



CRIMSON TIDE

CROSS COUNTRY



MEET 6



ALABAMA *at* NCAA SOUTH REGIONAL

NOV. 9, 2018 / 7:30 A.M. CT/8:30 A.M. / TALLAHASSEE, FLA.
APALACHEE REGIONAL PARK

Meet Notes: The Alabama men's and women's cross country teams will continue postseason competition this week with the 2018 NCAA South Regional at Apalachee Regional Park in Tallahassee, Fla., on Friday, Nov. 9. The women's 6,000-meter race will begin at 7:30 a.m. CT, followed by the men's 10,000-meter race at 8:30 a.m. The top two teams in each race, along with the top four men's and women's individual finishers who are not members of those teams, will qualify for the 2018 NCAA Cross Country Championships in Madison, Wis., on Nov. 17.

Alabama at the NCAA South Regional: The Crimson Tide men have won seven NCAA South Region titles (1999, 2000, 2001, 2007, 2008, 2009, 2010) and have posted consecutive top-six finishes in the last three seasons. The Tide women recorded a streak of six top-six regional finishes from 2011-2016. Individually, the UA men have won five South Region individual titles - three by David Kimani (2000, 2001, 2002) and one by Antibahs Kosgei (2015) and Gilbert Kigen (2017).

ALABAMA MEN

ALABAMA WOMEN

Clay Austell Jr./Collierville, Tenn.	Rebecca Buteau Jr./Madison, Miss.
J.P. Brinyark Jr./Berry, Ala.	Maddie Dearborn So./Yorkville, Ill.
Alfred Chelanga Sr./Nairobi, Kenya	Nicole Gardner Sr./Murfreesboro, Tenn.
Connor Ferrentino Sr./Orlando, Fla.	Esther Gitahi Jr./Nakuru, Kenya
Oliver Rigg Jr./Zionsville, Ind.	Shannon Marsh So./John's Creek, Ga.
Paul Selden So./Homewood, Ala.	Megan Patton Fr./Naperville, Ill.
	McKenzie Yanek Jr./Bettendorf, Iowa

2018 SCHEDULE

Meet	Date	Location
CROSS COUNTRY		
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.
SEC Championships	Oct. 26	Auburn, Ala.
NCAA South Regional	Nov. 9	Tallahassee, Fla.
NCAA Championships	Nov. 17	Madison, Wis.

QUICK HITS

A Look Back at the 2017 NCAA South Regional

Alabama junior Gilbert Kigen outkicked teammate Alfred Chelanga to win the individual men's title at the 2017 NCAA Cross Country South Regional Championship at UA's Harry Pritchett Running Park in Tuscaloosa. Fellow UA junior Vincent Kiprop finished fourth in 30:04.9. The finishes propelled the Crimson Tide men to a third place team finish and clinched UA's first team berth in the NCAA Cross Country Championships since 2010. The Crimson Tide women finished ninth at the 2017 regional.

Tide Men No. 5 in South Region Rankings

The Alabama men's cross country team enters the 2018 NCAA South Regional ranked No. 5 in the latest United States Track & Field and Cross Country Coaches Association South Region rankings released Oct. 29. The Tide women are 11th in the women's South Region rankings.

Head Coach Dan Waters Outlook

"I thought we ran our best race of the season at the SEC Championships and I was proud of the effort we showed when we needed it most. I think that gives us some momentum heading into the regionals this weekend."

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QUICK FACTS

UNIVERSITY

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

COACHING STAFF

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

TEAM INFORMATION

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

OUTDOOR PROGRAM HISTORY

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

ATHLETICS COMMUNICATIONS

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ROSTERS

2018 MEN'S ROSTER

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

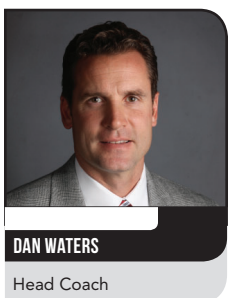
2018 WOMEN'S ROSTER

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

2018 COACHING STAFF

Dan Waters	Head Coach
Will Palmer	Assistant Coach

2018 SOUTH REGIONAL HEADSHOT ROSTERS



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	6th	Chelanga	2nd	22:27.51
Nov. 9	NCAA South Regional	Tallahassee, Fla.	8:30 a.m.	10k				
Nov. 17	NCAA Championships	Madison, Wis.	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	Blazer Classic	Montevallo, Ala.	9:30 a.m.	6k	2nd	Gitahi	2nd	20:54.71
Oct. 26	SEC Championships	Auburn, Ala.	9 a.m.	6k	9th	Gitahi	22nd	20:06.57
Nov. 9	NCAA South Regional	Tallahassee, Fla.	7:30 a.m.	6k				
Nov. 17	NCAA Championships	Madison, Wis.	TBD	8k				

USTFCCA RANKINGS

Latest rankings as of 10/29/18

MEN'S SOUTH REGIONAL

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

WOMEN'S SOUTH REGIONAL

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

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 MEET RECAPS

**SEC CHAMPIONSHIPS - OCT. 26**

Spurred by senior Alfred Chelanga's second-place finish, the Alabama men finished sixth at the 2018 Southeastern Conference Cross Country Championships at Indian Pines Golf Course in Auburn, Ala.

Chelanga's finish marks the third time in the last four seasons that Alabama has landed at least one runner in the top three in the men's cross country championships. Antibahs Kosgei won the 2015 SEC title while Vincent Kiprop, Gilbert Kigen and Chelanga finished 1-2-3, respectively, at the 2017 meet.

Chelanga covered the 8,000-meter course in 22:27.6 for the runner-up finish. Senior Connor Ferrentino finished 20th in 23:35.8 while junior J.P. Brinyark finished 37th in 24:02.1. Juniors Clay Austell (24:09.9) and Oliver Rigg (24:31.4) finished 49th and 62nd, respectively, to round out the scoring for Alabama.

In the women's championship, junior Esther Gitahi was the top finisher for the Tide, crossing the finish line in 22nd place in a time of 20:06.67 over the 6,000-meter course. Fellow juniors Rebecca Buteau (20:23.57) and McKenzie Yanek (20:36.41) finished 30th and 45th, respectively while sophomore Maddie Dearborn finished 70th in 21:03.19 and senior Nicole Gardner finished 83rd in 21:15.05 to round out the scoring for UA.

Alabama finished ninth as a team in the women's championship. UA's 242 team points equaled the total of Kentucky but the Wildcats won the tie-breaker for eighth place.

2018 TEAM/INDIVIDUAL MEET RESULTS

MISSISSIPPI COLLEGE SEASON OPENER

August 31, 2018
Clinton, Miss. • Choctaw Trails

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

Men's Team Results

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

Alabama Men's Individual Results

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

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

Women's Team Results

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

Alabama Women's Individual Results

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

SEC PREVIEW

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

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

Men's Team Results

Team	Pts.
1. Ole Miss	31
2. Tennessee	35
3. Auburn	80
4. Vanderbilt	96
5. ALABAMA	119

Alabama Men's Individual Results

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

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

Women's Team Results

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

Alabama Women's Individual Results

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

NUTTYCOMBE INVITATIONAL

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

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

Alabama Men's Individual Results

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

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

Women's Team Results

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

Alabama Women's Individual Results

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

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
2.	ALABAMA	61
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

SEC CHAMPIONSHIPS

October 26, 2018

Auburn, Ala. • Indian Pines Golf Course

Men's Race
8,000 Meters
12 teams • 104 runners
Sixth Place • 166 points

Men's Team Results

	Team	Pts.
1.	Ole Miss	36
2.	Arkansas	44
3.	Kentucky	122
4.	Tennessee	132
5.	Missouri	135
5.	ALABAMA	119

Alabama Men's Individual Results

Place	Name	Time
2.	Alfred Chelanga	22:27.51
20.	Connor Ferrentino	3:35.75
37.	J.P. Brinyark	24:02.02
49.	Clay Austell	24:09.87
62.	Oliver Rigg	24:31.36
100.	Paul Selden	26:11.65

Women's Race
6,000 Meters
14 teams • 132 runners
Ninth Place • 242 points

Women's Team Results

	Team	Pts.
1.	Arkansas	24
2.	Florida	69
3.	Ole Miss	116
4.	Georgia	144
5.	Missouri	149
6.	Vanderbilt	181
7.	Tennessee	197
8.	Kentucky	242*
9.	ALABAMA	242*

*-Kentucky wins tiebreaker for eighth place

Alabama Women's Individual Results

Place	Name	Time
22.	Esther Gitahi	20:06.67
30.	Rebecca Buteau	20:23.57
46.	McKenzie Yanek	20:36.41
73.	Maddie Dearborn	21:03.91
86.	Nicole Gardner	21:15.05
90.	Shannon Marsh	21:23.15
111.	Megan Patton	21:44.10
119.	Caroline Brooks	22:03.75
124.	Haley Wright	22:11.73
130.	Brittany Tolson	22:41.89

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 22:27.51	Alfred Chelanga	SEC Championships	Oct. 26	2
2 23:33.8	Alfred Chelanga	Nuttycombe Invitational	Sept. 28	10
3 23:35.1	Gilbert Kigen	Nuttycombe Invitational	Sept. 28	12
4 23:35.78	Connor Ferrentino	SEC Championships	Oct. 26	20
5 24:02.02	J.P. Brinyark	SEC Championships	Oct. 26	37
6 24:09.87	Clay Austell	SEC Championships	Oct. 26	49
7 24:31.36	Oliver Rigg	SEC Championships	Oct. 26	62
8 25:05.0	J.P. Brinyark	Nuttycombe Invitational	Sept. 28	174
9 25:56.7	Clay Austell	Nuttycombe Invitational	Sept. 28	214
10 26:11.65	Paul Selden	SEC Championships	Oct. 26	100

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
8 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 20:06.67	Esther Gitahi	SEC Championships	Oct. 26	22
2 20:23.57	Rebecca Buteau	SEC Championships	Oct. 26	30
3 20:36.41	McKenzie Yanek	SEC Championships	Oct. 26	46
4 20:54.7	Esther Gitahi	UAB Blazer Classic	Oct. 12	2
5 21:03.19	Maddie Dearborn	SEC Championships	Oct. 26	73
6 21:15.05	Nicole Gardner	SEC Championships	Oct. 26	86
7 21:23.15	Shannon Marsh	SEC Championships	Oct. 26	90
8 21:28.1	Rebecca Buteau	UAB Blazer Classic	Oct. 12	7
9 21:30.5	Nicole Garner	UAB Blazer Classic	Oct. 12	9
10 21:34.6	Rebecca Buteau	Nuttycombe Invitational	Sept. 28	17
11 21:44.10	Megan Patton	SEC Championships	Oct. 26	111
12 21:51.0	Esther Gitahi	Nuttycombe Invitational	Sept. 28	31
13 22:03.75	Caroline Brooks	SEC Championships	Oct. 26	119
14 22:11.73	Haley Wright	SEC Championships	Oct. 26	124
15 22:18.1	Nicole Gardner	Nuttycombe Invitational	Sept. 28	48
16 22:19.8	McKenzie Yanek	UAB Blazer Classic	Oct. 12	23
17 22:21.9	Shannon Marsh	UAB Blazer Classic	Oct. 12	26
18 22:26.3	Caroline Brooks	Nuttycombe Invitational	Sept. 28	57
19 22:29.4	Haley Wright	Nuttycombe Invitational	Sept. 28	61
20 22:33.9	Shannon Marsh	Nuttycombe Invitational	Sept. 28	67
21 22:35.7	Maddie Dearborn	UAB Blazer Classic	Oct. 12	31
22 22:36.6	Caroline Brooks	UAB Blazer Classic	Oct. 12	32
23 22:38.3	Brittany Tolson	UAB Blazer Classic	Oct. 12	33
24 22:41.1	Maddie Dearborn	Nuttycombe Invitational	Sept. 28	72
25 22:41.89	Brittany Tolson	SEC Championships	Oct. 26	130
26 22:46.0	Megan Patton	UAB Blazer Classic	Oct. 12	38
27 22:46.9	Brianna Koshy	UAB Blazer Classic	Oct. 12	39
28 22:54.1	Lauren Brackin	UAB Blazer Classic	Oct. 12	45
29 23:02.6	Eliza Witherspoon	UAB Blazer Classic	Oct. 12	49
30 23:10.2	Kaitlin York	UAB Blazer Classic	Oct. 12	51
31 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. 22:27.51	Alfred Chelanga	SEC Championships	Oct. 26, 2018	2
2. 23:01.18	Augustus Maiyo	SEC Championships	Oct. 29, 2005	2
3. 23:15.4	Vincent Kiprop	SEC Championships	Oct. 27, 2017	1
4. 23:18.8	Gilbert Kigen	SEC Championships	Oct. 27, 2017	2
5. 23:19	Emmanuel Bor	NCAA Pre-Nationals	Oct. 13, 2007	3
6. 23:23.4	Alfred Chelanga	SEC Championships	Oct. 27, 2017	3
7. 23:24.20	Antibahs Kosgei	SEC Championships	Oct. 30, 2015	1
8. 23:26	Emmanuel Bor	Bill Dellinger Invitational	Sept. 29, 2007	3
9. 23:26.4	Vincent Kiprop	Crimson Classic	Oct. 13, 2017	2
10. 23:30	Augustus Maiyo	Bill Dellinger Invitational	Sept. 29, 2007	4

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.	20:06.67	Esther Gitahi	SEC Championships	Oct. 26, 2018	22
4.	20:06.90	Katelyn Greenleaf	SEC Championships	Oct. 30, 2015	7
5.	20:16.13	Katelyn Greenleaf	NCAA South Regional	Nov. 13, 2015	3
6.	20:23.57	Rebecca Buteau	SEC Championships	Oct. 26, 2018	30
7.	20:23.62	Katelyn Greenleaf	SEC Championships	Oct. 31, 2014	11
8.	20:25.20	Rachael Reddy	SEC Championships	Oct. 30, 2015	16
9.	20:32.9	Julia Hicks	SEC Championships	Oct. 29, 2005	14
10.	20:36.41	McKenzie Yanek	SEC Championships	Oct. 26, 2018	46

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 - 24:09.87 • Oct. 26, 2018

Time	Event	Date	Finish
24:09.87	SEC Championships	Oct. 26	49
25:56.7	Nuttyscombe 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 - 24:02.02 • Oct. 26, 2018

Time	Event	Date	Finish
24:02.02	SEC Championships	Oct. 26	37
25:05.0	Nuttyscombe Invitational	Sept. 28	174

ALFRED CHELANGA

8-kilometer • UA PR - 22:27.51 • Oct. 26, 2018

Time	Event	Date	Finish
22:27.51	SEC Championships	Oct. 26	2
23:33.8	Nuttyscombe 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

8-kilometer • PR - 23:35.78 • Oct. 26, 2018

Time	Event	Date	Finish
23:35.78	SEC Championships	Oct. 26	20

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	Nuttyscombe 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

8-kilometer • PR - 24:31.36 • Oct. 26, 2018

Time	Event	Date	Finish
24:31.36	SEC Championships	Oct. 26	62

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

8-kilometer • PR - 26:11.65 • Oct. 26, 2018

Time	Event	Date	Finish
26:11.65	SEC Championships	Oct. 26	100

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 - 22:03.75 • Oct. 26, 2018

Time	Event	Date	Finish
22:03.75	SEC Championships	Oct. 26	119
22:26.3	Nuttycombe 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 - 20:23.57 • Oct. 26, 2018

Time	Event	Date	Finish
20:23.57	SEC Championships	Oct. 26	30
21:28.10	UAB Blazer Classic	Oct. 12	7
21:34.6	Nuttycombe 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 - 21:03.19 • Oct. 26, 2018

Time	Event	Date	Finish
21:03.19	SEC Championships	Oct. 26	73
22:35.68	UAB Blazer Classic	Oct. 12	31
22:41.1	Nuttycombe 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
21:15.05	SEC Championships	Oct. 26	86
21:30.48	UAB Blazer Classic	Oct. 12	9
22:18.1	Nuttycombe Invitational	Sept. 28	48

ESTHER GITAH

6-kilometer • PR - 20:06.67 • Oct. 26, 2018

Time	Event	Date	Finish
20:06.67	SEC Championships	Oct. 26	22
20:54.71	UAB Blazer Classic	Oct. 12	2
21:51.0	Nuttycombe 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 - 21:23.15 • Oct. 26, 2018

Time	Event	Date	Finish
21:23.15	SEC Championships	Oct. 26	90
22:21.90	UAB Blazer Classic	Oct. 12	26
22:33.9	Nuttycombe 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 - 21:44.10 • Oct. 26, 2018

Time	Event	Date	Finish
21:44.10	SEC Championships	Oct. 26	111
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

2018 WOMEN'S INDIVIDUAL TIMES

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
22:41.89	SEC Championships	Oct. 26	130

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 - 22:11.73 • Oct. 26, 2018

Time	Event	Date	Finish
22:11.73	SEC Championships	Oct. 26	124
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 - 20:36.41 • Oct. 26, 2018

Time	Event	Date	Finish
20:36.41	SEC Championships	Oct. 26	46
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 NCAA SOUTH REGIONAL

Men's NCAA South Region Team Titles

2010, 2009, 2008, 2007, 2001, 2000, 1999

Men's South Regional Top 10 Finishes

Year	Place	Points	Location
1973	6th		
1988	8th		
1999	1st	69	Auburn, Ala.
2000	1st	47	Tuscaloosa, Ala.
2001	1st	55	Birmingham, Ala.
2002	2nd	79	Maryville, Tenn.
2003	5th	132	Auburn, Ala.
2004	8th	241	Tuscaloosa, Ala.
2005	1st	40	Gainesville, Fla.
2006	2nd	88	Maryville, Tenn.
2007	1st	28	Gainesville, Fla.
2008	1st	49	Knoxville, Tenn.
2009	1st	45	Tuscaloosa, Ala.
2010	1st	30	Birmingham, Ala.
2015	6th	183	Tuscaloosa, Ala.
2016	4th	122	Tallahassee, Fla.
2017	3rd	95	Tuscaloosa, Ala.

Men's NCAA South Regional Individual Titles (10k)

Year	Name	Time	Location
2000	David Kimani	30:25.15	Tuscaloosa, Ala.
2001	David Kimani	30:06.43	Birmingham, Ala.
2002	David Kimani	32:09.91	Maryville, Tenn.
2015	Antibahs Kosgei	30:25.66	Tuscaloosa, Ala.
2017	Gilbert Kigen	29:44.5	Tuscaloosa, Ala.

Men's NCAA All-South Regional Finishers (by year)

2000	David Kimani, Japheth Koech, Frank Rono, Chris Mutai
2001	David Kimani, Peter Kiprono, Japheth Koech, Matt Legrand
2002	David Kimani, Peter Kiprono, Tyler Stanfield
2003	Kevin McDonough, Josphat Waweru
2004	Alex Korir
2005	Peter Etot, Titus Koeh, Alex Korir, Abraham Kutingala, Augustus Maiyo
2006	Emmanuel Bor, Abraham Kutingala, Augustus Maiyo
2007	Emmanuel Bor, Andrew Kirwa, Titus Koeh, Abraham Kutingala, Augustus Maiyo
2008	Emmanuel Bor, Tyson David, Andrew Kirwa, Abraham Kutingala, Augustus Maiyo
2009	Emmanuel Bor, Julius Bor, Tyson David, Andrew Kirwa, Fred Samoei
2010	Julius Bor, Carison Kemei, Moses Kiptoo, Andrew Kirwa, Joel Rop
2014	Robbie Farnham-Rose
2015	Antibahs Kosgei
2016	Robbie Farnham-Rose, Antibahs Kosgei
2017	Gilbert Kigen, Alfred Chelanga, Vincent Kiprop

Men's NCAA All-South Regional Finishers (by athlete)

Emmanuel Bor	2006, 2007, 2008, 2009
Julius Bor	2009, 2010
Alfred Chelanga	2017
Tyson David	2008, 2009
Peter Etot	2005
Robbie Farnham-Rose	2014, 2016
Carison Kemei	2010
Gilbert Kigen	2017
David Kimani	2000, 2001, 2002
Peter Kiprono	2001, 2002
Vincent Kiprop	2017
Moses Kiptoo	2010
Andrew Kirwa	2007, 2008, 2009, 2010
Japheth Koech	2000, 2001
Titus Koeh	2005, 2007
Alex Korir	2004, 2005
Antibahs Kosgei	2015, 2016
Abraham Kutingala	2005, 2006, 2007, 2008
Matt Legrand	2001
Augustus Maiyo	2005, 2006, 2007, 2008
Kevin McDonough	2003
Chris Mutai	2000
Frank Rono	2000
Joel Rop	2010
Fred Samoei	2009
Tyler Stanfield	2002
Josphat Waweru	2003

Men's South Region Coach of the Year

Joe Walker 2000, 2001, 2007, 2008, 2009, 2010

Women's NCAA/AIAW South Region Top-10 Finishes

Year	Place	Points	Location
1977*	2nd	-	
1978*	1st	-	
1979*	1st	-	
1980*	2nd	-	
1981*	3rd	-	
1984	3rd	-	
1985	6th	180	
1986	1st	-	
1987	3rd	-	
1988	5th	-	
1997	8th	205	
1999	7th	194	Auburn, Ala.
2000	10th	269	Tuscaloosa, Ala.
2008	8th	219	Knoxville, Tenn.
2009	7th	208	Tuscaloosa, Ala.
2010	7th	239	Birmingham, Ala.
2011	6th	217	Tuscaloosa, Ala.
2012	6th	248	Tallahassee, Fla.
2013	3rd	143	Tuscaloosa, Ala.
2014	3rd	135	Tallahassee, Fla.
2015	3rd	135	Tuscaloosa, Ala.
2016	4th	177	Tallahassee, Fla.
2017	9th	248	Tuscaloosa, Ala.

* denotes AIAW

Women's AIAW South Region Individual Titles (6k)

Year	Name
1978	Cindy Strum
1979	Cindy Strum
1980	Sue Jackson

Women's NCAA All-South Regional Finishers (by year)

1998	Ashley LaBudde, Aly Mills
1999	Dawn Boggs, Amanda Grout, Ashley LaBudde
2000	Ashley LaBudde
2005	Julia Hicks
2006	Julia Hicks
2007	Haley Moody
2008	Kelsey Johnson, Sara Vaughn
2009	Kelsey Johnson
2013	Katelyn Greenleaf, Meropi Panagiotou
2014	Katelyn Greenleaf, Hannah Waggoner
2015	Katelyn Greenleaf
2016	Hannah Waggoner

Women's NCAA All-South Regional Finishers (by athlete)

Dawn Boggs	1999
Katelyn Greenleaf	2013, 2014, 2015
Amanda Grout	1999
Julia Hicks	2005, 2006
Kelsey Johnson	2008, 2009
Ashley LaBudde	1998, 1999, 2000
Aly Mills	1998
Haley Moody	2007
Meropi Panagiotou	2013
Sara Vaughn	2008
Hannah Waggoner	2014, 2016

Women's South Region Coach of the Year

David Troy 1986

HEAD COACH DAN WATERS



DAN WATERS

Head Coach

EIGHTH SEASON

In his eighth season at the helm of The University of Alabama men's and women's cross country and track & field programs, head coach Dan Waters has made an extraordinary impact on the Crimson Tide. Waters has unified and transformed the program and made it one of the nation's best track & field and cross country programs during his tenure.

Since taking over the program in June of 2011, Waters has completely remade the Alabama program. A multi-million dollar facelift of the Sam Bailey Track & Field Complex dramatically changed the functionality and capabilities of the facility. Those improvements are an outward reflection of the overhaul that has occurred within the team. In seven years with Waters as head coach, Alabama has developed into a complete program featuring top student-athletes in all disciplines.

The 2018 track & field season saw the Crimson Tide men capture the program's first USTFCCCA Program of the Year Award, presented annually to the cross country and track & field program with the best combined finishes at the NCAA cross country, indoor and outdoor championships. Alabama earned the honor on the strength of a fifth-place finish at the NCAA outdoor meet, a ninth-place finish at the indoor championships and a 14th-place finish at the NCAA Cross Country Championships.

The top-5 finish at the NCAA Outdoor Track & Field Championships was the first for the Tide since 1986 and gave UA its first back-to-back top-10 outdoor placings since finishing seventh and sixth in 2000 and 2001. The eighth place finish indoors also gave the Tide back-to-back indoor top-10 finishes for the first time since finishing fourth and second in 2001 and 2002.

In addition to its national success in 2018, Alabama captured its first Southeastern Conference indoor championship since 1972 to earn Waters his first SEC Coach of the Year award. Outdoors, the men finished fourth at the SEC meet, giving the Tide three straight top-four finishes in conference for the first time since 1989-91.

The 2017 cross country season was the best of Waters' tenure and continues the growth curve the program has been on over the last several years. In addition to their 14th-place team finish in their first trip to the national meet since 2010, juniors Gilbert Kigen

(fourth), Vincent Kiprop (seventh) and Alfred Chelanga (37th) earned All-America honors. The men finished second at the SEC Championships and third at the NCAA South Regional as Kiprop (SEC) and Kigen (Regional) captured individual titles at the two races and earned SEC Runner of the Year and South Region Athlete of the Year honors, respectively.

The Tide women were led by sophomore McKenzie Yanek, who followed up her SEC All-Freshman debut in 2016 with First-Team All-SEC honors in 2017.

In his first seven seasons at the Capstone, Waters' track & field teams have earned 107 All-American certificates (64 men's/43 women's) and seen five individuals win at total of eight individual national titles during that span.

The Tide men have recorded three top-10 NCAA Indoor Championships finishes in the last five years (2014, 2017, 2018) and back-to-back men's top-10 finishes at the NCAA Outdoor Championships over the last two seasons. The Crimson Tide women posted their first top-three finish in 23 years at the 2017 NCAA indoor meet.

In SEC competition, the Tide men have recorded three top-four finishes at the conference indoor meet (2014, 2017, 2018) - including the 2018 SEC indoor title - and three consecutive top-four finishes at the SEC outdoor meet over the last three seasons. In 2017, the Tide men and women both finished in the top-10 at the NCAA indoor championships for the first time in school history.

The success of the 2017 cross country team capped a three-year run that saw the men's team move from ninth to second at the SEC Cross Country Championships and sixth to third at the NCAA South Regional to earn UA its first team trip to the NCAA Championships since 2010. From 2013-16, the Tide women also posted four consecutive top-four finishes at the South Regional.

Alabama has also experienced considerable individual success in cross country under Waters. The Tide men have won two of the last three SEC and NCAA South Regional individual titles with Antibahs Kosgei taking both the SEC and regional crowns in 2015 and Vincent Kiprop leading a Tide sweep of the top three spots at the 2017 SEC meet and Gilbert Kigen winning the South Regional that same season. Kosgei (2015, 2016), Kiprop (2017), Kigen (2017), Robbie Farnham-Rose (2014, 2016) and Alfred Chelanga (2017) have all earned men's All-South Region honors under Waters while Katelyn Greenleaf (2013, 2014, 2015), Meropi Panagiotou (2013) and Hannah Waggoner (2014, 2016) have earned the honor for the women.

Alabama's All-SEC honorees have included Carison Kemei (2011), Kosgei (2015, 2016), Kiprop (2017), Kigen (2017) and Chelanga (2017) on the men's side and Greenleaf (2013, 2014, 2015) and Rachael Reddy (2015) for the women.

The foundation for 2017's success was laid in 2016 as Alabama recorded its best finishes to that point under Waters at the SEC Outdoor Track & Field Championships as the women finished sixth and the men finished third at the meet, which was held at the Sam Bailey Track Stadium. The finishes were the best since 1989 for the men and since 2006 for the women.

One of the finest honors in the Waters era was earned when the men's track & field squad was named the 2014 Indoor Scholar Team of the Year by the U.S.

THE DAN WATERS FILE

PERSONAL INFORMATION

Birthdate: October 25, 1971
Hometown: Prairie Village, Kansas
High School: Bishop Miege High School
College: University of Kansas – Bachelor's Degree (Secondary Education), 1995

COACHING CAREER

2011-Present: Head Coach, Alabama
2004-11: Assistant Coach, Texas A&M
2001-04: Assistant Coach, Georgia
1996-2001: Assistant Coach, TCU
1995-96: Volunteer Assistant Coach, Texas

ACHIEVEMENTS

- In 2017-18 Alabama won the USTFCCCA Men's Program of the Year award for the first time in school history
- 2018 SEC Men's Indoor Coach of the Year
- In 2018, the Alabama men posted their third consecutive top-3 SEC outdoor finish for the first time since 1989-91
- In 2017, Alabama posted top-10 men's and women's finishes at the NCAA Indoor Championships for the first time in school history
- Alabama's sixth-place finish in the women's team standings at the 2016 SEC Outdoor Championships was the best by a UA team since 2006
- In 2014, Alabama produced top-20 team finishes by both the men's and women's teams at the NCAA Indoor and NCAA Outdoor meets for the first time since 1984
- Alabama's men's team finished 11th in the team standings at the 2013 NCAA Outdoor Championships, the highest UA team finish in 11 years
- First-year Crimson Tide athletes scored 45 of Alabama's 52 men's team points at the 2013 SEC Outdoor Championships
- Alabama's 2017 men's and women's recruiting class was ranked No. 5 and No. 3, respectively, in the nation by Track & Field News
- Has recruited national top-10 recruiting classes in 1998, 1999, 2000, 2006, 2007, 2008, 2009, 2010, 2013, 2014, 2015 and 2017 (by Track & Field News)
- Member of coaching staffs that have produced 21 NCAA top-10 team finishes
- Member of the Texas A&M coaching staff of the 2009 and 2010 men's and women's NCAA national outdoor championship teams
- Coached the 2008 Texas A&M men's cross country team that won the NCAA South Central Regional championship, breaking a 19-year winning streak held by the University of Arkansas
- Member of the Texas A&M coaching staff of the 2007, 2008, 2009 and 2010 women's indoor and outdoor Big 12 Conference championship teams
- Coached the 2003 Georgia men's team to NCAA Cross Country Championship appearance (first in school history)
- Coached the 2003 Georgia men's team to an NCAA South Regional Cross Country Championship appearance
- Coached the Georgia men's and women's team that was runner-up at the 2003 SEC Cross Country Championship (highest finish ever for the men; equaled the highest finish for the women)
- Assistant coach of the 2000 and 2001 WAC indoor men's team champions at TCU (the first conference title in program history)
- Coached the 2000 WAC cross country women's team champions at TCU (the first conference title in program history)
- Member of the 1996 Texas staff for the team that won the Southwest Conference Outdoor Track and Field Championships

HEAD COACH DAN WATERS

Championships, the program's highest team finish in 11 years.

Alabama produced nine All-Americans in the 2013 outdoor season, after qualifying 18 athletes for the NCAA Outdoor Championships. Sprinter Diondre Batson led the way by finishing fourth in the men's 100-meter dash and running a leg on the Tide's second-place 4x100-meter relay unit that shattered the school record.

While serving as recruiting coordinator and distance coach at Texas A&M, Waters was a key contributor to a coaching staff that led the Aggies to unprecedented success on the national scene. The Aggies won six NCAA national championships, including three-straight men's and women's outdoor titles, the first program to accomplish that feat.

The Aggie women won eight consecutive Big 12 titles (four indoor, four outdoor) in a four-year span. One of the nation's top distance coaches, Waters also served as the recruiting coordinator at A&M and assisted the process of upgrading the program's talent level to be consistently competitive on the national level. His recruiting and coaching efforts were vital to the men and women each winning three-consecutive NCAA Outdoor Championships in 2009, 2010 and 2011 – becoming the second school to achieve the NCAA Championship double-double (LSU 1989-90) and the first to have both programs win three in a row.

Recruiting classes coordinated by Waters at Texas A&M earned No. 1 rankings by Track & Field News. The 2009 men's and women's recruiting classes were chosen the top recruiting classes in the nation by the monthly magazine, with A&M becoming the second school to earn that acclaim in the 15-year history of Track & Field News ranking collegiate classes. The Aggie women also enjoyed a three-year run as the No. 1 class, from 2007-09, becoming the first women's program to achieve that distinction.

Known for his strong administrative and organizational skills, Waters directed event management at several championship events at A&M, including the 2009 and 2011 NCAA Indoor Championships, 2009 Big 12 Indoor Championships, and 2003 SEC Cross Country Championships.

In cross country, Waters earned the South Central Region Men's Coach of the Year honor in 2008 when A&M won the team title during the regional meet and qualified for the NAAs. It was the first time in 18 years that a team defeated powerhouse Arkansas for the region title. The regional team title the Aggie men claimed in 2008 was the school's first since 2003 and only the sixth overall. It also marked the first time that a distance coach on Henry's staff had qualified a cross country team for the NAAs.

Waters came to A&M in August 2004, after serving a three-year stint overseeing the distance program at the University of Georgia and an earlier five years at TCU in a similar capacity.

During his stay in Athens, Ga., Waters led the Bulldogs men's team to the program's first appearance in the NCAA Cross Country Championship, as well as a team victory at the NCAA South Regional Championships. At the conference level, the Georgia men placed second (highest in school history), while the women's team matched its highest finish with an SEC runner-up effort. On the track, his distance runners broke seven school records.



At TCU, Waters helped the Horned Frogs win four Western Athletic Conference team championships - two in indoor track & field, one in outdoor track & field and one in cross country. The 2000 WAC cross country and indoor track crowns were the first team conference titles in TCU history. During his stay in Fort Worth, the Horned Frogs notched four top-four NCAA team finishes and TCU was ranked No. 1 nationally by Trackwire.com in 2001. Athletes at TCU during Waters' tenure included Khadevis Robinson, who won the 1998 NCAA 800 meter crown. Robinson is a two-time U.S. Champion who competed in the 800 at the 2004 and 2012 Olympic Games.

Waters began his coaching career as a volunteer assistant coach at the University of Texas from 1995-96.

He earned his bachelor's degree in secondary education from the University of Kansas in 1995. A standout for the Jayhawks, he was the 1992 Big Eight champion in the 800 meters and ran a leg on KU's 1992 All-America indoor 3,200-meter relay. He was elected the Jayhawks' team captain in 1993 and 1995, and was named a CoSIDA Academic All-American in 1995.

Waters is married to the former Jennifer Miller. They have two children, Alexis and Charlie.



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

- Finished 49th, and was Alabama's No. 4 runner at the SEC Cross Country Championships, covering the 8k course in 24:09.87
- Was Alabama's No. 4 runner at the Nuttycombe 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

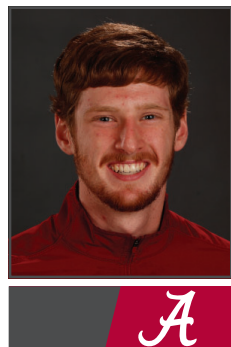
- Did not compete

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



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

- Finished 37th, and was Alabama's No. 3 runner at the SEC Cross Country Championships, covering the 8k course in 24:02.02
- 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

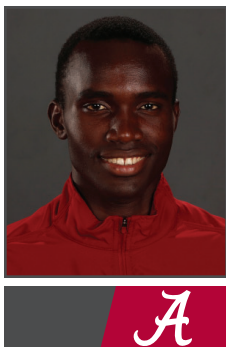
- Finished 76th at the SEC Championships in a time of 26:30.3
- Ran the five-mile course at the Joe Plane Notre Dame Invitational in a time of 26:06.9
- Finished ninth and was the Crimson Tide's third runner in a time of 15:45.97 at the 5k Chattanooga Powerade Invitational
- Made his college debut at 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 second, and was Alabama's No. 1 runner at the SEC Cross Country Championships, covering the 8k course in 22:27.51
- Finished 10th, and was Alabama's No. 1 runner, in his season debut at the Nuttyscombe Invitational, covering the 8k course in 23:33.8

2018

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

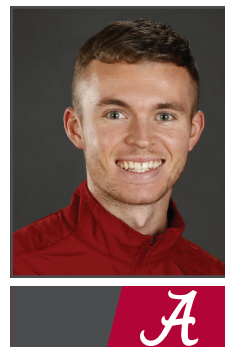
SHORTER UNIVERSITY (Ga.)

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

- Finished 20th, and was Alabama's No. 2 runner at the SEC Cross Country Championships, covering the 8k course in 23:35.78
- 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

- Clocks 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
- Clocks 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

- Clocks 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



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 62nd, and was Alabama's No. 5 runner at the SEC Cross Country Championships, covering the 8k course in 24:31.36
- 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
- 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



PAUL SELDEN

DISTANCE

Sophomore

Homewood, Ala./
Homewood



ACCOLADES

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

2018-19

2018 Cross Country

- Competed at the SEC Cross Country Championships and finished with a time of 26:11.65 over the 8k course
- 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

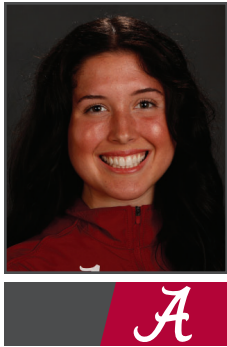
- Ran a time of 27:15.2 at the 8K Crimson Classic
- Made his collegiate debut at the Struts Season Opener, finishing 43rd and was the Tide's No. 5 runner with a time of 16:53.20 over the 5k course

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 BUTEAU

DISTANCE

Junior

Madison, Miss./
Madison Central

- 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

- Finished 73rd and was Alabama's No. 4 runner at the SEC Cross Country Championships, covering the 6k course in 21:03.19
- Completed the UAB Blazer Classic 31st overall with a 6k time of 22:35.68
- Finished 72nd at the Nuttycombe Invitational with a 6k time of 22:41.1
- Finished 24th in her season debut at the SEC Preview, covering the 4k course in 14:04.71

2017-18

2018 Outdoor Season

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

2018 Indoor Season

- Finished 30th in the 5,000 meters at the Music City Challenge with a time of 17:47.13
- Finished 17th in the 3,000 meters at the Bob Pollock Invitational with a time of 10:17.24
- Finished 38th in the 3,000 meters at the Vanderbilt Invitational with a time of 10:19.72

- Finished eighth in the mile in her collegiate track & field debut at the UAB Blazer Invitational in a time of 5:14.33

2017 Cross Country

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

PREP HIGHLIGHTS

- Member of two state championship cross country squad and one state cross country runner-up at Yorkville High School
- Earned cross country all-state honors in 2015
- Three-time state qualifier in track & field
- Member of the National Honor Society
- Coached by Chris Muth at Yorkville High School

PERSONAL INFORMATION

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



NICOLE GARDNER

DISTANCE

Senior

Murfreesboro, Tenn./
Siegel

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 86th and was Alabama's No. 5 runner at the SEC Cross Country Championships, covering the 6k course in 21:15.05
- 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 Nuttycombe Invitational, covering the 6k course in 22:18.1
- Made her season debut at the SEC Preview, finishing 9th in 13:55.03 over the 4k course to lead all Crimson Tide runners

2017-18

2018 Outdoor Season

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

2018 Indoor Season

- Finished ninth in the mile at the SEC Championships with a time of 4:55.05. Also ran the lead leg of the Tide's distance medley relay which finished tenth with a time of 11:49.28.
- Finished 12th in the mile at the Music City Challenge with a personal best time of 4:52.97

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 30th and was Alabama's No. 2 runner at the SEC Cross Country Championships, covering the 6k course in 20:23.57
- 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 Nuttycombe Invitational, with a 6k time of 21:34.6
- Finished 15th in her season debut at the SEC Preview and was Alabama's No. 2 runner. Covered the 4k course in 14:03.24

2017-18

2018 Outdoor Season

- Did not compete

2018 Indoor Season

- Did not compete

2017 Cross Country

- Finished 40th at the NCAA South Regional Championships with a time of 21:06.4 over the 6k course
- Finished 38th at the SEC Championships and was the Tide's No. 3 runner with a time of 21:41.0 over the 6k course
- Finished 20th at the Crimson Classic on Oct. 13 and was the Tide's No. 2 runner with a time of 21:15.3 over the 8k course
- Finished as the Tide's No. 3 runner at the Joe Plane Notre Dame Invitational on Sept. 29 with a time of 17:51.9 over the 5k course
- Finished 17th in her season debut at the UC Riverside Invitational on Sept. 16 and was the Tide's No. 3 runner with a time of 20:47.0 over the 6k course

2016-17

2017 Outdoor Season

- Finished 23rd in the 5,000 meters at the SEC Outdoor Track & Field Championships in a personal-best 17:00.99
- Finished 14th in the 1,500 meters at the SEC Relays in 4:36.75
- Finished fourth in the 1,500 meters at the Jim Bush Collegiate in a personal best 4:32.45
- Finished 14th in the 5,000 meters at the Crimson Tide Invitational on April 8 in a personal-best 17:35.52
- Finished 31st in the 1,500 meters at the Florida Relays in a time of 4:36.52
- Finished seventh in the 1,500 meters at the Florida State Relays in 4:33.10 in her outdoor collegiate debut

2017 Indoor Season

- Finished 27th in the 5,000 meters at the 2017 SEC Indoor Track & Field Championships in a personal-best 17:38.17 ... finished 21st in the 3,000 meters in 10:08.02
- Finished 10th in the mile in a personal-best 5:00.89 at the Bob Pollock Invitational ... followed up that performance the following day with a sixth-place finish in the 3,000 meters in a time of 9:49.98

- Finished ninth in the mile at the 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 22nd and was Alabama's No. 1 runner at the SEC Cross Country Championships, covering the 6k course in 20:06.67
- 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

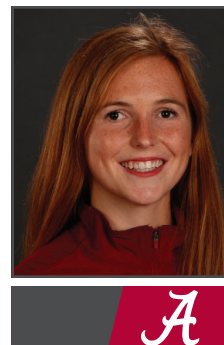
- Six-time NJCAA national champion and 13-time NJCAA All-American.
- 2017 NJCAA Indoor Track & Field Athlete of the Year.
- Set one NJCAA record and six school records at New Mexico Junior College.
- Won the 10,000 meters at the 2018 NJCAA Outdoor Track & Field Championships and was the runner-up in 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.



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 90th at the SEC Cross Country Championships, covering the 6k course in 21:23.15
- 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.



MEGAN PATTON

DISTANCE

Freshman

Naperville, Ill./
Plainfield North

2018-19

2018 Cross Country

- Competed at the SEC Cross Country Championships, covering the 6k course in 21:44.10
- 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



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 46th and was Alabama's No. 3 runner at the SEC Cross Country Championships, covering the 6k course in 20:36.41
- 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 Plane Notre Dame Invitational with a time of 18:08.5 over the 5k course
- Finished 14th in her season debut at the UC Riverside Invitational and was the Tide's No. 1 runner with a time of 20:37.3 over the 6k course

2016-17

2017 Outdoor Season

- Did not compete

2017 Indoor Season

- Did not compete

2016 Cross Country

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

PREP HIGHLIGHTS

- Won the 2015 Iowa Girls High School Athletic Union 4A cross country state championship with a 5k time of 17:55
- Won the 2013 IGHSAU 4A cross country state championship with a 4k time of 14:00.2
- Finished fifth in the 2015 New Balance Nationals 5k with a time of 17:01
- Claimed the runner-up title in both the 3,000 meters and the 1,500 meters at the IGHSAU 4A state championships
- Competed as a member of the Pleasant Valley High School team that won the 2015 IGHSAU 4A State Team Championships
- Three-time Mississippi Athletic Conference cross country champion
- Three-time district cross country champion
- Holds Pleasant Valley school records in the 3,000 meters (9:50.87) and the 1,500 meters (4:39.79)
- Holds state record in the 5k (17:55)
- Coached by Jane Wheeler at Pleasant Valley High School

PERSONAL INFORMATION

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