



# CROSS COUNTRY



## CROSS COUNTRY CHAMPIONSHIP NOTES | MEN'S

### HISTORY & TRENDS

- Alabama Huntsville has won three straight team titles.
- UAH and Lee have combined to win 10 of the last 11 championships.
  - » UAH won 2011, 2012, 2013, 2019, 2020, 2021
  - » Lee won 2015, 2016, 2017, 2018
- Only three different schools have claimed individual titles since 2011.
  - » UAH – 2011, 2012, 2013, 2019
  - » Shorter – 2014, 2015, 2016
  - » Lee – 2017, 2018, 2020, 2021
- There have been three perfect team scores of 15 in GSC history with the last coming from former member Harding in 2008.
- UAH's David Cain has been named GSC Coach of the Year eight times – tied with Harding's Steve Guymon for most decorated in GSC men's cross country history.
- Last time the championship was hosted by Montevallo, UAH edged Lee by just 17 points as Jay Day won the individual title with current Charger Allan Anderson finishing fifth.

### RUNNERS TO WATCH

#### Sam Wilhelm (UAH)

- Holds top 8K time in the conference this year (23:48.00)
- Won two individual titles & two-time GSC Runner of the Week

#### Gabe Poulin (MC)

- Fourth fastest time in 2022
- Placed sixth overall on the same course in 2019

#### Hayden Judge (Lee)

- Owens the Flames fastest 8K of 2022

#### Joe Leventry (Montevallo)

- Top runner for the host school

#### Zach Fenton (UWF)

- Won the Argonaut Invitational

### WHAT'S NEXT

The NCAA South Region Championship will be held Sat., Nov. 19 in Lakeland, Fla., and hosted by Florida Southern College. All region teams are eligible to compete.

The top three (3) teams from each regional meet will automatically advance to the NCAA Finals. Ten (10) at-large teams will be selected by the NCAA Division II Cross Country Committee to complete the 34 team field.

The top two individuals who are not part of a qualifying team will automatically advance to the championship. All individuals who finish in the top five at the regional meet and are not part of a qualifying team automatically will advance to the championship. The remaining individual slots will be determined by the NCAA Division II Cross Country Committee.

The 2022 NCAA Cross Country Championships will be Friday, December 2 in Seattle, Washington and hosted by Seattle Pacific University. The national meet will be part of the NCAA Division II Fall Festival which will also feature championship events for volleyball, men's and women's soccer, and field hockey.

### TOP TIMES 2022 | 8K

School	Athlete	Meet (Date)	Time
1.....	Sam Wilhelm, UAH.....	UAH Invitational (10/22) .....	23:48.00
2.....	Hayden Judge, Lee.....	UAH Invitational (10/22) .....	23:50.00
3.....	Will Stone, Lee.....	UAH Invitational (10/22) .....	23:54.60
4.....	Gabe Poulin, MC.....	UAB Blazer Classic (10/14).....	23:54.70
5.....	Jan Lukas Becker, MC.....	UAB Blazer Classic (10/14).....	23:54.90
6.....	Hunter Kurz, MC.....	UAB Blazer Classic (10/14).....	23:56.10
7.....	Aaron Himes, Lee.....	UAH Invitational (10/22) .....	23:56.90
8.....	Jan Lukas Becker, MC.....	Chile Pepper XC Classic (9/30).....	24:00.10
9.....	Silas Eckenroad, Lee.....	Live in the Lou XC Classic (10/1).....	24:01.10
10.....	Adan Rodriguez, Lee.....	Live in the Lou XC Classic (10/1).....	24:01.80

### TOP TEAMS TIMES 2022 | 8K

School	Athlete	Meet (Date)	Time
UAH.....	Sam Wilhelm.....	UAH Invitational (10/22) .....	23:48.00
AUM.....	Austin Atkinson.....	UAH Invitational (10/22) .....	26:00.10
CBU.....	Leopold Stefanski.....	UAH Invitational (10/22) .....	25:18.50
Lee.....	Hayden Judge.....	UAH Invitational (10/22) .....	23:50.00
MC.....	Gabe Poulin.....	UAB Blazer Classic (10/14).....	23:54.70
UM.....	Joseph Leventry.....	UAH Invitational (10/22) .....	24:18.70
SU.....	Kzon Dennis.....	Skyhawk Valley Collegiate (10/1) .....	30:37.10
UU.....	Tristan Kelly.....	UAH Invitational (10/22) .....	25:42.60
VSU.....	Brishen House.....	UAB Blazer Classic (10/14).....	25:04.70
UWA.....	Audrick Pyronneau.....	UAH Invitational (10/22) .....	25:07.70
UWF.....	Zach Fenton.....	UAH Invitational (10/22) .....	24:23.30
UWG.....	Derek Gallardo.....	UAH Invitational (10/22) .....	26:03.90

### 2022 INDIVIDUAL TITLES

School	Athlete	Meet (Date) - Distance	Team Score
VSU.....	Brishen House.....	VSU Border Clash (9/2) - 7.25k.....	23:30.40 (1st of 104)
MC.....	Hunter Kurz.....	MC Opener (9/2) - 5K.....	15:25.14 (1st of 99)
UAH.....	Sam Wilhelm.....	Falcon Classic (9/16) - 8K.....	24:29.50 (1st of 120)
UWF.....	Zach Fenton.....	Argonaut Invitational (9/23) - 8K.....	26:19.20 (1st of 57)
UAH.....	Sam Wilhelm.....	Watson XC Classic (9/24) - 8K.....	24:34.30 (1st of 125)
UWA.....	Audrick Pyronneau.....	Bobcat Invitational (10/8) - 8K.....	25:44.30 (1st of 61)
MC.....	Gabe Poulin.....	UAB Blazer Classic (10/14) - 8K.....	23:54.70 (1st of 176)
MC.....	Preston Speed.....	MC Fall Festival (10/22) - 8K.....	26:08.72 (1st of 36)

### 2022 TEAM TITLES

School	Meet (Date)	Team Score
Mississippi College.....	MC Opener (9/2) .....	17 (1st of 11)
UAH.....	Falcon Classic (9/16).....	17 (1st of 13)
Valdosta State.....	Pre-NAIA Nationals (9/17).....	40 (1st of 10)
West Georgia.....	Gary Wilson Invitational (9/24).....	35 (1st of 11)
UAH.....	Watson XC Classic (9/24).....	25 (1st of 13)
West Alabama.....	Bobcat Invitational (10/8).....	39 (1st of 7)
Mississippi College.....	UAB Blazer Classic (10/14).....	25 (1st of 18)
Mississippi College.....	MC Fall Festival (10/22).....	15 (1st of 3)



# CROSS COUNTRY CHAMPIONSHIP NOTES | MEN'S

## GSC CHAMPIONSHIP RESULTS

<b>1971</b> @ Livingston, Ala. 1. Troy State .....21 2. West Alabama.....49 3. Southeastern Louisiana .....66 4. Jacksonville State ..... 128	<b>1979</b> @ Troy, Ala. 1. Troy State .....15 2. Mississippi College .....58 3. Jacksonville State .....67 Delta State .....No Team Score	<b>1987</b> @ Clinton, Miss. 1. Troy State .....23 2. Mississippi College .....46 3. North Alabama.....81 4. Valdosta State.....88 5. West Georgia..... 121	<b>1998</b> @ Memphis, Tenn. 1. West Georgia.....32 2. Lincoln Memorial .....64 3. Southern Arkansas.....96 4. West Florida..... 108 5. Valdosta State..... 121 6. Alabama Huntsville ..... 126 7. Christian Brothers ..... 199 8. West Alabama.....225 9. North Alabama.....231
<b>1972</b> @ Troy, Ala. 1. Northwest Louisiana .....31 2. Mississippi College .....46 3. Troy State .....68 4. Southeastern Louisiana .....94 5. North Alabama..... 155 6. Delta State ..... 157 7. Jacksonville State ..... 186	<b>1980</b> @ Troy, Ala. 1. Troy State .....17 2. Mississippi College .....58 3. Jacksonville State .....74 4. Delta State .....94	<b>1989-92</b> No GSC Championship Held	<b>1999</b> @ Memphis, Tenn. 1. West Georgia.....35 2. Alabama Huntsville .....49 3. Southern Arkansas.....72 4. West Florida.....82 5. Valdosta State ..... 136 6. North Alabama..... 153 7. Lincoln Memorial ..... 187 8. West Alabama ..... 255 9. Christian Brothers ..... 257
<b>1973</b> @ Hammond, La. 1. Southeastern Louisiana .....33 2. Mississippi College .....44 3. Northwest Louisiana .....76 4. North Alabama.....99 5. Troy State ..... 111 6. Delta State ..... 169	<b>1981</b> @ Clinton, Miss. 1. Troy State .....27 2. Mississippi College .....47 3. Delta State .....59 4. Jacksonville State ..... 106	<b>1993</b> @ Spartanburg, Miss. 1. West Georgia.....21 2. Lincoln Memorial .....69 3. North Alabama.....72 4. Alabama Huntsville .....87 5. Valdosta State ..... 113	<b>2000</b> @ Huntsville, Ala. 1. Harding .....19 2. West Georgia.....82 3. Alabama Huntsville .....96 4. Southern Arkansas..... 101 5. Valdosta State..... 110 6. West Florida..... 151 7. Ouachita Baptist ..... 182 8. Lincoln Memorial ..... 239 9. Delta State ..... 251 10. North Alabama.....272 11. Christian Brothers ..... 313 12. West Alabama.....336
<b>1974</b> @ Natchitoches, La. 1. Troy State .....45 2. Mississippi College .....59 3. Southeastern Louisiana .....73 4. Jacksonville State ..... 119 5. Northwest Louisiana ..... 158 Delta State .....No Team Score	<b>1982</b> @ Carrollton, Ga. 1. Troy State .....27 2. Mississippi College .....60 3. Valdosta State .....75 4. Jacksonville State .....88 5. Delta State ..... 144	<b>1994</b> 1. West Florida.....33 2. Mississippi College .....48 3. West Georgia.....69 4. Alabama Huntsville ..... 108 5. North Alabama..... 117 6. Lincoln Memorial ..... 127 7. Valdosta State..... 161	<b>2001</b> @ Memphis, Tenn. 1. Harding .....39 2. West Florida.....76 3. Alabama Huntsville .....78 4. West Georgia..... 102 5. Southern Arkansas..... 116 6. Valdosta State..... 180 7. Christian Brothers ..... 205 8. Lincoln Memorial ..... 206 9. North Alabama..... 240 10. West Alabama..... 271
<b>1975</b> @ Clinton, Miss. 1. Troy State .....21 2. Mississippi College .....52 3. Southeastern Louisiana .....72 4. Jacksonville State ..... 109 5. Delta State ..... 116	<b>1983</b> 1. Troy State 2. Mississippi College 3. Jacksonville State 4. Valdosta State 5. West Georgia 6. Delta State 7. Tennessee-Martin	<b>1995</b> @ Clinton, Miss. 1. West Georgia.....31 2. West Florida.....32 3. Lincoln Memorial .....97 4. Alabama Huntsville ..... 111 5. Valdosta State ..... 130 6. North Alabama..... 151 7. Southern Arkansas..... 179	<b>2002</b> @ Huntsville, Ala. 1. Harding .....19 2. West Florida.....54 3. Southern Arkansas.....88 4. Alabama Huntsville .....95 West Georgia.....95 6. Christian Brothers ..... 171 7. Valdosta State ..... 174 8. Lincoln Memorial ..... 198 9. West Alabama.....243 10. North Alabama.....274
<b>1976</b> @ Cleveland, Miss. 1. Troy State .....30 2. Mississippi College .....40 3. Southeastern Louisiana .....72 4. Jacksonville State ..... 121 5. Delta State ..... 131	<b>1984</b> @ Clinton, Miss. <b>Complete Results Not Available</b> 1. Troy State 3. North Alabama	<b>1996</b> @ Memphis, Tenn. 1. West Florida.....41 2. Lincoln Memorial .....46 3. West Georgia.....51 4. Valdosta State..... 139 5. North Alabama..... 142 6. Alabama Huntsville ..... 148 7. Christian Brothers ..... 153 8. Southern Arkansas..... 193	
<b>1977</b> @ Jacksonville, Ala. 1. Troy State .....29 2. Southeastern Louisiana .....36 3. Mississippi College .....89 4. Jacksonville State ..... 113 5. Delta State ..... 131	<b>1985</b> @ Clinton, Miss. 1. Troy State .....19 2. North Alabama.....39 3. Mississippi College .....72 4. West Georgia..... 112 5. Valdosta State..... 131	<b>1997</b> @ Memphis, Tenn. 1. West Georgia.....32 2. West Florida.....57 3. North Alabama..... 115 4. Southern Arkansas..... 119 5. Valdosta State..... 129 6. Alabama Huntsville ..... 130 7. Lincoln Memorial ..... 151 8. Christian Brothers ..... 231 9. West Alabama..... 254	
<b>1978</b> <b>Complete Results Not Available</b> 1. Troy State	<b>1986</b> @ Clinton, Miss. 1. Troy State .....27 2. Mississippi College .....37 2. North Alabama.....75 4. West Georgia..... 106 5. Valdosta State..... 139		

# CROSS COUNTRY CHAMPIONSHIP NOTES | MEN'S

## GSC CHAMPIONSHIP RESULTS

<b>2003</b> <b>@ Memphis, Tenn.</b> 1. Harding.....15 2. West Georgia.....60 3. Alabama Huntsville.....96 4. West Florida.....97 5. Southern Arkansas.....99 6. Valdosta State.....146 7. Christian Brothers.....198 8. North Alabama.....243 9. West Alabama.....256 Lincoln Memorial ...No Team Score	<b>2008</b> <b>@ Birmingham, Ala.</b> 1. Harding.....15 2. Alabama Huntsville.....64 3. West Georgia.....92 4. Christian Brothers.....102 5. West Florida.....151 6. West Alabama.....159 7. Southern Arkansas.....187 8. Valdosta State.....206 9. North Alabama.....237 10. Henderson State.....241 11. Arkansas-Monticello.....355	<b>2013</b> <b>@ Birmingham, Ala.</b> 1. Alabama Huntsville.....43 2. West Florida.....57 3. West Alabama.....120 4. Valdosta State.....136 5. Christian Brothers.....210 6. West Georgia.....245 7. North Alabama.....267	<b>2018</b> <b>@ Clinton, Miss.</b> 1. Lee.....46 2. Mississippi College.....56 3. Alabama Huntsville.....63 4. Montevallo.....140 5. West Alabama.....144 6. Union.....145 7. West Florida.....189 8. Valdosta State.....233 9. West Georgia.....244 10. Christian Brothers.....254 11. Shorter.....290
<b>2004</b> <b>@ Huntsville, Ala.</b> 1. Harding.....18 2. West Florida.....71 3. West Georgia.....78 4. Alabama Huntsville.....108 5. Southern Arkansas.....146 6. North Alabama.....171 7. Valdosta State.....180 8. Lincoln Memorial.....187 9. Central Arkansas.....212 10. Christian Brothers.....255 11. West Alabama.....284	<b>2009</b> <b>@ Birmingham, Ala.</b> 1. Harding.....31 2. West Georgia.....68 3. Alabama Huntsville.....73 4. West Florida.....125 5. Southern Arkansas.....135 6. Christian Brothers.....168 7. West Alabama.....183 8. Valdosta State.....205 9. Henderson State.....236 10. North Alabama.....249 11. Arkansas-Monticello.....355	<b>2014</b> <b>@ Birmingham, Ala.</b> 1. West Alabama.....55 2. Alabama Huntsville.....57 3. West Florida.....82 4. Valdosta State.....106 5. West Georgia.....154 6. Union.....155 7. North Alabama.....162 8. Shorter.....167 9. Christian Brothers.....211	<b>2019</b> <b>@ Montevallo, Ala.</b> 1. Alabama Huntsville.....35 2. Lee.....52 3. Mississippi College.....111 4. Auburn Montgomery.....153 5. Christian Brothers.....164 6. Union.....164 7. Montevallo.....171 8. Valdosta State.....196 9. West Alabama.....201 10. West Georgia.....243 11. West Florida.....244 12. Shorter.....400
<b>2005</b> <b>@ Memphis, Tenn.</b> 1. Harding.....22 2. West Florida.....72 3. Alabama Huntsville.....88 4. Central Arkansas.....117 5. Christian Brothers.....160 6. Southern Arkansas.....169 7. Valdosta State.....198 8. North Alabama.....205 9. Lincoln Memorial.....208 10. West Georgia.....224 11. West Alabama.....299 12. Arkansas-Monticello.....366	<b>2010</b> <b>@ Birmingham, Ala.</b> 1. Harding.....24 2. West Florida.....63 3. Alabama Huntsville.....113 4. West Alabama.....117 5. West Georgia.....130 6. Christian Brothers.....151 7. Southern Arkansas.....189 8. Henderson State.....207 9. Valdosta State.....223 10. North Alabama.....255 11. Arkansas-Monticello.....349	<b>2015</b> <b>@ Danville, Ala.</b> 1. Lee.....50 2. Alabama Huntsville.....78 3. West Alabama.....84 4. West Florida.....114 5. Shorter.....144 6. North Alabama.....163 7. Union.....165 8. Valdosta State.....191 9. West Georgia.....239 10. Christian Brothers.....245	<b>2020</b> <b>@ Huntsville, Ala.</b> 1. Alabama Huntsville.....33 2. Lee.....42 3. Montevallo.....114 4. Mississippi College.....121 5. Auburn Montgomery.....131 6. Valdosta State.....167 7. West Alabama.....187 8. Union.....218 9. West Georgia.....235 10. Shorter.....330
<b>2006</b> <b>@ Huntsville, Ala.</b> 1. Harding.....22 2. West Florida.....59 3. Alabama Huntsville.....102 4. West Georgia.....104 5. North Alabama.....150 6. Southern Arkansas.....153 7. Christian Brothers.....177 8. West Alabama.....194 9. Valdosta State.....233 10. Arkansas-Monticello.....264	<b>2011</b> <b>@ Birmingham, Ala.</b> 1. Alabama Huntsville.....17 2. West Florida.....55 3. West Alabama.....78 4. West Georgia.....128 Valdosta State.....128 6. Christian Brothers.....165 7. North Alabama.....174	<b>2016</b> <b>@ Huntsville, Ala.</b> 1. Lee.....52 2. Alabama Huntsville.....77 3. West Florida.....113 4. West Alabama.....119 5. Shorter.....125 6. Mississippi College.....135 7. North Alabama.....136 8. Union.....217 9. Valdosta State.....225 10. West Georgia.....232 11. Christian Brothers.....265	<b>2021</b> <b>@ Clinton, Miss.</b> 1. Alabama Huntsville.....37 2. Lee.....47 3. Mississippi College.....72 4. Montevallo.....134 5. Christian Brothers.....168 6. Valdosta State.....187 7. Auburn Montgomery.....191 8. West Florida.....230 9. Union.....233 10. West Georgia.....260 11. West Alabama.....279 12. Shorter.....384
<b>2007</b> <b>@ Birmingham, Ala.</b> 1. Alabama Huntsville.....40 2. Harding.....48 3. West Florida.....98 4. Christian Brothers.....110 5. West Georgia.....125 6. West Alabama.....149 7. Southern Arkansas.....155 8. Valdosta State.....210 9. North Alabama.....252 10. Arkansas-Monticello.....352	<b>2012</b> <b>@ Birmingham, Ala.</b> 1. Alabama Huntsville.....39 2. West Alabama.....51 3. West Florida.....54 4. Christian Brothers.....99 5. Valdosta State.....142 6. West Georgia.....149 7. North Alabama.....179	<b>2017</b> <b>@ Danville, Ala.</b> 1. Lee.....41 2. Alabama Huntsville.....68 3. Mississippi College.....121 4. Montevallo.....122 5. West Alabama.....135 6. Christian Brothers.....142 7. West Florida.....168 8. North Alabama.....197 9. Union.....228 10. Valdosta State.....265 11. West Georgia.....310 12. Shorter.....355	

# CROSS COUNTRY CHAMPIONSHIP NOTES | MEN'S

## GSC CHAMPIONSHIP HISTORY

YEAR	TEAM CHAMPION	INDIVIDUAL CHAMPION	FRESHMAN OF THE YEAR	COACH OF THE YEAR
1971	Troy State	J.D. Evilisizer, UWA		John Anderson, TSU
1972	Northwestern State	David McLean, NWSU		Jerry Dyes, NWSU
1973	Southeastern Louisiana	Phil Taul, MC		Larry Crow, SLU
1974	Troy State	Frank Trammell, NWSU		John Anderson, TSU
1975	Troy State	Ed Palmer, TSU		John Anderson, TSU
1976	Troy State	Vic Boyles, MC		John Anderson, TSU
1977	Troy State	Ed Palmer, TSU		John Anderson, TSU
1978	Troy State	Tom Larkin, TSU		John Anderson, TSU
1979	Troy State	Mike Randall, TSU		John Anderson, TSU
1980	Troy State	Steve Venable, TSU Mike Randall, TSU		Rick Stetson, TSU
1981	Troy State	Steve Venable, TSU		Ed Sheehan, TSU
1982	Troy State	Tony Farris, MC		Ed Sheehan, TSU
1983	Troy State	Tony Farris, MC		Ed Sheehan, TSU
1984	Troy State	Christian Palmer, TSU		Glenn Banker, TSU
1985	Troy State	Christian Palmer, TSU		Glenn Banker, TSU
1986	Troy State	Van Savell, MC		Greg Hernandez, TSU
1987	Troy State	Christian Palmer, TSU		Charles Oliver, TSU
1988	Troy State	Tim Keither, MC		Yul Provancha, TSU
1989-92	No Championship Held			
1993	West Georgia	James Sorrells, UWG		N/A
1994	West Florida	Eric Johnson, MC		Dr. Stuart Towns, UWF
1995	West Georgia	Pat Samples, UWG		Don Medeiros, UWG
1996	West Florida	Jake O'Dell, LMU		Dr. Stuart Towns, UWF
1997	West Georgia	Potiphar Nhkoma, UAH		Don Medeiros, UWG
1998	West Georgia	Jake Nay, UWG		Don Medeiros, UWG
1999	West Georgia	Andy Hannah, UWG		David Cain, UAH
2000	Harding	Linus Chepkwony, HU		Bryan Phillips, HU
2001	Harding	Linus Chepkwony, HU		Bryan Phillips, HU
2002	Harding	Jacob Rotich, HU	Caleb Carmichael, UWF	Steve Guymon, HU
2003	Harding	Jacob Rotich, HU	Peter Rotich, HU	Steve Guymon, HU
2004	Harding	Peter Kosgei, UWF	Artur Kern, HU	Steve Guymon, HU
2005	Harding	James Cheruiyot, HU	James Cheruiyot, HU	Steve Guymon, HU
2006	Harding	Artur Kern, HU	Will Rodgers, UAH	Steve Guymon, HU
2007	Alabama Huntsville	James Cheruiyot, HU	Nao Asano, UWG	David Cain, UAH
2008	Harding	Daniel Kirwa, HU	Daniel Kirwa, HU	Steve Guymon, HU
2009	Harding	Daniel Kirwa, HU	Manase Busienei, HU	Steve Guymon, HU
2010	Harding	Daniel Kirwa, HU	Seth Rosonina, UWF	Steve Guymon, HU
2011	Alabama Huntsville	Josh Mosier, UAH	Blaise Binns, UAH	David Cain, UAH
2012	Alabama Huntsville	Blaise Binns, UAH	Armando Fierro, UWA	David Cain, UAH
2013	Alabama Huntsville	Blaise Binns, UAH	Nick Merrett, UWF	David Cain, UAH
2014	West Alabama	Silas Too, SU	Silas Too, SU	Ray Stanfield, UWA
2015	Lee	Alfred Chelanga, SU	Alfred Chelanga, SU	Caleb Morgan, LEE
2016	Lee	Alfred Chelanga, SU	Christian Noble, LEE	Caleb Morgan, LEE
2017	Lee	Christian Noble, LEE	Justine Kipkoech, UU	Caleb Morgan, LEE

# CROSS COUNTRY CHAMPIONSHIP NOTES | MEN'S

## GSC CHAMPIONSHIP HISTORY

YEAR	TEAM CHAMPION	INDIVIDUAL CHAMPION	FRESHMAN OF THE YEAR	COACH OF THE YEAR
2018	Lee	Christian Noble, LEE	Evan del Rio, MC	Caleb Morgan, LEE
2019	Alabama Huntsville	Jay Day, UAH	Allan Anderson, UAH	David Cain, UAH
2020	Alabama Huntsville	Christian Noble, LEE	Gabe Henneberger, UAH	David Cain, UAH
2021	Alabama Huntsville	Christian Noble, LEE	Sam Wilhelm, UAH	David Cain, UAH

### GSC CHAMPIONSHIPS BY SCHOOL

SCHOOL	GSC TITLES	YEARS WON
Alabama Huntsville	7	2007, 2011-13, 2019-21
West Georgia	5	1993, 1995, 1997-99
Lee	4	2015-18
West Florida	2	1994, 1996
West Alabama	1	2014

#### Former Members

SCHOOL	GSC TITLES	YEARS WON
Troy State	16	1971, 1974-88
Harding	10	2000-06, 2008-10
Northwestern State	1	1972
Southeastern Louisiana	1	1973

#### Multi-time GSC Individual Champions (12)

<b>Christian Noble, LEE</b> .....	<b>4 (2017-18, 2020-21)</b>
Daniel Kirwa, HU .....	3 (2008-10)
Christian Palmer, TSU .....	3 (1984-85, 1987)
Alfred Chelanga, SU .....	2 (2015-16)
Blaise Binns, UAH .....	2 (2012-13)
James Cheruiyot, HU .....	2 (2005, 2007)
Jacob Rotich, HU .....	2 (2002-03)
Linus Chepkwony, HU .....	2 (2000-01)
Tony Farris, MC .....	2 (1982-83)
Steve Venable, TSU .....	2 (1980-81)
Mike Randall, TSU .....	2 (1979-80)
Ed Palmer, TSU .....	2 (1975, 1977)

#### Multi-time GSC Coach of the Year Honorees (8)

<b>David Cain, UAH</b> .....	<b>8 (1999, 2007, 2011-13, 2019-21)</b>
Steve Guymon, HU .....	8 (2002-06, 2008-10)
John Anderson, TSU .....	7 (1971, 1974-79)
Caleb Morgan, LEE .....	4 (2015-18)
Don Medeiros, UWG .....	3 (1995, 1997-98)
Ed Sheehan, TSU .....	3 (1981-83)
Bryan Phillips, HU .....	2 (2000-01)
Dr. Stuart Towns, UWF .....	2 (1994, 1996)

#### Top 10 GSC Championships Times (8K)

1. Alfred Chelanga, SU (2015).....	23:53.85
<b>2. Christian Noble, LEE (2021).....</b>	<b>23:56.28</b>
T2. Jacob Rotich, HU (2003) .....	24:03.00
T2. Jacob Rotich, HU (2002) .....	24:03.00
5. Christian Noble, LEE (2020) .....	24:08.67
<b>6. Silas Eckenroad, LEE (2021) .....</b>	<b>24:19.58</b>
7. Joseph Leventry, UM (2020).....	24:20.89
8. Harold LaCroix, UAH (2020).....	24:24.26
<b>9. Jay Day, UAH (2021).....</b>	<b>24:25.95</b>
10. Jay Day, UAH (2020).....	24:26.49



# CROSS COUNTRY



## CROSS COUNTRY CHAMPIONSHIP NOTES | WOMEN'S

### HISTORY & TRENDS

- Lee has won five consecutive team titles
- In the eight years prior to Lee's current run, five different schools claimed GSC titles
- Lee runners have claimed five of the last six individual titles
- There has never been a perfect team score of 15 in GSC history with Harding coming the closest in 2006 with 19
- Last time the championship was hosted by Montevallo, Lee easily claimed the team title with standout Celine Ritter winning the first of three consecutive individual crowns
- David Cain (UAH) and Caleb Morgan (Lee) both have been named Coach of the Year five times – Steve Guymon of Harding owns the conference record after earning the honor six times

### RUNNERS TO WATCH

#### Johanna Wistokat (CBU)

- Three-time GSC Runner of the Week
- Won two individual titles
- Owns fastest 5K time by 10 seconds and three of the top 10 times in the GSC this year

#### Aria Hawkins (Lee)

- Two-time GSC Runner of the Week
- Ran two of the top four 5K times in the conference

#### Megan Adams (Lee)

- Three-time GSC Freshman of the Week

#### Emily McMurray (UAH)

- Won the 2022 Falcon Classic on the same course earlier this season

#### Chloe Rook (UWF)

- Three-time GSC Freshman of the Week and UWF's top performer in 2022

### WHAT'S NEXT

The NCAA South Region Championship will be held Sat., Nov. 19 in Lakeland, Fla., and hosted by Florida Southern College. All region teams are eligible to compete.

The top three (3) teams from each regional meet will automatically advance to the NCAA Finals. Ten (10) at-large teams will be selected by the NCAA Division II Cross Country Committee to complete the 34 team field.

The top two individuals who are not part of a qualifying team will automatically advance to the championship. All individuals who finish in the top five at the regional meet and are not part of a qualifying team automatically will advance to the championship. The remaining individual slots will be determined by the NCAA Division II Cross Country Committee.

The 2022 NCAA Cross Country Championships will be Friday, December 2 in Seattle, Washington and hosted by Seattle Pacific University. The national meet will be part of the NCAA Division II Fall Festival which will also feature championship events for volleyball, men's and women's soccer, and field hockey.

### TOP TIMES 2022 | 5K

School	Athlete	Meet (Date)	Time
1.....	Johanna Wistokat, CBU	UAH Invitational (10/22)	17:15.70
2.....	Aria Hawkins, Lee	UAH Invitational (10/22)	17:25.70
3.....	Johanna Wistokat, CBU	Chile Pepper Festival (9/30)	17:32.90
4.....	Aria Hawkins, Lee	Live in Lou XC Classic (10/1)	17:44.10
5.....	Danielle Horter, Lee	UAH Invitational (10/22)	17:45.50
6.....	Liza Kellerman, Lee	Live in Lou XC Classic (10/1)	17:45.60
7.....	Emily McMurry, UAH	UAH Invitational (10/22)	17:47.60
8.....	Danielle Horter, Lee	Live in Lou XC Classic (10/1)	17:53.00
9.....	Liza Kellerman, Lee	UAH Invitational (10/22)	17:53.40
10.....	Johanna Wistokat, CBU	Rhodes Invitational (9/17)	17:54.20

### TOP TEAMS TIMES 2022 | 5K

School	Athlete	Meet (Date)	Time
UAH.....	Emily McMurry	Falcon Classic (9/16)	18:54.86
AUM.....	Kenlie Nelson	UAH Invitational (10/22)	19:12.40
CBU.....	Johanna Wistokat	UAH Invitational (10/22)	17:15.70
DSU.....	Emma Claire Haley	UNA Invitational (9/10)	21:18.77
Lee.....	Aria Hawkins	UAH Invitational (10/22)	17:25.70
MC.....	Jazmin Hernandez	MC Opener (9/2)	19:28.60
UM.....	Courtney Keeler	UNA Invitational (9/10)	18:53.92
SU.....	Mercy Chebii	Skyhawk Valley Collegiate (10/1)	22:08.60
UU.....	Chloe Veilleux	UAH Invitational (10/22)	18:59.90
VSU.....	Caitlyn Koske	FSU Invite (10/7)	18:49.90
UWA.....	Faith Jephchirchir	Asics Invitational (10/1)	19:31.91
UWF.....	Chloe Rook	FSU Invite (10/7)	18:57.90
UWG.....	Adela Belhlovava	UAH Invitational (10/22)	19:27.70

### 2022 INDIVIDUAL TITLES

School	Athlete	Meet (Date) - Distance	Team Score
UAH.....	Emily McMurry	Falcon Classic (9/16) - 5K.....	18:54.86 (1st of 91)
CBU.....	Johanna Wistokat	Rhodes Invitational (9/17) - 5K.....	17:54.20 (1st of 135)
MC.....	Jazmin Hernandez	Watson XC Classic (9/24) - 6K.....	22:08.80 (1st of 81)
CBU.....	Johanna Wistokat	UAH Invitational (10/22) - 5K.....	17:15.70 (1st of 400)
MC.....	Bre Bell	MC Fall Festival (10/22) - 5K.....	19:24.25 (1st of 42)

### 2022 TEAM TITLES

School	Meet (Date)	Team Score
Mississippi College	MC Opener (9/2)	20 (1st of 9)
Alabama Huntsville	Falcon Classic (9/16)	19 (1st of 12)
Alabama Huntsville	Watson XC Classic (9/24)	22 (1st of 10)
Mississippi College	MC Fall Festival (10/22)	15 (1st of 5)



# CROSS COUNTRY CHAMPIONSHIP NOTES | WOMEN'S

## GSC CHAMPIONSHIP RESULTS

<p><b>1982</b> @ <b>Carrollton, Ga.</b></p> <ol style="list-style-type: none"> <li>1. Troy State .....29</li> <li>2. Jacksonville State .....65</li> <li>3. Valdosta State.....69</li> <li>4. Mississippi College .....78</li> <li>5. Delta State .....98</li> </ol> <p><b>1983</b></p> <ol style="list-style-type: none"> <li>1. Troy State</li> <li>2. West Georgia</li> <li>3. Delta State</li> <li>4. Mississippi College</li> </ol> <p><b>1984</b> @ <b>Clinton, Miss.</b> <b>Complete Results Not Available</b></p> <ol style="list-style-type: none"> <li>1. Troy State</li> <li>3. North Alabama</li> </ol> <p><b>1985</b> @ <b>Clinton, Miss.</b></p> <ol style="list-style-type: none"> <li>1. Troy State .....27</li> <li>2. North Alabama.....36</li> <li>3. West Georgia.....65</li> <li>4. Valdosta State..... 115</li> </ol> <p><b>1986</b> @ <b>Clinton, Miss.</b></p> <ol style="list-style-type: none"> <li>1. Troy State .....25</li> <li>2. North Alabama.....30</li> <li>3. West Georgia.....90</li> <li>Valdosta State.....No Team Score</li> </ol> <p><b>1987</b> @ <b>Clinton, Miss.</b></p> <ol style="list-style-type: none"> <li>1. North Alabama.....24</li> <li>2. Troy State .....32</li> <li>3. West Georgia.....73</li> <li>Valdosta State.....No Team Score</li> </ol> <p><b>1988</b></p> <ol style="list-style-type: none"> <li>1. North Alabama.....31</li> <li>2. Troy State .....53</li> <li>3. West Georgia.....58</li> </ol> <p><b>1989-91</b> No GSC Championship Held</p> <p><b>1992</b> @ <b>Clinton, Miss.</b></p> <ol style="list-style-type: none"> <li>1. Lincoln Memorial .....29</li> <li>2. West Georgia.....31</li> <li>3. North Alabama.....75</li> <li>4. Delta State .....94</li> </ol> <p><b>1993</b> @ <b>Spartanburg, S.C.</b></p> <ol style="list-style-type: none"> <li>1. West Georgia.....32</li> <li>2. Alabama Huntsville .....58</li> <li>3. Lincoln Memorial .....69</li> <li>4. Valdosta State..... 102</li> <li>5. North Alabama..... 111</li> <li>6. Delta State ..... 135</li> </ol>	<p><b>1994</b></p> <ol style="list-style-type: none"> <li>1. West Georgia.....23</li> <li>2. West Florida.....67</li> <li>3. Alabama Huntsville .....89</li> <li>4. Valdosta State..... 128</li> <li>5. Lincoln Memorial ..... 129</li> <li>6. Delta State ..... 140</li> <li>7. Central Arkansas..... 143</li> <li>8. North Alabama..... 173</li> </ol> <p><b>1995</b> @ <b>Clinton, Miss.</b></p> <ol style="list-style-type: none"> <li>1. West Georgia.....25</li> <li>2. West Florida.....50</li> <li>3. Valdosta State..... 100</li> <li>4. Alabama Huntsville ..... 108</li> <li>5. Central Arkansas..... 148</li> <li>6. Delta State ..... 179</li> <li>7. Henderson State..... 197</li> <li>8. Lincoln Memorial ..... 223</li> <li>9. North Alabama..... 226</li> <li>10. Arkansas Tech ..... 268</li> <li>11. Arkansas-Monticello ..... 278</li> <li>12. Southern Arkansas..... 319</li> </ol> <p><b>1996</b> @ <b>Memphis, Tenn.</b></p> <ol style="list-style-type: none"> <li>1. West Florida.....49</li> <li>2. Valdosta State.....77</li> <li>3. West Georgia.....82</li> <li>4. Alabama Huntsville ..... 102</li> <li>5. Central Arkansas..... 110</li> <li>6. Arkansas Tech ..... 191</li> <li>7. Christian Brothers ..... 206</li> <li>8. Delta State ..... 213</li> <li>9. Henderson State..... 217</li> <li>10. Lincoln Memorial ..... 222</li> <li>11. Southern Arkansas..... 252</li> <li>12. North Alabama..... 309</li> <li>13. Arkansas-Monticello ..... 347</li> </ol> <p><b>1997</b> @ <b>Memphis, Tenn.</b></p> <ol style="list-style-type: none"> <li>1. West Georgia.....32</li> <li>2. Central Arkansas.....61</li> <li>3. West Florida.....69</li> <li>4. Alabama Huntsville ..... 103</li> <li>5. Arkansas Tech ..... 108</li> <li>6. Valdosta State..... 159</li> <li>7. Henderson State..... 221</li> <li>8. Delta State ..... 244</li> <li>9. West Alabama..... 250</li> <li>10. Southern Arkansas..... 260</li> <li>11. Lincoln Memorial ..... 270</li> <li>12. Arkansas-Monticello ..... 371</li> <li>13. North Alabama..... 379</li> <li>Christian Brothers ..No Team Score</li> </ol>	<p><b>1998</b> @ <b>Memphis, Tenn.</b></p> <ol style="list-style-type: none"> <li>1. Central Arkansas .....65</li> <li>2. Alabama Huntsville .....74</li> <li>3. West Georgia.....85</li> <li>4. West Florida.....98</li> <li>5. Arkansas Tech ..... 122</li> <li>6. Delta State ..... 129</li> <li>7. North Alabama..... 151</li> <li>8. Southern Arkansas..... 185</li> <li>9. Lincoln Memorial ..... 233</li> <li>10. Valdosta State ..... 281</li> <li>11. West Alabama..... 325</li> <li>12. Henderson State..... 337</li> <li>13. Arkansas-Monticello ..... 391</li> </ol> <p><b>1999</b> @ <b>Memphis, Tenn.</b></p> <ol style="list-style-type: none"> <li>1. Alabama Huntsville .....40</li> <li>2. West Georgia.....53</li> <li>3. Southern Arkansas..... 113</li> <li>4. Central Arkansas ..... 121</li> <li>5. Arkansas Tech ..... 132</li> <li>6. Valdosta State ..... 138</li> <li>7. North Alabama..... 140</li> <li>8. West Florida..... 210</li> <li>9. Delta State ..... 224</li> <li>10. Henderson State..... 240</li> <li>11. West Alabama..... 331</li> <li>12. Lincoln Memorial ..... 335</li> <li>13. Arkansas-Monticello ..... 372</li> </ol> <p><b>2000</b> @ <b>Huntsville, Ala.</b></p> <ol style="list-style-type: none"> <li>1. Harding .....44</li> <li>2. West Georgia.....49</li> <li>3. Arkansas Tech .....78</li> <li>4. Alabama Huntsville .....95</li> <li>5. Southern Arkansas..... 145</li> <li>6. Valdosta State ..... 146</li> <li>7. North Alabama..... 186</li> <li>8. Ouachita Baptist ..... 234</li> <li>9. Central Arkansas ..... 238</li> <li>10. Delta State ..... 246</li> <li>11. Henderson State..... 253</li> <li>12. West Florida..... 292</li> <li>13. Lincoln Memorial ..... 366</li> <li>14. Arkansas-Monticello ..... 378</li> <li>15. West Alabama..... 411</li> </ol> <p><b>2001</b> @ <b>Memphis, Tenn.</b></p> <ol style="list-style-type: none"> <li>1. Harding .....39</li> <li>2. Alabama Huntsville .....65</li> <li>3. Arkansas Tech .....96</li> <li>4. West Georgia..... 102</li> <li>5. Southern Arkansas..... 124</li> <li>6. Valdosta State ..... 178</li> <li>7. Central Arkansas ..... 198</li> <li>8. West Florida..... 241</li> <li>9. Henderson State..... 260</li> <li>10. Delta State ..... 279</li> <li>11. North Alabama..... 302</li> <li>12. West Alabama..... 325</li> <li>13. Ouachita Baptist ..... 347</li> <li>14. Arkansas-Monticello ..... 368</li> <li>15. Lincoln Memorial ..... 411</li> <li>16. Christian Brothers..... 453</li> </ol>	<p><b>2002</b> @ <b>Huntsville, Ala.</b></p> <ol style="list-style-type: none"> <li>1. Harding .....27</li> <li>2. Alabama Huntsville .....58</li> <li>3. Central Arkansas..... 117</li> <li>4. Valdosta State..... 150</li> <li>5. Ouachita Baptist ..... 166</li> <li>6. West Florida..... 167</li> <li>7. Henderson State..... 185</li> <li>8. North Alabama..... 215</li> <li>9. Southern Arkansas..... 224</li> <li>10. Arkansas Tech ..... 295</li> <li>11. Lincoln Memorial ..... 298</li> <li>12. Delta State ..... 306</li> <li>13. West Alabama..... 314</li> <li>14. Arkansas-Monticello ..... 404</li> <li>Christian Brothers ..No Team Score</li> <li>West Georgia.....No Team Score</li> </ol> <p><b>2003</b> @ <b>Memphis, Tenn.</b></p> <ol style="list-style-type: none"> <li>1. Alabama Huntsville .....42</li> <li>2. Harding .....65</li> <li>3. Arkansas Tech ..... 112</li> <li>4. Ouachita Baptist ..... 161</li> <li>5. Central Arkansas..... 175</li> <li>6. West Florida..... 181</li> <li>7. West Georgia..... 193</li> <li>8. Henderson State..... 227</li> <li>9. Delta State ..... 228</li> <li>10. Southern Arkansas..... 236</li> <li>11. Valdosta State..... 260</li> <li>12. West Alabama..... 272</li> <li>13. North Alabama..... 278</li> <li>14. Arkansas-Monticello ..... 376</li> <li>Christian Brothers ..No Team Score</li> <li>Lincoln Memorial ...No Team Score</li> </ol> <p><b>2004</b> @ <b>Huntsville, Ala.</b></p> <ol style="list-style-type: none"> <li>1. Alabama Huntsville .....36</li> <li>2. Harding .....37</li> <li>3. Central Arkansas ..... 135</li> <li>4. Ouachita Baptist ..... 138</li> <li>5. Delta State ..... 152</li> <li>6. North Alabama..... 156</li> <li>7. Valdosta State..... 179</li> <li>8. West Florida..... 192</li> <li>9. West Georgia..... 220</li> <li>10. Arkansas Tech ..... 235</li> <li>11. Southern Arkansas..... 258</li> <li>12. Henderson State..... 318</li> <li>13. Montevallo..... 366</li> <li>14. Lincoln Memorial ..... 386</li> <li>15. West Alabama..... 473</li> <li>16. Arkansas-Monticello ..... 501</li> </ol>
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# CROSS COUNTRY CHAMPIONSHIP NOTES | WOMEN'S

## GSC CHAMPIONSHIP RESULTS

<p><b>2005</b></p> <p><b>@ Memphis, Tenn.</b></p> <ol style="list-style-type: none"> <li>Harding.....34</li> <li>Alabama Huntsville .....85</li> <li>Central Arkansas..... 100</li> <li>Southern Arkansas..... 167</li> <li>North Alabama.....187</li> <li>Delta State ..... 200</li> <li>West Florida..... 202</li> <li>Valdosta State..... 210</li> <li>West Georgia.....227</li> <li>Ouachita Baptist .....245</li> <li>Arkansas Tech ..... 258</li> <li>Lincoln Memorial ..... 265</li> <li>Montevallo..... 348</li> <li>Henderson State..... 359</li> <li>Christian Brothers.....406</li> <li>West Alabama..... 513</li> </ol> <p><b>2006</b></p> <p><b>@ Huntsville, Ala.</b></p> <ol style="list-style-type: none"> <li>Harding.....19</li> <li>Alabama Huntsville .....91</li> <li>North Alabama..... 106</li> <li>West Florida..... 106</li> <li>Southern Arkansas..... 155</li> <li>Ouachita Baptist ..... 159</li> <li>West Georgia.....162</li> <li>Montevallo..... 217</li> <li>Valdosta State..... 260</li> <li>Henderson State..... 278</li> <li>Arkansas Tech ..... 304</li> <li>Delta State ..... 315</li> <li>Arkansas-Monticello ..... 345</li> <li>Christian Brothers ..... 362</li> <li>West Alabama..... 420</li> </ol> <p><b>2007</b></p> <p><b>@ Birmingham, Ala.</b></p> <ol style="list-style-type: none"> <li>Harding.....31</li> <li>Alabama Huntsville .....32</li> <li>West Florida..... 121</li> <li>Southern Arkansas..... 144</li> <li>North Alabama..... 154</li> <li>Arkansas Tech ..... 161</li> <li>Ouachita Baptist ..... 164</li> <li>West Georgia..... 190</li> <li>Montevallo..... 204</li> <li>Henderson State ..... 308</li> <li>Valdosta State..... 328</li> <li>Delta State ..... 348</li> <li>Christian Brothers ..... 365</li> <li>Arkansas-Monticello ..... 395</li> <li>West Alabama..... 397</li> </ol>	<p><b>2008</b></p> <p><b>@ Birmingham, Ala.</b></p> <ol style="list-style-type: none"> <li>Harding.....22</li> <li>Alabama Huntsville .....65</li> <li>Arkansas Tech .....76</li> <li>West Georgia.....142</li> <li>North Alabama..... 151</li> <li>West Florida..... 167</li> <li>Montevallo..... 199</li> <li>Ouachita Baptist ..... 216</li> <li>Southern Arkansas..... 238</li> <li>Valdosta State..... 254</li> <li>West Alabama..... 254</li> <li>Henderson State..... 332</li> <li>Christian Brothers ..... 365</li> <li>Arkansas-Monticello ..... 394</li> </ol> <p><b>2009</b></p> <p><b>@ Birmingham, Ala.</b></p> <ol style="list-style-type: none"> <li>Harding .....20</li> <li>West Florida.....85</li> <li>Arkansas Tech ..... 109</li> <li>West Georgia..... 119</li> <li>West Alabama..... 160</li> <li>Alabama Huntsville ..... 163</li> <li>Valdosta State ..... 188</li> <li>Ouachita Baptist ..... 249</li> <li>North Alabama..... 255</li> <li>Southern Arkansas..... 263</li> <li>Henderson State ..... 265</li> <li>Christian Brothers ..... 349</li> <li>Arkansas-Monticello ..... 372</li> </ol> <p><b>2010</b></p> <p><b>@ Birmingham, Ala.</b></p> <ol style="list-style-type: none"> <li>Alabama Huntsville .....52</li> <li>Harding.....68</li> <li>West Florida.....87</li> <li>Arkansas Tech ..... 106</li> <li>Delta State ..... 119</li> <li>West Alabama ..... 145</li> <li>Christian Brothers ..... 206</li> <li>West Georgia..... 207</li> <li>Valdosta State ..... 238</li> <li>North Alabama..... 308</li> <li>Henderson State ..... 311</li> <li>Ouachita Baptist ..... 332</li> <li>Arkansas-Monticello ..... 362</li> <li>Southern Arkansas..... 415</li> </ol> <p><b>2011</b></p> <p><b>@ Birmingham, Ala.</b></p> <ol style="list-style-type: none"> <li>West Florida.....53</li> <li>Delta State .....69</li> <li>West Alabama.....75</li> <li>Alabama Huntsville .....85</li> <li>West Georgia..... 100</li> <li>Valdosta State..... 151</li> <li>North Alabama..... 162</li> <li>Christian Brothers ..... 223</li> </ol>	<p><b>2012</b></p> <p><b>@ Birmingham, Ala.</b></p> <ol style="list-style-type: none"> <li>West Florida.....44</li> <li>Alabama Huntsville .....62</li> <li>West Georgia.....66</li> <li>Delta State ..... 105</li> <li>Valdosta State..... 119</li> <li>North Alabama..... 129</li> <li>West Alabama..... 178</li> <li>Christian Brothers ..... 226</li> </ol> <p><b>2013</b></p> <p><b>@ Birmingham, Ala.</b></p> <ol style="list-style-type: none"> <li>Alabama Huntsville .....47</li> <li>West Florida..... 103</li> <li>West Georgia..... 147</li> <li>North Alabama..... 159</li> <li>Valdosta State..... 206</li> <li>West Alabama..... 213</li> <li>Delta State ..... 230</li> <li>Christian Brothers ..... 287</li> </ol> <p><b>2014</b></p> <p><b>@ Birmingham, Ala.</b></p> <ol style="list-style-type: none"> <li>Union.....63</li> <li>West Florida.....92</li> <li>West Alabama..... 101</li> <li>Alabama Huntsville ..... 120</li> <li>Valdosta State..... 122</li> <li>Shorter ..... 131</li> <li>North Alabama..... 138</li> <li>West Georgia..... 164</li> <li>Christian Brothers ..... 225</li> <li>Delta State ..... 236</li> </ol> <p><b>2015</b></p> <p><b>@ Danville, Ala.</b></p> <ol style="list-style-type: none"> <li>West Alabama.....57</li> <li>Lee .....65</li> <li>Union .....70</li> <li>Alabama Huntsville ..... 111</li> <li>North Alabama..... 167</li> <li>West Georgia..... 172</li> <li>Shorter ..... 179</li> <li>West Florida..... 210</li> <li>Valdosta State..... 221</li> <li>Delta State ..... 232</li> <li>Christian Brothers ..... 294</li> </ol> <p><b>2016</b></p> <p><b>@ Huntsville, Ala.</b></p> <ol style="list-style-type: none"> <li>Union.....61</li> <li>Lee .....62</li> <li>West Alabama..... 106</li> <li>Alabama Huntsville ..... 114</li> <li>Valdosta State..... 148</li> <li>Mississippi College ..... 159</li> <li>North Alabama..... 169</li> <li>West Florida..... 181</li> <li>West Georgia..... 280</li> <li>Shorter ..... 294</li> <li>Christian Brothers ..... 299</li> <li>Delta State ..... 303</li> </ol>	<p><b>2017</b></p> <p><b>@ Danville, Ala.</b></p> <ol style="list-style-type: none"> <li>Lee .....54</li> <li>Alabama Huntsville .....67</li> <li>Montevallo..... 126</li> <li>Union ..... 128</li> <li>Mississippi College ..... 137</li> <li>Christian Brothers ..... 172</li> <li>North Alabama..... 183</li> <li>West Florida..... 184</li> <li>West Alabama..... 208</li> <li>Valdosta State..... 234</li> <li>Delta State ..... 236</li> <li>West Georgia..... 351</li> <li>Shorter..... 405</li> </ol> <p><b>2018</b></p> <p><b>@ Clinton, Miss.</b></p> <ol style="list-style-type: none"> <li>Lee .....46</li> <li>Alabama Huntsville .....65</li> <li>Union.....72</li> <li>Montevallo..... 110</li> <li>West Florida..... 155</li> <li>Mississippi College ..... 155</li> <li>Christian Brothers ..... 191</li> <li>Shorter ..... 226</li> <li>Delta State ..... 247</li> <li>Valdosta State..... 253</li> <li>West Georgia..... 303</li> <li>West Alabama..... 306</li> </ol> <p><b>2019</b></p> <p><b>@ Montevallo, Ala.</b></p> <ol style="list-style-type: none"> <li>Lee .....27</li> <li>Union .....75</li> <li>Mississippi College .....87</li> <li>Alabama Huntsville .....97</li> <li>Montevallo..... 143</li> <li>Christian Brothers ..... 146</li> <li>Valdosta State..... 181</li> <li>West Florida..... 203</li> <li>Auburn Montgomery ..... 253</li> <li>West Georgia..... 259</li> <li>Delta State ..... 267</li> <li>Shorter ..... 379</li> <li>West Alabama..... No Team Score</li> </ol> <p><b>2020</b></p> <p><b>@ Huntsville, Ala.</b></p> <ol style="list-style-type: none"> <li>Lee .....32</li> <li>Mississippi College .....53</li> <li>Montevallo.....89</li> <li>Alabama Huntsville .....89</li> <li>Union ..... 120</li> <li>Valdosta State..... 134</li> <li>West Georgia..... 214</li> <li>Auburn Montgomery ..... 226</li> <li>West Alabama..... 273</li> <li>Delta State ..... 295</li> <li>Shorter ..... 354</li> </ol>
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# CROSS COUNTRY CHAMPIONSHIP NOTES | WOMEN'S

## GSC CHAMPIONSHIP RESULTS

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### 2021

#### @ Clinton, Miss.

1. Lee .....	21
2. Mississippi College .....	64
3. Alabama Huntsville .....	80
4. Union .....	141
5. Montevallo.....	156
6. Valdosta State.....	189
7. West Florida.....	195
8. Christian Brothers .....	214
9. Auburn Montgomery .....	218
10. West Georgia.....	248
11. West Alabama.....	343
12. Delta State .....	352
13. Shorter .....	404

**CROSS COUNTRY CHAMPIONSHIP NOTES | WOMEN'S****GSC CHAMPIONSHIP HISTORY**

<b>YEAR</b>	<b>TEAM CHAMPION</b>	<b>INDIVIDUAL CHAMPION</b>	<b>FRESHMAN OF THE YEAR</b>	<b>COACH OF THE YEAR</b>
1982	Troy State	Tina Kroll, TSU		Ed Sheehan, TSU
1983	Troy State	Sheri Williams, TSU		Ed Sheehan, TSU
1984	Troy State	Not Available		Charles Oliver, TSU
1985	Troy State	Janice DeHaye, TSU		Charles Oliver, TSU
1986	Troy State	Susannah Cook, UNA		Charles Oliver, TSU
1987	North Alabama	Carol Franklin, UNA		Sharman Coley, UNA
1988	North Alabama	Susannah Cook, UNA		Brice Bishop, UNA
1989-91	No Championship Held			
1992	Lincoln Memorial	Cybil O'Nan, LMU		Phil Blevins, LMU
1993	West Georgia	Cybil O'Nan, LMU		Not Available
1994	West Georgia	Heather Day, UAH		Don Medeiros, UWG
1995	West Georgia	Tracy Montgomery, UWG		Don Medeiros, UWG
1996	West Florida	Marta Valentic, UWG		David Seller, UWF
1997	West Georgia	Marta Valentic, UWG		Don Medeiros, UWG
1998	Central Arkansas	Amanda Walker, UWG		Richard Martin, UCA
1999	Alabama Huntsville	Anne Cavanaugh, UWG		David Cain, UAH
2000	Harding	Hanna Ritakallio, HU		Bryan Phillips, HU
2001	Harding	Hanna Ritakallio, HU		Bryan Phillips, HU
2002	Harding	Janet Kogo, HU	Megan Czerny, UWG	Steve Guymon, HU
2003	Alabama Huntsville	Janet Kogo, HU	Katherine Herring, UAH	David Cain, UAH
2004	Alabama Huntsville	Kalina Szteyn, HU	Kalina Szteyn, HU	David Cain, UAH
2005	Harding	Aoife Cooke, ATU	Janee Jones, HU	Steve Guymon, HU
2006	Harding	Janee Jones, HU	Katy Grant, HU	Steve Guymon, HU
2007	Harding	Janee Jones, HU	Rysper Sirma, HU	Steve Guymon, HU
2008	Harding	Esther Komen, HU	Mary Samoei, HU	Steve Guymon, HU
2009	Harding	Katy Grant, HU	Bailee Miller, ATU	Steve Guymon, HU
2010	Alabama Huntsville	Jeniffer Cheronon, UAH	Stacey Hagenson, DSU	David Cain, UAH
2011	West Florida	Polina Babkina, UWA	Kelly Bahn, UWF	John Bergen, UWF
2012	West Florida	Vicky Winslow, UAH	Tiffany Wommack, UWG	John Bergen, UWF
2013	Alabama Huntsville	Vicky Winslow, UAH	Savannah Roland, UNA	David Cain, UAH
2014	Union	Kelley Bahn, UWF	Tyra Holloway, VSU	Dr. Gary Johnson, UU
2015	West Alabama	Cecelia David, UWA	Caitlyn Farrell, UWG	Ray Stanfield, UWA
2016	Union	Audrey Smith, LEE	Marlee Mason, UAH	Dr. Gary Johnson, UU
2017	Lee	Katie Nelson, UM	Madeline Campbell, MC	Caleb Morgan, LEE
2018	Lee	Chloe Flora, LEE	Kaylee Stewart, UAH	Caleb Morgan, LEE
2019	Lee	Celine Ritter, LEE	Olivia McLain, LEE	Caleb Morgan, LEE
2020	Lee	Celine Ritter, LEE	Danielle Horter, LEE	Caleb Morgan, LEE
2021	Lee	Celine Ritter, LEE	Aria Hawkins, LEE	Caleb Morgan, LEE

# CROSS COUNTRY CHAMPIONSHIP NOTES | WOMEN'S

## GSC CHAMPIONSHIP HISTORY

### GSC CHAMPIONSHIPS BY SCHOOL

SCHOOL	GSC TITLES	YEARS WON
Alabama Huntsville	5	1999, 2003-04, 2010, 2013
Lee	5	2017-21
West Georgia	4	1993-95, 1997
West Florida	3	1996, 2011-12
Union	2	2014, 2016
West Alabama	1	2015

### Former Members

SCHOOL	GSC TITLES	YEARS WON
Harding	8	2000-02, 2005-09
Troy State	5	1982-86
North Alabama	2	1987-88
Central Arkansas	1	1998
Lincoln Memorial	1	1992

### Multi-time GSC Individual Champions (7)

<b>Celine Ritter, LEE</b> .....	<b>3 (2019-21)</b>
Vicky Winslow, UAH .....	2 (2012-13)
Janee Jones, HU .....	2 (2006-07)
Janet Kogo, HU .....	2 (2002-03)
Hanna Ritakallio, HU.....	2 (2000-01)
Marta Valentic, UWG.....	2 (1996-97)
Cybil O’Nan, LMU.....	2 (1992-93)
Susannah Cook, UNA .....	2 (1986, 1988)

### Multi-time GSC Coach of the Year Honorees (8)

Steve Guymon, HU.....	6 (2002, 2005-09)
David Cain, UAH.....	5 (1999, 2003-04, 2010, 2013)
<b>Caleb Morgan, LEE.....</b>	<b>5 (2017-21)</b>
Don Medeiros, UWG.....	3 (1994-95, 1997)
Charles Oliver, TSU .....	3 (1984-86)
Dr. Gary Johnson, UU .....	2 (2014, 2016)
John Bergen, UWF.....	2 (2011-12)
Bryan Phillips, HU .....	2 (2000-01)
Ed Sheehan, TSU .....	2 (1982-83)

### Top 10 GSC Championships Times (5K)

<b>1. Celine Ritter, LEE (2021) .....</b>	<b>16:51.07</b>
2. Celine Ritter, LEE (2020) .....	17:01.68
3. Aoife Cooke, ATU (2005) .....	17:10.00
<b>4. Toni Moore, LEE (2021) .....</b>	<b>17:14.96</b>
5. Janee Jones, HU (2005) .....	17:15.00
6. Janet Kogo, HU (2002).....	17:23.50
<b>7. Johanna Wistokat, CBU (2021) ..</b>	<b>17:27.45</b>
8. Katie Nelson, UM (2017) .....	17:33.65
9. Hanna Haavikko, HU (2002).....	17:34.90
10. Justine Glass, UM (2020) .....	17:35.52