

<b>MEET</b>	<b>CINCINNATI at NCAA GREAT LAKES REGION</b>
<b>7</b>	 <b>FRIDAY, NOVEMBER 15</b> <b>THOMAS ZIMMER CHAMPIONSHIP COURSE</b> <b>MADISON, WIS.</b> 

RACE SCHEDULE (2)	
11:30 am CT	Women's 6,000m
12:30 pm CT	Men's 10,000m
<i>all times listed are local to race site</i>	

COMPETING TEAMS
Akron, Ball State*, BGSU, Butler, Central Michigan^, Cincinnati, Cleveland St*, Dayton, Detroit, Eastern Michigan, Evansville, Green Bay, IUPUI, Indiana, Indiana St*, Kent State, Marquette, Miami (OH), Michigan, Michigan St, Milwaukee, Notre Dame, Oakland, Ohio, Ohio State, Purdue, Purdue-Ft. Wayne, Toledo, Valparaiso, Western Michigan*, Wisconsin, Wright St, Xavier, Youngstown St.
<i>* women only; ^ men only</i>

### HARRIERS SET TO RACE AT NCAA GREAT LAKES REGION

*Meet is used as the qualifying races for the NCAA Championships (Nov. 23)*

#### // THE STARTING LINE

The University of Cincinnati cross country teams will venture to Madison, Wis., Friday to take part in the 2019 NCAA Great Lakes Region Championships, one of nine competitions being held around the nation to determine the entrants into the 2019 NCAA Championships later in November. The Bearcats women will lead things off at 11:30 a.m. CT (12:30 p.m. ET) in the 6,000m run with the men's 10,000m run to follow at 12:30 p.m. CT (1:30 p.m. ET). Both races will be run on the Thomas Zimmer Championship Cross Country Course, the home course for the University of Wisconsin.

#### // FOLLOW US

For up to the minute updates, follow UC Track & Field/Cross Country (@GoBearcatsTFXC) on Twitter, Facebook (GoBearcatsTFXC) and Instagram (GoBearcatsTFXC) and join in the conversation by using the hashtag #Bearcats. This week, fans can also follow @NCAATrackField on Twitter and join the conversation with the hashtag #ncaaXC.

#### // QUICK SPLITS


- The Bearcats are coming off an impressive competition at the AAC Championships where the men were fourth and the women fifth as fourth individuals earned AAC All-Conference accolades by placing in the Top 15
- Aaron Bienenfeld won the individual title in the men's race to become the first UC runner to capture an AAC cross country title (men and women) and the first conference cross country champion for the program since 2011 (Eric Finan, Big East)
- The women had three runners earn all-conference accolades, including Lauren Kemper (5), Ellie Leather (11) and Hannah Markel (14), the first awards for all three
- The last time UC had three women earn all-conference in the same meet was also the only other time it has happened, 1987
- Combined, the four honors earned for UC marked the sixth time in program history four or more awards were earned at the same XC championships with the last coming in 1997 with the men having three and the women one at the Conference USA meet

#### // UPDATES




The meet will be streamed live on FloTrack.com (subscription required). Live results will be available at PTTiming.com as well.

#### // THE MEET & STAKES

The NCAA Great Lakes Region Championships returns to Madison for the first time since 2016 when it hosted the regional meet for the fifth year in a row. As with each previous regional meet, the races will be used as the selection tool for the NCAA Championships (November 23) as the Top 2 teams in all nine regions will earn automatic berths into the national meet (18 teams) with 13 other teams from across the nation earning at-large selections from the NCAA following all races being completed (31 teams total). Individually, the Top 4 runners in each region not part of a qualifying team to nationals will earn individual qualification to the national meet. All told, 255 participants will be selected to compete.

<b>FOLLOW ALONG</b>
Web Stream: FloTrack.org (\$)  Results: PTTiming.com

SCHEDULE		
<b>AUGUST</b>		
31	at Queen City Invite	Highland Heights, KY
<b>SEPTEMBER</b>		
14	at Friendship Invite (W)	Cedarville, OH
21	at Rhodes Invite	Memphis, TN
<b>OCTOBER</b>		
5	at Live in Lou Classic	Louisville, KY
19	at NCAA Pre-Nats	Terre Haute, IN
<b>NOVEMBER</b>		
1	at AAC Championships	Memphis, TN
15	at NCAA Great Lakes	Madison, WI
23	at NCAA Champs	Terre Haute, IN

<b>GETTING SOCIAL</b>
   @GoBearcatsTFXC / @GoBearcats

# BEARCATS NOTES

## // AWARDS EARNED IN 2019

### ATHLETIC HONORS • MEN

#### AAC Individual Champion

BIENENFELD, Aaron

#### AAC Freshman of the Year

WIRTH, Tyler

#### AAC All-Conference

BIENENFELD, Aaron ..... 1st place

#### AAC Athlete of the Week

BIENENFELD, Aaron ..... 9/23 & 10/22

### ATHLETIC HONORS • WOMEN

#### AAC All-Conference (Top 15)

KEMPER, Lauren ..... 5th place

LEATHER, Ellie ..... 11th place

MARKEL, Hannah ..... 14th place

## // TOP 10 OF THE SEASON

### WOMEN

#### 5,000m Races

1. Markel, Hannah	Friendship (1)	17:32.5
2. Leather, Ellie	Friendship (2)	17:38.1
3. Walker, Maddie	Louisville (38)	17:47.2
4. Kemper, Lauren	Louisville (51)	17:58.1
5. Leather, Ellie	Queen City (5)	18:04.7
6. Markel, Hannah	Queen City (6)	18:05.3
7. Walker, Maddie	Queen City (11)	18:13.2
8. Walker, Maddie	Friendship (7)	18:16.6
9. Penn, Rylee	Louisville (87)	18:18.1
10. Tyre, Olivia	Louisville (97)	18:24.2

#### 6,000m Races

1. Kemper, Lauren	AAC (5)	20:46.4
2. Leather, Ellie	AAC (11)	21:01.7
3. Markel, Hannah	AAC (14)	21:06.0
4. Leather, Ellie	Rhodes (3)	21:30.2
5. Walker, Maddie	Rhodes (6)	21:41.0
6. Kemper, Lauren	Pre-Nats (27)	21:49.6
7. Markel, Hannah	Rhodes (15)	21:55.3
8. Penn, Rylee	AAC (36)	21:59.2
9. Markel, Hannah	Pre-Nats (41)	22:10.1
10. Patterson, Katrina	AAC (44)	22:11.7

### MEN

#### 5,000m Races

1. Guenther, Ryan	Queen City (9)	15:26.0
2. Wirth, Tyler	Queen City (10)	15:26.1
3. Pehlman, Ryan	Queen City (19)	15:40.7
4. Stevens, Christian	Queen City (24)	15:48.0
5. Mosmeier, Keifer	Queen City (41)	16:06.3
6. Hoak, Matt	Queen City (68)	16:44.4

#### 8,000m Races

1. Bienenfeld, Aaron	AAC (1)	23:43.3
2. Bienenfeld, Aaron	Pre-Nats (1)	24:04.5
3. Bienenfeld, Aaron	Rhodes (1)	24:10.1
4. Banos, Toni	AAC (22)	25:01.9
5. Guenther, Ryan	AAC (23)	25:04.3
6. Wirth, Tyler	AAC (25)	25:08.3
7. Guenther, Ryan	Rhodes (17)	25:18.9
8. Stevens, Christian	Louisville (38)	25:30.2
9. Wirth, Tyler	Rhodes (23)	25:33.4
10. Banos, Toni	Pre-Nats (27)	25:41.9
Harley, Jonathan	Louisville (55)	25:41.9

#### 10,000m Races

n/a

## // 2019 BEARCATS • WOMEN

Name	Yr.	Hometown / High School / Last College
Breitenstein, Maggie	So.	Cincinnati, Ohio / St. Ursula Academy
Bullock, Ellee	Jr.*	Dublin, Ohio / Dublin Jerome / Utah State Univ. (tennis)
Cooper, Jen	Fr.	Maineville, Ohio / Kings
Engle, Katie	Fr.	Chagrin Falls, Ohio / Gilmour Academy
Evans, Anna	Fr.	Mentor, Ohio / Mentor
Henning, Carmela	Fr.	Medina, Ohio / Medina
Hess, Sydney	Jr.	Curtice, Ohio / Oregon-Clay
Kemper, Lauren	Jr.	Bellbrook, Ohio / Bellbrook (UC Running Club)
Leather, Ellie	Jr.	Bristol, England / North Bristol Sixth Form / Fresno State Univ.
Markel, Hannah	Sr.	Chagrin, Ohio / Gilmour Academy
Maschino, Leah	Fr.*	Maineville, Ohio / Kings
Mikula, Sam	Jr.	Columbus, Ohio / Bishop Watterson
O'Dea, Madalyn	So.	Louisville, Ky. / Christian Academy
Patterson, Katrina	So.*	Clarence, N.Y. / Clarence
Penn, Rylee	Fr.*	Corona, Calif. / Centennial
Tyre, Olivia	Fr.	Troy, Ohio / Troy
Walker, Maddie	Fr.	Batavia, Ohio / West Clermont

Coached by: Lara Rogers (Cross Country Assistant Coach)

## // 2019 BEARCATS • MEN

Name	Yr.	Hometown / High School / Last College
Banos, Toni	So.	Berga, Spain / Institut Guillem de Bergueda
Bienenfeld, Aaron	Sr.	Frankfurt, Germany / Leibniz / Univ. of Frankfurt
Cordonnier, Jack	Jr.	Morrow, Ohio / St. Xavier
Guenther, Ryan	Jr.	Louisville, Ky. / St. Xavier
Harley, Jonathan	Jr.	Granger, Ind. / Penn HS / UC Running Club
Headings, Jase	Fr.*	Plain City, Ohio / Jonathan Alder
Hoak, Matt	Fr.	Mason, Ohio / St. Xavier
Mosmeier, Keifer	So.	Laurelville, Ohio / Logan Elm
Pehlman, Ryan	Fr.	Indianapolis, Ind. / Cathedral
Stevens, Christian	So.	Indianapolis, Ind. / Brebeuf Jesuit Prep
Stump, Matt	Jr.	Medina, Ohio / Medina
Wirth, Tyler	Fr.	Hawley, Pa. / Wallenpaupack

Coached by: Sam Burroughs (Associate Head Coach)

## // TEAMS COMPETING

Friday's race will feature runners from 34 institutions in the region with 33 teams entered in the women's 6,000m competition and 30 in the men's 10,000m race. The teams slated to compete include Akron, Ball State (W), Bowling Green, Butler, Central Michigan (M), Cincinnati, Cleveland State (W), Dayton, Detroit Mercy, Eastern Michigan, Evansville, Green Bay, IUPUI, Indiana, Indiana State (W), Kent State, Marquette, Miami (Ohio), Michigan, Michigan State, Milwaukee, Notre Dame, Oakland, Ohio, Ohio State, Purdue, Purdue-Ft. Wayne, Toledo, Valparaiso, Western Michigan (W), Wisconsin, Wright State, Xavier and Youngstown State.

## // IN THE RANKINGS

Heading in to the meet, five women's teams and five men's teams in the Great Lakes Region are currently among the USTFCCCA National Top 30 rankings. On the women's side, the ranked teams include #6 Michigan State, #7 Wisconsin, #16 Notre Dame, #20 Ohio State and #24 Butler. For the men, the ranked teams include #9 Wisconsin, #13 Indiana, #16 Central Michigan, #17 Purdue and #19 Notre Dame. According to the regional rankings, the Cincinnati men enter the meet ranked #15 this week while the women are not ranked in the Top 15.

## // BACK AGAIN • PART I

The last time a UC runner competed on the Zimmer course was at last year's NCAA Cross Country Championships where Aaron Bienenfeld placed 111th overall in his national debut. The then-junior rose 91 spots from the 2k split to the finish line to post the seventh-best placement in program history and the fifth-best among UC's individual qualifiers. Bienenfeld finished with a time of 30:42.8, a 39.1 second improvement over his regional time (31:21.9) two weeks earlier in Terre Haute, Ind.

## // BACK AGAIN • PART II

The last time the Bearcats raced as a team in Madison, Wis., came at the 2016 NCAA Great Lakes Region Championships where the men place 17th overall and the women 21st. In that meet, the men placed two runners in the Top 100, including Dan Huben (58th) and Seamus Collins (76th), while the women were led by Juliana Madzia, who was 66th overall.

## // ON THE LINE • WOMEN

Of the seven women that will line up to race Friday, four have competed in a regional competition before in their careers, including Hannah Markel, Katrina Patterson and Ellee Bullock for Cincinnati and Ellie Leather last year at Fresno State. Markel placed 87th last year and is the top returning finisher on the roster with Patterson placing 136th and Bullock 163rd in the Great Lakes while Leather was 154th in the always tough West region. Rylee Penn redshirted last year while Lauren Kemper and Maddie Walker will also make their debuts in their first seasons with the program.

# BEARCATS NOTES

## // ON THE LINE • MEN

Three of the seven men set to race are back after competing last year in Terre Haute, Ind. Aaron Bienenfeld was 12th overall and qualified to the national meet while Ryan Guenther was 114th and Toni Banos 132nd. Jonathan Harley (junior), Jase Headings (redshirt freshmen) and true freshmen Matt Hoak and Tyler Wirth all will be racing at the regional meet - and at the 10,000m distance - for the first time in their careers.

## // RECAP: AAC SUCCESS

The men placed fourth overall and the women fifth as the Bearcats found great success at the AAC Championships in muddy Memphis November 1. The women placed three individuals in the Top 15 to earn all-conference honors as the team finished with its best finish in AAC history (since 2013) and its best showing since placing fourth at the 2000 Conference USA Championships. Lauren Kemper (5th), Hannah Markel (11th) and Ellie Leather (14th) all earned all-conference to mark the first time UC has had multiple honorees on the women's side in AAC history. For the men, Aaron Bienenfeld continued his dominance as he won for the third time this year and the first time at the AAC meet, capturing the title by nearly 30 seconds.

## // THREE-FOR-THREE

So far this year, Bienenfeld has raced three times and won all three. He opened his season winning the Rhodes College Invitational in Memphis to preview the course to be used by the AAC for its meet, winning the 8,000m race in 24:10.1. He next won the Live in Lou Classic in Louisville as he crossed the line in the white race in 24:04.5. Finally, he returned to Memphis and won the AAC title in 23:43.3, a time that stands as a personal best. If Bienenfeld wins one more race this season, he will tie Eric Finan (2011) for the most single-season wins in UC history (through 1980).

## // TROPHIES APLENTY

With four AAC All-Conference honors (three women, one man), the Bearcats captured their most all-conference accolades in a single season as member of the AAC, bettering the three earned in 2016 when one woman and three men were all Top 15 finishers. The total is the second-best in a single season in program history behind the five combined accolades at the 1993 Great Midwest meet as the men secured three honors and the women two.

## // MAKING HERSTORY

With three all-conference honors, the trio of Kemper, Markel and Leather added their names to the UC record book. First, they became the first teammates to earn all-conference in the same meet as members of the AAC. They also combined to earn multiple accolades in the same for UC for the first time since 1999 and just the fifth time ever. Lastly, the trio tied the record for the most all-conference selections in a single meet for the women, equalling the output of the 1987 squad that saw Robin Stone (5th), Becky Hutton (9th) and Mary Loebker (12th) each earn honors at the Metro Conference meet.

## // HIGH FINISHES

With their individual finishes, both Bienenfeld and Kemper now rank among the best all-time in program history. Bienenfeld's win ties him for the best finish in program history (since 1980) as the sixth man to win a conference title, joining Eric Finan (2011), Jeremy Bucher (1996), Chad Disbennett (1995), Mark Rupe (1993) and Mark Gerstner (1992). On the women's side, Kemper is tied for the third-best finish in women's program history with four other runners including Mary Loebker (1988), Robin Stone (1987), Jane Skibski (1986) and Laura Caminiti (1985). Only two other runners have finished higher, including Angie Kist (1999), who as third, and Julie Snyder (1993), who was fourth.

## // KEEPING UP WITH KEMPER

In early September, Lauren Kemper was starting her third year running for the UC Running Club. After finishing 12th at the Friendship Invitational - a finish that would have placed her fourth on the team - the Bearcats brought into their ranks and she has been a huge contributor since. In her first race, she finished 51st in Louisville, the second-best finish on the team. She followed that up as the team's top finisher in her next two races as she was 27th at the NCAA Pre-National Invitational (white race) and 5th at the AAC meet.

## // THAT'S NOT ALL

Along with the all-conference honors, two other awards came home with the UC men. Along with Bienenfeld's individual championship trophy, Tyler Wirth was 25th overall and the top finisher among all rookies to earn the distinction as the 2019 AAC Male Freshman of the Year.

## PREVIOUSLY NOTED

### // CONFERENCE HONOR • BIENENFELD

Following the weekend win at the NCAA Pre-National Invitational, Bienenfeld was selected as the AAC Male Athlete of the Week, earning the weekly accolade for the second time this season and third time in his career. The award is the fourth earned by the UC men in the past two years after Andrew Schille earned the honor following his victorious run at the Queen City Invitational that opened the season. Prior to that, no UC runner (male and female) had won a weekly accolade from the American.

### // THE LAST TIME • TEAM VICTORY

The last time the women won a team title came in 2010 when they won the Queen City Invitational at Voice of America MetroPark in West Chester. That day, the Bearcats scored 34 points to edge Xavier (47) and claim the team title. Individually, the Bearcats had four runners in the Top 10 with Michele McKenney winning (18:04.0) and Lilian Jelimo (18:16.0) second. Also in the Top 10 where Alison Zukowski (18:31.0) and Jill Glassmeyer (18:48.0) in fourth and 10th, respectively.

### // THE LAST TIME • INDIVIDUAL VICTORY

Markel's win at the Friendship Invitational in Cedarville, Ohio (Sept. 14) was the first for the women since the 2011 VMI Relays, an event that saw individuals race the 5,000m course and two teammates add their times together for a relay time. Zukowski was the overall individual winner in 17:34.0 and combined with Kaitlyn Meyer for the relay win (36:40.0).

### // DEBUTS

Nine runners made their Bearcats debuts at the QCI on opening weekend, including eight freshmen and one junior transfer. On the women's side, six newcomers wore the black and red of UC for the first time, including Ellie Leather, a junior transfer from Fresno State. The remaining five newcomers were all freshmen and included Katie Engle, Anna Evans, Carmela Hennings, Olivia Tyre and Maddie Walker. On the men's side, the trio of newcomers all were rookies and included Matt Hoak, Ryan Pehlman and Tyler Wirth. The debut list grew by two more women at the Friendship Invitational as both Rylee Penn and Leah Maschino (both of whom are redshirt freshmen) raced on the cross country course for the first time for UC. Since then, the number has grown by two men and one woman with the trio racing in Louisville. Lauren Kemper, who was racing for the UC Running Club earlier this year, joined the team at the start of October and made her debut at Louisville while Jonathan Harley raced for the first time after running the past two seasons for the Club. Jase Headings raced on the track for UC last year, but made his cross country debut in Louisville.

### // NEW MEN

This year's newcomers on the men's side include true freshmen Matt Hoak (Mason, Ohio), Ryan Pehlman (Indianapolis) and Tyler Wirth (Hawley, Pa.) and Jonathan Harley (Granger, Ind.), a junior that ran the past two years with the UC Running Club. Additionally, redshirt freshman Jase Headings will be suiting up for the Bearcats in 2019.

### // NEW WOMEN

The women, with a roster of 16 individuals, will see more than half as new additions in 2019. The six true freshmen set to race for UC this year include Jen Cooper (Maineville, Ohio), Katie Engle (Chagrin Falls, Ohio), Anna Evans (Mentor, Ohio), Carmela Henning (Medina, Ohio), Olivia Tyre (Troy, Ohio) and Maddie Walker (Batavia, Ohio). Additionally, both Leah Maschino and Rylee Penn will be coming off redshirt seasons this year and will be joined by junior transfer Ellie Leather, who raced at Fresno State the past two years.

### // NEW NAME

Over the summer, the former Lara Crofford was wed and is back to coach once again, this time as Lara Rogers. The former standout distance runner at Nebraska and Shippensburg is entering her fifth season working with the UC women's cross country and mid-distance/distance runners on the track.

### // NEXT TIME OUT

Friday's race will determine who qualifies to the NCAA Championships. Should that happen, those qualifiers would race in Terre Haute, Ind., Saturday, November 23, at the LaVern Gibson Championship Course.

# SEASON RESULTS

## 2019 WOMEN'S CROSS COUNTRY RESULTS

Date	Event	Location	Host	Distance	Pnts	Place / #Teams	Top UC Finisher	Time	Place
Aug 31	Queen City Invite	Highland Heights	NKU	5,000m	96	3rd of 10	Leather, Ellie	18:04.7	5th
Sep 14	Friendship Invite	Cedarville, Ohio	Cedarville	5,000m	40	<b>1st</b> of 13	Markel, Hannah	17:32.5	<b>1st</b>
Sep 21	Rhodes Invite	Memphis, Tenn.	Memphis	6,000m	67	2nd of 21	Leather, Ellie	21:30.2	3rd
Oct 5	Live in Lou (gold)	Louisville, Ky.	Louisville	6,000m	376	11th of 39	Walker, Maddie	17:47.2	38th
Oct 19	NCAA Pre-Nats (white)	Terre Haute, Ind.	Indiana St.	6,000m	331	13th of 26	Kemper, Lauren	21:49.6	27th
	NCAA Pre-Nats (open)	Terre Haute, Ind.	Indiana St.	6,000m	nts	--	Patterson, Katrina	22:49.3	39th
Nov 1	AAC Championships	Memphis, Tenn.	Memphis	6,000m	106	5th of 12	Kemper, Lauren	20:46.4	5th
Nov 15	NCAA Great Lakes	Madison, Wis.	Wisconsin	6,000m					

Individual Results	Queen City		Friendship		Rhodes Inv.		Louisville		Pre-Nationals		AAC Champs		Great Lakes	
	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time
Breitenstein, Maggie	--	dnr	--	dnr	--	dnr	--	dnr	--	dnr	--	dnr		
Bullock, Ellee	51	19:24.5	34	19:36.3	--	dnr	197	19:05.4	* 48	23:16.1	57	22:29.2		
Cooper, Jen	--	dnr	--	dnr	--	dnr	--	dnr	--	dnr	--	dnr		
Engle, Katie	52	19:25.6	38	19:43.3	--	dnr	--	dnr	* 82	24:02.7	--	dnr		
Evans, Anna	71	20:10.8	53	20:11.8	--	dnr	--	dnr	--	dnr	--	dnr		
Henning, Carmela	76	20:16.3	--	dnr	--	dnr	--	dnr	--	dnr	--	dnr		
Hess, Sydney	46	19:15.3	16	18:51.5	38	22:46.7	131	18:40.1	* 85	24:07.9	--	dnr		
Kemper, Lauren	--	dnr	<b>^ 12</b>	<b>18:33.3</b>	--	dnr	51	17:58.1	<b>27</b>	<b>21:49.6</b>	<b>• 5</b>	<b>20:46.4</b>		
Leather, Ellie	<b>5</b>	<b>18:04.7</b>	2	17:38.1	<b>3</b>	<b>21:30.2</b>	--	dnr		<b>DNF</b>	<b>• 11</b>	21:01.7		
Markel, Hannah	6	18:05.3	<b>1</b>	<b>17:32.5</b>	15	21:55.3	--	dnr	41	22:10.1	<b>• 14</b>	21:06.0		
Maschino, Leah	--	dnr	20	19:07.7	67	23:56.8	199	19:06.0	* 81	24:02.3	--	dnr		
Mikula, Sam	--	dnr	--	dnr	--	dnr	106	18:29.1	125	23:34.5	71	22:57.7		
O'Dea, Madalyn	81	20:23.3	37	19:40.2	--	dnr	269	19:38.9	--	dnr	--	dnr		
Patterson, Katrina	--	dnr	--	dnr	25	22:23.2	152	18:47.9	<b>* 39</b>	<b>22:49.3</b>	44	22:11.7		
Penn, Rylee	--	dnr	14	18:47.4	34	22:39.6	87	18:18.1	106	23:13.2	36	21:59.2		
Tyre, Olivia	32	18:54.1	19	19:04.0	21	22:15.3	97	18:24.2	91	23:13.2	52	22:21.8		
Walker, Maddie	11	18:13.2	7	18:16.6	6	21:41.0	<b>38</b>	<b>17:47.2</b>	66	22:41.1		<b>DNF</b>		
# of Finishers	116		116		182		343		169 / *110		94			

dnr: did not run in meet / \* ran in open race / • All-Conference finisher (Top 15) / § All-Region finisher / ^ ran for UC Running Club at the time of the meet

## 2019 MEN'S CROSS COUNTRY RESULTS

Date	Event	Location	Host	Distance	Pnts	Place / #Teams	Top UC Finisher	Time	Place
Aug 31	Queen City Invite	Highland Heights	NKU	5,000m	87	2nd of 9	Guenthner, Ryan	15:26.0	9th
Sep 21	Rhodes Invite	Memphis, Tenn.	Memphis	8,000m	138	5th of 21	Bienenfeld, Aaron	24:10.1	<b>1st</b>
Oct 5	Live in Lou (blue)	Louisville, Ky.	Louisville	8,000m	381	7th of 57	Stevens, Christian	25:30.2	38th
Oct 19	NCAA Pre-Nats (white)	Terre Haute, Ind.	Indiana St.	8,000m	225	9th of 20	Bienenfeld, Aaron	24:04.5	<b>1st</b>
	NCAA Pre-Nats (open)	Terre Haute, Ind.	Indiana St.	8,000m	nts	--	Stevens, Christian	26:36.1	66th
Nov 1	AAC Championships	Memphis, Tenn.	Memphis	8,000m	116	4th of 10	Bienenfeld, Aaron	23:43.3	<b>1st</b>
Nov 15	NCAA Great Lakes	Madison, Wis.	Wisconsin	10,000m					

Individual Results	Queen City		Rhodes Inv.		Louisville		Pre-Nationals		AAC Champs		Great Lakes	
	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time
Banos, Toni	--	dnr	65	26:46.3	--	dnr	27	25:41.9	22	25:01.9		
Bienenfeld, Aaron	--	dnr	<b>1</b>	<b>24:10.1</b>	--	dnr	<b>1</b>	<b>24:04.5</b>	<b>• 1</b>	<b>23:43.3</b>		
Cordonnier, Jack	--	dnr	--	dnr	--	dnr	--	dnr	--	dnr		
Guenthner, Ryan	<b>9</b>	<b>15:26.0</b>	15	25:18.9	--	dnr	35	25:47.7	23	25:04.3		
Harley, Jonathan	--	dnr	--	dnr	55	25:41.9	* 84	27:02.6	72	27:00.2		
Headings, Jase	--	dnr	--	dnr	87	26:10.6	* 93	27:17.3	57	26:26.8		
Hoak, Matt	68	16:44.4	--	dnr	66	25:50.9	106	27:27.7	63	26:41.0		
Mosmeier, Keifer	41	16:06.3	48	26:23.1	--	dnr	127	29:03.0	--	dnr		
Pehlman, Ryan	19	15:40.7	67	26:46.9	-	dnr	* 108	27:41.0	78	27:36.4		
Stevens, Christian	24	15:48.0	--	dnr	<b>38</b>	<b>25:30.2</b>	<b>* 66</b>	<b>26:36.1</b>	47	26:00.3		
Stump, Matt	--	dnr	--	dnr	209	27:21.1	124	28:46.9	--	dnr		
Wirth, Tyler	10	15:26.1	23	25:33.4	--	dnr	63	26:18.2	25	25:08.3		
# of Finishers	102		214		515		130 / *120		82			

dnr: did not run in meet / \* ran in open race / • All-Conference finisher (Top 15) / § All-Region finisher



# PERSONAL BESTS TRACKING

## WOMEN

### BREITENSTEIN, Maggie

5,000m	18:59.7	Ohio District (HS)	10/21/17	--	--
	18:47.5	Greater Louisville	9/29/18	12.2	12.2
6,000m	22:49.5	Bradley Pink Classic	10/12/18	--	--

### BULLOCK, Ellee

5,000m	19:16.1	Queen City Invite	9/1/18	--	--
	18:37.1	Greater Louisville	9/29/18	39.0	39.0
6,000m	22:48.6	Bradley Pink Classic	10/12/18	--	--
	22:29.2	AAC Championships	11/1/19	19.4	19.4

### COOPER, Jen

5,000m	19:12.7	ECC Champs (HS)	10/14/17	--	--
6,000m	--				

### ENGLE, Katie

5,000m	18:30.0	OHSAA State Meet (HS)	11/5/16	--	--
6,000m	24:02.7	NCAA Pre-Nats	10/19/19	--	--

### EVANS, Anna

5,000m	19:38.95	OHSAA District (HS)	10/20/18	--	--
6,000m	--				

### HENNING, Carmela

5,000m	19:04.5	OHSAA Region (HS)	10/31/15	--	--
6,000m	--				

### HESS, Sydney

5,000m	19:21.5	OHSAA Region (HS)	10/26/13	--	--
	19:15.3	Queen City Invite	8/31/19	6.2	6.2
	18:51.5	Friendship Invite	9/14/19	23.8	30.0
	18:40.1	Live in Lou Classic	10/6/19	11.4	41.1
6,000m	25:08.9	All-Ohio XC	9/29/17	--	--
	23:53.0	Bradley Pink Classic	10/12/18	1:15.9	1:15.9
	22:46.7	Rhodes Invitational	9/21/19	1:06.3	2:22.2

### KEMPER, Lauren

5,000m	* 18:33.8	Friendship Invite	9/14/19	--	--
	17:58.1	Live in Lou Classic	10/5/19	35.7	35.7
6,000m	21:49.6	NCAA Pre-Nats	10/19/19	--	--
	20:46.4	AAC Championships	11/1/19	1:03.2	1:03.2

\* with UC Running Club

### LEATHER, Ellie

5,000m	* 18:29.7	Fresno XC Invite	9/1/18	--	--
	18:04.7	Queen City Invite	8/31/19	25.0	25.0
	17:38.1	Friendship Invite	9/14/19	26.6	51.6
6,000m	* 21:35.4	Santa Clara Invite	10/13/18	--	--
	21:30.2	Rhodes Invitational	9/21/19	5.2	5.2
	21:01.7	AAC Championships	11/1/19	28.5	33.7

\* with Fresno State

### MARKEL, Hannah

5,000m	18:04.7	The Legens Meet (HS)	10/10/15	--	--
	17:32.5	Friendship Invite	9/14/19	32.2	32.2
6,000m	22:38.9	NCAA Great Lakes	11/10/17	--	--
	22:16.1	Bradley Pink Classic	10/12/18	22.8	22.8
	21:55.3	Rhodes Invitational	9/21/19	20.8	43.6
	21:06.0	AAC Championships	11/1/19	49.3	1:10.1

### MASCHINO, Leah

5,000m	18:29.1	ECC Champs (HS)	10/14/17	--	--
6,000m	23:56.8	Rhodes Invitational	9/21/19	--	--

### MIKULA, Sam

5,000m	19:13.0	Whetstone Invite (HS)	9/21/16	--	--
	18:19.9	Queen City Invite	9/2/17	53.1	53.1
6,000m	22:31.7	NCAA Pre-Nationals	10/14/17	--	--

### O'DEA, Madalyn

5,000m	19:23.5	Kentucky State XC (HS)	11/7/15	--	--
6,000m	24:22.0	Bradley Pink Classic	10/12/18	--	--

### PATTERSON, Katrina

5,000m	18:23.5	Bulldog Stampede (HS)	10/17/15	--	--
6,000m	22:30.1	Bradley Pink Classic	10/12/18	--	--
	22:23.2	Rhodes Invitational	9/21/19	6.9	6.9
	22:11.7	AAC Championships	11/1/19	11.5	18.4

### PENN, Rylee

5,000m	18:31.6	Big VIII League Final (HS)	11/1/17	--	--
	18:18.1	Live in Lou Classic	10/6/19	13.5	13.5
6,000m	22:39.6	Rhodes Invitational	9/21/19	--	--
	21:59.2	AAC Championships	11/1/19	40.4	40.4

## WOMEN CONTINUED

### TYRE, Olivia

5,000m	18:24.1	OHSAA State Meet (HS)	11/5/16	--	--
6,000m	22:15.3	Rhodes Invitational	9/21/19	--	--

### WALKER, Maddie

5,000m	17:30.8	ECCC Champs (HS)	10/14/17	--	--
6,000m	21:41.0	Rhodes Invitational	9/21/19	--	--

## MEN

### BANOS, Toni

5,000m	16:28.6	Queen City Invite	9/1/18	--	--
8,000m	26:22.7	McNichols Invite	9/15/18	--	--
	25:39.0	Greater Louisville	9/29/18	43.7	43.7
	25:01.9	AAC Championships	11/1/19	37.1	1:20.8
10,000m	--				

### BIENENFELD, Aaron

5,000m	--				
8,000m	25:01.2	McNichols Invite	9/15/18	--	--
	23:56.8	Greater Louisville	9/29/18	1:04.4	1:04.4
	23:43.3	AAC Championships	11/1/19	13.5	1:17.9
10,000m	31:21.9	NCAA Great Lakes	11/9/18	--	--
	30:42.8	NCAA Champs.	11/17/18	39.1	39.1

### CORDONNIER, Jack

5,000m	16:27.5	Queen City [UC Club]	9/2/17	--	--
8,000m	26:59.3	All-Ohio XC [UC Club]	9/29/17	--	--
10,000m	--				

### GUENTHNER, Ryan

5,000m	15:39.9	LexCath Invite (HS)	10/15/16	--	--
	15:26.0	Queen City Invite	8/31/19	13.9	13.9
8,000m	25:36.1	NCAA Pre-Nationals	10/14/17	--	--
	24:55.2	Greater Louisville	9/29/18	40.9	40.9
10,000m	33:40.7	NCAA Great Lakes	11/10/17	--	--
	33:10.6	NCAA Great Lakes	11/9/18	30.1	30.1

### HARLEY, Jonathan

5,000m	16:11.2	IHSAA SemiState (HS)	10/22/16	--	--
8,000m	25:41.9	Live in Lou Classic	10/6/19	--	--
10,000m	--				

### HEADINGS, Jase

5,000m	16:44.6	OHSAA Region (HS)	10/21/17	--	--
8,000m	26:10.6	Live in Lou Classic	10/6/19	--	--
10,000m	--				

### HOAK, Matt

5,000m	16:01.9	OHSAA Region (HS)	10/27/18	--	--
8,000m	25:50.9	Live in Lou Classic	10/6/19	--	--
10,000m	--				

### MOSMEIER, Keifer

5,000m	15:53.3	Piketon Invite (HS)	9/30/17	--	--
8,000m	27:30.9	McNichols Invite	9/15/18	--	--
	26:24.8	Greater Louisville	9/29/18	1:06.1	1:06.1
10,000m	--				

### PEHLMAN, Ryan

5,000m	15:47.7	Delta Eagle Invite (HS)	9/22/18	--	--
	15:40.7	Queen City Invite	8/31/19	7.0	7.0
8,000m	26:46.9	Rhodes Invitational	9/21/19	--	--
10,000m	--				

### STEVENS, Christian

5,000m	15:40.3	Shelbyville Bear XC [HS]	9/24/16	--	--
8,000m	26:53.3	McNichols Invite	9/15/18	--	--
	25:45.3	Greater Louisville	9/29/18	1:08.0	1:08.8
	25:30.2	Live in Lou Classic	10/6/19	15.1	1:23.9
10,000m	--				

### STUMP, Matt

5,000m	15:58.3	Fleet Feet Invite (HS)	9/24/16	--	--
8,000m	26:57.1	All-Ohio XC	9/29/17	--	--
	26:04.6	Greater Louisville	9/29/18	52.5	52.5
10,000m	--				

### WIRTH, Tyler

5,000m	15:24.0	Paul Short Invite (HS)	9/29/17	--	--
8,000m	25:33.4	Rhodes Invitational	9/21/19	--	--
	25:08.3	AAC Championships	11/1/19	25.1	25.1
10,000m	--				

