

MWC Cross Country Record Book

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--MWC Cross Country Record Book Table of Contents--

| PAGE | CONTENTS | PAGE | CONTENTS |
|-------------|----------------------------------|-------------|--|
| 2 | Men's MWC Team Champions | 9-10 | Men's NCAA National Championship Results |
| 3 | Women's MWC Team Champions | 11 | Women's NCAA National Championship Results |
| 4 | Misc. Team Records | 12 | Men's & Women's NCAA All-Americans |
| 5 | Men's MWC Individual Champions | | |
| 6 | Men's Individual Records | | |
| 7 | Women's MWC Individual Champions | | |
| 8 | Women's Individual Records | | |

--Yearly Men's MWC Cross Country Team Champions--

MWC MEN'S CONFERENCE CHAMPIONS

| Year | Conference Champion | Year | Conference Champion |
|------|---------------------------------|------|------------------------------------|
| 2010 | Grinnell College | 1969 | Carleton College |
| 2009 | Grinnell College | 1968 | St. Olaf College |
| 2008 | Grinnell College | 1967 | Carleton College |
| 2007 | Grinnell College | 1966 | Carleton College |
| 2006 | Grinnell College | 1965 | Carleton College |
| | Monmouth College (<i>Tie</i>) | 1964 | Carleton College |
| 2005 | Grinnell College | 1963 | Carleton College |
| 2004 | Grinnell College | 1962 | Carleton College |
| 2003 | Grinnell College | 1961 | Cornell College |
| 2002 | Grinnell College | 1960 | Grinnell College |
| 2001 | Grinnell College | 1959 | St. Olaf College |
| 2000 | Grinnell College | 1958 | Grinnell College |
| 1999 | Grinnell College | 1957 | Lawrence University |
| 1998 | Grinnell College | 1956 | Carleton College |
| 1997 | Grinnell College | 1955 | Grinnell College |
| 1996 | Monmouth College | 1954 | Carleton College |
| 1995 | Grinnell College | 1953 | Carleton College |
| 1994 | Grinnell College | 1952 | Carleton College |
| 1993 | Grinnell College | 1951 | Lawrence University |
| 1992 | Grinnell College | 1950 | Lawrence University |
| 1991 | Grinnell College | 1949 | Lawrence University |
| 1990 | Grinnell College | 1948 | Cornell College |
| 1989 | Grinnell College | 1947 | Cornell College |
| 1988 | Grinnell College | 1946 | Cornell College |
| 1987 | Grinnell College | 1945 | <i>No Championship Contested</i> |
| 1986 | Grinnell College | 1944 | <i>No Championship Contested</i> |
| 1985 | Lawrence University | 1943 | <i>No Championship Contested</i> |
| 1984 | Lawrence University | 1942 | <i>No Championship Contested</i> |
| 1983 | Lawrence University | 1941 | <i>No Championship Contested</i> |
| 1982 | Carleton College | 1940 | Coe College |
| 1981 | Carleton College | 1939 | Beloit College |
| 1980 | Carleton College | 1938 | Cornell College |
| 1979 | Carleton College | 1937 | Cornell College |
| 1978 | Carleton College | 1936 | Carleton College |
| 1977 | Carleton College | | Lawrence University (<i>Tie</i>) |
| 1976 | Carleton College | 1935 | Carleton College |
| 1975 | Carleton College | 1934 | Cornell College |
| 1974 | Carleton College | 1933 | Cornell College |
| 1973 | St. Olaf College | 1932 | Carleton College |
| 1972 | St. Olaf College | 1931 | Monmouth College |
| 1971 | St. Olaf College | 1930 | Monmouth College |
| 1970 | St. Olaf College | 1929 | Cornell College |

CONFERENCE CHAMPIONSHIPS BY SCHOOL

Grinnell - 27 ('55, '58, '60, '86, '87, '88, '89, '90, '91, '92, '93, '94, '95, '97, '98, '99, '00, '01, '02, '03, '04, '05, '06, '07, '08, '09, '10)

Carleton - 23 ('32, '35, '36, '52, '53, '54, '56, '62, '63, '64, '65, '66, '67, '69, '74, '75, '76, '77, '78, '79, '80, '81, '82)

Cornell - 9 ('29, '33, '34, '37, '38, '46, '47, '48, '61)

Lawrence - 8 ('36, '49, '50, '51, '57, '83, '84, '85)

St. Olaf - 6 ('59, '68, '70, '71, '72, '73)

Monmouth - 4 ('30, '31, '96, '06)

Beloit - 1 ('39)

Coe - 1 ('40)

Italics indicate former MWC member



--Yearly Women's MWC Cross Country Team Champions--

MWC WOMEN'S CONFERENCE CHAMPIONS

| Year | Conference Champion |
|-------------|----------------------------|
| 2010 | St. Norbert College |
| 2009 | Grinnell College |
| 2008 | Monmouth College |
| 2007 | Grinnell College |
| 2006 | Grinnell College |
| 2005 | Grinnell College |
| 2004 | Grinnell College |
| 2003 | St. Norbert College |
| 2002 | St. Norbert College |
| 2001 | Lawrence University |
| 2000 | Carroll College |
| 1999 | Lawrence University |
| 1998 | Beloit College |
| 1997 | Carroll College |
| 1996 | Carroll College |
| 1995 | Grinnell College |
| 1994 | Grinnell College |
| 1993 | Grinnell College |
| 1992 | Grinnell College |
| 1991 | Grinnell College |
| 1990 | Lawrence University |
| 1989 | Grinnell College |
| 1988 | Cornell College |
| 1987 | Cornell College |
| 1986 | St. Norbert College |
| 1985 | Grinnell College |
| 1984 | St. Norbert College |
| 1983 | Grinnell College |
| 1982 | Cornell College |
| 1981 | Cornell College |
| 1980 | Grinnell College |
| 1979 | Grinnell College |
| 1978 | Grinnell College |

CONFERENCE CHAMPIONSHIPS BY SCHOOL

Grinnell - 16 ('78, '79, '80, '83, '85, '89, '91, '92, '93, '94, '95, '04, '05, '06, '07, '09)

St. Norbert - 5 ('84, '86, '02, '03, '10)

Cornell - 4 ('81, '82, '87, '88)

Lawrence - 3 ('90, '99, '01)

Carroll - 3 ('96, '97, '00)

Beloit - 1 ('98)

Monmouth - 1 ('08)

Italics indicate former MWC member

--Men's & Women's Team Championship Records--

NCAA MEN'S TEAM NATIONAL CHAMPIONS

| Year | School |
|------|----------|
| 1980 | Carleton |

NCAA WOMEN'S REGIONAL CHAMPIONS

| Year | School | Region |
|------|----------|---------|
| 2006 | Grinnell | Central |

NCAA MEN'S REGIONAL CHAMPIONS

| Year | School | Region |
|------|----------|---------|
| 2010 | Grinnell | Central |
| 1991 | Grinnell | Central |

MWC MEN'S TEAM CHAMPIONSHIP TIES

| Year | Schools, |
|------|---------------------|
| 2006 | Grinnell & Monmouth |
| 1936 | Carleton & Lawrence |

CONSECUTIVE MEN'S TEAM CHAMPIONSHIPS *(includes ties)*

| Titles | School, Years |
|--------|------------------------|
| 14 | Grinnell, 1997-Present |
| 10 | Grinnell, 1986-1995 |
| 9 | Carleton, 1974-1982 |
| 6 | Carleton, 1962-1967 |
| 4 | St. Olaf, 1970-1973 |
| 3 | Lawrence, 1983-1985 |
| 3 | Carleton, 1952-1954 |
| 3 | Lawrence, 1949-1951 |
| 3 | Cornell, 1946-1948 |
| 2 | Cornell, 1937-1938 |
| 2 | Carleton, 1935-1936 |
| 2 | Cornell, 1933-1934 |
| 2 | Monmouth, 1930-1931 |

CONSECUTIVE MEN'S TEAM CHAMPIONSHIPS *(outright only)*

| Titles | School, Years |
|--------|------------------------|
| 9 | Grinnell, 1986-1995 |
| 9 | Grinnell, 1997-2005 |
| 9 | Carleton, 1974-1982 |
| 6 | Carleton, 1962-1967 |
| 4 | Grinnell, 2006-Present |
| 4 | St. Olaf, 1970-1973 |
| 3 | Grinnell, 2007-2009 |
| 3 | Lawrence, 1983-1985 |
| 3 | Carleton, 1952-1954 |
| 3 | Lawrence, 1949-1951 |
| 3 | Cornell, 1946-1948 |
| 2 | Cornell, 1937-1938 |
| 2 | Cornell, 1933-1934 |
| 2 | Monmouth, 1930-1931 |

CONSECUTIVE WOMEN'S TEAM CHAMPIONSHIPS *(outright only)*

| Titles | School, Years |
|--------|----------------------|
| 5 | Grinnell, 1991-1995 |
| 4 | Grinnell, 2004-2007 |
| 3 | Grinnell, 1978-1980 |
| 2 | St. Norbert, 2002-03 |
| 2 | Carroll, 1996-1997 |
| 2 | Cornell, 1987-1988 |
| 2 | Cornell, 1981-82 |

MWC MEN'S & WOMEN'S CHAMPIONSHIP SWEEPS

| Year | School |
|------|----------|
| 2009 | Grinnell |
| 2007 | Grinnell |
| 2005 | Grinnell |
| 2004 | Grinnell |
| 1995 | Grinnell |
| 1994 | Grinnell |
| 1993 | Grinnell |
| 1992 | Grinnell |
| 1991 | Grinnell |
| 1989 | Grinnell |

--Yearly Men's MWC Cross Country Individual Champions--

MWC MEN'S INDIVIDUAL CONFERENCE CHAMPIONS

| Year | Conference Champion | Time | Length | Year | Conference Champion | Time | Length |
|------|----------------------------|----------|--------|------|----------------------------|-------|--------|
| 2010 | Alex Reich, Grinnell | 25:24.86 | 8k | 1964 | Mike Hartman, Beloit | 15:02 | 4.8k |
| 2009 | Dan Krauss, Grinnell | 26:42.13 | 8k | 1963 | Rod Brown, Grinnell | 15:19 | 4.8k |
| 2008 | Henry Reich, Grinnell | 25:51 | 8k | 1962 | Bill Dressel, Cornell | 14:45 | 4.8k |
| 2007 | Jeff Pentek, St. Norbert | 25:17 | 8k | 1961 | Bill Dressel, Cornell | --- | 4.8k |
| 2006 | Drake Ballew, Grinnell | 25:41 | 8k | 1960 | David Wee, St. Olaf | 14:59 | 4.8k |
| 2005 | Dave Billings, Ripon | 25:43 | 8k | 1959 | Tad Pinkerton, Lawrence | 15:20 | 4.8k |
| 2004 | Zach Barr, Monmouth | 25:58 | 8k | 1958 | Dave Peele, Beloit | 14:36 | 4.8k |
| 2003 | Adam Booth, Grinnell | 24:56 | 8k | 1957 | Tad Pinkerton, Lawrence | 16:34 | 4.8k |
| 2002 | Adam Booth, Grinnell | 25:17 | 8k | 1956 | Wilbur Olson, Carleton | 15:34 | 4.8k |
| 2001 | Adam Booth, Grinnell | 25:11 | 8k | 1955 | Wilbur Olson, Carleton | 15:50 | 4.8k |
| 2000 | John Aerni, Grinnell | 26:24 | 8k | 1954 | John McCamant, Carleton | 16:06 | 4.8k |
| 1999 | Adam Broten, Carroll | 26:36 | 8k | 1953 | John McCamant, Carleton | 15:57 | 4.8k |
| 1998 | Zac Freudenberg, Beloit | 25:42 | 8k | 1952 | Hal Higdon, Carleton | 15:48 | 4.8k |
| 1997 | Rob Park, Grinnell | 27:15 | 8k | 1951 | Robert Zimmerman, Lawrence | 17:07 | 4.8k |
| 1996 | Jamie Verstraete, Monmouth | 27:03 | 8k | | James Hoel, Lawrence | 17:07 | |
| 1995 | Josh Ward, Grinnell | 27:10 | 8k | 1950 | Carrol Schumacher, Beloit | 14:56 | 4.8k |
| 1994 | Chris Mills, Grinnell | 26:42 | 8k | 1949 | Carrol Schumacher, Beloit | 15:47 | 4.8k |
| 1993 | Mike Nawrocki, Grinnell | 25:55 | 8k | 1948 | Ben McAdams, Cornell | --- | --- |
| 1992 | Dan Schisler, Monmouth | 26:52 | 8k | 1947 | Ralph Harris, Cornell | --- | --- |
| 1991 | Chris Garman, Grinnell | 27:30 | 8k | 1946 | Bill Lawson, Lawrence | 16:39 | 4.8k |
| 1990 | Tony Every, Cornell | 25:54 | 8k | 1945 | No Championship Contested | --- | --- |
| 1989 | Tony Every, Cornell | 25:57 | 8k | 1944 | No Championship Contested | --- | --- |
| 1988 | Greg Evans, Grinnell | 26:14 | 8k | 1943 | No Championship Contested | --- | --- |
| 1987 | Greg Evans, Grinnell | 25:47 | 8k | 1942 | No Championship Contested | --- | --- |
| 1986 | Greg Evans, Grinnell | 26:58 | 8k | 1941 | No Championship Contested | --- | --- |
| 1985 | Eric Griffin, Lawrence | 27:07 | 8k | 1940 | Neumann Fell, Grinnell | 13:48 | 4.3k |
| 1984 | Eric Griffin, Lawrence | 25:47 | 8k | 1939 | Joseph Schwake, Beloit | 15:03 | --- |
| 1983 | Matt Trimble, Cornell | 25:05 | 8k | 1938 | Not available | --- | --- |
| 1982 | Ross Johnson, Carleton | 28:32 | 8k | 1937 | Roy McAuley, Cornell | --- | --- |
| 1981 | Mike Axinn, Chicago | 24:54 | 8k | 1936 | Frank Schubert, Lawrence | 17:29 | --- |
| 1980 | Mike Axinn, Chicago | 25:18 | 8k | 1935 | Not available | --- | --- |
| 1979 | Mike Axinn, Chicago | 26:42 | 8k | 1934 | Not available | --- | --- |
| 1978 | Jim Miller, Lawrence | 25:51 | 8k | 1933 | Not available | --- | --- |
| 1977 | Dale Kramer, Carleton | 24:05 | 8k | 1932 | Roscoe Pullen, Knox | 17:57 | --- |
| 1976 | Dale Kramer, Carleton | 25:16 | 8k | 1931 | Not available | --- | --- |
| 1975 | Dale Kramer, Carleton | 25:48 | 8k | 1930 | Earl King, Monmouth | --- | --- |
| 1974 | Roger Johnston, Carleton | 25:50 | 8k | 1929 | Robert Swaney, Cornell | --- | --- |
| 1973 | James Muus, St. Olaf | 19:54 | 6.4k | | | | |
| 1972 | James Muus, St. Olaf | 20:55 | 6.4k | | | | |
| 1971 | Chuck McGrath, Grinnell | 20:45 | 6.4k | | | | |
| 1970 | Gary Olmstead, St. Olaf | 20:51 | 6.4k | | | | |
| 1969 | Bob Reddick, Carleton | 21:05 | 6.4k | | | | |
| 1968 | Mike Steiner, Carleton | 19:53 | 6.4k | | | | |
| 1967 | Mike Steiner, Carleton | 20:46 | 6.4k | | | | |
| 1966 | Mike Steiner, Carleton | 20:52 | 6.4k | | | | |
| 1965 | Mike Hartman, Beloit | 20:41 | 6.4k | | | | |

INDIVIDUAL CONFERENCE CHAMPIONSHIPS BY SCHOOL

Grinnell - 19 ('40, '63, '71, '86, '87, '88, '91, '93, '94, '95, '97, '00, '01, '02, '03, '06, '08, '09, '10)

Carleton - 14 ('52, '53, '54, '55, '56, '66, '67, '68, '69, '74, '75, '76, '77, '82)

Cornell - 9 ('29, '37, '47, '48, '61, '62, '83, '89, '90)

Lawrence - 8 ('36, '46, '51, '57, '59, '78, '84, '85)

Beloit - 7 ('39, '49, '50, '58, '64, '65, '98)

Monmouth - 4 ('30, '92, '96, '04)

St. Olaf - 4 ('60, '70, '72, '73)

University of Chicago - 3 ('79, '80, '81)

Carroll - 1 ('99)

Knox - 1 ('32)

Ripon - 1 ('05)

St. Norbert - 1 ('07)

Italics indicate former MWC member



--Men's Individual Championship Records--

NCAA MEN'S INDIVIDUAL NATIONAL CHAMPIONS

| Year | Athlete, School |
|------|-----------------------|
| 1976 | Dale Kramer, Carleton |
| 1977 | Dale Kramer, Carleton |

TWO-TIME MWC INDIVIDUAL MWC CHAMPIONS

| Years | Athlete, School |
|------------|---------------------------|
| 1989-1990 | Tony Every, Cornell |
| 1984-1985 | Eric Griffin, Lawrence |
| 1972-1973 | James Muus, St. Olaf |
| 1964-1965 | Mike Hartman, Beloit |
| 1961-1962 | Bill Dressel, Cornell |
| 1957, 1959 | Tad Pinkerton, Lawrence |
| 1955-1956 | Wilbur Olson, Carleton |
| 1953-1954 | John McCamant, Carleton |
| 1949-1950 | Carrol Schumacher, Beloit |

THREE-TIME MWC INDIVIDUAL MWC CHAMPIONS

| Years | Athlete, School |
|-----------|-----------------------------------|
| 2001-2003 | Adam Booth, Grinnell |
| 1986-1988 | Greg Evans, Grinnell |
| 1979-1981 | Mike Axinn, University of Chicago |
| 1975-1977 | Dale Kramer, Carleton |
| 1966-1968 | Mike Steiner, Carleton |

TOP 6.4K TIMES BY MWC MEN'S INDIVIDUAL CHAMPIONS

| Time | Athlete, School, Year |
|-------|-------------------------------|
| 19:53 | Mike Steiner, Carleton, 1968 |
| 19:54 | James Muus, St. Olaf, 1973 |
| 20:41 | Mike Hartman, Beloit, 1965 |
| 20:45 | Chuck McGrath, Grinnell, 1971 |
| 20:46 | Mike Steiner, Carleton, 1967 |
| 20:51 | Gary Olmstead, St. Olaf, 1970 |
| 20:52 | Mike Steiner, Carleton, 1966 |
| 20:55 | James Muus, St. Olaf, 1972 |
| 21:05 | Bob Reddick, Carleton, 1969 |

TOP 8K TIMES BY MWC MEN'S INDIVIDUAL CHAMPIONS

| Time | Athlete, School, Year |
|----------|---|
| 24:05 | Dale Kramer, Carleton, 1977 |
| 24:54 | Mike Axinn, University of Chicago, 1981 |
| 24:56 | Adam Booth, Grinnell, 2003 |
| 25:05 | Matt Trimble, Cornell, 1983 |
| 25:11 | Adam Booth, Grinnell, 2001 |
| 25:16 | Dale Kramer, Carleton, 1976 |
| 25:17 | Jeff Pentek, St. Norbert, 2007 |
| 25:17 | Adam Booth, Grinnell, 2002 |
| 25:18 | Mike Axinn, University of Chicago, 1980 |
| 25:24.86 | Alex Reich, Grinnell, 2010 |
| 25:41 | Drake Ballew, Grinnell, 2006 |
| 25:42 | Zac Freudenberg, Beloit, 1998 |
| 25:43 | Dave Billings, Ripon, 2005 |
| 25:47 | Eric Griffin, Lawrence, 1984 |
| 25:47 | Greg Evans, Grinnell, 1987 |
| 25:48 | Dale Kramer, Carleton, 1975 |
| 25:50 | Roger Johnston, Carleton, 1974 |
| 25:51 | Jim Miller, Lawrence, 1978 |
| 25:51 | Henry Reich, Grinnell, 2008 |
| 25:54 | Tony Every, Cornell, 1990 |
| 25:55 | Mike Nawrocki, Grinnell, 1993 |
| 25:57 | Tony Every, Cornell, 1989 |
| 25:58 | Zach Barr, Monmouth, 2004 |
| 26:14 | Greg Evans, Grinnell, 1988 |
| 26:24 | John Aerni, Grinnell, 2000 |
| 26:36 | Adam Broten, Carroll, 1999 |
| 26:42 | Mike Axinn, University of Chicago, 1979 |
| 26:42 | Chris Mills, Grinnell, 1994 |
| 26:42 | Dan Krauss, Grinnell 2009 |
| 26:52 | Dan Schisler, Monmouth, 1992 |
| 26:58 | Greg Evans, Grinnell, 1986 |
| 27:03 | Jamie Verstraete, Monmouth, 1996 |
| 27:07 | Eric Griffin, Lawrence, 1985 |
| 27:10 | Josh Ward, Grinnell, 1995 |
| 27:15 | Rob Park, Grinnell, 1997 |
| 27:30 | Chris Garman, Grinnell, 1991 |

TOP 4.8K TIMES BY MWC MEN'S INDIVIDUAL CHAMPIONS

(All 4.8K times are not available)

| Time | Athlete, School, Year |
|-------|----------------------------------|
| 14:36 | Dave Peele, Beloit, 1958 |
| 14:45 | Bill Dressel, Cornell, 1962 |
| 14:56 | Carrol Schumacher, Beloit, 1950 |
| 14:59 | David Wee, St. Olaf, 1960 |
| 15:02 | Mike Hartman, Beloit, 1964 |
| 15:19 | Rod Brown, Grinnell, 1963 |
| 15:20 | Tad Pinkerton, Lawrence, 1959 |
| 15:34 | Wilbur Olson, Carleton, 1956 |
| 15:47 | Carrol Schumacher, Beloit, 1949 |
| 15:48 | Hal Higdon, Carleton, 1952 |
| 15:50 | Wilbur Olson, Carleton, 1955 |
| 15:57 | John McCamant, Carleton, 1953 |
| 16:06 | John McCamant, Carleton, 1954 |
| 16:34 | Tad Pinkerton, Lawrence, 1957 |
| 16:39 | Bill Lawson, Lawrence, 1946 |
| 17:07 | Robert Zimmerman, Lawrence, 1951 |
| 17:07 | James Hoel, Lawrence, 1951 |

--Yearly Women's MWC Cross Country Individual Champions--

MWC WOMEN'S INDIVIDUAL CONFERENCE CHAMPIONS

| Year | Conference Champion | Time | Length |
|------|-------------------------------|----------|--------|
| 2010 | Jenny Scherer, St. Norbert | 21:05.97 | 6k |
| 2009 | Megan O'Grady, Carroll | 22:26 | 6k |
| 2008 | Jenny Scherer, St. Norbert | 21:24 | 6k |
| 2007 | Sarah Spencer, Grinnell | 17:59 | 5k |
| 2006 | Sarah Spencer, Grinnell | 18:35 | 5k |
| 2005 | Erin Kelley, Carroll | 18:01 | 5k |
| 2004 | Erin Kelley, Carroll | 19:18 | 5k |
| 2003 | Kristin Igielski, Carroll | 17:49 | 5k |
| 2002 | Julie Deyo, St. Norbert | 18:00 | 5k |
| 2001 | Julie Deyo, St. Norbert | 18:31 | 5k |
| 2000 | Kristin Igielski, Carroll | 18:33 | 5k |
| 1999 | Marni Lynn, Carroll | 18:51 | 5k |
| 1998 | Julie Liebich, Lawrence | 18:39 | 5k |
| 1997 | Bridget Wiedl, Beloit | 19:03 | 5k |
| 1996 | Cheri Lichtensteiger, Carroll | 19:05 | 5k |
| 1995 | Holly Killmer, Grinnell | 19:42 | 5k |
| 1994 | Stephanie Hitztaler, Grinnell | 19:53 | 5k |
| 1993 | Kelly Lear, Cornell | 18:57 | 5k |
| 1992 | Jenny Meyers, Cornell | 19:57 | 5k |
| 1991 | Rose Nguyen, Knox | 21:24 | 5k |
| 1990 | Marja Sankelo, Beloit | 18:14 | 5k |
| 1989 | Lori Stitch, Ripon | 18:47 | 5k |
| 1988 | Christine Thorburn, Grinnell | 19:11 | 5k |
| 1987 | Monica Zimmerman, Cornell | 19:23 | 5k |
| 1986 | Angie Hickerson, Monmouth | 19:48 | 5k |
| 1985 | Shavaun Adams, Grinnell | 19:59 | 5k |
| 1984 | Shavaun Adams, Grinnell | 20:14 | 5k |
| 1983 | Michele Belvitch, Beloit | 19:13 | 5k |
| 1982 | Becky DeLozier, Cornell | 19:39 | 5k |
| 1981 | Annette Andresen, Knox | 20:45 | 5k |
| 1980 | Jackie Clark, Cornell | 19:41 | 5k |
| 1979 | Julia Carver, Grinnell | --- | 5k |
| 1978 | Shirley Heiman, Grinnell | 19:21 | 5k |

INDIVIDUAL CONFERENCE CHAMPIONSHIPS BY SCHOOL

Grinnell - 9 ('78, '79, '84, '85, '88, '94, '95, '06, '07)

Carroll - 7 ('96, '99, '00, '03, '04, '05, '09)

Cornell - 5 ('80, '82, '87, '92, '93)

St. Norbert - 4 ('01, '02, '08, '10)

Beloit - 3 ('83, '90, '97)

Knox - 2 ('81, '91)

Monmouth - 1 ('86)

Ripon - 1 ('89)

Lawrence - 1 ('98)

Italics indicate former MWC member



--Women's Individual Championship Records--

TWO-TIME MWC INDIVIDUAL CHAMPIONS

| Years | Athlete, School |
|--------------|----------------------------|
| 1984-1985 | Shavaun Adams, Grinnell |
| 2000, 2003 | Kristen Igielski, Carroll |
| 2001-2002 | Julie Deyo, St. Norbert |
| 2004-2005 | Erin Kelley, Carroll |
| 2006-2007 | Sarah Spencer, Grinnell |
| 2009-2010 | Jenny Scherer, St. Norbert |

TOP 5K TIMES BY MWC WOMEN'S INDIVIDUAL CHAMPIONS

(All 4.8K times are not available)

| Time | Athlete, School, Year |
|-------------|-------------------------------------|
| 17:49 | Kristin Igielski, Carroll, 2003 |
| 17:59 | Sarah Spencer, Grinnell, 2007 |
| 18:00 | Julie Deyo, St. Norbert, 2002 |
| 18:01 | Erin Kelley, Carroll, 2005 |
| 18:14 | Marja Sankelo, Beloit, 1990 |
| 18:31 | Julie Deyo, St. Norbert, 2001 |
| 18:33 | Kristin Igielski, Carroll, 2000 |
| 18:35 | Sarah Spencer, Grinnell, 2006 |
| 18:39 | Julie Liebich, Lawrence, 1998 |
| 18:47 | Lori Stitch, Ripon, 1989 |
| 18:51 | Marni Lynn, Carroll, 1999 |
| 18:57 | Kelly Lear, Cornell, 1993 |
| 19:03 | Bridget Wiedl, Beloit, 1997 |
| 19:05 | Cheri Lichtensteiger, Carroll, 1996 |
| 19:11 | Christine Thorburn, Grinnell, 1988 |
| 19:13 | Michele Belvitch, Beloit, 1983 |
| 19:18 | Erin Kelley, Carroll, 2004 |
| 19:23 | Monica Zimmerman, Cornell, 1987 |
| 19:42 | Holly Killmer, Grinnell, 1995 |
| 19:48 | Angie Hickerson, Monmouth, 1986 |
| 19:53 | Stephanie Hitztaler, Grinnell, 1994 |
| 19:57 | Jenny Meyers, Cornell, 1992 |
| 19:59 | Shavaun Adams, Grinnell, 1985 |
| 20:14 | Shavaun Adams, Grinnell, 1984 |
| 21:24 | Rose Nguyen, Knox, 1991 |

--NCAA National Championship Results--

MWC MEN'S TEAM RESULTS

| Year | School | Finish | Points |
|------|----------------------------|---------|--------|
| 2010 | Grinnell | 25th/32 | 600 |
| 2008 | Grinnell | 26th/32 | 577 |
| 1991 | Grinnell | 14th/21 | 290 |
| 1990 | Grinnell | 16th/21 | 418 |
| 1981 | Carleton | 5th/22 | 176 |
| 1980 | Carleton-NATIONAL CHAMPION | 1st/29 | 121 |
| 1979 | Carleton | 3rd/29 | 130 |
| 1978 | Carleton | 18th/28 | 435 |
| 1977 | Carleton | 15th/52 | 510 |
| | University of Chicago | 50th/52 | 1,434 |
| 1976 | Carleton | 4th/42 | 203 |
| | University of Chicago | 38th/42 | 1,092 |
| 1975 | Carleton | 4th/39 | 200 |
| 1974 | Carleton | 6th/41 | 280 |
| 1973 | St. Olaf | 10th/33 | 251 |
| | Carleton | 11th/33 | 256 |
| | Grinnell | 32nd/33 | 868 |

MWC MEN INDIVIDUAL RESULTS

| Year | Athlete, School | Finish | Time |
|------|-----------------------------|-----------------|-----------------|
| 2010 | Alex Reich, Grinnell | 68th/279 | 25:23.8 |
| | Noah DeLong, Grinnell | 92nd/279 | 25:38.1 |
| | Frank Canady, Grinnell | 130th/279 | 25:56.3 |
| | Erik Figge, Grinnell | 149th/279 | 26:08.7 |
| | Ethan Heppner, Grinnell | 161st/279 | 26:13.6 |
| | Ben Tyler, Grinnell | 180th/279 | 26:26.5 |
| | Shyam Deshpande, Grinnell | 212th/279 | 27:22.1 |
| 2009 | Dan Krauss, Grinnell | 120th/276 | 26:51.40 |
| 2008 | Henry Reich, Grinnell | 56th/278 | 25:16.66 |
| | David Montgomery, Grinnell | 109th/278 | 25:39.73 |
| | Sam Calisch, Grinnell | 161st/278 | 25:57.02 |
| | Ethan Heppner, Grinnell | 214th/278 | 26:20.03 |
| | Noah DeLong, Grinnell | 240th/278 | 26:31.89 |
| | Nick Sparr, Grinnell | 250th/278 | 26:36.93 |
| | Alex Reich, Grinnell | 256th/278 | 26:40.72 |
| 2007 | Jeff Pentek, Grinnell | 61st/280 | 25:32.00 |
| 2006 | Drake Ballew, Grinnell | 40th/279 | 27:50.00 |
| | David Montgomery, Grinnell | 137th/279 | 28:52.00 |
| 2005 | Dave Billings, Ripon | 124th/211 | 27:30.00 |
| 2004 | Zach Barr, Monmouth | 26th/215 | 25:13.05 |
| | Justin Riley, Grinnell | 113th/215 | 26:06.08 |
| 2003 | Adam Booth, Grinnell | 4th/215 | 25:12.04 |
| | Zach Barr, Monmouth | 68th/215 | 26:22.01 |
| 2002 | Adam Booth, Grinnell | 52nd/215 | 25:57.08 |
| 2001 | Adam Booth, Grinnell | 58th/211 | 25:22.03 |
| 2000 | Zac Freudenburg, Beloit | 57th/215 | 26:02.60 |
| | Peter Levi, Lawrence | 106th/215 | 26:27.07 |
| | John Aerni, Grinnell | 131st/215 | 26:37.05 |
| | Rob Park, Grinnell | 172nd/215 | 27:08.03 |
| 1999 | John Aerni, Grinnell | 54th/212 | 24:49.03 |
| 1998 | Zac Freudenburg, Beloit | 108th/181 | 26:46.42 |
| 1993 | Mike Nawrocki, Grinnell | 76th/182 | 26:17.03 |
| | Brian Campbell, Knox | 169th/182 | 28:18.03 |
| 1992 | Dan Schisler, Monmouth | 26th/182 | 25:32.00 |

| | | | |
|------|--|-----------------|-----------------|
| 1991 | Mike Nawrocki, Grinnell | 37th/177 | 25:21.00 |
| | Dan Schisler, Monmouth | 42nd/177 | 25:25.00 |
| | Mark Bellstein, Grinnell | 80th/177 | 26:03.00 |
| | Jason Maples, Grinnell | 84th/177 | 26:06.00 |
| | Chris Garman, Grinnell | 95th/177 | 26:12.00 |
| | Jeff Ulmer, Grinnell | 96th/177 | 26:13.00 |
| | John Marciari, Grinnell | 135th/177 | 26:48.00 |
| | Barry Matchett, Grinnell | 161st/177 | 27:35.00 |
| 1990 | Tony Every, Cornell | 5th/182 | 25:08.06 |
| | Dan Schisler, Monmouth | 65th/182 | 26:06.02 |
| | Chris Naumann, Lawrence | 83rd/182 | 26:22.04 |
| | Mark Beilstein, Grinnell | 89th/182 | 26:25.04 |
| | Chris Garman, Grinnell | 100th/182 | 26:34.01 |
| | David Hammond, Grinnell | 102nd/182 | 26:35.00 |
| | Todd Rowekamp, Grinnell | 123rd/182 | 26:52.07 |
| | Jeff Ulmer, Grinnell | 152nd/182 | 27:29.03 |
| | John Marciari, Grinnell | 153rd/182 | 27:31.02 |
| | David Sherdan, Grinnell | 163rd/182 | 27:48.00 |
| | Aaron Stang, Cornell | DNF | DNF |
| 1989 | Chris Naumann, Lawrence | 41st/181 | 25:08.00 |
| 1988 | Jeff Yaoles, Cornell | 20th/180 | 25:18.05 |
| | Greg Evans, Grinnell | 35th/180 | 25:33.09 |
| | Tony Every, Cornell | 63rd/180 | 26:00.06 |
| 1983 | Matt Trimble, Cornell | 24th/180 | 24:34.00 |
| 1981 | Todd Schafer, Carleton | 5th/184 | 25:52.00 |
| | Quinn Batson, Carleton | 16th/194 | 26:08.00 |
| | David Cooke, Grinnell | 53rd/184 | 26:53.00 |
| | Bill Herman, Carleton | 64th/184 | 27:03.00 |
| | Scott Fargo, Carleton | 69th/184 | 27:08.00 |
| | Gene Dimagno, Carleton | 85th/184 | 27:22.00 |
| | Chris Bierman, Carleton | 90th/184 | 27:24.00 |
| | David Groos, Carleton | 145th/184 | 28:08.00 |
| 1980 | Chris Bierman, Carleton | 25th/236 | 26:00.00 |
| | Bill Herman, Carleton | 35th/236 | 26:14.00 |
| | Robert Jacobson, Carleton | 39th/236 | 26:15.00 |
| | David Waltz, Carleton | 58th/236 | 26:27.00 |
| | Robert Pappas, Carleton | 159th/236 | 27:42.00 |
| 1979 | Bob Pappas, Carleton | 10th/202 | 24:34.01 |
| | Doug Simpson, Carleton | 30th/202 | 25:02.05 |
| | Todd Scafer, Carleton | 33rd/202 | 25:03.05 |
| | David Waltz, Carleton | 36th/202 | 25:07.07 |
| | Chris Bierman, Carleton | 61st/202 | 25:29.06 |
| | Quinn Batson, Carleton | 71st/202 | 25:34.08 |
| | Mike Axinn, Uni. of Chicago | 83rd/202 | 25:39.07 |
| 1978 | Jim Miller, Lawrence | 12th/226 | 24:30.00 |
| | Bob Pappas, Carleton | 77th/226 | 25:24.00 |
| | Steve Buffington, Carleton | 104th/226 | 25:37.00 |
| | David Waltz, Carleton | 123rd/226 | 25:47.00 |
| | Doug Simpson, Carleton | 126th/226 | 25:49.00 |
| | Bob Jacobson, Carleton | 130th/226 | 25:53.00 |
| | Todd Schafer, Carleton | 139th/226 | 25:58.00 |
| | Joe Reynolds, Carleton | 156th/226 | 26:10.00 |
| 1977 | Dale Kramer, Carleton-NATIONAL CHAMPION | 25:44.00 | |
| | Jim Miller, Lawrence | 102nd/396 | 27:32.00 |
| | David Waltz, Carleton | 115th/396 | 27:36.00 |
| | Doug Simpson, Carleton | 134th/396 | 27:40.00 |
| | Steve Buffington, Carleton | 159th/396 | 28:01.00 |
| | Ernie Updike, Carleton | 175th/396 | 28:10.00 |

NCAA Results Continued on Page 10

Bold indicates All-American

--NCAA National Championship Results--

MWC MEN INDIVIDUAL RESULTS CONTINUED

| Year | Athlete, School | Finish | Time |
|------|--|-----------------|-----------------|
| | Robert Pappas, Carleton | 216th/396 | 28:57.00 |
| | Mel Ullmeyer, Monmouth | 260th/396 | 29:19.00 |
| | Kevin Retelle, Lawrence | 272nd/396 | 29:25.00 |
| | Peter Smith, Uni. of Chicago | 207th/396 | 29:30.00 |
| | Al Miller, Carleton | 208th/396 | 29:30.05 |
| | James Thvodt, Uni. of Chicago | 319th/396 | 29:49.00 |
| | David Taylor, Uni. of Chicago | 330th/396 | 29:57.00 |
| | Lestor Savit, Uni. of Chicago | 369th/396 | 30:51.00 |
| 1977 | Marshall Schmitt, Uni. of Chicago | 371st/396 | 30:58.00 |
| | Joseph Knauf, Uni. of Chicago | 308th/341 | |
| | Paul Reich, Grinnell | 320th/341 | |
| 1976 | Dale Kramer, Carleton-NATIONAL CHAMPION | | 24:56.00 |
| | Roger Johnston, Carleton | 30th/341 | 25:59.00 |
| | Fred Hicks, Carleton | 32nd/341 | 26:03.00 |
| | Steve Reynolds, Carleton | 68th/341 | 26:22.00 |
| | Mark Moline, Carleton | 132nd/341 | 26:44.00 |
| | Doug Simpson, Carleton | 201st/341 | 27:09.00 |
| | Wyatt Miller, Carleton | 225th/341 | 27:13.00 |
| | Peter Smith, Uni. of Chicago | 255th/341 | 27:33.00 |
| | Tim Caver, Grinnell | 256th/341 | 27:33.05 |
| | Rich Nayer, Grinnell | 261st/341 | 27:35.00 |
| | Julian Brown, Uni. of Chicago | 297th/341 | |
| | John Schuster, Uni. of Chicago | 302nd/341 | |
| | John Pearson, Uni. of Chicago | 305th/341 | |
| | Joseph Knauf, Uni. of Chicago | 308th/341 | |
| | Paul Reich, Grinnell | 320th/341 | |
| 1975 | Steve Reynolds, Carleton | 11th/295 | 24:48.00 |
| | Dale Kramer, Carleton | 12th/295 | 24:48.05 |
| | Fred Hicks, Carleton | 25th/295 | 25:00.00 |
| | Randy Ohman, Carleton | 39th/295 | 25:18.00 |
| | Mark Moline, Carleton | 144th/295 | 26:35.00 |
| | Al Miller, Carleton | 179th/295 | 26:55.00 |
| | Terry Zwiener, Carleton | 260th/295 | 28:39.00 |
| 1974 | Steve Reynolds, Carleton | 19th/304 | 25:24.00 |
| | Randy Ohman, Carleton | 68th/304 | 26:10.00 |
| | Fred Hicks, Carleton | 76th/304 | 26:14.00 |
| | Sean Hartnett, Beloit | 171st/304 | 27:16.00 |
| | Al Miller, Carleton | 173rd/304 | 27:17.00 |
| | Roger Johnston, Carleton | 259th/304 | 28:47.00 |
| | Russell Damtoft, Grinnell | 265th/304 | 28:55.00 |
| 1973 | James Muus, St. Olaf | 7th/250 | 24:53.00 |
| | Roger Johnston, Carleton | 38th/250 | 25:37.00 |
| | Todd Thompson, Carleton | 46th/250 | 25:45.00 |
| | Steve Reynolds, Carleton | 54th/250 | 25:50.00 |
| | David Larsen, St. Olaf | 55th/250 | 25:50.05 |
| | Jerome Winegarden, St. Olaf | 56th/250 | 25:51.00 |
| | Randy Ohman, Carleton | 64th/250 | 25:54.00 |
| | Jonathan Berg, St. Olaf | 75th/250 | 25:59.00 |
| | David Raub, Grinnell | 87th/250 | 26:08.00 |
| | Ross Dedan, St. Olaf | 107th/250 | 26:26.00 |
| | Fred Hicks, Carleton | 109th/250 | 26:27.00 |
| | Sean Hartnett, Beloit | 150th/250 | 27:07.00 |
| | Alex Thomas, Beloit | 151st/250 | 27:08.00 |
| | Dan Bruneau, Lawrence | 156th/250 | 27:08.05 |
| | Stephen Richards, St. Olaf | 157th/250 | 27:09.00 |
| | John Clifford, Carleton | 169th/250 | 27:23.00 |
| | Steve Paschall, St. Olaf | 170th/250 | 27:23.05 |
| | Tom Jones, Beloit | 175th/250 | 27:27.00 |

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|------|----------------------------|-----------|----------|
| | James Beres, Lawrence | 205th/250 | 28:05.00 |
| | Russell Damtoft, Grinnell | 213th/250 | 28:15.00 |
| | Ed Belsheim, Carleton | 219th/250 | 28:24.00 |
| | John Chandler, Lawrence | 221st/250 | 28:26.00 |
| | Richard Lawrence, Lawrence | 223rd/250 | 28:27.00 |
| | Tom Howland, Grinnell | 224th/250 | 28:28.00 |
| | Brian MacDermot, Beloit | 226th/250 | 28:29.00 |
| | Cliff Clusin, Grinnell | 241st/250 | 29:27.00 |
| | Mark Blanchard, Grinnell | 244th/250 | 30:07.00 |
| 1973 | Neal Klegerman, Grinnell | 249th/250 | 31:28.00 |

Bold Indicates All-American



--NCAA National Championship Results--

MWC WOMEN'S TEAM RESULTS

| Year | School | Finish | Points |
|------|----------|--------|--------|
| 2006 | Grinnell | 7th/32 | 237 |

MWC WOMEN INDIVIDUAL RESULTS

| Year | Athlete, School | Finish | Time |
|------|--------------------------------------|----------------------|-----------------|
| 2010 | Jenny Scherer, St. Norbert | 3rd/279 | 21:08.9 |
| | Mary Kate Beyer, Monmouth | 20th/279 | 21:35.9 |
| | Amanda Whipple, St. Norbert | 147th/279 | 22:47.7 |
| 2009 | Jenny Scherer, St. Norbert | 10th/279 | 22:26.40 |
| | Mary Kate Beyer, Monmouth | 58th/279 | 23:12.10 |
| | Megan O'Grady, Carroll | 64th/279 | 23:15.00 |
| 2008 | Mary Kate Beyer, Monmouth | 74th/279 | 22:12.78 |
| | Jenny Scherer, St. Norbert | 7th/279 | 21:16.33 |
| 2007 | Sarah Spencer, Grinnell | 6th/280 | 21:29.00 |
| | Allison Louthan, Grinnell | 32nd/280 | 22:08.00 |
| | Erin Kelley, Carroll | 44th/280 | 22:27.00 |
| | Jenny Scherer, St. Norbert | 61st/280 | 22:37.00 |
| 2006 | Sarah Spencer, Grinnell | 3rd/279 | 22:52.00 |
| | Sara Brady, Grinnell | 35th/279 | 23:54.00 |
| | Erin Kelley, Carroll | 79th/279 | 24:39.00 |
| | Katie Ryan, Grinnell | 83rd/279 | 24:42.00 |
| | Allison Louthan, Grinnell | 92nd/279 | 24:47.00 |
| | Becky Bessinger, Grinnell | 93rd/279 | 24:49.00 |
| | Brittany Dick, Ripon | 111th/279 | 25:02.00 |
| | Erin Sindewald, Grinnell | 196th/279 | 25:54.00 |
| | Meredith Groves, Grinnell | 230th/279 | 26:24.00 |
| | 2005 | Erin Kelley, Carroll | 44th/213 |
| 2004 | Erin Kelley, Carroll | 101st/215 | 23:17.07 |
| 2003 | Kristin Igielski, Carroll | 5th/215 | 21:44.05 |
| 2002 | Kristin Igielski, Carroll | 32nd/215 | 22:27.07 |
| | Julie Deyo, St. Norbert | 61st/215 | 22:53.06 |
| | Valerie Curtis, Lawrence | 73rd/215 | 23:01.03 |
| 2001 | Julie Deyo, St. Norbert | 90th/213 | 18:29.00 |
| 2000 | Kristin Igielski, Carroll | 49th/211 | 18:58.04 |
| | Cristy Amenson, Carroll | 137th/211 | 19:40.03 |
| 1999 | Marni Lynn, Carroll | 38th/213 | 17:42.06 |
| | Cathy Kempen, Lawrence | 59th/213 | 17:57.05 |
| | Courtney Miller, Lawrence | 128th/213 | 18:32.05 |
| | Laura Carpenter, Beloit | 158th/213 | 18:48.05 |
| 1998 | Bridget Wiedl, Beloit | 63rd/183 | 19:08.15 |
| 1996 | Cheri Lichtensteiger, Carroll | 2nd/180 | 17:52.00 |
| 1995 | Stephanie Hitzlater, Grinnell | 54th/182 | 18:37.09 |
| 1994 | Stephanie Hitzlater, Grinnell | 65th/184 | 19:20.07 |
| 1993 | Kelly Lear, Cornell | 50th/182 | 18:52.0 |
| 1990 | Lori Stitch, Ripon | 53rd/128 | 19:02.06 |
| 1989 | Joanne Sackett, Grinnell | 46th/135 | 18:36.00 |
| | Lori Stitch, Ripon | 67th/135 | 18:48.00 |
| 1988 | Christine Thorburn, Grinnell | 45th/133 | 19:13.03 |
| 1985 | Shavaun Adams, Grinnell | 39th/111 | 20:07.00 |
| 1983 | Julie Wick, Lawrence | 50th/115 | 18:11.00 |

Bold Indicates All-American

--MWC Men's & Women's NCAA All-Americans--

MEN'S NCAA ALL-AMERICANS

| Year | Athlete, School | Place |
|------|--------------------------|-------|
| 2004 | Zach Barr, Monmouth | 26th |
| 2003 | Adam Booth, Grinnell | 4th |
| 1990 | Tony Every, Cornell | 5th |
| 1988 | Jeff Yaoles, Cornell | 20th |
| 1983 | Matt Trimble, Cornell | 24th |
| 1981 | Todd Schafer, Carleton | 5th |
| 1980 | Chris Bierman, Carleton | 25th |
| 1979 | Bob Pappas, Carleton | 10th |
| 1978 | Jim Miller, Lawrence | 12th |
| 1977 | Dale Kramer, Carleton | 1st |
| 1976 | Dale Kramer, Carleton | 1st |
| 1975 | Steve Reynolds, Carleton | 11th |
| 1975 | Dale Kramer, Carleton | 12th |
| 1975 | Fred Hicks, Carleton | 25th |
| 1974 | Steve Reynolds, Carleton | 19th |
| 1973 | James Muus, St. Olaf | 7th |

MEN'S MULTIPLE NCAA ALL-AMERICANS

| Number | Athlete, School | Years |
|--------|-----------------------|---------|
| 3 | Dale Kramer, Carleton | 1975-77 |

WOMEN'S NCAA ALL-AMERICANS

| Year | Athlete, School | Place |
|------|-------------------------------|-------|
| 2010 | Jenny Scherer, St. Norbert | 3rd |
| | Mary Kate Beyer, Monmouth | 20th |
| 2009 | Jenny Scherer, St. Norbert | 10th |
| 2008 | Jenny Scherer, St. Norbert | 7th |
| 2007 | Sarah Spencer, Grinnell | 6th |
| | Allison Louthan, Grinnell | 32nd |
| 2006 | Sarah Spencer, Grinnell | 3rd |
| 2006 | Sara Brady, Grinnell | 35th |
| 2003 | Kristin Igielski, Carroll | 5th |
| 2002 | Kristin Igielski, Carroll | 32nd |
| 1996 | Cheri Lichtensteiger, Carroll | 2nd |

WOMEN'S MULTIPLE NCAA ALL-AMERICANS

| Number | Athlete, School | Years |
|--------|----------------------------|---------|
| 3 | Jenny Scherer, St. Norbert | 2008-10 |
| 2 | Sarah Spencer, Grinnell | 2006-07 |