

# GULF SOUTH CONFERENCE

## GSC MEN'S CROSS COUNTRY ALL-DECADE AWARDS (2010-19)

### FIRST TEAM ALL-DECADE

**Blaise Binns, Alabama Huntsville**

2012 NCAA South Regional Individual Champion ... Two-time GSC Individual Champion (2012 and 2013) ... 2013 All-South Region ... Three-time First Team All-GSC (2011, 2012, and 2013) ... 2011 GSC Individual Runner-up ... 2011 GSC Freshman of the Year

**Alfred Chelanga, Shorter**

2015 NCAA Individual Champion ... 2016 NCAA Individual Runner-up ... Two-time NCAA South Regional Individual Champion (2015 and 2016) ... Two-time GSC Individual Champion (2015 and 2016)

**Jay Day, Alabama Huntsville**

2019 GSC Individual Champion ... Three-time All-South Region (2017, 2018, and 2019) ... 2018 NCAA Individual Qualifier ... Three-time First Team All-GSC (2017, 2018, and 2019)

**Brydon Groves-Scott, Alabama Huntsville**

Four-time All-South Region (2015, 2016, 2017, and 2018) ... Three-time First Team All-GSC (2015, 2016, and 2018) ... 2017 Second Team All-GSC

**Benjamin Knox, Alabama Huntsville**

Four-time All-South Region (2016, 2017, 2018, and 2019) ... Three-time First Team All-GSC (2016, 2017, and 2018) ... 2019 Second Team All-GSC

**Christian Noble, Lee**

2018 NCAA Second Team All-American ... 2018 NCAA South Regional Individual Champion ... Two-time GSC Individual Champion (2017 and 2018) ... Three-time First Team All-GSC (2016, 2017, and 2018) ... 2016 GSC Freshman of the Year

**Victor Onyango, West Alabama**

Four-time All-South Region (2014, 2015, 2016, and 2017) ... Two-time NCAA South Regional Runner-up (2015 and 2017) ... Four-time First Team All-GSC (2014, 2015, 2016, and 2017) ... Two-time GSC Individual Runner-up (2014 and 2017)

**Jose Ortega, Alabama Huntsville**

Three-time All-South Region (2011, 2012, and 2013) ... Four-time First Team All-GSC (2011, 2012, 2013, and 2014) ... Two-time GSC Individual Runner-up (2012 and 2013)

**Harold Smith, Lee**

Three-time All-South Region (2015, 2016, and 2017) ... Three-time First Team All-GSC (2015, 2016, and 2017) ... Two-time GSC Individual Runner-up (2015 and 2016)

**Tim Wenger, West Florida**

Three-time All-South Region (2013, 2015, and 2016) ... Three-time First Team All-GSC (2013, 2015, and 2016)

### SECOND TEAM ALL-DECADE

**Jakob Bernal, West Alabama**

Three-time All-South Region (2016, 2018, and 2019) ... 2018 NCAA South Regional Individual Runner-up ... Two-time NCAA Individual Qualifier (2018 and 2019) ... 2018 GSC Individual Runner-up ... 2019 Second Team All-GSC

**Seth Eagleson, Lee**

Two-time All-South Region (2015 and 2016) ... Three-time First Team All-GSC (2015, 2016, and 2017)

**Cody Haden, West Florida**

Two-time All-South Region (2012 and 2013) ... Two-time First Team All-GSC (2012 and 2013) ... Two-time Second Team All-GSC (2011 and 2014)

**William Kazery, West Alabama**

2014 All-South Region ... 2014 First Team All-GSC ... Two-time Second Team All-GSC (2012 and 2015)

**Justine Kipkoech, Union**

Two-time All-South Region (2017 and 2018) ... Two-time First Team All-GSC (2017 and 2018) ... 2017 GSC Freshman of the Year ... 2019 Second Team All-GSC

**Nick Merrett, West Florida**

Three-time All-South Region (2013, 2014, and 2015) ... Two-time First Team All-GSC (2014 and 2015) ... 2013 GSC Freshman of the Year ... 2013 Second Team All-GSC

**Brandon Nelson, West Alabama**

2011 All-South Region ... Two-time First Team All-GSC (2011 and 2012) ... 2013 Second Team All-GSC

**Jesse Prince, Valdosta State**

Three-time All-South Region (2011, 2012, and 2014) ... Two-time First Team All-GSC (2013 and 2014) ... Two-time Second Team All-GSC (2011 and 2012)

**Myles Scarano, Alabama Huntsville**

Two-time All-South Region (2014 and 2015) ... Three-time First Team All-GSC (2011, 2014, and 2015)

**Jacob Whitney, Union**

Three-time All-South Region (2014, 2015, and 2016) ... three-time First Team All-GSC (2014, 2015, and 2016)

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### ALL-DECADE HONORABLE MENTION\*

**Philip Biwott, Harding**

2010 NCAA South Regional Individual Runner-up ... 2010 GSC Individual Runner-up

**Daniel Kirwa, Harding**

2010 NCAA South Regional Individual Champion ... 2010 GSC Individual Champion

**Josh Moshier, Alabama Huntsville**

2011 NCAA South Region Individual Runner-up ... 2011 GSC Individual Champion

**Silas Too, Shorter**

2014 GSC Individual Champion

### RUNNER OF THE DECADE

**Christian Noble, Lee**

2018 NCAA Second Team All-American ... 2018 NCAA South Regional Individual Champion ... Two-time GSC Individual Champion (2017 and 2018) ... Three-time First Team All-GSC (2016, 2017, and 2018) ... 2016 GSC Freshman of the Year

### COACH OF THE DECADE

**Caleb Morgan, Lee**

Four GSC Championships in five seasons of eligibility, winning four straight titles from 2015-18 ... Four-time GSC Coach of the Year (2015, 2016, 2017, and 2018)

\* In order to be eligible for First or Second Team honors, a student-athlete must have competed for at least two years in the decade while his school was eligible for conference awards. Student-athletes who did not meet this qualification were considered for Honorable Mention.