

MEET

3

CINCINNATI at RHODES COLLEGE INVITATIONAL



SATURDAY, SEPTEMBER 21
SHELBY FARMS PARK
MEMPHIS, TENN.



RACE SCHEDULE (2)

8:00 am Men's 8,000m Run
8:45 am Women's 6,000m Run
all times listed are CENTRAL / local to race site

SCHEDULED TO COMPETE (21)

Arkansas-Monticello • Arkansas-Pine Bluff
Arkansas State • Berry • Cincinnati • Centre
Christian Brothers • Concordia (TX)
East Texas Baptist • Emory • Hendrix • Memphis
Millsaps • Mississippi College
Mississippi U. for Women • Oglethorpe • Rhodes
SE Oklahoma State • Tulsa • Union
University of the Ozarks

FOLLOW ALONG

Web Stream: none
Results: Rhodes.MacDonaldTiming.com

SCHEDULE

AUGUST

31 at Queen City Invite Highland Heights, KY

SEPTEMBER

14 at Friendship Invite (W) Cedarville, OH

21 at Rhodes Invite Memphis, TN

OCTOBER

5 at Live in Lou Classic Louisville, KY

19 at NCAA Pre-Nats Terre Haute, IN

NOVEMBER

1 at AAC Champs Memphis, TN

15 at NCAA Great Lakes Madison, WI

23 at NCAA Champs Terre Haute, IN

CROSS COUNTRY SET FOR RHODES INVITATIONAL

Bearcats heading to Memphis to preview course to be used for AAC meet

// THE STARTING LINE

The University of Cincinnati cross country program is set to return to action this weekend as the Bearcats will race at the Rhodes College Invitational in Memphis, Tenn., Saturday morning. The meet will serve two purposes for the Bearcats as the not only look to build toward the postseason, but the meet also will give both squads a chance to preview the Shelby Farms course that will be used for the 2019 American Athletic Conference Championships November 1.

// 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 women are back in action for the second week in a row while the men haven't run in three weeks, last competing at the Queen City Invitational on August 31
- Both teams enter the meet ranked in the USTFCCA regional rankings with the men at #13 in the Great Lakes and the women at #15
- The rankings mark the first for the women since 2010 they have been ranked regionally and the first time since the final of 2010 that both Bearcats teams have appeared in the same ranking
- The women are coming off a huge weekend at the Friendship Invitational in Cedarville where they won the team title and saw Hannah Markel win the individual title while Ellie Leather was just behind her in second
- The last time UC's women won a title was the 2010 Queen City Invitational and the last individual victory was Alison Zukowski at the 2011 VMI Relays
- At the Friendship, three big PRs were recorded with Markel (32.2 seconds), Leather (26.6) and Sydney Hess (23.8) all dropping their 5,000m bests
- Two redshirt freshmen ran their first cross country races for the Bearcats, including Rylee Penn and Leah Maschino

// THE COMPETITION

This week's meet is set to feature 21 teams from all across the NCAA divisions, including a trio of AAC teams in Cincinnati, Memphis and Tulsa. The remainder of the field includes: Arkansas-Monticello, Arkansas-Pine Bluff, Arkansas State, Berry, Centre, Christian Brothers, Concordia (Texas), East Texas Baptist, Emory, Hendrix, Millsaps, Mississippi College, Mississippi University for Women, Oglethorpe, Rhodes, Southeastern Oklahoma State, Union and University of the Ozarks.

// THE MEET

The Rhodes Invitational features two races. The men will lead things off with an 8,000m run at 8 a.m. local (9 a.m. ET) with the women's 6,000m run following at 8:45 a.m. local (9:45 a.m. ET).

// RESULTS

Results for this week's meet can be found at Rhodes.MacDonaldTiming.com.

GETTING SOCIAL



@GoBearcatsTFXC / @GoBearcats

BEARCATS NOTES

// AWARDS EARNED IN 2019

ATHLETIC HONORS

n/a

// 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. Leather, Ellie	Queen City (5)	18:04.7
4. Markel, Hannah	Queen City (6)	18:05.3
5. Walker, Maddie	Queen City (11)	18:13.2
6. Walker, Maddie	Friendship (7)	18:16.6
7. Penn, Rylee	Friendship (14)	18:47.4
8. Hess, Sydney	Friendship (16)	18:51.5
9. Tyre, Olivia	Queen City (32)	18:54.1
10. Tyre, Olivia	Friendship (19)	19:04.0

6,000m Races

n/a

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
7. --		
8. --		
9. --		
10. --		

8,000m Races

n/a

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
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)

// RANKED

According to the latest rankings released by the USTFCCA, four teams entered in the meet are nationally ranked in their respective divisions. On the men's side, Tulsa is #30 this week in NCAA Division I while Emory is #29 in NCAA Division III. On the women's side, both nationally ranked teams come from NCAA Division III with Emory at #24 and Centre at #28.

// MORE RANKINGS

In the same rankings released, the Bearcats found their names listed in the men's and women's Great Lakes Top 15 this week, holding rankings of #13 and #15, respectively. The men moved up one spot from the #14 position they held in the preseason standings while the women earned not only their first ranking of the season, but also their first ranking since the end of the 2010 campaign. That week also marked the last time both the men and women for UC were ranked at the same time.

// PREVIOUSLY AT RHODES

This week's competition will mark the first time the Bearcats have raced at the Rhodes Invitational.

// LAST TIME OUT • FRIENDSHIP INVITATIONAL

Last weekend, the UC women ventured to Cedarville, Ohio, for the 29th Friendship Invitational and returned home with two wins and several more outstanding performances. As a team, the Bearcats placed two runners in the Top 2, three in the Top 10, all five scorers in the Top 16 and its entire Top 7 in the Top 20 overall. Markel and Leather finished 1-2 with Markel collecting her first collegiate win in 17:32.5 while Leather was just behind her in 17:38.1 as both women not only broke 18 minutes for the first time, but smashed the standard. True freshman Maddie Walker (18:16.6) and redshirt freshman Rylee Penn (18:47.4) placed seventh and 14th, respectively, with Sydney Hess (18:51.5) closing out the scoring five in 16th. Overall, UC accumulated 40 points in the win with Cedarville in second with 60 and Northern Kentucky third with 96.

// 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 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).

// CLOSE SPREAD

Not only did the women have to front-runners to lead the way as just 5.6 second separated the duo, but the rest of the running spread was close as well. The Top 5 Bearcats that made up the team's score finished within 1:17.0 of one another while the team's Top 7 was 1:35.2 a part.

// HUGE IMPROVEMENTS

Three of the women posted huge PRs on the day with Markel leading the way. The senior posted a time a 17:32.5, which dropped her life-time best by 32.2 seconds after she ran a best of 18:04.7 in high school. Leather, who ran 18:04.7 at the Queen City Invitational two weeks prior, lowered her time by 26.6 seconds to 17:38.1. The third PR posted came from Sydney Hess, who ran 23.8 seconds faster with a time of 18:51.5. Her previous best, like Leather, came at the QCI two weeks ago when she ran 19:15.3.

// 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.

PREVIOUSLY NOTED

// 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

Following one week off from competition, the Bearcats will return to action in Louisville as both teams will take part in the Live in Lou Cross Country Classic Saturday, October 5, at E.P. "Tom" Sawyer State Park. There are three different races for the men's 8,000m (gold, blue and silver) and three for the women's 5,000m (gold, blue and silver) with the Bearcats finding out which race they are assigned closer to the meet. The first race of the day will be 9:30 a.m. and the last collegiate race at 12:45 p.m.

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	1st of 13	Markel, Hannah	17:32.5	1st
Sep 21	Rhodes Invite	Memphis, Tenn.	Memphis	6,000m					
Oct 5	Live in the Lou Classic	Louisville, Ky.	Louisville	6,000m					
Oct 19	NCAA Pre-Nationals	Terre Haute, Ind.	Indiana State	6,000m					
Nov 1	AAC Championships	Memphis, Tenn.	Memphis	6,000m					
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										
Bullock, Ellee	51	19:24.5	34	19:36.3										
Cooper, Jen	--	dnr	--	dnr										
Engle, Katie	52	19:25.6	38	19:43.3										
Evans, Anna	71	20:10.8	53	20:11.8										
Henning, Carmela	76	20:16.3	--	dnr										
Hess, Sydney	46	19:15.3	16	18:51.5										
Leather, Ellie	5	18:04.7	2	17:38.1										
Markel, Hannah	6	18:05.3	1	17:32.5										
Maschino, Leah	--	dnr	20	19:07.7										
Mikula, Sam	--	dnr	--	dnr										
O'Dea, Madalyn	81	20:23.3	37	19:40.2										
Patterson, Katrina	--	dnr	--	dnr										
Penn, Rylee	--	dnr	14	18:47.4										
Tyre, Olivia	32	18:54.1	19	19:04.0										
Walker, Maddie	11	18:13.2	7	18:16.6										
# of Finishers	116		116											

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

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					
Oct 5	Live in the Lou Classic	Louisville, Ky.	Louisville	8,000m					
Oct 19	NCAA Pre-Nationals	Terre Haute, Ind.	Indiana State	8,000m					
Nov 1	AAC Championships	Memphis, Tenn.	Memphis	8,000m					
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										
Bienenfeld, Aaron	--	dnr										
Cordonnier, Jack	--	dnr										
Guenthner, Ryan	9	15:26.0										
Harley, Jonathan	--	dnr										
Headings, Jase	--	dnr										
Hoak, Matt	68	16:44.4										
Mosmeier, Keifer	41	16:06.3										
Pehlman, Ryan	19	15:40.7										
Stevens, Christian	24	15:48.0										
Stump, Matt	--	dnr										
Wirth, Tyler	10	15:26.1										
# of Finishers	102											

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

PERSONAL BESTS

// PR TRACKER

WOMEN

BREITENSTEIN, Maggie

				Race	O'All
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

				Race	O'All
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	--	--

COOPER, Jen

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

ENGLE, Katie

				Race	O'All
5,000m	18:30.0	OHSAA State Meet (HS)	11/5/16	--	--
6,000m	--			--	--

EVANS, Anna

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

HENNING, Carmela

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

HESS, Sydney

				Race	O'All
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
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

LEATHER, Ellie

				Race	O'All
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	--	--

* with Fresno State

MARKEL, Hannah

				Race	O'All
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

MASCHINO, Leah

				Race	O'All
5,000m	18:29.1	ECC Champs (HS)	10/14/17	--	--
6,000m	--			--	--

MIKULA, Sam

				Race	O'All
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

				Race	O'All
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

				Race	O'All
5,000m	18:23.5	Bulldog Stampede (HS)	10/17/15	--	--
6,000m	22:30.1	Bradley Pink Classic	10/12/18	--	--

PENN, Rylee

				Race	O'All
5,000m	18:31.6	Big VIII League Final (HS)	11/1/17	--	--
6,000m	--			--	--

TYRE, Olivia

				Race	O'All
5,000m	18:24.1	OHSAA State Meet (HS)	11/5/16	--	--
6,000m	--			--	--

WALKER, Maddie

				Race	O'All
5,000m	17:30.8	ECCC Champs (HS)	10/14/17	--	--
6,000m	--			--	--

// PR TRACKER

MEN

BANOS, Toni

				Race	O'All
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
10,000m	--			--	--

BIENENFELD, Aaron

				Race	O'All
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
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

				Race	O'All
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

				Race	O'All
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

				Race	O'All
5,000m	16:11.2	IHSAA SemiState (HS)	10/22/16	--	--
8,000m	--			--	--
10,000m	--			--	--

HEADINGS, Jase

				Race	O'All
5,000m	16:44.6	OHSAA Region (HS)	10/21/17	--	--
8,000m	--			--	--
10,000m	--			--	--

HOAK, Matt

				Race	O'All
5,000m	16:01.9	OHSAA Region (HS)	10/27/18	--	--
8,000m	--			--	--
10,000m	--			--	--

MOSMEIER, Keifer

				Race	O'All
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

				Race	O'All
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	--			--	--
10,000m	--			--	--

STEVENS, Christian

				Race	O'All
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
10,000m	--			--	--

STUMP, Matt

				Race	O'All
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

				Race	O'All
5,000m	15:24.0	Paul Short Invite (HS)	9/29/17	--	--
8,000m	--			--	--
10,000m	--			--	--