





This Week's Schedule:

NCAA Reg. Championships - 10K
Watts XC Course - College Station, Texas
Fri., Nov. 13 - 11:00 a.m.

Next Up:

NCAA Championships - 8K
EP 'Tom' Sawyer Park - Louisville, Ky.
Sat., Nov. 21 - 12:00 p.m.

SEC Championships

Coming off a top-three finish at Pre-Nationals, Arkansas men's cross country dominated the SEC Championships with a score of 25 points to earn their sixth-consecutive conference title. The victory was their third 23rd in 25 seasons as a member of the Southeastern conference.

With a multitude of talented runners, one never knows who the top finisher will be for the Razorbacks week to week. At the SEC meet it was redshirt junior Christian Heymsfield's time to shine as he raced to a runner-up finish in 23:25.20. Including Heymsfield, six out of Arkansas' top seven crossed the line among the top-10 with their seventh runner inside the top-20 at 17.

Arkansas' top five was made up of Heymsfield (second), Frankline Tonui (third) 23:32.50, Alex George (fifth) 23:36.20, Austen Dalquist (sixth) 23:36.20, and Gabe Gonzalez (ninth) 23:47.60. Jack Bruce was the sixth finisher for the Razorbacks coming through in 23:49.00 to take 10th while Cale Wallace was seventh running 24:04.20 to finish 17th.

All nine of Arkansas' competitors finished within the top-

2015 Roster

Graham Brown	Fr.	Palatine, Ill. (Palatine HS)
Jack Bruce	So.	Brisbane, Australia (UALR)
Nick Costanza	So.	Flower Mound, Texas (Flower Mound HS)
Austen Dalquist	So.	Keller, Texas (Keller HS)
Noah Findlay	Jr.	Little Rock, Ark. (Catholic HS)
Alex George	So.	Gloucester, Great Britain (The Marling School)
Gabe Gonzalez	R-Sr.	Springdale, Ark. (Springdale HS/Kansas)
Cameron Griffith	Fr.	Sydney, Australia (Trinity Grammar School)
Christian Heymsfield R-Jr.		Elkins, Ark. (Elkins HS)
Kyle Hosting	Jr.	Decorah, Iowa (Iowa Central CC)
Ethan Moehn	So.	Monroe, Wis. (Monroe HS)
Stephen Mugeche	Fr.	Blue Springs, Mo. (Blue Springs HS)
Aidan Swain	R-Jr.	Fayetteville, Ark. (Fayetteville HS)
Frankline Tonui	So.	Nakuru, Kenya (Iowa Central CC)
Cale Wallace	Sr.	Cypress, Texas (Cypress-Ranch HS)



2015 Schedule and Results:

9.1.15 Okla. State Duals Stillwater, Okla. 5K
Team Finish: **4th of 4**
Top UA Finisher: **Graham Brown (9th overall)**

9.19.15 Iona Meet of Champions New York, N.Y. 8K
Team Finish: **2nd of 10**
Top UA Finisher: **Frankline Tonui (1st overall)**

10.3.15 Chile Pepper Festival Fayetteville, Ark. 8K
Team Finish: **1st of 15**
Top UA Finisher: **Alex George (3rd overall)**

10.17.15 Pre-Nationals Louisville, Ky. 8K
Team Finish: **3rd of 42**
Top UA Finisher: **Austen Dalquist (21st overall)**

10.30.15 SEC Championships College Station, Texas 8K
Team Finish: **1st of 13**
Top UA Finisher: **Christian Heymsfield (2nd overall)**

11.13.15 NCAA Reg. Champ. College Station, Texas 10K
Team Finish:
Top UA Finisher:

11.21.15 NCAA Championship Louisville, Ky. 10K
Team Finish:
Top UA Finisher:

Cross Country Quick Facts

Head Coach.....Chris Bucknam
Athletic Trainer.....Cole Peterson
Office Phone.....479-575-5403
Office Fax.....479-575-3716
Mailing Address.....10 S. Razorback Road
John McDonnell Field
Fayetteville, AR 72701

Facility.....Razorback Cross Country Course
2014 SEC Finish.....1st
2014 NCAA Regional Finish.....1st
2014 NCAA Finish.....28th

Athletic Media Relations

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75 as eighth finisher Ethan Moehn came through in 24:42.20 to finish 40th and ninth finisher Cameron Griffith came through in 25:05.40 to finish 61st,

SEC Notes

Christian Heymsfield was named the 2015 SEC Scholar Athlete of the Year following his runner-up finish at the conference championships. Heymsfield is a bio-medical engineering major who holds a 4.00 grade point average. He was the 2014 recipient of the the prestigious NCAA Elite 89 award which recognized him for having the best academic record out of all represented at the NCAA Cross Country Championships.

Head coach Chris Bucknam picked up his sixth SEC cross country Coach of the Year honor following Arkansas' 23rd conference victory. In eight seasons Bucknam has won six consecutive titles that featured three individual Razorback champions.

NCAA South Central Regional Championships

Arkansas entered the preseason and remained the top team in the South Central Region through the duration of the year. The Razorbacks have won 34 regional titles most recently claiming the crown last year over Texas by a nine point margin.

All-Region honorees Gabe Gonzalez, Alex George and Cale Wallace return as the top finishers at the event from last years team as they fifth, sixth and ninth respectively. Aidan Swain who also earned All-Region honors for his 21st place finish will be back in action as well for the Razorbacks.

10K Entries

Jack Bruce
Gabe Gonzalez
Kyle Hosting
Ethan Moehn
Aidan Swain
Frankline Tonui
Cale Wallace

On Tap

The championship season opened up in College Station on Oct. 30 with Arkansas finishing first at the SEC championships. The Razorbacks return to Texas A&M for the NCAA South Central Regional Championships on Friday, Nov. 13. The regional meet is



Arkansas Razorback Men's Cross Country

Frankline Tonui

the final meet before national competition in Louisville, Ky. Arkansas will cap its season at EP 'Tom' Sawyer Park on Saturday, Nov. 21.

SEC Championship Results Since 1991

Year (Site)	Team Champion	Pts.	Runner-up	Pts.	Individual Champion	Distance	Time
1991 (Athens, Ga.)	Arkansas	15	Tennessee	88	Brian Baker, AR	8K	24:17.00
1992 (Lexington, Ky.)	Arkansas	23	Tennessee	96	Pablo Sierra, UM	8K	24:59.10
1993 (Baton Rouge, La.)	Arkansas	18	Tennessee	75	Michael Morin, AR	8K	23:29.20
1994 (Fayetteville, Ark.)	Arkansas	38	Tennessee	42	Jason Bunston, AR	8K	23:49.40
1995 (Starkville, Miss.)	Arkansas	32	Tennessee	58	Godfrey Siamusiye, AR	8K	23:47.00
1996 (Oxford, Miss.)	Arkansas	15	Alabama	64	Godfrey Siamusiye, AR	8K	23:39.50
1997 (Columbia, S.C.)	Arkansas	19	Alabama	66	Ryan Wilson, AR	8K	23:46.50
1998 (Maryville, Tenn.)	Arkansas	19	Tennessee	63	Michael Power, AR	8K	23:55.79
1999 (Nashville, Tenn.)	Arkansas	17	Tennessee	59	Michael Power, AR	8K	24:10.60
2000 (Tuscaloosa, Ala.)	Arkansas	27	Alabama	43	David Kimani, UA	8K	24:19.03
2001 (Auburn, Ala.)	Arkansas	24	Alabama	85	David Kimani, UA	8K	23:46.93
2002 (Gainesville, Fla.)	Arkansas	31	Alabama	52	David Kimani, UA	8K	24:05.18
2003 (Athens, Ga.)	Arkansas	33	Georgia	58	Thomas Morgan, UK	8K	24:59.25
2004 (Fayetteville, Ark.)	Arkansas	23	Florida	72	Josphat Boit, AR	8K	23:09.91
2005 (Columbia, S.C.)	Arkansas	23	Alabama	73	Josphat Boit, AR	8K	22:59.10
2006 (Baton Rouge, La.)	Arkansas	21	Florida	73	Barnabas Kirui, UM	8K	23:53.24
2007 (Lexington, Ky.)	Arkansas	36	Florida	74	Emmanuel Bor, UA	8K	23:50.45
2008 (Starkville, Miss.)	Alabama	32	Auburn	62	Girma Masecho, AU	8K	23:11.26
2009 (Oxford, Miss.)	Alabama	56	Arkansas	61	Barnabas Kirui, UM	8K	24:24.75
2010 (Columbia, S.C.)	Arkansas	34	Alabama	62	Barnabas Kirui, UM	8K	23:52.07
2011 (Maryville, Tenn.)	Arkansas	33	Florida	66	Eric Fernandez, AR	8K	24:10.60
2012 (Nashville, Tenn.)	Arkansas	35	Georgia	73	Henry Lelei, AM	8K	23:29.75
2013 (Gainesville, Fla.)	Arkansas	31	Florida	96	Kemoy Campbell, AR	8K	22:58.73
2014 (Tuscaloosa, Ala.)	Arkansas	54	Ole Miss	60	Stanley Kebenei, AR	8K	23:49.27
2015 (College Station, Texas)	Arkansas	25	Texas A&M	98	Antibahs Kosgei, UA	8K	23:24.20



TOP TIMES OF 2015

Arkansas Razorback Men's Cross Country

5,000-Meter Run

Name	Class	Date	Site	Time
Graham Brown	Fr.	09/1/15	Cowboy Preview - Stillwater, Okla.	16:11.70
Kyle Hosting	Jr.	09/1/15	Cowboy Preview - Stillwater, Okla.	16:38.50
Noah Findlay	Jr.	09/1/15	Cowboy Preview - Stillwater, Okla.	16:39.30
Aidan Swain	Jr.	09/1/15	Cowboy Preview - Stillwater, Okla.	17:17.40
Nick Costanza	So.	09/1/15	Cowboy Preview - Stillwater, Okla.	17:20.80

8,000-Meter Run

Name	Class	Date	Site	Time
Christian Heysmfield	Jr.	10/30/15	SEC Championships - College Station, Texas	23:25.20
Frankline Tonui	Jr.	10/30/15	SEC Championships - College Station, Texas	23:32.50
Alex George	So.	10/3/15	Chile Pepper Festival - Fayetteville, Ark.	23:35.68
Austen Dalquist	So.	10/30/15	SEC Championships - College Station, Texas	23:36.20
Gabe Gonzalez	Sr.	10/30/15	SEC Championships - College Station, Texas	23:47.6
Jack Bruce	So.	10/30/15	SEC Championships - College Station, Texas	23:49.0
Cale Wallace	Sr.	10/30/15	SEC Championships - College Station, Texas	24:04.2
Ethan Moehn	So.	10/3/15	Chile Pepper Festival - Fayetteville, Ark.	24:42.21
Kyle Hosting	Jr.	10/3/15	Chile Pepper Festival - Fayetteville, Ark.	24:42.5
Cameron Griffith	Fr.	10/17/15	Pre-Nationals - Louisville, Ky.	24:54.2

10,000-Meter Run

Name	Class	Date	Site	Time
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COACHES/SUPPORT STAFF



HEAD COACH - 8th Season
CHRIS BUCKNAM

SEC XC COACH OF THE YEAR
2010, 2011, 2012, 2013, 2014, 2015

NCAA TOP 20 FINISHES:

2013 - 12TH
2012 - 10TH
2010 - 10TH

NCAA XC ALL-AMERICANS:

2014 - Stanley Kebenei (6)
2013 - Stanley Kebenei (6)
2012 - Kemoy Campbell (17)
2010 - Dorian Ulrey (11)
Solomon Haile (17)
2009 - Dorian Ulrey (6)

Chris Bucknam is in his eighth season, coming off his fifth SEC Cross Country Title this fall. A veteran in the coaching ranks, Bucknam took the head coaching position at Arkansas on June 27, 2008, after a 25-year stint at Northern Iowa.

Following an SEC Cross Country Title, highlighted by individual SEC Champion Kemoy Campbell, the Razorbacks were led to their third NCAA South Central Regional Title under Bucknam's guidance. Stanley Kebenei led Arkansas to the Regional Title, becoming the second NCAA Regional Individual Champion with Bucknam at the helm.

Since assuming the head coaching position at Arkansas, Bucknam has enjoyed tremendous success in the form of 14 Southeastern Conference championships, four NCAA regional titles, and multiple All-Americans as well as individual SEC champions but all pale in comparison to the achievement of his 2013 indoor track squad who captured Bucknam's first and Arkansas' 41st NCAA title.

Along with the indoor title in 2013, Arkansas placed 10th at the NCAA Cross Country Championship and third at the outdoor meet allowing the program to claim its first John McDonnell Program of the Year award, named after the legendary Arkansas coach whom Bucknam took over for following his retirement.

The national recognition as the best program in the nation was no fluke as Bucknam and his staff have been building to that for several years. In 2011-12, Arkansas won the program's 13th SEC Triple Crown and the first with Bucknam at the helm. The Razorbacks duplicated the effort in 2012-13 giving them 11 league championships over the past five years. No other SEC school has more than two in that same time frame. For his part Bucknam has been named the SEC Coach of the Year 12 times and National Coach of the Year one time.

Nationally, Bucknam's guidance has led the Razorbacks to 14 top 10 finishes since his arrival in Fayetteville. His cross country squads have placed in the top 10 in twice in his tenure while track and field has 12 top 10s including two national runner-up finishes and a national title.

The Razorbacks capped last season with third-place finishes at both indoor and outdoor nationals and as the USTFCCA Scholar Program of Year.

A 23-year veteran of the Razorback cross country and track and field programs, Danny Green was a four-year letterwinner and All-American for Arkansas and is now entering his 19th season as the Director of Operations for the program.

In his role as the Director of Cross Country and Track and Field Operations, Green is responsible for a myriad of duties including facilitating the Razorbacks' equipment needs, management of all home competitions, the coordination of the Razorback coaches' recruiting efforts and the team's travel arrangements.

As a competitor for legendary coach John McDonnell's juggernaut of the late 80's and early 90s, Green earned All-America honors at 5,000 meters at the 1993 NCAA Outdoor Championship and was a member of nine Southwest Conference, six Southeastern Conference and 10 NCAA championship teams.

Over the course of Green's tenure with the Razorbacks, Arkansas has won 25 NCAA and 57 Southwest or Southeastern Conference titles. The team has also picked up 34 NCAA trophies and claimed three national triple crowns.

After exhausting his collegiate eligibility, Green had a brief career as a professional athlete before turning his attention locally as a counselor to troubled teens at Youth Bridge. He had the honor of representing the United States at the 1993 Ekiden Relay in Chiba, Japan.



DIRECTOR OF OPERATIONS
19th Season
DANNY GREEN

ARKANSAS[®]

CROSS COUNTRY

2015 RESULTS | MEN'S CROSS COUNTRY | @RAZORBACKTF

TEAM RESULTS

DATE	EVENT	SITE	DISTANCE	FINISH
Sept. 1, 2015	Cowboy Preview	Stillwater, Okla.	5,000 meters	4th of 4
Sept. 19, 2015	Iona Meet of Champions	New York, N.Y.	8,000 meters	2nd of 10
Oct. 3, 2015	Chile Pepper Invitational	Fayetteville, Ark.	8,000 meters	1st of 15
Oct. 17, 2015	Pre-Nationals	Louisville, Ky.	8,000 meters	3rd of 42
Oct. 30, 2015	SEC Championships	College Station, Texas	8,000 meters	1st of 13
Nov. 13, 2015	NCAA South Central Regional	College Station, Texas	10,000 meters	
Nov. 21, 2015	NCAA Championships	Louisville, Ky.	10,000 meters	

COWBOY PREVIEW (5K)

Tuesday, Sept. 1, 2015

Stillwater, Okla.

OSU Cross Country Course

TEAM SCORES

1. Tulsa, 21 (2-3-4-5-7)
2. #17 ARKANSAS, 36 (1-6-8-10-11)

1. Oklahoma, 17 (1-2-3-5-6)
2. #17 ARKANSAS, 38 (4-7-8-9-10)

1. #4 Oklahoma State, 15 (1-2-3-4-5)
2. #17 ARKANSAS, 44 (6-8-9-10-11)

ARKANSAS RESULTS

9.	1, 4, 6	Graham Brown	16:11.7
17.	6, 7, 8	Kyle Hosting	16:38.5
19.	8, 8, 9	Noah Findlay	16:39.3
21.	10, 9, 10	Aidan Swain	17:17.4
22.	11, 10, 11	Nick Costanza	17:20.8

IONA MEET OF CHAMPIONS (8K)

Saturday, Sept. 19, 2015

New York, N.Y.

Van Cortlandt Park

TEAM SCORES (TOP FIVE)

1. #4 Wisconsin, 25 (3-4-5-6-7)
2. #17 ARKANSAS, 51 (1-2-15-16-17)
3. St. Josephs, 76 (9-11-14-19-23)
4. Vermont, 134 (10-20-29-33-42)
5. Richmond, 154 (8-22-30-37-57)

ARKANSAS RESULTS

1.	1	Frankline Tonui	25:59.30
2.	2	Christian Heymsfield	25:59.90
15.	3	Ethan Moehn	26:44.60
16.	4	Stephen Mugeche	26:45.00
17.	5	Graham Brown	26:46.40
18.	6	Kyle Hosting	26:52.80
26.	7	Noah Findlay	27:16.20

CHILE PEPPER FESTIVAL (8K)

Saturday, Oct. 3, 2015

Fayetteville, Ark.

Agri Park

TEAM SCORES (TOP FIVE) DIV. I SCORING

1. #15 ARKANSAS, 24 (2-3-4-7-8)
2. TULSA, 60 (1-11-13-15-20)
3. WICHITA STATE, 93 (6-17-18-21-31)
4. BAYLOR, 156 (14-26-33-40-43)
5. TEXAS TECH, 169 (16-24-36-41-52)

ARKANSAS RESULTS

2 3	1	Alex George	23:35.68
3 4	2	Frankline Tonui	23:38.68
4 5	3	Christian Heymsfield	23:38.87
7 12	4	Austen Dalquist	24:00.74
8 13	5	Jack Bruce	24:04.24
9 14	6	Gabe Gonzalez	24:07.25
12 20	7	Cale Wallace	24:14.40
40.		Ethan Moehn	24:42.21
41.		Kyle Hosting	24:42.54
66.		Cameron Griffith	25:11.20
73.		Aidan Swain	25:14.25
103.		Noah Findlay	25:38.46
140.		Graham Brown	25:56.03
211.		Nick Costanza	26:35.96

PRE-NATIONALS (8K)

Saturday, Oct. 17, 2015

Louisville, Ky.

E.P. 'Tom' Sawyer Park

TEAM SCORES (TOP FIVE)

1. #1 COLORADO, 89 (5-9-14-15-46)
2. #3 OREGON, 151 (2-24-29-40-56)
3. #T13 ARKANSAS, 164 (21-26-28-39-50)
4. #T13 UTEP, 197 (3-4-37-57-96)
5. #10 GEORGETOWN, 214 (6-19-48-70-71)

ARKANSAS RESULTS

21.	1	Austen Dalquist	23:38.70
26.	2	Frankline Tonui	23:43.10
28.	3	Christian Heymsfield	23:43.80
39.	4	Gabe Gonzalez	23:50.90
50.	5	Alex George	23:57.30
67.	6	Jack Bruce	24:07.10
113.	7	Cale Wallace	24:22.50

ARKANSAS RESULTS - OPEN RACE

5.	1	Cameron Griffith	24:54.20
6.	2	Stephen Mugeche	24:56.50
7.	3	Ethan Moehn	24:57.40
8.	4	Kyle Hosting	24:59.70
13.	5	Aidan Swain	25:15.40
15.	6	Graham Brown	25:19.20
39.	7	Noah Findlay	26:23.40

SEC CHAMPIONSHIPS (8K)

Friday, Oct. 30, 2015

College Station, Texas

Watts Cross Country Course

TEAM SCORES (TOP FIVE)

1. #8 ARKANSAS, 25 (2-3-5-6-9)
2. TEXAS A&M, 98 (8-13-14-23-40)
3. OLE MISS, 122 (15-16-25-28-38)
4. KENTUCKY, 129 (4-18-26-37-44)
5. GEORGIA, 142 (12-19-21-35-55)

ARKANSAS RESULTS

2.	1	Christian Heymsfield	23:25.20
3.	2	Frankline Tonui	23:32.50
5.	3	Alex George	23:36.20
6.	4	Austen Dalquist	23:36.20
9.	5	Gabe Gonzalez	23:47.60
10.	6	Jack Bruce	23:49.00
17.	7	Cale Wallace	24:04.20
40.	8	Ethan Moehn	24:42.20
61.	9	Cameron Griffith	25:05.40

NCAA SOUTH CENTRAL REGIONAL (10K)

Friday, Nov. 13, 2015
College Station, Texas
Watts Cross Country Course

TEAM SCORES (TOP FIVE)

ARKANSAS RESULTS

NCAA CHAMPIONSHIPS (10K)

Saturday, Nov. 21, 2015
Louisville, Ky.
E.P. 'Tom' Sawyer Park

TEAM SCORES (TOP FIVE)

ARKANSAS RESULTS