



# UCLA

## 2016 CROSS COUNTRY INFORMATION GUIDE





## 2016 CROSS COUNTRY SCHEDULE

<i>Date</i>	<i>Meet</i>	<i>Location</i>
Friday, Sept. 2	Nevada Twilight Classic	Sparks, Nev.
Saturday, Sept. 24	Roy Griak Invitational	St. Paul, Minn.
Saturday, Oct. 1	Mustang Invitational	Santa Clarita, Calif.
Friday, Oct. 14	Wisconsin Under Armour Invite	Madison, Wisc.
Saturday, Oct. 15	Bronco Invitational	Sunnyvale, Calif.
Friday, Oct. 28	Pac-12 Championships	Tucson, Ariz.
Friday, Nov. 11	NCAA West Regional	Sacramento, Calif.
Saturday, Nov. 19	NCAA Championships	Terre Haute, Ind.



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## QUICK FACTS

Location .....	Los Angeles, CA
Athletics Phone.....	310-825-8669
Director of Athletics.....	Dan Guerrero
Associate AD.....	Gavin Crew
Faculty Athletic Rep.....	Dr. Michael Teitell
Enrollment.....	40,500
Founded.....	1919
Colors.....	Blue & Gold
Nickname .....	Bruins
Conference .....	Pacific-12
Conference Phone .....	925-932-4411
National Affiliation.....	NCAA Division I
Director of Track & Field/Cross Country .....	Mike Maynard
.....	(Azusa Pacific '86)
XC Coach.....	Forest Braden (Boise State '07)
Volunteer Coaches...	Rob Beamer & Hanna Peterson
Sports Information Contact.....	Skip Powers
SID Phone.....	310-206-4008
SID Email.....	spowers@athletics.ucla.edu

The UCLA Athletic Department wishes to express its gratitude to

Victoria Cook-Chapus

for making the first endowed women's track & field scholarship a reality.

For information on how you can endow a scholarship, call the UCLA Athletic Fund Office at 310-206-6533.

# Ucla

## Credits

The 2016 UCLA Cross Country media guide was written, edited and designed by Skip Powers, with assistance from Julie Takakjian, Melissa Mahoney and Ted Huh. Photos are courtesy of ASUCLA Photography and Don Liebig, Kirby Lee, Alex Ryan, Ricky Bassman and Geoff Thurner.



Director of Cross Country

8th Year

## Mike MAYNARD

Azusa Pacific, 1986

Mike Maynard enters his eighth season at UCLA and his fifth as the Director of Track and Field/Cross Country. In addition to being Director, Maynard also oversees the men's and women's throws program and coordinates all aspects of training for the Bruin decathletes. Maynard was the Bruin men's track and field head coach from 2010-12, as well as the throws coach for both squads. Prior to coming to UCLA, Maynard was head coach/throws coach at Boise State for nine years.

In 2015 the men's team made another trip to the National Championships and placed 14th overall. Senior Lane Werley earned All-American honors by placing 21st overall. Werley also earned all-region accolades and was joined by Sergey Sushchikh on that list. Carolina Johnson anchored the women's team in her first season as a Bruin, individually qualifying for the NCAA meet while also being tabbed the Pac-12 Freshman of the Year.

2014 marked a breakout season for the Bruins as both teams qualified for the NCAA Championships. The championship appearance for both squads in the same season was the first for UCLA since 1985. For the men it was the first trip to nationals since 2012 and 2004 for the women.

The Bruins put together a solid effort at the NCAA West Regional Championships to earn the berth. The men placed fourth overall while the women finished fifth. The fourth place finish by the men was the best since 2011 and the fifth place showing was the best since 2006 for the women.

Five Bruins earned USTFCCCA All-Region honors. Earning USTFCCCA All-Region accolades was Ferdinand Edman (13th), Lane Werley (16th) and Nick Hartle (22nd) for the men while Kelsey Smith placed ninth overall and Meghan Marvin was 14th. Smith also placed eighth overall at the 2014 Pac-12 Championships to earn second team honors. She became the first Bruin to earn back-to-back all-conference accolades in the history of the women's program. UCLA also had 12 selected to the Pac-12 All-Academic teams.

The 2013 season saw Kelsey Smith and Nick Hartle earn all-Pac-12 accolades. Smith went on to earn USTFCCCA All-Region honors and was joined by Nohe Lema. The 11th place finish for Smith at the NCAA regional meet was the best by a female Bruin since 2006. The all-region honor for Lema was his second in as many seasons. Off the course, 23 Bruins were named to the Pac-12 All-Academic team.

In 2012, the UCLA cross country teams experienced their best season in recent years, with the men finishing in 13th place at the NCAA Championships, their highest finish since 1985, and claiming an All-American in Lane Werley. The UCLA men also enjoyed a third-place finish at the NCAA Regional meet and had four runners earn All-West Region honors. Werley also earned first-team All-Pac-12 honors after placing fifth at the Pac-12 Championships. On the women's side, the Bruins placed sixth at the Pac-12 Championships and seventh at the NCAA West Region Championships. They also ranked as high as 24th during the year in the coaches' poll.

The 2011 cross country squads competed well in the inaugural season for the new Pac-12 Conference. In spite of new conference competitors, Colorado and Utah, the Bruin men upheld their fourth place position in the conference with a fourth place finish at the 2011 Pac-12 Championships. The team claimed back-to-back team victories at the Nevada Chase and Aztec Invitational, culminating their season with a sixth place finish at the NCAA West Region Championships. Senior Kent Morikawa earned first team all Pac-12 Conference honors after placing eighth over and he, and fellow Bruin Nohe Lema were named to the USTFCCCA All-West Region team after their performances at the regional meet in Palo Alto, CA. In track, the men finished 17th behind All-American performances by Mike Woepse (2nd in pole vault), Alec Faldermeyer (3rd in hammer) and Marcus Nilsson (6th in decathlon). This was a huge improvement on the 34th place finish in 2010, and equaled the second-best team finish in the last ten years.

In his first year with the Bruins, the 2010 men's cross country team sent one athlete to the NCAA Championships, Marco Anzures, and finished fifth at Pac-10s and seventh in the West Region. In outdoor track, the men tied for 52nd at the NCAA Outdoor Championships with five athletes earning All-America honors and were fifth at the Pac-10 meet. In indoor track, the men won the MPSF Championship crown and tied for 47th at Nationals.

In his nine years as the head coach at Boise State, Maynard led a program which produced several historic events - back-to-back (2004 and 2005) national championships by Gabe Wallin in the men's javelin, over 50 new school record performances and 30 All-American accolades. The Broncos enjoyed unprecedented success behind Maynard's direction.

Maynard has also guided Bronco student-athletes to over 70 individual WAC Championships and over 90 marks on Boise State's all-time top three performance lists.

Maynard came to Boise State following an outstanding assistant coaching career at the University of Arizona. He was the associate head track and field coach for the Wildcat program for 13 years prior to joining the Broncos. While coaching at Arizona, Maynard guided 32 individual NCAA Division I All-Americans, including three NCAA National Champions.

Maynard's coaching resume also includes a two-year stint as the assistant strength and conditioning coach at Arizona, where he worked with the Wildcat football program as well as being responsible for the Arizona track and field, swimming and tennis teams. He began his collegiate coaching career at Mesa Community College (Ariz.) where he was the assistant track and field coach from 1982-84, and in 1987.

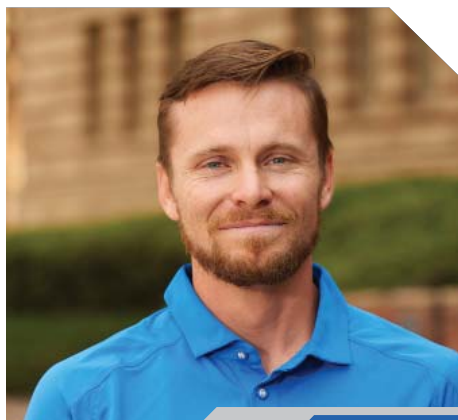
Maynard was also instrumental in bringing a world-class facility to Bronco Track & Field. During his first two years leading the Broncos, Maynard and Boise State were successful in purchasing a world championship caliber track and helped construct the building to put it in. The Mondo track was used by USA Track and Field and the Georgia Dome for the national indoor championships. The building is the Idaho Sports Center located in the Idaho Center complex in Nampa, Idaho. The track was purchased with a \$250,000 cash gift from John Jackson, President of Jacksons Food Stores in Meridian, Idaho. Boise State has hosted several major meets, including six WAC Indoor Championships. The facility hosted its first national meet in 2005 with the USA Indoor Master's Championships. His efforts culminated last season, when the Boise State facility was host to the NCAA Championships.

Outside the collegiate world, Maynard has coached a World Champion, five different Olympians, a Pan American gold medalist, five USA Track and Field Champions and three American Junior Champions. One of Maynard's former athletes Tony Washington (1990-96), won the World Championship in the discus in 1999. Washington also won the gold medal in the discus at the 1991 Pan American Games along with five USA National Championships.

Maynard is currently an Executive Committee member of the United State Track Coaches Association and the NCAA Division I Track and Field Executive Committee. Maynard was also the head coach for the USA Track and Field team in its dual meet against Germany in 1996. He has served USA Track and Field as the Regional Decathlon Chairman, the United States Olympic Committee as an Elite Throws Clinician, and has been the lead throws clinician for the USA/Visa Decathlon team.

Maynard and his family reside in Valencia.





Distance Coach

8th Year

## Forest BRADEN

Boise State, 2007

Forest Braden enters his eighth year with the Bruins and continues to serve as the primary cross country coach.

2015 saw another trip to the National Championship meet for the Bruins. The men's squad placed 14th overall, making their third appearance to nationals in the last four seasons. Senior Lane Werley earned All-American honors by placing 21st overall. Werley also earned all-region accolades and was joined by Sergey Sushchikh on that list.

Freshman Carolina Johnson burst onto the scene late in 2015 as she was named the Pac-12 Freshman of the Year after finishing ninth overall. She went on to finish 11th and earn all-region honors at the regional championships to individually qualify for the national meet.

2014 marked a breakout season for the Bruins as both teams qualified for the NCAA Championships. The championship appearance for both squads in the same season was the first for UCLA since 1985. For the men it was the first trip to nationals since 2012 and 2004 for the women.

The Bruins earned their selection based on a stellar showing at the NCAA West Regional Championship. The men placed fourth overall while the women finished fifth. Five Bruins earned USTFCCCA All-Region honors. The fourth place finish by the men was the best since 2011 and the fifth place showing was the best since 2006 for the women.

Earning USTFCCCA All-Region accolades was Ferdinand Edman (13th), Lane Werley (16th) and Nick Hartle (22nd) for the men while Kelsey Smith placed ninth overall and Meghan Marvin was 14th. Smith also placed eighth overall at the 2014 Pac-12 Championships to earn second team honors. She became the first Bruin to earn back-to-back all-conference accolades in the history of the women's program.

The 2013 season was highlighted by USTFCCCA All-Region selections Kelsey Smith and Nohe Lema. Smith placed 11th at the NCAA regional

meet to mark the best finish for a female Bruin since 2006. Lema earned all-region honors for the second straight season. On top of her all-region selection, Smith was an all-Pac-12 performer with her seventh place finish, the best for a Bruin since 2005. Nick Hartle earned all-Pac-12 honors on the men's side and 23 Bruins were named to the Pac-12 All-Academic Team.

The Bruin cross country teams has seen much improvement under the guidance of Braden. In 2012, the Bruin men experienced their highest finish at the NCAA Championships since 1985, placing 13th overall. Lane Werley became the Bruins' first Cross Country All-American in five years after a 25th-place finish at the NAAs. The UCLA men also enjoyed a third-place finish at the NCAA Regional meet and had four runners earn All-West Region honors (Werley - 5th place, Nohe Lema - 21st, Dustin Fay - 22nd, David McDonald - 23rd). Werley also earned first-team All-Pac-12 honors after placing fifth at the Pac-12 Championships.

On the women's side in 2012, the Bruins placed sixth at the Pac-12 Championships and seventh at the NCAA West Region Championships. They also ranked as high as 24th during the year in the coaches' poll.

During the 2011 season, Kent Morikawa led the men's squad for most of the year, earning All-Pac-12 honors with his eighth-place finish at the conference meet. The men's team finished fourth at Pac-12s and tied for sixth at the West Region, while the women were 10th in the conference and 18th at regionals. During the regular season, the Bruin men claimed back-to-back team victories at the Nevada Chase and Aztec Invitational.

In 2010, both the men and women showed improvement from the 2009 season. The men moved up from fifth to fourth at the conference meet, while the women moved up to sixth at Pac-10s. At the Regional meet, the men finished eighth, and the women improved to 10th.

In Braden's first year with the Bruins in 2009, UCLA sent Marco Anzures and Shannon Murakami to compete at the NCAA Championships. The men also finished fifth at the Pac-10 meet and seventh at the Western Regional. The women were seventh in the Pac-10 and 11th at the regional.

Before joining the Bruins, Braden served as a volunteer coach at Gonzaga, where he worked closely with standout distance coach Pat Tyson in recruiting and facilitating training sessions.

Prior to his coaching stint at Gonzaga, Braden was a three-time All-American runner for coach Mike Maynard at Boise State from 2002-2007, earning accolades in indoor and outdoor track as well as cross country. He also won seven Western Athletic Conference titles as a Bronco.

Braden also ran for Team Indiana Elite for one year and placed in the top-10 in five USATF Championship meets. In 2011, he started competing again on the track, primarily in the 5000m.

Braden lives with his wife Shelly and their three cats in Beverly Hills.



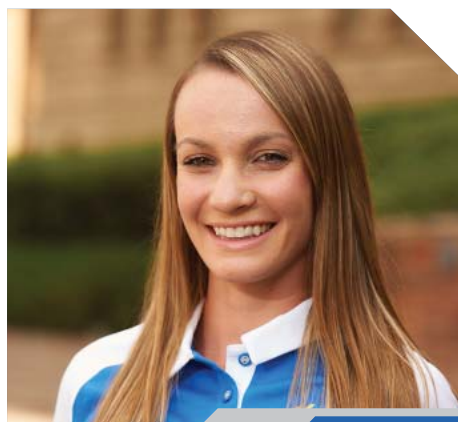
Volunteer Coach

1st Year

## Rob BEAMER

San Diego, 2003

Robert (Rob) Beamer joins the UCLA cross country and track and field programs as a volunteer assistant specializing in the distance events. Beamer is also a graduate student in the fully employed MBA program at the UCLA Anderson School of Management.



Volunteer Coach

1st Year

## Hanna PETERSON

Arizona, 2015

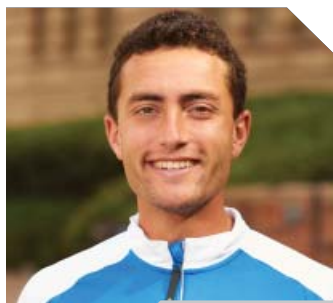
Peterson enters her first season as a volunteer assistant coach for the UCLA cross country team. Peterson comes to Westwood after an impressive track and cross country career at the University of Arizona. She competed for the Wildcats in 2011-2015. Peterson prepped at Martin Luther King Jr. High School where she was a team captain and set the school record in the 5k in cross country, 800m and 1,600m.

## Men's Roster

NAME	Ht.	Yr.	HOMETOWN (HIGH SCHOOL)
Sahm Bazargan	5-10	So.	Simi Valley, Calif. (Oak Park)
John Carter Blunt	5-8	Fr.	McKinney, Texas (Independence)
Colin Burke	6-0	RFr.	Pleasanton, Calif. (Bishop O'Dowd)
Max Davis	5-9	Jr.	Santa Barbara, Calif. (Dos Pueblos)
Daniel De La Torre	6-0	Jr.	Alhambra, Calif. (La Salle)
Jonah Diaz	5-10	Sr.	Palos Verdes, Calif. (Palos Verdes)
Ferdinand Edman	5-11	Sr.	Drammen, Norway (Drammen VGS)
George Gleason	6-2	RFr.	Huntington Beach, Calif. (Huntington Beach)
Richard Ho	5-5	Jr.	San Jose, Calif. (Leland)
Tyler Janes	5-11	Fr.	Riverside, Calif. (King)
Riley Kelly	6-1	Fr.	Brisbane, Australia (St. Joseph's College)
Jackson Marshall	6-2	So.	Irvine, Calif. (Woodbridge)
Chris Morzenti	5-8	Fr.	Dunsmuir, Calif. (Mt. Shasta)
Austin O'Neil	6-4	Sr.	Stevenson Ranch, Calif. (Hart)
Garrett Reynolds	5-11	Fr.	Ventura, Calif. (Ventura)
Cole Smith	5-9	So.	Goleta, Calif. (Dos Pueblos)
Myles Smith	5-7	Jr.	Lakewood, Calif. (St. John Bosco)
Scott Snow	6-3	So.	Woking, England (Carlsbad)
Arturo Sotomayor	5-7	So.	Roseville, Calif. (Roseville)
Carlos Suarez	5-7	RFr.	Redondo Beach, Calif. (Redondo Union)
Millen Trujillo	5-11	RFr.	Walnut, Calif. (Walnut)

## Women's Roster

NAME	Ht.	Yr.	HOMETOWN (HIGH SCHOOL)
Beckie Alch	5-2	Fr.	Los Angeles, Calif. (Taft)
Sophie Baird	5-9	Fr.	American Fork, Utah (American Fork)
Taylor Beaudoin	5-3	Fr.	Redondo Beach, Calif. (Redondo Union)
Kelly Bernd	5-4	Fr.	Del Mar, Calif. (Canyon Crest Academy)
Jelvon Butler	5-7	So.	Solon, Ohio (Solon)
Emily Clause	5-6	Fr.	Temecula, Calif. (Great Oak)
Jessica Cushing-Murray	5-8	Jr.	Santa Monica, Calif. (Foothill)
Cassandra Durgy	5-8	Fr.	Huntington Beach, Calif. (Huntington Beach)
Emily Fieberling	5-9	Jr.	Oakland, Calif. (Bishop O'Dowd)
Jackie Garner	5-5	RFr.	San Diego, Calif. (Torrey Pines)
Sarah Holloway	5-8	Fr.	Rancho Cucamonga, Calif. (Los Osos)
Chloe Jenkins	6-1	RFr.	Oakland, Calif. (Saint Mary's)
Alyson Jimenez	5-6	Fr.	Rancho Palos Verdes, Calif. (Palos Verdes Peninsula)
Carolina Johnson	5-8	So.	Linköping, Sweden (The Cathedral School)
Adria Lammers	5-9	Fr.	Davis, Calif. (Davis Senior)
Sweena Mangal	5-4	Fr.	Rancho Santa Margarita, Calif. (Trabuca Hills)
Claire Markey	5-6	Fr.	Chelmsford, Mass. (Chelmsford)
Grace McAuley	5-7	Fr.	La Canada, Calif. (Crescenta Valley)
Madison Moore	5-4	RFr.	Bradley, Calif. (Paso Robles)
Sarah Riggs	5-2	RFr.	Simi Valley, Calif. (Simi Valley)
Julia Rizk	5-8	So.	Columbus, Ohio (Columbus Academy)
Emily Scharmann	5-6	Jr.	Trabuco Canyon, Calif. (Tesoro)
Carlyn Schmidgall	5-5	Fr.	Issaquah, Wash. (Liberty)
Lilly Schmidt	5-4	Fr.	Newport Beach, Calif. (Corona Del Mar)
Lucie Semone	5-4	Fr.	Kentfield, Calif. (Redwood)
Taylor Taite	5-5	So.	Murrieta, Calif. (Murrieta Mesa)
Roni Yamane	5-6	Jr.	Arcadia, Calif. (Arcadia)



5-10 • Sophomore

**Sahm  
BAZARGAN**

Simi Valley, Calif. (Oak Park)

**2015** - Raced in the Pac-12 Championships (8k) finishing 82nd overall, and posting a time of 25:05 ... Was the Bruin's number one runner in the Nevada Twilight Classic (5k) placing third overall and finishing with a time of 16:28 ... Raced in the Mustang Challenge (8k) placing 34th overall and finishing with a time of 26:16 ... Finished in the top 10 in the Titan Invitational (8k) finishing 7th overall and posting a time of 24:58.

**HIGH SCHOOL** - Attended Oak Park High School where he lettered in track and cross country ... Was the Ventura County Champion in cross country in 2012 and 2013 and the Ventura County Champion in the 800m in 2013 and 2014 ... Has run personal bests of 1:53.23 in the 800m and 4:13.57 in the 1,600m.

**PERSONAL** - Son of Afshin and Maryann Bazargan ... Has one brother named Keyan ... Enjoys mountain biking, spear fishing, skiing, skateboarding and camping ... Majoring in engineering.



5-8 • Freshman

**John Carter  
BLUNT**

McKinney, Texas (Independence)

**HIGH SCHOOL** - Attended Frisco Independence High School in Frisco, Texas ... A 4-time district, area regional and 3-time state champion in the 3,200m and 1,600m ... Was the New Balance national runner-up in the mile and the national champion in the two-mile ... A three-time cross country 5A state champion ... Finished 13th at Foot Locker Nationals and 20th at the Nike Cross Nationals to earn All-American accolades ... Holds personal bests of 4:10.09 in the 1,600m, 8:57.01 in the 3,200m and 14:41.80 in the 5,000m.

**PERSONAL** - Son of John and Corine Blunt ... Has a brother named Clark and a sister named Bailey ... Lists biggest athletic thrill as winning the two-mile at the New Balance Outdoor Nationals ... Enjoys swimming, running and sleeping.

**2015** - Did not compete in his first season as a Bruin.

**HIGH SCHOOL** - Attended Bishop O'Dowd High School in Oakland, Calif. ... Was a CIF State qualifier in both track and cross country ... Finished fifth at the CIF State Track & Field Championships in the 3,200m with a time of 9:06.37 ... Ran a personal best 9:00.40 to finish as the runner-up at the Arcadia Invitational ... Was the North Coast Section champion in the 3,200m ... Holds a personal best of 4:17.54 in the 1,600m that he ran at the Sacramento Meet of Champions to place third ... Three-time all-league in track ... Second team All-West Region honoree ... School record holder in the 3,200m and 5,000m ... Was a three-time state qualifier in cross country ... Finished third at the state meet as a senior with a 5k

time of 15:23 ... Qualified for the Foot Locker Nationals and placed 32nd with a time of 16:15 ... Clocks a 5k personal best of 15:08 to win the Stanford Invitational ... All East Bay Runner of the Year in cross country in 2014 ... Two-time All-North Coast Section Division III selection in cross country (2013-2014).

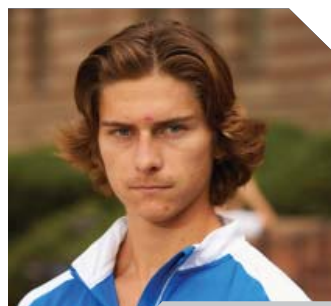


6-0 • Rs-Freshman

**Colin  
BURKE**

Pleasanton, Calif. (Bishop O'Dowd)

**PERSONAL** - Born April 8, 1997 ... Son of Andrew and Jacquie Burke ... Has a twin brother named Sean and a sister named Maddie ... List his biggest athletic accomplishment as qualifying for Foot Locker Nationals his senior season ... Enjoys running, swimming and hiking.



5-9 • Junior

**Max  
DAVIS**

Santa Barbara, Calif. (Dos Pueblos)

**2015** - Finished in the top 5 of the Nevada Twilight Classic (5k) placing 5th overall while posting a time of 16:31 ... Finished in the top 10 of the Mustang Challenge (8k) placing 6th overall while posting a time of 25:26 ... Raced in the Washington Invitational (8k) and placed 66th overall while posting a time of 24:29 ... Also raced in the Titan Invitational (8k) placing 12th overall and posted a time of 25:29.

**2014** - Garnered Pac-12 All-Academic honorable mention accolades ... Ran in four races his freshman year ... Opened the season ninth at the Nevada Twilight Classic (5k) ... Placed second at the Dual At The Rose Bowl with an 8k time of 25:05 ... Finished 49th at the Titan Invitational (8k).

**2013** - Raced three times unattached for the Bruins ... Had a season best time of 25:00.9 in the 8k at the Titan Invitational ... Ran a 25:26.20 at the Dual at the Rose Bowl ... Crossed the line in 25:54.36 at the Mustang Challenge.

**HIGH SCHOOL** - Attended Dos Pueblos High School in Goleta, Calif. ... Earned four letters in track for coach and three in cross country for coaches Leslie Wiggins-Roth and Len Miller ... A four-time All-Channel League selection and two-year captain in track ... A three-time All-Channel League selection and two-year captain in cross country ... All-CIF southern section and All-State honoree as a senior.

**PERSONAL** - Born April 16, 1995 ... Son of Glen and Cornelia Davis ... Enjoys fishing.



6-0 • Junior

**Daniel  
DE LA TORRE**

Alhambra, Calif. (La Salle)

**2015** - Raced in the Pac-12 Championships (8k) finishing 64th overall and posting a time of 25:14 ... Also participated in the Washington Invitational (8k) finishing 100th overall and finishing with a time of 25:31.

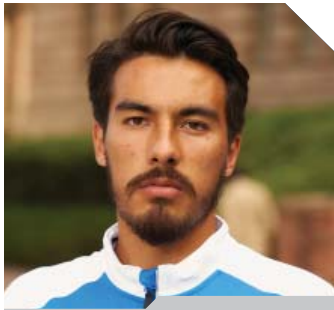
**2014** - Ran unattached at the Dual At The Rose Bowl (8k) for a time of 25:41 during his sophomore season.

**2013** - Ran in three races during his freshman year ... Finished the Dual at the Rose Bowl with a season best 8k time of 24:22.68 ... Finished 58th in the Pac-12 Championships for the Bruins in his only race unattached on the season.

**HIGH SCHOOL** - Earned three varsity letters in cross country and two in track at La Salle HS for coach Fred Riley ... Won six CIF individual titles and six league championships ... Claimed the 2012 CIF state cross country championship ... Named the Pasadena Sun's All-Area Track and Field Athlete of the Year in 2012 ... Was a state finalist in the 1,600 and 3,200 ... Placed fourth at the state championship in the 3,200 ... Holds the La Salle HS record in the mile.

**PERSONAL** - Born October 21, 1994 in Los Angeles ... Major is Sociology.





5-10 • Senior

**Jonah  
DIAZ**

Palos Verdes, Calif. (Palos Verdes)

**2015** - Competed at the NCAA Championship ... Raced in the Pac-12 Championships (8k) placing 34th and finishing with a time of 24:07 ... Placed 44th in the NCAA West Regional Championships (10k) with a time of 31:59 ... Raced in the Washington Invitational (8k) placing 40th and finishing with a time of 24:00 ... Also raced in the Wisconsin Adidas Invitational(8k) finishing 78th overall and finishing with a time of 24:20.

**2014** - Competed in seven races his sophomore year ... Finished 125th in the NCAA Championships with a 10k time of 31:46.3 ... Ran a 24:37 8k at the Pac-12 Championships to finish 37th ... Placed fourth at the BYU Autumn Classic (4mi) with a 20:23.1 to lead the Bruins ... Opened the season by placing seventh at the Nevada

Twilight Classic 5K with a time of 16:17.

**2013** - Ran a season best time of 24:47 at the NCAA Inter-Regional ... Finished 67th at the Pac-12 Championships.

**HIGH SCHOOL** - Earned four varsity letters in both track and cross country at Palos Verdes HS ... Member of two State Championship teams for cross country in 2009 and 2011 ... Won the Bay League three consecutive years from 2009-11 ... Finished sixth at the Nike Cross Country Nationals in 2011 ... Earned All-League, All- CIF and All-State honors in the 2009, 2010 and 2011 seasons ... In track, he was the three-time Bay League champion in the 3,200m.

**PERSONAL** - Born March 14, 1994 in Palos Verdes, CA ... Son of Richard Diaz and Sari Johnson... Has three brothers and sister, Devon, Zachary, Samuel and Hannah ... Chose to attend UCLA because he wanted to be a part of the athletics excellence it offers ... Geography major.



5-11 • Senior

**Ferdinand  
EDMAN**

Drammen, Norway (Drammen VGS)

**2015** - Redshirted the season.

**2014** - Garnered USTFCCCA All-Region honors ... Competed in four races during his sophomore year ... Finished 208th at NCAA Championships (10k) with a time of 32:43.6 ... Was the top UCLA finisher at the NCAA West Regional Championship (10k) with a time of 29:34 to place 13th overall ... Placed 18th at the Pac-12 Championship (8k) with a time of 24:12 to lead the Bruins ... Ran a 24:19 8k at the Wisconsin adidas Invitational to place 45th.

**2013** - Finished 36th at the Pac-12 Championships in 26:14 as a freshman ... Finished 70th in the 10k at the NCAA West Regional with a time of 31:22.

**HIGH SCHOOL** - Earned Best Norwegian Junior Distance Runner of the year honors in 2011 and 2012 ... Finished fourth in the European Junior Cross Country Championships in 2012 ... Ran the 1500m at the 2012 World Junior Championships ... Competed with club team, Sturla IF, participating in various World Youth Championships and U.S. National Team training camps.

**PERSONAL** - Born on February 12, 1993 in Drammen, Norway ... Son of Tom and Vigdis Edman ... Has two sisters, Alexandra and Constance ... Political Science major.



6-2 • Rs-Freshman

**George  
GLEASON**

Huntington Beach, Calif. (Huntington Beach)

**2015** - Ran unattached in the Titan Invitational (8k) and finished with a time of 24:50.

**HIGH SCHOOL**- Attended Huntington Beach High School in Huntington Beach, Calif. ... A state meet qualifier in both track and cross country ... Placed third his senior season in the 1,600m at the CIF State Track & Field Championships with a time of 4:09.57 ... Clocked a personal best 4:09.02 to place fourth at the CIF Southern Section finals ... Finished ninth at the state meet as a junior in the 1,600m with a time of 4:13.92 ... Holds a personal best of 9:10.72 in the 3,200m ... Placed 12th at the CIF California State Cross Country Championships in the 2014 with a time of 15:32 ... Named the Huntington Beach HS Athlete of the Year for 2015 ... An all-state selection in cross

country in 2014 ... An All-CIF and all-state selection in 2015.

**PERSONAL** - Born July 31, 1996 ... Son of Patrick and Gina Gleason ... Has two brothers named Henry and Will ... Was a four-year letterwinner on the Huntington Beach HS surfing team ... Plans to major in Engineering.



5-5 • Junior

**Richard  
HO**

San Jose, Calif. (Leland)

**2015** - Raced in the Pac-12 Championships (8k) placing 50th and posting a time of 24:44 ... Finished 67th overall in the Washington Invitational (8k) posting a time of 24:30.

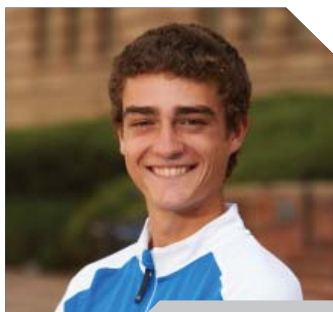
**2014** - Garnered Pac-12 All-Academic honorable mention accolades ... Named to the UCLA Athletic Director's Honor Roll ... Competed in three races during his redshirt freshman year ... Raced in the NCAA West Regional Championship (10k) and placed 68th with a time of 30:50 ... Won the Dual At The Rose Bowl (8k) in 24:57 ... Opened his season with a 21:16.2 on the four mile course at the BYU Autumn Classic.

**2013** - Competed in three races unattached for the Bruins ... Ran a season best 24:26.6 at the Titan Invitational ... Posted a 24:53.44 at the Dual at the Rose Bowl ... Opened his

collegiate career with a 25:13.78 at the Mustang Challenge.

**HIGH SCHOOL** - Four-year letterman in cross country and track and field at Leland HS ... Earned MVP honors all four years in cross country, as well as three times in track and field ... Placed seventh at the 2012 State DII championship after placing eighth in 2011 ... Earned All-Norcal, All-CCS and all-league honors his final two seasons ... All-CCS and all-league as a sophomore ... Named the Norcal Freshman of the Year and all-league in 2009.

**PERSONAL** - Son of James Ho and Christine Lin ... Has an older brother, Henry ... Born January 18, 1995 in Taichung, Taiwan... Majoring in Economics.



5-11 • Freshman

**Tyler  
JANES**

Riverside, Calif. (King)

**HIGH SCHOOL** - Attended Martin Luther King High School in Riverside, Calif. ... Earned four letters in track and three in cross country ... An all-state, all-CIF and all-league performer his senior season ... Won the CIF-SS Division I 3,200m ... Also helped lead the DMR to the win at Arcadia ... During his junior year Janes was an all-CIF, all-league selection and a state finalist in the 1,600m ... Set the Riverside County record in the 1,600m ... Holds personal bests of 4:05.86 in the 1,600m, 4:05.97 in the mile, 8:56.93 in the 3,200m and 1:56 in the 800m ... In cross country Janes was a state finalist, all-CIF, all-league and team MVP during his senior season ... As a junior he was named team MVP and a state finalist ... League champion and all-league his sophomore season.

**PERSONAL** - Son of Keith and Karla Janes ... Has one brother named Mathew and a sister named Allison ... His biggest athletic thrill so far has been winning the DMR at Arcadia ... Enjoys fishing.



6-1 • Freshman

**Riley  
KELLY**

Brisbane, Australia (St. Joseph's College)

**HIGH SCHOOL** - Attended St. Joseph's College, Gregory Terrace in Brisbane, Queensland ... Earned varsity letters in track, cross country and swimming ... Placed fourth in the 800m and 1,500m at the Australian School Track and Field Championship ... GPS 1,500m champion from 2013-15 ... Was a silver medalist in the 800m and 1,500m at the Queensland State Championships, Bronze medalist in the 1,500m at the Australian Junior Championship in 2013, and the St. Joseph's high school champion in track and cross country ... Was named the captain of the track team at St. Joseph's College ... Holds a personal best of 1:52.1 in the 800m, 3:55.7 in the 1,500m and a 49.8 in the 400m.

**PERSONAL** - Son of Declan and Sarah Kelly ... Has two brothers named Jack and Griffin

and a sister named Lauren ... Enjoys surfing, photography, listening to music, eating, hiking and watching the AFL.



6-2 • Sophomore

**Jackson  
MARSHALL**

Irvine, Calif. (Woodbridge)

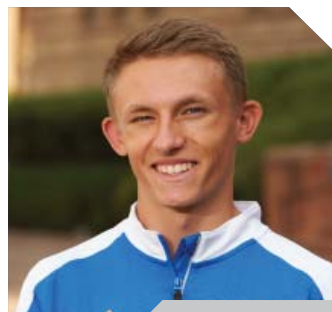
**2015** - PAC-12 All-Academic Honorable mention ... Raced in the NCAA West Regional Championship (10k) finishing 76th overall and posting a time of 32:36 ... Finished in the top 10 of the Nevada Twilight Classic (5k) finishing 6th overall and posting a time of 16:32 ... Finished in the top 5 of the Mustang Challenge (8k) finishing 4th overall and posted a time of 25:18 ... Placed 68th overall in the Washington Invitational (8k) and posted a time of 24:31 ... Was the Bruin's top runner in the Titan Invitational (8k), finishing 2nd overall with a time of 24:14.

**2014** - Named to the UCLA Athletic Director's Honor Roll ... Competed in two meets unattached during his freshman campaign ... Ran his season best 8k (24:54.6 minutes) at the Titan Invitational where he

was the second finisher for the Bruins ... Competed in the Dual At The Rose Bowl (8k) and finished with a time of 25:27 to place in the top 10.

**HIGH SCHOOL** - Prepped at Woodbridge High School in Irvine, Calif. ... Lettered four times in track and in cross country for coaches Varvas and Pacheco ... Was a two-time Pacific Coast League Champion in cross country (2012-13) and also the two-time league champion in the 3,200m (2012-13) ... Posts personal bests of 9:21 in the 3,200m and 4:18 in the 1,600m.

**PERSONAL** - Born July 12, 1995 ... Is the son of Gregory and Lois Marshall ... Has a brother named Joe and a sister named Jenna ... Enjoys playing the piano, playing basketball, reading and paddle boarding ... Majoring in statistics.



5-8 • Freshman

**Chris  
MORZENTI**

Dunsmuir, Calif. (Mt. Shasta)

**HIGH SCHOOL** - Attended Mt. Shasta High School in Mt. Shasta, Calif. ... Lettered in cross country and track ... Helped lead Mt. Shasta to a league championship in 2012 and 2015 as well as being section champions in 2012 ... Was an all-league, all-division and all-section performer in cross country and track and an all-state performer in cross country ... Was also a two-time Northern Section 1,600m champion ... Holds the school records for the 800m, 1500m, 1600m, 3000m, and was a member of the 4x400 relay record holding team.

**PERSONAL** - Son of Carl and Carolyn Morzenti ... Dad was a sprinter at UCLA ... Enjoys swimming, hiking and biking.



6-4 • Senior

**Austin  
O'NEIL**

Stevenson Ranch, Calif. (Hart)

**2015** - Alternate at the NCAA Championship ... Raced in the Pac-12 Championships (8k) placed 41st and finished with a time of 24:25 ... Raced in the NCAA West Regional Championships (10k) placing 75th overall and finishing with a time of 32:34 ... Raced in the Washington Invitational (8k) placing 31st and finishing with a time of 23:59 ... Also raced in the Wisconsin Adidas Invitational (8k) placing 88th and finishing with a time of 24:24.

**2014** - Competed in five races during the 2014 season ... Finished 61st at the Pac-12 Championship (8k) and went on to finish 238th at the NCAA Championship 10k race with a time of 34:09.8 ... Ran his season's fastest 8k time of 25:05 at the Washington Invitational ... Finished second overall in the season opener at the Nevada Twilight

Classic 5k race.

**2013** - Competed in four races for the Bruins ... Named Pac-12 All-Academic honorable mention ... Finished 10th at the Titan Invitational with a season best of 24:44.6 ... Finished ninth at the Dual at the Rose Bowl with a 25:21.97 ... Came in 11th at the Mustang Challenge to open the season with a 25:46.24.

**2012** - Redshirted ... Athletic Director's Honor Roll.

**HIGH SCHOOL** - Earned four varsity letters in cross country and track at Hart HS ... Competed for the Indians under coaches Darren James and Larry David ... Earned bronze in the 800m at the 2012 California State Indoor Track and Field Championships ... Set the Hart HS school record for the 800m (1:54.24) ... Earned All-Foothill League honors in both track and cross country ... All-CIF Division III in track his senior season ... Ran for the SCVAA Warriors Track Club as well as the SoCal Roadrunners Club in high school.

**PERSONAL** - Born November 7, 1993 in Stevenson Ranch, CA ... Son of Jim and Karen O'Neil ... Has a twin sister, Taylor ... Grandfather attended UCLA ... Sociology major.





5-11 • Freshman

**Garrett  
REYNOLDS**

Ventura, Calif. (Ventura)

**HIGH SCHOOL** - Attended Ventura High School in Ventura, Calif. ... Earned four letters in Cross Country and Track ... Named the Ventura County runner of the year three times ... All-Channel league six times, All-Ventura County six times, All-CIF First time three times, All-California first team three times and participated in the Nike Nationals Qualifier two times ... Has clocked personal bests of 1:54.83 in the 800m, 4:15.93 in the 1,600m, 4:12.21 in the mile and 8:58.06 at 3,200m ... Reynolds placed first in the 1600m and second 3,200m at the Channel League Finals ... He went on to place seventh in the 3,200m at the State Meet running it in 8:58.06 ... The Ventura County Star's Cross Country Runner of the Year has led Ventura to a state title last season ... At the 2015 California State Division I Championships Reynolds ran a 15:05.00 to finish sixth overall ... He finished fourth at the Division II meet in 2014 with a time of 15:16.00.

**PERSONAL** - Son of Eric and Nancy Reynolds ... Has a sister named Peyton ... Both parents ran track and cross country at UCLA ... Played baseball for eight years ... Hobbies include biking, hiking and surfing.



5-9 • Sophomore

**Cole  
SMITH**

Goleta, Calif. (Dos Pueblos)

**2015** - Raced in the Nevada Twilight Classic (5k) finishing in the top-5, 4th overall with a time of 16:29 ... Also raced in the Mustang Challenge (8k) placing 31st overall and finishing with a time of 26:14.

**2014** - Competed in two races for the Bruins unattached during his freshman year ... Ran at the Titan Invitational (8k) for a time of 26:25 ... Competed at the Dual At The Rose Bowl (8k) and posted a time of 27:08.

**HIGH SCHOOL** - Attended Dos Pueblos High School in Goleta, Calif. ... Lettered three times in cross country and track and field for coaches Len Miller and Chris Molloy ... Garnered All-CIF accolades in 2013 and was an All-Channel League selection in 2012 and 2013 ... Named the Channel League MVP in 2013 ... Was the

team captain his senior season ... Holds a 5K personal best time of 15:23 ... Has run the 3,200m in 9:24 and the 1,600m in 4:24.

**PERSONAL** - Is the son of Mark and Cristi Smith ... Named the Dos Pueblos Student of the Year ... Chose UCLA because of the engineering department and the athletic tradition ... Enjoys playing the guitar.



5-7 • Junior

**Myles  
SMITH**

Lakewood, Calif. (St. John Bosco)

**2015** - Competed at the NCAA Championship ... Raced in the Pac-12 Championships (8k) placing 35th and finishing with time of 24:12 ... Raced in the NCAA West Regional Championships (10k) placing 40th overall and finishing with time of 31:57 ... Was the number 1 finisher at the Mustang Challenge (8k) placing 1st overall and finishing with a time of 25:00 ... Raced in the Washington Invitational (8k) placing 38th and finishing with a time of 23:59 ... Also raced in the Wisconsin Adidas Invitational (8k) and placed 86th finishing with a score of 24:23.

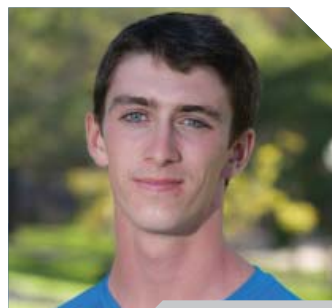
**2014** - Competed in five races as a redshirt freshman ... At NCAA Championships he finished 158th with a 10k time of 31:59.7 ... Placed 44th at Pac-12 Championships with a 24:53 8k ... Ran his season's best 8k at the

Washington Invitational in 24:12 ... Opened his season by placing 15th at the BYU Autumn Classic with a time of 20:46.4 (4mi).

**2013** - Competed in three races unattached for the Bruins ... Ran a season best time of 24:22.4 at the Titan Invitational ... Ran a 24:46.36 at the Dual at the Rose Bowl ... Opened the season with a 25:17 at the Mustang Challenge.

**HIGH SCHOOL** - Four-time cross country and track and field letterman at St. John Bosco HS ... Foot Locker National Finalist in 2011 ... Two-time CIF Southern Section Division 3 cross country individual champion ... In 2012-13, was named Dream Team Runner of the Year by the Long Beach Press-Telegram and the Lakewood Youth Hall of Fame Athlete of the Year ... Two-time Trinity League champion in the 3200m ... Led his cross country team to two state and four league championships.

**PERSONAL** - Son of Arthur and Yvonne Smith ... Has three younger brothers (Payton, Brennan and Cole) and three sisters (Brianna, Lexxie and Leighton) ... Admires boxer and politician Manny Pacquiao ... Hobbies include soccer ... Lists his biggest athletic thrill as being named Lakewood Youth Hall of Fame Athlete of the Year ... Born July 21, 1995 in La Palma, Calif. ... Political Science major.



6-3 • Sophomore

**Scott  
SNOW**

Woking, England (Carlsbad)

**HIGH SCHOOL** - Attended Carlsbad High School ... Achieved four varsity letters in cross country and track and field ... Was the track team captain in 2012 and 2013 and was awarded the CIF Sportsmanship Award ... All-CIF San Diego cross country in 2012 ... Three time Avocado League in cross country and track ... Two time team CIF San Diego cross country champions in 2011 and 2012 ... Personal best of 1:55 in the 800m.

**CLUB** - Trained at Spire Elite in 2014 ... Achieved a personal best of 6802 points in the decathlon ... Ran the 1500m in 4:06 at the 2014 USA Junior Outdoor Nationals to set a national record in the event ... Also recorded personal bests of 50.1 in the 400m, 6-2.5 in the high jump, and 145-0 in the discus ... Placed 11th at the USA Junior Outdoor Nationals in the decathlon.

**PERSONAL** - Born November 29, 1995 in Kingston Upon Thames, England ... Son of Russell Snow and Cindy Gilbert ... Has one sister, Alana ... Lists his biggest athletic achievements thus far as training with Charlie Powell at the Spire Olympic Training Center, and as achieving the national record in the decathlon 1500 at the 2014 USA Junior Outdoor Nationals ... His mother, Cindy Gilbert, attended UCLA and competed on the 1972 Olympic team in high jump at age 15, the youngest athlete ever to compete in track and field ... Undeclared major.



5-7 • Rs-Freshman

**Arturo  
SOTOMAYOR**

Roseville, Calif. (Roseville)

**2015** - Ran unattached in the Titan Invitational (8k) and finished with a time of 26:00.

**HIGH SCHOOL** - Prepped at Roseville High School in Roseville, Calif. ... A two-time state qualifier in the 800m ... Placed fifth at the CIF State Track & Field Championships with a time of 1:53.70 ... Clocked a personal best 1:51.54 to finish second at the Mt. SAC Relays ... Ran a 1:53.05 at the USATF Junior Nationals to place 10th ... Finished 18th as a junior at the state meet with a time of 1:54.78 ... Ran a personal best 4:13.02 in the 1,600m to win the Sacramento Meet of Champions ... Helped the Roseville 4x400m relay team place sixth at the CIF State Championships ... Ran at Brooks PR two years in a row ... Holds the Roseville school record in the 800m, mile and 4x400m relay ... Placed 61st at the CIF California State Cross Country Championships with a time of 16:05.

**PERSONAL** - Son of Arturo and Alma Rosa Sotomayor ... Has one brother named Eduardo and a sister named Sara Elena ... Admires Leo Manzano ... Enjoys soccer, hiking and working on cars.



5-11 • Rs-Freshman

**Millen  
TRUJILLO**

Walnut, Calif. (Walnut)

**2015** - Ran unattached in the Titan Invitational (8k) and finished with a time of 25:03.

**HIGH SCHOOL** - Attended Walnut High School in Walnut, Calif. ... Lettered all four seasons in track and cross country for coach Jim Polite ... Named the Walnut HS MVP in cross country all four years and three times in track ... Belongs to the Walnut HS Hall of Fame in both cross country and track ... Named the SGV Runner of the Year in 2015 ... Holds the school record in 1,600m with a time of 4:11.26 ... Holds a personal best of 9:13.10 in the 3,200m ... Placed 23rd at the CIF Track & Field Championships in the 1,600m ... League champion in both the 1,600m and 3,200m his junior and senior seasons ... Ran a personal best 15:23 at the CIF California State Cross Country Championships to place sixth overall in the division I race.

**PERSONAL** - Born August 11, 1997 ... Son of Michael and Merisha Trujillo ... Has two sisters named Maya and Meghna ... Admires Kobe Bryant.



5-7 • Rs-Freshman

**Carlos  
SUAREZ**

Redondo Beach, Calif. (Redondo Union)

**2015** - Ran unattached in the Titan Invitational (8k) and finished with a time of 25:20.

**HIGH SCHOOL** - Attended Redondo Union High School in Redondo Beach, Calif. ... Has run personal bests of 4:20.95 in the 1,600m and 9:13.45 in the 3,200m ... Ran his personal best in the 3,200m at the CIF Southern Section finals to place sixth ... Was third in the same meet in 2014 with a time of 9:15.61 ... An All-CIF Southern Section selection in track in 2014 and 2015 ... Earned All-CIF SS honors in cross country in 2013 ... An all-league selection in cross country (2012-14) ... Named the Daily Breeze Cross Country Runner of the Year in 2014 ... Helped Redondo Union to a fifth place finish at state in 2013 and a third place spot in 2012 ... Finished 21st at the CIF State Championships in cross country with a 5k time of 15:46.00.

**PERSONAL** - Born April 11, 1997 ... Son of Carlos and Silvia Suarez ... Enjoys music and playing the guitar ... Can solve a Rubik's Cube in less than 20 seconds ... Lists his biggest athletic accomplishment as winning the Nike Pre-National meet in Oregon his senior season.





5-2 • Freshman

**Beckie  
ALCH**

Los Angeles, Calif. (Taft)

**HIGH SCHOOL** – Prepped at Taft High School in Woodland Hills, Calif. ... Lettered in track, cross country and soccer ... Team captain for track and cross country ... Garnered scholar-athlete awards every season in every sport ... A state qualifier in both track and cross country her junior and senior seasons ... Holds the league record in the 1,600m ... Also holds school record in the 3,200m.

**PERSONAL** – Daughter of Tom and Pam Alch ... Has one sister named Jenny ... Both her parents and grandmother attended UCLA ... Enjoys hiking and the outdoors.



5-9 • Freshman

**Sophie  
BAIRD**

American Fork, Utah (American Fork)

**HIGH SCHOOL** – Prepped at American Fork High School in American Fork, Utah ... Has run personal bests of 11:11.19 in the 3,200m, 5:07.38 in the 1,600m and 2:18.77 in the 800m ... Has also lettered four years on the cross country team ... Placed seventh in both the 1,600m and 3,200m at the Utah State meet, running them in 5:09.20 and 11:19.31, respectively ... Ran the 800m in 2:23.47 at the State meet to place 13th ... Placed sixth at the Utah 5A State meet with a three mile time of 18:19.40 ... Led American Fork to a state title in cross country in 2015 and a team title at the 2015 Nike Regionals ... A three time all-region selection ... An all-state selection in cross country in 2015 and on the track in 2016.

**PERSONAL** – Daughter of Daren and Camie Baird ... Has three sisters named Addy,

Hazel and Millie ... Enjoys traveling, reading, being in the mountains and spending time with her family ... Played the violin for seven years.



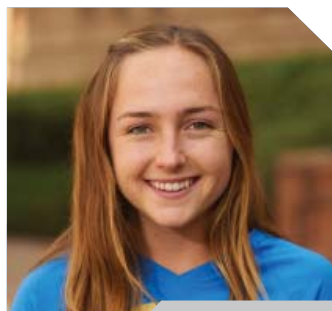
5-3 • Freshman

**Taylor  
BEAUDOIN**

Redondo Beach, Calif. (Redondo Union)

**HIGH SCHOOL** – Prepped at Redondo Union High School in Redondo Beach, Calif. ... Earned four letters in track and cross country ... Helped lead Redondo Union to a second place showing at the CIF Division II SS championships in 2013 ... Also led Redondo Union to two third place finishes at the state meet ... A three-time first team all-league selection in track and cross country.

**PERSONAL** – Daughter of Paul and Carmel Beaudoin ... Has one sister named Nicole who is her identical twin ... Enjoys swimming and traveling.



5-4 • Freshman

**Kelly  
BERND**

Del Mar, Calif. (Canyon Crest Academy)

**HIGH SCHOOL** – Attended Canyon Crest Academy in San Diego, Calif. ... Set personal bests of 2:13.08 in the 800m, 4:51.38 1600m, 4:57.79 in the 1 mile and 10:37.05 in the 3,200m ... Finished fifth at the CIF San Diego Section Finals in the 1,600m with a time of 5:07.86 ... Finished seventh at the California State Championships in the 1,600m with a personal best time of 4:51.39 ... Placed 10th at the state meet in the 1,600m as a sophomore and was a qualifier as a freshman ... Posted a meet record 10:45.99 in the 3,200m at the Escondido Invitational ... Finished seventh at the CIF State Cross Country Championships last season with a 5k time of 18:13 ... A state qualifier in cross country as a sophomore and freshman as well ... Won the Div. III San Diego Section Championship as a junior ... Team captain of both the cross country

and track teams.

**PERSONAL** – Daughter of Eric and Helen Bernd.



5-6 • Freshman

**Emily  
CLAUSE**

Temecula, Calif. (Great Oak)

**HIGH SCHOOL** – Attended Great Oak High School in Temecula, Calif. ... Earned four letters in track and cross country ... In 2015 she led the team to the state title, a CIF SS title, a league championship and a third place showing at the Nike Cross Nationals ... She won the individual league title ... In 2014 the team won the state title, the CIF SS and was second at the Nike Cross Nationals ... Was tabbed All-CIF ... Has posted personal bests of 18:00 in the 5k, 17:15 in the 3mi, 10:53 in the 3,200m and 5:07 in the 1,600m.

**PERSONAL** – Daughter of Rob and Sonja Clause ... Has a brother named Declan and a sister named Bella ... Lists her biggest thrill of her athletic career as winning two state titles.



5-8 • Junior

**Jessica  
CUSHING-MURRAY**

Santa Monica, Calif. (Foothill)

**2015** - PAC-12 All-Academic Honorable mention ... Raced in the Pac-12 Championships (6k) placing 103rd with a time of 23:31 ... Finished in the top 20 of the Nevada Twilight Classic (4k), placing 19th with a time of 16:10 ... Raced in the Mustang Challenge (5k) finishing 43rd overall while finishing with a time of 18:49 ... Raced in the Washington Invitational (6k) placing 78th and finished with a time of 21:44 ... Also raced in the Wisconsin Adidas Invitational (6k) placing 233rd with a time of 22:40.

**2014** - Selected to the UCLA Athletic Director's Honor Roll ... Completed three times during her freshman year ... Placed sixth overall at the Dual At The Rose Bowl (5k) with a time of 22:06 ... Finished 14th at the Titan Invitational (5k) with a time of 18:44.9.

**HIGH SCHOOL** – Prepped at Foothill High School in Santa Ana, Calif. ... Lettered all four years in cross country and track for coach Matt Bell ... An all-league selection for three seasons in cross country ... Team captain her senior season ... Was the runner-up in the Century League Championships three years in a row ... Helped lead Foothill to an Orange County team title in 2012 ... Finished fourth at the CIF State Championships in 2010 ... Has run personal bests of 2:19 in the 800m, 5:03 in the 1,600m and 10:50 in the 3,200m.

**PERSONAL** – Born September 14, 1996 ... Is the daughter of Christian and Kathleen Cushing-Murray ... Has two brothers named Nathaniel and Zachary and one sister named Rebecca ... Enjoys going to the beach, surfing and snowboarding... Physical Science major.



5-8 • Freshman

**Cassie  
DURGY**

Huntington Beach, Calif. (Huntington Beach)

on the cross country team for three seasons ... Named all-league three times ... A first-team selection in track and cross country all three seasons ... Was the Sunset League Champion in cross country.

**PERSONAL** – Daughter of Robert and Ruth Durgy ... Has two brothers named Ryan and Patrick ... Admires Melissa Bishop ... Was born in Toronto.



5-9 • Junior

**Emily  
FIEBERLING**

Oakland, Calif. (Bishop O'Dowd)

A member of the state meet qualifying 4x400m relay team ... In cross country she helped lead Bishop O'Dowd to HAAL/WAAC team titles her sophomore through senior seasons ... Was a first-team all-league selection her sophomore and junior years ... A second-team selection as a senior ... Was an individual qualifier for the state meet her junior season ... Her team qualified for the state meet her senior season ... Holds personal bests of 2:18.58 in the 800m, 4:50.22 in the 1,500m and 5:05.37 in the 1,600m.

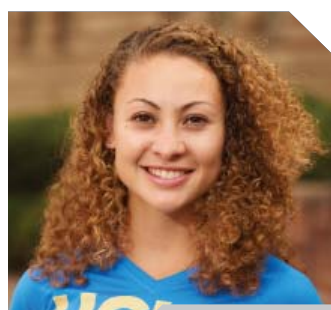
**PERSONAL** - Born August 6, 1996 ... Daughter of Eric Fieberling and Patricia Ann Brennan ... Has one sister named Erin ... Lists her biggest athletic thrill as qualifying for the cross country state meet as a team her senior season ... Enjoys hiking, camping, biking and watching sunsets ... Her father played tennis at Cal ... Psychobiology major.

**HIGH SCHOOL** - Ran at Huntington Beach High School in Huntington Beach, Calif. ... Posted personal bests of 56.90 in the 400m, 2:08.85 in the 800m, and 4:55.52 in the mile ... Won the 800m in 2:09.76 in the Sunset League Finals ... Placed sixth in the State Meet running the 800m in 2:09.03 ... A two-time CIF State Track & Field Championship qualifier in the 800m ... Clocks a personal best 2:08.85 in the prelims at the 2015 state meet ... That time was the fastest in the state by a junior and the 10th fastest in the country ... Won the Orange County Championships, the Sunset League Finals, and the CIF Southern Section Division 1 Finals in the 800m ... Broke the Huntington Beach HS school record in the 400m with a time of 56.90 ... Also holds school records in the mile (4:55), the 1,600m (4:56) and the indoor mile (5:14) ... Also competed

**2015** – Competed in four meets ... Was the runner-up at the Titan Invitational with a time of 18:18.7 on the 5k course ... Finished 97th at the Washington Invitational with a 6k time of 22:22.2 ... Was 32nd with a time of 18:37.5 at the Mustang Challenge ... Opened the season with a 22nd place finish at the Nevada Twilight with a time of 16:21.3.

**2014** - Competed in two meets ... Finished 13th with a 5k time of 18:36 at the Dual at the Rose Bowl ... Ran a 20:30.8 in her first career race to finish 61st at the BYU Autumn Classic.

**HIGH SCHOOL** - Attended Bishop O'Dowd High School in Oakland, Calif. ... Was a four-year letterwinner in both track and cross country ... A league champion in the 1,600m her junior and senior seasons ...



5-5 • Rs-Freshman

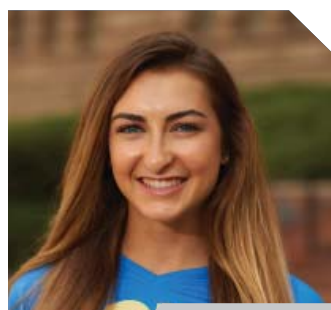
**Jackie  
GARNER**

San Diego, Calif. (Torrey Pines)

**2015** - Redshirted her true freshman year ... Ran in the Titan Invitational (5k) unattached finishing with a time of 18:16.

**HIGH SCHOOL** - Attended Torrey Pines High School in San Diego, Calif. ... A state qualifier on the track in the 1,600m and 3,200m ... Holds a personal best of 5:02.99 in the 1,600m ... Placed 20th at the CIF State Track & Field Championships in the 3,200 ... Has run a personal best of 10:53.20 in that event ... Won the CIF title in the 3,200m ... A three-time state qualifier in cross country ... Placed 16th at the CIF State Cross Country Championships as a senior ... Holds a 5k personal best of 18:05 ... Team captain ... All-CIF selection junior and senior seasons ... Helped lead team to CIF Championship in 2011, 2012 and 2014 ... Was the individual CIF Champion in 2014.

**PERSONAL** - Born March 4, 1997 ... Daughter of Dann and Rosalie Garner ... Has one sister named Gabrielle ... Lists her greatest accomplishment as winning the CIF title individually and as a team her senior season ... Enjoys playing the piano.



5-8 • Freshman

**Sarah  
HOLLOWAY**

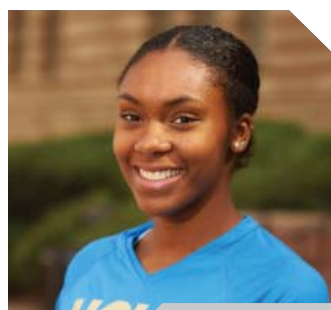
Rancho Cucamonga, Calif. (Los Osos)

**HIGH SCHOOL** – Attended Los Osos High School in Rancho Cucamonga, Calif. ... Lettered four seasons in track and cross country ... Holds the school record in the 800m, 1,600m, and 3,200m ... Has run personal bests of 5:03 (1,600m), 10:55 (3,200m), 2:18 (800m) and 17:45 (3mi) ... Was the team captain for the track and cross country teams her sophomore through senior seasons ... Named the LOHS Female Athlete of the Year ... Recognized as one of the top scholar-athletes in the San Gabriel region ... Garnered cross country MVP honors 2012-15 and MVP on the track in 2013 and 2015 ... Was an all-league performer in 2012 and 2015 and an all-county selection and all-area for cross country in 2012 ... Won the Baseline League title in the 3,200m in 2013.

**PERSONAL** – Daughter of Jack and Amy Holloway ... Has two brothers named Steven and Jack ... Enjoys camping, hiking, motorcycle riding, water sports and going to the beach.

**2015** - Did not compete in her first season at UCLA.

**HIGH SCHOOL** - Attended St. Mary's High School in Berkeley, Calif. ... A CIF State Track & Field Championship qualifier in the 400m ... Has clocked a personal best 400m time of 55.23 ... Finished eighth in the 800m as a junior in the CIF State Championships with a personal best 2:11.31 ... Was a three-time league champion in the 800m ... Also a two-time league champion in the 400m ... Won the 800m title at the NCS Championship in 2014 ... Was on the 4x400m state championship squad ... Her 4x400m relay won the NCS title three times ... Was also on the two-time NCS Champion 4x100m relay team ... Also a two-time state meet qualifier in cross country.



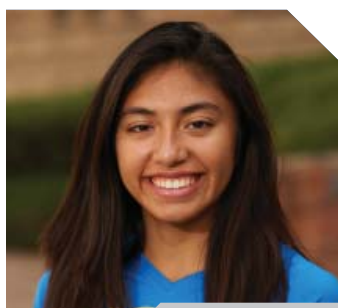
6-1 • Rs-Freshman

**Chloe  
JENKINS**

Oakland, Calif. (Saint Mary's)

**PERSONAL** - Born April 9, 1997 ... Is the daughter of Cedric and Gina Jenkins ... Has one brother named Troy ... Lists her biggest thrill as winning a state title as a member of the 4x400m relay ... Enjoys cooking, sleeping and hiking.





5-6 • Freshman

**Alyson  
JIMENEZ**

Rancho Palos Verdes, Calif. (Palos Verdes Peninsula)

**HIGH SCHOOL** - Attended Palos Verdes Peninsula High School in Rolling Hills Estate, Calif. ... Earned three varsity letters in cross country and two in track ... Was part of the 4x800, 4x1200 and the DMR that holds the school record.

**PERSONAL** - Daughter of Henry and Vianey Jimenez ... Has one brother named Henry ... Hobbies include playing the piano, drawing, reading and baking.



5-8 • Sophomore

**Carolina  
JOHNSON**

Linköping, Sweden (The Cathedral School)

**2015** - Named the Pac-12 Freshman of the Year ... A NCAA Championship Individual qualifier ... placed 75th ... Ran at the Pac-12 Championships (6k) and finished with a time of 20:17 and placed ninth ... Finished in the top 10 of the NCAA West Regional Championships (6k) placing ninth and earning All-Region Honors ... Ran a time of 21:00 ... Raced in the Wisconsin Adidas Invitational (6k) and finished 26th with a time of 20:15.

**HIGH SCHOOL**- Attended The Cathedral School in Linköping, Sweden for three years... Competed for the Linköping Athletic Team for three years ... Won 14 medals from the Swedish Championships ... Won the Silver medal at the European Junior Championship... Won two medals from the Nordic Championships... Named

Women's Junior Runner of the Year... Holds the regional record in the 5,000m and 3k Steeplechase... Holds the third best time in history for U20 Steeplechase for Sweden ... Participated in the World Junior Championships, European Junior Championships, Nordic Championships, and represented the national team at international competitions.

**PERSONAL**- Born April 15, 1996 ... Is the daughter of Fredrik and Louise Johnson ... Has two sisters named Gabriella and Mikaela ... Lists her biggest thrill as winning the silver medal at the European Junior Championships in the 3k Steeplechase ... Enjoys all types of competition and challenges ... Father was a world champion in squash.



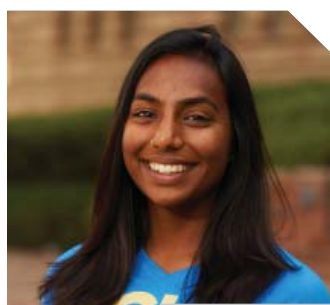
5-6 • Freshman

**Adria  
LAMMERS**

Davis, Calif. (Davis Senior)

**HIGH SCHOOL** - Prepped at Davis Senior High School in Davis, Calif. ... Earned three letters in track and two in cross country ... Was named the Davis High Outstanding Senior in 2015 ... Earned Outstanding Junior in 2014 ... Finished third in the 800m at the league championships and 12th at the section meet ... Holds personal bests of 2:21 in the 800m, 5:26 in the 1,600m and clocked a 19:48 in the 5k at the Stanford Invitational.

**PERSONAL** - Daughter to John and Cathleen Lammers ... Has a brother named Brent and a sister named Cara ... Enjoys wake surfing and waterskiing.



5-4 • Freshman

**Sweena  
MANGAL**

Rancho Santa Margarita, Calif. (Trabuco Hills)

**HIGH SCHOOL** - Attended Trabuco Hills High School in Mission Viejo, Calif. ... Earned varsity letters in cross country and track ... Helped lead Trabuco Hills High School to a third place finish in state in 2015 ... Helped lead the team to a fifth place at state in 2014 and second in the southern section ... Was named captain of her cross country team in 2014 and track team in 2015 ... Named all-county her senior year.

**PERSONAL** - Daughter of Mohit and Monica Mangal ... Has one sister named Yashi ... Hobbies include playing the guitar, sculpting, writing songs, reading and kick boxing.



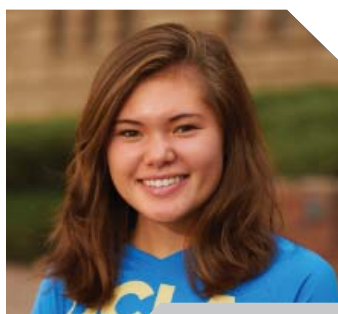
5-6 • Freshman

**Claire  
MARKEY**

Chelmsford, Mass. (Chelmsford)

**HIGH SCHOOL** - Attended Chelmsford High School in Chelmsford, Mass. ... Earned letters in basketball, soccer and track ... Was an all-conference selection at point guard for three seasons ... Garnered Player of the Year honors for three seasons ... Earned all-conference accolades in her lone season on the track ... Won the 2-mile at the MVC championships ... Placed second at the state meet in the 2-mile ... Clocked a personal best of 10:27 in the 3,200m and 10:35 in the 2-mile ... Both are school records.

**PERSONAL** - Daughter of John and Kerry Markey ... Has a brother named Joe and a sister named Katie ... Her aunt and cousin both attended UCLA ... Admires Shalane Flanagan who is from her home state of Massachusetts.



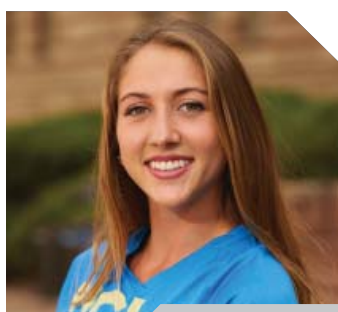
5-7 • Freshman

**Grace  
MCAULEY**

La Canada, Calif. (Crescenta Valley)

**HIGH SCHOOL** – Prepped at Crescenta Valley High School in La Crescenta, Calif. ... Lettered in both track and cross country ... Named the Most Valuable Distance Runner in 2016 ... Earned the scholar-athlete award in 2014-16 ... Was named Most Improved in 2014 ... Finished third in the 3,200m in the Pacific League Championships.

**PERSONAL** – Daughter of Skeet and Karen McAuley ... Admires Mo Farah and Jordan Hasay.



5-4 • Rs-Freshman

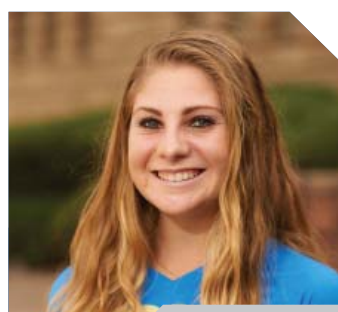
**Madison  
MOORE**

Bradley, Calif. (Paso Robles)

**2015** - Did not compete in her first season with the Bruins.

**HIGH SCHOOL** - Attended Paso Robles High School ... Earned four letters in track and cross country for coach Ivan Huff ... Won the county title in the 400m ... Was an all-league selection in the 400m in 2013 ... Set the school and league record in the 800m at 2:13.40.

**PERSONAL** - Born May 12, 1997 ... Daughter of Mike and Susan Moore ... Has two brothers named Ian and Jacob and two sisters named Harmony and Kaitlynn ... Admires Allyson Felix ... Plans to major in neuroscience.



5-2 • Rs-Freshman

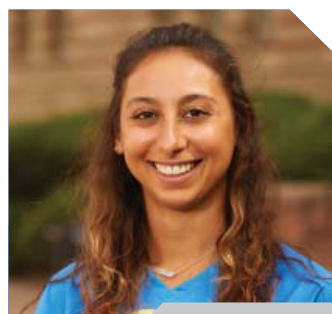
**Sarah  
RIGGS**

Simi Valley, Calif. (Simi Valley)

**2015** - Did not compete in her first season as a Bruin.

**HIGH SCHOOL** – Attended Simi Valley High School in Simi Valley, Calif. ... Lettered all four years in cross country and track ... Helped lead Simi Valley to four league championships in cross country and three in track ... In 2013 Simi Valley captured a state title and the CIF-SS team championship in cross country ... A state qualifier three times in cross country ... Clocks a 5k personal best of 18:45 to finish 28th at the CIF State Championships in 2011 ... Competed at the Nike Cross Nationals ... Holds personal bests in track of 5:05.04 in the 1,600m and 2:18.17 in the 800m.

**PERSONAL** – Born Sept. 24, 1997 ... Daughter of Bryan and Joyce Riggs ... Has one brother named Robby ... Enjoys swimming, biking, hiking and the beach ... Is a Green Bay Packers fan ... Admires Steve Prefontaine ... Plans to major in human biology.



5-8 • Sophomore

**Julia  
RIZK**

Columbus, Ohio (Columbus Academy)

**2015** - Ran at the Pac-12 Championship (6k) and finished with a time of 21:42 and placed 66th... Raced in the NCAA West Regional Championship (6k) finishing with a time of 21:58 and placed 71st... Finished in the top 25 in the Mustang Challenge (5k) placing 20th and finishing with a time of 18:22... Participated in the Washington Invitational (6k) finishing 35th and posting a time of 20:37... Also raced in the Wisconsin Adidas Invitational (6k) placing 225th and finishing with a time of 22:25.

**HIGH SCHOOL** - Attended Columbus Academy in Gahanna, Ohio ... Qualified for the Ohio state meet in the 400m and 800m as a senior ... Was the runner-up in the 400m with a time of 57.45 and was 16th in the 800m ... Has run a personal best 56.71 in the 400m ... That time broke

the Division III and Region 11 record ... As a junior she won the OHSAA Division 3 State Championship in the 800m with a personal best time of 2:14.30 ... Also finished third at the state meet in the 1,600m with a time of 5:05.87 ... Helped the 4x800m relay team place second at the state meet ... Won her league and region in both the 800m and 1,600m ... Finished second at the 2013 state meet in the 1,600m with a personal best time of 4:59.95 ... Team captain for both the track and cross country team ... In cross country placed third at the state meet in 2013 ... Finished third at the regional meet in 2013 ... A MSL first-team selection in 2013 and 2014 ... Was the MSL individual champion in 2014 ... Was the MSL runner-up in 2013 and won the district title.

**PERSONAL** - Born June 14, 1996 ... Daughter of Sam and Sharon Rizk ... Has one sister named Lily ... Lists her biggest athletic accomplishment as winning the 800m state title her junior season ... Admires Lolo Jones ... Enjoys reading and following politics ... Was a four-time Academic All-Ohio selection ... Also earned two letters in soccer.



5-6 • Junior

**Emily  
SCHARMANN**

Trabuco Canyon, Calif. (Tesoro)

**2015** - Ran at the Pac-12 Championships (6k) and finished with a time of 21:51 and placing 75th... Raced at the NCAA West Regional Championships (6k) finishing with time of 22:15 and placing 88th... Finished 60th in the Washington Invitational (6k) finishing with a time of 21:15.

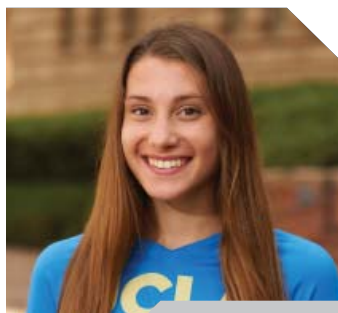
**2014** - Competed six times during her redshirt season ... Ran a 23:24.3 6k at the NCAA National Championships ... Placed in the top 50 at the Pac-12 Championships (6k) and finished with a time of 21:27 ... Finished 24th with a time of 18:59.4 at the BYU Autumn Classic (3mi).

**2013** - Competed in three races ... Ran a season best time of 18:00.0 in the 5k at the Titan Invitational ... Ran the 6k in 22:34.97 at the Dual at the Rose Bowl.

**HIGH SCHOOL** - Lettered four years in cross country and in track and field at Tesoro HS ... Won South Coast League championship and led her team to a second-place finish at the CIF Southern Section Championship in 2012 ... Sea View League champion in 2011 and earned Orange County Register All-County first-team honors ... Earned Orange County Register Female Cross Country Athlete of the Week honors and was ESPN LA's Female Athlete of the Week for 10-19-10 ... Placed First in the Division 1 Girls Varsity Sweeps Race at OC Championships in 2010 ... Won the South Coast League 3200 Championship in 2012.

**PERSONAL** - Parents are Kurt and Lisa Scharmann ... Has an older brother, Kelby, and a younger sister, Molly ... Listed leading her team to the title of OC Champs while winning the individual title as her greatest athletic thrill ... Hobbies include reading and listening to music ... Full name is Emily Anne Scharmann ... Sociology major.





5-5 • Freshman

**Carlyn  
SCHMIDGALL**

Issaquah, Wash. (Liberty)

**HIGH SCHOOL** – Prepped at Liberty High School in Renton, Wash. ... Earned four letters in track and cross country ... Broke a 10-year-old school record in the 3,200m at the state meet ... Finished sixth in the 1,600m and fourth in the 3,200 ... Holds personal bests of 5:12.95 in the 1,600m and 11:15.85 in the 3,200m ... Team captain for both track and cross country ... Four-time league and district champions in cross country ... Academic state team champions in 2015 ... State champions in 2015.

**PERSONAL** – Daughter of Ben Schmidgall and Joan Sherbina ... Has one brother named Nick ... Enjoys hiking, cooking and singing.



5-4 • Freshman

**Lilly  
SCHMIDT**

Newport Beach, Calif. (Corona Del Mar)

**HIGH SCHOOL** - Attended Corona Del Mar High School in Newport Beach, Calif. ... Earned varsity letters in cross country and track ... Was part of the Pacific League Championship team ... Won six MVP awards and the Commerce Student Athlete Award.

**PERSONAL** - Daughter to Richard and Cammie Schmidt ... Has two brothers named Ricky and Jimmy, and three sisters named Hillary, Lacey and Claire ... Sister and grandpa both attended UCLA ... Has two cousins who are athletes at Notre Dame and Texas A&M.



5-4 • Freshman

**Lucie  
SEMONE**

Kentfield, Calif. (Redwood)

**HIGH SCHOOL** – Prepped at Redwood High School in Larkspur, Calif. ... Earned letters in track, cross country and lacrosse ... Helped lead Redwood HS to MCAL titles in both track and cross country and a second place finish at the NCS Championships ... Placed fifth individually at the NCS Championships ... Holds a personal best of 5:13 in the 1,600m and 18:32 in cross country three mile.

**PERSONAL** – Daughter of Anthony Semone and Alexandra Joss ... Plans to major in applied math.



5-5 • Sophomore

**Taylor  
TAITE**

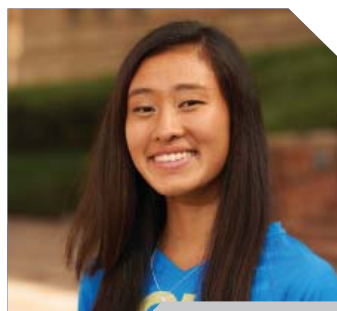
Murrieta, Calif. (Murrieta West)

**2015** - Ran at the Pac-12 Championships (6k) and finished 76th with a time of 21:52 ... Raced in the NCAA West Regional Championships (6k) finishing 166th with a time of 23:10 ... Finished in the top 10 in the Mustang Challenge (5k) placing 10th and finished with a time of 18:10 ... Raced in the Washington Invitational (6k) placing 91st and finished with a time of 22:09.

**HIGH SCHOOL** - Prepped at Murrieta Mesa in Murrieta, Calif. ... Was a state meet qualifier in the 1,600m ... Clocks a 4:59.44 to finish 16th at the CIF State Track & Field Championships ... Holds personal bests of 4:55.81 in the 1,600m, 2:17.71 in the 800m, 59.55 in the 400m and 11:36.18 in the 3,200m ... Team captain of both her track and cross country teams ... All-league selection in both track and cross country ...

Was a three-time state meet qualifier in cross country ... Placed third as a senior at the CIF California State Cross Country Championships with a time of 17:40 ... Finished ninth as a junior with a time of 17:44.

**PERSONAL** - Born September 9, 1996 ... Daughter of Walter and Kristen Taite ... Has one brother named Walter ... Admires professional surfer Bethany Hamilton ... Attended Flagstaff High School her freshman year.



5-6 • Junior

**Roni  
YAMANE**

Arcadia, Calif. (Arcadia)

**2015** - PAC-12 All-Academic Honorable mention ... Ran at the Pac-12 Championships (6k) and finished with a time of 21:44 and placing 72nd ... Raced in the NCAA West Regional Championships (6k) finishing with a time of 23:08 and placing 163rd ... Finished in the top 20 in the Nevada Twilight Classic (4k) finishing 16th with a time of 15:42 ... Finished 26th in the Mustang Challenge (5k) with a time of 18:34 ... Finished 63rd in the Washington Invitational (6k) with a time of 21:25 ... Also participated in the Wisconsin Adidas Invitational (6k) finishing 190th and posting a time of 21:48.

**2014** – Named to the UCLA Athletic Director's Honor Roll ... Competed in seven meets during her true freshman year ... Raced at NCAA Championships (6k) and finished 249th with a time of 23:18.5 ... Competed at the NCAA West Regional Championships (6k) with a time of 22:11 and placed 102nd overall ... Placed 67th at the Pac-12 Championships (6k) with a time of 21:47 ... Placed 18th overall at the BYU Autumn Classic (3mi) with a time of 18:51.90 to finish second on the team ... Opened her collegiate career 13th overall at the Nevada Twilight Classic (4k).

**HIGH SCHOOL** - Attended Arcadia High School in Arcadia, Calif. ... Earned seven letters at Arcadia between cross country and track ... Has run personal bests of 4:54 in the 1,600m and 10:45 in the 3,200m ... Named the Sports Woman of the Year ... Won the Pacific League title in cross country ... Placed ninth at the CIF Cross Country Championships in division I ... Named the Most Valuable Runner.

**PERSONAL** – Born October 25, 1996 ... Is the daughter of Michael and Kathy Yamane ... Has one brother named Daniel and three sisters named Eryca, Becky and Jessica ... Admires UCLA great and Boston Marathon champion Meb Keflezighi and American record holder Deena Kastor ... Plans to major in psychology.



### NCAA CHAMPIONSHIPS

UCLA senior **Lane Werley** capped off his cross country career in stellar fashion as he earned All-American honors for the second time, leading the men's team to a 14th place finish - the best UCLA showing since 2012.

The men were led by Werley, who earned All-American honors for the second time in his career. Werley crossed the line in 21st place with a time of 30:13 on the 10k course.

**Carolina Johnson** closed out her stellar freshman campaign by running a 20:40.7 on the 6k course to finish 75th overall.



### PAC-12 CHAMPIONSHIPS

UCLA newcomer **Carolina Johnson** was named the Pac-12 Freshman of the Year while **Lane Werley** garnered All-Pac-12 accolades for the Bruins.

In just her second career collegiate race Johnson finished ninth overall at the Pac-12 Championships this past weekend in Colfax, Wash., earning second team honors. She was the first freshman finisher with a time of 20:17.5 on the 6k course. Johnson became the first ever Bruin to earn the Pac-12 Freshman of the Year award.

Werley garners first team honors for the second time in his career. The senior finished fifth overall with a time of 23:19.1 on the 8k course.



### WISCONSIN INVITATIONAL

For the second season in a row the UCLA men's cross country team showed its strength at the Wisconsin Adidas Invitational, held on the Thomas Zimmer Championship Cross Country Course.

The men finished ninth overall and were led once again by senior **Lane Werley**, who placed 14th. The women placed 34th and unleashed freshman **Carolina Johnson**, who shined in her debut and finished 26th overall.

Senior **Sergey Sushchikh** (pictured above) ran second for UCLA and was 68th overall with a time of 24:16.5.



### WASHINGTON INVITATIONAL

The UCLA men entered the meet ranked 11th in the country and finished fourth overall in the tough field on the Jefferson Park Golf Course.

The men were led by All-American **Lane Werley**, as the redshirt senior placed third overall with a time of 23:21.80, just six seconds off the leader.

In the women's race, freshman **Julia Rizk** was the top finisher for the Bruins, placing 35th with a time of 20:37.90. Redshirt freshman **Emily Scharmann** finished in 60th with a time of 21:15.60 and sophomore **Roni Yamane** closely followed in 63rd at 21:15.60.



# 2015 MEN'S MEET-BY-MEET RESULTS

## NEVADA TWILIGHT CLASSIC (5k)

	Time	Name	Event	Date	Finish
1.	16:28	Sahm Bazargan	Nevada Twilight	Sept. 5	3
2.	16:29	Cole Smith	Nevada Twilight	Sept. 5	4
3.	16:31	Max Davis	Nevada Twilight	Sept. 5	5
4.	16:32	Jackson Marshall	Nevada Twilight	Sept. 5	6
5.	16:43	Nolan Dickson	Nevada Twilight	Sept. 5	8
6.	17:11	Jon Bazinet	Nevada Twilight	Sept. 5	11
7.	17:32	Scott Edwards	Nevada Twilight	Sept. 5	12

## MUSTANG CHALLENGE (8k)

	Time	Name	Event	Date	Finish
1.	25:00.68	Myles Smith	Mustang Challenge	Sept. 19	1
2.	25:18.19	Jackson Marshall	Mustang Challenge	Sept. 19	4
3.	25:26.85	Max Davis	Mustang Challenge	Sept. 19	6
4.	25:44.12	Sean Davis	Mustang Challenge	Sept. 19	14
5.	26:01.50	Nolan Dickson	Mustang Challenge	Sept. 19	19
6.	26:14.55	Cole Smith	Mustang Challenge	Sept. 19	31
7.	26:16.12	Sahm Bazargan	Mustang Challenge	Sept. 19	34
8.	26:43.04	Jon Bazinet	Mustang Challenge	Sept. 19	53
9.	28:36.73	Scott Edwards	Mustang Challenge	Sept. 19	145

## WASHINGTON INVITATIONAL (8k)

	Time	Name	Event	Date	Finish
1.	23:21.8	Lane Werley	UW Invitational	Oct. 2	3
2.	23:31.9	Sergey Sushchikh	UW Invitational	Oct. 2	11
3.	23:53.3	Austin O'Neil	UW Invitational	Oct. 2	31
4.	23:59.1	Myles Smith	UW Invitational	Oct. 2	38
5.	24:00.4	Jonah Diaz	UW Invitational	Oct. 2	40
6.	24:05.3	Sean Davis	UW Invitational	Oct. 2	45
7.	24:12.6	Nick Hartle	UW Invitational	Oct. 2	55
8.	24:29.9	Max Davis	UW Invitational	Oct. 2	66
9.	24:30.9	Richard Ho	UW Invitational	Oct. 2	67
10.	24:31.3	Jackson Marshall	UW Invitational	Oct. 2	68
11.	24:58.2	Nolan Dickson	UW Invitational	Oct. 2	85
12.	25:31.6	Daniel De La Torre	UW Invitational	Oct. 2	100

## WISCONSIN ADIDAS INVITATIONAL (8k)

	Time	Name	Event	Date	Finish
1.	23:49	Lane Werley	Wisconsin adidas Invite	Oct. 16	14
2.	24:16	Sergey Sushchikh	Wisconsin adidas Invite	Oct. 16	68
3.	24:20	Jonah Diaz	Wisconsin adidas Invite	Oct. 16	78
4.	24:23	Myles Smith	Wisconsin adidas Invite	Oct. 16	86
5.	24:24	Austin O'Neil	Wisconsin adidas Invite	Oct. 16	88
6.	24:36	Nick Hartle	Wisconsin adidas Invite	Oct. 16	129
7.	25:01	Sean Davis	Wisconsin adidas Invite	Oct. 16	187

## TITAN INVITATIONAL (8k)

	Time	Name	Event	Date	Finish
1.	24:14.21	Jackson Marshall	Titan Invitational	Oct. 23	2
2.	24:33.65	Colin Burke	Titan Invitational	Oct. 23	UN
3.	24:50.97	Patrick Gleason	Titan Invitational	Oct. 23	UN
4.	24:58.11	Sahm Bazargan	Titan Invitational	Oct. 23	7
5.	25:03.98	Millen Trujillo	Titan Invitational	Oct. 23	UN
6.	25:20.73	Carlos Suarez	Titan Invitational	Oct. 23	UN
7.	25:29.01	Max Davis	Titan Invitational	Oct. 23	12
8.	26:00.92	Aturo Sotomayor	Titan Invitational	Oct. 23	UN
9.	26:01.65	Jon Bazinet	Titan Invitational	Oct. 23	26
10.	26:54.95	John Davies	Titan Invitational	Oct. 23	50

## PAC-12 CHAMPIONSHIPS (8k)

	Time	Name	Event	Date	Finish
1.	23:19.1	Lane Werley	Pac-12 Championships	Oct. 30	5
2.	23:54	Sergey Sushchikh	Pac-12 Championships	Oct. 30	25
3.	23:57.4	Nick Hartle	Pac-12 Championships	Oct. 30	28
4.	24:07.8	Jonah Diaz	Pac-12 Championships	Oct. 30	34
5.	24:12.5	Myles Smith	Pac-12 Championships	Oct. 30	35
6.	24:25.8	Austin O'Neil	Pac-12 Championships	Oct. 30	41
7.	24:44.1	Richard Ho	Pac-12 Championships	Oct. 30	50
8.	25:05	Sahm Bazargan	Pac-12 Championships	Oct. 30	62
9.	25:14.1	Daniel De La Torre	Pac-12 Championships	Oct. 30	64
10.	-----	Sean Davis	Pac-12 Championships	Oct. 30	--

## NCAA WEST REGIONAL CHAMPIONSHIPS (10k)

	Time	Name	Event	Date	Finish
1.	31:18	Sergey Sushchikh	NCAA West Regional	Nov. 14	9
2.	31:27	Lane Werley	NCAA West Regional	Nov. 14	16
3.	31:57	Myles Smith	NCAA West Regional	Nov. 14	40
4.	31:59	Jonah Diaz	NCAA West Regional	Nov. 14	44
5.	32:10	Sean Davis	NCAA West Regional	Nov. 14	54
6.	32:34	Austin O'Neil	NCAA West Regional	Nov. 14	75
7.	32:36	Jackson Marshall	NCAA West Regional	Nov. 14	76

## NCAA NATIONAL CHAMPIONSHIPS (10k)

	Time	Name	Event	Date	Finish
1.	30:13.0	Lane Werley	NCAA Championship	Nov. 22	21
2.	31:08.3	Sergey Sushchikh	NCAA Championship	Nov. 22	119
3.	31:09.7	Jonah Diaz	NCAA Championship	Nov. 22	122
4.	31:11.6	Nick Hartle	NCAA Championship	Nov. 22	127
5.	31:25.7	Myles Smith	NCAA Championship	Nov. 22	148
6.	31:45.2	Ferdinand Edman	NCAA Championship	Nov. 22	181
7.	31:59.2	Sean Davis	NCAA Championship	Nov. 22	200

## NEVADA TWILIGHT CLASSIC (4k)

	Time	Name	Event	Date	Finish
1.	15:42	Roni Yamane	Nevada Twilight	Sept. 5	16
2.	16:10	J. Cushing-Murray	Nevada Twilight	Sept. 5	19
3.	16:16	Kelly Brooks	Nevada Twilight	Sept. 5	21
4.	16:21	Emily Fieberling	Nevada Twilight	Sept. 5	22
5.	16:38	Katie Sered	Nevada Twilight	Sept. 5	25
6.	18:14	Gabby Sered	Nevada Twilight	Sept. 5	35

## MUSTANG CHALLENGE (5k)

	Time	Name	Event	Date	Finish
1.	18:10.78	Taylor Taite	Mustang Challenge	Sept. 19	10
2.	18:18.02	Aliya Shirif	Mustang Challenge	Sept. 19	15
3.	18:22.86	Julia Rizk	Mustang Challenge	Sept. 19	20
4.	18:33.11	Sabrina Seay	Mustang Challenge	Sept. 19	24
5.	18:34.87	Roni Yamane	Mustang Challenge	Sept. 19	26
6.	18:37.55	Emily Fieberling	Mustang Challenge	Sept. 19	32
7.	18:42.83	Kelly Brooks	Mustang Challenge	Sept. 19	37
8.	18:49.16	J. Cushing-Murray	Mustang Challenge	Sept. 19	43
9.	18:57.02	Katie Sered	Mustang Challenge	Sept. 19	53
10.	19:37.44	Ashlee Powers	Mustang Challenge	Sept. 19	91
11.	20:11.91	Gabby Sered	Mustang Challenge	Sept. 19	132

## WASHINGTON INVITATIONAL (6k)

	Time	Name	Event	Date	Finish
1.	20:37.9	Julia Rizk	UW Invitational	Oct. 2	35
2.	21:15.6	Emily Scharmann	UW Invitational	Oct. 2	60
3.	21:25.5	Roni Yamane	UW Invitational	Oct. 2	63
4.	21:43.4	Sabrina Seay	UW Invitational	Oct. 2	75
5.	21:44.6	J. Cushing-Murray	UW Invitational	Oct. 2	78
6.	21:45.3	Aliya Shirif	UW Invitational	Oct. 2	82
7.	22:07.5	Kelly Brooks	UW Invitational	Oct. 2	90
8.	22:09.6	Taylor Taite	UW Invitational	Oct. 2	91
9.	22:15.5	Ashlee Powers	UW Invitational	Oct. 2	95
10.	22:22.3	Emily Fieberling	UW Invitational	Oct. 2	97
11.	22:25.8	Valerie Morrison	UW Invitational	Oct. 2	100

## WISCONSIN ADIDAS INVITATIONAL (6k)

	Time	Name	Event	Date	Finish
1.	20:15	Carolina Johnson	Wisconsin adidas Invite	Oct. 16	26
2.	21:38	Emily Scharmann	Wisconsin adidas Invite	Oct. 16	169
3.	21:47	Aliya Shirif	Wisconsin adidas Invite	Oct. 16	189
4.	21:48	Roni Yamane	Wisconsin adidas Invite	Oct. 16	190
5.	22:25	Julia Rizk	Wisconsin adidas Invite	Oct. 16	225
6.	22:40	J. Cushing-Murray	Wisconsin adidas Invite	Oct. 16	232
7.	23:01	Sabrina Seay	Wisconsin adidas Invite	Oct. 16	237

## TITAN INVITATIONAL (5k)

	Time	Name	Event	Date	Finish
1.	18:16.88	Jackie Garner	Titan Invitational	Oct. 23	UN
2.	18:18.67	Emily Fieberling	Titan Invitational	Oct. 23	6
3.	18:36.57	Kelly Brooks	Titan Invitational	Oct. 23	11
4.	20:01.10	Katie Sered	Titan Invitational	Oct. 23	40
5.	20:24.82	Kim Mackay	Titan Invitational	Oct. 23	44

## PAC-12 CHAMPIONSHIPS (6k)

	Time	Name	Event	Date	Finish
1.	20:17.5	Carolina Johnson	Pac-12 Championships	Oct. 30	9
2.	21:39.9	Ashlee Powers	Pac-12 Championships	Oct. 30	65
3.	21:42.4	Julia Rizk	Pac-12 Championships	Oct. 30	66
4.	21:44.1	Aliya Shirif	Pac-12 Championships	Oct. 30	71
5.	21:46.5	Roni Yamane	Pac-12 Championships	Oct. 30	72
6.	21:51.8	Emily Scharmann	Pac-12 Championships	Oct. 30	75
7.	21:52.2	Taylor Taite	Pac-12 Championships	Oct. 30	76
8.	22:25.5	Sabrina Seay	Pac-12 Championships	Oct. 30	92
9.	22:46.8	Kelly Brooks	Pac-12 Championships	Oct. 30	96
10.	23:31.2	J. Cushing-Murray	Pac-12 Championships	Oct. 30	103

## NCAA WEST REGIONAL CHAMPIONSHIPS (6k)

	Time	Name	Event	Date	Finish
1.	21:00	Carolina Johnson	NCAA West Regional	Nov. 14	9
2.	21:55	Julia Rizk	NCAA West Regional	Nov. 14	71
3.	21:58	Aliya Shirif	NCAA West Regional	Nov. 14	73
4.	22:15	Emily Scarmann	NCAA West Regional	Nov. 14	88
5.	22:17	Ashlee Powers	NCAA West Regional	Nov. 14	95
6.	23:08	Roni Yamane	NCAA West Regional	Nov. 14	163
7.	23:10	Taylor Taite	NCAA West Regional	Nov. 14	166

## NCAA NATIONAL CHAMPIONSHIPS (6k)

	Time	Name	Event	Date	Finish
1.	20:40.7	Carolina Johnson	NCAA Championship	Nov. 22	75



## NCAA TEAM APPEARANCES

### Women (14)\*

Year	Finish	Coach
2014	27th	Forest Braden
2004	27th	Eric Peterson
2003	7th	Eric Peterson
2002	25th(tie)	Eric Peterson
2001	21st	Eric Peterson
1999	30th	Eric Peterson
1998	28th	Eric Peterson
1988	13th	Bob Messina
1986	11th	Bob Messina
1985	6th	Bob Messina
1980	7th	Scott Chisam
1979	11th	Scott Chisam
1977	5th	Scott Chisam
1976	6th	Pat Connolly

\*Women competed in the AIAW Championships until 1981.

### Men (10)

Year	Finish	Coach
2015	14th	Forest Braden
2014	18th	Forest Braden
2012	13th	Forest Braden
2008	26th	Eric Peterson
2006	24th	Eric Peterson
1985	12th	Bob Larsen
1983	20th	Bob Larsen
1982	9th	Bob Larsen
1981	5th	Bob Larsen
1980	5th	Bob Larsen
1979	15th	Bob Larsen

## NCAA ALL-AMERICANS

### Women (14)

Year	Athlete(s)
2005	Ashley Caldwell
2003	Ashley Caldwell, Valerie Flores, Melissa McBain
2002	Lena Nilsson
1994	Karen Hecox
1993	Beth Bartholomew, Karen Hecox
1986	Polly Plummer
1985	Polly Plummer
1981	Michelle Bush
1980	Linda Goen
1973	Julie Brown, Francie Larriue

### Men (19)

Year	Athlete(s)
2015	Lane Werley
2012	Lane Werley
2007	Austin Ramos
2005	Austin Ramos
2004	Jon Rankin
1998	Mark Hauser
1997	Meb Keflezighi (NCAA Champion)
1996	Meb Keflezighi
1995	Meb Keflezighi
1994	Meb Keflezighi
1985	Jon Butler
1982	Jon Butler, Steve McCormack
1981	Jon Butler, Dave Daniels, Steve McCormack
1980	Ron Cornell, Dave Daniels, Steve Ortiz
1979	Ron Cornell



Ashley Caldwell was a two-time All-American in cross country, earning honors in 2005 as an individual and in 2003 when the Bruin women competed as a team. That year, the women had three All-American honorees with Caldwell, Melissa McBain and Valerie Flores earning honors.



Austin Ramos was a two-time All-American for the Bruin cross country team, earning honors in 2005 and 2007 as an individual competitor. He was also an All-Conference and All-West Region honoree during his career.



In 2002, as a junior in cross country, Lena Nilsson earned All-American honors at the NCAA Championships (17th/20:10.0) and led the Bruins at the Pac-10 (3rd/20:01) and NCAA West Region (2nd/20:45) championships. In her Bruin career, Nilsson won the 2003 NCAA Indoor 800m, 2002 NCAA Outdoor 1500m, was the two-time (2002-03) Pac-10 Women's T & F Athlete of the Year and holds the school records in the 800m (2:02.26) and 1500m (4:07.69).

BRUIN ALL-AMERICANS (Women)

Ashley Caldwell - '03/'06



Valerie Flores - '03



Melissa McBain - '03



Lena Nilsson - '02



Karen Hecox - '93/'94



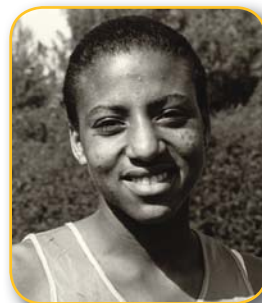
Beth Bartholemew - '93



Polly Plumber - '85/'86



Michelle Bush - '81



Linda Goen - '80



Julie Brown - '73



Francie Larrieu - '73





## BRUIN ALL-AMERICANS (Men)

Lane Werley - '12 / '15



Jon Rankin - '04



Mark Hauser - '98



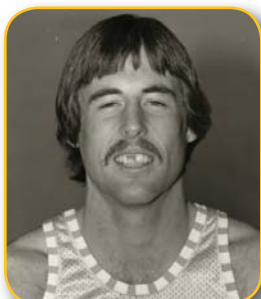
Meb Keflezighi - '94/'95/'96/'97



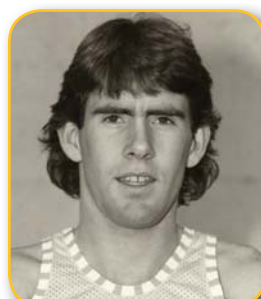
Jon Butler - '81/'82/'83



Steve McCormack - '81



Dave Daniels - '81/'82



Steve Ortiz - '80



Ron Cornell - '79/'80



Austin Ramos - '05/'07



## WOMEN'S PAC-10/12 CONFERENCE CHAMPIONS

Year	Team Champion	UCLA Place	Individual Champion, School	Time
2015	Colorado	9th	Aisling Cuffe, Stanford	19:53.1
2014	Oregon	5th	Shelby Houlihan, Arizona State	19:59
2013	Arizona	7th	Aisling Cuffe, Stanford	21:04
2012	Colorado	6th	Kathy Kroeger, Stanford	20:06
2011	Colorado	10th	Katie Flood, Washington	19:32
2010	Stanford	6th	Jordan Hasay, Oregon	19:44.95
2009	Washington	7th	Nicole Blood, Oregon	19:41.71
2008	Washington	10th	Kendra Schaaf, Washington	19:24.05
2007	Stanford	10th	Arianna Lambie, Stanford	19:40.7
2006	Stanford	5th	Arianna Lambie, Stanford	20:15.09
2005	Stanford	6th	Arianna Lambie, Stanford	20:20
2004	Stanford	4th	Amy Hastings, Arizona State	20:19
2003	Stanford	3rd	Sara Bei, Stanford	21:12.1
2002	Stanford	4th	Sara Bei, Stanford	19:48
2001	Stanford	4th	Lauren Fleshman, Stanford	20:08.1
2000	Stanford	6th	Tara Chaplin, Arizona	20:10.67*
1999	Stanford	4th	Erin Sullivan, Stanford	17:01.5
1998	Stanford	8th	Amy Skiersz, Arizona	16:59
1997	Stanford	4th	Amy Skiersz, Arizona	16:40
1996	Stanford	4th	Amy Skiersz, Arizona	16:36
1995	Oregon	5th	Amy Skiersz, Arizona	16:45
1994	Stanford	5th	<b>Karen Hecox, UCLA</b>	<b>17:00</b>
1993	Stanford	3rd	<b>Karen Hecox, UCLA</b>	<b>16:43</b>
1992	Oregon	5th	Nicole Woodward, Oregon	16:51
1991	Oregon	4th	Lisa Karnopp, Oregon	16:48
1990	Oregon	5th	Liz Wilson, Oregon	16:52
1989	Washington	4th	Jen Robinson, Washington State	16:53
1988	Oregon	2nd	Liz Wilson, Oregon	17:06
1987	Oregon	2nd	Annette Hand, Oregon	16:44
1986	Oregon	2nd	Penny Graves, Oregon	16:51.7

\*In 2000, the race became 6,000m; from 1986-99, it was 5,000m.

## MEN'S PAC-10/12 CONFERENCE CHAMPIONS

Year	Team Champion	UCLA Place	Individual Champion, School	Time
2015	Colorado	5th	Edward Cheserek, Oregon	23:06.3
2014	Colorado	5th	Edward Cheserek, Oregon	23:23
2013	Colorado	7th	Edward Cheserek, Oregon	24:36
2012	Oregon	5th	Lawi Lalang, Arizona	22:49
2011	Colorado	4th	Lawi Lalang, Arizona	22:37
2010	Stanford	4th	Elliott Heath (Stanford)	23:00.46
2009	Stanford	5th	Chris Derrick, Stanford	22:35.41
2008	Oregon	5th	Galen Rupp, Oregon	22:55.14
2007	Oregon	4th	Shadrack Kiptoo-Biwott, Oregon	22:54.9
2006	Oregon	5th	Galen Rupp, Oregon	23:03.12
2005	Stanford	7th	Robert Cheseret, Arizona	23:57
2004	Stanford	5th	Robert Cheseret, Arizona	23:48
2003	Stanford	7th	Ian Dobson, Stanford	24:33.9
2002	Stanford	8th	Grant Robinson, Stanford	23:27
2001	Stanford	6th	Grant Robison, Stanford	24:04.0
2000	Stanford	6th	Jonathon Riley, Stanford	23:39.59
1999	Arizona	7th	Steve Fein, Oregon	23:37
1998	Stanford	8th	Abdi Abdirahman, Arizona	23:23
1997	Stanford	4th	Bernard Lagat, Washington State	23:59
1996	Stanford	3rd	<b>Meb Keflezighi, UCLA</b>	<b>23:45</b>
1995	Oregon	5th	Karl Keska, Oregon	24:14
1994	Arizona	4th	Martin Keino, Arizona	24:04
1993	Washington	4th	Joe Kapkory, Washington State	23:38
1992	Oregon	3rd	Joe Kapkory, Washington State	23:46
1991	Arizona	7th	Coltin Dalton, Oregon	23:36
1990	Oregon	5th	Marc Davis, Arizona	23:44
1989	Oregon	7th	Marc Davis, Arizona	23:31
1988	Oregon	3rd	Brad Hudson, Oregon	30:47
1987	Arizona	5th	Matt Giusto, Arizona	30:33
1986	Arizona	6th	Aaron Ramirez, Arizona	30:23.7
1985	Stanford	3rd	Marc Olesen, Stanford	30:33.2
1984	Arizona	3rd	Tom Ansberry, Arizona	30:24.8
1983	Arizona	3rd	Jim Hill, Oregon	30:09.6
1982	Oregon	2nd	Jim Hill, Oregon	28:58
1981	<b>UCLA</b>	1st	Richard Tuwei, Washington State	30:55.9
1980	<b>UCLA</b>	1st	<b>Ron Cornell, UCLA</b>	<b>30:26.5</b>
1979	Oregon	3rd	Henry Rono, Washington State	29:07.2
1978	Oregon	7th	Henry Rono, Washington State	29:29.5
1977	Oregon	6th	Joel Cheruiyot, Washington State	29:34.8
1976	Oregon	6th	Henry Rono, Washington State	29:18
1975	Washington State	6th	Joshua Kimeto, Washington State	27:48.6*
1974	Washington State	7th	John Ngeno, Washington State	27:37.6*
1973	Oregon	7th	Steve Prefontaine, Oregon	28:05.4*
1972	Washington State	5th	John Ngeno, Washington State	29:12.4*
1971	Washington State	3rd	Steve Prefontaine, Oregon	29:56.6*
1970	Oregon	6th	Steve Prefontaine, Oregon	30:11.7*
1969	Oregon	5th	Gerry Lindgren, Washington State	28:32.4*

\*indicates a six-mile course

In 1976, the race became 10,000m. In 1989, the race became 8,000m



In her UCLA career under Eric Peterson, Karen Hecox Candaele was the two-time (1994-93) Pac-10 Female Cross Country Athlete of the Year and won the 1994 NCAA Outdoor 3000m.



# BRUINS IN THE POSTSEASON

## WOMEN'S WEST REGIONS CHAMPIONS

Year	Team Champion	UCLA Place	Individual Champion, School
2015	Oregon	10th	Allie Ostrander, Boise State
2014	Oregon	5th	Shelby Houlihan, Arizona State
2013	Arizona	12th	Emma Bates, Boise State
2012	Oregon	7th	Jordan Hasay, Oregon
2011	Washington	18th	Jordan Hasay, Oregon
2010	Washington	10th	Jordan Hasay, Oregon
2009	Washington	11th	Kendra Schaaf, Washington
2008	Washington	17th	Alex Kosinski, Oregon
2007	Stanford	23rd	Teresa McWalters, Stanford
2006	Stanford	5th	Arianna Lambie, Stanford
2005	Stanford	5th	Arianna Lambie, Stanford
2004	Stanford	6th	Alicia Craig, Stanford
2003	Stanford	2nd	Alicia Craig, Stanford
2002	Stanford	3rd	Alicia Craig, Stanford
2001	Stanford	5th	Tara Chaplin, Arizona
2000	Stanford	8th	Lisa Aguilera, Arizona State
1999	Stanford	4th	Julia Stamps, Stanford
1998	Stanford	5th	Amy Skieresz, Arizona
1997	Stanford	5th	Amy Skieresz, Arizona
1996	Stanford	5th	Amy Skieresz, Arizona
1995	Oregon	5th	Amy Skieresz, Arizona
1994	Stanford		Milena Glusac, Oregon
1993	Arizona	3rd	<b>Karen Hecox, UCLA</b>
1992	Washington	5th	Louis Watson, Stanford
1991	Oregon	4th	Lucy Nusrata, Oregon
1990	Oregon	3rd	Buffy Rabbitt, UC Irvine
1989	Washington		Buffy Rabbitt, UC Irvine
1988	Oregon		Penny Graves, Oregon
1987	Oregon	2nd	Annette Hand, Oregon
1986	<b>UCLA</b>		Penny Graves, Oregon
1985	Oregon	3rd	Regina Jacobs, Stanford
1984	Stanford	4th	Regina Jacobs, Stanford
1983	Oregon		Kathy Hayes, Oregon
1982	Stanford	5th	Ceci Hopp, Stanford
1981	Oregon		Monica Joyce, San Diego State
1980	Oregon		Regina Joyce, Washington
1979	Oregon		Molly Morton, Oregon
1978	Oregon		Robin Baker, Oregon
1977	Oregon		Debbie Quatier, Seattle Pacific
1976	Oregon		Debbie Quatier, Seattle Pacific
1975	Seattle Pacific		Maureen Crowley, Simon Fraser

\*In 2000, the race became 6,000m; from 1986-99, it was 5,000m.

## MEN'S WEST REGIONS CHAMPIONS

Year	Team Champion	UCLA Place	Individual Champion, School
2015	Washington	7th	Edward Cheserek, Oregon
2014	Oregon	4th	Edward Cheserek, Oregon
2013	Stanford	6th	Edward Cheserek, Oregon
2012	Stanford	3rd	Lawi Lalang, Arizona
2011	Stanford	6th (tie)	Lawi Lalang, Arizona
2010	Oregon	8th	Trevor Dunbar, Portland
2009	Stanford	7th	Chris Derrick, Stanford
2008	Oregon	6th	Galen Rupp, Oregon
2007	Oregon	7th	Galen Rupp, Oregon
2006	Oregon	6th	Neftalem Araia, Stanford
2005	Arizona	12th	Robert Cheseret, Stanford
2004	Stanford	4th	Ryan Hall, Stanford
2003	Stanford	7th	Ian Dobson, Stanford
2002	Stanford	8th	Donald Sage, Stanford
2001	Stanford	9th	Donald Sage, Stanford
2000	Stanford	7th	Jonathan Riley, Stanford
1999	Stanford	10th	Steve Fein, Oregon
1998	Stanford	9th	Abdi Abdirahman, Arizona
1997	Stanford	7th	<b>Meb Keflezighi, UCLA</b>
1996	Stanford	4th	Karl Kaska, Oregon
1995	Stanford	6th	Karl Kaska, Oregon
1994	Arizona		Martin Keino, Arizona
1993	Portland	8th	Joe Kapkory, Washington State
1992	Arizona	5th	Joe Kapkory, Washington State
1991	Arizona	8th	Joe Kapkory, Washington State
1990	Arizona	8th	Marc Davis, Arizona
1989	Oregon	9th	Brad Hudson, Oregon
1988	Oregon	4th	Marc Davis, Arizona
1987	Arizona	6th	Matt Giusto, Arizona
1986	Arizona		Matt Giusto, Arizona
1985	Arizona		Marc Olesen, Stanford
1984	Arizona		Tom Ansberry, Arizona
1983	Oregon		Jim Hill, Oregon
1982	Oregon		Jim Hill, Oregon
1981	<b>UCLA</b>		Richard Tuwei, Washington State
1980	<b>UCLA</b>		<b>Ron Cornell, UCLA</b>
1979	Oregon		Henry Rono, Washington State



In 2004, Jon Rankin led the Bruins, earning All-American honors at the NCAA Championships (39th, 31:49.8), All-Region honors at the West Region Championships (6th, 30:30) and All-Pac-10 honors at the Pac-10 Championships (5th, 24:31). In 2005 outdoor track, Rankin became the third Bruin all-time to run a sub-4 minute mile (3:57.89) and was the West Region and Pac-10 1500m Champion.



During his UCLA career (1994-98), Mebrahtom Keflezighi won four NCAA individual distance championships, including the 1997 NCAA Cross Country title. Most recently, he won the silver medal at the Athens Olympics in the marathon with a time of 2:11.29 and was the first American male to medal in the marathon since 1976. Keflezighi is the American Record Holder in the 10,000m (27:13.98, 2001), a three-time USATF National Champion in the 10,000m, and two-time World Championships competitor. He also competed in the Sydney Olympic Games in the 10,000m where he finished 12th overall. Meb most recently won the 2014 Boston Marathon.