

## WIAC Women's Cross Country All-Region Performers

(Top 35 individual finishers at regional meet since 1999) (Based on available information)

(Note: The 2020 regional meet was canceled due to the COVID-19 pandemic)

### UW-Eau Claire

1992--Joy Ogston-**Champion**

1993--Steffanie Luther-6th

2000--Karin Diestelmeier-11th; Melissa Wright-33rd

2001--Jane Ovanin-12th

2002--Jane Ovanin-15th; Missy Paulson-26th

2003--Melissa Wright-31st

2004--Molly Warner-25th; Rachel Anderson-28th; Jane Ovanin-33rd

2005--Molly Warner-15th; Korah Petrasko-28th

2006--Molly Warner-10th; Beth Lutz-20th; Cassandra Haak-23rd; Christina Locke-32nd

2007--Beth Lutz-4th; Mary Palmer-7th; Molly Warner-16th; Hannah Humbach-24th

2008--Mary Palmer-6th; Beth Easker-11th; Hannah Humbach-22nd; Alyssa Sybilrud-23rd

2009--Beth Easker-6th; Alyssa Sybilrud-8th; Margaret Ho-10th; Hannah Humbach-12th; Elizabeth Prunty-16th; Jenna Smith-26th; Kacey Rindy-29th

2010--Margaret Ho-8th; Elizabeth Prunty-10th; Alyssa Sybilrud-11th; Ashlyn Mauer-22nd; Madison Sawyer-34th

2011--Ashlyn Mauer-13th; Maddy Sawyer-17th; Steph Sjostrom-22nd; Alyssa Sybilrud-31st; Lucy Ramquist-32nd

2012--Ashlyn Mauer-3rd; Madison Sawyer-4th; Steph Sjostrom-5th; Kelsey Jaeger-24th;

Elaina Meurer-31st

2014--Lucy Ramquist-10th; Clara Williamson-32nd; Kelsey Jaeger-35th

2015--Lucy Ramquist-**Champion**; Clara Williamson-15th; Callie Fischer-31st

2016--Morgan Marek-7th; Callie Fischer-11th; Samantha Slattery-23rd

2017--Samantha Slattery-5th; Callie Fischer-8th; Melody Becker-9th; Morgan Marek-13th;

Lizzy Cisewski-24th

2018--Sam Slattery-5th; Morgan Marek-11th; Emma Drangstveit-20th

2019--Lexie Tremble-2nd; Naomi Long-18th; Emma Drangstveit-23rd

2021--Carolyn Shult-5th; Katie Faris-11th; Emma Drangstveit-18th; Naomi Long-21st; Morgan Dahl-30th

2022--Carolyn Shult-5th; Naomi Long-22nd; Katie Faris-27th; Ashley Kachurik-31st

2023--Carolyn Shult-2nd; Ava Matejcek-12th; Keeley Behr-14th; Morgan Dahl-19th; Christi Forman-21st; Mikayla Hady-34th

2024--Keeley Behr-9th; Molly Heidorn-22nd; Bella Hooker-24th; Reagan Zimmerman-28th; Allison Weissinger-35th

2025--Molly Heidorn-3rd; Keeley Behr-16th; Ryann Wagner-27th

## **UW-La Crosse**

1993--Susanne Martineau-2nd

1994--Christy Peterson-8th

1996--Sarah Bashinski-5th

1998--Jenny Fiedler-6th

1999--Jenny Fiedler-2nd; Becca Jaax-19th; Jessica Dober-20th; Kristin Krueger-29th; Tara Schmitz-30th; Marnie Albu-31st

2000--Jessica Dober-8th; Ann Koweiski-23rd; Emily Schmitz-30th

2001--Jessica Dober-7th; Julie Mocadlo-11th; Ann Koweiski-14th; Stephanie Oudenhoyen-17th; Tiffany Pogodzinski-19th; Dawn Schmick-23rd

2002--Julie Mocadlo-7th; Stephanie Oudenhoven-11th; Amy Belleba-34th

2003--Julia Rudd-4th; Megan Herlache-18th; Amy Belleba-26th; Becky Ray-29th

2004--Kristen Painter-11th; Juile Mocadlo-14th; Megan Herlache-21st; Kristen Howe-24th

2005--Julia Rudd-**Champion**; Kristen Painter-5th; Amy Belleba-26th; Kristen Howe-31st

2006--Kristen Painter-3rd; Megan Herlache-13th; Jena Gerten-24th; Kristen Howe-26th; Megan Johnson-30th

2007--Katelyn Williams-15th; Kristen Howe-18th; Megan Johnson-25th; Eileen McGuire-26th; Jena Gerten-29th

2008--Katelyn Williams-10th; Megan Johnson-15th; Lauren Moss-24th; Michelle Horn-31st; Kristina Bennwitz-35th

2009--Stephanie Perleberg-4th; Katelynn Williams-11th; Alison Kolinski-18th; Zoe Browne-27th

2010--Rachel Schroeder-24th; Rachel Boldt-29th

2011--Rachel Schroeder-18th

2012--Corissa Conard-12th; Natalie Powell-15th; Rachel Schroeder-35th

2013--Laura Mead-4th; Alyssa Luker-5th; Natalie Powell-19th; Rebecca Zych-24th

2014--Laura Mead-3rd; Ellen Smith-6th; Natalie Powell-11th; Rebecca Zych-19th

2015--Katilyn McDaniel-8th; Elizabeth Frick-16th; Natalie Powell-29th; Annie Brekken-34th

2016--Elizabeth Frick-6th; Kaitlyn McDaniel-8th; Ellen Smith-16th; Sadie Kroll-19th;

Sarah Ziolkowski-32nd; Annie Brekken-34th

2017--Rebecca Voss-6th; Sadie Kroll-12th; Kaitlyn McDaniel-23rd; Samantha Court-33rd;

Rachel Jeffers-35th

2018--Hannah Beilke-3rd; Sadie Kroll-4th; Anne Brekken-27th; Ellie Miller-29th

2019--Rachel Jeffers-11th; Delaney Schultz-21st; Maddie Hannan-25th; Maddy Sweeney-28th; Kaylan Marshall-31st; Dakota Holzem-32nd

2021--Emma Malooly-4th; Rachel Jeffers-8th; Maddie Hannan-9th; Maddy Vantassel-14th; Kaylan Marshall-15th; Katelyn Chadwick-24th; Jenna Lovejoy-28th

2022--Maddie Hannan-4th; Jenna Lovejoy-11th; Julia Anderson-13th; Katelyn Chadwick-15th; Maddy Vantassel-21st; Kimberly Carviou-32nd

2023--Katelyn Chadwick-11th; Maddie Hannan-13th; Madelynn McIntyre-16th; Maddy Vantassel-17th; Kylie Trousil-20th; Gwen Hintz-23rd

2024--Madelynn McIntyre-10th; Mallory Reiser-11th; Katelyn Chadwick-12th; Gwen Hinz-14th; Sierra Rabe-16th; Brooklyn Luebke-17th

2025--Lucy Duchac-2nd; Brooklyn Luebke-6th; Annika Elliott-7th; Becca Immer-10th; Madison Twarling-20th; Julia Zalewski-21st; Lily Higgins-25th

## **UW-Oshkosh**

1989--Cathy Vandermar-**Champion**  
1990--Laura Horejs-**Champion**  
1991--Laura Horejs-**Champion**  
1994--Brenda Biskobing-2nd; Mikelle Budge-3rd; Tiffany Speckman-5th; Joey Balsis-9th;  
Angela Kapra-23rd  
1995--Tiffany Speckman-2nd  
1997--Tiffany Speckman-**Champion**  
1999--Brenna Ellington-7th; Mary Speer-10th; Dar Amelse-11th; Jenn Pollard-14th; Sara Bailie-16th;  
Tovah Mendoza-32nd  
2000--Dar Amelse-6th; Sara Holewinski-12th; Liz Woodworth-19th; Sara Bailie-24th; Sue Hardtke-26th;  
Tovah Mendoza-35th  
2001--Liz Woodworth-5th; Sara Holewinski-9th; Jackie Munoz-10th; Tovah Mendoza-26th;  
Sue Hardtke-33rd  
2002--Renee Pilon-14th; Katie Isermann-33rd  
2003--Liz Woodworth-**Champion**; Katie Isermann-13th; Kristy Giljohanna-24th; Emily Steinhafel-27th;  
Erin Blum-33rd  
2004--Liz Woodworth-**Champion**; Kristy Giljohanna-6th; Jackie Munoz-23rd; Emily Steinhafel-32nd;  
Rosa Alvarez-34th  
2005--Jenny Graef-23rd; Rosa Alvarez-27th  
2006--Jenny Graef-8th  
2007--Ayla Mitchel-2nd; Jessie Scheer-21st; Jenny Melville-34th  
2008--Ayla Mitchell-**Champion**; Christy Cazzola-9th  
2009--Ayla Mitchell-**Champion**; Jenny Piskor-23rd; McKenzie Kelly-25th  
2010--Christy Cazzola-4th; Brittany Haas-15th; Allison Gehl-31st; McKenzie Kelly-35th  
2011--Christy Cazzola-**Champion**;  
2012--Christy Cazzola-**Champion**; McKenzie Kelly-10th  
2013--Sonny Jenkins-28th  
2014--Hannah Kuenzi-34th  
2015--Hannah Kuenzi-7th; Kylee Verhasselt-21st; Danica Harrison-23rd; Erica Munyan-25th;  
Leah Rendflesh-30th  
2016--Cheyenne Moore-4th; Kristen Linzmeier-13th; Erica Munyan-15th  
2017--Cheyenne Moore-4th; Ashton Keene-32nd  
2018--Evelyn Noone-8th  
2019--Ashton Keene-17th; Hannah Lohrenz-19th  
2021--Hannah Lohrenz-3rd; Zanzie Demco-10th; Amelia Lehman-35th  
2022--Amelia Lehman-12th  
2024--Amelia Lehman-7th; Libby Geisness-31st  
2025--Lehna Mitchell-28th

## **UW-Platteville**

1998--Keri Wells-8th  
2001--Amanda Troy 35th  
2002--Amanda Troy-17th  
2003--Jackie Mulrooney-6th  
2004--Jackie Mulrooney-4th; Marcia Taddy-8th  
2005--Marcia Taddy-9th; Jessica Scott-35th  
2006--Marcia Taddy-**Champion**; Emma Dreis-28th  
2007--Jessica Scott-6th; Emma Dreis-12th; Alli Tank-23rd; Lindsey Vick-31st  
2008--Jessica Scott-8th; Ann Tank-30th  
2009--Alli Tank-28th; Eileen McGuine-32nd  
2010--Gina Smith-19th  
2011--Danielle Kunkel-12th  
2015--Chelsey Heiden-24th  
2016--Chelsey Heiden-9th; Katie Wardinski-26th  
2017--Johanna Meister-11th; Katie Wardinski-15th  
2018--Katie Wardinski-17th; Johanna Meister-18th  
2023--Hannah Fliss-30th  
2025--Megan Hageman-31st

### **UW-River Falls**

1994--Wendi Hovet-7th  
2001--Lisa Traxler-30th; Amy Nelson-32nd  
2002--Marlene Yaeger-24th; Lisa Traxler-25th  
2003--Marlene Yaeger-22nd  
2005--Marlene Yaeger-14th  
2006--Becca Jordahl-12th; Amanda Kozicky-35th  
2007--Becca Jordahl-**Champion**; Maria Michaud-33rd  
2008--Becca Jordahl-2nd  
2009--Carly Eggert-34th  
2011--Katie Rydeen-21st  
2013--Tia Harris-6th  
2016--Abigail Fouts-33rd  
2017--Abigail Fouts-10th; Nikki Jurik-25th; Linsey Tolkkinen-28th  
2018--Linsey Tolkkinen-12th  
2023--Laina Viere-32nd  
2025--Laina Viere-17th

### **UW-Stevens Point**

1993--Wendi Zak-4th  
1994--Wendi Zak-4th  
1999--Leah Juno-5th; Becky Lebak-9th; Lisa Pisca-24th  
2000--Leah Juno-2nd; Becky Lebak-3rd; Marcie Fisher-10th  
2001--Becky Lebak-3rd; Kara Vosters-21st; Megan Craig-34th  
2002--Leah Herlache-10th; Jenna Mitchler-28th  
2003--Teresa Stanely-8th; Leah Herlache-10th; Jenna Mitchler-14th; Ashleigh Potuznik-19th; Megan Craig-25th  
2004--Megan Craig-2nd; Leah Herlache-7th; Jenna Mitchler-10th; Ashleigh Potuznik-22nd; Kallyn Peterson-35th  
2005--Jenna Mitchler-4th; Teresa Stanley-7th; Ashleigh Potuznik-25th; Hanna Dieringer-32nd  
2006--Hanna Dieringer-34th  
2007--Hanna Dieringer-17th  
2008--Kelly Haen-14th; Claire Roberts-27th  
2009--Claire Roberts-31st  
2010--Claire Roberts-7th; Kelly Haen-14th; Sarah Glunn-17th; Shaun Krueger-20th  
2011--Kelly Haen-11th; Julia Colling-20th; Annie Olson-29th  
2012--Julia Colling-9th  
2013--Ana Breit-11th; Julia Colling-18th; Haley Steig-31st; Kelsey Laska-34th  
2014--Lauren Dilley-14th; Ana Breit-23rd  
2017--Bailey Wolf-16th  
2018--Georgia Harrison-24th  
2021--Rachel Krouse-7th; Paige Allemann-31st  
2022--Rachel Krouse-30th; Brooke Wellhausen-35th  
2023--Rachel Krouse-5th  
2025--Brooklyn Hoff-23rd

### **UW-Stout**

1998--Katie Jacobson-4th; Katy Olsen-5th  
2005--Krista Jahimiak-33rd  
2006--Krista Jahimiak-25th  
2011--Alexa Ahler-24th  
2014--Kathleen Thorn-8th; Jordan Kelch-26th  
2015--Kathleen Thorn-4th; Morgan Sweeney-32nd  
2017--Jessica Petruzates-30th  
2018--Jessica Petruzates-9th; Brittany Staab-28th; Molly Perkins-31st  
2019--Brittany Staab-27th  
2021--Emily Cunningham-16th  
2023--Mckayla Felton-4th  
2024--Breklyn Lammert-2nd; Mckayla Felton-3rd; Arely Jaime Luevano-8th  
2025--Claudia Lasiowski-19th

**UW-Whitewater**

1999--Stephanie Greiber-8th; Kara Krumenauer-22nd; Nikki Anderson-25th  
2000--Kara Krumenauer-14th; Jessica Davida-32nd  
2001--Melissa Lutz-22nd; Katie Christensen-27th  
2003--Megan Kielar-32nd  
2004--Megan Kielar-12th  
2005--Megan Kielar-11th  
2006--Lisa Nylander-33rd  
2009--Maddy Ronzos-30th  
2010--Maddy Roznos-27th  
2011--Maddy Roznos-25th; Alyssa Duncan-35th  
2012--Alyssa Duncan-8th  
2014--Amy Kahl-27th  
2015--Amy Kahl-33rd  
2019--Jessica Braun-22nd  
2022--Ari De La Cerda-33rd  
2023--Ari De La Cerda-28th; Paige Fassbender-35th  
2024--Ari De La Cerda-13th; Payton Scoggin-19th; Renee Forystek-29th  
2025--Payton Scoggin-33rd

**Former Member****UW-Superior**

1996--Sarah Anderson-**Champion**  
1997--Sarah Anderson-2nd  
1998--Sarah Anderson-3rd  
2002--Carrie Smith-22nd