

Arkansas Razorbacks



RAZORBACKS IN SEC XC CHAMPIONSHIPS



SEC TEAM TITLES
Having claimed 21 SEC cross country titles over the past 30 conference meets, the Razorbacks have the most conference championships by a wide margin. Florida follows with six. Arkansas has won the past eight SEC Championships in cross country, its longest stretch after winning five straight twice (91-95 & 98-02).



SEC INDIVIDUAL TITLES
In 2019 Katie Izzo became the 11th Razorback to claim an SEC title, improving Arkansas' total to 16 overall. Lauren Gregory, a 2018 SEC bronze medalist, has led the Razorbacks in three meets, winning at Missouri and finishing second in Oregon and Florida State Pre-National. She has placed in the top 10 at SEC four consecutive years.

NATIONAL POLL

NCAA COACHES TOP 30

1. NEW MEXICO (6)
2. NC STATE (5)
3. BYU
4. COLORADO
5. ALABAMA
6. MINNESOTA
7. OKLAHOMA STATE

8. UTAH

9. MICHIGAN
10. FLORIDA STATE
11. OLE MISS
12. COLORADO STATE
13. NORTH CAROLINA
14. PROVIDENCE
15. **ARKANSAS**

16. SYRACUSE

17. IOWA STATE
18. WASHINGTON
19. NORTHERN ARIZONA
20. MICHIGAN STATE
21. NOTRE DAME
22. WISCONSIN
23. STANFORD

24. LIBERTY

25. ILLINOIS
26. GEORGETOWN
27. PORTLAND
28. UTAH STATE
29. BUTLER
30. TOLEDO

ARKANSAS ATTEMPTS TO WIN 9TH CONSECUTIVE SEC XC TITLE

No. 15 Arkansas seeks a ninth consecutive SEC Cross Country Championship title and it's 22nd overall this week in another title defense for the Razorbacks. The SEC Championships, hosted by Missouri and held on the Gans Creek course, will air live on the SEC Network at 10 a.m. this Friday, Oct. 29, with the women's 6,000m race starting at 10:50 a.m.

One of three SEC schools nationally ranked, Arkansas follows No. 5 Alabama and No. 11 Mississippi heading into the conference championship. The last conference titles for Alabama, who finished second in 2020, occurred in 1986 and 1987, while Mississippi, runner-up in 2016 and 2019, has never claimed a women's SEC cross country title.

The Razorbacks have claimed 20 of the past 21 SEC championships held among cross country, indoor and outdoor track and field, and have totaled 40 SEC titles among the three disciplines since joining the league 30 years ago.

"We are going in as defending champions with eight consecutive titles," said Arkansas women's head coach Lance Harter. "The competition continues to get steeper and steeper every year, and this year is an extraordinary year."

"Alabama, Ole Miss and ourselves are three nationally ranked teams. We each had great seasons last year and return the majority of their team. So, we will definitely have our hands full to try to defend."

Lauren Gregory, a three-time SEC Runner of the Week, has led the Razorbacks in three races this season. Gregory won the Missouri Opener on the Gans Creek course, leading Arkansas to a perfect score among four SEC schools. Then Gregory finished second at Oregon's Bill Dellinger Invitational and Florida State's Pre-National Invitational after leading each race in the latter stages.

A bronze medalist in the 2018 SEC Championship, Gregory has finished among the top 10 at the conference meet in four consecutive years. Fourth a year ago in leading Arkansas, Gregory is one of six Razorbacks who returned from last year's top seven in the SEC meet.

Krissy Gear, the fifth Razorback finisher in the 2020 SEC meet while placing 11th, won the Chile Pepper Invitational a week after not finishing the Oregon meet and placed eighth in the Pre-National race as the second Arkansas finisher.

Isabel Van Camp has shown marked improvement this season and as a result was third among the Razorbacks in placing 24th at Pre-National after being the second finisher in Oregon while placing 12th overall.

Razorbacks returning from last year's top seven in the conference meet include Logan Jolly, Meghan Underwood and Corie Smith.

CHAMPIONSHIP SEASON



ARKANSAS RAZORBACKS

"This meet will be the first time this season where we will put our team together, because of one issue or another," noted Harter. "I'm excited to put our top 7 to 12 together and let them represent us at the conference meet."

"We're going to have some people who have been in the program make big steps in a positive direction to carry the flag for Arkansas."

With three nationally ranked teams among the field, the deciding factor in determining the team title may come down to the fourth and fifth runners from each program.

"This year, it's interesting with the matchups from 1 to 4 are almost verbatim even," said Harter. "Then it comes down to, especially for us, our fifth runner and Alabama as well. Ole Miss has a little tighter group, but maybe not the firepower up front in the lead."

"For us, our fifth runner is going to be critical, as well as everybody else. That seems to be the theme at the conference meet, the regional meet, and the national meet. When people think of the idea of a team effort, the front three or four get a lot of the celebration, but

the true team development and definition of who is going to be successful always goes to that fourth or fifth runner for us."

Women's teams can enter 12 runners in the conference meet, which enables schools to build depth and aids in the development of a program.

"We're kind of blessed with a lot of depth," noted Harter. "Our number five through 10 could be anyone of five or six people. Hopefully, somebody has a great day and are able to make our team total as low as possible."

Finishing as the fifth runner for Arkansas this season has included Underwood, Carmie Prinsloo, Julia Paternain, and Gracie Hyde. Each has also finished higher than the fifth position in various races this season.

National Rankings

5. Alabama
11. Mississippi
15. **Arkansas**

Regional Rankings

- South Central** | 1. **Arkansas**, 3. Texas A&M, 7. LSU
South | 1. Alabama, 3. Mississippi, 5. Tennessee, 6. Vanderbilt, 7. Florida, 10. Auburn
Southeast | 4. Kentucky

Arkansas Razorbacks

RAZORBACK SEC CHAMPIONS

16 titles by 11 individuals

2 triple champions, 1 double

2019	Katie Izzo
2015	Dominique Scott
2014	Dominique Scott
2013	Dominique Scott
2011	Kristen Gillespie
2008	Catherine White
2006	Brooke Upshaw
2002	Christin Wurth
2001	Andreina Byrd
2000	Lilli Kleinmann
1999	Amy Yoder
1998	Amy Yoder
1997	Amy Yoder
1994	Megan Flowers
1992	Deena Drossin
1991	Deena Drossin

• Among its 21 SEC titles in cross country over the past 30 editions of the conference meet, the Razorbacks currently have won eight consecutive titles, the longest established by a women's team in SEC history. Previously, Arkansas put together a streak of five titles, twice, in 1991-1995 and 1998-2002.

• SEC success for the Razorbacks has included a total of 41 conference titles among the three seasons (21 cross country, 11 indoor, 9 outdoor). Arkansas completed its seventh SEC triple crown in 2020-21.

• In 2019, the Razorbacks totaled 21 points in claiming the SEC title, placing five runners among the top 10 for the second consecutive year. It was Arkansas' lowest score in the SEC since 2006 when they totaled 17. The 1999 Razorbacks produced a perfect score of 15 points, sweeping places first through fifth.

• Winning the 2019 NCAA Cross Country Championship, Arkansas completed a sweep of three NCAA titles after claiming the 2019 NCAA Indoor and NCAA Outdoor Championships. The Razorbacks joined Texas (1986) as the only programs to win three NCAA titles in the same year, while Oregon (2016-17) accomplished a trio of NCAA titles in an academic year.

• Arkansas last swept both men's and women's team titles in 2020. It has been accomplished 18 times since the Razorbacks competed in their first SEC meet in 1991.

HOG FACTS

SEC CHAMPIONSHIPS | RECENT TOP 3 TEAM FINISH & POINTS

2020	Arkansas	41	Alabama	57	Ole Miss	97
2019	Arkansas	21	Ole Miss	93	Missouri	159
2018	Arkansas	24	Florida	69	Ole Miss	116
2017	Arkansas	35	Georgia	88	Ole Miss	103
2016	Arkansas	46	Ole Miss	76	Missouri	125
2015	Arkansas	38	Miss State	95	Vanderbilt	112
2014	Arkansas	32	Vanderbilt	85	Alabama	140
2013	Arkansas	32	Texas A&M	123	Kentucky	134
2012	Florida	61	Arkansas	70	Vanderbilt	119

RAZORBACK NOTES

Lauren Gregory, 2018 SEC bronze medalist, has finished among the top 10 in the SEC Cross Country Championships four consecutive years. Gregory was the fifth scorer on the team when the Razorbacks captured the 2019 NCAA title.

Gregory has led Arkansas in three meets this season, earning SEC Runner of the Week honors each week she has raced in 2021.

Gregory won on the Gans Creek course in the Missouri Opener over 5,000m. She also finished second in Oregon's Bill Dellinger Invitational and Florida State's Pre-National Invitational, leading the field during the late stages of both races.

Razorbacks with prior experience in other conference championships includes **Logan Jolly** (née Morris), **Krissy Gear**, **Julia Paternain**, **Kennedy Thomson**, and **Gracie Hyde**.

Jolly: Competed in three ACC Championships ... 19th in 2016, 27th in 2018 and 24th in 2019. **Gear**: Competed in three Southern Conference meets ... 13th in 2017, 9th in 2018 and 4th in 2019. **Paternain**: Competed in the two Big 10 meets with Penn State, finishing 10th in 2018, and placing 44th in 2019.

Thomson: Competed in three Southern Conference meets ... 19th in 2016, 61st

in 2017 and 18th in 2018. **Hyde**: Competed in two Southland Conference meets ... 7th in 2018, and 8th in 2019.

Razorback **Taylor Ewert** was named 2020 SEC Freshman Runner of the Year. She suffered a foot injury in Oregon's Bill Dellinger Invitational and will not compete in this week's SEC Championship.

Last season Taylor won the SEC Preview 5k and was named co-SEC Runner of the Week. She also earned SEC Freshman of the Week after placing fourth over 6k at Missouri's Gans Creek Classic.

Ewert was the top freshman in the 2020 SEC meet, placing 10th, and it was the fourth time over the past five seasons a Razorback has achieved that feat. Previous Arkansas runners who were the top freshman finisher at the SEC Championships include Katrina Robinson (2nd, 2018), Lauren Gregory (8th, 2017) and Abby Gray (9th, 2016).

A Razorback newcomer who could contend for top freshman honors this season is **Carmie Prinsloo** of South Africa, who was twice named SEC Freshman Runner of the Week during the 2021 season.

ARKANSAS TOP 7 FINISHERS | RECENT SEC CHAMPIONSHIPS

Athletes in bold are on the Razorback 2021 roster

2020	4) Lauren Gregory	7) Logan Jolly	9) Abby Gray	10) Taylor Ewert	11) Krissy Gear	15) M. Underwood	16) Corie Smith
2019	1) Katie Izzo	2) Taylor Werner	4) Carina Viljoen	5) Devin Clark	9) Lauren Gregory	13) Maddy Reed	36) Abby Gray
2018	2) K. Robinson	3) Lauren Gregory	4) Carina Viljoen	6) Taylor Werner	9) Sydney Brown	10) Maddy Reed	16) Micah Huckabee
2017	2) Taylor Werner	6) Carina Viljoen	7) Therese Haiss	8) Lauren Gregory	12) Nikki Hiltz	13) Ashton Endsley	16) Sydney Brown

RAZORBACK TOP 7 FINISHERS | 2021 SEASON

Sept. 3	1) Lauren Gregory	2) Kennedy Thomson	3) Krissy Gear	4) Carmie Prinsloo	5) M. Underwood	6) Isabel Van Camp	7) Julia Paternain
Sept. 18	3) Gracie Hyde	4) Taylor Ewert	8) London Culbreath	11) Corie Smith	12) Adeotte Vaughan	33) Quinn Owen	57) Josie Carson
Sept. 23	2) Lauren Gregory	12) Isabel Van Camp	23) M. Underwood	34) Taylor Ewert	51) Carmie Prinsloo	71) Julie Paternain	75) Kennedy Thomson
Oct. 1	1) Krissy Gear	7) Gracie Hyde	8) Carmie Prinsloo	11) Corie Smith	18) Julia Paternain	23) Logan Jolly	26) London Culbreath
Oct. 15	2) Lauren Gregory	8) Krissy Gear	24) Isabel Van Camp	99) Julia Paternain	116) Gracie Hyde	140) Corie Smith	154) Carmie Prinsloo

CROSS COUNTRY | Top 10 Team Finish at SEC Championships since 2012

YEAR	SITE	FIRST	SECOND	THIRD	FOURTH	FIFTH	SIXTH	SEVENTH	EIGHTH	NINTH	TENTH
2020	Baton Rouge	Arkansas	Alabama	Ole Miss	Kentucky	LSU	Vandy	Missouri	Georgia	Florida	Miss St
2019	Lexington	Arkansas	Ole Miss	Missouri	Tenn	Alabama	Vandy	Kentucky	Georgia	TAMU	Auburn
2018	Auburn	Arkansas	Florida	Ole Miss	Georgia	Missouri	Vandy	Tenn	Kentucky	Alabama	TAMU
2017	Athens	Arkansas	Georgia	Ole Miss	Missouri	Miss St	Kentucky	Alabama	TAMU	Vandy	Tenn
2016	Fayetteville	Arkansas	Ole Miss	Missouri	Miss St	Vandy	Alabama	Kentucky	Florida	Auburn	Georgia
2015	College Station	Arkansas	Miss St	Vandy	Alabama	Ole Miss	Auburn	Florida	Missouri	TAMU	Georgia
2014	Tuscaloosa	Arkansas	Vandy	Alabama	Missouri	Miss St	TAMU	Florida	Kentucky	Auburn	Georgia
2013	Gainesville	Arkansas	TAMU	Kentucky	Florida	Vandy	Alabama	Missouri	Tenn	Ole Miss	Miss St
2012	Nashville	Florida	Arkansas	Vandy	Ole Miss	Kentucky	Georgia	LSU	TAMU	S Carolina	Miss St

ARKANSAS | Team finish at SEC Championships

Year	Place	Score	2013	1st	32	2005	2nd	51	1997	2nd	68
2020	1st	41	2012	2nd	70	2004	2nd	57	1996	2nd	77
2019	1st	21	2011	2nd	61	2003	3rd	103	1995	1st	40
2018	1st	24	2010	2nd	61	2002	1st	39	1994	1st	31
2017	1st	35	2009	3rd	87	2001	1st	35	1993	1st	37
2016	1st	46	2008	1st	46	2000	1st	43	1992	1st	52
2015	1st	38	2007	1st	39	1999	1st	15	1991	1st	30
2014	1st	32	2006	1st	17	1998	1st	25			

ARKANSAS WOMEN | 2021 SEASON RECAP

Missouri Opener | Gans Creek Course 5,000m | Friday, Sept. 3 Teams (4 schools)

1. Arkansas	15
2. Missouri	68
3. Vanderbilt	74
4. Kentucky	84

Individuals

1. Lauren Gregory	16:54.4
2. Kennedy Thomson	16:58.4
3. Krissy Gear	17:02.1
4. Carmie Prinsloo	17:10.5
5. Meghan Underwood	17:12.0
6. Isabel Van Camp	17:16.5
7. Julia Paternain	17:19.5
11. Taylor Ewert	17:29.5
19. Gracie Hyde	17:43.3
22. London Culbreath	17:48.2
23. Corie Smith	17:54.9
28. Adoette Vaughan	18:15.2
(dnf) Quinn Owen	

Missouri Southern Stampede 5,000m | Saturday, Sept. 18 Teams (26 schools)

1. Arkansas	38
2. Southwest Baptist	130
3. Dallas Baptist	140
4. West Texas A&M	176
5. Drury	208

Individuals

3. Gracie Hyde	16:59.5
4. Taylor Ewert	17:06.0
8. London Culbreath	17:24.9
11. Corie Smith	17:28.0
12. Adoette Vaughan	17:29.5
33. Quinn Owen	18:05.6
57. Josie Carson	18:32.0

Bill Dellinger Invitational 6,000m | Thursday, Sept. 23 Teams (17 schools)

1. Utah	38
2. Colorado State	93
3. Arkansas	112
4. Portland	115
5. Oregon State	170

Individuals (Scoring place)

2. Lauren Gregory (1)	20:06.9
12. Isabel Van Camp (10)	20:24.6
23. Meghan Underwood (21)	20:33.9
34. Taylor Ewert (32)	20:47.0
51. Carmie Prinsloo (48)	21:05.0
71. Julie Paternain (66)	21:16.2
75. Kennedy Thomson (69)	21:18.7
(dnf) Krissy Gear	

Chile Pepper Festival | Agri Park 5,000m | Friday, Oct. 1 Teams (37 schools)

1. Arkansas	45
2. Tulsa	132
3. Augustana (SD)	185
4. Nebraska	187
5. LSU	191

Individuals

1. Krissy Gear	16:24.3
7. Gracie Hyde	17:09.7
8. Carmie Prinsloo	17:14.5
11. Corie Smith	17:18.8
18. Julia Paternain	17:27.0
23. Logan Jolly	17:30.2
26. London Culbreath	17:33.1
81. Josie Carson	18:20.3
82. Quinn Owen	18:20.5

Florida State Pre-National Apalachee Regional Park 6,000m | Friday, Oct. 15 Teams (33 schools)

1. Colorado	54
2. Utah	149
3. Florida State	163
4. Mississippi	165
5. North Carolina	184
6. Arkansas	243
7. Northern Arizona	279
8. Liberty	279
9. Illinois	302
10. Georgetown	317

Individuals (Scoring place)

2. Lauren Gregory	19:47.7
8. Krissy Gear	20:08.0
24. Isabel Van Camp	20:16.5
99. Julia Paternain (96)	21:10.0
116. Gracie Hyde (113)	21:22.7
140. Corie Smith (137)	21:42.0
154. Carmie Prinsloo (149)	21:49.2