



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 Wilcoxen
2011	Webster University	Dusty Lopez
2012	Principia College	Chuck Wilcoxen
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
2025	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 [^]	Tammy Southworth (PC)	22:06
1995 [^]	Tammy Southworth (PC)	20:27
1996 [^]	Christa Case (PC)	19:59
1997 [^]	Cindy Buchanan (GU)	19:55
1998 [^]	Ellen Wallis (GU)	20:39
1999 [^]	Tiffany Weiner (GU)	20:16
2000 [^]	Amy Ferrell (GU)	19:22
2001 [^]	Meredith Deters (GU)	19:29
2002 [^]	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 [^]	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 [^]	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
2025	Alexis Martinez (GU)	23:40

[^] Denotes 5K Race

Team Championship Summary

School.....	No.
Greenville	21
Principia	5
Webster	5
Maryville	2
Spalding.....	1
Westminster.....	1

Individual Championship Summary

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



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

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Runner of the Year		Freshman of the Year		Coach of the Year	
Year	Name (School)	Year	Name (School)	Year	Name (School)
1990	Stephanie Matthieson (PC)	2000	Alison Louthan (GU)	1990	Robert Baker (PC)
1991	Virginia Baker (PC)	2001	Amanda Caswell (PC)	1991	Robert Baker (PC)
1992	Annabel Arnott (PC)	2002	Maggie Conley (MU)	1992	Robert Baker (PC)
1993	Rita Ross (WU)	2003	Amy Aleshire (PC)	1993	Greg Reece (MU)
1994	Tammy Southworth (PC)	2004	Jamie Snowden (GU)	1994	Robert Baker (PC)
1995	Tammy Southworth (PC)	2005	Merrilee Hale (PC)	1995	Brian Patton (GU)
1996	Christa Case (PC)	2006	Michelle Sutton (GU)	1996	Brian Patton (GU)
1997	Cindy Buchanan (GU)	2007	Rachel Hanson (FBU)	1997	Brian Patton (GU)
1998	Ellen Wallis (GU)	2008	Jes Banda (MU)	1998	Brian Patton (GU)
1999	Tiffany Weiner (GU)	2009	Shanna Ambuehl (GU)	1999	Brian Patton (GU)
2000	Amy Ferrell (GU)	2010	Aubree Schreder (GU)	2000	Dennis McKinney (FBU)
2001	Meredith Deters (GU)	2011	Sarah Litwiller (PC)	2001	Brian Patton (GU)
2002	Steph Hood (PC)	2012	Sarah Ogar (WC)	2002	Brian Patton (GU)
2003	Amy Aleshire (PC)	2013	Alivia Powers (GU)	2003	Glen House (MU)
2004	Maureen Conley (MU)	2014	Valerie Martin (WU)	2004	Brian Patton (GU)
2005	Maggie Conley (MU)	2015	Jessie Kuykendall (WC)	2005	Brian Patton (GU)
2006	Bethany Pettit (GU)	2016	Kelsey Phillips (SU)	2006	Steve Imig (GU)
2007	Rachel Hanson (FU)	2017	Lauren Coleman (WU)	2007	Jonathan Eckberg (GU)
2008	Michelle Sutton (GU)	2018	Emme Schaefer (PC)	2008	Greenville Staff
2009	Michelle Sutton (GU)	2019	Kaitlin Higgins (WU)	2009	Greenville Staff
2010	Aubree Schreder (GU)	2020-21	Olivia Mansfield (GU)	2010	Chuck Wilcoxon (PC)
2011	Casey Powell (PC)	2021	Gretchen Carie (GU)	2011	Dusty Lopez (WU)
2012	Casey Powell (PC)	2022	Karissa Heffernan (EC)	2012	Chuck Wilcoxon (PC)
2013	Sarah Litwiller (PC)	2023	Raven Vance (GU)	2013	Jim Marshall (WC)
2014	Sarah Litwiller (PC)	2024	Alivia Clayton (GU)	2014	Brian Patton (GU)
2015	Valerie Martin (WU)	2025	Alexis Martinez (GU)	2015	Bradley Sowder (SU)
2016	Jessie Kuykendall (WC)			2016	Brian Patton (GU)
2017	Jessie Kuykendall (WC)			2017	Dan Graber (WU)
2018	Jessie Kuykendall (WC)			2018	Dan Graber (WU)
2019	Kalleigh Linthicum (WU)			2019	Dan Graber (WU)
2020-21	Danielle Schultz (WU)			2020-21	Brian Patton (GU)
2021	Danielle Schultz (WU)			2021	Chris Sandefur (WU)
2022	Kyanne Williams (WU)			2022	Brian Patton (GU)
2023	Gretchen Carie (GU)			2023	Brian Patton (GU)
2024	Gretchen Carie (GU)			2024	Brian Patton (GU)
2025	Alexis Martinez (GU)			2025	Brian Patton (GU)

Runner of the Year		Freshman of the Year		Coach of the Year	
School.....	No.	School.....	No.	School.....	No.
Greenville	12	Greenville	11	Greenville	20
Principia.....	12	Principia.....	5	Principia.....	6
Webster	6	Webster	3	Webster	5
Westminster.....	3	Maryville	2	Maryville	2
Maryville	2	Westminster.....	2	Fontbonne	1
Fontbonne	1	Eureka	1	Spalding.....	1
		Fontbonne	1	Westminster.....	1



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

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SLIAC Championship Results

1990		
Place	School	Points
1	Principia	16
2	Maryville	43
3	Fontbonne	75
	Webster	NTS
	Westminster	NTS

1991		
Place	School	Points
1	Principia	21
2	Maryville	47
3	Webster	68
	Westminster	NTS

1992		
Place	School	Points
1	Principia	21
2	Maryville	45
3	Webster	54
	Westminster	NTS

1993		
Place	School	Points
1	Maryville	40
2	Principia	41
3	Webster	44
4	Blackburn	49

1994		
Place	School	Points
1	Principia	23
2	Maryville	46
3	Blackburn	58
	Webster	NTS

1995		
Place	School	Points
1	Greenville	24
2	Principia	48
3	Webster	76
4	Blackburn	119
5	Maryville	121
6	Westminster	132

1996		
Place	School	Points
1	Greenville	27
2	Principia	49
3	Maryville	74
4	Webster	78
5	Westminster	144
6	Blackburn	147

1997		
1	Greenville	26
2	Principia	46
3	Fontbonne	75
4	Webster	84

Blackburn	NTS
Maryville	NTS

1998		
Place	School	Points
1	Greenville	18
2	Principia	57
T-3	Maryville	89
T-3	Webster	89
5	Fontbonne	123
	MacMurray	NTS

1999		
Place	School	Points
1	Greenville	25
2	Principia	49
3	Maryville	75
4	Webster	104
5	Fontbonne	129

2000		
Place	School	Points
1	Greenville	15
T-2	Maryville	92
T-2	Webster	92
4	Principia	93
5	Fontbonne	101
6	MacMurray	134

2001		
Place	School	Points
1	Greenville	19
2	Principia	57
3	Webster	92
4	Maryville	98
5	Fontbonne	116

2002		
Place	School	Points
1	Greenville	35
2	Principia	44
3	Maryville	72
4	Blackburn	107
5	MacMurray	111
	Fontbonne	NTS
	Webster	NTS

2003		
Place	School	Points
1	Maryville	35
2	Greenville	39
3	Principia	53
4	Webster	96
5	Fontbonne	136
6	Blackburn	149

2004		
Place	School	Points
1	Greenville	26
2	Maryville	30
3	Principia	85
4	Webster	102
5	Blackburn	121

2005		
Place	School	Points
1	Greenville	15
2	Principia	57
3	Webster	70
	Blackburn	NTS
	Fontbonne	NTS
	Maryville	NTS

2006		
Place	School	Points
1	Greenville	16
2	Principia	72
3	Webster	84
4	Maryville	94
5	Fontbonne	131
6	Lincoln Christian	143

2007		
Place	School	Points
1	Greenville	21
2	Fontbonne	66
3	Webster	77
4	Principia	99
5	Blackburn	110
	Eureka	NTS
	Maryville	NTS

2008		
Place	School	Points
1	Greenville	19
2	Fontbonne	65
3	Principia	76
4	Webster	99
5	Maryville	106
6	Blackburn	164
	Eureka	NTS
	Westminster	NTS

2009		
Place	School	Points
1	Greenville	20
2	Fontbonne	43
3	Principia	81
4	Webster	104
5	Spalding	146
	Westminster	146
	Blackburn	NTS
	Eureka	NTS



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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			2025		
Place	School	Points	Place	School	Points	Place	School	Points
1	Greenville	41	1	Greenville	27	1	Greenville	17
2	Spalding	69	2	Webster	28	2	Principia	95
3	Westminster	72		Blackburn	NTS	3	Lyon	104
4	Webster	88		Eureka	NTS	4	Westminster	114
5	Principia	101		Fontbonne	NTS	5	Spalding	121
6	Fontbonne	132		Iowa Wesleyan	NTS	6	MUW	139
				Principia	NTS	7	Blackburn	149
				Spalding	NTS	8	Webster	159
							Eureka	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
Norah Atkins 2022,23,24,25
Chloe Aubuschon 2024,25
Emily Bohm 2023
Leah Brown 2022
Cindy Buchanan 1995,97
Brittany Buttry 2005
Lydia Cahill 2025
Gretchen Carie 2021,22,23,24
Lili Castillo 2009
Martha Chaney 2004
Shontia Chester..... 2002,03,04,05
Alivia Clayton..... 2024,25
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
Alexis Martinez 2025
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
Natali Roth..... 2025
Lola Schlarmann..... 2025
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

Delanie Ulrich 2023
Raven Vance 2023,24,25
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

Brooklyn Collins..... 2025
Madison DeRoussel 2023,24,25
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..... 2023,24,25



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All-Conference Continued

ITALIC - First Team

Principia

Amy Aleshire.....2003
Geneva Anderson.....2002,03
Annabel Arnott.....1991,92
Virginia Baker.....1990,91
Christina Bereolos.....2006
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
Sophia Green.....2025
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
Jeremy Shays.....2001
Dolly Sommer.....2007,08,09
Lynee Southworth.....1994
Tammy Southworth.....1994,95,96,97
Danielle Vargas.....2025
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 Pierce.....2024,25
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
Violet Hill.....2025
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
Sadie Brandt.....2025
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
2025 Lyon 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)
Moenaisha 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)

2025

Gracie Jent (BC)
Zoe Stoecker (EC)
Chloe Aubuschon (GU)
Brooklyn Collins (LC)
Alaina Mathis (MUW)
Nekoda Burnett (PC)
Eryn Rataiczak (SU)
Brie Inman (WU)
Riley Vogel (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)

Greenville University

Season Best Time: Aubree Schreder, 22:06 (2010)
Individual Championship Time:
22:22 - Meredith Deters (2003)
Individual Championship Finish:
1st - 12 times, last Alexis Martinez (2025)
Team Championship Score: 15 points (2 times, last 2005)
Team Championship Finish: 1st (21 times, last 2025)

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, three times (last 2025)

Mississippi University for Women

Season Best Time: Hannah Owens, 25:35 (2025)
Individual Championship Time:
25:35 - Hannah Owens (2025)
Individual Championship Finish:
8th - Hannah Owens (2025)
Team Championship Score: 139 points (2025)
Team Championship Finish: 5th (2024)

Principia College

Season Best Time: Stephanie Hood, 20:57 (2002)
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:

20:57 - Stephanie Hood, Principia (2002)
21:15 - Amy Aleshire, Principia (2003)
21:51 - Maggie Conley, Maryville (2005)

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:

1.00 second - Bethany Pettit, GU (2006)
3.00 seconds - Maggie Conley, MU (2005)
9.00 seconds - Aubree Schreder, GU (2010)

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