



TENNESSEE STATE CROSS COUNTRY 2019

► WOMEN'S RESULTS

DATE	MEET	LOCATION/VENUE	RESULT
8/30/19	Belmont Opener (5K)	Nashville, Tenn. / Percy Warner Park	10th/10 - 313 pts.
9/13/19	UTC Twilight (2 Miles)	Chattanooga, Tenn. / Camp Jordan	5th/5 - 142 pts.
9/21/19	Austin Peay Cross Country Festival (4 Miles)	Clarksville, Tenn. / Eastland Green Golf Course	3rd/3 - 142 pts.
10/12/19	Fast Cats Classic (5K)	Owensboro, Ky. / Yellow Creek Park	16th/16 - 481 pts.
11/2/19	OVC Cross Country Championship (5K)	Edwardsville, Ill. / SIUE Cross Country Course	12th/12 - 377

► MEN'S RESULTS

DATE	MEET	LOCATION/VENUE	RESULT
8/30/19	Belmont Opener (5K)	Nashville, Tenn. / Percy Warner Park	9th/9 - 262 pts.
9/13/19	UTC Twilight (2 Miles)	Chattanooga, Tenn. / Camp Jordan	3rd/3 - 77 pts.
9/21/19	Austin Peay Cross Country Festival (4 Miles)	Clarksville, Tenn. / Eastland Green Golf Course	3rd/3 - 115 pts.
10/12/19	Fast Cats Classic (5K)	Owensboro, Ky. / Yellow Creek Park	13th/15 - 387
11/2/19	OVC Cross Country Championship (5K)	Edwardsville, Ill. / SIUE Cross Country Course	12th/12 - 377 pts.

► WOMEN'S ROSTER

NAME	CL.	HOMETOWN (SCHOOL)
Kelsea Buchanan	So.	Nashville, Tenn. (John Overton HS)
Alysoune Coleman	Gr.	Mesa, Ariz. (New Mexico State)
Hope Haley	Jr.	Nashville, Tenn. (Austin Peay/ Whites Creek HS)
Tori Roberts	Fr.	Hamden, Conn. (Hamden HS)
Grenetria Shell	R-Jr.	Nashville, Tenn.. (East Nashville Magnet)
Makayla Transou	Fr.	Jackson, Tenn. (Jackson South Side HS)
Elaina Verges	Jr.	St. Louis, Mo. (University City HS)
Zion White	Jr.	San Diego, Calif. (Valhalla HS)
Rebekah Wynn	Jr.	Union City, Ga. (Langston Hughes HS)

► MEN'S ROSTER

NAME	CL.	HOMETOWN (SCHOOL)
Marcus Abdul	Jr.	Atlanta, Ga. (Westlake HS)
Aaron Dobbins	Fr.	Dayton, Ohio (Ponitz Career Tech Center HS)
John Frierson	So.	Nashville, Tenn. (Martin Luther King HS)
Quinsontro Irby, Jr.	Sr.	Memphis, Tenn. (Memphis Central HS)
Jaedon Jones	Fr.	Highland Springs, Va. (Highland Springs HS)
Zebeedee Lunsford	Jr.	Anniston, Ala. (Anniston HS)
Jacob Miller	Fr.	Fall Church, Va.
Thomas Mosley	Jr.	Zion, Ill. (Zion-Benton Township HS)
Emanuel Rome	Fr.	Indianapolis, Ind. (North Central HS)
Jamario Scott	Sr.	Cincinnati, Ohio (Withrow University HS)
Baylor Segree	Fr.	LaVergne, Tenn. (LaVergne HS)
Michael Thompson	So.	Miami, Fla. (Miami Northwestern Senior HS)

► COACHING STAFF

Chandra Cheeseborough-Guice

Director of Track and Field

David Rachel

Assistant Coach

#BIGBLUERISING



TENNESSEE STATE

WOMEN'S CROSS COUNTRY

2019

AUG. 30, 2019 - BELMONT OPENER

NASHVILLE, TENN. - PERCY WARNER PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	23:47.93	76	59
Hope Haley	26:28.71	81	62
Tori Roberts	26:33.79	82	63
Elaina Verges	26:44.60	83	64
Grenetria Shell	26:44.85	84	65
Kelsea Buchanan	26:54.91	86	66
Makayla Transou	27:53.96	88	68
Zion White	28:42.00	89	--

TENNESSEE STATE (10th PLACE out of 10 ► 313 points)

SEPT. 13, 2019 - UTC TWILIGHT

CHATTANOOGA, TENN. - CAMP JORDAN - 4K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	16:48.33	54	23
Grenetria Shell	17:45.87	55	26
Kelsea Buchanan	18:33.88	56	63
Elaina Verges	19:03.50	57	64
Makayla Transou	19:54.79	58	65
Tori Roberts	20:42.21	59	66
Hope Haley	21:22.03	60	68

TENNESSEE STATE (5th PLACE out of 5 ► 142 points)

SEPT. 21, 2019 - AUSTIN PEAY CROSS COUNTRY FESTIVAL

CLARKSVILLE, TENN. - EASTLAND GREEN GOLF COURSE - 4 MILES

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	16:48.33	17	17
Grenetria Shell	17:45.87	39	30
Zion White	18:33.88	40	31
Kelsea Buchanan	19:03.50	41	32
Elaina Verges	19:54.79	42	33
Hope Haley	20:42.21	46	35
Alysoune Coleman	21:22.03	51	38

TENNESSEE STATE (3rd PLACE out of 3 ► 142 points)

OCT. 12, 2019 - FAST CATS CLASSIC

OWENSBORO, KY. - YELLOW CREEK PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Grenetria Shell	23:39	113	91
Zion White	24:07	120	95
Elaina Verges	24:20	121	96
Kelsea Buchanan	24:26	123	98
Hope Haley	25:40	128	101
Tori Roberts	25:44	129	102

TENNESSEE STATE (16th PLACE out of 16 ► 481 points)

NOV. 2, 2019 - OVC CROSS COUNTRY CHAMPIONSHIP

EDWARDSVILLE, ILL. - SIUE XC COURSE - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Rebekah Wynn	21:11.2	78	66
Zion White	24:03.1	92	76
Grenetria Shell	24:06.9	93	77
Kelsea Buchanan	24:15.8	94	78
Elaina Verges	24:34/2	96	80
Hope Haley	26:12.2	98	(81)

TENNESSEE STATE (12th PLACE out of 12 ► 377 points)



TENNESSEE STATE

MEN'S CROSS COUNTRY

2019

AUG. 30, 2019 - BELMONT OPENER

NASHVILLE, TENN. - PERCY WARNER PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Thomas Mosley	17:22.94	49	44
John Frierson	18:56.41	64	53
Jacob Miller	19:30.75	68	54
Baylor Segree	21:29.12	72	55
Michael Thompson	21:29.19	74	56
Jaedon Jones	21:44.11	74	57
Quinsontro Irby, Jr.	21:44.48	75	58
Aaron Dobbins	22:37.16	76	--

TENNESSEE STATE (9th PLACE out of 9 ► 262 points)

SEPT. 13, 2019 - UTC TWILIGHT

CHATTANOOGA, TENN. - CAMP JORDAN - 7K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Thomas Mosley	24:34.25	59	10
John Frierson	25:54.37	74	13
Jacob Miller	27:14.29	83	17
Zebeedee Lunsford	28:19.03	88	18
Jaedon Jones	30:40.52	91	20
Quinsontro Irby, Jr.	32:10.44	93	21
Baylor Segree	33:02.55	94	--
Aaron Dobbins	33:34.04	95	--
Michael Thompson	35:40.12	96	--

TENNESSEE STATE (3rd PLACE out of 3 ► 77 points)

SEPT. 21, 2019 - AUSTIN PEAY CROSS COUNTRY FESTIVAL

CLARKSVILLE, TENN. - EASTLAND GREEN GOLF COURSE - 4 MILES

NAME	TIME	OVERALL PLACE	TEAM POINTS
Thomas Mosley	15:52.64	17	16
John Frierson	16:51.17	25	22
Jacob Miller	17:21.50	30	24
Zebeedee Lunsford	18:04.95	37	26
Jaedon Jones	18:11.22	38	27
Emanuel Rome	19:01.04	40	28
Quinsontro Irby, Jr.	19:03.98	41	29

TENNESSEE STATE (3rd PLACE out of 3 ► 115 points)

OCT. 12, 2019 - FAST CATS CLASSIC

OWENSBORO, KY. - YELLOW CREEK PARK - 5K

NAME	TIME	OVERALL PLACE	TEAM POINTS
Thomas Mosley	28:36	88	63
John Frierson	29:19	109	68
Jacob Miller	30:41	122	75
Quinsontro Irby, Jr.	33:36	143	87
Baylor Segree	28:24	157	94

TENNESSEE STATE (13th PLACE out of 15 ► 387 points)

NOV. 2, 2019 - OVC CROSS COUNTRY CHAMPIONSHIP

EDWARDSVILLE, ILL. - SIUE XC COURSE - 8K

NAME	TIME	OVERALL PLACE	TEAM POINTS
John Frierson	29:41.0	86	69
Thomas Mosley	30:50.3	87	74
Jacob Miller	31:29.2	88	77
Zebeedee Lunsford	31:43.2	89	78
Quinsontro Irby, Jr.	34:13.5	90	79
Jaedon Jones	34:23.2	91	(80)

TENNESSEE STATE (12th PLACE out of 12 ► 377 points)