

WIAC Women's Cross Country Individual Champions

Year--Name (School), Time

1978--Marybeth Spencer (MAD), 17:41.6
1979--Gail Rusch (LC), 17:57
1980--Wendy Burman (PARK), 18:02
1981--Cheryl Konkol (MIL), 17:43
1982--Tori Neubauer (LC), 17:28
1983--Tori Neubauer (LC), 17:20
1984--Katie Somers (EC), 17:39
1985--Chris Goepel (EC), 18:35.8
1986--Sheri Winter (LC), 18:05
1987--Cheryl Niederberger (OSH), 17:22
1988--Cheryl Niederberger (OSH), 17:41
1989--Cathy Vandermar (OSH), 18:03
1990--Laura Horejs (OSH), 17:53
1991--Laura Horejs (OSH), 18:10
1992--Natalie Goetsch (OSH), 18:27
1993--Amy Abing (PLT), 19:50
1994--Tiffany Speckman (OSH), 18:33.6
1995--Wendi Zak (STP), 18:45.18
1996--Tiffany Speckman (OSH), 18:52.09
1997--Tiffany Speckman (OSH), 18:01
1998--Sarah Anderson (SUP), 17:54
1999--Jenny Fiedler (LC), 17:46.90
2000--Leah Juno (STP), 18:01.7
2001--Becky Lebak (STP), 18:00.50
2002--Julia Rudd (LC), 23:20
2003--Liz Woodworth (OSH), 21:05
2004--Liz Woodworth (OSH), 21:14.7
2005--Julia Rudd (LC), 21:40.50
2006--Marcia Taddy (PLT), 21:39.76
2007--Ayla Mitchell (OSH), 21:27
2008--Becca Jordahl (RF), 21:00.59
2009--Ayla Mitchell (OSH), 22:00.79
2010--Christy Cazzola (OSH), 22:15.96
2011--Christy Cazzola (OSH), 21:27.2
2012--Christy Cazzola (OSH), 21:16.0
2013--Laura Mead (LC), 21:46.39
2014--Laura Mead (LC), 21:59.35
2015--Lucy Ramquist (EC), 21:56.56
2016--Cheyenne Moore (OSH), 21:49.8
2017--Cheyenne Moore (OSH), 22:06.3
2018--Hannah Beilke (LC), 21:40.2
2019--Lexie Tremble (EC), 23:15.8
2020*--None
2021--Hannah Lohrenz (OSH), 22:20.5
2022--Maddie Hannan (LC), 21:45.5
2023--Carolyn Shult (EC), 21:25.7
2024--Amelia Lehman (OSH), 21:18.2

*The 2020 season was canceled due to the COVID-19 pandemic.