • Aug. 31, 2018

Time	Event	Date	Finish
16:28.30	Mississippi College Season Opener	Aug. 31	18

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

Time	Event	Date	Finish
25:56.7	Nuttycombe Invitational	Sept. 28	214

HAYDEN BLALOCK

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

Time	Event	Date	Finish
15:58.12	Mississippi College Season Opener	Aug. 31	7

J.P. BRINYARK

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

Time	Event	Date	Finish
25:05.0	Nuttycombe Invitational	Sept. 28	174

ALFRED CHELANGA

8-kilometer • UA PR - 23:23.4 • Oct. 27, 2017

Time	Event	Date	Finish
23:33.8	Nuttycombe Invitational	Sept. 28	10

CONNOR FERRENTINO

6-kilometer • PR - 18:58.05 • Sept. 7, 2018

Time	Event	Date	Finish
18:58.05	SEC Preview	Sept. 7	18

NOAH KARR

6-kilometer • PR - 21:50.31 • Sept. 7, 2018

Time	Event	Date	Finish
21:50.31	SEC Preview	Sept. 7	34

GILBERT KIGEN

8-kilometer • UA PR - 23:18.8 • Oct. 27, 2017

Time	Event	Date	Finish
23:35.1	Nuttycombe Invitational	Sept. 28	12

ELLIOTT MILLER

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

Time	Event	Date	Finish
15:51.84	Mississippi College Season Opener	Aug. 31	3

OLIVER RIGG

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

Time	Event	Date	Finish
16:15.79	Mississippi College Season Opener	Aug. 31	14

6-kilometer • PR - 19:23.09 • Sept. 7, 2018

Time	Event	Date	Finish
19:23.09	SEC Preview	Sept. 7	24

PAUL SELDEN

5-kilometer • PR - 16:47.92 • Aug. 31, 2018

Time	Event	Date	Finish
16:47.92	Mississippi College Season Opener	Aug. 31	22

6-kilometer • PR - 19:28.81 • Sept. 7, 2018

Time	Event	Date	Finish
19:28.81	SEC Preview	Sept. 7	27

2018 WOMEN'S INDIVIDUAL TIMES

REBECCA BILLMAN

5-kilometer • PR - 20:50.77 • Aug. 31, 2018

Time	Event	Date	Finish
20:50.77	Mississippi College Season Opener	Aug. 31	

LAUREN BRACKIN

4-kilometer • PR - 14:39.51 • Sept. 7, 2018

Time	Event	Date	Finish
14:39.51	SEC Preview	Sept. 7	37

5-kilometer • PR - 19:48.77 • Aug. 31, 2018

Time	Event	Date	Finish
19:48.77	Mississippi College Season Opener	Aug. 31	21

CAROLINE BROOKS

4-kilometer • PR - 14:03.71 • Sept. 7, 2018

Time	Event	Date	Finish
14:03.71	SEC Preview	Sept. 7	16

6-kilometer • PR - 22:26.3 • Sept. 28, 2018

Time	Event	Date	Finish
22:26.3	Nuttyscombe Invitational	Sept. 28	57

REBECCA BUTEAU

4-kilometer • PR - 14:03.24 • Sept. 7, 2018

Time	Event	Date	Finish
14:03.24	SEC Preview	Sept. 7	15

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

Time	Event	Date	Finish
21:34.6	Nuttyscombe Invitational	Sept. 28	17

ALEXA CRUZ

5-kilometer • PR - 20:19.89 • Aug. 31, 2018

Time	Event	Date	Finish
20:19.89	Mississippi College Season Opener	Aug. 31	27

MADDIE DEARBORN

4-kilometer • PR - 14:13.34 • Sept. 7, 2018

Time	Event	Date	Finish
14:13.34	SEC Preview	Sept. 7	24

6-kilometer • PR - 21:39.9 • Oct. 13, 2017

Time	Event	Date	Finish
22:41.1	Nuttyscombe Invitational	Sept. 28	72

MARGOT DOOLEY

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

Time	Event	Date	Finish
15:04.70	SEC Preview	Sept. 7	46

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

Time	Event	Date	Finish
20:02.10	Mississippi College Season Opener	Aug. 31	25

ASHLEY EAVENSON

5-kilometer • PR - 22:02.63 • Aug. 31, 2018

Time	Event	Date	Finish
22:02.63	Mississippi College Season Opener	Aug. 31	44

NICOLE GARDNER

4-kilometer • PR - 13:55.03 • Sept. 7, 2018

Time	Event	Date	Finish
13:55.03	SEC Preview	Sept. 7	9

6-kilometer • PR - 21:04.5 • Nov. 10, 2017

Time	Event	Date	Finish
22:18.1	Nuttyscombe Invitational	Sept. 28	48

ESTHER GITAH

6-kilometer • PR - 21:51.0 • Sept. 28, 2018

Time	Event	Date	Finish
21:51.0	Nuttyscombe Invitational	Sept. 28	31

BRIANNA KOSHY

4-kilometer • PR - 14:19.91 • Sept. 7, 2018

Time	Event	Date	Finish
14:19.91	SEC Preview	Sept. 7	26

LEAHROSE MAMI

5-kilometer • PR - 21:04.76 • Aug. 31, 2018

Time	Event	Date	Finish
21:04.76	Mississippi College Season Opener	Aug. 31	35

SHANNON MARSH

6-kilometer • PR - 21:55.6 • Oct. 13, 2017

Time	Event	Date	Finish
22:33.9	Nuttyscombe Invitational	Sept. 28	67

SAVANNAH NOETHLICH

4-kilometer • PR - 14:33.92 • Sept. 7, 2018

Time	Event	Date	Finish
14:33.92	SEC Preview	Sept. 7	32

5-kilometer • PR - 19:55.18 • Aug. 31, 2018

Time	Event	Date	Finish
19:55.18	Mississippi College Season Opener	Aug. 31	23

MEGAN PATTON

4-kilometer • PR - 14:11.13 • Sept. 7, 2018

Time	Event	Date	Finish
14:11.13	SEC Preview	Sept. 7	22

5-kilometer • PR - 19:06.07 • Aug. 31, 2018

Time	Event	Date	Finish
19:06.07	Mississippi College Season Opener	Aug. 31	8

RILEY SCHELP

4-kilometer • PR - 14:24.01 • Sept. 7, 2018

Time	Event	Date	Finish
14:24.01	SEC Preview	Sept. 7	27

5-kilometer • PR - 19:26.73 • Aug. 31, 2018

Time	Event	Date	Finish
19:26.73	Mississippi College Season Opener	Aug. 31	8

EMMA SIDMAN

5-kilometer • PR - 20:31.12 • Aug. 31, 2018

Time	Event	Date	Finish
20:31.12	Mississippi College Season Opener	Aug. 31	29

BRITTANY TOLSON

4-kilometer • PR - 14:48.37 • Sept. 7, 2018

Time	Event	Date	Finish
14:48.37	SEC Preview	Sept. 7	44

5-kilometer • PR - 19:42.63 • Aug. 31, 2018

Time	Event	Date	Finish
19:42.63	Mississippi College Season Opener	Aug. 31	17

ELIZA WITHERSPOON

4-kilometer • PR - 14:38.03 • Sept. 7, 2018

Time	Event	Date	Finish
14:38.03	SEC Preview	Sept. 7	36

5-kilometer • PR - 19:55.36 • Aug. 31, 2018

Time	Event	Date	Finish
19:55.36	Mississippi College Season Opener	Aug. 31	24

HALEY WRIGHT

4-kilometer • PR - 14:05.27 • Sept. 7, 2018

Time	Event	Date	Finish
14:05.27	SEC Preview	Sept. 7	17

6-kilometer • PR - 22:29.4 • Sept. 28, 2018

Time	Event	Date	Finish
22:29.4	Nuttyscombe Invitational	Sept. 28	61

McKENZIE YANEK

4-kilometer • PR - 14:10.39 • Sept. 7, 2018

Time	Event	Date	Finish
14:10.39	SEC Preview	Sept. 7	21



PAYTON ASH

DISTANCE

Freshman

Flower Mound, Texas/
Flower Mound



2018-19

2018 Cross Country

- Finished 33rd, and was Alabama's No. 4 runner at the SEC Preview, covering the 6k course in 21:06.31
- Finished ninth, and was Alabama's No. 3 runner, with a 5k time of 16:03.57 in his collegiate debut at the Mississippi College Season Opener

PREP HIGHLIGHTS

- Competed in the Texas University Interscholastic League state cross country championships in 2015 and 2016 for a pair of third-place finishing teams at Flower Mound
- Finished 15th at the state meet as a sophomore and 27th as a junior
- Coached by Andrew Cook at Flower Mound High School

PERSONAL INFORMATION

- Son of Carter and Sarah Ash
- Father, Carter, played soccer at Wheaton College
- Born April 18, 1999
- Majoring in engineering



CLAY AUSTELL

DISTANCE

Junior

Collierville, Tenn./
Briarcrest Christian



ACCOLADES

- SEC Spring Academic Honor Roll (2017, 2018)
- SEC Fall Academic Honor Roll (2016, 2017)
- SEC First-Year Academic Honor Roll (2015-16)

2018-19

2018 Cross Country

- Was Alabama's No. 4 runner at the Nuttyscombe Invitational, covering the 8k course in 25:56.7
- Finished 18th, and was Alabama's No. 5 runner, at the Mississippi College Season Opener with a 5k time of 16:28.20

2017-18

2018 Outdoor Season

- Did not compete

2018 Indoor Season

- Ran the anchor leg of the Alabama "A" distance medley relay which finished second at the Bob Pollock Invitational with a time of 9:59.08
- Finished 22nd in the 3,000 meters at the Vanderbilt Invitational in a personal-best 8:37.37

- Ran the lead leg on the Tide's "A" distance medley relay that finished second at the UAB Blazer Invitational in 10:19.29

2017 Cross Country

- Finished 74th at the SEC Championships with a time of 25:47.2 over the 8k course
- Finished 55th in his season debut at the UC Riverside Invitational with a personal-best time of 25:35.5 over the 8k course

2016-17

2017 Outdoor Season

- Finished 13th in the 1,500 meters at the SEC Relays in 4:18.59 and ran the anchor leg on Alabama's 4x800-meter relay that finished fifth in 7:51.98
- Finished 12th in the 800 meters at the Crimson Tide Invitational in a personal-best 1:54.50
- Finished eighth in the 1,500 meters at the Florida State Relays in a personal-best 3:57.23 in his first outdoor outing of the season

2017 Indoor Season

- Finished 11th in the mile in a personal-best time of 4:19.75 at the Tiger Paw Invitational
- Finished sixth in the mile in 4:13.61 in his collegiate indoor debut at the Auburn Invitational

2016 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

2015-16

2016 Outdoor Season

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

2016 Indoor Season

- Did not compete

2015 Cross Country

- Did not compete

PREP HIGHLIGHTS

- Four-time TSSAA state medalist at Briarcrest Christian School
- Set the school record for the 5k in cross country and the 4x800 relay
- Two-time all-metro selection in cross country and track & field
- 2015 indoor all-state selection
- Two-time cross country team MVP and three-time track & field team MVP
- Freshman county champion in the 800 meters and 1,600 meters

PERSONAL INFORMATION

- Son of Steve and Carole Austell
- Three older brothers competed collegiately in track & field – Kent (Arkansas, 2004-08), Drew (Chattanooga, 2010-13; Memphis, 2013-14), and Lane (Arkansas, 2012-16)
- Born Sept. 16, 1996
- Majoring in civil engineering



HAYDEN BLALOCK

DISTANCE

Sophomore

Charlotte, N.C./
Providence



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Competed at the Nuttyscombe Invitational
- Finished seventh, and was Alabama's No. 2 runner, at the Mississippi College Season Opener with a 5k time of 15:58.12

2017-18

2018 Outdoor Season

- Did not compete

2018 Indoor Season

- Did not compete

2017 Cross Country

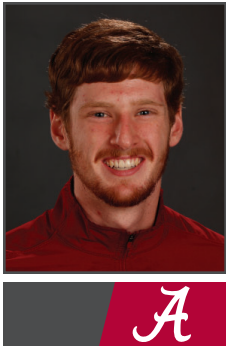
- Finished the SEC Championships on Oct. 27 with a time of 26:43.9 over the 8k course
- Finished the Crimson Classic on Oct. 13 with a time of 22:18.8 over the 8k course
- Made his collegiate debut at the Struts Season Opener, finished 18th overall and was the Tide's No. 2 runner with a time of 15:38.90 over the 5k course

PREP HIGHLIGHTS

- 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
- Coached by Steve Touranjoe at Providence High School

PERSONAL INFORMATION

- Son of Brian and Carolyn Blalock
- Mother, Carolyn, was a swimmer at Arkansas
- Father, Brian, was a member of the track team at Georgia
- Born Nov. 30, 1998
- Majoring in exercise science



J.P. BRINYARK

DISTANCE

Junior

Berry, Ala./
Northside

ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

2018 Cross Country

- Was Alabama's No. 3 runner in his season debut at the Nuttycombe Invitational, covering the 8k course in 25:05.0

2017-18

2018 Outdoor Season

- Competed in the 5,000 meters and 10,000 meters at the SEC Outdoor Track & Field Championships
- Won the 5,000 meters at the LSU Invitational with a time of 15:05.75
- Finished fourth in the 5,000 meters at the War Eagle Invitational with a personal best time of 14:44.57
- Finished 41st in his first collegiate outing at 10,000 meters in 31:23.32 at the San Francisco State Distance Carnival

2018 Indoor Season

- Finished ninth in the 5,000 meters at the Music City Challenge with a time of 14:41.90
- Finished 23rd in the mile at the Bob Pollock Invitational with a personal best time of 4:21.17
- Finished 21st in the 3,000 meters at the Vanderbilt Invitational with a personal best time of 8:36.49
- Ran the anchor leg on the Tide's "B" distance medley relay that finished third at the season-opening UAB Blazer Invitational in 10:27.10

2017 Cross Country

- Finished as the Tide's No. 7 runner at the NCAA Championships with a time of 32:59.59
- Finished as the Tide's No. 5 runner at the NCAA South Regional with a time of 32:26.0 to help the team advance
- Competed in the SEC Championships
- Finished as the Tide's No. 4 runner at the Crimson Classic with a time of 25:37.0 over the 8k course
- Finished 158th at the Joe Plane Notre Dame Invitational with a time of 26:17.5 over the five-mile course
- Finished 26th at the UC Riverside Invitational in his season debut 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 in 9:41.40 in his first collegiate outing in the event
- Finished eighth in the invitational 1500 meters at the War Eagle Invitational in a personal-best 3:59.55
- Finished seventh in the 5,000 meters at the Crimson Tide Invitational in a personal-best 14:52.49
- Anchored Alabama's distance medley relay at the Florida Relays that finished third in 10:03.98
- Finished third in the 2,000-meter steeplechase at the Florida State Relays in 6:11.18 in his collegiate outdoor debut

2017 Indoor Season

- Finished third in the 3,000 meters at the Tiger Paw Invitational 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

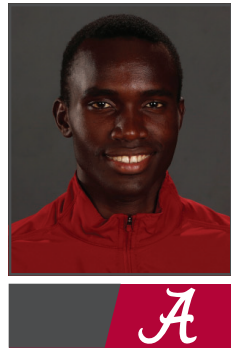
- Finished 76th at the SEC Championships in a time of 26:30.3
- Ran the five-mile course at the Joe Plane Notre Dame Invitational in a time of 26:06.9
- Finished ninth and was the Crimson Tide's third runner in a time of 15:45.97 at the 5k Chattanooga Powerade Invitational
- Made his college debut at the Brooks Memphis Twilight Classic and covered the four-mile course in 20:34.11 to finish 28th and come in as Alabama's No. 5 runner

PREP HIGHLIGHTS

- Runner-up at the 2015 Alabama 4A state cross country championships with a 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
- Coached by Sue Robertson at Northside High School

PERSONAL INFORMATION

- Son of Bryan Brinyark and Millie Aldridge
- Born October 13, 1997
- Majoring in accounting



ALFRED CHELANGA

DISTANCE

Senior

Nairobi, Kenya/
Tenges/Shorter
University

ACCOLADES

- School record-holder, 10,000 meters (2017)
- First Team All-American, cross country (2017)
- First Team All-American, indoor 5,000 meters (2017)
- Second Team All-American, 10,000 meters (2017, 2018)
- First Team All-Region, cross country (2017)
- SEC Champion, 10,000 meters (2017)
- First Team All-SEC, cross country (2017)
- Second Team All-SEC, outdoor 5,000 meters (2018)
- Second Team All-SEC, 10,000 meters (2018)
- Second Team All-SEC, 3,000 meters (2017)
- Second Team All-SEC, indoor 5,000 meters (2017)
- SEC Fall Academic Honor Roll (2017)

2018-19

2018 Cross Country

- Finished 10th, and was Alabama's No. 1 runner, in his season debut at the Nuttycombe Invitational, covering the 8k course in 23:33.8

2017-18

2018 Outdoor Season

- Earned second-team All-America honors with a 16th-place finish in the 10,000 meters at the NCAA Outdoor Track & Field Championships with a time of 29:33.08
- Also finished 20th in the 5,000 meters in 14:19.36 at the NCAA meet
- Qualified for the NCAA Championships in the 10,000 meters (29:26.35) and 5,000 meters (14:02.72) at the NCAA East Preliminary
- Finished second in the 10,000 meters (29:17.30) and third in the 5,000 meters (13:53.70) at the SEC Outdoor Track & Field Championships to earn all-conference honors in both races
- The second place finish in the 10k was part of a 1-2-3 Tide finish with teammates Vincent Kiprop (first) and Gilbert Kigen (third)

- Finished seventh in the 5,000 meters at the Cardinal Classic with a personal best time of 13:42.11 that ranks No. 4 all-time at Alabama
- Finished fifth and was the No. 4 collegiate finisher in the 10,000 meters at the Stanford Invitational in a time of 28:32.66

2018 Indoor Season

- Finished fifth in the 5,000 meters at the SEC Championships with a time of 14:07.80. Also ran the anchor leg of the Tide's distance medley relay which finished 10th with a time of 10:09.71
- Finished 12th in the 5,000 meters at the Iowa State Classic with a time of 13:49.34
- Finished seventh in the 3,000 meters at the Bob Pollock Invitational with a time of 8:16.24
- Made his season debut at the Vanderbilt Invitational and finished fourth in the 3,000 meters in 8:06.17

2017 Cross Country

- Finished 37th as Alabama's No. 3 runner at the NCAA Championships, earning All-America honors with a time of 29:58.35 over the 10k course
- Placed second behind teammate Gilbert Kigen and earned All-Regional at the NCAA South Regional Championships with a time of 29:47.1 over the 10k course
- Finished third at the SEC Championships and was the Tide's No. 3 runner with a time of 23:23.4 over the 8k course to earn All-SEC honors
- Finished fourth, and was the Tide's No. 3 runner, at the Crimson Classic with a time of 23:42.0 over the 8k course
- Finished third behind teammates Vincent Kiprop and Gilbert Kigen at the Joe Plane Notre Dame Invitational with a time of 23:26.9 over the five-mile course
- Finished third in his season debut in the open 8K race at the UC Riverside Invitational and was the Tide's No. 3 runner behind teammates Gilbert Kigen and Vincent Kiprop with a time of 24:23.3

2016-17

2017 Outdoor Season

- Set at UA school record in the 10,000 meters (28:04.98)
- Finished 11th in the 10,000 meters at the NCAA Championships in 29:12.34, which was the 10th-fastest in school history at the time
- Finished eighth in the 10,000 meters in 29:59.98 at the NCAA East Regional to qualify for the NCAA Track & Field Championships
- Won the 10,000 meters at the SEC Outdoor Track & Field Championships in a time of 30:24.27 to edge out teammate Antibahs Kosgei for the victory Also finished sixth in the 5,000 meters at the SEC Championships in 13:57.79
- Finished second in the 1,500 meters at the SEC Relays 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 in a personal-best 13:53.07
- Finished second in the 10,000 meters - and was the first collegiate finisher - at the Stanford Invitational in a school-record time of 28:04.98

2017 Indoor Season

- Finished fifth in the 5,000 meters at the NCAA Indoor Track & Field Championships in 3:48.56
- Alabama's high point scorer at the SEC Indoor Track & Field Championships with 14 points
- Finished second in the 5,000 meters in 13:58.61 and third in the 3,000 meters in a personal-best 8:02.30 at the SEC meet
- Finished sixth in the invitational 5,000 meters at the Iowa State Classic in a personal-best 13:48.12
- Made his Alabama debut at the Bob Pollock Invitational, winning the 3,000 meters in a time of 8:06.79

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 2016 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
- Finished 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
- Finished fourth in the 3,000 meters at the 2015 NCAA Division II Indoor Track & Field Championships

PERSONAL INFORMATION

- Son of Joshua and Lorah Chelanga.
- Born April 2, 1994.
- Majoring in public health.



CONNOR FERRENTINO

DISTANCE

Senior

Orlando, Fla./
Freedom



ACCOLADES

- SEC Spring Academic Honor Roll (2016, 2017, 2018)
- SEC Fall Academic Honor Roll (2016, 2017)

2018-19

2018 Cross Country

- Was Alabama's No. 1 runner, and finished 18th overall, in his season debut at the SEC Preview, covering the 6k course in 18:56.05

2017-18

2018 Outdoor Season

- Finished 14th in the 1,500 meters at the SEC Outdoor Track & Field Championships with a time of 3:53.46
- Finished seventh in the 800 meters at the LSU Invitational with a personal best time of 1:50.97
- Won the 1,500 meters at the Cardinal Classic with a personal best time of 3:47.48
- Finished fifth in the 800 meters at the Tom Jones Invitational with a time of 1:52.35
- Finished second in Section A of the 1,500 meters in his outdoor season debut at the Crimson Tide Invitational with a time of 3:51.24

2018 Indoor Season

- Ran the third leg of the Tide's distance medley relay which finished 10th at the SEC Championships with a time of 10:09.71
- Made his season debut in the 800 meters at the Music City Challenge where he finished 10th with a time of 1:52.43

2017 Cross Country

- Did not compete

2016-17

2017 Outdoor Season

- Made his season debut at the War Eagle Invitational 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
- 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

- Clocked a time of 26:13.55 over the 8k course at the Crimson Classic

2014-15

2015 Outdoor Season

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

2015 Indoor Season

- Finished 24th in the mile at the Vanderbilt Invitational in 4:25.78

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 finish second in his collegiate debut at the Samford Dual Meet

PREP HIGHLIGHTS

- Earned first team All-State honors in track and cross country in 2012 and 2013
- Finished second at the 2013 Florida Class 4A Region 1 Cross Country Championships, covering the 5k course in 16:04.00
- Runner-up at the 2013 Florida Class 4A District 4 Cross Country Championships in 16:01.20 over the 5k course
- Finished eighth at the 2013 Florida High School Athletic Association Cross Country Championships
- Competed at the 2013 Foot Locker South Regional Cross Country Championships
- Finished sixth at the 2012 Florida Class 4A Cross Country Championships and was fourth at the Class 4A Region 1 Championships
- Placed 11th in the 1,500 meters at the 2012 AAU National Junior Olympics
- Finished third in the 1,600 (4:21.64) at the 2012 Florida 4A Outdoor Track & Field Championships
- Set Freedom High School records in six events (1,500; 1,600; 3,200; 2-mile; 5,000; 4x800-meter relay)
- 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
- Coached by Leonard Malach at Freedom High School

PERSONAL INFORMATION

- Son of Robert and Erin Ferrentino
- Born Dec. 31, 1995
- Earned his undergraduate degree in accounting and finance in 2018. Currently working on a graduate degree in accounting



GILBERT KIGEN

DISTANCE

Senior

Kipkabus, Kenya/
Eldoret/
Central Arizona
College



ACCOLADES

- First Team All-American, 10,000 meters (2018)
- First Team All-American, cross country (2017)
- Second Team All-American, outdoor 5,000 meters (2018)
- Second Team All-American, indoor 5,000 meters (2018)
- South Region Athlete of the Year, cross country (2017)
- NCAA South Region champion, cross country (2017)
- NCAA All-South Region, cross country (2017)
- First Team All-SEC, cross country (2017)
- Second Team All-SEC, 10,000 meters (2018)
- Second Team All-SEC, 3,000 meters (2018)

2018-19

2018 Cross Country

- Was Alabama's No. 2 runner, finishing 12th overall, with an 8k time of 23:35.1 in his season debut at the Nuttycombe Invitational

2017-18

2018 Outdoor Season

- Earned first-team All-America honors in the 10,000 meters and second-team accolades in the 5,000 meters at the NCAA Outdoor Track & Field Championships, finishing seventh in the 10,000 (28:55.66) and 13th in the 5,000 (14:03.06)
- Qualified for the NCAA Championships in the 5,000 meters (14:11.06) and 10,000 meters (29:28.76) at the NCAA East Preliminary
- Earned all-conference honors in the 10,000 meters at the SEC Outdoor Track & Field Championships with third place finish in 29:19.20
- His place in the 10k was part of a 1-2-3 Tide finish with teammates Vincent Kiprop (first) and Alfred Chelanga (second)
- Also finished fourth in the 5,000 meters at the SEC meet in 13:58.01
- Finished fourth in the 5,000 meters at the Cardinal Classic with a personal best time of 13:40.99 that ranks No. 3 all-time at Alabama
- Finished third and was the No. 2 collegiate finisher in the 10,000 meters at the Stanford Invitational

2018 Indoor Season

- Finished 10th in the 5,000 meters at the NCAA Championships with a time of 14:17.73
- One of four Tide runners who contributed to a 31-point performance by UA in the 3,000 meters and 5,000 meters at the SEC Championships
- Finished second in the 5,000 at the SEC meet with a time of 13:49.76 and finished fifth in the 3,000 with a personal best time of 7:59.04
- Finished 10th in the 5,000 meters at the Iowa State Classic with a time of 13:46.28=
- Finished third in the 3,000 meters at the Bob Pollock Invitational with a time of 8:12.55
- Made his season debut at the Vanderbilt Invitational and finished second in the mile in a personal-best 4:05.44

2017 Cross Country

- Finished fourth as Alabama's No. 1 runner at the NCAA Championships, earning All-America honors with a time of 29:11.90 over the 10k course

- Earned South Region Athlete of the Year and all-region honors after winning the regional meet with a time of 29:44.5 over the 10k course
- Finished second at the SEC Championships and was the Tide's No. 2 runner with a time of 23:18.8 over the 8k course
- Finished third, and was the Tide's No. 2 runner, at the Crimson Classic with a time of 23:34.7 over the 8k course
- Finished first at the Joe Plane Notre Dame Invitational with a time of 23:23.7 over the five-mile course
- Finished second behind teammate Vincent Kiprop in his Alabama debut in the open 8K race at the UC Riverside Invitational and was the Tide's No. 2 runner with a time of 24:23.0

CENTRAL ARIZONA COLLEGE 2015-17

- The most decorated junior college runner in NJCAA history
- Won nine individual NJCAA track & 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

PERSONAL INFORMATION

- Son of Simeon and Susan Bartilol Kigen
- Born December 23, 1994
- Majoring in general studies



NOAH KARR

DISTANCE

Sophomore

Tuscaloosa, Ala./
American Christian
Academy

2018-19

2018 Cross Country

- Finished 34th, and was Alabama's No. 5 runner, in 21:50.31 over the 6k course at the SEC Preview

2017-18

2018 Outdoor Season

- Finished 15th in the 800 meters at the LSU Invitational in a personal best 1:54.70 and ran the third leg on the Tide's "B" 4x400-meter relay which finished fourth in 3:18.22
- Finished 14th in the 800 meters at the War Eagle Invitational with a time of 1:57.87
- Finished 16th in the 800 meters at the Tom Jones Invitational with a time of 1:57.08
- Finished sixth in the 800 meters at the Crimson Tide Invitational with a then-personal best time of 1:55.63 and ran the second leg of the Tide's 4x400-meter relay which finished sixth with a time of 3:21.88

2018 Indoor Season

- Finished 12th in the 800 meters at the Music City Challenge with a personal best time of 1:52.99
- Finished 12th in the 800 meters at the Bob Pollock Invitational with a time of 1:55.45 and ran the lead leg on the Alabama "B" 4x400 meter relay which finished 11th with a time of 3:27.48
- Ran the lead leg of the Alabama "B" 4x400-meter relay which placed 15th at the in a time of 3:25.13 and the lead leg of the distance medley relay which placed third in a time of 10:21.57 at the Vanderbilt Invitational
- Ran the lead leg on the Tide's "C" 4x400-meter relay that finished 14th at the season-opening UAB Blazer Invitational in 3:29.57

2017 Cross Country

Did not compete.

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
- Finished 17th in the 800 meters at the Crimson Tide Invitational in a time of 1:57.90 and ran the third leg on the Alabama "B" 4x400-meter relay team that finished eighth in 3:25.45
- Ran the second leg of Alabama's distance medley relay that finished third in a time of 10:03.98 and 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 in 1:56.77 in his collegiate outdoor debut

2017 Indoor Season

- Finished 28th in the 800 meters in a time of 2:00.79 and ran the anchor leg on the Tide's 4x400-meter "B" relay that finished 11th at the Tiger Paw Invitational 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 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

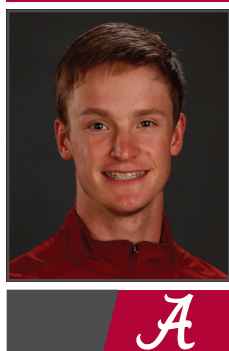
Did not compete

PREP HIGHLIGHTS

- Won state outdoor titles in the 800 meters and mile in 2015 and indoor 800 meter state titles in 2014 and 2015
- Coached by Charles Tiller at American Christian Academy in Tuscaloosa, Ala

PERSONAL INFORMATION

- Son of Chuck and Jodie Karr
- Older brother, Nathan, was a shot putter for the Crimson Tide
- Born April 8, 1997
- Majoring in news media



ELLIOTT MILLER

DISTANCE

Junior

Cheyenne, Wyo./
Cheyenne Central

ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)

2018-19

2018 Cross Country

- Competed at the Nuttycombe Invitational
- Finished third, and was Alabama's top runner, at the Mississippi College Season Opener, covering the 5k course in 15:51.84

2017-18

2018 Outdoor Season

- Finished 11th in the steeplechase at the SEC Outdoor Track & Field Championships in a personal best time of 9:20.70
- Finished sixth in the 3,000-meter steeplechase at the LSU Invitational with a time of 9:32.40

- Won the 3,000-meter steeplechase at the Tom Jones Invitational with a personal best time of 9:24.53
- Ran the anchor leg of the Tide's 4x400-meter relay which finished sixth at the Crimson Tide Invitational with a time of 3:21.88
- Finished first in the 3,000-meter steeplechase at the season-opening UTSA Invitational with a time of 9:53.89

2018 Indoor Season

- Finished 20th in the mile at the Music City Challenge with a personal best time of 4:15.23
- Finished 17th in the mile at the Bob Pollock Invitational with a time of 4:16.81
- Ran the lead leg on the Tide's "B" distance medley relay that finished third at the season-opening UAB Blazer Invitational in a time of 10:27.10

2017 Cross Country

- Finished the Joe Plane Notre Dame Invitational with a time of 26:05.3 over the five-mile course
- Finished 51st at the UC Riverside Invitational with a personal-best time of 25:30.4 over the 8k course
- Finished 19th at the Struts Season Opener 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 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 in 10:37.33
- Made his collegiate track & field debut at the Commodore Invitational as a member of the Tide's distance medley relay and 4x400-meter "C" relay teams

2016 Cross Country

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

PREP HIGHLIGHTS

- 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 & field championships
- Runner-up at the 2015 state cross country championships
- All-state selection as a junior and senior in outdoor track & field and as a senior in indoor track & field
- Coached by Sean Wilde and Bruce Mowry at Cheyenne Central

PERSONAL INFORMATION

- Son of Kirk and Cheryl Miller
- Born February 14, 1998
- Majoring in environmental engineering



OLIVER RIGG

DISTANCE

Junior

Zionsville, Ind./
Zionsville



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

2018 Cross Country

- Finished 24th, and was Alabama's No. 2 runner, with a 6k time of 19:23.09 at the SEC Preview
- Finished 14th, and was Alabama's No. 4 runner, at the Mississippi College Season Opener with a 5k time of 16:15.79

2017-18

2018 Outdoor Season

- Finished 25th in the prelims of the 1,500 meters at the SEC Outdoor Track & Field Championships in 3:58.78
- Finished 12th in the 800 meters at the LSU Invitational in a personal best time of 1:52.94
- Finished fifth in Section 3 of the 1,500 meters at the Cardinal Classic with a personal best time of 3:51.65
- Finished eighth in the 800 meters at the Tom Jones Invitational with a time of 1:53.68
- Finished sixth in Section A of the 1,500 meters at the Crimson Tide Invitational with a time of 3:54.94

2018 Indoor Season

- Finished 15th in the 800 meters at the Music City Challenge with a personal best time of 1:53.53
- Ran the lead leg of the Alabama "A" distance medley relay which placed second at the Bob Pollock Invitational with a time of 9:59.08. Also ran the third leg of the Alabama "B" 4x400 meter relay which placed 11th with a time of 3:27.48
- Ran the third leg of the Alabama "B" 4x400-meter relay which placed 15th at the Vanderbilt Invitational in a time of 3:25.13. Also finished 24th in the 800 meters in a time of 1:56.73
- Ran the second leg on the Tide's "C" 4x400-meter relay that finished 14th at the season-opening UAB Blazer Invitational in 3:29.57

2017 Cross Country

- Ran 27:11.0 over the 8k course at the Crimson Classic
- Finished 87th at the UC Riverside Invitational with a personal-best time of 26:41.0 over the 8k course
- Finished 9th at the Struts Season Opener 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 in 3:28.68
- Finished seventh in the invitational 1,500 meters at the War Eagle Invitational in a personal-best 3:53.66
- Finished ninth in the 800 meters at the Jim Bush Collegiate in a time of 1:54.81
- Finished seventh in the 800 meters at the Crimson Tide Invitational 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 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. Also ran the third leg on the Tide's 4x400-meter relay "B" squad that finished ninth in 3:25.16
- Clocking 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 as a member of the Tide's distance medley relay and 4x400-meter "C" relay teams

2016 Cross Country

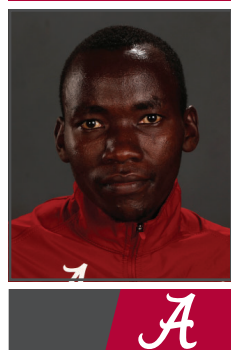
- Made his collegiate debut at the Chattanooga Powerade Invitational, finishing 22nd in a time of 16:11.09 over the 5k course

PREP HIGHLIGHTS

- Won the 2015 IHSAA Sectional Cross Country Championship with 5k time of 16:01
- Runner-up at the 2015 IHSAA Regional Cross Country Championship 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
- Coached by Gabe Porras at Zionsville High School

PERSONAL INFORMATION

- Son of John and Suzanne Rigg
- Both parents were members of the track team at Iowa State
- Born February 10, 1998
- Majoring in operations management



NOEL ROTICH

DISTANCE

Freshman

Kapenguria, Kenya/
Chewoyet



2018-19

2018 Cross Country

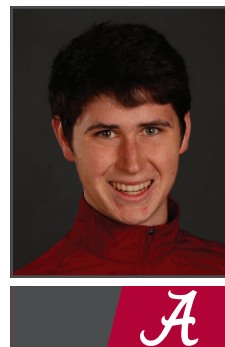
- Made his collegiate debut at the Nuttycombe Invitational

PREP HIGHLIGHTS

- Competed in the 2017 East African Secondary School Games in Gulu, Uganda
- Finished 17th in the Kenya Junior National Cross Country Championships
- 2017 Rift Valley Secondary Schools Sports Association 3,000-meter steeplechase champion
- Personal best of 8:32 in the 3,000-meter steeplechase
- Coached by Edward Noti at Chewoyet High School

PERSONAL INFORMATION

- Son of John Lopsikou and Selina Ngoletukei
- Born Feb. 24, 1999.
- Majoring in exercise science.



PAUL SELDEN

DISTANCE

Sophomore

Homewood, Ala./
Homewood



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 27th at the SEC Preview, and was Alabama's No. 3 runner with a 6k time of 19:28.81
- Finished 22nd in his season debut at the Mississippi College Season Opener in a time of 16:47.92 over the 5k course

2017-18

2018 Outdoor Season

- Finished sixth in the 5,000 meters at the LSU Invitational in a personal best 15:37.76
- Finished 21st in the 5,000 meters at the Crimson Tide Invitational with a personal best time of 15:50.24
- Finished second in the 3,000 meters at the Samford Alabama Track Challenge with a personal best time of 8:57.29 in his outdoor debut

2018 Indoor Season

- Finished 46th in the 3,000 meters at the Music City Challenge with a time of 9:00.26
- Finished seventh in the 3,000 meters in his collegiate track & field debut at the UAB Blazer Invitational in a time of 8:58.80

2017 Cross Country

- Ran a time of 27:15.2 over the 8k course at the Crimson Classic
- Made his collegiate debut at the Struts Season Opener, finishing 43rd and was the Tide's No. 5 runner with a time of 16:53.20 over the 5k course

PREP HIGHLIGHTS

- 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
- Coached by Lars Porter at Homewood High School

PERSONAL INFORMATION

- Son of Tom and Kristi Selden
- Father was a member of the cross country and track & field teams at Sewanee
- Born July 1, 1998
- Majoring in chemical engineering



REBECCA BILLMAN

DISTANCE

Freshman

Tuscaloosa, Ala./
American Christian
Academy



2018-19 2018 Cross Country

- Finished 32nd in her collegiate debut at the Mississippi College Season Opener with a 5k time of 20:50.77

PREP HIGHLIGHTS

- Alabama 1A-3A indoor state champion in the 3,200 meters as a junior in 2017
- Class 3A runner-up in the 3,200 meters at the 2017 and 2016 state outdoor championships
- Finished fourth in the 1,600 meters at the 2017 state meet
- Two-time runner-up in the Alabama 3A state cross country championships
- Member of five state outdoor track & field state championship teams and one state cross country championship squad
- Coached by Charles Tiller at American Christian Academy

PERSONAL INFORMATION

- Daughter of Gregory and Jennifer Billman
- Born Aug. 1, 2000
- Pre-med major



LAUREN BRACKIN

DISTANCE

Freshman

Muscle Shoals, Ala./
Muscle Shoals



2018-19 2018 Cross Country

- Finished 37th at the SEC Preview in 14:39.51 over the 4k course
- Finished 21st, and was Alabama's No. 4 runner, in her collegiate debut at the Mississippi College Season Opener, covering the 5k course in 19:48.77

PREP HIGHLIGHTS

- Two-time all-state selection in cross country and track & field
- Finished fifth at the AHSAA 6A cross country championships as a senior in 2017
- Top-five finisher in the 1,600 meters and 800 meters at the 2018 AHSAA 6A track & field championships
- Finished third in the 3,200 meters at the 2017 state meet
- Member of one sectional cross country championship team (2014) and three sectional runner-up squads (2015-17) at Muscle Shoals
- Five-time USATF Alabama Junior Olympic champion in the 3,000 meters (2016, 2017), 1,500 meters (2016, 2017) and 800 meters (2016)
- Also played tennis in high school

- Coached by Lisa Schafer at Muscle Shoals High School

PERSONAL INFORMATION

- Daughter of Richard and Amy Brackin
- Great uncle, James Outlaw, played in the 1945 World Series with the Detroit Tigers
- Born Aug. 8, 2000
- Majoring in electrical engineering



ALEXA CRUZ

DISTANCE

Junior

Miami, Fla./
St. Thomas Aquinas



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19 2018 Cross Country

- Finished 27th at the Mississippi College Season Opener, covering the 5k course in 20:19.89

2017-18 2018 Outdoor Season

- Did not compete

2018 Indoor Season

- Did not compete

2017 Cross Country

- Ran a time of 23:12.2 over the 6k course in her season debut at the Crimson Classic on Oct. 13

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 HIGHLIGHTS

- 2013 Florida state cross country champion
- Won the 2014 Florida State Championship in the 3,200 meters
- 2014 state runner-up in cross country
- Three-time all-county team in cross country and track and field
- Helped lead St. Thomas Aquinas three district, regional and state championships
- Member of National Honor Society and National Spanish Honor Society
- Coached by Trish Butler at St. Thomas Aquinas High School

PERSONAL INFORMATION

- Daughter of Antonio and Eva Cruz
- Born April 24, 1998
- Majoring in psychology



CAROLINE BROOKS

DISTANCE

Junior

Plano, Texas/
Plano



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19 2018 Cross Country

- Was Alabama's No. 4 runner and finished 57th overall at the Nuttycombe Invitational with a 6k time of 22:26.3
- Finished 16th in her season debut at the SEC Preview and was Alabama's No. 3 runner, with a 4k time of 14:04.71

2017-18 2018 Outdoor Season

- Finished 13th in the steeplechase at the SEC Outdoor Track & Field Championships in 11:11.06. Also competed in the 5,000 meters at the SEC meet
- Finished second in the 3,000-meter steeplechase at the LSU Invitational in a personal-best 10:54.69
- Finished fourth in the 3,000-meter steeplechase at the Tom Jones Invitational with a time of 11:27.07
- Finished fourth in Section B of the 1,500 meters at the Crimson Tide Invitational with a personal best time of 4:41.31
- Finished 14th the 400 meters at the season-opening UTSA Invitational with a time of 1:00.26

2018 Indoor Season

- Finished 29th in the mile at the Music City Challenge with a time of 5:08.28
- Finished seventh in the 600 meters at the Bob Pollock Invitational with a personal best time of 1:36.92 and finished 14th in the mile with a time of 5:05.36
- Also ran the anchor leg of the Alabama "B" 4x400 meter relay which finished 12th in 3:53.04
- Finished 23rd in the 800 meters at the Vanderbilt Invitational in 2:17.48
- Also ran the anchor leg on the distance medley relay which placed second in a time of 11:59.50
- Finished 11th in the 1,000 meters at the season-opening UAB Blazer Invitational in a time of 3:01.73
- Also ran the lead leg on the Tide's "C" 4x400-meter relay that finished 18th in 4:12.69

2017 Cross Country

- Finished the Crimson Classic with a time of 22:41.6 over the 6k course
- Finished 16th at the UC Riverside Invitational 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 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 in a personal-best 4:49.59
- Finished sixth in the 3,000-meter steeplechase at the Crimson Tide Invitational in a personal-best 11:23.37. Also ran the third leg on the Alabama "C" 4x400-meter relay that finished 12th in 3:57.60

- Finished second in the 2,000-meter steeplechase at the Florida State Relays in 7:21.98 in her outdoor collegiate debut

2017 Indoor Season

- Finished 17th in the 800 meters at the Tiger Paw Invitational 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
- 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
- Made her collegiate track & field debut at the Commodore Invitational as a member of the Tide's distance medley relay squad

2016 Cross Country

- Posted a time of 23:36.6 over the 6k course at the Crimson Classic
- Made her collegiate debut at the Chattanooga Powerade Invitational, finishing 22nd in a time of 12:15.97 over the two-mile course

PREP HIGHLIGHTS

- 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
- Coached by Amy Dehdari at Plano High School

PERSONAL INFORMATION

- Daughter of David and Stephanie Brooks
- Born May 18, 1998
- Majoring in mechanical engineering



REBECCA BUTEAU

DISTANCE

Junior

Madison, Miss./
Madison Central

ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

Cross Country

- Was Alabama's No. 1 runner and finished 17th overall at the Nuttycombe Invitational, with a 6k time of 21:34.6
- Finished 15th in her season debut at the SEC Preview and was Alabama's No. 2 runner. Covered the 4k course in 14:03.24

2017-18

2018 Outdoor Season

- Did not compete

2018 Indoor Season

- Did not compete

2017 Cross Country

- Finished 40th at the NCAA South Regional Championships with a time of 21:06.4 over the 6k course
- Finished 38th at the SEC Championships and was the Tide's No. 3 runner with a time of 21:41.0 over the 6k course

- Finished 20th at the Crimson Classic on Oct. 13 and was the Tide's No. 2 runner with a time of 21:15.3 over the 8k course
- Finished as the Tide's No. 3 runner at the Joe Plane Notre Dame Invitational on Sept. 29 with a time of 17:51.9 over the 5k course
- 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 in a personal-best 17:00.99
- Finished 14th in the 1,500 meters at the SEC Relays 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 in a time of 4:36.52
- Finished seventh in the 1,500 meters at the Florida State Relays 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 in a personal-best 17:38.17 ... finished 21st in the 3,000 meters in 10:08.02
- Finished 10th in the mile in a personal-best 5:00.89 at the Bob Pollock Invitational ... 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 in 12:13.49
- Made her collegiate track & field debut at the Commodore Invitational and finished 10th in the mile in a time of 5:00.91

2016 Cross Country

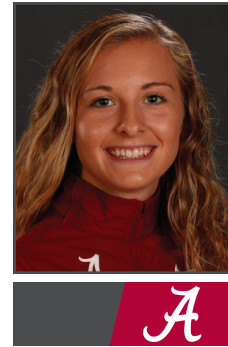
- Finished 99th at the NCAA South Regional in a time of 22:22.9
- Finished 71st at the SEC Championships in a time of 22:17.5
- Finished 26th and was Alabama's No. 5 runner at the 6k Crimson Classic, posting a time of 21:37.3
- Competed in the Joe Plane Notre Dame Invitational and finished as the Tide's 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 HIGHLIGHTS

- Held all distance records at Madison Central High School at the end of her prep career
- Won multiple state championships in cross country, 3,200 meters, 1,600 meters, and the 800 meters
- Began competing for her high school cross country team as a middle schooler
- Five-time MHSAA all-state performer in cross country and a four-time MHSAA all-state performer in track and field
- Coached by Gearry Howell at Madison Central High School

PERSONAL INFORMATION

- Daughter of Phil and Patty Carol Buteau
- Born July 18, 1998
- Majoring in communications studies



MADDIE DEARBORN

DISTANCE

Sophomore

Yorkville, Ill./
Yorkville

ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 72nd at the Nuttycombe Invitational with a 6k time of 22:41.1
- Finished 24th in her season debut at the SEC Preview, covering the 4k course in 14:04.71

2017-18

2018 Outdoor Season

- Finished eighth in the 5,000 meters at the War Eagle Invitational with a personal best time of 17:30.40
- Finished 14th in the 5,000 meters at the Crimson Tide Invitational with a time of 17:59.88

2018 Indoor Season

- Finished 30th in the 5,000 meters at the Music City Challenge with a time of 17:47.13
- Finished 17th in the 3,000 meters at the Bob Pollock Invitational with a time of 10:17.24
- Finished 38th in the 3,000 meters at the Vanderbilt Invitational with a time of 10:19.72
- Finished eighth in the mile in her collegiate track & field debut at the UAB Blazer Invitational in a time of 5:14.33

2017 Cross Country

- Finished 85th at the SEC Championships with a time of 22:42.4 over the 6k course
- Finished 40th, and was the Tide's No. 4 runner, at the Crimson Classic with a time of 21:39.9 over the 6k course
- Finished the Joe Plane Notre Dame Invitational with a time of 18:06.7 over the 5k course
- Made her collegiate debut at the UC Riverside Invitational. Finished fifth and was the Tide's No. 1 runner with a time of 17:45.5 over the 5k course

PREP HIGHLIGHTS

- 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
- Coached by Chris Muth at Yorkville High School

PERSONAL INFORMATION

- Daughter of Derek and Jackie Dearborn
- Born April 15, 1999
- Majoring in civil engineering



MARGOT DOOLEY

DISTANCE

Sophomore

Evanston, Ill./
Loyola Academy



ASHLEY EAVENSON

DISTANCE

Sophomore

Northport, Ala./
Tuscaloosa County



NICOLE GARDNER

DISTANCE

Senior

Murfreesboro, Tenn./
Siegel



ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 46th at the SEC Preview with a 4k time of 15:04.70
- Opened the season with a 25th place finish at the Mississippi College Season Opener with a 5k time of 20:02.10

2017-18

2018 Outdoor Season

- Finished 10th in the 1,500 meters at the LSU Invitational with a personal best time of 4:40.38. Also ran the anchor leg on the Alabama "B" 4x400-meter relay that finished sixth in 3:46.97
- Finished ninth in the 1,500 meters at the War Eagle Invitational with a time of 4:43.01
- Finished 16th in the 400 meters at the season-opening UTSA Invitational with a time of 1:02.35

2018 Indoor Season

- Finished 26th in the mile at the Music City Challenge with a time of 5:05.20
- Finished ninth in the 600 meters at the Bob Pollock Invitational with a personal best time of 1:41.87 ... also finished 15th in the mile with a time of 5:05.52
- Finished 20th in the 800 meters at the Vanderbilt Invitational with a time of 2:16.52 ... also ran the lead leg on the distance medley relay which placed second in a time of 11:59.50
- Finished second in the 1,000 meters in her collegiate track & field debut at the UAB Blazer Invitational in a time of 2:58.95 ... also ran the second leg on the Tide's "C" 4x400-meter relay that finished 18th in 4:12.69

2017 Cross Country

- Ran a time of 23:37.6 over the 6k course at the Crimson Classic
- Finished 18th at the UC Riverside Invitational 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. Finished seventh and was the Tide's No. 2 runner with a time of 15:00.50 over the 4k course

PREP HIGHLIGHTS

- 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
- Coached by C.J. Simon at Loyola Academy

PERSONAL INFORMATION

- Daughter of Larry and Mary Dooley
- Born May 31, 1999
- Majoring in finance

ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 44th at the Mississippi College Season Opener with a 5k time of 22:02.63

2017-18

2018 Outdoor Season

- Finished 19th in Section B of the 1,500 meters at the Crimson Tide Invitational with a personal best time of 5:04.42

2018 Indoor Season

- Finished 13th in the mile in her collegiate track & field debut at the UAB Blazer Invitational in a time of 5:20.77

2017 Cross Country

- Made her collegiate debut at the Crimson Classic and posted a time of 23:58.2 over the 6k course

PREP HIGHLIGHTS

- 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

PERSONAL INFORMATION

- Daughter of Charles and Tanya Eavenson
- Born Dec. 5, 1998
- Majoring in secondary education - language arts

ACCOLADES

- SEC Spring Academic Honor Roll (2017, 2018)
- SEC Fall Academic Honor Roll (2016, 2017)
- SEC First-Year Academic Honor Roll (2015-16)

2018-19

2018 Cross Country

- Was Alabama's No. 3 runner at the Nuttycombe Invitational, covering the 6k course in 22:18.1
- Made her season debut at the SEC Preview, finishing 9th in 13:55.03 over the 4k course to lead all Crimson Tide runners

2017-18

2018 Outdoor Season

- Finished eighth in the 1,500 meters at the SEC Outdoor Track & Field Championships in 4:29.91
- Finished third in the 1,500 meters in 4:27.13 and fifth in the 800 meters in 2:13.95 at the LSU Invitational
- Finished 10th in section 2 of the 5,000 meters at the Cardinal Classic with a personal best time of 16:44.71
- Finished third in Section A of the 1,500 meters at the Crimson Tide Invitational with a personal best time of 4:24.19

2018 Indoor Season

- Finished ninth in the mile at the SEC Championships with a time of 4:55.05. Also ran the lead leg of the Tide's distance medley relay which finished tenth with a time of 11:49.28.
- Finished 12th in the mile at the Music City Challenge with a personal best time of 4:52.97
- Finished ninth in the mile at the Bob Pollock Invitational with a time of 5:00.35. Also finished tenth in the 3,000 meters with a time of 10:00.46
- Made her season debut at the Vanderbilt Invitational and finished 27th in the mile with a time of 5:07.62

2017 Cross Country

- Finished 38th and was the Tide's No. 1 runner at the NCAA South Regional Championships with a time of 21:04.5 over the 6k course
- Finished 49th at the SEC Championships and was the Tide's No. 5 runner with a time of 21:54.2 over the 6k course
- Finished 18th at the Crimson Classic and was the Tide's No. 1 runner with a time of 21:13.8 over the 6k course
- Finished as the Tide's No. 4 runner at the Joe Plane Notre Dame Invitational with a time of 18:00.2 over the 5k course
- Finished 31st in her season debut at the UC Riverside Invitational 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 1,500 meters at the SEC Outdoor Track & Field Championships 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 in 4:31.45
- Finished 12th in the invitational 5,000 meters at the Mount SAC Relays 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

- Finished fourth in the 1,500 meters at the Florida State Relays 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 in a personal-best 9:40.33
- Finished 36th in the invitational 3,000 meters at the Iowa State Classic 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
- 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 Commodore Invitational

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

- Clocked a 5,000-meter time of 18:06.35 to finish third at the LSU Invitational
- Recorded a 5,000-meter time of 17:37.09 to finish 12th in the invitational section of the event at the War Eagle Invitational
- Registered a 3,000-meter steeplechase time of 11:45.64 to finish fifth in the event at the Battle on the Bayou
- Ran 7:33.57 in the 3,000-meter steeplechase to finish second in the event at the Florida State 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 HIGHLIGHTS

- Member of Siegel High School's 2012 Tennessee state championship team
- Three-time 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
- Coached by Phil Young at Siegel High School

PERSONAL INFORMATION

- Daughter of Brent and Nancy Gardner
- Born Feb. 2, 1997
- Majoring in biology



ESTHER GITAHI

DISTANCE

Junior

Nakuru, Kenya/
Mona Secondary/
New Mexico
Junior College

2018-19

2018 Cross Country

- Was Alabama's No. 2 runner and finished 31st overall with a 6k time of 21:51.0 in her Alabama debut at the Nuttycombe Invitational

NEW MEXICO JUNIOR COLLEGE

2016-18

- Six-time NJCAA national champion and 13-time NJCAA All-American.
- 2017 NJCAA Indoor Track & Field Athlete of the Year.
- Set one NJCAA record and six school records at New Mexico Junior College.
- Won the 10,000 meters at the 2018 NJCAA Outdoor Track & Field Championships and was the runner-up in the 5,000 meters 1,500 meters.
- Ran on New Mexico JC's national championship 4x800-meter relay.
- Two-time NJCAA indoor mile champion (2017-18).
- Won the 3,000-meter steeplechase and 5,000 meters at the 2017 NJCAA Outdoor Track & Field Championships.
- Won the 3,000 meters championship at the 2017 NJCAA Indoor Track & Field Championships.
- finished 10th at the 2017 NJCAA Cross Country Championships.

PREP HIGHLIGHTS

- Competed in the East Africa Games and Kenya national track and cross country championships as a high schooler.
- Also a member of the soccer team at Mona Secondary School.

PERSONAL INFORMATION

- Daughter of Nidirangu Gitahi and Jane Gitahi
- Born June 28, 1996.
- Majoring in nursing.



BRIANNA KOSHY

DISTANCE

Senior

Brentwood, Tenn./
Brentwood

ACCOLADES

- SEC Spring Academic Honor Roll (2017, 2018)
- SEC Fall Academic Honor Roll (2016, 2017)
- SEC First-Year Academic Honor Roll (2015-16)

2018-19

2018 Cross Country

- Made her season debut at the SEC Preview, finishing 26th in 14:19.91 over the 4k course

2017-18

2018 Outdoor Season

- Finished 15th in the 5,000 meters at the War Eagle Invitational with a personal best time of 17:59.36
- Finished 25th in the 5,000 meters at the Crimson Tide Invitational with a time of 18:33.52

2018 Indoor Season

- Finished 39th in the 5,000 meters at the Music City Challenge with a personal best time of 18:23.70
- Finished 45th in the 3,000 meters at the Vanderbilt Invitational in a personal-best 10:31.69
- Finished eighth in the 3,000 meters at the season-opening UAB Blazer Invitational in a time of 10:42.46

2017 Cross Country

- Finished the SEC Championships with a time of 23:33.3 over the 6k course
- Finished 94th at the Crimson Classic on Oct. 13 with a time of 22:28.5 over the 6k course
- Finished 26th at the Struts Season Opener 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 in 18:26.74
- Finished 25th in the 5,000 meters at the Crimson Tide Invitational in a personal-best 18:04.91
- Finished 17th in the 5,000 meters at the Florida State Relays 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 in a time of 18:48.74
- Made her season debut at the Auburn Invitational. 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 HIGHLIGHTS

- 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
- Participated in the 2014 Nike Cross Nationals Southeast Regional
- Also lettered in tennis as a freshman
- Member of FCA, NHS, and volunteered with Habitat for Humanity
- Coached by Guy Avery and Lara Whitaker

PERSONAL INFORMATION

- Daughter of Sunny Koshy and Tina Tsui
- Born April 17, 1997
- Majoring in exercise science



LEAHROSE MAMI

DISTANCE

Freshman

Cullman, Ala./
Cullman

2018-19

2018 Cross Country

- Made her collegiate debut at the Mississippi College Season Opener and finished 35th in 21:04.76 on the 5k course

PREP HIGHLIGHTS

- AHSAA 1A-2A state cross country champion in 2017 and runner-up in 2015 and 2016
- Three-time AHSAA 2A outdoor champion in the 1,600 meters (2016, 2017, 2018) and the 2016 1,600 meters 1A-3A indoor champion also won state 800-meter and 3,200-meter titles at the 2018 state meet
- Four-time all-state selection in cross country
- Member of two state championship cross country teams at St. Bernard
- Competed in her first state cross country championship as a seventh-grader in 2012 and was a member of six state-qualifying teams
- Also competed in basketball and bowling as a prep
- Coached by William Calvert at St. Bernard Prep

PERSONAL INFORMATION

- Daughter of Anthony and Dorothea Mami
- Born June 14, 2000
- Majoring in geology



SHANNON MARSH

DISTANCE

Sophomore

John's Creek, Ga./
Northview

ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)

2018-19

2018 Cross Country

- Finished 67th overall in her season debut at the Nuttyscombe Invitational with a 6k time of 22:33.9

2017-18

2018 Outdoor Season

- Finished fifth in the 5,000 meters at the LSU Invitational in 18:11.55.
- Finished 16th in the 5,000 meters at the War Eagle Invitational with a time of 18:04.84.
- Finished 15th in the 5,000 meters at the Crimson Tide Invitational with a personal best time of 18:02.25.

2018 Indoor Season

- Finished 31st in the 5,000 meters at the Music City Challenge with a time of 17:47.33.
- Finished 40th in the 3,000 meters at the Vanderbilt Invitational with a time of 10:20.60.
- Finished 12th in the mile in her collegiate track & field debut at the season-opening UAB Blazer Invitational in a time of 5:19.99.

2017 Cross Country

- Finished the NCAA South Regional with a time of 22:00.0 over the 6k course.
- Finished 81st at the SEC Championships with a time of 22:34.6 over the 6k course.
- Finished 54th at the Crimson Classic with a time of 21:55.6 over the 6k course.
- Finished 7th at the UC Riverside Invitational 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 and 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 HIGHLIGHTS

- Member of two state champion cross country teams (2013, 2014) and two regional champion cross country teams (2012, 2013).
- 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.
- Coached by Mike Morris and Bill Hedgecock at Northview High School.

PERSONAL INFORMATION

- Daughter of Dwight and Susan Marsh.
- Born Dec. 29, 1997.
- Majoring in exercise science.



SAVANNAH NOETHLICH

DISTANCE

Freshman

Winnetka, Ill./
New Trier

2018-19

2018 Cross Country

- Finished 32nd at the SEC Preview, covering the 4k course in 14:33.92
- Finished 23rd, and was Alabama's No. 5 runner in her collegiate debut at the Mississippi College Season Opener, covering the 5k course in 19:55.18

PREP HIGHLIGHTS

- Won the 800 meters at the 2017 Midwest Distance Classic in a personal-best time of 2:13.74
- Member of three league championship teams in track & field at New Trier
- Two-time Illinois class 3A state championships qualifier in the 800 meters
- Four-time 3A state championship qualifier in cross country
- Four-time all-conference selection in cross country and track & field
- Also played soccer in high school
- Coached by John Burnside at New Trier High School

PERSONAL INFORMATION

- Daughter of Greg and Ronnica Noethlich
- Born Nov. 4, 1999
- Majoring in marketing



MEGAN PATTON

DISTANCE

Freshman

Naperville, Ill./
Plainfield North

2018-19

2018 Cross Country

- Finished 22nd at the SEC Preview, covering the 4k course in 14:11.13
- Finished eighth, and was Alabama's No. 1 runner, in her collegiate debut at the Mississippi College Season Opener, covering the 5k course in 19:06.07

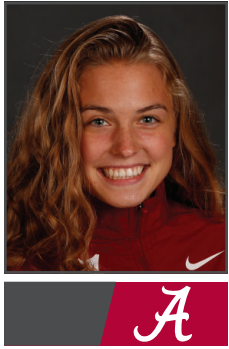
PREP HIGHLIGHTS

- Three-time all-conference selection in cross country (2016-17-18)
- Four-time all-conference honoree in track & field (2015-16-17-18)
- Cross country all-region in 2016 and all-sectional in 2016 and 2017

- School 1,600 meters record holder
- Member of school indoor and outdoor record holding 4x800-meter relay
- Two-year cross country captain (2016-17)
- 2018 track team captain
- 2018 IHSA Academic All-State nominee
- Coached by Tammy Gummerson at Plainfield High School

PERSONAL INFORMATION

- Daughter of Scott and Sandy Patton
- Born July 17, 2000
- Majoring in chemistry



RILEY SCHELP

DISTANCE

Freshman

St. Louis, Mo./
Lutheran South

2018-19

2018 Cross Country

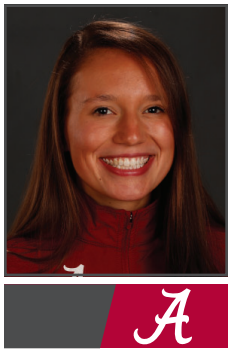
- Finished 27th at the SEC Preview with a 4k time of 14:24.01
- Finished 12th, and was Alabama's No. 2 runner, in her collegiate debut at the Mississippi College Season Opener with a 5k time of 19:26.73

PREP HIGHLIGHTS

- Three-time all-state selection in cross country
- Nine-time all-state selection in track in the 800 meters (three times), 1,600 meters (four times) and 3,200 meters (two times)
- School record holder at 1,600 meters and 3,200 meters
- Team captain as a junior and senior
- Four-time cross country team MVP
- 2018 St. Louis Post-Dispatch Scholar Athlete of the Year
- Also a member of the Lutheran South swim team
- Coached by Scott DeNoyer, Joel Gilbert and Eric Glessner at Lutheran South High School

PERSONAL INFORMATION

- Daughter of Matthew Schelp and Kimberly Sanchez
- Born Dec. 24, 1999
- Majoring in Spanish



EMMA SIDMAN

DISTANCE

Sophomore

Atlanta, Ga./
Lovett

ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 29th in her season debut at the Mississippi College Season Opener, covering the 5k course in 20:31.12

2017-18

2018 Outdoor Season

- Did not compete

2018 Indoor Season

- Did not compete

2017 Cross Country

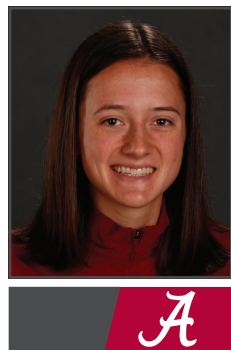
- Made her collegiate debut at the Crimson Classic on Oct. 13 and finished with a time of 24:09.3 over the 6k course

PREP HIGHLIGHTS

- 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)
- Member of the National Honor Society
- Coached by Chris Mayer at The Lovett School

PERSONAL INFORMATION

- Daughter of Steve and Lauren Sidman
- Father, Steve, was a soccer player at Colgate
- Born March 1, 1999
- Majoring in finance



BRITTANY TOLSON

DISTANCE

Junior

Powell, Tenn./
Powell

ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

2018 Cross Country

- Finished 44th at the SEC Preview in 14:48.37 over the 4k course
- Finished 17th, and was Alabama's No. 3 runner, at the Mississippi College Season Opener, covering the 5k course in 19:42.63

2017-18

2018 Outdoor Season

- Finished 11th in the 5,000 meters at the War Eagle Invitational with a personal best time of 17:51.07
- Finished 18th in the 5,000 meters at the Crimson Tide Invitational with a personal best time of 18:11.76

2018 Indoor Season

- Finished 33rd in the 5,000 meters at the Music City Challenge with a time of 17:55.2
- Finished 13th in the 3,000 meters at the Bob Pollock Invitational with a personal best time of 10:06.04
- Finished 35th in the 3,000 meters at the Vanderbilt Invitational with a personal-best time of 10:18.19
- Finished 11th in the mile at the season-opening UAB Blazer Invitational in a time of 5:18.21

2017 Cross Country

- Finished the Crimson Classic with a time of 22:46.8 over the 6k course

- Finished 20th at the Struts Season Opener 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 and finished sixth in the 3,000 meters in 10:52.64

2016 Cross Country

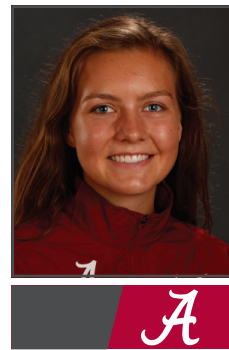
- Finished 94th at the SEC Championships in a time of 22:51.7
- Posted a time of 22:34.8 at the 6k Crimson Classic
- Made her collegiate debut at the Chattanooga Powerade Invitational and finishing 15th in a time of 12:07.64, coming in as Alabama's No. 5 runner

PREP HIGHLIGHTS

- 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
- Coached by her father, Doug Tolson, and Scott Clark at Powell High School

PERSONAL INFORMATION

- 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
- Majoring in general business



ELIZA WITHERSPOON

DISTANCE

Sophomore

Brevard, N.C./
Brevard

ACCOLADES

- SEC First-Year Academic Honor Roll (2017-18)

2018-19

2018 Cross Country

- Finished 36th at the SEC Preview with a 4k time of 14:38.03
- Finished 26th at the Mississippi College Season Opener, covering the 5k course in 19:55.36

2017-18

2018 Outdoor Season

- Did not compete

2018 Indoor Season

- Did not compete

2017 Cross Country

- Made her collegiate debut at the Crimson Classic on Oct. 13 and finished with a time of 23:34.6 over the 6k course

PREP HIGHLIGHTS

- 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
- Coached by Phillip Latter at Brevard High School

PERSONAL INFORMATION

- Daughter of John and Jackie Witherspoon
- Mother, Jackie, ran track and cross country at Alabama
- Born May 27, 1999
- Majoring in environmental engineering



HALEY WRIGHT

DISTANCE

Junior

Boonsboro, Md./
Boonsboro



ACCOLADES

- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

2018 Cross Country

- Was Alabama's No. 5 runner at the Nuttycombe Invitational with a 6k time of 22:29.4
- Was Alabama's No. 4 runner in her season debut at the SEC Preview, finishing 17th on the 4k course in 14:05.27

2017-18

2018 Outdoor Season

- Finished 13th in the 1,500 meters at the LSU Invitational with a personal best time of 4:45.27
- Finished fifth in the 3,000-meter steeplechase at the War Eagle Invitational with a time of 11:42.01
- Finished seventh in the 3,000-meter steeplechase in her outdoor season debut at the Crimson Tide Invitational with a personal best time of 11:36.47

2018 Indoor Season

- Finished 17th in the mile at the season-opening UAB Blazer Invitational in a time of 5:28.26

2017 Cross Country

- Finished the Crimson Classic with a time of 22:44.0 over the 6k course
- Finished 18th and was the Tide's No. 5 runner at the Struts Season Opener, covering 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 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 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
- Finished 42nd in her collegiate debut at the Brooks Memphis Twilight Classic. Covered the 5k course in a time of 18:38.32

PREP HIGHLIGHTS

- 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 & 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
- Coached by Becky Walter at Boonsboro High School

PERSONAL INFORMATION

- Daughter of Jeff and Carol Wright
- Born June 29, 1998
- Majoring in criminal justice with a minor in computing technologies and applications



MCKENZIE YANEK

DISTANCE

Junior

Bettendorf, Iowa./
Pleasant Valley



ACCOLADES

- First Team All-SEC, cross country (2017)
- Second Team All-SEC, 10,000 meters (2018)
- SEC All-Freshman Team, cross country (2016)
- SEC Spring Academic Honor Roll (2018)
- SEC Fall Academic Honor Roll (2017)
- SEC First-Year Academic Honor Roll (2016-17)

2018-19

2018 Cross Country

- Finished 21st, and was Alabama's No. 5 runner, in her season debut at the SEC Preview, covering the 4k course in 14:10.39

2017-18

2018 Outdoor Season

- Finished 30th in the 10,000 meters at the NCAA East Preliminary with a time of 35:52.43
- Earned all-conference honors with a second place finish in the 10,000 meters at the SEC Outdoor Track & Field Championships with a time of 35:03.33
- Also finished 18th in the 5,000 meters at the SEC meet with a time of 17:08.55
- Won the 10,000 meters at the Cardinal Classic with a personal best time of 33:58.14 that ranks No. 4 all-time at Alabama
- Finished 21st in the 10,000 meters at the Stanford Invitational on March 30 in 35:12.89 in her first collegiate outing at that distance
- Finished second in the 5,000 meters at the UTSA Invitational with a time of 17:23.88

2018 Indoor Season

- Finished ninth in the 5,000 meters at the SEC Championships with a time of 16:50.23
- Finished 16th in the 5,000 meters at the Music City Challenge with a time of 16:51.26
- Finished ninth in the 3,000 meters at the Bob Pollock Invitational with a time of 9:56.57
- Finished eighth in the 3,000 meters in her collegiate track & field debut at the Vanderbilt Invitational with a time of 9:48.29

2017 Cross Country

- Finished 53rd at the NCAA South Regional Championships with a time of 21:18.9 over the 6k course
- Finished 14th at the SEC Championships and was the Tide's No. 1 runner with a time of 20:52.1 over the 6k course
- Finished 24th at the Crimson Classic and was the Tide's No. 3 runner with a time of 21:20.5 over the 8k course
- Finished 112th at the Joe Plane Notre Dame Invitational with a time of 18:08.5 over the 5k course
- Finished 14th in her season debut at the UC Riverside Invitational 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 Plane 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 HIGHLIGHTS

- Won the 2015 Iowa Girls High School Athletic Union 4A cross country state championship with a 5k time of 17:55
- Won the 2013 IGHSAU 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 IGHSAU 4A state championships
- Competed as a member of the Pleasant Valley High School team that won the 2015 IGHSAU 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)
- Coached by Jane Wheeler at Pleasant Valley High School

PERSONAL INFORMATION

- Daughter of Jeremy and Toni Yanek
- Born May 22, 1998
- Majoring in exercise science