

# DBU PATRIOT Track and Field *and Cross Country* SEASON IN REVIEW

Both of the Dallas Baptist University cross country teams won the Heartland Conference Championship this year, as the men and women's programs each took the title under the strong leadership of head coach Jacob Phillips. During his six years as head coach, this marked the fourth consecutive year that the Lady Patriots have claimed the championship, and it is the first time since 2007 the men have taken home the title.

Leading the ladies to their championship, as she did all season, was senior Tabbitha Ashford, who also won her first individual conference championship with a 6K time of 22:09. Following just behind Ashford was fellow senior Rachel Phillips who finished in 22:18. Both ladies end their career as Patriots claiming four All-Conference honors.

Also helping the Lady Patriots bring home the trophy was junior Linet Kibet, finishing in fifth place; freshman Julie Durrwachter, finishing in seventh place; and freshman Susan Tanui, finishing in ninth place. For the third year in a row, Kibet received All-Conference honors, while freshman Molly Snook and sophomore Ashley Spivey earned Honorable Mention All-Conference honors.

Remarkably, 12 of the 13 Lady Patriots also set personal records during the conference finals.

The award-winning men's team was led by veteran runners John Millsap, Jordan Koser, and Zach Morgan, along with freshman newcomer Jacob Phillips. Each of the four men finished within 13 seconds of each other at the conference championship and all received All-Conference honors as well.

Going on a few weeks later to compete in the NCAA Division II South Central Regional Championship, the Lady Patriots placed sixth overall, while the men finished 13th.

After such a successful cross country season, the Patriots held high standards heading into track season. The teams did not disappoint, collecting honors from both the indoor and outdoor National Christian College Athletic Association Championships.

The men's Distance Medley Relay, consisting of freshman Jacob Phillips, sophomore Tommy Parker, Koser, and junior Zach Braff, brought home the first championship of the indoor season, which was soon followed by Zach Braff winning the 800 meters.

Senior Brad Barksdale and Millsap also received NCCAA All-American honors for their performances.

The ladies also brought home their share of medals. Senior Rachel Phillips secured two All-American performances after competing in the 5000 meters and 3000 meters run, and the women's Distance Medley Relay of sophomore Jasmine Holman, Kibet, and seniors Tabbitha Ashford and Megan Liss also earned All-American honors.

Junior Zach Braff had a noteworthy season full of All-American accolades, but during the Victor Lopez Classic hosted by Rice University, Braff put his name in the record for good. He broke the Dallas Baptist University time for the men's 800 meters with his time of 1:50.83. By the end of the race, Braff was ranked number one in the country for the NCAA Division II 800 meters category.

In the following weeks during the Patriots outdoor competitions, Rachel Phillips and Tanui each picked up an NCCAA Outdoor Track and Field National Championship in the women's 10,000 meters and 3000 meters, respectively.

The men were led by NCCAA All-American performances from juniors Zach Morgan, John Millsap, and Zach Braff.

MEN'S *and* WOMEN'S  
**NCCAA**  
National Champions

# HONORS:

**MEN'S HEARTLAND  
CONFERENCE CHAMPIONS**

**WOMEN'S HEARTLAND  
CONFERENCE CHAMPIONS**

**TABBITHA ASHFORD  
HEARTLAND ALL-CONFERENCE**

**LINET KIBET  
HEARTLAND ALL-CONFERENCE**

**RACHEL PHILLIPS  
HEARTLAND ALL-CONFERENCE  
5000M NCCAA ALL-AMERICAN  
3000M NCCAA ALL-AMERICAN  
10,000M NCCAA ALL-AMERICAN  
NCAA ALL-REGION**

**MOLLY SNOOK  
HEARTLAND HONORABLE MENTION  
ALL-CONFERENCE**

**ASHLEY SPIVEY  
HEARTLAND HONORABLE MENTION  
ALL-CONFERENCE**

**SUSAN TANUI  
3000M NCCAA ALL-AMERICAN  
5000M NCCAA ALL-AMERICAN**

**BRAD BARKSDALE  
60M NCCAA ALL-AMERICAN**

**JESSE BENES  
HEARTLAND ALL-CONFERENCE**

**ZACH BRAFF  
800M NCCAA ALL-AMERICAN (INDOOR)  
800M NCCAA ALL-AMERICAN (OUTDOOR)**

**JORDAN KOSER  
HEARTLAND ALL-CONFERENCE**

**JOHN MILLSAP  
HEARTLAND ALL-CONFERENCE  
10,000M NCCAA ALL-AMERICAN  
5000M NCCAA ALL-AMERICAN**

**ZACH MORGAN  
HEARTLAND ALL-CONFERENCE  
10,000M NCCAA ALL-AMERICAN**

**JACOB PHILLIPS  
HEARTLAND ALL-CONFERENCE**

**MEN'S DISTANCE MEDLEY RELAY  
NCCAA NATIONAL CHAMPIONS**

**WOMEN'S DISTANCE MEDLEY RELAY  
NCCAA NATIONAL CHAMPIONS**

