KENTUCKY
CROSS COUNTRY

AT

November 13

10 a.m. (W 6k)
11 a.m. (M 10K)

TEAMS

- APP STATE
- BELLARMINE
- CHARLESTON SO
- CHARLOTTE
- CLEMSON
- COASTAL CAROLINA
- DAVIDSON
- DUKE
- EKU
- ELON
- FURMAN
- GARDNER-WEBB
- GEORGE MASON
- HIGH POINT
- JAMES MADISON
- LIBERTY
- LOUISVILLE
- MOREHEAD ST
- MURRAY ST
- NC STATE
- NORTH CAROLINA
- NKU
- SOUTH CAROLINA
- USC UPSTATE
- VIRGINIA
- WAKE FOREST
- WKU
- WINTHROP
- WOFFORD

HOST: Upstate

TFRRS Kentucky TFRRS Link

MEET FIVE: NCAA SOUTHEAST REGIONAL

LOGISTICS

DATE ..... Friday, November 13
WOMEN'S 6K ..... 10 a.m. ET
MEN'S 10K ..... 11 a.m. ET

LOCATION

VENUE ..... Roger Milliken Center
SITE ..... Spartanburg, SC
HOST ..... South Carolina Upstate

BROADCAST

TV/STREAM ..... N/A

RESULTS

LIVE TIMING ..... Flash Results

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.)

PROJECTED RUNNERS

Women's 6k:
Ann Lemirisho
Doricah Minsari Isoe
Janet Jepkemboi Amimo
Lyric Olson
Madelyn McCartney
Lily Parke
Addy Abner

Men's 10K:
Collins Kiprop Kipngok
Ed Bird
Lincoln Herald
JT Hayes Jr.
Eyan Turk
Caden Miracle
Sami Hattab
Aidan Norris

Ann Lemirisho

- All-SEC First Team
- SEC Women's Runner of the Week (Oct. 1)
- Tennessee Invitational Champion

FLOTRACK
Individual Ranking: #22



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 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.

2026 SEASON HONORS

ANN LEMIRISHO . . .SEC Women's Runner of the Week (9.15)
. . . . . .Tennessee Invitational Champion

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

SEC CHAMPIONSHIPS
Ann Lemirisho 5th

MEN'S SCORING CHART	TENNESSEE INVITATIONAL	GANS CREEK CLASSIC	PRE-NATIONAL INVITATIONAL	SEC CHAMPIONSHIPS	NCAA SOUTHEAST REGIONAL
Collins Kiprop Kipngok	2	7	31	12	-
Ed Bird	3	11	5	17	-
Lincoln Herald	13	118	-	73	-
JT Hayes Jr.	14	183	274	100	-
Eyan Turk	16	62	113	43	-
Caden Miracle	17	-	268	80	-
Sami Hattab	18	125	238	68	-
Aidan Norris	21	168	-	88	-
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	5	-
Doricah Minsari Isoe	2	4	7	12	-
Lyric Olson	9	40	159	65	-
Madelyn McCartney	12	81	181	81	-
Addy Abner	16	-	-	130	-
Lily Parke	17	159	303	123	-
Janet Jepkemboi Amimo	-	8	40	28	-
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
12.	Collins Kiprop Kipngok	22:43.3	12 pts
17.	Ed Bird	22:49.5	17 pts
43.	Eyan Turk	23:45.8	42 pts
68.	Sami Hattab	24:35.9	62 pts
73.	Lincoln Herald	24:44.4	66 pts
80.	Caden Miracle	25:00.9	--
88.	Aidan Norris	25:18.9	--
100.	JT Hayes Jr.	26:38.3	--

TEAM FINISH

1.	Alabama	37
2.	Arkansas	76
3.	Florida	82
4.	Missouri	145
5.	Tennessee	148
6.	Ole Miss	187
7.	**Kentucky**	**199**
8.	Texas A&M	215
9.	Georgia	226
10.	Auburn	250

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
5.	Ann Lemirisho	19:01.0	5 pts
12.	Doricah Minsari Isoe	19:16.3	12 pts
28.	Janet Jepkemboi Amimo	19:53.9	28 pts
65.	Lyric Olson	20:41.4	62 pts
81.	Madelyn McCartney	21:02.1	73 pts
123.	Lily Parke	21:48.7	--
130.	Addy Abner	22:02.9	--

TEAM FINISH

1.	Alabama	48
2.	Florida	80
3.	South Carolina	110
4.	Missouri	138
5.	Arkansas	161
6.	**Kentucky**	**180**
7.	Oklahoma	195
8.	Vanderbilt	207
9.	Tennessee	232
10.	LSU	254

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 (NOVEMBER 11, 2026)

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

USTFCCCA SOUTHEAST REGIONAL RANKINGS (NOV. 11, 2026)

	Men's	Women's
1	Wake Forest	NC State
2	Virginia Tech	South Carolina
3	Eastern Kentucky	Clemson
4	Furman	Virginia Tech
5	Duke	North Carolina
6	North Carolina	Duke
7	Louisville	Virginia
8	Virginia	**Kentucky**
9	William & Mary	Eastern Kentucky
10	App State	Wake Forest
11	**Kentucky**	Louisville
12	NC State	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