

GULF SOUTH CONFERENCE

GSC WOMEN'S CROSS COUNTRY ALL-DECADE AWARDS (2010-19)

FIRST TEAM ALL-DECADE

Polina Babkina, West Alabama

2011 GSC Individual Champion ... Two-time All-South Region (2010 and 2011) ... Two-time First Team All-GSC (2010 and 2011)

Kelley Bahn, West Florida

2014 NCAA South Regional Individual Champion ... 2014 GSC Individual Champion ... Four-time All-South Region (2011, 2012, 2013, and 2014) ... Four-time First Team All-GSC (2011, 2012, 2013, and 2014) ... 2011 GSC Freshman of the Year

Janey Berends, Union

Four-time All-South Region (2014, 2015, 2016, and 2017) ... Three-time First Team All-GSC (2015, 2016, and 2017) ... 2014 Second Team All-GSC

Amy Carpenter, Lee

Three-time All-South Region (2015, 2016, and 2018) ... Three-time First Team All-GSC (2016, 2017, and 2018) ... 2015 Second Team All-GSC

Cecelia David, West Alabama

2015 GSC Individual Champion ... 2016 GSC Individual Runner-up ... Two-time All-South Region (2015 and 2016) ... Two-time First Team All-GSC (2015 and 2016)

Chloe Flora, Lee

2019 NCAA Second Team All-American ... 2018 GSC Individual Champion ... 2019 GSC Individual Runner-up ... 2019 All-South Region ... Two-time First Team All-GSC (2018 and 2019)

Tyra Holloway, Valdosta State

Three-time All-South Region (2014, 2015, and 2016) ... 2015 NCAA Individual Qualifier ... Four-time First Team All-GSC (2014, 2015, 2016, and 2017) ... 2014 GSC Freshman of the Year

Michelle Kruse, Alabama Huntsville

Two-time All-South Region (2013 and 2014) ... Four-time First Team All-GSC (2011, 2012, 2013, and 2014)

Audrey Smith, Lee

2016 GSC Individual Champion ... Three-time All-South Region (2015, 2016, and 2017) ... Two-time First Team All-GSC (2015 and 2016) ... 2017 Second Team All-GSC

Vicky Winslow, Alabama Huntsville

2015 NCAA Second Team All-American ... Two-time GSC Individual Champion (2012 and 2013) ... 2015 GSC Individual Runner-up ... Three-time All-South Region (2012, 2013, and 2015) ... Three-time First Team All-GSC (2012, 2013, and 2015)

SECOND TEAM ALL-DECADE

Caren Bartuin, West Alabama

2017 NCAA South Regional Runner-up ... 2017 GSC Individual Runner-up ... 2015 Second Team All-GSC

Juliana Boehm, Valdosta State

Two-time GSC Individual Runner-up (2012 and 2014) ... 2014 All-South Region ... Three-time First Team All-GSC (2012, 2013, and 2014)

Charlee Boxall, Lee

Three-time All-South Region (2017, 2018, and 2019) ... Two-time First Team All-GSC (2018 and 2019) ... Two-time Second Team All-GSC (2016 and 2017)

Justine Glass, Montevallo

Two-time All-South Region (2018 and 2019) ... Two-time NCAA Individual Qualifier (2018 and 2019) ... Two-time First Team All-GSC (2018 and 2019)

Stacey Hagenson, Delta State

Three-time All-South Region (2010, 2011, and 2012) ... Three-time First Team All-GSC (2010, 2011, and 2012)

Angel Mobley, Alabama Huntsville

Three-time All-South Region (2016, 2017, and 2018) ... Three-time First Team All-GSC (2016, 2017, and 2018)

Hannah Owen, Christian Brothers

Two-time All-South Region (2016 and 2017) ... Two-time First Team All-GSC (2016 and 2017) ... 2015 Second Team All-GSC

Renea Porsch, West Florida

Three-time All-South Region (2011, 2012, and 2013) ... Two-time First Team All-GSC (2012 and 2013) ... 2011 Second Team All-GSC

Karyssa Touelle-Fallon, West Florida

Three-time All-South Region (2010, 2011, and 2012) ... Three-time First Team All-GSC (2010, 2011, and 2012)

Tiffany Wommack, West Georgia

Two-time All-South Region (2012 and 2013) ... Two-time First Team All-GSC (2012 and 2013) ... 2012 GSC Freshman of the Year

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ALL-DECADE HONORABLE MENTION*

Jeniffer Cheron, Alabama Huntsville

2010 GSC Individual Champion ... 2010 All-South Region

Makayla Hewell, Shorter

2018 NCAA South Regional Runner-up ... 2018 GSC Individual Runner-up

Katie Nelson, Montevallo

2017 GSC Individual Champion ... 2017 All-South Region

Celine Ritter, Lee

2019 Second Team All-American ... 2019 NCAA South Regional Individual Champion ... 2019 GSC Individual Champion

RUNNER OF THE DECADE

Vicky Winslow, Alabama Huntsville

2015 NCAA Second Team All-American ... Two-time GSC Individual Champion (2012 and 2013) ... 2015 GSC Individual Runner-up ... Three-time All-South Region (2012, 2013, and 2015) ... Three-time First Team All-GSC (2012, 2013, and 2015)

COACH OF THE DECADE

Caleb Morgan, Lee

Three GSC Championships (2017, 2018, and 2019) and two GSC Runner-up finishes (2015 and 2016) in five years of eligibility ... Advanced to the NCAA Championship four straight seasons (2016, 2017, 2018, and 2019) ... Three-time GSC Coach of the Year (2017, 2018, and 2019)

* In order to be eligible for First or Second Team honors, a student-athlete must have competed for at least two years in the decade while her school was eligible for conference awards. Student-athletes who did not meet this qualification were considered for Honorable Mention.