



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

## WOMEN'S CROSS COUNTRY RECORD BOOK

### Team Champions List

| Year    | School                | Coach            |
|---------|-----------------------|------------------|
| 1990    | Principia College     | Robert Baker     |
| 1991    | Principia College     | Robert Baker     |
| 1992    | Principia College     | Robert Baker     |
| 1993    | Maryville University  | Greg Reecht      |
| 1994    | Principia College     | Robert Baker     |
| 1995    | Greenville University | Brian Patton     |
| 1996    | Greenville University | Brian Patton     |
| 1997    | Greenville University | Brian Patton     |
| 1998    | Greenville University | Brian Patton     |
| 1999    | Greenville University | Brian Patton     |
| 2000    | Greenville University | Brian Patton     |
| 2001    | Greenville University | Brian Patton     |
| 2002    | Greenville University | Brian Patton     |
| 2003    | Maryville University  | Glen House       |
| 2004    | Greenville University | Brian Patton     |
| 2005    | Greenville University | Brian Patton     |
| 2006    | Greenville University | Steve Imig       |
| 2007    | Greenville University | Jonathan Eckberg |
| 2008    | Greenville University | Brian Patton     |
| 2009    | Greenville University | Brian Patton     |
| 2010    | Principia College     | Chuck Wilcoxon   |
| 2011    | Webster University    | Dusty Lopez      |
| 2012    | Principia College     | Chuck Wilcoxon   |
| 2013    | Westminster College   | Jim Marshall     |
| 2014    | Greenville University | Brian Patton     |
| 2015    | Spalding University   | Bradley Sowder   |
| 2016    | Greenville University | Brian Patton     |
| 2017    | Webster University    | Dan Graber       |
| 2018    | Webster University    | Dan Graber       |
| 2019    | Webster University    | Dan Graber       |
| 2020-21 | Greenville University | Brian Patton     |
| 2021    | Webster University    | Chris Sandefur   |
| 2022    | Greenville University | Brian Patton     |
| 2023    | Greenville University | Brian Patton     |
| 2024    | Greenville University | Brian Patton     |

### Individual Champions List

| Year                 | Name (School)             | Time  |
|----------------------|---------------------------|-------|
| 1990                 | Stephanie Matthieson (PC) | ---   |
| 1991                 | Virginia Baker (PC)       | ---   |
| 1992                 | Annabel Arnott (PC)       | ---   |
| 1993                 | Rita Ross (WU)            | ---   |
| 1994 <sup>^</sup>    | Tammy Southworth (PC)     | 22:06 |
| 1995 <sup>^</sup>    | Tammy Southworth (PC)     | 20:27 |
| 1996 <sup>^</sup>    | Christa Case (PC)         | 19:59 |
| 1997 <sup>^</sup>    | Cindy Buchanan (GU)       | 19:55 |
| 1998 <sup>^</sup>    | Ellen Walles (GU)         | 20:39 |
| 1999 <sup>^</sup>    | Tiffany Weiner (GU)       | 20:16 |
| 2000 <sup>^</sup>    | Amy Ferrell (GU)          | 19:22 |
| 2001 <sup>^</sup>    | Meredith Deters (GU)      | 19:29 |
| 2002 <sup>^</sup>    | Steph Hood (PC)           | 17:13 |
| 2003                 | Amy Aleshire (PC)         | 21:15 |
| 2004                 | Maureen Conley (MU)       | 23:07 |
| 2005                 | Maggie Conley (MU)        | 21:51 |
| 2006                 | Bethany Pettit (GU)       | 23:44 |
| 2007                 | Rachel Hanson (FU)        | 23:37 |
| 2008                 | Michelle Sutton (GU)      | 22:54 |
| 2009 <sup>^</sup>    | Michelle Sutton (GU)      | 18:41 |
| 2010                 | Aubree Schreder (GU)      | 22:06 |
| 2011                 | Casey Powell (PC)         | 23:08 |
| 2012                 | Casey Powell (PC)         | 22:41 |
| 2013                 | Sarah Litwiller (PC)      | 22:00 |
| 2014                 | Sarah Litwiller (PC)      | 22:56 |
| 2015                 | Valerie Martin (WU)       | 23:06 |
| 2016                 | Jessie Kuykendall (WC)    | 22:30 |
| 2017                 | Jessie Kuykendall (WC)    | 21:59 |
| 2018                 | Jessie Kuykendall (WC)    | 23:01 |
| 2019                 | Kalleigh Linthicum (WU)   | 23:14 |
| 2020-21 <sup>^</sup> | Danielle Schultz (WU)     | 20:37 |
| 2021                 | Kyanne Williams (WU)      | 23:24 |
| 2022                 | Kyanne Williams (WU)      | 23:23 |
| 2023                 | Gretchen Carie (GU)       | 23:18 |
| 2024                 | Gretchen Carie (GU)       | 22:41 |

<sup>^</sup> Denotes 5K Race

### Team Championship Summary

| School.....      | No. |
|------------------|-----|
| Greenville ..... | 20  |
| Principia .....  | 5   |
| Webster .....    | 5   |
| Maryville .....  | 2   |
| Spalding.....    | 1   |
| Westminster..... | 1   |

### Individual Championship Summary

| School.....      | No. |
|------------------|-----|
| Principia.....   | 12  |
| Greenville ..... | 11  |
| Webster .....    | 6   |
| Westminster..... | 3   |
| Maryville .....  | 2   |
| Fontbonne .....  | 1   |



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

## WOMEN'S CROSS COUNTRY RECORD BOOK

### Runner of the Year

| Year    | Name (School)             |
|---------|---------------------------|
| 1990    | Stephanie Matthieson (PC) |
| 1991    | Virginia Baker (PC)       |
| 1992    | Annabel Arnott (PC)       |
| 1993    | Rita Ross (WU)            |
| 1994    | Tammy Southworth (PC)     |
| 1995    | Tammy Southworth (PC)     |
| 1996    | Christa Case (PC)         |
| 1997    | Cindy Buchanan (GU)       |
| 1998    | Ellen Wallis (GU)         |
| 1999    | Tiffany Weiner (GU)       |
| 2000    | Amy Ferrell (GU)          |
| 2001    | Meredith Deters (GU)      |
| 2002    | Steph Hood (PC)           |
| 2003    | Amy Aleshire (PC)         |
| 2004    | Maureen Conley (MU)       |
| 2005    | Maggie Conley (MU)        |
| 2006    | Bethany Pettit (GU)       |
| 2007    | Rachel Hanson (FU)        |
| 2008    | Michelle Sutton (GU)      |
| 2009    | Michelle Sutton (GU)      |
| 2010    | Aubree Schreder (GU)      |
| 2011    | Casey Powell (PC)         |
| 2012    | Casey Powell (PC)         |
| 2013    | Sarah Litwiller (PC)      |
| 2014    | Sarah Litwiller (PC)      |
| 2015    | Valerie Martin (WU)       |
| 2016    | Jessie Kuykendall (WC)    |
| 2017    | Jessie Kuykendall (WC)    |
| 2018    | Jessie Kuykendall (WC)    |
| 2019    | Kalleigh Linthicum (WU)   |
| 2020-21 | Danielle Schultz (WU)     |
| 2021    | Danielle Schultz (WU)     |
| 2022    | Kyanne Williams (WU)      |
| 2023    | Gretchen Carie (GU)       |
| 2024    | Gretchen Carie (GU)       |

### Freshman of the Year

| Year    | Name (School)          |
|---------|------------------------|
| 2000    | Alison Louthan (GU)    |
| 2001    | Amanda Caswell (PC)    |
| 2002    | Maggie Conley (MU)     |
| 2003    | Amy Aleshire (PC)      |
| 2004    | Jamie Snowden (GU)     |
| 2005    | Merrilee Hale (PC)     |
| 2006    | Michelle Sutton (GU)   |
| 2007    | Rachel Hanson (FBU)    |
| 2008    | Jes Banda (MU)         |
| 2009    | Shanna Ambuehl (GU)    |
| 2010    | Aubree Schreder (GU)   |
| 2011    | Sarah Litwiller (PC)   |
| 2012    | Sarah Ogar (WC)        |
| 2013    | Alivia Powers (GU)     |
| 2014    | Valerie Martin (WU)    |
| 2015    | Jessie Kuykendall (WC) |
| 2016    | Kelsey Phillips (SU)   |
| 2017    | Lauren Coleman (WU)    |
| 2018    | Emme Schaefer (PC)     |
| 2019    | Kaitlin Higgins (WU)   |
| 2020-21 | Olivia Mansfield (GU)  |
| 2021    | Gretchen Carie (GU)    |
| 2022    | Karissa Heffernan (EC) |
| 2023    | Raven Vance (GU)       |
| 2024    | Alivia Clayton (GU)    |

### Coach of the Year

| Year    | Name (School)         |
|---------|-----------------------|
| 1990    | Robert Baker (PC)     |
| 1991    | Robert Baker (PC)     |
| 1992    | Robert Baker (PC)     |
| 1993    | Greg Reeht (MU)       |
| 1994    | Robert Baker (PC)     |
| 1995    | Brian Patton (GU)     |
| 1996    | Brian Patton (GU)     |
| 1997    | Brian Patton (GU)     |
| 1998    | Brian Patton (GU)     |
| 1999    | Brian Patton (GU)     |
| 2000    | Dennis McKinney (FBU) |
| 2001    | Brian Patton (GU)     |
| 2002    | Brian Patton (GU)     |
| 2003    | Glen House (MU)       |
| 2004    | Brian Patton (GU)     |
| 2005    | Brian Patton (GU)     |
| 2006    | Steve Imig (GU)       |
| 2007    | Jonathan Eckberg (GU) |
| 2008    | Greenville Staff      |
| 2009    | Greenville Staff      |
| 2010    | Chuck Wilcoxon (PC)   |
| 2011    | Dusty Lopez (WU)      |
| 2012    | Chuck Wilcoxon (PC)   |
| 2013    | Jim Marshall (WC)     |
| 2014    | Brian Patton (GU)     |
| 2015    | Bradley Sowder (SU)   |
| 2016    | Brian Patton (GU)     |
| 2017    | Dan Graber (WU)       |
| 2018    | Dan Graber (WU)       |
| 2019    | Dan Graber (WU)       |
| 2020-21 | Brian Patton (GU)     |
| 2021    | Chris Sandefur (WU)   |
| 2022    | Brian Patton (GU)     |
| 2023    | Brian Patton (GU)     |
| 2024    | Brian Patton (GU)     |

### Runner of the Year

| School.....      | No. |
|------------------|-----|
| Principia.....   | 12  |
| Greenville ..... | 11  |
| Webster .....    | 6   |
| Westminster..... | 3   |
| Maryville .....  | 2   |
| Fontbonne .....  | 1   |

### Freshman of the Year

| School.....      | No. |
|------------------|-----|
| Greenville ..... | 10  |
| Principia.....   | 5   |
| Webster .....    | 3   |
| Maryville .....  | 2   |
| Westminster..... | 2   |
| Eureka .....     | 1   |
| Fontbonne .....  | 1   |

### Coach of the Year

| School.....      | No. |
|------------------|-----|
| Greenville ..... | 19  |
| Principia.....   | 6   |
| Webster .....    | 5   |
| Maryville .....  | 2   |
| Fontbonne .....  | 1   |
| Spalding.....    | 1   |
| Westminster..... | 1   |



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

## WOMEN'S CROSS COUNTRY RECORD BOOK

### SLIAC Championship Results

| 1990  |             |        | Blackburn<br>Maryville |            |        | 2004  |             |        |
|-------|-------------|--------|------------------------|------------|--------|-------|-------------|--------|
| Place | School      | Points |                        |            |        | Place | School      | Points |
| 1     | Principia   | 16     |                        |            | NTS    | 1     | Greenville  | 26     |
| 2     | Maryville   | 43     |                        |            | NTS    | 2     | Maryville   | 30     |
| 3     | Fontbonne   | 75     |                        |            |        | 3     | Principia   | 85     |
|       | Webster     | NTS    |                        |            |        | 4     | Webster     | 102    |
|       | Westminster | NTS    |                        |            |        | 5     | Blackburn   | 121    |
| 1991  |             |        | 1998                   |            |        | 2005  |             |        |
| Place | School      | Points | Place                  | School     | Points | Place | School      | Points |
| 1     | Principia   | 21     | 1                      | Greenville | 18     | 1     | Greenville  | 15     |
| 2     | Maryville   | 47     | 2                      | Principia  | 57     | 2     | Principia   | 57     |
| 3     | Webster     | 68     | T-3                    | Maryville  | 89     | 3     | Webster     | 70     |
|       | Westminster | NTS    | T-3                    | Webster    | 89     |       | Blackburn   | NTS    |
|       |             |        | 5                      | Fontbonne  | 123    |       | Fontbonne   | NTS    |
|       |             |        |                        | MacMurray  | NTS    |       | Maryville   | NTS    |
| 1992  |             |        | 1999                   |            |        | 2006  |             |        |
| Place | School      | Points | Place                  | School     | Points | Place | School      | Points |
| 1     | Principia   | 21     | 1                      | Greenville | 25     | 1     | Greenville  | 16     |
| 2     | Maryville   | 45     | 2                      | Principia  | 49     | 2     | Principia   | 72     |
| 3     | Webster     | 54     | 3                      | Maryville  | 75     | 3     | Webster     | 84     |
|       | Westminster | NTS    | 4                      | Webster    | 104    | 4     | Maryville   | 94     |
|       |             |        | 5                      | Fontbonne  | 129    | 5     | Fontbonne   | 131    |
| 1993  |             |        | 2000                   |            |        | 2007  |             |        |
| Place | School      | Points | Place                  | School     | Points | Place | School      | Points |
| 1     | Maryville   | 40     | 1                      | Greenville | 15     | 1     | Greenville  | 21     |
| 2     | Principia   | 41     | T-2                    | Maryville  | 92     | 2     | Fontbonne   | 66     |
| 3     | Webster     | 44     | T-2                    | Webster    | 92     | 3     | Webster     | 77     |
| 4     | Blackburn   | 49     | 4                      | Principia  | 93     | 4     | Principia   | 99     |
|       |             |        | 5                      | Fontbonne  | 101    | 5     | Blackburn   | 110    |
|       |             |        | 6                      | MacMurray  | 134    |       | Eureka      | NTS    |
| 1994  |             |        | 2001                   |            |        | 2008  |             |        |
| Place | School      | Points | Place                  | School     | Points | Place | School      | Points |
| 1     | Principia   | 23     | 1                      | Greenville | 19     | 1     | Greenville  | 19     |
| 2     | Maryville   | 46     | 2                      | Principia  | 57     | 2     | Fontbonne   | 65     |
| 3     | Blackburn   | 58     | 3                      | Webster    | 92     | 3     | Principia   | 76     |
|       | Webster     | NTS    | 4                      | Maryville  | 98     | 4     | Webster     | 99     |
|       |             |        | 5                      | Fontbonne  | 116    | 5     | Maryville   | 106    |
| 1995  |             |        | 2002                   |            |        | 2009  |             |        |
| Place | School      | Points | Place                  | School     | Points | Place | School      | Points |
| 1     | Greenville  | 24     | 1                      | Greenville | 35     | 1     | Greenville  | 20     |
| 2     | Principia   | 48     | 2                      | Principia  | 44     | 2     | Fontbonne   | 43     |
| 3     | Webster     | 76     | 3                      | Maryville  | 72     | 3     | Principia   | 81     |
| 4     | Blackburn   | 119    | 4                      | Blackburn  | 107    | 4     | Webster     | 104    |
| 5     | Maryville   | 121    | 5                      | MacMurray  | 111    | 5     | Spalding    | 146    |
| 6     | Westminster | 132    |                        | Fontbonne  | NTS    |       | Westminster | 146    |
|       |             |        |                        | Webster    | NTS    |       | Blackburn   | NTS    |
| 1996  |             |        | 2003                   |            |        |       |             |        |
| Place | School      | Points | Place                  | School     | Points |       |             |        |
| 1     | Greenville  | 27     | 1                      | Maryville  | 35     |       |             |        |
| 2     | Principia   | 49     | 2                      | Greenville | 39     |       |             |        |
| 3     | Maryville   | 74     | 3                      | Principia  | 53     |       |             |        |
| 4     | Webster     | 78     | 4                      | Webster    | 96     |       |             |        |
| 5     | Westminster | 144    | 5                      | Fontbonne  | 136    |       |             |        |
| 6     | Blackburn   | 147    | 6                      | Blackburn  | 149    |       |             |        |
| 1997  |             |        |                        |            |        |       |             |        |
|       |             |        |                        |            |        |       |             |        |
| 1     | Greenville  | 26     |                        |            |        |       |             |        |
| 2     | Principia   | 46     |                        |            |        |       |             |        |
| 3     | Fontbonne   | 75     |                        |            |        |       |             |        |
| 4     | Webster     | 84     |                        |            |        |       |             |        |



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

## WOMEN'S CROSS COUNTRY RECORD BOOK

| 2010  |             |        | 2016    |               |        | 2021  |             |        |
|-------|-------------|--------|---------|---------------|--------|-------|-------------|--------|
| Place | School      | Points | Place   | School        | Points | Place | School      | Points |
| 1     | Principia   | 60     | 1       | Greenville    | 31     | 1     | Webster     | 30     |
| 2     | Webster     | 64     | 2       | Webster       | 54     | 2     | Greenville  | 35     |
| 3     | Greenville  | 71     | 3       | Westminster   | 63     | 3     | Principia   | 69     |
| 4     | Fontbonne   | 75     | 4       | Spalding      | 102    | 4     | Fontbonne   | 121    |
| 5     | Dallas      | 106    | 5       | Principia     | 126    | 5     | Eureka      | 131    |
| 6     | Westminster | 149    | 6       | Fontbonne     | 184    | 6     | Blackburn   | 142    |
| 7     | Eureka      | 211    |         | Blackburn     | NTS    |       | Spalding    | NTS    |
| 8     | Spalding    | 219    |         |               |        |       | Westminster | NTS    |
| 9     | Blackburn   | 237    |         |               |        |       |             |        |
| 2011  |             |        | 2017    |               |        | 2022  |             |        |
| Place | School      | Points | Place   | School        | Points | Place | School      | Points |
| 1     | Webster     | 40     | 1       | Webster       | 31     | 1     | Greenville  | 24     |
| 2     | Principia   | 45     | 2       | Greenville    | 38     | 2     | Eureka      | 68     |
| 3     | Fontbonne   | 75     | 3       | Westminster   | 79     | 3     | Principia   | 71     |
| 4     | Westminster | 90     | 4       | Principia     | 107    | 4     | Webster     | 80     |
| 5     | Greenville  | 103    | 5       | Spalding      | 144    | 5     | Blackburn   | 128    |
| 6     | Eureka      | 155    | 6       | MacMurray     | 162    |       | Spalding    | NTS    |
|       | Blackburn   | NTS    | 7       | Fontbonne     | 173    |       |             |        |
|       | Spalding    | NTS    |         | Blackburn     | NTS    |       |             |        |
| 2012  |             |        | 2018    |               |        | 2023  |             |        |
| Place | School      | Points | Place   | School        | Points | Place | School      | Points |
| 1     | Principia   | 40     | 1       | Webster       | 29     | 1     | Greenville  | 18     |
| 2     | Westminster | 58     | 2       | Greenville    | 59     | 2     | Principia   | 82     |
| 3     | Fontbonne   | 74     | 3       | Spalding      | 93     | 3     | Lyon        | 99     |
| 4     | Webster     | 78     | 4       | Principia     | 98     | 4     | Eureka      | 107    |
| 5     | Greenville  | 98     | 5       | Fontbonne     | 121    | 6     | Spalding    | 107    |
| 6     | Spalding    | 140    | 6       | Iowa Wesleyan | 143    | 7     | Webster     | 168    |
|       |             |        |         | Blackburn     | NTS    | 8     | Blackburn   | 181    |
|       |             |        |         | MacMurray     | NTS    | 9     | MUW         | 181    |
|       |             |        |         | Westminster   | NTS    |       | Fontbonne   | 185    |
| 2013  |             |        | 2019    |               |        | 2024  |             |        |
| Place | School      | Points | Place   | School        | Points | Place | School      | Points |
| 1     | Westminster | 47     | 1       | Webster       | 24     | 1     | Greenville  | 19     |
| 2     | Greenville  | 75     | 2       | Greenville    | 56     | 2     | Spalding    | 42     |
| T-3   | Principia   | 80     | 3       | Principia     | 87     | 3     | Lyon        | 93     |
| T-3   | Webster     | 80     | 4       | Spalding      | 94     | 4     | Principia   | 122    |
| 5     | Fontbonne   | 83     | 5       | Fontbonne     | 107    | 5     | MUW         | 141    |
| 6     | Spalding    | 133    |         | Blackburn     | NTS    | 6     | Webster     | 154    |
|       |             |        |         | Iowa Wesleyan | NTS    | 7     | Blackburn   | 162    |
|       |             |        |         | Westminster   | NTS    |       | Eureka      | NTS    |
|       |             |        |         |               |        |       | Westminster | NTS    |
| 2014  |             |        | 2020-21 |               |        |       |             |        |
| Place | School      | Points | Place   | School        | Points |       |             |        |
| 1     | Greenville  | 41     | 1       | Greenville    | 27     |       |             |        |
| 2     | Spalding    | 69     | 2       | Webster       | 28     |       |             |        |
| 3     | Westminster | 72     |         | Blackburn     | NTS    |       |             |        |
| 4     | Webster     | 88     |         | Eureka        | NTS    |       |             |        |
| 5     | Principia   | 101    |         | Fontbonne     | NTS    |       |             |        |
| 6     | Fontbonne   | 132    |         | Iowa Wesleyan | NTS    |       |             |        |
|       |             |        |         | Principia     | NTS    |       |             |        |
|       |             |        |         | Spalding      | NTS    |       |             |        |
| 2015  |             |        |         |               |        |       |             |        |
| Place | School      | Points |         |               |        |       |             |        |
| 1     | Spalding    | 60     |         |               |        |       |             |        |
| 2     | Greenville  | 61     |         |               |        |       |             |        |
| 3     | Westminster | 62     |         |               |        |       |             |        |
| 4     | Webster     | 66     |         |               |        |       |             |        |
| 5     | Principia   | 111    |         |               |        |       |             |        |
| 6     | Fontbonne   | 147    |         |               |        |       |             |        |
| 7     | Blackburn   | 206    |         |               |        |       |             |        |
|       | Eureka      | NTS    |         |               |        |       |             |        |



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

## WOMEN'S CROSS COUNTRY RECORD BOOK

### All-Conference Members

#### *ITALIC - First Team*

#### **Blackburn**

Becky Janeliunas..... 1994  
Jessica Korkenmeier ..... 2005

#### **Dallas**

Catherine Sercer ..... 2010

#### **Eureka**

Emily Baker ..... 2023  
Rachel Fisher ..... 2022,24  
Karissa Heffernan ..... 2022,23

#### **Fontbonne**

Olivia Beggs ..... 2013,14  
Desiree Brooks ..... 2020-21  
Marcey Cox ..... 2009  
Marielle Counts..... 2011  
Erica Garcia..... 2009  
Kelia Hamilton ..... 2009  
Rachel Hanson ..... 2007,08,09,10  
Adrienne Kaup..... 2012  
Erin Lanfer ..... 2001,03  
Tricia Morris ..... 2008  
Kristen Roles ..... 2012,13  
Kaitlin Titsworth ..... 2008,09,10  
Alyssa Tonner ..... 2011,12,13  
Alex Weatherby ..... 2007

#### **Greenville**

Sophia Allen..... 2018  
Shanna Ambuehl ..... 2009,10  
Chloe Aubuschon ..... 2024  
Emily Bohm ..... 2023  
Leah Brown ..... 2022  
Cindy Buchanan ..... 1995,97  
Brittany Buttry ..... 2005  
Gretchen Carie ..... 2021,22,23,24  
Lili Castillo ..... 2009  
Martha Chaney ..... 2004  
Shontia Chester..... 2002,03,04,05  
Alivia Clayton..... 2024  
Taryn Cors ..... 2005,07  
Brianna Cox..... 2016  
Liz Derstine..... 2006,07  
Meredith Deters ..... 2000,01,02,03  
Amy Ellinger ..... 2001  
Kristi Ellworth..... 2007,08  
Val Ernst ..... 2001,02,03

Shirley Estes..... 2016,17,18  
Amy Ferrell ..... 1999,00  
Jordie File ..... 2014,16,17  
Krissy Finley ..... 2014  
Miriam Fisher ..... 2000,01  
Talen Gerber ..... 2007,08  
Brooke Goodyear ..... 2014,15,16,17  
Mishona Grimes ..... 2008  
Amanda Hall ..... 2004,05  
Meghan Hancock..... 1998  
Makenna Hintz..... 2022,23  
Tara Horsman ..... 1995,96,97,98  
Geavona Kinney ..... 2006,08  
Becky Knight..... 1999  
Lia Kruse ..... 2016,17  
Erin Landers ..... 1995  
Emma Leonhard 2018,19,20-21,21  
Sedina Logan ... 2020-21,21,22,23  
Alison Louthan ..... 2000  
Heather Lynn ..... 1998  
Olivia Mansfield ..... 2020-21,21,22  
Brooklyn McKee ..... 2022  
Megan McKee ..... 2016,17  
Misty Mesecher ..... 2000,01,02  
Kori Nesbit ..... 2019  
Sheridan Noll ..... 2016  
Jamie O'Connor..... 2005,06,07  
Keiko Palen ..... 2021  
Ashton Palmer ..... 2008  
Alex Paulhus..... 2004,05,06  
Beth Petit ..... 2003,04,05,06  
Alivia Powers ..... 2013  
Sara Schlink ..... 2007,09  
Aubree Schreder ..... 2010  
Brook Schutt..... 2022,23  
Aryn Scott..... 2020-21  
Steph Seidelman ..... 2002  
Jamie Snowden ..... 2004  
Katie Stouffer ..... 2008  
Mariellen Stout..... 1995,96  
Jennifer Sutton ..... 2006,07,08,09  
Michelle Sutton..... 2006,08,09,10  
Jenny Svoboda..... 1997,98  
Norah Swinigan ..... 2022,23,24  
Delanie Ulrich ..... 2023  
Raven Vance ..... 2023,24  
Ellen Walles..... 1995,96,97,98  
Chrysti Walters ..... 2007

Tiffany Weiner..... 1999,00,01  
Kristin Werking ..... 2000,01,02  
Hannah Williams 2018,19,20-21,21  
Molly Works ..... 2012,13,14,15

#### **Iowa Wesleyan**

Sierra Howardson ..... 2018,19  
Allison Morris ..... 2020-21

#### **Lincoln Christian**

Bethany Rose ..... 2006

#### **Lyon**

Madison DeRoussel ..... 2023,24  
Kacie Teruya..... 2023

#### **MacMurray**

Heidi Hondorp..... 2000,02,03

#### **Maryville**

Carrie Arness..... 1996,97,98,99  
Jess Banda..... 2008  
Mikal Bencomo ..... 2008  
Molly Butler..... 1994  
Jennifer Cromeans ..... 2004  
Wendy Colona ..... 2003  
Maggie Conley..... 2002,03,04,05  
Maureen Conley ..... 2002,03,04,05  
Jackie Hill ..... 2001  
Laura Knolhoff ..... 1999,00  
Erin McEnaney ..... 2005,06,07  
Amy Sharp..... 1991,92,93  
Tara Sill..... 1994  
Sheila Sobocinski ..... 1990,91,92,93  
Hannah Steffens..... 2003,04  
Tamar Strohschein..... 2001,02  
Vanda Wilder ..... 2003,04,06

#### **MUW**

Hannah Owens..... 2023,24

#### **Principia**

Amy Aleshire..... 2003  
Geneva Anderson..... 2002,03  
Annabel Arnott..... 1991,92  
Virginia Baker ..... 1990,91  
Christina Bereolos ..... 2006



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

## WOMEN'S CROSS COUNTRY RECORD BOOK

### All-Conference Continued

#### *ITALIC - First Team*

Tessa Bollinger ..... 1990  
Christa Case ..... 1996,02  
Amanda Caswell ..... 2001  
Alyssa Cheatham ..... 2010  
Whitney Conner ..... 1998,99  
Sarah Erickson ..... 2022,23  
Myka Fenton ..... 2023  
Denise Gerit ..... 1990  
Merrilee Hale ..... 2005,08  
Steph Hood ..... 2002  
Heather Kibbe ..... 1992  
Kristina Koenig ..... 2004  
Michelle Lampmann ..... 1992,93,94  
Sarah Litwiller ..... 2011,12,13,14  
Nina Martinez ..... 2024  
Stephanie Matthiesen ..... 1990,91  
Laura Mayo ..... 2021,22,23  
Eva McElroy ..... 2006  
Jen Moberg ..... 1990  
Jan Mobey ..... 1991  
Ginny Muller ..... 2002  
Mara Niles-McCanless ..... 1997  
Kateland Oakes ..... 2009  
Emily Osborne ..... 2010,11,12,13  
Shontee Pant ..... 2014,15  
Kyla Pelletier ..... 2015  
Allegra Pierce ..... 2016,17  
Casey Powell ..... 2010,11,12  
Anneke Reed ..... 2012  
Geena Richards ..... 2022  
Emme Schaefer ..... 2018,19,21  
Jeramy Shays ..... 2001  
Dolly Sommer ..... 2007,08,09  
Lynee Southworth ..... 1994  
Tammy Southworth ..... 1994,95,96,97  
Elizabeth Walker ..... 2003  
Wendie Weiler ..... 1992  
Christina Zacher ..... 1991,92,93,94

#### **Spalding**

Lexie Barthmaier ..... 2022  
Samantha Cave ..... 2011  
Rachel Cowles ..... 2015  
Avory Hamblen ..... 2024  
Bailey Haws ..... 2024  
Muskan Jamshed ..... 2024  
Jenna Johnston ..... 2015  
Bessie Kelley ..... 2024

Janika King ..... 2011,14  
Kayla Payne ..... 2014,15  
Kelsey Phillips ..... 2016,17,18,19  
Reganne Piercey ..... 2024  
Eryn Rataiczak ..... 2024  
Casey Richardson ..... 2013,14  
Victoria Shedron ..... 2018,19,21

#### **Webster**

Candace Barry ..... 2006,07  
Megan Bartz ..... 2020-21,21,22  
Sady Bayne ..... 2020-21  
Brooke Benson ..... 2007  
Dana Berkbeugler ..... 2001  
Jennifer Bick ..... 2001  
Savannah Brewer ..... 2019  
Lauren Coleman ..... 2017,18  
Melanie Darmsteadeter ..... 2004  
Taylor Dunning ..... 2018,19  
Kjersti Ehrie ..... 1995,96  
Minnell Fundora ..... 2018  
Holly Goergen ..... 2014,15,16,17  
Michelle Grant ..... 2020-21,21  
Julie Greenough ..... 2011,12,13  
Jennifer Grider ..... 1999,00  
Heather Heisse ..... 2010,11,12,13  
Kaitlin Higgins ..... 2019  
Meghan Illig ..... 2015,16,17  
Kalleigh Linthicum ..... 2017,18,19  
Valerie Martin ..... 2014,15,16  
Jane McKibben ..... 2009,10,11  
Jessica Parkman ..... 2009  
Lindsay Poitras ..... 2020-21  
Cora Reed ..... 2020-21,21  
Danielle Schultz ..... 2019, 20-21,21  
Meredith Sowers ..... 2017,18,19  
Erioca Stackhouse ..... 2010,11,12  
Priscilla Rice ..... 2004,05  
Rita Ross ..... 1993  
Chrysti Walters ..... 2005,06  
Kyanne Williams ..... 2020-21,21,22

#### **Westminster**

Charlotte Blair ..... 2019  
Amy Bomer ..... 1990  
Kaily Downey ..... 2010,11,12  
Claire Gibby ..... 2014

Taylor Howard ..... 2015  
Sarah Koestner ..... 2010,11,12,13  
Jessie Kuykendall ..... 2015,16,17,18  
Sarah Ogar ..... 2012,13  
Alex Rausher ..... 2016  
Brier Skogsberg ..... 2013,14,15  
Anna West ..... 2011  
Lily Willis ..... 2013  
Madison Zack ..... 2015,17



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

## WOMEN'S CROSS COUNTRY RECORD BOOK

### Team Sportsmanship Award

2006 Webster University  
2007 Greenville University  
2008 Principia College  
2009 Greenville University  
2010 Principia College  
2011 Greenville University  
2012 Greenville University

2013 Principia College  
2014 Greenville University  
2015 Greenville University  
2016 Greenville University  
2017 Webster University  
2018 Webster University  
2019 Webster University

2020-21 Webster University  
2021 Eureka College  
2022 Blackburn College  
2023 Lyon College  
2024 Eureka College

### All-Sportsmanship Team

#### 2010

Amanda Orzechowski (BC)  
Heather Capozella (UD)  
Meghan Campbell (EC)  
Rachel Hanson (FBU)  
Michelle Sutton (GU)  
Emily Osborne (PC)  
Samantha Cave (SU)  
Stephanie Schmoele (WU)  
Sarah Koestner (WC)

#### 2011

April Corcoran (BC)  
Meghan Campbell (EC)  
Anne Marx (FBU)  
Rosie Nelson (GU)  
Maegan Brewer (PC)  
Samantha Cave (SU)  
Heather Heisse (WU)  
Anna West (WC)

#### 2012

April Corcoran (BC)  
Shelbi Rodgers (EC)  
Alyssa Tonner (FBU)  
Sylvia Haygood (GU)  
Emily Osborne (PC)  
Kayla Payne (SU)  
Eroica Stackhouse (WU)  
Sarah Ogar (WC)

#### 2013

Nicole Bonnell (BC)  
Amanda Schreck (EC)  
Carly Reidt (FBU)  
Jessica Przybylski (GU)  
Breanna Derynck (IWC)  
Emily Osborne (PC)  
Kelsie Suttle (SU)  
Lauren Hoover (WU)  
Brier Skogsberg (WC)

#### 2014

Wendy Pocklington (BC)  
Claire Becker (FBU)  
Mallory Wendling (GU)

Sarah Litwiller (PC)  
Rachel Cowles (SU)  
Shiloh Bradley (WU)  
Tiara Pettijohn (WC)

#### 2015

Allison Matt (BC)  
Tatum Dowell (EC)  
Claire Becker (FBU)  
Shirley Estes (GU)  
Gabriella Burns (PC)  
Rachel Harreld (SU)  
Meghan Illig (WU)  
Claire Gibby (WC)

#### 2016

Wendy Pocklington (BC)  
Riley Francis (EC)  
Jennie Stare (FBU)  
Shirley Estes (GU)  
Gabriella Burns (PC)  
Kara Weaver (SU)  
Lexie Salamone (WU)  
Alex Rauscher (WC)

#### 2017

Kate Smith (BC)  
Katie Gosser (FBU)  
Lia Kruse (GU)  
Lizzy Staub (MC)  
Elsa Heath (PC)  
Kelsey Phillips (SU)  
Meredith Sowers (WU)  
Taylor Howard (WC)

#### 2018

Kathryn Chase (BC)  
Emily Bay (FBU)  
Shirley Estes (GU)  
Sierra Howardson (IWU)  
Haley Alt (MC)  
Emily Staunton (PC)  
Kelsey Phillips (SU)  
Meredith Sowers (WU)  
Charlotte Blair (WC)

#### 2019

Kathryn Chase (BC)  
Taylor Aurand (FBU)  
Emma Leonhard (GU)  
Allison Morris (IWU)  
Elizabeth Staub (MC)  
Ava Lesko (PC)  
Haley Nestor (SU)  
Jessica Phibbs (WU)  
Charlotte Blair (WC)

#### 2020-21

Holly Luchek (BC)  
Riley Reuter (EC)  
Desiree Brooks (FBU)  
Hannah Williams (GU)  
Allison Morris (IWU)  
Afton Leslie (PC)  
Lexie Barthmaier (SU)  
Cora Reed (WU)  
Caitlyn Huber (WC)

#### 2021

Olivia Leemon (BC)  
Riley Reuter (EC)  
Holly Pearce (FBU)  
Hannah Pierce (GU)  
Geena Richards (PC)  
Victoria Shedron (SU)  
Cora Reed (WU)  
Moenaisa Sidique (WC)

#### 2022

Olivia Leemon (BC)  
Sarah Kimbro (EC)  
Leah Brown (GU)  
Geena Richards (PC)  
Lexie Barthmaier (SU)  
Aissata Kamara (WU)

#### 2023

Olivia Leemon (BC)  
Odessa Grove (EC)  
Shamia Hamilton (FBU)  
Makenna Hintz (GU)  
Kacie Teruya (LC)

Kalee Sanders (MUW)  
Laura Mayo (PC)  
Muskan Jamshed (SU)  
Symphony Schodroski (WU)

#### 2024

Gracie Jent (BC)  
Isabella Carbajal (EC)  
Vanessa Compton (GU)  
Alora Huver (LC)  
Kalee Sanders (MUW)  
Joy Onyechi (PC)  
Lexie Barthmaier (SU)  
Abi Szydlowski (WU)  
Keeley Lauer (WC)



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE WOMEN'S CROSS COUNTRY RECORD BOOK

## **NCAA Division III National Qualifiers** (SLIAC Members Only)

2002 Steph Hood, Principia - 22:22 (30th)  
2003 Amy Aleshire, Principia - 22:08 (6th)  
2005 Maggie Conley, Maryville - 23:08 (39th)  
2010 Aubree Schreder, Greenville - 22:17 (82nd)  
2012 Casey Powell, Principia - 22:45 (97th)  
2021 Danielle Schultz, Webster - 23:32 (245th)  
2022 Kyanne Williams, Webster - 24:44 (259th)



# ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE WOMEN'S CROSS COUNTRY RECORD BOOK

## Program Records (6K distance only)

### Blackburn College

Season Best Time: Marissa Buescher, 23:33 (2009)  
Individual Championship Time:  
26:40 - Jessie Koerkenmeier (2003)  
Individual Championship Finish:  
14th - Jessie Koerkenmeier (2005)  
Team Championship Score: 49 points (1993)  
Team Championship Finish: 3rd (1994)

### Eureka College

Season Best Time: Mary Ackerman, 23:31 (2009)  
Individual Championship Time:  
24:02 - Karissa Heffernan (2023)  
Individual Championship Finish:  
3rd - Twice, last Karissa Heffernan (2023)  
Team Championship Score: 68 points (2022)  
Team Championship Finish: 2nd (2022)

### Fontbonne University

Season Best Time: Alyssa Tonner, 22:25 (2013)  
Individual Championship Time:  
22:25 - Alyssa Tonner (2013)  
Individual Championship Finish:  
1st - Rachel Hanson (2007)  
Team Championship Score: 43 points (2009)  
Team Championship Finish: 2nd (3 times, last 2009)

### Greenville University

Season Best Time: Aubree Schreder, 22:06 (2010)  
Individual Championship Time:  
22:22 - Meredith Deters (2003)  
Individual Championship Finish:  
1st - 11 times, last Gretchen Carie (2024)  
Team Championship Score: 15 points (2 times, last 2005)  
Team Championship Finish: 1st (20 times, last 2024)

### Lyon College

Season Best Time: Kacie Teruya, 25:16 (2023)  
Individual Championship Time:  
Kacie Teruya, 25:16 (2023)  
Individual Championship Finish:  
5th - Madison DeRoussel (2024)  
Team Championship Score: 93 points (2024)  
Team Championship Finish: 3rd, twice (last 2024)

### Mississippi University for Women

Season Best Time: Hannah Owens, 25:42 (2023)  
Individual Championship Time:  
26:03 - Hannah Owens (2023)  
Individual Championship Finish:  
9th - Hannah Owens (2023)  
Team Championship Score: 141 points (2024)  
Team Championship Finish: 5th (2024)

### Principia College

Season Best Time: Amy Aleshire, 21:15 (2003)  
Individual Championship Time:  
21:15 - Amy Aleshire (2003)  
Individual Championship Finish:  
1st - 12 times, last Sarah Litwiller (2014)  
Team Championship Score: 16 points (1990)  
Team Championship Finish: 1st (5 times, last)

### Spalding University

Season Best Time: Kerry Campbell, 22:47 (2009)  
Individual Championship Time:  
23:30 - Victoria Shedron (2019)  
Individual Championship Finish:  
2nd - Two times, last Victoria Shedron (2019)  
Team Championship Score: 42 points (2024)  
Team Championship Finish: 1st (2015)

### Webster University

Season Best Time: Heather Heisse, 22:36 (2013)  
Individual Championship Time:  
22:36 - Heather Heisse (2013)  
Individual Championship Finish:  
1st - 6 times, last Kyanne Williams (2022)  
Team Championship Score: 24 points (2019)  
Team Championship Finish: 1st (5 times, last 2021)

### Westminster College

Season Best Time: Jessie Kuykendall, 21:59 (2017)  
Individual Championship Time:  
21:59 - Jessie Kuykendall (2017)  
Individual Championship Finish:  
1st - 3 times, last Jessie Kuykendall (2018)  
Team Championship Score: 47 points (2013)  
Team Championship Finish: 1st (2013)

## SLIAC Records (6k distance only)

### Best Time:

21:15 - Amy Aleshire, Principia (2003)  
21:51 - Maggie Conley, Maryville (2005)  
21:59 - Jessie Kuykendall, Westminster (2017)

### Best Championship Time:

21:15 - Amy Aleshire, Principia (2003)  
21:51 - Maggie Conley, Maryville (2005)  
21:59 - Jessie Kuykendall, Westminster (2017)

### Most Individual Championships:

3 - Jessie Kuykendall, Westminster (2016-18)  
2 - Six times

### Biggest Margin of Victory:

1:33 - Gretchen Carie, GU (2024)  
1:16 - Michelle Sutton, GU (2008)  
1:07 - Amy Aleshire, PC (2003)  
1:04 - Kyanne Williams, WU (2022)

### Narrowest Margin of Victory:

1 second - Bethany Pettit, GU (2006)  
3 seconds - Maggie Conley, MU (2005)  
9 seconds - Aubree Schreder, GU (2010)

Clean Sweeps: Greenville (2000), Greenville (2005)