



Women's Cross Country History & Records 1990-2008

Conference Champion

Year	School	Year	School	Year	School
1990	Principia College	1997	Greenville College	2004	Greenville College
1991	Principia College	1998	Greenville College	2005	Greenville College
1992	Principia College	1999	Greenville College	2006	Greenville College
1993	Maryville University	2000	Greenville College	2007	Greenville College
1994	Principia College	2001	Greenville College	2008	Greenville College
1995	Greenville College	2002	Greenville College		
1996	Greenville College	2003	Maryville University		

Runner of the Year (Individual Champion)

Year	Runner (School)	Year	Runner (School)	Year	Runner (School)
1990	Stephanie Matthieson (Principia)	1997	Cindy Buchanan (Greenville)	2004	Maureen Conley (Maryville)
1991	Virginia Baker (Principia)	1998	Ellen Walles (Greenville)	2005	Maggie Conley (Maryville)
1992	Annabel Arnott (Principia)	1999	Tiffany Weiner (Greenville)	2006	Bethany Pettit (Greenville)
1993	Rita Ross (Webster)	2000	Amy Ferrell (Greenville)	2007	Rachel Hanson (Fontbonne)
1994	Tammy Southworth (Principia)	2001	Meredith Deters (Greenville)	2008	Michelle Sutton (Greenville)
1995	Tammy Southworth (Principia)	2002	Steph Hood (Principia)		
1996	Christa Case (Principia)	2003	Amy Aleshire (Principia)		

Newcomer of the Year

Year	Runner (School)	Year	Runner (School)	Year	Runner (School)
2000	Alison Louthan (Greenville)	2003	Amy Aleshire (Principia)	2006	Michelle Sutton (Greenville)
2001	Amanda Caswell (Principia)	2004	Jamie Snowden (Greenville)	2007	Rachel Hanson (Fontbonne)
2002	Maggie Conley (Maryville)	2005	Merrilee Hale (Principia)	2008	Jes Banda (Maryville)

Coach of the Year

Year	Coach (School)	Year	Coach (School)	Year	Coach (School)
1990	Robert Baker (Principia)	1997	Brian Patton (Greenville)	2004	Brian Patton (Greenville)
1991	Robert Baker (Principia)	1998	Brian Patton (Greenville)	2005	Brian Patton (Greenville)
1992	Robert Baker (Principia)	1999	Brian Patton (Greenville)	2006	Steve Imig (Greenville)
1993	Greg Reece (Maryville)	2000	Dennis McKinney (Fontbonne)	2007	Jonathan Eckberg (Greenville)
1994	Robert Baker (Principia)	2001	Brian Patton (Greenville)	2008	Greenville Coaching Staff
1995	Brian Patton (Greenville)	2002	Brian Patton (Greenville)		
1996	Brian Patton (Greenville)	2003	Glen House (Maryville)		

Year-by-Year Results

1990 TEAM RESULTS

Place	School	Points
1	Principia	16
2	Maryville	43
3	Fontbonne	75
*	Webster	--
*	Westminster	--

*No Team Score

1991 TEAM RESULTS

Place	School	Points
1	Principia	21
2	Maryville	47
3	Webster	68
*	Westminster	--

*No Team Score

1992 TEAM RESULTS

Place	School	Points
1	Principia	21
2	Maryville	45
3	Webster	54
*	Westminster	--

*No Team Score

1990 TOP INDIVIDUALS

Place	Runner (School)	Time
1	Stephanie Matthieson (PC)	
2	Tessa Bollinger (PC)	
3	Virginia Baker (PC)	
4	Amy Bomer (WC)	
5	Jen Moberg (PC)	
6	Sheila Sobocinski (MU)	
7	Denise Gerit (PC)	

1991 TOP INDIVIDUALS

Place	Runner (School)	Time
1	Virginia Baker (PC)	
2	Annabel Arnott (PC)	
3	Amy Sharp (MU)	
4	Sheila Sobocinski (MU)	
5	Chris Zacher (PC)	
6	Jan Mobey (PC)	
7	Stephanie Matthieson (PC)	

1992 TOP INDIVIDUALS

Place	Runner (School)	Time
1	Annabel Arnott (PC)	
2	Sheila Sobocinski (MU)	
3	Wendie Weiler (PC)	
4	Heather Kibbe (PC)	
5	Amy Sharp (MU)	
6	Michelle Lampmann (PC)	
7	Chris Zacher (PC)	

1993**TEAM RESULTS**

Place	School	Points
1	Maryville	40
2	Principia	41
3	Webster	44
4	Blackburn	49

1994**TEAM RESULTS**

Place	School	Points
1	Principia	23
2	Maryville	46
3	Blackburn	58
*	Webster	--

*No Team Score

1995**TEAM RESULTS**

Place	School	Points
1	Greenville	24
2	Principia	48
3	Webster	76
4	Blackburn	119
5	Maryville	121
6	Westminster	132

1996**TEAM RESULTS**

Place	School	Points
1	Greenville	27
2	Principia	49
3	Maryville	74
4	Webster	78
5	Westminster	144
6	Blackburn	147

1993**TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Rita Ross (WU)	
2	Chris Zacher (PC)	
3	Michelle Lampmann (PC)	
4	Amy Sharp (MU)	
5	Sheila Sobocinski (MU)	

1994**TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Tammy Southworth (PC)	22:06
2	Christina Zacher (PC)	22:55
3	Tara Sill (MU)	23:24
4	Molly Butler (MU)	23:58
5	Lynne Southworth (PC)	24:38
6	Becky Janeliunas (BC)	24:59
7	Michelle Lampmann (PC)	25:40

1995**TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Tammy Southworth (PC)	20:27
2	Mariellen Stout (GC)	20:47
3	Kjersti Ehrie (WU)	21:16
4	Cindy Buchanan (GC)	21:39
5	Ellen Walles (GC)	21:40
6	Tara Horsman (GC)	22:00
7	Erin Landers (GC)	22:10

1996**TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Christa Case (PC)	19:59
2	Mariellen Stout (GC)	20:28
3	Ellen Walles (GC)	20:45
4	Tammy Southworth (PC)	21:06
5	Tara Horsman (GC)	21:07
6	Kjersti Ehrie (WU)	21:35
7	Carrie Arness (MU)	21:49

**1997
TEAM RESULTS**

Place	School	Points
1	Greenville	26
2	Principia	46
3	Fontbonne	75
4	Webster	84
*	Maryville	--
*	Blackburn	--

*No Team Score

**1998
TEAM RESULTS**

Place	School	Points
1	Greenville	18
2	Principia	57
3	Webster	89
	Maryville	89
5	Fontbonne	123
*	MacMurray	--

*No Team Score

**1999
TEAM RESULTS**

Place	School	Points
1	Greenville	25
2	Principia	49
3	Maryville	75
4	Webster	104
5	Fontbonne	129

**1997
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Cindy Buchanan (GC)	19:55
2	Tammy Southworth (PC)	20:52
3	Tara Horsman (GC)	20:59
4	Ellen Walles (GC)	21:22
5	Carrie Arness (MU)	21:30
6	Mara Niles-McCanless (PC)	21:36
7	Jenny Svoboda (GC)	21:41

**1998
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Ellen Walles (GC)	20:39
2	Heather Lynn (GC)	20:45
3	Meghan Hancock (GC)	20:51
4	Whitney Conner (PC)	21:00
5	Tara Horsman (GC)	21:06
6	Carrie Arness (MU)	21:14
	Jenny Svoboda (GC)	21:14

**1999
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Tiffany Weiner (GC)	20:16
2	Amy Ferrell (GC)	20:31
3	Becky Knight (GC)	20:46
4	Jennifer Grider (WU)	20:55
5	Whitney Conner (PC)	20:57
6	Laura Knolhoff (MU)	21:14
7	Carrie Arness (MU)	21:18

**2000
TEAM RESULTS**

Place	School	Points
1	Greenville	15
2	Maryville	92
	Webster	92
4	Principia	93
5	Fontbonne	101
6	MacMurray	134

**2001
TEAM RESULTS**

Place	School	Points
1	Greenville	19
2	Principia	57
3	Webster	92
4	Maryville	98
5	Fontbonne	116

**2000
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Amy Ferrell (GC)	19:22
2	Tiffany Weiner (GC)	19:41
3	Alison Louthan (GC)	20:03
4	Misty Mesecher (GC)	20:08
5	Meredith Deters (GC)	20:09
6	Kristin Werking (GC)	20:11
7	Miriam Fisher (GC)	20:15
8	Jennifer Grider (WU)	20:24
9	Heidi Hondorp (MC)	20:30
10	Laura Knolhoff (MU)	21:08

**2001
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Meredith Deters (GC)	19:29
2	Kristin Werking (GC)	19:50
3	Val Ernst (GC)	19:56
	Jeremy Shays (PC)	19:56
5	Amanda Caswell (PC)	19:59
6	Misty Mesecher (GC)	20:08
7	Tiffany Weiner (GC)	20:19
8	Dana Berkbeugler (WU)	20:42
9	Miriam Fisher (GC)	21:01
10	Jennifer Bick (WU)	21:12
11	Amy Ellinger (GC)	21:23
12	Tamar Strohschein (MU)	21:31
13	Jackie Hill (MU)	21:45
14	Erin Lanfer (FU)	21:47

**2002
TEAM RESULTS**

Place	School	Points
1	Greenville	35
2	Principia	44
3	Maryville	72
4	Blackburn	107
5	MacMurray	111
*	Fontbonne	--
*	Webster	--

*No Team Score

**2003
TEAM RESULTS**

Place	School	Points
1	Maryville	35
2	Greenville	39
3	Principia	53
4	Webster	96
5	Fontbonne	136
6	Blackburn	149

**2002
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Steph Hood (PC)	17:13
2	Maggie Conley (MU)	18:38
3	Maureen Conley (MU)	18:52
	Christa Case (PC)	18:52
5	Misty Mesecher (GC)	19:19
6	Shontia Chester (GC)	19:31
7	Kristin Werking (GC)	19:44
8	Meredith Deters (GC)	20:04
9	Val Ernst (GC)	20:22
10	Ginny Muller (PC)	20:34
11	Steph Seidelman (GC)	20:40
12	Tamar Strohschein (MU)	20:47
13	Geneva Anderson (PC)	20:59
14	Heidi Hondorp (MC)	21:02

**2003
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Amy Aleshire (PC)	21:15
2	Meredith Deters (GC)	22:22
3	Maureen Conley (MU)	22:41
4	Maggie Conley (MU)	22:54
5	Shontia Chester (GC)	23:30
6	Val Ernst (GC)	24:02
7	Erin Lanfer (FU)	24:08
8	Hannah Steffens (MU)	24:14
9	Vanda Wilder (MU)	24:17
10	Heidi Hondorp (MC)	24:20
11	Beth Pettit (GC)	24:50
12	Wendy Colona (MU)	24:55
13	Geneva Anderson (PC)	24:57
14	Elizabeth Walker (PC)	25:12

**2004
TEAM RESULTS**

Place	School	Points
1	Greenville	26
2	Maryville	30
3	Principia	85
4	Webster	102
5	Blackburn	121

**2005
TEAM RESULTS**

Place	School	Points
1	Greenville	15
2	Principia	57
3	Webster	70
*	Maryville	--
*	Blackburn	--
*	Fontbonne	--

*No Team Score

**2004
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Maureen Conley (MU)	23:07
2	Maggie Conley (MU)	23:42
3	Tia Chester (GC)	24:54
4	Beth Pettit (GC)	24:55
5	Jamie Snowden (GC)	24:56
6	Alex Paulhus (GC)	25:26
7	Hannah Steffens (MU)	25:58
8	Martha Chaney (GC)	26:16
9	Jennifer Cromeans (MU)	26:34
10	Kristina Koenig (PC)	26:50
11	Vanda Wilder (MU)	26:57
12	Priscilla Rice (WU)	27:21
13	Amanda Hall (GC)	27:24
14	Melanie Darmsteadter (WU)	27:25

**2005
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Maggie Conley (MU)	21:51
2	Maureen Conley (MU)	21:54
3	Tia Chester (GC)	24:24
	Beth Pettit (GC)	24:24
5	Alex Paulhus (GC)	24:30
6	Jamie O'Connor (GC)	24:40
7	Taryn Cors (GC)	25:05
8	Merrilee Hale (PC)	25:22
9	Brittany Buttry (GC)	25:38
10	Amanda Hall (GC)	26:17
11	Chrysti Walters (WU)	26:27
12	Priscilla Rice (WU)	26:30
13	Jessica Korkenmeier (BC)	26:49
14	Erin McEnaney (MU)	27:38

**2006
TEAM RESULTS**

Place	School	Points
1	Greenville	16
2	Principia	72
3	Webster	84
4	Maryville	94
5	Fontbonne	131
6	Lincoln Christian	143

**2007
TEAM RESULTS**

Place	School	Points
1	Greenville	21
2	Fontbonne	66
3	Webster	77
4	Principia	99
5	Blackburn	110
*	Eureka	--
*	Maryville	--

*No Team Score

**2006
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Bethany Pettit (GC)	23:44
2	Michelle Sutton (GC)	23:45
3	Alex Paulhus (GC)	24:02
4	Jennifer Sutton (GC)	24:36
5	Candace Berry (WU)	24:46
6	Jamie O'Connor (GC)	24:47
7	Vanda Wilder (MU)	24:49
8	Liz Derstine (GC)	25:05
9	Geavona Kinney (GC)	25:10
10	Christina Bereolos (PC)	25:57
11	Eva McElroy (PC)	26:14
12	Chrysti Walters (WU)	26:15
13	Erin McEnaney (MU)	26:17
14	Bethany Rose (LCC)	26:29

**2007
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Rachel Hanson (FU)	23:37
2	Talen Gerber (GC)	23:52
3	Jennifer Sutton (GC)	23:54
4	Liz Derstine (GC)	24:05
5	Jamie O'Connor (GC)	24:17
6	Candace Barry (WU)	24:32
7	Sara Schlink (GC)	24:44
8	Taryn Cors (GC)	24:51
9	Kristi Ellsworth (GC)	24:56
10	Chrysti Walters (WU)	24:58
11	Dolly Sommer (PC)	26:12
12	Erin McEnaney (MU)	26:20
13	Brooke Benson (WU)	26:45
14	Alex Weatherby (FU)	26:55

**2008
TEAM RESULTS**

Place	School	Points
1	Greenville	19
2	Fontbonne	65
3	Principia	76
4	Webster	99
5	Maryville	106
6	Blackburn	164
*	Eureka	--
*	Westminster	--

*No Team Score

**2008
TOP INDIVIDUALS**

Place	Runner (School)	Time
1	Michelle Sutton (GC)	22:54
2	Talen Gerber (GC)	24:10
3	Rachel Hanson (FU)	24:32
4	Geavona Kinney (GC)	24:44
5	Jennifer Sutton (GC)	24:52
6	Merrilee Hale (PC)	25:01
7	Kristi Ellsworth (GC)	25:30
8	Jes Banda (MU)	25:37
9	Kaitlin Titsworth (FU)	25:43
10	Mishona Grimes (GC)	25:49
11	Katie Stouffer (GC)	25:56
12	Dolly Sommer (PC)	26:00
13	Ashton Palmer (GC)	26:13
14	Tricia Morris (FU)	26:19

All-Conference

1990

First Team

Stephanie Matthieson (PC)
Tessa Bollinger (PC)
Virginia Baker (PC)
Amy Bomer (WC)
Jen Moberg (PC)
Sheila Sobocinski (MU)
Denise Gerit (PC)

1991

First Team

Virginia Baker (PC)
Annabel Arnott (PC)
Amy Sharp (MU)
Sheila Sobocinski (MU)
Chris Zacher (PC)
Jan Mobey (PC)
Stephanie Matthieson (PC)

1992

First Team

Annabel Arnott (PC)
Sheila Sobocinski (MU)
Wendie Weiler (PC)
Heather Kibbe (PC)
Amy Sharp (MU)
Michelle Lampmann (PC)
Chris Zacher (PC)

1993

First Team

Rita Ross (WU)
Chris Zacher (PC)
Michelle Lampmann (PC)
Amy Sharp (MU)
Sheila Sobocinski (MU)

1994

First Team

Tammy Southworth (PC)
Christina Zacher (PC)
Tara Sill (MU)
Molly Butler (MU)
Lynee Southworth (PC)
Becky Janeliunas (BC)
Michelle Lampmann (PC)

1995

First Team

Tammy Southworth (PC)
Mariellen Stout (GC)
Kjersti Ehrie (WU)
Cindy Buchanan (GC)
Ellen Walles (GC)
Tara Horsman (GC)
Erin Landers (GC)

1996

First Team

Christa Case (PC)
Mariellen Stout (GC)
Ellen Walles (GC)
Tammy Southworth (PC)
Tara Horsman (GC)
Kjersti Ehrie (WU)
Carrie Arness (MU)

1997

First Team

Cindy Buchanan (GC)
Tammy Southworth (PC)
Tara Horsman (GC)
Ellen Walles (GC)
Carrie Arness (MU)
Mara Niles-McCanless (PC)
Jenny Svoboda (GC)

1998

First Team

Ellen Walles (GC)
Heather Lynn (GC)
Meghan Hancock (GC)
Whitney Conner (PC)
Tara Horsman (GC)
Carrie Arness (MU)
Jenny Svoboda (GC)

1999

First Team

Tiffany Weiner (GC)
Amy Ferrell (GC)
Becky Knight (GC)
Jennifer Grider (WU)
Whitney Conner (PC)
Laura Knolhoff (MU)
Carrie Arness (MU)

2000

First Team

Amy Ferrell (GC)
Tiffany Weiner (GC)
Alison Louthan (GC)
Misty Mesecher (GC)
Meredith Deters (GC)

Second Team

Kristin Werking (GC)
Miriam Fisher (GC)
Jennifer Grider (WU)
Heidi Hondorp (MC)
Laura Knolhoff (MU)

2001

First Team

Meredith Deters (GC)
Kristin Werking (GC)
Val Ernst (GC)
Jeremy Shays (PC)
Amanda Caswell (PC)
Misty Mesecher (GC)
Tiffany Weiner (GC)

Second Team

Dana Berkbeugler (WU)
Miriam Fisher (GC)
Jennifer Bick (WU)
Amy Ellinger (GC)
Tamar Strohschein (MU)
Jackie Hill (MU)
Erin Lanfer (FU)

2002

First Team

Steph Hood (PC)
Maggie Conley (MU)
Maureen Conley (MU)
Christa Case (PC)
Misty Mesecher (GC)
Shontia Chester (GC)
Kristin Werking (GC)

Second Team

Meredith Deters (GC)
Val Ernst (GC)
Ginny Muller (PC)
Steph Seidelman (GC)
Tamar Strohschein (MU)
Geneva Anderson (PC)
Heidi Hondorp (MC)

2003

First Team

Amy Aleshire (PC)
Meredith Deters (GC)
Maureen Conley (MU)
Maggie Conley (MU)
Shontia Chester (GC)
Val Ernst (GC)
Erin Lanfer (FU)

Second Team

Hannah Steffens (MU)
Vanda Wilder (MU)
Heidi Hondorp (MC)
Beth Pettit (GC)
Wendy Colona (MU)
Geneva Anderson (PC)
Elizabeth Walker (PC)

2004

First Team

Maureen Conley (MU)
Maggie Conley (MU)
Tia Chester (GC)
Beth Pettit (GC)
Jamie Snowden (GC)
Alex Paulhus (GC)
Hannah Steffens (MU)

Second Team

Martha Chaney (GC)
Jennifer Cromeans (MU)
Kristina Koenig (PC)
Vanda Wilder (MU)
Priscilla Rice (WU)
Amanda Hall (GC)
Melanie Darmsteadter (WU)

2005

First Team

Maggie Conley (MU)
Maureen Conley (MU)
Tia Chester (GC)
Beth Pettit (GC)
Alex Paulhus (GC)
Jamie O'Connor (GC)
Taryn Cors (GC)

Second Team

Merrilee Hale (PC)
Brittany Buttry (GC)
Amanda Hall (GC)
Chrysti Walters (WU)
Priscilla Rice (WU)
Jessica Korkenmeier (BC)
Erin McEnaney (MU)

2006

First Team

Bethany Pettit (GC)
Michelle Sutton (GC)
Alex Paulhus (GC)
Jennifer Sutton (GC)
Candace Barry (WU)
Jamie O'Connor (GC)
Vanda Wilder (MU)

Second Team

Liz Derstine (GC)
Geavona Kinney (GC)
Christina Bereolos (PC)
Eva McElroy (PC)
Chrysti Walters (WU)
Erin McEnaney (MU)
Bethany Rose (LCC)

2007

First Team

Rachel Hanson (FU)
Talen Gerber (GC)
Jennifer Sutton (GC)
Liz Derstine (GC)
Jamie O'Connor (GC)
Candace Barry (WU)
Sara Schlink (GC)

Second Team

Taryn Cors (GC)
Kristi Ellsworth (GC)
Chrysti Walters (WU)
Dolly Sommer (PC)
Erin McEnaney (MU)
Brooke Benson (WU)
Alex Weatherby (FU)

2008

First Team

Michelle Sutton (GC)
Talen Gerber (GC)
Rachel Hanson (FU)
Geavona Kinney (GC)
Jennifer Sutton (GC)
Merrilee Hale (PC)
Kristi Ellsworth (GC)

Second Team

Jes Banda (MU)
Kaitlin Titsworth (FU)
Mishona Grimes (GC)
Katie Stouffer (GC)
Dolly Sommer (PC)
Ashton Palmer (GC)
Tricia Morris (FU)
Mikal Bencomo (MU)

**NCAA Division III National Qualifiers
(since 2002)**

2002 Steph Hood, Sr. (PC)
22:22.3 - 30th

2003 Amy Aleshire, Fr. (PC)
22:08.7 - 6th

2005 Maggie Conley, Sr. (MU)
23:08.7 - 39th