



2014

CROSS COUNTRY

**Abilene Christian
Central Arkansas
Houston Baptist
UIW
Lamar
McNeese State
New Orleans
Nicholls
Northwestern State
Sam Houston State
Southeastern Louisiana
Stephen F. Austin
Texas A&M-Corpus Christi**

Year-by-Year Men's Team Champions

1964.....	Abilene Christian
1965.....	Abilene Christian
1966.....	Abilene Christian
1967.....	Abilene Christian
1968.....	Abilene Christian
1969.....	Abilene Christian
1970.....	Abilene Christian
1971.....	Louisiana-Lafayette
1972.....	Louisiana-Lafayette
1973.....	McNeese State
1974.....	Louisiana-Lafayette
1975.....	McNeese State
1976.....	McNeese State
1977.....	Louisiana Tech
1978.....	McNeese State
1979.....	Lamar
1980.....	Louisiana Tech
1981.....	Lamar
1982.....	Lamar
1983.....	Lamar
1984.....	Lamar
1985.....	Texas-Arlington
1986.....	Louisiana Tech
.....	North Texas
1987.....	North Texas
1988.....	North Texas

1989.....	McNeese State
1990.....	North Texas
1991.....	North Texas
1992.....	Texas-Arlington
1993.....	Texas State
1994.....	North Texas
1995.....	Texas-San Antonio
1996.....	Texas-San Antonio
1997.....	Texas-San Antonio
1998.....	McNeese State
1999.....	Texas-Arlington
2000.....	McNeese State
2001.....	Stephen F. Austin
2002.....	Stephen F. Austin
2003.....	Stephen F. Austin
2004.....	Stephen F. Austin
2005.....	Stephen F. Austin
2006.....	Lamar
2007.....	Lamar
2008.....	Lamar
2009.....	Lamar
2010.....	Lamar
2011.....	Lamar
2012.....	McNeese State
2013.....	Lamar

Men's Team Championships

Lamar	12
McNeese State	8
Abilene Christian.....	7
North Texas*	6
Stephen F. Austin	5
Texas-Arlington*	3
Texas-San Antonio*.....	3
Louisiana Tech*	3
Louisiana-Lafayette*.....	3
Texas State*	1

**Former Southland Members*

Year-by-Year Men's Individual Champions

1964 —	Bruce Johnson, Abilene Christian	15:15
1965 —	Wayne Badgley, Abilene Christian.....	13:54
1966 —	Bruce Johnson, Abilene Christian.....	13:57
1967 —	Bob Giersbert, Arkansas State.....	19:52
1968 —	Herman Atkins, Arkansas State	19:15
1969 —	Bob Gray, Arkansas State.....	19:12
1970 —	Gerry Garcia, Lamar.....	19:14
1971 —	Paul Chandler, Abilene Christian.....	20:03
1972 —	Pat McSweeney, McNeese State.....	25:41
1973 —	Tom Nolan, Louisiana-Lafayette	30:26
1974 —	Tom Nolan, Louisiana-Lafayette	31:38
1975 —	Pat O'Callaghan, McNeese State.....	30:19
1976 —	Pat O'Callaghan, McNeese State.....	30:54
1977 —	David Kohrs, McNeese State.....	31:58
1978 —	David Kohrs, McNeese State.....	32:05
1979 —	Roger Barker, Louisiana Tech	31:38
1980 —	Steve Wilson, Arkansas State	32:04
1981 —	Steve Wilson, Arkansas State	31:56
1982 —	Mike Plumb, Lamar.....	31:30
1983 —	Pedro Caceras, Lamar.....	31:04
1984 —	Rafael Colemanares, Lamar	31:59
1985 —	Joel Chemwetich, Texas-Arlington	24:16
1986 —	Jonah Ngeny, North Texas.....	24:08
1987 —	Ben Melly, Texas-Arlington.....	24:39
1988 —	Tom McGrath, McNeese State.....	25:06

1989 —	Dylan Fugitt, North Texas	24:51
1990 —	Jimmy Balmer, Texas-Arlington.....	24:46
1991 —	Thomas Teger, Texas-Arlington.....	25:36
1992 —	Miguel Gonzales, Sam Houston State.....	25:45
1993 —	Rodger Krueger, Texas-Arlington.....	24:45
1994 —	Dennis Moynihan, Texas State	25:12
1995 —	David Hartman, Texas-San Antonio	24:47
1996 —	Jason Buie, Texas-Arlington.....	24:50
1997 —	Ryan Taylor, Texas-San Antonio	24:31
1998 —	Henrik Skoog, Texas-Arlington	25:05
1999 —	Kevin Smelley, Nicholls State	24:56
2000 —	Michael Sang, Southeastern Louisiana.....	25:47
2001 —	Randy Arias, Texas State.....	24:59
2002 —	Nathan Flores, Stephen F. Austin.....	25:41
2003 —	Michael Thompson, Stephen F. Austin	24:57
2004 —	Maya Aden, Louisiana-Monroe.....	24:08
2005 —	Cody Clark, Stephen F. Austin.....	25:34
2006 —	Shadrack Songok, Texas A&M-Corpus Christi.....	24:20
2007 —	Shadrack Songok, Texas A&M-Corpus Christi.....	24:05
2008 —	Samuel Kosgei, Lamar	24:13
2009 —	Francis Kasagule, Lamar.....	23:54
2010 —	Patrick Kimeli, Texas A&M-Corpus Christi.....	24:47
2011 —	Patrick Kimeli, Texas A&M-Corpus Christi.....	24:50
2012 —	David Rooney, McNeese State	23:33
2013 —	Matt Johnsen, Lamar.....	24:38

CROSS COUNTRY

Year-by-Year Men's Award Winners

Coach of the Year

1964-88	None Selected
1989	Harry Lehwald, McNeese State
1990	Ken Garland, North Texas
1991	Ken Garland, North Texas
1992	Monte Stratton, Texas-Arlington
1993	Jerry Clayton, Texas State
1994	Ken Garland, North Texas
1995	Shawn Flanagan, Texas-San Antonio
1996	Shawn Flanagan, Texas-San Antonio, and Detrick Eaton, Nicholls
1997	Dave Hartman, Texas-San Antonio
1998	Steve Baker, McNeese State
1999	John Sauerhage, Texas-Arlington
2000	Steve Baker, McNeese State
2001	Alex Gibby, Stephen F. Austin
2002	Alex Gibby, Stephen F. Austin
2003	Lou Snelling, Stephen F. Austin
2004	Lou Snelling, Stephen F. Austin
2005	Lou Snelling, Stephen F. Austin
2006	Sita Waru, Lamar
2007	Sita Waru, Lamar
2008	Sita Waru, Lamar
2009	Jake Stewart, Lamar
2010	Jake Stewart, Lamar
2011	Trey Clark, Lamar
2012	Brendon Gilroy, McNeese State
2013	Darren Gauson, Lamar

Freshman of the Year

1964-2005	None Selected
2006	Francis Kasagule, Lamar
2007	Kalphys Kemboi, Southeastern Louisiana
2008	Mitch Ownbey, Stephen F. Austin
2009	Bob Abimbisibwe, Lamar
2010	Matt Johnsen, Lamar
2011	Sam Stabler, Lamar
2012	Stephen Kerr, McNeese State
2013	Anthony Gallardo, Stephen F. Austin

Athlete of the Year

1964-88	None Selected
1989	Dylan Fugitt, North Texas
1990	Jimmy Balmer, Texas-Arlington
1991	None Selected
1992	Miguel Gonzales, Sam Houston State
1993	Rodger Krueger, Texas-Arlington
1994	Dennis Moynihan, Texas State
1995	David Hartman, Texas-San Antonio
1996	Jason Buie, Texas-Arlington
1997	Ryan Taylor, Texas-San Antonio
1998	Henrik Skoog, Texas-Arlington
1999	Kevin Smelley, Nicholls State
2000	Michael Sang, Southeastern Louisiana
2001	Randy Arias, Texas State
2002	Nathan Flores, Stephen F. Austin
2003	Michael Thompson, Stephen F. Austin
2004	Maya Aden, Louisiana-Monroe
2005	Cody Clark, Stephen F. Austin
2006	Shadrack Songok, Texas A&M-Corpus Christi
2007	Shadrack Songok, Texas A&M-Corpus Christi
2008	Sammuel Kosgei, Lamar
2009	Francis Kasagule, Lamar
2010	Patrick Kimeli, Texas A&M-Corpus Christi
2011	Patrick Kimeli, Texas A&M-Corpus Christi
2012	David Rooney, McNeese State
2013	Matt Johnsen, Lamar

Newcomer of the Year

1964-2005	None Selected
2006	Samuel Kosgei, Lamar
2007	Erik Burciaga, Texas A&M-Corpus Christi
2008	Henry Rop, Southeastern Louisiana
2009	Joshua Sawe, McNeese State
2010	Tallam Kipruto, Lamar
2011	Alex Bruce-Littlewood, McNeese State
2012	Edward Limo, Central Arkansas
2013	Ash Harrell, Lamar

Southland Men's Championship Records

Individual Records

Four Miles	19:12	Bob Gray, Arkansas State, 1969
Five Miles	24:08	Jonah Ngeny, North Texas, 1986
8,000 Meters	23:33	David Rooney, McNeese State, 2012
10,000 Meters	30:19	Pat O'Callaghan, McNeese State, 1975

Team Records

Lowest Team Total	19	Abilene Christian, 1965
Highest Winning Total	68	UT Arlington, 1992; North Texas, 1994
Widest Winning Margin	58	Lamar, 2008
Closest Winning Margin	1	McNeese St. 48, North Texas 49, 1989
	1	Louisiana Tech 52, McNeese St. 53, 1977
	1	Abilene Christian 33, Arkansas St. 34, 1968

Men's Individual Champions

Texas-Arlington*	7
McNeese State	7
Lamar	7
Arkansas State*	5
Texas A&M-Corpus Christi	4
Abilene Christian	4
Stephen F. Austin	3
Texas-San Antonio*	2
Texas State*	2
North Texas*	2
Louisiana-Lafayette*	2
Nicholls State	1
Sam Houston State	1
Southeastern Louisiana	1
Louisiana-Monroe*	1
Louisiana Tech*	1

*Former Southland Member

Year-by-Year Men's Team Championship Results

1964 — Arlington, Texas	1973 — Calhoun, La.	1980 — Ruston, La.
Abilene Christian.....33	McNeese State39	Louisiana Tech.....55
Lamar.....38	Louisiana-Lafayette56	Arkansas State57
Arkansas State71	Lamar.....73	McNeese State61
Texas-Arlington.....77	Louisiana Tech.....85	Lamar.....74
	Arkansas State99	Louisiana-Lafayette101
1965 — Jonesboro, Ark.	Texas-Arlington.....155	Texas-Arlington.....138
Abilene Christian.....19		
Arkansas State52	1974 — Lake Charles, La.	1981 — Arlington, Texas
Lamar.....75	Louisiana-Lafayette53	Lamar.....39
Texas-Arlington.....89	McNeese State56	McNeese State52
	Louisiana Tech.....64	Arkansas State79
1966 — Abilene, Texas	Lamar.....69	Louisiana-Lafayette98
Abilene Christian.....29	Arkansas State106	Louisiana Tech.....100
Arkansas State43	Texas-Arlington.....154	Texas-Arlington.....119
Lamar.....65		
Texas-Arlington.....97	1975 — Lafayette, La.	1982 — Jonesboro, Ark.
	McNeese State46	Lamar.....23
1967 — Beaumont, Texas	Texas-Arlington.....58	North Texas.....76
Abilene Christian.....28	Lamar.....81	Louisiana Tech.....105
Arkansas State35	Arkansas State83	McNeese State105
Lamar.....66	Louisiana Tech.....99	Texas-Arlington.....112
	Louisiana-Lafayette123	Arkansas State128
1968 — Arlington, Texas		Louisiana-Monroe.....141
Abilene Christian.....33	1976 — Jonesboro, Ark.	
Arkansas State34	McNeese State42	1983 — Beaumont, Texas
Lamar.....62	Texas-Arlington.....68	Lamar.....27
Texas-Arlington.....107	Arkansas State77	Louisiana Tech.....76
	Louisiana-Lafayette86	Louisiana-Monroe.....82
1969 — San Antonio, Texas	Louisiana Tech.....92	North Texas.....86
Abilene Christian.....26	Lamar.....123	Texas-Arlington.....102
Arkansas State51		McNeese State128
Lamar.....76	1977 — Beaumont, Texas	Arkansas State194
Texas-Arlington.....97	Louisiana Tech.....52	
Trinity.....108	McNeese State53	1984 — Ruston, La.
	Texas-Arlington.....74	Lamar.....31
1970 — Abilene, Texas	Lamar.....98	North Texas.....61
Abilene Christian.....34	Arkansas State102	Louisiana-Monroe.....81
Arkansas State54	Louisiana-Lafayette104	Texas-Arlington.....86
Lamar.....68		Louisiana Tech.....100
Texas-Arlington.....73	1978 — Lafayette, La.	McNeese State151
Trinity.....135	McNeese State26	Arkansas State199
	Louisiana Tech.....65	
1971 — Jonesboro, Ark.	Louisiana-Lafayette76	1985 — Calhoun, La.
Louisiana-Lafayette24	Lamar.....78	Texas-Arlington.....41
Abilene Christian.....27	Texas-Arlington.....106	Lamar.....59
Arkansas State43	Arkansas State148	North Texas.....66
Louisiana Tech.....63		Louisiana-Monroe.....90
Texas-Arlington.....82	1979 — Lake Charles, La.	Louisiana Tech.....92
Lamar.....98	Lamar.....41	McNeese State120
	Louisiana Tech.....41	Arkansas State215
1972 — Beaumont, Texas	Louisiana-Lafayette89	
Louisiana-Lafayette24	Arkansas State99	1986 — Lake Charles, La.
Louisiana Tech.....41	Texas-Arlington.....106	North Texas.....47
McNeese State46	McNeese State113	Louisiana Tech.....47
Abilene Christian.....50		Louisiana-Monroe.....58
Lamar.....88		Lamar.....92
Arkansas State95		McNeese State97
Texas-Arlington.....105		Arkansas State146

CROSS COUNTRY

Year-by-Year Men's Team Championship Results

1987 — Denton, Texas		1992 — Arlington, Texas		1997 — Huntsville, Texas	
North Texas.....	52	Texas-Arlington.....	68	Texas-San Antonio.....	35
Texas-Arlington.....	56	North Texas.....	74	McNeese State.....	38
Louisiana-Monroe.....	61	Stephen F. Austin.....	93	Stephen F. Austin.....	64
Stephen F. Austin.....	102	Sam Houston State.....	113	Texas State.....	123
Texas State.....	132	Texas State.....	114	Louisiana-Monroe.....	138
McNeese State.....	140	Texas-San Antonio.....	117	Northwestern State.....	171
Northwestern State.....	164	Northwestern State.....	136	Texas-Arlington.....	181
Sam Houston State.....	181	Louisiana-Monroe.....	156	Nicholls State.....	196
		McNeese State.....	243	Southeastern Louisiana.....	221
		Nicholls State.....	286	Sam Houston State.....	246
1988 — Natchitoches, La.		1993 — Calhoun, La.		1998 — Natchitoches, La.	
North Texas.....	39	Texas State.....	31	McNeese State.....	60
Texas-Arlington.....	67	Texas-San Antonio.....	44	Stephen F. Austin.....	83
Texas State.....	105	North Texas.....	95	Texas-San Antonio.....	108
McNeese State.....	106	Texas-Arlington.....	96	Northwestern State.....	122
Louisiana-Monroe.....	120	Louisiana-Monroe.....	139	Texas-Arlington.....	123
Northwestern State.....	136	McNeese State.....	155	Texas State.....	126
Stephen F. Austin.....	141	Sam Houston State.....	189	Sam Houston State.....	130
Sam Houston State.....	150	Northwestern State.....	190	Lamar.....	185
		Stephen F. Austin.....	215	Nicholls State.....	209
		Nicholls State.....	315	Southeastern Louisiana.....	281
1989 — Huntsville, Texas		1994 — Sulphur, La.		1999 — Natchitoches, La.	
McNeese State.....	48	North Texas.....	68	Texas-Arlington.....	49
North Texas.....	49	Texas State.....	75	Stephen F. Austin.....	89
Texas State.....	92	Texas-Arlington.....	92	Sam Houston State.....	89
Texas-Arlington.....	92	Texas-San Antonio.....	93	McNeese State.....	100
Sam Houston State.....	124	Louisiana-Monroe.....	131	Texas State.....	101
Stephen F. Austin.....	144	McNeese State.....	145	Texas-San Antonio.....	170
Louisiana-Monroe.....	154	Northwestern State.....	158	Nicholls State.....	176
Northwestern State.....	193	Stephen F. Austin.....	177	Northwestern State.....	211
		Sam Houston State.....	211	Lamar.....	213
		Nicholls State.....	222	Louisiana-Monroe.....	230
1990 — Wimberley, Texas		1995 — Denton, Texas		2000 — Nacogdoches, Texas	
North Texas.....	33	Texas-San Antonio.....	33	McNeese State.....	65
Texas-Arlington.....	71	Texas State.....	81	Texas-Arlington.....	76
Louisiana-Monroe.....	87	McNeese State.....	114	Texas State.....	86
Sam Houston State.....	109	Texas-Arlington.....	131	Stephen F. Austin.....	89
Stephen F. Austin.....	112	Stephen F. Austin.....	136	Sam Houston State.....	131
McNeese State.....	127	Louisiana-Monroe.....	155	Texas-San Antonio.....	183
Northwestern State.....	165	Sam Houston State.....	166	Northwestern State.....	188
Texas State.....	203	North Texas.....	177	Nicholls State.....	201
		Nicholls State.....	205	Lamar.....	210
		Northwestern State.....	219	Southeastern Louisiana.....	218
1991 — Nacogdoches, Texas		1996 — Natchitoches, La.		Louisiana-Monroe.....	
North Texas.....	43	Texas-San Antonio.....	50	244	
Texas-Arlington.....	65	Nicholls State.....	90		
Texas-San Antonio.....	104	Texas-Arlington.....	99		
Stephen F. Austin.....	109	Sam Houston State.....	108		
Louisiana-Monroe.....	110	McNeese State.....	117		
Texas State.....	160	Louisiana-Monroe.....	120		
Northwestern State.....	164	Northwestern State.....	176		
Sam Houston State.....	170	Texas State.....	183		
McNeese State.....	221	Stephen F. Austin.....	192		
Nicholls State.....	310				

Year-by-Year Men's Team Championship Results

2001 — Nacogdoches, Texas		Southeastern Louisiana.....215		2010 — Beaumont, Texas	
Stephen F. Austin	52	Northwestern State.....	217	Lamar	38
McNeese State	66	Louisiana-Monroe.....	267	McNeese State	70
Texas-Arlington.....	81	Nicholls State	DNF	Texas-San Antonio	77
Sam Houston State	118	2006 — Nacogdoches, Texas			
Texas State.....	125	Lamar	37	Stephen F. Austin	114
Texas-San Antonio	179	Stephen F. Austin	50	Texas A&M-Corpus Christi.....	134
Northwestern State.....	201	Sam Houston State	87	Texas State	155
Nicholls State	222	Texas-Arlington.....	122	Texas-Arlington.....	201
Southeastern Louisiana.....	227	Texas A&M-Corpus Christi.....	122	Southeastern Louisiana.....	213
Louisiana-Monroe.....	242	Texas State.....	156	Central Arkansas.....	234
Lamar	247	Texas-San Antonio	161	Sam Houston State	298
2002 — Natchitoches, La.		Southeastern Louisiana.....	230	Northwestern State.....	304
Stephen F. Austin	38	Central Arkansas.....	234	Nicholls State	378
Sam Houston State	68	McNeese State	286	2011 — Nacogdoches, Texas	
Texas-Arlington.....	106	Northwestern State.....	293	Lamar	29
Texas-San Antonio	128	Nicholls State	DNF	Texas-San Antonio	63
McNeese State	130	2007 — Corpus Christi, Texas			
Northwestern State.....	173	Lamar.....	37	Texas A&M-Corpus Christi.....	91
Louisiana-Monroe.....	174	Texas A&M-Corpus Christi.....	44	Stephen F. Austin	100
Texas State.....	188	Texas-Arlington.....	73	McNeese State	134
Southeastern Louisiana.....	195	Stephen F. Austin	116	Texas State.....	152
Lamar	236	McNeese State	126	Texas-Arlington.....	204
Nicholls State	309	Texas-San Antonio	172	Sam Houston State	221
2003 — Huntsville, Texas		Sam Houston State	209	Central Arkansas.....	244
Stephen F. Austin	34	Texas State.....	221	Northwestern State.....	295
Sam Houston State	74	Southeastern Louisiana.....	251	Southeastern Louisiana.....	303
McNeese State	111	Central Arkansas.....	269	Nicholls State	337
Louisiana-Monroe.....	127	Northwestern State.....	301	2012 — Beaumont, Texas	
Texas-Arlington.....	148	Nicholls State	330	McNeese State	25
Lamar.....	170	2008 — Nacogdoches, Texas			
Texas-San Antonio	171	Lamar.....	29	Lamar	66
Texas State.....	183	Stephen F. Austin	87	Stephen F. Austin	80
Northwestern State.....	187	Texas A&M-Corpus Christi.....	129	Texas A&M-Corpus Christi.....	90
Southeastern Louisiana.....	210	Texas-Arlington.....	130	Central Arkansas.....	130
Nicholls State	280	Sam Houston State	138	Sam Houston State	165
2004 — Beaumont, Texas		Texas-San Antonio	145	Oral Roberts	231
Stephen F. Austin	32	McNeese State	151	Northwestern State.....	240
Sam Houston State	50	Texas State.....	151	Southeastern Louisiana.....	243
Lamar.....	116	Southeastern Louisiana.....	170	2013 — Lake Charles, La.	
Texas State.....	144	Central Arkansas.....	268	Lamar	26
Texas-Arlington.....	149	Northwestern State.....	294	Stephen F. Austin	54
Southeastern Louisiana.....	150	Nicholls State	359	Texas A&M-Corpus Christi.....	88
McNeese State	155	2009 — Corpus Christi, Texas			
Louisiana-Monroe.....	177	Lamar.....	38	McNeese State	104
Texas-San Antonio	193	McNeese State	65	Central Arkansas.....	114
Northwestern State.....	293	Texas-San Antonio	86	Sam Houston State	151
Nicholls State	318	Stephen F. Austin	87	Houston Baptist	195
2005 — Natchitoches, La.		Texas A&M-Corpus Christi.....	127	UIW.....	252
Stephen F. Austin	28	Southeastern Louisiana.....	162	Oral Roberts	257
Sam Houston State	59	Texas-Arlington.....	204	Abilene Christian.....	297
McNeese State	83	Sam Houston State	221	Southeastern Louisiana.....	301
Texas State.....	112	Texas State.....	222	Northwestern State.....	352
Texas-Arlington.....	139	Central Arkansas.....	288	New Orleans.....	360
Lamar.....	144	Northwestern State.....	342	Nicholls	397
Texas-San Antonio	149	Nicholls State	358		

Southland All-Time NCAA National Championship Meet Results

Men's Team Finishes

1966	Place (Points)
Abilene Christian.....	14 (340 points)
1971	
Louisiana-Lafayette	30 (742 points)
1973	
McNeese State	21 (518 points)
1976	
McNeese State	34 (829 points)
1997	
Texas-San Antonio	20 (540 points)

Men's Individual Finishes

1966	
57. Albert Van Troba, Abilene Christian	31:46.0
58. Jon Link, Abilene Christian.....	31:48.0
64. Bruce Johnson, Abilene Christian.....	31:54.0
125. David Piper, Abilene Christian	32:59.0
141. Robert Burch, Abilene Christian	33:39.0
179. Tommy Peacock, Abilene Christian.....	35:42.0
1968	
118. Herman Atkins, Arkansas State	31:42.0
124. Virgil Ayers, Arkansas State	31:46.0
205. John Lyons, Arkansas State	33:54.0
1969	
23. Gerry Garcia, Lamar	30:06.0
25. Robert Gray, Arkansas State	30:08.0
213. Mike Holt, Arkansas State.....	33:36.0
1970	
44. Gerry Garcia, Lamar	29:19.0
295. Robert Gray, Arkansas State	33:00.0
1971	
164. Tom Nolan, Louisiana-Lafayette.....	32:13.0
175. Sam Reeves, Louisiana Tech.....	32:17.0
187. Arthur Botteril, Louisiana-Lafayette.....	32:29.0
243. Randy Melancon, Louisiana-Lafayette	33:23.0
257. Larcy Hobbs, Louisiana Tech.....	33:50.0
261. Claude Revels, Louisiana-Lafayette	34:05.0
267. Patin Breaux, Louisiana-Lafayette.....	34:21.0
1973	
134. Robert Costello, McNeese State.....	30:37.8
135. Ken Stelly, McNeese State	30:38.4
176. Aiden Desmond, McNeese State	31:23.2
186. Pat O'Callaghan, McNeese State.....	31:45.6
203. Mike Martorano, Lamar	32:27.2
207. Robert Messer, McNeese State	32:48.2
210. Robert Boxie, McNeese State.....	33:09.4

1974	
162. Leroy Hobbs, Louisiana Tech.....	32:07.64
165. Pat O'Callaghan, McNeese State.....	32:08.99
224. Darrell Burris, Arkansas State	33:12.89
232. Mark Kramer, Lamar	33:27.00
242. Jose Briones, Lamar	33:46.00
248. Doug Mack, Arkansas State	34:05.19

1975	
238. David Kohrs, McNeese State	31:45.9

1976	
98. Pat O'Callaghan, McNeese State.....	30:02.08
234. Larry Cuzzort, McNeese State.....	31:19.98
254. David Kohrs, McNeese State	31:45.67
286. Noel McCarron, McNeese State	32:53.44
298. Mark Truncale, McNeese State	36:20.21

1977	
50. Larry Cuzzort, McNeese State.....	30:12.1
210. Jim Taylor, Louisiana Tech	32:01.0

1978	
182. David Kohrs, McNeese State.....	32:04.5

1980	
67. Roger Barker, Louisiana Tech.....	30:36.5

1986	
47. Muriuki Ngatia, Louisiana Tech	31:57.79
59. Jonah Ngeny, North Texas.....	32:10.97

1987	
83. Ben Melly, Texas-Arlington.....	30:52.11

1988	
116. Michael Brady, Stephen F. Austin	31:25.0

1995	
85. David Hartman, Texas-San Antonio	32:38.0

1997	
42. Ryan Taylor, Texas-San Antonio.....	30:27.0
129. Tim Wallace, Texas-San Antonio.....	31:52.0
158. Pat Mucci, Texas-San Antonio	32:31.0
167. Carl Stewart, Texas-San Antonio	33:01.0
169. Shelby Snodgrass, Texas-San Antonio.....	33:10.0
176. Chris Balli, Texas-San Antonio.....	34:28.0
178. John Varela, Texas-San Antonio	34:34.0

1998	
202. Henrik Skoog, Texas-Arlington	33:32.0

2001	
41. Randy Arias, Texas State.....	30:12.0

2003	
37. Michael Thompson, Stephen F. Austin	30:14.2
76. Nathan Flores, Stephen F. Austin.....	30:42.4

Southland All-Time NCAA National Championship Meet Results

2004

152. Julian Acuan, Stephen F. Austin 33:06.2

2006

19. Shadrack Songok, Texas A&M-Corpus Christi..... 31:23.3

29. Francis Kasagule, Lamar 31:34.9

55. Samuel Kosgei, Lamar 32:01.0

2007

7. Shadrack Songok, Texas A&M-Corpus Christi..... 29:50.1

24. Francis Kasagule, Lamar 30:20.6

2008

37. Samuel Kosgei, Lamar 30:10.2

169. Francis Kasagule, Lamar 31:26.4

2009

58. David Rooney, McNeese State 30:32.6

86. Francis Kasagule, Lamar 30:49.2

152. Joshua Sawe, McNeese State..... 31:24.1

2010

50. David Rooney, McNeese State 30:36.9

104. Patrick Kimeli, Texas A&M-Corpus Christi 31:13.2

136. Matt Johnsen, Lamar..... 31:29.9

2011

82. Patrick Kimeli, Texas A&M-Corpus Christi 30:39.4

89. Matt Johnsen, Lamar..... 30:42.8

2012

7. David Rooney, McNeese State 29:21.3

33. Matt Johnsen, Lamar..... 29:56.2

119. Xavier Rodriguez, Stephen F. Austin 30:54.5

2013

79. Matt Johnsen, Lamar..... 31:08.8

230. Ash Harrell, Lamar 32:44.3

CROSS COUNTRY

Year-by-Year Women's Team Champions

1985	Louisiana-Monroe
1986	Texas-Arlington
	Louisiana-Monroe
1987	Stephen F. Austin
1988	Stephen F. Austin
1989	North Texas
1990	Stephen F. Austin
1991	Texas-San Antonio
1992	Texas-San Antonio
1993	Texas-San Antonio
1994	Texas State
1995	Texas-San Antonio
1996	Texas-San Antonio
1997	Texas-Arlington
1998	McNeese State
1999	McNeese State
2000	Texas-Arlington
2001	Texas-Arlington
2002	Stephen F. Austin
2003	Stephen F. Austin
2004	Lamar
2005	Lamar
2006	Lamar
2007	Texas A&M-Corpus Christi
2008	Texas A&M-Corpus Christi
2009	Texas A&M-Corpus Christi
2010	Stephen F. Austin
2011	Texas A&M-Corpus Christi
2012	Stephen F. Austin
2013	Lamar

Women's Team Championships

Stephen F. Austin	7
Texas-San Antonio*	5
Texas A&M-Corpus Christi	4
Texas-Arlington*	4
Lamar	4
McNeese State	2
Louisiana-Monroe*	2
Texas State*	1
North Texas*	1

*Former Southland Members

Year-by-Year Women's Individual Champions

1985	Rosita Astrom, Lamar	18:32
1986	Becky Brooke, Lamar	17:25
1987	Nicola Roff, Louisiana-Monroe	17:02
1988	Nicola Roff, Louisiana-Monroe	17:11
1989	Nicola Roff-Ratcliffe, Louisiana-Monroe	17:32
1990	Renee Rowell, Stephen F. Austin	17:59
1991	Joanne Kineard, Texas-San Antonio	17:44
1992	Liza Marie Hunter, Texas-San Antonio	17:25
1993	Angela Nelson, Texas-Arlington	17:56
1994	Janice Turner, Texas State	17:06
1995	Frida Rosenberg, Texas-Arlington	17:32
1996	Stacy Poole, Texas-San Antonio	17:43
1997	Sarah Salmon, McNeese State	17:16
1998	Sarah Salmon, McNeese State	17:58
1999	Sita Waru, McNeese State	17:36
2000	Sita Waru, McNeese State	17:35
2001	Sita Waru, McNeese State	17:20
2002	Ana Rodriguez, Stephen F. Austin	19:18
2003	Ana Rodriguez, Stephen F. Austin	17:11
2004	Ashley Monteau, Stephen F. Austin	20:24
2005	Ashley Monteau, Stephen F. Austin	20:24
2006	Clerc Koenck, Lamar	21:35
2007	Clerc Koenck, Lamar	20:49
2008	Dana Mecke, Texas-San Antonio	21:39
2009	Anne Ronoh, Texas A&M-Corpus Christi	20:44
2010	Emily Koenig, Texas-Arlington	21:30
2011	Lauren Smith, Stephen F. Austin	20:57
2012	Lauren Smith, Stephen F. Austin	20:59
2013	Brooke Cassar, Central Arkansas	20:42

Women's Individual Champions

Stephen F. Austin	7
McNeese State	5
Lamar	4
Texas-San Antonio*	4
Texas-Arlington*	3
Louisiana-Monroe*	3
Central Arkansas	1
Texas A&M-Corpus Christi	1
Texas State*	1

*Former Southland Members

Southland Women's Championship Records

Individual Records

Three Miles	17:02	Nicola Roff, Louisiana-Monroe, 1987
6,000 Meters	20:24.27	Ashley Monteau, Lamar, 2004
5,000 Meters	17:06	Janice Turner, Texas State, 1994

Team Records

Lowest Team Total	21	Texas-San Antonio, 1996
Highest Winning Total	71	Stephen F. Austin, 2002
Widest Winning Margin	50	Texas-San Antonio, 1996
Closest Winning Margin	2	Texas State 46, Texas-Arlington 48, 1994 Stephen F. Austin 56, Sam Houston State 58, 2012

Year-by-Year Women's Award Winners

Coach of the Year

1989.....	Ken Garland, North Texas
1990.....	Peggy Vigil, Stephen F. Austin
1991.....	Shawn Flanagan, Texas-San Antonio
1992.....	Shawn Flanagan, Texas-San Antonio
1993.....	Shawn Flanagan, Texas-San Antonio
1994.....	Doug Erickson, Texas State
1995.....	Shawn Flanagan, Texas-San Antonio
1996.....	Shawn Flanagan, Texas-San Antonio
1997.....	John Sauerhage, Texas-Arlington
1998.....	Annie Bennett, Stephen F. Austin
1999.....	Steve Baker, McNeese State
2000.....	Greg Hinze, Sam Houston State
2001.....	John Sauerhage, Texas-Arlington
2002.....	Alex Gibby, Stephen F. Austin
2003.....	Lou Snelling, Stephen F. Austin
2004.....	Sita Waru, Lamar
2005.....	Sita Waru, Lamar
2006.....	Sita Waru, Lamar
2007.....	Shawn Flanagan, Texas A&M-Corpus Christi
2008.....	Shawn Flanagan, Texas A&M-Corpus Christi
2009.....	Lou Snelling, Stephen F. Austin
2010.....	Lou Snelling, Stephen F. Austin
2011.....	Shawn Flanagan, Texas A&M-Corpus Christi
2012.....	Cody Clark, Stephen F. Austin
2013.....	Darren Gauson, Lamar

Freshman of the Year

1989-2005	None Selected
2006.....	Heather Bullin, Texas State
2007.....	Sarah De Los Santos, Texas A&M-Corpus Christi
2008.....	Stephanie Ganter, Stephen F. Austin
2009.....	Samantha Walkow, Lamar
2010.....	Emily Koenig, Texas-Arlington
2011.....	Carly Kitts, Texas-San Antonio
2012.....	Solenn Riou, Sam Houston State
2013.....	Brooke Cassar, Central Arkansas

Athlete of the Year

1989.....	Nicola Roff-Ratcliffe, Louisiana-Monroe
1990.....	Renee Rowell, Stephen F. Austin
1991.....	None Selected
1992.....	Liza Marie Hunter, Texas-San Antonio
1993.....	Angela Nelson, Texas-Arlington
1994.....	Janice Turner, Texas State
1995.....	Frida Rosenberg, Texas-Arlington
1996.....	Stacy Poole, Texas-San Antonio
1997.....	Sarah Salmon, McNeese State
1998.....	Sarah Salmon, McNeese State
1999.....	Sita Waru, McNeese State
2000.....	Sita Waru, McNeese State
2001.....	Sita Waru, McNeese State
2002.....	Ana Rodriguez, Stephen F. Austin
2003.....	Ana Rodriguez, Stephen F. Austin
2004.....	Ashley Monteau, Stephen F. Austin
2005.....	Ashley Monteau, Stephen F. Austin
2006.....	Clerc Koenck, Lamar
2007.....	Clerc Koenck, Lamar
2008.....	Dana Mecke, Texas-San Antonio
2009.....	Anne Ronoh, Texas A&M-Corpus Christi
2010.....	Emily Koenig, Texas-Arlington
2011.....	Lauren Smith, Stephen F. Austin
2012.....	Lauren Smith, Stephen F. Austin
2013.....	Brooke Cassar, Central Arkansas

Newcomer of the Year

1989-2005	None Selected
2006.....	Lydia Kimeli, Texas A&M-Corpus Christi
2007.....	Everlyn Maytonei, Southeastern Louisiana
2008.....	Anne Ronoh, Texas A&M-Corpus Christi
2009.....	Pernilla Savestrand, Texas-San Antonio
2010.....	Lauren Smith, Stephen F. Austin
2011.....	Amy Talbot, McNeese State
2012.....	Danielle Burchett, Stephen F. Austin
2013.....	Leigh Lattimore, Lamar

CROSS COUNTRY

Year-by-Year Women's Team Championship Results

1985 — Calhoun, La.	
Louisiana-Monroe	46
Lamar	61
Texas-Arlington	62
Arkansas State	99
McNeese State	107
North Texas	121
Louisiana-Lafayette	DNF

1986 — Lake Charles, La.	
Louisiana-Monroe	47
Texas-Arlington	47
Arkansas State	85
Louisiana-Lafayette	112
McNeese State	125
North Texas	131
Lamar	136

1987 — Denton, Texas	
Stephen F. Austin	55
Texas-Arlington	68
Louisiana-Monroe	78
Texas State	80
North Texas	117
McNeese State	125
Sam Houston State	168
Northwestern State	232

1988 — Natchitoches, La.	
Stephen F. Austin	45
Louisiana-Monroe	75
Texas-Arlington	98
Texas State	101
Sam Houston State	102
McNeese State	112
North Texas	129
Northwestern State	241

1989 — Huntsville, Texas	
North Texas	48
Stephen F. Austin	52
Texas-Arlington	85
Sam Houston State	115
Texas State	122
Louisiana-Monroe	128
McNeese State	135
Northwestern State	198

1990 — Wimberley, Texas	
Stephen F. Austin	59
North Texas	86
Texas-Arlington	91
Louisiana-Monroe	108
Sam Houston State	115
Northwestern State	121
McNeese State	137
Texas State	140

1991 — Nacogdoches, Texas	
Texas-San Antonio	33
Texas-Arlington	79
Sam Houston State	80
Northwestern State	103
McNeese State	124
Louisiana-Monroe	131
North Texas	154
Texas State	187
Nicholls State	270
Stephen F. Austin	DNF

1992 — Arlington, Texas	
Texas-San Antonio	36
McNeese State	69
Texas-Arlington	97
North Texas	109
Northwestern State	114
Louisiana-Monroe	119
Sam Houston State	156
Stephen F. Austin	200
Texas State	231
Nicholls State	304

1993 — Calhoun, La.	
Texas-San Antonio	42
Texas-Arlington	51
Northwestern State	81
North Texas	151
Louisiana-Monroe	155
Stephen F. Austin	157
Texas State	160
McNeese State	174
Sam Houston State	220
Nicholls State	330

1994 — Sulphur, La.	
Texas State	46
Texas-Arlington	48
Texas-San Antonio	60
McNeese State	121
North Texas	133
Northwestern State	144
Sam Houston State	194
Louisiana-Monroe	212
Stephen F. Austin	254
Nicholls State	310

1995 — Denton, Texas	
Texas-San Antonio	34
North Texas	83
Texas-Arlington	96
Texas State	109
Northwestern State	125
Stephen F. Austin	135
McNeese State	173
Sam Houston State	190
Louisiana-Monroe	192
Nicholls State	300

1996 — Natchitoches, La.	
Texas-San Antonio	21
Northwestern State	71
Texas-Arlington	102
Louisiana-Monroe	108
Texas State	119
Stephen F. Austin	128
Sam Houston State	164
McNeese State	205
Nicholls State	243

1997 — Huntsville, Texas	
Texas-Arlington	44
McNeese State	87
Northwestern State	87
Texas-San Antonio	94
Texas State	111
Stephen F. Austin	111
Louisiana-Monroe	174
Sam Houston State	174
Southeastern Louisiana	205

1998 — Natchitoches, La.	
McNeese State	41
Stephen F. Austin	61
Texas-Arlington	99
Northwestern State	119
Southeastern Louisiana	121
Sam Houston State	134
Texas State	141
Texas-San Antonio	185
Louisiana-Monroe	187
Lamar	266
Nicholls State	DNF

1999 — Natchitoches, La.	
McNeese State	69
Texas-San Antonio	77
Texas State	90
Stephen F. Austin	107
Sam Houston State	139
Texas-Arlington	145
Northwestern State	148
Southeastern Louisiana	154
Louisiana-Monroe	158
Lamar	234
Nicholls State	329

2000 — Nacogdoches, Texas	
Texas-Arlington	61
Sam Houston State	66
Texas State	90
McNeese State	113
Texas-San Antonio	117
Louisiana-Monroe	165
Northwestern State	175
Stephen F. Austin	182
Southeastern Louisiana	218
Lamar	221
Nicholls State	299

Year-by-Year Women's Team Championship Results

2001 — Nacogdoches, Texas		Louisiana-Monroe.....	216	2010 — Beaumont, Texas	
Texas-Arlington.....	66	Southeastern Louisiana.....	239	Stephen F. Austin.....	34
Louisiana-Monroe.....	73	McNeese State.....	296	Texas A&M-Corpus Christi.....	78
Texas State.....	77	Nicholls State.....	DNF	McNeese State.....	116
Texas-San Antonio.....	94			Texas-Arlington.....	137
Stephen F. Austin.....	102	2006 — Nacogdoches, Texas		Texas-San Antonio.....	139
McNeese State.....	107	Lamar.....	46	Nicholls State.....	155
Nicholls State.....	200	Stephen F. Austin.....	73	Lamar.....	158
Lamar.....	209	Texas-Arlington.....	99	Texas State.....	170
Sam Houston State.....	227	Texas State.....	106	Central Arkansas.....	218
Northwestern State.....	236	Texas-San Antonio.....	139	Southeastern Louisiana.....	254
Southeastern Louisiana.....	317	Texas A&M-Corpus Christi.....	143	Sam Houston State.....	265
		Central Arkansas.....	166	Northwestern State.....	332
2002 — Natchitoches, La.		Sam Houston State.....	170		
Stephen F. Austin.....	71	Northwestern State.....	216	2011 — Nacogdoches, Texas	
Texas-Arlington.....	74	Southeastern Louisiana.....	233	Texas A&M-Corpus Christi.....	65
Texas-San Antonio.....	85	McNeese State.....	335	Texas-San Antonio.....	70
Sam Houston State.....	123	Nicholls State.....	336	Lamar.....	92
McNeese State.....	131			Texas State.....	115
Nicholls State.....	164	2007 — Corpus Christi, Texas		Texas-Arlington.....	123
Texas State.....	173	Texas A&M-Corpus Christi.....	48	Stephen F. Austin.....	156
Louisiana-Monroe.....	173	Lamar.....	52	McNeese State.....	164
Northwestern State.....	204	Stephen F. Austin.....	98	Nicholls State.....	206
Southeastern Louisiana.....	210	Texas State.....	111	Central Arkansas.....	232
Lamar.....	246	Texas-Arlington.....	112	Sam Houston State.....	241
		Central Arkansas.....	175	Southeastern Louisiana.....	308
2003 — Huntsville, Texas		Sam Houston State.....	203	Northwestern State.....	308
Stephen F. Austin.....	42	Texas-San Antonio.....	207		
Texas-Arlington.....	72	Nicholls State.....	245	2012 — Beaumont, Texas	
Lamar.....	74	Southeastern Louisiana.....	261	Stephen F. Austin.....	56
McNeese State.....	120	Northwestern State.....	296	Sam Houston State.....	58
Sam Houston State.....	133			Lamar.....	80
Texas State.....	166	2008 — Nacogdoches, Texas		Texas A&M-Corpus Christi.....	82
Texas-San Antonio.....	192	Texas A&M-Corpus Christi.....	49	Central Arkansas.....	120
Northwestern State.....	215	Stephen F. Austin.....	61	McNeese State.....	148
Southeastern Louisiana.....	223	Texas State.....	95	Nicholls State.....	173
Louisiana-Monroe.....	241	Texas-Arlington.....	108	Oral Roberts.....	204
Nicholls State.....	243	Texas-San Antonio.....	152	Northwestern State.....	206
		Southeastern Louisiana.....	164	Southeastern Louisiana.....	265
2004 — Beaumont, Texas		Lamar.....	176		
Lamar.....	37	Sam Houston State.....	191	2013 — Lake Charles, La.	
Stephen F. Austin.....	50	McNeese State.....	236	Lamar.....	36
Texas-San Antonio.....	98	Central Arkansas.....	243	Central Arkansas.....	78
Sam Houston State.....	130	Nicholls State.....	255	Stephen F. Austin.....	97
Texas-Arlington.....	136	Northwestern State.....	357	Sam Houston State.....	124
Northwestern State.....	150			Texas A&M-Corpus Christi.....	126
Texas State.....	199	2009 — Corpus Christi, Texas		Houston Baptist.....	190
Southeastern Louisiana.....	208	Texas A&M-Corpus Christi.....	58	Abilene Christian.....	192
McNeese State.....	226	Stephen F. Austin.....	82	UIW.....	202
Nicholls State.....	231	Texas-Arlington.....	105	McNeese State.....	207
Louisiana-Monroe.....	283	Texas-San Antonio.....	115	Nicholls.....	221
		McNeese State.....	128	Oral Roberts.....	302
2005 — Natchitoches, La.		Nicholls State.....	157	New Orleans.....	345
Lamar.....	26	Lamar.....	157	Southeastern Louisiana.....	414
Stephen F. Austin.....	49	Texas State.....	173	Northwestern State.....	421
Texas-Arlington.....	76	Sam Houston State.....	235		
Sam Houston State.....	98	Southeastern Louisiana.....	237		
Texas-San Antonio.....	101	Central Arkansas.....	271		
Texas State.....	184	Northwestern State.....	294		
Northwestern State.....	198				

Southland All-Time NCAA National Championship Meet Results

Women's Team Finishes

1996	Place (Points)
Texas-San Antonio	19 (439 points)

Women's Individual Finishes

1987	
93. Nicola Roff-Ratcliffe, Louisiana-Monroe	17:49.95

1989	
99. Nicola Roff-Ratcliffe, Louisiana-Monroe	18:17.16

1992	
108. Angela Nelson, Texas-Arlington	18:45.6
132. Lizamarie Hunter, Texas-San Antonio	19:06.0

1994	
59. Janice Turner, Texas State	18:04.0

1996	
56. Meg Harris, Texas-San Antonio	18:41.0
91. Stacy Poole, Texas-San Antonio	19:03.0
109. Jennifer Debrecht, Texas-San Antonio	19:18.0
148. Elizabeth Silva, Texas-San Antonio	19:57.0
160. Melinda Brown, Texas-San Antonio	20:23.0
174. Amber Ramirez, Texas-San Antonio	21:26.0
176. Kemeyon Davis, Texas-San Antonio	22:17.0

1997	
21. Sarah Salmon, McNeese State	17:08.0
64. Kristen Ahlepil, Texas-Arlington	17:40.0
110. Sonia Garza, Texas State	18:06.0

1998	
105. Sarah Salmon, McNeese State	18:17.0

1999	
34. Sita Waru, McNeese State	17:27.6

2000	
43. Sita Waru, McNeese State	21:30.9

2001	
54. Sita Waru, McNeese State	21:44.0

2004	
75. Ashley Monteau, Stephen F. Austin	21:42.9

2005	
90. Ashley Monteau, Stephen F. Austin	21:02.7
154. Renee Graham, Lamar	21:38.8

2006	
120. Jodi Hulett, Texas-Arlington	22:18.3
126. Renee Graham, Lamar	22:20.7

2007	
114. Clerc Koenck, Lamar	21:40.6
130. Renee Graham, Lamar	21:45.9

2008	
125. Anne Ronoh, Texas A&M-Corpus Christi	21:22.7

2009	
188. Anne Ronoh, Texas A&M-Corpus Christi	21:56.8

2012	
157. Lauren Smith, Stephen F. Austin	21:10.3

2013	
54. Brooke Cassar, Central Arkansas	20:55.7