KENTUCKY
CROSS COUNTRY

AT

October 30

11:08 a.m. (W 6k)
11:45 a.m. (M 8K)

TEAMS

- ALABAMA
- ARKANSAS
- AUBURN
- FLORIDA
- GEORGIA
- LSU
- OLE MISS
- MISSISSIPPI ST
- MISSOURI
- OKLAHOMA
- SOUTH CAROLINA
- TENNESSEE
- TEXAS
- TEXAS A&M
- VANDERBILT

HOST:

TFRRS Kentucky TFRRS Link

MEET FOUR: SEC CHAMPIONSHIPS

LOGISTICS
DATE ..... FRIDAY, OCTOBER 30
WOMEN'S 6K ..... 11:08 A.M. ET
MEN'S 8K ..... 11:45 A.M. ET

LOCATION
VENUE ..... GANS CREEK XC COURSE
SITE ..... COLUMBIA, MO
HOST ..... MISSOURI

BROADCAST
TV/STREAM ..... SEC NETWORK
PxP ..... JOHN ANDERSON
ANYLYST ..... CARRIE TOLLEFSON

RESULTS
LIVE TIMING ..... PRIMETIME TIMING

SOCIAL MEDIA
..... @KENTUCKYTRACK
..... @KENTUCKYTRACK
..... KENTUCKY TRACK

2026 SCHEDULE

SEPTEMBER
11 Tennessee Invitational (Knoxville, Tenn.)
M: 3rd, 48 | W: 2nd, 40

25 Gans Creek Classic (Columbia, Mo.)
M: 12th, 311 | W: 2nd, 130

OCTOBER
16 Pre-National Invitational (Terre Haute, Ind.)
M: 23rd, 630 | W: 10th 380

30 SEC Championships (Columbia, Mo.)

NOVEMBER
13 NCAA Southeast Regional (Spartanburg, S.C)

21 NCAA Championships (Terre Haute, Ind.)

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

SEC CHAMPIONS 1958 1959 1970 1988
SEC INDIVIDUAL CHAMPIONS 9
NCAA TOP-25 FINISHES 9

WOMEN'S CROSS COUNTRY

SEC CHAMPIONS 1985 1988 1989
SEC INDIVIDUAL CHAMPIONS 2
NATIONAL CHAMPIONS 1988
NCAA RUNNERS-UP 1989

KENTUCKY
CROSS COUNTRY

Roster

Men

Name	*Year*	*Hometown (Previous School)*
Levi Kipkurui Bichii	So.	Nakuru, Kenya
Ed Bird	So.	Dorchester, England
Sami Hattab	So.	Louisville, Ky.
JT Hayes Jr.	Fr.	Vestavia Hills, Ala.
Lincoln Herald	So.	Dry Ridge, Ky.
Collins Kiprop Kipngok	Fr.	Nakuru, Kenya
Caden Miracle	So.	Pineville, Ky.
Aidan Norris	Jr.	Schenectady, N.Y. (Buffalo)
Eyan Turk	So.	Riverside, Calif.

Women

Name	*Year*	*Hometown (Previous School)*
Janet Jepkemboi Amimo	So.	Nakuru, Kenya
Doricah Minsari Isoe	So.	Kisii, Kenya
Kinley Kunkel	Gr.	Bedford, Ky. (Western Kentucky)
Addyson Leigh Abner	Fr.	Germantown, Ohio
Ann Lemirisho	So.	Ngong Hills, Kenya (Cincinnati)
Madelyn McCartney	Fr.	Emmaus, Pa.
Lyric Olson	So.	Savannah, Ga.
Lily Parke	Fr.	Fort Mitchell, Ky.
Sara Zouhair	Sr.	Rabat, Morocco

Pronunciation

Men	
Levi KIPKURUHI BICHII	KIP- Curry Beach-E
Sami HATTAB	Ha-TAAB
Collins KIPROP KIPNGOK	Kip-ROP Kip-KNOCK

Women	
Janet JEPKEMBOI AMIMO	Jep-Lem-Boy Am-Me-Mo
Doricah MINSARI ISOE	Door-I-Cha Men-Sorry-E-so
Ann Lemirisho	Lem-Ear-E-Show
Sara Zouhair	Zoo-Hair

By State/Country

Men	
Kentucky	3
Kenya	2
England	1
Alabama	1
New York	1
California	1

Women	
Kenya	3
Kentucky	2
Ohio	1
Pennsylvania	1
Georgia	1
Morocco	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 **Zach Brown**.

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 Zach Brown for help. For assistance with opposing athletes and coaches, please see the opposing SIDs.

PRACTICE/INTERVIEWS
Player 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 ACPROffice and track and field contact Zach Brown.

PHOTOS
The UK ACPR office sometimes provides media with high-resolution digital images for use upon request. Please contact Zach Brown 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.

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: J Batt (North Carolina, 2004)

CROSS COUNTRY STAFF
Head Coach: Lonnie Greene (9th Year)
Alma Mater: Murray State (1990)
Assistant Coach (Distance/XC): Tito Medrano
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)

2025 RECAP
SEC Finish
Women's - 8th (180 points)
Men's - 8th (193 points)
NCAA Southeast Regional Finish
Women's - 9th (266 points)
Men's - 8th (193 points)

COMMUNICATIONS & PUBLIC RELATIONS
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Brown Cell: 731-608-6054
Brown E-Mail: zachary.brown1@@uky.edu
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Twitter/Instagram: @KentuckyTrack

KENTUCKY
CROSS COUNTRY

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. Transfering 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.

2025 SEASON HONORS

ANN LEMIRISHO . . .SEC Women's Runner of the Week (9.15)
. . . . . .Tennessee Invitational Champion
. . . . . Gans Creek Classic 3rd Place

TOP 10 FINISHES
2026 SEASON

MEN
TENNESSEE INVITATIONAL
Collins Kiprop Kipngok 2nd
Ed Bird 3rd
GANS CREEK CLASSIC
Collins Kiprop Kipngok 7th
PRE-NATIONAL INVITATIONAL
Ed Bird 5th

WOMEN
TENNESSEE INVITATIONAL
Ann Lemirisho 1st
Doricah Minsari Isoe 2nd
Lyric Olson 9th
GANS CREEK CLASSIC
Ann Lemirisho 3rd
Doricah Minsari Isoe 4th
Janet Jepkemboi Amimo 8th
PRE-NATIONAL INVITATIONAL
Ann Lemirisho 3rd
Doricah Minsari Isoe 7th

MEN'S SCORING CHART	TENNESSEE INVITATIONAL	GANS CREEK CLASSIC	PRE-NATIONAL INVITATIONAL	SEC CHAMPIONSHIPS	NCAA SOUTHEAST REGIONAL
Collins Kiprop Kipngok	2	7	31	-	-
Ed Bird	3	11	5	-	-
Lincoln Herald	13	118	-	-	-
JT Hayes Jr.	14	183	274	-	-
Eyan Turk	16	62	113	-	-
Caden Miracle	17	-	268	-	-
Sami Hattab	18	125	238	-	-
Aidan Norris	21	168	-	-	-
Levi Kipkurui Bichii	-	-	-	-	-

WOMEN'S SCORING CHART	TENNESSEE INVITATIONAL	GANS CREEK CLASSIC	PRE-NATIONAL INVITATIONAL	SEC CHAMPIONSHIPS	NCAA SOUTHEAST REGIONAL
Ann Lemirisho	1	3	3	-	-
Doricah Minsari Isoe	2	4	7	-	-
Lyric Olson	9	40	159	-	-
Madelyn McCartney	12	81	181	-	-
Addyson Leigh Abner	16	-	-	-	-
Lily Parke	17	159	303	-	-
Janet Jepkemboi Amimo	-	8	40	-	-
Kinley Kunkel	-	-	-	-	-

KENTUCKY
CROSS COUNTRY

2026 Regular Season Results

MEN

Tennessee Invite

September 11
4-Mile
UT XC Course - Knoxville, Tennessee

Place	Runner	Time	Points
2.	Collins Kiprop Kipngok	19:14.5	2 pts
3.	Ed Bird	19:16.2	3 pts
13.	Lincoln Herald	19:58.3	13 pts
14.	JT Hayes Jr.	20:03.5	14 pts
16.	Eyan Turk	20:11.8	16 pts
17.	Caden Miracle	20:22.2	--
18.	Sami Hattab	20:30.2	--
21.	Aidan Norris	20:49.9	--

TEAM FINISH

1.	Middle Tennessee	31
2.	Tennessee	42
3.	Kentucky	48

Gans Creek Classic

September 27
8k Race
Gans Creek XC Course - Columbia, Missouri

Place	Runner	Time	Points
7.	Collins Kiprop Kipngok	22:50.0	7 pts
11.	Ed Bird	22:58.5	11 pts
62.	Eyan Turk	23:57.2	61 pts
118.	Lincoln Herald	24:27.6	113 pts
125.	Sami Hattab	24:32.4	119 pts
168.	Aidan Norris	24:57.3	--
183.	JT Hayes Jr.	25:03.9	--

TEAM FINISH

1.	Arkansas	69
2.	Tennessee	75
3.	Wichita State	170
4.	Colo. School of Mines	175
5.	Ole Miss	202
6.	Missouri	230
7.	Florida State	253
8.	Colorado State	265
9.	Illinois	269
10.	Kansas	273
12.	**Kentucky**	**311**

Pre-National Invite

October 16
8k Race
LaVern Gibson Champ XC Course - Terre Haute, Indiana

Place	Runner	Time	Points
5	Ed Bird	23:21.0	5 pts
31.	Collins Kiprop Kipngok	23:48.1	31 pts
113.	Eyan Turk	24:22.5	112 pts
238.	Sami Hattab	24:58.0	238 pts
268.	Caden Miracle	25:09.9	255 pts
274.	JT Hayes Jr.	25:13.8	--

TEAM FINISH

1.	Syracuse	115
2.	Villanova	127
3.	Notre Dame	148
4.	Wichita State	212
5.	North Carolina	243
6.	Arizona	244
7.	Cornell	246
8.	Toledo	277
9.	Duke	294
10.	CBU	298
23.	**Kentucky**	**630**

WOMEN

Tennessee Invite

September 11
3-Mile
UT XC Course - Knoxville, Tennessee

Place	Runner	Time	Points
1.	Ann Lemirisho	15:54.7	1 pt
2.	Doricah Minsari Isoe	15:56.8	2 pts
9.	Lyric Olson	17:12.9	9 pts
12.	Madelyn McCartney	17:27.0	12 pts
16.	Addyson Leigh Abner	17:47.1	16 pts
17.	Lily Parke	18:05.8	--

TEAM FINISH

1.	Tennessee	39
2.	**Kentucky**	**40**
3.	Middle Tennessee	46

Gans Creek Classic

September 27
6k Race
Gans Creek XC Course - Columbia, Missouri

Place	Runner	Time	Points
3.	Ann Lemirisho	19:05.7	3 pts
4.	Doricah Minsari Isoe	19:08.0	4 pts
8.	Janet Jepkemboi Amimo	19:40.9	8 pts
40.	Lyric Olson	21:14.2	40 pts
81.	Madelyn McCartney	21:05.6	81 pts
146.	Lily Parke	21:43.6	--

TEAM FINISH

1.	Missouri	56
2.	**Kentucky**	**136**
3.	Florida State	152
4.	North Dakota	169
5.	Arkansas	201
6.	Nebraska	201
7.	Wyoming	246
8.	Ole Miss	261
9.	Tennessee	282
10.	Utah State	291

Pre-National Invite

October 16
6k Race
LaVern Gibson Champ XC Course - Terre Haute, Indiana

Place	Runner	Time	Points
3.	Ann Lemirisho	19:16.8	3 pts
7.	Doricah Minsari Isoe	19:28.6	7 pts
40.	Janet Jepkemboi Amimo	20:12.4	40 pts
159.	Lyric Olson	21:17.1	154 pts
181.	Madelyn McCartney	21:26.2	176 pts
303.	Lily Parke	22:42.6	--

TEAM FINISH

1.	BYU	84
2.	NC State	88
3.	Notre Dame	213
4.	Clemson	229
5.	North Carolina	249
6.	Duke	260
7.	Indiana	324
8.	Boston College	341
9.	Villanova	376
10.	**Kentucky**	**380**

KENTUCKY CROSS COUNTRY

2026 Postseason Results

MEN

SEC Championships

October 30
8k Race
Gans Creek XC Course -
Columbia, Missouri

Place	Runner	Time	Points

NCAA Southeast Regional

November 13
10k Race
Roger Milliken Center -
Spartanburg South Carolina

Place	Runner	Time	Points

NCAA Championships

November 21
10k Race
LaVern Gibson XC Course -
Terre Haute, Indiana

Place	Runner	Time	Points

WOMEN

SEC Championships

October 30
8k Race
Gans Creek XC Course -
Columbia, Missouri

Place	Runner	Time	Points

NCAA Southeast Regional

November 13
10k Race
Roger Milliken Center -
Spartanburg South Carolina

Place	Runner	Time	Points

NCAA Championships

November 21
10k Race
LaVern Gibson XC Course -
Terre Haute, Indiana

Place	Runner	Time	Points

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

Women's

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

USTFCCCA COACHES' TOP-30 (OCTOBER 20, 2026)

	Men's	Women's
1	New Mexico	BYU
2	Oklahoma State	NC State
3	Colorado	West Virginia
4	Alabama	Florida
5	BYU	Northern Arizona
6	Oregon	New Mexico
7	Arkansas	Oklahoma State
8	Syracuse	Notre Dame
9	Florida	Alabama
10	Wake Forest	Colorado
11	Georgetown	South Carolina
12	Villanova	Toledo
13	Stanford	Washington State
14	Wisconsin	Clemson
15	Notre Dame	Oregon
16	Harvard	Utah
17	Eastern Kentucky	Missouri
18	Tennessee	Iowa State
19	Northern Arizona	North Carolina
20	Iowa State	Virginia Tech
21	Minnesota	Stanford
22	Michigan State	Virginia
23	Furman	Northwestern
24	Princeton	Duke
24	Wichita State	Minnesota
26	Butler	Penn State
27	North Carolina	Arkansas
28	Arizona	Princeton
29	Washington	Washington
30	Cornell	Providence

USTFCCCA SOUTHEAST REGIONAL RANKINGS (OCT. 20, 2026)

	Men's	Women's
1	Wake Forest	NC State
2	Eastern Kentucky	South Carolina
3	North Carolina	Clemson
4	Furman	Virginia Tech
5	Virginia Tech	North Carolina
6	Louisville	Virginia
7	Duke	Duke
8	William & Mary	Eastern Kentucky
9	Appalachian State	**Kentucky**
10	Virginia	Wake Forest
11	NC State	Louisville
12	**Kentucky**	Furman
13	Charleston Southern	Liberty
14	George Mason	Elon
15	High Point	William & Mary

KENTUCKY
CROSS COUNTRY

TV Chart

MEN



LEVI KIPKURUI BICHII
Sophomore



ED BIRD
Senior



SAMI HATTAB
Senior



JT HAYES JR.
Sophomore



LINCOLN HERALD
Sophomore



COLLINS KIPROP KIPNGOK
Junior



CADEN MIRACLE
Senior



AIDAN NORRIS
Junior



EYAN TURK
Sophomore

WOMEN



JANET JEPKEMBOI AMIMO
Sophomore



DORICAH MINSARI ISOE
Sophomore



KINLEY KUNKEL
Fifth-Year



ADDYSON LEIGH ABNER
Freshman



ANN LEMIRISHO
Sophomore



MADELYN MCCARTNEY
Freshman



LYRIC OLSON
Senior



LILY PARKE
Freshman