

MWC Women's Cross Country Record Book



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MWC Women's Cross Country

All-Time Conference Champions

Year	School
2015	Cornell College
2014	Grinnell College
2013	Grinnell College
2012	Monmouth College
2011	Grinnell College
2010	St. Norbert College
2009	Grinnell College
2008	Monmouth College
2007	Grinnell College
2006	Grinnell College
2005	Grinnell College
2004	Grinnell College
2003	St. Norbert College
2002	St. Norbert College
2001	Lawrence University
2000	Carroll College
1999	Lawrence University
1998	Beloit College
1997	Carroll College
1996	Carroll College
1995	Grinnell College
1994	Grinnell College
1993	Grinnell College
1992	Grinnell College
1991	Grinnell College
1990	Lawrence University
1989	Grinnell College
1988	Cornell College
1987	Cornell College
1986	St. Norbert College
1985	Grinnell College
1984	St. Norbert College
1983	Grinnell College
1982	Cornell College
1981	Cornell College
1980	Grinnell College
1979	Grinnell College
1978	Grinnell College

Consecutive Conference Team Titles *(outright only)*

Titles	School, Years
5	Grinnell College, 1991-1995
4	Grinnell College, 2004-2007
3	Grinnell College, 1978-1980
2	Grinnell College, 2013-2015
2	St. Norbert College, 2002-03
2	Carroll University, 1996-1997
2	Cornell College, 1987-1988
2	Cornell College, 1981-82

NCAA Regional Champions

Year	School	Region
2006	Grinnell	Central

Conference Championships by School

School	Number
Grinnell College	19 '78, '79, '80, '83, '85, '89, '91, '92, '93, '94, '95, '04, '05, '06, '07, '09, '11, '13, '14
St. Norbert College	5 '84, '86, '02, '03, '10
Cornell College	5 '81, '82, '87, '88, '15
Lawrence University	3 '90, '99, '01
Carroll University	3 '96, '97, '00
Monmouth College	2 '08, '12
Beloit College	1 '98

MWC Women's Cross Country

Individual Conference Champions

Year	Conference Champion	Time	Length
2015	Sam Martinez, Cornell	21:52.20	6k
2014	Kyra Kimber, Monmouth	21:50.63	6k
2013	Sarah Burnell, Grinnell	22:42.73	6k
2012	Sarah Burnell, Grinnell	22:04.50	6k
2011	Megan O'Grady, Carroll	21:21.50	6k
2010	Jenny Scherer, St. Norbert	21:05.97	6k
2009	Megan O'Grady, Carroll	22:26	6k
2008	Jenny Scherer, St. Norbert	21:24	6k
2007	Sarah Spencer, Grinnell	17:59	5k
2006	Sarah Spencer, Grinnell	18:35	5k
2005	Erin Kelley, Carroll	18:01	5k
2004	Erin Kelley, Carroll	19:18	5k
2003	Kristin Igielski, Carroll	17:49	5k
2002	Julie Deyo, St. Norbert	18:00	5k
2001	Julie Deyo, St. Norbert	18:31	5k
2000	Kristin Igielski, Carroll	18:33	5k
1999	Marni Lynn, Carroll	18:51	5k
1998	Julie Liebich, Lawrence	18:39	5k
1997	Bridget Wiedl, Beloit	19:03	5k
1996	Cheri Lichtensteiger, Carroll	19:05	5k
1995	Holly Killmer, Grinnell	19:42	5k
1994	Stephanie Hitztaler, Grinnell	19:53	5k
1993	Kelly Lear, Cornell	18:57	5k
1992	Jenny Meyers, Cornell	19:57	5k
1991	Rose Nguyen, Knox	21:24	5k
1990	Marja Sankelo, Beloit	18:14	5k
1989	Lori Stitch, Ripon	18:47	5k
1988	Christine Thorburn, Grinnell	19:11	5k
1987	Monica Zimmerman, Cornell	19:23	5k
1986	Angie Hickerson, Monmouth	19:48	5k
1985	Shavaun Adams, Grinnell	19:59	5k
1984	Shavaun Adams, Grinnell	20:14	5k
1983	Michele Belvitch, Beloit	19:13	5k
1982	Becky DeLozier, Cornell	19:39	5k
1981	Annette Andresen, Knox	20:45	5k
1980	Jackie Clark, Cornell	19:41	5k
1979	Julia Carver, Grinnell	---	5k
1978	Shirley Heiman, Grinnell	19:21	5k

Top 6k Times by Individual Conference Champions

Time	Athlete, School, Year
21:05.97	Jenny Scherer, St. Norbert, 2010
21:21.50	Megan O'Grady, Carroll, 2011
21:24	Jenny Scherer, St. Norbert, 2008
21:50.63	Kyra Kimber, Monmouth, 2014
21:52.20	Sam Martinez, Cornell, 2015
22:04.50	Sarah Burnell, Grinnell, 2012
22:26	Megan O'Grady, Carroll, 2009
22:42.73	Sarah Burnell, Grinnell, 2013

Two-Time Individual Conference Champions

Years	Athlete, School
2012-13	Sarah Burnell, Grinnell
1984-1985	Shavaun Adams, Grinnell
2000, 2003	Kristin Igielski, Carroll
2001-2002	Julie Deyo, St. Norbert
2004-2005	Erin Kelley, Carroll
2006-2007	Sarah Spencer, Grinnell
2009-2010	Jenny Scherer, St. Norbert
2009, 2011	Megan O'Grady, Carroll

Top 5k times Times by Individual Conference Champions

Time	Athlete, School, Year
17:49	Kristin Igielski, Carroll, 2003
17:59	Sarah Spencer, Grinnell, 2007
18:00	Julie Deyo, St. Norbert, 2002
18:01	Erin Kelley, Carroll, 2005
18:14	Marja Sankelo, Beloit, 1990
18:31	Julie Deyo, St. Norbert, 2001
18:33	Kristin Igielski, Carroll, 2000
18:35	Sarah Spencer, Grinnell, 2006
18:39	Julie Liebich, Lawrence, 1998
18:47	Lori Stitch, Ripon, 1989
18:51	Marni Lynn, Carroll, 1999
18:57	Kelly Lear, Cornell, 1993
19:03	Bridget Wiedl, Beloit, 1997
19:05	Cheri Lichtensteiger, Carroll, 1996
19:11	Christine Thorburn, Grinnell, 1988
19:13	Michele Belvitch, Beloit, 1983
19:18	Erin Kelley, Carroll, 2004
19:23	Monica Zimmerman, Cornell, 1987
19:42	Holly Killmer, Grinnell, 1995
19:48	Angie Hickerson, Monmouth, 1986
19:53	Stephanie Hitztaler, Grinnell, 1994
19:57	Jenny Meyers, Cornell, 1992
19:59	Shavaun Adams, Grinnell, 1985
20:14	Shavaun Adams, Grinnell, 1984
21:24	Rose Nguyen, Knox, 1991

Individual Conference Champions by School

Grinnell	11	'78, '79, '84, '85, '88, '94, '95, '06, '07, '12, '13
Carroll	8	'96, '99, '00, '03, '04, '05, '09, '11
Cornell	6	'80, '82, '87, '92, '93, '15
St. Norbert	4	'01, '02, '08, '10
Beloit	3	'83, '90, '97
Knox	2	'81, '91
Monmouth	2	'86, '14
Ripon	1	'89
Lawrence	1	'98

MWC Women's Cross Country

NCAA Team Results

Year	School	Finish	Points
2006	Grinnell	7th/32	237

NCAA Individual Results

Year	Athlete, School	Finish	Time
2015	Abrah Masterson, Cornell	1st/280	21:23.10
	Sam Martinez, Cornell	13th/280	21:36.20
	Erin Artz, St. Norbert	38th/280	21:48.70
2014	Sam Martinez, Cornell	19th/275	22:17.50
	Kyra Kimber, Monmouth	25th/275	22:20.60
	Abrah Masterson, Cornell	39th/275	22:30.60
2013	Abrah Masterson, Cornell	113th/280	22:43.40
	Sarah Burnell, Grinnell	165th/280	23:04.30
2012	Sarah Burnell, Grinnell	48th/277	25:15.10
	Michelle Matter, Ripon	113th/277	22:51.20
	Stephanie Rouse, Grinnell	164th/277	23:11.00
2011	Megan O'Grady, Carroll	70th/277	22:06.52
	Mackenzie Weber, St. Norbert	105th/277	22:19.62
	Rachel Bowden, Monmouth	120th/277	22:26.59
	Stephanie Rouse, Grinnell	149th/277	22:36.30
2010	Jenny Scherer, St. Norbert	3rd/279	21:08.9
	Mary Kate Beyer, Monmouth	20th/279	21:35.9
	Amanda Whipple, St. Norbert	147th/279	22:47.7
2009	Jenny Scherer, St. Norbert	10th/279	22:26.40
	Mary Kate Beyer, Monmouth	58th/279	23:12.10
	Megan O'Grady, Carroll	64th/279	23:15.00
2008	Mary Kate Beyer, Monmouth	74th/279	22:12.78
	Jenny Scherer, St. Norbert	7th/279	21:16.33
2007	Sarah Spencer, Grinnell	6th/280	21:29.00
	Allison Louthan, Grinnell	32nd/280	22:08.00
	Erin Kelley, Carroll	44th/280	22:27.00
	Jenny Scherer, St. Norbert	61st/280	22:37.00
2006	Sarah Spencer, Grinnell	3rd/279	22:52.00

NCAA All-Americans

Year	Athlete, School	Place
2015	Abrah Masterson, Cornell	1st
	Sam Martinez, Cornell	13th
2014	Sam Martinez, Cornell	19th
	Kyra Kimber, Monmouth	25th
2010	Jenny Scherer, St. Norbert	3rd
	Mary Kate Beyer, Monmouth	20th
2009	Jenny Scherer, St. Norbert	10th
2008	Jenny Scherer, St. Norbert	7th
2007	Sarah Spencer, Grinnell	6th
	Allison Louthan, Grinnell	32nd
2006	Sarah Spencer, Grinnell	3rd
2006	Sara Brady, Grinnell	35th
2003	Kristin Igielski, Carroll	5th
2002	Kristin Igielski, Carroll	32nd
1996	Cheri Lichtensteiger, Carroll	2nd

Sara Brady, Grinnell	35th/279	23:54.00
Erin Kelley, Carroll	79th/279	24:39.00
Katie Ryan, Grinnell	83rd/279	24:42.00
Allison Louthan, Grinnell	92nd/279	24:47.00
Becky Bessinger, Grinnell	93rd/279	24:49.00
Brittany Dick, Ripon	111th/279	25:02.00
Erin Sindewald, Grinnell	196th/279	25:54.00
Meredith Groves, Grinnell	230th/279	26:24.00
2005 Erin Kelley, Carroll	44th/213	23:13.02
2004 Erin Kelley, Carroll	101st/215	23:17.07
2003 Kristin Igielski, Carroll	5th/215	21:44.05
2002 Kristin Igielski, Carroll	32nd/215	22:27.07
Julie Deyo, St. Norbert	61st/215	22:53.06
Valerie Curtis, Lawrence	73rd/215	23:01.03
2001 Julie Deyo, St. Norbert	90th/213	18:29.00
2000 Kristin Igielski, Carroll	49th/211	18:58.04
Cristy Amenson, Carroll	137th/211	19:40.03
1999 Marni Lynn, Carroll	38th/213	17:42.06
Cathy Kempen, Lawrence	59th/213	17:57.05
Courtney Miller, Lawrence	128th/213	18:32.05
Laura Carpenter, Beloit	158th/213	18:48.05
1998 Bridget Wiedl, Beloit	63rd/183	19:08.15
1996 Cheri Lichtensteiger, Carroll	2nd/180	17:52.00
1995 Stephanie Hitzlater, Grinnell	54th/182	18:37.09
1994 Stephanie Hitzlater, Grinnell	65th/184	19:20.07
1993 Kelly Lear, Cornell	50th/182	18:52.0
1990 Lori Stitch, Ripon	53rd/128	19:02.06
1989 Joanne Sackett, Grinnell	46th/135	18:36.00
Lori Stitch, Ripon	67th/135	18:48.00
1988 Christine Thorburn, Grinnell	45th/133	19:13.03
1985 Shavaun Adams, Grinnell	39th/111	20:07.00
1983 Julie Wick, Lawrence	50th/115	18:11.00

Bold Indicates All-American

Multiple NCAA All-Americans

Number	Athlete, School	Years
3	Jenny Scherer, St. Norbert	2008-10
2	Sam Martinez, Cornell	2014-15
2	Sarah Spencer, Grinnell	2006-07