MEN’S CROSS-COUNTRY
2017 Year in Review

TEAM FACTS:
Head Coach: Brent Fougner (30th Season)
Assistant Coaches: Hilary Stellingwerf, Yuichi Takahashi
Team Captain: Tim Longley
Key returnees: Ben Weir, Jonny Toombs, Matt Noseworthy, Josh Kozelj, Tim Longley
Key departures: Shoayb Bascal, Forrest Simpson, Cole Peterson, Cody Therrien


RANKINGS / HISTORY:
2017 U SPORTS ranking: 7th (175 points)
2017 Canada West Ranking: 2nd
2016 U SPORTS ranking: 6th (145 points)
2016 Canada West ranking: 2nd
Last U SPORTS title: 2015
Last Canada West title: 2015

2017-18 AWARD WINNERS:
Canada West First Team All-Stars: Brandon Vail
Canada West Second Team All-Stars: Ben Weir, Josh Kozelj
Canada West Rookie of the Year: Brandon Vail

2016-17 ACADEMIC ALL-CANADIANS:
Tyler Smith
Derrick Evans
Cole Peterson
Brendon Restall
Forrest Simpson
Timothy Longley
Matt Noseworthy

SEASON RECORD

Charles Bowles Invitational (Sep. 30 2017)
• TEAM: 2nd place finish
• Jonny Toombs (7th), Derrick Evans (10th), Brandon Vail (15th), Thomas Oxland (16th), Ben Weir (26th)
**Vikes Invitational** (Oct. 14, 2017)
- TEAM: 3rd place finish
- Jonny Toombs (6th), Derrick Evans (9th), Josh Kozelj (14th), Brandon Vail (16th), Matt Noseworthy (17th)

**BC Cross-Country Championship** (Oct. 28, 2017)
- TEAM: 2nd place finish
- Brandon Vail (8th), Derrick Evans (11th), Ben Weir (14th), Josh Kozelj (17th), Angus Brown (21st)

**U SPORTS National Championships** (Nov. 12, 2017)
- TEAM: 7th place finish (U SPORTS), 2nd place finish (Can West)
- Brandon Vail (20th U, 5th CW), Ben Weir (25th U, 8th CW), Josh Kozelj (36th U, 11th CW), Derrick Evans (43rd U, 16th CW), Jonny Toombs (51st U, 20th CW)

**U SPORTS TOP 10 WEEKLY POLLS**
- 09/19/17 – UVic #8
- 09/26/17 – UVic #8
- 10/03/17 – UVic #7
- 10/10/17 – UVic #7
- 10/17/17 – UVic #8
- 10/24/17 – UVic #8
- 10/31/17 – UVic #7

**SEASON RECAP:**

The University of Victoria Vikes men’s cross-country team finished in the top ten in the nation for the eighth season in a row as head coach Brent Fougner compiled a roster that shows a lot of future promise in his 30th season at the helm.

Missing four key contributors from last year’s team that finished sixth in Canada, the Vikes were able to regroup and have a strong season with a roster that will lose not a single athlete due to graduation. Veterans Benjamin Weir, Matthew Noseworthy, Derrick Evans, Alexander Nemethy and Timothy Longley were joined by Jonny Toombs and Josh Kozelj who took on larger roles with the team in their second season. Rookie Brandon Vail was also a key contributor throughout the season.

Hosting the U SPORTS National Championships on their home course at Beacon Hill Park, the team finished seventh overall and second in Canada West thanks to some strong results throughout the roster. Vail led the way and was named both the conference Rookie of the Year and a Canada West First Team All-Star for his great performance at the meet. Weir and Kozelj were both Canada West Second Team All-Stars, while Evans and Toombs rounded out the scoring for the Vikes.
The season got off to a great start for the Vikes, as they came away with a second-place finish at the Charles Bowles Invitational. Toombs (7th) was the top Vikes finisher, while Evans (10th), Vail (15th) and Thomas Oxland (16th) all had strong showings at the first meet of the season.

Ranked in the top-ten of the U SPORTS poll throughout the season, the good results kept coming for the Vikes as they finished third at the UVic Invitational. Competing against top teams from across western Canada, the Vikes did well against some of the squads they would be facing at nationals. Toombs (6th) and Evans (10th) both finished in the top ten at race.

The final race for the Vikes ahead of nationals was the B.C. Provincial Championships and the team missed out on claiming the title by the slimmest of margins. Vail (8th), Evans (11th) and Weir (14th) led the Vikes to a tie on points with UBC, but the T-Birds were awarded the title due to the tie-breaker of count back on runners.

The future looks bright with encouraging performances put up by young athletes throughout the year as the Vikes continue to move forward in search of their 17th Canada West Championship and sixth U SPORTS title.

### 2017 Roster:

<table>
<thead>
<tr>
<th>Name</th>
<th>HT</th>
<th>Year</th>
<th>Hometown</th>
<th>Previous team (high school)</th>
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<tbody>
<tr>
<td>Mitchell Basher</td>
<td>5-10</td>
<td>1</td>
<td>Hastings, NZ</td>
<td>(Strathcona High School)</td>
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<tr>
<td>Angus Brown</td>
<td>5-7</td>
<td>1</td>
<td>Victoria, BC</td>
<td>(Shawnigan Lake High School)</td>
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<tr>
<td>Derrick Evans</td>
<td>5-11</td>
<td>4</td>
<td>Red Deer, AB</td>
<td>(Hunting Hills High School)</td>
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<tr>
<td>Sterling Ginther</td>
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<td>White Rock, BC</td>
<td>(Earl Mariott Secondary)</td>
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<td>Chet Goerzen</td>
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<td>Kelowna, B.C.</td>
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<td>Brendan Hoff</td>
<td>5-9</td>
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<td>Campbell River, B.C.</td>
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<td>Ryan Korol</td>
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<td>Burlington, ON</td>
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<td>Josh Kozelj</td>
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<td>Coquitlam, B.C.</td>
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<td>Timothy Longley</td>
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<td>(Northeast Kings Education Centre)</td>
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<td>Alexander Nemethy</td>
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<td>Team Newfoundland (Gonzaga High School)</td>
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<td>Isaac Penner</td>
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<tr>
<td>Name</td>
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<td>City, Province</td>
<td>School</td>
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<td>Max Serviss</td>
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<td>Westmeath, ON</td>
<td>(Valour Secondary)</td>
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<td>Tyler Smith</td>
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<td>Matthew Thibodeau</td>
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<td>Brandon Vail</td>
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<td>Ben Weir</td>
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