



NORTH GEORGIA

2018 WOMEN'S CROSS COUNTRY NOTES

6th Annual UNG XC Invitational

2018 SCHEDULE / RESULTS

Saturday, September 8

UGA Bulldog XC Invitational - 6th/6

UGA Golf Course

Athens, Georgia • 9:15 a.m.

Saturday, September 22

Augusta Jaguar Invitational - 1st/10

Redcliffe Plantation

Beech Island, S.C. • 8:50 a.m.

Saturday, September 29

6th Annual UNG XC Invitational

UNG Cross Country Course

Gainesville, Ga. • 8:15 a.m.

Friday, October 12

Queens Royal Challenge

McAlpine Greenway

Charlotte, N.C. • TBA

Saturday, October 20

USC Beaufort Sand Shark Invitational

Sgt. Jasper Park

Hardeeville, S.C. • TBA

Saturday, November 3

Peach Belt Conference Championship

Redcliffe Plantation

Beech Island, S.C. • TBA

Saturday, November 17

NCAA Division II Southeast Regional

UNG Cross Country Course

Gainesville, Ga. • 10:15 a.m.

Saturday, December 1

NCAA Division II National Championship

Schenley Park

Pittsburgh, Pa. • TBA

RACE

#3



6TH ANNUAL UNG XC INVITATIONAL

Saturday, September 29, 2018

UNG Cross Country Course • 8:15 a.m.

NOTES

- Placing nine runners in the top 15, the University of North Georgia cross country team won the AU Jaguar XC Invitational Saturday morning at Redcliffe Plantation. The Nighthawks scored 28 points, besting second place Georgia College by 30 points. Led by Aleah Johnson's 5K time of 19:31, North Georgia won their sixth meet since the start of the 2017 season and their 12th team title in program history.

- Running in the 6K race is Anderson, Augusta, Brenau, Clark Atlanta, Columbus State, Lincoln Memorial, Mars Hill, Middle Georgia, North Georgia, North Greenville, Shorter, Tusculum, UNC Pembroke and West Georgia.

- In addition to the women's 6K race, the Nighthawks are also hosting a men's 8K race which will start at 9 a.m. on the UNG Cross Country Course.

- The meet will be timed by the Perfect Timing Group and will be broadcast on the Nighthawk Sports Network through YouTube and Facebook Live. The broadcast will have multiple cameras and live audio as well.

- The University of North Georgia Cross Country Course is located on the UNG Gainesville Campus at 3820 Mundy Mill Road in Oakwood, Ga. The course is all grass and dirt and is considered "flat and fast".

- The UNG Cross Country Course annually hosts several community, high school and collegiate races and served as the host venue for the 2015 Peach Belt Conference Championship, which was the first PBC conference championship hosted by North Georgia.

- Saturday's race will serve as a preview race for the 2018 NCAA Southeast Regional, the first NCAA postseason event hosted on the UNG Gainesville campus.

- The Nighthawks remain No. 4 in the latest USTFCCCA Southeast Regional Ranking released earlier this week. They are the highest ranked Peach Belt team in the regional ranking.

- North Georgia has won three of the previous five UNG Cross Country Invitational events, winning last year by a single point over two-time defending champion SCAD Atlanta.

- The only other time the invitational was run as a 6K was in 2015 when the Nighthawks finished in second, one point behind SCAD Atlanta. Dalton State's Emily Poole won the race, running a 22:41. The race was a preview of the Peach Belt Conference Championship course.

- Temperatures are expected to be in the low 80s with a slight chance of rain and a calm breeze.

ATHLETIC COMMUNICATIONS

Walker McCrary

Athletic Communications Coordinator
Memorial Hall #114

Email: walker.mccrary@ung.edu

Phone: (706) 867-3073

Mobile: (706) 973-9527

UNIVERSITY QUICK FACTS

Location..... Dahlenega, Ga.
Founded 1873
Enrollment18,782
Nickname Nighthawks
Colors Blue and Gold
Mascot.....Nigel the Nighthawk
Conference Peach Belt
PresidentDr. Bonita Jacobs

PROGRAM HISTORY

Program Established 2005
Conference Titles1
NCAA Regional Appearances8
Last2017, 4th Place
NCAA Championship Appearances.....1
Last2014, 31st Place

DIGITAL

Website.....UNG Athletics.com
Twitter@UNGCrossCountry
Broadcasts..... Nighthawk Sports Network

COACHING STAFF

Head Coach..... Tom Williams
Year at UNG..... 8th Season
Alma Mater Geneva College, 1971
Graduate Assistant.....Brittany Truitt
Year at UNG..... 1st Season

FACILITY INFORMATION

NameUNG Cross Country Course
Location.....UNG Gainesville Campus
Course Grass and Dirt ("Flat and Fast")

UNG Cross Country Course

The University of North Georgia Cross Country course is located on the UNG Gainesville Campus at 3820 Mundy Mill Road in Oakwood, Ga. The course is all grass and dirt and is considered "flat and fast". The UNG Cross Country Course annually hosts several community, high school and collegiate races and served as the host venue for the 2015 Peach Belt Conference Championship, which was the first PBC conference championship hosted by North Georgia, and is scheduled to host the 2018 NCAA Division II Southeast Regional.

For collegiate competition, the course runs either 5,000 or 6,000 meters for women's races and 8,000 or 10,000 meters for men's races.



TOM WILLIAMS, Head Coach

8th Season
2017 PBC Coach of the Year
2014 PBC Coach of the Year

Tom Williams is entering his eighth year as the head coach for the women's cross country team at the University of North Georgia in 2018, five years after the first season back on the map for the cross country program. Williams also took on the new role of head women's track & field coach as UNG launched the program in the spring of 2017.

In 2017, the cross country team won its first PBC Championship in program history with the five scorers for the team score each finishing in the top 12 of the race. Williams also coached two PBC individual champions (Brittany Truitt (5000m) and Abigail Kirkland (400m hurdles)) in track & field during the 2017-18 school year.

Williams has coached multiple All-Conference runners in both cross country and track & field over his career at UNG, including a four-time All-Conference cross country runner in Brittany Truitt, only the 10th women's cross country runner in Peach Belt Conference history to be named All-Conference four times.

In 2014, Williams led the program to its first appearance at the NCAA National Championships as the women's cross country team finished 31st overall in the nation.

Williams also coordinates the coaches' clinic at the Nike Smoky Mountain Running Camp at UNC Asheville. He has been on staff at the US Sports Camps event for over 30 years.

Before making his way back to North Georgia, Williams coached the boys and girls cross country teams at Walton High School for 20 years. Coach Williams' girls and boys cross country teams qualified for the State Championships in the last 12 and 14 years respectively, of his tenure.

He served as head coach of the men's and women's cross country programs at North Georgia in 2009 before both programs were discontinued.

The Walton High School legend was named GACA State Cross Country Coach of the Year in 1999 and 2002, and has earned GACA Region Coach of the Year honors on 12 different occasions, including at the end of last season. Williams has also garnered GACA Region Track & Field Coach of the Year honors 11 different times, while the Marietta Daily Journal has honored him with 18 different cross country and track & field awards in the last 20 years.

The Rittman, Ohio native is a graduate of Geneva College, where he also played football and ran track. Williams earned his Bachelor of Arts in Economics and went on to receive a Master of Business Administration from Georgia State and an Education Specialist from Jacksonville State.

Williams and his wife Ginnie have one son who is married with two children.

2018 ROSTER

Emma Brown	Senior	Watkinsville, Ga. / Home School
Sarah Buckler	Junior	Ringgold, Ga. / Heritage
Elizabeth Burton	Freshman	Johns Creek, Ga. / Northview
Maria Coughlin	Junior	Lilburn, Ga. / Brookwood
Makayla Ellis	Senior	Clermont, Ga. / North Hall
Elise Glorvigen	Sophomore	Sharpsburg, Ga. / Northgate
Kaylee Haake	Sophomore	McDonough, Ga. / Union Grove
Bree Hammond	Junior	Cumming, Ga. / Fideles Christian School
Anna Hyde	Freshman	Canton, Ga. / Creekview
Aleah Johnson	Junior	Canton, Ga. / Sequoyah
Mariah Millsap	Freshman	Braselton, Ga. / Flowery Branch
Jordan Mund	Sophomore	Cumming, Ga. / South Forsyth
Taylor Redish	Freshman	Marietta, Ga. / Lassiter
Tori Rives	Sophomore	McDonough, Ga. / Union Grove
Kenedi Rodney	Sophomore	Dacula, Ga. / Dacula
Katie Schwind	Freshman	Suwanee, Ga. / Lambert
Olivia Terwilliger	Sophomore	Marietta, Ga. / Kell
Brynn Wilson	Freshman	Warner Robins, Ga. / Veterans

Coaching Staff

Head Coach Tom Williams, 8th season
Graduate Assistant Brittany Truitt

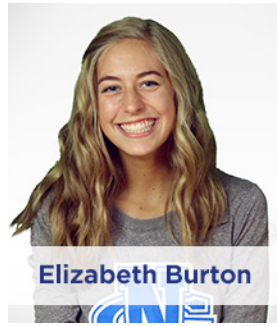




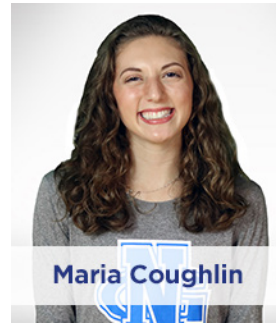
Emma Brown



Sarah Buckler



Elizabeth Burton



Maria Coughlin



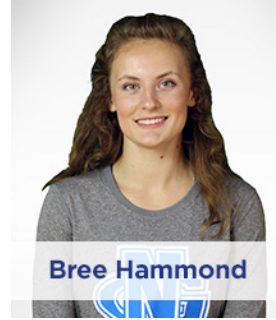
Makayla Ellis



Elise Glorvigen



Kaylee Haake



Bree Hammond



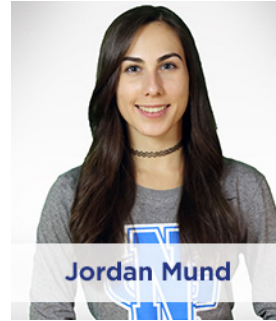
Anna Hyde



Aleah Johnson



Mariah Millsap



Jordan Mund



Taylor Redish



Tori Rives



Kenedi Rodney



Katie Schwind



Olivia Terwilliger



Brynn Wilson



Tom Williams



Tom Williams

2018 UNIVERSITY OF NORTH GEORGIA CROSS COUNTRY SEASON STATISTICS & INDIVIDUAL RESULTS

	UGA Bulldog XC Invitational	Augusta Jaguar XC Invitational	6th Annual UNG Invitational	Queens Royal Challenge	USC Beaufort Sand Shark Invitational	Peach Belt Conference Championship	NCAA Division II Southeast Regional	NCAA Division II National Championship
RACE DATE	Sept. 8	Sept. 22	Sept. 29	Oct. 12	Oct. 20	Nov. 3	Nov. 17	Dec. 1
RACE DISTANCE	5.5K	5K						
TEAM FINISH	6th/6	1st/10						
Brown, Emma	24:43	20:13						
Buckler, Sarah	--	--						
Burton, Elizabeth	25:55	21:26						
Coughlin, Maria	DNF	19:52						
Ellis, Makayla	25:02	20:06						
Glorvigen, Elise	27:37	21:36						
Haake, Kaylee	--	20:37						
Hammond, Bree	23:56	19:38						
Hyde, Anna	25:26	20:27						
Johnson, Aleah	23:08	19:31						
Millsap, Mariah	25:44	20:54						
Mund, Jordan	DNF	--						
Redish, Taylor	26:58.6	21:32						
Rives, Tori	24:27.3	20:15						
Rodney, Kenedi	--	20:07						
Schwind, Katie	25:54	20:53						
Terwilliger, Olivia	23:35	19:34						
Wilson, Brynn	25:30	20:43						

Race #1: UGA BULLDOG INVITATIONAL

September 8, 2018
UGA Golf Course • Athens, Ga.

Race Distance 5,500 meters
Team Finish..... 6th out of 6
Total Time1:59:51
Average Time 23:58
Points Scored137

34. Aleah Johnson23:08
39. Olivia Terwilliger..... 23:35
41. Bree Hammond23:56
45. Tori Rives.....24:27
49. Emma Brown.....24:43

Race #2: AU JAGUAR INVITATIONAL

September 22, 2018
Redcliffe Plantation • Beech Island, S.C.

Race Distance 5,000 meters
Team Finish..... 1st out of 10
Total Time1:38:43
Average Time19:44
Points Scored28

3. Aleah Johnson.....19:31
4. Olivia Terwilliger19:34
5. Bree Hammond19:38
7. Maria Coughlin.....19:52
9. Makayla Ellis.....20:06



September 8, 2018

JOHNSON LEADS NIGHTHAWKS IN SEASON-OPENER AT UGA BULLDOG INVITATIONAL

ATHENS, Ga. - Aleah Johnson finished 34th overall as the University of North Georgia cross country team finished in sixth at the UGA Bulldog Invitational Saturday morning at the UGA Golf Course. The 5.5 kilometer race was won by Georgia Tech, who put five runners in the top seven.

Johnson ran a 23:08 to lead the Nighthawks in a field consisting of mostly Division I runners. Olivia Terwilliger finished seconds later in 39th with a 23:35. Bree Hammond (23:56), Tori Rives (24:27) and Emma Brown (24:43) rounded out the scoring five for UNG.

Behind GT was Georgia, followed by Georgia State, Kennesaw State and Augusta to round out the top five. Winning the race individually for the third consecutive year was UGA's Jessica Drop, who ran a 20:06 to win by over 20 seconds.

The Nighthawks will return to action on September 22 in the AU Jaguar Invitational at the site of the PBC Championships later this season. Race time is set for 8:50 a.m.

Race #1: UGA BULLDOG INVITATIONAL
September 8, 2018
UGA Golf Course • Athens, Ga.

Race Distance 5,500 meters
Team Finish..... 6th out of 6
Total Time1:59:51
Average Time 23:58
Points Scored137

34. Aleah Johnson23:08
39. Olivia Terwilliger..... 23:35
41. Bree Hammond 23:56
45. Tori Rives..... 24:27
49. Emma Brown.....24:43

Team Standings

1. Georgia Tech 24 points
2. Georgia..... 38 points
3. Georgia State.....109 points
4. Kennesaw State 110 points
5. Augusta.....134 points
6. NORTH GEORGIA..... 137 points



September 22, 2018

CROSS COUNTRY RUNS AWAY WITH AU JAGUAR INVITATIONAL TITLE

BEECH ISLAND, S.C. - Placing nine runners in the top 15, the University of North Georgia cross country team won the AU Jaguar XC Invitational Saturday morning at Redcliffe Plantation. The Nighthawks scored 28 points, besting second place Georgia College by 30 points.

North Georgia had their scoring runners place third, fourth, fifth, seventh and ninth in the race. Led by Aleah Johnson's 5K time of 19:31, North Georgia won their sixth meet since the start of the 2017 season and their 12th team title in program history.

Olivia Terwilliger ran a 19:34 to finish fourth, followed by Bree Hammond's 19:38. Maria Coughlin (19:52) and Makayla Ellis (20:06) finished seventh and ninth, respectively.

Augusta's Micah Weathers won the race by over a minute with an 18:21. The Jaguars finished third as a team, followed by Clayton State and Albany State to round out the top five.

Redcliffe Plantation is the site of the 2018 Peach Belt Conference Championship hosted by Augusta.

The Nighthawks will be in action again on Saturday, September 29, in the sixth annual UNG Invitational at the UNG Cross Country Course on the Gainesville campus. Race time is set for 8:15 a.m.

Race #2: AU JAGUAR INVITATIONAL
September 22, 2018
Redcliffe Plantation • Beech Island, S.C.

Race Distance 5,000 meters
Team Finish..... 1st out of 10
Total Time1:38:43
Average Time19:44
Points Scored 28

3. Aleah Johnson.....19:31
4. Olivia Terwilliger19:34
5. Bree Hammond 19:38
7. Maria Coughlin..... 19:52
9. Makayla Ellis..... 20:06

Team Standings

1. NORTH GEORGIA.....28 points
2. Georgia College 58 points
3. Augusta..... 75 points
4. Clayton State114 points
5. Albany State.....122 points
6. Georgia Southwestern197 points
7. Francis Marion..... 202 points
8. USC Beaufort212 points
9. Agnes Scott.....235 points
10. Paine.....246 points



UNG Selected to Host 2018 NCAA Division II Cross Country Southeast Regional

DAHLONEGA - For the first time in history, a NCAA postseason event will be held on the University of North Georgia's Gainesville campus as the UNG cross country team will host the NCAA Division II Southeast Regional on November 17 at the UNG Cross Country Course.

Since gaining full NCAA Division II membership in 2007, North Georgia has hosted over 20 NCAA championship events on the Dahlonega campus - all of which are awarded through a bid process on regional seeding.

The 2018 NCAA Cross Country Regional is the first time UNG has been awarded championship hosting rights through the NCAA's open bid process (non-seeded event) and will mark the first time ever that a NCAA championship event has taken place in Hall county.

Prior to hosting the regional, North Georgia will have the Southeast Regional course race ready for preview at the sixth annual UNG Invitational on September 29 on the Gainesville campus.

The regional is expecting over 300 competitors from nearly 50 teams (25 men and 25 women) comprised of schools from the Peach Belt Conference, Conference Carolinas and the South Atlantic Conference.

North Georgia's Southeast Regional will serve as one of eight regional sites with the top finishers advancing to the 2018 Championship at Schenley Park in Pittsburgh, Pa. as part of the 2018 NCAA Division II Fall Festival.

Clarion and Slippery Rock will co-host the 2018 Division II Fall Festival. The two universities will work in conjunction with SportsPITTSBURGH, the sports branch of Visit Pittsburgh, to stage most of the championship events in the city.

2018 NCAA Division II Cross Country Regional Championship Sites

Atlantic: Slippery Rock - Coopers Lake Campground - Slippery Rock, Pa.

Central: Missouri Southern - Missouri Southern Cross Country Course - Joplin, Mo.

East: Adelphi - Bethpage State Park - Bethpage, N.Y.

Midwest: Hillsdale - Hayden Park - Hillsdale, Mich.

South Central: Metro State (Denver) - Washington Park - Denver, Colo.

South: Florida Southern - Holloway Park - Lakeland, Fla.

Southeast: North Georgia - UNG Cross Country Course - Oakwood, Ga.

West: Montana State Billings - Amend Park - Billings, Mont.

A total of 34 teams will advance out of regionals or be selected for the 2018 NCAA Division II Cross Country Championships. The top three teams from each of the eight regional meets will automatically advance to the championship finals (24 teams). An additional ten (10) at-large teams will be selected by the NCAA Division II Men's and Women's Cross Country Committee using an outlined selection criteria with no limit to the number of at-large teams that may be selected from any given region.

The UNG Cross Country course is all grass and dirt and is considered "flat and fast." Per NCAA championship guidelines, the NCAA Regional will be run as a 6K for the women and a 10K for the men. The UNG Cross Country Course is generally set up as a 2K loop. Fans can come to either event as admission is free and open to the public.



CHAMPION YOUR CITY

UNIVERSITY OF NORTH GEORGIA WOMEN'S CROSS COUNTRY RECORDS BOOK

NCAA CHAMPIONSHIP APPEARANCES

2014.....31st place

NCAA REGIONAL APPEARANCES

2017.....4th place
 2016.....6th place
 2015.....4th place
 2014.....2nd place
 2013.....7th place
 2012.....13th place
 2009.....15th place
 2008.....7th place
 2007.....18th place

TEAM TITLES (12)

AU Jaguar XC Invitational.....9/22/18
 Peach Belt Conference Championship.....10/21/17
 Georgia College Bobcat Invitational.....10/6/17
 Columbus State Invitational.....9/23/17
 UNG XC Invitational.....9/16/17
 JSU Strut's Season Opener.....9/1/17
 Georgia College Bobcat Invitational.....9/10/16
 JSU Strut's Season Opener.....9/4/15
 UNG XC Invitational.....9/27/14
 Truett-McConnell Invitational.....9/20/13
 UNG XC Invitational.....9/14/13
 Sewanee Tiger Invitational.....10/3/08

5K TIMES (TOP-10)

17:31.....Brittany Truitt, 2017 PBC Championship
 17:53.....Irina Watkins, 2005 PBC Championship
 17:55.....Brittany Truitt, 2017 UNG XC Invitational
 18:11.....Brittany Truitt, 2017 Columbus State Invite.
 18:12.....Brittany Truitt, 2016 JSU Foothills Invite.
 18:17.....Jenna Sanborn, 2017 PBC Championship
 18:17.....Brittany Truitt, 2014 USC Beaufort Invite.
 18:25.....Brittany Truitt, 2016 Memphis Invite.
 18:26.....Emily Beusse, 2014 USC Beaufort Invite.
 18:30.....Emma Brown, 2017 PBC Championship

6K TIMES (TOP-10)

22:04.....Brittany Truitt, 2014 PBC Championship
 22:10.....Brittany Truitt, 2016 PBC Championship
 22:12.....Brittany Truitt, 2016 NCAA Regional
 22:22.....Maggie Tindol, 2014 PBC Championship
 22:34.....Maggie Tindol, 2013 Charlotte XC Invite.
 22:36.....Emily Beusse, 2014 PBC Championship
 22:38.....Brittany Truitt, 2017 GC Bobcat Invite.
 22:44.....Brittany Truitt, 2015 Furman XC Invite.
 22:50.....Alyssa Sale, 2014 PBC Championship
 22:56.....Emily Beusse, 2013 PBC Championship

PEACH BELT CONFERENCE AWARDS

TEAM CHAMPION
 2017.....North Georgia

INDIVIDUAL CHAMPION
 2005.....Irina Watkins

COACH OF THE YEAR
 2017.....Tom Williams
 2014.....Tom Williams

ALL-CONFERENCE
 2017.....Brittany Truitt
 2017.....Jenna Sanborn
 2017.....Emma Brown
 2017.....Emily Sims
 2017.....Makayla Ellis
 2017.....Kenedi Rodney
 2017.....Olivia Terwilliger
 2016.....Brittany Truitt
 2015.....Brittany Truitt
 2015.....Jenna Tilton
 2014.....Brittany Truitt
 2014.....Maggie Tindol
 2012.....Emily Beusse, 2nd team *
 2009.....Katie Vance, 2nd team *
 2008.....Katie Vance, 2nd team *
 2007.....Emmy Lawalin
 2005.....Irina Watkins

* from 2008-13, the PBC honored two teams

ALL-ACADEMIC TEAM
 2017.....Sarah Buckler
 2017.....Maria Coughlin
 2017.....Makayla Ellis
 2017.....Aleah Johnson
 2017.....Jenna Sanborn
 2017.....Emily Sims
 2017.....Kim Toscano
 2017.....Brittany Truitt
 2017.....Andie Whitfield
 2016.....Makayla Ellis
 2016.....Hannah Miller
 2016.....Emily Sims
 2016.....Jenna Tilton
 2016.....Kim Toscano
 2016.....Brittany Truitt
 2016.....Noelle Welch
 2015.....Caitlin Connell
 2015.....Hannah Miller
 2015.....Brianna Moring
 2015.....Alyssa Sale
 2015.....Ellie Tanner
 2015.....Kaylie Tanner
 2015.....Jenna Tilton
 2015.....Noelle Welch
 2014.....Caitlin Connell
 2014.....Brianna Moring
 2014.....Alyssa Sale
 2014.....Mollie Shaw
 2014.....Ellie Tanner
 2014.....Maggie Tindol
 2014.....Ashlee Varnson
 2013.....Meagan Anstett
 2013.....Chloe Hope
 2013.....Lexie Miller
 2013.....Sallie Davis
 2012.....Lauren Turner
 2012.....Karley Barkus
 2012.....Sallie Davis
 2012.....Lexie Miller
 2008.....Emmy Lawalin
 2008.....Bea Nelligan

USTFCCCA AWARDS

USTFCCCA SCHOLAR ATHLETE
 2016.....Makayla Ellis
 2016.....Emily Sims
 2016.....Jenna Tilton
 2016.....Brittany Truitt
 2015.....Caitlin Connell
 2015.....Brianna Moring
 2015.....Jenna Tilton
 2015.....Brittany Truitt
 2014.....Caitlin Connell
 2014.....Maggie Tindol
 2014.....Ellie Tanner
 2014.....Brittany Truitt
 2014.....Alyssa Sale
 2013.....Emily Beusse
 2013.....Alyssa Sale
 2013.....Maggie Tindol

USTFCCCA SCHOLAR TEAM
 2015.....UNG
 2014.....UNG
 2013.....UNG

USTFCCCA ALL-REGION
 2015.....Brittany Truitt
 2014.....Emily Beusse
 2014.....Ellie Tanner
 2014.....Maggie Tindol
 2014.....Brittany Truitt
 2013.....Maggie Tindol



Irina Watkins
 2005 Peach Belt Conference Champion