



# WYOMING



## 2016 CROSS COUNTRY NOTES

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### 2016 Schedule

Date	Meet	Location
9/2	Colorado State Invite	Fort Collins, Colo.
9/17	MSU-Bozeman Invite	Bozeman, Mont.
9/24	Roy Griak Invitational	St. Paul, Minn.
10/15	Pre-Nationals	Terre Haute, Ind.
10/28	MW Championships	Boise, Idaho
11/11	NCAA Mountain Regional	Logan, Utah
11/19	NCAA Championships	Terre Haute, Ind.

### Meet Information

**Meet:** Colorado State Invite  
**When:** Friday, Sept. 2  
**Where:** Fort Collins, Colo. (Host: Colorado State)  
 Hughes Stadium Cross Country Course  
**Races:** Women's 5K - 6:00 p.m. MT  
 Men's 5K - 6:30 p.m. MT



### Notes

#### Cowboy Season Preview

Seniors Aaron Derner and Amos Bowen paced the Wyoming men's cross country team to fourth place, its best-ever finish, at the 2015 Mountain West championships and subsequently garnered All-Region honors to cap their collegiate careers. Four returning letterwinners, including three sophomores, will attempt to fill the shoes of the Cowboys' departing stars in 2016.

Ricky Faure and Jonah Henry each finished in the conference's top 28 last season and continued their emergence as young stars by each posting top-36 finishes at the NCAA Mountain Regional in November. "[Ricky and Jonah] had very strong cross country seasons [in 2015]. Hopefully they can build upon that this year," head coach Bryan Berryhill said.

The pair will provide a significant amount of leadership for a young Cowboy squad that seeks to move into the Mountain West's top three teams in 2016. Fellow letterwinners Jesse Gray and Michael Downey hope to be top-seven harriers for the Brown and Gold, while three-time letterwinner Mike Seas returns for his senior season after being sidelined by an illness in 2015. Redshirt freshman Phillip Thomas also hopes to climb into Wyoming's top seven as he steps onto the collegiate cross country course for the first time this fall.

An intriguing group of newcomers will bolster the squad. "We have a lot of talent coming in," said Berryhill of Wyoming's new recruits. Henry's younger brother, two-time Wyoming state cross country champion Christopher Henry, joins the Cowboys this fall and will look to break into the team's top seven as a true freshman. Other newcomers include two New Zealand natives, 1,500-meter junior national champion Daniel Hintz and 3,000-meter steeplechase junior national runner-up Harry Ewing.

#### Cowgirl Season Preview

Depth will be a certain strength for the 2016 Cowgirl cross country squad, which returns its top five finishers from the 2015 Mountain West championships. Leading the way will be senior Audra DeStefano, who was the team's top finisher in the first two meets of 2015 before missing the remainder of the season due to illness. She enters her final cross country season on the heels of a conference title in the women's 3,000-meter steeplechase at the 2016 MW outdoor track & field championships. Junior Kerry White was the Cowgirls' top cross country finisher at both the conference and regional championships in 2015, and will look to cement her status as an all-conference performer after missing the accolade by just two positions last season. Senior Megan Brunette and junior Lauren

### Quick Facts

Location	Laramie, Wyo.
Founded	1886
Enrollment	13,551
Nickname	Cowboys/Cowgirls
School Colors	Brown & Gold
President	Laurie Nichols
Athletics Director	Tom Burman
Affiliation	NCAA Division I
Conference	Mountain West

#### Coaching Staff

Head Coach	Bryan Berryhill
Season at UW	Fifth
Alma Mater	Colorado State, '01
Assistant Coach	Amanda Clower
Season at UW	Eighth
Alma Mater	Lamar, '07

#### Team Info

2015 Women's MW Finish	5th of 11 (129 pts)
2015 Women's Region Finish	10th of 19 (306 pts)
2015 Women's NCAA Finish	N/A
Women's Letterwinners R/L	7/2
Women's Newcomers	4
2015 Men's MW Finish	4th of 8 (89 pts)
2015 Men's Region Finish	7th of 16 (153 pts)
2015 Men's NCAA Finish	N/A
Men's Letterwinners R/L	4/4
Men's Newcomers	3
Home Course	Jacoby Golf Course

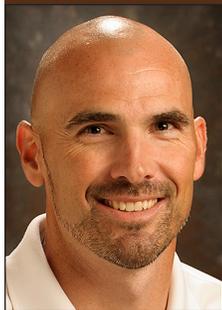
### Cowboy Roster

Name	Class	Exp.	Hometown (Previous School)
Bryce Ailshie	RS Fr.	RS	Kingsport, Tenn. (Dobyns-Bennett)
Michael Downey	So.	1L	Cheyenne, Wyo. (East)
Harry Ewing	Fr.	HS	Hamilton, NZ (St. Peter's)
Ricky Faure	So.	1L	Rock Springs, Wyo. (Rock Springs)
Jesse Gray	So.	1L	Rock Springs, Wyo. (Rock Springs)
Christopher Henry	Fr.	HS	Laramie, Wyo. (Laramie)
Jonah Henry	Jr.	2L	Laramie, Wyo. (Laramie)
Daniel Hintz	Fr.	HS	Tauranga, NZ (Tauranga Boys College)
Calum Kepler	So.	SQ	Casper, Wyo. (Kelly Walsh)
Isaac Kiefer	RS So.	RS	Buffalo, Wyo. (Buffalo)
Michael Rotellini	Jr.	1L	Sheridan, Wyo. (Sheridan)
Michael Seas	RS Sr.	3L	Celina, Ohio (Coldwater)
Phillip Thomas	RS Fr.	RS	Fountain, Colo. (Fountain-Fort Carson)

### Cowgirl Roster

Name	Class	Exp.	Hometown (Previous School)
Calbi Ausmann	Fr.	HS	Newcastle, Wyo. (Newcastle)
Ashley Bock	RS Fr.	RS	Fort Collins, Colo. (Fossil Ridge)
Megan Brunette	Sr.	3L	Colorado Springs, Colo. (The Classical Academy)
Audra DeStefano	RS Sr.	3L	Gillette, Wyo. (Campbell County)
Quinn DeStefano	Jr.	1L	Gillette, Wyo. (Campbell County)
Kacey Doner	Fr.	HS	Fort Collins, Colo. (Rocky Mountain)
Lauren Hamilton	Jr.	2L	Monument, Colo. (The Classical Academy)
Kirsten Kropkowski	Fr.	HS	Colorado Springs, Colo. (The Classical Academy)
Kiah Leonard	So.	1L	Berthoud, Colo. (Berthoud)
Cassidy Meade	Sr.	3L	Laramie, Wyo. (Laramie)
SarahJean O'Neill	RS Fr.	RS	Powell, Wyo. (Powell)
Isabella Pape	So.	1L	Corvallis, Mont. (Corvallis)
Emily Person	So.	SQ	Rapid City, S.D. (Stevens)
Solana Quistorff	So.	SQ	Castle Rock, Colo. (Douglas County)
Ashley Urman	RS Fr.	RS	Princeton, Minn. (Princeton)
Regan VanDePol	So.	1L	Broomfield, Colo. (Broomfield)
Taylor Van Holland	Fr.	HS	Harrisburg, S.D. (Harrisburg)
Kerry White	Jr.	2L	Te Aroha, NZ (Te Aroha College)

### Head Coach Bryan Berryhill



Bryan Berryhill enters his fifth season as head coach of the University of Wyoming track and field/cross country programs in 2016-17.

During the 2015 cross country season, the former professional runner led the Cowboys to a fourth-place finish in the Mountain

West, tying the highest finish in program history. The men's harriers collected 89 points at the conference championships, just four points more than Wyoming's lowest total at a MW championship meet. Berryhill led the Cowgirls to a fifth-place finish at the MW championships despite having no seniors and just one junior in the team's top five.

Berryhill coached senior harriers Aaron Derner and Amos Bowen to USTFCCCA All-Region honors after each finished in the top 25 at the NCAA Mountain Regional meet. During the indoor track & field season, Wyoming collected eight individual All-MW honors while the women's squad earned All-MW status in the Distance Medley Relay. Hurdler Jordan Charles went on to become an Honorable Mention All-American in the 60-meter hurdles. Outdoors, the team earned four more All-MW honors and seven athletes advanced to the NCAA West Preliminary Round. Under Berryhill, Wyoming's student-athletes have notched 156 top-10 individual and relay marks in school history, including 11 school records.

Before Wyoming, Berryhill served as the head cross country and assistant track coach at Colorado State from 2006-2012. He was named the 2007 Women's NCAA Regional and Mountain West Conference Women's Cross Country Coach of the Year after the CSU women won their first ever team titles at the Mountain West championships and the NCAA Mountain Region championships in the same season.

He had a stellar collegiate career at CSU, earning 10 All-America honors in cross country and track. A national champion in the indoor 1-mile run and outdoor 1,500-meter run in 2001, Berryhill holds five individual and three relay records at CSU. He competed as a professional track athlete from 2001-04 and 2005-07.

The CSU women finished second or better at the MW Cross Country Championships in four of the six years of Berryhill's tenure. During his time with the Rams, he coached student-athletes to six school records and coached the only CSU woman to win a Mountain West cross country individual title with April Thomas' win in 2007.

Berryhill received his bachelor's degree in forestry from CSU in May 2001. He and his wife, Toni, have three children: Libby, Eli and Lainey.

#### Personal-Best Times

800 Meters: 1:46  
Mile: 3:54  
1,500 Meters: 3:35

### Notes

Hamilton join White and DeStefano as veteran leaders after regularly placing in the team's top three throughout last season.

"I'm excited about the depth that we have returning for the year," Berryhill said, noting DeStefano and White as the Cowgirls' 1-2 runners. "I feel really good about our 1-2, and we have a lot of depth behind that."

Sophomores Isabella Pape and Kiah Leonard show promise as rising stars after each finishing in Wyoming's top five at both the conference and regional championships in 2015. Three-time letterwinner and senior Cassidy Meade will provide important veteran leadership, while sophomore Reagan VanDepol rounds out Wyoming's returning letterwinners. Additionally, Calbi Ausmann and Kacey Doner join the squad as true freshmen competing to make an immediate impact as Cowgirl harriers. Doner is a native of Fort Collins, Colo., while Ausmann hails from Newcastle, Wyo., and is a five-time Wyoming state champion on the track. Other newcomers include true freshmen Kirsten Kropkowski and Taylor Van Holland. Kropkowski, a graduate of The Classical Academy in Colorado Springs, Colo., was a high school teammate of Hamilton's.

#### Last Time Out: Pair of Graduating Seniors Pace UW at NCAA Mountain Regional

Two University of Wyoming cross country runners achieved All-Region status Friday at the NCAA Mountain Regional Championships on the UNM North Golf Course.

Seniors Amos Bowen and Aaron Derner finished 12th and 20th, respectively, in the men's 10-kilometer race to attain the accolade awarded to the top 25 finishers in each race. It marked the first time multiple Cowboys have earned the honor since 2011, as Bowen claimed the distinction for a second-straight season. Both will possibly earn individual spots at the NCAA national meet when official bids are announced Sunday.

"I thought Amos and Aaron ran phenomenal races today to lead our team," UW head coach Bryan Berryhill said. "To be seniors and go out as All-Region runners is quite an accomplishment."

Overall, Wyoming finished seventh in the 16-team field with 153 points surpassing its previous lowest point total of 182 in 2008. No. 1 Colorado took the team title, followed by No. 11 UTEP, No. 3 BYU, RV Southern Utah, No. 21 Air Force and No. 25 Colorado State.

"The men took a huge step forward today," Berryhill said. "All six teams that finished ahead of us are nationally ranked and we were close to beating them. It just set the foundation for the future that running with these teams is our expectation."

Bowen ran 30:19, the 10th-fastest 10 kilometers in Cowboy history, while Derner's 30:29 ranks 12th in Wyoming's record books. Sophomore Jonah Henry followed in 29th in 30:58, while redshirt freshman Ricky Faure was 36th across the line in 31:16. Senior Dylan Morin ran 32:07 for 56th to round out UW's scorers. Junior Alex Pawlak placed 65th in 32:25 and freshman Michael Downey was 76th in 32:45.

Sophomore Kerry White paced the Cowgirls for a third-straight race by running 21:44 in the women's 6-kilometer race. Her time placed her 31st, just short of her second-straight All-Region honor. Sophomore Lauren Hamilton crossed the line in 42nd at 22:12 and was followed by junior Ali Walker in 70th at 22:44. The freshman duo of Isabella Pape and Kiah Leonard finished 79th and 89th, respectively, in 22:57 and 23:09. Junior Catherine Cloetta rounded out UW's competitors at 23:31 for 99th. The Cowgirls were without junior Megan Brunette, a regular finisher in UW's top three, due to illness.

"I'm just as proud of the Cowgirls as I am the Cowboys," Berryhill said. "The women have dealt with a lot of adversity this season, so for them to go out and fight to a top-10 finish in this very competitive region is a pretty good effort."

As a team the Cowgirls placed 10th in the 19-team field with 306 points. No. 2 Colorado edged No. 1 New Mexico by one point for the team title, while No. 20 Utah was third, No. 24 BYU fourth and No. 25 Weber State fifth.

#### Familiar Faces in the Top Five

The Cowgirls return all of their top five finishers from the 2015 MW cross country championships to the 2016 roster. Junior Kerry White missed All-MW status by two places in 2015, finishing 16th at the conference meet. Senior Megan Brunette finished 19th at the 2015 conference championships, less than 10 seconds behind White. Junior Lauren Hamilton was 22nd, while sophomores Isabella Pape and Kiah Leonard placed 33rd and 43rd, respectively, in their debut conference championship appearances.

#### A Family Affair

The 2016 Wyoming cross country roster features two pairs of siblings. Junior Jonah Henry and freshman Christopher Henry are the first pair of brothers on a Wyoming cross country roster since 2000, when Greg and Nick Schabron, also Laramie natives, were Cowboy harriers. Meanwhile, redshirt senior Audra DeStefano and junior Quinn DeStefano will race together for the third season as Cowgirl harriers. The last pair of sisters on the same Wyoming cross country roster was Laura and Meredith Furtney in 2005.

## 2016 Wyoming Notes

### 2016 MW Athletes of the Week

The first Mountain West Men's and Women's Cross Country Athletes of the Week will be announced on Sept. 6.

### 2016 USTCCCA Mtn. Region Polls

#### PRESEASON - August 29

##### MEN

Rank	School	Conference
1	Northern Arizona	Big Sky
2	Colorado	Pac-12
3	UTEP	Conference-USA
4	BYU	West Coast
5	Southern Utah	Big Sky
6	Colorado State	Mountain West
7	Air Force	Mountain West
8	New Mexico	Mountain West
9	<b>Wyoming</b>	<b>Mountain West</b>
10	Weber State	Big Sky
11	Utah Valley	WAC
12	Texas Tech	Big 12
13	Idaho State	Big Sky
14	Montana State	Big Sky
15	New Mexico State	WAC

##### WOMEN

Rank	School	Conference
1	New Mexico	Mountain West
2	Colorado	Pac-12
3	Weber State	Big Sky
4	BYU	West Coast
5	Utah	Pac-12
6	Colorado State	Mountain West
7	Northern Arizona	Big Sky
8	Utah State	Mountain West
9	Air Force	Mountain West
10	Montana State	Big Sky
11	<b>Wyoming</b>	<b>Mountain West</b>
12	Texas Tech	Big 12
13	Utah Valley	WAC
14	Idaho State	Big Sky
15	Nevada	Mountain West

*Next Poll - Sept. 12*

### Interview Policies

Interviews, either in person or via telephone, with members of UW's coaching staff and student-athletes must be coordinated through Media Relations Graduate Assistant Nate Lake at least one day in advance.

Home and/or cell phone numbers will not be provided to the media by the coaches, student-athletes, or the athletic department. Media are asked not to request an individual's personal contact information, including e-mail and cell number, but rather to contact Nate.



### Notes

#### Cowboys and Cowgirls each ranked fifth in MW Preseason Coaches' Poll

The Wyoming men's and women's cross country teams were each selected fifth in the Mountain West Cross Country Preseason Coaches' Poll. After losing two All-Region performers from the 2015 roster, the Cowboys received 23 points in the survey of conference coaches, eight points behind fourth-place New Mexico. The experienced Cowgirls were also picked fifth, collecting 63 points, just four less than fourth-place Air Force. The full poll:

Men's Team (first-place votes)	Points	Women's Team (first-place votes)	Points
1. Colorado State (5)	46	1. New Mexico (9)	99
2. Boise State (1)	43	2. Boise State (2)	92
3. Air Force (2)	40	3. Colorado State	79
4. New Mexico	31	4. Air Force	67
5. Wyoming	23	5. Wyoming	63
6. Utah State	19	6. Utah State	56
7. San José State	12	7. Nevada	53
8. Fresno State	10	8. San José State	30
		9. Fresno State	27
		10. San Diego State	20
		11. UNLV	19

#### International Roots

Incoming freshmen Harry Ewing and Daniel Hintz are two of 33 athletes in Wyoming's 17 athletic programs that hail from countries outside the United States. The pair joins teammate Kerry White, cross country and track & field assistant coach Amanda Clower, and swimmer Isobel Ryan as the contingent of New Zealand natives involved in UW Athletics. A complete list of UW's international athletes:

Athlete	Sport	Hometown
Daniel Hintz	Cross Country/Track & Field	Tauranga, New Zealand
Harry Ewing	Cross Country/Track & Field	Hamilton, New Zealand
Kerry White	Cross Country/Track & Field	Te Aroha, New Zealand
Alexander Aka Gorski	Men's Basketball	Lund, Sweden
Du'Ryan Ebbesen	Football	St. Croix, Virgin Islands
Sidney Malauulu	Football	Seoul, South Korea
Eric Nzeocha	Football	Neusitz, Germany
Ethan Patrick	Football	St. Croix, Virgin Islands
Keely Bishop	Swimming & Diving	Eaton Hill, Queensland, Australia
Marcela Gramcko	Swimming & Diving	Caracas, Venezuela
Maria Harutjunjan	Swimming & Diving	Maardu, Estonia
Isobel Ryan	Swimming & Diving	Oamaru, New Zealand
Susanna Schumann	Swimming & Diving	Gelsenkirchen, Germany
Marta Gomez	Women's Basketball	Valles, Spain
Selale Kepenc	Women's Basketball	Istanbul, Turkey
Riikka Kujala	Women's Basketball	Vimpeli, Finland
Tijana Raca	Women's Basketball	Pylea Thessaloniki, Greece
Clara Tapia	Women's Basketball	Barcelona, Spain
Mackenzie Barrie	Women's Golf	Vernon, British Columbia, Canada
Alisha Bass	Soccer	Sydney, New South Wales, Australia
Annika Clayton	Soccer	Sydney, New South Wales, Australia
Jessie Gentle	Soccer	Woolgoolga, New South Wales, Australia
Kaitlyn Lomsnes	Soccer	Red Deer, Alberta, Canada
Carlee Martin	Soccer	Calgary, Alberta, Canada
Georgia Rowntree	Soccer	Sydney, New South Wales, Australia
Candace Sciberras	Soccer	Sydney, New South Wales, Australia
Imogen Clews	Tennis	Kambah, Canberra, Australia
Milka Genkova	Tennis	Asenovgrad, Bulgaria
Dorottya Jonas	Tennis	Gyal, Hungary
Elisa Koonik	Tennis	Tallinn, Estonia
Magdalena Stencel	Tennis	Sopot, Poland
Ana Tkachenko	Tennis	Moscow, Russian Federation
Tessa van der Ploeg	Tennis	Leeuwarden, Netherlands

#### Next Up

The Cowboys and Cowgirls will travel to Bozeman, Mont., for the Montana State-Bozeman Running Company Invitational on Sept. 17.