

# UNIVERSITY OF NORTH ALABAMA

## 2009 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 (Neb.)  
    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  
2008 MEN'S RECORD: 24-66  
    GSC Finish: 9th  
2008 WOMEN'S RECORD: 68-46  
    GSC Finish: 5th

### THE TEAM

HEAD COACH: Scott Trimble  
    alma mater: Athens State (1993)  
    record at UNA:  
        men 161-303  
        women 326-238-1  
collegiate record: Same  
office phone: (256) 765-4788

### MEN

LETTERMEN RETURNING: 5

LETTERMEN LOST: 2

#### Returnees:

Wes Bevis

Aaron Bush

Josh Chessor

Derick Hallmark

Jon Ray Russell

### WOMEN

LETTERMEN RETURNING: 4

LETTERMEN LOST: 5

#### Returnees:

Teresa Hea

Hannah Mook

Carrie Rosser

Caley Whittmore

# UNIVERSITY OF NORTH ALABAMA

## 2009 Cross Country Roster

Athlete	Class	Hometown	High School
<b>Men</b>			
Wes Bevis	SO	Florence, Ala.	Rogers
Aaron Bush	SO	Columbiana, Ala.	Shelby County
Kasey Butler	FR	Killen, Ala.	Rogers
Josh Chessor	SO	Ripley, Miss.	Ripley
Derick Hallmak	SR	Mt. Hope, Ala.	Hatton
Hirbr D. Hirbr	SO	Russellville, Ala.	
R.J. Howard	FR	Killen, Ala.	Rogers
Zeke Nichols	FR	Hatton, Ala.	Hatton
Jon Ray Russell	SO	Arab, Ala.	Arab
Colton Scott	FR	Killen, Ala.	Rogers
<b>Women</b>			
Teresa Hea	SR	Prattville, Ala.	Prattville
Traci Hite	SO	Crane Hill, Ala.	Fairview
Hannah Mook	JR	Decherd, Tenn.	Franklin County
Carrie Rosser	SO	Florence, Ala.	Shoals Christian
Jamie Rowan	FR	Birmingham, Ala.	Clay-Chalkville
Alyssa Tingle	FR	Killen, Ala.	Rogers
Lauren Schifano	SO	Florence, Ala.	Florence
Caley Whittemore	JR	Cullman, Ala.	Cullman

# UNIVERSITY OF NORTH ALABAMA

## 2009 Cross Country Schedule

DATE	HOST/EVENT	LOCATION
Sept. 5	University of the South	Sewanee, Tenn.
Sept. 12	UAH Invitational	Huntsville, Ala.
Sept. 18	Crimson Classic	Tuscaloosa, Ala.
Oct. 2	Tennessee Tech Invitational	Cookeville, Tenn.
Oct. 10	Jacksonville State Invitational	Jacksonville, Ala.
Oct. 24	Gulf South Conference Championship	Birmingham, Ala.
Nov. 7	NCAA Div. II South Region	Tampa, Fla.

# UNIVERSITY OF NORTH ALABAMA

## 2008 Cross Country Results

DATE	HOST/EVENT	Men	Women
Sept. 6	University of the South Sewanee, Tenn.	12th (4-11)	7th (8-6)
Sept. 13	Memphis Twilight Memphis, Tenn.	19th (10-18)	14th (22-13)
Sept. 20	UAH Invitational Huntsville, Ala.	8th (2-7)	4th (8-3)
Oct. 3	Tennessee Tech Invitational Cookeville, Tenn.	4th (3-3)	4th (4-3)
Oct. 11	Great American Road Race Birmingham, Ala.	5th (2-4)	3rd (5-2)
Oct. 24	Gulf South Conference Championship Birmingham, Ala.	9th (2-8)	5th (9-4)
Nov. 8	NCAA Div. II South Region Searcy, Ark.	16th (1-15)	6th (12-5)
	TOTALS	24-66	68-46

# UNA 2008 Cross Country Results

## September 6 Univ. of the South Invitational Sewanee, Tenn.

### WOMEN'S RESULTS

#### Team Totals

1. Mississippi State	30
2. Emory University	69
3. Tennessee Tech	103
4. Rhodes College	112
5. Evansville	117
6. Birmingham-Southern	201
7. North Alabama	209
8. Lee University	211
9. Centre College	215
10. Univ. of the South	276
11. Covenant College	282
12. Maryville College	356
13. Oglethorpe University	418
14. Tennessee Wesleyan	421
15. Gadsden State CC	428
16. Piedmont College	485

#### UNA Runners

17. Hannah Mook	19:51.91
35. Sheena Murphy	20:45.17
50. Jessi Wellborn	21:22.73
60. Teresa Hea	21:46.73
74. Caley Whittemore	22:34.46
80. Katey Gambles	22:44.92
94. Vannah Knight	23:14.80
122. Carrie Rosser	25:19.25

### MEN'S RESULTS

#### Team Totals

1. Mississippi State	27
2. Emory University	41
3. Centre College	91
4. Evansville	124
5. Lee University	151
6. Rhodes College	176
7. Tennessee Tech	207
8. Birmingham-Southern	217
9. Univ. of the South	220
10. Covenant College	298
11. Bryan College	300
12. North Alabama	333
13. Oglethorpe University	385
14. Tennessee Wesleyan	425
15. Reinhardt College	450
16. Maryville College	471

#### UNA Runners

70. Deric Hallmark	28:52.73
79. Daniel Dill	29:12.64
86. Jon Ray Russell	29:24.74
87. Josh Chessor	29:29.75
95. Wes Bevis	29:56.99
124. Collins Montgomery	31:06.78

## September 13 Brooks Memphis Twilight XC Classic Memphis, Tenn.

### MEN'S RESULTS

#### Team Totals

1. Harding University	38
2. Eastern Kentucky	46
3. Univ. of Kentucky	53
4. Middle TN State Univ.	127
5. Univ. of Arkansas	165
6. Texas A&M Univ.	181
7. U. Alabama- Huntsville	215
8. San Jose State Univ.	246
9. Christian Brothers	266
10. Austin Peay State	290
11. Univ. of Cumberlands	330
12. U. Central Arkansas	335
13. Birmingham Southern	347
14. Univ. of Memphis	350
15. Morehouse College	450
16. Mississippi College	462
17. U. West Alabama	480
18. U. Tennessee -Martin	510
19. U. of North Alabama	520
20. Blue Mountain	563
21. St. Louis -Pharmacy	611
22. Tulane University	635
23. Brescia University	638
24. Bethel College	639
25. Xavier U. Louisiana	661
26. Campbellsville Univ.	733
27. Arkansas State Univ.	737
28. Lambuth University	802
29. Univ. of Dallas	819

#### UNA Runners

94. Derick Hallmark	28:41.39
119. Jon Ray Russell	29:23.68
120. Daniel Dill	29:24.19
121. Josh Chessor	29:25.77
128. Aaron Bush	29:37.37
153. Wes Bevis	30:27.00
158. Collins Montgomery	30:43.39

### WOMEN'S RESULTS

#### Team Totals

1. Univ. of Arkansas	22
2. Univ. of Kentucky	75
3. U. Alabama-Birmingham	119
4. Eastern Kentucky Univ.	128
5. San Jose State Univ.	165

6. Tulane University	184
7. Middle TN State	221
8. Harding University	240
9. U. Alabama- Huntsville	266
10. U. ARK- Little Rock	345
11. Arkansas State Univ.	350
12. Austin Peay State	369
13. Arkansas Tech Univ.	374
14. U. of North Alabama	431
15. Birmingham-Southern	449
16. Union University	524
17. U. of TN at Martin	540
18. Mississippi College	546
19. U. Central Arkansas	551
20. Univ. of Memphis	596
21. Campbellsville Univ.	615
22. U. Cumberlands	630
23. Southern Mississippi	652
24. Univ. of Dallas	689
25. U. of West Alabama	695
26. St. Louis-Pharmacy	700
27. Ouachita Baptist	722
28. Xavier-U. Louisiana	758
29. Brescia University	762
30. Southern Arkansas	816
31. Blue Mountain	873
32. Delta State Univ.	888
33. Christian Brothers	909
34. Bethel College	951
35. Lyon College	986
36. Arkansas- Monticello	1001

#### UNA Runners

39. Hannah Mook	19:48.56
57. Jessica Moran	20:22.50
105. Sheena Murphy	21:26.95
116. Jessi Wellborn	21:47.46
149. Caley Whittemore	22:41.30
165. Teresa Hea	23:11.27
181. Vannah Knight	23:43.37
182. Katey Gambles	23:44.62
197. Carrie Rosser	24:15.11

## September 20 Fleet Feet Sports Jacoby Memorial Invitational Huntsville, Ala.

### MEN'S RESULTS

#### Team Totals

1. UAH	29
2. Evansville	40
3. Austin Peay St.	79
4. Valdosta State	130
5. Morehouse College	157
6. Lincoln Memorial	166
7. Georgia College	170
8. UNA	196
9. Carson-Newman	233
10. Tuskegee	266

UNA Runners	
33. Daniel Dill	28:46.4
38. Josh Chessor	28:52.7
45. Aaron Bush	29:03.6
51. Wes Bevis	29:27.8
53. Jon Ray Russell	29:49.4

### WOMEN'S RESULTS

Team Totals	
1. UAH	53
2. Evansville	56
3. Austin Peay State	80
4. UNA	111
5. Carson Newman	116
6. Georgia College	123
7. Valdosta State	205
8. Beville State	256
9. Alabama A&M	261
10. Gadsden State C.C.	277
11. Tuskegee	282
12. Miles College	379

UNA Runners	
5. Hannah Mook	19:18.8
17. Jessica Moran	20:13.9
24. Jessi Welborn	20:47.6
31. Sheena Murphy	21:17.2
38. Teresa Hea	21:44.6
45. Vannah Knight	22:16.0
52. Caley Whittemore	22:32.6
65. Katey Gambles	23:37.2
68. Carrie Rosser	23:56.9s

### October 4 2008 TTU Cross Country In- vitational Southern Hills Golf Course

#### WOMEN'S TEAM SCORES

1. Milligan College	27
2. Tennessee Tech	58
3. U. of Evansville	70
4. North Alabama	106
5. U. of Montevallo	150
6. Tennessee State	189
7. Maryville College	217
8. Reinhardt College	266

UNA Runners	
7. Hanna	21:11
23. Jessi Welborn	22:08
33. Teresa Hea	22:19
35. Caley Whittemore	22:51
42. Katey Gambles	23:33
44. Carrie Rosser	23:43
45. Vannah Knight	23:43

#### MEN'S TEAM SCORES

1. U. of Evansville	32
2. Milligan College	43
3. Tennessee Tech	58
4. North Alabama	141

5. Maryville College	207
6. Reinhardt College	217
7. Tennessee State	229

UNA Runners	
23. Derick Hallmark	29:04
26. Josh Chessor	29:17
28. Daniel Dill	29:38
31. Jon Ray Russel	29:49
33. Aaron Bush	29:55
35. Collins Montgomery	30:55
56. Wes Bevis	40:33

### October 11 Great American Cross Coun- try Festival Hoover, Ala.

#### WOMEN'S TEAM SCORES

1. U. of Tennessee	17
2. U. of South Alabama	81
3. U. of North Alabama	85
4. Birmingham-Southern	105
5. Troy University	111
6. U. of South Mississippi	151
7. Spring Hill College	171
8. Huntingdon College	171

UNA Runners	
12. Hannah Mook	19:59.7
13. Jessica Moran	20:03.4
17. Teresa Hea	21:08.6
19. Jessi Wellborn	21:15.2
34. Vannah Knight	23:33.1
35. Katey Gambles	23:39.7
39. Carrie Rosser	24:09.1

#### MEN'S TEAM SCORES

1. University of Tennessee	33
2. U. of South Alabama	52
3. Troy University	53
4. Birmingham-Southern	99
5. U. of North Alabama	129
6. Spring Hill College	170
7. Huntingdon College	187

UNA Runners	
26. Derick Hallmark	28:55.2
31. Aaron Bush	29:09.0
33. Daniel Dill	29:21.8
41. Josh Chessor	30:13.4
42. Collins Montgomery	30:15.5
46. Jon Ray Russell	30:53.3

### October 24 Gulf South Conference Meet Hoover, Ala.

#### MEN'S TEAM SCORES

1. Harding University	15
2. Alabama at Huntsville	64
3. University of Georgia	92
4. Christian Brothers	102

5. U. of West Florida	151
6. U. of West Alabama	159
7. Southern Arkansas	187
8. Valdosta State	206
9. U. of North Alabama	237
10. Henderson State	241
11. U. of Ark-Monticello	355

UNA Runners	
29. Daniel Dill	28:09.65
44. Josh Chessor	29:04.66
47. Jon Ray Russel	29:19.12
58. Wes Bevis	30:00.96
59. Aaron Bush	30:16.04
61. Collins Montgomery	30:20.76
65. Derick Hallmark	31:11.85

#### WOMEN'S TEAM SCORES

1. Harding University	22
2. Alabama at Huntsville	65
3. Arkansas Tech	76
4. U. of Georgia	142
5. U. of North Alabama	151
6. U. of West Florida	167
7. U. of Montevallo	199
8. Ouachita Baptist	216
9. Southern Arkansas	238
10. U. of Valdosta State	254
10. U. of West Alabama	254
12. Henderson State	332
13. Christian Brothers	365
14. U. of Ark-Monticello	394

UNA Runners	
10. Jessica Moran	19:44.71
11. Hannah Mook	19:52.64
35. Teresa Hea	20:59.68
37. Jessi Wellborn	21:05.47
59. Caley Whittemore	22:25.71
72. Vannah Knight	23:08.77
82. Carrie Rosser	23:58.87

### October 8 NCAA Division II South Region Championship Searcy, Ark.

#### MEN'S RESULTS

Team Totals	
1. Harding	15
2. Alabama- Huntsville	92
3. Florida Southern	106
4. West Georgia	124
5. Tampa	139
6. Benedict	170
7. Christian Brothers	195
8. Nova Southeastern	198
9. West Alabama	292
10. West Florida	309
11. Southern Arkansas	331
12. Morehouse	336
13. Florida Tech	347
14. Valdosta State	349
15. Henderson State	399

16. North Alabama	400
17. Flagler	428

UNA Runners

65. Daniel Dill	35:43
77. Josh Chessor	36:17
80. Collins Montgomery	36:32
84. Jon Ray Russell	36:43
94. Aaron Bush	37:44
99. Wes Bevis	38:24

**WOMEN'S TEAM SCORES**

1. Tampa	28
2. Harding	47
3. Alabama-Huntsville	96
4. Arkansas Tech	163
5. West Georgia	193
6. North Alabama	200
7. Nova Southeastern	231
8. Florida Southern	242
9. West Florida	256
10. Florida Tech	262
11. Southern Arkansas	295
12. Valdosta State	320
13. West Alabama	333
14. Albany State	337
15. Henderson State	379
16. Ouachita Baptist	399
17. Flagler	404
18. Christian Brothers	464

UNA Runners

14. Jessica Moran	23:26
25. Hannah Mook	24:00
43. Teresa Hea	25:02
45. Jessi Welborn	25:10
73. Caley Whittemore	26:37
89. Vannah Knight	27:36
111. Carrie Rosser	29:43