



SOUTHERN UTAH UNIVERSITY CROSS COUNTRY

**** 20-TIME CONFERENCE CHAMPION ****

SUU ATHLETIC MEDIA RELATIONS · MORGAN HARDY, SPORTS INFORMATION ASSISTANT · (801) 725-2346 · SPORTSINFO@SUU.EDU

2012 CROSS COUNTRY SCHEDULE

Aug. 31	at Idaho State	M-1st, W-1st
Sept. 1	at George Kyte Classic	M-2nd, W-1st
Sept. 15	at UC Riverside	M-2nd, W-1st
Sept. 29	at Bill Dellinger Invitational	M-3rd, W-2nd
Oct. 5	Color Country Invitational	M-2nd, W-3rd
Oct. 13	at NCAA Pre-Nationals	M-22nd, W-13th
Oct. 27	at Big Sky Championship	M-3rd, W-2nd
Nov. 9	at NCAA Mountain Regionals	M-8th, W-4th
Nov. 17	at NCAA National Championship	Louisville, Ky.

JEWKES RETURNS TO NCAA NATIONALS WITH AN AT-LARGE BID

CEDAR CITY, Utah - Nov. 15 - Southern Utah junior Nate Jewkes will return to the NCAA Cross Country National Championship for the second consecutive season, having earned an at-large individual berth with his finish at the NCAA Mountain Region last weekend. The championship is set to take place on Saturday in Louisville, Ky., and will be streamed live in the Sharwan Smith Student Center Theater at 11 a.m. MST.

"I feel really good about going again this year," Jewkes said. "I feel like I have gained more experience and I'm hope to get into the top 40. I placed 80th last year, so I feel like 40th is a reachable goal."

As a sophomore, Jewkes qualified for the 2011 national championship alongside teammate Cameron Levins and went on to finish 80th on the Indiana State course with a 10k time of 30:39.0. He repeated as a national qualifier last weekend with an eighth-place individual finish at the Mountain Region, recording a time of 30:16.2 and improving on his previous qualifying mark by 10 positions and about 50 seconds.

HEAD COACH ERIC HOULE



Thirty-four time conference and 1999 NCAA Mountain Regional Coach of the Year Eric Houle is in his 21th season as head track and field and cross country coach at Southern Utah University. Since his arrival at SUU in

1992, the Thunderbirds have won 38 conference championships, including seven Summit League titles, 31 Mid-Con titles combined in track and cross country, an American West title and one NCAA Mountain Regional cross country championship.

In addition, Houle has coached 762 all-conference athletes, 275 individual conference champions, 30 conference athletes of the year, 28 conference newcomers of the year, 28 NCAA national qualifiers, 82 NCAA West regional qualifiers and four NCAA All-Americans, including Cameron Levins, who picked up the title in track and in cross country.

Jewkes, along with the rest of the Thunderbird squad, has previous experience on the Louisville course which also played host to the NCAA Pre-Nationals on Oct. 13. Jewkes finished 14th in the 8k in 23:42.1 and commented that the course had some hills but was surprisingly fast.

"Nate is one of the very few to repeat as a national qualifier in the sport here at Southern Utah," head coach Eric Houle said. "He runs not only for himself but also representing the entire program and our hope is that he can get in there and improve on his previous finish."

Thunderbird fans are invited to come watch and support as Jewkes races in the men's 10k, set to stream live at 11 a.m. in the student center theater.

SOUTHERN UTAH FINISHES FOURTH & EIGHTH AT REGION

The Thunderbird women just missed on a national qualifier as the squad raced to a fourth-place team finish at the NCAA Mountain Region last weekend, placing three athletes on the all-Region team with top-25 individual finishes. Jamie Smith led the T-Birds in 11th place in 20:56.1 with Kirsten Bradford (21:05.6) and Danielle Jewkes (21:06.8) in 15th and 16th place respectively. Sylvia Bedford (21:42.0) and Shelli Mogensen (21:48.7) rounded out the women's score with 42nd and 48th-place finishes. Nate Jewkes also earned all-Region status as he lead the men's team to an eighth-place team finish, placing eighth individually with a time of 30:16.2. He was followed by Ryan Barrus (31:25.7) and Elijah Rono (31:44.8) in 39th and 51st place, with Clinton Rhoton (32:35.3) and John Hart (32:40.6) finalizing the men's score in 78th and 81st place.

RECENT SUU HISTORY AT THE NCAA CHAMPIONSHIP

Individuals			Team			
Name	Year	Result	Year	Position	Time	
Nate Jewkes	2011	80th	10k	Men	21st	
Cameron Levins	2011	4th	10k	Jody Benson	51st	31:29.3
Sharla Platt Manuele	2007	158th	6k	Curtis Moore	62nd	31:26.9
Jess Baumgartner	2006	3rd	10k	Zak James	76th	31:51.1
	2004	51st	10k	Mark Wright	169th	32:56.9
Curtis Moore	2000	55th	10k	Dustin Hudspeth	221st	33:55.4
Zak James	1998	69th	10k	Rob Oslund	248th	37:04.8

BIG SKY PRESEASON COACHES POLL

MEN	WOMEN
1. Northern Arizona 121 (11)	1. Weber State 121 (11)
2. Weber State 106	2. Northern Arizona 102
3. Montana State 96	3. Montana 95
4. Sacramento State 76	4. Idaho State 86
5. Southern Utah 75	5. Montana State 71
6. Montana 68	6. Southern Utah 67
7. Idaho State 56	7. Sacramento State 65
8. Eastern Washington 55	8. Eastern Washington 39
9. North Dakota 29	9. Northern Colorado 29
10. Northern Colorado 22	9. North Dakota 29
11. Portland State 22	11. Portland State 22

SOUTHERN UTAH UNIVERSITY QUICK FACTS

University
 Name of School:Southern Utah University
 City/Zip:Cedar City, Utah 84720
 Founded:1897
 Enrollment:8,066
 Nickname:Thunderbirds
 Colors:Scarlet and White
 Affiliation:NCAA Division I
 Conference:Big Sky

Administration

President:Dr. Michael T. Benson
 Athletic Director:Ken Beazer
 Assoc. A.D./SWA:Marlene Barth
 Assoc. A.D./Sports Medicine:Ricky Mendini
 Asst. A.D./Compliance:Todd Brown
 Asst. A.D./Media Relations:Neil Gardner
 Asst. Media Relations Director:Kyle Cottam
 Address:203 Harris Center
351 W. University Blvd
 Office Phone:435-586-7752
 Fax:435-865-8037
 Cell Phone:435-817-7702

Coaching Staff

Cross Country Head Coach:Eric Houle
 Alma Mater, Year:Southern Utah, 1981
 Men's Conference Titles:Eleven
 Women's Conference Titles:Nine
 Houle's Office Number:435-559-3147
 Assistant Coaches:Nate Ott, Dutch Workman

2011 Summary

Men's 2010 Conference Finish/Points: First/48
 Women's 2010 Conference Finish/Points: Second/73
 Men's Letterwinners Returning/Lost:9/5
 Women's Letterwinners Returning/Lost:8/6

MEN'S 2012 RESULTS

Team	Idaho St. (6k) 1st/2	NAU (8k) 2nd/6	Riverside (8k) 2nd/19	Bill Dellinger (8k) 3rd/10	Color Country (6k) 2nd/4	Pre-Nats (8k) 22nd/40	Big Sky (8k) 3rd/11	Region (10k) 8th/18	Nationals (10k) Nov. 17
# of Runners	19	57	162	100	44	272	80	-	-
Nate Jewkes	-	25:23.2 2nd	24:10.9 2nd	23:51.0* 4th	-	23:42.1* 14th	24:58.5 4th**	30:16.2 8th***	-
Ryan Barrus	-	25:35.2 6th	24:08.6* 1st	24:02.0 12th	-	23:53.1 29th	25:17.0 6th**	31:25.7 39th	-
Anthony Brown	-	25:54.2 13th	-	-	-	-	-	-	-
Josh Gardner	-	26:47.8 19th	26:10.7 70th	26:16.0 87th	19:49.2 20th	-	-	-	-
Devan Antczak	-	26:52.6 21st	25:06.0 23rd	24:49.0 39th	-	25:13.2 193rd	26:09.5 18th	32:46.6 84th	-
Clinton Rhoton	18:53.17 1st	-	25:44.6 50th	-	19:15.6 10th	25:19.8 206th	26:00.8 16th	32:35.3 78th	-
Elijah Rono	18:53.34 2nd	-	25:58.0 60th	-	18:58.5 3rd	-	25:53.2 13th	31:44.8 51st	-
Nigel Sharp	19:06.80 3rd	-	25:16.2 30th	24:49.0 37th	-	26:11.2 254th	27:35.1 49th	-	-
John Hart	19:13.20 4th	-	24:53.4 13th	24:41.0 35th	-	24:46.9 142nd	26:59.1 39th	32:40.6 81st	-
Jon Lee	19:21.50 5th	-	25:48.1 5th (Open)	25:19.0 60th	19:11.7 7th	25:55.6 246th	26:46.0 34th	32:44.8 82nd	-
Andrew Cesal	20:04.30 7th	-	26:33.1 14th (Open)	-	-	-	-	-	-
Tyson Boyer	20:08.40 9th	-	26:39.6 17th (Open)	25:58.0 83rd	19:44.1 18th	-	-	-	-
Mack Morrison	-	-	27:48.1 45th (Open)	-	-	-	-	-	-

*Finished garnered Big Sky Athlete of the Week recognition.
 ** Garnered all-Big Sky Team status.

WOMEN'S 2012 RESULTS

Team	Idaho St. (3k) 1st/2	NAU (5k) 1st/6	Riverside (6k) 1st/16	Bill Dellinger (5k) 2nd/7	Color Country (4k) 3rd/5	Pre-Nats (6k) 13th/38	Big Sky (5k) 2nd/11	Region (6k) 4th/20	Nationals (6k) Nov. 17
# of Runners	20	47	132 Open 5k 4th/18	65	56	265	79	133	-
Sylvia Bedford	-	16:59.3 2nd	20:32.5 2nd	17:15.0 14th	-	21:25.2 79th	17:32.2 8th**	21:42.0 42nd	-
Jamie Smith	-	17:12.4 4th	20:30.6 1st	16:59.0 4th	-	20:42.4 28th	17:11.9 4th**	21:05.6 11th***	-
Danielle Jewkes	-	17:20.4 5th	20:49.8 5th	17:30.0 18th	-	21:36.9 103rd	17:27.5 6th**	21:06.8 16th***	-
Kirsten Bradford	-	17:23.1 6th	20:54.9 7th	17:24.0 16th	-	21:26.6 83rd	17:31.4 7th**	21:05.6 15th***	-
Shelli Mogensen	-	17:31.6 7th	21:15.7 16th	18:21.0 43rd	-	22:19.6 182nd	17:48.6 11th	21:48.7 48th	-
Lizzy Butler	10:45.9 1st	-	22:42.9 56th	-	16:05.5 38th	-	19:18.7 50th	-	-
Whitney Curtis	10:58.1 3rd	-	21:58.2 38th	18:15.0 39th	14:48.1 13th	-	18:21.1 20th	22:42.2 83rd	-
Kaylee Coates	11:11.9 5th	-	21:40.3 29th	18:10.0 37th	14:47.6 11th	22:58.3 227th	18:29.8 24th	22:18.9 68th	-
Aubrey Bryson	11:19.1 7th	-	-	-	15:45.1 34th	-	-	-	-
Dayna VanArsdol	11:22.3 9th	-	21:59.6 39th	18:06.0 35th	14:40.6 9th	22:44.6 209th	-	-	-
Lakyn Lux	11:30.3 11th	-	18:42.0 18th (Open 5k)	-	15:11.2 19th	-	-	-	-
Kaylee Boyer	11:31.9 12th	-	19:08.6 31st (Open 5k)	-	15:16.6 22nd	-	-	-	-
Brandy Petersen	11:42.0 14th	-	18:59.7 28th (Open 5k)	-	15:37.8 32nd	-	-	-	-
Jasmyn Hildebrandt	12:02.8 15th	-	20:44.9 112th (Open 5k)	-	-	-	-	-	-
Michelle Alley	12:14.0 16th	-	20:20.2 87th (Open 5k)	-	16:01.1 37th	-	-	-	-
Kenzie Cleghorn	12:24.3 17th	-	20:00.8 72nd (Open 5k)	-	16:11.6 42nd	-	-	-	-
Laura Dalton	-	-	19:42.0 56th (Open 5k)	-	15:49.30 35th	-	-	-	-

** Garnered all-Big Sky Team status.
 *** Garnered all-Region recognition

MEN'S CROSS COUNTRY - 2012 ROSTER

<i>Name</i>	<i>Ht.</i>	<i>Yr.</i>	<i>Hometown, (Previous School)</i>
Ibrahim Ahmed	5-8	Fr.	St. Catherines, Ontario (St. Francis Secondary)
Devan Antczak	5-8	RJr.	South Jordan, Utah (Bingham HS)
Ryan Barrus	5-8	RJr.	South Jordan, Utah (Bingham HS)
Tyson Boyer	6-0	Fr.	Washington, Utah (Pine View HS)
Anthony Brown	5-6	RJr.	Spokane, Wash. (Spokane CC) (University HS)
Andrew Cesal	5-8	RSr.	Spokane, Wash. (Spokane CC) (Central Valley HS)
Josh Gardner	6-2	RFr.	Cedar City, Utah (Cedar HS)
John Hart	6-1	Jr.	Cedar City, Utah (Cedar HS)
Hayden Hawks	5-11	RFr.	Ivins, Utah (Snow Canyon HS)
Nate Jewkes	5-11	Jr.	South Jordan, Utah (Bingham HS)
Jon Lee	6-0	Jr.	Tooele, Utah (Tooele HS)
Mack Morrison	5-9	Fr.	Pleasant Grove, Utah (American Fork HS)
Clinton Rhoton	6-0	So.	Cedar City, Utah (Cedar HS)
Elijah Rono	5-8	RSo.	Fairview, Utah (Wasatch Academy)
Nigel Sharp	5-8	RSr.	Saskatchewan, Canada (Campbell Collegiate)

WOMEN'S CROSS COUNTRY - 2012 ROSTER

<i>Name</i>	<i>Ht.</i>	<i>Yr.</i>	<i>Hometown, (Previous School)</i>
Michelle Alley	5-5	RJr.	Vale, Ore. (Utah State) (Vale HS)
Sylvia Bedford	5-5	RSr.	Fairview, Utah (North Sanpete HS)
Kaylee Boyer	5-4	Fr.	Washington, Utah (Pine View HS)
Kirsten Bradford	5-4	RSr.	Salem, Utah (Spanish Fork HS)
Josie Brandow	5-5	Fr.	Cedar Hills, Utah (Lone Peak HS)
Aubrey Bryson	5-8	RFr.	Cedar City, Utah (Cedar HS)
Lizzy Butler	5-6	Sr.	Salt Lake City, Utah (Brighton HS)
Armarose Cesal	5-1	RSr.	Spokane, Wash. (Spokane CC) (Mead HS)
Kenzie Cleghorn	5-8	RSo.	Farmington, Utah (Viewmont HS)
Kaylee Coates	5-7	RSr.	Aurora, Utah (North Sevier HS)
Whitney Curtis	5-9	RJr.	Mt. Sterling, Utah (Mountain Crest HS)
Laura Dalton	5-4	Fr.	St. George, Utah (Desert Hills HS)
Ashley Gray	5-5	So.	Cedar City, Utah (Cedar HS)
Jasmyn Hildebrandt	5-4	RFr.	Cedar Hills, Utah (American Fork HS)
Danielle Jewkes	5-2	Jr.	American Fork, Utah (American Fork HS)
Lakyn Lux	5-5	RFr.	American Fork, Utah (American Fork HS)
Shelli Mogensen	5-9	RJr.	Fillmore, Utah (Millard HS)
Brandy Petersen	5-3	RFr.	South Jordan, Utah (Bingham HS)
Regan Powell	5-5	Fr.	Price, Utah (Carbon HS)
Jamie Smith	5-4	RSr.	Lehi, Utah (Lehi HS)
Dayna VanArsdol	5-11	Sr.	Moab, Utah (Grand County HS)