



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)	W: 7th
10/15	Pre-Nationals (M only)	M: 20th
10/28	MW Championships	M: 6th // W: 5th
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: 2016 NCAA Mountain Regional
When: Friday, Nov. 11
Where: Steve and Dona Reeder Cross Country Course
 Logan, Utah
 Host: Utah State
Races: 11:00 a.m. MT: Women's 6K
 12:00 p.m. MT: Men's 10K



The Field (with 2016 NCAA Mountain Regional finishes)

Air Force M: 5th W: 7th	BYU M: 3rd W: 4th	Colorado M: 1st W: 1st	Colorado State M: 6th W: 8th	Idaho State M: 13th W: 15th
Montana M: N/A W: N/A	Montana State M: 14th W: 12th	Nevada (women only) W: 9th	New Mexico M: 9th W: 2nd	New Mexico St. M: 15th W: 19th
N. Arizona M: 8th W: 6th	N. Colorado M: N/A W: 18th	Southern Utah M: 4th W: 17th	Texas Tech M: 12th W: 16th	UTEP M: 2nd W: 13th
Utah (women only) W: 3rd	Utah State M: 16th W: 11th	Utah Valley M: 11th W: 14th	Weber State M: 10th W: 5th	Wyoming M: 7th W: 10th

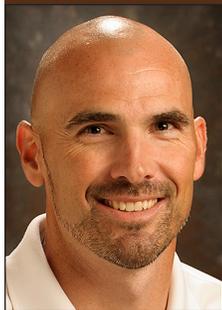
Cowboy Roster

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: Cowgirls Fifth, Cowboys Sixth at MW Championships

University of Wyoming junior Lauren Hamilton finished 13th place overall en route to second team All-Mountain West honors at the 2016 Mountain West Cross Country Championships on Friday, leading the Cowgirls to a fifth-place team finish at the Falcon Crest Golf Club in Kuna, Idaho. Fellow junior Jonah Henry led the Cowboys to a sixth-place team finish, taking 20th place in the men's field of 66 runners.

"On both the men's and women's sides, I felt like we didn't get out as well as we wanted to in the first third of the race," said head coach Bryan Berryhill on Friday. "We competed really hard in the middle and the end, but we need to condition ourselves better in the beginning."

Hamilton led the Cowgirls throughout the 6-kilometer race, clocking in at 20 minutes, 59.9 seconds, the eighth-best 6K time in Wyoming history. The All-Mountain West award was the first of her career and first for the Cowgirls since Holly Page and Kerry White earned all-conference honors in 2014. White placed 19th in the field of 88 runners on Friday with a time of 21:16.7, marking her third top-20 conference finish in her three seasons as a Cowgirl.

Audra DeStefano finished 23rd in her final cross country conference championship meet, clocking 21:21.4 to finish as Wyoming's third runner. Fellow senior Megan Brunette continued her consistent 2016 campaign in Idaho, finishing 31st with a time of 21:37.1.

Freshman Kacey Doner completed her fifth straight race in Wyoming's top five, clocking 21:44.7 to earn 37th place in her conference championship debut. Quinn DeStefano was next, taking 40th at 21:45.5, while Isabella Pape placed 60th with a time of 22:19.3. Cassidy Meade finished 67th with a time of 22:48.5, while Kiah Leonard rounded out the Wyoming roster with a time of 22:59 for 71st place.

Henry finished with a time of 24:40.5 in the men's 8-kilometer race to finish as the top Cowboy runner for the fourth time in the 2016 season. Ricky Faure contributed arguably his best performance of the season, taking 30th with a time of 25:06.3. Mike Seas was close behind Faure, taking 34th in the final conference championship meet of his career with a time of 25:09.6.

Freshmen Christopher Henry and Harry Ewing cracked Wyoming's top five in their conference championship debuts, with Henry taking 41st and Ewing placing 46th. Henry clocked a time of 25:22.2, while Ewing crossed the finish line with a time of 25:26.6. Fellow freshman Daniel Hintz was next, taking 52nd at 25:55.3. Jesse Gray, Calum Kepler and Michael Downey went 56-59-61 to round out the Cowboy squad.

"I felt like we fought really hard in the middle and at the end, but we positioned ourselves too far back early on. It's tough to make up those points," Berryhill said.

Host Boise State earned the men's team title, powered to victory by individual champion Yusuke Uchikoshi, while Colorado State, Air Force, Utah State and New Mexico rounded out the top five men's teams. New Mexico won its ninth straight conference title on the women's side as Alice Wright and Calli Thackery went 1-2 for the Lobos. Air Force, Boise State and Colorado State were the remaining teams to finish ahead of the Cowgirls.

2016 Mountain West Cross Country Championships Results

Men's Team Results

1. No. 24 Boise State -- 41
2. No. 17 Colorado State -- 48
3. No. 28 Air Force -- 61
4. Utah State -- 131
5. New Mexico -- 138
- 6. Wyoming -- 162**
7. San José State -- 169
8. Fresno State -- 244

Wyoming Cowboys Individual Results

20. Jonah Henry -- 24:40.5
30. Ricky Faure -- 25:06.3
34. Michael Seas -- 25:09.6
41. Christopher Henry -- 25:22.2
46. Harry Ewing -- 25:26.6
52. Daniel Hintz -- 25:55.3
56. Jesse Gray -- 26:10.4
59. Calum Kepler -- 26:38.0
61. Michael Downey -- 26:46.0

Women's Team Results

1. No. 7 New Mexico -- 42
2. Air Force -- 53
3. No. 28 Boise State -- 86
4. Colorado State -- 103
- 5. Wyoming -- 123**

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
10/18	Jose Piña	So.	San José St.
	Brenna Peloquin	So.	Boise State

2016 USTFCCCA Mtn. Region Polls

FINAL // Oct. 31

MEN

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

WOMEN

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

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

6. Utah State -- 148
7. Nevada -- 193
8. San José State -- 224
9. San Diego State -- 261
10. Fresno State -- 276
11. UNLV -- 309

Wyoming Cowgirls Individual Results

13. Lauren Hamilton -- 20:59.9
19. Kerry White -- 21:16.7
23. Audra DeStefano -- 21:21.4
31. Megan Brunette -- 21:37.1
37. Kacey Doner -- 21:44.7
40. Quinn DeStefano -- 21:45.5
60. Isabella Pape -- 22:19.3
67. Cassidy Meade -- 22:48.5
71. Kiah Leonard -- 22:59.0

Lauren Hamilton Named Second Team All-Mountain West

After her 13th-place performance at the Mountain West Championships, Cowgirl junior Lauren Hamilton was named to the All-Mountain West second team. It was the first such honor of her career after the Monument, Colo., native improved her place at the conference championship meet for the third consecutive year. Hamilton joins teammate Kerry White as the only current Cowgirls to receive an All-MW award in cross country. White finished 11th at the MW championships in 2014, earning all-conference honors alongside teammate Holly Page.

USTFCCCA Division I National Coaches' Poll

The Week 6 edition of the USTFCCCA Division I National Coaches' Poll was released Tuesday, Nov. 1. The men's and women's top 30 teams are listed below.

MEN

Rk.	School	Points
1	Northern Arizona	360
2	Colorado	343
3	BYU	327
4	Stanford	326
5	Syracuse	314
6	Arkansas	303
7	Iona	276
8	UCLA	267
9	Oklahoma State	264
10	Oregon	261
11	Mississippi	246
12	Portland	226
13	Iowa State	214
14	Wisconsin	198
15	UTEP	179
16	Virginia	173
17	Washington State	164
18	Michigan State	159
19	Colorado State	129
20	Boise State	120
21	Indiana	107
22	Georgetown	101
23	Tulsa	98
24	Southern Utah	95
25	Eastern Michigan	59
26	Middle Tennessee	53
27	North Carolina State	46
28	Penn	36
29	Michigan	29
30	Providence	28

WOMEN

Rk.	School	Points
1	Colorado	360
2	North Carolina State	337
3	Providence	334
4	Washington	333
5	Michigan	308
6	New Mexico	293
7	Arkansas	268
7	Stanford	268
9	Penn State	267
10	Portland	259
11	Oregon	231
12	Iowa State	225
13	Eastern Michigan	191
14	Mississippi	169
14	Notre Dame	169
16	San Francisco	159
17	Oklahoma State	156
18	Harvard	152
18	BYU	152
20	Utah	142
21	Villanova	138
22	Michigan State	131
23	Yale	81
24	Penn	77
25	Baylor	56
26	Minnesota	44
27	California	41
27	West Virginia	41
29	Air Force	38
29	SMU	38

Next Up

Any qualifying UW harriers will head to Terre Haute, Ind., to compete at the 2016 NCAA Cross Country Championships at the LaVern Gibson Championship Cross Country Course.

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	51st 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

Penn State Open Oct. 14 - University Park, Pa.

Cowgirls - 7th place (6K)

Lauren Hamilton	19th place	20:49
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Audra DeStefano	32nd place	21:01
Kerry White	44th place	21:17
Megan Brunette	49th place	21:20
Kacey Doner	68th place	21:38
Isabella Pape	89th place	21:50
Quinn DeStefano	96th place	21:55
Kiah Leonard	117th place	22:08

Pre-Nationals Oct. 15 - Terre Haute, Ind.

Cowboys - 20th place (8K)

Jonah Henry	40th place	24:45
Harry Ewing	76th place	25:08
Mike Seas	108th place	25:21
Ricky Faure	142nd place	25:36
Christopher Henry	171st place	25:48
Daniel Hintz	190th place	25:56
Jesse Gray	201st place	26:01

Mountain West Championships Oct. 28 - Kuna, Idaho

Cowboys - 6th place (8K)

Jonah Henry	20th place	24:41
Ricky Faure	30th place	25:06
Mike Seas	34th place	25:10
Christopher Henry	41st place	25:22
Harry Ewing	46th place	25:27
Daniel Hintz	52nd place	25:55
Jesse Gray	56th place	26:10
Michael Downey	61st place	26:46

Cowgirls - 5th place (6K)

Lauren Hamilton	13th place	21:00
Kerry White	19th place	21:17
Audra DeStefano	23rd place	21:21
Megan Brunette	31st place	21:37
Kacey Doner	37th place	21:45
Quinn DeStefano	40th place	21:46
Isabella Pape	60th place	22:19
Cassidy Meade	67th place	22:49
Kiah Leonard	71st place	22:59

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
MW Championships: 61st, 26:46

Harry Ewing

Colorado State Invite: 56th, 15:54
MSU-Bozeman Invite: 16th, 25:11
Roy Griak Invitational: 45th, 25:55
Pre-Nationals: 76th, 26:08
MW Championships: 46th, 25:27

Ricky Faure

Colorado State Invite: 22nd, 15:24
MSU-Bozeman Invite: 14th, 24:59
Roy Griak Invitational: 144th, 26:59
Pre-Nationals: 142nd, 25:36
MW Championships: 30th, 25:06

Jesse Gray

Colorado State Invite: 81st, 16:17
MSU-Bozeman Invite: 53rd, 26:13
Roy Griak Invitational: 168th, 27:14
Pre-Nationals: 201st, 26:01
MW Championships: 56th, 26:10

Christopher Henry

MSU-Bozeman Invite: 57th, 26:16
Roy Griak Invitational: 198th, 27:39
Pre-Nationals: 171st, 25:48
MW Championships: 41st, 25:22

Jonah Henry

Colorado State Invite: 16th, 15:17
MSU-Bozeman Invite: 3rd, 24:36
Roy Griak Invitational: 53rd, 26:03
Pre-Nationals: 40th, 24:45
MW Championships: 20th, 24:41

Daniel Hintz

Colorado State Invite: 102nd, 16:34
MSU-Bozeman Invite: 52nd, 26:08
Roy Griak Invitational: 156th, 27:07
Pre-Nationals: 190th, 25:56
MW Championships: 52nd, 25:55

Calum Kepler

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

Mike Seas

Colorado State Invite: 21st, 15:21
MSU-Bozeman Invite: 12th, 24:57
Roy Griak Invitational: 124th, 26:48
Pre-Nationals: 108th, 25:21
MW Championships: 34th, 25:10

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
Penn State Open: 49th, 21:20
MW Championships: 31st, 21:37

Audra DeStefano

MSU-Bozeman Invite: 11th, 17:11
Roy Griak Invitational: 128th, 23:42
Penn State Open: 32nd, 21:01
MW Championships: 23rd, 21:21

Quinn DeStefano

Colorado State Invite: 23rd, 18:35
MSU-Bozeman Invite: 29th, 17:37
Roy Griak Invitational: 167th, 24:08
Penn State Open: 96th, 21:55
MW Championships: 40th, 21:46

Kacey Doner

Colorado State Invite: 19th, 18:28
MSU-Bozeman Invite: 12th, 17:12
Roy Griak Invitational: 96th, 23:23
Penn State Open: 68th, 21:38
MW Championships: 37th, 21:45

Lauren Hamilton

MSU-Bozeman Invite: 4th, 16:52
Roy Griak Invitational: 63rd, 22:59
Penn State Open: 19th, 20:49
MW Championships: 13th, 21:00

Kiah Leonard

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

Penn State Open: 117th, 22:08
MW Championships: 71st, 22:59

Cassidy Meade

Colorado State Invite: 51st, 19:53
MSU-Bozeman Invite: 51st, 17:57
Roy Griak Invitational: 216th, 24:36
MW Championships: 67th, 22:49

Isabella Pape

Colorado State Invite: 29th, 18:49
MSU-Bozeman Invite: 24th, 17:29
Roy Griak Invitational: 179th, 24:16
Penn State Open: 89th, 21:50
MW Championships: 60th, 22:19

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

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
Penn State Open: 44th, 21:17
MW Championships: 19th, 21:17

2016 Wyoming Notes

Wyoming's Top Cross Country Times Since 1990

(as of Nov. 9, 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 Championships
6. Necia Hoffman	17:43	1990	NCAA Championships
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 Championships
2. Holly Page	20:31	2014	Washington Invite
3. Lauren Hamilton	20:49	2016	Penn State Open
Kerry White	20:49	2015	NCAA Pre-Nationals
5. Kerry White	20:53	2014	MW Championship
6. Kerry White	20:59	2014	Washington Invite
Emily Higgins	20:59	2008	NCAA Mountain Regional
8. Lauren Hamilton	21:00	2016	MW Championships
9. Audra DeStefano	21:01	2016	Penn State Open
Holly Page	21:01	2014	NCAA Championships
11. Holly Page	21:02	2012	MW Championship
12. Audra DeStefano	21:03	2014	MW Championship
13. Holly Page	21:07	2013	NCAA Mtn Regional
14. Megan Brunette	21:08	2015	NCAA Pre-Nationals
Jennifer Thompson	21:08	2004	NCAA Mountain Regional

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 Key	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 Championships
5. Mark Korir	24:06	2006	MW Championships
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 Championships
Ryan Bolton	24:26	1993	Arizona State Invite
13. Garrett Zans	24:27	2013	MW Championships
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 Grahm, 18:14