

# Women's Cross Country 2014-15 Recaps

## NJCAA Nationals

November 8, 2014

Final

### **Women's Cross Country Finishes 14th at NJCAA Championships: Deanna Near Wins All-America Honors**

The Jayhawks Women's Cross Country team finished the 2014 season running at the NJCAA National Championships at Shadow Hills Golf Course in Lubbock, Texas on Saturday, November 8. The women's team finished 14th place in the country, the top team finish ever by the Jayhawks Women's Cross Country team.

Leading the way with a 17th place finish out of 273 finishers was freshman Deanna Near (Montague, MI/Montague HS). Deanna capped off her impressive season by breaking her own school and personal record with a time of 18:34. This was the highest finish by any Jayhawk Cross Country runner at the national meet since the re-start of the program in 2010 and it earned Deanna All-American honors.

"Deanna ran her best race of the season at the right time." said Coach Dan Fishel. "She ran aggressively and was not afraid to mix it up with some of the foreign runners in the race."

Rounding out the top 7 in their last race of the season in order were; sophomore Andrea Lavigne (Ludington, MI/Mason County Central HS) in a college and season best time of 19:54, sophomore Samantha Eely (Muskegon, MI/Oakridge HS) in an all-time PR time of 20:27, freshman Marlee Harris (Buckley, MI/Buckley HS) in an all-time PR time of 20:28, freshman Raquel Zavala (Muskegon, MI/Muskegon HS) in an all-time PR time of 20:59, freshman Sabrina Smith (Hart, MI/Hart HS) in a season best time of 21:22, and freshman Andie Young (Grand Haven, MI/Grand Haven HS) in a time of 21:35.

"The women ran their best team race in school history and broke their top 1-5 team total time by three minutes. The women finally put everything together and ran what we knew they were capable of all season," said Assistant Coach Jessica Chandler. "We couldn't have asked for anything more."

## NJCAA Region XII & MCCA Championship

October 25, 2014 @ 12:00 pm

Final

The Women's Jayhawk Cross Country team competed well Saturday, October 25 at the Region XII and MCCA championships held at Grand Woods Park in Lansing, Mich. In probably the deepest women's cross country region in the NJCAA, the Lady Jayhawks took 4th out of 13 teams, the Region included 6 nationally-ranked teams. The women also finished 3rd in the MCCA. Fourth-ranked Lansing won the

meet with 29 points followed by #15 Cuyahoga CC with 82 points, #13 Macomb CC with 84 points, and #16 MCC Jayhawks with 109 points. The MCC women defeated #20 Vincennes, #22 Mott CC, Oakland CC, Grand Rapids CC, Jackson CC, Kirtland CC, Schoolcraft College, and Wayne CC. Leading the way for the Jayhawks was freshman Deanna Near (Montague, MI/Montague HS). Deanna finished 7th in the region out of 73 runners and was 5th in conference with a time of 19:18. "Deanna ran a great race and earned All-Region, All-Conference, and All-Freshman team honors." said Head Coach Dan Fishel.

Rounding out the top 7 runners in order were sophomore Andrea Lavigne (Ludington, MI/Mason County Central HS) who also earned All-Conference Honorable Mention Honors, sophomore Samantha Eely (Muskegon, MI/Oakridge HS), freshman Raquel Zavala (Muskegon, MI/Muskegon HS), freshman Andie Young (Grand Haven, MI/Grand Haven HS), freshman Marlee Harris (Buckley, MI/Buckley HS), and freshman Sabrina Smith (Hart, MI/Hart HS). The women race next at the NJCAA National Championships in Lubbock, Texas on Saturday, November 8th.

## Jayhawk Invitational

October 10, 2014 @ 2:00 pm

### Final

The 19th-ranked Women's Jayhawk Cross Country team had a ton of success Friday, October 10 at their home meet at University Park Golf Course in Muskegon, Mich. "Today's combined time of the first 5 runners 1:43:24 is "O-Fishel-ly" our fastest in school history." said Head Coach Dan Fishel. For the first time this year there were ideal race-time temperatures and course conditions with the temperature in the low-50's and solid footing throughout the race. The women took 8th overall out of 21 teams and 3rd out of 8 community colleges. The Jayhawks finished behind Lansing and Macomb and out ran Mott, Indian Hills, Jackson, Grand Rapids, and Oakland.

Leading the way was freshman Deanna Near (Montague, MI/Montague HS) by finishing 12th out of 109 runners and the 5th junior college runner. Near's time of 19:11 broke her own 5k school record by 27 seconds. "Deanna is running best at the right time of the season. She was on pace to break 19 minutes through 2 miles but just missed that barrier." said Coach Dan Fishel. "I've been telling her the whole season that she can break 19 minutes, and I think it will happen."

Rounding out the top 7 in order were sophomore Andrea Lavigne (Ludington, MI/Mason County Central HS), freshman Raquel Zavala (Muskegon, MI/Muskegon HS), freshman Andie Young (Grand Haven, MI/Grand Haven HS), freshman Marlee Harris (Buckley, MI/Buckley HS), sophomore Samantha Eely (Muskegon, MI/Oakridge HS), and freshman Sabrina Smith (Hart, MI/Hart HS). The women race next at the MCCA and Region XII championships in 2 weeks at Grand Woods Park in Lansing, Michigan.

## Lansing CC Invite

October 3, 2014 @ 1:30 pm

### Final

The 19th-ranked MCC Women's Cross Country team raced Friday, October 3 at the Lansing Invitational hosted by Lansing Community College at Grand Woods Park. Although a cooler race-time temperature of

60 degrees was nice, the standing water and slippery mud covering the cross country course following substantial rain slowed down many runners. Undeterred, the Lady Jayhawks had their most successful Lansing Invitational ever by finishing 11th overall, being the 3rd place community college team behind 2 other nationally-ranked teams Lansing and Macomb.

The Jayhawks ran their fastest 1-5 team time for 5k this early in the season. Fresh off her 6k school record performance from a week ago, freshman Deanna Near (Montague, MI/Montague HS) broke the 5k school record held by Kaitlin Truman from 2012 by 2 seconds. Deanna ran a 19:38 5k and took 14th place out of 181 runners. "Deanna was happy breaking another school record, but I feel she won't be fully satisfied until she breaks the 19-minute barrier," said Coach Dan Fishel. "Deanna is a hard worker and great racer."

Rounding out the top 7 runners in order was: sophomore Andrea Lavigne (Ludington, MI/Mason County Central HS), freshman Marlee Harris (Buckley, MI/Buckley HS), freshman Raquel Zavala (Muskegon, MI/Muskegon HS), freshman Andie Young (Grand Haven, MI/Grand Haven HS), sophomore Samantha Eely (Muskegon, MI/Oakridge HS), and freshman Sabrina Smith (Hart, MI/Hart HS). The Jayhawks race next at University Park Golf Course for their only home meet of the season on Friday, October 10th at 1:30 p.m.

## **Brissman-Lundeen Invite**

September 26, 2014 @ 5:00 pm

### Final

The 20th-ranked MCC Women's Cross Country team had an impressive race Friday, September 26 at the Brissman-Lundeen Invitational hosted by Augustana College at Saukie Golf Course in Rock Island, Ill. Despite the race time temperature close to 80 degrees, the Jayhawks took home the community college division championship.

Leading the way was freshman Deanna Near (Montague, MI/Montague HS) breaking her own 6k school record in 23:46 for 6k, finishing 54th of 498 runners. Rounding out the top 7 in order were: sophomore Andrea Lavigne (Ludington, MI/Mason County Central HS) in a season best 6k time, freshman Andie Young (Grand Have, MI/Grand Haven HS), freshman Marlee Harris (Buckley, MI/Buckley HS), freshman Sabrina Smith (Hart HS), freshman Raquel Zavala (Muskegon HS) in a personal best time, and sophomore Brielle Johnson (N. Muskegon, MI/North Muskegon HS) in a season best time.

"The women did what they needed to do today," said Coach Dan Fishel. "This is the 2nd year in a row the women have won the community college division of this massive race, but this year we had to run better to win because the field was much tougher than last year. In the process we beat the 25th-ranked team in the country Moraine Valley Community College." The Jayhawks run next at the Lansing Community College Invitational at Grand Woods Park on Friday, October 3rd.

## **Spartan Invitational**

September 12, 2014 @ 12:00 pm

### Final

The MCC women's cross country team traveled to Forest Akers East Golf Course on Friday, September 12 for the Auto Owners Spartan Invitational hosted by Michigan State University. Temperatures were in the mid- to upper- 50's at race time as the women battled against the Big Ten, GLIAC, MIAA, NAIA schools, and also other junior colleges. Although the race was un-scored, the women ran their best team race of the season so far in their first 6k of the season.

Leading the way was freshman Deanna Near (Montague, MI/Montague HS) taking 92nd place out of 307 finishers with a 6k time of 23:50. That time breaks the 6k school record formerly set by Michelle DeMuro in 2010 of 24:35 by 45 seconds. "Deanna ran a great race and went through her 5k split in 19:54 along to the way to being the 3rd NJCAA runner to cross the finish line, 30 seconds behind the 1st runner." said Coach Dan Fishel. Rounding out the top 7 were: sophomore Andrea Lavigne (Ludington, MI/Mason County Central HS), freshman Andie Young (Grand Haven, MI/Grand Haven HS), freshman Marlee Harris (Buckley, MI/Buckley HS), freshman Sabrina Smith (Hart, MI/Hart HS), freshman Raquel Zavala (Muskegon, MI/Muskegon HS), and sophomore Claudia Melton (Grand Haven, MI/Grand Haven HS).

"The effort our whole team put forth was great! There's still a lot of season to go, but I'm excited about the races to come!" added Coach Fishel. The MCC women race next at the Brissman-Lundeen Invitational hosted by Augustana College in Rock Island, Illi. in 2 weeks on Friday, September 26th.

## Jets Invitational

September 5, 2014 @ 4:30 pm

### Final

The 7th-ranked MCC women's cross country team traveled to Jackson, MI Friday, September 5 for the Jets Invitational. The official temperature at the start of the race was 93 degrees with a heat index of 100 that dropped slightly to a heat index of 98 degrees at the end of the race. Despite the oppressive heat and hilly course, the Lady Jayhawks won the team title. Freshman Deanna Near (Montague, MI/Montague HS) led the women, won the race, and set a collegiate women's course record on the newly designed 5k course with a time of 21:25.

Rounding out the top 7 in order were: sophomore Andrea Lavigne (Ludington, MI/Mason County Central HS), freshman Sabrina Smith (Hart, MI/Hart HS), freshman Andie Young (Grand Haven, MI/Grand Haven HS), freshman Marlee Harris (Buckley, MI/Buckley HS), freshman Raquel Zavala (Muskegon, MI/Muskegon HS), and sophomore Samantha Eely (Muskegon, MI/Oakridge HS).

"I've coached cross country for 13 years, and this is the hottest temperature any of my teams have raced in," said Coach Dan Fishel. "Due to the extreme heat, we revised race plans before the start of the race from time goals to just running an even pace and finishing the race. This is more of a character-building race and our runners are right up there with the best!" The MCC women's cross country team races next on Friday at the Spartan Invite hosted by Michigan State University at Forest Akers East Golf Course.

# Hope College: Vanderbilt Invitational

August 30, 2014 @ 10:30 am HOPE COLLEGE -HOLLAND, MICHIGAN

## ~~~~~ TEAM RESULTS - WOMENS VARSITY ~~~~~

1.	22	HOPE	(	19:39	1:38:15	0:24)
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1	2	Emily Wrozek	HOPE	4	19:27	
2	3	Julia Stock	HOPE	2	19:31	
3	4	Katherine Afton	HOPE	4	19:36	
4	6	Michelle Kerr	HOPE	2	19:50	
5	7	Emily Jossee	HOPE	2	19:51	
6	( 9)	Katherine Hauge	HOPE	3	20:08	
7	( 10)	Jessica Gaines	HOPE	2	20:14	
2.	51	CORNERSTONE	(	20:09	1:40:44	1:57)
=====						
1	1	Julie Oosterhouse	CORNERSTONE	4	18:50	
2	5	Cathy Coryell	CORNERSTONE	2	19:41	
3	14	Ally Rabe	CORNERSTONE	1	20:42	
4	15	Audrey Tremaine	CORNERSTONE	3	20:44	
5	16	CallyAnne Wyma	CORNERSTONE	4	20:47	
6	( 17)	Kayla Ovokaitys	CORNERSTONE	3	20:47	
7	( 18)	Sydney Tremaine	CORNERSTONE	4	20:56	
3.	73	ADRIAN	(	20:51	1:44:12	1:52)
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1	8	Torrey Christopher	ADRIAN	1	20:05	
2	12	Olivia Vasiloff	ADRIAN	1	20:26	
3	13	Jessica Johnson	ADRIAN	1	20:27	
4	19	Emily Nixon	ADRIAN	1	21:17	
5	21	Madison Cox	ADRIAN	4	21:57	
6	( 23)	Jordan Powell	ADRIAN	1	22:33	
7	( 26)	Melanie Mangiapane	ADRIAN	2	23:02	
4.	102	MUSKEGON COMMUNITY COLLEGE	(	21:53	1:49:25	2:13)
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1	11	Deanna Near	MUSKEGON COMMUNITY COLLEGE	1	20:25	
2	20	Andrea Lavigne	MUSKEGON COMMUNITY COLLEGE	2	21:17	
3	22	Sabrina Smith	MUSKEGON COMMUNITY COLLEGE	1	22:29	
4	24	Andie Young	MUSKEGON COMMUNITY COLLEGE	1	22:36	
5	25	Marlee Harris	MUSKEGON COMMUNITY COLLEGE	1	22:38	
6	( 27)	Raquel Zavala	MUSKEGON COMMUNITY COLLEGE	1	24:20	
7	( 28)	Brielle Johnson	MUSKEGON COMMUNITY COLLEGE	2	25:09	

## ~~~~~ INDIVIDUAL RESULTS - WOMENS VARSITY ~~~~~

Place No.	Name	School	Grade	Time	Pace
1	634 Julie Oosterhouse	CORNERSTONE	4	18:50	6:04
2	689 Emily Wrozek	HOPE	4	19:27	6:16
3	682 Julia Stock	HOPE	2	19:31	6:17
4	662 Katherine Afton	HOPE	4	19:36	6:19
5	630 Cathy Coryell	CORNERSTONE	2	19:41	6:20
6	675 Michelle Kerr	HOPE	2	19:50	6:23

7 674 Emily Jossee	HOPE	2 19:51 6:24
8 596 Torrey Christopher	ADRIAN	1 20:05 6:28
9 673 Katherine Hauge	HOPE	3 20:08 6:29
10 669 Jessica Gaines	HOPE	2 20:14 6:31
11 683 Lindsay Timmerman	HOPE	3 20:24 6:34
12 721 Deanna Near	MUSKEGON COMMUNITY COLLEGE	1 20:25 6:35
13 606 Olivia Vasiloff	ADRIAN	1 20:26 6:35
14 600 Jessica Johnson	ADRIAN	1 20:27 6:35
15 668 Alissa Frazee	HOPE	1 20:31 6:37
16 680 Carlie Snoap	HOPE	2 20:38 6:39
17 636 Ally Rabe	CORNERSTONE	1 20:42 6:40
18 639 Audrey Tremaine	CORNERSTONE	3 20:44 6:41
19 641 CallyAnne Wyma	CORNERSTONE	4 20:47 6:42
20 635 Kayla Ovokaitys	CORNERSTONE	3 20:47 6:42
21 688 Rachael Webb	HOPE	1 20:53 6:44
22 640 Sydney Tremaine	CORNERSTONE	4 20:56 6:45
23 671 Mackenzie Govier	HOPE	2 20:59 6:46
24 632 Grace Hamilton	CORNERSTONE	1 21:06 6:48
25 670 Kristin Godwin	HOPE	1 21:14 6:50
26 602 Emily Nixon	ADRIAN	1 21:17 6:51
27 719 Andrea Lavigne	MUSKEGON COMMUNITY COLLEGE	2 21:17 6:52
28 679 Emma Ropski	HOPE	2 21:37 6:58
29 710 Kaytlynne Kerwin	KUYPER COLLEGE	3 21:48 7:01
30 678 Leah Murray	HOPE	3 21:52 7:03
31 597 Madison Cox	ADRIAN	4 21:57 7:04
32 658 Josie Lange	GRACE BIBLE COLLEGE	2 22:02 7:06
33 676 Emily Krueger	HOPE	1 22:10 7:08
34 667 Amanda Dort	HOPE	2 22:11 7:09
35 684 Miranda Ulmer	HOPE	2 22:21 7:12
36 666 Anna Dietz	HOPE	1 22:27 7:14
37 722 Sabrina Smith	MUSKEGON COMMUNITY COLLEGE	1 22:29 7:15
38 631 Brianna Griffiths	CORNERSTONE	4 22:31 7:15
39 604 Jordan Powell	ADRIAN	1 22:33 7:16
40 723 Andie Young	MUSKEGON COMMUNITY COLLEGE	1 22:36 7:17
41 716 Marlee Harris	MUSKEGON COMMUNITY COLLEGE	1 22:38 7:17
42 601 Melanie Mangiapane	ADRIAN	2 23:02 7:25
43 672 Alexandra Guttilla	HOPE	1 23:03 7:26
44 664 Caitlyn Campbell	HOPE	2 23:24 7:32
45 593 Caroline Barrett	ADRIAN	1 23:36 7:36
46 629 Bailey Brogan	CORNERSTONE	2 23:54 7:42
47 660 Dicia Wahl	GRACE BIBLE COLLEGE	2 24:11 7:47
48 724 Raquel Zavala	MUSKEGON COMMUNITY COLLEGE	1 24:20 7:50
49 734 Shannon Urbanik	HOPE	1 25:03 8:04
50 718 Brielle Johnson	MUSKEGON COMMUNITY COLLEGE	2 25:09 8:06
51 681 Miranda Steele	HOPE	2 25:26 8:11
52 715 Samantha Eely	MUSKEGON COMMUNITY COLLEGE	2 25:36 8:15
53 687 Ashley Warner	HOPE	1 25:59 8:22
54 720 Claudia Melton	MUSKEGON COMMUNITY COLLEGE	2 26:07 8:25
55 659 Hilary Rolf	GRACE BIBLE COLLEGE	4 26:40 8:35
56 686 Anna Voskuil	HOPE	2 28:31 9:11
57 714 Miranda Buckwald	MUSKEGON COMMUNITY COLLEGE	2 28:36 9:13
58 657 Holly Ferguson	GRACE BIBLE COLLEGE	2 29:36 9:32

