

CROSS COUNTRY Year-By-Year

	Year	Coach	Conference	Region	NCAA
MAIAW	1975	Jerry Mayhew	NTS (Deb Strechle - 5th)		
	1976	Jerry Mayhew	5th (Deb Strechle - 8th)		
	1977	Jerry Mayhew	3rd (Bridget Yaeger - 9th)		
	1978	Ed Schneider	5th (Bridget Yaeger - 14th)	9th (Bridget Yaeger - 46th)	
	1979	Ed Schneider	1st (Ramona Tibbs - 7th)	8th (Mary Ahern - 37th)	
MIAA	1980	John Cochrane	NTS (Cindy Springman - 1st)	NTS (Cindy Springman - 10th)	NTS (Cindy Springman - DNF)
	1981	John Cochrane	4th (Roberta Warren - 5th)	3rd (Roberta Warren - 3rd)	NTS (Cindy Springman - 20th)
	1982	John Cochrane	2nd (Cindy Springman - 6th)	5th (Cindy Springman - 15th)	
	1983	John Cochrane	3rd (Cindy Springman - 5th)	4th (Cindy Trickey - 13th)	
	1984	John Cochrane	4th (Cheryl Mitchell - 7th)	8th (Cheryl Mitchell - 14th)	
	1985	John Cochrane	4th (Cheryl Mitchell - 5th)	6th (Cheryl Mitchell - 9th)	NTS (Cheryl Mitchell - 79th)
	1986	John Cochrane	2nd (Kerry Knepper - 2nd)	4th (Kerry Knepper - 2nd)	NTS (Kerry Knepper - 45th)
	1987	John Cochrane	3rd (Kerry Knepper - 3rd)	9th (Kerry Knepper - 1st)	NTS (Kerry Knepper - 19th)
	1988	John Cochrane	2nd (Kerry Knepper - 2nd)	4th (Kerry Knepper - 3rd)	NTS (Kerry Knepper - 5th)
	1989	John Cochrane	3rd (Tricia Rogers - 7th)	7th (Rhonda Ruden - 24th)	
	1990	John Cochrane	2nd (Tricia Rogers - 7th)	2nd (Kerry Knepper - 3rd)	NTS (Kerry Knepper - 28th)
	1991	John Cochrane	2nd (Michelle Coleman - 2nd)	5th (Rhonda Ruden - 13th)	
	1992	John Cochrane	2nd (Rhonda Ruden - 6th)	6th (Rhonda Ruden - 13th)	
	1993	John Cochrane	4th (Ginny Hoefer - 9th)	12th (Ginny Hoefer - 44th)	
	1994	John Cochrane	5th (Ginny Hoefer - 11th)	7th (Ginny Hoefer - 12th)	
	1995	John Cochrane	6th (Ginny Hoefer - 10th)	8th (Talva Parker - 34th)	
	1996	John Cochrane	6th (Jennifer Lehmann - 7th)	14th (Jennifer Lehmann - 28th)	
	1997	John Cochrane	6th (Kim Hoffman - 22nd)	10th (Angela Meyer - 54th)	
	1998	John Cochrane	2nd (Beth Luebbering - 5th)	8th (Beth Luebbering - 17th)	
	1999	John Cochrane	3rd (Beth Luebbering - 2nd)	8th (Leah Zidon - 17th)	
	2000	John Cochrane	1st (Kristi Willenberg - 9th)	3rd (Suzanne Schmidt - 11th)	
	2001	John Cochrane	3rd (Beth Luebbering - 8th)	3rd (Jennifer Tesmer - 6th)	
	2002	John Cochrane	4th (Pam Bird - 11th)	5th (Leah Zidon - 14th)	
	2003	John Cochrane	3rd (Meagan Robertson - 8th)	4th (Dani Rawlings - 9th)	
	2004	John Cochrane	2nd (Lauren White - 7th)	2nd (Dani Rawlings - 11th)	20th (Dani Rawlings - 92nd)
	2005	John Cochrane	3rd (Jacquie Faust - 10th)	6th (Jacquie Faust - 15th)	
	2006	John Cochrane	7th (Jacquie Faust - 2nd)	NTS (Jacquie Faust - 1st)	NTS (Jacquie Faust - 29th)
	2007	John Cochrane	6th (Grace DelNero - 3rd)	8th (Danna Kelly - 6th)	NTS (Danny Kelly - 80th)
	2008	John Cochrane	4th (Danna Kelly - 2nd)	5th (Danna Kelly - 4th)	NTS (Danna Kelly - 24th)
	2009	John Cochrane	2nd (Dani Dell'Orco - 3rd)	3rd (Dani Dell'Orco - 6th)	NTS (Anne Ratermann - 67th)
	2010	John Cochrane	6th (Karen Grauel - 1st)	4th (Karen Grauel - 4th)	NTS (Karen Garuel - 78th)
	2011	John Cochrane	3rd (Karen Grauel - 4th)	4th (Karen Grauel - 11th)	
	2012	John Cochrane	7th (Karen Grauel - 1st)	12th (Karen Grauel - 17th)	
GLVC	2013	Tim Schwegler	7th (Laura Tarantino - 20th)	16th (Emma Burditt - 55th)	
	2014	Tim Schwegler	6th (Laura Tarantino - 16th)	15th (Laura Tarantino - 64th)	
	2015	Tim Schwegler	7th (Laura Tarantino - 29th)	17th (Laura Tarantino - 54th)	
	2016	Tim Schwegler	5th (Laura Tarnatino - 5th)	15th (Laura Tarantino - 18th)	
	2017	Tim Schwegler	4th (Michaela Hylan - 12th)	14th (Michaela Hylan - 60th)	
	2018	Tim Schwegler	2nd (Gemma Saathoff - 7th)	13th (Gemma Saathoff - 41st)	
	2019	Tim Schwegler	9th (Madeline Bostick - 22nd)	21st (Madeline Bostick - 109th)	
	2020	Tim Schwegler	7th (Carly Garnett - 31st)	No Regional/National Races due to COVID	
	2021	Tim Schwegler	9th (Lily Ende - 31st)	22nd (Lily Ende - 100th)	
	2022	Colin Nurenberg	7th (Addie Mathis - 17th)	18th (Breanna Mathes - 85th)	
	2023	Colin Nurenberg	4th (Lexy Henrikson - 16th)	13th (Addie Mathis - 39th)	
	2024	Colin Nurenberg	3rd (Lexy Henrikson - 12th)	7th (Addie Mathis - 19th)	

On the following pages are the year-by-year results and times for conference, regional and national teams. More data will be added as it becomes available so check back often.

2024

Conference

Location: Springfield, Ill.

Distance: 6K

Champion: Lewis

Truman Place 3rd (82 points)

12. Lexy Henrikson.....	21:48.4
13. Addie Mathis	21:51.3
20. Kate Yates	22:16.8
24. Lydia Lehmbeck	22:34.2
25. Cora Stimpson.....	22:36.7
26. Kati Schoeneberg	22:42.2
27. Carmen Gentilia.....	22:48.4
30. Phoebe Canatsey	22:51.0
31. Breanna Mathes	22:52.1
32. Clare Stahr	22:53.8
Aiden Moriarty (52 - 23:37.3); Sarah Williams (53 - 23:39.9); Kate Doyle (54 - 23:43.8); Sophia Kim (71 - 24:16.5); McKenna Ledgerwood (74 - 24:25.2); Emma Schultz (81 - 24:44.9); Ellie Webb (85 - 24:55.4); Andrea Riley (89 - 25:06.7); Kendra Zeilstra (95 - 25:33.8); Emma Wyman (107 - 26:08.4)	

Regional

Location: Romeoville, Ill.

Distance: 6K

Champion: Grand Valley St.

Truman Place: 7th (248 points)

19. Addie Mathis	21:54.9
50. Lexy Henrikson.....	22:48.2
57. Kate Yates	23:04.1
60. Carmen Gentilia.....	23:05.2
62. Kati Schoeneberg	23:05.5
78. Lydia Lehmbeck	23:18.8
84. Cora Stimpson.....	23:25.3

Nationals

2023

Conference

Bolivar, Mo.

Distance 6K

Champion: Lewis

Truman Place: 4th (121 points)

16. Lexy Henrikson.....	22:40.8
17. Addie Mathis	22:41.7
23. Kate Yates	23:00.6
30. Breanna Mathes	23:27.3
51. Aiden Moriarty.....	24:27.4
56. Ellie Webb	24:37.0
58. Lydia Lehmbeck	24:43.4
67. Andrea Riley	25:21.9
68. Emma Schultz	25:22.7
81. Kendra Zeilstra	

Regional

Location: Evansville, Ind.

Distance: 6K

Champion: Grand Valley St.

Truman Place: 13th (397 points)

39. Addie Mathis	21:38.9
62. Lexy Henrikson.....	21:57.3
77. Kate Yates	22:17.8
105. Breanna Mathes	22:46.5
122. Lydia Lehmbeck	23:13.6
170. Aiden Moriarty.....	24:18.6
182. Ellie Webb	24:46.8

Nationals

2022

Conference

Location: Elsah, Ill.

Distance: 6K

Champion: Lewis

Truman Place: 5th (105 points)

17. Addie Mathis	23:20.7
19. Breanna Mathes	23:24.3
20. Kate Yates	23:26.9
22. Cora Stimpson.....	23:28.4
29. Lexy Henrikson.....	23:45.0
51. Kati Schoeneberg	24:46.2
59. Reese Howard.....	25:11.0
85. McKenna Ledgerwood	27:15.0

Regional

Location: Kenosha, Wis.

Distance 6K

Champion: Grand Valley St.

Truman Place: 18th (484)

85. Breanna Mathes	23:30.5
88. Addie Mathis	23:33.6
103. Cora Stimpson.....	23:45.2
107. Lexy Henrikson.....	23:50.6
109. Kate Yates	23:51.8
149. Kati Schoeneberg	23:45.3
168. Reese Howard.....	25:34.5

Nationals

2021

Conference

Location: Romeoville, Ill.

Distance: 6K

Champion: Southern Indiana

Truman Place: 9th (245 points)

31. Lily Ende.....	23:17.3
54. Cora Stimpson.....	23:54.8
71. Reese Howard.....	24:29.3
78. Addie Mathis	24:46.9
79. Abby Cutler	24:47.6
84. Molly Bies	24:59.7
111. Lydia Lehmbeck.....	25:52.4

Regional

Location: Evansville, Ind.

Distance 6K

Champion: Grand Valley State

Truman Place: 22nd (652 points)

100. Lily Ende.....	23:09.3
117. Cora Stimpson	23:28.8
124. Addie Mathis	23:35.4
161. Reese Howard.....	24:28.3
166. Molly Bies	24:35.9
186. Lydia Lehmbeck	25:33.7
194. Abby Cutler.....	26:27.1

Nationals

2020

Conference

Location: Elsah, Ill.

Distance: 6K

Champion: Southwest Baptist

Truman Place: 7th (186 points)

Regional

No Regional or National races due to COVID pandemic.

Nationals

31. Carly Garnett	23:24.41
37. Lily Ende	23:35.47
39. Madeline Bostick (40)	23:39.54
40. Addie Mathis (41)	23:39.86
52. Maddie Lee (55)	24:27.97
54. Erica Lindsay (57)	24:32.55
57. Reese Howard (61)	24:40.13
62. Anna Carter (67)	24:56.33
74. Kate Wollmering (87)	25:56.80

There were two races A & B, place. Truman ran in the A race (denotes overall place between 2 races)

2019

Conference

Location: Evansville, Ind.

Distance: 6K

Champion: Southern Indiana

Truman Place: 9th (194 points)

Regional

Location: Evansville, Ind.

Distance: 6K

Champion: Grand Valley State

Truman Place: 21st (622 points)

Nationals

22. Madeline Bostick	23:28.0
36. Carly Garnett	23:52.0
44. Emily Harl	24:05.0
49. Emma Harrelson	24:13.0
51. Lily Ende	24:16.0
64. Shannon Jones	24:36.0
72. Reese Howard	24:48.0
82. Maddie Lee	25:01.0
106. Erica Lindsay	25:58.0
124. Christy Boschert	27:11.0
125. Taylor Lyles	27:14.0

109. Madeline Bostick	23:21.9
116. Carly Garnett	23:28.8
130. Emma Harrelson	23:49.0
139. Maddie Lee	24:00.9
141. Lily Ende	24:05.0
150. Shannon Jones	24:21.5
156. Emily Harl	24:33.60

2018

Conference

Location: Louisville, Ky.

Distance: 6K

Champion: Indianapolis

Truman Place: 2nd (103 points)

Regional

Location: Hillsdale, Mich.

Distance: 6K

Champion: Grand Valley State

Truman Place: 13th (383 points)

Nationals

7. Gemma Saathoff	22:22.42
16. Carly Garnett	23:09.26
20. Emily Harl	23:18.22
29. Courtney Bakken	23:35.67
31. Erica Lindsay	23:44.53
33. Emma Harrelson	23:49.58
34. Shannon Jones	23:50.59
36. Kim Kaster	23:53.87
59. Kelly Doerr	24:40.79
81. Margo Motes	25:12.28
91. Lily Ende	25:29.09
111. Christy Boescher	27:03.22
116. Taylor Lyles	27:49.61

41. Gemma Saathoff	23:09.60
77. Emma Harrelson	23:54.10
79. Carly Garnett	23:55.20
88. Emily Harl	24:06.20
98. Kim Kaster	24:17.20
106. Erica Lindsay	24:33.00
145. Shannon Jones	25:24.40

2017

Conference

Location: Kirksville, Mo.

Distance: 6K

Champion: Southern Indiana

Truman Place: 4th (119 points)

Regional

Location: Cedarville, Ohio

Distance: 6K

Champion: Grand Valley State

Truman Place: 14th (419 points)

Nationals

12. Michaela Hylen	22:53.39
13. Kelly Doerr	22:53.84
27. Courtney Bakken	23:39.51
32. Gemma Saathoff	23:45.92
37. Carly Garnett	23:53.31
42. Kim Kaster	24:11.65
43. Emily Harl	24:13.35
44. Madeline Bostick	24:15.80
56. Eva Klingenberg	24:25.91
92. Erica Lindsay	25:36.23
119. Taylor Burlis	26:39.12
128. Kaitlin Lewis	26:55.20
137. Christy Boeschert	29:09.01

60. Michaela Hylen	23:21.1
65. Gemma Saathoff	23:24.8
79. Emma Harrelson	23:43.8
110. Kim Kaster	24:13.6
112. Carly Garnett	24:16.5
127. Courtney Bakken	24:37.1
130. Emily Harl	24:40.4

2016

Conference

Location: Rolla, Mo.
Distance: 6K
Champion: Southern Indiana
Truman Place: 5th (158 points)

Regional

Location: Evansville, Ind.
Distance: 6K
Champion: Grand Valley State
Truman Place: 15th (450 points)

Nationals

5. Laura Tarantino.....	21:57.92
19. Michaela Hylen.....	22:37.85
44. Victoria Soncasie.....	23:40.84
53. Eva Klingenberg.....	23:57.99
54. Courtney Bakken.....	23:59.89
70. Kim Kaster.....	24:16.70
107. Christy Boschert.....	25:18.56
114. Ryleigh Reagan.....	25:31.74
126. Shannon Jones.....	25:52.15
128. Emily Harl.....	25:54.25
158. Jordan Shroyer.....	26:50.62
169. Kayci Parcels.....	28:05.48

18. Laura Tarantino.....	21:24.40
64. Michaela Hylen.....	22:19.49
122. Courtney Bakken.....	23:30.78
127. Victoria Soncasie.....	23:35.70
129. Eva Klingenberg.....	23:40.84
142. Kim Kaster.....	23:51.50
179. Christy Boschert.....	24:59.72

2015

Conference

Location: Kenosha, Wis.
Distance: 6K
Champion: Southern Indiana
Truman Place: 7th (214 points)

Regional

Location: Evansville, Ind.
Distance: 6K
Champion: Grand Valley State
Truman Place: 17th (487 points)

Nationals

29. Laura Tarantino.....	23:23.9
48. Angela Buch.....	23:58.5
52. Jesse Dinkins.....	24:04.3
55. Victoria Soncasie.....	24:05.5
62. Eva Klingenberg.....	24:16.3
71. Michaela Hylen.....	24:28.8
91. Kim Kaster.....	25:05.1
103. Ryleigh Reagan.....	25:25.4
143. Kayci Parcels.....	27:19.8

54. Laura Tarantino.....	22:27
109. Victoria Soncasie.....	23:28
112. Jesse Dinkins.....	23:30
115. Eva Klingenberg.....	23:31
124. Michaela Hylen.....	23:45
141. Kim Kaster.....	24:05
150. Angela Buch.....	24:12

2014

Conference

Location: Romeoville, Ill.
Distance: 6K
Champion: Southern Indiana
Truman Place: 6th (152 points)

Regional

Location: Evansville, Ind.
Distance: 6K
Champion: Grand Valley State
Truman Place: 15th (419 points)

Nationals

16. Laura Tarantino.....	22:39.23
26. Emma Burditt-Trenhaile.....	22:56.01
38. Victoria Soncasie.....	23:18.82
42. Jesse Dinkins.....	23:26.29
44. Michaela Hylen.....	23:28.39
45. Eva Klingenberg.....	23:32.82
64. Lindsey Egan.....	23:59.78
120. Kayci Parcels.....	26:13.32

64. Laura Tarantino.....	22:45.57
78. Emma Burditt-Trenha.....	23:03.14
91. Jesse Dinkins.....	23:16.76
96. Michaela Hylen.....	23:22.73
99. Victoria Soncasie.....	23:26.92
161. Lindsey Egan.....	24:44.92
195. Eva Klingenberg.....	26:27.36

2013

Conference

Location: St. Louis, Mo.
Distance: 6K
Champion: Southern Indiana
Truman Place: 7th (187 points)

Regional

Location: Kenosha, Wis.
Distance: 6K
Champion: Grand Valley State
Truman Place: 16th (445 points)

Nationals

20. Laura Tarantino.....	22:38
32. Emma Burditt.....	23:11
41. Katie Hirsch.....	23:21
43. Lindsey Egan.....	23:26
52. Abby Palm.....	23:38
60. Lauren Westen.....	23:52
83. Madeline Cloonan.....	24:27
111. Katharine Siemer.....	25:33
128. Grace Bueckendorf.....	26:25
147. Kayci Parcels.....	28:27

55. Emma Burditt.....	23:00
81. Laura Tarantino.....	23:29
84. Lindsey Egan.....	23:31
91. Katie Hirsch.....	23:34
134. Madeline Cloonan.....	24:29
139. Lauren Westen.....	24:36
141. Abby Palm.....	24:38

2012

Conference

Location: Maryville, Mo.
Distance: 6K
Champion: Missouri Southern
Truman Place: 7th (177 points)

Regional

Location: Joplin, Mo.
Distance: 6K
Champion: Augustana
Truman Place: 12th (332 points)

Nationals

1. Karen Grauel	22:11.59	17. Karen Grauel	21:54.8
11. Cindy Grauel	23:05.10	71. Cindy Grauel	23:07.3
54. Katie Hirsch	24:28.74	77. Katie Hirsch	23:10.6
58. Miranda Biddle	24:33.05	81. Abby Palm	23:16.4
60. Abby Palm	24:38.24	99. Miranda Biddle	23:33.7
67. Taylor Schulz	25:02.74	139. Taylor Schulz	24:44.9

2011

Conference

Location: Joplin, Mo.
Distance: 6K
Champion: Pittsburg State
Truman Place: 3rd (95 points)

Regional

Location: Wichita Falls, Texas
Distance: 6K
Champion: Midwestern State
Truman Place: 4th (158 points)

Nationals

4. Karen Grauel	21:24.13	11. Karen Grauel	22:17.50
7. Anne Ratermann	21:44.01	19. Cindy Grauel	22:34.00
16. Cindy Grauel	22:18.55	28. Anne Ratermann	22:48.70
18. Michelle Gronemeyer	22:24.50	43. Michelle Gronemeyer	23:15.20
62. Katie Hirsch	24:26.07	85. Katie Hirsch	24:12.40

Location: Louisville, Ky.

2010

Conference

Location: Hays, Kan.
Distance: 6K
Champion: Pittsburg State
Truman Place: 6th (140 points)

Regional

Location: Warrensburg, Mo.
Distance: 6K
Champion: Pittsburg State
Truman Place: 4th (162 points)

Nationals

Distance: 6K
Champion: Grand Valley State

1. Karen Grauel	21:18.10	4. Karen Grauel	22:25.48	78. Karen Grauel	23:07.5
11. Anne Ratermann	22:17.00	17. Cindy Grauel	23:14.39		
33. Debbie Boedeker	23:18.70	18. Anne Ratermann	23:18.65		
50. Amanda Brown	23:55.00	63. Debbie Boedeker	24:49.40		
51. Hannah Farnsworth	23:56.40	64. Kylie Raithe	24:50.29		
55. Kylie Raithe	24:06.10	83. Amanda Brown	25:10.77		
72. Katie Hirsch	25:16.70	107. Katie Hirsch	25:59.35		
73. Abby Palm	25:31.00				

2009

Conference

Location: Emporia, Kan.
Distance: 6K
Champion: Missouri Southern
Truman Place: 2nd (57 points)

Regional

Location: Abilene, Texas
Distance: 6K
Champion: Missouri Southern
Truman Place: 3rd (97 points)

Nationals

Location: Evansville, Ind.
Distance: 6K
Champion: Adams State

3. Dani Dell'Orco	21:34.91	6. Dani Dell'Orco	21:53.90	67. Anne Ratermann	22:31.7
8. Anne Ratermann	22:25.68	8. Anne Ratermann	22:00.37	86. Dani Dell'Orco	22:50.6
10. Karen Grauel	22:33.96	9. Karen Grauel	22:07.70		
11. Cindy Grauel	22:34.62	37. Cindy Grauel	23:18.61		
25. Michelle Gronemeyer	23:30.73	39. Michelle Gronemeyer	23:23.95		
28. Kylie Raithe	23:35.93	45. Fiona Williams	23:29.43		
40. Debbie Boedeker	24:03.98	59. Debbie Boedeker	23:53.92		
47. Fiona Williams	24:18.24				
51. Annie Crites	24:30.01				
71. Amanda Brown	25:57.82				

2008

Conference

Location: Warrensburg, Mo.
Distance: 6K
Champion: Missouri Southern
Truman Place: 4th (109 points)

2. Danna Kelly	22:38.23
13. Michelle Gronemeyer	23:35.66
22. Anne Ratermann	24:08.56
28. Kylie Raithel	24:26.24
47. Dani Dell'Orco	25:04.58
52. Amanda Brown	25:16.97
54. Fiona Williams	25:21.12
56. Allison O'Very	25:29.73

Regional

Location: San Antonio, Texas
Distance: 6K
Champion: Missouri Southern
Truman Place: 5th (160 points)

4. Danna Kelly	21:23.7
25. Michelle Gronemeyer	22:49.5
35. Anne Ratermann	23:11.4
46. Kylie Raithel	23:34.1
52. Fiona Williams	23:48.1
74. Dani Dell'Orco	24:31.4
84. Amanda Brown	24:42.5

Nationals

Location: Slippery Rock, Pa.
Distance: 6K
Champion: Adams State

24. Danna Kelly	22:23
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2007

Conference

Location: Kirksville, Mo.
Distance: 6K
Champion: Missouri Southern
Truman Place: 6th (145 points)

3. Grace DelNero	23:18.93
6. Danna Kelly	23:28.34
36. Kylie Raithel	25:24.05
56. Amanda Brown	26:35.73
62. Fiona Williams	27:46.06
63. Stephanie Nichols	27:50.57

Regional

Location: Joplin, Mo.
Distance: 6K
Champion: Missouri Southern
Truman Place: 8th (219 points)

6. Danna Kelly	21:45.3
12. Grace Delnero	22:15.8
55. Kylie Raithel	23:40.5
67. Amanda Brown	23:52.4
90. Fiona Williams	24:45.0
92. Stephanie Nichols	24:46.9

Nationals

Location: Joplin, Mo.
Distance: 6K
Champion: Adams State

80. Danna Kelly	22:34.5
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2006

Conference

Location: Bolivar, Mo.
Distance: 6K
Champion: Missouri Southern
Truman Place: 7th (168 points)

2. Jacquie Faust	21:49.92
23. Danna Kelly	22:57.91
49. Alana Walker	24:45.23
55. Fiona Williams	25:01.39
64. Kristi Bornhoft	25:40.48
66. Jackie Trapp	26:17.93

Regional

Location: Warrensburg, Mo.
Distance: 6K
Champion: Abilene Christian
Truman Place: No Team Score

1. Jacquie Faust	22:00.8
11. Danna Kelly	22:39.3
72. Alana Walker	24:33.4

Nationals

Location: Pensacola, Fla.
Distance: 6K
Champion: Adams State

29. Jacquie Faust	21:12.1
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2005

Conference

Location: Pittsburg, Kan.
Distance: 6K
Champion: Central Missouri
Truman Place: 3rd (89 points)

10. Jacquie Faust	22:37.80
14. Danna Kelly	22:44.00
19. Meg Robertson	23:03.90
21. Grace DelNero	23:09.10
25. Sarah Armstrong	23:15.80
31. Allie Baker	23:42.70
32. Mandy Puhak	23:44.60
47. Samantha Dutrow	24:48.90

Regional

Location:
Distance: 6K
Champion: Central Missouri
Truman Place: 6th (168 points)

15. Jacquie Faust	24:03.35
20. Danna Kelly	24:17.90
35. Grace Delnero	24:52.60
46. Sarah Armstrong	25:17.70
61. Meg Robertson	25:50.40
71. Allie Baker	26:19.45

Nationals

2004

Conference

Location: Maryville, Mo.
Distance: 6K
Champion: Central Missouri
Truman Place: 2nd (60 points)

7. Lauren White	23:43.5
10. Abbie Smith	23:53.8
11. Dani Rawlings	24:03.7
12. Sarah Armstrong	24:04.8
20. Grace DelNero	24:33.8
24. Jacquie Faust	25:00.4
32. Amy Schroeder	25:35.3
36. Samantha Dutrow	25:40.1
47. Meg Robertson	26:17.7
50. Sarah Cunningham	26:47.9

Regional

Location: Joplin, Mo.
Distance: 6K
Champion: Central Missouri
Truman Place: 2nd (85 points)

11. Danielle Rawlings	22:50.80
17. Lauren White	22:59.70
18. Sarah Armstrong	23:03.20
24. Abbie Smith	23:33.50
29. Grace Delnero	23:44.90
39. Jacquie Faust	24:01.90
69. Meg Robertson	25:04.60

Nationals

Location: Evansville, Ind.
Distance: 6K
Champion: Adams State
Truman Place: 20th (453 points)

92. Danielle Rawlings	24:11.5
99. Abbie Smith	24:15.3
110. Lauren White	24:23.6
115. Sarah Armstrong	24:27.7
133. Grace Delnero	24:53.5
144. Jacquie Faust	25:09.1
177. Meg Robertson	26:18.7

2003

Conference

Location: Kirksville, Mo.
Distance: 6K
Champion: Pittsburg State
Truman Place: 3rd (78 points)

8. Meg Robertson	23:19.85
9. Dani Rawlings	23:24.60
15. Leah Zidon	23:45.08
18. Sarah Armstrong	24:01.26
28. Abbie Smith	24:29.98
29. Lauren White	24:35.77
31. Alana Walker	24:40.83
37. Pam Bird	25:12.50
44. Francine Schafer	25:41.27
51. Jacquie Faust	25:57.16

Regional

Location: Commerce, Texas
Distance: 6K
Champion: Pittsburg State
Truman Place: 4th (107 points)

9. Danielle Rawlings	22:22.81
15. Leah Zidon	23:02.08
25. Lauren White	23:26.79
28. Abbie Smith	23:33.29
30. Alana Walker	23:37.10
32. Meg Robertson	23:41.00
38. Sarah Armstrong	23:57.44

Nationals

2002

Conference

Location: Joplin, Mo.
Distance: 6K
Champion: Pittsburg State
Truman Place: 4th (86 points)

11. Pam Bird	22:48
12. Leah Zidon	22:52
13. Jennifer Tesmer	22:54
18. Dani Rawlings	23:09
32. Sarah Armstrong	23:42
38. Kayse Hahn	24:14

Regional

Location: Warrensburg, Mo.
Distance: 6K
Champion: Pittsburg State
Truman Place: 5th (113 points)

14. Leah Zidon	23:50.90
16. Jennifer Tesmer	23:54.80
22. Pam Bird	24:16.40
30. Danielle Rawlings	24:34.20
44. Sarah Armstrong	25:25.40
62. Kayse Hahn	26:25.10

Nationals

2001

Conference

Location: Emporia, Kan.
Distance: 6K
Champion: Pittsburg State
Truman Place: 3rd (69 points)

8. Beth Luebbering	23:10
11. Jennifer Tesmer	23:22
13. Emily Komiskey	23:35
17. Jody Shanks	23:43
20. Dani Rawlings	23:55
23. Sonya Yamnitz	24:04
24. Suzanne Schmidt	24:05
26. Alisha Smyth	24:09
38. Cammie Ewing	25:07
42. Amy Johnson	25:24

Regional

Location: Joplin, Mo.
Distance: 6K
Champion: Central Missouri
Truman Place: 3rd (77 points)

6. Jennifer Tesmer	22:31.1
11. Beth Luebbering	22:48.4
15. Emily Komiskey	23:05.9
22. Danielle Rawlings	23:20.6
23. Suzanne Schmidt	23:25.0
29. Jody Shanks	23:32.8
34. Sonya Yamnitz	23:44.9

Nationals

2000

Conference

Location: Warrensburg, Mo.
Distance: 6K
Champion: Truman
Truman Place: 1st (58 points)

Regional

Location: Commerce, Texas
Distance: 6K
Champion: Central Missouri
Truman Place: 3rd (87 points)

Nationals

9. Kristi Willenberg.....	23:18.87	11. Suzanne Schmidt.....	25:00.15
10. Leah Zidon.....	23:22.13	12. Beth Luebbering.....	25:05.01
11. Beth Luebbering.....	23:28.08	16. Kristi Willenberg.....	25:15.37
12. Jennifer Tesmer.....	23:30.45	17. Jennifer Tesmer.....	25:16.79
16. Jody Shanks.....	23:51.06	31. Jody Shanks.....	26:04.74
18. Suzanne Schmidt.....	23:53.46	46. Amy Johnson.....	26:51.58
20. Amy Johnson.....	23:59.60	52. Leah Zidon.....	27:08.44
33. Emily Komiskey.....	24:33.39		
38. Alisha Smyth.....	24:54.46		
39. Sonya Yamnitz.....	24:55.53		

1999

Conference

Location: Rolla, Mo.
Distance: 6K
Champion: Central Missouri
Truman Place: 3rd (70 points)

Regional

Location:
Distance: 6K
Champion: Southern Indiana
Truman Place: 8th (347 points)

Nationals

2. Beth Luebbering.....	22:01.1	17. Leah Zidon.....	22:57.6
5. Leah Zidon.....	22:43.5	20. Beth Luebbering.....	23:12.2
17. Emily Komiskey.....	23:40.3	58. Brandy Leffler.....	24:26.7
21. Jennifer Tesmer.....	23:48.6	60. Emily Komiskey.....	24:29.3
25. Brandy Leffler.....	23:57.5	90. Jennifer Tesmer.....	25:05.3
33. Cammie Ewing.....	24:18.7	102. Suzanne Schmidt.....	25:25.2
45. Suzanne Schmidt.....	25:08.4		
54. Brittan Hallar.....	25:54.0		
56. Alisha Smyth.....	26:09.9		
64. Amy Johnson.....	28:18.7		

1998

Conference

Location: Pittsburg, Kan.
Distance: 5K
Champion: Missouri Southern
Truman Place: 2nd (69 points)

Regional

Location: Hillsdale, Mich.
Distance: 5K
Champion:
Truman Place: 8th (507 points)

Nationals

5. Beth Luebbering.....	18:56	17. Beth Luebbering.....	23:09.3
13. Cammie Ewing.....	19:31	48. Cammie Ewing.....	24:24.1
14. Jody Shanks.....	19:39	49. Kristi Willenberg.....	24:24.5
20. Kristi Willenberg.....	20:03	60. Jody Shanks.....	24:47.8
23. Angie Meyer.....	20:08	86. Angie Meyer.....	25:22.1
31. Brandy Leffler.....	20:31	88. Brandy Leffler.....	25:23.2
36. Emily Komiskey.....	20:46	159. Emily Komiskey.....	27:48.0
40. Elizabeth Scott.....	20:51		

1997

Conference

Location: Maryville, Mo.
Distance: 5K
Champion: Northwest Missouri
Truman Place: 6th (143 points)

Regional

Location: Kenosha, Wis.
Distance: 5K
Champion: Lewis
Truman Place: 10th (318 points)

Nationals

22. Kim Hoffman.....	20:27.8	54. Angela Meyer.....	20:06
23. Rachel Fuller.....	20:28.6	55. Jody Shanks.....	20:06
27. Angie Meyer.....	20:33.2	65. Krista Roland.....	20:13
33. Beth Sabin.....	20:56.6	76. Elizabeth Scott.....	20:28
38. Jody Shanks.....	21:01.2	78. Laura Sabin.....	20:31
41. Elizabeth Scott.....	21:07.6		
42. Krista Roland.....	21:13.7		
46. Kim Choate.....	21:26.7		

1996

Conference

Location: Kirksville, Mo.
Distance: 5K
Champion: Northwest Missouri
Truman Place: 6th (139 points)

Regional

Location: Warrensburg, Mo.
Distance: 5K
Champion: Lewis
Truman Place: 14th (373 points)

Nationals

7. Jennifer Lehmann.....	19:22	28. Jennifer Lehmann.....	19:42
17. Angie Meyer.....	19:54	69. Gina Giesler.....	20:40
34. Lyndsay Wheeler.....	20:47	73. Lyndsay Wheeler.....	20:42
38. Beth Sabin.....	21:11	88. Beth Sabin.....	21:13
43. Gina Giesler.....	21:49	116. Julie Olson.....	22:25
45. Julie Olson.....	22:04	117. Angela Rupp.....	22:30
50. Angela Rupp.....	22:54		

1995

Conference

Location: Joplin, Mo.
Distance: 5K
Champion: Northwest Missouri
Truman Place: 6th (127 points)

Regional

Location: Romeoville, Ill.
Distance: 5K
Champion:
Truman Place: 8th (461 points)

Nationals

10. Ginny Hoefer.....	18:21	34. Talva Parker.....	19:23
20. Talva Parker.....	18:55	39. Ginny Hoefer.....	19:40
29. Jennifer Lehmann.....	19:20	41. Jennifer Lehmann.....	19:42
33. Beth Sabin.....	19:26	59. Beth Sabin.....	20:04
35. Marta McKee.....	19:33	69. Marta McKee.....	20:16
39. Mandy Torrens.....	19:57	90. Mandy Torrens.....	20:43
46. Kate Gregory.....	20:26	129. Kate Gregory.....	21:55
51. Liz Hopkins.....	20:47		

1994

Conference

Location: Emporia, Kan.
Distance: 5K
Champion: Emporia State
Truman Place: 5th (116 points)

Regional

Location: Evansville, Ind.
Distance: 5K
Champion:
Truman Place: 7th (356 points)

Nationals

11. Ginny Hoefer.....	19:31	12. Ginny Hoefer.....	
22. Talva Parker.....	20:11	27. Talva Parker.....	
25. Paula Oldeg.....	20:25	50. Alison Kniker.....	
27. Alison Kniker.....	20:30	52. Jennifer Lehmann.....	
33. Mandy Torrens.....	20:51	58. Paula Oldeg.....	
37. Marta McKee.....	21:01	68. Mandy Torrens.....	
39. Jennifer Lehmann.....	21:08	89. Marta McKee.....	
43. Katherine Karagiannis.....	21:23		

1993

Conference

Location: Warrensburg, Mo.
Distance: 5K
Champion: Pittsburg State
Truman Place: 4th (89 points)

Regional

Location: Joplin, Mo.
Distance: 5K
Champion:
Truman Place: 12th (374 points)

Nationals

9. Ginny Hoefer.....	19:06.7	44. Ginny Hoefer.....	
17. Talva Parker.....	19:40.2	45. Jennifer Lehmann.....	
20. Jennifer Lehmann.....	20:01.9	58. Talva Parker.....	
23. Amanda Torrens.....	20:27.3	72. Melanie Otto.....	
25. Paula Oldeg.....	20:34.1	77. Amanda Torrens.....	
28. Melanie Otto.....	20:47.1	78. Paula Oldeg.....	

1992

Conference

Location: Pittsburg, Kan.
Distance: 5K
Champion: Pittsburg State
Truman Place: 2nd (60 points)

Regional

Location: Big Rapids, Mich.
Distance: 5K
Champion:
Truman Place: 6th (

Nationals

6. Rhonda Ruden	18:49	13. Rhonda Ruden	
7. Lisa Dillin	18:54	19. Lisa Dillin	
10. Ginny Hoefer	19:03	34. Ginny Hoefer	
15. Talva Parker.....	19:42	58. Talva Parker	
25. Angela Burton.....	20:12	67. Angela Burton	
28. Melanie Otto	20:23	68. Melanie Otto	
32. Paula Oldeg.....	20:49	77. Paula Oldeg	

1991

Conference

Location: Joplin, Mo.
Distance: 5K
Champion: Pittsburg State
Truman Place: 2nd (36 points)

Regional

Location: Edwardsville, Ill.
Distance: 5K
Champion:
Truman Place: 5th (292 points)

Nationals

2. Michelle Coleman	18:12	13. Rhonda Ruden	20:03
4. Rhonda Ruden	18:30	31. Lisa Dillin	20:49
7. Debbie Bries	18:49	33. Michelle Coleman	20:56
10. Lisa Dillin	19:13	39. Greta Schneidman.....	21:14
13. Leslie Stanley	19:32	47. Leslie Stanley	21:22
18. Greta Schneidman.....	20:13	52. Debbie Bries	21:35
30. Deborah Griffey	20:52	77. Deborah Griffey	22:41

1990

Conference

Location: Cape Girardeau, Mo.
Distance: 5K
Champion: Southeast Missouri State
Truman Place: 2nd (46 points)

Regional

Location: Cape Girardeau, Mo.
Distance: 5K
Champion:
Truman Place: 2nd (185 points)

Nationals

Location: McKinleyville, Calif.
Distance: 5K
Champion: Cal Poly

3. Kerry Knepper	18:19.44	3. Kerry Knepper	17:40
8. Christy Rackers	19:02.42	14. Tricia Rogers	18:41
10. Rhonda Ruden	19:16.65	16. Christy Rackers	18:51
12. Tricia Rogers	19:25.04	26. Rhonda Ruden	19:17
13. Michelle Coleman	19:28.47	31. Debbie Bries	19:24
21. Debbie Bries	20:09.06	34. Michelle Coleman	19:36
25. Greta Schneidman.....	20:36.48	61. Greta Schneidman.....	20:31

28. Kerry Knepper 17:56.1

1989

Conference

Location: Kirksville, Mo.
Distance: 5K
Champion: Southeast Missouri State
Truman Place: 3rd (70 points)

Regional

Location: Big Rapids, Mich.
Distance: 5K
Champion:
Truman Place: 7th (

Nationals

7. Tricia Rogers	19:12	24. Rhonda Ruden	20:23
9. Rhonda Ruden	19:17		
12. Marsha Perkins.....	19:30		
20. Michelle Coleman	20:03		
22. Debbie Bries	20:13		
28. Christy Rackers	20:41		
32. Lisa Dillin	21:04		

1988

Conference

Location: Rolla, Mo.

Distance: 5K

Champion: Southeast Missouri State

Truman Place: 2nd (48 points)

3. Kerry Knepper	18:36.26
4. Mary Wulff	19:00.58
11. Marsha Perkins	20:00.93
14. Tracy Butler	20:09.41
15. Vi Nelson	20:09.71
16. Debbie Bries	20:09.90
24. Michelle Coleman	20:52.10

Regional

Location: Edwardsville, Ill.

Distance: 5K

Champion:

Truman Place: 4th (

3. Kerry Knepper	18:23
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Nationals

Location: Clinton, Miss.

Distance: 5K

Champion: Cal Poly

5. Kerry Knepper	17:19
58. Mary Wulff	

1987

Conference

Location: Warrensburg, Mo.

Distance: 5K

Champion: Southeast Missouri State

Truman Place: 3rd (76 points)

2. Kerry Knepper	17:05
4. Mary Wulff	17:38
21. Diane Spalding	19:31
23. Sherry Wulff	19:42
29. Cindy Arnold	19:57
31. Tracy Butler	20:10
34. Leslie Relford	20:47

Regional

Location: Evansville, Ind.

Distance: 5K

Champion:

Truman Place: 9th (

1. Kerry Knepper	18:25
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Nationals

Location: Evansville, Ind.

Distance: 5K

Champion: Cal Poly

19. Kerry Knepper	18:13
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1986

Conference

Location: Warrensburg, Mo.

Distance: 5K

Champion: Southeast Missouri State

Truman Place: 2nd (62 points)

5. Kerry Knepper	19:57
7. Cheryl Mitchell	20:10
10. Mary Wulff	20:38
16. Lora Brookhart	21:25
24. Cindy Arnold	22:20
25. Donna Funke	22:35
26. Leanne Teerlinck	22:43

Regional

Location: Warrensburg, Mo.

Distance: 5K

Champion:

Truman Place: 14th (

2. Kerry Knepper	19:13
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Nationals

Location: Riverside, Calif.

Distance: 5K

Champion: Cal Poly

45. Kerry Knepper	18:34
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1985

Conference

Location: Cape Girardeau, Mo.

Distance: 5K

Champion: Southeast Missouri State

Truman Place: 4th (64 points)

5. Cheryl Mitchell	19:04
11. Lori Owens	19:27
16. Mary Wulff	20:08
18. Sherry Wulff	20:25
19. Suzanne Sisson	20:26
21. Laura Brookhart	20:47
30. Kim Damman	22:38

Regional

Location: Ashland, Ohio

Distance: 5K

Champion:

Truman Place: 6th (

9. Cheryl Mitchell	19:24
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Nationals

Location: Marshalls Creek, Pa.

Distance: 5K

Champion: Cal Poly

79. Cheryl Mitchell	20:44.9
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1984

Conference

Location: Kirksville, Mo.

Distance: 5K

Champion: Southeast Missouri State

Truman Place: 4th (84 points)

Regional

Nationals

7. Cheryl Mitchell 20:08.7
 15. Nan Funke 21:15
 16. Shelly Gudehus 21:18.7
 20. Kathleen Freeland 21:45.1
 26. Suzanne Sisson 22:27.9

Location: Rolla, Mo.

Distance: 5K

Champion: Southeast Missouri State

1983

Conference

Truman Place: 3rd (95 points)

Regional

Nationals

5. Cindy Trickey 18:39
 10. Karen Eads 19:01
 11. Vicki Kijewski 19:04
 14. Cheryl Mitchell 19:29
 15. Kathleen Freeland 19:33
 17. Nan Funke 19:59
 23. Kelly Hammerich 20:57

20. Cindy Springman 20th

1982

Conference

Location: Warrensburg, Mo.

Distance: 5K

Champion: Southeast Missouri State

Truman Place: 2nd (110 points)

Regional

Nationals

6. Cindy Trickey 19:09
 7. Mary Gray 19:13
 13. Lora Brookhart 19:57
 14. Vicki Kijewski 20:02.2
 15. Kelly Hammerich 20:02.8
 26. Kathleen Freeland 21:44
 29. Norma Rahter 22:11

1981

Conference

1981

Location: Maryville, Mo.

Distance: 5K

Regional

Nationals