



WYOMING



2016 CROSS COUNTRY NOTES

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2016 Schedule

Date	Meet	Location/Result
9/2	Colorado State Invite	M: 5th // W: 4th
9/17	MSU-Bozeman Invite	M: 3rd // W: 3rd
9/24	Roy Griak Invitational	M: 17th // W: 17th
10/14	Penn State Open (W only)	University Park, Penn.
10/15	Pre-Nationals (M only)	Terre Haute, Ind.
10/28	MW Championships	Boise, Idaho
11/11	NCAA Mountain Regional	Logan, Utah
11/19	NCAA Championships	Terre Haute, Ind.

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

Meet Information

Meet: Penn State Open (Cowgirls only)
When: Friday, Oct. 14
Where: Penn State Golf Courses, University Park, Penn. (host: Penn State)
Race: 8:45 a.m. MT: Women's 6K



Meet: Indiana State Pre-National Invitational (Cowboys only)
When: Saturday, Oct. 15
Where: LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. (host: Indiana State)
Race: 9:35 a.m. MT: Men's 8K Blue Race
 10:50 a.m. MT: Men's 8K White Race



The Fields

Penn State Open Field (Women)

Akron
 Bucknell
 Buffalo
 Charlotte
 Cornell (RV)
 Delaware
 Duquesne
 Kent State
 Lehigh
 #14 Oklahoma State
 Ole Miss
 Pittsburgh
 Texas
 Towson
 Virginia Tech
 William & Mary (RV)
 #30 West Virginia
 Wyoming

Pre-Nationals Field (Men)

Air Force	Gonzaga	Oklahoma
Arizona	Harvard	#4 Oregon
Arizona State	#13 Indiana	#7 Portland
#5 Arkansas	Indiana State	Purdue
Bowling Green	Iowa	Quinnipiac
Bradley	IUPUI	San Francisco
Butler	Kansas	Toledo
Cal Poly	Lehigh	Tulane
California (RV)	Liberty	UMKC
Campbell	Louisville (RV)	Utah State
Central Michigan	Marquette	Utah Valley
Cincinnati	UMass Lowell	#12 UTEP
Clemson	Miami of Ohio	Wake Forest
#6 Colorado	#20 Michigan	Wichita State
Cornell	Missouri	Wyoming
Dartmouth (RV)	Montana State	Youngstown St.
Dayton	Morehead State	
Drake	Murray State	
#15 Eastern Kentucky	Nebraska	
Eastern	Norfolk State	
Washington	North Texas	
Elon	Oakland	
Florida	Ohio	
Furman	Ohio State	

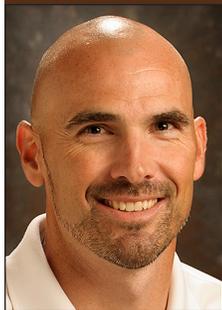
Cowboy Roster

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)
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

Last Time Out: Freshman Ewing Shines at Griak

Wyoming freshman Harry Ewing had the biggest performance of his young career on Saturday, taking 45th place overall to lead the Cowboys to a 17th-team finish at the 31st annual Roy Griak Invitational. Ewing finished the men's 8-kilometer race in 25 minutes, 56 seconds at the University of Minnesota's Les Bolstad Golf Course. Junior Lauren Hamilton led the Cowgirls for the second straight meet, finishing 63rd with a time of 22:59 in the women's 6-kilometer race as Wyoming's women's harriers took 17th place as a team.

Junior Jonah Henry took 53rd in the men's race with a time of 26:03. Henry led the Cowboys for a large portion of the race, but Ewing snuck past his teammate to record his first team-leading performance in a Brown and Gold uniform. Ewing finished eighth among freshmen competitors in the 275-athlete field.

"I thought he competed really well," said UW head coach Bryan Berryhill of Ewing. "He was really poised all race. He put himself in a good position early and had a really good finish."

Senior Mike Seas crossed the finish line in 26:48 to take 124th overall, while Ricky Faure was close behind at 26:59 to finish 144th. Freshman Daniel Hintz rounded out the Cowboys' top five, taking 156th in his first collegiate 8K with a time of 27:08.

On the women's side, freshman Kacey Doner followed Hamilton to cross the line as the Cowgirls' second finisher. She took 96th overall, clocking a time of 23:23. Kerry White was next, taking 113th in the field of nearly 350 athletes with a time of 23:31. Seniors Megan Brunette and Audra DeStefano followed, placing 120th and 128th, respectively, with times of 23:36 and 23:42. The Cowgirls had another impressive pack split, with just 43 seconds elapsing between Hamilton and DeStefano crossing the finish line.

Portland swept the team competition with five men's runners in the top 25 and five women's runners in the top 35. Iowa State, Boise State, Michigan and Michigan State rounded out the men's top five teams, while Michigan State, Penn State, Boise State, and Michigan rounded out the women's top five. Colorado State junior Jerrell Mock won the men's individual title with a time of 25:07 while Boise State sophomore Brenna Peloquin pulled away from Michigan senior Erin Finn to win the women's individual title at 20:50.

While Wyoming has a long competition break before its next meet, Berryhill plans to use the extra time to figure out some of the team's struggles. "We've got to work hard the next two weeks," he said. "We looked a little flat today, but we'll just go back to work."

Cowgirls Fifth, Cowboys Sixth in MW Midseason Coaches' Poll

The Wyoming Cowgirls are ranked fifth and the Cowboys sixth in the Mountain West Cross Country Midseason Coaches' Poll, the conference announced Wednesday. While the Cowgirls remained in the same position as their ranking from the MW preseason poll, the Cowboys moved down one spot from their fifth-place preseason ranking.

The Cowgirls collected 63 points in the poll to find themselves in the upper half of the rankings, just five points behind fourth-place Air Force. New Mexico received nine first-place votes in the midseason poll, remaining the favorite to win the team conference title. Boise State received two first-place votes for a second-place selection, while Colorado State was third.

Junior Lauren Hamilton has finished as the top Cowgirl at two straight meets, leading the Cowgirls to a third-place finish at the MSU-Bozeman Running Company Invitational and a 17th-place effort at the Roy Griak Invitational. True freshman Kacey Doner has come up big for the Brown and Gold as well, starting the season with two top-20 finishes while finishing inside the top 100 in the 350-athlete field at the Roy Griak Invitational.

The Cowboys earned 21 points in the midseason poll of Mountain West coaches, just two points behind fifth-place Utah State. Colorado State remained the favorite to win the conference championship, receiving five first-place votes, while Boise State was selected second after earning three first-place votes. Air Force and New Mexico rounded out the top four.

Junior Jonah Henry has served as the team leader for the Cowboys, finishing as the top runner for the Brown and Gold in two 2016 meets. True freshman Harry Ewing had a breakout performance at the prestigious Roy Griak Invitational, finishing 45th overall and eighth among freshmen in the field of 275 athletes from around the nation.

The Cowgirls will next compete in University Park, Penn., at the Penn State Open on Oct. 14, while the Cowboys will travel to Terre Haute, Ind., to compete at Pre-Nationals the following day. The 2016 Mountain West Cross Country Championships will follow on Oct. 28 in Kuna, Idaho at the Falcon Crest Golf Club.

"We're in the middle of the year and I really like where both teams are at in their training," head coach Bryan Berryhill said. "This is our last chance to get a race in before the conference meet, so they are important races for us to go out there and show what our training's been doing."

Find the full MW Midseason Coaches' Poll below.

MEN

Rank & Team (first-place votes)	Points
1. Colorado State (5)	47
2. Boise State (3)	44

2016 Wyoming Notes

2016 MW Athletes of the Week

Date	Name	Class	School
9/6	Michael Vennard	Jr.	Boise State
	Bailee Parker	Fr.	Utah State
9/20	Jonah Henry	Jr.	Wyoming
	Annemarie Schwanz	Sr.	Fresno State
9/27	Jerrell Mock	Jr.	Colorado St.
	Brenna Peloquin	So.	Boise State
10/4	Jerrell Mock	Jr.	Colorado St.
	Alice Wright	Jr.	New Mexico

2016 USTFCCA Mtn. Region Polls

WEEK 4 // Oct. 3

MEN

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

WOMEN

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

Next Poll - Oct. 17

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

3. Air Force (2)	38
4. New Mexico	29
5. Utah State	23
6. Wyoming	21
7. San José State	13
8. Fresno State	9

WOMEN

Rank & Team (first-place votes)	Points
1. New Mexico (9)	99
2. Boise State (2)	92
3. Colorado State	79
4. Air Force	68
5. Wyoming	63
6. Utah State	62
7. Nevada	47
8. San José State	35
9. Fresno State	24
T10. San Diego State	18
T10. UNLV	18

USTFCCA Division I National Coaches' Poll

The Week 4 edition of the USTFCCA Division I National Coaches' Poll was released Tuesday, Oct. 4. The men's and women's top 30 teams are listed below.

MEN

Rk.	School	Points
1	Northern Arizona	352
2	Syracuse	337
3	BYU	327
4	Oregon	315
5	Arkansas	298
6	Colorado	297
7	Portland	296
8	Iona	283
9	Oklahoma State	252
10	Mississippi	248
11	Stanford	231
12	UTEP	213
13	Indiana	198
14	Iowa State	187
15	Eastern Kentucky	186
16	Wisconsin	174
17	Georgetown	172
18	Boise State	171
19	Virginia	165
20	Michigan	127
21	Colorado State	118
22	Michigan State	94
23	Washington	78
24	Providence	72
25	Penn	62
26	Tulsa	55
27	UCLA	54
28	Virginia Tech	47
29	Middle Tennessee	37
29	Illinois	37

WOMEN

Rk.	School	Points
1	Providence	357
2	Colorado	346.5
3	NC State	329
4	Washington	312
5	Portland	302
6	Michigan State	282
7	Stanford	269
8	Penn State	251
9	Oregon	250
10	Boise State	247
11	New Mexico	245.5
12	Arkansas	241
13	Michigan	222
14	Oklahoma State	195
15	BYU	192
16	Eastern Michigan	175
17	Yale	163
18	Georgetown	140
19	San Francisco	120
20	Syracuse	113
21	Baylor	112
22	Virginia	92
23	Utah	87
24	SMU	85
25	Mississippi	68
26	Iowa State	59
26	Penn	59
28	Notre Dame	42
29	Harvard	37
30	West Virginia	31

Next Up

The Cowboys and Cowgirls travel to Kuna, Idaho to take on Mountain West foes at the 2016 MW Cross Country Championships, hosted by Boise State at the Falcon Crest Golf Club on Friday, Oct. 28.

2016 Wyoming Notes

2016 Team Results

Colorado State Invite Sept. 2 - Ft. Collins, Colo.

Cowboys - 5th place (5K)

Jonah Henry	16th place	15:17
Mike Seas	21st place	15:21
Ricky Faure	22nd place	15:24
Harry Ewing	56th place	15:54
Calum Kepler	75th place	16:12
Michael Downey	80th place	16:16
Jesse Gray	81st place	16:17
Daniel Hintz	102nd place	16:34
Bryce Ailshie	131st place	18:03
Phillip Thomas	132nd place	18:07

Cowgirls - 4th place (5K)

Kacey Doner	19th place	18:28
Quinn DeStefano	23rd place	18:35
Megan Brunette	27th place	18:40
Isabella Pape	29th place	18:49
Calbi Ausmann	33rd place	19:03
Solana Quistorff	37th place	19:20
Ashley Bock	42nd place	19:34
Emily Person	50th place	19:50
Cassidy Meade	51st place	19:53
Kiah Leonard	58th place	20:10
Regan VanDePol	78th place	21:40

MSU-Bozeman Running Company Invitational Sept. 17 - Bozeman, Mont.

Cowboys - 3rd place (5 miles)

Jonah Henry	3rd place	24:36
Mike Seas	12th place	24:57
Ricky Faure	14th place	24:59
Harry Ewing	16th place	25:11
Daniel Hintz	52nd place	26:08
Jesse Gray	53rd place	26:13
Christopher Henry	57th place	26:16
Michael Downey	61st place	26:21
Calum Kepler	75th place	26:38

Cowgirls - 3rd place (3 miles)

Lauren Hamilton	4th place	16:52
Audra DeStefano	11th place	17:11
Kacey Doner	12th place	17:12
Megan Brunette	17th place	17:18
Kerry White	20th place	17:24
Isabella Pape	24th place	17:29
Quinn DeStefano	29th place	17:37
Ashley Bock	32nd place	17:44
Kiah Leonard	35th place	17:46
Solana Quistorff	46th place	17:55
Cassidy Meade	51st place	17:57
Regan VanDePol	81st place	18:34
Emily Person	87th place	18:44

Roy Griak Invitational Sept. 24 - Falcon Heights, Minn.

Cowboys - 17th place (8K)

Harry Ewing	45th place	25:55
Jonah Henry	53rd place	26:03
Mike Seas	124th place	26:48
Ricky Faure	144th place	26:59
Daniel Hintz	156th place	27:07
Jesse Gray	168th place	27:14
Christopher Henry	198th place	27:39

Cowgirls - 17th place (6K)

Lauren Hamilton	63rd place	22:59
Kacey Doner	96th place	23:23
Kerry White	113rd place	23:31
Megan Brunette	120th place	23:36
Audra DeStefano	128th place	23:42
Quinn DeStefano	167th place	24:08
Isabella Pape	179th place	24:16
Kiah Leonard	183rd place	24:17
Solana Quistorff	197th place	24:26
Cassidy Meade	216th place	24:36
Ashley Bock	275th place	25:20

2016 Individual Results

COWBOYS

Bryce Ailshie

Colorado State Invite: 131st, 18:03

Michael Downey

Colorado State Invite: 80th, 16:16
MSU-Bozeman Invite: 61st, 26:21

Harry Ewing

Colorado State Invite: 56th, 15:54
MSU-Bozeman Invite: 16th, 25:11
Roy Griak Invitational: 45th, 25:55

Ricky Faure

Colorado State Invite: 22nd, 15:24
MSU-Bozeman Invite: 14th, 24:59
Roy Griak Invitational: 144th, 26:59

Jesse Gray

Colorado State Invite: 81st, 16:17
MSU-Bozeman Invite: 53rd, 26:13
Roy Griak Invitational: 168th, 27:14

Christopher Henry

MSU-Bozeman Invite: 57th, 26:16
Roy Griak Invitational: 198th, 27:39

Jonah Henry

Colorado State Invite: 16th, 15:17
MSU-Bozeman Invite: 3rd, 24:36
Roy Griak Invitational: 53rd, 26:03

Daniel Hintz

Colorado State Invite: 102nd, 16:34
MSU-Bozeman Invite: 52nd, 26:08

Roy Griak Invitational: 156th, 27:07

Calum Kepler

Colorado State Invite: 75th, 16:12
MSU-Bozeman Invite: 75th, 26:38

Isaac Kiefer

Michael Rotellini

Mike Seas

Colorado State Invite: 21st, 15:21
MSU-Bozeman Invite: 12th, 24:57
Roy Griak Invitational: 124th, 26:48

Phillip Thomas

Colorado State Invite: 132nd, 18:07

COWGIRLS

Calbi Ausmann

Colorado State Invite: 33rd, 19:03

Ashley Bock

Colorado State Invite: 42nd, 19:34
MSU-Bozeman Invite: 32nd, 17:44
Roy Griak Invitational: 275th, 25:20

Megan Brunette

Colorado State Invite: 27th, 18:40
MSU-Bozeman Invite: 17th, 17:18
Roy Griak Invitational: 120th, 23:36

Audra DeStefano

MSU-Bozeman Invite: 11th, 17:11
Roy Griak Invitational: 128th, 23:42

Quinn DeStefano

Colorado State Invite: 23rd, 18:35
MSU-Bozeman Invite: 29th, 17:37
Roy Griak Invitational: 167th, 24:08

Kacey Doner

Colorado State Invite: 19th, 18:28
MSU-Bozeman Invite: 12th, 17:12
Roy Griak Invitational: 96th, 23:23

Lauren Hamilton

MSU-Bozeman Invite: 4th, 16:52
Roy Griak Invitational: 63rd, 22:59

Kirsten Kropkowski

Kiah Leonard

Colorado State Invite: 58th, 20:10
MSU-Bozeman Invite: 35th, 17:46
Roy Griak Invitational: 183rd, 24:17

Cassidy Meade

Colorado State Invite: 51st, 19:53
MSU-Bozeman Invite: 51st, 17:57
Roy Griak Invitational: 216th, 24:36

Isabella Pape

Colorado State Invite: 29th, 18:49
MSU-Bozeman Invite: 24th, 17:29
Roy Griak Invitational: 179th, 24:16

Emily Person

Colorado State Invite: 50th, 19:50
MSU-Bozeman Invite: 87th, 18:44

Solana Quistorff

Colorado State Invite: 37th, 19:20
MSU-Bozeman Invite: 46th, 17:55
Roy Griak Invitational: 197th, 24:26

Ashley Urman

Taylor Van Holland

Regan VanDePol

Colorado State Invite: 78th, 21:40
MSU-Bozeman Invite: 81st, 18:34

Kerry White

MSU-Bozeman Invite: 20th, 17:24
Roy Griak Invitational: 113rd, 23:31

2016 Wyoming Notes

Wyoming's Top Cross Country Times Since 1990

(as of Sept. 22, 2016)

Cowgirls

4k			
1. Holly Page	13:37	2012	Highlander Invite
2. Christine Nelson	14:00	2012	Highlander Invite
3. Abi Bever	14:05	2012	Highlander Invite
4. Brooke Hughes	14:22	2012	Highlander Invite
5. Devon England	14:30	2012	Highlander Invite
6. Holly Page	14:33	2012	Rust Buster
Jennifer Thompson	14:33	2003	Wyoming Open
8. Christine Nelson	14:51	2010	Wyoming Invite
Gretchen Johnson	14:51	2007	Wyoming Invite
Natalie Kean	14:51	2003	Wyoming Open
11. Audra DeStefano	14:52	2012	Highlander Invite
12. Jessica Lemaster	15:03	2012	Highlander Invite
13. Devon England	15:06	2012	Rust Buster
Emily Higgins	15:06	2006	Wyoming Invite
Jennifer Thompson	15:06	2004	Wyoming Invite
Gretchen Johnson	15:06	2004	Wyoming Invite

5k			
1. Holly Page	17:18	2013	Highlander Invite
2. Christine Nelson	17:23	2010	Chile Pepper Festival
3. Megan Brunette	17:34	2013	Highlander Invite
4. Audra DeStefano	17:37	2015	Colorado State Invite
5. Necia Hoffman	17:41	1990	WAC Championship
6. Necia Hoffman	17:43	1990	NCAA Championship
7. Amy Wroe	17:45	1994	New Mexico Invite
8. Molly Moulton	17:47	1995	NCAA District 7
9. Karla Hay	17:49	1990	Rocky Mountain Shootout
10. Molly Cochran	17:50	1997	Colorado State Invite
Karla Hay	17:50	1991	Illinois XC Classic
12. Wendy Welch	17:51	1991	Illinois XC Classic
13. Molly Moulten	17:54	1994	Arizona State Invite
Molly Moulten	17:54	1994	New Mexico Invite
15. Alysha Davis	17:55	2010	Chili Pepper Festival

6k			
1. Holly Page	20:18	2014	MW Championship
2. Holly Page	20:31	2014	Washington Invite
3. Kerry White	20:49	2015	NCAA Pre-Nationals
4. Kerry White	20:53	2014	MW Championship
5. Kerry White	20:59	2014	Washington Invite
Emily Higgins	20:59	2008	NCAA Mountain Regional
7. Holly Page	21:01	2014	NCAA Championships
8. Holly Page	21:02	2012	MW Championship
9. Audra DeStefano	21:03	2014	MW Championship
10. Holly Page	21:07	2013	NCAA Mtn Regional
11. Megan Brunette	21:08	2015	NCAA Pre-Nationals
Jennifer Thompson	21:08	2004	NCAA Mountain Regional
13. Gretchen Johnson	21:13	2007	NCAA Mountain Regional
14. Ali Walker	21:14	2014	Washington Invite
15. Audra DeStefano	21:15	2014	Washington Invite

Cowboys

6k			
1. Garrett Zans	17:48	2013	Highlander Invite
2. Garrett Zans	17:50	2012	Highlander Invite
Amos Bowen	17:50	2013	Highlander Invite
4. Aaron Derner	17:52	2012	Highlander Invite
5. Aaron Derner	17:53	2013	Highlander Invite
6. Mike Banks	17:57	2013	Highlander Invite
7. Mike Seas	18:01	2012	Highlander Invite
8. Dylan Morin	18:07	2013	Highlander Invite
9. Garrett Zans	18:08	2013	Utah Valley Invite
10. Joe Hall	18:10	1999	Wyoming Invite
11. Mike Banks	18:22	2013	Utah Valley Invite
12. Michael Kesy	18:26	2013	Highlander Invite
13. Mike Banks	18:31	2012	Highlander Invite
Aaron Derner	18:31	2013	Utah Valley Invite
15. Mike Seas	18:34	2013	Highlander Invite

8k			
1. Mark Korir	23:41	2007	NCAA Pre-Nationals
2. Amos Bowen	23:43	2014	Washington Invite
Mark Korir	23:43	2008	NCAA Pre-Nationals
4. Amos Bowen	23:51	2014	MW Championship
5. Mark Korir	24:06	2006	MW Championship
6. Mark Korir	24:10	2008	Roy Griak Invite
7. Mark Korir	24:14	2007	Montana State Invite
8. Mark Korir	24:22	2008	MW Championship
9. Greg Miller	24:23	2011	Woody Greeno Invite
10. Aaron Derner	24:24	2015	NCAA Pre-Nationals
11. Dylan Morin	24:26	2014	MW Championship
Ryan Bolton	24:26	1993	Arizona State Invite
13. Garrett Zans	24:27	2013	MW Championship
14. Mark Korir	24:28	2008	Montana State Invite
15. Monte Still	24:36	1991	Rocky Mountain Shootout

10k			
1. Mark Korir	28:40	2006	Chile Pepper Festival
2. Mark Korir	29:33	2008	NCAA Mountain Regional
3. Garrett Zans	29:50	2013	NCAA Mountain Regional
4. Mark Korir	29:56	2006	NCAA Mountain Regional
Amos Bowen	29:56	2014	NCAA Mountain Regional
5. Mark Korir	30:13	2007	NCAA Championship
Aaron Derner	30:13	2013	NCAA Mountain Regional
7. Philemon Tanui	30:15	2005	Chile Pepper Festival
Mark Korir	30:15	2007	NCAA Mountain Regional
9. Ryan Bolton	30:18	1995	NCAA District 7
10. Amos Bowen	30:19	2015	NCAA Mountain Regional
11. Greg Miller	30:28	2010	Chile Pepper Festival
12. Aaron Derner	30:29	2015	NCAA Mountain Regional
13. Greg Miller	30:31	2010	NCAA Mountain Regional
14. Nick Ekel	30:32	2010	NCAA Mountain Regional
15. Monte Still	30:35	1993	NCAA District 7

Wyoming's History at the NCAA Championships

Cowboy History (Since 1938)

Year	Team	Individuals
2014	---	217. Amos Bowen, 32:53
2013	---	65. Garrett Zans, 31:01
2008	---	71. Mark Korir, 30:38
2007	---	19. Mark Korir (AA), 30:13
2006	---	22. Mark Korir (AA), 31:24
2000	---	112. Joe Hall, 31:50
1996	---	81. Scott McDonald, 32:39
1995	---	12. Ryan Bolton (AA), 31:02
1989	---	34. John Wodny (AA), 30:36
1986	16th (345)	15. John Wodny (AA), 31:23
		87. Michael Craven, 32:39
		93. Arnie Anfinson, 32:43
		117. Ed Jassmen, 33:06
		129. Robert Durkee, 33:19
		168. Damien Betebenner, 35:28
		170. Richard Garnos, 35:56
1979	---	16. Geir Kvernmo (AA), 29:35
1978	13th (353)	24. Simon Kilili (AA), 30:12
		38. Joe Nzau, 30:23
		82. James Kamau, 30:55
		93. Geir Kvernmo, 31:00
		226. James Hogue, 33:22
		233. Chuck Turner, 33:52
		241. Gary Fasules, 36:42
1977	3rd (156)	6. Solomon Chebor (AA), 29:03
		7. Simon Kilili (AA), 29:15
		35. Joe Nzau, 29:56
		36. Geir Kvernmo, 29:56
		169. Michael Cheronno, 31:32.5
		249. Curt Mobley, 33:07.7

1976	---	50. Geir Kvernmo, 29:40.16
1968	---	113. Wayne Jensen, 31:38
1967	14th (328)	24. Bob Mason (AA), 32:44
		102. Pete Smith, 36:51
		106. Tore Svare, 37:52
		108. Ed Schnackenberg, 40:00
		111. Jerry Race, 41:54
		112. Kurt Heuch, 42:47
1965	10th (275)	12. Michael Gregorio (AA), 30:28
		39. John Finlay, 31:18
		86. Harry Bilof, 32:22
		115. Alfred Crampton, 33:17
		122. Charles Pell, 33:28
1964	---	138. Roman Pysanczyn, 35:17
		39. Harry Bilof, 21:07
		100 Douglas McDonald, 21:50
		133. Michael Gregorio, 22:10
1947	15th (382)	66. Allen Clark, 22:55
		74. Harry Mangus, 23:06.1
		92. Bruce Badley, 23:24
		107. Allan Benton, 23:50
		110. Lee Covington, 23:58
		128. Paul Zimmerman, 24:36

Cowgirl History (Since 1981)

Year	Team	Individuals
2014	---	71. Holly Page, 21:01
2007	---	116. Gretchen Fagley-Johnson, 21:41.1
2004	---	70. Jennifer Thompson, 21:39
1990	---	100. Necia Hoffman, 17:43
1983	---	13. Andrea Everett (AA), 17:03
1982	---	60. Andrea Everett, 18:12
1981	---	79. Brenda Graham, 18:14