

# UNIVERSITY OF NORTH ALABAMA

## 2008 Cross Country Quick Facts

### THE UNIVERSITY

LOCATION: Florence, Alabama  
FOUNDED: 1830  
ENROLLMENT: 7,300  
RESIDENT: Dr. William Cale  
ATHLETIC DIRECTOR: Mark Linder  
    alma mater: Wayne State  
    office phone: (256) 765-4397  
NICKNAME: Lions  
COLORS: Purple and Gold  
CONFERENCE: Gulf South  
AFFILIATION: NCAA Division II  
SPORTS INFORMATION  
DIRECTOR: Jeff Hodges  
    office phone: (256) 765-4595  
    home phone: (256) 766-7572  
    fax number: (256) 765-4659  
    SID email: sportsinformation@una.edu  
ASSISTANT SID: Shane Herrmann  
    office phone: (256) 765-4895  
    email : mshermann@una.edu  
UNA ATHLETICS WEB SITE:  
    www.roarlions.com  
2007 MEN'S RECORD: 16-87  
    GSC Finish: 9th  
2007 WOMEN'S RECORD: 58-58  
    GSC Finish: 5th

### THE TEAM

HEAD COACH: Scott Trimble  
    alma mater: Athens State (1993)  
    record at UNA:  
        men 137-237  
        women 258-192-1  
collegiate record: Same  
office phone: (256) 765-4788

### MEN

LETTERMEN RETURNING: 1  
LETTERMEN LOST: 4  
    Returnees:  
    Derick Hallmark

### WOMEN

LETTERMEN RETURNING: 7  
LETTERMEN LOST: 0  
    Returnees:  
    Teresa Hea  
    Vannah Knight  
    Jessica Moran  
    Sheena Murphy  
    Jessica Welborn  
    Caley Whitemore

# UNIVERSITY OF NORTH ALABAMA

## 2008 Cross Country Roster

<u>Athlete</u>	<u>Class</u>	<u>Hometown</u>	<u>High School/Previous School</u>
<b>Men</b>			
Wes Bevis	FR	Florence, Ala.	Rogers
Aaron Bush	FR	Columbiana, Ala.	Shelby County
Josh Chessor	FR	Ripley, Miss.	Ripley
Danel Dill	JR	Muscle Shoals, Ala.	Muscle Shoals/NW Shoals CC
Derick Hallmak	JR	Mt. Hope, Ala.	Hatton
Collins Montgomery	FR	Moulton, Ala.	Lawrence County
Jon Ray Russell	FR	Arab, Ala.	Arab
Dusty Talley	FR	Ripley, Miss.	Ripley
<b>Women</b>			
Katie Gamble	FR	Amherst, N.Y.	Sweet Home
Teresa Hea	JR	Prattville, Ala.	Prattville
Vannah Knight	JR	Haleyville, Ala.	Haleyville
Jessica Moran	SR	Fayetteville, Tenn.	Lincoln County
Hannah Mook	SO	Decherd, Tenn.	Franklin County
Sheena Hall Murphy	SR	Myrtle, Miss.	Myrtle
Carrie Roser	FR	Florence, Ala.	Shoals Christian
Jessica Welborn	SR	Moulton, Ala.	Lawrence County
Caley Whittemore	SO	Cullman, Ala.	Cullman

# UNIVERSITY OF NORTH ALABAMA

## 2008 Cross Country Schedule

<b>DATE</b>	<b>HOST/EVENT</b>	<b>LOCATION</b>
Sept. 6	University of the South	Sewanee, Tenn.
Sept. 13	Memphis Twilight	Memphis, Tenn.
Sept. 20	UAH Invitational	Huntsville, Ala.
Oct. 3	Tennessee Tech Invitational	Cookeville, Tenn.
Oct. 11	Great American Road Race	Birmingham, Ala.
Oct. 24	Gulf South Conference Championship	Birmingham, Ala.
Nov. 8	NCAA Div. II South Region	Searcy, Ark.

# UNIVERSITY OF NORTH ALABAMA

## 2007 Cross Country Results

DATE	HOST/EVENT	Men	Women
Sept. 1	University of the South Sewanee, Tenn.	13th (4-12)	11th (6-10)
Sept. 8	UAH Charger Invitational Huntsville, Ala.	5th (8-4)	9th (1-8)
Sept. 14	Crimson Classic Tuscaloosa, Ala.	10th (3-9)	7th (9-6)
Sept. 29	UNA Invitational Florence, Ala.	1st (0-0)	1st (1-0)
Oct. 6	Memphis Twilight Memphis, Tenn.	32nd (10-31)	20th (21-19)
Oct. 20	Gulf South Conference Pensacola, Fla.	9th (1-8)	5th (10-4)
Nov. 3	NCAA Div. II South Regional Huntsville, Ala.	19th (0-18)	14th (9-13)
		16-87	58-58

# UNA 2007 Cross Country Results

## September 1 Sewanee Invitational Sewanee, Tenn.

### TEAM TOTALS:

#### Women's Results

1. Mississippi State	43
2. Emory	63
3. B-ham Southern	116
4. Rhodes College	124
5. Tennessee Tech	138
6. Lee University	173
7. Hanover College	198
8. Centre College	246
9. Lincoln Memorial	281
10. Agnes Scott	295
11. North Alabama	313
12. U. of the South	322
13. N. Georgia	345
14. Bryan	420
15. Maryville	424
16. Reinhardt	431
16. Tennessee Wesleyan	431
18. Covenant	451

#### UNA Runners

35. Jessica Moran	21:36
61. Jessi Welborn	22:23
62. Caley Whittemore	22:23
95. Teresa Hea	23:51
109. Vannah Knight	24:30

### TEAM TOTALS:

#### Men's Results

1. Mississippi State	18
2. Emory	76
3. Bryan	98
4. Rhodes	108
5. Centre College	149
6. Tennessee Tech	186
6. B-ham Southern	186
8. Lincoln Memorial	227
9. Lee	283
10. N. Georgia	290
11. U. of the South	310
12. Covenant	331
13. North Alabama	362
14. Maryville	445
15. Hanover	463
16. Reinhardt	483
17. Tennessee Wesleyan	485

#### UNA Runners

36. Derick Hallmark	28:59
64. Zac Piper	30:10
99. Joseph Bailey	31:59
114. Mason Dye	32:46
144. Cain Yarbrough	34:40

## September 8 Fleet Feet/Earl Jacoby Memorial Invitational Huntsville, Ala.

### TEAM TOTALS:

#### Women's Results

1. Alabama-Huntsville	19
2. University of Evansville	61
3. Columbus State	95
4. Augusta State	112
5. North Alabama	148
6. Albany State	174
7. Lincoln Memorial	205
8. Sewanee: Univ. South	233
9. Alabama State	238
10. Montevallo	258
11. North Georgia	269
12. Beville State	349
13. Gadsden State	383
14. Alabama A&M	400
15. South Union St.	463
16. Miles College	479

#### UNA Runners

13. Hannah Mook	20:34
17. Jessica Moran	20:44
35. Caley Whittemore	21:38
37. Jessi Welborn	21:44
46. Teresa Hea	22:16
68. Vannah Knight	23:51

### TEAM TOTALS:

#### Men's Results

1. Alabama-Huntsville	43
2. Univ. of Evansville	53
3. Columbus State	73
4. Lincoln Memorial	106
5. Alabama State	113
6. Morehouse College	120
7. Sewanee:Univ. South	202
8. North Georgia	232
9. North Alabama	232
10. Northwest-Shoals	276
11. South. Union. St.	349

#### UNA Runners

30. Derick Hallmark	28:56
41. Zac Piper	29:23
56. Joseph Bailey	31:44
58. Cain Yarbrough	32:07
61. Mason Dye	32:36

## September 14 Crimson Classic Tuscaloosa, Ala.

### TEAM TOTALS:

#### Women's Results

1. Alabama-Birmingham	33
2. Alabama	87
3. Louisiana State	94
4. Mississippi State	98
5. Samford	101
6. Jacksonville State	173
7. Ole Miss	181
8. Nicholls State	227
9. North Alabama	245
10. Troy	252
11. Jackson State	253
12. Alabama State	318

#### UNA Runners

30. Jessica Moran	19:51
40. Hannah Mook	20:20
62. Jessi Welborn	21:24
63. Caley Whittemore	21:26
82. Teresa Hea	22:49
85. Vannah Knight	23:25

### TEAM TOTALS:

#### Men's Results

1. Alabama	23
2. Mississippi State	50
3. Louisiana State	83
4. Jacksonville State	107
5. Samford	129
6. Troy	181
7. Alabama State	198
8. Ole Miss	214
9. West Alabama	256
10. Nicholls State	287
11. North Alabama	292

#### UNA Runners

45. Derick Hallmark	27:42
63. Zac Piper	29:14
77. Joseph Bailey	31:07
78. Mason Dye	31:34
81. Cain Yarbrough	32:37

**September 29  
UNA Invitational  
Florence, Ala.**

**TEAM TOTALS:**

Women's Results

1. North Alabama	22
2. Monetvallo	33
3. Beville State	78
4. Gadsden State	111
5. Wallace State	141

UNA Runners

1. Jessica Muran	19:52
4. Jessie Welburn	20:45
7. Caley Whittemore	20:56
8. Teresa Hea	21:18
12. Vannah Knight	22:06

**TEAM TOTALS:**

Men's Results

1. North Alabama	26
2. Northwest Shoals	45
3. Wallace State	56

UNA Runners

1. Derick Hallmark	28:24
2. Zac Piper	28:34
6. Joseph Bailey	30:00
7. Scott Johnson	30:16
10. Mason Dye	31:12
12. Cain Yarbrough	31:53

**October 6  
Memphis Twilight Run  
Memphis, Tenn.**

**TEAM TOTALS:**

Women's Results

1. Drake	97
2. Saint Louis	99
3. Harding	119
4. Arkansas-Little	129
5. Stephen F. Austin State	134
6. Alabama-Huntsville	240
7. Lipscomb	267
8. Northwest Missouri State	277
9. Eastern Illinois	284
10. Central Arkansas	316
11. Jacksonville State	346
12. Memphis	387
13. Birmingham-Southern	433
14. Columbus State	442
15. North Texas	480
16. Cumberlands	511
17. Arkansas Tech	519
18. Arkansas State	531
19. Tennessee at Martin	536
20. North Alabama	537
21. Shorter	579

22. Nicholls State	584
23. Southern Arkansas	615
24. Ouachita Baptist	624
25. Union	630
26. Centre	646
27. Hendrix	673
28. Mississippi	765
29. Beville State	778
30. South Alabama	800
31. Xavier of New Orleans	809
32. Missouri-Rolla	885
33. Clayton State	1012
34. Crichton	1021
35. Texas A&M	1023
36. Christian Brothers	1031
37. West Alabama	1056
38. Alcorn State	1072
39. Arkansas-Monticello	1105
40. Bethel	1106
41. Lyon	1131

UNA Runners

48. Jessica Moran	19:24
66. Hannah Mook	19:40
164. Jessi Welborn	21:07
167. Caley Whittemore	21:08
183. Teresa Hea	21:21
207. Vannah Knight	21:53

**TEAM TOTALS:**

Men's Results

1. Drake	79
2. Jacksonville	110
3. Arkansas-Little	126
4. Eastern Illinois	191
5. Saint Louis	225
6. Missouri-Rolla	226
7. Stephen F. Austin State	240
8. North Texas	249
9. Harding	326
10. Lipscomb	359
11. Centre	364
12. Texas A&M	370
13. Alabama-Huntsville	392
14. Birmingham-Southern	405
15. Shorter	458
16. Northwest Missouri	462
17. Austin Peay State	470
18. Christian Brothers	517
19. Memphis	524
20. Southern Arkansas	555
21. Cumberlands	604
22. Columbus State	617
23. South Alabama	636
24. Campbellsville	674
25. Clayton State	696
26. Alcorn State	724
27. Central	750
28. West Alabama	766
29. Lyon	807
30. Arkansas State	833
31. Mississippi Valley State	843
32. North Alabama	861
33. Millsaps College	895

34. Nicholls State	898
35. Tennessee at Martin	928
36. Xavier Of New Orleans	946
37. Jackson State	958
38. Hendrix	960
39. Mississippi	1014
40. Bethel	1125
41. Lambuth	1204
42. Arkansas-Monticello	1302

UNA Runners

93. Derick Hallmark	26:40
180. Zac Piper	28:04
221. Scott Johnson	28:45
268. Joseph Bailey	29:59
280. Mason Dye	30:23

**October 20  
Gulf South Conference  
Championships  
Hoover, Ala.**

**TEAM TOTALS:**

Women's Results

1. Harding	31
2. Alabama-Huntsville	32
3. West Florida	121
4. Southern Arkansas	144
5. North Alabama	154
6. Arkansas Tech	161
7. Ouachita Baptist	164
8. West Georgia	190
9. Montevallo	204
10. Henderson State	308
11. Valdosta State	328
12. Delta State	348
13. Christian Brothers	365
14. Arkansas-Monticello	395
15. West Alabama	397

UNA Runners

10. Jessica Moran	19:50
16. Hannah Mook	20:08
32. Jessi Welborn	21:07
45. Teresa Hea	21:40
51. Caley Whittemore	21:54
67. Vannah Knight	22:34

**TEAM TOTALS:**

Men's Results

1. Alabama-Huntsville	40
2. Harding	48
3. West Florida	98
4. Christian Brothers	110
5. West Georgia	125
6. West Alabama	149
7. Southern Arkansas	155
8. Valdosta State	210
9. North Alabama	252
10. Arkansas-Monticello	325

UNA Runners	
32. Zac Piper	28:53
50. Scott Johnson	30:09
58. Mason Dye	31:13
59. Cain Yarbrough	31:58
64. Derick Hallmark	33:14

15. North Georgia	399
16. Clayton State	408
17. Valdosta State	473
18. Francis Marion	488
19. North Alabama	501

**November 3  
NCAA Division II  
South Regional  
Huntsville, Ala.**

UNA Runners	
56. Zac Piper	35:01
104. Scott Johnson	37:08
106. Joseph Bailey	37:18
115. Cain Yarbrough	38:18
120. Mason Dye	39:01

**TEAM TOTALS:**

Women's Results

1. Tampa	40
2. Harding	55
3. Alabama-Huntsville	79
4. Florida Southern	148
5. Augusta State	191
6. Columbus State	222
7. West Florida	255
7. Arkansas Tech	255
9. Southern Arkansas	270
10. Albany State	275
11. West Georgia	292
12. Nova Southern	312
13. Ouachita Baptist	341
14. North Alabama	355
15. GC & SU	385
16. Florida Tech	403
17. Henderson State	453
18. North Georgia	475
19. S. C.-Aiken	497
20. Valdosta State	551
21. Francis Marion	576
22. Christian Brothers	608
23. West Alabama	616

UNA Runners

25. Hannah Mook	23:33
68. Jessi Welborn	24:54
81. Vannah Knight	25:10
82. Caley Whittemore	25:15
99. Teresa Hea	25:44

**TEAM TOTALS:**

Men's Results

1. Florida Southern	61
2. Alabama-Huntsville	103
2. Tampa	103
4. Harding	106
5. West Florida	154
6. Morehouse	168
7. Nova Southeastern	201
8. West Georgia	207
9. Christian Brothers	242
10. Columbus State	245
11. GC & SU	262
12. Southern Arkansas	277
13. West Alabama	343
14. Florida Tech	385