

# WOMEN'S CROSS COUNTRY 2016-17 RECAPS

## **Cross Country NJCAA Div I National Championship hosted by Butler Community College in Eldorado, KS**

November 12, 2016 @ 11:00 am - 1:00 pm

### Final

Two Jayhawk women braved the 13+ hour drive to El Dorado, Kansas for the NJCAA Division I National Championships held at the Prairie Trails Golf Course. The course was fairly flat with long, very gradual hills, with a steeper hill at the finish and the race-time temperature was near-ideal in the low 50's with 5-8 mile-per-hour winds.

The day began with the women's race, and Ana Swanson (freshman, Kent City High School) and Kendra Irvine (freshman, Reeths-Puffer High School) started quickly with 1st mile splits of 6:04 and 6:11 respectively for the first net-downhill mile of the race. Ana finished 92nd place out of 313 very talented national meet finishers with a time of 20:16. This broke her season-best time by an amazing 33 seconds! Kendra also finished very well in 135th place with a season best time of 20:47, breaking her season-best time by a great 16 seconds! "Our women had an outstanding race on Saturday!" said Coach Dan Fishel. "To put things into perspective with how well our ladies ran, Ana beat Grand Rapids CC's #1 runner — a 19:39 PR girl that she's never beaten — by 5 seconds! Kendra beat Grand Rapids CC's #2 runner — a 20:14 PR girl — by 11 seconds! Both of our ladies had outstanding races to finish the season! I'm proud of them both, and I can't wait to see them compete on our 1st-ever track & field team at Muskegon Community College! Go Jayhawks!"

## **Cross Country @ NJCAA Region XII & MCCA Championship hosted by Lansing CC**

October 29, 2016 @ TBD

### Final

The women's team finished in 7th place at the Region XII meet on Saturday. Leading the way was freshman Ana Swanson (Kent City HS).

## **Cross Country Home Jayhawk Invitational hosted by Muskegon CC**

October 14, 2016 @ 1:30 pm - 5:00 pm

### Final

The 21st-ranked Muskegon Community College women's cross country team competed at their only home meet at University Park Golf Course on Friday. Large supportive crowds and an ideal race temperature greeted runners as they competed with 22 different colleges. The women took 12th place overall and were the 5th place community college team. Leading the way for the Jayhawk women was freshman Ana Swanson (Kent City HS) taking 61st place out of 134

finishers with a time of 20:49. Rounding out the top 5 runners in order were freshman Bailey Umstead (Fruitport HS) taking 69th place with a season-best time of 21:01, sophomore Breunisje Kass-McGrady (Western Michigan Christian HS) taking 71st place with a season-best time of 21:05, freshman Kendra Irvine (Reeths Puffer HS) taking 72nd place with a time of 21:06, and freshman Cassidy Baum (Hart HS) taking 109th place with a time of 22:43. “Time-wise we tied our best race of the season.” said Coach Dan Fishel. “I was expecting some more PR’s, but we got really excited and started out too fast. This was our 5th weekend of racing in a row, so our legs need a racing break. We now have 2 weeks of training before we race at regionals, and I think these 2 weeks without racing will be exactly what we need to bounce back in a big way.” The Jayhawks race next at the Region XII and MCCA Championships at Grand Woods Park in Lansing, Michigan on Saturday, October 29th. Go Jayhawks!

### **Cross Country @ Lansing Invitational hosted by Lansing CC**

October 7, 2016 @ 1:30 pm - 5:00 pm

#### Final

The 21st-ranked Jayhawk women’s cross country team competed in their warmest race of the season on Friday at the Lansing Community College Invitational held at Grand Woods Park in Lansing, Michigan. Despite the October heat, the Jayhawk women competed well taking 3rd place out of 12 community college teams in attendance and taking 10th place overall. The Jayhawks were led by freshman Kendra Irvine (Reeths-Puffer HS) taking 46th place out of 162 runners with a time of 21:07. Rounding out the top 5 in order for the Jayhawks were freshman Bailey Umstead (Fruitport HS), freshman Ana Swanson (Kent City HS), sophomore Breunisje Kass-McGrady (Western Michigan Christian HS), and freshman Cassidy Baum (Hart HS). “Kendra had a great race today,” said Coach Dan Fishel. “Despite this being our hottest race day of the season, Kendra almost matched her season best time, and I think she’s starting to turn the corner and ready for a PR on the next cool day. We have 3 weeks until regionals and if we continue to work hard, we have a chance for greatness.” [Full race results here.](#)

The Jayhawk women race next in their only home meet at University Park Golf Course on Friday at 1:30 p.m. Admission is free, come on out and support Jayhawk Cross Country!

### **Cross Country @ Warrior Invitational hosted by Wisconsin Lutheran College**

October 1, 2016 @ 11:00 am - 5:00 pm

#### Final

The Muskegon Community College Women’s Cross Country Team had a great team performance Saturday at the Warrior Invitational hosted by Wisconsin Lutheran College at Greenfield Park in West Allis, WI. Despite constant rain and extremely muddy conditions, the women took 6th place out of 22 teams and were the top community college team in the race. Leading the way for the Jayhawks was freshman Ana Swanson (Kent City HS) taking 17th place out of 190 finishers with a time of 26:12. Rounding out the top 5 in order were freshman Bailey Umstead (Fruitport HS) taking 32nd place, freshman Kendra Irvine (Reeths-Puffer HS) taking 34th place, sophomore Breunisje Kass-McGrady (Western Michigan Christian HS) taking 35th

place, and freshman Kassidy Baum (Hart HS) taking 82nd place. “The women had their best team race of the season so far,” said Coach Dan Fishel. “For the 2nd week in a row, Ana led the charge and ran really inspired. Ana is leading what I’m going to start referring to as our ‘fearsome foursome’ – a term I borrowed from my sister’s days running in high school. We have a really close pack of 4 toward the front of the race. Although a lot of our women had improved races, I think Breunisje and Katelyn had the biggest improvements of the day. We still have a few things to work on, but I’m excited as I see the improvements we are making. We showed the state of Wisconsin how well a team from Muskegon, MI can run!”

[Complete race results can be seen here.](#)

The Jayhawks race next on Friday at the Lansing Invitational at Grand Woods Park in Lansing, Michigan. Go Jayhawks!

### **Cross Country @ Raider XC Invitational hosted by Grand Rapids CC** September 23, 2016 @ 3:15 pm - 5:00 pm

#### Final

The Muskegon Community College Jayhawk Women’s Cross Country team finished in 6th place at the Grand Rapids Community College Raider Invitational. The women were the top NJCAA team and defeated Grand Rapids Community College, Mid-Michigan Community College, Schoolcraft College, Grace Bible College, and Northwood University. The Jayhawks improved from their MSU performances led by freshman Ana Swanson (Kent City HS) who ran a season best 20:47 for the 5k distance and finished in 30th place out of 85 finishers. Rounding out the top 5 in order were freshman Kendra Irvine (Reeths Puffer HS) in 21:06, freshman Bailey Umstead (Fruitport HS) in a season best 21:08, sophomore Breunisje Kass-McGrady (Western Michigan Christian HS) in a season best 21:35, and freshman Jenee Hall (Marion HS) in a personal best 22:15. “Ana Swanson is really turning the corner!” said Coach Dan Fishel. “In the beginning of the season, she was barely in the top 5, and now she’s leading the team with her best time in 2 years! Bailey and Jenee are improving every race, and we’ve had 3 races with 3 different top runners! A lot of things went wrong at the MSU meet for us, so I’m very pleased our ladies bounced back in a big way! At MSU, Grand Rapids CC beat us by 5 points, and today we beat them by 15 points! If the ladies keep following the plan, we have the potential for great times ahead!”

[Complete race results here.](#)

The Jayhawks race next on Saturday, October 1st at the Wisconsin Lutheran Warrior Invitational in West Allis, Wisconsin. Go Jayhawks!

### **Cross Country @ Spartan Invitational hosted by MSU 9/16/17** September 16, 2016 @ 11:50 am - 5:00 pm

#### Final

The 24th-ranked Jayhawk team finished in 5th place out of full community college teams Friday at the Auto Owners Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course. Leading the way for Lady Jayhawks for the first time was freshman Bailey Umstead (Fruitport HS / Fruitport, MI) taking 13th place out of 36 runners in the full team scoring with a time of 26:02 for the 6k distance. Rounding out the top 5 were freshman Ana Swanson (Kent City HS / Ravenna, MI), freshman Kendra Irvine (Reeths-Puffer HS / Muskegon, MI), sophomore Breunisje Kass-McGrady (Western Michigan Christian HS / Ravenna, MI), and freshman Jenee Hall (Marion HS / Marion, MI). “I was really impressed by Bailey and Ana making big strides at today’s 6k race,” said Coach Dan Fishel. “Our women were a little banged up today along with having a shortened warm-up due to certain circumstances and that contributed to times slightly slower than we wanted. This ladies team has really been working hard and improving in practice, so I know we are due for some big improvements soon.”

[Full race results here.](#)

The Jayhawk race next on Friday at the Raider Invitational hosted by Grand Rapids Community College at Riverside Park. Go Jayhawks!”

**Cross Country @ Vanderbilt Invitational hosted by Hope College**  
September 3, 2016 @ 10:30 am - 5:00 pm

Final

The MCC men’s cross country team began their season at the Vanderbilt Invitational hosted by Hope College at Ridgpoint Community Church in Holland, Michigan. This year’s invite was a dual meet against Hope College’s best runners, and the Jayhawk men had a solid start to the season for the most part. The race-time temperature was near 70 degrees.

For nearly 3 miles, Collins Kipkoech (Anestar Boys High School / Eldama Ravine, Kenya) shared the lead with the top 2 Hope College runners while running comfortably at about 5:15 per mile pace over the challenging course. Ernesto Gutierrez (Muskegon High School / Muskegon, MI) was leading a chase pack that included Brandon Harthorn (Cedar Springs High School / Cedar Springs, MI), Bobby Haskin (West Catholic High School / Grant, MI), and Zeke Clark (Mona Shores High School / Muskegon, MI). In the last 2 miles, Kipkoech faded while Haskin picked up the pace to finish as the top Jayhawk, finishing in 6th place out of 22 finishers with a time of 28:21 in his first ever 8k race! Following Haskin across the line were Kipkoech (8th), Harthorn (9th), Gutierrez (10th), and Clark (15th). The first 4 MCC runners were only 5 seconds apart with Clark running a 29:13. Following Clark were Kody Brooks (Fruitport High School / Muskegon, MI) in 30:21 (18th) and Andrew Evans (Reeths Puffer High School / Muskegon, MI) in 33:32 (22nd). Harthorn, Clark, Brooks, and Evans also all finished their first-ever 8k races.

“Collins has been our leader during the first 4 weeks of practice, but he didn’t eat breakfast today and was very dehydrated,” said Coach Dan Fishel. “Your body is like a car in a way. You can have a fast car, but if you don’t gas in your car, it’s hard to go fast. I was proud of the way the guys ran today! Bobby gained confidence in the last mile to lead us today. Ernie showed a lot of sophomore leadership to the freshmen guys in the middle miles, but I was most impressed today with Brandon Harthorn! Brandon probably ran the most complete race of the men based on his workouts. Our men are young, hard-working, and I’m excited about our future!”

[Click here for complete race results.](#)

The Jayhawks compete next on Friday, 9/16 at the Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course in East Lansing, Michigan.