

MEET	CINCINNATI at FRIENDSHIP INVITATIONAL
2	 <p>SATURDAY, SEPTEMBER 14 ELVIN R. KING CROSS COUNTRY COURSE CEDARVILLE, OHIO</p> 

RACE SCHEDULE	
9:30am	University Men 8,000m
10:15am	University Women 5,000m
10:50am	Boys High School 5,000m (Division I)
11:25am	Girls High School 5,000m (Division I)
12:05pm	Boys High School 5,000m (DII/III)
12:40pm	Girls High School 5,000m (DII/III)
1:20pm	Boys Middle School 3,200m
1:50pm	Girls Middle School 3,200m

SCHEDULED TO COMPETE
<ul style="list-style-type: none"> Cedarville, Central State, Cincinnati (W), Cincinnati Christian, Cumberland TN, Cumberlands KY, Dayton, Eastern Mennonite, Edison CC, Miami U. Running Club, Northern Kentucky, Ohio, Thomas More, and Wilberforce (M)

WOMEN'S XC HEADS TO FRIENDSHIP INVITE SATURDAY

Bearcats looking to build off strong start to the 2019 season

// THE STARTING LINE

The University of Cincinnati women's cross country team is set to return to action this weekend as the Bearcats will travel north to Cedarville, Ohio, for the 29th Friendship Invitational taking place Saturday at the Elvin R. King Cross Country Course on the Cedarville University campus. The women will run in the second race of the day with their 5,000m run set to start at 10:15 a.m.

// 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

- Only the women will be running for UC this week before both the men and women run together again next week at the Rhodes College Invitational in Memphis
- Both teams saw two individuals place in the Top 10 at the Queen City Invitational August 31 with the men placing second as a team and the women third
- In that first meet, eight freshmen raced in their first collegiate event, including five women and three men

// THE COMPETITION

This year's meet will feature runners from 14 teams with 13 teams each in the women's 5,000m run and the men's 8,000m run as UC will send just its women's squad and Wilberforce its men's. Along with the Bearcats and host Yellow Jackets, the field in the women's race also includes: Central State, Cincinnati Christian, Cumberland (TN), Cumberlands (KY), Dayton, Eastern Mennonite, Edison CC, Miami's Running Club, Northern Kentucky, Ohio and Thomas More.

// THE MEET

The 29th edition of the Friendship Invitational will feature nine races on the day, starting with the collegiate men's 8,000m run at 9:30 a.m. Following the women's race at 10:15 a.m., the high schools take over with the boys and girls each running the 5,000m course. The four races will feature Division I schools at 10:50 a.m. (boys) and 11:25 a.m. (girls) before the combined Division II/III races take place at 12:05 p.m. (boys) and 12:40 p.m. (girls). The final two races will run at 1:20 p.m. (boys) and 1:50 p.m. (girls) with the boys and girls, respectively, in middle school running a 3,200m course. Finally, once all races have concluded, a community run will be held on the course.

// RESULTS




Results for the Friendship Invitational will be provided by FinishTiming and can be found at Live.FinishTiming.com the day of the races. A recap and full set of results will be available on GoBearcats.com following the conclusion of the meet.

// LAST TIME • FRIENDSHIP

The last time the Bearcats competed in the Friendship Invitational came in the 2016 season when UC placed second as a team and placed three runners in the Top 10. In the team standings,

FOLLOW ALONG
<p>Web Stream: none</p> <p>Results: Live.FinishTiming.com</p>

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

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

BEARCATS NOTES

// AWARDS EARNED IN 2019

ATHLETIC HONORS

n/a

// TOP 10 OF THE SEASON

WOMEN

5,000m Races

1. Leather, Ellie	Queen City (5)	18:04.7
2. Markel, Hannah	Queen City (6)	18:05.3
3. Walker, Maddie	Queen City (11)	18:13.2
4. Tyre, Olivia	Queen City (32)	18:54.1
5. Hess, Sydney	Queen City (46)	19:15.3
6. Bullock, Ellee	Queen City (51)	19:24.5
7. Engle, Katie	Queen City (52)	19:25.6
8. Evans, Anna	Queen City (71)	20:10.8
9. Henning, Carmela	Queen City (76)	20:16.3
10. O'Dea, Madalyn	Queen City (81)	20:23.3

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)

Cedarville won the meet with 19 points and was followed in the Top 3 by UC (54) and Taylor (81). Individually, the Bearcats were led by Hannah Christ (8th), Meg Westerheide (9th) and Juliana Madzia (10th) in the Top 10 with Lianne Masquelier (11th), Grace O'Donnell (16th), Emma Hensley (18th) and Hannah Markel (19th) all finishing in the Top 20 of the 5,000m race.

// PREVIOUS MEET • QUEEN CITY INVITE

Two weeks ago, the Bearcats raced at the 38th Queen City Invitational in Highland Heights, Ky., where the men placed second as a team and the women third as both sides saw two of their runners finish among the Top 10 individually. On the women's side, newcomer Ellie Leather ran 18:04.7 to finish fifth overall and Hannah Markel was sixth in 18:05.3. Maddie Walker, a freshman, just missed the Top 10, placing 11th overall in 18:13.2. For the men, Ryan Guenther was the top UC finisher as he crossed the line in 15:26.0 to take ninth overall while rookie Tyler Wirth was 10th in 15:26.1.

// TOP 10

Both women that placed in the Top 10 have been there before in their careers as Leather made her third appearance and Markel her second. Leather twice placed in the Top 5 last year while running for Fresno State, including third and fourth-place showings for the Bulldogs. Markel tallied her second career Top 10 placement after finishing sixth at the same meet one year ago. On the men's side, both Bearcats posted their first career Top 10 collegiate finish with Wirth grabbing his in his collegiate debut. Guenther's Top 10 betters his previous high of 13th place that he posted in 2017 at the Butler Opener.

// IMPROVED TIMES

Four runners at the QCI posted personal-best times with two each coming from the men and the women. Leading the way was Leather, who knocked 25.0 seconds off her best, lowering her PR to 18:04.7 over 5,000m from 18:29.7 that she ran last year at the Fresno XC Invitational. Also for the women, freshman Anna Evans dropped her PR by 6.2 seconds after running 20:10.8. On the men's side, Guenther had the biggest improvement as he lowered his time to 15:26.0 from 15:39.9, a drop of 13.9 seconds. Ryan Pehlman was the final PR runner as he lowered his best by 7.0 seconds with a time of 15:40.7.

// DEBUTS

Nine runners made their Bearcats debuts at the QCI, 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.

PREVIOUSLY NOTED

// SCHEDULE SCOUTING

The 2019 schedule features seven races for the women and six for the men with two each being in the postseason and a chance for one additional meet. Both teams will compete in the Queen City Invitational this week with only the women competing in the Friendship Invitational in Cedarville, Ohio, in two weeks. From there, the Bearcats both will travel to the AAC Preview in Memphis (Sept. 21), the Live in Lou XC Classic in Louisville (Oct. 5) and NCAA Pre-Nationals in Terre Haute, Ind. (Oct. 19) to close out the regular season. The championship portion of the year gets underway with the AAC Championships in Memphis November 1 and will be followed by the NCAA Great Lakes Region Championships November 15 in Madison, Wis. Those that qualify, either individually or as a team, would advance to the NCAA Championships in Terre Haute, Ind., November 23.

// 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

Next week, both Bearcats teams will be back in action as they will travel to Memphis, Tenn., to compete in the Rhodes College Invitational on Saturday, September 21. The men will run an 8,000m course starting at 8:30 a.m. CT (9:30 a.m. ET) while the women will race 6,000m starting at 9:15 a.m. CT (10:15 a.m. ET). The course at Shelby Farms Park will be the same utilized for the 2019 AAC Championships coming later in the season.

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					
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												
Bullock, Ellee	51	19:24.5												
Cooper, Jen	--	dnr												
Engle, Katie	52	19:25.6												
Evans, Anna	71	20:10.8												
Henning, Carmela	76	20:16.3												
Hess, Sydney	46	19:15.3												
Leather, Ellie	5	18:04.7												
Markel, Hannah	6	18:05.3												
Maschino, Leah	--	dnr												
Mikula, Sam	--	dnr												
O'Dea, Madalyn	81	20:23.3												
Patterson, Katrina	--	dnr												
Penn, Rylee	--	dnr												
Tyre, Olivia	32	18:54.1												
Walker, Maddie	11	18:13.2												
# of Finishers	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
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
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	--	--
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	--			--	--