

WOMEN'S CROSS COUNTRY 2018-19 RECAPS

Women's Cross Country at NJCAA Nationals hosted by Garden City Community College

November 10, 2018 @ 12:00 pm - 1:00 pm

Jayhawks finish 15th of 38 teams at NJCAA National Championship

The Muskegon Community College Jayhawk women closed out their 2018 season with a fine 15th place finish at the Cross Country Nationals in Garden City, KS over the weekend. MCC entered the contest ranked 18th and their 15th place finish was the second highest national finish by any Jayhawk Cross Country team. The weather was a blustery 45 degrees and the course was one of the most challenging of the year but the ladies raced past all Midwest Juco's and inserted themselves as one of the premier D2 Junior Colleges by beating several D1 programs.

Just like the rest of the season it was Maddy Windberg (Spring Lake HS) who was the Jayhawk's top finisher in 54th place, followed closely by Grace Sweet (Reeths-Puffer HS) in 60th place. Haylee Ray (Grand Haven HS) ran her best race of the year and finished in 117th. Rounding out the scoring for the Jayhawks were Ellie Nausadis (Newaygo HS) and Kendra Johnson (Fruitport HS).

"I've been very proud of these ladies all season," said Head Coach Mike Smith. "They just keep getting better and better. They are a pleasure to coach and should be looking at a top 10 finish next year!"

Women's Cross Country at NJCAA Region XII & MCCA Championship hosted by Lansing Community College

October 27, 2018 @ TBD

MCC runners finish runner up at NJCAA Regional Meet.

The MCC women's cross country team finished runner-up to Lansing Community College at the Region XII Championship. This is the first time in school history that either team brought home a trophy from this meet.

In the women's race the Jayhawks finished 2nd with 51 points to Lansing's 37 points with 15 teams competing. Four Jayhawk harriers made All-Region. Maddy Windberg (Spring Lake HS) finished 5th in 19:40, Grace Sweet (Reeths-Puffer HS) was 6th in 19:57, Adele Cory (Mona Shores HS) was 9th in 20:25, and Ellie Nausadis (Newaygo HS) was 13th in 20:48. Rounding out the scoring was Kendra Johnson (Fruitport HS) in 18th at 21:09. Their team time of 1:42:01 places them as the second fastest MCC Cross-Country team on the All-Time List.

"I felt the ladies really put themselves out there during the race, made good choices and took some chances," said Coach Mike Smith. "Maddy and Grace looked strong from start to finish, Adele came to the meet a little banged up would didn't let that show during the race which is a sign of a mature runner and Ellie raced smart and moved through the pack to score. Kendra always gives her best and today was no exception."

The Jayhawks will compete in Garden City, KS at the NJCAA National meet on Saturday, 11/10.

Women's Cross Country at Jayhawk Invitational hosted by Muskegon Community College

October 12, 2018 @ 1:45 pm - 2:45 pm

Women's Team also place sixth in own 5K.

The Muskegon Community College's women team finished sixth with 178 points as host of The Jayhawk Invitational Cross Country Festival at University Park Golf Course. Michigan State won the women's team title with 15 points in the 19-team meet. MCC was the second-best community college in the meet and placed ahead of Division 3 teams Hope College B Team and Calvin College B Team. Maddy Windberg (Spring Lake HS) came in 25th, Grace Sweet (Reeths-Puffer HS) 26th, Adele Cory (Mona Shores HS) 29th, Kendra Johnson (Fruitport HS) 45th and Ellie Nausadis (Newaygo HS) 53rd for the Jayhawks.

The women return to action on Saturday, 10/27 when they travel to Lansing to compete in the MCCA/NJCAA Region XII Championship at Grand Woods Park.

Women's Cross Country at Lansing Invitational hosted by Lansing Community College

October 5, 2018 @ 1:30 pm - 2:30 pm

Final

The Jayhawk Women's team finished 9th out of 25 teams at the Lansing Community College Invitational and 2nd out of the 12 Junior Colleges in the race. Their team time of 1:43.42 places them as the 3rd fastest MCC team time ever. They raced past Macomb Community College (currently ranked ahead of the Jayhawks) by 70 pts. Once again the team was lead by Maddy Windberg (Spring Lake HS) with a life time PR of 19:34. Chasing her with their best races of the season were Grace Sweet (Reeths-Puffer HS) 20:15, and Ellie Nausadis (Newaygo HS) 20:42. Finishing out the scoring with solid races to help the team were Adele Cory (Mona Shores HS) 21:30 and Kendra Johnson (Fruitport HS) 21:39.

"I'm incredibly proud to coach these Jayhawks along with the help of Coach Derrick Cook," said Coach Mike Smith. "We can't wait to see what the next few weeks have in store for us."

They return to action on Friday, 10/12 when they host the Jayhawk Invitational at University Park Golf Course. The men's 8K starts at 1:00 pm, followed by the women's 5K at 1:45 pm.

Women's Cross Country at GRCC Raider XC Invitational hosted by Grand Rapids Community College

September 22, 2018 @ 3:00 pm - 4:00 pm

Final

Muskegon Community College finished 9th overall in the Raider Invitational on Saturday. They were the 1st of 3 JUCO team to finish. Maddy Windberg (Spring Lake HS) ran a super race with a top 30 finish of 19:26. Getting out strong and pushing herself the entire race was Adele

Cory (Mona Shores HS) with a 19:51. Also scoring for the Lady Jayhawks were Grace Sweet (Reeths-Puffer HS) at 20:08, Kendra Johnson (Fruitport HS) at 20:54 and Danielle Jurcich (Whitehall HS) at 25:14.

“What impressed me the most with their effort was the positive attitude going into the race,” said Coach Mike Smith.

The Jayhawks will be back in action on Friday, 10/5 when they travel to the Lansing Invitational at Grand Woods Park.

Women’s Cross Country at Spartan Invitational hosted by Michigan State University

September 14, 2018 @ 12:15 pm - 1:15 pm

Final

The Muskegon Community College Cross-Country teams raced Friday at Michigan State University along with 30 other colleges. The Jayhawk women’s team was the 3rd place JUCO finisher and 20th overall. The Jayhawks were lead once again by Maddy Windberg (Spring Lake HS) followed by Grace Sweet (Reeths-Puffer HS). Also scoring were Ellie Nausiadis (Newaygo HS), Adele Cory (Mona Shores HS), and Haylee Ray (Grand Haven HS).

“For most of the team it was their first 6k and again in very warm conditions,” said Coach Mike Smith. “I was proud of how they took some chances. Maddy’s 6K time of 25:18 places her 6th on the all-time Jayhawk 6K and Grace’s time of 26:29 puts her 13th. I felt Ellie and Hayle also made strides forward during the race to help the team finish higher.”

Next up the Jayhawks will compete in the Grand Rapids Community College Invite on Friday, 9/21 at Riverside Park.

Women’s Cross Country at Jeff Drenth Memorial hosted by Central Michigan University

August 31, 2018 @ 10:35 am - 11:35 am

Jayhawk women finish 5th in opening cross country meet.

Muskegon Community College opened the 2018 season with a solid race at Central Michigan’s “Jeff Drenth Memorial” 5k. Although the weather was ideal for a cross country race (low 60’s no wind) the course at Pleasant Hills Golf Course ran about 30-40 seconds slow due to the amount of rain in the last week. The women’s team finished 5th out of the 6 teams competing.

Leading the women Jayhawks was Maddy Windberg (Spring Lake HS) with a 20:14, 33rd place. Also scoring for the lady Jayhawks was Grace Sweet (Reeths-Puffer HS), Adele Cory (Mona Shores HS), Kendra Johnson (Fruitport HS), and Ellie Nausadis (Newaygo HS). The average time for the team was 21:47.

“Over all I was proud of these athletes for getting the first race under their belts and toeing the line with D1 and D3 4 year schools (MSU, CMU, Hillsdale, Alma, and Cleary),” said Head

Coach Mike Smith. “It gave us a great gauge as to where we are at and what we need to do moving forward.”