

Individual Champions-Cross Country

MEN'S

Athlete	Year	Time
Chris Miller	1963	20:32.5 (3.85 mile)
Chris Miller	1965	20:32.5 (4 mile)
David Fix	1967	20:30.0 (4 mile)
David Fix	1968	21:05.3 (4 mile)
Neil Weare	2001	24:55.9 (8K)

WOMEN'S (6K)

Athlete	Year	Time
Carla McHattie	2005	22:05.4
Ilana Livstrom	2011	21:50.0
Emily Thomas	2012	22.37
Riley Buese	2023	21:31.7