

# UNIVERSITY OF NORTH ALABAMA

## 2005 Cross Country Quick Facts

### THE UNIVERSITY

LOCATION: Florence, Alabama  
FOUNDED: 1830  
ENROLLMENT: 5,900  
INTERIM PRESIDENT: Dr. William Cale  
ATHLETIC DIRECTOR: Dr. Joel Erdmann  
    alma mater: South Dakota State (1986)  
    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](http://www.roarlions.com)

2004 MEN'S RECORD: 38-28  
    GSC Finish: 6th  
2004 WOMEN'S RECORD: 55-28  
    GSC Finish: 6th

### THE TEAM

HEAD COACH: Scott Trimble  
    alma mater: Athens State (1993)  
    record at UNA:  
        men 48-64  
        women 69-68  
    collegiate record: Same  
    office phone: (256) 765-4788

### MEN

LETTERMEN RETURNING: 9

LETTERMEN LOST: 4

Returnees:  
Joseph Bailey  
Mason Dye  
Zack Hubbard  
Zac Piper  
Josh Sanders  
Heath White  
Paul Williams  
Cain Yarbrough  
Drew Yarbrough

### WOMEN

LETTERMEN RETURNING: 5

LETTERMEN LOST: 4

Returnees:  
Sarah Beth Coker  
Kristin Gist  
Sheena Hall  
Robin Harris  
Emry McKay

# UNIVERSITY OF NORTH ALABAMA

## 2005 Cross Country Quick Facts

### UNA 2005 Cross Country Rosters

<u>Athlete</u>	<u>Class</u>	<u>Hometown</u>	<u>High School</u>
<b>Men</b>			
Joseph Bailey	SO	Birmingham, Ala.	Clay-Chalkville
Mason Dye	SO	Cullman, Ala.	Cullman
Zack Hubbard	SO	Florence, Ala.	Bradshaw
Zac Piper	SO	Cullman, Ala.	Cullman
Josh Sanders	SR	Haleyville, Ala.	Phillips
Heath White	SR	Moulton, Ala.	Lawrence County
Paul Williams	SR	Guin, Ala.	Marion County
Cain Yarbrough	SO	Hatton, Ala.	Hatton
Drew Yarbrough	SR	Town Creek, Ala.	Hatton
 <b>Women</b>			
Jessica Burch	FR	Moulton, Ala.	Lawrence County
Sarah Beth Coker	SO	Killen, Ala.	Brooks
Kristin Gist	JR	Killen, Ala.	Rogers
Sheena Hall	SO	Myrtle, Miss.	Myrtle
Robin Harris	JR	Belgreen, Ala.	Belgreen
Emry McKay	JR	Huntsville, Ala.	Bob Jones
Jessica Moran	FR	Fayetteville, Tenn.	Lincoln County
Ashley Ricketts	FR	Cullman, Ala.	Cullman

# UNIVERSITY OF NORTH ALABAMA 2004 Cross Country Results

## UNIVERSITY OF NORTH ALABAMA 2004 Cross Country Results

DATE	OPPONENT/LOCATION	Men	Women
Sept. 4	University of the South Sewanee, Tenn.	7th (7-6)	6th (8-5)
Sept. 11	Alabama-Huntsville Huntsville, Ala.	4th (8-3)	6th (8-5)
Oct. 1	UNA INVITATIONAL Florence, Ala.	1st (2-0)	1st (2-0)
Oct. 9	Tennessee-Martin Invitational Martin, Tenn.	3rd (7-2)	5th (6-4)
Oct. 23	Gulf South Conference Huntsville, Ala.	6th (5-5)	6th (10-5)
Nov. 6	NCAA Div. II South Regional Memphis, Tenn.	13th (9-12)	10th (21-9)
Nov. 20	NCAA Div. II Championship Evansville, Ind.		Emry McKay competed as individual (29th)
	SEASON RECORD	38-28	55-28

# UNIVERSITY OF NORTH ALABAMA 2005 Cross Country Schedule

DATE	EVENT	LOCATION
Sept. 3	University of the South	Sewanee, Tenn.
Sept. 10	UAH Charger Invitational	Huntsville, Ala.
Sept. 16	Crimson Classic	Tuscaloosa, Ala.
Sept. 23	UNA INVITATIONAL	Florence, Ala.
Oct. 8	University of Tennessee-Martin	Martin, Tenn.
Oct. 16	Jacksonville State	Jacksonville, Ala.
Oct. 22	Gulf South Conference	Memphis, Tenn.
Nov. 5	NCAA Div. II South Regional	Tampa, Fla.
Nov. 19	NCAA Div. II Championship	Pomona, Calif.

# UNA 2004 Cross Country Results

## September 4 Sewanee Invitational Sewanee, Tenn.

### TEAM TOTALS:

Women's Results	
1. Emory University	33
2. Rhodes College	65
3. Centre College	136
4. Tennessee Tech	172
4. Sewanee	172
6. North Alabama	194
7. Jacksonville State	195
8. Lee University	205
9. Covenant College	230
10. Reinhardt College	256
11. Agnes Scott College	268
12. Lincoln Memorial	313
13. Tennessee Wesleyan	343
14. Maryville College	384

### UNA Runners

2. Emry McKay	18:21
21. Sheena Hall	20:34
45.Emily Plunkett	21:51
82. Christine Cole	23:35
86. Robin Harris	23:39
94. Kristen Gist	23:54
104. Sara Thomas	24:27
121. Ellen Drouet	26:02
122. Sara Beth Coker	26:14

### TEAM TOTALS:

Men's Results	
1. Centre College	52
2. Emory University	58
3. Rhodes College	79
4. Jacksonville State	91
5. Tennessee Tech	194
6. Sewanee	196
7. North Alabama	205
8. Lincoln Memorial	225
9. Lee University	240
10. Reinhardt College	249
11. Covenant College	292
12. Cumberland	360
13. Tennessee Wesleyan	403
14. Maryville College	406

### UNA Runners

22. Heath White	28:09
49.Josh Sanders	29:06
55. Zac Piper	29:42

73. Jake Jones	30:30
74. Drew Yarbrough	30:33
80. Paul Williams	30:44
83. Zach Hubbard	30:52
90. Michael Butz	31:07
95. Cain Yarbrough	31:18
99. Mason Dye	31:39
104. Joseph Bailey	32:16
123. Shawn Oliver	33:44
134. Tyler Simmons	35:44

## September 11 UAH Invitational Huntsville, Ala.

### TEAM TOTALS:

Women's Results	
1. Alabama-Huntsville	26
2. Delta State	96
3. West Florida	103
4. University of the South	127
5. Valdosta State	134
6. North Alabama	153
7. Carson-Newman	155
8. Covenant College	191
9. Southern Arkansas	199
10. Alabama State	309
11. North Georgia	311
12. Montevallo	319
13. Gadsden State	400
14. Alabama A&M	402
15. West Alabama	420

### UNA Runners

1. Emry McKay	18:18
17. Sheena Hall	20:32
32. Emily Plunkett	21:49
49. Kristen Gist	22:49
60. Christine Cole	23:15
61. Robin Harris	23:17
70. Sara Thomas	23:33
90. Ellen Drouet	24:51
92. Sarah Beth Coker	25:00

**TEAM TOTALS:**

## Men's Results

1. Alabama-Huntsville	43
2. Valdosta State	113
3. University of the South	119
4. North Alabama	123
5. Southern Arkansas	125
6. Austin Peay	157
7. Alabama State	185
8. Carson-Newman	211
9. North Georgia	221
10. Covenant College	254
11. Northwest Shoals	270
12. West Alabama	271
13. Alabama A&M	407

UNA Runners

4. Heath White	27:24
17. Josh Sanders	28:53
20. Zac Piper	28:55
36. Zac Hubbard	29:46
49. Paul Williams	30:25
50. Michael Butz	30:28
55. Drew Yarbrough	30:44
57. Jake Jones	30:49
59. Cain Yarbrough	30:57
68. Mason Dye	31:51
72. Shaun Oliver	32:07
73. Joseph Bailey	32:10
95. Tyler Simmons	35:48

**October 1****UNA Invitational  
Florence, Ala.****TEAM TOTALS:**

## Women's Results

1. North Alabama	20
2. Montevallo	45
3. Beville State	75
4. West Alabama	105
Bethel College	--

UNA Runners

1. Emry McKay	18:00
2. Sheena Hall	19:40
3. Emily Plunkett	20:50
6. Kristen Gist	22:21
8. Kristine Cole	22:23
9. Robin Harris	22:57
14. Sarah Beth Coker	24:16
17. Ellen Drouet	24:41
18. Sarah Thomas	24:45

## Men's Results

1. North Alabama	23
2. West Alabama	56
3. Northwest Shoals	61
4. Bethel College	94

UNA Runners

1. Heath White	26:41
2. Zac Piper	27:32
5. Josh Sanders	28:07
7. Paul Williams	28:20
8. Zack Hubbard	28:32
9. Jake Jones	28:49
10. Mason Dye	28:52
12. Drew Yarbrough	28:57
13. Michael Butz	28:58
16. Cain Yarbrough	30:02
17. Joseph Bailey	30:16
21. Shawn Oliver	31:36
23. Tyler Reed	32:42

**October 9****UT Martin Invitational  
Martin, Tennessee**

## Women's Results

1. Arkansas State	68
2. Ole Miss	74
3. Union	86
4. Tennessee Tech	102
5. North Alabama	107
6. UT Martin	144
7. Tennessee State	168
8. Austin Peay	196
9. Murray State	198
10. Lambuth	263
11. Freed-Hardeman	272

UNA Runners

1. Emry McKay	18:31
5. Sheena Hall	19:34
21. Emily Plunkett	20:36
38. Kristen Gist	22:03
42. Cristine Cole	22:18
53. Robin Harris	23:34
59. Sara Thomas	24:22
61. Sara Beth Coker	24:45
63. Ellen Drouet	25:08

## Men's Results

1. Ole Miss	41
2. Arkansas State	51
3. North Alabama	88
4. Union	98
5. Tennessee Tech	99
6. Austin Peay	148
7. UT Martin	181
8. Tennessee State	234
9. Freed-Hardeman	267
10. Bethel	270

UNA Runners

5. Heath White	27:15
13. Zac Piper	28:15
16. Josh Sanders	28:27

22. Zac Hubbard	28:44
34. Paul Williams	29:19
41. Jake Jones	29:59
43. Mason Dye	30:09
47. Michael Butz	30:29
51. Cain Yarbrough	30:46
54. Drew Yarbrough	31:11
62. Joseph Bailey	32:10
63. Shawn Oliver	32:49

**October 9**  
**Gulf South Conference Championship**  
**Huntsville, Alabama**

Women's Results

1. UAH	36
2. Harding	37
3. Central Arkansas	135
4. Ouachita Baptist	138
5. Delta State	152
6. UNA	156
7. Valdosta State	179
8. West Florida	192
9. West Georgia	220
10. Arkansas Tech	235
11. Southern Arkansas	258
12. Henderson State	318
13. Montevallo	366
14. Lincoln Memorial	386
15. West Alabama	473
16. Arkansas-Monticello	501

UNA Runners

2. Emry McKay	18:05
10. Sheena Hall	19:13
25. Emily Plunkett	20:35
56. Kristen Gist	21:51
63. Kristine Cole	22:19
66. Robin Harris	22:30
86. Sarah Thomas	23:31

Men's Results

1. Harding	18
2. West Florida	71
3. West Georgia	78
4. UAH	108
5. Southern Arkansas	146
6. UNA	171
7. Valdosta State	180
8. Lincoln Memorial	187
9. Central Arkansas	212
10. Christian Brothers	255
11. West Alabama	284

UNA Runners

18. Heath White	27:14
33. Zachary Piper	27:57
34. Joshua Sanders	28:00
35. Zackery Hubbard	28:06

51. Jacob Jones	29:36
52. Paul Williams	29:36
53. Mason Dye	29:37

**November 6**  
**NCAA Division II South Regional**  
**Memphis, Tennessee**

Women's Results

1. Tampa	64
2. Harding	72
3. Kennesaw State	80
4. North Florida	104
5. Florida Southern	108
6. Alabama-Huntsville	122
7. Clayton State	273
8. Delta State	308
9. Ouachita Baptist	335
10. North Alabama	346
11. Florida Tech	359
12. UCA	361
13. Columbus State	384
14. Arkansas Tech	399
15. Valdosta State	415
16. West Florida	428
17. Southern Arkansas	458
18. West Georgia	480
19. Nova Southeastern	502
20. Francis Marion	505
21. Henderson State	540
22. Saint Leo	609
23. Lincoln Memorial	620
24. Montevallo	677
25. Christian Brothers	678
26. Benedict	999
27. Georgia College	999
28. Florida Gulf Coast	999
29. NC - Pembroke	999
30. Clark Atlanta	999
31. Augusta State	999

UNA Runners

7. Emry McKay	21:53
42. Sheena Hall	23:54
66. Emily Plunkett	25:10
118. Robin Harris	27:12
119. Kristen Gist	27:18
147. Sarah Thomas	29:08

Men's Results

1. Harding	17
2. Kennesaw State	56
3. Florida Southern	116
4. North Florida	154
5. West Florida	155
6. Clayton State	173
7. West Georgia	205
8. Alabama-Huntsville	245
9. Columbus State	276

10. Valdosta State	319
11. Tampa	328
12. Southern Arkansas	335
13. North Alabama	355
14. Florida Tech	368
15. Morehouse	379
16. Lincoln Memorial	415
17. Central Arkansas	441
18. Francis Marion	471
19. West Alabama	543
20. Christian Brothers	543
21. Saint Leo	627
22. Florida Gulf Coast	999

UNA Runners

34. Heath White	33:24
65. Zachery Hubbard	34:59
73. Joshua Sanders	35:18
79. Zachary Piper	35:37
106. Paul Williams	36:57
107. Mason Dye	37:07
110. Jacob Jones	37:36

**November 20**  
**NCAA Division II Championships**  
**Evansville, Indiana**

Women's Results

29. Emry McKay	22:58
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