



Women's Cross Country History and Records



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All Time Results

1984



9/8	Western State Invitational	Gunnison, CO	unknown
9/19	Adams State Invitational	Alamosa, CO	5 th /9
9/29	Air Force Academy	Colorado Springs	unknown
10/6	Fort Lewis Invitational	Durango, CO	unknown
10/20	University of Arizona	Tucson, AZ	unknown
11/12	RMAC NAIA District VII championships	Las Vegas, NM	4 th

1985

9/7	Western Sate College	Gunnison, CO	unknown
9/14	Colorado School of Mines	Golden, CO	unknown
9/21	University of New Mexico	Albuquerque, NM	unknown
9/28	Air Force Academy	Colorado Springs, CO	unknown
10/5	Fort Lewis Invitational	Durango, CO	unknown
10/12	University of Arizona	Tucson, AZ	unknown
10/19	Adams State Invitational	Alamosa, CO	unknown
11/2	RMAC/District VII champs	Gunnison, CO	unknown

1986

9/6	Western State College	Gunnison, CO	unknown
9/13	Northern Arizona University	Flagstaff, AZ	unknown
9/20	University of New Mexico	Albuquerque, NM	unknown
9/27	Air Force Academy	Colorado Springs, CO	unknown
10/4	Fort Lewis Invitational	Durango, CO	unknown
10/13	University of Arizona	Tucson, AZ	unknown
10/18	Adams State Invitational	Alamosa, CO	unknown
11/1	RMAC/District VII champs	Golden, CO	3 rd
11/16	NAIA Nationals	Kenosha, WI	22 nd

1986 Season Bests

5k	Sara Kenesta	NAIA Nationals	19:15
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1987

9/5	Western State Invitational	Gunnison, CO	unknown
9/12	Adams State Invitational	Alamosa, CO	unknown
9/19	Univ. of Southern Colorado invite	Pueblo, CO	unknown
9/26	Fort Lewis Invitational	Durango, CO	unknown
10/3	Reebok Rocky Mountain Shootout	Boulder, CO	unknown
10/17	Colorado State Univ. invite	Fort Collins, CO	unknown
10/24	Adams State Invitational	Alamosa, CO	unknown
11/7	RMAC/District VII championships	Alamosa, CO	unknown

1988

9/3	Navajo Community College	Chinle, AZ	unknown
9/10	Northern Arizona University	Flagstaff, AZ	unknown
10/8	Colorado College Invite	Colorado Springs, CO	NTS
10/17	University of Southern Colorado	Pueblo, CO	unknown
10/24	Air Force Academy Invitational	Colorado Springs, CO	unknown
10/8	University of Arizona	Tucson, AZ	unknown
10/15	Fort Lewis Invitational	Durango, CO	unknown
10/22	Adams State Invitational	Alamosa, CO	unknown
11/5	RMAC/District VII championships	Pueblo, CO	unknown

1988 Season Bests

5k	Melissa Knight	Flagstaff, AZ	18:09
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1989

9/2	Western State Invitational	Gunnison, CO	unknown
9/9	Yavapai College	Prescott, AZ	unknown
9/16	University of Southern Colorado	Pueblo, CO	unknown
9/23	Brigham Young University	Provo, UT	unknown
9/30	Fort Lewis Invitational	Durango, CO	unknown
10/7	Rocky Mountain Shootout	Boulder, CO	unknown
10/14	University of Arizona	Tucson, AZ	unknown
10/21	Adams State Invitational	Alamosa, CO	unknown
11/4	RMAC/District VII championships	Kenosha, WI	unknown

1990

9/9	Western State Invitational	Gunnison, CO	NTS
9/15	Adams State Invitational	Alamosa, CO	NTS
9/22	Air Force Academy Invitational	Colorado Springs, CO	NTS



9/29	Fort Lewis Invitational	Durango, CO	NTS
10/6	Colorado College	Colorado Springs, CO	unknown
10/13	Mesa State College	Grand Junction, CO	unknown
10/27	RMAC/District VII championships	Las Vegas, NM	NTS

1990 Season Bests

5k	Penny Higgins	Gunnison, CO	21:33
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1991

9/7	Western State Invitational	Gunnison CO	3 rd /5
9/14	Adams State Invitational	Alamosa, CO	6 th /8
9/21	Univ. Southern Colorado Invite	Pueblo, CO	5 th /6
10/5	Rocky Mountain Shootout	Boulder, CO	11 th /11
10/19	Adams State Invitational	Alamosa, CO	6 th /7
10/12	Fort Lewis Invitational	Durango, CO	6 th /7
11/2	RMAC/District VII championships	Kenosha, WI	5 th /5

1991 Season Bests

5k	Stacie Nakai	Boulder, CO	20:53
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1992

9/12	George Kite Invitational	Flagstaff, AZ	7 th /9
10/3	Southern CA Biola Invitational	La Mirada, CA	4 th /8
10/10	Western State Invitational	Gunnison, CO	unknown
10/17	Adams State Invitational	Alamosa, CO	6 th /7
10/31	Lobo Invitational	Albuquerque, NM	5 th /5
11/7	NCAA Division II Regionals	Omaha, NE	

1992 Season Bests

5k	Stacie Nakai	Omaha, NE	20:08
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1993

9/11	Northern Arizona University Invite	Flagstaff, AZ	NTS
9/18	Colorado College Invitational	Colorado Springs, CO	7 th /7
10/2	Yavapai Dual Meet	Durango, CO	2 nd /2
10/16	Adams State Invitational	Alamosa, CO	6 th /6
10/30	New Mexico Invitational	Bernalillo, NM	4 th /5
11/6	NCAA South Central Regional	Hays, KS	9 th /9
9/25	Air Force Invitational	Colorado Springs, CO	11 th /11



1993 Season Bests

5k Julie Podorski Colorado Springs, CO 20:57

1994

9/10	George Kite Invitational	Flagstaff, AZ	7 th /8
9/17	Colorado College Invitational	Colorado Springs, CO	10 th /10
9/24	New Mexico Highlands Invite	Las Vegas, NM	3 rd /4
10/8	Fort Lewis Invitational	Durango, CO	2-way tie
10/15	Adams State Invitational	Alamosa, CO	3 rd /4
10/22	RMAC championships	Gunnison, CO	NTS
10/29	UNM cross country invitational	Bernalillo, NM	NTS
11/5	NCAA South Central Regional	Amarillo, TX	NTS

1994 Season Bests

5k Michelle Selby Las Vegas, NM 20:35

1995

9/9	George Kite Classic	Flagstaff, AZ	7 th /15
9/16	Colorado College Invitational	Colorado Springs	NTS
9/23	Skyhawk Invitational Hilary Flaming (6 th)	Durango, CO	4 th /5
9/30	Western State Invitational Hilary Flaming (6 th)	Gunnison, CO	5 th /6
10/7	Rocky Mountain Shootout	Boulder, CO	13 th /14
10/21	RMAC championships Hilary Flaming (9 th)	Golden, CO	8 th /8
11/4	NCAA South Central Regional	unknown	NTS
11/18	NCAA Cross Country Champs	Spartanburg, SC	NTS

1995 Season Bests

5k Hilary Flaming Spartanburg, SC 18:03.57

1996

9/7	Joe Vigil Invitational	Alamosa, CO	4 th /5
9/14	Colorado College Invitational	Colorado Springs, CO	6 th /9
9/28	Western State Invitational	Gunnison, CO	3 rd /5
10/5	Skyhawk Invitational (Hilary Flaming 1 st)	Durango, CO	1 st /4
10/19	BYU Invitational	Provo, UT	10 th /12
10/26	RMAC Championships	Alamosa, CO	5 th /8



11/7 NCAA South Central Regional Canyon, TX 9th/?

1996 Season Bests

5k Michelle Selby Alamosa, CO 20:19

1997

9/6 Joe Vigil Invitational Alamosa, CO 6th/9
 9/13 Colorado College Invitational Colorado Springs, CO 8th/16
 9/20 Tom Strandt Invitational Durango, CO 3rd/6
 (Jill Wheeler, 8th)
 9/27 Cowboy Classis, NMHU Las Vegas, NM 2nd/6
 (Jill Wheeler, 7th)
 10/4 Rocky Mountain Shootout Boulder, CO 9th/11
 10/18 BYU Autumn Classic Provo, UT 7th/7
 10/28 RMAC Championships Hays, KS 6th/10

1997 Season Bests

5k Jill Wheeler Las Vegas, NM 19:35

1998

9/5 Joe Vigil Invitational Alamosa, CO 5th/9
 9/12 Colorado College Invitational Colorado Springs, CO 2nd/16
 (Susan Sagle, 4th)
 9/19 Tom Strandt Invitational Durango, CO 1st/8
 (Jill Wheeler, 2nd; Susan Sagle, 3rd)
 9/29 Western State Invitational Gunnison, CO 2nd/6
 10/3 Rocky Mountain Shootout Boulder, CO 5th/15
 10/24 RMAC Championships Durango, CO 4th/10
 11/7 NCAA South Central Regional Abilene, TX 3rd/16
 11/23 NCAA Division II Championships Lawrence, KS 17th/17

1998 Season Bests

5k Susan Sagle Colorado Springs, CO 19:45
 6k Susan Sagle Abilene, TX 22:17

1999

9/4 Joe Vigil Invitational Gunnison, CO 4th/7
 9/11 Colorado College Invitational Colorado Springs, CO 4th/12
 (Laura Kwiatkowski, 7th)
 9/18 Tom Strandt Invitational Durango, CO 1st/5



(Laura Kwiatkowski, 2nd; Heather Lyons, 3rd)

10/2	Rocky Mountain Shootout	Boulder, CO	6 th /10
10/8	ASU XC Invitational	Gilbert, AZ	10 th /13
10/23	RMAC Championships	Grand Junction, CO	4 th /10
11/6	NCAA South Central Regional	Hays, KS	6 th /17

1999 Season Bests

5k	Laura Kwiatkowski	Gunnison, CO	19:45
6k	Heather Lyons	Hays, KS	23:35

2000

9/2	Joe Vigil Invitational	Alamosa, CO	5 th /8
9/16	Tom Strandt Invitational (Christina Ruitter, 1 st ; Susan Sagle, 2 nd ; Amber Valdez, 3 rd)	Durango, CO	1 st /5
9/23	NMHU Cross Country Jam (Christina Ruitter, 1 st ; Susan Sagle, 5 th)	Las Vegas, NM	2 nd /4
9/30	Rocky Mountain Shootout (Christina Ruitter, 14 th)	Boulder, CO	4 th /9
10/7	Dan Libera Memorial Race (Susan Sagle, 10 th)	Greeley, CO	5 th /8
10/21	RMAC Championships	Las Vegas, NM	6 th /10
11/4	NCAA North Central Regional	Hays, KS	15 th /20

2000 Season Bests

5k	Christina Ruitter	Las Vegas, NM	18:30
6k	Susan Sagle	Hays, KS	23:45

2001

9/1	Joe Vigil Invitational	Alamosa, CO	5 th /8
9/15	Tom Strandt Invitational (Susan Sagle, 1 st)	Durango, CO	1 st /3
9/22	Wester State College Open	Gunnison, CO	5 th /6
10/6	Rocky Mountain Shootout	Boulder, CO	3 rd /5
10/20	RMAC Championships (Susan Sagle, 10 th)	Kearney, NE	6 th /10
11/3	NCAA North Central Regional	Omaha, NE	13 th /23

2001 Season Bests

5k	Susan Sagle	Alamosa, CO	18:59.24
6k	Susan Sagle	Kearney, NE	22:52



2002

9/14	UNM Invitational	Albuquerque, NM	NTS
9/21	Tom Strandt Memorial Invite (Brienne Lippoldt, 1 st)	Durango, CO	1 st /2
10/5	Rocky Mountain Shootout	Boulder, CO	6 th /9
10/12	Dan Libera Memorial Run (Brienne Lippoldt, 9 th)	Greeley, CO	10 th /12
10/26	RMAC Championships	Gunnison, CO	8 th /11
11/9	NCAA North Central Regional	Hays, KS	15 th /24

2002 Season Bests

5k	Brienne Lippoldt	Greeley, CO	18:18
6k	Brienne Lippoldt	Hays, KS	22:34.97

2003

9/13	UNM Invitational (Brienne Lippoldt, 10 th)	Albuquerque, NM	8 th /14
9/20	Tom Strandt Memorial Invite	Durango, CO	1 st /2
10/4	Rocky Mountain Shootout (Brienne Lippoldt, 5 th)	Boulder, CO	5 th /9
10/11	Dan Libera Memorial Run (Brienne Lippoldt, 1 st)	Greeley, CO	8 th /10
10/25	RMAC Championships (Brienne Lippoldt, 11 th)	Alamosa, CO	7 th /11
11/8	NCAA North Central Regional (Brienne Lippoldt, 8 th)	Wayne, NE	14 th /26
11/22	NCAA Division II Nationals (Brienne Lippoldt, 14 th)	Raleigh, NE	NTS

2003 Season Bests

5k	Brienne Lippoldt	Durango, CO	18:20
6k	Brienne Lippoldt	Wayne, NE	21:38

2004

9/4	Tom Strandt Memorial Invite (Jessica Quigley, 1 st)	Durango, CO	1 st /3
9/11	UNM Lobo Invitational	Albuquerque, NM	7 th /12
9/25	NM Highlands Invitational	Las Vegas, NM	8 th /9
9/25	XC Only Championships (Jessica Quigley, 7 th)	Edwardsville, IL	2 nd /5



10/2	Rock Mountain Shootout	Boulder, CO	5 th /8
10/23	RMAC Championships	Golden, CO	7 th /11
11/6	NCAA North Central Regional	Vermillion, SD	14 th /24

2004 Season Bests

5k	Jessica Quigley	Durango, CO	19:57.1
6k	Jessica Quigley	Vermillion, SD	23:19

2005

9/3	George Kyte Classic (Jessica Quigley, 3 rd ; Emily Roser, 4 th)	Flagstaff, AZ	1 st /7
9/3	Joe Vigil Open (Vanessa Escatel, 10 th)	Alamosa, CO	4 th /4
9/10	UNM Lobo Invitational	Albuquerque, NM	6 th /13
9/17	Tom Strandt Memorial Invite (Emily Roser, 2 nd)	Durango, CO	1 st /2
10/1	Rocky Mountain Shootout	Boulder, CO	4 th /11
10/22	RMAC Championships	Littleton, CO	5 th /12
11/5	NCAA North Central Regional	Hays, KS	8 th /25

2005 Season Bests

5k	Jessica Quigley	Flagstaff, AZ	18:13.1
6k	Emily Roser	Hays, KS	22:33.75

2006

9/9	UNM Lobo Invitational (Emily Roser, 6 th)	Albuquerque, NM	5 th /13
9/16	Aztec Invitational	San Diego, CO	8 th /12
9/16	Mountaineer Open	Gunnison, CO	3 rd /4
9/30	Rocky Mountain Shootout (Emily Roser, 6 th)	Boulder, CO	4 th /12
10/14	Tom Strandt Memorial Invite (Emily Roser, 1 st ; Jessica Quigley, 3 rd)	Durango, CO	1 st /4
10/21	RMAC Championships (Emily Roser, 8 th)	Pueblo, CO	4 th /12
11/4	NCAA North Central Regional (Emily Roser, 10 th)	Wayne, NE	6 th /?
11/18	NCAA Division II Championships (Emily Roser, 18 th)	Pensacola, FL	21/24



2006 Season Bests

5k	Emily Roser	Albuquerque, NM	18:20
6k	Emily Roser	Wayne, NE	22:04

2007

9/1	Tom Strandt Memorial Invite (Mallory Kneller, 4 th)	Durango, CO	2 nd /4
9/15	Aztec Invitational (Mallory Kneller, 3 rd ; Ashley Kelly, 5 th)	San Diego, CO	2 nd /9
9/29	Rocky Mountain Shootout	Boulder, CO	3 rd /11
10/20	RMAC Championships	Durango, CO	6 th /13
11/3	NCAA North Central Regional	Vermillion, SD	9 th /23

2007 Season Bests

5k	Mallory Kneller	San Diego, CA	19:25
6k	Kery Allen	Vermillion, SD	22:57

2008

9/6	Joe Vigil Invitational	Alamosa, CO	3 rd /?
9/13	CSU Cross Country Classic	Fort Collins, CO	5 th /?
9/27	Riverside Invitational	Riverside, CA	18 th /34
10/11	Tom Strandt Memorial Run (Ashley Kelly, 1 st)	Durango, CO	1 st /2
10/11	RMAC Championships	unknown	8 th /?
11/8	NCAA North Central Regional	Kearney, NE	14 th /23

2008 Season Bests

5k	Ashley Kelly	Riverside, CA	18:37.6
6k	Kaydee McCray	Kearney, NE	23:01.4

2009

9/5	Joe Vigil Invitational	Alamosa, CO	4 th /?
9/19	UC-Riverside Invitational	Riverside, CA	18 th /27
10/10	Tom Strand Memorial Run (Kenzie Grant, 2 nd ; Ashley Kelly, 3 rd)	Durango, CO	1 st /4
10/24	RMAC Championships (Kenzie Grant, 6 th)	Denver, CO	8 th /?
11/7	NCAA North Central Regional	Wayne, NE	12 th /22



2009 Season Bests

5k	Kenzie Grant	Riverside, CA	17:54
6k	Kenzie Grant	Wayne, NE	22:50

2010

9/11	Joe Vigil Invitational	Alamosa, CO	3 rd /3
11/17	Tom Strandt Memorial Run	Durango, CO	2 nd /2
10/2	Rocky Mountain Shootout	Boulder, CO	10 th /15
10/16	Chile Pepper XC Festival	Fayetteville, AK	42 nd /56
11/6	RMAC Championships	Las Vegas, NM	9 th /13
11/20	NCAA North Central Regional	Wayne, NE	17 th /21

2010 Season Bests

5k	Ashely Kelly	Fayetteville, AK	18:53.9
6k	Ashley Kelly	Las Vegas, NM	23:38

2011

9/3	Lobo Cross Country Invitational	Albuquerque, NM	5 th /5
9/16	Tom Strandt Memorial Run (Helen Smith, 2 nd)	Durango, CO	2 nd /3
10/1	Rocky Mountain Shootout	Boulder, CO	3 rd /10
10/8	Triton Cross Country Classic	La Jolla, CA	13 th /13
10/11	RMAC Championships	Denver, CO	11 th /12
11/5	NCAA Central Regionals	Denver, CO	18 th /21

2011 Season Bests

5k	Hellen Smith	Durango, CO	20:12
6k	Hellen Smith	La Jolla, CA	24:20.6

2012

9/8	Joe Vigil Open	Alamosa, CO	5 th /8
9/14	Southwest XC Challenge (Alyssa Carman, 4 th)	Durango, CO	1 st /3
9/29	Rocky Mountain Shootout	Boulder, CO	3 rd /11
10/6	Metro State Invitational	Denver, CO	5 th /7
10/20	RMAC Championships	Colorado Springs, CO	5 th /14
11/3	NCAA South Central Regionals	Denver, CO	9 th /24



2012 Season Bests

5k	Maddie Kruger	Alamosa, CO	19:31
6k	Maddie Kruger	Denver, CO	23:30

2013

9/7	Joe Vigil Open (Katarina Medici, 9 th)	Alamosa, CO	2 nd /7
9/14	Tom Strandt Memorial Run	Durango, CO	NTS
9/21	Colorado College Invitational	Colorado Springs, CO	8 th /9
9/28	Stanford XC Invitational	Palo Alto, CA	9 th /11
10/5	Western State Mountaineer Open (Maddie Kruger, 5 th)	Gunnison, CO	2 nd /6
10/26	RMAC Championship	Silver City, NM	7 th /14
11/9	NCAA South Central Regional	Canyon, TX	12 th /22

2013 Season Bests

5k	Katerina Medici	Alamosa, CO	19:08.65
6k	Maddie Kruger	Silver City, NM	23:10

2014

9/6	ASU Joe Vigil Open	Alamosa, CO	5 th /6
9/20	Colorado College Invitational	Colorado Springs, CO	6 th /7
9/29	Roy Griak Invitational	Falcon Heights, MN	13 th /35
10/4	Metro State Invitational	Denver, CO	12 th /16
10/18	Fort Hays Univ. Tiger Open	Hays, KS	6 th /17
11/8	RMAC Championship (Maddie Kruger, 10 th)	Gunnison, CO	7 th /15
11/22	NCAA South Central Regional (Maddie Kruger, 17 th)	Denver	9 th /18

2014 Season Bests

5k	Maddie Kruger	Hays, KS	17:53.3
6k	Maddie Kruger	Gunnison, CO	23:16.0

2015

9/5	ASU Joe Vigil Open (Emily Bryant, 12 th)	Alamosa, CO	3 rd /6
9/19	MSSU Southern Stampede	Joplin, MO	8 th /23
9/19	Colorado College Invitational	Colorado Springs, CO	7 th /9



10/3	Metro State Invitational (Becca Bramley, 5 th)	Denver, CO	3 rd /6
10/10	Fort Hays Univ. Tiger Open	Hays, KS	5 th /13
10/24	RMAC Championship	Alamosa, CO	4 th /16
11/7	NCAA South Central Regional	Canyon, TX	5 th /

2015 Season Bests

5k	Victoria Quintana	Hays, KS	18:55.0
6k	Becca Bramley	Canyon, TX	22:44.5

2016

9/10	ASU Joe Vigil Open	Alamosa, CO	2 nd /3
9/17	Western State Invitational	Gunnison, CO	3 rd /8
10/1	Metro State Invitational (Becca Bramley, 3 rd)	Denver, CO	2 nd /11
10/8	Fort Hays State Invitational	Hays, KS	8 th /15
10/22	RMAC Championship	Spearfish, SD	6 th /15
11/5	NCAA South Central Regional	Denver, CO	7 th /27

2016 Season Bests

5k	Becca Bramley	Hays, KS	17:47.9
6k	Becca Bramley	Denver, CO	23:05

2017

9/1	UCCS Rust Buster (Becca Bramley, 1 st ; Erin Renner, 5 th)	Colorado Springs, CO	2 nd /5
9/16	UC Riverside Invitational	Riverside, CA	7 th /13
10/7	Metro state Roadrunner Invite	Denver, CO	NTS
10/7	Lewis Conference Crossover	Romeroville, IL	20 th /34
10/21	RMAC Championship	Chadron, NE	6 th /15
11/4	NCAA South Central Regional	Canyon, TX	6 th /27
11/18	NCAA Division II Championship	Evansville, IN	NTS

2017 Season Bests

5k	Becca Bramley	Colorado Springs, CO	18:49.5
6k	Erin Renner	Canyon, TX	21:46.89

2018

9/1	Tom Strandt Memorial Run	Durango, CO
9/14	Western State Invitational	Gunnison, CO
9/29	Roy Griak Invite	Minneapolis, MN
10/6	Metro State Roadrunner Invite	Denver, CO
10/13	Fort Hays State Invite	Hays, KS
11/3	RMAC Championships	Lakewood, CO
11/17	NCAA South Central Regional	Denver, CO
12/1	NCAA Division II Championship	Pittsburg, PA



All-Time Top 20 Times

Women's 5k

	Name	5k	Location	Year
1	Becca Bramley	17:47.9	Hays, KS	2016
2	Maddie Kruger	17:53.3	Hays, KS	2014
3	Kenzie Grant	17:54.5	Riverside, CA	2009
4	Hilary Flaming	18:03.6	Spartanburg, SC	1995
5	Emily White	18:04.1	Hays, KS	2016
6	Melissa Knight	18:09.0	Flagstaff, AZ	1988
7	Jessica Quigley	18:13/1	Flagstaff, AZ	2005
8	Kaydee McCray	18:14.4	Riverside, CA	2009
9	Emily Roser	18:15.4	Flagstaff, AZ	2005
10	Brianne Lippoldt	18:18.0	Greely, CO	2002
11	Ashley Kelly	18:19.1	Riverside, CA	2009
12	Katherine Judge	18:28.4	Hays, KS	2014
13	Erin Renner	18:29.7	Hays, KS	2016
14	Christina Ruitter	18:30.69	Las Vegas, NM	2000
15	Jennifer Laipple	18:48.2	Flagstaff, AZ	2005
16	Emily Bryant	18:51.8	Hays, KS	2016
17	Victoria Quintana	18:55.0	Hays, KS	2015
18	Susan Sagle	18:59.24	Alamosa, CO	2001
19	Kristen Ascencio	19:00.9	Hays, KS	2015
20	Cassandra Porter	19:03.1	Hays, KS	2016



Women's 6k

	Name	6k	Location	Year
1	Emily Roser	21:10.8	Pensacola, FL	2006
2	Brianne Lippoldt	21:38.0	Alamosa, CO	2003
3	Erin Renner	21:46.89	Canyon, TX	2017
4	Becca Bramley	21:52.78	Canyon, TX	2017
5	Emily Roser	22:04	Wayne, NE	2006
6	Susan Sagle	22:17	Abilene, TX	1998
7	Jessica Quigley	22:34.8	Pensacola, FL	2006
8	Hilary Flaming	22:42	Abilene, TX	1998
9	Victoria Quintana	22:45.6	Alamosa, CO	2015
10	Kenzie Grant	22:50	Wayne, NE	2009
11	Kery Allen	22:57	Vermillion, SD	2007
12	Ashley Kelly	22:57	Vermillion, SD	2007
13	Monica Bishop	22:58	Vermillion, SD	2007
14	Kaydee McCray	23:01.4	Kearney, NE	2008
15	Laura Kwiatkowski	23:05	Abilene, TX	1998
16	Jen Laipple	23:10	Pensacola, FL	2006
17	Maddie Kruger	23:10	Silver City, NM	2013
18	Jill Wheeler	23:12	Abilene, TX	1998
19	Heather Lyons	23:13	Abilene, TX	1998
20	Emily Bryant	23:27	Alamosa, CO	2015



FLC XC Women's Awards

NAIA Nationals Qualifiers

- 1986 Team (22nd/39) – Sara Kenesta, Mildred Benally, Petula Chischilly, Teyetta Riley, Lita Scott, Amy Taylor
- 1988 – Melissa Knight (18th)

NAIA All-Americans

- 1988 – Melissa Knight

NCAA Nationals Qualifiers

- 1995 – Hillary Flaming (24th)
- 1998 Team (17th/17) – Hilary Flaming, Susan Sagle, Jill Wheeler, Heather Lyons, Laura Kwiatkowski, Bettina Begay; first nationals qualifying FLC women's team in any sport after jump to NCAA
- 2003 – Brianne Lippoldt (14th)
- 2006 – Team (21st/24) – Emily Roser, Jessica Quigley, Jen Laipple, Monica Bishop, Tricia Harutun, Kaydee McCray, Heidi Flint
- 2017 – Erin Renner (80th)

NCAA All-Americans

- 1995 – Hilary Flaming
- 2003 – Brianne Lippoldt
- 2006 – Emily Roser

NCAA Academic All-Americans

- 1996 – team
- 1997 – team
- 1998 – team
 - Hilary Flaming
- 2002 – team
- 2007 – team
 - Monica Bishop
- 2009 – Ashley Kelly

Division II Athletic Directors Association Academic Achievement Award

- 2008 – Ashley Kelly
 - Gentry Peppin
- 2009 – Whitney Allard
 - Ashley Kelly
 - Gentry Peppin



2012 – Katarina Medici
 Stephanie Dexter
 2014 – Kristen Ascencio
 Julia Boyd-Helm
 Stephanie Dexter
 Madeigh Winsor
 Alexis Work

All-Regional Team

1995 – Hilary Flaming
 2006 – Emily Roser
 2014 – Maddie Kruger
 2016 – Becca Bramley
 2017 – Erin Renner
 Becca Bramley

RMAC – All-Conference

1995 – Hilary Flaming
 2001 – Susan Sagle
 2006 – Emily Roser
 2009 – Kenzie Grant
 2014 – Maddie Kruger
 Katherine Judge
 2015 – Victoria Quintana
 Becca Bramley
 2016 – Becca Bramley
 Emily White
 2017 – Erin Renner
 Becca Bramley

RMAC – Academic All-Conference

1995 – Michelle Selby
 1996 – Hilary Flaming
 Michelle Selby
 1997 – Shelby Blaire
 Hilary Flaming
 Susan Jackson
 Michelle Selby
 Jill Wheeler
 1998 – Hilary Flaming
 Jill Wheeler
 1999 – Amanda Fletcher
 Susan Jackson

Laura Kwiatkowski
 Heather Lyons
 Jill Wheeler
 2000 – Lera Main
 2001 – Lera Main
 Susan Sagle
 Shayna Warner
 2007 – Allison Wine
 Whitney Allard
 2009 – Gentry Peppin
 2010 – Ashley Kelly
 Gentry Peppin



Hellen Smith
2012 – Courtney Ragle
2013 – Stephanie Dexter
Katarina Medici
Emily White
Alexis Work
2015 – Alexis Work
Kristen Ascencio
Chloe Boehlke
Emily Bryant
Erin Renner
2016 – Chloe Boehlke
Emily Bryant
Madison Obernesser
Erin Renner
Carly Wilborn
2017 – Becca Bramley
Emily Bryant
Anastasia George
Madison Obernesser
Erin Renner
Emily White
Carly Wilborn



RMAC Runner of the week

2003 – Brianne Lippoldt (two times)

2004 – Jessica Quigley

Fort Lewis College Athlete of the Year

1998 – Hilary Flaming

Fort Lewis College Scholar-Athlete of the Year

2000 – Heather Lyons

2006 – Jessica Quigley

2011 – Ashley Kelly

Fort Lewis College Senior Athlete of the Year

1999 – Hilary Flaming

2004 – Brianne Lippoldt

2007 – Emily Roser

2014 – Maddie Kruger

2017 – Erin Renner



All Time Roster

A

Amy Alcott 95
 Whitney Allard 06-09*
 Kery Allen 07
 Jennifer Arnold 00
 Mikki Arvison 91
 Perfillia Arviso 90
 Kristen Ascencio 14-15

B

Shelley Ballenger 01
 Reyna Banteah 04
 Sara Barron 00-01
 Rochelle Barton 90
 Chelsey Beans-Polk 14
 Betina Begay 98
 Andrea Belforti 96
 Mildred Benally 86
 Benji Beyale 01
 Monica Bishop 04-07*
 Shelby Blair 96-97
 Ruby Blair 96
 Becca Bramley 15-17
 Sonia Bruschi 98
 Emily Bryant 14-17*
 Chloe Boehlke 14-16
 Jae Borgen 13
 Valarie Bound 12
 Julia Boyd-Helm 13-14

C

Jet Cabrera 84
 Valarie Calebaza 16
 Katie Callahan 01
 Alyssa Carman 12-14
 Amelia Carpenter 02
 Chepngetich Carren 09
 Sarah Chacon 16
 Winterblossom Chee 11
 Petula Chischilly 86
 Nina Clark 92

Brooke Clements 95
 Garilena Cly 12-13
 Carolyn Cohen 04
 Shirley Cook 95-96
 Morgan Cook 99
 Maria Creech 11
 Amber Crewse 12

D

Kolette Dayish 11, 13
 Megan Derschang 08-10
 Nicole Desouchet 13
 Stephanie Dexter 12-14
 Tara Dillon 09, 12
 Teri Donald 03
 Ronoh Dorcas 09
 Meghan Doyle 02-03
 Deanna Duncan 91

E

Sarah Edwards 92
 Vanessa Escatel 05

F

Margaret Fairchild 90-91
 Amanda Fletcher 98-99
 Hilary Flaming 95-98*
 Andrea Fleming 95
 Heidi Flint 02-04, 06*
 Alyssa Fredericks 03

G

Karleen Gachupin 04
 Anastasia George 16-17
 Rhea Gillespie 12-14
 Kiara Glover 11-14*
 Lucinda Goodknight 99, 01-02
 Kenzie Grant 08-09
 Laura Gregory 01
 Jaclin Guthrie 10-11



H

Tamara Hardy 09
 Tricia Harutun 05-06
 Cynthia Haskie 90
 Alyssa Haviland 93
 Paula Hannaweeke 86
 Ashley Hepworth 95
 Pennilyn Higgins 90-92
 Kari Hill 98-99
 Liz Hita 01
 Farrah Hood 13
 Yolanda Horn 97

I

Amber Izzo 11

J

Susan Jackson 96-99*
 Kayla Jamerson 14
 Jamie John 91-92
 Amber Johnson 17
 Kate Judge 12-14

K

Rory Kahn 02-04
 Sara Kenesta 86
 Nicole Maloney 99
 Melissa Kaye 05
 Jessica Keetso 08-09
 Ashley Kelly 07-10*
 Mallory Kneller 07
 Melissa Knight 87-89
 Ivy Koehler 98
 Robin Kowice 90
 Maddie Kruger 10, 12-14*
 Laura Kwaihkowski 98-99

L

Jennifer Laipple 05-06
 Cheryl Lawless 91
 Kelsi Lawrence 13-14
 Sarah Lewandowski 03
 Brianne Lippoldt 01-03

Sarah Logan 92

Morgan Love 10-11
 Cathy Lucatvorto 84
 Crystal Lucero 04
 Heather Lyons 98-99

M

Megan Mahalovich 12
 Lera Main 99-01
 Danielle Marin 00
 Dorothy Martin 84-85
 Allison McCormick 94
 Kaydee McCray 06-09*
 Katheryn McNeil 10
 Katarina Medici 12-13
 Kierstin Melson 98-99
 Beverly Morgan 93, 95
 Emma Morgan 93-95
 Jessica Morgan 09
 Dana Moore 96
 Lindsay Moore 01
 Selene Mosley 85

N

Stacie Nakai 91-92
 Codie Natseway 03
 Teresa Nees 02-03

O

Madison Obernesser 16-17
 Courtney Ott 11

P

Ann Paciaroni 96
 Gentry Peppin 08-10
 Julie Podorski 93
 Cassandra Porter 16
 Liz Pulis 92

Q

Jessica Quigley 03-06*
 Victoria Quintana 15



R

Courtney Ragle 11-13
 Erin Renner 14-17*
 Reyette Riley 86
 Tricia Roller 90
 Kelly Rosenboom 96
 Emily Roser 05-06
 Christina Ruitter 00

S

Susan Sagle 97, 00-01
 Mariah Salzano 16
 Missy Sanchez 06
 Grace Sanderson 96-97
 Shelby Schaefer 10
 Megan Schroeder 13-14
 Pippin Schupback 90
 Liz Schwab 10-11
 Lita Scott 86
 Michelle Selby 94-97
 Hannah Seward 16
 Helen Smith 09-11
 Nikky Smith 92
 Justine Smith 09
 Sofie Stenstadvold 07-08
 Nicole Strub 96
 Tyler Surowicz 05-06
 Davette Susan 15

T

Shayla Tate 16-17
 Susie Taylor 85-86
 Amy Taylor 86
 Carrie Thibault 91
 Rachelle Trujillo

V

Amber Valdez 00
 Aubrey Volger 02-03

W

Sarah Wagner 94
 Lisa Walczynski 91-92
 Shayna Warner 00-01
 Hillary Watts 93-94
 Jill Wheeler 96-99*
 Emily White 13-14, 16-17*
 Paula White 91-92
 Tracy Williams 06-07
 Carly Wilborn 15-17
 Allison Wine 04-07*
 Madeigh Winsor 13-14
 Alexis Work 12-15*

Y

Andrea Yazzie 04



FLC XC Coaching Staff

1984-86 – Ray Williams

1987 – Dale Garland

Assistants:

Dolph Kuss, 1987

1988-91 – Dr. Chuck Walker

1992-94 – Susan Leonard

1995-97 – Dale Garland

Assistants:

Alex Accetta, 1997

1998-99 – Alex Accetta

Assistants:

Jason Hollands, 1999

Debbi Skinner, 1999

2000-11 – Ken Flint

Assistants:

Darrell Roberts, 2000-05

Sampson Sage, 2005

Laura Bruns, 2006

John Weswah, 2006

2012-16 – Mark Dutro

Assistants:

Dylan Peterson, 2012-13

Laura Knapp, 2012-13

Kat Marks, 2016

2017- Present – Joshua Coon

Assistants:

Brett Sublet, 2017-18

Brett Wilson, 2018