

2011 CAA Cross Country Meet

PANTHERS

OCTOBER 29, 2011 • NASH FARM BATTLEFIELD • HAMPTON, GA.



2011 CAA Championship

Georgia State University is proud to welcome runners from the Colonial Athletic Conference for the 2011 cross country conference championship meet.

Schedule of Events

10:00 AM	Men's 8K Championship race
11:00 AM	Women's 6K Championship race
12:00 PM	Awards Ceremony

Last Year at the Conference Meet

Both the men's and women's team finished in eighth place at last season's CAA championship — an indication of the program's youth and rebuilding under a new coach.

Two freshmen were the top finishers for the Panthers at last year's CAA meet in Wilmington, N.C. Anna Sinclair paced the women and came in 21st place and Tyler Tomy finished 42nd to lead the men.

A History of Hosting

Georgia State plays host to their first cross country conference championship meet in over ten years and for the only time since joining the CAA in 2005.

In 2001, the men's team won the A-Sun title in Panthersville and the women's team finished second. That year marked both the last time GSU has hosted a conference meet and the last time either squad has won a conference crown.

Conference Meets Hosted by GSU (7)

Oct. 29, 2011	CAA
Oct. 27, 2001	A-Sun..... Men 1st, Women 2nd
Oct. 31, 1998	TAAC..... Men 2nd, Women 1st
Oct. 30, 1993	TAAC..... Men 6th, Women 8th
Oct. 27, 1990	TAAC..... Men 2nd (Women 2nd in NSWAC)
Nov. 1, 1986	TAAC..... Men 3rd (Women 1st in NSWAC)
Nov. 3, 1984	TAAC..... Men 2nd (Women independent)

General Information

Full Name	Georgia State University
Location	Atlanta, Ga.
Founded	1913
Enrollment	30,000
Nickname	Panthers
Colors	Blue and White
Affiliation	NCAA Division I
Conference	Colonial Athletic Association (CAA)
President	Dr. Mark P. Becker/3rd Year
Athletic Director	Cheryl L. Levick/3rd Year
Faculty Representative	Dr. Andrew Sumner
Cross Country Administrator	Marvin Lewis
Athletic Department Phone	(404) 413-4000
Athletic Department Website	www.GeorgiaStateSports.com

Cross Country Staff

Head Coach	Chris England
Alma Mater	Ohio State (1997)
E-mail	cenland@gsu.edu
Office Phone	(404) 413-4070
Assistant Coach	Lauren Blankenship
Alma Mater	Samford (2008)
E-mail	jlblanke@gsu.edu
Office Phone	(404) 413-4127
Volunteer Assistant Coach	Nate Houle
Sports Information Contact	Robert Carnes
E-mail	jcarnes4@gsu.edu
Office Phone	(404) 413-4034

Team Information

2010 Men's Finish	8th/8 CAA
2010 Women's Finish	8th/10 CAA
Men's Letterwinners Returning/Lost	6/3
Women's Letterwinners Returning/Lost	9/9
Newcomers (Men/Women)	3/8
Home Course	Nash Farm Battlefield
Location	Hampton, Ga.
Address	100 Babbs Mill Rd.

2011 Schedule and Results

Date	Race	Location	Distance	Top Finisher (Place)	Team Place
Saturday, Sept. 3	UGA Invitational	at Bishop, Ga.	5K	Hannah Stefanoff (6th)	3rd/8
Friday, Sept. 9	Auburn Invitational	at Auburn, Ala.	8K	Valentin Poncelet (20th)	5th/11
			4K	Hannah Stefanoff (6th)	1st/13
Saturday, Sept. 17	Georgia State Invitational	Hampton, Ga.	6K	Valentin Poncelet (6th)	3rd/7
			8K	Hannah Stefanoff (1st)	2nd/9
Friday, Sept. 30	Paul Short Run	at Bethlehem, Pa.	8K	Valentin Poncelet (5th)	4th/10
			5K	Hannah Stefanoff (104th)	33rd/45
Saturday, Oct. 8	Jaguar Invitational	at Evans, Ga.	8K	Valentin Poncelet (6th)	15th/46
			6K	Hannah Stefanoff (1st)	1st/4
Saturday, Oct. 15	Coach "O" Invitational	at Troy, Ala.	8K	Valentin Poncelet (1st)	2nd/5
			5K	Hannah Stefanoff (1st)	1st/5
Saturday, Oct. 16	CAA Championship	Hampton, Ga.	8K	Valentin Poncelet (1st)	1st/6
			6K	10:45 a.m.	
Saturday, Nov. 12	NCAA South Regional	Tuscaloosa, Ala.	8K	10:00 a.m.	
			6K/10K	TBA	



GEORGIA STATE CROSS COUNTRY

PANTHERS

Newcomers Make Big Impact

Both the GSU men's and women's cross country teams have been led by newcomers in each meet during the 2011 season.

Hannah Stefanoff has been named CAA Runner of the Week five times during the 2011 season. The freshman from Grandview Heights, Ohio has also captured individual titles at the GSU Invite, Coach "O" Invite and Jaguar Invite, where she set a new course record.

Sophomore Valentin Poncelet has emerged as the front runner for the men's side. He has registered four top 10 finishes, including individual wins at the Jaguar Invite and Coach "O" Invite. The Belgium native transferred to GSU after one year at American International College, where he was the Northeast-10 Conference Rookie of the Year.

2011 CAA Runners of the Week

Hannah Stefanoff (5) — Sept. 7, Sept. 14, Sept. 21, Oct. 10, Oct. 19
Valentin Poncelet (1) — Sept. 14

Running Into Good Competition

Georgia State has faced off against some of the top teams across the country during the 2011 season.

At the Paul Short Invite, the Panthers saw runners from five of the top 20 teams in the country including No. 1 Georgetown, No. 3 Providence, No. 5 Villanova, No. 13 Syracuse and No. 16 Virginia. The meet also featured four other CAA schools in William & Mary, Towson, Delaware and VCU.

GSU ran against several ranked foes from the SEC and ACC, including Georgia, Georgia Tech, Florida State, Alabama and Auburn. At the Auburn Invite, the Panthers were able to beat out both the host Tigers and FSU for the women's team title.

Regional Rankings

As good as the competition has been, the Georgia State women's team has also been able to work themselves into the rankings.

The Panthers cracked the USTFCCCA weekly poll as the No. 10 team in the South region after the first week of the season.

Despite team victories at the Jaguar Invite and Coach "O" Invite, the women slipped one spot each subsequent week to No. 11 and then to their current position at No. 12.

Battling Out on the Battlefield

With the rebirth of the GSU Invite in 2010, the Panthers christened their new home field at Nash Farm Battlefield.

Located just outside of Hampton, Ga., the historic civil war site is about thirty miles south of the GSU campus in downtown Atlanta.

Nash Farm Battlefield

Address: 100 Babbs Mill Rd. Hampton, Ga. 30228

Directions from Atlanta: I-75 south to Exit 221 (Jonesboro Rd/Lovejoy). Turn right (west) onto Jonesboro Rd. Continue 5 miles on Jonesboro Rd. Turn Left onto Babbs Mill Rd. Nash Farm Battlefield Park is on right. Parking is 100m ahead on right.

Men's Roster

Name	Class	Hometown	Previous School
Brandon Black	So.	Roswell, Ga.	Centennial
Julian Black	So.	Roswell, Ga.	Centennial
Austin Boetje	Fr.	Lawrenceville, Ga.	Mill Creek
Pierre Brogniet	Fr.	Renlies, Belgium	College St. Joseph
Chris Harper	Sr.	Marietta, Ga.	Walton
Shyam Kapadia	So.	Marietta, Ga.	Kell
Chris Manning	So.	Snellville, Ga.	Brookwood
Valentin Poncelet	So.	Lillois, Belgium	American Int. Coll.
Tyler Tomy	So.	Alpharetta, Ga.	Milton

Women's Roster

Name	Class	Hometown	Previous School
Zanny Anderson	Sr.	Social Circle, Ga.	Walton Academy
Alison Bishop	Jr.	Stockbridge, Ga.	Woodland
Betty Chow	So.	Norcross, Ga.	Georgia Perimeter
Zoila Escorza	Fr.	Lilburn, Ga.	Parkview
Kacee Houle	Sr.	Cedar Hills, Utah	Lone Peak/Utah
Niamh Kearney	Fr.	Greystones, Ireland	Loreto Abbey
Ansely Lawson	Fr.	Gainesville, Ga.	North Hall
Sarah McCarthy	Fr.	Arlington, Va.	Bishop O'Connell
Danyel Mitchell	Sr.	Smyrna, Ga.	Warren Mott
Katie Papesh	So.	Dublin, Ohio	Dublin Scioto
Andrea Rodriguez	Sr.	Eastman, Ga.	Dodge County
Jennifer Rubel	So.	College Park, Ga.	Woodward
Katharine Showalter	Jr.	Atlanta, Ga.	St. Nicholas Orthodox
Anna Sinclair	So.	Cumming, Ga.	North Forsyth
Kelsey Spinks	R-Jr.	Stockbridge, Ga.	Eagles Landing
Hannah Stefanoff	Fr.	Grandview Hgts, Ohio	Grandview
Lauren Taronji	Fr.	Jefferson, Ga.	Jefferson

Program History and Accolades

Start of Men's Team	1964
Start of Women's Team.....	1976
Team Conference Championships	10 (Men 5, Women 5)
Individual Conference Champions	18 (Men 8, Women 10)
Conference Runners of the Year	19 (Men 8, Women 11)
Conference Coaches of the Year	12 (Men 5, Women 7)
NCAA Championship Qualifiers	8 (Men 5, Women 3)
NCAA All-Americans	1 (Mark Steeds, 2008)

CAA TEAMS

SCHOOL	NICKNAME	LOCATION	ENROLLMENT	JOINED
Delaware*	Blue Hens	Newark, Del.	21,177	2001
Drexel**	Dragons	Philadelphia, Pa.	23,500	2001
George Mason	Patriots	Fairfax, Va.	32,156	1985
Georgia State	Panthers	Atlanta, Ga.	31,000	2005
Hofstra	Pride	Hempstead, N.Y.	12,000	2001
James Madison*	Dukes	Harrisonburg, Va.	19,434	1985
Northeastern	Huskies	Boston, Mass.	22,942	2005
Old Dominion**	Monarchs	Norfolk, Va.	24,466	1991
Towson*	Tigers	Towson, Md.	21,840	2001
UNC Wilmington	Seahawks	Wilmington, N.C.	13,071	1985
VCU	Rams	Richmond, Va.	32,436	1995
William & Mary	Tribe	Williamsburg, Va.	7,725	1985

*does not support a cross country program

**only fields a women's cross country team

MEN'S CONFERENCE HISTORY

PANTHERS

All-Conference Selections

Name	Year(s)	Conference	
Four Time All-Conference			
Tee Mott	1997-99, 2001	TAAC/A-SUN	
Andrew Letherby	1994-97	TAAC	
Three Time All-Conference			
Mark Steeds	2005-06, 08	CAA	
Matt Cameron	2002-04	A-SUN	
Michael Dear	1991-92, 94	TAAC	
Two Time All-Conference			
Jay Morrill	2004, 2007	A-SUN/CAA	
Nick Miller	2003-04	A-SUN	
Paul Rickard	2001, 2003	A-SUN	
Kenneth Martin	2000-01	TAAC/A-SUN	
Giovanni Gentiluomo	1999, 2001	TAAC/A-SUN	
Jimmy Sinkoski	1996-97	TAAC	
Rob Preiditsch	1991-93	TAAC	
Chad Newton	1991-92	TAAC	
John Rowland	1988-90	TAAC	
Mike Fitzgerald	1986-87	TAAC	
Frank Daniels	1985-86	TAAC	
Robert Medcalf	1984-85	TAAC	
All-Conference			
Loris Hutterli	2009	CAA	
Rabah Syed	2008	CAA	
Nick Stavropoulos	1998	TAAC	
Spencer Edwards	1997	TAAC	
Daniel Hill	1996	TAAC	
Jeff Clayton	1995	TAAC	
Stuart Lyall	1995	TAAC	
Julian Dwyer	1995	TAAC	
Sam Hooper	1992	TAAC	
Jon Cressman	1990	TAAC	
Jason Vuckovic	1990	TAAC	
Tom Connelly	1988	TAAC	
Kevin Russell	1985	TAAC	
Alan Tudor	1984	TAAC	
Todd Eldridge	1984	TAAC	
Ronnie Brown	1983	TAAC	
Runner of the Year		Freshman of the Year	
2008	Mark Steeds	2005	Mark Steeds
2003	Paul Rickard	2004	Jay Morrill
1997	Andrew Letherby	2002	Matt Cameron
1996	Andrew Letherby	Coach of the Year	
1995	Julian Dwyer	2001	John Rowland
1994	Andrew Letherby	1997	John Rowland
1992	Chad Newton	1996	John Rowland
1991	Michael Dear	1995	John Rowland
		1992	Frank Daniels

2008 CAA Champion and NCAA All-American **MARK STEEDS**



Conference Championship Finish

Year	Conference	Finish	Points
2010	CAA	8th	225
2009	CAA	6th	173
2008	CAA	2nd	70
2007	CAA	3rd	96
2006	CAA	4th	104
2005	CAA	3rd	93
2004	A-SUN	2nd	42
2003	A-SUN	2nd	41
2002	A-SUN	3rd	77
2001*	A-SUN	1st	35
2000	TAAC	2nd	68
1999	TAAC	T-1st	55
1998*	TAAC	2nd	70
1997	TAAC	1st	31
1996	TAAC	1st	36
1995	TAAC	1st	36
1994	TAAC	3rd	91
1993*	TAAC	6th	131
1992	TAAC	2nd	41
1991	TAAC	2nd	43
1990*	TAAC	2nd	41
1989	TAAC	4th	85
1988	TAAC	2nd	55
1987	TAAC	2nd	50
1986*	TAAC	2nd	40
1985	TAAC	2nd	42
1984*	TAAC	2nd	34
1983	TAAC	2nd	68
1981-82	Independent		
1980	Sun Belt	3rd	99
1979	Sun Belt	3rd	87
1978	Sun Belt	3rd	68
1964-1977	Independent		

* Meets hosted by Georgia State

MEN'S POSTSEASON FINISHES

PANTHERS

Top 10 Individuals at Conference Championship

Year	Name	Place	Time	Dist.	Conf.
2009	Loris Hutterli	8th	25:31	8K	CAA
2008	Mark Steeds	1st	23:56	8K	CAA
	Rabah Syed	9th	24:47	8K	CAA
2007	Jay Morrill	9th	25:08	8K	CAA
2006	Mark Steeds	3rd	25:11	8K	CAA
2004	Jay Morrill	4th	26:51	8K	A-SUN
	Nick Miller	5th	26:54	8K	A-SUN
	Matt Cameron	7th	27:12	8K	A-SUN
2003	Paul Rickard	1st	25:12	8K	A-SUN
	Matt Cameron	5th	25:40	8K	A-SUN
	Nick Miller	6th	25:43	8K	A-SUN
2002	Matt Cameron	2nd	25:55	8K	A-SUN
2001	Giovanni Gentiluomo	2nd	25:18	8K	A-SUN
	Tee Mott	3rd	25:22	8K	A-SUN
	Paul Rickard	5th	25:27	8K	A-SUN
	Kenneth Martin	10th	25:49	8K	A-SUN
2000	Kenneth Martin	7th	26:17	8K	TAAC
1999	Tee Mott	2nd	25:16	8K	TAAC
	Giovanni Gentiluomo	8th	26:16	8K	TAAC
1998	Tee Mott	2nd	25:06	8K	TAAC
	Nick Stavropoulos	6th	26:14	8K	TAAC
1997	Andrew Letherby	1st	24:53	8K	TAAC
	Tee Mott	3rd	25:21	8K	TAAC
	Jimmy Sinkoski	6th	25:31	8K	TAAC
	Spencer Edward	10th	25:53	8K	TAAC
1996	Andrew Letherby	1st	26:13	8K	TAAC
	Daniel Hill	2nd	27:07	8K	TAAC
	Jimmy Sinkoski	4th	27:33	8K	TAAC
1995	Julian Dwyer	1st	25:18	8K	TAAC
	Andrew Letherby	2nd	25:29	8K	TAAC
	Stuart Lyall	9th	26:43	8K	TAAC
	Jeff Clayton	10th	26:44	8K	TAAC
1994	Andrew Letherby	1st	25:40	5 mi	TAAC
	Michael Dear	2nd	26:13	5 mi	TAAC
1993	Rob Preiditsch	9th	27:51	5 mi	TAAC
1992	Chad Newton	1st	25:29	5 mi	TAAC
	Michael Dear	2nd	25:40	5 mi	TAAC
	Sam Hooper	4th	26:06	5 mi	TAAC
1991	Michael Dear	1st	24:35	5 mi	TAAC
	Chad Newton	2nd	25:03	5 mi	TAAC
	Rob Preiditsch	7th	26:09	5 mi	TAAC
1990	John Rowland	2nd	26:09	5 mi	TAAC
	Jason Vuckovic	5th	26:32	5 mi	TAAC
	Jon Cressman	7th	26:54	5 mi	TAAC
1988	John Rowland	6th	26:08	5 mi	TAAC
	Tom Connelly	8th	26:11	5 mi	TAAC
1987	Mike Fitzgerald	4th	25:49	5 mi	TAAC
1986	Mike Fitzgerald	3rd	32:21	10K	TAAC
	Frank Daniels	10th	33:14	10K	TAAC
1985	Frank Daniels	3rd	26:49	5 mi	TAAC
	Kevin Russell	6th	27:24	5 mi	TAAC
	Robert Medcalf	10th	28:08	5 mi	TAAC
1984	Robert Medcalf	2nd	26:33	5 mi	TAAC
	Todd Eldridge	3rd	26:55	5 mi	TAAC
	Ronnie Harmon	6th	27:07	5 mi	TAAC
	Alan Tudor	10th	27:43	5 mi	TAAC
1983	Ronnie Brown	3rd	31:52	10K	TAAC

NCAA Regional Team Finish

Year	Place	Year	Place
2009	14	2001	8th
2008	8th	2000	10th
2007	11th	1999	12th
2006	9th	1998	11th
2005	7th	1996	18th
2004	16th	1995	15th
2003	12th	1990	25th
2002	13th		

Top 25 Runners at NCAA Regionals

Year	Name	Place	Time
2009	Loris Hutterli	25th	31:16.48
2008	Mark Steeds	4th	31:10.33
2006	Mark Steeds	11th	31:37.50
1999	Tee Mott	18th	30:44
1998	Tee Mott	14th	31:49
1997	Andrew Letherby	3rd	30:42
1996	Andrew Letherby	2nd	29:55
1995	Andrew Letherby	6th	31:42
1995	Julian Dwyer	8th	31:55
1988	John Rowland	NA	32:57



Three-time NCAA Nationals competitor **ANDREW LETHERBY**

Individuals at NCAA Nationals

Year	Name	Place	Time
2008	Mark Steeds	12th	29:49.20
1997	Andrew Letherby	41st	30:26
1996	Andrew Letherby	79th	32:38
1995	Andrew Letherby	47th	31:58
1995	Julian Dwyer	112th	33:05

Runners of the Week

Name	Year	Date	Conf.
Valentin Poncelet	2011	Sept. 13	CAA
Mark Steeds	2008	Oct. 21	CAA
Mark Steeds	2008	Oct. 7	CAA
Nick Miller	2004	Oct. 26	A-SUN
Paul Rickard	2003	Oct. 28	A-SUN
Paul Rickard	2003	Oct. 14	A-SUN
Michael Bond	2002	Sept. 11	A-SUN
Tee Mott	2001	Oct. 23	A-SUN
Giovanni Gentiluomo	2001	Oct. 2	A-SUN
Giovanni Gentiluomo	2001	Sept. 19	A-SUN

WOMEN'S CONFERENCE HISTORY

PANTHERS

All-Conference Selections

Name	Year(s)	Conference
Four Time All-Conference		
Jennifer Feenstra	2000-01, 2003-04	TAAC/A-SUN
Sarah Howard	1996-1999	TAAC
Cindy Medved	1986-1989	NSWAC

Three Time All-Conference

Nigisti Negussie	2001-2003	A-SUN
Meri Luckens (Poteet)	1989-1991	NSWAC
Jessica Graham (Raby)	1988-1990	NSWAC
Nora Weed	1985-1987	NSWAC
Brittanie Hughes	1998-00	TAAC

Two Time All-Conference

Janel Blancett	2008-09	CAA
Caitlin Price	2006, 2008	CAA
Rachel Hannah	2006-07	CAA
Jenna Hoffman	1996, 1998	TAAC
Shelley Tyler	1990, 1992	NSWAC/TAAC
Laura Smith	1986-87	NSWAC
Terri Morrison	1985-86	NSWAC

All-Conference

Rebecca Hallam	2007	CAA
Andrea Smith	2002	A-SUN
Laurie Harris	2000	TAAC
Shelly Price	1995	TAAC
Sara Acraman	1995	TAAC
Brenna Willis	1992	TAAC
Jane McDonald	1992	TAAC
Heather Weldon	1991	TAAC
Gina Russell	1989	NSWAC
Loreen White	1988	NSWAC
Linda Shelling	1987	NSWAC
Teresa Crisp	1985	NSWAC
Kim Bohanon	1985	NSWAC

Runner of the Year

2008	Janel Blancett
2007	Rachel Hannah
2004	Jenn Feenstra
1998	Sarah Howard
1997	Sarah Howard
1996	Sarah Howard
1995	Sara Acraman
1991	Meri Poteet
1990	Meri Poteet
1986	Terri Morrison
1985	Terri Morrison

Freshman of the Year

2008	Rebecca Hallam
2007	Caitlin Price

Coach of the Year

2008	Jessica Raby
2007	Jessica Raby
2000	Jessica Raby
1998	Jessica Raby
1989	Bruce LaBudde
1986	Bruce LaBudde
1985	Bruce LaBudde

Four-time All-Conference runner **JENN FEENSTRA**



Conference Championship Finish

Year	Conference	Finish	Points
2010	CAA	8th	183
2009	CAA	8th	188
2008	CAA	3rd	83
2007	CAA	3rd	91
2006	CAA	2nd	83
2005	CAA	3rd	116
2004	A-SUN	3rd	90
2003	A-SUN	3rd	77
2002	A-SUN	4th	137
2001*	A-SUN	2nd	65
2000	TAAC	1st	51
1999	TAAC	3rd	63
1998*	TAAC	1st	41
1997	TAAC	2nd	71
1996	TAAC	3rd	65
1995	TAAC	5th	131
1994	TAAC	8th	213
1993*	TAAC	8th	208
1992	TAAC	2nd	58
1991	TAAC	2nd	49
1990	NSWAC	2nd	38
1989	NSWAC	1st	31
1988	NSWAC	2nd	48
1987	NSWAC	2nd	41
1986	NSWAC	1st	28
1985	NSWAC	1st	32

* Meets hosted by Georgia State

WOMEN'S POSTSEASON FINISHES

PANTHERS

Top 10 Individual at Conference Championship

Year	Name	Place	Time	Dist.	Conf.
2009	Janel Blancett	6th	21:13	6k	CAA
2008	Janel Blancett	2nd	21:17	6k	CAA
	Caitlin Price	4th	21:25	6k	CAA
2007	Rachel Hannah	1st	21:28	6k	CAA
	Rebecca Hallam	9th	22:20	6k	CAA
2006	Rachel Hannah	4th	22:16	6k	CAA
	Caitlin Price	6th	22:24	6k	CAA
2004	Jennifer Feenstra	1st	18:15	5k	A-SUN
2003	Jennifer Feenstra	4th	18:01	5k	A-SUN
	Nigisti Negussie	5th	18:16	5k	A-SUN
2002	Andrea Smith	3rd	18:35	5k	A-SUN
	Nigisti Negussie	7th	19:09	5k	A-SUN
2001	Jennifer Feenstra	2nd	17:19	5k	A-SUN
	Nigisti Negussie	6th	18:17	5k	A-SUN
2000	Jennifer Feenstra	2nd	18:20	5k	TAAC
	Laurie Harris	5th	18:54	5k	TAAC
	Brittanie Hughes	7th	18:55	5k	TAAC
1999	Sarah Howard	2nd	18:09	5k	TAAC
	Brittanie Hughes	8th	19:15	5k	TAAC
1998	Sarah Howard	1st	18:04	5k	TAAC
	Brittanie Hughes	5th	18:57	5k	TAAC
	Jenna Hoffman	6th	18:59	5k	TAAC
1997	Sarah Howard	1st	18:44	5k	TAAC
	Katy Kline	9th	19:39	5k	TAAC
1996	Sarah Howard	1st	19:34	5k	TAAC
	Jenna Hoffman	6th	20:12	5k	TAAC
	Katy Kline	9th	20:23	5k	TAAC
1995	Sara Acraman	1st	18:56	5k	TAAC
	Shelly Price	8th	19:50	5k	TAAC
1992	Shelley Tyler	4th	20:19	5k	TAAC
	Jane McDonald	6th	20:40	5k	TAAC
	Brenna Willis	8th	20:45	5k	TAAC
1991	Meri Poteet	1st	17:34	5k	TAAC
	Heather Weldon	4th	18:43	5k	TAAC
1990	Meri Poteet	1st	18:56	5k	NSWAC
	Jessica Graham (Raby)	2nd	19:17	5k	NSWAC
	Shelley Tyler	8th	20:12	5k	NSWAC
1989	Meri Luckens (Poteet)	2nd	19:31	5k	NSWAC
	Jessica Graham (Raby)	4th	19:30	5k	NSWAC
	Gina Russell	5th	19:41	5k	NSWAC
	Cindy Medved	9th	20:01	5k	NSWAC
1988	Loreen White	3rd	19:31	5k	NSWAC
	Jessica Graham (Raby)	4th	19:33	5k	NSWAC
	Cindy Medved	10th	20:36	5k	NSWAC
1987	Linda Shelling	2nd	18:59	5k	NSWAC
	Cindy Medved	5th	20:07	5k	NSWAC
	Laura Smith	9th	20:42	5k	NSWAC
	Nora Weed	10th	20:44	5k	NSWAC
1986	Terri Morrison	1st	19:11	5k	NSWAC
	Laura Smith	2nd	20:45	5k	NSWAC
	Cindy Medved	5th	21:27	5k	NSWAC
	Nora Weed	9th	22:14	5k	NSWAC
1985	Terri Morrison	1st	18:37	5k	NSWAC
	Kim Bohanon	2nd	18:40	5k	NSWAC
	Teresa Crisp	6th	20:47	5k	NSWAC
	Nora Weed	7th	21:18	5k	NSWAC

NCAA Regional Team Finish

Year	Place	Year	Place
2010	9th	2003	13th
2009	17th	2002	12th
2008	11th	2001	11th
2007	6th	2000	13th
2006	11th	1999	11th
2005	18th	1998	8th
2004	16th		

Top 25 Runners at NCAA Regionals

Year	Name	Place	Time
2009	Janel Blancett	9th	20:33.42
2008	Janel Blancett	15th	21:26.81
2008	Caitlin Price	21st	21:40.30
2007	Rachel Hannah	8th	20:55.91
2004	Jennifer Feenstra	17th	21:38
2003	Jennifer Feenstra	15th	21:30
2001	Jennifer Feenstra	2nd	20:55
1999	Sarah Howard	8th	17:11
1998	Sarah Howard	21st	17:55

Individuals at NCAA Nationals

Year	Name	Place	Time
2009	Janel Blancett	47th	20:53.20
2007	Rachel Hannah	95th	21:31.50
2001	Jennifer Feenstra	44th	21:34

Conference Runners of the Week

Name	Year	Date	Conf.
Hannah Stefanoff	2011	Oct. 19	CAA
Hannah Stefanoff	2011	Oct. 11	CAA
Hannah Stefanoff	2011	Sept. 20	CAA
Hannah Stefanoff	2011	Sept. 13	CAA
Hannah Stefanoff	2011	Sept. 7	CAA
Janel Blancett	2009	Oct. 6	CAA
Janel Blancett	2009	Sept. 22	CAA
Janel Blancett	2009	Sept. 15	CAA
Rebecca Hallam	2009	Sept. 8	CAA
Janel Blancett	2008	Oct. 21	CAA
Caitlin Price	2008	Sept. 23	CAA
Rachel Hannah	2007	Oct. 3	CAA
Rachel Hannah	2007	Sept. 18	CAA
Jenn Feenstra	2004	Oct. 26	A-SUN
Jenn Feenstra	2004	Oct. 5	A-SUN
Nigisti Negussie	2003	Oct. 28	A-SUN
Jenn Feenstra	2003	Oct. 14	A-SUN
Jenn Feenstra	2003	Sept. 16	A-SUN
Nigisti Negussie	2003	Sept. 9	A-SUN
Nigisti Negussie	2002	Oct. 15	A-SUN
Nigisti Negussie	2001	Oct. 23	A-SUN
Jenn Feenstra	2001	Oct. 2	A-SUN
Jenn Feenstra	2001	Sept. 19	A-SUN