



2017-18
NORTH TEXAS
CROSS COUNTRY

FACT AND RECORDS BOOK

MEAN GREEN™

Cross Country



profiles

↳ Cross Country Coach



Kevin Williams

Cross Country Coach

1st at NT ▶ Oklahoma '13

Williams is entering his first year at North Texas as cross country coach and assistant coach for track and field.

Williams comes to the Mean Green after spending two seasons at the University of Portland. The 2016-2017 year was filled with accomplishments, including a West Coast Conference title and

Cross Country Nationals at large bid for the Lady Pilots. Lauren LaRocco earned All-America and was West Coast Conference individual champion. The women also qualified six distance athletes for the NCAA West Regional Championships and two Pilots, Grace McConnochie and Taryn Rawlings qualified for the NCAA Outdoor National Championships.

The Pilot men also had a great 2016-2017 earning an automatic bid to the NCAA Cross Country Championships where they finished 13th. The season was highlighted by five Pilots earning All-West Region honors. On the track, the Pilots qualified an athlete to the NCAA West Region in every distance event (eight total) and had a program record eight men under 30:00 for 10k (most in the NCAA). Jeff Thies and Noah Schutte both advanced to the NCAA final in their respective events earning themselves All-America honors. Junior Jeff Thies also set the school record in the 1500m multiple times.

During the 2015-2016 season, LaRocco earned All-America honors in both the 5k and 10k leading the Lady Pilots to their highest finish at the NCAA Outdoor Track Championships. The women also earned the No. 2 overall GPA for NCAA Division I Track and Field. Senior Reid Buchanan earned All-America honors in the indoor 3k and outdoor 10k. After an incredible season where he broke three program records and achieved multiple nation leading times, senior Woody Kincaid finished eighth at the US Olympic Trials in the 5000m where he was the top collegiate finisher. Both Buchanan and Kincaid have begun successful professional careers since graduating.

As a student-athlete, Williams competed in 2008-13 at the University of Oklahoma, where he graduated with a degree in Marketing. Williams was a member of the first four teams to qualify for the NCAA Cross Country National Championships where the team had three consecutive top ten finishes (fifth, sixth, and eighth). As a team, the Sooners were twice Midwest Regional Champions and individually Williams was a three-time All-Region placer. Williams was also team captain his senior year. On the track, Williams was a multi-time school record holder, and was all-Big 12 in four different events. He qualified for four NCAA West Regional Championships and was second team All-America in both the Indoor 5,000m and Outdoor 10,000m. The Sooners also captured their only Indoor Big 12 title in Williams' freshmen season in 2009. Williams was also the male student athlete of the year at OU in 2013.

Williams is originally from Lakewood, Colorado where he was a seven-time state champion for D'Evelyn High School. During his prep career, Williams qualified for the US Junior National Team in cross country and competed in the 2008 World Cross Country Championships. Williams was a 2007 Footlocker Cross Country Nationals Qualifier, and earned All-America status on the track in the 3,200m at the Nike Outdoor Nationals.

Williams is married to the former Molly Ferguson. She was a track athlete at the University of Oklahoma. Together they have one son, Thomas.

The Williams File

Alma Mater: Oklahoma '13

Family: Molly (Wife), Thomas (Son)

Coaching Experience

2017-present: Cross Country coach and assistant track, North Texas

2015-2017: Assistant Coach, University of Portland



↳ **Men**

<u>Name</u>	<u>Event</u>	<u>Class</u>	<u>Hometown</u>	<u>Last School</u>
Frank Bearden	Distance	JR	Cleveland, OH	Garden City CC
Jack Beaumont	Distance	FR	Winton, New Zealand	Central Southland College
Shane Bracken	Distance	FR	Mayo, Ireland	St. Joseph's secondary school
Alex Cleveland	Distance	SO	Euless, Texas	Lamar
Tim Jones	Distance	SO	Allen, TX	Allen HS
Zach Kirkland	Distance	SR	Northlake, TX	Northwest HS
Mike Lowe	Distance	SR	Nelson, New Zealand	Nelson College
Florian Lussy	Distance	SO	Oberdorf, Switzerland	Berufsfachschule Sarnen
Matthew Morgan	Distance	FR	Denton, TX	Denton Guyer HS
Hayden Murphy	Distance	SO	Grapevine, TX	Grapevine HS
Rick Nally	Distance	SR	Dublin, Ireland	University College Dublin

↳ **Women**

<u>Name</u>	<u>Event</u>	<u>Class</u>	<u>Hometown</u>	<u>Last School</u>
Cassidy Adams	Distance	JR	Justin, TX	Justin Northwest HS
Monica Carroll	Distance	FR	Desoto, TX	Desoto HS
Rea Iseli	Distance	JR	Taufellen, Switzerland	University of Bern
Darrian Johnson	Distance	SO	Houston, TX	Cypress Creek HS
Victoria Junious	Distance	SR	Arlington, TX	Lamar HS
Susannah Lynch	Distance	JR	Wellington, New Zealand	University of Otago
Kacie Mayberry	Distance	SO	Austin, TX	St. Dominic HS
Kellee McCann	Distance	JR	Newark, TX	Syracuse University
Eva Mora	Distance	FR	Saginaw, TX	Saginaw HS
Christina Moralez	Distance	SR	Corpus Christi, TX	Richard King HS
Baylee Nelson	Distance	JR	Justin, TX	Justin Northwest HS
Tori Valka	Distance	SO	Spring, TX	Oak Ridge HS
Brittany White	Distance	SR	Flower Mound, TX	Flower Mound HS
Jennifer White	Distance	SO	League City, TX	Clear Falls HS
Olivia Zint	Distance	FR	Pottsboro, TX	Pottsboro HS

Coaches

Kevin Williams - Cross Country Coach



Alex Cleveland

Distance

So. ▶ 5-10
Euless, TX ▶ (Lamar)

2016-17

Cross Country

-Placed 12th at the Baylor Twilight Invitational

with a time of 12:31.7

-Finished a season-best 8th at the Ken Garland Invitational with a time of 20:31.6

-Came in 53rd at the Chile Pepper Festival with a career-best time of 25:30.5 in the 8k

-Placed 198th at the Pre-National Invitational with a time of 25:56.7

-Came in 22nd at the C-USA Championships with a time of 25:34.6

-Finished 50th at the NCAA South Central Regional with a time of 32:06.8

2015-16

-Finished 15th in the mile run at the Houston Indoor Invite.

-Placed fifth in the 3,000-meter run at the Herm Wilson Invite.

-Was 34th in the 3,000m run at the C-USA indoor championships

-Finished 16th in the 5,000-meter run at the C-USA indoor championships

High School

-Four-year letterman in cross country and three-year letterman in track.

-Named All-State his senior year after a PRs of 9:29 (3200), 15:34 (5K), 4:23 (1600).

-Voted all-region and all-area in both track and cross country his senior season.

-Two-time winner of Grapevine's Cross Country and Track "G" Award.

-Picked all-area and all-region in both his sophomore and junior seasons.

-Bettered his 3200 PR from 10:01 his sophomore season to 9:30 his junior year.

-Coached by Rick Miller and Jeff Nisbet.

-Graduated with a 3.94 grade point average.



Tim Jones

Distance

So. ▶ 5-7
Allen, TX ▶ (Allen HS)

2016-17

Cross Country

-Placed 20th at the Baylor Twilight Invitational with a time of 12:42.0

-Finished 6th at the Gerald Richey Invitational with a time of 15:49.9

-Came in 18th at the Ken Garland Invitational with a time of 20:57.4

-Placed 69th at the Chile Pepper Festival with a time of 25:56.5

-Finished 238th at the Pre-National Invitational with a time of 26:37.2

-Placed 39th at the C-USA Championships with a career-best time of 26:21.5 in the 8k

High school

-Named District 6-6a all-district first team

-Qualified for the state race in Round Rock with an eighth-place finish at the 6A Region I meet

-Finished 79th at the UIL 6a state championships

-Placed second at the UIL District 6-6a meet

-Came in 24th at the NXN South Regional



Zack Kirkland

Distance

Sr. ▶ 5-10
Austin, TX ▶ (McNeil HS)

2016-17

Cross Country

-Placed 45th at the Baylor Twilight Invitational with a time of 13:23.0

- Finished 10th at the Gerald Richey Invitational with a time of 16:16.6
- Placed 20th at the Ken Garland Invitational with a career-best time of 20:58.2
- Came in 73rd at the Chile Pepper Festival with a time of 26:03.8
- Placed 257th at the Pre-National Invitational with a time of 27:11.6
- Finished 30th at the C-USA Championships with a career-best time of 25:55.7 in the 8k
- Placed 101st at the NCAA South Central Regional with a time of 34:07.6

2015-2016

Track

- During outdoors, had a season-best time of 1:52.74 in the 800-meter run at the Bryan Clay invitational
- Finished ninth in the 1500-meter run at the C-USA outdoor championships
- Was 28th in 5,000-meter run at the C-USA outdoor championships
- Ran with the 4x400-meter run, 4x-800 relay team and helped the Sprint Medley relay team finished eighth at the Texas Relays
- Finished fourth in the mile run at the C-USA indoor championships
- Had a season-best time of 1:56.84 in the 800-meter run at the Texas A&M indoor invite.
- Placed sixth in the 1000-meter run at the Kansas State invite.
- Was 29th in the 3000-meter run at the C-USA indoor championships
- Helped the Distance Medley relay team finish fourth at the C-USA indoor championships
- Was a part of the 4x400-meter relay team that placed seventh at the Kansas State indoor invite.

Cross Country

- Finished 28th at the Baylor Twilight Invitational with a time of 20:06.6
- Placed 17th at the Gerald Richey Invitational with a time of 15:55.8
- Placed 18th at the Ken Garland Invitational with a time of 21:07.0
- Finished 40th at the C-USA Championships with a time of 25:57.69

High School

- Ran a personal-best 5K time of 15:45
- Ran a personal-best 3200M time of 9:28
- Was a two time state qualifier in the 800M and 1600M
- Named academic all-state for cross country and track



Mike Lowe

Distance

Sr. ▶ 6-0
Nelson, New Zealand ▶
(Nelson College)

2016-17

Cross Country

-Placed 5th at the Baylor Twilight Invitational with a time of 12:22.1

- Finished 10th at the Ken Garland Invitational with a time of 20:38.0
- Placed 31st at the Chile Pepper Festival with a time of 24:56.5
- Came in 226th at the Pre-National Invitational with a time of 26::19.5
- Placed 19th at the C-USA Championships with a time of 25:25.8
- Earned third team all-conference after finishing top-21 at C-USA championships
- Finished 46th at the NCAA South Central Regional with a time of 31:59.4

2015-16

Track

- Was 12th in the 5,000-meter run at the C-USA outdoor championships
- Ran a career-best time of 30:33.63 in the 10,000-meter run at the Mt. SAC relays
- Finished sixth in the 1500-meter run at the Bobcat classic
- Earned a fifth place finish in the 10,000m run at the C-USA outdoor championships
- Finished sixth in the mile run at the Kansas State indoor invite.
- Earned first place in the 3,000-meter run at the Texas A&M invite.
- Placed fourth in the 3,000m run at the C-USA indoor championships
- Also placed fourth in the 5,000-meter run at the C-USA indoor championships

Cross Country

- Finished ninth at the C-USA Championships with a time of 24:57.9
- Named C-USA All-Conference after coming in ninth
- Placed 47th at the NCAA South Central Regional with a time of 31:42.1
- Placed 13th at the Baylor Twilight Invitational with a career-best time of 19:16.0 in the 6k
- Finished sixth at the Ken Garland Invitational with a time of 19:40.32
- Came in 20th at the Texas A&M Invitational with a career best time of 24:22.0 in the 8k
- Finished third at the UT Invitational with a time of 25:25.4

2014-15

Track

- Placed seventh in the 10,000-meter run at the C-USA Outdoor Championships with a personal-best time of 33:27.55
- Placed eighth in the C-USA Indoor Championships 5000m and ninth in the 3000m
- Finished fourth in the Masked Rider Open 3000-meter run
- Ran a personal-best 5000-meter time of 14:45.73 at the Bryan Clay Invitational
- Part of the second-place distance medley relay team at the Houston Tune-Up

Cross Country

- Placed 21st in the Conference USA Championships with a time of 25:14.0
- Competed in NCAA South Central Regionals, where he placed 51st (31:19.0)
- Placed 30th at the Baylor Twilight Invitational with a time of 20:13.2
- Placed 10th at the Gerald Richey Invitational with a time of 15:30.0
- Placed 14th at the Ken Garland Invitational with a time of 20:59.5

High School

- Was the New Zealand Junior 3000M Champion in 2014
- Was the New Zealand Youth Cross Country Champion in 2011
- Was a School Prefect at Nelson College



Florian Lussy

Distance

So. ▶ 5-9
Oberdorf, Switzerland

2016-17

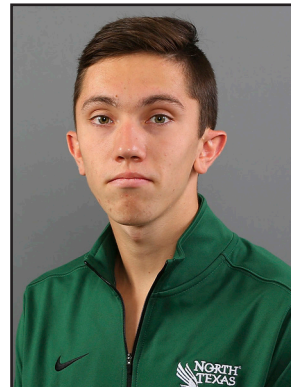
Cross Country

-Earned first collegiate title at the Baylor

- Twilight Invitational with a time of 12:13.7
- Placed 131st at the Pre-National Invitational with a time of 25:28.3
- Finished 18th at the C-USA Championships with a time of 25:19.1
- Earned third team all-conference after placing 18th
- Came in 16th at the NCAA South Central Regional with a time of 31:02.4
- Named all-region after finishing 16th at the NCAA South Central Regional

High school

- Is a two-time U20 European cross country championship qualifier
- In 2013, he won the U20 Swiss National Cross Country championship
- He is a 10-time age group champion of central Switzerland in the 800 meters, 1500m and cross country
- In 2015, Lussy was the champion in the 800m, 1500m in central Switzerland
- His personal best time in a 5000m is 14:37.84 and has a career best time of 3:53.54 in the 1500 meters.



Hayden Murphy

Distance

Fr. ▶ 5-7
Grapevine, TX ▶
(Grapevine HS)

2016-17

Cross Country

- Placed 24th at the Baylor Twilight Invitational with a time of 12:52.8.
- Finished 7th at the Gerald Richey Invitational with a time of 15:58.1
- Came in 39th at the Ken Garland Invitational with a time of 22:22.4
- Placed 112th at the Chile Pepper Festival with a time of 27:07.4

High school

- Has accumulated nine top 10 finishes in his high school career
- Earned a first place finish at the UIL 5A Region I championship with a time of 15:19.86
- Ran a personal best 5k time of 15:20.20 in the McNeil Invitational coming in seventh in 2015.
- In track, Murphy runs the 1600 meters and the 3200m posting multiple top five finishes in high school
- His best time in the 1600m is 4:27.80 at the district 6-5a meet in 2015
- In the same meet, he ran a personal-best time in the 3200m (9:46.50), finishing second.



Rick Nally

Distance

Sr. ▶ 5-8
Dublin, Ireland ▶
(University College Dublin)

2016-17

Cross Country

- Placed 37th at the C-USA Championships with a time of 26:12.4
- Finished 64th at the NCAA South Central Regional with a time of 32:31.0

University College Dublin

- Ran a personal best 800-meter time of 1:55.86
- In the 1500-meter run, has a personal best time of 3:54.54
- His 3,000-meter time of 8:49.15 ranked first in Ireland
- Best indoor mark in the 1500m is 3:58.72



Frank Bearden

Distance

Jr. ▶ 5-7
Cleveland, OH ▶
(Garden City CC)

Garden City CC

-Ran five 8k races as a freshman at Garden City, including a 53rd place finish

at the Emporia State XC Invitational

-Placed 124th at the Fort Hays State Tiger Open with a season-best time of 29:26.2

-Finished 121st at the 2016 Fort Hays State Tiger Open with a career-best time of 29:03.0

-Competed at the NJCAA D1 National Cross Country Championships in 2015 and 2016

-Came in 72nd at the 2016 Region VI XC Championships



Jack Beaumont

Sprints

Fr. ▶ 6-0
Winton, New Zealand ▶
(Central Southland College)

Central Southland College

-Finished ninth at the World Mountain Running Championships

-Holds 11 New Zealand running records, including three set in the last two years

-School record time of 33:05.51 in the 10,000-meter run

-School record time of 15:31.11 in the 5000-meter run

-School record time of 9:21.69 in the 3000-meter steeplechase run



Shane Bracken

Distance

Fr. ▶ 6-1
Mayo, Ireland ▶
(St. Joseph's secondary school)

St. Joseph's secondary school

-All-Ireland champion in the 1500-meters in outdoor and indoor

-Finished ninth in Ireland cross country championships

-Personal best time of 3:57 in the 1500m

-Ran a personal best time of 8:48 in the 3000-meter run

-Placed 21st at the U18 Irish Life National Championships with a time of 19:57



Matthew Morgan

Distance

Fr. ▶ 5-11
Denton, TX ▶
(Denton Guyer HS)

Denton Guyer HS

-Ran a career-best time of 16:10.0 in 5k during the cross-country season

-Finished fourth with a career-best time of 4:33.96 in the 1600-meter run at the Northwest Texan Invitational

-Came in first place in the 1600m at the Keller David Park relays

-Was part of the 4x800-meter relay team that finished third at the Denton Ryan Relays

-Also finished first in the 3200-meter run at the Keller David Park relays



Cassidy Adams

Distance

Jr. ▶ 5-4
Justin, TX ▶
(Justin Northwest HS)

2016-17 Cross Country

- Placed 52nd at the C-USA Championships with a career-best time of 19:09.3 in the 5k
- Came in 93rd at the NCAA South Central Regional with a career-best time of 23:45.1 in the 6k
- Placed 51st at the Baylor Twilight Invitational with a time of 15:56.6
- Finished 21st at the Ken Garland Invitational with a time of 19:48.7
- Came in 17th at the Gerald Richey Invitational with a time of 19:26.1
- Finished 53rd at the Chile Pepper Festival with a time of 18:22.5

2015-16

Track

- During indoors, ran a career-best time of 5:22.39 to place eighth in the mile run at the Herm Wilson Invite
- Ran a time of 5:25.41 in the mile run to place 25th at the Houston Indoor Invite
- Placed 31st with a time of 5:27.64 in the mile run at the C-USA indoor championships
- Ran a career-best time of 3:15.94 in the 1000 meter run to place 14th at the Kansas State Invite
- Ran a career-best time of 11:03.36 in the 3000 meter run to place 10th at the Texas A&M Invite
- Placed 20th in the 3000 meter run at the Herm Wilson Invite

2015-16

Cross Country

- Placed 54th at the C-USA Championships with a time of 19:31.2
- Came in 126th at the NCAA South Central Regional with a time of 24:13.9
- Placed 26th at the Baylor Twilight Invitational with a time of 15:10.2
- Finished 27th at the Ken Garland Invitational with a season best time of 19:26.34 in the 5k
- Came in 121st at the Texas A&M Invitational with a season best time of 24:02.6 in the 6k
- Finished 16th at the UT Invitational with a time of 19:32.2

High School

- Earned four varsity letters for cross country
- Earned four varsity letters for track and field
- Played water polo for two years and two years on swimming and diving team
- Ran one mile time of 5:15
- Ran 5k time of 18:55 and had two mile time of 11:25
- Was academic all-state in cross country and track & field
- Was a cross country state qualifier in 2014
- Was a 3200 meters regional qualifier in 2014



Victoria Junious

Distance

Sr. ▶ 5-10
Arlington, TX ▶ (Lamar HS)

2016-17 Cross Country

- Placed 60th at the Baylor Twilight Invitational with a career-best time of 16:21.6
- Finished 54th at the Ken Garland Invitational with a time of 21:41.0

2015-16

Track

- During indoors, ran a season-best time of 1:29.88 in the 600 yard run to place eighth at the Kansas State Invite
- Ran a season-best time of 2:15.77 in the preliminaries of the 800 meter run at the C-USA indoor championships
- Placed 11th with a time of 2:20.93 in the 800 meter run with at the Herm Wilson Invite
- Was part of a 4x400 meter relay team that placed seventh with a time of 4:00.99 at the Kansas State Invite
- Was also part of a 4x400 meter relay team that finished 14th with a time of 4:01.07 at the Houston Indoor Invite
- Ran a career-best time of 2:15.38 in the preliminaries of the 800 meter run at the C-USA outdoor championships
- Placed ninth in the 800 meter run at the UTA Invitational (2:18.03) and 11th in the 800 meter run at the John Jacobs Invitational
- Ran a career-best time of 5:00.22 in the 1500 meter run to finish 14th at the Baylor Invitational
- Was part of a 4x400 meter relay team that finished 17th at the Bobcat Classic (3:54.41) and seventh at the UTA Invitational (3:56.59)
- Was also part of a 4x800 meter relay team that placed 10th with a time of 9:25.63 at the Texas Relays

Cross Country

- Placed 68th at the Baylor Twilight Invitational with a time of 17:49.2
- Came in 46th at the Ken Garland Invitational with a time of 21:01.13

2014-15

Track

- Placed eighth in the C-USA Outdoor Championships 800-meter dash
- Was a member of the third-place DMR team at the C-USA Indoor Championships
- Member of the fourth-place 4X4 at the TCU Invite
- Placed fifth in the 800-meter dash at the Texas Invitational

Cross Country

- Placed 64th at the Baylor Twilight Invitational with a time of 17:10.2

High School

- Lettered in track, cross country, and basketball
- Was a regional qualifier for track all four years
- Qualified for state 4X4 relay junior year
- Named academic all-district
- Was a member of MU Alpha Theta Math Society
- Graduated magna cum laude



Susannah Lynch

Distance

Jr. ▶ 5-1
Wellington, New Zealand ▶

2016-17

Cross Country

-Placed 10th at the Baylor Twilight Invitational

with a time of 14:24.8

-Earned her first collegiate title at the Ken Garland Invitational with a time of 18:01.3

-Finished 23rd at the Chile Pepper Festival with a time of 17:32.8

-Placed 4th at the C-USA Championships with a time of 17:19.0

-Earned first team all-conference honors after placing fourth

-Came in 23rd at the NCAA South Central Regional with a time of 21:20.8

-Named all-region after coming in 23rd at the NCAA South Central Regional

High school

-A multi-sport athlete that participated in surfing, triathlon, running and duathlon

-Has earned nine first place finishes in cross country, duathlon, triathlon

-Took 3rd place at the NZSS Triathlon Championships (2008, 2009, 2010)

-She finished 25th at the World XC junior Champs Malta 2012 (2nd new zealand finisher)



Darrian Johnson

Distance

So. ▶ 5-1
Houston, TX ▶
(Cypress Creek HS)

2016-17

Cross Country

-Placed 74th at the Baylor Twilight Invitational with a time of 17:27.3

-Finished 58th at the Ken Garland Invitational with a time of 22:56.2

High school

-Has competed in multiple events, including the 400-meter run, 800-meter run, 4x400-relay and distance medley relay

-Her top time in the 400m came at the Klein Relays at 58.91

-Her personal-best time is 2:20.22 in the 800m at the Klein Relays

-Finished seventh in both the 400m and the 800m at the UIL 6A District 18 championships.



Kacie Mayberry

Distance

So. ▶ 5-6
Austin, TX ▶
(St. Dominic HS)

2016-17

Cross Country

-Placed 73rd at the Baylor Twilight Invitational

with a time of 17:26.8

-Finished 49th at the Ken Garland Invitational with a time of 21:15.0

High school

-Is a two-time state champion in both the 400-meters and the 800-meters in her last two seasons at St. Dominic Savio High School

-Ran a personal-best time of 58.90 at the TAPPS 4A state meet in the 400m

-Set a personal-best time of 2:15.36 in the 800 meters



Christina Moralez

Distance

Sr. ▶ 5-4
Corpus Christi, TX ▶ (Richard King HS)

2016-17

Cross Country

-Placed 15th at the Baylor Twilight Invitational

with a career best time of 14:36.1 in the 4k

-Finished 5th (career best) at the Ken Garland Invitational with a time of 18:48.1

-Placed 35th at the Chile Pepper Festival with a time of 18:02.8

-Came in 19th at the C-USA Championships with a career best time of 18:02.2

-Earned third team all-conference after coming in 19th at the C-USA Championships

-Finished 46th at the NCAA South Central Regional with a time of 22:03.6

2015-16

Track

-Placed ninth with a career-best time of 5:00.76 in the mile run at the C-USA indoor championships

-Finished with career-best time of 2:18.23 in the 800 meter run to place fourth at the Kansas State Invite

-Ran a career-best time of 10:09.18 in the 3000 meter run to place eighth at the Houston Indoor Invite

-Finished 22nd with a time of 10:16.42 in the 3000 meter run at the C-USA indoor championships

-Was part of a distance medley relay team that finished seventh with a time of 11:58.34 in the C-USA indoor championships

-During outdoors, ran a season-best time of 2:17.89 in the 800 meter run to place fifth at the Bobcat Classic

-Ran a season-best time of 4:38.93 in the 1500 meter run to place fifth at the Bobcat Classic

-Finished 10th with a time of 4:46.00 in the 1500 meter run at the C-USA outdoor championships, after posting a time of 4:41.15 in the preliminaries

-Ran a career-best time of 17:43.37 in the 5000 meter run to place 18th at the Bryan Clay Invitational

-Was part of a distance medley relay team that finished sixth with a time of 12:08.34 at the Texas Relays

Cross Country

-Came in 25th at the C-USA Championships with a season-best time of 18:39.2 in the 5k

-Placed 64th at the NCAA South Central Regional with a career-best time of 21:40.8 in the 6k

-Placed 18th at the Baylor Twilight Invitational with a career-best time of 14:41.5 in the 4k

-Finished 15th at the Ken Garland Invitational with a time of 19:03.03

-Came in 87th at the Texas A&M Invitational with a time of 22:55.3

-Finished 20th at the UT Invitational with a time of 19:37.2

2014-15

Track

-Was a member of the third-place Distance Medley Relay team at the C-USA Indoor Championships

-Finished ninth in the C-USA Outdoor Championships 1500-meter run

-Placed fifth in the Bobcat Classic 800-meter run with a personal best 800-meter time of 2:17.06

-Part of the seventh place DMR at the Clyde Littlefield Relays

Cross Country

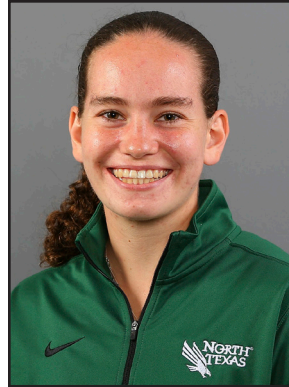
-Placed 34th in the C-USA Cross Country Championships (18:17.60)

-Competed and finished within the top 100 at NCAA South Central Regionals

-Placed 27th at the Baylor Twilight Invitational with a time of 15:04.6

-Placed 40th at the Ken Garland Invitational with a time of 19:45.9

-Placed 70th at the Chile Pepper Cross Country Festival with a time of 18:05.4



Kellee McCann

Distance

Jr. ▶ 5-4
Newark, TX ▶ (Syracuse University)

2016-17

Cross Country

-Placed 40th at the Baylor Twilight Invitational

with a time of 15:31.3

-Finished 15th at the Ken Garland Invitational with a time of 19:26.2

-Came 63rd at the Chile Pepper Festival with a career-best time of 18:35.6 in the 5k

-Placed 45th at the C-USA Championships with a time of 18:56.9

-Finished 120th at the NCAA South Central Regional with a time of 24:40.1

2015 (Syracuse University):

Placed 166th at the Coast-to-Coast Battle in Beantown with a time of 19:23.7 (9/25)... Finished 66th with a time of 19:22.8 at the Harry Lang Invitational (9/5).

High School: Competed in the Texas Relays two mile in 2013 and had a PR of 10:31.25... Regional course record holder...

Personal Records: 1600m [6:18], 3200m [11:23.9], 2 mile [11:19], 5,000m [17:56.66]



Baylee Nelson

Distance

Jr. ▶ 5-6
Haslet, TX ▶
(Justin Northwest HS)

2016-17

Cross Country

-Placed 38th at the Baylor Twilight Invitational

with a time of 15:29.2

- Finished 34th at the Gerald Richey Invitational with a time of 20:02.8
- Placed 24th at the Ken Garland Invitational with a time of 19:54.0
- Came in 94th at the Chile Pepper Festival with a career best time of 19:15.1 in the 5k
- Placed 72nd at the C-USA Championships with a time of 19:43.8
- Finished 123rd at the NCAA South Central Regional with a time of 24:58.4

2015-16

Track

- Ran a career-best time of 2:15.97 in the 800 meter run to place second at the Herm Wilson Invite
- Ran a time of 2:17.82 in the preliminaries of the 800 meter run at the C-USA indoor championships
- Ran a career-best time of 3:03.41 in the 1000 meter run to place seventh at the Kansas State Invite
- Was part of a 4x400 meter relay team that finished sixth at the Herm Wilson Invite (4:00.73) and seventh at the Kansas State Invite (4:00.99)
- Was also part of a distance medley relay team that placed seventh with a time of 11:58.34 at the C-USA indoor championships
- During outdoors, ran a career-best time of 2:16.79 in the 800 meter run to place sixth at the UTA Invitational
- Also ran a time of 2:18.32 in the preliminaries of the 800 meter run at the C-USA Indoor Championships and finished 14th in the 800 meter run at the John Jacobs Invitational (2:18.93)
- Ran a career-best time of 4:55.00 in the 1500 meter run to place ninth at the Baylor Invitational
- Was part of a 4x400 meter relay team that finished 17th at the Bobcat Classic (3:54.41) and seventh at the UTA Invitational (3:56.59)
- Was also part of a 4x800 meter relay team that placed 10th with a time of 9:25.63 at the Texas Relays

Cross Country

- Placed 42nd at the Baylor Twilight Invitational with a time of 15:31.7
- Finished 38th at the Ken Garland Invitational with a season best time of 19:53.28 in the 5k
- Came in 120th at the Texas A&M Invitational with a season best time of 24:01.9 in the 6k
- Placed at the UT Invitational with a time of 21:16.6

High School

- Ran four years varsity cross country
- Ran four years varsity track and field
- Was a two-time captain for cross country
- Was a three-time captain for track and field
- Was a three-time regional qualifier in cross country
- 800 meter district champion and 400 meter district runner-up in 2014 and 2015
- Won a district championship as a team in 2014
- Was a two-time Track and Field MVP
- Made the all-state team
- Academic all-region and all-state
- Was a school record holder in the 4x100, 4x200, 4x400 and the 4x800



Tori Valka

Distance

So. ▶ 5-8
Spring, TX ▶
(Oak Ridge HS)

2016-17

Cross Country

-Placed 44th at the Baylor Twilight Invitational

with a time of 15:43.2

- Came in 37th at the Gerald Richey Invitational with a time of 20:14.3
- Placed 43rd at the Ken Garland Invitational with a time of 20:50.7
- Finished 113th at the Chile Pepper Festival with a time of 19:55.0
- Came in 73rd at the C-USA Championships with a time of 19:45.1

High school

- Was third at the 2015 District 16-6A championships running a personal best time of 2:17.10 in the 800 meters
- During her junior season, ran a personal best of 5:13.96 for 1600-meter run
- In cross country, her best time came at the UIL District 16 6A championship, placing 18th with a time of 19:28.46.



Brittany White

Distance

Sr. ▶ 5-4
Flower Mound, TX ▶ (Flower Mound HS)

2016-17
Cross Country

- Placed 28th at the Baylor Twilight Invitational with a time of 15:12.8
- Finished 11th (career best) at the Ken Garland Invitational with a career best time of 19:15.4
- Came in 66th at the Chile Pepper Festival with a time of 18:38.1
- Placed 40th at the C-USA Championships with a time of 18:47.5

2015-16
Cross Country

- Placed 41st at the Baylor Twilight Invitational with a time of 15:31.7
- Finished 39th at the Ken Garland Invitational with a time of 19:58.92
- Came in 119th at the Texas A&M Invitational with a career-best time of 23:56.6 in the 6k

2014-15
Track

- Placed 18th at the C-USA Outdoor Championships in the 1500-meter run
- Finished 13th in the 1500-meter run at the Texas Invitational
- Placed 16th in the Bobcat Classic 800-meter with a personal-best time of 2:27.10
- Placed 16th in the mile run at the Houston Tune Up with a personal best time of 5:29.07

Cross Country

- Placed 43rd at the Conference USA Championships with a time of 18:38.17
- Competed at NCAA South Central Regionals, where she placed 132nd
- Placed 35th at the Ken Garland Invitational with a time of 19:37.5
- Finished 36th at the Baylor Twilight Invitational with a time of 15:24.1
- Came in 100th at the Chile Pepper Cross Country Festival with a time of 18:25.3

High School

- Helped her team place fifth in the state cross country meet senior year
- Qualified for all-district cross country junior and senior year
- Qualified for area in the 800M race senior year
- Was a member of the National Honor Society, National French Society, and English Honor Society
- Named first team all state academic team in both cross country and track as a senior



Jennifer White

Distance

So. ▶ 5-3
League City, TX ▶ (Clear Falls HS)

2016-17
Cross Country
-Placed 34th at the Baylor Twilight Invitational

- with a time of 15:20.8
- Finished 26th at the Gerald Richey Invitational with a time of 19:48.4
- Placed 26th at the Ken Garland Invitational with a time of 19:58.6
- Came in 88th at the Chile Pepper Festival with a time of 19:07.9
- Placed 82nd at the C-USA Championships with a time of 20:14.8
- Finished 127th at the NCAA South Central Regional with a time of 25:24.2

High school

- Was a 2014 UIL 6A individual state cross country qualifier
- Was an all-American in the 3,000 meters at the USATF National Junior Olympic championships in 2015
- Her career best time in the 5k is 18:42.40
- Ran the 1600m with a personal best time of 5:25.83
- Has a career best time of 11:43.68 in the 3200m.



Monica Carroll

Distance

Fr. ▶ 5-3
Desoto, TX ▶
(Desoto HS)

Desoto HS

-Was a part of the 4x400-meter relay team that finished first at the 2014 UIL

District 7-5A championships

-Took home first place in the 800-meter at the 2014 Lancaster Meet of Champions with a time of 2:34.93

-Earned two titles at the 2017 UIL District 7-6A Championships in the 800m and 1600-meter

-Career-best time in the 800m was 2:15.71 at the Jesuit-Shearer Relays

-Finished her high school track career with 14 first-place finishes

-Came in second or third nine times during her track career



Rea Iseli

Sprints

Jr. ▶ 5-5
Taufellen, Switzerland ▶
(University of Bern)

University of Bern

-Personal best time of 4:33.46 in the 1500-meter

-Silver medal at the national youth championships in the 3000-meter run

-Gold medal at the national youth championships in the 2000m steeplechase run

-In 2014, finished with a bronze medal at the national youth championships in the 3000m

-Personal best time of 9:57.78 in the 3000m

-Personal best time of 17:46.76 in the 5000-meter run



Eva Mora

Distance

Fr. ▶ 5-0
Saginaw, TX ▶
(Saginaw HS)

Saginaw HS

-Ran a career-best time of 2:24.85 in the 800-meter run at the UIL 5A District,

coming in fifth

-Finished in second place twice in the 1600-meter run at the UIL 5A District and 5A Area events

-Was a part of the 4x800-meter relay team that finished first at the Timber Creek Falcon Fast Invitational

-In 2016, was the UIL 5A District 5 champion in the 1600m with a time of 5:28.2

-5A UIL State cross country qualifier with a personal-best time of 18:41.74 in the 5k



Olivia Zint

Distance

Fr. ▶ 5-7
Pottsboro, TX ▶
(Pottsboro HS)

Pottsboro HS

-Ran a personal-best time of 2:13.41 in the 800-meter run at the UIL 3A Area

finals, coming in first place

-Finished second in the 800m at the 3A UIL State Championships in 2017

-Was seventh in the 1600-meter run at the 3A UIL State Championships in 2016

-Came in sixth at the 3A UIL State cross country championships in 2016

-Was a part of the 4x400-meter relay team that finished third at the UIL 3A Region II Championships



↳ **2016 C-USA Conference Championship**

Oct. 29, 2015 / Charlotte, NC

Men / 8K

Team Results

1. UTEP	24
2. Middle Tennessee	36
3. Charlotte	92
4. North Texas	105
5. Rice	150
6. Marshall	158
7. Louisiana Tech	209
6. UTSA	210
9. Western Kentucky	223
10. Florida Atlantic	297
11. Florida International	333

Top 10 Finishers (All-Conference Runners)

1. Jacob Choge (MTSU)	23:54.2
2. Jonah Koech (UTEP)	24:05.3
3. Cosmas Boit (UTEP)	24:05.7
4. Kigen Chemadi (MTSU)	24:11.1
5. Antony Kosgei (UTEP)	24:15.3
6. Michael Saruni (UTEP)	24:16.2
7. Sampson Laari (MTSU)	24:25.6
8. Daniel Cheruiyot (UTEP)	24:26.6
9. Tom Nobles (Charlotte)	24:32.3
10. Amos Cheruiyot (MTSU)	24:46.7

North Texas Results

16. James Coleman*	25:09.0
18. Florian Lussy*	25:19.1
19. Mike Lowe*	25:25.8
22. Alex Cleveland	25:34.6
30. Zach Kirkland	25:55.7
34. Kyle Maloney	26:04.2
37. Rick Nally	26:12.4
39. Tim Jones	26:21.5
64. Grady Frazier	27:58.2

* - C-USA All-Conference

Women / 5K

Team Results

1. Rice	48
2. Middle Tennessee	89
3. UTEP	100
4. Southern Miss	109
5. Charlotte	116
6. North Texas	139
7. UAB	147
8. Marshall	205
9. UTSA	249
10. Western Kentucky	250
11. Florida Atlantic	289
12. Louisiana Tech	375
13. Florida International	383

Top 10 Finishers (All-Conference Runners)

1. Winny Koech (UTEP)	16:56.6
2. Caroline Sang (Charlotte)	17:11.4
3. Lilian Koech (UTEP)	17:18.1
4. Susannah Lynch (NT)	17:19.0
5. Cali Roper (Rice)	17:19.2
6. Katie Jensen (Rice)	17:33.6
7. Hannah Maina (MTSU)	17:40.7
8. Rebecca Evans (UAB)	17:43.8
9. Susan Aneno (MTSU)	17:45.1
10. Elsa Racasan (Rice)	17:46.5

North Texas Results

4. Susannah Lynch*	17:19.0
19. Christina Morales*	18:02.2
32. Kylee Kittrell	18:35.0
40. Brittany White	18:47.5
45. Kellee McCann	18:56.9
52. Cassidy Adams	19:09.3
72. Baylee Nelson	19:43.8
73. Tori Valka	19:45.1
82. Jennifer White	20:14.8

*- C-USA All-Conference

↳ **All-Time Honors**

Coach of the Year

Conference USA

2014 Stefanie Slekis (men)

Sun Belt Conference

2011 Sam Burroughs (women)

Southland Conference

1994 Ken Garland (men)

1991 Ken Garland (men)

1990 Ken Garland (men)

1989 Ken Garland (women)

Athlete of the Year

Southland Conference

1989 Dylan Fugitt

Freshman of the Year

Sun Belt Conference

2012 Troy Taylor

2008 Sara Dietz

2007 Patrick Strong

Outstanding Senior

Conference USA

2014 Charlotte Wilson

2014 Alejandro Valencia

All-Region

NCAA South Central Regional

2016 Florian Lussy, Susannah Lynch

2015 Bryce McAndrew

2014 Troy Taylor, Alejandro Valencia, Silvester Harrison III, Charlotte Wilson

2013 Jo Adams

2012 Jo Adams

2011 Sara Dietz

↳ **2016 North Texas Top Finishes**

Men

Baylor Twilight Invitational (4K)	Florian Lussy, 1st 12:13.7
Gerald Richey Invitational (5K)	Tim Jones, 6th, 15:49.9
Ken Garland Invitational (4 mile)	Alex Cleveland, 8th, 20:31.6
Chile Pepper Festival (8K)	James Coleman, 25th, 24:50.8
Pre-Nationals Meet (8K)	Florian Lussy, 131st, 25:28.3
Conference USA Championship (8K)	James Coleman, 16th, 25:09.0
NCAA South Central Regional (10K)	Florian Lussy, 16th, 31:02.4

Women

Baylor Twilight Invitational (4K)	Susannah Lynch, 10th 14:24.8
Gerald Richey Invitational (5K)	Cassidy Adams, 17th, 19:26.1
Ken Garland Invitational (5K)	Susannah Lynch, 1st, 18:01.3
Chile Pepper Festival (5K)	Susannah Lynch, 23rd, 17:32.8
Conference USA Championship (5K)	Susannah Lynch, 4th, 17:19.0
NCAA South Central Regional (6K)	Susannah Lynch, 23rd, 21:20.8



↳ All-Time Records

Men / 10-K

1. Troy Taylor (2014).....	30:01.6
2. Alejandro Valencia (2014).....	30:17.3
3. Silvester Harrison III (2014).....	30:26.4
4. Bryce McAndrew (2015).....	30:39.1
5. Florian Lussy (2016).....	31:02.4
6. Patrick Strong (2010).....	31:15.6
7. James Coleman (2013).....	31:23.9
8. Matt Russ (2013).....	31:32.6
9. Patrick Strong (2008).....	31:39.0
10. Mike Lowe (2015).....	31:42.1

Men / 8-K

1. Troy Taylor (2015).....	23:41.1
2. James Coleman (2015).....	24:02.2
3. Silvester Harrison III (2015).....	24:14.2
4. Bryce McAndrew (2015).....	24:15.3
5. Alejandro Valencia (2014).....	24:15.5
6. Mike Lowe (2015).....	24:22.0
7. Patrick Strong (2007).....	24:38
8. Grady Frazier (2015).....	24:46.1
9. Paul Ndachi (1999).....	24:49
10. Matt Russ (2013).....	25:02.4
11. Frank Ngeno (2006).....	25:14
12. James McGee (1993).....	25:16
13. Duane Stice (1992).....	25:25
14. Stephen Murphy (1991).....	25:26

Women / 6-K

1. Charlotte Wilson (2014).....	20:42.4
2. Jo Adams (2013).....	21:03.7
3. Debbie Thornhill (2001).....	21:11
4. Susannah Lynch (2016).....	21:20.8
5. Shauna Pali (2015).....	21:26.9
6. Susie Kemper (2014).....	21:28.6
7. Sara Dietz (2011).....	21:29
8. Magdalena Escobar (2014).....	21:39.3
9. Christina Moralez (2015).....	21:40.7
10. Jessica Schmidt (2003).....	21:42
11. Ingrid Mollenkopf (2010).....	22:10
12. Brandi Orozco (2000).....	22:28
13. Dagmar Salazar (2003).....	22:33
14. Bonnie McKernan (2003).....	22:58
15. Jill Brennan (2005).....	22:59

Women / 5-K

1. Charlotte Wilson (2014).....	16:37.9
2. Susannah Lynch (2016).....	17:19.0
3. Jo Adams (2013).....	17:22.7
4. Shauna Pali (2014).....	17:24.1
5. Susie Kemper (2014).....	17:43.5
6. Debbie Thornhill (2001).....	17:44
7. Amy Anderson (1995).....	17:46
8. Magdalena Escobar (2014).....	17:47.2
9. Ingrid Mollenkopf (2011).....	17:52

10. Christina Moralez (2016).....	18:02.2
11. Tischa Russell (1994).....	18:03
12. Brandi Orozco (1998).....	18:04
13. Sherri Painter (1982).....	18:06
14. Jessica Schmidt (2003).....	18:09
15. Sara Dietz (2011).....	18:10

↳ All-Time Champions

Individual

Men

Missouri Valley Conference

John Cooper.....	1960
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Southland Conference

Jonah Ngeny.....	1986
Dylan Fugitt.....	1989

Women

Sun Belt Conference

Debbie Thornhill.....	2001
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Conference

Men

Lone Star Conference.....	1932
Lone Star Conference.....	1932
Lone Star Conference.....	1934
Southland Conference.....	1986
Southland Conference.....	1987
Southland Conference.....	1988
Southland Conference.....	1990
Southland Conference.....	1991
Southland Conference.....	1994
Sun Belt Conference.....	2000
Conference USA.....	2014

Women

Southland Conference.....	1989
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↳ All-Time Results

Conference USA (Men)

2016.....	Fourth.....	105
2015.....	Third.....	102
2014.....	First.....	50
2013.....	Second.....	63

Sun Belt Conference (Men)

2012.....	Second.....	86
2011.....	Seventh.....	169
2010.....	Sixth.....	167
2009.....	Fourth.....	158
2008.....	Third.....	110
2007.....	Second.....	75
2006.....	Third.....	98
2005.....	Tied Second.....	75
2004.....	Fifth.....	126
2003.....	Third.....	82
2002.....	Fifth.....	118
2001.....	Second.....
2000.....	First.....

Big West Conference (Men)

1999.....	Eighth.....	164
1998.....	Fifth.....	114
1997.....	Seventh.....	228

Southland Conference (Men)

1995.....	Eighth.....	177
1994.....	First.....	68
1993.....	Third.....	95

1992.....	Second.....	74
1991.....	First.....	43
1990.....	First.....	33
1989.....	Second.....	49
1988.....	First.....	39
1987.....	First.....	52
1986.....	Tied for First.....	47
1985.....	Third.....	66
1984.....	Second.....	61
1983.....	Fourth.....	86

Conference USA (Women)

2016.....	Sixth.....	139
2015.....	Seventh.....	189
2014.....	Third.....	91
2013.....	Third.....	105

Sun Belt Conference (Women)

2012.....	Sixth.....	157
2011.....	Second.....	74
2010.....	Sixth.....	157
2009.....	Third.....	98
2008.....	Fourth.....	113
2007.....	Sixth.....	178
2006.....	Seventh.....	240
2005.....	Fourth.....	95
2004.....	Fifth.....	129
2003.....	Second.....	91
2002.....	Fifth.....	118
2001.....	Fifth.....
2000.....	Seventh.....

Big West Conference (Women)

1999.....	Eleventh.....	291
1998.....	Eleventh.....	250
1997.....	Tenth.....	245

Southland Conference (Women)

1995.....	Second.....	83
1994.....	Fifth.....	133
1993.....	Fourth.....	151
1992.....	Fourth.....	109
1991.....	Seventh.....	154
1990.....	Second.....	86
1989.....	First.....	48
1988.....	Seventh.....	129
1987.....	Fifth.....	117
1986.....	Sixth.....	131
1985.....	Sixth.....	121