

45th Annual Western Invitational Cross Country Classic

Saturday, October 20, 2018

Sudden Valley Golf Course • Bellingham, WA



**10:00.....Men's 10,000-meter Run
11:00.....Women's 6000-meter Run**

45TH ANNUAL WESTERN WASHINGTON UNIVERSITY CROSS COUNTRY CLASSIC



Sudden Valley Golf Course, Bellingham, WA

TIME SCHEDULE

9:00 a.m. • Community Ghouls & Goblins 5k

9:45 a.m. • Kid's 500-meter Dash

10:00 a.m. • Men's 10,000-meters

11:00 a.m. Women's 6000-meters

Noon • Awards at the finish line



NEW COURSE: After all but eight years of our first 44 years at Lake Padden, we had the opportunity to move this classic event to a new course for 2018, one which is certainly flatter than Lake Padden, but offers an enhanced spectator experience at Sudden Valley. The surface comes closer than Lake Padden to the terrain and conditions we will be experiencing at our D2 regionals for the next four years. Sudden Valley will also partner with us for a kid's dash and community 5k!

SCRATCHES AND CHANGES: Please make scratches and changes prior to the start of the men's race at the finish line canopy

CALLS AND CHECK IN: First call will be given 20 minutes prior to the start of each race, at which time we ask athletes to begin to move to the start. Final call will be a gun shot and/or announcement ten minutes prior to the race.

SPLITS: All miles and kilometers in both races will be marked, and splits will be called at each mile (except the men's 6-mile) in each race.

PROGRAM: Previous winning team scores, a course map, a list of past winners (individuals and teams) from our previous 44 years, and entries for this year's race will be in the complimentary program on race day. The program will also be on the WWU Athletics web site, with updates the week of the meet and results as they are available and finalized.

TRAINERS: WWU's athletic trainers will be available during the meet, with minimal equipment. Full training facilities will be available at the WWU campus only and only by prior arrangement. Please let us know in advance of any special needs your athletes may have before or after the meet.

PARKING: Parking will be limited, so please carpool or take public transportation (there is a bus line from the Transit Center downtown to the entrance to the golf course area.) The lot usually used by golfers will be for spectators, while the "Red Barn" lot will be for teams and large team vehicles in particular.

DRESSING: Lockers and showers are available on campus at Carver Gymnasium. There are no public dressing rooms at the course.

AWARDS: Tee-shirts will be presented to the first seven finishers in each race at approximately noon. The individual and team champions will also receive a special award. It would be appreciated if award winners from both races would stay close to the awards area, so we may begin presenting awards as soon as the results are ready after the men's race.

RESULTS: Very limited printed results will be available at the course after the meet. Results will be e-mailed automatically to each school participating, and to the media and club team managers upon request. Faxes are available upon request only. The link to complete results will be live approximately two hours after the second race, sooner if possible.

STARTING BOXES

box	team
1	Saint Martin's
2-3	WESTERN
4	U Alaska Anchorage
5	Seattle RC
6	Central Washington
7	Simon Fraser
8	San Francisco St (M) / Oiselle (F)
9	U Alaska (Fairbanks)
10	Seattle Pacific
11-12	Club Northwest
13	Bellingham DP (M& F) / Coastal (M) / Coqtlm (M)
14	UC Colo. Sprngs (M) / Unattached (F)
15	Unattached (F) / Coquitlam (F)

Boxes are numbered from left to right as the runners on the starting line face the course.

MEN'S ENTRIES

U ALASKA ANCHORAGE

1	Brock Helvey	FR
2	Faisal Ibrahim	FR
3	Drew Johnson	SO
4	Felix Kemboi	SO
5	Wesley Kirui	SO
6	Nickson Koech	SO
7	Kaleb Korta	JR
8	Jacob Moos	FR
9	Eduardo Orozco	JR
10	Jorge Sanchez	SR

U ALASKA FAIRBANKS

20	Karl Danielson	FR
21	Arnaud Guyon	
22	Patrick Marbacher	FR
23	Jack Matherly	
24	Zephan Ozturgut	FR
25	Nathan Sanches	FR
26	Tristan Sayre	
27	Jacob Walsh	

BELLINGHAM DISTANCE PROJ

36	Thomas Kean	
37	Jonathan Quimby	
38	Derek Thornton	

CENTRAL WASHINGTON

48	Trevor Allen	SO
49	Donovan Barnhart	SO
50	Josh Boston	SR
51	Taryk Boyd	SR
52	Corbin Carlton	SR
53	Matt Conrardy	JR
54	Rajesh Gill	SO
55	Tyler Humphries	SR
56	Hanson Lee	SR
57	Henry Milodragovich	SO
58	Turlan Morlan	FR
59	Mateo Rivera	FR

CLUB NORTHWEST

74	Paul Abdalla	
75	Jordan Andersen	
76	Robert Baraldi	
77	Claton Belmont	
78	Joe Bisignano	
79	Mark Bloudek	
80	Bob Brennand	
81	John Christian	
82	Garrett Davis	
83	Nick Dejarlais	
84	Tahoma Doyon	
85	Chris Fisher	
86	Tyler Flannery	
87	Ian Fraser	
88	Alan Frindell	
89	Sheridan Grant	
90	Sean Haffey	
91	Dylan Kent	
92	Peter Kesting	
93	Jamin King	
94	Lance Logan	
95	Luke Martin	
96	Peter McKay	
97	Sean Messiter	

98 Frederick Motteler

99 John O'Hearn

100 Connor Peloquin

101 Todd Poremba

102 John Renehan

103 Acy Roff

104 Robert Scanlon

105 Leslie Sharpe

106 Chris Short

107 Paul Swenson

108 Forest Tarbath

109 Lance Thompson

110 Tyler VanDooren

111 Spencer Walsh

112 Patrick Ward

113 Nick Welch

114 Turner Wiley

115 Andrew Wise

116 Tony Young

COQUITLAM CHEETAHS BC

140 Nathan Gaucher

141 Brendan Wong

SAINT MARTIN'S

151 Colton Buster

152 Miguel De LaMelenia

153 John Farrell

154 Derrick Howlett

155 Andrew Oslin

156 Joe Phinazee

157 Noah Roberts

158 Levi Schilter

159 Braden Stowers

SAN FRANCISCO STATE

166 Jake Garrissere

167 Carlos Gonzalez

168 Michael Kilgariff

169 John Lawson

170 Austin Sanchez

171 Alex Tait

SEATTLE PACIFIC

172 Colin Boutin

173 Shad Galloway

174 Royce Garcia

175 Elius Graff

176 Colby Otero

177 Joseph Perkins

178 Aiden Pullen

179 Jared Putney

180 Brayden Schultz

SEATTLE RUNNING CLUB

189 Shad Birkholz

190 TJ Charlson

191 Tyler Cox

192 Nick Danielson

193 Zach Dietz

194 Bryan Hamilton

195 Joe Kelly

196 Jarrett Kunze

197 Austin Meyers

198 Aaron Roche

199 Uli Steidl

200 Darren Toy

201 Stephen Walston

202 Brett Winegar

SIMON FRASER

213 Aaron Ahl SO

214 Paul Buckingham SO

215 Pierre-Louis Detourbe JR

216 Rowan Doherty SR

217 Liam Foster FR

218 Thomas Gallagher SO

219 Sean Miller SR

220 Sean Paulsen JR

221 Chris Sobczak SO

222 Richard Torres SR

223 Carlos Vargas JR

224 Jordan Wilson JR

UC - COLORADO SPRINGS

235 Tim Howley SR

236 Charlie Kieffer SO

237 Gerardom Mrml-Daher FR

238 Josh Mattingly SO

239 Willie Moore SR

240 Sam Nofziger JR

FR 241 Ben Patzer JR

242 Robert Richardson SO

243 Luke Rodriguez SO

244 Matt Schramm SO

245 Mark Simmons SO

246 Afeworki Zeru FR

UNATTACHED

FR 247 Blake Braaten

FR 248 Matt Creagan

FR 250 Cameron Freshwaters

SR 251 Parker Hamel

FR 252 Ethan Lopic

253 Stuart McDonald

JR 254 Geoffrey Njonjo

SO 256 Cameron Proceviat

FR 257 Jacob Quintana

SR 258 Tabor Reedy

JR 259 Alec Ritter

FR 260 Bryce Rosenwald

261 Christopher Ruiz

262 Zack Sundt

SO 263 Drew Vidano

WESTERN WASHINGTON

SO 271 Peter Butler JR

SO 272 Dario Cirlincione SO

FR 273 Liam Cossette JR

SO 274 Ben Crowell JR

FR 275 Isaac Derline SR

FR 277 Macauley Franks FR

FR 279 Bret Greene JR

280 Eric Hamel SO

281 Dylan Hayes SR

282 Colton Hoggarth SO

283 James Jaspersen JR

284 Edward Kiobasa SO

285 Jackson McIlroy FR

287 Nick Mounier SR

288 Kevin Mullin Jr. FR

290 Kyler Sager JR

291 Nick Siegfried SO

292 Wilson Turk FR

293 Jesse Wiley FR

294 Bentley Wilson FR

MEN'S HISTORY

<i>year</i>	<i>men's overall team</i>	<i>score</i>	<i>teams</i>	<i>college team</i>	<i>score</i>	<i>men's winner</i>	<i>team</i>	<i>distance</i>	<i>time</i>	<i>runners</i>
2017	Chico State Univ CA	17	11	--	--	Keenan Viney	Una	10km	31:17	134
2016	Trinity Western Univ BC	37	17	--	--	Isaac Derline	WWU	10km	31:14	185
2015	Univ Alaska Anchorage	37	14	--	--	Henry Cheseto	UAA	10km	31:01	177
2014	Univ Alaska Anchorage	18	14	--	--	Dylan Anthony	UAA	10km	31:02	165
2013	Western Washington Univ	15	8	--	--	Luc Bruchet	PtGrey	10km	30:57	109
2012	Univ Victoria BC	37	16	--	--	Micah Chelimo	UAA	10km	31:12	178
2011	Univ Alaska Anchorage	33	11	--	--	Micah Chelimo	UAA	10km	31:05	118
2010	Univ Alaska Anchorage	42	13	--	--	Marko Cheseto	UAA	10km	30:42 CR	121
2009	Western Washington Univ	23	8	--	--	Jordan Welling	WWU	10km	31:41	98
2008	Western Washington Univ	15	5	--	--	John Riak	SMU	10km	31:44	56
2007	Western Washington Univ	20	5	--	--	Tony Tomsich	WWU	10km	32:16	83
2006	Western Washington Univ	41	8	--	--	David Wambui	SFU	10km	32:10	120
2005	Club Northwest WA	34	6	Western Washington	55	Casey Moriarty	Seattle U	10km	31:56	84
2004	Seattle Pacific Univ WA	46	5	--	--	Brian Kostock	HSU	10km	32:49	74
2003	Western Washington Univ	34	8	--	--	Eric Kiauka	Iron Lung	10km	31:52	85
2002	Western Washington Univ	40	4	--	--	Paul Kezes	WWU	10km	31:29	49
2001	Central Washington Univ	49	9	--	--	Jim Finlayson	Isle Pacific	10km	32:12	91
2000	Western Washington Univ	31	7	--	--	Peter Cardle	VRoyals	10km	31:53	84
1999	Club Northwest WA	52	11	Simon Fraser BC	72	Uli Steidl	CNW	10km	31:16	138
1998	Club Northwest WA	15	12	U Washington	77	Craig Dickson	CNW	8.2km	24:54	140
1997	Team Footzone WA	23	10	Western Washington	47	Paul Kinser	TFootzone	8.2km	25:35	117
1996	Azusa Pacific Univ CA	52	13	--	--	Allan Klassen	Kajaks TC	8km	25:04	133
1995	Western Washington Univ	50	16	--	--	John Hill	Brooks	8km	26:35	164
1994	Club Northwest WA	51	16	Simon Fraser BC	72	Joseph Kibur	SFU	8km	25:22	164
1993	Simon Fraser Univ BC	58	15	--	--	Joseph Kibur	SFU	8km	26:39	166
1992	Club Northwest WA	56	14	U Washington	76	Chris Katon	CNW	8km	25:35	153
1991	George Fox Coll OR	39	9	--	--	Jon Wright	GFox	8km	25:37	110
1990	Simon Fraser Univ BC	40	14	--	--	Joseph Kibur	SFU	8km	25:15	152
1989	Club Northwest WA	26	16	U Washington	100	C. Buck Jones	CNW	8km	25:26	142
1988	Club Northwest WA	22	11	Western Washington	71	Kevin Matthews	CNW	8.4km	27:28	106
1987	Club Northwest WA	26	7	Western Washington	55	Jim Reinke	CNW	8.4km	27:05	75
1986	Simon Fraser Univ BC	64	5	--	--	Bill Britton	VOC	7.8km	23:52	44
1985	Central Washington Univ	59	13	--	--	Mike White	US Army	7.8km	24:37	71
1984	Evergreen Harriers WA	18	7	Simon Fraser BC	36	Greg Kangas	REH	7.8km	24:19	61
1983	Western Washington Univ	15	2	--	--	John Freeburg	EH	7.8km	23:55	41
1982	Western Washington Univ	24	3	--	--	Clay Stenberg	FITC	7.8km	24:25	34
1981	Simon Fraser Univ BC	22	5	--	--	John Freeburg	EH	7.8km	24:35	57
1980	Western Washington Univ	56	8	--	--	Larry Kaiser	HCC	7.8km	24:33	83
1979	Simon Fraser Univ BC	22	8	--	--	Ron Wichmann	SFU	7.8km	24:23	91
1978	Highline Comm Coll WA	37	9	--	--	Don Williams	SFU	7.8km	24:35	69
1977	Simon Fraser Univ BC	49	10	--	--	Toby Suhm	CWU	7.8km	24:30	74
1976	Highline Comm Coll WA	35	6	--	--	Jim Hennessy	CWU	7.8km	24:24	60
1975	Highline Comm Coll WA	50	7	--	--	Steve Menard	CNW	8km	24:51	40
1974	Western Washington St Coll	?	?	--	--	Steve Menard	WWSC	8km	25:38	?

WOMEN'S ENTRIES

U ALASKA ANCHORAGE

11	Riley Burroughs	
12	Emmanuelah Chelimo	
13	Kimberly Coscia	
14	Ruth Cvancara	
15	Grace Gannon	
16	Arielle Himelbloom	
17	Zennah Jephumba	
18	Nancy Jeptoo	
19	Danielle McCormick	

U ALASKA FAIRBANKS

28	Alexandra Bergholtz	
29	Kirsys Campbell	
30	Hannah Deuling	
31	Alyson Kopsack	
32	Anja Maijala	
33	Maggie Meeds	
34	Julia Murph	
35	Kati Roivas	

BELLINGHAM DISTANCE PROJ

39	Sarah Bard	
40	Nicole Buurma	
41	Brittany Grant	
42	Alma McMurtry	
43	Kathryn Merrill	
44	Amber Morrison	
45	Kristen Schafer	
46	Danielle Snyder	
47	Katelyn Steen	

CENTRAL WASHINGTON

60	Kayla Bloomquist	
61	Madison Child	
62	Delaney Clem	
63	Maddie Dougherty	
64	Kate Evans	
65	Ashley Fahey	
66	Sam Goedde	
67	Caitlin Gohr	
68	Erika Hettick	
69	Kay Lester	
70	Molly Mattson	
71	Alexa Shindruk	
72	Madi Shinn	
73	Nicole Soleim	

CLUB NORTHWEST

117	Mary Kate Anselmini	
118	Claire Devoe	
119	McCaleb Eifert	
120	Amber Farthing	
121	Naja Ferjan-Ramirez	
122	Taylor Ffitch	
123	Bethany Freeburg	
124	Bing Gao	
125	Olivia Hill	
126	Regina Joyce	
127	Hailey Kettel	
128	Kelly Kruell	
129	Jane Larson	
130	Rachel Leftwich	
131	Laura Matsen Ko	

	132	Rachel McAmis	
	133	Caitlin Mcilwain	
	134	Michelle Neal	
JR	135	Ashley Nichols	
JR	136	Moirra O'Connor Lenth	
SR	137	Julia Reade	
SO	138	Annie Reed	
SO	139	Natalie Smith	

COQUITLAM CHEETAHS BC

SR	142	Miranda Menzies	
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OISELLE

	143	Kayla Boyes	
	144	Emily Brain	
FR	145	Rebecca Carrasco	
	146	Jessica Graham	
FR	147	Wendi Hawley	
	148	Cathleen Knutson	
FR	149	Caroline Koplowitz	
FR	150	Annalisa Krystof	

SAINT MARTIN'S

	160	Olivia Abbott	SR
	161	Eliza Bannister	FR
	162	Sadie Dalglish	SR
	163	Lindsey Dorney	SR
	164	Alyssa Robinson	FR
	165	Yeshi Vaughan	JR

SEATTLE PACIFIC

	181	Dania Holmberg	SO
	182	Krystal Kaufman	FR
	183	Kate Lilly	JR
	184	Sedona McNerney	JR
FR	185	Kaylee Mitchell	FR
FR	186	Abbie Steinhauer	SO
JR	187	Elizabeth Thompson	SO
FR	188	Katherine Walter	JR

SEATTLE RUNNING CLUB

FR	203	Mariangela Cruz	
FR	204	Kate D'Orazio	
SO	205	Mona Deprey	
FR	206	Marlene Farrell	
FR	207	Laura Goodfellow	
SR	208	Rose Hoonan	
SO	209	Mandy Lozano	
SO	210	Anna McConnell	
	211	Jennifer Rozler	
	212	Trisha Steidl	

SIMON FRASER

	225	Calli Charlton	SO
	226	Emily Chilton	FR
	227	Sophie Dodd	SR
	228	Sophia kaiser	FR
	229	Amy Morris	SO
	230	Claire Noort	SO
	231	Chelsea Ribeiro	JR
	232	Megan Roxby	FR
	233	Addy Townsend	SR
	234	Olivia Willett	SO

UNATTACHED

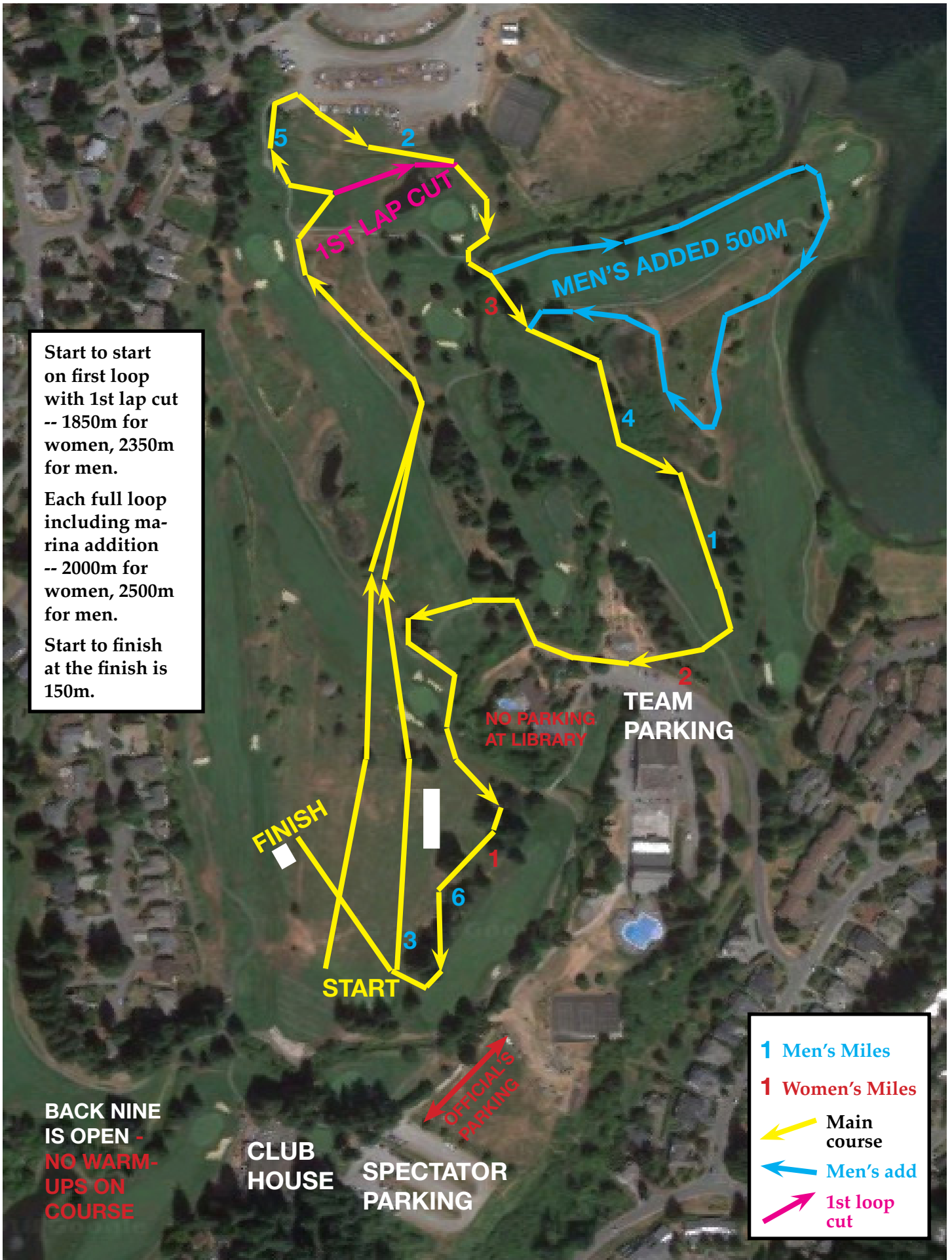
264	Miryam Bassett	
265	Reta Dobie	
266	Ally Ginther	
267	Julia Howley	
268	Alma McMurtry	
269	Paige Nock	
270	Jessica Smith	

WESTERN WASHINGTON

295	Jane Barr	SO
296	Talia Dreicer	JR
297	Sophia Galvez	JR
298	Aundrea Koger	JR
299	Shawnee Konrad	FR
300	Rebecca Lehman	FR
301	Hannah Madsen	FR
302	Tracy Melville	JR
303	Maria Rivera Valles	FR
304	Peyton Shinnick	JR
305	Annika Taylor	FR
306	Nicole Vijgen	JR
307	Brook Wedin	SO

WOMEN'S HISTORY

<i>year</i>	<i>women's overall team</i>	<i>score</i>	<i>teams</i>	<i>college team</i>	<i>score</i>	<i>women's winner</i>	<i>team</i>	<i>distance</i>	<i>time</i>	<i>runners</i>
2017	Simon Fraser Univ BC	44	12	--	--	Lindsey Butterworth	Una	6km	21:15	121
2016	Univ Alaska Anchorage	76	16	--	--	Regan Yee	TWU	6km	21:25	154
2015	Trinity Western Univ BC	48	13	--	--	Sarah Inglis	TWU	6km	20:48 CR	144
2014	Trinity Western Univ BC	58	12	--	--	Sarah Inglis	TWU	6km	20:52 CR	140
2013	Greater Bellingham RC	75	10	Simon Fraser Univ	78	Sarah Inglis	TWU	6km	21:31	99
2012	Univ Alaska Anchorage	41	10	--	--	Susan Tanui	UAA	6km	21:31	121
2011	Univ Alaska Anchorage	45	9	--	--	Ruth Keino	UAA	6km	21:10	103
2010	Univ Alaska Anchorage	42	13	--	--	Sarah Porter	WWU	6km	21:00	118
2009	Club Northwest	32	6	Western Washington	39	Sarah Porter	WWU	6km	21:10	76
2008	Western Washington	25	3	--	--	Sarah Porter	WWU	6km	21:24	44
2007	Seattle Pacific Univ WA	25	5	--	--	Jessica Pixler	SPU	6km	21:56	70
2006	Simon Fraser Univ BC	45	8	--	--	Rose Wetzel	CNW	6km	22:07	100
2005	Club Northwest WA	36	7	Seattle Pacific WA	41	Meredith Crane	SPU	6km	21:52	88
2004	Central Washington Univ	64	7	--	--	Karen Dickson	SPU	6km	21:57	91
2003	Seattle Pacific Univ WA	59	7	--	--	Nathalie Cote	Mtn W TC	6km	21:59	86
2002	Western Washington Univ	44	4	--	--	Cari Rampersad-K	HHarriers	6km	22:12	58
2001	Club Northwest WA	20	8	Western Washington	79	Shelley Smathers	CNW	6km	21:34	102
2000	Club Northwest WA	18	5	Seattle Pacific WA	59	Shelley Smathers	CNW	6km	21:48	80
1999	Club Northwest WA	41	10	Central Washington	59	Heather deGeest	VRoyals	5.9km	21:05	107
1998	Simon Fraser Univ BC	33	9	--	--	Heather deGeest	SFU	5km	16:58	113
1997	Simon Fraser Univ BC	29	6	--	--	Tina Connelly	City Track	5km	17:21	90
1996	Simon Fraser Univ BC	45	9	--	--	Cari Rampersad	SFU	5km	18:20	98
1995	Univ Puget Sound WA	28	10	--	--	Tina Conley	VRoyals	5km	18:41	121
1994	Univ Puget Sound WA	46	15	--	--	Leah Pells	VRoyals	5km	17:30	158
1993	Univ Washington	58	13	--	--	Sarah Howell	VRoyals	5km	18:09	128
1992	Tacoma Dodge RT WA	37	12	George Fox OR	62	Sarah Howell	ARoyals	5km	17:43	134
1991	Club Northwest WA	38	8	Simon Fraser BC	74	Sandra Guidotti	CNW	5km	17:49	86
1990	Univ Washington	44	10	--	--	Carol Montgomery	VOC	5km	17:26	97
1989	Club Northwest WA	52	12	U Puget Sound WA	98	Leah Pells	ARoyals	5 km	17:46	93
1988	Club Northwest WA	64	11	George Fox OR	126	Leah Pells	VRoyals	4.9km	17:15	85
1987	Club Northwest WA	39	6	Simon Fraser BC	40	Leah Pells	SFU	4.9km	16:57	55
1986	Simon Fraser Univ BC	17	3	--	--	Leah Pells	VRoyals	4.7km	16:18	20
1985	Portland State Univ OR	37	6	--	--	Leah Pells	SFU	4.7km	16:25	53
1984	Univ Puget Sound WA	49	5	--	--	Leslie Tomlinson	SFU	4.7km	16:34	44
1983	Seattle Pacific Univ WA	33	5	--	--	Lisa Koelfgen	SPU	4.7km	16:28	49
1982	Seattle Pacific Univ WA	20	2	--	--	Kathryn Tooker	un.	4.7km	16:56	21
1981	Seattle Pacific Univ WA	27	4	--	--	Dottie Meyer	SPU	4.7km	16:28	40
1980	Seattle Pacific Univ WA	34	7	--	--	Geri Volk	SPU	4.7km	16:52	63
1979	Seattle Pacific Univ WA	55	5	--	--	Joan Corbin	SPU	4.7km	16:18	62
1978	Seattle Pacific Univ WA	32	4	--	--	Joan Corbin	SPU	5km	17:12	37
1977	Central Washington Univ	18	5	--	--	Brit Lind Peterson	SFU	5.2km	18:30	36
1976	GMM WA	55	5	Simon Fraser BC	65	Pam Happy	GMM	5km	17:43	31
1975	Simon Fraser Univ BC	49	5	--	--	?	?	?	?	?
1974	no race	--	--	--	--	no race	--	--	--	--



Start to start
on first loop
with 1st lap cut
-- 1850m for
women, 2350m
for men.

Each full loop
including ma-
rina addition
-- 2000m for
women, 2500m
for men.

Start to finish
at the finish is
150m.

BACK NINE
IS OPEN -
NO WARM-
UPS ON
COURSE

CLUB
HOUSE

SPECTATOR
PARKING

NO PARKING
AT LIBRARY

TEAM
PARKING

OFFICIALS
PARKING

1 Men's Miles

1 Women's Miles

Main
course

Men's add

1st loop
cut