



WOMEN'S CROSS COUNTRY RECORD BOOK

@BigSouthGameDay

ANNUAL CHAMPIONS

SEASON	TEAM CHAMPION	POINTS	INDIVIDUAL CHAMPION	TIME
1986	Radford	31	Mitzi Hartwell, Radford	18:30
1987	Radford	53	Angie Ogden, Radford	19:05
1988	Coastal Carolina	30	Diana Naylor, Radford	19:20
1989	Coastal Carolina	29	Shelley Tyler, Coastal Carolina	19:12
1990	Radford	48	Courtney Howe, Radford	18:29
1991	Liberty	27	Kathy Beach, Davidson	18:29
1992	Liberty	73	Kristin Schultz, Coastal Carolina	19:50
1993	Coastal Carolina	48	Valentine Stumpf, Coastal Carolina	18:28
1994	UNC Asheville	36	Catherine Conder, Coastal Carolina	17:40
1995	Coastal Carolina	38	Catherine Conder, Coastal Carolina	17:40
	UNC Asheville	38		
1996	Coastal Carolina	15	Catherine Conder, Coastal Carolina	17:21
1997	Coastal Carolina	16	Jolene Williams, Coastal Carolina	17:24
1998	UNC Asheville	41	Jolene Williams, Coastal Carolina	17:50
1999	UNC Asheville	47	Jolene Williams, Coastal Carolina	18:02
2000	Liberty	43	Heather Sagan, Liberty	17:58
2001	Coastal Carolina	36	Heather Sagan, Liberty	17:38
2002	Coastal Carolina	22	Anne Marie Moutsinga, Coastal Carolina	17:06
2003	Coastal Carolina	26	Anne Marie Moutsinga, Coastal Carolina	18:16
2004	Coastal Carolina	32	Jemissa Hess, High Point	17:42
2005	Coastal Carolina	27	Anne Marie Moutsinga, Coastal Carolina	17:45
2006	Liberty	29	Julia Viellehner, Coastal Carolina	17:30
2007	Liberty	36	Diana Jepchirchir, Coastal Carolina	17:07
2008	Coastal Carolina	54	Zsanett Kis, High Point	18:23
2009	Liberty	47	Hannah Granger, VMI	18:25
2010	Liberty	39	Jennifer Klugh, Liberty	17:54
2011	High Point	33	Jennifer Klugh, Liberty	17:29
2012	Liberty	40	Jennifer Klugh, Liberty	17:18
2013	Coastal Carolina	56	Letitia Saayman, Coastal Carolina	17:46
2014	High Point	67	Jacy Christiansen, Liberty	17:37
2015	High Point	47	Letitia Saayman, Coastal Carolina	16:49
2016	Liberty	38	Joan Maritim, Campbell	17:18
2017	High Point	29	Famke Heinst, High Point	17:55



HIGH POINT - 2017 Champions

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RUNNER OF THE YEAR		SCHOOL
1986	Mitzi Hartwell	Radford
1987	Angie Ogden	Radford
1988	Diana Naylor	Radford
1989	Shelley Tyler	Coastal Carolina
1990	Courtney Howe	Radford
1991	Kathy Beach	Davidson
1992	Kristin Schultz	Coastal Carolina
1993	Valentine Stumpf	Coastal Carolina
1994	Catherine Conder	Coastal Carolina
1995	Catherine Conder	Coastal Carolina
1996	Catherine Conder	Coastal Carolina
1997	Jolene Williams	Coastal Carolina
1998	Jolene Williams	Coastal Carolina
1999	Jolene Williams	Coastal Carolina
2000	Heather Sagan	Liberty
2001	Heather Sagan	Liberty
2002	Anne Marie Moutsinga	Coastal Carolina
2003	Anne Marie Moutsinga	Coastal Carolina
2004	Jemissa Hess	High Point
2005	Anne Marie Moutsinga	Coastal Carolina
2006	Julia Viellehner	Coastal Carolina
2007	Diana Jephchirchir	Coastal Carolina
2008	Zsanett Kis	High Point
2009	Hannah Granger	VMI
2010	Jennifer Klugh	Liberty
2011	Jennifer Klugh	Liberty
2012	Jennifer Klugh	Liberty
2013	Letitia Saayman	Coastal Carolina
2014	Jacy Christiansen	Liberty
2015	Letitia Saayman	Coastal Carolina
2016	Joan Maritim	Campbell
2017	Famke Heinst	High Point

ROOKIE/FRESHMAN OF THE YEAR		SCHOOL
1994	Catherine Conder	Coastal Carolina
1995	Jaime Weisgerber	Coastal Carolina
1996	Ingrid Burgess	Coastal Carolina
1997	Corina Hopkins	Coastal Carolina
1998	Julie Wilhelm	UNC Asheville
1999	Rebecca Parsons	Liberty
2000	Valerie Westphal	Liberty
2001	Samantha Pelletier	Liberty
2002	Jessica Goeden	Coastal Carolina
2003	Daneja Grandovec	Coastal Carolina
2004	Christina Mohr	Coastal Carolina
2005	Saskia Janssen	Coastal Carolina
2006	Julia Viellehner	Coastal Carolina
2007	Dacia Bushman	Liberty
2008	Christian Johnson	Coastal Carolina
2009	Jenna Moye	VMI
2010	Tammy Cheung	VMI
2011	Emily Dinning	VMI
2012	Letitia Saayman	Coastal Carolina
2013	Kyla Van Graan	Coastal Carolina
2014	Joan Maritim	Campbell
2015	Ednah Kurgat	Liberty
2016	Olivia Paxton	Winthrop
2017	Famke Heinst	High Point

COACH OF THE YEAR		SCHOOL
1988	Alan Connie	Coastal Carolina
1989	Alan Connie	Coastal Carolina
1990	Mick Stewart	Radford
1991	Ken Frenette	Campbell
	Gary Andrew	Davidson
1992	Brant Tolsma	Liberty
1993	Alan Connie	Coastal Carolina
1994	Stan Rosenthal	UNC Asheville
1995	Alan Connie	Coastal Carolina
	Stan Rosenthal	UNC Asheville
1996	Alan Connie	Coastal Carolina
1997	Alan Connie	Coastal Carolina
1998	Stan Rosenthal	UNC Asheville
1999	Stan Rosenthal	UNC Asheville
2000	Brant Tolsma	Liberty
2001	Alan Connie	Coastal Carolina
2002	Alan Connie	Coastal Carolina
2003	Alan Connie	Coastal Carolina
2004	Alan Connie	Coastal Carolina
2005	Alan Connie	Coastal Carolina
2006	Brant Tolsma	Liberty
2007	Brant Tolsma	Liberty
2008	Alan Connie	Coastal Carolina
2009	Paul Spangler	VMI
2010	Brant Tolsma	Liberty
2011	Mike Esposito	High Point
2012	Brant Tolsma	Liberty
2013	Alan Connie	Coastal Carolina
2014	Jenna Wrieden	High Point
2015	Jenna Wrieden	High Point
2016	Brant Tolsma	Liberty
2017	Remy Tamer	High Point

SCHOLAR-ATHLETE OF THE YEAR		SCHOOL
1994	Angela Murphy	Coastal Carolina
1995	Siobhan Keenan	UNC Asheville
1996	Angela Murphy	Coastal Carolina
1997	Cathy Williams	Liberty
1998	Jolene Williams	Coastal Carolina
1999	Jolene Williams	Coastal Carolina
2000	Tracy Hoare	Liberty
2001	Kara Koppel	Coastal Carolina
2002	Kara Koppel	Coastal Carolina
	Stephanie Vangsnes	Winthrop
2003	Micki Logue	UNC Asheville
2004	Carrie Selmer	Winthrop
2005	Carrie Selmer	Winthrop
2006	Tricia Milton	Birmingham-Southern
2007	Felicitas Mensing	Coastal Carolina
2008	Rebekah Ricksecker	Liberty
2009	Carly Moss	Winthrop
2010	Jennifer Klugh	Liberty
2011	Kelsey Fraser	High Point
2012	Jeanne Stroud	Winthrop
2013	Jeanne Stroud	Winthrop
2014	Teresa Williamson	Radford
2015	Julia Zautcke	High Point
2016	Kat Bouton	Liberty
2017	Gabrielle Cortese	Gardner-Webb

TEAM	SPORTSMANSHIP AWARD	HEAD COACH
2005	Liberty	Brant Tolsma
2006	Liberty	Brant Tolsma
2007	High Point	Mike Esposito
2008	Liberty	Brant Tolsma
2009	VMI	Paul Spangler
2010	VMI	Paul Spangler
2011	Liberty	Brant Tolsma
2012	Gardner-Webb	Brian Baker
2013	Coastal Carolina	Jeff Jacobs
2014	Liberty	Brant Tolsma
2015	UNC Asheville	Jesse Norman
2016	UNC Asheville	Jesse Norman
	Gardner-Webb	Brian Baker
2017	Liberty	Brant Tolsma

1986		
Mitzi Hartwell	Radford	18:30
Kimberly Macnab	Charleston Southern	19:19
Jill Adey	Radford	19:44
Anne Eveker	Campbell	19:53
Diann Williamson	Radford	19:56
Michelle Dreon	Winthrop	20:07
Angie Ogden	Radford	20:17
Denise Holliday	Winthrop	20:22
Darlene Johnson	Charleston Southern	20:45
Ann Taber	Winthrop	20:46

1987		
Angie Ogden	Radford	19:05
Sonja Vertacnik	Coastal Carolina	19:18
Denise Holliday	Winthrop	19:58
Lisa Ferrara	Coastal Carolina	20:02
Darlene Johnson	Charleston Southern	20:07
Shelby White	Radford	20:10
Danielle Fondale	Charleston Southern	20:11
April Tindal	Winthrop	20:18
Sandi Newell	Radford	20:25
Angie Heilig	Augusta	20:26

1988		
Diana Naylor	Radford	19:20
Kelly Webb	Coastal Carolina	19:26
Sonja Vertacnik	Coastal Carolina	20:10
Susan Dixon	Charleston Southern	20:45
Danielle Fondale	Charleston Southern	20:46
Tori Brooks	Coastal Carolina	20:48
Jenna Peterson	Radford	20:55
Rachel Shivers	Coastal Carolina	21:00
April Tindal	Winthrop	21:10
Michelle Dreon	Winthrop	21:12

1989		
Shelley Tyler	Coastal Carolina	19:12
Susan Dixon	Charleston Southern	19:13
Ruby Price	Coastal Carolina	19:20
Dianne Deoliveria	Charleston Southern	19:22
Diana Naylor	Radford	19:36
Julie Kay Lany	Campbell	19:53
Kelly Webb	Coastal Carolina	19:57
Sonja Vertuenik	Coastal Carolina	19:58
Louise Rothe	Radford	19:58
Cathy Ellis	Coastal Carolina	20:03

1990		
Courtney Howe	Radford	18:29
Kathy Beach	Davidson	18:51
Karen Marshall	Davidson	19:17
Susan Dixon	Charleston Southern	19:23
Kim Liljeblad	Coastal Carolina	19:30
Diana Naylor	Radford	19:38
Sonja Vertacnik	Coastal Carolina	19:42
Michelle Selby	UNC Asheville	19:46
Kelly Webb	Coastal Carolina	19:49
Beth Miller	Radford	20:01

1991		
Kathy Beach	Davidson	18:29
Patti Bottiglieri	Liberty	18:49
Kristin Shultz	Coastal Carolina	18:53
Urlene Dick	Liberty	19:10
Karen Marshall	Davidson	19:18
Lisa Smith	Liberty	19:19
Christi Rininger	Liberty	19:30
Jennifer Reeder	Liberty	19:39
Michelle Selby	UNC Asheville	19:41
Shelly Shaklee	Campbell	19:45

1992		
Kristin Schultz	Coastal Carolina	19:50
Urlene Dick	Liberty	19:54
Hope Rust	Charleston Southern	19:56
Michelle Selby	UNC Asheville	20:15
Kim Hefner	Coastal Carolina	20:17
Allison Thomson	Towson State	20:19
Molly Rittwage	Campbell	20:21
Karen Cox	Charleston Southern	20:23
Vikki Benhardt	Towson State	20:33
Wendy Trehern	UNC Asheville	20:33

1993		
Valentine Stumpf	Coastal Carolina	18:28
Molly Rittwage	Campbell	19:11
Sheila Rottier	Coastal Carolina	19:22
Urlene Dick	Liberty	19:29
Sara Teets	Winthrop	19:36
Marlene Gardner	UNC Asheville	19:42
Becky Vonderhaar	UNC Asheville	19:49
Tabitha Kemerling	Liberty	19:55
Chantal St. Pierre	Coastal Carolina	20:01
Angela Murphy	Coastal Carolina	20:05

1994		
Catherine Conder	Coastal Carolina	17:40
Valentine Stumpf	Coastal Carolina	18:05
Courtney Keenan	UNC Asheville	18:14
Lauri Occhipinti	Coastal Carolina	18:35
Marlene Silva	UNC Asheville	18:42
Shari Mark	Towson State	18:53
Becky Vonderhaar	UNC Asheville	18:58
Andrea Jernigan	UNC Asheville	19:05
Angela Murphy	Coastal Carolina	19:10
Shannan Wilkey	Radford	19:13

1995		
Catherine Conder	Coastal Carolina	17:40
Siobhan Keenan	UNC Asheville	18:54
Jaime Wisgerber	Coastal Carolina	19:10
Emily Olinger	UNC Asheville	19:14
Laura Grossein	Liberty	19:16
Becky Vonderhaar	Liberty	19:18
Beth Greene	Winthrop	19:20
Lauri Occhipinti	Coastal Carolina	19:26
Monica Rief	UNC Greensboro	19:32
Danielle Idrio	Radford	19:35

1996		
Catherine Conder	Coastal Carolina	17:21
Angela Murphy	Coastal Carolina	17:49
Lauri Occhipinti	Coastal Carolina	18:28
Ingrid Burgess	Coastal Carolina	18:31
Danielle Barajas	Coastal Carolina	18:38
Becky Vonderhaar	UNC Asheville	18:39
Leslie Avbel	UNC Greensboro	18:40
Jolene Williams	Coastal Carolina	18:47
Emily Olinger	UNC Asheville	18:49
Amy Teer	Liberty	18:51

1997		
Jolene Williams	Coastal Carolina	17:24
Catherine Conder	Coastal Carolina	17:58
Lauri Occhipinti	Coastal Carolina	18:17
Corina Hopkins	Coastal Carolina	18:25
Mandy Becker	UNC Asheville	18:37
Elizabeth Pendleton	Coastal Carolina	18:38
Katie Harmuth	UNC Asheville	18:40
Danielle Barajas	Coastal Carolina	18:42
Jenny Henschion	Radford	18:47
Beth Greene	Winthrop	18:50

1998		
Jolene Williams	Coastal Carolina	17:50
Mandy Becker	UNC Asheville	18:15
Katie Harmuth	UNC Asheville	18:40
Elizabeth Pendleton	Coastal Carolina	18:47
Danielle Barajas	Coastal Carolina	18:49
Tammi Green	Liberty	18:50
Julie Wilhelm	UNC Asheville	18:51
Beth Greene	Winthrop	19:05
Jenny Henschion	Radford	19:05
Mary Crawley	Winthrop	19:17

1999		
Jolene Williams	Coastal Carolina	18:02
Zola Davis	UNC Asheville	18:19
Carla Jane Costantini	Charleston Southern	18:25
Rebecca Parsons	Liberty	18:27
Tracy Hoars	Liberty	18:30
Tammi Green	Liberty	18:32
Mandy Becker	UNC Asheville	18:36
Kym Weselak	Coastal Carolina	18:42
Teresa Wedge	Charleston Southern	18:48
Kara Koppel	Coastal Carolina	18:58

2000		
Heather Sagan	Liberty	17:58
Zola Davis	UNC Asheville	18:20
Meghan McLaughlin	Radford	18:35
Valerie Westphal	Liberty	18:35
Robyn Ritter	Coastal Carolina	18:38
Jenny De Vaux	Winthrop	18:43
Kara Price	Radford	18:46
Carla Jane Costantini	Charleston Southern	18:47
Tracy Hoare	Liberty	18:49
Rebecca Parsons	Liberty	19:00

2001		
Heather Sagan	Liberty	17:38
Meghan McLaughlin	Radford	17:47
Samantha Pelletier	Liberty	17:51
Kara Koppel	Coastal Carolina	17:53
Jennifer de Vaux	Winthrop	17:54
Kim Nemer gut	Coastal Carolina	17:58
Lindsey Kozlowski	Coastal Carolina	18:34
Lindsay MacPherson	Charleston Southern	18:41
Robyn Ritter	Coastal Carolina	18:52
Natasha Elliott	Coastal Carolina	18:53

2002		
Anne Marie Moutsinga	Coastal Carolina	17:06
Stephanie Vangsnes	Winthrop	17:55
Kara Koppel	Coastal Carolina	18:07
Lindsey Kozlowski	Coastal Carolina	18:20
Kim Nemer gut	Coastal Carolina	18:25
Loring Watkins	UNC Asheville	18:32
Lindsay MacPherson	Charleston Southern	18:37
Samantha Pelletier	Liberty	18:38
Robyn Ritter	Coastal Carolina	18:41
Micki Logue	UNC Asheville	18:41

2003		
Anne Marie Moutsinga	Coastal Carolina	18:16
Daneja Grandovec	Coastal Carolina	18:34
Eileen Wicker	Coastal Carolina	18:35
Jemissa Hess	High Point	18:40
Loring Watkins	UNC Asheville	18:44
Devon Nemire-Pepe	UNC Asheville	18:45
Stephanie Vangsnes	Winthrop	18:50
Kim Nemer gut	Coastal Carolina	18:56
Tiffany Carberry	UNC Asheville	19:07
Melissa Caudill	High Point	19:15

2004		
Jemissa Hess	High Point	17:42
Anne Marie Moutsinga	Coastal Carolina	18:19
Christina Mohr	Coastal Carolina	18:22
Danielle Jordan	Liberty	18:24
Devon Nemire-Pepe	UNC Asheville	18:25
Samantha Pelletier	Liberty	18:27
Kim Nemer gut	Coastal Carolina	18:29
Carrie Selmer	Winthrop	18:36
Lindsey Kozlowski	Coastal Carolina	18:38
Sarah Roberts	Liberty	18:49

2005		
Anne Marie Moutsinga	Coastal Carolina	17:45
Sarah Roberts	Liberty	18:03
Saska Janssen	Coastal Carolina	18:15
Kali Burt	High Point	18:19
Felicitas Mensing	Coastal Carolina	18:29
Estelle Oberson	Coastal Carolina	18:32
Carrie Selmer	Winthrop	18:37
Danielle Jordan	Liberty	18:42
Carol Jefferson	Liberty	18:43
Kelsey Stafford	VMI	19:01

2006

Julia Viellehner	Coastal Carolina	17:30
Diana Jephchirchir	Coastal Carolina	17:53
Piper Newby	Liberty	17:55
Felicitas Mensing	Coastal Carolina	18:04
Carol Jefferson	Liberty	18:14
Sarah Roberts	Liberty	18:20
Rebekah Ricksecker	Liberty	18:26.02
Ashley Osborne	Liberty	18:26.85
Emily Mase	UNC Asheville	18:28
Kali Burt	High Point	18:30

2007

Diana Jephchirchir	Coastal Carolina	17:07
Piper Newby	Liberty	17:45
Felicitas Mensing	Coastal Carolina	17:49
Zsanett Kis	High Point	17:58
Kali Burt	High Point	18:00
Dacia Bushman	Liberty	18:04
Rebekah Ricksecker	Liberty	18:07.1
Kati Albright	Liberty	18:07.5
Maranie Staab	Coastal Carolina	18:08
Theresa Schamberger	Coastal Carolina	18:11

2008

Zsanett Kis	High Point	18:23
Rebekah Ricksecker	Liberty	18:39
Mia Wyszynski	Coastal Carolina	18:45
Maranie Staab	Coastal Carolina	18:46
Kali Burt	High Point	18:52
Hannah Granger	VMI	18:56
Christian Johnson	Coastal Carolina	19:02
Lori Crotts	Radford	19:03
Carey Phillips	Winthrop	19:08
Ashley Osborne	Liberty	19:10

2009

Hannah Granger	VMI	18:25
Dacia Bushman	Liberty	18:32
Jennifer Klugh	Liberty	18:37
Jenna Moye	VMI	18:39
Lori Crotts	Radford	18:45
Shelby Donahue	Coastal Carolina	19:06
Janel Reeves	Coastal Carolina	19:09
Emily Webb	High Point	19:12
Brooke Spencer	Winthrop	19:16
Melanie Kulesz	UNC Asheville	19:18

2010

Jennifer Klugh	Liberty	17:54
Tammy Cheung	VMI	18:00
Dacia Bushman	Liberty	18:07
Hailey Neal	Liberty	18:18
Emily Webb	High Point	18:27
Hannah Granger	VMI	18:30
Emily Marchini	Coastal Carolina	18:31
Jamie Brusa	Coastal Carolina	18:32
Melanie Kulesz	UNC Asheville	18:33
Christian Johnson	Coastal Carolina	18:38

2011

Jennifer Klugh	Liberty	17:29
Jeanne Stroud	Winthrop	17:46
Kayleigh Perry	High Point	17:52
Christian Johnson	Coastal Carolina	17:56
Audrey Malloy	High Point	18:01
Khristina Kanagy	Liberty	18:01
Kelsey Hunt	High Point	18:10
Kelsey Paine	High Point	18:12
Rachel Deline	Campbell	18:12
Kelsey Fraser	High Point	18:14

2012

Jennifer Klugh	Liberty	17:18
Jeanne Stroud	Winthrop	17:24
Emma Bussard	UNC Asheville	17:47
Jenna Moye	VMI	17:55
Kayleigh Perry	High Point	18:00
Kelsey Hunt	High Point	18:05
Khristina Kanagy	Liberty	18:09
Jacy Christiansen	Liberty	18:10
Betel Yosef	Liberty	18:11
Letitia Saayman	Coastal Carolina	18:14

2013

Letitia Saayman	Coastal Carolina	17:46
Kyla Van Graan	Coastal Carolina	17:53
Jacy Christiansen	Liberty	18:00
Teresa Williamson	Radford	18:08
Ashley Matthews	Campbell	18:22
Erin Dalton	UNC Asheville	18:40
Jeanne Stroud	Winthrop	18:45
Kayleigh Perry	High Point	18:51
Jessie Proehl	Liberty	18:52
Emily Marchini	Coastal Carolina	18:56
Shelby Nicosia	Coastal Carolina	18:57
Sarah Heisner	UNC Asheville	19:07

2014

Jacy Christiansen	Liberty	17:37
Joan Maritim	Campbell	17:47
Letitia Saayman	Coastal Carolina	17:49
Teresa Williamson	Radford	18:01
Kyla Van Graan	Coastal Carolina	18:14
Aynslee Van Graan	Coastal Carolina	18:28
Michelle Kauffman	Campbell	18:37
Katie Hickey	Radford	18:49
Natalia Ocasio	High Point	18:50
Kelly Hayes	High Point	18:51
Erin Dalton	UNC Asheville	18:53
Sarah Heisner	UNC Asheville	18:55

2015

Letitia Saayman	Coastal Carolina	16:49
Ednah Kurgat	Liberty	17:12
Kyla Van Graan	Coastal Carolina	17:26
Kelly Hayes	High Point	17:32
Aynslee Van Graan	Coastal Carolina	17:43
Cozette Collin	High Point	17:54
Natalia Ocasio	High Point	18:03
Sarah Heisner	UNC Asheville	18:08
Katie Farina	High Point	18:09
Torree Scull	Liberty	18:12
Anna Van Wyk	Liberty	18:19
Rachel Byrd	Coastal Carolina	18:29

2016

Joan Maritim	Campbell	17:18
Anna Van Wyk	Liberty	18:02
Natalia Ocasio	High Point	18:30
Cozette Collin	High Point	18:45
Terrill Zentmeyer	Liberty	18:51
Amina Alvarez Barkane	Campbell	18:54
Olivia Paxton	Winthrop	18:57
Kammi Kurtz	Liberty	19:01
Zoe Geis	High Point	19:11.00
Valerie Wierenga	Liberty	19:11.30
Keaton Case	High Point	19:14
Lize Botha	Campbell	19:22

2017

Famke Heinst	High Point	17:55
Michaela Louw	Campbell	18:11
Julia Hellman	High Point	18:28
Carrie Keevey	Radford	18:33
Zoe Geis	High Point	18:45
Kammi Kurtz	Liberty	18:42
Georgina Russell	Charleston Southern	18:50
Caroline Baudinet	High Point	18:51
Lize Botha	Campbell	18:59
Roshae Jackson	Campbell	19:10
Kelly Coleman	UNC Asheville	19:11
Keaton Case	High Point	19:13

FOUR-TIME ALL-CONFERENCE HONOREES (10)

Sonja Vertacnik, Coastal Carolina. 1987-88-89-90
 Becky Vonderhaar, UNC Asheville. 1993-94-95-96
 Catherine Conder, Coastal Carolina 1994-95-96-97
 Lauri Occhipinti, Coastal Carolina. 1994-95-96-97
 Jolene Williams, Coastal Carolina. 1996-97-98-99
 Kim Nemergut, Coastal Carolina. 2001-02-03-04
 Anne Marie Moutsinga, Coastal Caro. 2002-03-04-05
 Kali Burt, High Point. 2005-06-07-08
 Jennifer Klugh, Liberty. 2009-10-11-12
 Letitia Saayman, Coastal Carolina. 2012-13-14-15

THREE-TIME ALL-CONFERENCE HONOREES (35)

Susan Dixon, Charleston Southern. 1988-89-90
 Kelly Webb, Coastal Carolina. 1988-89-90
 Diane Naylor, Radford. 1988-89-90
 Michelle Selby, UNC Asheville. 1990-91-92
 Urlene Dick, Liberty. 1991-92-93
 Angela Murphy, Coastal Carolina. 1993-94-96
 Beth Greene, Winthrop. 1995-97-98
 Danielle Barajas, Coastal Carolina. 1996-97-98
 Mandy Becker, UNC Asheville. 1997-98-99
 Kara Koppel, Coastal Carolina. 1999-01-02
 Robyn Ritter, Coastal Carolina. 2000-01-02
 Lindsey Kozlowski, Coastal Carolina. 2001-02-04
 Samantha Pelletier, Liberty. 2001-02-04

Sara Roberts, Liberty. 2004-05-06
 Felicitas Mensing, Coastal Carolina. 2005-06-07
 Rebekah Ricksecker, Liberty. 2006-07-08
 Dacia Bushman, Liberty. 2007-09-10
 Hannah Granger, VMI. 2008-09-10
 Christian Johnson, Coastal Carolina. 2008-10-11
 Kayleigh Perry, High Point. 2011-12-13
 Jeanne Stroud, Winthrop. 2011-12-13
 Jacy Christiansen, Liberty. 2012-13-14
 Kyla Van Graan, Coastal Carolina. 2013-14-15
 Sarah Heisner, UNC Asheville. 2013-14-15
 Natalia Ocasio, High Point. 2014-15-16

1986-89 ALL-DECADE TEAM

Susan Dixon, Charleston Southern
 Danielle Fondale, Charleston Southern
 Mitzi Hartwell, Radford
 Denise Holliday, Winthrop
 Darlene Johnson, Charleston Southern
 Diana Naylor, Radford
 Angie Ogden, Radford
 Shelley Tyler, Coastal Carolina
 Sonja Vertacnik, Coastal Carolina
 Kelly Webb, Coastal Carolina
Coach: Mick Stewart, Radford

1990-99 ALL-DECADE TEAM

Kathy Beach, Davidson
 Mandy Becker, UNC Asheville
 Catherine Conder, Coastal Carolina
 Urlene Dick, Liberty
 Beth Greene, Winthrop
 Angela Murphy, Coastal Carolina
 Lauri Occhipinti, Coastal Carolina
 Valentine Stumpf, Coastal Carolina
 Becky Vonderhaar, UNC Asheville
 Jolene Williams, Coastal Carolina
Co-Coach: Stan Rosenthal, UNC Asheville
Co-Coach: Alan Connie

2000-09 ALL-DECADE TEAM

Kali Burt, High Point
 Dacia Bushman, Liberty
 Hannah Granger, VMI
 Diana Jephchirchir, Coastal Carolina
 Anne Marie Moutsinga, Coastal Carolina
 Kim Nemergut, Coastal Carolina
 Rebekah Ricksecker, Liberty
 Heather Sagan, Liberty
 Julia Viellenhner, Coastal Carolina
Coach: Alan Connie

As part of the Big South's 30th Anniversary celebration in 2013-14, the conference announced its first-ever All-Decade Teams to recognize the student-athletes and coaches who excelled in their respective sport since the conference's founding in 1983. A committee of Big South Conference administrators served as the official voting panel to determine the All-Decade Teams, with fan voting comprising 20 percent of the overall total. Women's Cross Country All-Decade Team candidates are determined based on being at least one of the following: 1) Was a multiple All-Conference honoree; 2) Was named an All-American; 3) Is a member of the Big South Conference Hall of Fame; 4) Student-athletes must be a college graduate or left their respective institution in good academic standing; 5) Won a Conference Championship as a coach and/or was voted Conference Coach of the Year; and 6) Players of the Year, Tournament MVPs and First-Team All-Conference honorees were among the candidate pool for the 1983-89 All-Decade Teams. Candidates that participated in two different decades were placed in a specific decade based on consultation from member institutions. Member institutions also had final determination in regards to inclusion of student-athletes and coaches. The next Women's Cross Country All-Decade Team will cover 2010-19 and will be announced following the 2019 season.

1986

October 25 -- Rock Hill, S.C.

1.	Radford	31
2.	Winthrop	62
3.	Charleston Southern	73
4.	Campbell	85
5.	Armstrong State	105
6.	UNC Asheville	153
7.	Augusta	155
8.	Coastal Carolina	169

1987

October 31 -- Radford, Va.

1.	Radford	53
2.	Winthrop	61
3.	Charleston Southern	64
4.	Coastal Carolina	97
5.	Campbell	113
6.	UNC Asheville	127
7.	Augusta	157

1988

October 29 -- Rock Hill, S.C.

1.	Coastal Carolina	30
2.	Radford	56
3.	Winthrop	71
4.	Charleston Southern	97
5.	Campbell	122
6.	UNC Asheville	162
7.	Augusta	175

1989

October 28 -- Charleston, S.C.

1.	Coastal Carolina	29
2.	Radford	63
3.	Winthrop	76
4.	Charleston Southern	92
5.	UNC Asheville	127
6.	Campbell	149
7.	Augusta	203

1990

October 27 -- Charleston, S.C.

1.	Radford	48
2.	Coastal Carolina	56
3.	Davidson	64
4.	Winthrop	96
5.	Charleston Southern	110
6.	UNC Asheville	139
7.	Campbell	213
8.	Augusta	221

1991

November 2 -- Charleston, S.C.

1.	Liberty	27
2.	Davidson	84
T-3.	Campbell	89
T-3.	Coastal Carolina	89
5.	UNC Asheville	109
6.	Winthrop	154
T-7.	Radford	157
T-7.	Charleston Southern	157

1992

October 31 -- Baltimore, Md.

1.	Liberty	73
2.	Towson State	77
3.	Coastal Carolina	79
4.	Charleston Southern	98
5.	Campbell	110
6.	UNC Asheville	137
7.	Radford	162
8.	UMBC	206
9.	Winthrop	227
10.	UNC Greensboro	249

1993

October 30 -- Radford, Va.

1.	Coastal Carolina	48
2.	UNC Asheville	63
3.	UMBC	99
4.	Campbell	101
5.	Liberty	110
6.	Charleston Southern	174
7.	Winthrop	194
8.	Radford	199
9.	UNC Greensboro	216
10.	Towson State	243

1994

October 26 -- Towson, Md.

1.	UNC Asheville	36
2.	Coastal Carolina	38
3.	Liberty	97
4.	UMBC	127
5.	Radford	142
6.	Winthrop	145
7.	Towson State	159
8.	UNC Greensboro	174
9.	Charleston Southern	208

1995

October 28 -- Rock Hill, S.C.

T-1.	Coastal Carolina	38
T-1.	UNC Asheville	38
3.	Liberty	85
4.	Radford	126
5.	Winthrop	142
6.	UNC Greensboro	158
7.	UMBC	167
8.	Charleston Southern	172

1996

November 2 -- Rock Hill, S.C.

1.	Coastal Carolina	15
2.	UNC Asheville	62
3.	Liberty	73
4.	Winthrop	120
5.	Radford	125
6.	UNC Greensboro	155
7.	UMBC	184
8.	Charleston Southern	222

1997

November 1 -- Rock Hill, S.C.

1.	Coastal Carolina	16
2.	UNC Asheville	60
3.	Winthrop	91
4.	Liberty	111
5.	Radford	127
6.	UMBC	146

1998

October 31 -- Radford, Va.

1.	UNC Asheville	41
2.	Coastal Carolina	63
3.	Liberty	76
4.	Winthrop	90
5.	Radford	93
6.	Charleston Southern	132

1999

October 30 -- Rock Hill, S.C.

1.	UNC Asheville	47
2.	Coastal Carolina	48
3.	Liberty	58
4.	Charleston Southern	115
5.	Radford	145
6.	Winthrop	158
7.	High Point	164
8.	Elon	200

2000

October 28 -- Charleston, S.C.

1.	Liberty	43
2.	UNC Asheville	59
3.	Coastal Carolina	67
4.	Charleston Southern	104
5.	Radford	120
6.	Winthrop	161
7.	Elon	177
8.	High Point	223

2001

October 29 -- Rock Hill, S.C.

1.	Coastal Carolina	26
2.	Liberty	56
3.	UNC Asheville	79
4.	Charleston Southern	94
5.	Winthrop	153
6.	Elon	158
7.	High Point	159
8.	Radford	161

2002

November 2 -- Rock Hill, S.C.

1.	Coastal Carolina	22
2.	UNC Asheville	59
3.	Liberty	79
4.	Winthrop	91
5.	High Point	145
6.	Charleston Southern	154
7.	Elon	174
8.	Radford	175

2003

November 1 -- Myrtle Beach, S.C.

1.	Coastal Carolina	26
2.	UNC Asheville	47
3.	High Point	76
4.	Liberty	95
5.	Winthrop	133
6.	Birmingham-Southern	150
7.	Radford	176
8.	Charleston Southern	246
9.	VMI	255

2004

October 30 -- Rock Hill, S.C.

1.	Coastal Carolina	32
2.	Liberty	49
3.	High Point	75
4.	UNC Asheville	82
5.	Winthrop	167
6.	Birmingham-Southern	173
7.	Radford	174
8.	Charleston Southern	234
9.	VMI	NTS

2005

October 29 -- Lexington, Va.

1.	Coastal Carolina	27
2.	Liberty	47
3.	High Point	79
4.	Winthrop	119
5.	VMI	156
6.	Birmingham-Southern	159
7.	UNC Asheville	171
8.	Radford	222
9.	Charleston Southern	233

2006

October 28 -- Summerville, S.C.

1.	Liberty	29
2.	Coastal Carolina	34
3.	High Point	67
4.	UNC Asheville	122
5.	Winthrop	125
6.	Birmingham-Southern	171
7.	Radford	196
8.	VMI	201
9.	Charleston Southern	261

2007

October 27 -- Hendersonville, N.C.

1.	Liberty	36
2.	Coastal Carolina	39
3.	High Point	68
4.	Radford	127
5.	VMI	143
6.	UNC Asheville	146
7.	Winthrop	162
8.	Charleston Southern	240

2008

November 1 -- Lynchburg, Va.

1.	Coastal Carolina	54
2.	Liberty	55
3.	High Point	58
4.	VMI	126
5.	Radford	130
6.	Winthrop	143
7.	Gardner-Webb	187
8.	UNC Asheville	193
9.	Charleston Southern	237

2009

October 31 -- High Point, N.C.

1.	Liberty	47
2.	VMI	66
3.	Coastal Carolina	76
4.	High Point	86
5.	Winthrop	117
6.	UNC Asheville	148
7.	Radford	172
8.	Gardner-Webb	225
9.	Charleston Southern	262

2010

October 30 -- Blacksburg, Va.

1.	Liberty	39
2.	Coastal Carolina	64
3.	VMI	71
4.	High Point	72
5.	UNC Asheville	141
6.	Gardner-Webb	189
7.	Winthrop	202
8.	Charleston Southern	215
9.	Radford	232

2011

October 29 -- Conway, S.C.

1.	High Point	33
2.	Liberty	59
3.	Coastal Carolina	81
4.	Campbell	91
5.	Winthrop	146
6.	VMI	155
7.	Charleston Southern	209
8.	Gardner-Webb	230
9.	UNC Asheville	238
10.	Radford	250

2012

October 27 -- Rock Hill, S.C.

1.	Liberty	40
2.	Coastal Carolina	72
3.	High Point	73
4.	Winthrop	136
5.	UNC Asheville	140
6.	VMI	142
7.	Campbell	148
T-8.	Charleston Southern	239
T-8.	Radford	239
10.	Gardner-Webb	264
11.	Longwood	300
12.	Presbyterian College	389

2013

November 2 -- Buena Vista, Va.

1.	Coastal Carolina	56
2.	Liberty	76
3.	UNC Asheville	78
4.	High Point	83
5.	Campbell	111
6.	Winthrop	153
7.	Radford	178
8.	VMI	208
9.	Charleston Southern	259
10.	Gardner-Webb	302
11.	Longwood	311
12.	Presbyterian College	349

2014

November 1 -- Boiling Springs, N.C.

1.	High Point	67
2.	Liberty	73
3.	Radford	81
4.	Campbell	83
5.	Coastal Carolina	87
6.	UNC Asheville	109
7.	Gardner-Webb	210
8.	Winthrop	212
9.	Charleston Southern	248
10.	Longwood	295
11.	Presbyterian College	304

2015

October 31 -- Spartanburg, S.C.

1.	High Point	47
2.	Coastal Carolina	51
3.	Liberty	58
4.	UNC Asheville	108
5.	Radford	157
6.	Campbell	174
7.	Winthrop	199
8.	Gardner-Webb	203
9.	Presbyterian College	268
10.	Longwood	293
11.	Charleston Southern	295

2016

October 28 -- Asheville, N.C.

1.	Liberty	38
2.	High Point	45
3.	Campbell	73
4.	Winthrop	96
5.	UNC Asheville	110
6.	Radford	171
7.	Presbyterian College	221
8.	Gardner-Webb	222
9.	Charleston Southern	260
10.	Longwood	273

2017

October 28 -- Lynchburg, Va.

1.	High Point	29
2.	Campbell	75
3.	Liberty	80
4.	UNC Asheville	109
5.	Radford	137
6.	Winthrop	155
7.	Charleston Southern	159
8.	Gardner-Webb	207
9.	Presbyterian College	236
10.	Longwood	297

CHAMPIONSHIP TITLES



<u>SCHOOL</u>	<u>CHAMPIONSHIPS</u>	<u>BEST FINISH</u>
Coastal Carolina	13 (1988-89-93-95-96-97-01-02-03-04-05-08-13)	n/a
Liberty	9 (1991-92-00-06-07-09-10-12-16)	n/a
UNC ASHEVILLE	4 (1994-95-98-99)	n/a
HIGH POINT	4 (2011-14-15-17)	n/a
RADFORD	3 (1986-87-90)	n/a
WINTHROP	---	2nd (1986-87)
VMI	---	2nd (2009)
Davidson	---	2nd (1991)
Towson State	---	2nd (1992)
CAMPBELL	---	2nd (2017)
CHARLESTON SOUTHERN	---	3rd (1986-87)
UMBC	---	3rd (1993)
Armstrong State	---	5th (1986)
UNC Greensboro	---	6th (1995-96)
Elon	---	6th (2001)
Birmingham-Southern	---	6th (four times)
GARDNER-WEBB	---	6th (2010)
Augusta	---	7th (four times)
PRESBYTERIAN COLLEGE	---	7th (2016)
LONGWOOD	---	10th (2014-15-16-17)

<u>SCHOOL</u>	<u>INDIVIDUAL CHAMPIONS</u>
Coastal Carolina	17 (1989-92-93-94-95-96-97-98-99-02-03-05-06-07-13-15)
Liberty	6 (2000-01-10-11-12-14)
RADFORD	4 (1986-87-88-90)
HIGH POINT	3 (2004-08-17)
Davidson	1 (1991)
VMI	1 (2009)
CAMPBELL	1 (2016)

current Big South members in BOLD CAPS

MOST INDIVIDUAL BIG SOUTH CHAMPIONSHIPS	MOST BIG SOUTH CHAMPIONSHIPS, COACH	MOST NCAA CHAMPIONSHIP RUNNERS, COACH
1. 3 Catherine Conder, Coastal Carolina 3 Jolene Williams, Coastal Carolina 3 Anne Marie Moutsinga, Coastal Caro. 3 Jennifer Klugh, Liberty 5. 2 Heather Sagan, Liberty 2 Letitia Saayman, Coastal Carolina	1. 13 Alan Connie, Coastal Carolina 2. 9 Brant Tolsma, Liberty 3. 4 Stan Rosenthal, UNC Asheville 4. 3 Mick Stewart, Radford 5. 2 Jenna Wrieden, High Point 6. 1 Mike Esposito, High Point 1 REMY TAMER, High Point	1. 7 Alan Connie, Coastal Carolina 2. 3 Brant Tolsma, Liberty 3 Jeff Jacobs, Coastal Carolina 4. 1 Tom Morris, Radford 1 Al Barnes, High Point

2005

9-7	Anne Marie Moutsinga	Coastal Carolina
9-14	Emily Mase	UNC Asheville
9-21	Carol Jefferson	Liberty
9-28	Kali Burt	High Point
10-5	Jennifer Povick	Winthrop
10-12	Tricia Milton	Birmingham-So.
10-19	Anne Marie Moutsinga	Coastal Carolina

2006

9-7	Lori Crotts	Radford
9-13	Piper Newby	Liberty
9-20	Julia Viellehner	Coastal Carolina
9-27	Kali Burt	High Point
10-3	Julia Viellehner	Coastal Carolina
10-12	Emily Mase	UNC Asheville
10-18	Julia Viellehner	Coastal Carolina
10-25	Tricia Milton	Birmingham-So.

2007

9-6	Felicitas Mensing	Coastal Carolina
9-12	Rebekah Ricksecker	Liberty
9-19	Zsanett Kis	High Point
10-3	Diana Jephchirchir	Coastal Carolina
10-10	Emily Mase	UNC Asheville
10-17	Diana Jephchirchir	Coastal Carolina

2008

9-4	Christian Johnson	Coastal Carolina
9-10	Rebekah Ricksecker	Liberty
	Ashley Osborne	Liberty
9-17	Mia Wyszynski	Coastal Carolina
9-24	Zsanett Kis	High Point
10-1	Kali Burt	High Point
10-8	Rebekah Ricksecker	Liberty
10-15	Lauren Bowers	Presbyterian College
10-22	Rebekah Ricksecker	Liberty

2009

9-10	Lori Crotts	Radford
9-22	Hannah Granger	VMI
9-29	Dani Paul	High Point
10-6	Hannah Granger	VMI
10-15	Brooke Spencer	Winthrop
10-22	Hannah Granger	VMI

2010

9-8	Jamie Brusa	Coastal Carolina
9-15	Ashley Lounsbury	Radford
9-22	Hailey Neal	Liberty
9-29	Hannah Granger	VMI
10-6	Jennifer Klugh	Liberty
10-14	Jeanne Stroud	Winthrop
10-20	Jennifer Klugh	Liberty
10-27	Kyle Kling	Coastal Carolina

2011

9-8	Emily Marchini	Coastal Carolina
9-14	Michelle Church	VMI
9-21	Jennifer Klugh	Liberty
9-28	Jeanne Stroud	Winthrop
10-5	Jennifer Klugh	Liberty
10-12	Adrienne Cuff	Charleston Southern
10-19	Audrey Malloy	High Point

2012

9-5	Jenna Moye	VMI
9-12	Adrienne Cuff	Charleston Southern
9-19	Jeanne Stroud	Winthrop
10-3	Jennifer Klugh	Liberty
10-17	Jeanne Stroud	Winthrop

2013

9-4	Letitia Saayman	Coastal Carolina
9-11	Ashley Matthews	Campbell
9-18	Kyla van Graan	Coastal Carolina
9-25	Letitia Saayman	Coastal Carolina
10-2	Jacy Christiansen	Liberty
10-9	Letitia Saayman	Coastal Carolina
10-16	Jessie Dotson	Charleston Southern
10-23	Letitia Saayman	Coastal Carolina

2014

9-3	Letitia Saayman	Coastal Carolina
9-16	Letitia Saayman	Coastal Carolina
9-23	Kyla van Graan	Coastal Carolina
9-30	Jacy Christiansen	Liberty
10-7	Letitia Saayman	Coastal Carolina
10-21	Katie Hickey	Radford

2015

9-9	Letitia Saayman	Coastal Carolina
9-15	Kelly Hayes	High Point
9-22	Sarah Heisner	UNC Asheville
9-29	Letitia Saayman	Coastal Carolina
10-7	Kelly Hayes	High Point
10-14	Letitia Saayman	Coastal Carolina
10-21	Letitia Saayman	Coastal Carolina

2016

9-7	Harper Henson	Winthrop
9-14	Emily Swanigan	Presbyterian College
9-21	Joan Maritim	Campbell
9-28	Cozette Collin	High Point
10-5	Joan Maritim	Campbell
10-19	Joan Maritim	Campbell

2017

9-6	Famke Heinst	High Point
9-13	Lize Botha	Campbell
9-20	Famke Heinst	High Point
9-27	Famke Heinst	High Point
10-4	Noel Palmer	Liberty
10-18	Sally Hart	Presbyterian College

1996 Angela Murphy Laura Gosselin Jennifer Henchion Becky Vonderhaar Anna Stafford Kristen Cowen	1996 Coastal Carolina Liberty Radford UNC Asheville UNC Greensboro Winthrop	1996 Christa Calvert Jen Gratton Kim Nemer gut Catherine Lewis Melissa Blackstone Tricia Benson Micki Logue Stephanie Vangsnes
1997 Jolene Williams Cathy Williams Jennifer Henchion Caitlin Lloyd Keelin Mooney Laura Baines	1997 Coastal Carolina Liberty Radford UMBC UNC Asheville Winthrop	1997 Birmingham-So. Charleston Southern Coastal Carolina High Point Liberty Radford UNC Asheville Winthrop
1998 Jolene Williams Kari Spiker Sara Day Jennifer Henchion Katie Harmuth Beth Greene	1998 Coastal Carolina Elon High Point Radford UNC Asheville Winthrop	1998 Natalie Bruce Cheryl Ewing Kim Nemer gut Jamie Vetten Samantha Pelletier Maria Geary Devon Nemire-Pepe Carrie Selmer
1999 Melissa Davidson Jolene Williams Kari Spiker Martha Fuller Tracy Hoare Heide Harrison Mandy Becker Kathrin Milbury	1999 Charleston Southern Coastal Carolina Elon High Point Liberty Radford UNC Asheville Winthrop	1999 Rachel Bramlett Heather Koziel Danielle Hagler Kate Atkinson Danielle Jordan Jasselle Cruz Ingrid Allstaedt Kathleen Resetar Carrie Selmer
2000 Melissa Davidson Robyn Ritter Amanda Easoz Tracy Hoare Heide Harrison Zola Davis Kathrin Milbury	2000 Charleston Southern Coastal Carolina Elon Liberty Radford UNC Asheville Winthrop	2000 Birmingham-So. Charleston Southern Coastal Carolina High Point Liberty UNC Asheville Winthrop
2001 Kim Andrews Jen Gratton Kara Koppel Erin Wallace Jessica Healan Heather Sagan Heide Harrison Micki Logue Jenny de Vaux	2001 Birmingham-So. Charleston Southern Coastal Carolina Elon High Point Liberty Radford UNC Asheville Winthrop	2001 Brittany Owens Felicitas Mensing Kali Burt Piper Newby Kristi Tempel Lori Crotts Emily Mase Lisa Sickman
2002 Jen Gratton Kara Koppel Eric Wallace Melissa Caudill Samantha Pelletier Tricia Benson Micki Logue Stephanie Vangsnes	2002 Charleston Southern Coastal Carolina Elon High Point Liberty Radford UNC Asheville Winthrop	2002 Brittany Owens Theresa Schamberger Beth Long Zsanett Kis Rebekah Ricksecker Lauren Bowers Brittany Christian Katherine Clark Carly Moss
		2003 Birmingham-So. Charleston Southern Coastal Carolina High Point Liberty Radford UNC Asheville Winthrop
		2004 Birmingham-So. Charleston Southern Coastal Carolina High Point Liberty Radford UNC Asheville Winthrop
		2005 Birmingham-So. Charleston Southern Coastal Carolina High Point Liberty Radford UNC Asheville VMI Winthrop
		2006 Birmingham-So. Charleston Southern Coastal Carolina High Point Liberty UNC Asheville Winthrop
		2007 Charleston Southern Coastal Carolina High Point Liberty Presbyterian College Radford UNC Asheville Winthrop
		2008 Charleston Southern Coastal Carolina Gardner-Webb High Point Liberty Presbyterian College Radford UNC Asheville Winthrop
		2009 Tracy Epley Theresa Schamberger Laura Scott Joya Canfield Dacia Bushman Mellette Johnson Brittany Christian Katie Olert Hannah Granger Carly Moss
		2009 Charleston Southern Coastal Carolina Gardner-Webb High Point Liberty Presbyterian College Radford UNC Asheville VMI Winthrop
		2010 Charleston Southern Coastal Carolina Gardner-Webb High Point Liberty Presbyterian College Radford UNC Asheville VMI Winthrop
		2011 Campbell Charleston Southern Coastal Carolina Gardner-Webb High Point Liberty Presbyterian College Radford UNC Asheville VMI Winthrop
		2012 Campbell Charleston Southern Coastal Carolina Gardner-Webb High Point Liberty Longwood Presbyterian College Radford UNC Asheville VMI Winthrop
		2013 Campbell Charleston Southern Coastal Carolina Gardner-Webb High Point Liberty Longwood Presbyterian College Radford UNC Asheville VMI Winthrop

2014

Michelle Kauffman	Campbell
Jessie Dotson	Charleston Southern
Kyla van Graan	Coastal Carolina
Jenna Ford	Gardner-Webb
Julia Zautcke	High Point
Jacy Christiansen	Liberty
Gracie Piekarski	Longwood
Gabriele Lesieur	Presbyterian College
Teresa Williamson	Radford
Adrian Etheridge	UNC Asheville
Sarah DeVaux	Winthrop

2015

Kelsey Rea	Campbell
Kaitlyn Keene	Charleston Southern
Kyla van Graan	Coastal Carolina
Gabrielle Cortese	Gardner-Webb
Julia Zautcke	High Point
Kat Bouton	Liberty
Gracie Piekarski	Longwood
Abby Waldron	Presbyterian College
Courtney Rice	Radford
Sarah Heisner	UNC Asheville
Tristan Langley	Winthrop

2016

Roshae Jackson	Campbell
Madison Burkholder	Charleston Southern
Gabrielle Cortese	Gardner-Webb
Courtney Kerr	High Point
Kat Bouton	Liberty
Gracie Piekarski	Longwood
Sarah Jennings	Presbyterian College
Courtney Rice	Radford
Sarah Heisner	UNC Asheville
Emily Sparrow	Winthrop

2017

Roshae Jackson	Campbell
Bethany Thornhill	Charleston Southern
Gabrielle Cortese	Gardner-Webb
Zoe Geis	High Point
Kammi Kurtz	Liberty
Casey Ripp	Longwood
Sally Hart	Presbyterian College
Percie Lyons	Radford
Phoebe Schneider	UNC Asheville
Victoria Burdette	Winthrop

YEAR – NAME, SCHOOL (TIME, PLACE, HONORS)

1996 – ANGELA MURPHY, Coastal Carolina
18:27 39th place

1997 – JOLENE WILLIAMS, Coastal Carolina
17:30 45th place

1998 – JOLENE WILLIAMS, Coastal Carolina
18:30 128th place

2001 – HEATHER SAGAN, Liberty
21:53 74th place

MEGHAN McLAUGHLIN, Radford
21:58 83rd place

2003 – ANNE MARIE MOUTSINGA, Coastal Carolina
20:53 48th place

2004 – JEMISSA HESS, High Point
22:27.2 159th place

2005 – ANNE MARIE MOUTSINGA, Coastal Carolina
21:12 105th place

YEAR – NAME, SCHOOL (TIME, PLACE, HONORS)

2006 – JULIA VIELLEHNER, Coastal Carolina
21:06 11th place All-America

2007 – DIANA JEPCHIRCHIR, Coastal Carolina
20:55 29th place All-America

2012 – JENNIFER KLUGH, Liberty
20:44 93rd place

2014 – LETITIA SAAYMAN, Coastal Carolina
21:15.9 110th place

KYLA VAN GRAAN, Coastal Carolina
21:23.5 123rd place

2015 – EDNAH KURGAT, Liberty
20:06.7 12th place All-America

LETITIA SAAYMAN, Coastal Carolina
20:09.8 18th place All-America

<u>SCHOOL</u>	<u>APPEARANCES</u>	<u>YEARS</u>	<u>TOTAL QUALIFIERS</u>	<u>MOST QUALIFIERS (YEARS)</u>	<u>BEST INDIVIDUAL FINISH</u>
Coastal Carolina	9	1996-97-98-03-05-06-07-14-15	10	2 (2014)	11th
Liberty	3	2001-12-15	3	1 (three times)	12th
Radford	1	2001	1	1 (2001)	83rd
High Point	1	2004	1	1 (2004)	159th
BIG SOUTH TOTAL			15	2 (three times)	11th

current Big South women's cross country programs in bold

USTFCCCA ALL-AMERICA

2006	Julia Viellehner, Coastal Carolina
2007	Diana Jephchirchir, Coastal Carolina
2015	Ednah Kurgat, Liberty
	Letitia Saayman, Coastal Carolina

USTFCCCA ALL-REGION

1993	Valentine Stumpf, Coastal Carolina	Southeast
1994	Catherine Conder, Coastal Carolina	Southeast
1995	Catherine Conder, Coastal Carolina	Southeast
1996	Catherine Conder, Coastal Carolina	Southeast
	Laurie Occhipinti, Coastal Carolina	Southeast
	Angela Murphy, Coastal Carolina	Southeast
1997	Jolene Williams, Coastal Carolina	Southeast
1998	Jolene Williams, Coastal Carolina	Southeast
1999	Jolene Williams, Coastal Carolina	Southeast
2000	Heather Sagan, Liberty	Southeast
2001	Heather Sagan, Liberty	Southeast
	Samantha Palletier, Liberty	Southeast
	Megan McClochlin, Coastal Carolina	Southeast
	Kim Nemergut, Coastal Carolina	Southeast
	Kara Koppel, Coastal Carolina	Southeast
2003	Anne Marie Moutsinga, Coastal Carolina	Southeast
2004	Anne Marie Moutsinga, Coastal Carolina	Southeast
	Jemissa Hess, High Point	Southeast
2005	Anne Marie Moutsinga, Coastal Carolina	Southeast
2006	Julia Viellehner, Coastal Carolina	Southeast
2007	Diana Jephchirchir, Coastal Carolina	Southeast
	Piper Newby, Liberty	Southeast
2008	Rebekah Ricksecker, Liberty	Southeast
2010	Jennifer Klugh, Liberty	Southeast
2011	Jennifer Klugh, Liberty	Southeast
2012	Jennifer Klugh, Liberty	Southeast
2014	Kyla van Graan, Coastal Carolina	Southeast
	Letitia Saayman, Coastal Carolina	Southeast
2015	Letitia Saayman, Coastal Carolina	Southeast
	Ednah Kurgat, Liberty	Southeast
2016	Joan Maritim, Campbell	Southeast

USTFCCCA REGIONAL ATHLETE OF THE YEAR

2015	Letitia Saayman, Coastal Carolina	Southeast
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USTFCCCA ALL-ACADEMIC TEAM

1996	Angela Murphy, Coastal Carolina
1997	Jolene Williams, Coastal Carolina
2000	Heather Sagan, Liberty
2001	Heather Sagan, Liberty
2006	Julia Viellehner, Coastal Carolina
2007	Piper Newby, Liberty
2008	Rebekah Ricksecker, Liberty
2010	Jennifer Klugh, Liberty
2011	Jennifer Klugh, Liberty
2012	Jennifer Klugh, Liberty
2014	Letitia Saayman, Coastal Carolina
	Kyla van Graan, Coastal Carolina
2015	Letitia Saayman, Coastal Carolina
	Ednah Kurgat, Liberty

USTFCCCA CROSS COUNTRY ALL-ACADEMIC TEAM

1991	Liberty
	UNC Asheville
1996	Coastal Carolina
	UNC Asheville
1997	Coastal Carolina
	Winthrop
1999	Coastal Carolina
	Liberty
2000	Coastal Carolina
	Liberty
	UNC Asheville

USTFCCCA CROSS COUNTRY ALL-ACADEMIC TEAM (cont.)

2001	Coastal Carolina
	Charleston Southern
	Elon
	Liberty
2002	Coastal Carolina
	Elon
	High Point
	UNC Asheville
	Winthrop
2003	Coastal Carolina
	High Point
2004	Coastal Carolina
	High Point
2005	Coastal Carolina
2006	Coastal Carolina
	Liberty
	Winthrop
2007	Coastal Carolina
	High Point
	Liberty
	Winthrop
2008	Coastal Carolina
	Gardner-Webb
	High Point
	Liberty
2009	Coastal Carolina
	Gardner-Webb
	High Point
	VMI
	Winthrop
2010	Coastal Carolina
	Gardner-Webb
	High Point
	VMI
	UNC Asheville
2011	Coastal Carolina
	Gardner-Webb
	High Point
	Liberty
	Winthrop
2012	Charleston Southern
	Coastal Carolina
	High Point
2013	Coastal Carolina
	High Point
	Liberty
	Presbyterian College
	UNC Asheville
2014	Coastal Carolina
	Gardner-Webb
	High Point
	Liberty
	Presbyterian College
	UNC Asheville
	Winthrop
2015	Coastal Carolina
	Liberty
	Presbyterian College
	UNC Asheville
2016	High Point
	Presbyterian College
	Radford
	Winthrop
2017	Gardner-Webb
	High Point
	Presbyterian College
	Radford
	UNC Asheville
	Winthrop

NCAA PUBLIC RECOGNITION AWARD FOR HIGH ACADEMIC ACHIEVEMENT

2006	Birmingham-Southern Liberty
2007	Birmingham-Southern
2010	Gardner-Webb Presbyterian College
2011	Gardner-Webb Presbyterian College
2012	Gardner-Webb UNC Asheville
2013	Gardner-Webb UNC Asheville
2014	Charleston Southern Longwood
2015	High Point Longwood
2016	High Point Longwood Presbyterian College
2017	High Point Longwood Presbyterian College Radford
2018	Campbell High Point Liberty Longwood Presbyterian College Radford

NCAA POSTGRADUATE SCHOLARSHIP RECIPIENTS

2003	Kara Koppel, Coastal Carolina
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NCAA WOMAN OF THE YEAR STATE WINNERS

2002	Heather Sagan, Liberty..... Virginia
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STCA DIVISION I SCHOLAR-ATHLETE OF THE YEAR

2002	Heather Sagan, Liberty
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2002

Team (first-place votes)	Points
1. Coastal Carolina (15)	126
2. Liberty (1)	109
3. UNC Asheville	94
4. Charleston Southern	74
5. Winthrop	72
6. Elon	35
7. Radford	34
8. High Point	32

2003

Team (first-place votes)	Points
1. Coastal Carolina (18)	162
2. UNC Asheville	140
3. Liberty	121
4. Winthrop	106
5. High Point	86
6. Radford	56
7. Birmingham-Southern	51
8. VMI	45
9. Charleston Southern	43

2004

Team (first-place votes)	Points
1. Coastal Carolina (18)	162
2. UNC Asheville	128
3. Liberty	126
4. High Point	115
5. Winthrop	82
6. Birmingham-Southern	67
7. Radford	66
8. Charleston Southern	34
9. VMI	30

2005

Team (first-place votes)	Points
1. Coastal Carolina (14)	158
2. Liberty (4)	148
3. High Point	115
4. UNC Asheville	112
5. Winthrop	89
6. Birmingham-Southern	64
7. Radford	59
8. Charleston Southern	36
9. VMI	29

2006

Team (first-place votes)	Points
1. Coastal Carolina (13)	157
2. Liberty (5)	141
3. High Point	118
4. Winthrop	105
5. VMI	75
6. UNC Asheville	72
7. Radford	57
8. Birmingham-Southern	55
9. Charleston Southern	25

2007

Team (first-place votes)	Points
1. Liberty (13)	125
2. Coastal Carolina (3)	115
3. High Point	95
4. UNC Asheville	70
5. Winthrop	67
6. Radford	54
7. VMI	33
8. Charleston Southern	17

2008

Team (first-place votes)	Points
1. Liberty (7)	97
2. Coastal Carolina (3)	91
3. High Point	80
4. Radford	66
5. Winthrop	54
6. VMI	53
7. Gardner-Webb	39
8. UNC Asheville	34
9. Presbyterian College	20
10. Charleston Southern	17

2009

Team (first-place votes)	Points
1. Coastal Carolina (6)	95
2. Liberty (3)	91
3. High Point (1)	82
4. Winthrop	64
5. VMI	57
6. Radford	54
7. UNC Asheville	39
8. Gardner-Webb	38
9. Charleston Southern	17
10. Presbyterian College	13

2010

Team (first-place votes)	Points
1. Liberty (7)	97
2. Coastal Carolina (2)	85
3. VMI (1)	83
4. High Point	74
5. Winthrop	58
6. UNC Asheville	50
7. Radford	35
8. Gardner-Webb	33
9. Charleston Southern	20
10. Presbyterian College	14

2011

Team (first-place votes)	Points
1. Liberty (5)	115
2. Coastal Carolina (6)	111
3. VMI	98
4. High Point	90
5. UNC Asheville	73
6. Winthrop	60
7. Campbell	59
8. Gardner-Webb	46
9. Radford	33
10. Charleston Southern	30
11. Presbyterian College	11

2012

Team (first-place votes)	Points
1. High Point (7)	136
2. Liberty (3)	132
3. Coastal Carolina (1)	123
4. VMI (1)	101
5. Campbell	100
6. Winthrop	77
7. UNC Asheville	74
8. Charleston Southern	58
9. Gardner-Webb	51
10. Radford	40
11. Longwood	28
12. Presbyterian College	16

2013

Team (first-place votes)	Points
1. Liberty (4)	134
2. High Point (4)	130
3. Coastal Carolina (4)	128
4. Winthrop	102
T-5. Campbell	85
T-5. UNC Asheville	85
7. VMI	78
8. Radford	65
9. Charleston Southern	52
10. Gardner-Webb	37
11. Longwood	26
12. Presbyterian College	14

2014

Team (first-place votes)	Points
1. Coastal Carolina (8)	117
2. Liberty (2)	106
3. High Point (1)	98
4. UNC Asheville	88
5. Campbell	78
6. Radford	62
7. Winthrop	57
8. Charleston Southern	39
9. Longwood	37
10. Gardner-Webb	30
11. Presbyterian College	14

2015

Team (first-place votes)	Points
1. High Point (6)	109
2. Liberty (2)	108
3. Coastal Carolina (3)	105
4. Campbell	84
5. UNC Asheville	76
6. Radford	71
7. Winthrop	57
8. Gardner-Webb	44
9. Longwood	30
10. Charleston Southern	28
11. Presbyterian College	14

2016

Team (first-place votes)	Points
1. Liberty (5)	95
2. High Point (5)	94
3. UNC Asheville	74
4. Campbell	69
5. Radford	62
6. Winthrop	51
7. Gardner-Webb	39
8. Presbyterian College	27
9. Longwood	25
10. Charleston Southern	12

2017

Team (first-place votes)	Points
1. Liberty (8)	97
2. High Point (2)	89
3. Campbell	83
4. Winthrop	65
5. UNC Asheville	61
6. Radford	52
T-7. Charleston Southern	30
T-7. Gardner-Webb	30
9. Presbyterian College	26
10. Longwood	17