

2024

KENTUCKY

CROSS COUNTRY



AT



November 23



11:10 a.m. (M 10k)



TEAMS

• ALABAMA	• NOTRE DAME	• VIRGINIA	• GEORGETOWN
• ARKANSAS	• OKLAHOMA ST	• WASHINGTON	• NAU
• BYU	• OLE MISS	• WISCONSIN	• STANFORD
• HARVARD	• OREGON	• BUTLER	• TULSA
• IOWA STATE	• PRINCETON	• CAL BAPTIST	• UTAH STATE
• NEW MEXICO	• SYRACUSE	• COLORADO	• VIRGINIA TECH
• NORTH CAROLINA	• TULANE	• ECU	• WAKE FOREST
	• VILLANOVA	• FURMAN	• WYOMING

HOST:



TFRRS XC
Kentucky
TFRRS
Link



MEET SEVEN: NCAA CHAMPIONSHIPS

LOGISTICS

DATE.....SATURDAY, NOVEMBER 23
MEN'S 10K.....11:10 A.M. ET
INDIVIDUAL RUNNER.....COLLINS KIPROP KIPNGOK

LOCATION

VENUE.....ZIMMER CHAMPIONSHIP COURSE
SITE.....MADISON, WISCONSIN
HOST.....WISCONSIN

BROADCAST

TV/STREAM.....ESPNU/ESPN+
PxP.....JOHN ANDERSON
ANYLYST.....CARRIE TOLLEFSON
ANALYST.....CHRIS DERRICK

RESULTS

LIVE TIMING.....PRIMETIME TIMING

SOCIAL MEDIA



.....@KENTUCKYTRACK
.....@KENTUCKYTRACK
.....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)
M: 10th, 230; W: 15th, 318

15 NCAA Southeast Regional
(Rock Hill, S.C.)
M: 10th, 279; W: 13th, 372

23 NCAA Championships
(Madison, Wis.)

KENTUCKY RACE NOTES

Collins Kiprop Kipngok

- Hometown: Nakuru, Kenya - Class: Freshman
- 8k Personal Best: 23:19.4 (SEC Championships)
- 10k Personal Best: 29:51.3 (NCAA Southeast Regional)
- Has ran a personal best time in all five meets this season
- Qualified for Nationals via a fourth place finish at the NCAA Southeast Regional in Rock Hill, S.C. - top individual qualifier from region
- Kiprop Kipngok is the first male Wildcat to qualify for Nationals since Jacob Thomson in 2016.
- Earned SEC All-Freshman Team honors after a 24th place finish at conference meet in 23:19.4 (8k)
- 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.
- Named SEC Freshman of the Week after a 15th place finish at Gans Creek Classic in 23:33.0 -- top SEC freshman time in month of September
- Made collegiate debut at Southern Showcase in September; placed fifth in 23:45.9
- Represented Kenya and placed 5th in the 3000 steeplechase at the 2024 African Championships
- Placed 2nd in 3000 steeplechase at the 2024 Kenyan Championships.

Men's Team

- Ed Bird earned USTFCCCA All-Southeast Region and All-SEC Third Team honors 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.
- The Wildcats finished 10th at the SEC Championships and NCAA Southeast Regional.

Collins Kiprop Kipngok

- USTFCCCA All-Southeast Region
- All-SEC Freshman Team
- SEC Freshman of the Week (Oct. 1)
- Bradley Pink Classic Champion (Meet Record)

FLOTRACK

Individual Ranking:
#24



MEN'S CROSS COUNTRY



WOMEN'S 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		



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

November 21 -- Travel to Madison
November 22 -- Practice in Madison
November 23 -- NCAA Championships
November 23 -- 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



BACK2BACK

In each of Kentucky's last two regular season meets, a Wildcat runner won the Men's 8k individual title. Ed Bird took home the Gans Creek Classic crown in a course--and meet--record time of 23:07.6. Collins Kiprop Kipngok followed that performance up with a win at the Bradley Pink Classic in a meet record time of 23:32.7. Both runners picked up their first collegiate win in the process.

MS. CONSISTENT

Ally Kruger has been a model of consistency for the Cats this season, leading her team in scoring at all three regular season meets. Additionally, she has finished within the top 20 in all three races.

FIRST OF MANY

Collins Kiprop Kipngok picked up his first career SEC honor on October 1, as he was named the SEC Freshman of the Week for his performance at the Gans Creek Classic. The Nakuru, Kenya native improved his collegiate debut time by some 12 seconds, running 23:33.0. While only placing 15th, the time was better than the previous course and meet record.

BIRD IS THE WORD

Sophomore Ed Bird ran the race of his life at the Gans Creek Classic, storming down the stretch to earn the first individual win of his career. His only race of the 2024 season to date, Bird ran the second fastest time in the SEC in September. The 2023 SEC All-Freshman Team member smashed his previous personal best as well, besting his mark from 2023 by over a minute. Bird also won the bronze medal in the 3000m at the World Athletics U20 Championships in August.

LAST ONE, BEST ONE

Senior Phoebe McCowan is enjoying a breakout season campaign for the Cats. In both of the regular season races in which she has ran, she has bettered her personal best by 15 seconds (one in the 5k, one in the 6k) and served as the team's No. 2 scorer.

FAST GREENS

At the Gans Creek Classic, 19 Wildcats ran personal best times. All 10 men in the Kentucky lineup set new personal standards while 9 of the 10 women also clocked their lifetime best.

JACK ATTACK

Graduate transfer Jack Pendergast has enjoyed a breakout final season in his only year in Lexington. Transferring in from Iowa, he has lowered his personal best in each of his three races this year. Most recently, he earned his first career top ten finish, placing 8th at the Bradley Pink Classic.

A DEBUT FOR THE AGES

Collins Kiprop Kipngok kicked off his collegiate career in style, placing fifth at the Southern Showcase in a time of 23:45.9. His run was the fastest 8k collegiate debut by a Kentucky runner since AT LEAST 2012 and was the fastest 8k season opener by a Wildcat runner since 2017. He has since gone on to become the fastest freshman in the tenure of Coach Hakon DeVries.

SUMMER RUNNING

A pair of Wildcats had success on the international stage this summer, as Ed Bird and Collins Kiprop Kipngok earned some hardware in track and field. Bird became the World Junior Bronze Medalist in the 3000m at the World Athletics U20 Championships in Lima, Peru in August. Kiprop Kipngok was fifth at the Senior African Championships in the 3000m SC, while also taking second in the same event at the Kenyan Champs.

2024 SEASON HONORS

Collins Kiprop Kipngok . . . USTFCCCA All-Southeast Region
All-SEC Freshman Team
SEC Freshman of the Week (10/1)
Bradley Pink Classic Champion (Meet Record)

Ed BirdUSTFCCCA All-Southeast Region
All-SEC Third Team
Gans Creek Classic Champion
(Course and Meet Record)

TOP 25 FINISHES
2024 SEASON

MEN

SOUTHERN SHOWCASE

Collins Kiprop Kipngok..... 5th
Jackson Watts 24th

GANS CREEK CLASSIC

Ed Bird1st
Collins Kiprop Kipngok..... 15th

BRADLEY PINK CLASSIC

Collins Kiprop Kipngok.....1st
Jack Pendergast 8th

SEC CHAMPIONSHIPS

Ed Bird 18th
Collins Kiprop Kipngok..... 24th

NCAA SOUTHEAST REGIONAL

Collins Kiprop Kipngok..... 4th
Ed Bird 25th

WOMEN

SOUTHERN SHOWCASE

Ally Kruger 19th

GANS CREEK CLASSIC

Ally Kruger 17th

BRADLEY PINK CLASSIC

Ally Kruger 14th
Lyric Olson 21st

SEC CHAMPIONSHIPS

Ally Kruger 25th

MEN'S
SCORING CHART

Collins Kiprop Kipngok

Jackson Watts

Alex Alston

Jack Pendergast

Caden Miracle

Ed Bird

Miles Brush

Sami Hattab

Alex Justus

WOMEN'S
SCORING CHART

Ally Kruger

Phoebe McCowan

Chesney McPherson

Ava Hendren

Jenna Schwinghamer

Lyric Olson

Mollie Roden

Jayla Atkinson

SOUTHERN
SHOWCASE

GANS CREEK
CLASSIC

BRADLEY PINK
CLASSIC

SEC
CHAMPIONSHIPS

NCAA SOUTHEAST
REGIONAL

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2024

KENTUCKY

CROSS COUNTRY

2024 Regular Season 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

KENTUCKY

CROSS COUNTRY

2024 Postseason Results

MEN

SEC Championships

November 1
8k Race

Watts XC Course- Bryan-College Station, Texas

Place	Runner	Time	Points
18.	Ed Bird	23:07.7	18 pts
24.	Collins Kiprop Kipngok	23:19.4	23 pts
53.	Jackson Watts	23:53.1	51 pts
65.	Miles Brush	24:12.6	63 pts
83.	Alex Justus	24:30.3	75 pts
86.	Alex Alston	24:36.6	--
92.	Sami Hattab	24:47.8	--
103.	Theo Bachmann	24:59.9	--

TEAM FINISH

1.	[3] Arkansas	38
2.	[9] Alabama	52
3.	Ole Miss	122
4.	[rv] Texas	152
5.	Missouri	163
6.	Tennessee	169
7.	Auburn	175
8.	Texas A&M	207
9.	Oklahoma	221
10.	KENTUCKY	230

NCAA Southeast Regional

November 15
10k Race

Winthrop Farm - Rock Hill, South Carolina

Place	Runner	Time	Points
4.	Collins Kiprop Kipngok	29:51.3	4 pts
25.	Ed Bird	30:37.5	25 pts
57.	Jackson Watts	31:30.9	57 pts
95.	Alex Alston	32:20.2	93 pts
102.	Jack Pendergast	32:23.0	100 pts
119.	Miles Brush	32:32.1	--
121.	Alex Justus	32:49.9	--

TEAM FINISH

1.	[13] Virginia	79
2.	[11] North Carolina	85
3.	[24] Eastern Kentucky	105
4.	Virginia Tech	128
5.	[5] Wake Forest	134
6.	[22] Furman	141
7.	NC State	218
8.	Liberty	250
9.	Duke	268
10.	KENTUCKY	279

WOMEN

SEC Championships

November 1
6k Race

Watts XC Course- Bryan-College Station, Texas

Place	Runner	Time	Points
25.	Ally Kruger	19:57.5	25 pts
68.	Mollie Roden	20:37.8	65 pts
74.	Jenna Schwinghamer	20:40.2	71 pts
77.	Lytic Olson	20:41.1	73 pts
90.	Phoebe McCowan	20:51.9	84 pts
126.	Jayla Atkinson	21:24.3	--
127.	Julz Williams	21:24.9	--
135.	Ava Hendren	21:29.4	--
147.	Noel Barlette	21:43.7	--
147.	Chesney McPherson	21:45.8	--

TEAM FINISH

1.	[7] Alabama	72
2.	[rv] Tennessee	103
3.	[14] Florida	122
4.	[rv] Arkansas	132
5.	[28] Texas	150
6.	Ole Miss	155
7.	LSU	213
8.	Auburn	223
10.	Texas A&M	269
15.	KENTUCKY	318

NCAA Southeast Regional

November 15
6k Race

Winthrop Farm - Rock Hill, South Carolina

Place	Runner	Time	Points
33.	Ally Kruger	21:27.9	33 pts
61.	Jenna Schwinghamer	22:00.2	60 pts
75.	Lytic Olson	22:11.7	72 pts
99.	Phoebe McCowan	22:34.9	94 pts
120.	Jayla Atkinson	22:53.4	114 pts
131.	Julz Williams	23:04.2	--
135.	Mollie Roden	23:07.8	--

TEAM FINISH

1.	[17] NC State	60
2.	[15] Virginia	85
3.	[13] North Carolina	119
4.	Wake Forest	126
5.	Liberty	162
6.	Clemson	178
7.	Louisville	187
8.	[22] Furman	208
9.	Virginia Tech	269
10.	High Point	272
13.	KENTUCKY	372



2024

KENTUCKY

CROSS COUNTRY

CROSS COUNTRY AWARDS

Collins Kiprop Kipngok

USTFCCCA All-Southeast Region

All-SEC Freshman Team

SEC Freshman of the Week (Oct. 1)

Bradley Pink Classic Champion (Meet Record)

Ed Bird

USTFCCCA All-Southeast Region

All-SEC Third Team

Gans Creek Classic Champion

Gans Creek Course/Meet Record

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

USTFCCCA COACHES' TOP-30 (NOVEMBER 5, 2024)

Men's

1	BYU
2	Oklahoma State
3	Arkansas
4	Iowa State
5	New Mexico
6	Northern Arizona
7	Wisconsin
8	Alabama
9	Stanford
10	North Carolina
11	Virginia
12	Washington
13	Notre Dame
14	Wake Forest
15	Oregon
16	Villanova
17	Syracuse
18	Princeton
T19	Cal Baptist
T19	Eastern Kentucky
T21	Butler
T21	Harvard
23	Utah State
24	Furman
25	Georgetown
26	Virginia Tech
27	Ole Miss
28	Colorado
29	Wyoming
30	Tulane

Women's

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

USTFCCCA SOUTHEAST REGIONAL RANKINGS (NOV. 4, 2024)

Men's

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

Women's

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



2024

KENTUCKY

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

