



NORTHWEST CONFERENCE CROSS COUNTRY RECORDS

Men's Champions

Team

1963 - Willamette 38 points
 1964 - Whitman 31
 1965 - Lewis & Clark 38
 1966 - Whitman 19

 1967 - Lewis & Clark 26
 1968 - L&C 38, Willamette 38
 1969 - Lewis & Clark 27
 1970 - Willamette 31
 1971 - Whitworth 28
 1972 - Whitworth 41
 1973 - Lewis & Clark 53
 1974 - Lewis & Clark 54
 1975 - Pacific Lutheran 50
 1976 - Willamette 33
 1977 - Willamette 23
 1978 - Willamette 21
 1979 - Willamette 16
 1980 - Willamette 26
 1981 - Willamette 29
 1982 - Willamette 38
 1983 - Linfield 22
 1984 - Pacific Lutheran 29
 1985 - Pacific Lutheran 46
 1986 - Pacific Lutheran 37
 1987 - Pacific Lutheran 31
 1988 - Pacific Lutheran 22
 1989 - Pacific Lutheran 34
 1990 - Pacific Lutheran 28
 1991 - Pacific Lutheran 37
 1992 - Pacific Lutheran 29
 1993 - Willamette 53
 1994 - Linfield 49, Whitman 49
 1995 - Pacific Lutheran 47
 1996 - Puget Sound 36
 1997 - Pacific Lutheran 32
 1998 - Puget Sound 49
 1999 - Puget Sound 41
 2000 - Puget Sound 29
 2001 - Willamette 29
 2002 - Willamette 22
 2003 - Willamette 25
 2004 - Willamette 23
 2005 - Willamette 26
 2006 - Willamette 40
 2007 - Willamette 21

Individual

Chris Miller, L&C 18:38.8 3.85 mi (Salem)
 Wes Armstrong, Willamette 21:05.0 4.1 mi (Walla Walla)
 Chris Miller, L&C 20:32.5 4 mi (Salem)
 Bruce Jones and Evan Smith, Whitman
 21:31.0 (dead heat) 4.1 mi (Walla Walla)
 David Fix, L&C 20:30.0 4 mi (Salem)
 David Fix, L&C 21:05.3 4 mi (Portland)
 Gary Purpura, Willamette 20:16.5 4 mi (Salem)
 Don Johnson, Willamette 26:45.6 5 mi (Portland)
 Tom Hale, Whitworth 25:34.0 5 mi (McMinnville)
 Jim Isitt, Whitworth 26:23.1 5 mi (Tacoma)
 Dan Hall, Willamette 25:26.0 5 mi (Walla Walla)
 Terry Zerzan, Willamette 25:53.0 5 mi (Spokane)
 Dan Hall, Willamette 24:25.8 5 mi (Salem)
 Roger Hansen, Pacific 25:09.8 5 mi (Portland)
 Terry Zerzan, Willamette 24:55.6 5 mi (Salem)
 David Fleming, Willamette 26:03.7 5 mi (Tacoma)
 David Fleming, Will 25:58.0 5 mi (Walla Walla)
 David Johnson, Willamette 25:30.7 5 mi (Tacoma)
 Rich Groenendaal, Willamette 24:58.3 8K (Salem)
 Rich Groenendaal, Willamette 25:17.8 8K (Portland)
 Glen Giovannetti, Linfield 24:31.3 8K (Tacoma)
 Dave Hale, PLU 25:49.0 8K (Walla Walla)
 Rob MacGinnittie, Willamette 25:10.2 8K (Salem)
 Andy Libert, Willamette 24:41.2 8K (Salem)
 Darrin Hatcher, PLU 24:59.3 8K (Salem)
 David Mays, PLU 24:17.6 8K (Tacoma)
 Matt Farley, Whitman 25:46.0 8K (Walla Walla)
 Tim Swanberg, Whitman 25:12.5 8K (Salem)
 Alan Herr, PLU 25:55.1 8K (Estacada, Ore.)
 Steve Sund, Whitworth 25:35.5; 8 K (Salem)
 Steve Owens, PLU 25:35.5; 8K (Tacoma)
 Erik Anderson, Linfield 25:36.19; 8K (Walla Walla)
 Alex Rolfe, Whitman 25:17; 8K (Spokane)
 Jon Westerman, UPS, 25:08.36; 8K (Salem)
 Ryan Pauling, PLU 25:15 8K (Newberg, Ore.)
 Dave Davis, UPS 25:29.6 8K (Tacoma)
 Dave Davis, UPS 24:52 8K (Estacada, Ore.)
 Aaron Young, Willamette 25:30.30 8K (Walla Walla)
 Neil Weare, L&C 24:55.9 8K (Salem)
 Aaron Young, Willamette 25:24.1 8K (Tacoma)
 Jacob Stout, Willamette 24:57.69 8K (Forest Grove)
 Aaron Hollingshead, Willamette 25:39.7 8K (Spokane)
 Nick Symmonds, Willamette 25:18.10 8k (Bush Park - Salem)
 Ian Batch, Willamette 24:30.70 8k (PLU - Tacoma)
 Tristan Knutson-Lombardo, Willamette 25:00.34 8k (Willamette Mission State Park)
 Francis Reynolds, UPS 24:35.24 8k (Walla Walla)
 Francis Reynolds, UPS 25:00.71 8k (Estacada, Ore.)
 Leo Castillo, Willamette 25:18.66 8k (Lakewood, Wash. Ft. Steilacoom)
 Leo Castillo, Willamette 25:02.52 (Willamette Mission State Park)
 Parker Bennett, Willamette 25:48 (Sunset Grove Golf Coourse)

2008 - Whitworth 43
 2009 - Willamette 32
 2010 - Whitworth 33
 2011 - Whitworth 45
 2012 - Willamette 40

2013 – Willamette 49	Parker Bennett, Willamette 24:30.62 (Downriver Golf Course)
2014 – Willamette 41	Tyler Shipley, Pacific 25:44.8 (Bush's Pasture Park)
2015 – Willamette 31	Tyler Shipley, Puget Sound 25:47.30 (PLU South Field)
2016 – Willamette 36	Brad Hodkinson, Pacific Lutheran 24:56.3 (Veterans Memorial GC)
2017 – Willamette 50	Brad Hodkinson, Pacific Lutheran 25:13.4 (Newberg)
2018 – Pacific Lutheran / George fox 74	Colin Monaghan, Puget Sound 25:39.1 (Estacada, Oregon)
2019 – George Fox 52	Colin Monaghan, Puget Sound 24:35.5 (Lakewood, Wash.)
2020 - No Championship Due to Covid-19	
2021 – George Fox 53	Ryan Stracke, Pacific Lutheran 25:40.9 (Michelbook CC)
2022 – George Fox 38	Ryan Stracke, Pacific Lutheran 24:02.4 (Killarney West GC)
2023 – George Fox 24	Peter Weiss, George Fox 24:42.5 (Plantes Ferry Park – Spokane)
2024 – George Fox 28	Austin Gappa, George Fox 24:31.4 (Oak Knoll GC)

Men's Year-by-Year Results

1963

Nov. 9 at Salem (Bush's Pasture Park; 3.85 miles) – Willamette 38, Whitman 40, Lewis & Clark 42, Pacific 110; College of Idaho and Linfield did not participate.

1. Chris Miller, L&C	18:38.8	6. Bob Ladum, Willamette	19:36
2. Larry Rector, Whitman	19:09	7. Wes Armstrong, Willamette	19:47
3. Ron Thompson, Willamette	19:14	8. Pat Armstrong, Willamette	20:13
4. Bruce Jones, Whitman	19:20	9. Ross Mouer, L&C	20:25
5. Farley Buell, L&C	19:26	10. Jim Whiting, Whitman	20:32

1964

Nov. 7 at Walla Walla (start-finish at Borleske Stadium; 4 miles) – Whitman 31, Willamette 49, Lewis & Clark 50.

1. Wes Armstrong, Willamette	21:05	6. Rex Wignall, Whitman	21:39
2. Tom Jamieson, Whitman	21:06	7. Ross Mouer, L&C	21:44
3. Bob Ladum, Willamette	21:07	8. Terry Templeton, Whitman	21:47
4. Farley Buell, L&C	21:23	9. Tom Masterson, L&C	21:50
5. Larry Rector, Whitman	21:30	10. Jim Whiting, Whitman	21:51

1965

Nov. 6 in Salem (Bush's Pasture Park, 4 miles) – Lewis & Clark 38, Whitman 46, Willamette 48, Linfield 107.

1. Chris Miller, L&C	20:32.5	6. Bob Ladum, Willamette	21:45
2. Bruce Jones, Whitman	21:22.5	7. Pat Armstrong, Willamette	21:49
3. Evan Smith, Whitman	21:28	8. Terry Templeton, Whitman	21:57
4. Ahoi Mench, L&C	21:34	9. Craig Bayless, Willamette	22:10
5. Ross Mouer, L&C	21:34.5	10. Jack Case, Linfield	22:29

1966

Nov. 5 at Walla Walla (Veterans' Memorial golf course; 4.1 miles) – Whitman 19, Lewis & Clark 55, Willamette 55, Linfield 114, College of Idaho 118.

1. Bruce Jones, Whitman	21:31	6. Pat Armstrong, Willamette	22:10
2. Evan Smith, Whitman	21:31	7. Bob Ladum, Willamette	22:21
3. Rex Wignall, Whitman	21:38	8. Tom Howell, Whitman	22:34
4. David Fix, L&C	21:39	9. Jack Case, Linfield	22:35
5. Rod Fife, Whitman	21:52	10. Mark Mandel, L&C	22:42

1967

Nov. 4 in Salem (Bush's Pasture Park; 4 miles) – Lewis & Clark 26, Willamette 39, Whitman 72, Pacific 143, College of Idaho 149, Linfield 157, Pacific Lutheran 159.

1. David Fix, L&C	20:30	6. Tom Masterson, L&C	21:51
2. Ted Dorman, L&C	20:46	7. Leonard Valadez, Willamette	21:51
3. Rod Fife, Whitman	21:01	8. Edwin Wallace, Willamette	21:57
4. David Steinke, Willamette	21:17	9. Rick Sparber, Willamette	21:57
5. Mark Mandel, L&C	21:29	10. Bill Holly, Pacific	21:59

1968

Nov. 2 in Portland (Pier Park; 4 miles) – Lewis & Clark 38, Willamette 38, Whitman 83, Pacific Lutheran 106, Pacific 110, Linfield 158; College of Idaho incomplete team.

1. David Fix, L&C	21:05.3	6. Rick Sparber, Willamette	22:05
2. Ted Dorman, L&C	21:33	7. Jerry Gugel, PLU	22:09
3. David Steinke, Willamette	21:44	8. David Grigonis, Willamette	22:15
4. Rod Fife, Whitman	21:52	9. Ed Wallace, Willamette	22:21
5. Mike Olin, Pacific	21:53	10. Keith Woodard, L&C	22:32

1969

Nov. 1 in Salem (Bush's Pasture Park; 4 miles) – Lewis & Clark 27, Willamette 37, Whitman 95, Pacific Lutheran 98, Pacific 120, Linfield 163; College of Idaho inc team.

1. Gary Purpura, Willamette	20:16.5	6. Rod Fife, Whitman	21:24
2. Bruce Runcie, L&C	20:21	7. Rick Sparber, Willamette	21:25
3. David Fix, L&C	20:33	8. Mike Keyes, L&C	21:35
4. Bob Byerly, L&C	21:13	9. Jerry Gugel, PLU	21:39
5. Ed Wallace, Willamette	21:18	10. Keith Woodard, L&C	21:42

1970

Nov. 7 in Portland (Pier Park; 5 miles) – Willamette 31, Lewis & Clark 40, Whitman 76, Pacific Lutheran 99, Pacific 108; Linfield and College of Idaho incomplete teams.

1. Don Johnson, Willamette	26:45.6	6. Toby Daniels, L&C	27:18
2. Bob Sos, Whitman	26:49	7. Jerry Gugel, PLU	27:23
3. David Steinke, Willamette	26:57	8. Keith Woodard, L&C	27:36
4. Bob Byerly, L&C	27:16	9. Carl Lopez, Willamette	27:57
5. John Othus, Willamette	27:18	10. Brian Rall, L&C	28:05

1971

Nov. 6 in McMinnville (Linfield campus; 5 miles) – Whitworth 28, Lewis & Clark 46, Willamette 97, Whitman 101, Pacific Lutheran 133, Pacific 143, Linfield 197; College of Idaho incomplete team.

1. Tom Hale, Whitworth	25:34	6. Tom Docheff, Whitworth	26:21
2. Bob Isitt, Whitworth	25:37	7. Jim Anderson, Whitworth	26:27
3. Bob Sos, Whitman	25:55	8. Ken Woodard, L&C	26:28
4. Bob Byerly, L&C	26:04	9. John Othus, Willamette	26:30
5. Kevin Knapp, PLU	26:16	10. Rich Olson, L&C	26:34

1972

Nov. 4 at Tacoma (Fort Steilacoom Park; 5 miles) – Whitworth 41, Willamette 56, Lewis & Clark 79, Whitman 87, Pacific Lutheran 96, Linfield 121; Pacific and College of Idaho incomplete teams.

1. Jim Isitt, Whitworth	26:23.1	6. Doug Zibell, Whitworth	26:46
2. Brock Hinzmann, Willamette	26:29	7. John Mitchell, L&C	26:50
3. Dan Hall, Willamette	26:34	8. Rich Olson, L&C	26:52
4. Mark Baum, Willamette	26:39	9. Kevin Knapp, PLU	26:56
5. Bob Sos, Whitman	26:45	10. Karl Zeiger, Whitworth	27:02

1973

Nov. 3 at Walla Walla (Veterans' Memorial; 5 miles) – Lewis & Clark 53, Linfield 69, Willamette 73, Pacific Lutheran 89, Whitworth 92, Whitman 131; College of Idaho and Pacific incomplete teams.

1. Dan Hall, Willamette	25:26	6. Karl Zeiger, Whitworth	26:16
2. Peter Brown, L&C	25:46	7. Paul Ueunten, PLU	26:20
3. Ken Woodard, L&C	25:47	8. Howard Morris, PLU	26:20
4. Richard Kirkham, Willamette	25:51	9. David Benson, PLU	26:32
5. Bob Ray, Linfield	26:01	10. Doug Zibell, Whitworth	26:41

1974

Nov. 2 at Spokane (Whitworth campus; 5 miles) – Lewis & Clark 54, Pacific Lutheran 58, Willamette 59, Whitworth 64, Linfield 90, Whitman 158; Pacific and College of Idaho incomplete teams.

1. Terry Zerzan, Willamette	25:53	6. David Hunter, Whitworth	26:11
2. Doug Zibell, Whitworth	25:58	7. Norm Dick, L&C	26:12
3. Dan Hall, Willamette	26:06	8. Kevin Knapp, PLU	26:19
4. Kevin Cooley, L&C	26:07	9. Bob Kipper, Willamette	26:20
5. Gordon Bowman, PLU	26:09	10. Paul Ueunten, PLU	26:26

1975

Nov. 1 in Salem (Bush's Pasture Park; 5 miles) – Pacific Lutheran 50, Pacific 57, Linfield 69, Willamette 88, Whitworth 124, Lewis & Clark 135, Whitman 156; College of Idaho incomplete team.

1. Dan Hall, Willamette	24:25.8	6. Ron Vogt, Pacific	25:31
2. Dave Nickelson, Linfield	25:23	7. Tim Williams, Linfield	25:35
3. Gordon Bowman, PLU	25:26	8. Brian Hafferkamp, Whitworth	25:42
4. Rod Adams, Pacific	25:27	9. Arthur Eddy, Pacific	25:59
5. Howard Morris, PLU	25:28	10. Kevin Schafer, PLU	26:00

1976

Nov. 6 in Portland (Pier Park; 5 miles) – Willamette 33, Pacific Lutheran 54, Pacific 62, Whitworth 86, Lewis & Clark 138, Linfield 153, Whitman 181; College of Idaho incomplete team.

1. Roger Hansen, Pacific	25:09.8	6. Gordon Bowman, PLU	26:01
2. Terry Zerzan, Willamette	25:30	7. Tim Rutledge, Willamette	26:07
3. Bill Hurst, Willamette	25:45	8. Dan Clark, PLU	26:25
4. Dave Sanderson, Whitworth	25:49	9. Steve McGrew, Willamette	26:31

5. Tom Cason, Pacific	25:54	10. Mike Woolwine, L&C	26:36
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1977

Nov. 5 in Salem (Bush's Pasture Park; 5 miles) – Willamette 23, Lewis & Clark 64, Whitworth 81, Pacific Lutheran 98, Linfield 118, Pacific 127, Whitman 171; College of Idaho incomplete team.

1. Terry Zerzan, Willamette	24:55.6	6. Kelly Sullivan, Willamette	25:56
2. Dave Sanderson, Whitworth	25:38	7. Doug Oberst, L&C	26:03
3. Tim Rutledge, Willamette	25:40	8. Dave Fleming, Willamette	26:15
4. Jan Remak, L&C	25:49	9. John Sides, Pacific	26:17
5. Chuck Coats, Willamette	25:52	10. Kelly Carter, Linfield	26:18

1978

Nov. 4 at Tacoma (Fort Steilacoom Park; 5 miles) – Willamette 21, Lewis & Clark 52, Pacific Lutheran 88, Pacific 117, Whitworth 125, Whitman 160, Linfield 182.

1. David Fleming, Willamette	26:03.7	6. George Zelenak, Whitman	26:27
2. Tim Rutledge, Willamette	26:05	7. Ken Woodard, L&C	26:30
3. Kelly Sullivan, Willamette	26:09	8. Joel Stamp, L&C	26:33
4. Rick LaGreide, Willamette	26:16	9. Mick Ziegler, PLU	26:56
5. Steve Taylor, L&C	26:18	10. Paul Graham, Whitworth	27:01

1979

Nov. 10 at Walla Walla (Fort Walla Walla Park; 5 miles) – Willamette 16, Pacific Lutheran 67, Lewis & Clark 74, Whitworth 110, Pacific 115, Linfield 136, Whitman 159.

1. David Fleming, Willamette	25:28	6. Rick LaGreide, Willamette	26:59
2. Kelly Sullivan, Willamette	26:06	7. Jan Remak, L&C	27:05
3. David Johnson, Willamette	26:17	8. Joel Stamp, L&C	27:13
4. Tim Rutledge, Willamette	26:41	9. Steve Kastama, PLU	27:19
5. Stu Vincent, L&C	26:47	10. Mike Carlson, PLU	27:24

1980

Oct. 25 at Tacoma (Fort Steilacoom Park; 5 miles) – Willamette 26, Lewis & Clark 56, Whitworth 65, Pacific Lutheran 83, Whitman 129, Linfield 127, Pacific incomplete team.

1. David Johnson, Willamette	25:30.7	6. Zane Prewitt, PLU	26:23.6
2. Rich Recker, L&C	25:52.0	7. Tom Nist, L&C	26:28.6
3. Kevin O'Connor, Willamette	25:57.8	8. Charlie Lewis, Whitworth	26:36.9
4. Mark Holmlund, Willamette	26:04.6	9. Ken Clark, Whitman	26:41.0
5. Rich Groenendaal, Will	26:15.4	10. Bob Jones, L&C	26:43.2

1981

Oct. 31 in Salem (Bush's Pasture Park; 8,000 meters) – Willamette 29, Whitworth 58, Linfield 95, Pacific Lutheran 107, Lewis & Clark 112, Whitman 120, Pacific 160.

1. Rich Groenendaal, Will	24:58.3	6. Charlie Lewis, Whitworth	25:25.4
2. Kevin O'Connor, Willamette	25:06.6	7. David Johnson, Willamette	25:29.0
3. Glen Giovannetti, Linfield	25:07.5	8. Craig Deitz, Whitworth	25:33.6
4. Kris Mueller, Linfield	25:12.8	9. Mark Brown, Linfield	25:40.0
5. Robbie Wright, Willamette	25:16.9	10. Ken Clark, Whitman	25:44.7

1982

Oct. 30 in Portland (Pier Park; 8,000 meters) – Willamette 38, Linfield 61, Whitman 70, Pacific Lutheran 76, Lewis & Clark 139, Whitworth 146; Pacific incomplete team.

1. Rich Groenendaal, Willamette	25:17.8	6. Glen Giovannetti, Linfield	25:52.4
2. Paul Devine, Whitman	25:18.0	7. Scott Redman, Whitman	25:54.3
3. Mike Friess, Linfield	25:40.9	8. Robby Wright, Willamette	26:01.2
4. Kevin O'Connor, Willamette	25:44.5	9. Craig Deitz, Whitworth	26:02.1
5. Jesse Gore, Linfield	25:44.7	10. Thaddeus McCamant, Whtn	26:04.4

1983

Oct. 29 at Tacoma (Fort Steilacoom Park; 8,000 meters) – Linfield 22, Willamette 52, Pacific Lutheran 69, Whitman 84, Lewis & Clark 117, Whitworth 173; Pacific incomplete team.

1. Glen Giovannetti, Linfield	24:31.3	6. Jesse Gore, Linfield	24:56.6
2. Robbie Wright, Willamette	24:37.6	7. Joe Alward, Linfield	24:57.7
3. Mike Friess, Linfield	24:41.8	8. Paul Barton, PLU	24:58.8
4. Dave Mitchell, Whitman	24:48.6	9. Kevin O'Connor, Willamette	25:06.6
5. Jim Wyatt, Linfield	24:53.7	10. Dave Hale, PLU	25:07.7

1984

Oct. 27 at Walla Walla (Fort Walla Walla Park; 8,000 meters) – Pacific Lutheran 29, Whitman 61, Linfield 61, Willamette 83, Lewis & Clark 109.

1. Dave Hale, PLU	25:19	6. Russ Cole, PLU	26:18
2. Kevin Cathcart, Whitman	25:54	7. Greg Stark, PLU	26:24
3. Joe Alward, Linfield	25:57	8. Jay Schroeder, Willamette	26:28
4. Paul Barton, PLU	25:58	9. David Gilroy, Willamette	26:31
5. Carleton Jones, Whitman	26:14	10. Ray Whitlow, Linfield	26:34

1985

Oct. 26 in Salem (Bush's Pasture Park; 8,000 meters) – Pacific Lutheran 46, Willamette 53, Linfield 73, Lewis & Clark 86, Whitman 88; Pacific incomplete team.

1. Rob MacGinnittie, Willamette	25:10.16	6. Alan Giesen, PLU	25:35.73
2. David Gilroy, Willamette	25:18.30	7. Ray Whitlow, Linfield	25:39.26
3. Bob Craig, Whitman	25:24.16	8. Russ Cole, PLU	25:39.65
4. Kevin Cathcart, Whitman	25:24.82	9. Ken Gardner, PLU	25:48.14
5. Duke Ritenhouse, L&C	25:26.50	10. Doug Grider, PLU	25:53.01

1986

Oct. 25 in Salem (Bush's Pasture Park; 8,000 meters) – Pacific Lutheran 37, Willamette 39, Whitman 97, Lewis & Clark 101, Linfield 103, Pacific 167.

1. Andy Libert, Willamette	24:41.2	6. David Gilroy, Willamette	25:05.2
2. Kevin Cathcart, Whitman	24:51.1	7. Erick Landeen, Willamette	25:06.0
3. Allan Giesen, PLU	24:56.4	8. Ron Ares, L&C	25:09.4
4. Russ Cole, PLU	25:03.5	9. Ray Whitlow, Linfield	25:13.3
5. Ken Gardner, PLU	25:03.9	10. Rob MacGinnittie, Willamette	25:26.2

1987

Oct. 31 in Salem (Bush's Pasture Park; 8,000 meters) – Pacific Lutheran 31, Whitman 64, Willamette 76, Linfield 93, Lewis & Clark 96; Pacific incomplete team.

1. Darrin Hatcher, PLU	24:59.3	6. Mark Keller, PLU	25:42.6
2. Ray Whitlow, Linfield	25:08.5	7. John Weisel, Linfield	25:47.2
3. Allan Giesen, PLU	25:20.2	8. Amar Kamadoli, Will	25:53.0
4. David Gilroy, Willamette	25:22.4	9. Scott Roberts, PLU	25:58.4
5. Matt Farley, Whitman	25:27.0	10. Bob Harris, L&C	25:59.2

1988

Oct. 29 at Tacoma (Fort Steilacoom Park; 8,000 meters) – Pacific Lutheran 22, Whitworth 62, Willamette 70, Whitman 104, Linfield 146, Lewis & Clark 165, Pacific 178.

1. David Mays, PLU	24:17.6	6. Scott Hink, Whitworth	25:37.4
2. Jerred Gildehaus, Whitworth	25:11.3	7. Matt Farley, Whitman	25:38.9
3. Darrin Hatcher, PLU	25:25.1	8. Tim Swanberg, Whitman	25:39.2
4. Ken Gardner, PLU	25:27.4	9. Kirk Helzer, PLU	25:46.6
5. Nathan Hult, PLU	25:30.5	10. Derek Hayden, Willamette	25:47.7

1989

Oct. 28 at Walla Walla (Fort Walla Walla; 8,000 meters) – Pacific Lutheran 34, Willamette 42, Linfield 94, Lewis & Clark 103, Whitworth 122, Pacific 153; Whitman incomplete team.

1. Matt Farley, Whitman	25:46	6. Flip Herndon, Whitman	26:33
2. Tim Swanberg, Whitman	25:48	7. Jeff Taylor, PLU	26:35
3. Derek Hayden, Willamette	25:59	8. Steven Anderson, Willamette	26:37

4. Bob Harris, L&C	26:05	9. Ken Gardner, PLU	26:38
5. Arthur Guerra, Linfield	26:09	10. Jeff Perry, PLU	26:44

1990

Oct. 27 in Salem (Bush's Pasture Park; 8,000 meters) – Pacific Lutheran 28, Willamette 47, Whitman 81, Linfield 116, Whitworth 117, Lewis & Clark 152; Pacific incomplete team.

1. Tim Swanberg, Whitman	25:12.5	6. Flip Herndon, Whitman	25:37.8
2. Jeff Taylor, PLU	25:16.3	7. Derek Hayden, Willamette	25:55.2
3. Kirk Helzer, PLU	25:19.7	8. Kevin Adkisson, Willamette	26:00.2
4. Alan Herr, PLU	25:25.4	9. Matt Knox, PLU	26:03.0
5. John King, Willamette	25:36.3	10. Marty Gibson, PLU	26:13.0

1991

Oct. 19 at Estacada, Ore. (McIver Park; 8,000 meters) – Pacific Lutheran 37, Whitman 72, Whitworth 74, Willamette 75, Linfield 124, Lewis & Clark 143; Pacific incomplete team.

1. Alan Herr, PLU	25:55.1	6. Brent Cobaley, Whitworth	26:29.2
2. Greg Mitchell, Linfield	26:10.2	7. Steve Owens, PLU	26:33.1
3. Curtis Steinback, Whitman	26:12.3	8. Dave Mainwaring, Will	26:38.1
4. Jeff Perry, PLU	26:22.8	9. Andrew Herman, Willamette	26:41.6
5. Flip Herndon, Whitman	26:27.1	10. Jim Post, Whitworth	26:42.1

1992

Oct. 24 in Salem (Bush's Pasture Park; 8,000 meters) – Pacific Lutheran 29, Willamette 74, Whitman 78, Linfield 91, Whitworth 97; Lewis & Clark and Pacific incomplete teams.

1. Steve Sund, Whitworth	25:35.5	6. Brian Lynch, Whitworth	26:02.8
2. Bryan Brown, Whitman	25:49.2	7. Dave Mainwaring, Will	26:15.6
3. Jeff Perry, PLU	25:52.9	8. Jim Matthias, PLU	26:19.3
4. Scott Jensen, PLU	25:53.4	9. Gary Briggs, PLU	26:21.3
5. Steve Owens, PLU	25:56.4	10. Shawn Welo, Willamette	26:26.3

1993

Oct. 23 at Tacoma (Fort Steilacoom Park; 8,000 meters) – Willamette 53, Pacific Lutheran 61, Whitman 74, Whitworth 75, Linfield 86, Lewis & Clark 163; Pacific incomplete team.

1. Steve Owens, PLU	25:35.5	6. Curtis Steinback, Whitman	26:18.6
2. Greg Mitchell, Linfield	26:05.0	7. Shawn Welo, Willamette	26:21.6
3. Ben Straw, Willamette	26:06.6	8. Josh Carney, Whitman	26:24.7
4. Brian Lynch, Whitworth	26:13.4	9. Destry Johnson, PLU	26:31.1
5. Andrew Martin, Whitworth	26:14.3	10. Eric Hartman, L&C	26:34.5

1994

Nov. 5 at Walla Walla (Fort Walla Walla; 8,000 meters) – Linfield 49, Whitman 49, Willamette 68, Pacific Lutheran 88, Whitworth 92, Lewis & Clark 101, Pacific 194.

1. Erik Anderson, Linfield	25:36.19	6. Alex Rolfe, Whitman	26:26.59
2. Andy Martin, Whitworth	25:43.98	7. Bryan Brown, Whitman	26:27.25
3. Casey Lafran, Willamette	25:48.61	8. Kevin Bartholomae, PLU	26:39.70
4. Josh Carney, Whitman	26:18.69	9. Scott Crouter, Linfield	26:49.26
5. Brian Lynch, Whitworth	26:21.10	10. Brendan Hughes, Willamette	26:56.87

1995

Nov. 4 at Spokane (Whitworth campus; 8,000 meters) – Pacific Lutheran 47, George Fox 60, Willamette 88, Linfield 105, Whitman 115, Whitworth 134, Lewis & Clark 212, Pacific 233.

1. Alex Rolfe, Whitman	25:17	6. Sean Beebe, George Fox	25:42.82
2. Erik Anderson, Linfield	25:29	7. Scott Crouter, Linfield	25:47
3. Erik Gibson, George Fox	25:33	8. Eli Lane, George Fox	25:48
4. Brian Lynch, Whitworth	25:41	9. Brent Roeger, PLU	25:51.57
5. Kevin Bartholomae, PLU	25:42.24	10. Ryan Pauling, PLU	25:51.89

1996

Nov. 2 in Salem (Bush's Pasture Park; 8,000 meters) – Puget Sound 36, Pacific Lutheran 41, Willamette 80, George Fox 101, Linfield 120, Whitman 148, Lewis & Clark 210, Pacific 257; Whitworth incomplete team.

1. Jon Westerman, UPS	25:08.36	6. Destry Johnson, PLU	25:28.30
2. Dave Davis, UPS	25:08.63	7. Sean Beebe, George Fox	25:33.67
3. Doug Ryden, UPS	25:16.17	8. Ryan Pauling, PLU	25:36.94
4. Kevin Bartholomae, PLU	25:17.16	9. Chris Engel, PLU	25:38.36
5. Greg Fox, UPS	25:21.07	10. Matt Dressel, Linfield	25:51.51

1997

Nov. 1 at Newberg, Ore. (Champoeg Park; 8,000 meters) – Pacific Lutheran 32, Puget Sound 46, Linfield 75, George Fox 90, Willamette 126, Lewis & Clark 197, Seattle Univ. 230, Whitworth 236, Whitman 257, Pacific 279.

1. Ryan Paulin, PLU	25:15	6. Doug Ryden, UPS	26:09
2. Dave Davis, UPS	25:16	7. Brandon Workman, G. Fox	26:18
3. Scott Crouter, Linfield	25:39	8. Stephen Cruise, Willamette	26:34
4. Patrick Dill, PLU	25:58	9. Ryan Douglass, Linfield	26:40
5. Forrest Griek, PLU	25:58	10. Ian Kirkpatrick, PLU	26:46

1998

Oct. 31 at Tacoma (Fort Steilacoom Park; 8,000 meters) – Puget Sound 49, Pacific Lutheran 55, Linfield 77, Willamette 86, George Fox 106, Lewis & Clark 121, Whitworth 233, Whitman 234, Seattle Univ. 280, Pacific 297.

1. Dave Davis, UPS	25:29.6	6. Chris Gossett, UPS	26:03.3
2. Ryan Pauling, PLU	25:39.9	7. Lance Thompson, PLU	26:06.1
3. Scott Crouter, Linfield	25:49.5	8. Chris Mayer, L&C	26:11.3
4. Brandon Workman, G. Fox	25:53.3	9. Micah Grigonis, UPS	26:15.4
5. Forrest Griek, PLU	25:59.0	10. John Mantalas, George Fox	26:18.9

1999

Oct. 30 at Estacada, Ore. (McIver Park; 8,000 meters) – Puget Sound 41, George Fox 66, Pacific Lutheran 70, Willamette 75, Lewis & Clark 94, Whitworth 190, Whitman 214, Pacific 234.

1. Dave Davis, UPS	24:52	6. Brandon Workman, G. Fox	26:03
2. Chris Mayer, L&C	25:16	7. Stephen Cruise, Willamette	26:08
3. Forrest Griek, PLU	25:49	8. Ryan Reed, PLU	26:20
4. Steve Willmer, George Fox	25:57	9. Adam Holbrook, Willamette	26:26
5. Reagan Grabner, UPS	26:05	10. Robert Graham, UPS	26:34

2000

Oct. 28 at Walla Walla (Fort Walla Walla; 8,000 meters) – Puget Sound 29, Lewis & Clark 66, Willamette 69, Pacific Lutheran 95, George Fox 122, Whitworth 148, Whitman 210, Linfield 226, Pacific 243.

1. Aaron Young, Willamette	25:30.30	6. Ryan Reed, PLU	26:12.73
2. Sam Berg, UPS	25:59.85	7. Paul Davis, Linfield	26:13.47
3. Dan McLean, UPS	26:05.30	8. Brian Mulry, UPS	26:19.93
4. Reagan Grabner, UPS	26:06.12	9. Chris Mayer, L&C	26:18.34
5. Nathan O'Brien, Willamette	26:09.61	10. Steve Willmer, G. Fox	26:23.17

2001

Oct. 27 in Salem (Bush's Pasture Park; 8,000 meters) – Willamette 29, Lewis & Clark 60, Puget Sound 72, Pacific Lutheran 76, Whitworth 141, Whitman 170, Pacific 196, George Fox 238, Linfield 254.

1. Neil Weare, L&C	24:55.9	6. JR Flowerree, UPS	25:14.5
2. Ryan Reed, PLU	25:01.1	7. Floyd Bangerter, PLU	25:39.2
3. Jacob Stout, Willamette	25:03.9	8. Nathan O'Brien, Willamette	25:46.0
4. Aaron Hollingshead, Will.	25:04.6	9. Scott Overby, Willamette	25:48.0
5. Aaron Young, Willamette	25:08.1	10. Reagan Grabner, UPS	26:00.8

2002

Nov. 2 at Tacoma (Fort Steilacoom Park; 8,000 meters) – Willamette 22, Puget Sound 37, Whitworth 108, Pacific 137, Pacific Lutheran 137, Lewis & Clark 158, Whitman 165, George Fox 217, Linfield 258.

1. Aaron Young, Willamette	25:24.1	6. Scott Overby, Willamette	26:07.2
2. Dan McLean, UPS	25:31.6	7. Reagan Grabner, UPS	26:08.8
3. Jake Stout, Willamette	25:40.8	8. Nick Symmonds, Willamette	26:16.7
4. Aaron Hollingshead, Will.	25:43.9	9. Floyd Bangerter, PLU	26:22.0
5. JR Flowerree, UPS	26:03.2	10. Jimmy O'Dea, UPS	26:24.9

2003

Nov. 1 at Forest Grove (Lincoln Park; 8,000 meters) – Willamette 25, Puget Sound 50, Whitworth 115, George Fox 118, Linfield 127, Pacific Lutheran 146, Whitman 178, Lewis & Clark 207, Pacific 217.

1. Jacob Stout, Willamette	24:57.69	6. Doug Blackburn, Whitworth	25:32.56
2. Aaron Hollingshead, Will.	25:06.85	7. James O'Dea, UPS	25:37.86
3. Dan McLean, UPS	25:13.26	8. Travis Harris, Willamette	25:39.97
4. Frank Prince, UPS	25:18.73	9. Brendan Brown, Willamette	25:42.79
5. Aaron Young, Willamette	25:25.25	10. Scott Overby, Willamette	25:44.65

2004

Oct. 30 at Spokane (Wandermere GC, 8,000 meters) – Willamette 23, Puget Sound 52, Whitworth 99, George Fox 112, Lewis & Clark 123, Linfield 176, Whitman 185, Pacific Lutheran 206, Pacific 259.

1. Aaron Hollingshead, Will.	25:39.70	6. Nathan O'Brien, Willamette	26:17.40
2. Doug Blackburn, Whitworth	25:49.00	7. Nick Symmonds, Willamette	26:27.50
3. Frank Prince, Puget Sound	25:59.40	8. Taylor Hallvik, Puget Sound	26:33.50
4. Travis Harris, Willamette	26:13.60	9. Carlos Ruiz, Willamette	26:41.50
5. Ian Batch, Willamette	26:14.40	10. Brendan Brown, Willamette	26:44.30

2005

Oct. 29 at Salem, Ore. (Bush Pasture Park, 8,000 meters) - Willamette 26, Puget Sound 46, Whitworth 100, Linfield 122, Lewis & Clark 138, George Fox 166, Whitman 171, Pacific Lutheran 183.

1. Nick Symmonds, Willamette	25:18.10	2. Frank Prince, Puget Sound	25:22.30
3. Doug Blackburn, Whitworth	25:26.00	4. Ian Batch, Willamette	25:26.10
5. T. Knutson-Lombardo, Will.	25:33.30	6. Kota Reichart, Puget Sound	25:41.90
7. Travis Harris, Willamette	25:47.90	8. Dan Pollard, Puget Sound	25:51.90
9. Josh Clough, Willamette	25:58.80	10. Carlos Ruiz, Willamette	26:02.20

2006

Oct. 28 at Tacoma, Wash. (PLU Golf Course, 8,000 meters) - Willamette 40, Puget Sound 58, Linfield 95, George Fox 119, Whitworth 133, Whitman 138, Lewis & Clark 182, Pacific 191, Pacific Lutheran 256.

1. Ian Batch, Willamette	24:30.70	2. Harrison Wilson, Linfield	24:45.89
3. Kellen Peters, Pacific	24:54.82	4. Trevor Hanlin, Puget Sound	24:56.65
5. Jake Moe, George Fox	24:57.15	6. Josh Clough, Willamette	25:00.01
7. Dan Pollard, Puget Sound	25:02.36	8. Stephen Peacock, P. Sound	25:09.77
9. Samuel Clark, Whitman	25:11.29	10. Kyle Kotaich, Willamette	25:13.35

2007

Oct. 27 at Willamette Mission State Park, Ore. (George Fox host, 8,000 meters) – Willamette 21, Linfield 70, Whitworth 83, Puget Sound 85, George Fox 126, Whitman 153, Lewis & Clark 183, Pacific Lutheran 251, Pacific 272

1 T. Knutson-Lombardo, Willam.	25:00.34	6 Josh Clough, Willamette	25:23.97
2 Ian Batch, Willamette	25:08.70	7 Harrison Wilson, Linfield	25:24.84
3 Taylor Roholt, Willamette	25:17.90	8 Shawn Pollard, Linfield	25:25.37
4 Nick Gallagher, Whitworth	25:19.98	9 Lucas May, Willamette	25:27.59
5 Francis Reynolds, UPS	25:23.17	10 Lucas Nebert, Willamette	x25:33.67

2008

Nov. 1 at Walla Walla, Wash. (Veterans Memorial GC, 8,000 meters) – Whitworth 43, Willamette 51, Lewis and Clark 71, Linfield 104, Puget Sound 149, Whitman 153, Pacific Lutheran 189, George Fox 242, Pacific 245

1	Francis Reynolds, UPS	24:35.24	6	Aaron Jenkins, Whitworth	25:46.19
2	Nicholas Gallagher, Whitworth	25:26.74	7	Yancey Lawrence, Lewis & Clark	25:48.60
3	Shawn Fisher, Linfield	25:30.70	8	Kyle Kotaich, Willamette	25:50.81
4	Dusty Caseria, Whitworth	25:39.58	9	Ryan McLaughlin, Willamette	25:52.18
5	Josh Clough, Willamette	25:45.01	10	Emmanuel Bofa, Whitworth	25:53.13

2009

Oct. 31 at Estacada, Ore. (McIvor State Park, 8,000 meters) – Willamette 32, Whitworth 71, Linfield 89, Whitman 111, Lewis & Clark 141, Puget Sound 160, Pacific Lutheran 166, Pacific (Ore.) 212, George Fox 225

1	Francis Reynolds, Puget Sound	25:00.71	6	Shawn Fisher, Linfield	25:47.41
2	Leo Castillo, Willamette	25:21.38	7	Chris McIsaac, Linfield	25:53.22
3	Matt Parker, Willamette	25:24.27	8	Nick Rebol, Willamette	25:55.10
4	Stefan Redfield, Willamette	25:35.76	9	Aaron Jenkins, Whitworth	25:59.83
5	Karl Dickman, Lewis & Clark	25:39.35	10	Tyler Dudley, Whitworth	26:00.72

2010

Oct. 30 at Lakewood, Wash. (Ft. Steilacoom Park, 8,000 meters) – Whitworth 33, Willamette 36, Lewis & Clark 66, Linfield 116, George Fox 160, Whitman 162, Pacific (Ore.) 185, Puget Sound 202, Pacific Lutheran 240

1	Leo Castillo, Willamette	25:18.66	6	Trevor Berrian, Whitworth	25:37.55
2	Stefan Redfield, Willamette	25:24.08	7	Nick Gallagher, Whitworth	25:41.90
3	Aaron Jenkins, Whitworth	25:28.09	8	Kevin Aubol, Willamette	25:47.51
4	Kalen Darling, Whitworth	25:28.60	9	Andrew LeDonne, Lewis & Clark	25:57.52
5	Richie LeDonne, Lewis & Clark	25:28.97	10	Ryan McLaughlin, Willamette	26:03.12

2011

Oct. 29 at Brooks, Ore. (Willamette Mission State Park, 8,000 meters) – Whitworth 45, Willamette 49, Linfield 84, Lewis & Clark 124, Pacific 138, Whitman 145, Pacific Lutheran 182, Puget Sound 189, George Fox 208

1	Leo Castillo, Willamette	25:02.52	6	Ben Donovan, Willamette	25:37.40
2	Scott Gage, Linfield	25:21.74	7	Tyler Dudley, Whitworth	25:47.77
3	Trevor Berrian, Whitworth	25:26.33	8	Kevin Aubol, Willamette	25:47.51
4	Allen DenAdel, PLU	25:30.93	9	Caleb Sturgill, Lewis & Clark	25:51.28
5	Aaron Jenkins, Whitworth	25:32.87	10	Daniel Flora, Pacific	25:51.95

2012

Oct. 27 at Forest Grove, Ore. (Sunset Grove Golf Course, 8,000 meters) – Willamette 40, Lewis & Clark 90, Puget Sound 96, Whitworth 113, George Fox 128, Linfield 143, Whitman 162, Pacific 118, Pacific Lutheran 205

1	Parker Bennett, Willamette	25:48	6	Andrew Ledonne, Lewis & Clark	26:29
2	Allen DenAdel, Pacific Lutheran	26:03	7	Joseph Gladow, Linfield	26:31
3	Matt Klein, Puget Sound	26:12	8	Yonny Castillo, Willamette	26:33
4	Nathan Conrad, Willamette	26:28	9	Tyler Shipley, Pacific	26:38
5	Joseph Pia, George Fox	26:29	10	Jarrold Nixon, Lewis & Clark	26:39

2013

Nov. 2 at Spokane, Wash. (Downriver Golf Course, 8,000 meters) – Willamette 49, Puget Sound 69, Whitman 82, Lewis & Clark 122, Linfield 128, Whitworth 135, George Fox 147, Pacific 210, Pacific Lutheran 224

1	Parker Bennett, Willamette	24:30.62	6	T.C. Heydon, Whitman	25:22.36
2	Tyler Shipley, Pacific	25:01.60	7	Matt Wotipka, Whitman	25:22.92
3	David Santillan, Puget Sound	25:13.98	8	Justin Bigelow, Puget Sound	25:29.01
4	Jarrold Nixon, Lewis & Clark	25:18.29	9	Allen DenAdel, Pacific Lutheran	25:36.88
5	Jacob Shafi, Willamette	25:19.10	10	Colin Domonoske, Whitman	25:43.18

2014

Nov. 1 at Salem, Ore. (Bush's Pasture Park, 8,000 meters) – Willamette 41, Puget Sound 69, Whitman 80, Whitworth 86, Lewis & Clark 120, Linfield 161, George Fox 164, Pacific 208, Pacific Lutheran 254

1	Tyler Shipley, Pacific	25:44.8	6	Taylor Steele, Whitworth	26:10.7
2	Jacob Shafi, Willamette	25:48.7	7	Joshua Seekatz, Puget Sound	26:11.7
3	Yonny Castillo, Willamette	25:51.1	8	Kody Tarbell, George Fox	26:17.4
4	Colin Domonoske, Whitman	25:56.8	9	Daniel Swanson, Willamette	26:20.6
5	David Santillan, Puget Sound	26:04.3	10	T.C. Heydon, Whitman	26:21.6

2015

Oct. 31 at Parkland, Wash. (PLU South Field, 8,000 meters) – Willamette 31, Puget Sound 77, Whitman 94, Whitworth 118, Pacific Lutheran 139, George Fox 144, Linfield 148, Lewis & Clark 176, Pacific (Ore.) 243

1	Tyler Shipley, Puget Sound	25:47.3	6	Jacob Shafi, Willamette	26:41.6
2	Geremia Lizier-Zmudainski, UPS	26:03.5	7	Patrick Loftus, Willamette	26:46.4
3	Nathan Conrad, Willamette	26:11.7	8	T.C. Heydon, Whitman	26:54.3
4	Brad Hodkinson, Pacific Lutheran	26:25.1	9	Sam Carilli, Puget Sound	26:57.5
5	Yonny Castillo, Willamette	26:35.0	10	Keith Carlson, Willamette	27:03.3

2016

Oct. 29 at Newberg, Ore. (George Fox, 8,000 meters) – Willamette 36, Pacific Lutheran 81, Whitman 90, Whitworth 118, Lewis & Clark 132, George Fox 138, Puget Sound 139, Linfield 161, Pacific (Ore.) 272

1	Brad Hodkinson, Pacific Lutheran	24:56.3	6	Michael Montague, Willamette	25:56.8
2	Patrick Loftus, Willamette	25:30.3	7	Caleb Moosman, Whitman	25:57.8
3	Blake Slattengren, Lewis & Clark	25:34.6	8	Keith Carlson, Willamette	26:06.1
4	Liam Monheim, Lewis & Clark	25:40.9	9	Ryan Morris-McDermott, Willamette	26:11.2
5	Grant Bingham, Whitworth	25:55.4	10	Kyle Rapacz, Pacific Lutheran	26:13.6

2017

October 28 at Walla Walla, Wash. (Veterans Memorial Golf Course, 8,000 meters) – Willamette 50, Pacific Lutheran 57, Lewis & Clark 61, Whitworth 107, Whitman 133, George Fox 133, Linfield 196, Pacific (Ore.) 201, Puget Sound 232

1	Brad Hodkinson, Pacific Lutheran	25:13.4	6	Blake Slattengren, Lewis & Clark	26:00.4
2	Keith Carlson, Willamette	25:27.1	7	Sean Richardson, Lewis & Clark	26:02.5
3	Jeffrey Mullins, Lewis & Clark	25:33.2	8	Come Nzibarega, Whitworth	26:11.6
4	Michael Montague, Willamette	25:43.9	9	Eli Fournier, Whitman	26:23.4
5	Ross Enlow, Willamette	26:00.1	10	Kyle Rapacz, Pacific Lutheran	26:29.6

2018

October 27 at Estacada, Ore. (McIver State Park, 8,000 meters) – Pacific Lutheran 74, George Fox 74, Whitworth 88, Puget Sound 103, Willamette 117, Whitman 120, Pacific (Ore.) 158, Lewis & Clark 183

1	Colin Monaghan, Puget Sound	25:39.1	6	Kyle Rapacz, Pacific Lutheran	25:23.5
2	Keith Carlson, Willamette	25:39.4	7	Dillon Rising, George Fox	26:27.5
3	Michael Montague, Willamette	26:03.0	8	Jack Lundauer, Puget Sound	26:30.4
4	Eli Fournier, Whitman	26:09.0	9	Bo Frohock, Pacific Lutheran	26:32.7
5	Sean Richardson, Lewis & Clark	26:20.4	10	Riley Stewart, Pacific (Ore.)	26:35.9

2019

November 2 at Lakewood, Wash. (Fort Steilacoom State Park, 8,000 meters) – George Fox 52, Pacific Lutheran 71, Lewis & Clark 96, Whitworth 100, Whitman 119, Willamette 128, Puget Sound 150, Pacific (Ore.) 220, Linfield 260

1	Colin Monaghan, Puget Sound	24:35.5	6	Chris Nussbaum, Pacific Lutheran	25:46.9
2	Sean Richardson, Lewis & Clark	24:37.4	7	Joel Mott, Whitworth	25:54.7
3	Michael Montague, Willamette	24:54.9	8	Aidan Smith, Whitworth	25:57.6
4	Timothy Kaelin, George Fox	25:35.3	9	Miguel Haro-Ruiz, Lewis & Clark	25:59.0
5	Peter Weiss, George Fox	25:42.3	10	Ryan Stracke, Pacific Lutheran	26:04.3

2020
No Championship due to Covid-19

2021

October 30 at McMinnville, Ore. (Michelbook Country Club, 8,000 meters) – George Fox 53, Pacific Lutheran 54, Lewis & Clark 86, Pacific (Ore.) 138, Whitman 143, Puget Sound 161, Willamette 176, Whitworth 180, Linfield 213

1	Ryan Stracke, Pacific Lutheran	25:40.9	6	Frankie Reid, Lewis & Clark	26:13.4
2	Peter Weiss, George Fox	25:43.0	7	Ben Kerr, Puget Sound	26:14.2
3	George Karamitsos, Lewis & Clark	25:58.8	8	Austin Gappa, George Fox	26:15.8
4	Riley Stewart, Pacific (Ore.)	26:00.4	9	Owen Ladinig, Pacific Lutheran	26:18.6
5	Colin Monaghan, Puget Sound	26:04.5	10	Erik Maack, Pacific (Ore.)	26:30.2

2022

October 29 at Hillsboro, Ore. (Killarney West Golf Course, 8,000 meters) – George Fox 38, Pacific Lutheran 45, Lewis & Clark 79, Whitworth 130, Puget Sound 163, Pacific (Ore.) 179, Willamette 184, Linfield 197, Whitman 204

1	Ryan Stracke, Pacific Lutheran	24:02.4	6	Austin Gappa, George Fox	24:22.7
2	Ben Kerr, Puget Sound	24:05.0	7	Adam Petersen, George Fox	24:24.2
3	Logan Werner, Pacific Lutheran	24:05.2	8	Erik Maack, Lewis & Clark	24:34.3
4	Caden Hildenbrand, George Fox	24:12.0	9	Owen Ladinig, Pacific Lutheran	24:35.1
5	Max Aldrich, Lewis & Clark	24:16.2	10	Alex Mills, George Fox	

2023

October 28 at Spokane Valley, Wa. (Plantes Ferry Park and Sports Complex, 8,000 meters) – George Fox 24, Lewis & Clark 76, Whitworth 92, Pacific Lutheran 102, Linfield 131, Whitman 135, Puget Sound 171, Willamette 207, Pacific (Ore.)

1	Peter Weiss, George Fox	24:42.5	6	Ryan Stracke, Pacific Lutheran	25:09.0
2	Alex Mills, George Fox	24:45.2	7	Andrew Ross, George Fox	25:10.9
3	Evan Markelz, Lewis & Clark	24:46.6	8	Owen Ladinig, Pacific Lutheran	25:14.3
4	Adam Petersen, George Fox	24:53.1	9	Frankie Reid, Lewis & Clark	25:16.7
5	Ben Kerr, Puget Sound	25:05.9	10	Gavin Grass, George Fox	25:17.3

Athlete of the Year: Peter Weiss George Fox

Rookie of the Year: Evan Markelz, Lewis & Clark

Coach of the Year: Mike Wilson, George Fox

2024

November 2 at Independence, Ore. (Oak Knoll Golf Course, 8,000 meters) – George Fox 28, Whitworth 74, Whitman 90, Lewis & Clark 108, Puget Sound 121, Willamette 184, Pacific Lutheran 192, Pacific (Ore.) 206, Linfield 217

1	Austin Gappa, George Fox	24:31.4	6	Caden Hildenbrand, George Fox	24:59.5
2	Ben Kerr, Puget Sound	24:42.0	7	Reilly McVay, Whitman	25:00.0
3	Alex Mills, George Fox	24:43.7	8	Aidan Arthur, George Fox	25:05.4
4	Evan Markelz, Lewis & Clark	24:55.5	9	James Dugenet, Whitworth	25:05.6
5	Alex Peters, Whitworth	24:56.7	10	Gabriel Lachenmeier, George Fox	25:05.9

Athlete of the Year: Austin Gappa, George Fox

Rookie of the Year: Peyton Fisher, Pacific (Ore.)

Coach of the Year: Mike Wilson, George Fox

Women's Champions

1977 - Linfield 8+ (abbr. system)	Rebecca Stout, Linfield 18:07.1; 3 mi (McMinnville)
1978 - Linfield 24	Debbie Brizee, Linfield 17:47.0; 3 mi (Salem)
1979 - Linfield 35	Dianne Johnson, PLU 19:24.1; 5K (Portland)
1980 - Linfield 39	Carolyn Gore, Linfield 18:53.5; 5K (Tacoma)
1981 - Pacific Lutheran 15	Kristy Purdy, PLU 17:27.3; 5K (Salem)
1982 - Pacific Lutheran 18	Anne Jenck, PLU 19:23.9; 5K (Portland)
1983 - Pacific Lutheran 18	Dana Stamper, PLU 18:07.9; 5K (Tacoma)
1984 - Pacific Lutheran 20	Kara Crisifulli, Willamette 17:47.0; 5K (Walla Walla)
1985 - Pacific Lutheran 24	Kara Crisifulli, Willamette 18:40; 5K (Salem)
1986 - Pacific Lutheran 19	Valerie Hilden, PLU 17:46.5; 5K (Salem)
1987 - Pacific Lutheran 15	Valerie Hilden, PLU 17:49.8; 5K (Salem)
1988 - Pacific Lutheran 18	Valerie Hilden, PLU 17:41.1; 5K (Tacoma)
1989 - Pacific Lutheran 20	Fiona Floyd, Whitman 17:36.2; 5K (Walla Walla)
1990 - Pacific Lutheran 18	Kelly Edgerton, PLU 17:52.2; 5K (Salem)
1991 - Pacific Lutheran 27	Patty Ley, PLU 16:51.2; 5K (Estacada, Ore.)
1992 - Pacific Lutheran 39	Casi Montoya, PLU 18:04.9; 5K (Salem)
1993 - Whitman 27	Jessica Bissonnette, Whitman 19:08.2; 5K (Walla Walla)
1994 - Whitman 33	Jessica Bissonnette, Whitman 17:58.42; 5K (Walla Walla)
1995 - Pacific Lutheran 54	Kathleen Gibson, Whitman 18:13; 5K (Spokane)
1996 - Puget Sound 28	Tanya Robinson, PLU 17:59.38; 5K (Salem)
1997 - Puget Sound 18	Kate Schmitt, UPS 17:40; 5K (Newberg, Ore.)
1998 - Puget Sound 24	Dana Boyle, UPS 17:43.1; 5K (Tacoma)
1999 - Whitman 49	Beth Fitzgerald, Willamette 18:30; 5K (Estacada, Ore.)
2000 - Willamette 50	Lia Osslander, PLU 18:08.11; 5K (Walla Walla)
2001 - Puget Sound 46	Dana Boyle, UPS 17:32.1; 5K (Salem)
2002 - Willamette 58	Kari Holbert, Willamette 22:45.0; 6K (Tacoma)
2003 - Willamette 33	Laura Matsen, Whitman 21:36.78; 6K (Forest Grove)
2004 - Willamette 36	Sarah Smith, Pacific 21:25.80; 6K (Spokane)
2005 - Willamette 51	Carla McHattie, Lewis & Clark 22:05.40; 6K (Salem)
2006 - Willamette 50	Sarah Zerzan, Willamette 20:32.66; 6K (Tacoma)
2007 - Willamette 39	Sarah Zerzan, Willamette 20:36.01; 6K (Willamette Mission State Park)
2008 - Willamette 42	Maddie Coffman, Willamette 21:31.27; 6K (Walla Walla)
2009 - Whitworth 37	Marci Klimek, Linfield 21:50.80; 6K (Estacada, Ore.)
2010 - Lewis & Clark 43	Kimber Mattox, Willamette 22:09.52; 6K (Lakewood, Wash.)
2011 - Lewis & Clark 64	Illana Livstrom, Lewis & Clark 21:50.04 6K (Willamette Mission State Park)
2012 - Lewis & Clark 21	Emily Thomas, Lewis & Clark 22:37 6K (Sunset Grove Golf Course)
2013 - Willamette 37	Michaela Freeby, Willamette 21:42.19 6K (Downriver Golf Course)
2014 - Willamette 16	Taylor Ostrander and Olivia Mancl, Willamette 22:25.2 6K (dead heat) (Bush's Pasture Park)
2015 - Whitworth 31	Olivia Mancl, Willamette 22:19.90 (PLU South Field)
2016 - Whitworth 42	Olivia Mancl, Willamette 20:53.8 (George Fox)
2017 - Whitworth 42	Kayla Leland, Whitworth 21:56.0 (Veterans Memorial Golf Course)
2018 - Willamette 53	Marissa Mount, Whitworth 22:17.7 (McIver Park)
2019 - Whitman 52	Whitney Rich, Whitman 21:35.2 (Lakewood, Wash)
2020 - No Championship due to Covid-19	
2021 - George Fox 40	Kara Putman, Pacific (Ore.) (Michelbook CC)
2022 - George Fox 26	Brenna Sclair, George Fox 21:33.2 ((Killarney West GC)
2023- George Fox 29	Riley Buese, Lewis & Clark 21:31.7 (Plantes Ferry Park)
2024 - George Fox 40	Riley Buese, Lewis & Clark 21:16.6 (Oak Knoll GC)

WOMEN'S CONFERENCE OF INDEPENDENT COLLEGES Year-by-Year Results

1977

Oct. 29 in McMinnville (Linfield campus; 3 miles) – Linfield 8, Willamette 22, Lewis & Clark 29, Pacific 36, George Fox 32 (abbreviated scoring: first three finishers per team).

1. Rebecca Stout, Linfield	18:08.10	6. Christy Hendry, Pacific	20:05
2. Debbie Brizee, Linfield	18:42	7. Nema Owenby, Linfield	20:36
3. Christie Colburn, Willamette	19:05	8. Nancy Hammersley, L&C	20:40
4. Vicki Greany, Willamette	19:21	9. Kim Norgrey, L&C	21:03
5. Barb Ruth, Linfield	19:27	10. Jody Garrard, Linfield	21:09

1978

Oct. 28 in Salem (Bush Pasture Park; 3 miles) – Linfield 24, Lewis & Clark 61, Willamette 79, George Fox 97, Pacific 123

1. Debbie Brizee, Linfield	17:46	6. Mary Rasmussen, Linfield	19:41
2. Janet Keeney, Linfield	18:12	7. Liz Kiemle, Linfield	19:45
3. Christi Colburn, Willamette	18:28	8. Barb Ruth, Linfield	19:47
4. Signe Harrang, L&C	19:00	9. Jody Garrard, Linfield	19:48
5. Eilene McDougall, G. Fox	19:17	10. Cyndie Biele, L&C	19:57

1979

Oct. 27 in Portland (Pier Park; 5,000 meters) – Linfield 35, Pacific Lutheran 53, Lewis & Clark 70, Willamette 73; Pacific Lutheran incomplete team.

1. Dianne Johnson, PLU	19:24.1	6. Suzanne Tovrea, Linfield	20:22
2. Carolyn Gore, Linfield	19:32	7. Tammy Asher, Linfield	20:24
3. Cisco Wery, PLU	19:45	8. Denise Stohl, Linfield	20:28
4. Christi Colburn, Willamette	19:57	9. Linda Robinson, Willamette	20:37
5. Signe Harrang, L&C	20:10	10. Donna Johnson, L&C	20:44

1980

Oct. 25 at Tacoma (Fort Steilacoom Park; 5,000 meters) – Linfield 39, Pacific Lutheran 43, Lewis & Clark 52, Willamette 92, George Fox 116; Pacific incomplete team.

1. Carolyn Gore, Linfield	18:53.5	6. Signe Harrang, L&C	19:52.9
2. Kristy Purdy, PLU	19:02.8	7. Dianne Johnson, PLU	20:06.6
3. Debbie Tri, PLU	19:34.3	8. Jackie Miller, L&C	20:15.3
4. Suzanne Tovrea, Linfield	19:38.6	9. Tristi Wood, L&C	20:15.8
5. Susan Moa, Linfield	19:41.7	10. Denise Stohl, Linfield	20:22.9

1981

Oct. 24 in Salem (Bush Pasture Park; 3,000 meters) – Pacific Lutheran 15, Willamette 73, Linfield 76, Lewis & Clark 79, George Fox 131; Pacific incomplete team.

1. Kristy Purdy, PLU	17:27.3	6. Jackie Miller, L&C	18:46.1
2. Dianne Johnson, PLU	18:00.9	7. Nancy Miller, PLU	18:53.2
3. Julie St. John, PLU	18:15.4	8. Susan Gramson, Willamette	19:05.0
4. Frances Terry, PLU	18:38.6	9. Lisa Knadle, Linfield	19:11.6
5. Corrine Calvo, PLU	18:43.0	10. Melanie Langdon, PLU	19:13.3

1982

Oct. 30 in Portland (Pier Park; 5,000 meters) – Pacific Lutheran 18, Willamette 66, Lewis & Clark 69, Linfield 81; Pacific incomplete team.

1. Anne Jenck, PLU	19:23.9	6. Corrine Calvo, PLU	19:55.6
2. LeeAnn McNerney, PLU	19:29.4	7. Suzanne Tovrea, Linfield	19:58.4
3. Cathy Hanss, L&C	19:39.6	8. Gayle Roth, Willamette	20:06.5
4. Dana Stamper, PLU	19:49.9	9. Jenny Stodd, L&C	20:11.2
5. Nancy Miller, PLU	19:50.7	10. Kara Crisifulli, Willamette	20:13.5

1983

Oct. 29 at Tacoma (Fort Steilacoom Park; 5,000 meters) – Pacific Lutheran 18, Willamette 49, Lewis & Clark 76, Whitman 92; Linfield incomplete team.

1. Dana Stamper, PLU	18:07.9	6. Susan Murphy, L&C	18:45.3
2. Kristy Purdy, PLU	18:18.4	7. Anne Jenck, PLU	18:50.2
3. Corrine Calvo, PLU	18:20.3	8. Denise Stoaks, PLU	18:57.3
4. Kara Crisifulli, Willamette	18:38.4	9. Leslie Fridley, Willamette	19:02.4
5. Melanie Venekamp, PLU	18:43.8	10. Colleen Calvo, PLU	19:09.7

1984

Oct. 27 at Walla Walla (Fort Walla Walla; 5,000 meters) – Pacific Lutheran 20, Willamette 53, Lewis & Clark 75, Linfield 114, Whitman 115.

1. Kara Crisifulli, Willamette	17:47	6. Denise Stoaks, PLU	18:58
2. Melanie Venekamp, PLU	17:57	7. Cathy Hanss, L&C	19:01
3. Dana Stamper, PLU	18:12	8. Kathy Nichols, PLU	19:05
4. Corrine Calvo, PLU	18:16	9. Susan Murray, L&C	19:11
5. Colleen Calvo, PLU	18:27	10. Kathy Herzog, PLU	19:18

NORTHWEST CONFERENCE Year-by-Year Results

1985

Oct. 26 in Salem (Bush's Pasture Park; 5,000 meters) – Pacific Lutheran 24, Willamette 48, Linfield 73, Whitman 109, Lewis & Clark 125; Pacific incomplete team.

1. Kara Crisifulli, Willamette	17:40.0	6. Marilyn Fishback, Will	19:03.9
2. Kathy Nichols, PLU	17:50.1	7. Becky Wilkins, PLU	19:07.9
3. Melanie Venekamp, PLU	18:05.1	8. Shannon Ryan, PLU	19:10.3
4. Dana Stamper, PLU	18:23.8	9. Wendy Taylor, PLU	19:15.6
5. Kristin Peterson, Willamette	18:46.1	10. Susan Taylor, Linfield	19:20.2

1986

Oct. 25 in Salem (Bush's Pasture Park; 5,000 meters) – Pacific Lutheran 37, Willamette 39, Whitman 97, Lewis & Clark 101, Pacific 173.

1. Valerie Hilden, PLU	17:46.5	6. Angela Thatcher, Linfield	18:32.9
2. Melanie Venekamp, PLU	17:56.5	7. Tracy Reisinger, Willamette	18:38.8
3. Kathy Nichols, PLU	18:03.1	8. Lori Simard, Whitman	18:43.2
4. Kathy Herzog, PLU	18:20.3	9. Becky Kramer, PLU	18:51.2
5. Kristin Peterson, Willamette	18:22.1	10. Mary Lewis, PLU	18:53.2

1987

Oct. 31 in Salem (course run outside McCulloch Stadium; 5,000 meters) – Pacific Lutheran 15, Linfield 69, Whitman 74, Lewis & Clark 109, Willamette 110; Pacific incomplete team.

1. Valerie Hilden, PLU	17:49.8	6. Angela Thatcher, Linfield	18:2
2. Minta Misley, PLU	18:10.2	7. Tracy Reisinger, Willamette	18:2
3. Joanne Maris, PLU	18:13.7	8. Susan Murray, L&C	18:4
4. Gwen Hundley, PLU	18:15.6	9. Mary Lewis, PLU	18:5
5. Julie Clifton, PLU	18:17.6	10. Melanie Leckenby, Linfield	18:5

1988

Oct. 29 at Tacoma (Fort Steilacoom Park; 5,000 meters) – Pacific Lutheran 18, Linfield 55, Whitworth 98, Whitman 102, Willamette 113, Lewis & Clark 144, Pacific 201.

1. Valerie Hilden, PLU	17:41.1	6. Angela Thatcher, Linfield	18:31.3
2. Kelly Edgerton, PLU	17:46.1	7. Kathy Mitchelmore, L&C	18:33.1
3. Joanne Maris, PLU	17:50.4	8. Tandy Olive, PLU	18:33.9
4. Gwen Hundley, PLU	18:16.4	9. Mary Lewis, PLU	18:44.2
5. Melanie Leckenby, Linfield	18:30.6	10. Cheryl Cowell, Whitworth	18:52.5

1989

Oct. 28 at Walla Walla (Fort Walla Walla; 5,000 meters) – Pacific Lutheran 20, Whitman 61, Linfield 69, Lewis & Clark 98, Pacific 129; Whitworth and Willamette incomplete teams.

1. Fiona Lloyd, Whitman	17:36.2	6. Gwen Hundley, PLU	18:30
2. Kelly Edgerton, PLU	17:47	7. Mary Lewis, PLU	18:35.6
3. Melanie Kosin, Whitworth	18:21.4	8. Jennifer Goettsche, Will	18:42.1
4. Casi Montoya, PLU	18:25.4	9. Karen Tuvey, PLU	18:42.8
5. Deidre Murnane, PLU	18:25.7	10. Amaris Franz, Whitman	18:44.2

1990

Oct. 27 in Salem (Bush's Pasture Park; 5,000 meters) – Pacific Lutheran 18, Whitworth 69, Whitman 83, Willamette 85, Lewis & Clark 103; Linfield and Pacific incomplete teams.

1. Kelly Edgerton, PLU	17:52.2	6. Karen Tuvey, PLU	18:31.9
2. Heather Lucas, PLU	17:55.6	7. Amaris Franz, Whitman	18:43.6
3. Melanie Kosin, Whitworth	18:05.2	8. Carrie Larson, Whitman	18:47.9
4. Deirdre Murnane, PLU	18:17.3	9. Joanna Goth, Willamette	18:55.4
5. Gwen Hundley, PLU	18:30.3	10. Kelly Tysseling, Whitman	19:01.5

1991

Oct. 19 at Estacada, Ore. (McIver Park; 5,000 meters) – Pacific Lutheran 27, Whitworth 60, Willamette 85, Linfield 98, Lewis & Clark 100, Whitman 149; Pacific incomplete team.

1. Patty Ley, PLU	16:51.2	6. Kelly Tysseling, Whitman	18:41.2
2. Melanie Kosin, Whitworth	17:55.2	7. Wendy Walker, Willamette	18:50.5
3. Casi Montoya, PLU	18:23.6	8. Amy Duryee, Whitworth	19:15.4
4. Deirdre Murnane, PLU	18:26.7	9. Laura Thurston, Willamette	19:20.4
5. Kelly Hewitt, PLU	18:40.1	10. Amy McDonnell, L&C	19:28.9

1992

Oct. 24 in Salem (Bush's Pasture Park; 5,000 meters) – Pacific Lutheran 39, Whitworth 57, Linfield 59, Whitman 75, Lewis & Clark 137, Willamette 151; Pacific incomplete team.

1. Casi Montoya, PLU	18:04.9	6. Jessica Bissonnette, Whitmn	18:59.6
2. Andrew Hedgecock, Linfield	18:13.8	7. Turi Widsteen, PLU	19:00.3
3. Melanie Kosin, Whitworth	18:41.9	8. Amy Duryee, Whitworth	19:04.5
4. Kelly Hewitt, PLU	18:51.4	9. Sandy Metzger, PLU	19:11.5
5. Kristina Lackner, Linfield	18:51.7	10. Kathleen Gibson, Whitman	19:17.1

1993

Oct. 23 at Tacoma (Fort Steilacoom Park; 5,000 meters) – Whitman 27, Pacific Lutheran 42, Whitworth 79, Linfield 104, Willamette 128, Pacific 139; Lewis & Clark incomplete team.

1. Jessica Bissonnette, Whitman	19:08.2	6. Kathleen Gibson, Whitman	19:49.9
2. Turi Widsteen, PLU	19:21.8	7. Amy Saathoff, PLU	19:53.7
3. Emily Anderson, Whitman	19:28.5	8. Joanne Harman, Whitman	19:55.1
4. Heiki Sellinschegg, Linfield	19:45.7	9. Oni Ogsbury, Whitman	19:59.0
5. Jennifer MacDougall, PLU	19:48.8	10. Jennifer Smith, Whitworth	20:01.1

1994

Nov. 5 at Walla Walla (Fort Walla Walla; 5,000 meters) – Whitman 33, Pacific Lutheran 53, Linfield 63, Willamette 89, Whitworth 121, Pacific 185; Lewis & Clark incomplete team.

1. Jessica Bissonnette, Whitman	17:58.42	6. Sigi Knoll, Linfield	18:46.03
2. Emily Anderson, Whitman	18:28.02	7. Heike Sellinschegg, Linfield	18:47.75
3. Turi Widsteen, PLU	18:33.17	8. Carrie Morales, Willamette	18:51.12
4. Melissa Hayward, Linfield	18:44.64	9. Kathleen Gibson, Whitman	18:58.59
5. Amy Saathoff, PLU	18:45.43	10. Oni Ogsbury, Whitman	19:00.89

1995

Nov. 4 at Spokane (Whitworth College campus; 5,000 meters) – Pacific Lutheran 54, George Fox 62, Whitman 80, Linfield 92, Willamette 100, Whitworth 101, Pacific 204; Lewis & Clark incomplete team.

1. Kathleen Gibson, Whitman	18:13	6. Emily Anderson, Whitman	18:58
2. Dawn Hartwig, George Fox	18:25	7. Melissa Hayward, Linfield	19:03
3. Turi Widsteen, PLU	18:35	8. Sigi Knoll, Linfield	19:05
4. Tanya Robinson, PLU	18:44	9. Rebecca Ulmer, George Fox	19:09
5. Carrie Morales, Willamette	18:48	10. Chandra Longnecker, PLU	19:11

1996

Nov. 2 in Salem (Bush's Pasture Park; 5,000 meters) – Puget Sound 28, Pacific Lutheran 56, Willamette 97, Whitman 111, Whitworth 154, George Fox 164, Linfield 170, Pacific 193, Lewis & Clark 205.

1. Tanya Robinson, PLU	17:59.38	6. My Nguyen, UPS	18:20.05
2. Andrea Boitano, UPS	18:07.28	7. Carrie Morales, Willamette	18:23.56
3. Dana Murray, UPS	18:15.25	8. Maree George, PLU	18:30.18
4. Oni Ogsbury, Whitman	18:17.98	9. Brooke Barton, George Fox	18:35.13
5. Beth Robbins, UPS	18:18.79	10. Emily Anderson, Whitman	18:40.19

1997

Nov. 1 at Newberg, Ore. (Champoeg Park; 5,000 meters) – Puget Sound 18, Pacific Lutheran 42, Whitworth 124, George Fox 136, Willamette 148, Linfield 160, Whitman 174, Lewis & Clark 224, Seattle 232, Pacific 272.

1. Kate Schmitt, UPS	17:40	6. Sheri Goodwin, UPS	18:59
2. Andrea Boitano, UPS	18:05	7. Chelsea Morris, UPS	19:03
3. Maree George, PLU	18:48	8. Tanya Robinson, PLU	19:06
4. Sarah Andrews, UPS	18:50	9. Dana Murray, UPS	19:10
5. My Nguyen, UPS	18:57	10. Sara Campbell, UPS	19:15

1998

Oct. 31 at Tacoma (Fort Steilacoom Park; 5,000 meters) – Puget Sound 24, Willamette 77, Linfield 90, Pacific Lutheran 90, Whitman 101, Whitworth 139, George Fox 196, Lewis & Clark 215, Seattle Univ. 243, Pacific 256.

1. Dana Boyle, UPS	17:43.1	6. Kyra Patterson, UPS	18:41.6
2. Maree George, PLU	17:48.1	7. Elisa Bobnes, Whitman	18:48.3
3. Sheri Goodwin, UPS	17:50.4	8. Katie Schlotfeldt, Whitworth	18:51.7
4. Dana Murray, UPS	18:25.9	9. Chelsea Morris, PLU	18:56.0
5. Carrie Mohoric, Linfield	18:27.5	10. Sara Campbell, UPS	18:59.9

1999

Oct. 30 at Estacada, Ore. (McIver Park; 5,000 meters) – Whitman 49, Whitworth 67, Willamette 67, Pacific Lutheran 75, George Fox 167, Puget Sound 170, Linfield 182, Lewis & Clark 196, Pacific 233.

1. Beth Fitzgerald, Willamette	18:30	6. Karin Pfeiffer-Hoyt, Whitman	18:59
2. Lia Osslander, PLU	18:43	7. Elisa Bobnes, Whitman	19:02
3. Kim Ball, Pacific	18:51	8. Holly Weiler, Whitworth	19:04
4. Heather Koertje, Whitman	18:52	9. Tonya Sanders, Willamette	19:06
5. Annie Scott, Whitworth	18:56	10. Kyra Patterson, UPS	19:11

2000

Oct. 28 at Walla Walla (Fort Walla Walla; 5,000 meters) – Willamette 50, Whitman 63, Whitworth 72, Pacific Lutheran 76, George Fox 114, Puget Sound 171, Lewis & Clark 187, Linfield 203, Pacific 277.

1. Lia Ossiander, PLU	18:08.11	6. Colleen Forbes, George Fox	19:03.83
2. Maree George-Milles, PLU	18:31.87	7. Holly Weiler, Whitworth	19:04.21
3. Dana Boyle, UPS	18:52.20	8. Julia Lucas, Whitworth	19:07.17
4. Jennie Wood, Whitman	18:59.44	9. Nattalie Wright, Willamette	19:08.77
5. Liz Rodda, Willamette	19:00.81	10. Lisa Starkey, Willamette	19:10.69

2001

Oct. 27 in Salem (Bush's Pasture Park; 5,000 meters) – Puget Sound 46, Willamette 58, Pacific Lutheran 78, Whitworth 84, Lewis & Clark 117, Whitman 168, George Fox 189, Pacific 211, Linfield 249.

1. Dana Boyle, UPS	17:32.1	6. Jessica Austin, Whitworth	18:46.6
2. Lia Ossiander, PLU	18:19.7	7. Tracey Goldner, PLU	18:54.7
3. Leslie Nelson, Whitworth	18:22.6	8. Julie Meyer, UPS	18:58.1
4. Liz Rodda, Willamette	18:25.4	9. Emily Erwin, L&C	18:59.2
5. Nattalie Wright, Willamette	18:45.1	10. Alana Hagney, UPS	18:59.6

2002

Nov. 2 at Tacoma (Fort Steilacoom Park; 6,000 meters) – Willamette 58, Whitworth 61, Puget Sound 77, Linfield 131, Pacific Lutheran 142, Lewis & Clark 155, Whitman 175, Pacific 184, George Fox 197.

1. Kari Holbert, Willamette	22:45.0	6. Hillary Dobson, UPS	23:26.9
2. Leslie Nelson, Whitworth	22:46.2	7. Elizabeth Abbey, Whitworth	23:31.4
3. Sadie Grossman, L&C	23:18.7	8. Brea DeSloover, PLU	23:32.9
4. Sierra Witnov, Whitman	23:19.8	9. Tracey Goldner, PLU	23:33.8
5. Janelle Goeres, George Fox	23:23.0	10. Nattalie Wright, Willamette	23:34.3

2003

Nov. 1 at Forest Grove (Lincoln Park; 6,000 meters) - Willamette 33, Whitworth 78, Lewis & Clark 101, Linfield 106, Puget Sound 139, George Fox 147, Pacific Lutheran 154, Whitman 181, Pacific 234.

1. Laura Matsen, Whitman	21:36.78	6. Meryl Witt, Linfield	22:32.00
2. Leslie Nelson, Whitworth	21:39.42	7. Ashley Jamieson, PLU	22:37.87
3. Kari Holbert, Willamette	21:41.86	8. Brea Mearig, PLU	22:38.43
4. Danya Rumore, Willamette	22:18.00	9. Sara Burnet, UPS	22:39.45
5. Natalie Muren, Willamette	22:24.97	10. Katie Pierce, Willamette	22:40.24

2004

Oct. 30 at Spokane (Wandermere GC, 6,000 meters) - Willamette 36, Whitworth 81, Puget Sound 93, George Fox 116, Pacific Lutheran 133, Pacific 150, Whitman 176, Lewis & Clark 183, Linfield 216.

1. Sarah Smith, Pacific	21:25.80	2. Anna McLain, George Fox	21:41.50
3. Bethany De Vilbiss, PLU	21:42.50	4. Sarah Zerzan, Willamette	21:48.90
5. Molly Phimister, Willamette	21:56.40	6. Katie Pierce, Willamette	21:57.70
7. Kristi Dickey, Whitworth	21:59.00	8. Shana Shosky, Pacific	22:01.20
9. Kari Holbert, Willamette	22:02.70	10. Elaine Heinemann, Whitworth	22:07.90

2005

Oct. 29 at Salem (Bush Pasture Park, 6,000 meters) - Willamette 51, Lewis & Clark 75, Whitworth 94, Linfield 98, George Fox 110, Puget Sound 138, Whitman 189, Pacific 190, Pacific Lutheran 196.

1. Carla McHattie, L&C	22:05.40	2. Sarah Zerzan, Willamette	22:12.20
3. Tamma Carleton, L&C	22:17.50	4. Kristi Dickey, Whitworth	22:25.70
5. Julie Lauterbach, Whitworth	22:39.60	6. Joanna Murphy, Linfield	22:40.10
7. Laura Sbordone, L&C	22:45.40	8. Elizabeth Hart, Willamette	22:53.80
9. Sarah Orzell, Puget Sound	22:54.70	10. Whitney Mentaberry, Linfield	22:56.20

2006

Oct. 28 at Tacoma, Wash (PLU GC, 6,000 meters) - Willamette 50, Puget Sound 54, Lewis & Clark 115, George Fox 118, Whitworth 123, Whitman 126, Linfield 155, Pacific Lutheran 222, Pacific (Ore.) 225.

1. Sarah Zerzan, Willamette	20:32.66	2. Emily Timmer, Puget Sound	21:25.80
3. Tamma Carleton, L&C	21:35.26	4. Julie Lauterbach, Whitworth	21:46.90
5. Brittany Hodgson, P. Sound	21:52.31	6. Joanna Murphy, Linfield	21:58.74
7. Shana Shosky, Pacific	22:00.52	8. Amanda Phillips, L&C	22:04.39

9. Maddie Coffman, Willamette	22:07.77	10. Liana Roberts, Puget Sound	22:08.90
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2007

Oct. 27 at Willamette Mission State Park, Ore. (George Fox host, 6,000 meters) – Willamette 39, Puget Sound 58, Lewis & Clark 121, Whitman 131, Whitworth, Pacific Lutheran 140, Linfield 143, George Fox 184, Pacific 222

1 Sarah Zerzan, Willamette	20:36.01	6 Kenna Patrick, Puget Sound	21:43.44
2 Maddie Coffman, Willamette	21:05.80	7 Tamma Carleton, Lewis & Clark	21:50.81
3 Amanda Phillips, Lewis & Clark	21:13.77	8 Kelsey Owens, Pacific (Ore.)	21:52.40
4 Brittany Hodgson, Puget Sound	21:17.56	9 Jena Winger, Willamette	22:00.67
5 Emily Timmer, Puget Sound	21:17.87	10 Jo E Mayer, Whitworth	22:08.66

2008

Nov. 1 at Walla Walla, Wash. (Veterans Memorial GC, 6,000 meters) – Willamette 42, Whitman 77, Whitworth 77, Lewis and Clark 100, Linfield 131, Puget Sound 142, Pacific 170, Pacific Lutheran 202, George Fox inc.

1. Maddie Coffman, Willamette	21:31.27	6. Kristen Ballinger, Whitman	22:10.59
2. Jena Winger, Willamette	21:36.93	7. Tamma Carleton, L&C	22:16.95
3. Marci Klimek, Linfield	21:40.85	8. Emma Kelsey, UPS	22:32.16
4. Kelsey Owens, Pacific	21:53.48	9. Tina Patel, Willamette	22:32.86
5. Hannah Palmer, L&C	22:01.94	10. Sara McCune, Whitman	22:34.48

2009

Oct. 31 at Estacada, Ore. (McIvor State Park, 6,000 meters) – Whitworth 37, Whitman 43, Linfield 83, Lewis & Clark 105, Willamette 112, Pacific Lutheran 161, Puget Sound 169, Pacific 215, George Fox inc.

1 Marci Klimek, Linfield College	21:50.80	6 Kimber Mattox, Willamette	22:33.50
2 Dana Misterek, Whitworth	22:12.30	7 Yasmeen Colis, Whitman	22:34.90
3 Joy Shufeldt, Whitworth	22:15.10	8 Kathryn Williams, Whitworth	22:36.00
4 Kristen Ballinger, Whitman	22:26.30	9 Sara McClune, Whitman	22:48.40
5 Hayley Walker, Puget Sound	22:27.30	10 Tonya Turner, Whitworth	22:58.90

2010

Oct. 30 at Lakewood, Wash. (Ft. Steilacoom Park, 6,000 meters) - Lewis & Clark 43, Whitworth 73, Willamette 94, Whitman 100, Linfield 113, Pacific Lutheran 137, Puget Sound 194, Pacific 216, George Fox 224

1 Kimber Mattox, Willamette	22:09.52	6 Katie Williams, Whitworth	22:50.29
2 Joy Shufeldt, Whitworth	22:19.93	7 Mimi Seeley, Linfield	23:00.83
3 Tonya Turner, Whitworth	22:29.53	8 Kristen Ballinger, Whitman	23:03.48
4 Illana Livstrom, Lewis & Clark	22:40.57	9 Corinne Innes, Lewis & Clark	23:05.70
5 Emily Thomas, Lewis & Clark	22:41.87	10 Emilie Gilbert, Whitman	23:07.84

2011

Oct. 29 at Brooks, Ore. (Willamette Mission State Park, 6,000 meters) – Lewis & Clark 64, Willamette 66, Linfield 74, Whitman 77, Puget Sound 120, Whitworth 151, Pacific Lutheran 174, Pacific 205, George Fox 225

1 Illana Livstrom, Lewis & Clark	21:50.04	6 Kaitlin Greene, Willamette	22:25.30
2 Joy Shufeldt, Whitworth	22:00.44	7 Mimi Seeley, Linfield	22:29.42
3 Theresa Edwards, Willamette	22:01.61	8 Corinne Innes, Lewis & Clark	22:45.76
4 Emily Thomas, Lewis & Clark	22:08.42	9 Erin Campbell, Whitman	22:49.30
5 Michaela Freeby, Willamette	22:15.20	10 Nelly Evans, Linfield	22:51.24

2012

Oct. 27 at Forest Grove, Ore. (Sunset Grove Golf Course, 6,000 meters) – Lewis & Clark 21, Willamette 48, Whitworth 97, Linfield 104, Whitman 107, Puget Sound 187, Pacific 196, George Fox 200, Pacific Lutheran 247

1 Emily Thomas, Lewis & Clark	22:37	2 Melissa Newton-Mora, Lewis & Clark	22:50
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3	Michaela Freeby, Willamette	22:58
4	Emily Gagan, Lewis & Clark	23:11
5	Elisabeth Spencer, Whitworth	23:13

6	Kaitlyn Throgmorton, Lewis & Clark	23:15
7	Theresa Edwards, Willamette	23:19
8	Heather Spurling, Lewis & Clark	23:20
9	Emilie Gilbert, Whitman	23:26
10	Katri Gilbert, Whitman	23:28

2013

Nov. 2 at Spokane, Wash. (Downriver Golf Course, 6,000 meters) – Willamette 37, Whitworth 52, Whitman 101
Linfield 104, Puget Sound 112, Lewis & Clark 113, Pacific Lutheran 207, George Fox 239, Pacific 255

1 Michaela Freeby, Willamette	21:42.19	6 Skye Pauly, Whitman	22:41.71
2 Taylor Ostrander, Willamette	21:59.70	7 Olivia Mancl, Willamette	22:42.72
3 Kathryn Flyte, Puget Sound	22:11.9	8 Kellyn Roiko, Whitworth	22:48.49
4 Amanda Blankenship, Whitworth	22:19.10	9 Juliet Farnan, Willamette	22:53.9
5 Christina Williams, Whitworth	22:31.29	10 Katherine Keith, Lewis & Clark	22:56.79

2014

Nov. 1 at Salem, Ore. (Bush's Pasture Park, 6,000 meters) – Willamette 16, Whitworth 59, Puget Sound 79,
Whitman 86, Lewis & Clark 145, Linfield 153, Pacific Lutheran 229, Pacific 231, George Fox 237

1 Taylor Ostrander, Willamette	22:52.2	6 Hannah Bressler, Willamette	22:41.3
2 Olivia Mancl, Willamette	22:52.2	7 Julia Wood, Whitman	22:42.4
3 Michaela Freeby, Willamette	22:25.3	8 Molly Bradbury, Puget Sound	22:42.4
4 Juliet Farnan, Willamette	22:32.8	9 Amanda Blankenship, Whitworth	22:50.1
5 Kellyn Roiko, Whitworth	22:38.0	10 Skye Pauly, Whitman	22:51.1

2015

Oct. 31 at Parkland, Ore. (PLU South Field, 6,000 meters) – Whitworth 31, Willamette 46, Whitman 113, Puget
Sound 126, Linfield 149, Lewis & Clark 156, George Fox 182, Pacific (Ore.) 198, Pacific Lutheran 204

1 Olivia Mancl, Willamette	22:19.9	6 Stephenie Spencer, Pacific (Ore.)	23:15.5
2 Taylor Ostrander, Willamette	22:39.5	7 Taili Ni, Puget Sound	23:23.3
3 Kellyn Roiko, Whitworth	22:42.3	8 Molly Smith, Whitworth	23:25.4
4 Katie McKay, Whitworth	22:51.3	9 Kaelia Neal, Linfield	23:27.5
5 Allison Wood, Whitworth	23:02.0	10 Hannah Swanson, Willamette	23:30.6

2016

October 29 at Newberg, Ore. (George Fox, 6,000 meters) – Whitworth 42, Willamette 51, Linfield 105, Puget
Sound 129, Lewis & Clark 129, Whitman 130, Pacific (Ore.) 155, George Fox 157, Pacific Lutheran 272

1 Olivia Mancl, Willamette	20:53.8	6 Tori Klein, Puget Sound	22:27.8
2 Kayla Leland, Whitworth	21:14.4	7 Ami Boucher, Willamette	22:28.1
3 Hannah Swanson, Willamette	22:11.4	8 Emma Knudson, Linfield	22:30.3
4 Allison Wood, Whitworth	22:12.6	9 Stephenie Spencer, Pacific (Ore.)	22:31.8
5 Bailey Scott, Whitworth	22:13.0	10 Courtney Beard, Linfield	22:32.1

2017

October 28 at Walla Walla, Wash. (Veterans Memorial Golf Course, 6,000 meters) – Whitworth 42, Linfield 61,
Puget Sound 92, Whitman 111, Willamette 129, George Fox 136, Lewis & Clark 168, Pacific (Ore.) 204, Pacific
Lutheran, 223

1 Kayla Leland, Whitworth	21:56.0	6 Serena Wallace, Pacific (Ore.)	22:41.0
2 Kaelia Neal, Linfield	22:23.4	7 Emma Knudson, Linfield	22:43.6
3 Hannah Swanson, Willamette	22:29.6	8 Sam Schaffer, Puget Sound	22:54.7
4 Courtney Beard, Linfield	22:34.6	9 Whitney Rich, Whitman	23:01.9
5 Bailey Scott, Whitworth	22:39.1	10 Rachael Metzler, Puget Sound	23:04.5

2018

October 27 at Estacada, Ore. (McIver State Park, 6,000 meters) – Willamette 53, Whitworth 60, Whitman 62,
Pacific (Ore.) 99, Puget Sound 119, Pacific Lutheran 152, George Fox 172, Linfield 183, Lewis & Clark 218

1 Marissa Mount, Whitworth	22:17.7	6 Kyla Shade, Willamette	23:29.6
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2	Courtney Beard, Linfield	22:33.0
3	Serena Wallace, Pacific (Ore.)	23:09.1
4	Krystal Roberts, Whitworth	23:16.6
5	Emily Evans, Willamette	23:29.3

7	Maya Virshup, Whitman	23:38.5
8	Ellie Shoop, Whitworth	23:49.3
9	Lucy O'Sullivan, Whitman	23:50.2
10	Sam Schaffer, Puget Sound	23:53.1

2019

November 2 at Lakewood, Wash. (Fort Steilacoom State Park, 6,000 meters) – Whitman 52, Pacific (Ore.) 81, Lewis & Clark 108, Whitworth 110, Willamette 111, Pacific Lutheran 113, Linfield 167, Puget Sound 174, George Fox 181

1 Whitney Rich, Whitman	21:35.2	Kristen Wanke, Whitman	22:58.2
2 Becky George, Whitworth	22:19.0	7 Madeline Swanberg, Lewis & Clark	23:09.6
3 Sarah Paquet, Pacific Lutheran	22:47.1	8 Rachael Metzler, Puget Sound	23:10.1
4 Hannah Berdahl, Pacific (Ore.)	22:49.8	9 Krystal Roberts, Whitworth	23:10.7
5 Kara Putman, Pacific (Ore.)	22:51.2	10 Kyla Shade, Willamette	23:10.8

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2020

No Championship due to Covid-19

2021

October 30 at McMinnville, Ore. (Michelbook Country Club, 6,000 meters) – George Fox 40, Pacific (Ore.) 71, Lewis & Clark 74, Pacific Lutheran 122, Whitworth 129, Whitman 130, Linfield 170, Puget Sound 212, Willamette DNP

1 Kara Putman, Pacific (Ore.)	23:08.1	6 Sarah Pullen, George Fox	23:44.9
2 Madelyn Buckley, Whitworth	23:23.5	7 Jessica Neal, George Fox	23:53.3
3 Brenna Sclair, George Fox	23:29.9	8 Joan Park, Pacific Lutheran	23:58.6
4 Riley Buese, Lewis & Clark	23:31.7	9 Ellie Shoop, Whitworth	24:00.7
5 Kara Helland, George Fox	23:41.5	10 Adalynn Griesser, Lewis & Clark	24:08.8

2022

October 29 at Hillsboro, Ore. (Killarney West Golf Course, 6,000meters) – George Fox 26, Lewis & Clark 78, Pacific (Ore.) 90, Pacific Lutheran 110, Linfield 136, Whitman 142, Willamette 171, Whitworth 199, Puget Sound 231

1 Brenna Sclair, George Fox	21:33.2	6 Ellie Rising, George Fox	21:54.9
2 Kayla Aalpoel, George Fox	21:36.6	7 Sarah Paquet, Pacific Lutheran	21:58.7
3 Riley Buese, Lewis & Clark	21:41.5	8 Sarah Pullen, George Fox	22:15.2
4 Annie Berry, Pacific (Ore.)	21:48.9	9 Jessica Neal, George Fox	22:17.4
5 Madelyn Buckley, Whitworth	21:50.5	10 Jessie Bailey, George Fox	22:19.0

2023

October 28th at Spokane Valley, Wash. (Plantes Ferry Park, 6,000 meters) – George Fox 29, Lewis & Clark 92, Pacific (Ore.) 98, Willamette 100, Whitworth 106, Whitman 126, Linfield 203, Pacific Lutheran 215, Puget Sound 233

1 Riley Buese, Lewis & Clark	21:31.7	6 Sarah Pullen, George Fox	22:25.2
2 Kayla Aalpoel, George Fox	21:46.9	7 Lily Jones, Whitworth	22:32.4
3 Breanna Schmitt, George Fox	22:04.3	8 Ellie Rising, George Fox	22:37.4
4 Malia Heien, Lewis & Clark	22:15.5	9 Annie Berry, Pacific (Ore.)	22:40.9
5 Madelyn Buckley	22:21.8	10 Kendall McKibbin, George Fox	22:45.1

Runner of the Year: Riley Buese, Lewis & Clark

Rookie of the Year: Lily Jones, Whitworth

Coach of the Year: Mike Wilson, George Fox

2024

November 2 at Independence, Ore. (Oak Knoll Golf Course, 8,000 meters) – George Fox 40, Willamette 76, Whitworth 79, Lewis & Clark 90, Puget Sound 141, Whitman 143, Pacific Lutheran 168, Pacific (Ore.) 172

1 Riley Buese, Lewis & Clark	21:16.6	6 Sarah Pullen, George Fox	22:37.4
2 Breanna Schmitt, George Fox	21:50.8	7 Morgan Shaw, Willamette	22:38.2
3 Abby Staley, Whitworth	21:57.3	8 Megan Feitz, Pacific (Ore.)	22:38.8
4 Malia Heien, Lewis & Clark	22:23.9	9 Hannah Tranby, George Fox	22:39.3
5 Zoe Heino, Willamette	22:31.9	10 Ashlyn Dary, Whitworth	22:39.4

Runner of the Year: Riley Buese, Lewis & Clark

Rookie of the Year: Ashlyn Dary, Whitworth

Coach of the Year: Mike Wilson, George Fox