



AT



November 1



10 a.m. (W 6k)

10:45 a.m. (M 8k)



THE FIELD:

- ALABAMA (#11 M/#7 W)
- ARKANSAS (#3 M/RV W)
- AUBURN (M/W)
- FLORIDA (M/#14 W)
- GEORGIA (M/W)
- LSU (M/W)
- OLE MISS (M/W)

- MISSOURI (M/W)
- MISSISSIPPI STATE (W)
- OKLAHOMA (M/W)
- SOUTH CAROLINA (W)
- TENNESSEE (RV M/RV W)
- TEXAS (M/#28 W)
- TEXAS A&M (M/W)
- VANDERBILT (M/W)

HOST:



TFRRS
Kentucky
TFRRS
Link



MEET FIVE: SEC CROSS COUNTRY CHAMPIONSHIPS

LOGISTICS

DATE..... FRIDAY, NOVEMBER 1
WOMEN'S 6K.....10 A.M. ET
MEN'S 8K.....10:45 A.M. ET

LOCATION

VENUE.....DALE WATTS '71 CROSS COUNTRY COURSE
SITE.....BRYAN-COLLEGE STATION, TEXAS
HOST.....TEXAS A&M

BROADCAST

TV..... SEC NETWORK
PXP.....JOHN ANDERSON
ANALYST.....CARRIE TOLLEFSON

RESULTS

LIVE TIMING..... FLASH RESULTS

SOCIAL MEDIA



.....@KENTUCKYTRACK
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.....KENTUCKY TRACK

2024 SCHEDULE

AUGUST

30 ECU Triangular
(Richmond, Ky.)

SEPTEMBER

13 Southern Showcase
(Huntsville, Ala.)
M: 4th, 142 | W: 6th, 185

27 Gans Creek Classic
(Columbia, Mo.)
M: 5th, 185 | W: 9th, 243

OCTOBER

18 Bradley Pink Classic
(Peoria, Ill.)
M: 2nd, 160; W: 8th, 230

NOVEMBER

1 SEC Championships
(Bryan-College Station, Texas)

15 NCAA Southeast Regional
(Rock Hill, S.C.)

23 NCAA Championships
(Madison, Wisc.)

KENTUCKY RACE NOTES

Men's Team

- In each of the last two events the Wildcats have ran, a Kentucky man has **won** the **individual title**.
- The Kentucky team has finished in the top five in each of its three team events this season.
- Freshman **Collins Kiprop Kipngok** won his first collegiate title at the Bradley Pink Classic Red Invite, taking first in the 8k in a personal best--and meet record-- time of 23:32.7. He is the fourth fastest freshman in the SEC this season.
- Sophomore **Ed Bird** won the Gans Creek Classic 8k in a personal best time of 23:07.6. The win was the first of his collegiate career in his only start this season. His time was a course and meet record.
- No. 3 Arkansas, No. 11 Alabama, and (rv) Texas headline the Men's field.
- The Wildcats are looking to build upon last year's 8th place finish at the conference meet.

Women's Team

- Junior **Ally Kruger** has led the Wildcats in scoring at every meet this season, finishing in the top 20 at all three races. She ran a personal best 6k at the Gans Creek Classic in 20:25.6.
- Senior **Phoebe McCowan** has saved her best running for her last season, recording personal bests in both of her starts this season while also serving as the Cats' second-leading scorer both times.
- Sophomore **Lyric Olson** and senior **Mollie Roden** each recorded personal best times and finishes at the Bradley Pink Classic.
- No. 7 Alabama, No. 14 Florida, No. 28 Texas, (rv) Arkansas, and (rv) Tennessee headline the Women's field.
- The Wildcats are looking to build upon last year's 12th place finish at the conference meet.

PROJECTED RUNNERS

Men's Team:

- Alex Alston, Miles Brush, Ed Bird, Sami Hattab, Alex Justus, Collins Kiprop Kipngok, Caden Miracle, Jack Pendergast, William Russell, Jackson Watts

Women's Team

- Jayla Atkinson, Morgan Dick, Ava Hendren, Ally Kruger, Phoebe McCowan, Chesney McPherson, Lyric Olson, Mollie Roden, Jenna Schwinghamer, Julz Williams

MEN'S CROSS COUNTRY



WOMEN'S CROSS COUNTRY



2024

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CROSS COUNTRY

Roster

<u>Men</u>			<u>Women</u>		
Name	Year	Hometown (Previous School)	Name	Year	Hometown (Previous School)
Alex Alston	So.	Bedford, England	Jayla Atkinson	Fr.	Munroe Falls, Ohio
Theo Bachmann	So.	Crestwood, Ky.	Noel Barlette	Fr.	Orchard Park, N.Y.
Ed Bird	So.	Dorchester, England	Brooke Berber	So.	Elmurst, Ill.
Miles Brush	So.	Chelsea, Ala.	Logan Brennan	So.	Naperville, Ill.
Cade Byer	Jr.	Corvallis, Ore.	Morgan Dick	Fr.	Aurora, Ill.
Sami Hattab	So.	Louisville, Ky.	Ainsley Edwards	Jr.	Winston-Salem, N.C.
Alex Justus	Sr.	Maineville, Ohio	Aubree Hay	So.	Ashland, Ky.
Collins Kiprop Kipngok	Fr.	Nakuru, Kenya	Elly Heine	Jr.	Medina, Ohio (Walsh)
Max Liao	Fr.	Mason, Ohio	Ava Hendren	Fr.	Naperville, Ill.
Caden Miracle	So.	Pineville, Ky.	Clara Heppner	So.	Marietta, Ga. (Florida State)
Liam Naughton	Fr.	Mt. Prospect, Ill.	Ally Kruger	Jr.	St. Louis, Mo.
Jack Pendergast	Sr.	Cedar Rapids, Iowa (Iowa)	Elaina Lahmers	So.	Marysville, Ohio
William Russell	So.	Columbus, Ind. (Xavier)	Phoebe McCowan	Sr.	London, Ky.
Jackson Watts	Sr.	Slaughters, Ky.	Chesney McPherson	Fr.	Flippin, Ky.
Caden Weber	Fr.	Downers Grove, Ill.	Lyric Olson	So.	Savannah, Ga.
			Mollie Roden	Sr.	Colorado Springs, Colo.
			Jenna Schwinghammer	Sr.	Springboro, Ohio
			Julz Williams	Sr.	Beavercreek, Ohio
			Baylor Wolfe	Fr.	Denver, Colo.

Pronunciation

<u>Men</u>		<u>Women</u>	
Theo BACHMANN	BAAK-man	Noel BARLETTE	BAR-let
Sami HATTAB	Ha-TAAB	Brooke BERGER	BUR-GER
Alex JUSTUS	JUST-us	Elly HEINE	High-KNEE
Collins KIPROP KIPNGOK	Kip-ROP Kip-GAWK	Ally KRUGER	crew-GER
		Chesney MCPHERSON	mick-FER-son
		Jenna SCHWINGHAMER	Sw-ING-ham-mer

By State/Country

<u>Men</u>		<u>Women</u>	
Kentucky	4	Ohio	5
Ohio	2	Illinois	4
Illinois	2	Kentucky	3
England	2	Colorado	2
Alabama	1	Georgia	1
Iowa	1	Missouri	1
Indiana	1	North Carolina	1
Oregon	1	New York	1
Kenya	1		



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MEDIA INFORMATION

CREDENTIALS

All media credential requests should be submitted at least 24 hours prior to home meets. Credentials can be picked up on site on the day of a meet. Requests should be made through the Communications & Public Relations Office by contacting **Ben Slack**.

MEDIA SERVICES

During meets, media will be provided with notes and updated results. Final results will be available shortly following each meet.

POST-MEET INTERVIEWS

Interviews with athletes and coaches are done in an informal manner on track following each meet. For assistance in locating any member of the Kentucky team, find Ben Slack for help. For assistance with opposing athletes and coaches, please see the opposing SIDs.

PRACTICE/INTERVIEWS

Players are available for interviews upon request. All practices take place at the Jim Green Indoor Track & Field Center and the UK Track and Field Complex, depending on season and weather, and are subject to change based on class schedules of the athletes and travel as well as meet schedules. Interviews with coaches and/or athletes are after practice and phone interviews may be arranged. Advance notice is requested for all interviews. Please arrange all interviews through the Kentucky ACPR Office and track and field contact Ben Slack.

PHOTOS

The UK ACPR office sometimes provides media with high-resolution digital images for use upon request. Please contact Ben Slack to request photos of UK Cross Country runner and/or coaches.

INTERNET

The official website for UK athletics, www.UKathletics.com is the place to find updated rosters, schedules, results and statistics.

SOCIAL MEDIA

The Kentucky Cross Country and Track & Field program's story is told primarily through its social media accounts. Be that via facebook, twitter or Instagram, the best way to get to know the Wildcats and follow the season in-depth is by following @KentuckyTrack.

The Week Ahead

October 30 -- Travel to SEC Championships in Bryan-College Station, Texas
 October 31 -- Practice in Bryan-College Station
 November 1 -- SEC Championships
 November 1 -- Return travel

QUICK FACTS

UNIVERSITY

Location: Lexington, Ky.

Founded: 1865

Enrollment: 34,000

Nickname: Wildcats

Colors: Blue (PMS 286) and White

Conference: Southeastern Conference

Stadium: UK Track & Field Complex (Outdoor)

President: Dr. Eli Capilouto (Alabama, 1971)

Athletics Director: Mitch Barnhart (Ottawa, 1981)

CROSS COUNTRY STAFF

Head Coach: Lonnie Greene (7th Year)

Alma Mater: Murray State (1990)

Assistant Coach (Distance/XC): Hakon DeVries

Director of Operations: Pristina Jones

Sport Administrator: Jason Schlafer

CROSS COUNTRY HISTORY

Best SEC Finishes

Women's - Champions (1985, 1988, 1989)

Men's - Champions (1958, 1959, 1970, 1988)

Best NCAA Finishes

Women's - Champions (1988)

Men's - Eighth (1988)

SEC Individual Champions

Women - Two (Last: 2012)

Men - Nine (Last: 2003)

All-Americans

Women - 13 (Last: 2021)

Men - Seven (Last: 1995)

2023 RECAP

SEC Finish

Women's - 12th (292 points)

Men's - 8th (197 points)

NCAA Southeast Regional Finish

Women's - 17th (463 points)

Men's - 14th (369 points)

COMMUNICATIONS & PUBLIC RELATIONS

Cross Country/Track and Field Contact: Ben Slack

CPR Office: 859-257-3838

CPR Fax: 859-257-4310

Slack Cell: 270-893-4546

Slack E-Mail: bslack012@uky.edu

Website: www.UKathletics.com

Twitter/Instagram: @KentuckyTrack



2024

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CROSS COUNTRY

2024 Results

MEN

Southern Showcase

September 13
8k Race

John Hunt Park - Huntsville Alabama

Place	Runner	Time	Points
5.	Collins Kiprop Kipngok	23:45.9	5 pts
24.	Jackson Watts	24:36.2	24 pts
28.	Alex Alston	24:39.1	28 pts
39.	Jack Pendergast	24:49.2	37 pts
51.	Caden Miracle	24:57.5	48 pts
71.	Max Liao	25:18.4	--
78.	William Russell	25:23.2	--
100.	Sami Hattab	25:36.7	--
127.	Caden Weber	25:48.0	--
133.	Theo Bachmann	25:52.6	--
168.	Cade Byer	26:14.9	--

TEAM FINISH

1.	[9] Alabama	41
2.	Belmont	107
3.	Georgia Tech	126
4.	KENTUCKY	142
5.	Georgia	153
6.	Louisville	164
7.	Lee (TN)	205
8.	Anderson (SC)	264
9.	Vanderbilt	291
10.	Middle Tennessee	309

Gans Creek Classic

September 27
8k D1 Race

Gans Creek XC Course - Columbia, Missouri

Place	Runner	Time	Points
1.	Ed Bird	23:07.6	1 pt
15.	Collins Kiprop Kipngok	23:33.0	15 pts
38.	Jackson Watts	23:58.2	37 pts
50.	Jack Pendergast	24:07.4	48 pts
87.	Alex Alston	24:31.4	84 pts
111.	Caden Miracle	24:41.6	--
133.	Sami Hattab	24:49.2	--
146.	Caden Weber	24:56.8	--
169.	Max Liao	25:08.8	--
175.	William Russell	25:10.5	--

TEAM FINISH

1.	[10] Stanford	31
2.	Tennessee	163
3.	Auburn	167
4.	Missouri	180
5.	KENTUCKY	185
6.	Lipscomb	164
7.	[28] Ole Miss	238
8.	North Florida	271
9.	Illinois State	280
10.	Florida	291

Bradley Pink Classic

October 18

8k Red Invitational

Newman Golf Course - Peoria, Illinois

Place	Runner	Time	Points
1.	Collins Kiprop Kipngok	23:32.7	1 pt
8.	Jack Pendergast	24:01.9	5 pts
37.	Jackson Watts	24:27.5	28 pts
65.	Miles Brush	24:41.9	52 pts
94.	Sami Hattab	24:57.8	74 pts
96.	Alex Alston	24:58.7	--
152.	Max Liao	25:29.0	--

TEAM FINISH

1.	North Dakota St.	139
2.	KENTUCKY	160
3.	Iowa	165
4.	[14] Michigan	165
5.	Wichita St.	177
6.	Drake	178
7.	Illinois-Chicago	203
8.	Bradley	207
9.	Cincinnati	219
10.	IU Indianapolis	248

WOMEN

Southern Showcase

September 13
5k Race

John Hunt Park - Huntsville Alabama

Place	Runner	Time	Points
19.	Ally Kruger	17:14.0	18 pts
29.	Phoebe McCowan	17:20.0	28 pts
33.	Chesney McPherson	17:28.6	32 pts
54.	Ava Hendren	17:50.2	49 pts
65.	Jenna Schwinghamer	17:57.2	58 pts
67.	Jayla Atkinson	17:58.2	--
68.	Julz Williams	17:58.7	--
75.	Lyric Olson	18:02.8	--
96.	Morgan Dick	18:16.7	--
101.	Mollie Roden	18:19.23	--

TEAM FINISH

1.	[12] Alabama	52
2.	Louisville	68
3.	Georgia Tech	86
4.	Belmont	116
5.	Vanderbilt	125
6.	KENTUCKY	185
7.	Samford	225
8.	Mississippi State	235
9.	Lee (TN)	272
10.	Chattanooga	331

Gans Creek Classic

September 27
6k D1 Race

Gans Creek XC Course - Columbia, Missouri

Place	Runner	Time	Points
17.	Ally Kruger	20:25.6	17 pts
38.	Phoebe McCowan	20:52.9	38 pts
57.	Jenna Schwinghamer	21:11.7	54 pts
60.	Lyric Olson	21:14.2	57 pts
83.	Mollie Roden	21:28.1	77 pts
87.	Chesney McPherson	21:30.8	--
95.	Jayla Atkinson	21:33.7	--
112.	Julz Williams	21:43.0	--
155.	Ava Hendren	22:05.3	--
175.	Morgan Dick	22:21.0	--

TEAM FINISH

1.	[8] Stanford	44
2.	[9] Tennessee	91
3.	[26] Ole Miss	120
4.	[6] Florida	131
5.	Georgia Tech	164
6.	Auburn	182
7.	Air Force	189
8.	Tulsa	214
9.	KENTUCKY	243
10.	Missouri	336

Bradley Pink Classic

October 18

6k Red Invitational

Newman Golf Course - Peoria, Illinois

Place	Runner	Time	Points
14.	Ally Kruger	20:41.0	14 pts
21.	Lyric Olson	20:59.4	21 pts
31.	Mollie Roden	21:06.2	31 pts
75.	Chesney McPherson	21:42.8	73 pts
95.	Jenna Schwinghamer	21:56.2	91 pts
126.	Jayla Atkinson	22:13.3	--
134.	Ava Hendren	22:21.0	--

TEAM FINISH

1.	[rv] Northwestern	44
2.	Loyola (Chicago)	123
3.	Bradley	151
4.	Indiana State	192
5.	Ohio	194
6.	Butler	200
7.	Tulsa	208
8.	KENTUCKY	230
9.	North Dakota St.	246
10.	Iowa	275



2024

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CROSS COUNTRY AWARDS

WEEKLY HONORS

SEC Athlete of the Week

Men's Freshman:

Collins Kiprop Kipngok - October 1

SEC PRESEASON POLLS

Men's

1	Arkansas
2	Alabama
3	Texas
4	Ole Miss
5	Texas A&M
6	Auburn
7	Tennessee
8	Florida
9	Missouri
10	Kentucky
11	Oklahoma
12	Georgia
13	LSU
14	Vanderbilt

Women's

1	Florida
2	Alabama
3	Arkansas
4	Tennessee
5	Ole Miss
6	Texas A&M
7	LSU
8	Texas
9	Auburn
10	Vanderbilt
11	Missouri
12	South Carolina
13	Kentucky
14	Oklahoma
15	Mississippi State
16	Georgia

USTFCCA COACHES' TOP-30 (OCTOBER 22, 2024)

Men's

1	Oklahoma State
2	BYU
3	Arkansas
4	Iowa State
5	Stanford
6	New Mexico
7	Wake Forest
8	Northern Arizona
9	Wisconsin
10	Notre Dame
11	Alabama
12	Syracuse
13	North Carolina
14	Cal Baptist
15	Harvard
16	Virginia
17	Villanova
18	Washington
19	Utah State
20	Wyoming
21	Georgetown
22	Princeton
23	Furman
24	Colorado
25	Oregon
26	Eastern Kentucky
27	Butler
28	Iona
29	Portland
30	Texas Tech

Women's

1	BYU
2	Washington
3	Northern Arizona
4	West Virginia
5	Notre Dame
6	Utah
7	Alabama
8	New Mexico
9	Georgetown
10	NC State
11	Wisconsin
12	Providence
13	Florida State
14	Florida
15	Stanford
16	Gonzaga
17	Oregon
18	Oklahoma State
19	North Carolina
20	Furman
21	Virginia
22	Minnesota
23	Syracuse
24	Penn State
25	Lipscomb
26	Michigan State
27	Villanova
28	Texas
29	Toledo
30	Boston College

USTFCCA SOUTHEAST REGIONAL RANKINGS (OCT. 21, 2024)

Men's

1	Wake Forest
2	North Carolina
3	Virginia
4	Furman
5	Eastern Kentucky
6	Virginia Tech
7	Charlotte
8	NC State
9	Liberty
10	Kentucky
11	Louisville
12	Duke
13	Norfolk State
14	Appalachian State
15	William & Mary

Women's

1	NC State
2	North Carolina
3	Virginia
4	Furman
5	Liberty
6	Louisville
7	South Carolina
8	Clemson
9	Wake Forest
10	Virginia Tech
11	William & Mary
12	High Point
13	Charlotte
14	Kentucky
15	Elon



2024

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CROSS COUNTRY

TV Chart

MEN

							
ALEX ALSTON	THEO BACHMANN	ED BIRD	MILES BRUSH	CADE BYER	SAMI HATTAB	ALEX JUSTUS	COLLINS KIPROP KIPNGOK
Sophomore	Sophomore	Sophomore	Sophomore	Junior	Sophomore	Senior	Freshman

						
MAX LIAO	CADEN MIRACLE	LIAM NAUGHTON	JACK PENDERGAST	WILLIAM RUSSELL	JACKSON WATTS	CADEN WEBER
Freshman	Sophomore	Freshman	Graduate	Sophomore	Senior	Freshman

WOMEN

							
JAYLA ATKINSON	NOEL BARLETTE	BROOKE BERGER	LOGAN BRENNAN	MORGAN DICK	AINSLEY EDWARDS	AUBREE HAY	ELLY HEINE
Freshman	Freshman	Sophomore	Sophomore	Freshman	Junior	Sophomore	Junior

							
AVA HENDREN	CLARA HEPPNER	ALLY KRUGER	ELAINA LAHMERS	PHOEBE MCCOWAN	CHESNEY MCPHERSON	LYRIC OLSON	MOLLIE RODEN
Freshman	Sophomore	Junior	Sophomore	Senior	Freshman	Sophomore	Senior

		
JENNA SCHWINGHAMER	JULZ WILLIAMS	BAYLOR WOLFE
Graduate	Senior	Freshman

