

2007 IIAC Women's Cross Country Notes

NCAA DIVISION III CROSS COUNTRY CHAMPIONSHIPS

November 17, 2007
at St. Olaf College, Northfield, Minn.
Team Standings

Fin.	School	Pts.	1	2	3	4	5	6	7
10.	Luther	325	4	43	67	82	129	132	146
19.	Wartburg	500	74	75	76	121	154	185	204

Iowa Conference Participants

(Top-35 Finishers Named All-Americans)

5.	Janet Dobyns, Luther (2x All-American)	21:28
63.	Angie Berry, Central	22:40
65.	Ashley Schnell, Coe	22:41
66.	Rachel Wobeter, Luther	22:41
99.	Ericka Sell, Luther	22:59
109.	Amanda Kuiken, Wartburg	23:02
110.	Jennifer Kuiken, Wartburg	23:03
111.	Emily VanOosbree, Wartburg	23:03
117.	Flannery Cerbin, Luther	23:05
166.	Lori Tlach, Wartburg	23:25
176.	Katie Dolan, Luther	23:27
181.	Annie McKay, Luther	23:28
196.	Elise Bennett, Luther	23:34
204.	Jessica Viner, Wartburg	23:38
241.	Nicole Calabrese, Wartburg	24:01
260.	Janna McClintock, Wartburg	24:16

ACADEMIC HONORS

2007 Division III USTFCCCA

All-Academic Cross Country Team

Angie Berry	Central
Ashley Schnell	Coe
Rachelle Hawkins	Cornell
Mary Bridget Corkin	Loras
Flannery Cerbin	Luther
Rachel Wobeter	Luther
Ericka Sell	Luther
Amanda Kuiken	Wartburg
Jennifer Kuiken	Wartburg
Emily VanOosbree	Wartburg

USTFCCCA All-Academic Team Award

Central College	Cornell College
Loras College	Luther College
Simpson College	Wartburg College

NCAA DIVISION III CENTRAL REGION CHAMPIONSHIPS

November 10, 2007
at St. Olaf College, Northfield, Minn.
Team Standings

Fin.	School	Pts.	1	2	3	4	5	6	7
1.	Luther	87	1	17	19	22	28	38	40
3.	Wartburg	160	21	23	29	41	46	52	99
6.	Loras	207	14	32	42	55	64	66	96
10.	Simpson	263	16	45	60	67	75	87	91
11.	Central	286	6	44	57	82	97	98	104
16.	Cornell	412	13	74	77	119	129	142	150
19.	Coe	477	10	106	108	121	132	136	138

All-Central Region (Top-35 Finishers)

1.	Janet Dobyns, Luther (3x All-Region)	21:38
6.	Angie Berry, Central (2x)	22:23
10.	Ashley Schnell, Coe	22:43
13.	Rachelle Hawkins, Cornell	22:56
14.	Mary Bridget Corken, Loras	22:56
16.	Catie Ellingson, Simpson	23:04
17.	Flannery Cerbin, Luther	23:05
19.	Rachel Wobeter, Luther	23:06
21.	Amanda Kuiken, Wartburg	23:10
22.	Ericka Sell, Luther	23:11
23.	Jennifer Kuiken, Wartburg	23:13
28.	Annie McKay, Luther	23:17
29.	Emily VanOosbree, Wartburg (2x)	23:17
32.	Erica Stevens, Loras (2x)	23:24

Division III USTFCCCA Central Region

Women's Athlete of the Year

Janet Dobyns	Luther
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Division III USTFCCCA Central Region

Women's Coach of the Year

Yarrow Pasche	Luther
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FINAL POLLS

United States Track & Field and Cross Country Coaches Association (USTFCCCA) National Poll

Luther – 10th	Wartburg – 19th	Loras – RV
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United States Track & Field and Cross Country Coaches Association (USTFCCCA) Central Region Poll

Luther – 2nd	Wartburg – 7th	Central – 8th
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IIAC AT A GLANCE

2007 Iowa Conference
Women's Cross Country Championship
at Dubuque Soccer Complex
Hosted by Loras College
October 27, 2007

Team Scoring

Fin.	School	Pts.	1	2	3	4	5	6	7
1	Luther	38	1	5	9	11	12	13	15
2	Wartburg	52	3	7	8	14	20	29	30
3	Central	87	2	17	18	19	31	34	35
4	Loras	101	4	16	26	27	28	32	37
5	Simpson	104	10	22	23	24	25	33	40
6	Cornell	168	6	36	38	41	47	51	--
7	Coe	189	21	39	42	43	44	45	48
8	Buena Vista	250	46	49	50	52	53	54	55
9	Dubuque	INC	4 runners						

All-Iowa Conference

Top 15 at IIAC Championship

1	Janet Dobyns	Luther	22:09.4
2	Angie Berry	Central	22:30.0
3	Emily VanOosbree	Wartburg	23:07.6
4	Mary Bridget Corken	Loras	23:15.1
5	Ericka Sell	Luther	23:31.7
6	Rachelle Hawkins	Cornell	23:36.2
7	Jennifer Kuiken	Wartburg	23:38.5
8	Amanda Kuiken	Wartburg	23:40.1
9	Elise Bennett	Luther	23:42.8
10	Catie Ellingson	Simpson	23:47.4
11	Flannery Cerbin	Luther	23:50.1
12	Annie McKay	Luther	23:51.1
13	Rachel Wobeter	Luther	23:53.5
14	Jessica Viner	Wartburg	23:56.2
15	Katie Dolan	Luther	24:03.5

Most Valuable Runner

Janet Dobyns	Luther
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Coach of the Year

Yarrow Pasche	Luther
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2008-09 Coaches

Buena Vista	Nick Maas
Central	Stephen Fyfe (interim)
Coe	Elaine Rydzye
Cornell	Dan Schofer
Dubuque	Matthew Hayes
Loras	Bob Schultz
Luther	Yarrow Pasche
Simpson	Brad Hofer
Wartburg	Steve Johnson

Athletics Administrator Liaison

Deb Runkle	Dubuque
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2008 IIAC Cross Country Championships

November 1, 2008

Hosted by Buena Vista University
Lake Creek Golf Course, Storm Lake

2007 IIAC Championship Team-by-Team Results

Luther (38)

1	Janet Dobyns	22:09.4
5	Ericka Sell	23:31.7
9	Elise Bennett	23:42.8
11	Flannery Cerbin	23:50.1
12	Annie McKay	23:51.1
13	Rachel Wobeter	23:53.5
15	Katie Dolan	24:03.5

Wartburg (52)

3	Emily VanOosbree	23:07.6
7	Jennifer Kuiken	23:38.5
8	Amanda Kuiken	23:40.1
14	Jessica Viner	23:56.2
20	Lori Tlach	24:27.5
29	Nicole Calabrese	24:57.4
30	Janna McClintock	24:58.6

Central (87)

2	Angie Berry	22:30.0
17	Hannah Anderson	24:19.3
18	Jess Clark	24:22.6
19	Amy Ledvina	24:24.1
31	Amber Mayer	25:02.1
34	Connie Eshelman	25:18.2
35	Meghann Burt	25:23.7

Loras (101)

4	Mary Bridget Corken	23:15.1
16	Erica Stevens	24:05.6
26	Emily Wilder	24:44.5
27	Meghan Wolett	24:53.9
28	Hannah Weiss	24:55.1
32	Tara Kilburg	25:16.8
37	Amy Hall	25:26.6

Simpson (104)

10	Catie Ellingson	23:47.4
22	Kelsey Beeding	24:33.1
23	Sarah Hammel	24:36.8
24	Emily Salberg	24:39.8
25	Jess Christensen	24:40.1
33	Kelli Hildreth	25:17.2
40	Steph Eide	26:17.0

Cornell (168)

6	Rachelle Hawkins	23:36.2
36	Lindsey Kuhlmann	25:25.4
38	Andrea Aerts	25:36.3
41	Amanda Jepson	26:25.3
47	Kelly Kennedy	27:06.2
51	Ellie Hutchison	28:10.9

Coe (189)

21	Ashley Schnell	24:29.4
39	Denise Eslinger	25:49.1
42	Linda Freiha	26:27.4
43	Naomi Hillsman	26:50.5
44	Kiley Schaumleffel	26:51.2
45	Stephanie Dolezal	26:55.4
48	Maranda Franke	27:13.5

Buena Vista (250)

46	Missy Reinhart	27:04.3
49	Courtney Jones	27:38.9
50	Andrea Ahrendsen	28:09.5
52	Ali Bunde	28:28.5
53	Jenni Schomers	29:22.4
54	Courtney Manny	31:15.8
55	Bre Platt	31:50.2

Dubuque (INC)

N/C	Megan Michaleis	28:02.1
N/C	Tenisha Reeder	34:51.9
N/C	Krystle Lorenz	35:36.7
N/C	Kate Swift	36:36.1

All-Americans from IIAC Schools

Buena Vista		
Year	Runner	Honor
	None	

Central		
Year	Runner	Honor
1979	Camilla Ratering	13th AIAW III
1980	Camilla Ratering	6th AIAW III
1981	Jackie Schwes	5th NCAA III (19:15)
1981	Lori Nolte	7th NCAA III (19:29)
1981	Camilla Ratering	9th NCAA III (19:38)
1981	Robin Rasmussen	13th NCAA III (19:52)
1981	Janice Sedlacek	15th NCAA III (19:56)
2004	Beth Cunningham	20th NCAA III (22:15)

Coe		
Year	Runner	Honor
	None	

Cornell		
Year	Runner	Honor
	None	

Dubuque		
Year	Runner	Honor
	None	

Loras		
Year	Runner	Honor
1996	Mary Fran Cullen	28th NCAA III (18:31)
1997	Jenny Richey	19th NCAA III (19:07)
1997	Mary Fran Cullen	23rd NCAA III (19:09)
1998	Amy Edwards	17th NCAA III (18:27)

Luther		
Year	Runner	Honor
1979	Diane Asfahl	
1981	Lori Haugland	
1984	Linda Swenson	20th NCAA III (18:20)
1995	Turena Johnson	7th NCAA III (17:59)
1996	Turena Johnson	1st NCAA III (17:40)
1999	Johanna Olson	23rd NCAA III (17:32)
2000	Johanna Olson	1st NCAA III (17:54)
2001	Johanna Olson	15th NCAA III (17:38)
2004	Emily Lynch	35th NCAA III (22:24)
2006	Janet Dobyns	23th NCAA III (23:38)
2007	Janet Dobyns	5th NCAA III (21:27)

Simpson		
Year	Runner	Honor
1989	Sarah Cross	9th NCAA III (17:53)
1990	Sarah Cross	3rd NCAA III (17:45)
1991	Chris Wickering	20th NCAA III (18:11)

Wartburg		
Year	Runner	Honor
1991	Robyn Olson	12th NCAA III (18:01)
1992	Robyn Olson	9th NCAA III (18:20)
1993	Robyn Olson	9th NCAA III (18:07)
1993	Laura Garton	15th NCAA III (18:13)
1994	Robyn Olson	4th NCAA III (17:58)
1994	Beth Holst	21st NCAA III (18:35)
1995	Esther Dubec	13th NCAA III (18:05)
2001	Missy Buttry	26th NCAA III (17:46)
2002	Missy Buttry	1st NCAA III (20:17)
2003	Missy Buttry	1st NCAA III (20:00)
2004	Missy Buttry	1st NCAA III (20:22)

Year by Year in the Iowa Conference

Year	Champion(s)	Most Valuable Performer(s)	Coach(es) of the Year
1982	Central	Linda Swenson (Luther)	Gail Grimm (Luther)
1983	Luther	Martha Lindberg (Luther)	Gail Grimm (Luther)
1984	Luther	Linda Swenson (Luther)	Gail Grimm (Luther)
1985	Central	Ingrid Elvebak (Central)	Pam Richards (Central)
		Linda Swenson (Luther)	
1986	Simpson	Rochelle Swiggum (Luther)	Jerry Fitzsimmons (Simpson)
1987	Luther	Laura Libbey (Luther)	Kirk Neubauer (Luther)
1988	Simpson	Chris Wickering (Simpson)	Jerry Fitzsimmons (Simpson)
1989	Simpson	Sarah Cross (Simpson)	Steve Johnson (Wartburg)
1990	Simpson	Sarah Cross (Simpson)	Jerry Fitzsimmons (Simpson)
			Steve Johnson (Wartburg)
1991	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1992	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1993	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1994	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1995	Luther	Turena Johnson (Luther)	Betsy Emerson (Luther)
1996	Wartburg	Turena Johnson (Luther)	Steve Johnson (Wartburg)
1997	Luther	Jenny Richey (Loras)	Betsy Emerson (Luther)
1998	Wartburg	Jenny Richey (Loras)	Steve Johnson (Wartburg)
1999	Luther	Johanna Olson (Luther)	Betsy Emerson (Luther)
2000	Luther	Johanna Olson (Luther)	Betsy Emerson (Luther)
2001	Wartburg	Johanna Olson (Luther)	Steve Johnson (Wartburg)
2002	Wartburg	Missy Buttry (Wartburg)	Steve Johnson (Wartburg)
2003	Luther	Missy Buttry (Wartburg)	Betsy Emerson (Luther)
2004	Luther	Missy Buttry (Wartburg)	Betsy Emerson (Luther)
2005	Wartburg	Jen Wendt (Simpson)	Steve Johnson (Wartburg)
2006	Luther	Janet Dobyns (Luther)	Yarrow Pasche (Luther)
2007	Luther	Janet Dobyns (Luther)	Yarrow Pasche (Luther)

Iowa Conference Record Book

Best time — 5,000 meters

IIAC:	Missy Buttry (Wartburg)	16:35	2002
Buena Vista	Jenny Clark	18:19	1994
Central	Cam Ratering	17:50	1980
Coe	Tiffany Foster	18:31.9	2002
Cornell	Kelly Lear	18:30	1990
Loras	Jenny Richey	18:26.0	1998
Simpson	Sarah Cross	17:45	1990
Wartburg	Missy Buttry	16:35	2002

Best time — 6,000 meters

IIAC:	Missy Buttry (Wartburg)	20:15	2004
Buena Vista	Kelly McClure	22:53	2002
Central	Beth Cunningham	21:53	2004
Coe	Jenna Boerboom	22:23	2003
Cornell	Rachelle Hawkins	22:56	2007
Simpson	Jen Wendt	21:54	
Wartburg	Missy Buttry	19:59	2003

Team records

Lowest score	17	Wartburg 1991
Most titles	11	Luther

Yearly IIAC Women's Cross Country Meet Leaders

1982			1997			2003		
Fin. Runner	School	Time	Fin. Runner	School	Time	Fin. Runner	School	Time
1 Linda Swenson	Luther	18:49	1 Jenny Richey	Loras	18:50.59	1 Missy Buttry	Wartburg	16:37
2 Jean Sedlacek	Central	19:09	2 Johanna Olson	Luther	18:52.17	2 Natalie Retrum	Luther	18:41
3 Martha Lindberg	Luther	19:17	3 Mary Fran Cullen	Loras	18:58.12	3 Jenna Boerboom	Coe	18:56
4 Julie Nowlan	Central	19:40	4 Katherine Shaner	Luther	19:07.31	4 Krista Nelson	Luther	19:00
5 Jan Sedlacek	Central	19:49	5 Amy Edwards	Loras	19:09.72	5 Beth Neal	Wartburg	19:04
6 Liz Rogers	Wartburg	19:58	6 Heidi Ludvigsen	Wartburg	19:17.49	6 Beth Cunningham	Central	19:18
7 Laurie Haddy	Central	20:03	7 Trina Steines	Wartburg	19:22.86	7 Jen Wendt	Simpson	19:23
8 Paulette Bendixen	Central	20:05	8 Susan Buckheister	Luther	19:30.79	8 Emily Lynch	Luther	19:28
9 Rita Craig	Central	20:10	9 Jenarah Tekippe	Luther	19:31.33	9 Liz Ericson	Wartburg	19:29
10 Ann Anderson	Central	20:20	10 Emily Ott	Wartburg	19:34.72	10 Bethany Schiefelbein	Luther	19:31
1983			1998			2004		
Fin. Runner	School	Time	Fin. Runner	School	Time	Fin. Runner	School	Time
1 Martha Lindberg	Luther	18:03.3	1 Jenny Richey	Loras	18:54	1 Missy Buttry	Wartburg	20:15*
2 Linda Swenson	Luther	18:22.0	2 Amy Edwards	Loras	19:00	2 Emily Lynch	Luther	23:01
3 Lori Phipps	Luther	18:23.2	3 Joni Snakenberg	Simpson	19:30	3 Beth Cunningham	Central	23:04
4 Jean Sedlacek	Central	18:35.1	4 Trina Steines	Wartburg	19:42	4 Natalie Retrum	Luther	23:21
5 Ingrid Elvebak	Central	18:42.7	5 Stacy Ernst	Wartburg	19:47	5 Krista Nelson	Luther	23:29
6 Rochelle Swiggum	Luther	18:48.5	6 Julie Leonard	Wartburg	19:48	6 Bethany Schiefelbein	Luther	23:31
7 Beth Roorda	Central	18:51.6	7 Erin VanZee	Wartburg	19:48	7 Jill Wagaman	Wartburg	23:50
8 Brenda Ramlo	Luther	19:04.3	8 Erin Ries	Wartburg	19:49	8 Erin Dunham	Luther	23:53
9 Loree Haugland	Luther	19:05.8	9 Kristy Blasberg	Wartburg	19:50	9 Meredith Dobson	Coe	23:56
10 Jill Katzer	Central	19:12.7	10 Jane McDermott	Luther	19:50	10 Lori Risser	Central	23:57
1984			1999			2005		
Fin. Runner	School	Time	Fin. Runner	School	Time	Fin. Runner	School	Time
1 Linda Swenson	Luther	18:36	1 Johanna Olson	Luther	18:24.4	1 Jen Wendt	Simpson	22:28
2 Rochelle Swiggum	Luther	18:48	2 Amy Edwards	Loras	18:36.5	2 Amber Uhlenhake	Luther	22:32
3 Ingrid Elvebak	Central	19:12	3 Erin VanZee	Wartburg	18:45.5	3 Nicole Calabrese	Wartburg	22:36
4 Sarah Lutz	Wartburg	19:19	4 Erin Ries	Wartburg	18:49.1	4 Janet Dobyns	Luther	22:52
5 Chris Heming	Luther	19:30	5 Jane McDermott	Luther	18:49.4	5 Jill Wagaman	Wartburg	23:00
6 Karen Baumgartner	Wartburg	19:46	6 Siri Thompson	Luther	18:51.2	6 Jill Rozendaal	Central	23:04
7 Nancy Balding	Wartburg	19:48	7 Katie Kramer	Luther	18:55.1	7 Bryna Copes	Loras	23:22
8 Sandy Kline	Wartburg	19:52	8 Amy Olson	Central	19:01.1	8 Denise Eslinger	Coe	23:30
9 Ruth Meier	Luther	20:00	9 Anne Dybsetter	Coe	19:03.9	9 Emily Vanosbree	Wartburg	23:32
10 Lisa Hammerand	Wartburg	20:06	10 Tara Bruck	Wartburg	19:05.6	10 Annie Ripslinger	Wartburg	23:33
1985			11 Gretchen Graham	Wartburg	19:11.6	11 Emily Lynch	Luther	23:42
Fin. Runner	School	Time	12 Kristen Nauman	Wartburg	19:12.5	12 Emily Wilder	Loras	23:44
1 Linda Swenson	Luther	19:02	13 Colleen Schmitt	Luther	19:14.5	13 Julie Ridenour	Wartburg	23:48
2 Ingrid Elvebak	Central	19:26	14 Stacy Shaw	Loras	19:18.6	14 Caroline Zelen	Dubuque	23:53
3 Sarah Lutz	Wartburg	19:30	15 Jennifer Lennard	Simpson	19:25.1	15 Joanna Clagnaz	Luther	23:54
4 Connie Kemp	Central	19:45	2000			2006		
5 Lori Phipps	Luther	19:57	Fin. Runner	School	Time	Fin. Runner	School	Time
6 Vickie Belcher	Simpson	20:01	1 Johanna Olson	Luther	17:24	1 Janet Dobyns	Luther	23:05
7 Karen Baumgartner	Wartburg	20:04	2 Lisa Demerath	Dubuque	18:35	2 Jill Wagaman	Wartburg	23:11
8 April Webb	Central	20:13	3 Amy Edwards	Loras	19:00	3 Elise Bennett	Luther	23:17
9 Carla Meyer	Luther	20:24	4 Jenni Janssen	Wartburg	19:09	4 Rachel Wobeter	Luther	23:30
10 Teresa Cordes	Wartburg	20:33	5 Siri Thompson	Luther	19:10	5 Devin Parker	Luther	23:40
1986			6 Amy Scheuerell	Loras	19:16	6 Erica Stevens	Loras	23:41
Fin. Runner	School	Time	7 Erin VanZee	Wartburg	19:16	7 Jessica Christensen	Simpson	23:46
1 Rochelle Swiggum	Luther	18:34	8 Jenarah Tekippe	Luther	19:24	8 Heidi Porter	Wartburg	23:47
2 Ingrid Elvebak	Central	18:45	9 Amy Brunko	Wartburg	19:27	9 Joanna Clagnaz	Luther	23:48
3 Connie Kemp	Central	19:07	10 Jane McDermott	Luther	19:28	10 Lisa Savre	Luther	23:50
4 Niki Greene	Central	19:15	11 Molly Campana	Loras	19:28	11 Mary Bridget Corken	Loras	23:53
5 Nancy Balding	Wartburg	19:20	12 Stacy Ernst	Wartburg	19:30	12 Cathly Betterman	Luther	23:53
6 Mary Pishek	Simpson	19:20	13 Kristen Nauman	Wartburg	19:36	13 Denise Eslinger	Coe	23:56
7 Vicki Belcher	Simpson	19:25	14 Sara Scholtes	Luther	19:41	14 Rachelle Hawkins	Cornell	24:04
8 Rae Kirchhoff	Simpson	19:32	15 Robyn Siedschlag	Luther	19:44	15 Patricia Gonzalves	Cornell	24:05
9 Lynn Schull	Simpson	19:34	2001			2007		
10 Stephanie Holsteen	Simpson	19:35	Fin. Runner	School	Time	Fin. Runner	School	Time
1987			1 Johanna Olson	Luther	17:52	1 Janet Dobyns	Luther	22:09.4
Fin. Runner	School	Time	2 Missy Buttry	Wartburg	18:31	2 Angie Berry	Central	22:30.0
1 Laura Libbey	Luther	18:33	3 Natalie Return	Luther	18:36	3 Emily VanOosbree	Wartburg	23:07.6
2 Sarah Cross	Simpson	18:51	4 Erin Van Zee	Wartburg	18:40	4 Mary Bridget Corken	Loras	23:15.1
3 Teresa Newcomb	Central	19:19	5 Amie Brunko	Wartburg	18:45	5 Ericka Sell	Luther	23:31.7
4 Connie Kemp	Central	19:31	6 Amy Scheuerell	Loras	18:48	6 Rachelle Hawkins	Wartburg	23:36.2
5 Karen Klopp	Luther	19:45	7 Jane McDermott	Luther	18:57	7 Jennifer Kuiken	Wartburg	23:38.5
6 Mary Welsh	Loras	19:52	8 S. Van Wyngarden	Central	19:06	8 Amanda Kuiken	Wartburg	23:40.1
7 Marta Floyd	Luther	19:56	9 Teresa Wauters	Central	19:20	9 Elise Bennett	Luther	23:42.8
8 Stacey Ehler	Luther	19:58	10 Tiffany Foster	Coe	19:23	10 Catie Ellingson	Simpson	23:47.4
9 Sharon Kraus	Loras	20:02	11 Kristy Blasberg	Wartburg	19:29	11 Flannery Cerbin	Luther	23:50.1
10 Mary Pishek	Simpson	20:05	12 Gretchen Graham	Wartburg	19:29	12 Annie McKay	Luther	23:51.1
1988			13 Kate Olesen	Simpson	19:31	13 Rachel Wobeter	Luther	23:53.5
Fin. Runner	School	Time	14 Colleen Schmitt	Luther	19:32	14 Jessica Viner	Wartburg	23:56.2
1 Chris Wicking	Simpson	19:23.5	15 Julie Arthur	Luther	19:33	15 Katie Dolan	Luther	24:03.5
2 Ember Salvesson	Luther	19:50.6	2002			*Conference record		
3 Tina Atchley	Simpson	19:55.8	Fin. Runner	School	Time			
4 Kristin Murphy	Simpson	20:00.1	1 Missy Buttry	Wartburg	16:35.0*			
5 Mary Welsh	Loras	20:08.8	2 Tiffany Foster	Coe	18:31.9			
6 Angie Pitz	Wartburg	20:13.4	3 Amy Scheuerell	Loras	18:32.2			
7 Teresa Newcomb	Central	20:16.5	4 Gretchen Graham	Wartburg	19:38.9			
8 Kristi Klein	Simpson	20:23.1	5 Jannae Holubar	Wartburg	18:44.8			
9 Amy Babcock	Simpson	20:26.7	6 Emily Klein	Luther	18:50.0			
10 Lynn Shull	Simpson	20:30.3	7 Jenna Boerboom	Coe	19:06.9			
1989			8 Kelly McClure	Buena Visa	19:07.4			
Fin. Runner	School	Time	9 Jenni Janssen	Wartburg	19:09.0			
1 Sarah Cross	Simpson	19:21	10 Krista Nelson	Luther	19:15.1			
2 Teresa Newcomb	Central	19:24	11 Beth Neal	Wartburg	19:18.9			
3 Heidi Hayes	Luther	19:45	12 Lacey Leinbaugh	Wartburg	19:19.2			
4 Debbie Ford	Simpson	20:00	13 Natalie Retrum	Luther	19:19.6			
1990			2003			2004		
Fin. Runner	School	Time	Fin. Runner	School	Time	Fin. Runner	School	Time
1 Sarah Cross	Simpson	18:12	1 Jenny Richey	Loras	18:50.59	1 Missy Buttry	Wartburg	16:37
2 Tina Atchley	Simpson	18:37	2 Johanna Olson	Luther	18:52.17	2 Natalie Retrum	Luther	18:41
3 Teresa Newcomb	Central	18:45	3 Mary Fran Cullen	Loras	18:58.12	3 Jenna Boerboom	Coe	18:56
4 Chris Wicking	Simpson	18:50	4 Katherine Shaner	Luther	19:07.31	4 Krista Nelson	Luther	19:00
5 Val Foreman	Wartburg	19:10	5 Amy Edwards	Loras	19:09.72	5 Beth Neal	Wartburg	19:04
6 Laura Gorton	Wartburg	19:10	6 Heidi Ludvigsen	Wartburg	19:17.49	6 Beth Cunningham	Central	19:18
7 Lara Giacomini	Simpson	19:15	7 Trina Steines	Wartburg	19:22.86	7 Jen Wendt	Simpson	19:23
8 Debbie Ford	Simpson	19:17	8 Susan Buckheister	Luther	19:30.79	8 Emily Lynch	Luther	19:28
9 Marci Dittman	Loras	19:19	9 Jenarah Tekippe	Luther	19:31.33	9 Liz Ericson	Wartburg	19:29
10 Cara Kennedy	Luther	19:20	10 Emily Ott	Wartburg	19:34.72	10 Bethany Schiefelbein	Luther	19:31
1991			2005			2006		
Fin. Runner	School	Time	Fin. Runner	School	Time	Fin. Runner	School	Time
1 Robyn Olson	Wartburg	18:28	1 Johanna Olson	Luther	18:24.4	1 Janet Dobyns	Luther	23:05
2 Shannon Timmins	Wartburg	18:53	2 Amy Edwards	Loras	18:36.5	2 Jill Wagaman	Wartburg	23:11
3 Bridget Carney	Wartburg	19:01	3 Erin VanZee	Wartburg	18:45.5	3 Elise Bennett	Luther	23:17
4 Chris Wicking	Simpson	19:07	4 Erin Ries	Wartburg	18:49.1	4 Rachel Wobeter	Luther	23:30
5 Laura Garton	Wartburg	19:17	5 Jane McDermott	Luther	18:49.4	5 Devin Parker	Luther	23:40
6 Val Foreman	Wartburg	19:28	6 Siri Thompson	Luther	18:51.2	6 Erica Stevens	Loras	23:41
7 Tonya Jones	Luther	19:28	7 Katie Kramer	Luther	18:55.1	7 Jessica Christensen	Simpson	23:46
8 Laura Max	Wartburg	19:31	8 Amy Olson	Central	19:01.1	8 Heidi Porter	Wartburg	23:47
9 Paula Sand	Luther	19:50	9 Anne Dybsetter	Coe	19:03.9	9 Joanna Clagnaz	Luther	23:48
10 Elena Fritz	Loras	20:01	10 Tara Bruck	Wartburg	19:05.6	10 Lisa Savre	Luther	23:50
1992			11 Gretchen Graham	Wartburg	19:11.6	11 Mary Bridget Corken	Loras	23:53
Fin. Runner	School	Time	12 Kristen Nauman	Wartburg	19:12.5	12 Cathly Betterman	Luther	23:53
1 Robyn Olson	Wartburg	18:45.8	13 Colleen Schmitt	Luther	19:14.5	13 Denise Eslinger	Coe	23:56
2 Shannon Timmins	Wartburg	19:14.4	14 Stacy Shaw	Loras	19:18.6	14 Rachelle Hawkins	Cornell	24:04
3 Laura Garton	Wartburg	19:18.6	15 Jennifer Lennard	Simpson	19:25.1	15 Patricia Gonzalves	Cornell	24:05
4 Sonja Heeler	Luther	19:19.6	2000			2007		
5 Jody Larson	Buena Vista	19:23.6	Fin. Runner	School	Time	Fin. Runner	School	Time
6 Esther Dubec	Wartburg	19:26.4	1 Johanna Olson	Luther	17:24	1 Janet Dobyns	Luther	22:09.4
7 Cara Kennedy	Luther	19:26.6	2 Lisa Demerath	Dubuque	18:35	2 Angie Berry	Central	22:30.0
8 Amanda Nichols	Luther	19:33.0	3 Amy Edwards	Loras	19:00	3 Emily VanOosbree	Wartburg	23:07.6
9 Bridget Carney	Wartburg	19:41.5	4 Jenni Janssen	Wartburg	19:09	4 Mary Bridget Corken	Loras	23:15.1
10 Sally Balvin	Wartburg	19:42.5	5 Siri Thompson	Luther	19:10	5 Ericka Sell	Luther	23:31.7
1993			6 Amy Scheuerell	Loras	19:16	6 Rachelle Hawkins	Wartburg	23:36.2
Fin. Runner	School	Time	7 Erin VanZee	Wartburg	19:16	7 Jennifer Kuiken	Wartburg	23:38.5
1 Robyn Olson	Wartburg	19:12	8 Jenarah Tekippe	Luther	19:24	8 Amanda Kuiken	Wartburg	23:40.1
2 Laura Garton	Wartburg	19:37	9 Amy Brunko	Wartburg	19:27	9 Elise Bennett	Luther	23:42.8
3 Esther Dubec	Wartburg	19:38	10 Jane McDermott	Luther	19:28	10 Catie Ellingson	Simpson	23:47.4
4 Bridget Carney	Wartburg	19:47	11 Molly Campana	Loras	19:28	11 Flannery Cerbin	Luther	23:50.1
5 Jennifer Peters	Loras	19:51	12 Stacy Ernst	Wartburg	19:30	12 Annie McKay	Luther	23:51.1
6 Turena Johnson	Luther	19:52	13 Kristen Nauman	Wartburg	19:36	13 Rachel Wobeter	Luther	23:53.5
7 Laura Knierman	Loras	20:01	14 Sara Scholtes	Luther	19:41	14 Jessica Viner	Wartburg	23:56.2
8 Susan Liddiard	Loras	20:12	15 Robyn Siedschlag	Luther	19:44	15 Katie Dolan	Luther	24:03.5
9 Cara Kennedy	Luther	20:20	2001			*Conference record		
10 Kirsten Hoidahl	Luther	20:25	Fin. Runner	School	Time			
1994			1 Johanna Olson	Luther	17:52			
Fin. Runner	School	Time	2 Missy Buttry	Wartburg	18:31			
1 Robyn Olson	Wartburg	18:07	3 Natalie Return	Luther	18:36			
2 Turena Johnson	Luther	18:33	4 Erin Van Zee	Wartburg	18:40			
3 Beth Holst	Wartburg							

