

Women's Cross Country 2015-16 Recaps

Cross Country at the NJCAA Nationals hosted by Iowa Central Community College

November 14, 2015 @ TBD

The Jayhawks finish in 22nd place out of 42 teams.

The Muskegon Community College women's cross country team finished 22nd place out of 42 full teams with 556 points on Saturday at the NJCAA National Cross Country Championships held at Lakeside Municipal Golf Course in Fort Dodge, Iowa. Leading the Jayhawks was freshman Sandy Kunnen (Fremont HS/Fremont, MI) finishing 80th place out of 303 finishers with a time of 20:28. Sandy's 80th place finish at nationals was the 5th highest women's national meet finish ever for MCC. Following Sandy were freshman Mckaya Groenwald (Bear Lake HS/Bear Lake, MI) finishing 94th place, freshman Breunisje Kass-McGrady (Western Michigan Christian HS/Ravenna, MI) finishing 106th place with an all-time personal record of 20:49, sophomore Marlee Harris (Buckley HS/Buckley, MI) finishing 159th place, freshman Maddie Hodges (Hart HS/Hart, MI) finishing 173rd place, sophomore Raquel Zavala (Muskegon HS/Muskegon, MI) finishing 204th place, and sophomore Sabrina Smith (Hart HS/Hart, MI) finishing 263rd place. Coach Fishel commented "When it comes to team scores, 22nd place is our 2nd best finish ever at nationals for the women's team which is great and higher than we were ranked in the last poll but we wanted a little higher finish. A couple of our runners had off races with one of those off races being caused by an asthma attack during the race, but our women are tough and battled through it! Our top runner just lost her Mom to cancer the week before nationals, and I thought she ran very well and her Mom would have been proud of the way she raced today! Overall, I'm very proud of our women's team this year! They are an excellent group! Go Jayhawks!"

Cross Country at the NJCAA Region XII & MCCA Championship hosted by LCC

October 31, 2015 @ TBD

The 20th-ranked Muskegon Community College women's cross country team celebrated Halloween at the Region XII and Michigan Community College Athletic Association Championships in Lansing, Michigan at Grand Woods Park. The team tied their highest regional place ever with a 4th place finish out of 14 teams with 116 points. #2-ranked Lansing CC won the meet with 24 points followed by #15-ranked Macomb CC with 83 points and #21-ranked Vincennes University with 106 points. Leading the way and earning All-Region Honors was freshman Sandy Kunnen (Fremont HS/Fremont, MI) taking 15th place out of 64 finishers running a season-best time of 20:05. Rounding out the top 7 in order were freshman Mckaya Groenwald (Bear Lake HS/Bear Lake, MI), freshman Breunisje Kass-McGrady (Western Michigan Christian HS/Ravenna, MI), freshman Maddie Hodges (Hart HS/Hart, MI), sophomore Marlee Harris (Buckley HS/Buckley, MI), sophomore Raquel Zavala (Muskegon HS/Muskegon, MI), and sophomore Sabrina Smith (Hart HS/Hart, MI). The Jayhawks race next at the NJCAA national championships in 2 weeks in Fort Dodge, Iowa.

Cross Country home at the Jayhawk Invitational hosted by Muskegon Community College

October 16, 2015 @ 1:30 pm - 5:00 pm

The 22nd-ranked Muskegon Community College women's cross country team hosted runners from 23 different colleges at their home Jayhawk Invitational on Friday at University Golf Course. The meet included unattached freshmen from Michigan State University's cross country team, many 4-year colleges, and many community colleges. The Jayhawks took 7th place overall out of 13 full teams, and they were the 2nd best community college team behind Lansing CC out of 6 full community college teams. Leading the women for the 2nd week in a row was freshman Sandy Kunnen (Fremont HS/Fremont, MI) taking 44th place out of 132 finishers with a season-best time of 20:27. Runners following Sandy in order for the Jayhawks were freshman Maddie Hodges (Hart HS/Hart, MI) with a season-best time, freshman Breunisje Kass-McGrady (Western Michigan Christian HS/Ravenna, MI) with an all-time best time, freshman Mckaya Groenwald (Bear Lake HS/Bear Lake, MI), sophomore Marlee Harris (Buckley HS/Buckley, MI) with a season-best time, sophomore Raquel Zavala (Muskegon HS/Muskegon, MI) with a season-best time, and sophomore Sabrina Smith (Hart HS/Hart, MI). The Jayhawks compete next on Saturday, October 31st at the Region XII and MCCA championships hosted by Lansing Community College at Grand Woods Park. Races will start at Noon. **[Race results can be found online here, although the places are all one place off.](#)**

Official Team Scores

1.	Lansing	30
2.	Grand Valley State	67
3.	Aquinas	80
4.	Hope	138
5.	Cleary University	147
6.	Spring Arbor	191
7.	Muskegon Community	208
8.	Mott CC	214
9.	Lake Superior State	219
10.	Jackson	238
11.	Indian Hills CC	275
12.	Central Michigan U...	288
13.	Kirtland CC	396

1.	Carlyn Artega	18:05.06	Unattached
2.	Sarah Rustmann	18:24.20	Unattached
3.	Erin Billette	18:29.58	Unattached
4.	Fr Taylor Thrush	18:42.94	Lansing
5.	Fr Kaitlin Beyer	18:47.87	Lansing
6.	- Vanessa Sanchez	18:53.59	Grand Valley State
7.	Fr Madison Paquette	19:00.75	Cleary University
8.	Megan Schwartz	19:07.83	Unattached

9. Nichole Clement 19:08.60 Unattached
10. Fr [Caitlin Clark](#) 19:13.30 [Spring Arbor](#)
11. Megan Sklanski 19:19.59 Unattached
12. So [Lydia Bumann](#) 19:22.14 [Lansing](#)
13. Sr [Natalie Nelson](#) 19:23.34 [Grand Valley State](#)
14. Fr [Rachael Walters](#) 19:23.87 [Grand Valley State](#)
15. Fr [Madison Slater](#) 19:27.94 [Lansing](#)
16. Sarah Martinez 19:28.63 Unattached
17. Fr [Marta McLaughlin](#) 19:31.58 [Grand Valley State](#)
18. Jr [Allison Dible](#) 19:32.60 [Aquinas](#)
19. So [Kelly Babcock](#) 19:34.74 [Lansing](#)
20. Sr [Taylor Pryde](#) 19:40.37 [Aquinas](#)
21. Fr [Alexandra Love](#) 19:41.55 [Lansing](#)
22. Sr [Megan Skinner](#) 19:46.97 [Aquinas](#)
23. Taylor Norris 19:48.48 Unattached
24. Sr [Anna Stilin](#) 19:50.16 [Algoma](#)
25. Emily Steffke 19:51.47 Unattached
26. Fr [Savannah Ferrara](#) 19:51.95 [Mott CC](#)
27. Sarah Drevon 19:52.39 Unattached
28. Sr [Claire Cooper](#) 19:58.50 [Hope](#)
29. Fr [Lydia Heimonen](#) 20:00.39 [Lake Superior State](#)
30. So [Natasha Stevenson](#) 20:01.68 [Cleary University](#)
31. Jr [Ellen Hackett](#) 20:03.60 [Aquinas](#)
32. So [Kayelin Mazur](#) 20:06.97 [Aquinas](#)
33. Jr [Abby Heiler](#) 20:11.07 [Aquinas](#)

34. Cassie Schuster 20:11.66 Unattached
35. So [Krista Magness](#) 20:13.19 [Lansing](#)
36. Fr [Ayrka Parsons](#) 20:16.87 [Indian Hills CC](#)
37. Sr [Josie Lange](#) 20:18.60 [Grace Bible \(MI\)](#)
38. Sr [Crysta Paganelli](#) 20:19.24 [Aquinas](#)
39. Sr [Kate Kooiker](#) 20:21.55 [Hope](#)
40. So [Alex Prettenhofer](#) 20:23.17 [Jackson](#)
41. Jessica Fraly 20:23.63 Unattached
42. Fr [Emily Bemis](#) 20:24.10 [Mott CC](#)
43. So [Megan Huettner](#) 20:25.96 [Aquinas](#)
44. Fr [Sandy Kunnen](#) 20:27.79 [Muskegon Community](#)
45. Fr [Ellie Best](#) 20:32.27 [Hope](#)
46. Fr [Maddie Hodges](#) 20:35.74 [Muskegon Community](#)
47. Jr [Mackenzie Govier](#) 20:36.39 [Hope](#)
48. Fr [Kelly Ocock](#) 20:36.83 [Hope](#)
49. Jr [Kelsey Grigg](#) 20:37.46 [Aquinas](#)
50. Fr [Samantha Campbell](#) 20:38.21 [Jackson](#)
51. So [McKenzie Richardson](#) 20:38.58 [Lake Superior State](#)
52. Jr [Amanda Dort](#) 20:38.97 [Hope](#)
53. Sr [Leah Murray](#) 20:39.52 [Hope](#)
54. Fr [Mykena Witgen](#) 20:41.13 [Aquinas](#)
55. Jr [Aleighsha Engisch](#) 20:41.58 [Cleary University](#)
56. Fr [Alicia Arnold](#) 20:42.02 [Grand Valley State](#)
57. Jr [Danielle Anderson](#) 20:43.58 [Spring Arbor](#)
58. Fr [Kally Blake](#) 20:44.97 [Indian Hills CC](#)

59. Fr [Courtney Davis](#) 20:45.38 [Cleary University](#)
60. So [Alissa Frazee](#) 20:48.50 [Hope](#)
61. Fr [Jaydn Fuerst](#) 20:50.22 [Spring Arbor](#)
62. Jr [Elaine Lowe](#) 20:50.75 [Cleary University](#)
63. Fr [Danielle Hack](#) 20:52.58 [Mott CC](#)
64. Fr [Hannah Hazelbach](#) 20:53.91 [Aquinas](#)
65. Fr [Andrea Messing](#) 20:55.14 [Central Michigan Uni...](#)
66. Fr [Breunisje Kass-McG...](#) 20:55.99 [Muskegon Community](#)
67. So [Megan Beck](#) 20:57.82 [Spring Arbor](#)
68. Fr [Miranda Hamman](#) 20:58.25 [Jackson](#)
69. Fr [Mckaya Groenwald](#) 20:58.72 [Muskegon Community](#)
70. So [Marlee Harris](#) 21:02.66 [Muskegon Community](#)
71. Fr [Marlo Sharpe](#) 21:03.91 [Central Michigan Uni...](#)
72. Fr [Hailey Foster](#) 21:08.17 [Lake Superior State](#)
73. Fr [Angela Maurer](#) 21:08.68 [Aquinas](#)
74. Fr [MacKenzie Kelly](#) 21:09.29 [Lake Superior State](#)
75. Jr [Hannah Hoffman](#) 21:09.92 [Spring Arbor](#)
76. Fr [Erin Zdrojewski](#) 21:13.53 [Central Michigan Uni...](#)
77. So [Emily Krueger](#) 21:16.18 [Hope](#)
78. Sr [Chelsea McSwain](#) 21:17.10 [Aquinas](#)
79. Fr [Casey Hadaway](#) 21:18.32 [Lansing](#)
80. Fr [Alexandra Garcia](#) 21:19.72 [Spring Arbor](#)
81. So [Ashlee Santiago](#) 21:23.62 [Aquinas](#)
82. Fr [Tessa Staggemeier](#) 21:26.26 [Jackson](#)
83. So [Rachel Leggett](#) 21:26.91 [Lake Superior State](#)

84. So [Trudie Mulville](#) 21:27.52 [Lake Superior State](#)
85. Fr [Mackenzie Schmidt](#) 21:28.38 [Hope](#)
86. Fr [Shelby Roesner](#) 21:28.94 [Mott CC](#)
87. So [Rachael Peabody](#) 21:33.31 [Lake Superior State](#)
88. Jr [Casey Shafer](#) 21:36.40 [Lake Superior State](#)
89. Kaytlynne Kerwin 21:48.97 Unattached
90. Sr [Kellie Szewczyk](#) 21:54.76 [Cleary University](#)
91. Fr [Amanda Bentley](#) 21:58.72 [Hope](#)
92. So [Kristen Godwin](#) 22:00.05 [Hope](#)
93. Fr [Ali Wagar](#) 22:02.20 [Mott CC](#)
94. So [Nikki Gewirtz](#) 22:04.43 [Grand Rapids Community](#)
95. Fr [Alicia Schmidtendo...](#) 22:07.86 [Spring Arbor](#)
96. Fr [Mikayla Oliver](#) 22:11.90 [Alpena Community Col...](#)
97. So [Lindsay Ross](#) 22:16.27 [Aquinas](#)
98. So [Jessica Mills](#) 22:17.69 [Central Michigan Uni...](#)
99. Fr [Emily Flaig](#) 22:20.10 [Indian Hills CC](#)
100. Jr [Sammy Rineman](#) 22:22.41 [Central Michigan Uni...](#)
101. So [Raquel Zavala](#) 22:37.15 [Muskegon Community](#)
102. So [Abby Chudnovsky](#) 22:42.51 [Spring Arbor](#)
103. Fr [Jade Melling](#) 22:49.96 [Jackson](#)
104. Jr [Caitlyn Campbell](#) 22:53.11 [Hope](#)
105. Fr [Mikaila Kennedy](#) 23:03.01 [Sault College](#)
106. Fr [Stephanie Gutierrez](#) 23:04.95 [Indian Hills CC](#)
107. So [Diana Dvorak](#) 23:08.16 [Spring Arbor](#)
108. So [Samantha Syfert](#) 23:09.94 [Indian Hills CC](#)

109.	So	Kylie Marin	23:12.73	Indian Hills CC
110.	Fr	Gabrielle Mier	23:19.02	Kirtland CC
111.	Fr	Carolyn Kering	23:19.52	Indian Hills CC
112.	So	Sabrina Smith	23:24.89	Muskegon Community
113.	Fr	Starr Perry	23:28.89	Sault College
114.	So	Theresa Gray	23:34.91	Hope
115.	Fr	Alissa Vogel	23:42.04	Mott CC
116.		Alicia Geene	23:47.40	Unattached
117.	Jr	Holly Ferguson	24:36.61	Grace Bible (MI)
118.	Fr	Brooke Burrone	24:49.52	Alpena Community Col...
119.	Fr	Jessica Ewart	24:53.07	Indian Hills CC
120.	Fr	Taylor Meck	25:21.35	Cleary University
121.	Fr	Trista Waddell	25:40.43	Indian Hills CC
122.	Fr	Kaylee Synder	26:05.54	Indian Hills CC
123.	Sr	Elizabeth Bransdor...	26:07.10	Hope
124.	Fr	Brook Jenkins	26:51.08	Kirtland CC
125.	Fr	Calie Lawson	27:18.54	Indian Hills CC
126.	So	Rachelle Budop	27:33.29	Spring Arbor
127.	Fr	Courtney Lafleur	28:28.20	Sault College
128.	So	Stephanie Dies	29:28.44	Grace Bible (MI)
129.	Fr	Alex Pierson	31:33.15	Grand Rapids Community
130.	Fr	Emily Souva	33:33.24	Kirtland CC
131.	Fr	Jillian Marin	34:58.18	

Cross Country at the Lansing Invitational hosted by Lansing CC

October 9, 2015 @ 1:30 pm - 5:00 pm

The 16th-ranked Muskegon Community College women's cross country team competed Friday at the Lansing Invitational hosted at Grand Woods Park in near ideal conditions. The Jayhawks

finished 9th place out of 14 full teams. The women were the 3rd place community college team behind 3rd ranked Lansing CC and 7th ranked Macomb CC and defeated community colleges from Jackson, Oakland, and Kirtland as well as 4-year schools Olivet and Kalamazoo College. Leading the way for the first time was freshman Sandy Kunnen (Fremont HS/Fremont, MI) who finished 37th place out of 144 finishers with a season best time of 20:28. Sandy led a close pack of Jayhawk runners as the top 5 runners finished within 42 seconds of each other. Rounding out the top 7 in order were freshman Mckaya Groenwald (Bear Lake HS/Bear Lake, MI), freshman Maddie Hodges (Hart HS/Hart, MI) in a season best time, sophomore Marlee Harris (Buckley HS/Buckley, MI) in a season best time, freshman Breunisje Kass-McGrady (Western Michigan Christian HS/Ravenna, MI) in a personal best time, sophomore Sabrina Smith (Hart HS/Hart, MI) in a season best time, and sophomore Raquel Zavala (Muskegon HS/Muskegon, MI) in a season best time. [Complete race results can be found here.](#) The Jayhawks compete next at their only home meet on Friday, October 16th at University Park Golf Course. Race time for the women's meet will be about 2:15. Spectators are encouraged to park at Muskegon Community College and walk next door to the golf course.

Cross Country at the Glen Oaks Invitational hosted by GOCC September 25, 2015 @ 3:50 pm - 5:00 pm

The 14th-ranked Muskegon Community College Jayhawk women's cross country team raced Friday at the 1st annual Glen Oaks Cross Country Invitational in Centreville, Michigan, winning the team championship with dominating score of 24 point, 17 points ahead of #15 Mott CC and 31 points ahead of #20 Jackson CC. The women had an outstanding team race led again by freshman Mckaya Groenwald (Bear Lake HS/Bear Lake, MI) taking 4th place out of 28 finishers with a time of 21:32. Rounding out the team were sophomore Marlee Harris (Buckley HS/Buckley, MI) 6th place, freshman Sandy Kunnen (Fremont HS/Fremont, MI) 7th place, freshman Breunisje Kass-McGrady (Western Michigan Christian HS/Ravenna, MI) 8th place, freshman Maddie Hodges (Hart HS/Hart, MI) 9th place, and sophomore Raquel Zavala (Muskegon HS/Muskegon, MI) 21st place. The Jayhawks compete next in 2 weeks at the Lansing Community College Invite at Grand Woods Park in Lansing.

Cross Country at the Spartan Invitational hosted by Michigan State University September 18, 2015 @ 11:50 am - 5:00 pm

The 14th-ranked Jayhawk women's cross country team raced at the highly-competitive Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course on Friday. For the first time this season, the MCC women raced a 6k and competed against most of the top NJCAA teams in Michigan. Leading the way in the non-scored competition was freshman Mckaya Groenwald (Bear Lake HS/Bear Lake, MI) with a 192nd place finish out of 318 finishers with a 6k time of 26:21. Mckaya was also the 12th community college runner to cross the finish line. Rounding out the top 7 in order were freshman Sandy Kunnen (Fremont HS/Fremont, MI), freshman Breunisje Kass-McGrady (Western Michigan Christian HS/Ravenna, MI), sophomore Marlee Harris (Buckley HS/Buckley, MI), freshman Maddie Hodges (Hart HS/Hart, MI), sophomore Sabrina Smith (Hart HS/Hart, MI), and sophomore Raquel Zavala (Muskegon HS/Muskegon, MI). The Jayhawks compete next on Friday, September 25 at the inaugural Glen Oaks Invitational in Centreville, Michigan.

