

Arizona Men's Cross Country Record Book

Individual National Champions (3)

Athlete	Year	Time
Lawi Lalang	2011	28:44.1
Martin Keino	1994	30:08.7
Aaron Ramirez	1986	30:27.53

Team Conference Championships (7)

Year	Points	Site
1999	36	Long Beach, Calif.
1994	49	Stanford, Calif.
1991	45	Stanford, Calif.
1987	32	Stanford, Calif.
1986	49	Stanford, Calif.
1984	44	Stanford, Calif.
1983	38	Stanford, Calif.

Individual Conference Champions (11)

Athlete	Year	Time
Lawi Lalang	2012	22:49
Lawi Lalang	2011	22:37
Robert Cheseret	2005	23:57
Robert Cheseret	2004	23:48
Abdi Abdirahman	1998	23:23
Martin Keino	1994	24:04
Marc Davis	1990	23:44
Marc Davis	1989	23:31
Matt Giusto	1987	30:33
Aaron Ramirez	1986	30:23.7
Tom Ansberry	1984	30:24.8

Pac-12 Athlete of the Year (13)

Athlete	Year
Lawi Lalang (2)	2011, 2012
Stephen Sambu	2010
Robert Cheseret (2)	2004, 2005
Abdi Abdirahman	1998
Martin Keino (2)	1991, 1994
Marc Davis (2)	1989, 1990
Matt Giusto	1987
Aaron Ramirez	1986
Tom Ansberry	1984

Pac-12 Newcomer/Freshman of the Year (13)

Athlete	Year
Lawi Lalang	2011
Stephen Sambu	2010
Mohamed Trafteh	2004
Robert Cheseret	2003

Pac-12 Scholar Athlete of the Year (13)

Athlete	Year
Sam Macaluso	2014

Pac-12 Coach of the Year (7)

Coach	Years
Dave Murray	1983, 1984, 1986, 1987, 1991, 1994, 1999

Pac-12 All-Conference (21)

Athlete	Year (Team)
Lawi Lalang	2011 (1), 2012 (1)
Stephen Sambu	2010 (2), 2012 (1)
Obed Mutanya	2005 (1), 2006 (1)
Robert Cheseret	2003 (1), 2004 (1), 2005 (1), 2006 (1)
Jonah Maiyo	2003 (1), 2005 (2)
Kyle Goklish	2001 (2)
Steve Smith	1999 (2), 2000 (2)
David Lopez	1999 (1), 2000 (2)
Tom Prindiville	1999 (2), 2000 (1)
Brent Pedersen	1999 (2)
Micheil Jones	1999 (1)

Pac-12 All-Academic (First or Second Team)

Athlete	Year (Team)
Andrew Buchanan	2019 (HR)
Shem Kebmoi	2019 (HR)
Connor McCabe	2019 (HR)
Victor Ortiz-Rivera	2019 (HR)
Carlos Villarreal	2019 (HR)
Hunter Davila	2018 (2)
Travis Thorne	2017 (2), 2018 (1)
Jeff Gautreau	2016 (2)
Sam Willis	2015 (1)
Sam Macaluso	2013, (1) 2014 (2)
Brendan Tinoco	2014 (1)
Collins Kibet	2014 (1)
Lawi Lalang	2012 (2), 2013 (2)
Kenji Bierig	2012 (2)
Rory McLeod	2010, (2) 2011 (1), 2012 (1)
Patrick Zacharias	2011 (1)
Jordan Mara	2008 (2), 2009 (1), 2010 (1)
Reed Blochburger	2008 (1)
Chris Ogle	2005 (1), 2006 (1)
Aaron Powell	2002 (1), 2004 (1)
Kevin Engelhardt	2002 (1), 2004 (1)
Craig Pansing	2002 (1)
Mark Anderson	2001 (1), 2002 (1)
Michael Cramer	1999 (1), 2000 (2), 2001 (1)
Micheil Jones	1998 (2), 1999 (2)
Brett Pederson	1999 (1)
Margarito Casillas	1995 (1), 1997 (2)
Luther Kopf	1996 (2)
Chad Wenger	1996 (1)
Jon Pillow	1994 (1), 1995 (1), 1996 (1)
Jeff Haynes	1993 (1), 1994 (1), 1995 (2)
Kirk Bronander	1992 (2), 1993 (2)
Bernard Semler	1990 (1), 1991 (2), 1992 (1)

Arizona Women's Cross Country Record Book

Individual National Champions (2)

Athlete	Year	Time
Tara Chaplin	2001	20:24
Amy Skiersz	1996	17:04

Team Conference Championships (1)

Year	Points	Site
2013	69	Louisville, Colo.

Individual Conference Champions (5)

Athlete	Year	Time
Tara Chaplin	2000	20:10
Amy Skiersz	1998	16:59
Amy Skiersz	1997	16:40
Amy Skiersz	1996	16:36
Amy Skiersz	1995	16:45

Pac-12 Athlete of the Year (5)

Athlete	Year
Tara Chaplin	2000
Amy Skiersz (4)	1998, 1997, 1996, 1995,

Pac-12 Newcomer/Freshman of the Year (1)

Athlete	Year
Kayla Beattie	2013

Pac-12 Scholar Athlete of the Year (2)

Athlete	Year
Stephanie Bulder	2014
Elvin Kibet	2013

Pac-12 Coach of the Year (2)

Coach	Years
James Li	2013, 2010

Pac-12 All-Conference (18)

Athlete	Year (Team)
Addi Zerrenner	2016 (2), 2018 (2)
Elvin Kibet	2010 (1), 2011 (2), 2012 (1), 2013 (1)
Nicci Corbin	2013 (1)
Kayla Beattie	2013 (1)
Jen Bergman	2010 (1), 2011 (1), 2012 (1)
Hannah Moen	2010 (2)
Megan Meyer	2010 (2)
Mattie Callahan	2009 (2)
Beth Hoge	2001 (2)
Tara Chaplin	2000 (1), 2001 (1)
Katrin Engelen	2000 (2)

Pac-12 All-Academic (First or Second Team)

Athlete	Year (Team)
Keelah Barger	2019 (HR)
Megan Bounds	2019 (HR)
Maddie Christopher	2019 (HR)
Grace David	2019 (HR)
Meggie Karp	2019 (HR)
Lauren Neugeboren	2019 (HR)
Thea Ramsey	2019 (HR)
Hannah Whetzel	2016 (2), 2017 (2), 2018 (1)
Claire Green	2015 (2), 2016 (2)
Kate Penney	2014 (2), 2015 (2)
Stephanie Bulder	2012 (1), 2013 (1), 2014 (1)
Elvin Kibet	2011 (2), 2012 (1), 2013 (2)
Erin Menefee	2011 (1), 2012 (1), 2013 (1)
Hanna Henson	2011 (1)
Megan Meyer	2010 (1)
Marissa Urban	2006 (2), 2007 (2), 2008 (1)
Angelina Cabrera	2005 (2), 2006 (1), 2007 (2)
Ashley Ippolito	2004 (2)
Beth Hoge	2004 (1)
Michi Hirakawa-Wong	2003 (2)
Jennifer Ford	2003 (2), 2005 (2)
Amanda Goeller	2003 (1)
Robin Tierney	2002 (2)
Susan Mortensen	2002 (2)
Nicole Gurnicz	2001 (1), 2003 (1)
Jennifer Burris	2001 (2)
Tara Chaplin	1999 (1), 2000 (2), 2001 (1)
Kelly Chavez	1996 (2), 1997 (2)
Ann Colonna	1995 (1)
Lisa Quaintance	1994 (2), 1995 (2)
Viola Schaffer	1994 (1), 1995 (1)