



TENNESSEE STATE

2018 CROSS COUNTRY

► MEN'S RESULTS

DATE	MEET	LOCATION / VENUE	RESULT
8/31/18	Belmont Opener (5K)	Nashville, Tenn. / Percy Warner Park	7th/9 (222 pts)
9/15/18	Commodore Classic (8K)	Nashville, Tenn. / Percy Warner Park	14th/14 (444 pts)
9/22/18	Austin Peay Cross Country Classic (4 Miles)	Clarksville, Tenn. / Hilldale Family Life Center	4th/5 (119 pts)
10/6/18	Fast Cats Classic (8K)	Owensboro, Ky. / Yellow Creek Park	15th/17 (406 pts)
10/27/18	Ohio Valley Conference Championship (8K)	Cape Girardeau, Mo. / Osage Center	12th/12 (361 pts)

► WOMEN'S RESULTS

DATE	MEET	LOCATION / VENUE	RESULT
8/31/18	Belmont Opener (5K)	Nashville, Tenn. / Percy Warner Park	8th/10 (212 pts)
9/15/18	Commodore Classic (5K)	Nashville, Tenn. / Percy Warner Park	19th/19 (628 pts)
9/22/18	Austin Peay Cross Country Classic (5K)	Clarksville, Tenn. / Hilldale Family Life Center	5th/5 (132 pts)
10/6/18	Fast Cats Classic (5K)	Owensboro, Ky. / Yellow Creek Park	14th/19 (395 pts)
10/27/18	Ohio Valley Conference Championship (5K)	Cape Girardeau, Mo. / Osage Center	12th/12 (375 pts)

► MEN'S ROSTER

NAME	CL.	HOMETOWN (PREVIOUS SCHOOL)
Marcus Abdul	So.	Atlanta, Ga. (Westlake HS)
John Frierson	Fr.	Nashville, Tenn. (Martin Luther King HS)
Jalen Gross	R-Fr.	Atlanta, Ga. (Parkview HS)
Quintontro Irby, Jr.	Jr.	Memphis, Tenn. (Memphis Central HS)
Larry McNary	So.	Memphis, Tenn. (Power Center Academy HS)
Thomas Mosley	So.	Zion, Ill. (Zion-Benton Township HS)
Jamario Scott	Jr.	Cincinnati, Ohio (Withrow University HS)
Michael Thompson	Fr.	Miami, Fla. (Miami Northwestern Senior HS)
Russell Waters	Fr.	Huntsville, Ala. (Huntsville HS)

► WOMEN'S ROSTER

NAME	CL.	HOMETOWN (PREVIOUS SCHOOL)
Mikayla Banks	Sr.	Houston, Texas (Klein HS)
Re'Anna Blair	R-So.	Lansing, Mich. (East Lansing HS)
Kelsea Buchanan	Fr.	Nashville, Tenn. (John Overton HS)
Grenetria Shell	R-So.	Nashville, Tenn. (East Nashville Magnet HS)
Taylor Smith	Jr.	Atlanta, Ga. (Cedar Grove HS)
Elaina Verges	So.	St. Louis, Mo. (University City HS)
Zion White	So.	San Diego, Calif. (Valhalla HS)
Rebekah Wynn	So.	Union City, Ga. (Langston Hughes HS)

► COACHING STAFF

Chandra Cheeseborough-Guice	Director of Track and Field
Asha Gibson	Assistant Coach
David Rachel	Assistant Coach



TENNESSEE STATE

2018 MEN'S CROSS COUNTRY

AUG. 31, 2018 - BELMONT OPENER

NASHVILLE, TENN. - PERCY WARNER PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Larry McNary	17:46.20	43	39
Marcus Abdul	17:57.01	45	40
Thomas Mosley	18:40.14	52	46
Russell Waters	18:51.98	53	47
Jamario Scott	20:24.17	58	50
Quintsonro Irby Jr.	20:28.48	59	--
Michael Thompson	22:55.21	61	--

TENNESSEE STATE (7th PLACE out of 9 ► 222 points)

OCT. 27, 2018 - OHIO VALLEY CONFERENCE CROSS COUNTRY CHAMPIONSHIP

CAPE GIRARDEAU, MO. - OSAGE CENTER - 8K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Larry McNary	28:43.9	83	67
Thomas Mosley	29:22.9	87	70
John Frierson	30:26.3	89	72
Marcus Abdul	31:46.7	92	75
Quintsonro Irby Jr.	32:55.7	94	77
Russell Waters	33:25.3	96	--

TENNESSEE STATE (12th PLACE out of 12 ► 361 points)

SEPT. 15, 2018 - COMMODORE CLASSIC

NASHVILLE, TENN. - PERCY WARNER PARK - 8K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Larry McNary	29:49.5	127	86
Thomas Mosley	32:28.6	135	88
Marcus Abdul	32:29.8	136	89
John Frierson	32:30.2	137	90
Russell Waters	33:24.5	138	91
Quintsonro Irby Jr.	35:49.8	139	--

TENNESSEE STATE (14th PLACE out of 14 ► 444 points)

SEPT. 22, 2018 - AUSTIN PEAY CROSS COUNTRY FESTIVAL

CLARKSVILLE, TENN. - HILLDALE FAMILY LIFE CENTER - 4 MILE

NAME	TIME	OVERALL PLACE	TEAM POINTS
Larry McNary	21:08.74	19	19
Thomas Mosley	21:25.34	23	23
John Frierson	22:02.20	31	24
Russell Waters	22:05.69	33	26
Marcus Abdul	22:17.30	34	27
Quintsonro Irby Jr.	24:15.87	38	--

TENNESSEE STATE (4th PLACE out of 5 ► 119 points)

OCT. 6, 2018 - FAST CATS CLASSIC

OWENSBORO, KY. - YELLOW CREEK PARK - 8K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Larry McNary	30:34	71	64
John Frierson	30:48	80	70
Russell Waters	31:47	99	85
Marcus Abdul	32:36	113	92
Thomas Mosley	32:56	121	95
Quintsonro Irby Jr.	35:49	137	--

TENNESSEE STATE (15th PLACE out of 17 ► 406 points)



TENNESSEE STATE

2018 WOMEN'S CROSS COUNTRY

AUG. 31, 2018 - BELMONT OPENER

NASHVILLE, TENN. - PERCY WARNER PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	22:50.77	38	34
Zion White	25:00.62	46	41
Elaina Verges	25:01.25	47	42
Grenetria Shell	26:07.25	50	45
Re'Anna Blair	29:58.69	57	50
Mikayla Banks	30:08.90	58	--

TENNESSEE STATE (8th PLACE out of 10 ► 212 points)

OCT. 27, 2018 - OHIO VALLEY CONFERENCE CROSS COUNTRY CHAMPIONSHIP

CAPE GIRARDEAU, MO. - OSAGE CENTER - 8K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	22:42.8	90	73
Zion White	22:59.1	91	74
Grenetria Shell	23:27.3	93	75
Elaina Verges	23:33.6	94	76
Kelsea Buchanan	23:34.0	95	77

TENNESSEE STATE (12th PLACE out of 12 ► 375 points)

SEPT. 15, 2018 - COMMODORE CLASSIC

NASHVILLE, TENN. - PERCY WARNER PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	23:24.1	176	122
Zion White	26:36.1	181	125
Elaina Verges	26:36.7	182	126
Grenetria Shell	26:36.7	183	127
Re'Anna Blair	32:15.7	184	128
Mikayla Banks	34:28.3	185	--
Taylor Smith	34:28.3	186	--

TENNESSEE STATE (19th PLACE out of 19 ► 628 points)

SEPT. 22, 2018 - AUSTIN PEAY CROSS COUNTRY FESTIVAL

CLARKSVILLE, TENN. - HILLDALE FAMILY LIFE CENTER - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	21:30.59	28	22
Zion White	24:28.33	36	26
Grenetria Shell	24:28.38	37	27
Elaina Verges	24:28.47	38	28
Kelsea Buchanan	24:28.57	39	29
Re'Anna Blair	28:47.04	42	--

TENNESSEE STATE (5th PLACE out of 5 ► 132 points)

OCT. 6, 2018 - FAST CATS CLASSIC

OWENSBORO, KY. - YELLOW CREEK PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	22:06	58	51
Zion White	24:53	106	83
Elaina Verges	24:53	107	84
Grenetria Shell	24:53	108	85
Kelsea Buchanan	25:51	119	92
Re'Anna Blair	28:48	141	--