



# CRIMSON TIDE

CROSS COUNTRY



## MEET 5



### ALABAMA *at* SEC CHAMPIONSHIPS

OCT. 26, 2018 / 9 A.M. CT/10 A.M. / AUBURN, ALA.  
INDIAN PINES GOLF COURSE

**Meet Notes:** The Alabama men's and women's cross country teams begin postseason competition this week with the 2018 Southeastern Conference Cross Country Championships at the Indian Pines Golf Course in Auburn, Ala., on Friday, Oct. 26. The women's 6,000-meter race begins at 9 a.m. CT, followed by the men's 8,000-meter race at 10 a.m.

**Alabama at the SEC Championships:** The Crimson Tide men have won three SEC team championships (1973, 2008, 2009) and 10 individual championships, the most recent by Gilbert Kigen in 2017. David Kimani (2000, 2001, 2002) is the Tide's lone three-time champion. The Alabama women won back-to-back SEC crowns in 1986 and 1987 and have won four individual SEC titles - Evelyn Adiru (1985, 1987), Carole Tremenier (1988) and Becki Wells (1993).

**Next Meet:** Alabama will run at the 2018 NCAA South Regional at Apalachee Regional Park in Tallahassee, Fla. on Friday, Nov. 9.

#### ALABAMA MEN

#### ALABAMA WOMEN

<b>Clay Austell</b> ..... Jr./Collierville, Tenn.	<b>Caroline Brooks</b> ..... Jr./Plano, Texas
<b>J.P. Brinyark</b> ..... Jr./Berry, Ala.	<b>Rebecca Buteau</b> ..... Jr./Madison, Miss.
<b>Alfred Chelanga</b> ..... Sr./Nairobi, Kenya	<b>Maddie Dearborn</b> ..... So./Yorkville, Ill.
<b>Connor Ferrentino</b> ..... Sr./Orlando, Fla.	<b>Nicole Gardner</b> ..... Sr./Murfreesboro, Tenn.
<b>Elliott Miller</b> ..... Jr./Cheyenne, Wyo.	<b>Esther Gitahi</b> ..... Jr./Nakuru, Kenya
<b>Oliver Rigg</b> ..... Jr./Zionsville, Ind.	<b>Shannon Marsh</b> ..... So./John's Creek, Ga.
<b>Paul Selden</b> ..... So./Homewood, Ala.	<b>Megan Patton</b> ..... Fr./Naperville, Ill.
	<b>Brittany Tolson</b> ..... Jr./Powell, Tenn.
	<b>Haley Wright</b> ..... Jr./Boonsboro, Md.
	<b>McKenzie Yanek</b> ..... Jr./Bettendorf, Iowa

## 2018 SCHEDULE

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

## QUICK HITS

#### A Look Back at the 2017 SEC Championships

Fueled by a 1-2-3 finish by Vincent Kiprop, Gilbert Kigen and Alfred Chelanga, the Alabama men finished second at the 2017 SEC Championships at Georgia. Kiprop's win was the second individual title in three seasons for the Tide men and the second-place team finish was the first in the top-two since 2010. The Alabama women finished seventh as sophomore McKenzie Yanek earned first-team All-SEC honors.

#### Alabama Men No. 30 in Latest National Rankings

The Alabama men's cross country team checks in at No. 30 in the latest United States Track & Field and Cross Country Coaches Association (USTFCCCA) Men's Cross Country National Coaches' Poll released Oct. 16. Defending NCAA champion Northern Arizona is No. 1, followed by BYU, Wisconsin, Stanford and Portland 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. 15. The Tide women remain No. 9 in the women's South Region rankings.

#### Head Coach Dan Waters Outlook

"The SEC Championships ranks as one of the top conference meets in the country each season. We have several student-athletes who will get their first chance to experience it this weekend. I'm looking forward to seeing how they compete."

#### SOCIAL MEDIA:



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## QUICK FACTS

## UNIVERSITY

<b>Location</b> .....	Tuscaloosa, Ala.
<b>Founded</b> .....	April 12, 1831
<b>Enrollment</b> .....	38,563 (Fall 2018)
<b>Conference</b> .....	Southeastern
<b>Colors</b> .....	Crimson and White
<b>Nickname</b> .....	Crimson Tide
<b>President</b> .....	Dr. Stuart Bell
<b>Athletic Director</b> .....	Greg Byrne
<b>Faculty Athletics Representative</b> .....	Dr. James King

## COACHING STAFF

<b>Head Coach</b> .....	Dan Waters
<b>Alma Mater</b> .....	Kansas, 1995
<b>Years at Alabama</b> .....	Eighth Season
<b>Assistant Coach</b> .....	Will Palmer
<b>Alma Mater</b> .....	Williams (Mass.), 2011
<b>Years at Alabama</b> .....	First Season

## TEAM INFORMATION

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

## OUTDOOR PROGRAM HISTORY

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

## ATHLETICS COMMUNICATIONS

<b>Track &amp; Field Contact</b> .....	Todd Bell
<b>Office</b> .....	205-348-6084
<b>Cell</b> .....	972-825-6686
<b>E-mail</b> .....	tbell@ia.ua.edu
<b>Fax</b> .....	205-348-8841
<b>Website</b> .....	www.RollTide.com

## ROSTERS

## 2018 MEN'S ROSTER

<b>Name</b>	<b>Class</b>	<b>Hometown (Last School)</b>
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

<b>Name</b>	<b>Class</b>	<b>Hometown (Last School)</b>
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.	10 a.m.	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	2nd	Gitahi	2nd	20:54.71
Oct. 26	SEC Championships	Auburn, Ala.	9 a.m.	6k				
Nov. 9	NCAA South Regional	Tallahassee, Fla.	TBD	8k				
Nov. 17	NCAA Championships	Auburn, Ala.	TBD	8k				

## USTFCCA RANKINGS

Latest rankings as of 10/16/18

## MEN'S NATIONAL

Rank	School (1st votes)	Conference	Pts.	Previous
1	Northern Arizona (9)	Big Sky	328	1
2	BYU (2)	West Coast	321	2
3	Wisconsin	Big Ten	302	3
4	Stanford	Pac-12	295	5
5	Portland	WCC	292	4
6	Iowa State	Big 12	270	6
7	Washington	Pac-12	262	12
8	Colorado	Pac-12	246	11
	Boise State	MWC	246	7
10	Syracuse	ACC	234	8
11	Oregon	Pac-12	224	13
12	UCLA	Pac-12	198	25
13	Wyoming	MWC	180	NR
14	Virginia	ACC	171	19
15	Notre Dame	ACC	161	NR
16	Air Force	MWC	155	10
17	Colorado State	MWC	154	9
18	Purdue	Big Ten	146	13
19	Eastern Kentucky	OVC	134	18
20	Arkansas	SEC	117	16
21	Ole Miss	SEC	110	22
22	Indiana	Big Ten	84	21
23	Oklahoma State	Big 12	83	24
	Furman	SoCon	83	NR
25	Southern Utah	Big Sky	68	15
26	Gonzaga	WCC	58	RV
27	Michigan	Big Ten	47	20
28	Princeton	Ivy	40	RV
29	Washington State	Pac-12	26	17
<b>30 ALABAMA</b>		<b>SEC</b>	<b>24</b>	<b>23</b>

Latest rankings as of 10/15/18

## MEN'S SOUTH REGIONAL

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

## WOMEN'S SOUTH REGIONAL

Rank	School	Conference	Previous
1	Georgia	SEC	44
2	Ole Miss	SEC	1
3	Georgia Tech	ACC	3
4	Florida	SEC	11
5	Florida State	ACC	2
6	Vanderbilt	SEC	5
7	Lipscomb	A-Sun	6
8	Tennessee	SEC	8
<b>9 ALABAMA</b>		<b>SEC</b>	<b>9</b>
10	Southern Miss	C-USA	10
11	Middle Tennessee	C-USA	7
12	Mississippi State	SEC	12
13	Auburn	SEC	13
14	Samford	SoCon	NR
15	Chattanooga	SoCon	15

## 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.

**UAB BLAZER CLASSIC - OCT. 12**

Juniors Esther Gitahi and Rebecca Buteau and senior Nicole Gardner posted top-10 finishes to lead the Alabama women's cross country team to a second-place finish at the UAB Blazer Classic on Friday in Montevallo, Ala.

Gitahi covered the 6,000-meter Montevallo Cross Country Course in 20:54.71 to finish second in the individual standings on Friday morning. Buteau came in at 21:28.10 for a seventh-place finish and Gardner was ninth in 21:30.48. Junior McKenzie Yanek was 23rd in 22:19.77 while sophomore Shannon Marsh was 26th in 22:21.90 to round out the scoring for the Crimson Tide.

Alabama tallied 61 team points to finish second behind Tennessee (45). Southern Miss (83) was third, followed by Florida State (137) and Samford (142) to round out the top-five.



## 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
<b>2. ALABAMA</b>	<b>48</b>
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
<b>3. ALABAMA</b>	<b>75</b>
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
<b>5. ALABAMA</b>	<b>119</b>

## 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
<b>4. ALABAMA</b>	<b>78</b>
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
<b>4. ALABAMA</b>	<b>131</b>
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

**UAB BLAZER CLASSIC**

October 12, 2018

Montevallo, Ala. • Montevallo Cross Country Course

**Women's Race**

6,000 Meters

19 teams • 142 runners

Second Place • 61 points

**Women's Team Results**

	Team	Pts.
1.	Tennessee	45
<b>2.</b>	<b>ALABAMA</b>	<b>61</b>
3.	Southern Miss	83
4.	Florida State	137
5.	Samford	142

**Alabama Women's Individual Results**

Place	Name	Time
2.	Esther Gitahi	20:54.71
7.	Rebecca Buteau	21:28.10
9.	Nicole Gardner	21:30.48
23.	McKenzie Yanek	22:19.77
26.	Shannon Marsh	22:21.90
31.	Maddie Dearborn	22:35.68
32.	Caroline Brooks	22:36.63
33.	Brittany Tolson	22:38.29
38.	Megan Patton	22:46.00
39.	Brianna Koshy	22:46.97
45.	Lauren Brackin	22:54.18
49.	Eliza Witherspoon	23:02.69
51.	Kaitlin York	23:10.23
84.	Alexa Cruz	23:54.33

## 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 20:54.7	Esther Gitahi	UAB Blazer Classic	Oct. 12	2
2 21:28.1	Rebecca Buteau	UAB Blazer Classic	Oct. 12	7
3 21:30.5	Nicole Garner	UAB Blazer Classic	Oct. 12	9
4 21:34.6	Rebecca Buteau	Nuttycombe Invitational	Sept. 28	17
5 21:51.0	Esther Gitahi	Nuttycombe Invitational	Sept. 28	31
6 22:18.1	Nicole Gardner	Nuttycombe Invitational	Sept. 28	48
7 22:19.8	McKenzie Yanek	UAB Blazer Classic	Oct. 12	23
8 22:21.9	Shannon Marsh	UAB Blazer Classic	Oct. 12	26
9 22:26.3	Caroline Brooks	Nuttycombe Invitational	Sept. 28	57
10 22:29.4	Haley Wright	Nuttycombe Invitational	Sept. 28	61
11 22:33.9	Shannon Marsh	Nuttycombe Invitational	Sept. 28	67
12 22:35.7	Maddie Dearborn	UAB Blazer Classic	Oct. 12	31
13 22:36.6	Caroline Brooks	UAB Blazer Classic	Oct. 12	32
14 22:38.3	Brittany Tolson	UAB Blazer Classic	Oct. 12	33
15 22:41.1	Maddie Dearborn	Nuttycombe Invitational	Sept. 28	72
16 22:46.0	Megan Patton	UAB Blazer Classic	Oct. 12	38
17 22:46.9	Brianna Koshy	UAB Blazer Classic	Oct. 12	39
18 22:54.1	Lauren Brackin	UAB Blazer Classic	Oct. 12	45
19 23:02.6	Eliza Witherspoon	UAB Blazer Classic	Oct. 12	49
20 23:10.2	Kaitlin York	UAB Blazer Classic	Oct. 12	51
21 23:54.3	Alexa Cruz	UAB Blazer Classic	Oct. 12	84



## 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

6-kilometer • PR - 22:54.18 • Oct. 12, 2018

Time	Event	Date	Finish
22:54.18	UAB Blazer Classic	Oct. 12	45

## 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
22:36.63	UAB Blazer Classic	Oct. 12	32

## 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
21:28.10	UAB Blazer Classic	Oct. 12	7
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

6-kilometer • PR - 23:12.2 • Oct. 13, 2017

Time	Event	Date	Finish
23:54.33	UAB Blazer Classic	Oct. 12	84

## 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
22:35.68	UAB Blazer Classic	Oct. 12	31
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
21:30.48	UAB Blazer Classic	Oct. 12	9
22:18.1	Nuttyscombe Invitational	Sept. 28	48

## ESTHER GITAIH

6-kilometer • PR - 20:54.71 • Oct. 12, 2018

Time	Event	Date	Finish
20:54.71	UAB Blazer Classic	Oct. 12	20:54.71
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

6-kilometer • PR - 22:28.5 • Oct. 13, 2017

Time	Event	Date	Finish
22:46.97	UAB Blazer Classic	Oct. 12	39

## 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
22:21.90	UAB Blazer Classic	Oct. 12	26
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

6-kilometer • PR - 22:46.00 • Oct. 12, 2018

Time	Event	Date	Finish
22:46.00	UAB Blazer Classic	Oct. 12	38

## 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

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

Time	Event	Date	Finish
22:38.29	UAB Blazer Classic	Oct. 12	33

## 2018 WOMEN'S INDIVIDUAL TIMES

## 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

## 6-kilometer • PR - 23:02.69 • Oct. 12, 2018

Time	Event	Date	Finish
23:02.69	UAB Blazer Classic	Oct. 12	49

## 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	Nuttycombe 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

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

Time	Event	Date	Finish
22:19.77	UAB Blazer Classic	Oct. 12	23

## KAITLIN YORK

## 6-kilometer • PR - 22:49.8 • Oct. 13, 2017

Time	Event	Date	Finish
23:10.23	UAB Blazer Classic	Oct. 12	51

## ALABAMA AT THE SEC CROSS COUNTRY CHAMPIONSHIPS

## ALABAMA AT THE SEC MEN'S CHAMPIONSHIPS

Year	Champion (Pts.)	Site	Alabama Finish (Pts.)
1935	Georgia Tech (32)	Atlanta, Ga.	2 (46)
1936	Georgia Tech (15)	Atlanta, Ga.	DNC
1937	Georgia Tech (19)	Atlanta, Ga.	DNC
1938	Georgia Tech (24)	Atlanta, Ga.	2t (59)
1939	Georgia Tech (29)	Atlanta, Ga.	2 (36)
1940	Georgia Tech (31)	Atlanta, Ga.	5 (99)
1941	Mississippi State (34)	Atlanta, Ga.	3 (68)
1942	Georgia Tech (23)	Atlanta, Ga.	DNC
1943-45	No Competition		
1946	Auburn (40)	Atlanta, Ga.	DNC
1947	Georgia Tech (51)	Atlanta, Ga.	DNC
1948	Auburn (54)	Atlanta, Ga.	DNC
1949	Tennessee (48)	Atlanta, Ga.	DNC
1950	Tennessee (30)	Atlanta, Ga.	2 (50)
1951	Tennessee (18)	Atlanta, Ga.	2 (62)
1952	Tennessee (30)	Atlanta, Ga.	DNC
1953	Georgia Tech (51)	Atlanta, Ga.	4 (79)
1954	Georgia Tech (38)	Atlanta, Ga.	DNC
1955	Auburn & Florida (46)	Atlanta, Ga.	DNC
1956	Tennessee (26)	Atlanta, Ga.	DNC
1957	Mississippi State (35)	Atlanta, Ga.	DNC
1958	Kentucky (47.5)	Atlanta, Ga.	DNC
1959	Kentucky (59)	Atlanta, Ga.	DNC
1960	Mississippi State (38)	Atlanta, Ga.	DNC
1961	Mississippi State (33)	Atlanta, Ga.	DNC
1962	Mississippi State (37)	Atlanta, Ga.	DNC
1963	Tennessee (15)	Atlanta, Ga.	DNC
1964	Auburn (23)	Pine Mountain, Ga.	DNC
1965	Tennessee (15)	Birmingham, Ala.	4 (105)
1966	Tennessee (39)	Birmingham, Ala.	6 (112)
1967	Tennessee (28)	Birmingham, Ala.	3 (90)
1968	Tennessee (30)	Birmingham, Ala.	6 (137)
1969	Tennessee (34)	Birmingham, Ala.	7 (149)
1970	Kentucky (41)	Birmingham, Ala.	2 (44)
1971	Tennessee (48)	Birmingham, Ala.	2t (51)
1972	Tennessee (35)	Tuscaloosa, Ala.	2 (48)
<b>1973</b>	<b>Alabama (41)</b>	<b>Gainesville, Fla.</b>	<b>1 (41)</b>
1974	Tennessee (44)	Lexington, Ky.	6 (169)
1975	Tennessee (38)	Baton Rouge, La.	5 (112)
1976	Tennessee (32)	Starkville, Miss.	2 (38)
1977	Tennessee (23)	Knoxville, Tenn.	4 (93)
1978	Tennessee (24)	Nashville, Tenn.	6 (158)
1979	Auburn (73)	Tuscaloosa, Ala.	5 (121)
1980	Auburn (35)	Auburn, Ala.	4 (117)
1981	Tennessee (38)	Gainesville, Fla.	9 (238)
1982	Tennessee (47)	Athens, Ga.	9 (231)
1983	Tennessee (31)	Lexington, Ky.	8 (229)
1984	Tennessee (38)	Clinton, La.	6 (151)
1985	Tennessee (31)	Oxford, Miss.	9 (216)
1986	Florida (38)	Knoxville, Tenn.	5 (169)
1987	Florida (45)	Nashville, Tenn.	5 (145)
1988	Kentucky (37)	Tuscaloosa, Ala.	4 (89)
1989	Tennessee (57)	Auburn, Ala.	5 (90)
1990	Tennessee (52)	Gainesville, Fla.	4 (90)
1991	Arkansas (15)	Athens, Ga.	8 (217)
1992	Arkansas (23)	Lexington, Ky.	8 (180)
1993	Arkansas (18)	Baton Rouge, La.	5 (152)
1994	Arkansas (38)	Fayetteville, Ark.	3 (99)
1995	Arkansas (32)	Starkville, Miss.	3 (90)
1996	Arkansas (15)	Oxford, Miss.	2 (64)
1997	Arkansas (16)	Columbia, S.C.	2 (66)
1998	Arkansas (19)	Maryville, Tenn.	9 (262)
1999	Arkansas (17)	Nashville, Tenn.	4 (73)
2000	Arkansas (27)	Tuscaloosa, Ala.	2 (43)
2001	Arkansas (24)	Auburn, Ala.	2 (85)
2002	Arkansas (31)	Gainesville, Fla.	2 (52)
2003	Arkansas (33)	Athens, Ga.	4 (97)
2004	Arkansas (23)	Fayetteville, Ark.	7 (184)
2005	Arkansas (23)	Columbia, S.C.	2 (73)
2006	Arkansas (21)	Baton Rouge, La.	3 (75)
2007	Arkansas (36)	Lexington, Ky.	3 (82)
<b>2008</b>	<b>Alabama (32)</b>	<b>Starkville, Miss.</b>	<b>1 (32)</b>
<b>2009</b>	<b>Alabama (56)</b>	<b>Oxford, Miss.</b>	<b>1 (56)</b>
2010	Arkansas (34)	Columbia, S.C.	2 (62)
2011	Arkansas (33)	Maryville, Tenn.	5t (169)
2012	Arkansas (35)	Nashville, Tenn.	11 (309)
2013	Arkansas (31)	Gainesville, Fla.	11 (251)
2014	Arkansas (54)	Tuscaloosa, Ala.	6 (195)
2015	Arkansas (25)	College Station, Texas	9 (203)
2016	Arkansas (25)	Fayetteville, Ark.	5 (152)
2017	Arkansas (41)	Athens, Ga.	2 (81)

## ALABAMA AT THE SEC WOMEN'S CHAMPIONSHIPS

Year	Champion (Pts.)	Site	Alabama Finish (Pts.)
1983	Tennessee (24)	Lexington, Ky.	3 (78)
1984	Florida (41)	Clinton, La.	2 (54)
1985	Kentucky (84)	Oxford, Miss.	2 (93)
<b>1986</b>	<b>Alabama (30)</b>	<b>Knoxville, Tenn.</b>	<b>1 (30)</b>
<b>1987</b>	<b>Alabama (20)</b>	<b>Nashville, Tenn.</b>	<b>1 (20)</b>
1988	Kentucky (22)	Tuscaloosa, Ala.	2 (68)
1989	Kentucky (39)	Auburn, Ala.	4t (98)
1990	Tennessee (41)s	Gainesville, Fla.	3 (88)
1991	Arkansas (30)	Athens, Ga.	4 (111)
1992	Arkansas (52)	Lexington, Ky.	2 (80)
1993	Arkansas (37)	Baton Rouge, La.	2 (83)
1994	Arkansas (31)	Fayetteville, Ark.	2 (80)
1995	Arkansas (40)	Starkville, Miss.	4 (107)
1996	Florida (52)	Oxford, Miss.	7 (198)
1997	Florida (37)	Columbia, S.C.	5 (124)
1998	Arkansas (25)	Maryville, Tenn.	4 (147)
1999	Arkansas (15)	Nashville, Tenn.	6 (169)
2000	Arkansas (43)	Tuscaloosa, Ala.	5 (153)
2001	Arkansas (35)	Auburn, Ala.	11 (235)
2002	Arkansas (39)	Gainesville, Fla.	10 (291)
2003	Tennessee (57)	Athens, Ga.	9 (230)
2004	Tennessee (55)	Fayetteville, Ark.	10 (257)
2005	Tennessee (48)	Columbia, S.C.	8 (190)
2006	Arkansas (17)	Baton Rouge, La.	8 (240)
2007	Arkansas (39)	Lexington, Ky.	10 (275)
2008	Arkansas (46)	Starkville, Miss.	7 (170)
2009	Florida (24)	Oxford, Miss.	5 (141)
2010	Florida (60)	Columbia, S.C.	6 (177)
2011	Vanderbilt (30)	Maryville, Tenn.	6 (181)
2012	Florida (61)	Nashville, Tenn.	11 (268)
2013	Arkansas (32)	Gainesville, Fla.	6 (174)
2014	Arkansas (32)	Tuscaloosa, Ala.	3 (140)
2015	Arkansas (38)	College Station, Texas	4 (143)
2016	Arkansas (46)	Fayetteville, Ark.	6 (170)
2017	Arkansas (35)	Athens, Ga.	7 (171)

## ALABAMA SEC CROSS COUNTRY HONORS AND AWARDS

**Men's SEC Champions**

Robert Pette	1959, 1960
Steve Bolt	1976
German Beltran	1988
David Kimani	2000, 2001, 2002
Emmanuel Bor	2007
Antibahs Kosgei	2015
Vincent Kiprop	2017

**Women's SEC Champions**

Evelyn Adiru	1985, 1987
Carole Trepanier	1988
Becki Wells	1993

**Men's SEC Athlete of the Year**

David Kimani	2000, 2001
Emmanuel Bor	2007
Tyson David	2008
Antibahs Kosgei	2015
Vincent Kiprop	2017

**Men's Freshman All-SEC**

Andrew Kirwa	2007
Zac Edwards	2008
J.P. Brinyark	2016

**Women's Freshman All-SEC**

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

**Men's SEC Freshman of the Year**

Peter Etot	2002
Augustus Maiyo	2005
Andrew Kirwa	2007

**Women's SEC Freshman of the Year**

Ashley LaBudde	1998
Dawn Boggs	1999

**Men's SEC Coach of the Year**

Joe Walker	2001, 2008, 2009
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**Women's SEC Coach of the Year**

David Troy	1986, 1987
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**Men's All-SEC Selections - By Year**

Year	Name
1959	Robert Pette
1960	Robert Pette
1965	Gary Terrell
1966	Gary Blackmon, Bill Pease
1967	Angelo Harris
1968	Angelo Harris
1970	Fred Emerling, Angelo Harris, Alton Sizemore, Gaylon Smith
1971	Fred Emerling, Alton Sizemore, Gaylon Smith
1972	Mark Brown, Herb Gibson, Robin Shipman, Bob Starling
1973	Frank Bromberg, Mark Brown, Herb Gibson, Robin Shipman
1975	Steve Bolt, Rick Bourrier
1976	Steve Bolt, Rick Bourrier, Frank Bromberg, Terry Crews, Devon Hind
1977	Rick Bishop, Rick Bourrier
1979	Rich Hanson, Scott Scheffler, Jim Wilson
1980	Jim Wilson
1984	Doug Cronkite, Peter McColgan
1985	Peter McColgan
1988	German Beltran, Guy Shultz
1990	German Beltran
1991	Cern Basher
1999	Tim Broe, Chris Mutai
2000	David Kimani, Japheth Koech, Chris Mutai
2001	David Kimani, Japheth Koech
2002	Peter Etot, David Kimani, Peter Kiprono
2003	Josphat Waweru
2005	Titus Koeh, Alex Korir, Abraham Kutingala, Augustus Maiyo
2006	Emmanuel Bor, Abraham Kutingala, Augustus Maiyo
2007	Emmanuel Bor, Andrew Kirwa, Abraham Kutingala
2008	Emmanuel Bor, Tyson David, Andrew Kirwa, Abraham Kutingala, Augustus Maiyo
2009	Julius Bor, Tyson David, Moses Kiptoo, Fred Samoei
2010	Julius Bor, Carison Kemei, Joel Rop
2011	Carison Kemei
2015	Antibahs Kosgei
2016	Antibahs Kosgei
2017	Vincent Kiprop, Gilbert Kigen, Alfred Chelanga

**Women's All-SEC Selections - By Year**

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

**Men's All-SEC Selections**

Athlete	Year
Cern Basher	1991
German Beltran	1988, 1990
Rick Bishop	1977
Gary Blackmon	1966
Steve Bolt	1975, 1976
Emmanuel Bor	2006, 2007, 2008
Julius Bor	2009, 2010
Rick Bourrier	1975, 1976, 1977
Tim Broe	1999
Frank Bromberg	1973, 1976
Mark Brown	1972, 1973
Alfred Chelanga	2017
Terry Crews	1976
Doug Cronkite	1984
Tyson David	2008, 2009
Fred Emerling	1970, 1971
Peter Etot	2002
Herb Gibson	1972, 1973
Rich Hanson	1979
Angelo Harris	1967, 1968, 1970
Devon Hind	1976
Carison Kemei	2010, 2011
Gilbert Kigen	2017
Vicent Kiprop	2017
David Kimani	2000, 2001, 2002
Peter Kiprono	2002
Moses Kiptoo	2009
Andrew Kirwa	2007, 2008
Japheth Koech	2000, 2001
Titus Koeh	2005
Alex Korir	2005
Antibahs Kosgei	2015, 2016
Abraham Kutingala	2005, 2006, 2007, 2008
Augustus Maiyo	2005, 2006, 2008
Peter McColgan	1984, 1985
Chris Mutai	1999, 2000
Bill Pease	1966
Robert Pette	1959, 1960
Joel Rop	2010
Fred Samoei	2009
Scott Scheffler	1979
Robin Shipman	1972, 1973
Guy Shultz	1988
Alton Sizemore	1970, 1971
Gaylon Smith	1970, 1971
Bob Starling	1972
Gary Terrell	1965
Josphat Waweru	2003
Jim Wilson	1979, 1980

**Women's All-SEC Selections**

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





## 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

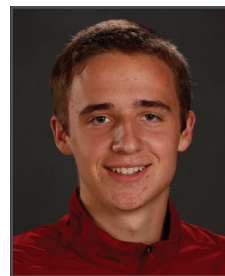
- Did not compete

#### 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

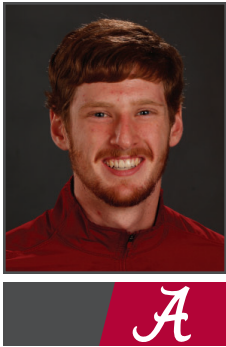
#### PREP HIGHLIGHTS

- 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

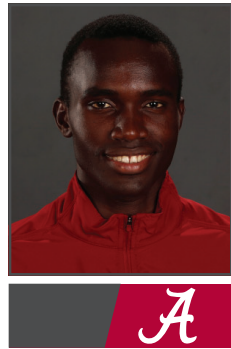
- Finished 76th at the SEC Championships in a time of 26:30.3
- Ran the five-mile course at the Joe Plane Notre Dame Invitational in a time of 26:06.9
- Finished ninth and was the Crimson Tide's third runner in a time of 15:45.97 at the 5k Chattanooga Powerade Invitational
- Made his college debut at 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

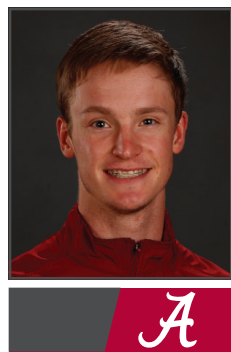
Did not compete

## 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 Nuttyscombe 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
- Clocked a 1:55.21 for 800 meters to finish 11th in the first individual race of his college career at the Auburn Invitational. Also ran the second leg on the Tide's distance medley relay that finished second at the Auburn meet in 10:37.33
- Made his collegiate track & field debut at the Commodore Invitational as a member of the Tide's distance medley relay and 4x400-meter "C" relay teams

#### 2016 Cross Country

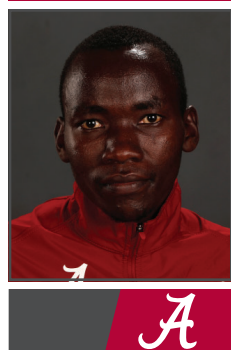
- Made his collegiate debut at the Chattanooga Powerade Invitational, finishing 22nd in a time of 16:11.09 over the 5k course

#### 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

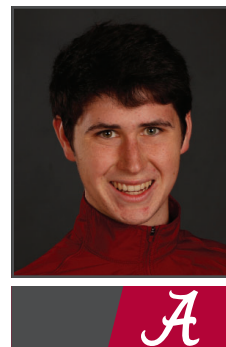
- Made his collegiate debut at the Nuttycombe Invitational

#### 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

- Completed the UAB Blazer Classic 45th overall with a 6k time of 22:54.18
- 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

- Competed at the UAB Blazer Classic and finished 84th overall with a 6k time of 23:54.33
- 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

- Finished 32nd at the UAB Blazer Classic with a 6k time of 22:36.63
- 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

- Finished seventh overall and was Alabama's No. 2 runner at the UAB Blazer Classic with a 6k time of 21:28.10
- Was Alabama's No. 1 runner and finished 17th overall at the Nuttyscombe 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 Geary 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

- Completed the UAB Blazer Classic 31st overall with a 6k time of 22:35.68
- Finished 72nd at the Nuttyscombe 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

- Finished ninth and was Alabama's No. 3 runner at the UAB Blazer Classic with a 6k time of 21:30.48
- Was Alabama's No. 3 runner at the Nuttyscombe 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

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

- Finished as Alabama's No. 1 runner and was second overall with a 6k time of 20:54.71 at the UAB Blazer Classic
- 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 champion 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

- Finished 39th at the UAB Blazer Classic with a time of 22:46.97 over the 6k course
- 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

- Clocks 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**

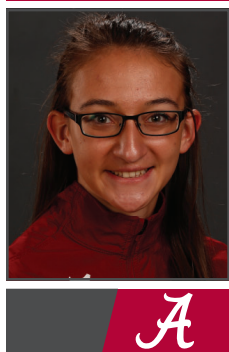
- Ran the Crimson Classic 5k in a time of 19:19.43
- Crossed the two-mile finish line in 12:17.91 in her Crimson Tide debut at the Samford Cross Country Opener

**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 as Alabama's No. 5 runner and was 26th overall at the UAB Blazer Classic with a 6k time of 22:21.90
- Finished 67th overall in her season debut at the Nuttycombe 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**

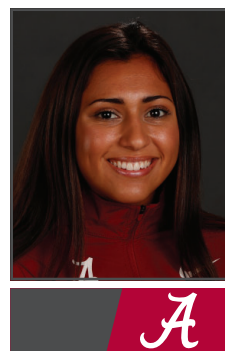
Did not compete.

**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 38th at the UAB Blazer Classic with a 6k time of 22:46.00
- 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 33rd at the UAB Blazer Classic with a 6k time of 22:38.29
- 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 49th at the UAB Blazer Classic with a 6k time of 23:02.69
- 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

- Alabama's No. 5 runner at the Nuttyscombe 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 as Alabama's No. 4 runner and 23rd overall with a 6k time of 22:19.77 at the UAB Blazer Classic
- 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 Piane 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 Piane Notre Dame Invitational on Sept. 30
- Finished ninth and was Alabama's No. 2 runner in her collegiate debut at the Brooks Memphis Twilight Classic. Covered the 5k course in a time of 17:43.43

### PREP 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 IGHS AU 4A cross country state championship with a 4k time of 14:00.2
- Finished fifth in the 2015 New Balance Nationals 5k with a time of 17:01
- Claimed the runner-up title in both the 3,000 meters and the 1,500 meters at the IGHS AU 4A state championships
- Competed as a member of the Pleasant Valley High School team that won the 2015 IGHS AU 4A State Team Championships
- Three-time Mississippi Athletic Conference cross country champion
- Three-time district cross country champion
- Holds Pleasant Valley school records in the 3,000 meters (9:50.87) and the 1,500 meters (4:39.79)
- Holds state record in the 5k (17:55)
- 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



## KAITLIN YORK

### DISTANCE

Senior

Tuscaloosa, Ala./  
American Christian  
Academy

### ACCOLADES

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

## 2018-19

### 2018 Cross Country

- Finished 51st in her season debut at the UAB Blazer Classic, covering the 6k course in 23:10.23

## 2017-18

### 2018 Outdoor Season

- Finished 12th in the 10,000 meters at the SEC Outdoor Track & Field Championships with a time of 37:22.34.
- Won the 5,000 meters at the Crimson Tide Invitational with a personal best time of 17:02.99.
- Finished third in the 5,000 meters at the UTSA Invitational with a time of 17:24.12.

### 2018 Indoor Season

- Made her season debut in the 3,000 meters at the Music City Challenge where she finished in 10:20.84.

### 2017 Cross Country

- Made her season debut at the Crimson Classic and finished with a time of 22:49.8 over the 6k course.

## 2016-17

### 2017 Outdoor Season

- Finished sixth in the invitational 5,000 meters at the War Eagle Invitational in a personal-best 17:21.06.
- Finished 18th in the 5,000 meters at the Crimson Tide Invitational in a personal-best 17:41.57.
- Finished 11th in the 5,000 meters at the Florida State Relays in 18:11.30 in her first outdoor outing of the season.

### 2017 Indoor Season

- Competed in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships but did not finish.
- Competed in the 5,000 meters at the Iowa State Classic but did not finish the race.
- Competed in the 3,000 meters at the Bob Pollock Invitational but did not finish the race.
- Won the 5,000 meters in a personal-best 17:18.73 and finished fifth in the mile in 4:58.00 at the Auburn Invitational.
- Finished ninth in the 3,000 meters in a personal-best 9:54.14 at the season-opening Commodore Invitational.

### 2016 Cross Country

- Posted a personal-best time of 23:56.3 at the 6k Crimson Classic.
- Finished 27th in the season-opening Brooks Memphis Twilight Classic. Covered the 5k course in a time of 18:22.99.

## 2015-16

### 2016 Outdoor Season

- Ran 17:55.15 in the 5,000 meters to finish second in the event at the LSU Invitational
- Registered a time of 17:48.46 in the invitational section of the 5,000 meters to finish 14th in the event at the War Eagle Invitational
- Clocked a time of 17:48.40 in the 5,000 meters to finish 38th at the Florida Relays.

### 2016 Indoor Season

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

### 2015 Cross Country

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

### PREP HIGHLIGHTS

- Named the 2014-15 Gatorade Alabama Girls Cross Country Runner of the Year, the first in ACA school history.
- Won the 3A individual cross country title (5k) as a senior after finishing second in both her sophomore and junior seasons.
- Guided ACA to the team cross country title as well, their sixth in eight years.

- Claimed a total of seven individual track titles, four indoor and three outdoor, in her senior season while guiding ACA to both the indoor and outdoor state championships.
- Posted personal-best times in the 1,600 meters and 3,200 meters in 2015.
- Coached by Charles Tiller at American Christian Academy.

### PERSONAL INFORMATION

- Daughter of Debra York.
- Born Dec. 10, 1996.
- Majoring in psychology.