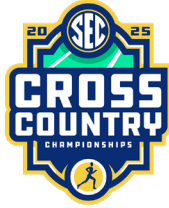




VANDERBILT CROSS COUNTRY

SEC CROSS COUNTRY CHAMPIONSHIPS

Event	SEC Cross Country Championships
Date	Oct. 31, 2025
Site	Cherokee Farm Cross Country Course Knoxville, Tenn.
Broadcast	SEC Network



STORYLINES

NEXT UP

- Vanderbilt men's and women's cross country heads to Knoxville, Tennessee, to compete at the 2025 SEC Cross Country Championships at Cherokee Farms Cross Country Course
- Heading into the conference championships, seven men's teams and five women's teams from SEC schools are ranked top 30 in NCAA Division I
- The men's 8-kilometer race will begin and 9:08 a.m. CT, and the women's 6-kilometer race gets underway at 9:53 a.m.

THE LAST TIME OUT

- Vanderbilt's Luke Churchwell and Tyla Lumley led the men's and women's cross country teams to fifth and fourth place respective finishes at the Crimson Classic
- Churchwell finished 17th overall with a time of 24:28.8
- It is the second time this season that he has paced the Commodore men
- For the second meet in a row, Sam Darmanie was Vanderbilt's second finisher, coming in 41st overall and fifth among freshmen with a time of 25:03.2
- Lumley registered a time of 19:59.3 to place eighth
- Claire Petersen came in second among Vanderbilt runners and 10th overall with a time of 20:08.7

DORES IN THE RANKINGS

- The women's cross country team is ranked top 50 in NCAA Division I according to the Cross Country Rating Index
- In the XCRI, Vandy's women's team is the 10th-ranked team in the SEC

NEW FACES IN NASHVILLE

- Three transfer and seven freshmen student-athletes joined the Commodore cross country squads this season
- Junior Churchwell, who previously competed at Georgia, led Vandy runners in back-to-back meets
- Graduate student Lumley, a transfer from Drake, has scored for the Dores at every meet so far this season and was the top Commodore, eighth overall finisher at the Crimson Classic
- Darmanie has scored for Vanderbilt in every meet so far this season

NOTABLE RETURNERS

- Lily Kriegel returns to Nashville for her sophomore season after winning gold in the 5,000 meters at the 2025 USATF U20 Outdoor Championships and earned a bronze medal in the 1,500 meters at the end of her freshman year
- Claire Peterson is the women's team's sole returner from the 2024 regional lineup
- This season, Peterson led Vandy runners at the Gans Creek Classic and notched a top 10 finish at the Crimson Classic
- In 2024, Michael Skora was the top Vanderbilt finisher at every meet. He scored for the Dores at the Crimson Classic

SUCCESS UNDER THOMAS

- Entering her fifth season as director of cross country and track and field, Althea Thomas led Commodore cross country runners to achieving four All-South Region selections, one SEC Scholar-Athlete of the Year award and one College Sports Communicators Academic All-America honor
- In 2024, the Commodore men and women placed 13th and ninth, respectively, at the SEC Championships
- At the 2024 NCAA South Region Championships, the Vandy men's team came in 16th place, and the women's team finished ninth

ACADEMIC EXCELLENCE

- The women boasted a 3.669 team GPA and the men compiled a 3.493 GPA during the 2024-25 academic year.
- Twenty-two Commodores were named to the 2024 Fall SEC Academic Honor Roll, and three made the 2023-24 First-Year SEC Academic Honor Roll
- 2025 graduated Julia Rosenberg and Ellie Wolski earned CSC Academic All-District Honors for their academic and athletic accomplishments last season

2025 CROSS COUNTRY SCHEDULE

Date	Meet Name	M	W	Location
Aug. 39	Belmont Opener	4th	1st	Nashville, Tenn.
Sept. 26	Gans Creek Classic	12th	24th	Columbia, Mo.
Oct. 17	Crimson Classic	5th	4th	Tuscaloosa, Ala.
Oct. 31	SEC Championships	9:08 a.m.	9:53 a.m.	Knoxville, Tenn.
Nov. 14	NCAA South Region Championship	TBD	TBD	Huntsville, Ala.
Nov. 22	NCAA Championship	9 a.m.	11 a.m.	Columbia, Mo.

*Times listed in CT

QUICK FACTS

Name	Vanderbilt University
Location	Nashville, Tenn.
Founded	1873
Enrollment	7,221 (undergraduate) 13,575 (total)
Nickname	Commodores
Colors	Black & Gold
Conference	Southeastern
Chancellor	Daniel Diermeier
Vice Chancellor/Athletics Director	Candice Storey Lee
Faculty Athletics Rep	Tracey George

ATHLETIC COMMUNICATIONS

Associate Athletics Director	Brian Fremund
Cross Country Primary Contact	Pilar Ballough
Email	pilar.ballough@vanderbilt.edu
Phone	C: 724.691.5982

VANDERBILT CROSS COUNTRY ROSTER

Vanderbilt Men's Cross Country

Name	Class	Hometown / Prev. School
Dylan Ballard	Sr.	Houston, Texas / Bellaire Senior HS
Brady Bliven	Jr.	Salem, Ore. / West Salem HS
Brody Chapman	Jr.	Franklin, Tenn. / Tennessee
Luke Churchwell	Jr.	Cochran, Ga. / Georgia
Sam Darmanie	Fr.	Springboro, Ohio / Springboro HS
Mitchel Drees	Jr.	Park Hills, Ky. / Covington Catholic HS
Tommy O'Brien	Fr.	Madison, N.J. / St. Peter's Prep
Finn Richards	Fr.	Hinsdale, Ill. / Benet Academy
Jackson Scruggs	Jr.	Athens, Ga. / Athens Academy
Michael Skora	Jr.	Clarendon Hills, Ill. / Hinsdale Central HS

Vanderbilt Women's Cross Country

Name	Class	Hometown / Prev. School
Audrey Allman	Sr.	Glen Ellyn, Ill. / Glenbard West HS
Bria Bennis	Jr.	Elmhurst, Ill. / Elmhurst (York) HS
Mackenzie Culpepper	Sr.	Hoover, Ala. / Spain Park HS
Sofia Day	Fr.	Linwood, N.J. / Mainland Regional HS
Johna Grisik	Sr.	Alpharetta, Ga. / Marist HS
Hannah Huyler	Fr.	Lake Oswego, Ore. / Lakeridge HS
Betsy Jepkemei	Fr.	Iten, Kenya / Holy Rosary Girls Secondary School
Lily Kriegel	So.	Whitefish Bay, Wis. / Whitefish Bay HS
Tyla Lumley	Gr.	Brisbane, Australia / Drake
Claire Petersen	So.	Roswell, Ga. / Blessed Trinity HS
Myrto Valacha	Fr.	Patras, Greece / Sixth Daily Vocational

Coaching Staff

Althea Thomas – Director • Cross Country, Track & field
Chad Balyo – Assistant Coach • Distance
Lisa Morgan – Assistant Coach • Distance

COMMODORE CAPSULES

DYLAN BALLARD • JR. • HOUSTON, TEXAS

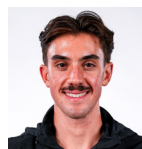
SB 8k - 25:02.9 Gans Creek Classic
 PB 8k - 24:41.9 SEC Championships (2024)
 SB 10k -
 PB 10k -


BRADY BLIVEN • JR. • SALEM, ORE.

SB 8k - 25:00.3 Gans Creek Classic
 PB 8k - 24:12.0 SEC Championships (2024)
 SB 10k -
 PB 10k - 31:54.7 NCAA South Region Championships (2024)


BRODY CHAPMAN • JR. • BRENTWOOD, TENN.

SB 8k - 25:04.2 Gans Creek Classic
 PB 8k - 24:14.5 SEC Championships (2024)
 SB 10k -
 PB 10k -


LUKE CHURCHWELL • JR. • COCHRAN, GA.

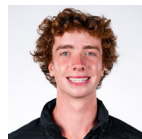
SB 8k - 24:23.4 Gans Creek Classic
 PB 8k - 24:23.4 Gans Creek Classic (2025)
 SB 10k -
 PB 10k - 31:51.3 NCAA South Region Championships (2023)


SAM DARMANIE • FR. • SPRINGBORO, OHIO

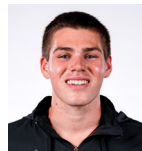
SB 8k - 24:29.4 Gans Creek Classic
 PB 8k - 24:29.4 Gans Creek Classic (2025)
 SB 10k -
 PB 10k -


MITCHEL DREES • JR. • PARK HILLS, KY.

SB 8k -
 PB 8k - 24:41.0 SEC Championships (2024)
 SB 10k -
 PB 10k - 32:17.6 NCAA South Region Championships (2024)


TOMMY O'BRIEN • FR. • MADISON, N.J.

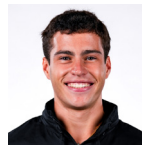
SB 8k -
 PB 8k -
 SB 10k -
 PB 10k -


FINN RICHARDS • FR. • HINSDALE, ILL.

SB 8k -
 PB 8k -
 SB 10k -
 PB 10k -


JACKSON SCRUGGS • JR. • ATHENS, GA.

SB 8k - 25:37.0 Gans Creek Classic
 PB 8k - 24:57.7 SEC Championships (2024)
 SB 10k -
 PB 10k - 31:21.3 NCAA South Region Championships (2023)


MICHAEL SKORA • JR. • CLARENDON HILLS, ILL.

SB 8k - 25:34.0 Gans Creek Classic
 PB 8k - 24:06.0 SEC Championships (2024)
 SB 10k -
 PB 10k - 31:47.6 NCAA South Region Championships (2024)


AUDREY ALLMAN • SR. • GLEN ELLYN, ILL.

SB 5k -
 PB 5k - 17:21.6 Joe Plane Invitational (2022)
 SB 6k -
 PB 6k - 20:56.3 SEC Championships (2022)


BRIA BENNIS • JR. • ELMHURST, ILL.

SB 5k -
 PB 5k - 16:56.2 Southern Showcase (2024)
 SB 6k -
 PB 6k -


MACKENZIE CULPEPPER • SR. • HOOVER, ALA.

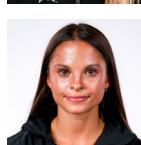
SB 5k - 20:01.3 Belmont Opener
 PB 5k - 17:45.7 Joe Plane Invitational (2024)
 SB 6k -
 PB 6k - 21:43.7 Wisconsin Pre-Nationals (2024)


SOFIA DAY • FR. • LINWOOD, N.J.

SB 5k -
 PB 5k -
 SB 6k -
 PB 6k -


JOHNA GRISI • SR. • ALPHARETTA, GA.

SB 5k - 18:57.1 Belmont Opener
 PB 5k - 18:52.2 Joe Plane Invitational (2024)
 SB 6k - 22:27.9 Gans Creek Classic (2025)
 PB 6k - 22:27.9 Gans Creek Classic (2025)


HANNAH HUYLER • FR. • LAKE OSWEGO, ORE.

SB 5k - 18:14.0 Belmont Opener
 PB 5k - 18:14.0 Belmont Opener (2025)
 SB 6k - 21:10.0 Gans Creek Classic
 PB 6k - 21:10.0 Gans Creek Classic (2025)


BETSY JEPKEMEI • FR. • ITEN, KENYA

SB 5k -
 PB 5k -
 SB 6k -
 PB 6k -


LILY KRIEGL • SO. • WHITEFISH BAY, WIS.

SB 5k - 17:43.2 Southern Showcase
 PB 5k - 17:43.2 Southern Showcase (2024)
 SB 6k - 20:46.3 Gans Creek Classic
 PB 6k - 20:46.3 Gans Creek Classic (2025)


TYLA LUMLEY • GR. • BRISBANE, AUSTRALIA

SB 5k - 18:14.2 Belmont Opener
 PB 5k - 17:42.2 Cyclone Preview (2024)
 SB 6k - 20:29.6 Gans Creek Classic
 PB 6k - 20:22.2 NCAA Midwest Regional (2024)


CLAIRE PETERSEN • SO. • ROSWELL, GA.

SB 5k -
 PB 5k - 17:29.8 Joe Plane Invitational (2024)
 SB 6k - 20:23.8 Gans Creek Classic
 PB 6k - 20:17.6 SEC Championships (2024)


MYRTO VALACHA • FR. • PATRAS, GREECE

SB 5k - 18:14.4 Belmont Opener
 PB 5k - 18:14.4 Belmont Opener (2025)
 SB 6k - 21:53.4 Gans Creek Classic
 PB 6k - 21:53.4 Gans Creek Classic (2025)