

# WOMEN'S CROSS COUNTRY 2017-18 RECAPS

## **Women's Cross Country NJCAA Nationals hosted by Iowa Central CC**

November 11, 2017 @ TBD

The women's team finishes 30<sup>th</sup> at the National meet.

The Muskegon Community College women's cross country teams competed at the NJCAA Division 1 National Championships in Fort Dodge, Iowa. Less than ideal conditions greeted runners with a race-time temperature in the 30's with wind and light rain.

The women had the most complete team race of the day finishing in 30th place out of 42 full teams. Leading the way for the women was sophomore Kendra Irvine (Reeths-Puffer HS) taking 136th place out of 309 finishers with a time of 20:41. Running personal best or season best times were freshman Madison Cook (Newaygo HS) 21:12 season best time, freshman Katana Daniely (Fruitport HS) 21:55 personal best time, and freshman Kelly Brown (Fruitport HS) 22:09 personal best time.

"Our women were the underdog team of the two of our teams competing at nationals," said Coach Dan Fishel. "Our men were ranked 25th in the last rankings but our women only received 3 honorable mention national votes. That didn't bother our women as they all had great races and actually finished higher than our men. Our women had a higher percentage of personal best times at our last race. I'm very proud of our women's team this year and the journey we've had. Going into this past summer, we had a roster of 10 women, but for one reason or another, I started the season with my smallest women's team roster of 6. Although I was originally worried, my worries quickly disappeared as these 6 women worked so hard and bonded so well! I don't think I could have asked for any better team to coach this fall. We will greatly miss Kendra next fall, but I have a great feeling the other 5 women will continue to improve and defy the odds next year.

## **Women's Cross Country NJCAA at Region XII & MCC Championship hosted by Lansing CC**

October 28, 2017 @ TBD

Women's team finishes 6th.

The Women's Cross Country team competed in the Region XII & MCCA tournament at Grand Woods Park in Lansing, MI.

Sophomore Kendra Irvine (Reeths-Puffer HS) led the women, finishing in 23rd place with her college best 5K time of 20:41. Also running season best times were freshman Madison Cook (Newaygo HS) finishing in 35th place at 21:31, freshman Kelly Brown (Fruitport HS) in 38th place at 22:15, and freshman Sydney Armstrong (Holton HS) in 41st place at 22:29. "Our women continue to put in hard work and improve," said Coach Fishel. "Our team 5k top 5 average time of 21:34 was our best of the season, and I'm very proud of our team. I was extra proud of Kendra Irvine who put it all together and ran a smart race out there. She has been a

very positive role model for her freshman teammates this year.” The women’s team will find out on Wednesday if they qualify as a team for Nationals.

### **Women’s Cross Country at Jayhawk Invitational**

October 13, 2017 @ 1:30 pm - 5:00 pm

Women's team finishes 13th in Jayhawk Invitational.

University Park Golf Course was the host site for the Jayhawk Cross Country Invitational on Friday, 10/13.

Freshman Hannah Heintzelman (Cedar Springs HS) led the women taking 78th place out of 190 finishers with a time of 20:40 for the 5k. Katana Daniely (freshman/Fruitport HS) had the best run on the team today with a personal best time (by 25 seconds) of 21:56. “Our women improved our best team average time from last week by 1 second,” said Coach Dan Fishel. “Although we are making gradual improvements, we need to stick to the race plan and have the entire team run season breakthrough races at regionals if we want to qualify for nationals. We have 2 weeks of good training to do this, and I believe our women’s team can do it”.

The next action for the team will be the Region XII and MCCA championships at Grand Woods Park in Lansing, Michigan on Saturday, 10/28 at noon.

### **Women’s Cross Country at the Lansing Invite hosted by Lansing CC**

October 6, 2017 @ 1:30 pm - 5:00 pm

Women finish 9<sup>th</sup> at Lansing Community College Invitational.

Muskegon Community College traveled to Grand Woods Park in Lansing to compete at the LCC Invitational.

The top finisher for the women was freshman Hannah Heintzelman (Cedar Springs HS), taking 46th place out of 173 finishers with a time of 20:49 for the 5k. Finishing 2-6 on the team in order were sophomore Kendra Irvine (Reeths Puffer HS) in 21:03, sophomore Madison Cook (Newaygo HS) in 21:46, freshman Katana Daniely (Fruitport HS) in 22:21, freshman Kelly Brown (Fruitport HS) in 22:29, and freshman Sydney Armstrong (Holton HS) in 22:47.

“Our women ran pretty well!” said Coach Dan Fishel. “Last week everyone had a 6k personal best, so it’s hard for everyone to PR in back-to-back weeks, but we had multiple 5k PR’s! This was only our 2nd 5k of the season after back-to-back 6k’s, so we had to get used to racing a 5k again. Everyone PR’ed when we ran back-to-back 6k’s, so I can’t wait for next week when we’ve run back-to-back 5ks.”

Next up the Jayhawks will host their own event, the Jayhawk Invitational, at University Park Golf Course on Friday, 10/13. The men’s race will go off at 1:30 pm followed by the women at about 2:15 pm.

### **Women’s Cross Country at the Warrior Invite hosted by Wisconsin Lutheran College**

September 30, 2017 @ 11:00 am - 3:00 pm

Women's team finishes 6th

The Jayhawk Cross Country teams traveled to Wisconsin to run in the Warrior Invitational on Saturday.

The women's team had their best team race as EVERYONE had a 6k personal best race including Hannah Heintzelman (freshman/Cedar Springs HS) by 29 seconds, sophomore Kendra Irvine (Reeths Puffer HS) by 55 seconds, freshman Madison Cook (Newaygo HS) by 52 seconds, freshman Katana Daniely (Fruitport HS) by 1 minute, 40 seconds, freshman Sydney Armstrong (Holton HS) by 2 minutes, 5 seconds, and freshman Kelly Brown (Fruitport HS) by 1 minute, 16 seconds. Heintzelman led the women taking 16th place out of 137 finishers.

"Our women's team ran their best races of the season, and I'm very proud of them all!" said Head Coach Dan Fishel.

Next up for both teams is the Lansing Community College invitational at Grand Woods Park on Friday, 10/6.

### **Women's Cross Country at the Raider XC Invite hosted by GRCC**

September 22, 2017 @ 3:15 pm - 7:00 pm

No results.

### **Women's Cross Country at the Spartan Invite hosted by MSU**

September 15, 2017 @ 11:50 am - 4:00 pm

Jayhawks run hard at MSU Invitational.

The Muskegon Community College Jayhawks competed in the Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course in East Lansing, MI.

The top finisher for the women's team was Hannah Heintzelman (Freshman/Cedar Springs). She finished the 6k course as the 15th place NJCAA runner out of 52 finishers. Rounding out the top 5 for the women were Kendra Irvine (Reeths Puffer HS), Madison Cook (Newaygo HS), Katana Daniely (Fruitport HS), and Kelly Brown (Fruitport HS).

"The teams ran hard but tired due to the heat, sickness (on the women's team), and tired legs", said Head Coach Dan Fishel. "Although the meet was unscored, we still would have beat the majority of the community college teams in the race".

Next up will be a trip to Riverside Park in Grand Rapids for the GRCC Invite on Friday, 9/22. Race time is 3:15 pm.

### **Women's Cross Country at the Vanderbilt Invite hosted by Hope College**

September 2, 2017 @ 10:30 am - 3:00 pm

Women finish 5th in the first meet of the 2017-18 Cross Country Season.

The Jayhawk cross Country teams both competed in Holland, MI on Saturday in the Vanderbilt Invitational.

For the women it was Kendra Irvine (Sophomore – Reeths-Puffer HS) as the top Jayhawk finisher at 28th with a 21:03 for the 5K. Hannah Heintzelman (Cedar Springs HS) finished 32nd in 21:15, followed by Madison Cook (Newaygo HS) in 21:52.

“I was proud of how our guys started the season today,” said Coach Dan Fishel. He continued “And I thought our women had a great start to the season, and I’m proud of them all”.

Next up for the teams is the Auto Owner’s Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course on Friday, 9/15.