

STANFORD

CROSS COUNTRY

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Cardinal Takes Aim at Nationals

NCAA Cross Country Championships

Saturday, 9 a.m. PT (noon ET)
E.P. "Tom" Sawyer State Park
Louisville, Ky.

Stanford sends both its men's and women's teams to the NCAA Cross Country Championships for the 22nd consecutive season -- the longest ongoing streak in the country. Stanford teams have won a combined nine NCAA titles -- the women five and the men four.

Stanford has intriguing possibilities. The men were runner-up last year and enter ranked No. 3. The women are led by Pac-12 champion Aisling Cuffe, who was fourth at the 2013 NCAA Championships.

MEET INFORMATION:

What: NCAA Championships
Where: Louisville, Ky.
Site: E.P. "Tom" Sawyer State Park
Women:

Race time - 9 a.m. PT (noon ET)
Distance - 6 kilometers (3.73 miles)

Men:
Race time - 10 a.m. PT (1 p.m. ET)
Distance - 10 kilometers (6.2 miles)

FOLLOW THE ACTION:

Live results: Link at GoStanford.com
TV/Webstream:
<http://www.ncaa.com/liveschedule/2015/11/21>

Stanford in USTFCCCA rankings:
Men - No. 3
Women - No. 13

Stanford's NCAA Roster

MEN

Athlete	Yr.	Hometown (Last School)
Grant Fisher	Fr.	Grand Blanc, Mich. (Grand Blanc HS)
Jack Keelan	Jr.	La Grange Park, Ill. (St. Ignatius Prep)
Sean McGorty	Jr.	Fairfax, Va. (Chantilly HS)
Jim Rosa	5th Sr.	W. Windsor, N.J. (W. Windsor-N. Plainsboro HS)
Joe Rosa	5th Sr.	W. Windsor, N.J. (W. Windsor-N. Plainsboro HS)
Garrett Sweatt	Sr.	Edwardsville, Ill. (Edwardsville HS)
Sam Wharton	Jr.	Tipp City, Ohio (Tippecanoe HS)
Alt: Steven Fahy	So.	Carlsbad, Calif. (La Costa Canyon HS)

WOMEN

Athlete	Yr.	Hometown (High School)
Sophie Chase	Jr.	Burke, Va. (Lake Braddock HS)
Aisling Cuffe	5th Sr.	Cornwall-on-Hudson, N.Y. (Cornwall Central HS)
Vanessa Fraser	Jr.	Scotts Valley, Calif. (Scotts Valley HS)
Danielle Katz	Jr.	Los Gatos, Calif. (Los Gatos HS)
Hannah Long	Fr.	Eureka, Mo. (Pacific HS)
Julia Maxwell	So.	Ross, Calif. (The Branson School)
Claudia Saunders	Sr.	Cincinnati, Ohio (Princeton HS)
Alt: Molly McNamara	5th Sr.	Little River, N.J. (Red Bank Catholic HS)



Joe Rosa, Sean McGorty, and Jim Rosa.

Stanford's NCAA History

WOMEN

NCAA Titles: 5 (1996, 2003, 2005, 2006, 2007)
NCAA Runners-up: 5 (1982, 1983, 1984, 1997, 2002)

Top NCAA Finishes by Place:

2.	Regina Jacobs	1985	5K	16:29.20
3.	Sara Bei	2003	6K	19:49.1
	Alicia Craig	2002	6K	19:48
	Lauren Fleshman	2001	6K	20:35
	Ceci Hopp	1982	5K	17:10.9
4.	Aisling Cuffe	2013	6K	20:09.03
	Arianna Lambie	2006	6K	20:43.8
	Lauren Fleshman	2002	6K	20:35
	Julia Stamps	1997	5K	16:47
	Regina Jacobs	1984	5K	16:33.7

MEN

NCAA Titles: 4 (1996, 1997, 2002, 2003)
NCAA Runners-up: 4 (1968, 1998, 2001, 2014)

Top NCAA Finishes by Place:

2.	Chris Derrick	2011	10K	28:57.5
	Neftalem Araia	2006	10K	30:52.6
	Ryan Hall	2003	10K	29:15.4
	Gary Stolz	1992	10K	30:56.1
3.	Chris Derrick	2009	10K	29:14.8
	Grant Robison	2002	10K	29:36.7
	Don Kardong	1970	6M	28:10
4.	Maksim Korolev	2014	10K	30:29.5
	Grant Robison	2003	10K	29:19.2
	Greg Jimmerson	1996	10K	30:38
	Marc Olesen	1985	10K	29:52.67

Quick Facts

General Information

Location: Stanford, Calif.
Enrollment: 16,122 (6,994 undergrad)
Nickname: Cardinal
Colors: Cardinal and White
Conference: Pacific-12
President: Dr. John L. Hennessy
Athletics Director: Bernard Muir
Sport Administrator: Patrick Dunkley
Athletics Web site: gostanford.com

Coaching Staff

Franklin P. Johnson Director of Track and Field: Chris Miltenberg (Georgetown '03), fourth season.

Men's Assistant Coach :

John Oliver (North Central '09), third season

Women's Assistant Coach:

Elizabeth DeBole (Georgetown '07), second season

Athletic Communications

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STANFORD'S MEN'S OVERVIEW

Stanford was the NCAA runner-up last year (98 points) and enters the NCAA Championships ranked No. 3. The Cardinal returns five members of its 2014 lineup -- **Sean McGorty** (20th), **Joe Rosa** (33rd), **Sam Wharton** (39th), **Garrett Sweatt** (68th), and **Jack Keelan** (100th). The Cardinal lost **Maksim Korolev** (fourth) and **Michael Atchoo** (29th), who were in their fifth seasons, but return **Jim Rosa**, who placed fifth at the 2013 NCAA's before missing 2014 with an injury. The Cardinal also benefits from having freshman **Grant Fisher**, a two-time Foot Locker national high school champion, who will be racing for the second time this season. This will be his first race at the 10K distance.

The Cardinal has **eight NCAA top-two team finishes** in its history, but this year's squad remains something of an enigma. Because of injuries or, in the case of Fisher, who has been brought along slowly, **this is the first time Stanford is running with its full 'A' team.** Therefore, an accurate prediction of the Cardinal's chances seems out of the question. Plus, Stanford's men have been wildly unpredictable in the recent past, performing much lower than their ranking or much higher, as was the case last year when Stanford entered at No. 9. This year's team USTFCCA rankings have fluctuated from No. 2 in the pre-season poll to No. 23 (Oct. 20) to its current No. 3.

Stanford has four cross-country All-Americans among its top seven (McGorty, the Rosas, and Wharton), five have run the 5,000 in sub-14 (Keelan, McGorty, Sweatt, and the Rosas), and two are sub-4 milers (Fisher, McGorty). The Cardinal was second at both the Pac-12's (to Colorado, 46-57) and NCAA West Regional (to Washington, 63-83).

STANFORD MEN, KEYS TO SUCCESS

- **Success is relative.** Coach **Chris Miltenberg** might define success as a top-10 finish based on the adversity that Stanford has had to battle through and considering valuable training time missed. However, there seems little doubt that if its top five are at their best that Stanford could be formidable. The unknown is whether the Cardinal can be at that level considering that many have not had either a full season of training or a great base.

- **The Rosa factor.** **Jim** and **Joe Rosa** are both capable of top-five finishes if fully healthy and trained. Since that hasn't been the case, they've had to progress with limited racing. They are improving each week. Jim was sixth and Joe eighth at regionals. They are the biggest X-factors in Stanford's arsenal.

- **The high school phenom.** Can a team have three X-factors? Actually, if you include **Jack Keelan**, who missed the Pac-12 and West Region meets, one could say Stanford has four. But, back to the freshman ... **Grant Fisher** arrived with impeccable credentials: Among two in high school history to win two Foot Locker national cross-country championships and run a sub-4 mile. Given that Fisher is stepping his weekly mileage significantly and the NCAA's 10K race distance is twice that of high school, Coach Chris Miltenberg has brought Fisher along slowly. He raced unattached at the Stanford Invitational, finishing second to teammate Sean McGorty and then made his Stanford debut at the Pac-12 Championships, finishing 11th overall and No. 3 on his team over 8K. This will be his first race at the 10K distance.

- **The team, the team, the team.** Perhaps the most valuable member of last year's team was fifth-year senior **Michael Atchoo**, a miler who paced Stanford's second pack up the field throughout the race, to secure the runner-up finish. Stanford's doesn't have anyone in such a defined role this year. The Rosas, McGorty, and **Garrett Sweatt** will likely attempt to stay in the lead pack as long as possible. However, running as a team and knowing where their teammates are will be vital.

- **Stepping up to the moment.** Last year, Stanford had the benefit of not having to live up to anyone's expectations. This year, there will be more eyes on the Cardinal, including some who wonder whether it can end the Colorado dynasty. This year, Stanford must deal with, or ignore, added pressure.

USTFCCA National Rankings

MEN

Rank	Team	Conf.
1.	Colorado	Pac-12
2.	Syracuse	ACC
3.	Stanford	Pac-12
4.	Oklahoma State	Big 12
5.	Michigan	Big East
6.	BYU	Big Ten
7.	UTEP	WCC
8.	Arkansas	Met.Atl.
9.	Oregon	Pac-12
10.	Iona	Big Sky

WOMEN

Rank	Team	Conf.
1.	New Mexico	Mtn West
2.	Colorado	Pac-12
3.	Arkansas	SEC
4.	Providence	Big East
5.	Oregon	Pac-12
6.	Michigan	Big Ten
7.	Virginia	ACC
8.	Boise State	Mtn West
9.	Penn State	Big Ten
9.	North Carolina State	ACC
13.	Stanford	Pac-12

Head Coach Chris Miltenberg

Chris Miltenberg is in his fourth season as Stanford's Franklin P. Johnson Director of Track & Field and head cross-country coach.

He has coached a national championship cross country team and a runner-up and has earned national and region Coach of the Year honors.



Under Miltenberg, the Cardinal enjoyed an NCAA runner-up finish in men's cross country in 2014 while also winning

the USTFCCCA Scholar Team of the Year.

Miltenberg's men's and women's cross country teams have reached the NCAA Championships each year, with top national finishes of second for the men and third for the women.

His Cardinal teams have won two men's West Region titles and his women have won three of the past four Pac-12 individual championships. In addition, his athletes have won two Pac-12 Scholar-Athlete awards, an NCAA Elite 89 Award, and a Rhodes Scholarship.

Eleven of his Card runners have earned All-America honors in cross country.

On the Horizon

These represent the next generation of Stanford runners -- true freshmen who are redshirting or those who recently signed national letters of intent.

MEN

Redshirting

- [Alex Ostberg](#) (Darien, Conn.): Won 2014 New Balance Outdoor Nationals 5,000 in 14:16.61.
- [Will Lauer](#) (Sioux Falls, S.D.): Won 2015 New Balance Outdoor Nationals 5,000 in 14:35.71.

Signed Letter of Intent

- [Thomas Ratcliffe](#) (Concord, Mass.): Ran 4:07.63 mile at Prefontaine Classic.

WOMEN

Signed Letter of Intent

- [Hannah DeBalsi](#) (Westport, Conn.): First in Connecticut prep history to run a sub-10 two-mile (9:55.05).
- [Ella Donaghu](#) (Portland, Ore.): Set Oregon prep 3,000 record of 9:24.86.
- [Fiona O'Keefe](#) (Davis, Calif.): Two-time California Division I cross-country champion.
- [Sarah Walker](#) (Philadelphia, Pa.): U.S. junior national 800 runner-up with best of 2:05.79.

STANFORD'S WOMEN'S OVERVIEW

In an ideal world, **Aisling Cuffe** and **Elise Cranny** would have raced together, Cuffe as a fifth-year senior and Cranny as a sophomore. Last year, Cranny was the top freshman at the NCAA Championships, finishing 12th -- the highest by a Stanford frosh since **Lauren Fleshman** (fifth) and **Erin Sullivan** (seventh) in 1999 -- while Cuffe missed the season with an injury. This year, Cranny is out with an injury while Cuffe won her second Pac-12 title. Cuffe sat out the NCAA West Regional as an injury precaution and Stanford finished fourth -- advancing as an at-large.

In Cuffe's two races, the Cardinal was third at both the Washington Invitational and Pac-12 Championships. Stanford has history on its side, the Cardinal **has won five NCAA titles and has 10 top-two team finishes** in its history. This is Stanford's 23rd consecutive NCAA appearance -- **the longest women's streak in the country by far**. Michigan State is next at 16.

Cuffe, the fourth-place NCAA finisher in 2013, is the only cross-country All-American among Stanford's lineup. **Vanessa Fraser**, who has run 15:54.12 in the 5,000, has often been the Cardinal No. 1 in Cuffe's absence.

Last year, Stanford placed 14th with five freshmen in eligibility and returned all seven from that lineup. This year's lineup will include three of those runners, with Fraser and **Sophie Chase** the only of those who are sophomores in eligibility. However, Stanford has been boosted by the emergence of a sophomore who was not part of that group. **Julia Maxwell** was the team's No. 2 at regionals and No. 3 at conference -- her best individual team finishes. Also, freshman **Hannah Long** has been a solid part of the top five nearly all season.

STANFORD WOMEN, KEYS TO SUCCESS

- **Consistency.** The Stanford women have been more consistent at nationals than the men -- with finishes of 10th, third, 11th, and 14th the past four seasons -- and the program will count on that consistency once again. Stanford has finished 16th or better every year since 1993, a streak of 22 years.
- **Could be a contender.** **Aisling Cuffe** is undefeated in her two competitive races this season, winning the Washington Invitational and the Pac-12 title. Her background is so strong that she must be regarded as a contender despite the fact that she has raced competitively only twice in the past 17 months. Coach **Chris Miltenberg** said the key to her Pac-12 victory was having confidence in her ability, even if she didn't share the training base of some of her competitors. Cuffe was fourth at the 2013 NCAA Cross Country Championships and runner-up in the NCAA indoor and outdoor 5,000 in 2014 before missing all of the 2014-15 cross country and track seasons with a back injury.
- **Team running.** Stanford's spread from Nos. 1-7 at the NCAA West Regional was only 21.6 seconds, by far the tightest group in the race. Nos. 1-5 were only 17.6 seconds apart. If Stanford can get a similar spread from Nos. 3-7, the Cardinal may be in business for the podium. However, Cuffe and even **Vanessa Fraser** should be ahead of that group for Stanford to maximize its point potential.
- **The half-miler.** **Claudia Saunders** got a late start to cross country because Chris Miltenberg wanted to give her a rest after a long track season that ended at the Areva Diamond League meet outside Paris on July 4. Saunders is a two-time NCAA outdoor runner-up in the 800 and holds the school record of 2:00.63. She joined the Stanford lineup at Pac-12s and was the team's No. 5 there and at the West Regional. If she can bring another strong performance, it would be a welcome bonus. She is quite familiar with competing on big stages.

PAC-12 ALL-CENTURY

In this, the 100th year of the conference now known as the Pac-12, a series of All-Century teams have been selected to honor the greats in conference history. Stanford dominated the women's All-Century team.

Here are the women's selections from Stanford:

Sara Bei '05, Alicia Craig '05, Lauren Fleshman '03, Regina Jacobs '86, and Arianna Lambie '07.

Here is the men's selection from Stanford:

Ryan Hall '05.

STANFORD MEN'S 2015 NCAA LINEUP

GRANT FISHER

Fr., Grand Blanc, Mich. (Grand Blanc HS)



- One of two high schoolers in history to win two Foot Locker national cross country championships and run a sub-4-minute mile.
- Racing 10K distance for the first time.
- 11th at Pac-12 Championships in Stanford debut.
- Second at the Stanford Invitational on Sept. 26 while running unattached.

2015

Date	Meet	Place	Dist.	Time
Sept. 26	Stanford Invitational	2	8K	23:33.9*
Oct. 30	Pac-12 Championships	11	8K	23:28.6

SEAN MCGORTY

Jr., Fairfax, Va. (Chantilly HS)



- Three-time All-American.
- 20th at the 2015 NCAA Cross Country Championships.
- 2nd to Oregon's Edward Cheserek at Pac-12's; No. 1 on team.
- 2014 U.S. junior and NACAC cross country champion.
- Best 5,000 is 13:37.64.
- Management science and engineering major.
- Eighth in 2015 NCAA outdoor 5,000.
- Sub-4 miler.

2015

Date	Meet	Place	Dist.	Time
Sept. 26	Stanford Invitational	1	8K	23:07.0
Oct. 16	Wisconsin Invitational	3	8K	23:36.2
Oct. 30	Pac-12 Championships	2	8K	23:13.7
Nov. 14	NCAA West Regional	7	10K	31:15.1

JACK KEELAN

So., La Grange Park, Ill. (St. Ignatius College Prep)



- Fourth at Washington Invite on Oct. 2
- Has not raced since Wisconsin Invite on Oct. 16.
- Track 5,000 PB is 13:45.82.
- 100th at 2014 NCAA Championships.
- Majoring in product design.
- 2nd in 2014 U.S. Jr. National XC champs.

2015

Date	Meet	Place	Dist.	Time
Sept. 11	Fresno State Invite	11	6K	18:36
Oct. 2	Washington Invite	4	8K	23:22.3
Oct. 16	Wisconsin Invitational	95	8K	24:26.0

JIM ROSA

5th Sr., W. Windsor, N.J. (W. Windsor-Plainsboro North HS)



- Two-time All-America.
- Sixth at NCAA West Regional.
- 20th at Pac-12's; No. 5 on team..
- Fifth at 2013 NCAA Cross Country Championships.
- Earned first-team outdoor All-America honors by placing sixth in the 10,000 in his first NCAA championship meet while running a personal record 28:57.51 in 2014.
- Management science and engineering major.

2015

Date	Meet	Place	Dist.	Time
Oct. 30	Pac-12 Championships	20	8K	23:47.4
Nov. 14	NCAA West Regional	6	10K	31:14.9

STANFORD MEN'S 2015 NCAA LINEUP

JOE ROSA

5th Sr., W. Windsor, N.J. (W. Windsor-Plainsboro North HS)



- Three-time All-American.
- 5th at 2014 NCAA indoor 5K, 7th outdoors.
- Has PBs of 13:31.69 and 29:16.71.
- Won 2014 Pac-12 10,000 title.
- Twin brother of teammate Jim Rosa
- Eighth at Pac-12's; No. 2 on team.
- Eighth at NCAA West Regional.
- Two-time Nike Cross Nationals HS champ.
- Management science and engineering major.

2015

Date	Meet	Place	Dist.	Time
Sept. 11	Fresno State Invite	6	6K	18:34
Oct. 2	Washington Invite	2	8K	23:20.6
Oct. 30	Pac-12 Championships	8	8K	23:23.5
Nov. 14	NCAA West Regional	8	10K	31:15.3

SAM WHARTON

Jr., Tipp City, Ohio (Tippecanoe HS)



- 2014 Cross Country All-American, placing 39th at NCAA's.
- 42nd at NCAA West Regional.
- 43rd at Pac-12's; No. 7 on team.
- 3rd at 2014 NACAC Jrs. for U.S.
- 3rd at 2014 U.S. Jr. XC Championships.
- Management science and engineering major.
- 2012 Nike Cross Nationals HS champ.

2015

Date	Meet	Place	Dist.	Time
Oct. 16	Wisconsin Invitational	200	8K	25:07.8
Oct. 30	Pac-12 Championships	43	8K	24:27.5
Nov. 14	NCAA West Regional	42	10K	31:57.7

GARRETT SWEATT

Sr., Edwardsville, Ill. (Edwardsville HS)



- 20th at NCAA West Regional; Stanford's No. 4.
- 16th at Pac-12's; No. 4 on team.
- Has a 10K best of 28:51.56.
- Two-time Pac-12 All-Academic cross country team.
- Stanford's No. 2 at Wisconsin Invitational, 25th overall.
- Biology major.

2015

Date	Meet	Place	Dist.	Time
Sept. 11	Fresno State Invite	14	6K	18:38
Oct. 2	Washington Invite	7	8K	23:27.2
Oct. 16	Wisconsin Invitational	25	8K	23:56.4
Oct. 30	Pac-12 Championships	16	8K	23:41.7
Nov. 14	NCAA West Regional	20	10K	31:35.0

STEVEN FAHY (alternate)

So., Carlsbad, Calif. (La Costa Canyon HS)



- 1st season of eligibility.
- 2nd at 2015 U.S. junior national steeplechase.
- 66th at Pac-12's; No. 9 on team.
- 72nd at NCAA West Regional.

2015

Date	Meet	Place	Dist.	Time
Sept. 11	Fresno State Invite	12	6K	18:36
Sept. 26	Stanford Invitational	9	8K	24:02.1
Oct. 2	Washington Invite	39	8K	23:59.6
Oct. 16	Wisconsin Invitational	207	8K	25:17.2
Oct. 30	Pac-12 Championships	66	8K	25:17.2
Nov. 14	NCAA West Regional	72	10K	32:32.2

STANFORD WOMEN'S 2015 NCAA LINEUP

SOPHIE CHASE

Jr., Burke Va. (Lake Braddock HS)



- 15th at NCAA West Regional; first time as Stanford's No. 1.
- 23rd at Pac-12's; No. 4 on team.
- 2014 and 2015 All-West Region in cross country.
- 2014 Pac-12 All-Academic cross country first team.
- Majoring in history.

2015

Date	Meet	Place	Dist.	Time
Sept. 11	Fresno State Invite	15	4.2K	14:58
Sept. 26	Stanford Invitational	9	6K	21:03.8
Oct. 2	Washington Invite	47	6K	20:53.1
Oct. 17	Pre-Nationals	41	6K	20:41.0
Oct. 30	Pac-12 Championships	23	6K	20:35.9
Nov. 14	NCAA West Regional	15	6K	21:04.6

VANESSA FRASER

Jr., Scotts Valley, Calif. (Scotts Valley HS)



- 12th at Pac-12's; No. 2 on team.
- 13th in 2015 NCAA outdoor 5,000.
- 39th at NCAA West Regional.
- Came to Stanford as a walk-on and is now on scholarship.
- Stanford's No. 1 at Pre-Nationals (26th overall)
- Best 5,000 is 15:54.12.
- Symbolic systems major.

2015

Date	Meet	Place	Dist.	Time
Oct. 2	Washington Invite	10	6K	20:08.0
Oct. 17	Pre-Nationals	26	6K	20:32.1
Oct. 30	Pac-12 Championships	12	6K	20:23.5
Nov. 14	NCAA West Regional	39	6K	21:26.2

AISLING CUFFE

5th Sr., Cornwall-on-Hudson, N.Y. (Cornwall Central HS)



- 2013 and 2015 Pac-12 cross country champion.
- 2015 Pac-12 Women's Cross Country Scholar-Athlete of the Year.
- Fourth at 2013 NCAA Cross Country Championships.
- 2014 NCAA indoor and outdoor runner-up in 5,000.
- Best 5,000 of 15:11.13 makes her the third-fastest collegian all-time.
- 2011 U.S. junior national cross country champion.
- Majoring in biology.

2015

Date	Meet	Place	Dist.	Time
Sept. 11	Fresno State Invite	9	4.2K	14:38
Oct. 2	Washington Invite	1	6K	19:41.0
Oct. 30	Pac-12 Championships	1	6K	19:53.1

DANIELLE KATZ

Jr., Los Gatos, Calif. (Los Gatos HS)



- 24th at NCAA West Regional; Stanford's No. 3.
- 30th at Pac-12's; No. 6 on team.
- Stanford No. 2 at Stanford Invitational (eighth overall).
- No. 8 on school steeplechase list (10:23.32).
- Majoring in product design.

2015

Date	Meet	Place	Dist.	Time
Sept. 11	Fresno State Invite	11	4.2K	14:39
Sept. 26	Stanford Invitational	8	6K	21:03.4
Oct. 2	Washington Invite	27	6K	20:29.1
Oct. 17	Pre-Nationals	149	6K	21:27.0
Oct. 30	Pac-12 Championships	30	6K	20:43.4
Nov. 14	NCAA West Regional	24	6K	21:13.0

STANFORD WOMEN'S 2015 NCAA LINEUP

HANNAH LONG

Fr., Pacific, Mo. (Eureka HS)



- 29th at NCAA West Regional; No. 4 on team.
- 32nd at Pac-12's; No. 7 on team.
- Stanford's No. 3 runner in first two races.
- Missouri state high school record holder in 1,600 (4:40.15).
- 49th at Pre-Nationals.

2015

Date	Meet	Place	Dist.	Time
Oct. 2	Washington Invite	14	6K	20:11.6
Oct. 17	Pre-Nationals	49	6K	20:45.6
Oct. 30	Pac-12 Championships	32	6K	20:46.1
Nov. 14	NCAA West Regional	29	6K	21:19.5

CLAUDIA SAUNDERS

Sr., Cincinnati, Ohio (Princeton HS)



- Five-time All-America.
- Two-time NCAA outdoor 800 runner-up.
- Stanford record holder in the 800 (2:00.63).
- 35th at NCAA West Regional; No. 5 on team.
- 25th at Pac-12's; No. 5 on team.
- International relations major.

2015

Date	Meet	Place	Dist.	Time
Oct. 30	Pac-12 Championships	25	6K	20:39.5
Nov. 14	NCAA West Regional	35	6K	21:22.2

JULIA MAXWELL

So., Ross, Calif. (The Branson School)



- 18th at NCAA West Regional; personal-best No. 2 on Stanford's team.
- 19th at Pac-12's; No. 3 on team.
- Team's biggest surprise this season.
- Has run in Stanford's top five in every collegiate race.
- 79th at Pre-Nationals.
- Three-time California Division V high school cross country champ.

2015

Date	Meet	Place	Dist.	Time
Sept. 26	Stanford Invitational	11	6K	21:07.8
Oct. 2	Washington Invite	20	6K	20:20.3
Oct. 17	Pre-Nationals	79	6K	21:01.2
Oct. 30	Pac-12 Championships	19	6K	20:30.1
Nov. 14	NCAA West Regional	18	6K	21:06.4

MOLLY McNAMARA (alternate)

5th Sr., Little Silver, N.J. (Red Bank Catholic HS)



- 35th at Pac-12's; No. 8 on team.
- 2014 All-West Region in cross country.
- Stanford's Donald Kennedy Award winner for commitment to community service.
- Started Cardinal RHED, a mental health resource organization for student-athletes.

2015

Date	Meet	Place	Dist.	Time
Sept. 11	Fresno State Invite	8	4.2K	14:38
Sept. 26	Stanford Invitational	5	6K	20:51.1
Oct. 2	Washington Invite	15	6K	20:13.1
Oct. 17	Pre-Nationals	68	6K	20:57.7
Oct. 30	Pac-12 Championships	35	6K	20:51.3
Nov. 14	NCAA West Regional	38	6K	21:25.2

STANFORD ALL-AMERICANS

MEN

2014: Maksim Korolev, Sean McGorty, Michael Atchoo, Joe Rosa, Sam Wharton
2013: Jim Rosa
2011: Chris Derrick, Jacob Riley
2010: Chris Derrick, Jacob Riley
2009: Chris Derrick, Elliott Heath
2008: Chris Derrick, Garrett Heath
2007: Neftalem Araia, Russell Brown
2006: Neftalem Araia
2005: Neftalem Araia
2004: Neftalem Araia, Ryan Hall
2003: Ian Dobson, Ryan Hall, Seth Hejny, Louis Luchini, Grant Robison, Donald Sage, Adam Tenforde
2002: Ian Dobson, Ryan Hall, Louis Luchini, Grant Robison, Donald Sage, Adam Tenforde
2001: Ian Dobson, Louis Luchini, Grant Robison, Donald Sage
2000: Thomas Murley, Jonathon Riley
1999: Jake Maas, Thomas Murley, Jonathon Riley
1998: Brad Hauser, Brent Hauser, Jonathon Riley
1997: Jason Balkman, Brad Hauser, Brent Hauser, Nathan Nutter, Jonathon Riley
1996: Brad Hauser, Brent Hauser, Greg Jimmerson, Nathan Nutter, J.J. White
1995: Greg Jimmerson, Nathan Nutter
1994: Greg Jimmerson
1992: Gary Stolz
1985: Marc Olesen
1970: Don Kardong
1969: Greg Brock
1968: Greg Brock, Brook Thomas
1964: Harry McCalla
1962: Harry McCalla

WOMEN

2014: Elise Cranny
2013: Aisling Cuffe, Jessica Tonn
2012: Aisling Cuffe, Cayla Hatton, Kathy Kroeger
2011: Kathy Kroeger, Stephanie Marcy
2007: Lauren Centrowitz, Katie Harrington, Arianna Lambie
2006: Arianna Lambie, Teresa McWalters
2005: Lindsay Flacks, Arianna Lambie, Katy Trotter
2004: Alicia Craig
2003: Sara Bei, Alicia Craig, Arianna Lambie, Katy Trotter
2002: Alicia Craig, Malindi Elmore, Lauren Fleshman
2001: Alicia Craig, Lauren Fleshman
2000: Lauren Fleshman, Erin Sullivan
1999: Lauren Fleshman, Julia Stamps, Erin Sullivan
1998: Caroline Annis, Mary Cobb, Sally Glynn, Julia Stamps
1997: Mary Cobb, Sally Glynn, Sarna Renfro, Julia Stamps
1996: Monal Chokshi, Mary Cobb, Jessica Fry
1995: Mary Cobb
1994: Kortney Dunscombe, Sarna Renfro
1986: Carol Gray
1985: Regina Jacobs
1984: Regina Jacobs, Ellen Lyons, Alison Wiley
1983: Regina Jacobs, Alison Wiley
1982: Ceci Hopp, Regina Jacobs, Alison Wiley
1981: Ceci Hopp, PattiSue Plumer, Kim Schnurpfeil
1978: Lori Thrupp (AIAW)
1977: Lori Thrupp (AIAW)
1976: Lori Thrupp (AIAW)

STANFORD'S NCAA TEAM FINISHES

MEN

2014 2nd 98 Chris Miltenberg, Terre Haute, Ind.
2013 19th 417 Chris Miltenberg, Terre Haute, Ind.
2012 16th 408 Chris Miltenberg, Louisville, Ky.
2011 5th 207 Jason Dunn, Terre Haute, Ind.
2010 4th 237 Jason Dunn, Terre Haute, Ind.
2009 10th 354 Jason Dunn, Terre Haute, Ind.
2008 3rd 227 Jason Dunn, Terre Haute, Ind.
2007 19th 451 Peter Tegen, Terre Haute, Ind.
2006 4th 195 Peter Tegen, Terre Haute, Ind.
2005 6th 231 Peter Tegen, Terre Haute, Ind.
2004 6th 269 Andrew Gerard, Terre Haute, Ind.
2003 1st 24 Andrew Gerard, Waterloo, Iowa
2002 1st 47 Vin Lananna, Terre Haute, Ind.
2001 2nd 91 Vin Lananna, Greenville, S.C.
2000 4th 149 Vin Lananna, Ames, Iowa
1999 4th 223 Vin Lananna, Bloomington, Ind.
1998 2nd 114 Vin Lananna, Lawrence, Kan.
1997 1st 53 Vin Lananna, Greenville, S.C.
1996 1st 46 Vin Lananna, Tucson, Ariz.
1995 5th 209 Vin Lananna, Ames, Iowa
1994 6th 208 Vin Lananna, Fayetteville, Ark.
1985 17th 380 Brooks Johnson, Milwaukee, Wis.
1968 2nd 100 Marshall Clark, Bronx, N.Y.

WOMEN

2014 14th 415 Chris Miltenberg, Terre Haute, Ind.
2013 11th 322 Chris Miltenberg, Terre Haute, Ind.
2012 3rd 198 Chris Miltenberg, Louisville, Ky.
2011 10th 332 PattiSue Plumer, Terre Haute, Ind.
2010 13th 402 Jason Dunn, Terre Haute, Ind.
2009 16th 408 Jason Dunn, Terre Haute, Ind.
2008 8th 299 Jason Dunn, Terre Haute, Ind.
2007 1st 145 Peter Tegen, Terre Haute, Ind.
2006 1st 195 Peter Tegen, Terre Haute, Ind.
2005 1st 146 Peter Tegen, Terre Haute, Ind.
2004 5th 175 Dena Evans, Terre Haute, Ind.
2003 1st 120 Dena Evans, Waterloo, Iowa
2002 2nd 113 Vin Lananna, Terre Haute, Ind.
2001 5th 206 Vin Lananna, Greenville, S.C.
2000 3rd 198 Vin Lananna, Ames, Iowa
1999 3rd 127 Vin Lananna, Bloomington, Ind.
1998 3rd 111 Vin Lananna, Lawrence, Kan.
1997 2nd 102 Vin Lananna, Greenville, S.C.
1996 1st 101 Vin Lananna, Tucson, Ariz.
1995 9th 235 Vin Lananna, Ames, Iowa
1994 7th 198 Vin Lananna, Fayetteville, Ark.
1993 11th 286 Vin Lananna, Bethlehem, Pa.
1986 15th 314 Brooks Johnson, Tucson, Ariz.
1984 2nd 88 Brooks Johnson, University Park, Pa.
1983 2nd 98 Brooks Johnson, Bethlehem, Pa.
1982 2nd 91 Brooks Johnson, Bloomington, Ind.
1981 3rd 105 Brooks Johnson, Wichita, Kan.
1977 18th (AIAW) 421 Marshall Clark, Austin, Texas

2015 STANFORD WOMEN'S TEAM RESULTS

Thru Nov. 14, 2015

Sept. 11 FRESNO STATE INVITE (4.2K) 2nd 33 pts.

Woodward Park, Fresno, Calif.

8	Molly McNamara	14:38
9	Aisling Cuffe	14:38
11	Danielle Katz	14:39
12	Abbie McNulty	14:43
14	Megan Lacy	14:47
15	Claire Howlett	14:50
19	Sophie Chase	14:58

Sept. 26 STANFORD INVITE (6K) 1st 44 pts.

Stanford Golf Course, Stanford, Calif.

5	Molly McNamara	20:51.1
8	Danielle Katz	21:03.4
9	Sophie Chase	21:03.8
11	Julia Maxwell	21:07.8
18	Abbie McNulty	21:17.4
27	Claire Howlett	21:33.6
29	Maddy Berkson	21:42.1
50	Megan Lacy	22:03.8

Oct. 2 WASHINGTON INVITE (6K) 3rd 60 pts.

Jefferson Park Golf Course, Seattle, Wash.

1	Aisling Cuffe	19:41.0
10	Vanessa Fraser	20:08.0
14	Hannah Long	20:11.6
15	Molly McNamara	20:13.1
20	Julia Maxwell	20:20.3
27	Danielle Katz	20:29.1
47	Sophie Chase	20:53.1
77	Catherine Pagano	21:44.1

Oct. 17 PRE-NATIONALS (6K) 4th 244 pts.

E.P. Tom Sawyer Park, Louisville, Ky.

26	Vanessa Fraser	20:32.1
41	Sophie Chase	20:41.0
49	Hannah Long	20:45.6
68	Molly McNamara	20:57.7
79	Julia Maxwell	21:01.2
149	Danielle Katz	21:27.0
221	Abbie McNulty	21:52.2

Oct. 30 PAC-12 CHAMPIONSHIPS (6K) 3rd 80 pts.

Colfax Golf Course, Colfax, Wash.

1	Aisling Cuffe	19:53.1
12	Vanessa Fraser	20:23.5
19	Julia Maxwell	20:30.1
23	Sophie Chase	20:35.9
25	Claudia Saunders	20:39.5
30	Danielle Katz	20:43.4
32	Hannah Long	20:46.1
35	Molly McNamara	20:51.3
56	Rebecca Mehra	21:16.7
81	Abbie McNulty	22:05.5

Nov. 14 NCAA WEST REGIONAL (6K) 4th 121 pts.

Colfax Golf Course, Colfax, Wash.

15	Sophie Chase	21:04.6
18	Julia Maxwell	21:06.4
24	Danielle Katz	21:13.0
29	Hannah Long	21:19.5
35	Claudia Saunders	21:22.2
38	Molly McNamara	21:25.2
39	Vanessa Fraser	21:26.2

2015 STANFORD MEN'S TEAM RESULTS

Thru Nov. 14, 2015

Sept. 11 FRESNO STATE INVITE (6K) 2nd 33 pts.
Woodward Park, Fresno, Calif.

6	Joe Rosa	18:34
7	Thomas Coyle	18:34
10	Cameron Miller	18:36
11	Jack Keelan	18:36
12	Steven Fahy	18:36
13	Patrick Perrier	18:37
14	Garrett Sweatt	18:38

Sept. 26 STANFORD INVITE (8K) 1st 63 pts.
Stanford Golf Course, Stanford, Calif.

1	Sean McGorty	23:07.0
2	Grant Fisher*	23:33.9
9	Steven Fahy	24:02.1
15	Ryan Silva	24:15.6
18	Thomas Coyle	24:21.1
26	Patrick Perrier	24:26.0
42	Jack Bordoni	24:40.2
78	Justin Brinkley	25:11.5
91	Will Drinkwater	25:19.2

Oct. 2 WASHINGTON INVITE (8K) 2nd 69 pts.
Jefferson Park Golf Course, Seattle, Wash.

2	Joe Rosa	23:20.6
4	Jack Keelan	23:22.3
7	Garrett Sweatt	23:27.2
19	Cameron Miller	23:38.5
39	Steven Fahy	23:59.6
47	Jack Bordoni	24:07.1
56	Ryan Silva	24:13.2
69	Patrick Perrier	24:32.2

Oct. 16 WISCONSIN INVITE (8K) 21st 494 pts.
Thomas Zimmer Championship Course, Madison, Wis.

3	Sean McGorty	23:36.2
25	Garrett Sweatt	23:56.4
95.	Jack Keelan	24:26.0
171	Jack Bordoni	24:54.6
200	Sam Wharton	24:07.8
207	Steven Fahy	25:17.2
229	Patrick Perrier	25:49.7

Oct. 30 PAC-12 CHAMPIONSHIPS (8K) 2nd 57 pts.
Colfax Golf Club, Colfax, Wash.

2	Sean McGorty	23:13.7
8	Joe Rosa	23:23.5
11	Grant Fisher	23:28.6
16	Garrett Sweatt	23:41.7
20	Jim Rosa	23:47.4
33	Cameron Miller	24:05.8
43	Sam Wharton	24:27.5
60	Thomas Coyle	25:03.0
66	Steven Fahy	25:17.2
71	Collin Leibold	25:20.2

Nov. 14 NCAA WEST REGIONAL (10K) 2nd 83 pts.
Jefferson Golf Course, Seattle, Wash.

6	Jim Rosa	31:14.9
7	Sean McGorty	31:15.1
8	Joe Rosa	31:15.3
20	Garrett Sweatt	31:35.0
42	Sam Wharton	31:57.7
72	Steven Fahy	32:32.2
104	Tom Coyle	33:11.7

* = unattached