Ucla
CROSS COUNTRY

INFORMATION GUIDE

CROSS COUNTRY

2025



Ucla

Mighty Bruins

University of California Los Angeles

"UCLA Cross Country Information Guide"

2025 QUICK FACTS

Location	Los Angeles, CA
Athletic Dept. Address	325 Westwood Plaza
	Los Angeles, CA 90095
Athletics Phone	(310) 825-8699
Ticket Office	(310) UCLA-WIN
Cross Country Office Phone	(310) 794-6443
Chancellor	Dr. Julio Frenk
Director of Athletics	Martin Jarmond
Assoc. Athletic Director (Cross Country)	Gavin Crew
Faculty Athletic Rep.	Dr. Michael Teitell
Enrollment	45,742
Founded	1919
Colors	Blue and Gold
Nickname	Bruins
Conference	Big 10
National Affiliation	NCAA Division I
The Sherie L. and Donald G. Morrison Director of Track & Field/Cross Country	Joanna Hayes
Assistant Coach	Andrew Ferris
2024 Final National Ranking	NR (Men) NR (Women)
2024 NCAA Championships Finish	N/A (Men) N/A (Women)
2024 Big Ten Championships Finish	12th (Men) 12th (Women)
All-Time Conference Championships	2 (Men in 1980, 1981)
All-Time West Regional Championships	3 (Men in 1980, 1981; Women in 1986)

Credits: The 2025 UCLA Cross Country media guide was written and edited by Andrew Wagner of the UCLA Athletic Communications Office. Primary photography by Don Liebig (ASUCLA Photography), Jesus Ramirez (UCLA Athletics), Elijah Carr (UCLA Athletics), Jan Kim Lim (UCLA Athletics), and Ross Turteltaub (UCLA Athletics).

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Note: Student-athletes have been instructed not to grant any interview requests that have not been set up through the UCLA Athletic Communications Office.

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2025 UCLA CROSS COUNTRY SCHEDULE

Date	Meet	Location
Friday, Aug. 29	UC Riverside	Big Bear, Calif.
Friday, Sept. 26	Gans Creek Classic	Columbia, Mo.
Saturday, Sept. 27	at UC Riverside	Riverside, Calif.
Friday, Oct. 10	Bill Dellinger Invitational	Eugene, Ore.
Friday, Oct. 18	at UC Riverside	Riverside, Calif.
Friday, Oct. 31	Big Ten Championships	East Lansing, Mich.
Friday, Nov. 14	NCAA West Regional	Sacramento, Calif.
Saturday, Nov. 22	NCAA Championships	Columbia, Mo.







Tristan
AMELL
6-4 / Jr.
Le Vésinet, France



Yosef
BERHAN
Fr.
San Jose, Calf.



Westin
BROWN
5-11 / Fr.
Temecula, Calif.



Aaron
CANTU
5-8 / Jr.
Saugus, Calif.



Everett
CAPELLE
R-Fr.
San Juan Capistrano, Calif.



Joshua
CHU
5-7 / R-Fr.
Rescue, Calif.



Henry
COUGHLAN
5-10 / Jr.
Joseph, Ore.



Dev
DOSHI
R-Fr.
Newbury Park, Calif.



Andreas
DYBDAHL
R-Fr.
Santa Barbara, Calif.



Jack
FALKOWSKI
5-11 / R-Fr.
Manasquan, N.J.



Kai
MITCHELL-REISS
6-0 / R-So.
Portland, Ore.



Arrin
SAGIRAJU
Fr.
Danville, Calif.



Aydon
STEPHANOPOLOUS
Fr.
Los Gatos, Calif.



Christian
YODER
Fr.
Moorpark, Calif.



Joanna
HAYES
The Sherie L. and Donald G. Morrison UCLA Director of Track & Field/Cross Country



Andrew
FERRIS
Assistant Coach
Distance / Cross Country



Kaitlyn
ARCIAGA
5-6 / Fr.
San Diego, Calif.



Emie
BERGER
5-5 / R-Fr.
Mettman, Germany



Kaho
CICHON
5-4 / Sr.
Huntington Beach, Calif.



Olivia
FOODY
So.
Aliso Viejo, Calif.



Ailish
HAWKINS
5-7 / Jr.
Newbury Park, Calif.



Annie
IVARSSON
Fr.
Dana Point, Calif.



Georgia
JEANNERET
5-6 / So.
Newport Beach, Calif.



Quinci
LOTT
5-2 / So.
Dana Point, Calif.



Sophia
MALINOSKI
5-7 / Fr.
Portland, Ore.



Evie
MARHEINEKE
5-2 / Fr.
Santa Cruz, Calif.



Ella
McGILLIS
5-3 / So.
Portland, Ore.



Gwyneth
MEYERS
Fr.
Tulsa, Okla.



Gabriella
PETERS
Fr.
Carlsbad, Calif.



Annika
SALZ
5-6 / Sr.
San Diego, Calif.



Leah
STEPHENS
5-2 / R-So.
Philadelphia, Penn.



Joanna
HAYES
The Sherie L. and Donald G. Morrison UCLA Director of Track & Field/Cross Country



Andrew
FERRIS
Assistant Coach
Distance / Cross Country

MEN'S ROSTER

Name	Ht.	Yr.	Hometown (High School/Previous School)
Tristan Amell	6-4	Jr.	Le Vésinet, France (Santa Monica HS)
Yosef Berhan	-	Fr.	San Jose, Calif. (Piedmont Hills HS)
Westin Brown	5-11	Fr.	Temecula, Calif. (Great Oak HS)
Aaron Cantu	5-8	Jr.	Saugus, Calif. (Newbury Park)
Everett Capelle	-	R-Fr.	San Juan Capistrano, Calif. (St. Margaret's Episcopal School)
Joshua Chu	5-7	R-Fr.	Rescue, Calif. (Ponderosa HS)
Henry Coughlan	5-10	Jr.	Joseph, Ore. (Texas)
Dev Doshi	5-7	R-Fr.	Newbury Park, Calif. (Newbury Park HS)
Andreas Dybdahl	6-1	R-Fr.	Santa Barbara, Calif. (Santa Barbara High)
Jack Falkowski	5-11	R-Fr.	Manasquan, N.J. (Christian Brothers Academy)
Kai Mitchell-Reiss	6-0	R-So.	Portland, Ore. (Villanova)
Arrin Sagiraju	-	Fr.	Danville, Calif. (Dougherty Valley HS)
Aydon Stephanopolous	-	Fr.	Los Gatos, Calif. (Los Gatos HS)
Christian Yoder	5-10	Fr.	Moorpark, Calif. (Oaks Christian HS)

WOMEN'S ROSTER

Name	Ht.	Yr.	Hometown (High School/Previous School)
Kaitlyn Arciaga	5-6	Fr.	San Diego, Calif. (Westview HS)
Emie Berger	5-5	R-Fr.	Mettman, Germany (Konrad-Heresbach-Gymnasium)
Kaho Cichon	5-4	Sr.	Huntington Beach, Calif. (Fountain Valley HS)
Olivia Foody	-	So.	Aliso Viejo, Calif. (Aliso Niguel HS)
Ailish Hawkins	5-7	Jr.	Newbury Park, Calif. (Newbury Park)
Annie Ivarsson	-	Fr.	Dana Point, Calif. (Dana Hills HS)
Georgia Jeanneret	5-6	So.	Newport Beach, Calif. (JSerra Catholic HS)
Quinci Lott	5-2	So.	Dana Point, Calif. (Dana Hills)
Sophia Malinoski	5-7	Fr.	Portland, Ore. (Lincoln HS)
Evie Marheineke	5-2	Fr.	Santa Cruz, Calif. (Archbishop Mitty HS)
Ella McGillis	5-3	So.	Portland, Ore. (Central Catholic)
Gwyneth Meyers	-	Fr.	Tulsa, Okla. (Bishop Kelley HS)
Gabriella Peters	-	Fr.	Carlsbad, Calif. (Sage Creek HS)
Annika Salz	5-6	Sr.	San Diego, Calif. (Torrey Pines)
Leah Stephens	5-2	R-So.	Philadelphia, Penn. (NC State)

COACHING STAFF

Joanna Hayes ..... The Sherie L. and Donald G. Morrison Director of Track & Field/Cross Country
Andrew Ferris ..... Assistant Coach
Michael Phillippy ..... Director of Operations

UCLA XC ON SOCIAL

X (Twitter) ..... @UCLATrack_Field
Instagram ..... @UCLATrackAndField
Facebook ..... facebook.com/UCLATrackAndField
Website ..... uclabruins.com



Joanna HAYES

The Sherie L. and Donald G. Morrison Director of Track & Field and Cross Country
2nd Season at UCLA

UCLA Athletic Hall of Fame member and Olympic gold medalist Joanna Hayes returned to UCLA as the new The Sherie L. and Donald G. Morrison UCLA Director of Track & Field/Cross Country on June 17, 2024. Hayes previously served as an assistant coach for the Bruins from 2014-16 and for USC from 2017-24.

"I am honored to return to UCLA as the Director of Track & Field and Cross Country. This opportunity represents a full circle moment for me, and I am grateful to Martin Jarmond for trusting me to lead this esteemed program and uphold its strong legacy," said Hayes. "As Director, I am committed to guiding this program with values rooted in respect, passion, discipline, family, and community engagement. I am ready to embark on this journey, as it brings me back to the joy and excitement I felt 30 years ago on signing day when I first became a Bruin. I'm ready to win some championships alongside our dedicated alumni, staff, student-athletes, and the Bruin fans and supporters!"

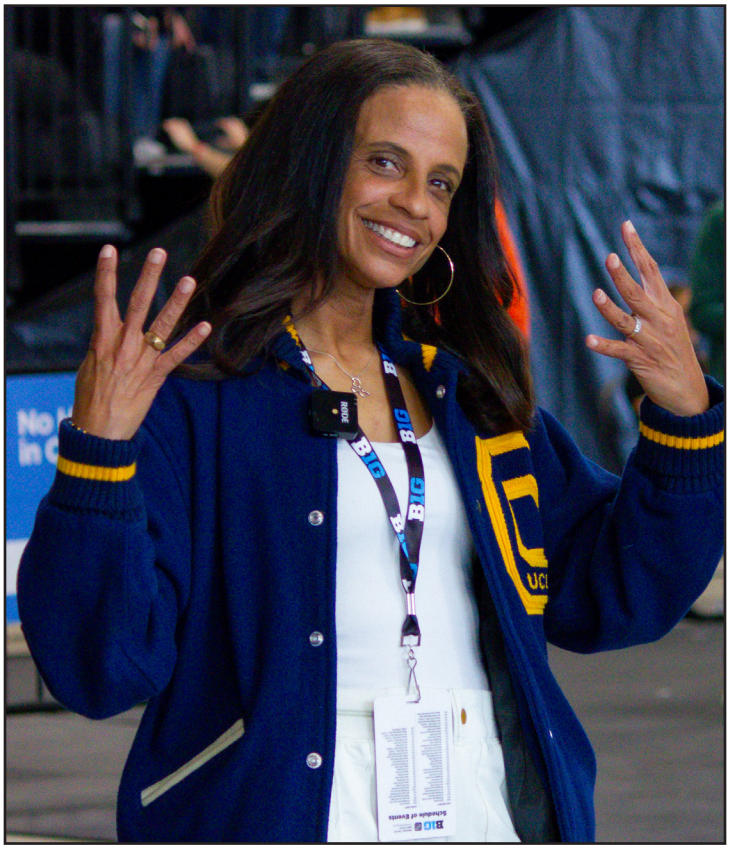
UCLA started off its new era under Hayes in a strong way in 2025. The women's outdoor squad was nationally ranked all season, climbing as high as No. 13 in the polls. The Bruins swept their dual meet over crosstown rival USC at Drake Stadium, a first for the program since 2013. UCLA set five school records over the course of the year, including in the women's indoor 4x400 and outdoor 4x100 relays. The Bruins made a strong impression at their first Outdoor Big Ten Championships, with Michael Pinckney bringing home a gold medal in the men's discus and the UCLA women finishing third in the team standings. A total of 11 individuals combined for 16 All-America honors at the Outdoor NCAA Championships, with two more earning Indoor All-America accolades earlier in the season.

A six-time All-American at UCLA from 1996-99, Hayes won seven Pac-10 titles and the 1999 NCAA outdoor title in the 400m hurdles. She led UCLA to three-straight Pac-10 team titles and two-straight NCAA runner-up finishes, and her Bruin teams went 39-0 in dual meets in her career. At the Pac-10 level, Hayes won three-straight 100m hurdles titles from 1996-98 and two-straight 400m hurdles crowns from 1996-97. In 2004, she won Olympic gold, breaking a 16-year Olympic record with a winning time of 12.37 in the 100m hurdles. Also that year, she won the 2004 Jesse Owens Award as USA Track & Field's outstanding female athlete and finished as the No. 1-ranked 100m hurdler in the world. Additionally, she won gold in the 400m hurdles at the 2003 Pan American Games.

In her previous coaching stint at UCLA, Hayes was an assistant sprints, hurdles and relays coach. In her first season in 2014, she coached Brea Buchanan and Trinity Wilson to the NCAA finals in the 100m hurdles. Hayes also guided the women's 4x100m relay team to the NCAA Championship meets in 2015 and 2016.

"I am excited to bring Joanna back home to UCLA," remarked the Alice and Nahum Lainer Family Director of Athletics Martin Jarmond. "Her credentials as an Olympic gold medalist, NCAA Champion, Hall of Fame athlete and award-winning coach speak for itself. Her passion, energy and vision for UCLA track and field make her the right choice to lead this program."

"Winning has been in Joanna's DNA, from her high school athletic days, to becoming a champion student-athlete at UCLA and an Olympic gold medalist, to her successful coaching career," said UCLA Athletics Hall of Famer Jeanette Bolden. "She is now bringing that winning DNA to the men's and women's program at UCLA. I could not be happier for Joanna and her family."



At USC, Hayes earned USTFCCCA West Region Assistant Coach of the Year honors four times, most recently being selected for the 2024 outdoor season with the women after her hurdlers scored 16 of the Trojans' 25 points at the NCAA Championships, where USC finished 10th. She was the 2023 and 2024 indoor men's assistant of the year, coaching a pair of Trojans to the top two times in the nation in the 60m hurdles during the 2023 indoor campaign. Her first award came in 2018, when two USC hurdlers won Pac-12 titles and four of her 100m hurdlers advanced to the NCAA Championships.

Hayes' athletes have been among the most successful at USC during her time with the team. Anna Cockrell won (three?) NCAA and (three?) Pac-12 titles and went on to compete at the Olympics. Jasmine Jones was the 2024 Pac-12 Women's Track Athlete of the Year and won a pair of NCAA titles in 2024, taking the outdoor 400m hurdles title with a school and meet record, and winning the indoor 60m title. Hayes was a volunteer assistant coach in 2021 when the Trojans won the NCAA Women's Outdoor title.

Olympians Sydney McLaughlin and Rai Benjamin are among the elite athletes Hayes has trained. McLaughlin is the current world record holder in the 400m hurdles, and Benjamin ranks No. 2 in the world and No. 1 in the USA. Benjamin won his first individual gold medal at the 2024 Paris Olympics, capturing the top mark in the 400m hurdles at the summer games.

Hayes, who graduated from UCLA in 2001 with a bachelor's degree in sociology, resides in Los Angeles with her husband, Eric Thomas, and daughters, Zoe and Aly.



Andrew **FERRIS**

Assistant Coach, Cross Country
3rd Season at UCLA

Andrew Ferris joined the UCLA track & field and cross country coaching staff on October 5, 2023, as announced by UCLA Athletics. Ferris enters his third campaign with the Bruins to start the 2025-26 school year.

The Bruins' 2024 cross country season was headlined by a superlative season from fifth-year Michael Mireles, who earned All-Region and First Team All-Big Ten honors. Mireles finished runner-up in a 156-runner field at UCLA's first-ever Big Ten Cross Country Championships, and then followed up with a top-25 individual finish at the NCAA West Regionals. Senior Mia Kane led the UCLA women at both Big Tens and Regionals, while Olivia Foody also earned All-Freshman Team honors at the Big Ten Championships.

During 2023-24, Ferris was responsible for guiding the cross country team and distance runners on the track for the 800m through 10,000m events. In his first season with UCLA track & field, he helped junior Mia Kane capture the Pac-12 individual title in the 3,000m steeplechase. With Ferris' guidance, senior Michael Mireles finished as the Conference runner-up in men's 5,000m race. The Bruins also claimed eight marks on UCLA's all-time top 10 lists in indoor and outdoor distance events.

Ferris boasts 14 All-Americans and 21 champions under his supervision in his NCAA coaching career. He also coaches Maël Gouyette, who will represent France in the men's 1500m at the 2024 Paris Olympics.

Prior to his arrival in Westwood, Ferris served as an assistant coach at Iona University from 2021-23. He coached three All-Americans and saw four school records with the Gaels. Ferris also coached at Wake Forest University from 2017-21. He helped Deacons earn All-America honors eight times, set eight program records and claim four ACC event titles.

He mentored Robert Heppenstall en route to five All-America finishes at Wake Forest, as he won three league titles in the 800m before signing a pro contract with the District Track Club in 2019. Heppenstall also set four program records under Ferris in the indoor and outdoor 800m, the indoor 1000m and outdoor 1500m.

In cross country, Ferris helped the Wake Forest men's program post top-five finishes in back-to-back years (2018-19) for the first time since 2000-01, when there were only nine programs in the ACC. In his first season with the Deacon men's cross country team (2017), the men improved from eighth to sixth at the conference meet, the highest finish since 2010. Freshman Mitchell Day earned All-ACC honors after finishing 13th to become the program's first-ever male ACC Freshman of the Year honoree and first All-Conference recipient since 2005.

Other All-ACC honorees under Ferris include Archie Wallis (2019-20) and Johanna Schulz (2019-20), while Aaron Las Heras won a European U-20 title in the 5000m in 2019.

Off the track, the men's program won the Dean's Cup for highest team GPA three straight years from 2017-19.

Prior to his stint in Winston-Salem, Ferris worked as the Head Coach at Emmanuel College where he coached multiple state and national medalists, including two Australian Steeplechase Champions, two Australian Champion teams, 38 Australian Junior Championship qualifiers and an Oceania Women's Champion.

Ferris has progressed to a level three coaching qualification, one of the highest accreditations offered in Australia. He was also an Apprenticeship Coach at the Altis World Athletics Center, an elite athlete and coach training organization that improves performances of both athletes and coaches. He also has Level 1 Strength and Conditioning certification through ASCA.

Ferris attended the Ipswich Grammar School where he graduated in 2001. From there, he achieved a Bachelor of Health Science in 2009 from Griffith University in South East Queensland, Australia.



Michael **Phillippy**

Director of Operations
2nd Season at UCLA



Tristan AMELL

6-5 / Junior

Le Vésinet, France

Santa Monica HS

2025 (Track & Field)
Competed at six outdoor meets, including the Big Ten Championships ... Finished fourth in the men's 800m (1:54.14) at the Jim Bush Legends Meet on Mar. 22 ... Top 1,500m time of the season came at the USC Dual Meet on May 4, as he ran a 3:43.78 to finish runner-up ... Ran in the 1,500m at Big Tens, placing 33rd with a time of 3:57.33 ... Also competed at the Bryan Clay Invitational, Bob Larsen Distance Carnival, and Stanford Invitational ... Ran in four indoor meets, including the Big Ten Championships ... Opened his season with a runner-up finish in the 1,000m (2:25.37) at the Spokane Sports Showcase ... Fourth in the 800m at the UW Invite (1:50.72) ... Competed in the mile at Big Tens, finishing 21st at 4:11.24.

2024 (Cross Country)
Did not compete for UCLA during the cross country season ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

2024 (Track & Field)
Competed in three indoor and four outdoor meets, running the 800m and 1500m races… Posted a season-best 1:52.54 at the Rafer Johnson-Jackie Joyner-Kersee Invitational, winning the event at the home meet… Finished 24th in the 1500m at the Pac-12 Championships.

2023 (Cross Country)
Competed in one meet during his freshman season … Was the fourth scorer for the Bruins at the LMU South Bay Twilight, running a 25:23.5 in the 8K race for 14th place …

High School
Attended Coudersport High School, College Bridge Academy, Stanford Online High School and Santa Monica High School in his pre-college years… Ran Cross Country and Track & Field… Was a Millrose Games Mile Qualifier… Also an All-American at New Balance Nationals (Outdoors) in the distance medley relay and mile… All-American at New Balance Indoors in the 4x Mile… Qualified for Nike Cross Nationals… Earned a Bronze Medal at the New Jersey state championships in the 1600m… CIF qualifier in the 4x400m, 800m, 1600m and 3200m events… Earned silver at CIF states in the 4x400m relay… Named New Jersey's "Sophomore of the Year"…

Personal
Born in Oakville, Ontario, Canada, to parents Grace and Chris… Describes his greatest thrill as "kicking with 300m to go. It's just as satisfying every time"… Lists Kobe Bryant as the famous athlete he most admires… Outside of running, says he "absolutely loves everything about rock climbing"… A fun fact, he used to be one of Canada's top-ranked chess players… Chose to attend UCLA because it is a perfect combination of athletic, academic, and social experience… Majoring in European Language & Transcultural Studies, and wants to be a founder in his career.



Yosef BERHAN

Freshman
San Jose, Calif.
Piedmont Hills HS



Westin BROWN

5-11 / Freshman
Temecula, Calif.
Great Oak HS

High School
Attended Great Oak High School in his hometown of Temecula, Calif. ... Graduated with best times of: 1600m (4:08.70), 3200m (9:08.07), 3-mile (14:09.40) ... Was the 1600m champion at the CIF Masters in 2023 ... Finished fifth in the 1600m at the 2023 CIF State Championships, and then was ninth a year later.

Personal
Full name: Westin David Brown ... Born in 2006 in Salt Lake City, Utah to parents Lindsay and Alastair Brown ... Has two brothers, Everett and Shepard ... Decided to attend UCLA because of "the incredible combination of academics and athletics. I can take my studies and running career seriously, all while being close to family and friends" ... Hobbies and interests include playing guitar, going bowling, hiking, and skiing.



Aaron CANTU

5-8 / Junior
Saugus, Calif.
Newbury Park HS

2025 (Track & Field)
Made his outdoor debut at the 2025 Beach Opener, setting a best time in the 3000m (8:51.71) ... Won the 3000m steeplechase during the USC dual meet with a time of 9:31.10 ... Hit a PR in the steeplechase at the Mt. SAC Relays with a time of 9:29.26 ... Set a lifetime best of 3:55.64 in the 1500m at the Bob Larsen Distance Carnival on Mar. 21 ... Did not compete during indoor season ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

2024 (Cross Country)
Competed in three races for the Bruins ... Appeared at the Big Ten Championships in Savoy, Ill. on Nov. 1 (26:27.0) ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

2024 (Track & Field)
Did not compete for the Bruins.

2023 (Cross Country)
Did not compete for the Bruins.

High School
Attended Newbury Park High School where he ran cross country and track & field ... Two-time Team Nike Cross Nationals (NXN) Champion with Newbury Park ... Placed 21st in the state at the 2022 CIF State Cross Country Championships, running 15:39.9 as a scoring runner for his team.

Personal
Born in Valencia, Calif., to parents Elena and Marlon ... Has three brothers, Alexander, Andrew and Adrian ... Lists Kobe Bryant, Tiger Woods and Lionel Messi as the famous athletes he most admires ... Hobbies include playing basketball, pickleball, soccer, finding new music, and attending festivals ... Describes his greatest athletic thrill as anchoring his team to the NXN championship during the 2022 season ... Decided to attend UCLA "because of its renowned athletic programs and facilities, offering opportunities for top-level competition along with a strong academic reputation that provides a well-rounded college experience" ... Plans to major in biology with a career objective to become a sports medical physician.



Everett CAPELLE

Redshirt Freshman
San Juan Capistrano, Calif.
St. Margaret's Episcopal School

2025 (Track & Field)
Made his outdoor debut at the 2025 Beach Opener, running a season-best time in the 3000m (8:29.07) ... Was top-10 in the 1500m at the Stanford Invite on Apr. 4 (3:55.01) ... Runner-up in the 3000m steeplechase during the USC dual meet (9:37.18) ... Had a season-best time in the 1500m (3:50.64) at the APU Franson Last Chance Meet in early May ... Did not compete during indoor season ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

2024 (Cross Country)
Competed in one of UCLA's five events during his debut season ... Appeared in the season-opening tri-meet with UC Santa Barbara and UC Riverside in Big Bear, Calif. on Aug. 30, pacing the Bruin men with a fourth-place finish at 18:27.08 ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.



Joshua CHU

Redshirt Freshman
Rescue, Calif.
Ponderosa HS

2025 (Track & Field)
Did not compete for the Bruins ... Ran unattached in the 5000m at the Bob Larsen Distance Carnival on Mar. 21, finishing 10th with a time of 14:45.76 ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

2024 (Cross Country)
Didn't compete for UCLA ... Named to UCLA Athletic Director's Honor Roll for fall quarter.

High School
Attended Ponderosa High School, competing in track & field and cross country for all four of his pre-collegiate years … Also played basketball for two years at Ponderosa as a point guard … Earned Footlocker XC Honorary All-American and was the Footlocker West Regional Champion … Three-time FVL XC League Champion … Two-time CIF SJS Cross Country Section champion, six-time FVL track league champion, three-time FVL XC League MVP, FVL Track & Field MVP, and CIF SJS 3200m Champion … Placed fourth in California in the 3200m … Was a Nike Outdoor Nationals 5k All-American, placing fourth … Competed at the Footlocker West Regional, Footlocker Nationals, Nike Indoor Nationals, New Balance Indoor Nationals, and Nike Outdoor Nationals outside of his high school competitions.

Personal
Born to parents Tracy and David Chu … Has one younger brother, Nathan … Lists Kobe Bryant & Jakob Ingebrigsten as athletes he admires, saying "both have achieved great things by working extremely hard and I admire their mentalities" … Says his greatest athletic thrill was "winning the Footlocker West Regional. I went in believing I could do it & breaking the tape for the first time with the huge crowd was a moment I will never forget" … His hobbies and interests include running, art, coffee, biking and hiking … A fun fact about Josh is that he can solve a Rubik's cube and used to go to competitions for solving them … Chose UCLA because, "I love the diversity of LA and the history of greatness that stems from the university. I really like the coaches and staff as well and believe this is the best place to succeed" … His aunt, Canny, also attended UCLA … Plans to major in computational and systems biology with the objective of working as a cardiologist or cardiothoracic surgeon.



Henry COUGHLAN

5-10 / Junior
Joseph, Ore.
Crescent Valley HS
Texas

Texas (2022-24)
Competed in one race during the 2024 cross country season, running the Stormy Sea Opener 5k in 15:10.4 ... Did not compete in indoor or outdoor track during the 2024-25 school year ... Made his collegiate debut at the Southwestern-Concordia Opener in 2023, finishing ninth with a 5k time of 15:03.8 ... Made his collegiate track debut at the Texas Relays in 2024, placing 12th in the 1500m (3:59.78).

High School
Attended Crescent Valley High School in Corvallis, Ore. ... As a senior, finished fourth at the state cross country championships, and was fifth in the 3000m at the state track championships.

Personal
Full name: Henry James Coughlan ... Last name is pronounced COG-lin ... Born in 2004 to parents Brian and Cheryl Coughlan ... Has a sister, Ella ... Decided to attend UCLA because of "the wonderful tradition of prestige in both academics and athletics, mixed with being in one of the greatest cities in the world" ... Hobbies and interests include camping, spending time with family, music, and being outdoors ... He was born and raised a town of 1,200 people.



Dev DOSHI

5-7 / Redshirt Freshman
Newbury Park, Calif.
Newbury Park HS

2025 (Track & Field)
Entered two outdoor meets during his freshman season ... Made his track debut at the 2025 Beach Opener on Mar. 7, running the 3000m in 8:58.97 ... Also ran the 5000m at the Bob Larsen Distance Carnival on Mar. 21, finishing 15th with a time of 14:58.30 ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

2024 (Cross Country)
Did not compete for the Bruins in the fall ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

High School
Attended Newbury Park High School … Was a four-year varsity letter athlete in track and cross country … Helped Newbury Park to cross country team national titles in 2021 and 2022 … Won team state championships in 2021 and 2022 as well … A three-time CIF All-State Runner (2021, 2022, 2023) … Named the 2024 CIF Southern Section Athlete of the Year … Was the Marmonte League Runner of the Year and individual champion in 2023 … Four-time Marmonte League Team Champions (2020, 2021, 2022, 2023).

Personal
From Newbury Park, Calif., where his parents Satyen and Sejal reside … Has a younger sister, Rayna … Lists Tom Brady as an athlete he admires … Says his greatest athletic thrill was winning the cross country national championships in back-to-back years … His hobbies and interests include "living life to the fullest" … Chose UCLA "for its prestige in athletics and academics"… Plans to major in business economics, with the career objective of becoming an entrepreneur and "building something with a lasting legacy" ... Can speak three languages.



Andreas DYBDAHL

6-1 / Redshirt Freshman
Santa Barbara, Calif.
Santa Barbara HS

2025 (Track & Field)
Helped UCLA set a school record in the distance medley relay at the Boston University DMR Challenge on Feb. 21, as he ran the opening leg for a Bruin squad that finished in 9:28.70 ... Had a strong showing at the USC dual meet, scoring and setting PRs in both the 800m (1:50.00) and 1500m (3:44.34) ... Competed at both the Indoor and Outdoor Big Ten Championships ... At Indoor Big Tens, set a PR in the mile (4:01.44; 11th) while helping UCLA to a fifth-place finish in the DMR ... At Outdoor Big Tens, was the 15th place finisher in the 1500m (3:46.78) ... Made his collegiate debut at the UW Invite on Jan. 31, running the 800m (1:51.37) ... Named to the UCLA Athletic Director's Honor Roll for spring quarter.

2024 (Cross Country)
Did not compete for the Bruins in the fall ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

High School
Attended Santa Barbara High School, where he competed in cross country and track & field for all four years … Was a two-time CIF State Champion in the 1600m … Also was the CIF Finals Champion in Cross Country … Helped Santa Barbara to a Division II Team State Championship title.

Personal
Born to parents Sven and Amanda in Singapore … Has two younger siblings, sister Sienna and brother Kristian … Lists his greatest athletic thrill as "winning the California State Championships for the first time" … Admires Jakob Ingebrigtsen … His hobbies and interests include skiing, traveling and going to the beach … A fun fact about Andreas, "I'm half New Zealand and half Norwegian but I was born in Singapore and lived there for six years" … Chose UCLA because "I see a very promising future for the UCLA Cross Country and Track and Field team with the help of Coach Ferris. I want to be a part of the rise and return of UCLA running. It's also a great combination of academics and athletics" … Planning to major in business economics with a career objective of becoming an investment banker.



Jack FALKOWSKI

5-11 / Redshirt Freshman
Manasquan, N.J.
Christian Bothers Academy
Furman

2025 (Track & Field)
Did not compete for UCLA ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

Furman
Attended Furman University for fall 2024 ... Did not officially compete for the Paladins; in his lone action, he ran unattached in the Furman Invitational, placing 24th in a 113-man 6k field with a time of 18:42.7.

High School / Club
Attended Christian Brothers Academy in Middletown, N.J. ... Won a pair of New Jersey state team titles in cross country ... Was a two-time all-state pick ... Three-time Monmouth County and Shore Conference champion.

Personal
Full name: Jack James Falkowski ... Born in 2005 in Tom's River, N.J. ... Parents are Abby and Brian Falkowski ... Has two brothers, Owen and Wyatt ... Decided to attend UCLA because of "the renowned academic reputation and close environment with Los Angeles" ... Cites winning back-to-back state championships as his greatest pre-UCLA athletic thrill ... Admires Cole Hocker ... Enjoys surfing and hanging out with friends in his free time ... Plans on majoring in math/economics.



Kai MITCHELL-REISS

6-0 / Redshirt Sophomore
Portland, Ore.
Ida B. Wells-Barnett HS
Villanova

Villanova (2023-25)
Spent two years at Villanova (2023-24, 2024-25) ... Made his debut in 2024-25, running a 4:06.96 mile ... Also had strong times in the indoor 3000m (8:15.51), indoor 1500m (3:46.71), and outdoor 3000m steeplechase (9:18.67) ... Scored at the Big East Championships in the indoor mile (fifth) and outdoor steeplechase (eighth) ... Named to the Big East All-Academic Team in 2023-24 ... Redshirted as a true freshman in 2023-24.

High School
Attended Ida B. Wells-Barnett High School in Portland, Ore. ... Lettered four years in cross country (2019-22) and two years in track (2022-23) ... School record-holder in the 3000m ... Finished third in the 1500m at the 2023 state championships ... Won a league title in the 3000m, and was runner-up in the 1500m, as a senior ... Placed 11th in the state cross country championships as a senior ... Valedictorian of his graduating class.

Personal
Born in 2004 in Portland, Ore. to parents Ron Mitchell and Amy Reiss ... Has a twin brother, Jessie ... Has two sisters, Eliza and Caroline ...Decided to attend UCLA because of "the amazing academics, team culture, coaching, and location."



Arrin SAGIRAJU

Freshman
Danville, Calif.
Dougherty Valley HS

High School
Attended Dougherty Valley High School in San Ramon, Calif. ... Lettered three years apiece in cross country and track & field ... Was runner-up at the 2024 CIF Division I Cross Country Championships ... Finished seventh in the 1600m at the 2024 CIF State Championships ... Was a three-time North Coast Section Champion, twice in the 1600m and once in cross country.

Personal
Born in 2007 in Scottsdale, Ariz. to parents Prashanth Padmanabraju and Anu Sagiraju ... Has a younger sister, Aria ... Decided to attend UCLA because "I believe this is the place that will allow me to reach my fullest potential, both academically and athletically" ... Admires Jakob Ingebrigsten and Daniel Municio ... Hobbies and interests include running, hooping, karting, eating, hiking, and pretty much any outdoor activity ... Didn't run his freshman year of high school, and was on his high school basketball team ... Plans on majoring in computational biology.



Aydon STEPHANOPOLOUS

Freshman
Los Gatos, Calif.
Los Gatos HS



Christian YODER

5-10 / Freshman
Moorpark, Calif.
Oaks Christian School

High School
Attended Oaks Christian School in Westlake Village, Calif. ... Earned three varsity letters apiece in cross country and track & field ... Ran the 800, 1600, 3200, 3-mile, and 5k during his high school career ... Oaks Christian record-holder in the 1600, 3200, 4x800 relay, and DMR ... Was an All-Marmonte League pick after his junior and senior seasons ... All-CIF as a senior ... Was the CIF Southern Section Champion in the 3200 in 2025 ... Helped Oaks Christian to a sectional team title as a sophomore in 2022 ... Also graduated with Oaks Christian cross country school records in the 3-mile and 5k ... Three-time all-league pick in cross country ... Led Oaks Christian to its first state title in boy's cross country as a senior in 2024 ... Graduated with best times of: 800 (1:56.09), 4x800 (1:52.8 relay split), 1600 (4:15.70), 3200 (9:05.19), 3-mile XC (14:15), and 5k XC (15:07).

Personal
Born in 2006 to parents Richard and Kathy Yoder in West Hills, Calif. ... Has an older brother, Trey ... Aspires to become a film producer ... Decided to attend UCLA in order to "pursue my athletic and academic career at an institution that will push me to my full potential while living in the best region in the country" ... Cites leading his high school cross country team to its first state team title in school history as his greatest pre-UCLA sporting moment ... Admires Jackie Robinson, Victor Wembanyama, and Ethan Strand ... Hobbies and interests include filmmaking, watching and playing sports, and playing video games ... Produced a feature-length film during his high school career.



Kaitlyn ARCIAGA

5-6 / Freshman
San Diego, Calif.
Westview HS

High School
Attended Westview High School in San Diego ... Lettered in soccer, cross country, and track & field.

Personal
Born in 2007 in San Diego ... Plans on majoring in political science.



Emie BERGER

5-5 / Redshirt Freshman
Mettman, Germany
Konrad-Heresbach-Gymnasium

2025 (Track & Field)
Did not compete in her true freshman season ... Named to the UCLA Athletic Director's Honor Roll for fall, winter, and spring quarters.

Prior to UCLA
Competed club with TSV Bayer 04 Leverkusen ... German champion at the U16 level in the 3k, at the U18 level in the 1,500m, and the U20 level in the 1,500m ... Placed fifth in the 2022 European Championships in the 1,500m ... Placed eighth in the 1,500m at the 2023 European Championships.

Personal
Born in 2006 in Dusseldorf, Germany ... Parents are Andrea and Jörg Berger ... Has three siblings: Mara, Bela, and Ruby ... Plans to major in psychology.



Kaho CICHON

5-4 / Senior
Huntington Beach, Calif.
Fountain Valley HS

2025 (Track & Field)
Competed at the Outdoor Big Ten Championships in the 1500 (4:28.88) ... Set lifetime-bests in the 800 (2:09.51) and 1500 (4:25.15) at the Bryan Clay Invitational from Apr. 16-18 ... Runner-up in the 1500m (4:26.80) and scored in the 800m (2:09.66) during the USC dual meet on May 4 ... Runner-up in the 800m (2:09.71) at the Jim Bush Legends Meet on Mar. 22 ... Ran a lifetime-best mile of 4:50.11 at the UW Invite on Feb. 1 ... Made her season-debut at the Spokane Sports Showcase on Jan. 17, finishing runner-up in the 1000m with a PR of 2:56.26 ... Had a best time in the 3000m (10:05.50) at the Beach Opener meet on Mar. 8 ... Named to the UCLA Athletic Director's Honor Roll for spring and winter quarters.

2024 (Cross Country)
Competed in all but one of UCLA's five races for the season ... Top result came at the Bill Dellinger Invitational in Eugene, Ore., as she placed 50th (21:15.3) ... Also competed at the Big Ten Championships (21:35.1) in Savoy, Ill. and the NCAA West Regionals (21:51.3) in Colfax, Wash. ... Named to the Fall 2024 Academic All-Big Ten Team ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

2024 (Track & Field)
Competed in three meets during the outdoor season … Ran three races in the 800m and two races in the 1500m … Competed in the 4x400m relay at the Stanford Invitational … Posted a season-best 2:12.88 in the 800m at the Bryan Clay Invitational in April … Selected to the Pac-12 Winter Academic Honor Roll.

2023 (Cross Country)
Competed in five races in her 2023 (Cross Country) campaign … Had a top finish of second-place at the LMU South Bay Twilight, where her 21:06.6 in the 6000-meter race made her the second-fastest Bruin on the day … Was the third scorer for UCLA at the Bill Dellinger Invitational, finishing 37th (6000m, 21:16.5) … Ran a season-best 20:56.10 at the Pac-12 Championships in October … Placed 120th at the NCAA West Regionals, running a 21:31.2.

2023 (Track & Field)
Ran a 4:54.19 in the only indoor mile she competed in at the Dr. Sander Invite … Competed in four outdoor meets … Ran three 800m races and two 1500m races during her freshman campaign … Posted season-bests in both the 800m (2:10.66) and the 1500m (4:32.19) at the Bryan Clay Invitational in mid-April.

2022 (Cross Country)
A top three finisher for the Bruins in two of her four meets … She placed 65th at the Weis-Crockett Invitational (22:00.2), the second-fastest Bruin at the meet … Ran a 20:25.9 at the NCAA West Regional Championships in November to be the number three scorer for UCLA, placing 60th in the West.

High School
Attended Fountain Valley high school for four years ... Was a four-year letterwinner in both cross country and track & field ... Named MVP of both the cross country and track teams during her sophomore and senior seasons ... Two-time Surf League MVP in cross country (2019, 2021) ... 2021 Surf League Most Valuable Runner for the track and field season ... Earned OC Register Girls Athlete of the Week honors in May 2021 ... Named to the OC Register Girl's track and field Dream Team in 2021 ... Won the CIF Division I Championship in the girl's 800m in 2021 ... School record holder in the 800m (2:08) and 3-mile (16:57).

Personal
Born in Tokyo, Japan to parents Patrick and Miwako Cichon ... Has one younger brother, Shane, and three sisters: Simmone, Cheryl, and Lisa ... Chose UCLA because "when I visited, I fell in love with the team & the campus. The team is so genuine and constantly radiates positive energy. UCLA feels like home and being a part of this team feels like family" ... Describes greatest pre-UCLA athletic thrill as "being able to give my all in races for my team, coaches, & myself" ... Admires Eluid Kipchoge and Sydney McLaughlin ... Enjoys trying new foods, running, traveling, nature, boba, and hanging out with friends in her free time ... Aspires to represent Japan someday in the Olympics or World Championships ... Majoring in business economics.



Olivia FOODY

Sophomore
Orange County, Calif.
Aliso Niguel HS

Career Honors
2024 Big Ten Cross Country All-Freshman Team

2025 (Track & Field)
Entered six outdoor meets during her freshman season ... Competed in the 5000m at the Big Ten Championships, setting a best time at 16:40.59 ... Scored in the 3000m steeplechase at the USC dual meet with a collegiate-best time of 11:09.72 ... Made her collegiate track debut at the Beach Opener on Mar. 7, finishing runner-up in the 3000m with a PR of 9:42.10 ... That 3000m time was the best by a Bruin in 2025 ... Set a best time in the 1500m (4:29.00) during the Bob Larsen Distance Carnival on Mar. 21 ... Did not compete during indoor season ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

2024 (Cross Country)
Competed in three of UCLA's five races during her true freshman season ... Earned Big Ten All-Freshman honors after finishing fifth among conference freshmen at the league championships on Nov. 1 ... Foody placed 53rd overall at the Big Ten Championships with a time of 20:19.9, second-best on UCLA behind Mia Kane ... Made her collegiate debut at the Bill Dellinger Invite on Oct. 11, placing 16th with a time of 20:31.2 ... Was 48th overall and second among UCLA racers at the NCAA West Regionals (20:39.7).

High School
Attended Aliso Niguel High School in Aliso Viejo, Calif. ... Earned three varsity letters in track and field, and two in cross country ... Was an All-County Pick in high school ... Named team Distance Runner of the Year and Cross Country Distance Runner of the Year in 2023 ... Had best times of: 3 mile (17:34), 1600 (4:57), 3200 (10:29).

Personal
Full name: Olivia Hope Foody ... Born in 2006 in Orange County ... Parents are Cheryl Smith and Chris Foody... Has two siblings: Brennan and Amara ... Decided to attend UCLA because "it's been my dream school since I was a kid" ... Admires running coach Jack Daniels ... Hobbies and interests include hanging out with friends and family, going to the beach, hot yoga, and traveling ... Started her track career as a 400m and 800m runner before transitioning to distance ... Her mother, Cheryl, was a professional runner, two-time All-American, and national title winner in 1984 ... Her stepfather, Jon Rankin, is UCLA's all-time record holder in the 1500m (3:35.26) and mile (3:55.63), and was a Junior National Champion in the 1500m.



Ailish HAWKINS

5-7 / Junior
Newbury Park, Calif.
Newbury Park HS

2025 (Track & Field)
Competed at eight meets over the course of the year, five during outdoor season and three during indoor season ... Qualified for NCAA West Regionals in the 3000m steeplechase, finishing 25th (10:21.08) ... Had a standout outing in the steeplechase at the Outdoor Big Ten Championships, setting a best time at 10:10.63 to check in at No. 3 on UCLA's all-time outdoor top-10 list ... Was runner-up in the steeplechase (10:31.53) to help UCLA to a dual meet win over crosstown rival USC on May 4 at Drake Stadium ... Set a best time in the 1500m (4:27.10) at the Stanford Invitational on April 4 ... Ran a 4:27.10 in the 1500m to notch a new PB in that event at the Bob Larsen Distance Carnival on March 21 ... Ran the 5000m at the Indoor Big Ten Championships, notching the No. 8 time in UCLA indoor history at 16:51.18 ... Hit PBs in the mile (4:56.57) and 3000m (9:27.38) at the Husky Classic from Feb. 14-15 ... Named to the UCLA Athletic Director's Honor Roll for winter quarter.

2024 (Cross Country)
Participated in four of UCLA's five regular season meets ... Placed sixth overall at the season-opening tri-meet with UC Santa Barbara and UC Riverside (22:27.78) ... Finished No. 54 at the Bill Delliger Invite hosted by Oregon (21:20.5) ... Raced at both the Big Ten Championships (20:58.1) in Savoy, Ill. and NCAA West Regionals (21:14.5) in Colfax, Wash. ... Named to the Fall 2024 Academic All-Big Ten Team ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

2024 (Track & Field)
Competed in four outdoor meets in her freshman season … Placed 11th in her UCLA debut in the 1500m at the Bob Larsen Distance Carnival (4:46.60) … Ran a season-best 10:42.00 in the 3000m steeplechase at the UCLA vs. USC Dual Meet, finishing second … Made her postseason debut at the Pac-12 Championships … Posted an 11:34.29 in the 3000m steeplechase to place seventh in the Conference meet.

2023 (Cross Country)
Did not compete for the Bruins.

High School
Attended Newbury Park High School where she ran cross country and track and field all four years ... Earned four varsity letters in both sports ... At the Mt. SAC Relays in 2022, she ran the opening of the 4x1600m relay, recording a time of 4:53.42 before handing off the baton ... The relay team finished in 19:52.88, setting a new national high school record mark in the event.

Personal
Born in Thousand Oaks, Calif. to parents Steve and Nessa ... Has two older siblings, Cian and Fiona ... Decided to attend UCLA because it was a "great opportunity athletically and academically" ... Plans to major in biochemistry ... Lists Athing Mu as the famous athlete she most admires ... Says her greatest athletic thrill to date was the 4x mile relay race in which her team broke the national high school record.



Annie IVARSSON

Freshman
Dana Point, Calif.
Dana Point HS



Georgia JEANNERET

Sophomore
Newport Beach, Calif.
JSerra Catholic HS

2025 (Track & Field)
Competed in 11 meets during her true freshman season, seven during outdoor season and four during indoor season ... Made her collegiate debut at the Spokane Sports Showcase on Jan. 17, running a 1:34.50 in the 600m ... Made her outdoor debut at the Beach Opener on March 8, finshing runner-up in the 800m ... Top 800m outing of the year came on May 4, as she finished third with a season-best time of 2:09.56 to score and help UCLA to a dual meet win over crosstown rival USC ... Placed third in both the 800m (2:10.23) and 4x400 relay (3:47.24) at the Rafer Johnson/Jackie Joyner-Kersee Invite on April 5 at Drake Stadium ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

2024 (Cross Country)
Did not compete for the Bruins in the fall ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

High School
Attended JSerra Catholic High School, running track and cross country all four years ... Arrives in Westwood as a two-time JSerra High School Female Athlete of the Year (2023, 2024) and the 2024 Trinity League Female Athlete of the Year ... Won four Trinity League team titles with her cross country team and two Orange County Team Championships ... JSerra won three CIF Team Championships and three California State Team Championships during her time ... She was part of the two-time Nike Cross Nationals Team Qualifier squad ... Captured four individual titles in the Trinity League, winning both the 800m and 1600m events twice ... Ran in the three-time Trinity League Champion 4x400m relay team ... Part of the relay team that holds the All-Time Orange County record ... Also won four CIF event titles, two in the 800m and two in the 4x400m relay ... Recorded three podium finishes in the 800m at the California State meet ... Helped JSerra to three Trinity League Team Championships, three Orange County Team Championships and two CIF Team Championships ... Two-time track national champion, she claimed the indoor national title with the 4x800m relay and the outdoor mixed 4x400m championship ... Four-time All-American for the 4x800m relay, two-time All-American in the distance medley, an All-American Freshman in the 1600m, All-American for the indoor 800m.

Personal
Born in Torrance, Calif., to parents Amy and Brad ... Has an older sister, Avery ... Lists Juliette Whittaker as an athlete she admires ... Describes her greatest pre-UCLA athletic thrill as winning indoor nationals for the 4x800m and outdoor nationals for the mixed 4x400m relay ... Her hobbies and interests include going to the beach, napping at the beach and being with friends ... Has lived in Guam and Hawaii ... Chose UCLA because "the athletics and academics are highly competitive and demanding. The school is also beautiful."



Quinci LOTT

Sophomore
Dana Point, Calif.
Dana Hills HS

2025 (Track & Field)
Competed in two meets, both during outdoor season ... Was a top-10 finisher in the 3000m at the Beach Opener in her track debut, placing ninth at 10:16.71 ... Ran a 4:46.73 in the 1500m at the Bob Larsen Distance Carnival on March 21 ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

2024 (Cross Country)
Entered into three of UCLA's five races during her true freshman season ... Made her collegiate debut in Big Bear, Calif. on Aug. 30 in the season-opening tri-meet with UC Santa Barbara and UC Riverside, earning a ninth-place finish with a 6k time of 22:47.09 ... Also competed at the Gans Creek Classic (22:45.5) and Bill Dellinger Invite (22:34.8), with the latter representing a new PR ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

High School
Attended Dana Hills High School, where she competed in both cross country and track for four years … Lettered three times in each sport … Helped Dana Hills secure two League Champion titles (2021, 2022) and two CIF-SS Championships (2022, 2023) … Named First Team All-CIF Southern Section, First Team All-County and First Team All-League.

Personal
Born in Dana Point, Calif., to parents Kandi and Cutler … Has an older brother, Liam, and younger sister, Colbi … Lists Sydney McLaughlin and Allie Ostrander as athletes she admires … Says her greatest pre-UCLA athletic thrill was "breaking 5 minutes in the 1600, or winning CIF Finals with my team my senior year. Both moments were a testament to my hard work and I proved to myself what I was capable of" … Her



Sophia MALINOSKI

5-7 / Freshman
Portland, Ore.
Lincoln HS

High School
Attended Lincoln High School in Portland, Ore. ... Earned four letters in track & field and three in cross country ... State Champion in the 800m in both 2024 and 2025 ... Also at the Oregon State Championships, was runner-up in the 1500m in 2025 ... High School All-American in the DMR and the 4x800 relay ... Second Team All-State for cross country in 2022 and 2023 ... State record-holder in the DMR and 4x8 ... Won a state team title in cross country in 2024 ... Named Lincoln's Female Athlete of the Year for the 2024-25 season ... Graduated with high school best times of: 1500m (4:29), 800m (2:07.07), 5k cross country (17:42).

Personal
Full name: Sophia Eileen Malinoski ... Born in 2007 in Anaheim, Calif. to parents Sehra and Darren ... Has a younger brother, Noah ... Planning to major in biology ... Aspires to become a doctor ... Decided to attend UCLA "to pursue my athletic and academic dreams" ... Admires Keely Hodgkinson and Sydney McLaughlin ... Hobbies and interests include hiking and swimming with friends, trying new foods, going to concerts, and going on road trips in her home state of Oregon.



Evie MARHEINEKE

5-2 / Freshman
Santa Cruz, Calif.
Archbishop Mitty HS

High School
Attended Archbishop Mitty High School in San Jose, Calif. ... Lettered four years apiece in track & field and cross country ... Had best time in high school of: 1600m (4:52), 3200m (10:28) and cross country 5k (17:58) ... Qualified for the state cross country championships all four years ... Four-time first team all-league pick in cross country... Three-time league champion in cross country ... Won two league championships apiece in the 1600m and 3200m ... Qualified for track sectionals three times, also qualified for track state championships once.

Personal
Full name: Evangeline Lila Marheineke ... Born in 2007 in Santa Cruz, Calif. to parents Marie and John Marheineke ... Has four sisters: Mika, Abby, Luci, and Lola ... Plans on majoring in biology ... Aspires to become a nurse ... Decided to attend UCLA because "I fell in love with the campus on my visit - it felt as though there were so many resources that would allow me to succeed academically, athletically, and socially" ... Admires Emma Coburn ... Hobbies and interests include going to the beach, spending time with family and friends, hiking, and exploring outdoors.



Ella McGILLIS

Sophomore
Portland, Ore.
Central Catholic HS

2025 (Track & Field)
Competed in six meets, all during outdoor season ... Finished third in the 3000m with a season-best 10:09.92 to help UCLA to a dual meet win over crosstown rival USC on May 4 at Drake Stadium ... Posted a season-best time in the 5000m (17:34.83) at the Mt. SAC Relays ... Made her track debut at the Beach Opener, finishing eighth in the 3000m with a time of 10:12.71 ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters.

2024 (Cross Country)
Appeared in three of UCLA's five races during her true freshman campaign ... Made her collegiate debut on Aug. 30 in Big Bear, Calif. in the team's season-opening tri-meet against UC Santa Barbara and UC Riverside, finishing 11th with a time of 23:00.98 ... Also competed in the Gans Creek Classic (22:03.4) and Bill Dellinger Invite (22:14.9) ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

High School
Attended Central Catholic High School … Ran cross country and track & field for all four years, earning eight letters across the two sports … Was the 2021 district meet champion in the 800m… A school record holder in the 3000m track event and cross country 5000m race … Three-time district meet champion in cross country (2021-23) … 2022 state cross country meet runner-up, earning first team all-state … Two-time Second Team All-State (2021, 2023) … 2022 district meet champion in the 1500m and 3000m events … Was the district meet champion in the 800m and 1500m in both 2023 and 2024 … 2021 All-State Honorable Mention (1500m), 2022 All-State Honorable Mention (3000m), 2023 All-State Honorable Mention (800m, 1500m), 2024 All-State Honorable Mention (800m), 2024 First Team All-State (4x400m) … 2024 Track and Field Mount Hood Conference Runner of the Year … Ran at the Nike Cross Regionals twice (2022, 2023) and Nike Outdoor Nationals in 2023 … Named to the All-Region team after placing 10th at the 2022 Nike Cross Regionals.

Personal
Born to parents Robyn and Jeff … Has a younger brother, Nate … Lists Courtney Frerichs and Elle Purrier as athletes she admires … Her greatest pre-UCLA athletic thrill "was my last race of high school at Oregon track state. My teammates and I were in the 4x400 seeded in the slower heat. We ran for each other and we really just came together. We were then announced as 2nd overall in the 4x400. It was the most surprising but rewarding race and even better that it was shared with my 3 other teammates" … Her hobbies include being outdoors and swimming at cool spots, watching reality television, and trying new restaurants … Chose UCLA because "I felt that it was the school that would push me out of my comfort zone so I can continue to grow. It challenges me in all



Gwyneth MEYERS

Freshman
Tulsa, Okla.
Bishop Kelley HS



Gabriella PETERS

Freshman
Carlsbad, Calif.
Sage Creek HS

High School
Named 2024 All-CIF First Team Cross Country Team ... Selected to the first team on the Chula Vista Star-News All-San Diego Section Fall Honor Roll following the 2024 season.

Personal
Born in San Diego in 2007.



Annika SALZ

5-6 / Senior
San Diego, Calif.
Torrey Pines HS

2025 (Track & Field)
Competed in six meets for the Bruins, five outdoor and one indoor ... Ran at Outdoor Big Tens in the 10K, finishing 21st (35:49.35) ... Won the 3000m (9:57.02) to help the Bruins to a dual-meet win over crosstown rival USC on May 4 ... Ran a PB in the 5K (17:06.62) at the Mt. SAC Relays ... Posted a best time in the 10K (34:49.25) at the Stanford Invite, good for No. 7 in school history ... Opened her season by finishing third in the 3000m at the Beach Opener with a PR of 9:50.59 ... Had a PB in the 1500m (4:39.22) at the Bob Larsen Distance Carnival on March 21 ... Named to the UCLA Athletic Director's Honor Roll for winter and spring quarters ... Named a 2025 Big Ten Distinguished Scholar (3.7+ GPA for the academic year) ... Was selected as the women's cross country representative on the 2024-25 UCLA All-Academic Team (person from each team with the highest cumulative GPA).

2024 (Cross Country)
Raced in all five of UCLA's competitions for the season ... Was the Bruins' top finisher at the season-opening tri-meet with UC Santa Barbara and UC Riverside in Big Bear, Calif., finishing fourth overall with a 6k time of 22:15.28 ... Placed third among Bruin racers at the Gans Creek Classic (21:47.0) ... Posted times of 21:28.8 at the Big Ten Championships in Savoy, Ill. and 21:46.1 at the NCAA West Regionals in Colfax, Wash. ... Named to the Fall 2024 Academic All-Big Ten Team ... Named to the UCLA Athletic Director's Honor Roll for fall quarter.

2024 (Track & Field)
Competed in two indoor meets for the Bruins … Recorded a 10:13.11 in the 3000m at the Husky Classic … Ran an 18:02.80 in the 5000m at the Ken Shannon Last Chance Invitational ... Appeared in three races during the outdoor campaign in the 3000m, 5000m, and 10,000m events … Placed second in the 10,000m at the Bob Larsen Distance Carnival after posting a mark of 37:01.44 … Selected to the Pac-12 Winter Academic Honor Roll for the indoor track & field season.

2023 (Cross Country)
Toed the line twice for UCLA in her sophomore season … Made her postseason debut at the Pac-12 Championships, finishing 87th with a 22:17.0 in the 6000-meter race.

2023 (Track & Field)
Ran one race for UCLA during the outdoor track and field season … Posted a 17:57.19 at the Bob Larsen Distance Carnival in the 5000m event.

2022 (Cross Country)
Appeared in two meets for the Bruins, the Mammoth UCLA-UCSD Dual Meet and the Highlander Invite ... Scored for the Bruins at the Highlander meet, running a 21:12.6 in the mid-October competition … Placed 34th overall and fourth on the Bruin squad.

High School
Ran Cross Country and Track at Torrey Pines High School, lettering in both all four years ... 2021 CIF SDS XC Team Champion, All-League Avocado West all four years for XC, All-CIF 2021 for XC.

Personal
Born in San Diego, Calif. to Lisa and Don ... Has an older brother, Nick ... Decided to attend UCLA because it was an encouraging and competitive environment both academically and athletically, with extremely talented peers and teammates ... Says her biggest athletic thrill was "winning the Arcadia Invitational 4x1600 my junior year, the first large invite after COVID" ... Admires Molly Seidel, Emma Coburn, Justin Herbert ... Enjoys baking, reading, watching movies, cross-country skiing ... Intends to major in mathematics and linguistics with the objective of becoming a math professor.



Leah STEPHENS

5-2 / Redshirt Sophomore
Philadelphia, Penn.
Our Lady of Good Counsel HS
NC State

NC State (2023-25)
Spent two seasons at NC State (2023-24 and 2024-25) ... Helped NC State cross country to a team National Championship in 2023, finishing 43rd individually at NCAAs (20:08.2) ... Earned All-ACC honors in cross country in 2023 after finishing eighth in the 6k at the ACC Championships with a time of 20:01.4 ... Was a two-time ACC Freshman of the Week honoree in cross country in 2023 ... Competed during the outdoor season in 2024, highlighted by a first-place finish in the women's 10k (33:09.25) at the Penn Relays ... Did not compete for NC State during the 2024-25 season.

High School
Attended Our Lady of Good Counsel High School in Olney, Md. ... Was the Maryland Girls Cross Country Player of the Year for the 2022-23 school year ... Earned All-America honors at Foot Locker Nationals ... Maryland state record-holder in the 1600m and 3200m ... Three-time High School All-American.

Personal
Born in 2005 in Washington, D.C. to parents Laura and Tim Stephens ... Has an older brother, TC ... Plans on majoring in psychology ... Admires Katelyn Touhy and Emma Coburn ... Enjoys golf and travelling in her free time.

UCR/UCSB Tri-Meet - Aug. 30

BIG BEAR, Calif. - UCLA Cross Country claimed a team-second place finish in the women's 3.2-mile race against UC Riverside and UC Santa Barbara in Big Bear, Calif., in Friday's season-opening meet.Two Bruins crossed in the top five runners; junior Annika Salz (4th, 22:15.28) and senior Carly Corsinita (5th, 22:15.53) finished within half a second of each other. Sophomore Ailish Hawkins and newcomer Quinci Lott were also top 10 finishers in the tri-meet. The men had four runners finish Friday's race. Freshman Everett Capelle (4th, 18:27.08) and senior Patrick Curulla (5th, 18:27.37) replicated the women's success, also claiming two top-five finishes as a duo. The men's squad did not record a team score in the meet.

WOMEN'S 3.2k - Team 2nd

Finish	Name	Time
4	Annika Salz	22:15.28
5	Carly Corsinita	22:15.53
6	Ailish Hawkins	22:27.78
9	Quinci Lott	22:47.09
11	Ella McGillis	23:00.98

MEN'S 3.2k - Team N/A

Finish	Name	Time
4	Everett Capelle	18:27.08
5	Patrick Curulls	18:27.37
15	Mark Cortes	19:04.62
19	Aaron Cantu	19:23.72

Gans Creek Classic - Sept. 27

COLUMBIA, Mo.. - The UCLA cross country team returned to action at the Gans Creek Classic hosted by Missouri, with the women claiming an 18th-place team finish. Redshirt sophomore Audrey Allen, competing in her first cross country race since the 2021 season, was the Bruins' top finisher in the women's 6k race, coming in at 62nd place with a time of 21:15.0. Kaho Cichon (21:39.4) and Annika Salz (21:47.0) also both broke the 22-minute mark. A total of 38 schools registered team scores on the women's side.The UCLA men were paced in the 8k race by Jack Rosencrans, who posted a time of 24:35.0. The men's squad ultimately didn't record a team score.

WOMEN'S 6k - Team 18th

Finish	Name	Time
62	Audrey Allen	21:15.0
106	Kaho Cichon	21:39.4
119	Annika Salz	21:47.0
151	Ella McGillis	22:03.4
187	Carly Corsinita	22:28.1
215	Quinci Lott	22:45.5

MEN'S 8k - Team N/A

Finish	Name	Time
95	Jack Rosencrans	24:35.0
173	Patrick Curulla	25:10.1
228	Mark Cortes	25:39.4
289	Angus Harrington	26:35.9

Bill Dellinger Invitational - Oct. 11

SPRINGFIELD, Ore. - UCLA wrapped up its 2024 regular season at the Bill Dellinger Invitational hosted by Oregon, with the women claiming a fifth-place finish and the men coming in 12th. Mia Kane (20.23.9, 12th) and Olivia Foody (20:31.2, 16th) both recorded top-20 finishes in the women's 6k race. Foody was one of four Bruins to PR on Friday, joining Rose Pittman (21:09.5), Ailish Hawkins (21:20.5), and Quinci Lott (22:34.8). Michael Mireles was the Bruins' top finisher in the men's 8k, taking sixth place with a PR time of 23:04.8. It was his first time racing in the 8k since the 2022 Pac-12 Cross Country Championships, and his new time was nearly a 30-second improvement over his previous collegiate best.

WOMEN'S 6k - Team 5th

Finish	Name	Time
12	Mia Kane	20:23.9
16	Olivia Foody	20:31.2
46	Rose Pittman	21:09.5
50	Kaho Cichon	21:15.3
54	Ailish Hawkins	21:20.5
80	Annika Salz	21:51.4
96	Carly Corsinita	21:59.1
111	Ella McGillis	22:14.9
129	Quinci Lott	22:34.8

MEN'S 8k - Team 12th

Finish	Name	Time
6	Michael Mireles	23:04.8
54	Jack Rosencrans	24:13.5
74	Patrick Curulla	24:30.8
141	Angus Harrington	26:51.3
148	Aaron Cantu	27:39.6

Big Ten Championships - Oct. 27

SAVOY, Ill. – Michael Mireles finished second in a 156-runner field and Olivia Foody picked up Big Ten All-Freshman honors as UCLA competed in its first Big Ten Cross Country Championships at Illinois' Blue and Orange Course. Overall, the Bruins earned a 12th place team finish on both the men's and women's sides. All 18 Big Ten schools competed on the women's side, and 15 raced on the men's side. The competition marked UCLA's first Big Ten postseason competition of any kind since joining the conference. Mireles completed the men's 8k in 22:55.0 to take second overall and set a new PR, eclipsing his 23:04.8 from this season's Bill Dellinger Invite. With the time, Mireles automatically qualified for All-Big Ten First Team honors. Mireles only finished behind Wisconsin's Bob Liking, who won the race at 22:47.3. Senior Mia Kane was the Bruins' top racer in the women's 6k, placing 44th at 20:13.9. She placed just ahead of Foody (20:19.9, 53rd), who picked up league All-Frosh honors by finishing fifth among freshmen participants in the race.

WOMEN'S 6k - Team 12th

Finish	Name	Time
44	Mia Kanee	20:13.9
53	Olivia Foody	20:19.9
79	Rose Pittman	20:45.2
102	Ailish Hawkins	20:58.5
136	Annika Salz	21:28.8
141	Kaho Cichon	21:35.1
143	Carly Corsinita	21:36.7
144	Audrey Allen	21:36.8

MEN'S 8k - Team 12th

Finish	Name	Time
2	Michael Mireles	22:55.0
89	Jack Rosencrans	24:11.1
99	Patrick Curulla	24:24.1
150	Angus Harrington	26:06.1
151	Aaron Cantu	26:27.0

NCAA West Regionals - Nov. 15

COLFAX, Wash. – Graduate Michael Mireles earned All-Region honors with a top-25 individual finish and the Bruin women raced to a 12th place result at the 2024 NCAA West Regional. The meet was hosted by Washington State at Colfax Golf Course. Fresh off a runner-up finish in the Bruins' first-ever visit to the Big Ten Championships, Mireles was again UCLA's top individual racer in Friday's regional, pacing the men in the 10k with a time of 29:30.6, good for 21st place overall. While Mireles earned All-Regional honors with his finish, he'll need to wait for the NCAA Selection Show on Sunday to see if he'll advance to the 2024 NCAA Championships in Madison, Wisc. Patrick Curulla also had a strong race in the 10k, coming in 80th with a time of 30:59.3. The women's 6k was highlighted for the Bruins by top-50 finishes from Mia Kane (20:33.4, 41st) and Olivia Foody (20:39.7, 48th). The trio of Ailish Hawkins (21:14.5), Rose Pittman (21:26.2), and Annika Salz (21:46.1) also scored for UCLA.

WOMEN'S 6k - Team 12th

Finish	Name	Time
41	Mia Kane	20:33.4
48	Olivia Foody	20:39.7
84	Ailish Hawkins	21:14.5
97	Rose Pittman	21:26.2
119	Annika Salz	21:46.1
125	Kaho Cichon	21:51.3
135	Audrey Allen	21:59.3

MEN'S 10k - Team N/A

Finish	Name	Time
63	Mateo Bianchi	30:36.5
89	Conor Gibson	31:08.2
107	Harrison Dance	31:24.5
118	Patrick Curulla	31:37.4
136	Dylan Wilbur	32:01.4
174	Chris Chavez	33:10.7
177	Mark Cortes	33:17.4

WOMEN'S NCAA CHAMPIONSHIP FINISHES (15)*

Year	Finish	Coach
2016	28th	Forest Braden
2014	27th	Forest Braden
2004	27th	Eric Peterson
2003	7th	Eric Peterson
2002	25th (tie)	Eric Peterson
2001	21st	Eric Peterson
1999	30th	Eric Peterson
1998	28th	Eric Peterson
1988	13th	Bob Messina
1986	11th	Bob Messina
1985	6th	Bob Messina
1980	7th	Scott Chisam
1979	11th	Scott Chisam
1977	5th	Scott Chisam
1976	6th	Pat Connolly

*Women competed in the AIAW Championships until 1981.

MEN'S NCAA CHAMPIONSHIP FINISHES (13)

Year	Finish	Coach
2017	21st	Avery Anderson
2016	15th	Forest Braden
2015	14th	Forest Braden
2014	18th	Forest Braden
2012	13th	Forest Braden
2008	26th	Eric Peterson
2006	24th	Eric Peterson
1985	12th	Bob Larsen
1983	20th	Bob Larsen
1982	9th	Bob Larsen
1981	5th	Bob Larsen
1980	5th	Bob Larsen
1979	15th	Bob Larsen

WOMEN'S ALL-AMERICANS (15)

Year	Name
2019	Christina Rice
2005	Ashley Caldwell
2003	Ashley Caldwell
	Valerie Flores
	Melissa McBain
2002	Lena Nilsson
1994	Karen Hecox
1993	Beth Bartholomew
	Karen Hecox
1986	Polly Plummer
1985	Polly Plummer
1981	Michelle Bush
1980	Linda Goen
1973	Julie Brown
	Francie Larrieu

MEN'S ALL-AMERICANS (21)

Year	Name
2016	Ferdinand Edman
2015	Lane Werley
2012	Lane Werley
2007	Austin Ramos
2005	Austin Ramos
2004	Jon Rankin
1998	Mark Hauser
1997	Meb Keflezighi (NCAA Champion)
1996	Meb Keflezighi
1995	Meb Keflezighi
1994	Meb Keflezighi
1985	Jon Butler
1982	Jon Butler
	Steve McCormack
1981	Jon Butler
	Dave Daniels
	Steve McCormack
1980	Ron Cornell
	Dave Daniels
	Steve Ortiz
1979	Ron Cornell



1997 NCAA Champion Meb Keflezighi

WOMEN'S NCAA WEST REGIONAL FINISHES

Year	Team Champion	UCLA Place	Individual Champion, School
2024	Oregon	12th	Amy Bunnage, Stanford
2023	Stanford	12th	Kaylee Mitchell, Oregon State
2022	Stanford	13th	Kaylee Mitchell, Oregon State
2021	Stanford	15th	Julia Heymach, Stanford
2020	N/A	N/A	N/A
2019	Stanford	11th	Ella Donaghu, Stanford
2018	Oregon	7th	Allie Ostrander, Boise State
2017	San Francisco	12th	Charlotte Taylor, San Francisco
2016	Stanford	6th	Amy-Eloise Neale, Washington
2015	Oregon	10th	Allie Ostrander, Boise State
2014	Oregon	5th	Shelby Houlihan, Arizona State
2013	Arizona	12th	Emma Bates, Boise State
2012	Oregon	7th	Jordan Hasay, Oregon
2011	Washington	18th	Jordan Hasay, Oregon
2010	Washington	10th	Jordan Hasay, Oregon
2009	Washington	11th	Kendra Schaaf, Washington
2008	Washington	17th	Alex Kosinski, Oregon
2007	Stanford	23rd	Teresa McWalters, Stanford
2006	Stanford	5th	Arianna Lambie, Stanford
2005	Stanford	5th	Arianna Lambie, Stanford
2004	Stanford	6th	Alicia Craig, Stanford
2003	Stanford	2nd	Alicia Craig, Stanford
2002	Stanford	3rd	Alicia Craig, Stanford
2001	Stanford	5th	Tara Chaplin, Arizona
2000	Stanford	8th	Lisa Aguilera, Arizona State
1999	Stanford	4th	Julia Stamps, Stanford
1998	Stanford	5th	Amy Skieresz, Arizona
1997	Stanford	5th	Amy Skieresz, Arizona
1996	Stanford	5th	Amy Skieresz, Arizona
1995	Oregon	5th	Amy Skieresz, Arizona
1994	Stanford		Milena Glusac, Oregon
1993	Arizona	3rd	**Karen Hecox, UCLA**
1992	Washington	5th	Louis Watson, Stanford
1991	Oregon	4th	Lucy Nusrala, Oregon
1990	Oregon	3rd	Buffy Rabbitt, UC Irvine
1989	Washington		Buffy Rabbitt, UC Irvine
1988	Oregon		Penny Graves, Oregon
1987	Oregon	2nd	Annette Hand, Oregon
1986	**UCLA**		Penny Graves, Oregon
1985	Oregon	3rd	Regina Jacobs, Stanford
1984	Stanford	4th	Regina Jacobs, Stanford
1983	Oregon		Kathy Hayes, Oregon
1982	Stanford	5th	Ceci Hopp, Stanford
1981	Oregon		Monica Joyce, San Diego State
1980	Oregon		Regina Joyce, Washington
1979	Oregon		Molly Morton, Oregon
1978	Oregon		Robin Baker, Oregon
1977	Oregon		Debbie Quatier, Seattle Pacific
1976	Oregon		Debbie Quatier, Seattle Pacific
1975	Seattle Pacific		Maureen Crowley, Simon Fraser

*The 2020 NCAA Regional Meet was not contested due to the COVID-19 pandemic.

-In 2000, the race became 6,000m; from 1986-99, it was 5,000m.

MEN'S NCAA WEST REGIONAL FINISHES

Year	Team Champion	UCLA Place	Individual Champion, School
2024	Washington	N/A	Evans Kurui, Washington State
2023	Stanford	20th	Ky Robinson, Stanford
2022	Stanford	10th	Brian Fay, Washington
2021	Stanford	12th	Kieran Lumb, Washington
2020	N/A	N/A	N/A
2019	Portland	8th	Andrew Jordan, Washington
2018	Portland	6th	Nick Hauger, Portland
2017	Portland	5th	Emmanuel Roudolff-Levisse, Portland
2016	Stanford	3rd	Edward Cheserek, Oregon
2015	Washington	7th	Edward Cheserek, Oregon
2014	Oregon	4th	Edward Cheserek, Oregon
2013	Stanford	6th	Edward Cheserek, Oregon
2012	Stanford	3rd	Lawi Lalang, Arizona
2011	Stanford	6th (tie)	Lawi Lalang, Arizona
2010	Oregon	8th	Trevor Dunbar, Portland
2009	Stanford	7th	Chris Derrick, Stanford
2008	Oregon	6th	Galen Rupp, Oregon
2007	Oregon	7th	Galen Rupp, Oregon
2006	Oregon	6th	Neftalem Araia, Stanford
2005	Arizona	12th	Robert Cheseret, Stanford
2004	Stanford	4th	Ryan Hall, Stanford
2003	Stanford	7th	Ian Dobson, Stanford
2002	Stanford	8th	Donald Sage, Stanford
2001	Stanford	9th	Donald Sage, Stanford
2000	Stanford	7th	Jonathan Riley, Stanford
1999	Stanford	10th	Steve Fein, Oregon
1998	Stanford	9th	Abdi Abdirahman, Arizona
1997	Stanford	7th	**Meb Keflezighi, UCLA**
1996	Stanford	4th	Karl Kaska, Oregon
1995	Stanford	6th	Karl Kaska, Oregon
1994	Arizona		Martin Keino, Arizona
1993	Portland	8th	Joe Kapkory, Washington State
1992	Arizona	5th	Joe Kapkory, Washington State
1991	Arizona	8th	Joe Kapkory, Washington State
1990	Arizona	8th	Marc Davis, Arizona
1989	Oregon	9th	Brad Hudson, Oregon
1988	Oregon	4th	Marc Davis, Arizona
1987	Arizona	6th	Matt Giusto, Arizona
1986	Arizona		Matt Giusto, Arizona
1985	Arizona		Marc Olesen, Stanford
1984	Arizona		Tom Ansberry, Arizona
1983	Oregon		Jim Hill, Oregon
1982	Oregon		Jim Hill, Oregon
1981	**UCLA**		Richard Tuwei, Washington State
1980	**UCLA**		**Ron Cornell, UCLA**
1979	Oregon		Henry Rono, Washington State

*The 2020 NCAA Regional Meet was not contested due to the COVID-19 pandemic.

WOMEN'S BIG TEN CHAMPIONSHIP FINISHES

Year	Team Champion	UCLA Place	Individual Champion, School	Time
2024	Oregon	12th	Silan Ayyildiz, Oregon	19:13.6

WOMEN'S PAC-10/12 CHAMPIONSHIP FINISHES

Year	Team Champion	UCLA Place	Individual Champion, School	Time
2023	Washington	7th	Amy Bunnage, Stanford	19:09.7
2022	Colorado	8th	Bailey Hertenstein, Colorado	19:11.3
2021	Colorado	8th	Abby Nichols, Colorado	20:25.4
2020	Stanford	10th	Haley Herberg, Washington	19:02.5
2019	Stanford	8th	Fiona O'Keefe, Stanford	19:32.7
2018	Oregon	5th	Dani Jones, Colorado	19:24.5
2017	Colorado	8th	Dani Jones, Colorado	18:57.3
2016	Colorado	7th	Amy-Eloise Neale, Washington	20:22.9
2015	Colorado	9th	Aisling Cuffe, Stanford	19:53.1
2014	Oregon	5th	Shelby Houlihan, Arizona State	19:59
2013	Arizona	7th	Aisling Cuffe, Stanford	21:04
2012	Colorado	6th	Kathy Kroeger, Stanford	20:06
2011	Colorado	10th	Katie Flood, Washington	19:32
2010	Stanford	6th	Jordan Hasay, Oregon	19:44.95
2009	Washington	7th	Nicole Blood, Oregon	19:41.71
2008	Washington	10th	Kendra Schaaf, Washington	19:24.05
2007	Stanford	10th	Arianna Lambie, Stanford	19:40.7
2006	Stanford	5th	Arianna Lambie, Stanford	20:15.09
2005	Stanford	6th	Arianna Lambie, Stanford	20:20
2004	Stanford	4th	Amy Hastings, Arizona State	20:19
2003	Stanford	3rd	Sara Bei, Stanford	21:12.1
2002	Stanford	4th	Sara Bei, Stanford	19:48
2001	Stanford	4th	Lauren Fleshman, Stanford	20:08.1
2000	Stanford	6th	Tara Chaplin, Arizona	20:10.67*
1999	Stanford	4th	Erin Sullivan, Stanford	17:01.5
1998	Stanford	8th	Amy Skieresz, Arizona	16:59
1997	Stanford	4th	Amy Skieresz, Arizona	16:40
1996	Stanford	4th	Amy Skieresz, Arizona	16:36
1995	Oregon	5th	Amy Skieresz, Arizona	16:45
1994	Stanford	5th	**Karen Hecox, UCLA**	**17:00**
1993	Stanford	3rd	**Karen Hecox, UCLA**	**16:43**
1992	Oregon	5th	Nicole Woodward, Oregon	16:51
1991	Oregon	4th	Lisa Karnopp, Oregon	16:48
1990	Oregon	5th	Liz Wilson, Oregon	16:52
1989	Washington	4th	Jen Robinson, Washington State	16:53
1988	Oregon	2nd	Liz Wilson, Oregon	17:06
1987	Oregon	2nd	Annette Hand, Oregon	16:44
1986	Oregon	2nd	Penny Graves, Oregon	16:51.7

*In 2000, the race became 6,000m; from 1986-99, it was 5,000m.

MEN'S BIG TEN CHAMPIONSHIP FINISHES

Year	Team Champion	UCLA Place	Individual Champion, School	Time
2024	Wisconsin	12th	Bob Liking, Wisconsin	22:47.3

MEN'S PAC-10/12 CHAMPIONSHIP FINISHES

Year	Team Champion	UCLA Place	Individual Champion, School	Time
2023	Stanford	8th	Ky Robinson, Stanford	22:40.2
2022	Stanford	5th	Charles Hicks, Stanford	22:30.9
2021	Colorado	6th	Charles Hicks, Stanford	23:34.9
2020	Stanford	5th	Eduardo Herrera	22:30.9
2019	Colorado	4th	Joe Klecker, Colorado	23:02.7
2018	Stanford	6th	Grant Fisher, Stanford	23:08.8
2017	Stanford	3rd	Grant Fisher, Stanford	23:44.9
2016	Colorado	3rd	Edward Cheserek, Oregon	23:58.9
2015	Colorado	5th	Edward Cheserek, Oregon	23:06.3
2014	Colorado	5th	Edward Cheserek, Oregon	23:23
2013	Colorado	7th	Edward Cheserek, Oregon	24:36
2012	Oregon	5th	Lawi Lalang, Arizona	22:49
2011	Colorado	4th	Lawi Lalang, Arizona	22:37
2010	Stanford	4th	Elliott Heath (Stanford)	23:00.46
2009	Stanford	5th	Chris Derrick, Stanford	22:35.41
2008	Oregon	5th	Galen Rupp, Oregon	22:55.14
2007	Oregon	4th	Shadrack Kiptoo-Biwott, Oregon	22:54.9
2006	Oregon	5th	Galen Rupp, Oregon	23:03.12
2005	Stanford	7th	Robert Cheseret, Arizona	23:57
2004	Stanford	5th	Robert Cheseret, Arizona	23:48
2003	Stanford	7th	Ian Dobson, Stanford	24:33.9
2002	Stanford	8th	Grant Robinson, Stanford	23:27
2001	Stanford	6th	Grant Robison, Stanford	24:04.0
2000	Stanford	6th	Jonathon Riley, Stanford	23:39.59
1999	Arizona	7th	Steve Fein, Oregon	23:37
1998	Stanford	8th	Abdi Abdirahman, Arizona	23:23
1997	Stanford	4th	Bernard Lagat, Washington State	23:59
1996	Stanford	3rd	**Meb Keflezighi, UCLA**	**23:45**
1995	Oregon	5th	Karl Keska, Oregon	24:14
1994	Arizona	4th	Martin Keino, Arizona	24:04
1993	Washington	4th	Joe Kapkory, Washington State	23:38
1992	Oregon	3rd	Joe Kapkory, Washington State	23:46
1991	Arizona	7th	Coltin Dalton, Oregon	23:36
1990	Oregon	5th	Marc Davis, Arizona	23:44
1989	Oregon	7th	Marc Davis, Arizona	23:31
1988	Oregon	3rd	Brad Hudson, Oregon	30:47
1987	Arizona	5th	Matt Giusto, Arizona	30:33
1986	Arizona	6th	Aaron Ramirez, Arizona	30:23.7
1985	Stanford	3rd	Marc Olesen, Stanford	30:33.2
1984	Arizona	3rd	Tom Ansberry, Arizona	30:24.8
1983	Arizona	3rd	Jim Hill, Oregon	30:09.6
1982	Oregon	2nd	Jim Hill, Oregon	28:58
1981	**UCLA**	**1st**	Richard Tuwei, Washington State	30:55.9
1980	**UCLA**	**1st**	**Ron Cornell, UCLA**	**30:26.5**
1979	Oregon	3rd	Henry Rono, Washington State	29:07.2
1978	Oregon	7th	Henry Rono, Washington State	29:29.5
1977	Oregon	6th	Joel Cheruiyot, Washington State	29:34.8
1976	Oregon	6th	Henry Rono, Washington State	29:18
1975	Washington State	6th	Joshua Kimeto, Washington State	27:48.6*
1974	Washington State	7th	John Ngeno, Washington State	27:37.6*
1973	Oregon	7th	Steve Prefontaine, Oregon	28:05.4*
1972	Washington State	5th	John Ngeno, Washington State	29:12.4*
1971	Washington State	3rd	Steve Prefontaine, Oregon	29:56.6*
1970	Oregon	6th	Steve Prefontaine, Oregon	30:11.7*
1969	Oregon	5th	Gerry Lindgren, Washington State	28:32.4*

*indicates a six-mile course

A CLOSER LOOK AT UCLA'S TITLES

UCLA's collegiate sports championship history stands out as one of the most impressive of any university in the nation. UCLA has proudly totaled 124 NCAA team championships (heading into the 2025-26 school year), an accomplishment that speaks to the Bruins' commitment to excellence. UCLA's student-athletes have consistently performed at an elite level in their sports, studies and public service. This well-rounded approach has helped to create champions on the field and in the community.

UCLA won a school-record five NCAA team titles during the 1981-82 school year, with softball, men's swimming & diving, men's tennis, men's volleyball and women's outdoor track & field.The Bruins' athletic programs have captured four NCAA team championships in eight school years and have totaled three titles eight times.

The athletics department has seen 17 of its teams win the NCAA title after having posted an undefeated record. Those sports include men's tennis (five times), men's basketball (four), men's volleyball (three), women's water polo (three) and men's water polo (two). Most recently, the UCLA women's water polo team compiled a perfect record of 26-0 in the spring of 2024.

NCAA Championships (124)

Men's NCAA Titles (79)

Baseball (1)
2013

Basketball (11)
1964 1971
1965 1972
1967 1973
1968 1975
1969 1995
1970

Golf (2)
1988 2008

Gymnastics (2)
1984 1987

Soccer (4)
1985 1997
1990 2002

Swimming (1)
1982

Tennis (16)
1950 1970
1952 1971
1953 1975
1954 1976
1956 1979
1960 1982
1961 1984
1965 2005

Track & Field (8)
1956 1973
1966 1978
1971 1987
1972 1988

Volleyball (21)
1970 1987
1971 1989
1972 1993
1974 1995
1975 1996
1976 1998
1979 2000
1981 2006
1982 2023
1983 2024
1984

Water Polo (13)
1969 1995
1971 1996
1972 1999
2000 2004
2014 2015
2017 2020
2024

Women's NCAA Titles (45)

Soccer (2)
2014 2023

Softball (12)
1982 1990
1984 1992
1985 1999
1988 2003
1989 2004
2010 2019

Volleyball (4)
1984 1991
1990 2011

Indoor Track & Field (2)
2000 2001

Outdoor Track & Field (3)
1982 2004
1983

Golf (3)
1991 2004
2011

Gymnastics (7)
1997 2003
2000 2004
2001 2010
2018

Tennis (2)
2008 2014

Water Polo (8)
2001 2007
2003 2008
2005 2009
2006 2024

Beach Volleyball (2)
2018 2019

NCAA Championships by Academic Year (124)

Year	Team(s)
1949-50	Men's Tennis
1951-52	Men's Tennis
1952-53	Men's Tennis
1953-54	Men's Tennis
1955-56	Men's Tennis, Men's Outdoor Track & Field
1959-60	Men's Tennis
1960-61	Men's Tennis
1963-64	Men's Basketball
1964-65	Men's Basketball, Men's Tennis
1965-66	Men's Outdoor Track & Field
1966-67	Men's Basketball
1967-68	Men's Basketball
1968-69	Men's Basketball
1969-70	Men's Water Polo, Men's Basketball, Men's Tennis, Men's Volleyball
1970-71	Men's Basketball, Men's Tennis, Men's Outdoor Track & Field, Men's Volleyball
1971-72	Men's Water Polo, Men's Basketball, Men's Outdoor Track & Field, Men's Volleyball
1972-73	Men's Water Polo, Men's Basketball, Men's Outdoor Track & Field
1973-74	Men's Volleyball
1974-75	Men's Basketball, Men's Tennis, Men's Volleyball
1975-76	Men's Tennis, Men's Volleyball
1977-78	Men's Outdoor Track & Field
1978-79	Men's Tennis, Men's Volleyball
1980-81	Men's Volleyball
1981-82	Softball, Men's Swimming & Diving, Men's Tennis, Men's Volleyball, Women's Outdoor Track & Field
1982-83	Men's Volleyball, Women's Outdoor Track & Field
1983-84	Men's Gymnastics, Softball, Men's Tennis, Men's Volleyball
1984-85	Women's Volleyball, Softball
1985-86	Men's Soccer
1986-87	Men's Gymnastics, Men's Outdoor Track & Field, Men's Volleyball
1987-88	Men's Golf, Softball, Men's Outdoor Track & Field
1988-89	Softball, Men's Volleyball
1989-90	Softball
1990-91	Men's Soccer, Women's Volleyball, Women's Golf
1991-92	Women's Volleyball, Softball
1992-93	Men's Volleyball
1994-95	Men's Basketball, Men's Volleyball
1995-96	Men's Water Polo, Men's Volleyball
1996-97	Men's Water Polo, Women's Gymnastics
1997-98	Men's Soccer, Men's Volleyball
1998-99	Softball
1999-00	Men's Water Polo, Women's Gymnastics, Women's Indoor Track & Field, Men's Volleyball
2000-01	Men's Water Polo, Women's Gymnastics, Women's Indoor Track & Field, Women's Water Polo
2002-03	Men's Soccer, Women's Gymnastics, Softball, Women's Water Polo
2003-04	Women's Golf, Women's Gymnastics, Softball, Women's Outdoor Track & Field
2004-05	Men's Water Polo, Men's Tennis, Women's Water Polo
2005-06	Men's Volleyball, Women's Water Polo
2006-07	Women's Water Polo
2007-08	Men's Golf, Women's Tennis, Women's Water Polo
2008-09	Women's Water Polo
2009-10	Women's Gymnastics, Softball
2010-11	Women's Golf
2011-12	Women's Volleyball
2012-13	Baseball
2013-14	Women's Soccer, Women's Tennis
2014-15	Men's Water Polo
2015-16	Men's Water Polo
2017-18	Men's Water Polo, Beach Volleyball, Women's Gymnastics
2018-19	Beach Volleyball, Softball
2020-21	Men's Water Polo
2022-23	Women's Soccer, Men's Volleyball
2023-24	Men's Volleyball, Women's Water Polo
2024-25	Men's Water Polo



Martin Jarmond

Director of Athletics
6th Year
UNC Wilmington '01

Martin Jarmond, a nationally recognized leader in college athletics, has built an impressive track record of competitive excellence, innovative strategy and student athlete success. A two-time recipient of Sports Business Journal's Forty Under 40 Award with over 20 years in sports administration spanning three conferences, Jarmond has guided UCLA to new heights through his culture of an E.L.I.T.E. mindset – Energy, Leadership, Integrity, Toughness and Excellence.

His results-driven strategies combined with a relentless work ethic to elevate UCLA Athletics have helped to create an exceptional experience for student-athletes and fans alike. Over Jarmond's first five seasons in Westwood, UCLA has won six NCAA championships in the sports of men's water polo (2020, 2024), women's soccer (2022), men's volleyball (2023, 2024) and women's water polo (2024). UCLA teams have also totaled 27 conference championships under his watch, including 10 combined Big Ten and MPSF titles in 2024-25, the most amongst all Big Ten schools.

Jarmond worked closely with campus leadership while playing a critical role in UCLA Athletics applying and being accepted for future membership in the Big Ten Conference in June of 2022. The Bruins began their historic first season in the Big Ten Conference on August 2, 2024. He also negotiated a new multimedia rights deal with JMI Sports that will run through 2035.

UCLA's first year in the Big Ten Conference in 2024-25 was a huge success, as the Bruins captured seven Big Ten titles, tied for second-most in the conference. Bruin teams won Big Ten Tournament titles in women's soccer, women's basketball, gymnastics, men's tennis, and men's golf and regular season crowns in gymnastics and baseball. Buoyed by a NCAA Championship by the men's water polo team and runner-up finishes by gymnastics and men's volleyball, UCLA finished in fifth place in the 2024-25 Learfield Director's Cup standings, its highest finish since 2018. UCLA was also the only school in the nation to advance both baseball and softball teams to the College World Series, as well as the only school with both men's and women's teams playing in the World Series and March Madness.

The 2024-25 season built off the success of the previous year, when UCLA finished in the Top 10 of the Learfield Director's Cup for the first time since 2018-19. The 2023-24 Bruins had five teams competing on the final day for an NCAA Championship. In an eight-day span in May 2024, the Bruins achieved victories in both men's volleyball and women's water polo.

Jarmond was hired on May 19, 2020 as UCLA's Alice and Nahum Lainer Family Director of Athletics, becoming the ninth athletic director in school history. He made an immediate impact on the Bruins, jumpstarting the Voting Matters Initiative, the first of its kind in the country which assisted student-athletes in discovering the tools needed to exact meaningful change through civic duty. Jarmond engineered a partnership between UCLA and Nike/Jordan Brand, becoming only the fifth Jordan brand school in the nation and the first partnership with Nike in UCLA history. The six-year agreement between UCLA and Nike provides for 22 of the 25 UCLA varsity sports with Nike apparel, while football, men's basketball and women's basketball don Jordan Brand. Jarmond exhibits a strong commitment to mental health awareness, and his emphasis on diversity and inclusion was recognized in a 2021 SBJ award for being a national leader in diversity and inclusive hiring. He was the Pac-12 Conference representative to the NCAA Division I Men's Basketball Committee for 2021-22 and serves on the Geffen Academy and McLendon Foundation Boards.

Through Jarmond's instrumental leadership, UCLA Athletics has positioned itself at the forefront of a rapidly-changing collegiate athletics landscape. In the burgeoning area of Name, Image and Likeness (NIL), Jarmond and UCLA Athletics launched "Westwood Ascent," a comprehensive NIL program that supports UCLA's student-athletes, helping them build their personal brands and maximize their NIL opportunities. In addition, the "Westwood Exchange" was established as a free business registry designed for companies, donors, fans and alumni that want to connect directly with UCLA's student-athletes interested in capitalizing on their NIL. In the Fall of 2024, UCLA Athletics' official NIL collective was restructured under the Champion of Westwood umbrella to streamline NIL opportunities for UCLA student-athletes.

Extensive work by Jarmond and his staff throughout the COVID-19 pandemic ensured that all Bruin teams could compete safely during the 2020-21 academic year, Jarmond's first at UCLA. Bruin teams won four conference titles that year and the men's water polo program won its 12th national championship in the spring of 2021. The men's basketball team embarked on a remarkable journey, advancing from the First Four to the 2021 NCAA Final Four, UCLA's first national semifinal appearance since 2008. These athletic achievements were balanced by record numbers of student-athletes earning spots on the conference all-academic squads, with 49 individuals earning a perfect 4.0 GPA for the Winter Quarter, and 131 student-athletes earning their UCLA degrees. For the first time ever, the Bruins produced multiple winners of the NCAA Elite 90 Award. Four student-athletes were recognized by CoSIDA as Academic All-Americans.

Jarmond came to UCLA from Boston College, where he served as the school's Director of Athletics for three years. During his time there, he orchestrated the Eagles' first-ever strategic plan, a comprehensive five-year goal to advance the program by fostering student-athlete formation, strengthening competitive excellence, increasing external engagement and enhancing facilities. The strategic plan was supported by BC's first-ever athletics-only capital campaign, at the time, the largest campaign of any Atlantic Coast Conference institution at $150 million. Jarmond hired high-impact coaches in football, women's basketball, softball, volleyball, swimming & diving, men's soccer, women's soccer and fencing. Jarmond served on the NCAA Division I Men's Basketball Oversight Committee and on the John McLendon Minority Scholarship Foundation Board of Directors.

Prior to joining Boston College in 2017 and becoming the youngest athletic director of any Power Five institution at age 37, Jarmond previously served as deputy director of athletics at Ohio State, moving up the ranks after arriving as an associate athletic director for development in 2009. During his time at Ohio State, he was the lead administrator for a variety of sports, including football and men's basketball, and directed external and internal relations and day-today operations. He also had responsibility for football scheduling, served on the NCAA Division I Women's Golf Committee, and was a member of the inaugural College Football Playoff National Championship Advisory Group and the Rose Bowl Advisory Committee. As Ohio State Athletics' chief advancement officer, Jarmond helped raise more than $120 million between 2010-2012.

Jarmond was also an assistant athletic director for development for seven years at Michigan State, where he served on the athletic director's executive leadership team. He was a key member of the $1.2 billion "Campaign for MSU" development team and a liaison between Michigan State's university development and alumni association leadership. Jarmond led the efforts to implement Scholarship Seating in football and Courtside seating in men's basketball.

A native of Fayetteville, North Carolina, Jarmond, 45, earned a bachelor's degree in communication studies from the University of North Carolina at Wilmington. A two-year captain of the men's basketball team, he led his team to the program's first-ever NCAA tournament appearance in 2000 and earned Colonial Athletic Association All-Academic honors in 2001. He holds both a M.B.A. and a master's in sports administration from Ohio University. Jarmond is married to Dr. Jessica Jarmond, a dentist. They have three daughters: Scarlett, Savannah and Serena.



Gavin Crew

Associate Athletic Director
10th Year
UCLA '99

Gavin Crew was named Associate Athletic Director for Sports and Administration in April 2016. He has spent over a decade with the Bruins, from 2001-2005 and 2008-present.

Crew oversees eight sports in his role - men's cross country, women's cross country, men's track & field (indoor and outdoor), women's track & field (indoor and outdoor), men's soccer and women's swimming and diving. Additionally, he supervises the Camps & Clinics office and serves as tournament director for NCAA, Pac-12 and MPSF Championship hosting.

In his first stint in the UCLA Athletics Department, he oversaw the expansion of the Camps & Clinics office to a year-round business operation, managing the growing demand for athletic camp operations in Westwood. From 2005-2008, Crew worked with Excel Sports Officiating to help train and work with officials, umpires and referees in all sports and at all levels. Upon his return to UCLA in 2008, Crew once again oversaw the camp office and added championship coordinator to his plate. In addition to continuing the growth of the camp operation into a $4 million revenue generator for the Athletic Department, he has also executed several major NCAA, Pac-12 and MPSF Championships on campus, including the 2013 NCAA National Collegiate Gymnastics Championship, 2013 NCAA National Collegiate Men's Volleyball Championship, 2015 Pac-12 Track & Field Championship, 2014, 2016 and 2017 NCAA Women's Basketball 1st/2nd Rounds, 2015 NCAA National Collegiate Men's Water Polo Championships, and the 2016 NCAA National Collegiate Women's Water Polo Championships.

Crew graduated with a degree in Political Science from UCLA in 1999.

Originally from Irvine, Calif., Crew lives in the Silver Lake neighborhood with his wife, Cassidy.



Dr. Julio Frenk

Chancellor
1st Year at UCLA
Michigan '81

Julio Frenk became the seventh chancellor of UCLA on January 1, 2025. He also holds an academic appointment as distinguished professor in the Department of Health Policy and Management within the UCLA Fielding School of Public Health. He is an accomplished university administrator and leading global health researcher who has held positions in government and academia, both in the U.S. and in Mexico.

Before becoming UCLA's chancellor, Frenk served as president of the University of Miami from 2015 to 2024, where he also held academic appointments as a tenured professor. Prior to joining the University of Miami, he served for almost seven years as dean of the Harvard T.H. Chan School of Public Health and as the T & G Angelopoulos Professor of Public Health and International Development.

Frenk served as the federal secretary of health of Mexico from 2000 to 2006. In this role, he spearheaded an ambitious overhaul of the nation's health system, introducing Seguro Popular — a groundbreaking program of comprehensive universal health coverage that extended healthcare access to over 55 million previously uninsured individuals. He was also the founding director-general of Mexico's National Institute of Public Health and has held senior roles at the World Health Organization and the Bill and Melinda Gates Foundation.

Frenk earned his medical degree from the National University of Mexico, as well as a master of public health and a joint Ph.D. in medical care organization and in sociology from the University of Michigan. His scholarly production, which includes close to 200 articles in academic journals, as well as many books and book chapters, has been cited more than 37,000 times. In addition, he has written five novels for young people explaining the functions of the human body.

Frenk is a member of the American Academy of Arts and Sciences, the U.S. National Academy of Medicine, the National Academy of Medicine of Mexico and El Colegio Nacional, the most prestigious learned society in Mexico. He has received numerous recognitions, including the Clinton Global Citizen Award, the Bouchet Medal for Outstanding Leadership from Yale University and the Welch-Rose Award for Distinguished Service from the Association of Schools and Programs of Public Health. In 2024, he was named one of TIME magazine's top Latino leaders for his contributions to public health and higher education.