

Ucla



2019
CROSS COUNTRY
POSTSEASON GUIDE





UCLA CROSS COUNTRY

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2019 NCAA Cross Country Championships

Saturday, Nov. 23, 2019 – 11:15 a.m. ET (women) / 12:15 p.m. ET (men)
Terre Haute, Ind. (LaVern Gibson Championship Cross Country Course)

LIVE COVERAGE

Live stream: FloTrack (\$)
Live results: via Record PrimeTime Timing
2019 NCAA Meet Central

BRUINS TO COMPETE FOR NCAA CHAMPIONSHIP

Three individuals from the UCLA cross program will head to Terre Haute, Ind. for the NCAA Championships. Representing the men's team will be redshirt senior Colin Burke and senior Garrett Reynolds. Junior Christina Rice will represent the women's squad. The national meet will be held on Saturday, November 23 at LaVern Gibson Championship Cross Country Course and is hosted by Indiana State.

CHAMPIONSHIP SCHEDULE

8:00 a.m. ET / 5:00 a.m. PT - Championship course opens
11:15 a.m. ET / 8:15 a.m. PT - Women's 6k Championship Race
12:15 p.m. ET / 9:15 a.m. PT - Men's 10k Championship Race
Approx. 1:15 p.m. ET / 10:15 a.m. PT - Presentation of Awards

RICE EARNS FIRST NCAA BID

Following a stellar junior campaign and Top 10 finish at the West Regionals, Christina Rice has earned her first NCAA Championship bid. Rice narrowly missed a spot in last year's Championship after finishing 23rd overall at the NCAA West Regional but solidified her position this season with a strong race at the regional meet. Rice finished the 6K race in 20:06.2, just half a second off her personal-best time.

Rice, a junior from Santa Barbara, Calif. (Dos Pueblos HS), has led UCLA in all four meets in which she has participated this season. Her eighth-place finish at the Regional was the highest by a Bruin since Ashley Caldwell placed third in 2005. Rice earned second-team All-Pac-12 honors for the second-straight season after her 17th-place finish at the Pac-12 Championships (20:07.2), and she also had a 10th-place showing at the Bill Dellinger Invitational with a career-best time of 20:05.7.

During the 2019 track season, Rice made her way into UCLA's Top 10 lists for indoor 5000m (3rd, 16:31.55) and outdoor 5000m (7th, 16:19.00). In 2018, she achieved a No. 4 time in the outdoor 10K (34:14.52).

BURKE, REYNOLDS TO COMPETE IN THIRD CHAMPIONSHIP RACE

Seniors Colin Burke and Garrett Reynolds will compete their final cross country race as Bruins at the NCAA Championships, their third time competing at the national meet in their careers. The Bruin duo competed with the UCLA team in both 2016 and 2017.

Burke, a redshirt senior from Pleasanton, Calif. (Bishop O'Dowd HS), placed fifth at the NCAA West Regional with a time of 29:58.5 on the 10K course. He earned UCLA's best finish since Ferdinand Edman also placed fifth in 2016. Burke has competed in five meets, recording three Top 10 finishes, including a seventh-place showing at the Bill Dellinger Invitational (23:38.5) and a first-place finish at the season-opening dual meet against UC Riverside (16:16.06 6K).

Reynolds, a senior from Ventura, Calif. (Ventura HS), placed 11th at the NCAA West Regional with a time of 30:01.9 on the 10K course to earn All-Region honors. Reynolds has competed in five meets, recording three Top 10 and four Top 12 finishes, including a 10th-place finish at the Pac-12 Championships, where he clocked a career-best time of 23:21.0 and earned second-team All-Pac-12 honors for the second time in his career. He also had a fifth-place showing at the Bill Dellinger Invitational (23:35.3) and a second-place finish at the season-opening dual meet against UC Riverside (16:16.31 6K).

At the 2017 NCAA Championships, Burke was UCLA's No. 2 runner, placing 103rd with a time of 30:44.99. Reynolds was No. 3 for the Bruins, finishing 121st overall with a time of 30:54.79). The Bruin men finished 21st overall that season. In 2016, the team finished 15th overall, with Reynolds finishing as the Bruins' third runner and 126th overall (31:05.0). Burke was fourth for the Bruins in 141st place (31:10.8).

NCAA CHAMPIONSHIPS HISTORY

UCLA has qualified 13 men's teams and 11 women's teams into the NCAA Championships, most recently in 2017 for the men and 2016 for the women. The women have had an individual qualifier in each of the last two years, with Christina Rice this season and Erika Adler in 2018. The UCLA men's squad reached peak finishes at Nationals in 1980-81, with back-to-back fifth-place showings under Hall of Fame Bruin coach Bob Larsen. The Bruin women's squad's best finish came in 1985, when they took sixth under coach Bob Messina. American distance running legend and UCLA alumnus Meb Keflezighi holds the Bruins' only individual NCAA title, as he took home the 1997 National Championship.

NCAA WEST REGIONALS RECAP

UCLA had a total of three Top 12 individual finishes at the NCAA Cross Country West Regional at Colfax Golf Club, as the Bruin men placed eighth and the women 11th. The 10th-ranked Bruin men were led for the second-straight year by Colin Burke, who was UCLA's top finisher with a fifth-place finish (29:58.5) on the 10k course. Garrett Reynolds earned an 11th-place finish with a time of 30:01.9, his second career Top 15 regional showing. Redshirt senior George Gleason was the Bruins' No. 3 scorer, placing 34th with a time of 30:37.4. UCLA was competing without top runner Robert Brandt due to injury. On the women's side, Christina Rice paced the Bruins with an eighth-place finish, UCLA's highest individual regional finish in 14 years. Rice ran the 6k race in 20:06.2. UCLA's No. 2 finisher was Jackie Garner, who placed 64th with a time of 21:11.3.

BRUIN ACCOLADES

All-Region

Colin Burke
Garrett Reynolds
Christina Rice

First Team All-Pac-12

Robert Brandt

Second Team All-Pac-12

Garrett Reynolds
Christina Rice



COLIN BURKE

6-0 / Redshirt Senior
Pleasanton, Calif.
Bishop O'Dowd HS

2019 (XC)

Competed in five meets, recording three Top 10 finishes ... NCAA All-West-Region honoree ... Led UCLA for the second consecutive year at the NCAA West Regional, placing fifth in a time of 29:58.5 on the 10K course ... His fifth-place finish was the highest by a Bruin at the NCAA Regionals since Ferdinand Edman also placed fifth in 2016 ... Placed 11th (23:21.5) at the Pac-12 Championships to earn second-team All-Pac-12 honors for the third time in his career ... Was UCLA's No. 2 runner at the Nuttycombe Wisconsin Invitational, placing 18th with a time of 23:57.2 ... Placed seventh overall at the Bill Dellinger Invitational with a time of 23:38.5 ... Won the season-opening dual meet against UC Riverside, recording a time of 16:16.06 on the 6K course.

2019 (TRACK & FIELD)

Competed in seven meets on the year ... **Indoor:** Registered the sixth-fastest 5000m time (13:58.62) in UCLA indoor history at the Husky Classic ... Placed fourth in the 5000m at the MPSF Indoor Championships, finishing in 14:00.76 ... **Outdoor:** PR'ed in the 10K (29:14.76) at UCLA's home opener, the Bob Larsen Distance Carnival, to place third ... Recorded a career-best time of 13:57.20 in the 5000m at the Mt. SAC Relays ... Won the 3000m vs. USC, clocking a PR of 8:22.28 ... Placed sixth in the 10K at the Pac-12 Championships with a time of 29:31.92 ... Capped his season at the NCAA West Regionals in the 10K, logging a time of 29:47.84 ... **UCLA Top-10 Record Books:** Indoor: 6th – 5000m (13:58.62) ... Honors: Pac-12 All-Academic Second Team.

2018 (XC)

Competed in four meets ... NCAA All-West-Region honoree ... Marked a career-best time of 29:49.17 at the NCAA West Regionals to lead the Bruins with an 11th-place finish ... Led the Bruins at the Pac-12 Championships, clocking a career-best time of 23:15.7 to take 11th overall and earn Second Team All-Pac-12 honors ... Took 12th at the Stanford Invite with a time of 24:32.9 ... Finished in 30th place at the Wisconsin Pre-Nationals with a time of 24:19.1.

2018 (TRACK & FIELD)

Qualified for NCAA Regionals in the 5000m ... Pac-12 All-Academic Team honorable mention ... Competed in six outdoor meets ... Set a new collegiate-best and qualified for regionals with a 13:58.77 time in the 5000m at the Mt. Sac Relays, good for a second-place finish ... Came in third in the 3000m at the USC Dual Meet, posting a collegiate-best time of 8:41.69.

2017 (XC)

Competed in the 10k at the NCAA Championships, where he finished in 103rd place with a time of 30:44.99 ... Was UCLA's third runner at the West Regional Championships (10K), placing 38th in a time of 30:18.4 ... Scored for the Bruins in the 8k at the Pac-12 Championships, finishing 35th overall with a time of 24:31.5 ... Ran in the Wisconsin Invite (8k) and finished in 72nd place with a time of 24:31.5 ... Competed in the 8k at the Roy Griak Invite and took 115th overall and a time of 28:20.4 ... Pac-12 All-Academic second-team selection.

2017 (TRACK & FIELD)

NCAA West Regional Prelims qualifier in the 10,000m ... Finished 18th at prelims with a time of 30:22.30 ... Took sixth in the 10k at the Pac-12 Championships, clocking a lifetime-best time of 29:24.80 ... Doubled at the USC Dual in the 1,500m and 5,000m, taking fourth place in the 1,500m with a personal-best time of 3:49.75 and winning the 5k in 14:55.19 ... Opened his outdoor season with a victory in the 10k at the Bob Larsen Distance Carnival with a time of 29:27.91 ... Competed at the MPSF Indoor Championships in the 5,000m, taking third overall with a time of 14:03.11.

2016 (XC)

Named to the Pac-12 All-Academic second team ... Earned All-Pac-12 second team honors ... Competed at the NCAA Division I Cross Country Championships in the 10k and finished in 141st place with a time of 31:10:8 ... Raced in the NCAA West Regional Championships

(10k), placing 31st overall with a time of 30:16.3 ... Raced in the Pac-12 Championships (8k), placing 11th and finishing with a time of 24:42.7 ... Ran at the Nuttycombe Wisconsin Invitational (8k) and finished 57th with a time of 24:40.0 ... Opened the season with a 29th place finish (8k) at the Roy Griak Invitational with a time of 25:43.6.

2016 (TRACK & FIELD)

Placed 20th in the 10,000m at the World Junior Championships in Poland with a personal best time of 30:20.80 ... Finished second overall at the USATF Junior Championships in the 10,000m with a time of 30:46.25 ... Redshirted his true freshman season.

2015 (XC)

Ran unattached in the Titan Invitational (8k) and finished with a time of 24:33.

HIGH SCHOOL

Attended Bishop O'Dowd High School in Oakland, Calif. ... Was a CIF State qualifier in both track and cross country ... Finished fifth at the CIF State Track & Field Championships in the 3,200m with a time of 9:06.37 ... Ran a personal best 9:00.40 to finish as the runner-up at the Arcadia Invitational ... Was the North Coast Section champion in the 3,200m ... Holds a personal best of 4:17.54 in the 1,600m that he ran at the Sacramento Meet of Champions to place third ... Three-time all-league in track ... Second team All-West Region honoree ... School record holder in the 3,200m and 5,000m ... Was a three-time state qualifier in cross country ... Finished third at the state meet as a senior with a 5k time of 15:23 ... Qualified for the Foot Locker Nationals and placed 32nd with a time of 16:15 ... Clocks a 5k personal best of 15:08 to win the Stanford Invitational ... All East Bay Runner of the Year in cross country in 2014 ... Two-time All-North Coast Section Division III selection in cross country (2013-2014).

PERSONAL

Son of Andrew and Jacquie Burke ... Has a twin brother named Sean and a sister named Maddie ... List his biggest athletic accomplishment as qualifying for Foot Locker Nationals his senior season ... Enjoys running, swimming and hiking ... Economics major.





GARRETT REYNOLDS

5-11 / Senior
Ventura, Calif.
Ventura HS

2019 (XC)

Competed in five meets, earning three Top 10 finishes ... Earned All-West Region honors after placing 11th overall at the NCAA West Regionals (30:01.9), his highest career regional finish ... Placed 10th at the Pac-12 Championships, clocking in a career-best time of 23:21.0 and earning second-team All-Pac-12 honors for the second time in his career ... Finished in 24th place at the Nuttycombe Wisconsin Invitational with a time of 24:01.3 ... Placed fifth at the Bill Dellinger Invitational (23:35.3) to help the Bruins place third overall ... Finished second in the season-opening dual vs. UC Riverside, recording a time of 16:16.31 on the 6k course.

2019 (TRACK & FIELD)

Competed in five outdoor meets ... **Outdoor:** PR'ed in the 10K in his season debut at the Bob Larsen Distance Carnival, finishing the race in 29:05.88 to place second ... Notched a career-best time of 8:22.32 in the 3000m at USC, finishing second ... Placed 30th in the 10K (29:48.30) at the NCAA West Regionals ... **UCLA Top-10 Record Books:** Outdoor: 9th – 10K (29:05.88).

2018 (XC)

Led the Bruins in nearly every meet during the 2018 season ... Recorded a season-best time of 23:58.7 at the Stanford Invite to take fourth overall ... Finished in 25th place at the Wisconsin Pre-Nationals with a team-best mark of 24:15.5 ... Took 25th at the Pac-12 Championships with an 8K time of 23:40.2 ... Earned 28th place at the NCAA West Regionals with a 10K time of 30:06.8.

2018 (TRACK & FIELD)

Competed in just one meet, the Jim Bush/Bob Larsen Invitational (outdoor) ... Ran the mile in 4:09.92, a collegiate-best ... Started the 10K.

2017 (XC)

Ran the 10k at the NCAA Championships, finishing 121st overall with a time of 30:54.79 ... Led the Bruins at the NCAA West Regionals (10k), finishing 14th overall with a career-best time of 29:50.7 ... Took home a 14th-place finish in the 8k at the Pac-12 Championships, clocking a time of 24:08.3 and earning second-team all-conference honors ... Competed at the Nuttycombe Wisconsin Invite and finished in 33rd place with a time of 24:11.1 ... Opened sophomore campaign at the George Kyte Classic (4.5mi) and finished eighth overall with a time of 23:34.1.

2017 (TRACK & FIELD)

NCAA West Prelims qualifier in the 5,000m, where he finished 28th overall with a time of 14:47.52 ... Finished 14th in the 5k at the Pac-12 Championships, running 14:25.50 ... Was the runner-up in the 1,500m at the USC Dual, clocking a lifetime-best time of 3:45.65 ... Broke the 14-minute barrier in the 5k at the MT. SAC Relays, running a personal-best time of 13:57.55 to finish 17th.

2016 (XC)

Competed at the NCAA Division I Cross Country Championships in the 10k and finished in 126th place with a time of 31:05.0 ... Placed 35th at the Pac-12 Championships in the 8k and finished with a time of 25:15.2 ... Opened the season at the Nuttycombe Wisconsin Invitational (8k) with a time of 24:53.1 and finished in 83rd place ... Ran unattached to open the year and won the Mustang Challenge (8k) in a course record time of 24:47.3.

HIGH SCHOOL

Attended Ventura High School in Ventura, Calif. ... Earned four letters in Cross Country and Track ... Named the Ventura County runner of the year three times ... All-Channel league six times, All-Ventura County six times, All-CIF First time three times, All-California first team three times and participated in the Nike Nationals Qualifier two times ... Reynolds placed first in the 1600m and second 3,200m at the Channel League Finals ... He went on to place seventh in the 3,200m at the state meet running it in 8:58.06 ... The Ventura County Star's Cross Country Runner of the Year led Ventura to a state title his last season ... At the 2015 California State Division I Championships Reynolds ran a 15:05.00 to finish sixth overall ... He finished fourth at the Division II meet in 2014 with a time of 15:16.00.

PERSONAL

Son of Eric and Nancy Reynolds ... Has a sister named Peyton ... Both parents ran track and cross country at UCLA ... Played baseball for eight years ... Hobbies include biking, hiking, and surfing.





CHRISTINA RICE

5-3 / Junior
Santa Barbara, Calif.
Dos Pueblos HS

2019 (XC)

UCLA's top runner in all four races in which she competed ... Earned NCAA All-West Region honors after her eighth-place finish at the NCAA West Regional (20:06.2) ... Recorded UCLA's best NCAA Regional finish since Ashley Caldwell placed third in 2005 ... Earned second-team All-Pac-12 honors after her 17th-place finish at the Pac-12 Championships (20:07.2) ... Placed 45th at the Nuttycombe Wisconsin Invitational, clocking in a time of 20:45.6 ... Finished in 10th place at the Bill Dellinger Invitational with a career-best time of 20:05.7.

2019 (TRACK & FIELD)

Competed in five meets ... **Indoor:** Competed in the 5000m (16:33.01) at the Husky Classic, finishing 26th ... Placed second in the 5000m (16:31.55) at the MPSF Indoor Championships, posting the third-fastest time in UCLA indoor history ... **Outdoor:** Won the 10K (34:25.25) at the Bob Larsen Distance Carnival ... PR'ed in the 5000m (16:19.00) at the Mt. SAC Relays to finish 22nd and notch the seventh-fastest time in UCLA outdoor history ... Hit a PR of 4:24.26 at USC to win the 1500m ... **UCLA Top-10 Record Books:** Indoor: 3rd – 5000m (16:31.55) ... Outdoor: 7th – 5000m (16:19.00) ... 4th – 10K (34:14.52; achieved in 2018) ... **Honors:** Pac-12 All-Academic Honorable Mention.

2018 (XC)

Finished second amongst UCLA student-athletes in every meet she competed in ... NCAA All-West-Region honoree ... Second-Team All-Pac-12 ... Took 23rd at the NCAA West Regionals with a time of 20:20.7 ... Helped the Bruins to a fifth-place finish at the Pac-12 Championships, taking 25th with a time of 20:39.2 ... Finished in 26th place at the Wisconsin Pre-Nationals with a time of 20:46.0 ... Booked a 12th-place finish at the Stanford Invite with a time of 21:18.5.

2018 (TRACK & FIELD)

Ran in six outdoor meets and three indoor meets as a freshman ... Qualified for the NCAA West Preliminaries in the 10K ... Set a new collegiate-bests in the 10K at regionals, finishing in 34:14.52 for a 34th place finish ... Finished 14th in the 10K at the Pac-12 Championships (34:31.06) ... Won the 1500m (season-best 4:27.50) and finished second in the 3000m (10:19.35) at the USC Dual meet ... Came in second in the 5000m at the Mt. SAC Relays (season-best 16:39.02) ... Won the 10K at the Jim Bush/Bob Larsen Invitational (34:49.87) ... Ran the 3000m at the MPSF Indoor Championships, coming in 21st at 9:37.97 (season-best) ... Ran a 5:04.78 mile in her collegiate debut at the Dr. Martin Luther King Invitational.

2017 (XC)

Finished 92nd at the NCAA West Regionals (6k) with a time of 21:33.0 ... Competed in the 6k at the Pac-12 Championships, scoring for the Bruins as she finished 54th overall with a time of 20:23.9 ... Finished 142nd in the 6k competition at the Nuttycombe Wisconsin

Invite, recording a time of 21:39.1 ... Competed in the Roy Griak Invite (6k) and finished with a time of 23:30.4, good for 80th place ... Made her UCLA debut at the George Kyte Classic and finished 24th overall with a time of 17:00.4.

HIGH SCHOOL

Attended Dos Pueblos High School in Santa Barbara ... Earned four varsity letters in both cross country and track and field ... Four-time All-Channel League honors and three-time cross country team MVP ... Posted an XC three mile personal best of 17:20 and a 1600m personal best of 5:10.

PERSONAL

Daughter of Robert Rice and Rosa Estarellas ... Has a twin sister named Veronica ... Hobbies include exploring new places in her home town and cities she visits, as well as spending time outdoors ... Loves dogs ... Admires Emma Coburn ... Decided to come to UCLA because of its athletic and academic excellence and strong sense of team spirit ... Plans to major in Bioengineering with aspirations to work in the field with an emphasis on medical devices.





AVERY ANDERSON

Director of Track & Field and
Cross Country
3rd Season at UCLA

UCLA track & field alumnus Avery Anderson was named the Director of Track & Field and Cross Country by UCLA Athletics on July 6, 2017. He enters his third year at the helm. As director, Anderson oversees all aspects of the planning, development, and administration of the track & field and cross country programs at UCLA.

The 2019 track & field season saw Anderson earn Pac-12 Men's Coach of the Year and USTFCCCA Men's Coach of the Year (West Region) honors. He directed the men to a second-place finish at the Pac-12 Championships (best since 2005), as UCLA scored 140 points (highest since 2004) and garnered a trio of Pac-12 champions in Simon Litzell (javelin), Robert Brandt (10K) and Sondre Guttormsen (pole vault).

On the women's side, Alyssa Wilson scored 26 points between the discus (1st), hammer (2nd) and shot put (2nd) at the conference meet, the highest of any male or female athlete, en route to being named the Pac-12 Women's Athlete of the Meet. Wilson went on to earn USTFCCCA West Regional Field Athlete of the Year honors and was a three-time NCAA Outdoor First Team All-American, collecting top-eight finishes in three events. Elleyse Garrett, the Pac-12 pole vault champ, was a Second Team All-American.

For the men, UCLA saw Dotun Ogundeji (shot put, discus), Nate Esparza (shot put), Sean Lee (high jump) and Robert Brandt (10K) notch first team honors at the NCAA Championships. Between the indoor and outdoor seasons, the Bruins broke five school records in 2019 – Guttormsen (pole vault, indoor); Brandt (3000m; 5000m, indoor); Wilson (hammer, outdoor).

In his first year at the helm, Anderson helped UCLA muster USTFCCCA All-America performances in several events during the outdoor season, including first team selections in Robert Brandt (10K), Kendall Gustafson (heptathlon), Jessie Maduka (triple jump) and Alyssa Wilson (shot put, hammer). The UCLA track & field program also saw two student-athletes (Simon Litzell, javelin; Marian Spannowsky, javelin) earn second team honors, while Justin Stafford (hammer) and Alyssa Wilson (discus) took home honorable mention plaquidits in their respective events.

Anderson's indoor All-Americans included: Ashlie Blake (first team, shot put), Jessie Maduka (first team, triple jump), Nate Esparza (second team, shot put), Dotun Ogundeji (second team, shot put) and Alyssa Wilson (second team, shot put).

During the 2018 track & field season, UCLA notched 26 Pac-12 All-Academic honorees, and the Bruins saw 24 student-athletes qualify for the NCAA West Regional Championships.

At the Pac-12 Championships, the Bruins collected an individual title in the women's triple jump, as Jessie Maduka's mark of 13.59m (44-7) gave the Bruins their first victory in the event since 2004. UCLA also saw Simon Litzell win a Pac-12 title in the javelin, as he threw a collegiate-best 74.46m (244-3).

Anderson returned to his alma mater after spending nearly 20 years coaching at the NCAA Division I level. His coaching career began at CSUN, where he served as a volunteer assistant track & field coach from 1999-2001 while competing as a professional decathlete. He served in the same role at UCLA from 2001-2002 and at Kansas State from 2002-2004 before returning to CSUN for the next 13 years working in various coaching roles. Most recently, he served as the Director of Track & Field and Cross Country for CSUN from 2011-2017.

Anderson's tenure with the Matadors was marked by staggering levels of success. During his time with CSUN, Anderson led his student-athletes to 13 Big West/WAC Conference Team Titles, 91 individual conference championships, and 21 NCAA All-America honors. He also coached the only individual male NCAA Division I champions in CSUN history, in any sport, long jumpers Dashalle Andrews and Reindell Cole.

Additionally, Anderson presided over three Big West Outdoor Championships on the women's side (2011, 2015, and 2017). The women's victory in 2017 extended CSUN's record for most conference team titles on either the men's or women's side. Anderson was recognized for his coaching prowess when he received the 2015 and 2017 Big West Conference Women's Track & Field Coach of the Year awards.



In addition to his evident coaching expertise, Anderson returns to Westwood with the invaluable experience of being a two-sport student-athlete with the Bruins, as he competed in both football and track & field and understands the winning tradition of UCLA Athletics. He was a member of the NCAA runner-up 4x100m relay squad his senior season and helped UCLA take home four Pac-10 Championships. As a wide receiver from 1991-1995, Anderson competed in football for the Bruins at the highest level. His most notable season came when he helped lead UCLA to a 1993 Pac-10 title and later played in the 1994 Rose Bowl.

Anderson went on to play for the Indianapolis Colts during the 1996-97 season. When a back injury ended his football career, he decided to return to track & field as a decathlete. He soon became a prominent decathlete as he set the CSUN complex decathlon record to qualify for the 2000 U.S. Olympic Trials. After finishing seventh at trials, he went on to compete internationally for the United States in 2001 in the U.S. vs. Germany decathlon competition in Germany.

In addition to receiving a Bachelor of Arts in political science from UCLA, Anderson earned his Master's of Public Administration with honors at CSUN. His advocacy for academic success was on display during his tenure at CSUN, as his program achieved a total of 12 NCAA APR Public Recognition Awards.

Anderson is married to the former Bridget Pearson, who is in her second season at UCLA as a volunteer assistant after coaching for 12 seasons at CSUN. She is also a UCLA track & field alumna. The couple have two children: a son, Andy, and daughter, Avery.



DEVIN ELIZONDO

Assistant Coach
3rd Season at UCLA

UCLA alumnus Devin Elizondo is in his third season with the Bruins as an assistant coach for cross country and track & field. As he returns to Westwood, Elizondo brings a wealth of distance running acumen and an extensive resume of coaching experience that has certainly benefited the Bruins' distance program.

In his first season in the coaching realm at UCLA, Elizondo helped the Bruin men's cross country team place third at the Pac-12 Championships and later take 21st at the NCAA Championships, led by an 88th-place finish from Robert Brandt. In 2018, Elizondo coached Erika Adler, Christina Rice and Colin Burke to All-Region honors, before Adler ultimately qualified for the NCAA Championships.

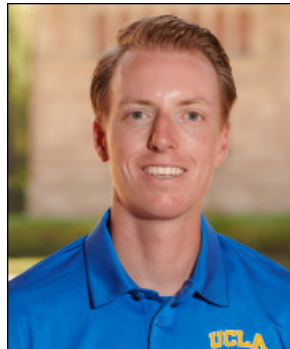
Under the direction of Elizondo, the UCLA track & field program has seen Brandt shatter indoor school records in both the 3000m (7:50.27) and 5K (13:40.82). Brandt won the Pac-12 outdoor title in the 10K (29:08.11) and ultimately went on to qualify in both the 5K and 10K at the 2019 Outdoor Championships, earning Second- and First-Team All-America honors, respectively.

Elizondo previously served as head cross country coach and assistant track & field coach at UC Davis from 2014-17. In his first cross country season, he led the Aggie women to their first Big West Conference title since 2011 and was named the Big West Women's Cross Country Coach of the Year. In 2015, Elizondo guided both the men's and women's teams to third-place finishes at the Big West Championships, the highest finish for the men since 2013 and fifth consecutive top-three finish on the women's side. During his tenure at Davis, Elizondo helped coach 20 All-Big West runners (six men, 14 women) and six all-region honorees in cross country.

His coaching career began at the Brentwood School in Los Angeles. There, he served as the head track & field coach and assistant cross country coach for both boys and girls. With Elizondo on the coaching staff, the boys' cross country team qualified for six state championship meets and achieved five top-five finishes. The girls' program also enjoyed success, as the girls advanced to two state meets and sent an individual runner on two other occasions during Elizondo's time at Brentwood.

Elizondo graduated from UCLA in 1998 with a degree in history and enjoyed great success as a distance runner for the Bruins. He was a member of three Pac-10 track & field championship teams and also helped lead the cross country team to a pair of third-place conference finishes. Elizondo was the UCLA cross country team's Most Outstanding Freshman in 1994 and was selected to the All-District IX First Team in 1995.

Elizondo has also had an extensive history of youth outreach in Southern California involving athletics. He joined the LA84 foundation in 2007 and worked to organize cross country and track and field clinics at over 1,600 high schools in the Southern California Area. He has also been heavily involved in Runner's Workshop since 1994, a summer cross country camp at which Elizondo regularly creates lecture series and workouts for campers.



AUSTIN O'NEIL

Assistant Coach
3rd Season at UCLA
2nd Season as Assistant Coach

Former Bruin standout Austin O'Neil is in his third season on the UCLA cross country and track & field coaching staffs and second as an assistant coach. He was promoted to assistant coach before the 2017-18 school year after serving as a volunteer assistant in his first season on staff.

In his first season as an assistant for track & field, O'Neil coached a USTFCCCA All-American in Robert Brandt (10K in 2018) as well as Christina Rice, who holds UCLA's freshman record for the 10K (34:14.52; fourth all-time). In cross country, O'Neil helped Erika Adler qualify for the 2018 NCAA Championships, where she finished 136th (21:22.5).

O'Neil was a four-year letterwinner for the Bruins in both track & field and cross country, earning USTFCCCA All-America honors on the DMR course as a senior. The Stevenson, Ranch, Calif., native qualified for the NCAA Track & Field Championships as a junior and a senior, finishing seventh in the DMR at the 2016 Indoor Meet and racing in the 1500m at the 2015 outdoor championships. He also raced in the 2016 NCAA Division I Cross Country Championships, finishing with a time of 31:41.8 in the 10K.

During his senior season at UCLA, O'Neil posted the No. 6 mark in school history in the 3000m steeplechase, clocking in at 8:44.86 to win the Bob Larsen Distance Carnival. He also placed second at the Pac-12 Championships and qualified for the NCAA Championships, placing 15th.

In 2016, O'Neil earned indoor All-America honors with a seventh-place finish in the DMR. In 2015, he was an NCAA qualifier in the 1500m.

As a member of the Bruin cross country team, O'Neil earned All-Pac-12 honors in 2016 and earned a 12th-place finish at the Pac-12 Championships. In 2015, O'Neil was a two-time All-Academic conference honoree in track & field, as well as in cross country.

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UC RIVERSIDE DUAL - Aug. 31**Mammoth, Calif.**

The UCLA cross country program used a total-team effort to breeze past UC Riverside in its season opener at the Shady Rest Campground. Running at over 7,800 feet, the Bruin men captured the Top 10 individual placements, while the women secured the Top 6 spots. Colin Burke led a group of five Bruins who finished within just under two seconds of one another. Burke crossed the finish line at 16:16.06 and was followed closely by Garrett Reynolds (16:16.31), Millen Trujillo (16:16.56), Arturo Sotomayor (16:16.81) and Carter Blunt (16:17.81). Freshman Emma Tavella came out on top in her first collegiate race, finishing the 4K course at the 15:05.63 mark. She paved the way for five other Bruins, as Lilly Schmidt (15:17.48), Paige Carter (15:22.09), Sophie Scott (15:33.53), Gwyneth George (15:41.84) and Lexi Wright (15:43.70) took the next five slots.

MEN'S 6K - Team 1st

Finish	Name	Time
1	Colin Burke	16:16.06
2	Garrett Reynolds	16:16.31
3	Millen Trujillo	16:16.56
4	Arturo Sotomayor	16:16.81
5	Carter Blunt	16:17.81
6	Artin Allahverdian	16:18.56
7	George Gleason	16:23.06
8	Tyler Janes	16:29.56
9	Munir Kabbara	16:31.03
10	DJ Lawson	16:41.03
12	Andy Ehrenberg	16:58.31
14	Darius Riley	17:16.56

WOMEN'S 4K - Team 1st

Finish	Name	Time
1	Emma Tavella	15:05.63
2	Lilly Schmidt	15:17.48
3	Paige Carter	15:22.09
4	Sophie Scott	15:33.53
5	Gwyneth George	15:41.84
6	Lexi Wright	15:43.70
9	Grace McAuley	16:26.66
10	Jacquelyn Hill	16:27.03
13	Kerrigan McGreevy	16:55.88
15	Marisa Villegas	17:06.09
16	Jaden Haskins	17:13.48

THE MASTER'S INVITATIONAL - Sept. 28**Santa Clarita, Calif.**

The UCLA men placed third with an average time of 25:32.6, while the women recorded an average time of 18:45.3 to register fourth at the Master's Invitational in Santa Clarita, Calif. Andy Ehrenberg and Darius Riley paced the Bruin men with a 2-3 finish, clocking in at 24:53.6 and 24:55.3, respectively. DJ Lawson placed 11th in a time of 25:17.7. The UCLA women were led by Claire Selleck's 13th place finish (18:20.3), and Annabelle Werner (18:46.1) and Grace McAuley (18:46.8) placed 28th and 30th, respectively.

MEN'S 8K - Team 3rd

Finish	Name	Time
2	Andy Ehrenberg	24:53.6
3	Darius Riley	24:55.3
11	DJ Lawson	25:17.7
18	Mason Ratkovich (unattached)	25:32.5
20	Peter Herold (unattached)	25:32.6
25	Riley Kelly	25:49.8
74	Jett Charvet	26:46.7

WOMEN'S 5K - Team 4th

Finish	Name	Time
13	Claire Selleck	18:20.3
29	Annabelle Werner	18:46.1
31	Grace McAuley	18:46.8
39	Jaden Hasking	18:52.1
48	Kerrigan McGreevy	19:01.5
63	Marisa Villegas	19:10.4

BILL DELLINGER INVITATIONAL - Sept. 28
Springfield, Ore.

Led by Robert Brandt's second-place finish, the UCLA men placed third at the Bill Dellinger Invitational, tallying an average time of 23:46. Garrett Reynolds came in fifth with a time of 23:35.3, while Colin Burke placed seventh at 23:38.5. The Bruins were the only team with at least three runners in the top 10. Christina Rice's 10th-place finish (20:05.7) highlighted the performance by the Bruin women, who placed ninth overall. Lilly Schmidt also earned a Top 50 finish, placing 48th (20:53.3).

MEN'S 8K - Team 3rd

Finish	Name	Time
2	Robert Brandt	23:26.4
5	Garrett Reynolds	23:35.3
7	Colin Burke	23:38.5
17	Chris Morzenti	23:57.3
34	George Gleason	24:16.8
44	Arturo Sotomayor	24:24.8
94	Artin Allahverdian	25:10.4
103	Munir Kabbara	25:20.6
104	Tyler Janes	25:24.2

WOMEN'S 6K - Team 9th

Finish	Name	Time
10	Christina Rice	20:05.7
48	Lilly Schmidt	20:53.3
52	Emma Tavella	20:55.1
64	Cassandra Durgy	21:03.9
67	Jackie Garner	21:06.3
72	Paige Carter	21:10.2
113	Lexi Wright	21:55.4
115	Gwyneth George	22:00.6
125	Alyssa Bautista	22:24.1

NUTTYCOMBE WISCONSIN INVITATIONAL**- Oct. 18****Madison, Wisc.**

The 20th-ranked UCLA men's cross country team made a statement at the Nuttycombe Wisconsin Invitational, earning fifth place in a stacked pool of ranked squads. UCLA's Top 5 finish was highlighted by victories over multiple ranked opponents, including No. 7 Oregon, No. 8 Portland, No. 11 Purdue, No. 15 Indiana and No. 19 Wisconsin. The Bruin men had three runners finish in the Top 25, with Robert Brandt finishing sixth with an 8K time of 23:44.1. Colin Burke climbed 11 spots in the final 2000m, going from 29th to 11th, where he finished at 23:57.2. Garrett Reynolds recorded a 24th-place finish, wrapping up the race at the 24:01.3 mark. Christina Rice led the UCLA women with a time of 20:45.6 to land a spot in the Top 50. Freshman Emma Tavella was UCLA's next finisher, as she crossed the line at 21:49.0 to place 168th. The Bruins ultimately took 33rd.

MEN'S 8K - Team 5th

Finish	Name	Time
6	Robert Brandt	23:44.1
18	Colin Burke	23:57.2
24	Garrett Reynolds	24:01.3
76	Chris Morzenti	24:27.8
99	George Gleason	24:36.5
100	Millen Trujillo	24:36.5
24 (B)	Darius Riley	25:00.7
230	Arturo Sotomayor	27:09.9

WOMEN'S 6K - Team 33rd

Finish	Name	Time
48	Christina Rice	20:45.6
168	Emma Tavella	21:49.0
177	Cassandra Durgy	21:56.6
190	Paige Carter	22:00.6
192	Jackie Garner	22:00.8
202	Lilly Schmidt	22:05.7

HIGHLANDER INVITATIONAL - Oct. 19**Riverside, Calif.**

The UCLA cross country program capped a strong weekend in Riverside, as the Bruins notched Top 3 team finishes at the Highlander Invitational. The UCLA men finished second, while the women earned third place. Gwyneth George paced the UCLA women with a seventh-place finish among runners attached, completing the course in 21:13.0. She was followed by Alyssa Bautista (21:28.1) and Annabelle Werner (21:38.4), who placed 12th and 18th, respectively. DJ Lawson completed the 8K course in 24:17.6, notching a third-place finish overall. Competing unattached, newcomer Mason Ratkovich placed sixth, crossing the finish line at the 24:24.9 mark. Andy Ehrenberg (24:38.2) came in eighth, followed by top-20 finishes from Artin Allahverdian (11th; 24:45.4) and Munir Kabbara (18th; 24:57.0).

MEN'S 8K - Team 2nd

Finish	Name	Time
3	DJ Lawson	24:17.6
6	Mason Ratkovich (unattached)	24:24.9
8	Andy Ehrenberg	24:38.2
11	Artin Allahverdian	24:45.4
16	Peter Herold (unattached)	24:47.6
18	Munir Kabbara	24:57.0
31	Chris Weiland (unattached)	25:10.3
26	Riley Kelly	25:11.6
58	Jett Charvet	25:57.5

WOMEN'S 6K - Team 3rd

Finish	Name	Time
7	Gwyneth George	21:13.0
12	Alyssa Bautista	21:28.1
18	Annabelle Werner	21:38.4
26	Grace McAuley	22:00.4
30	Monica Hebner	22:02.9
35	Claire Selleck	22:08.4
45	Jaden Haskins	22:28.4

PAC-12 CHAMPIONSHIPS - Nov. 1
Monmouth, Ore.

Led by Robert Brandt and Christina Rice, the UCLA men's and women's cross country teams placed fourth and eighth, respectively, at the 2019 Pac-12 Championships. Racing amidst breezy and cold conditions, Brandt completed the 8K race in 23:11.9 to finish fifth overall to earn First-Team All-Conference honors. Also finishing strong were Garrett Reynolds (23:21.0) and Colin Burke (23:21.5), who went 10-11 on the way to collecting Second-Team All-Conference plaudits. Rice crossed the finish line at the 20:07.2 mark to place 17th and earn Second-Team All-Pac-12 honors. Making her Pac-12 postseason debut, Emma Tavella finished 45th with a time of 20:58.6. She was followed by Jackie Garner (21:00.2), who finished in the Top 50 at 48th.

MEN'S 8K - Team 4th

Finish	Name	Time
5	Robert Brandt	23:11.9
10	Garrett Reynolds	23:21.0
11	Colin Burke	23:21.5
26	Millen Trujillo	23:46.0
32	Andy Ehrenberg	24:00.7
34	DJ Lawson	24:04.2
43	Chris Morzenti	24:09.0
46	George Gleason	24:15.1
47	Arturo Sotomayor	24:18.7

WOMEN'S 6K - Team 8th

Finish	Name	Time
17	Christina Rice	20:07.2
45	Emma Tavella	20:58.6
48	Jackie Garner	21:00.2
53	Alyssa Bautista	21:10.0
63	Lilly Schmidt	21:14.8
65	Cassandra Durgy	21:15.4
81	Paige Carter	21:27.3
87	Gwyneth George	21:40.2
99	Monica Hebner	22:21.7

NCAA WEST REGIONALS - Nov. 15
Colfax, Wash.

UCLA had a total of three Top 12 individual finishes at the NCAA Cross Country West Regional at Colfax Golf Club, as the Bruin men placed eighth and the women 11th. The 10th-ranked Bruin men were led for the second-straight year by Colin Burke, who was UCLA's top finisher with a fifth-place finish (29:58.5) on the 10k course. Garrett Reynolds earned an 11th-place finish with a time of 30:01.9, his second career Top 15 regional showing. Redshirt senior George Gleason was the Bruins' No. 3 scorer, placing 34th with a time of 30:37.4. UCLA was competing without top runner Robert Brandt due to injury. On the women's side, Christina Rice paced the Bruins with an eighth-place finish, UCLA's highest individual regional finish in 14 years. Rice ran the 6k race in 20:06.2. UCLA's No. 2 finisher was Jackie Garner, who placed 64th with a time of 21:11.3.

MEN'S 10K - Team 8th

Finish	Name	Time
5	Colin Burke	29:58.5
11	Garrett Reynolds	30:01.9
34	George Gleason	30:37.4
53	DJ Lawson	31:00.0
78	Darius Riley	31:21.3
111	Chris Morzenti	31:59.0
122	Andy Ehrenberg	32:11.6

WOMEN'S 6K - Team 11th

Finish	Name	Time
8	Christina Rice	20:06.2
64	Jackie Garner	21:11.3
74	Lilly Schmidt	21:16.8
80	Emma Tavella	21:22.4
97	Cassandra Durgy	21:32.6
104	Alyssa Bautista	21:40.5
106	Paige Carter	21:41.5



Garret Reynolds and **Colin Burke** placed 11th and fifth, respectively, at the NCAA West Regional.

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 (14)

Year	Name
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