



Women's Cross Country



Lowest Winning Team Total: 19 (FIU, 1993)
 Highest Winning Team Total: 56 (Belmont, 2008)
 Fastest Winning Time: 16:56 (Alicia Valtin - Campbell, 2005)
 Consecutive Victories (Team): 5 (FIU, 1990-1994)
 Consecutive Victories (Individual): 3 (Sarah Howard - Georgia State, 1996-1998)

Yearly Summary

Year	Date	Site	Host	Dist.	Team Champion	Score	Individual Champion / Runner of the Year	Time	Coach of the Year	Freshman of the Year
2008	11/1	Macon, Ga.	Mer	5K	Belmont	56	Brittany Thune, Bel	17:39	Seth Sheridan, Bel	Kara Sephel, Bel
2007	10/27	Nashville, Tenn.	Lip	5K	Belmont	53	Lauren Weaver, Bel	17:51	Seth Sheridan, Bel	Emily Tangwar, Upst
2006	10/28	Boiling Springs, N.C.	GWU	5K	Belmont	46	Alicia Valtin, Cam	17:58	Seth Sheridan, Bel	Britany Thune, Bel
2005	10/29	Buies Creek, N.C.	Cam	5K	Kennesaw State	42	Alicia Valtin, Cam	16:56	Seth Sheridan, Bel	Erin Sutton, KSU
2004	10/30	Nashville, Tenn.	Bel	5K	Belmont	35	Jenn Feenstra, GSU	18:15	Seth Sheridan, Bel	Lauren Williams, Bel
2003	11/1	Buies Creek, N.C.	Cam	5K	Belmont	38	Heather Lee, Cam	17:22	Seth Sheridan, Bel	Lisa Crampton, Bel
2002	11/2	Troy, Ala.	Troy	5K	Belmont	37	Silvia Chelimo, GWU	18:25	Seth Sheridan, Bel	Alicia Valtin, Cam
2001	10/27	Atlanta, Ga	GSU	5K	Belmont	32	Heather Lee, Cam	17:00	Seth Sheridan, Bel	Kelsey Reed, Bel
2000	10/26	Buies Creek, N.C.	Cam	5K	Gergia State	51	Sonja Shedden, UCF	17:56	Jessica Graham, GSU	Elizabeth Smothers, Bel
1999	10/30	Orlando, Fla.	UCF	5K	UCF	46	Sonja Shedden, UCF	18:06	Marcia Wentworth, UCF	--
1998	10/31	Atlanta, Ga.	GSU	5K	Georgia State	41	Sarah Howard, GSU	18:04	Jessica Graham, GSU	--
1997	11/1	Birmingham, Ala.	Sam	5K	FIU	47	Sarah Howard, GSU	18:44	Mike Becker, FIU	--
1996	11/2	Buies Creek, N.C.	Cam	5K	Samford	48	Sarah Howard, GSU	19:34	Glenn McWaters, Sam	--
1995	10/28	Macon, Ga.	Mer	5K	UCF	44	Sara Acraman, GSU	18:56	Marcia Wentworth, UCF	--
1994	10/29	Orlando, Fla.	UCF	5K	FIU	54	Molly Rittwage, Cam	18:18	Ken Frenette, Cam	--
1993	10/30	Atlanta, Ga.	GSU	5K	FIU	19	Raquel Guzman, FIU	18:29	Sally Carei-Martinez, FIU	--
1992	10/31	DeLand, Fla.	Stet	5K	FIU	21	Michele Owen, FIU	19:52	Sally Carei-Martinez, FIU	--
1991	11/4	Hammond, La.	SLU	5K	FIU	32	Meri Poteet, GSU	17:34	Mike Becker, FIU	--
1990	10/27	Atlanta, Ga.	GSU	5K	FIU	37	Meri Poteet, GSU	18:56	Mike Becker, FIU	--
1989	11/4	Macon, Ga.	Mer	5K	Georgia State	31	Vivian Hernandez, FIU	18:42	Bruce LaBudde, GSU	--
1988	11/5	Miami, Fla.	FIU	5K	FIU	34	Carla Nunziato, FIU	18:40	Mike Becker, FIU	--
1987	11/9	Atlanta, Ga.	GSU	5K	Samford	39	Liz Lewis, FIU	18:43	Bill McClure, Sam	--
1986	11/8	Orlando, Fla.	UCF	5K	Georgia State	28	Terri Morrison, GSU	19:11	Bruce LaBudde, GSU	--
1985	11/9	Statesboro, Ga.	GaSo	5K	Georgia State	32	Terri Morrison, GSU	18:37	Bruce LaBudde, GSU	--

Championship Results

Year	Rank	Team	Score
2008	1.	Belmont	56
2008	2.	Jacksonville	78
2008	3.	Kennesaw State	90
2008	4.	Lipscomb	101
2008	5.	Campbell	104
2008	6.	UNF	172
2008	7.	USC Upstate	187
2008	8.	ETSU	202
2008	9.	FGCU	224
2008	10.	Stetson	243
2008	11.	Mercer	270
2007	1.	Belmont	53
2007	2.	Kennesaw State	83
2007	3.	UNF	93
2007	4.	Jacksonville	118
2007	5.	Campbell	131
2007	6.	Lipscomb	134
2007	7.	Florida Gulf Coast	174
2007	8.	Mercer	189
2007	9.	Gardner-Webb	231
2007	10.	ETSU	269
2007	11.	Stetson	296
2007	12.	USC Upstate	304
2006	1.	Belmont	46
2006	2.	UNF	60
2006	3.	Kennesaw State	95
2006	4.	Campbell	103
2006	5.	Jacksonville	116
2006	6.	Lipscomb	145
2006	7.	Gardner-Webb	153
2006	8.	Mercer	186
2006	9.	ETSU	244
2006	10.	Stetson	278
2005	1.	Kennesaw State	42
2005	2.	Belmont	94
2005	3.	Campbell	111
2005	4.	UNF	117
2005	5.	Florida Atlantic	127
2005	6.	Lipscomb	148
2005	7.	Jacksonville	158
2005	8.	ETSU	161
2005	9.	Mercer	195
2005	10.	Gardner-Webb	208
2005	11.	Stetson	314
2004	1.	Belmont	35
2004	2.	Florida Atlantic	77
2004	3.	Georgia State	90
2004	4.	UCF	151
2004	5.	Campbell	156
2004	6.	Troy	167
2004	7.	Lipscomb	168
2004	8.	Jacksonville	176
2004	9.	Mercer	188
2004	10.	Gardner-Webb	260
2003	1.	Belmont	38
2003	2.	Campbell	55
2003	3.	Georgia State	77
2003	4.	UCF	127
2003	5.	Florida Atlantic	148
2003	6.	Gardner-Webb	153
2003	7.	Jacksonville	180
2003	8.	Lipscomb	218
2003	9.	Mercer	242
2003	10.	Troy	242
2003	11.	Stetson	321
2002	1.	Bel	37
2002	2.	Samford	81
2002	3.	UCF	118
2002	4.	Georgia State	137
2002	5.	Gardner-Webb	147
2002	6.	Jacksonville	157
2002	7.	Campbell	160
2002	8.	Troy	169
2002	9.	Florida Atlantic	219
2002	10.	Mercer	228
2002	11.	Stetson	323
2002	12.	Jacksonville State	380
2001	1.	Belmont	32
2001	2.	Georgia State	65
2001	3.	UCF	78
2001	4.	Samford	95
2001	5.	Troy	147
2001	6.	Jacksonville	162
2001	7.	Campbell	170
2001	8.	Mercer	223
2001	9.	Florida Atlantic	276
2001	10.	Jacksonville State	284
2001	11.	Stetson	307
2000	1.	Georgia State	51
2000	2.	Samford	64
2000	3.	Jacksonville	68
2000	4.	UCF	69
2000	5.	Campbell	91
2000	6.	Troy	178
2000	7.	Stetson	243
2000	8.	Mercer	246
2000	9.	Florida Atlantic	257
2000	10.	Jacksonville State	261
1999	1.	UCF	46
1999	2.	Campbell	56
1999	3.	Georgia State	63
1999	4.	Samford	105
1999	5.	Troy	131
1999	6.	Jacksonville	134
1999	7.	Mercer	193
1999	8.	Florida Atlantic	226
1999	9.	Jacksonville State	277
1999	10.	Stetson	289
1998	1.	Georgia State	41
1998	2.	UCF	63
1998	3.	Troy	80
1998	4.	Campbell	83
1998	5.	Jacksonville	103
1998	6.	Samford	168
1998	7.	Florida Atlantic	199
1998	8.	Mercer	231
1998	9.	Jacksonville State	255
1998	10.	Centenary	294
1998	11.	Stetson	320
1997	1.	FIU	47
1997	2.	Georgia State	71
1997	3.	UCF	77
1997	4.	Campbell	96
1997	5.	Coll. of Charleston	131
1997	6.	Troy	138
1997	7.	Samford	139
1997	8.	Florida Atlantic	175
1997	9.	Jacksonville State	228
1997	10.	Mercer	299
1997	11.	Stetson	345
1997	12.	Centenary	378
1996	1.	Samford	48
1996	2.	FIU	63
1996	3.	Georgia State	65
1996	4.	Campbell	100
1996	5.	UCF	101
1996	6.	SE Louisiana	172
1996	7.	Florida Atlantic	187
1996	8.	Coll. of Charleston	203
1996	9.	Jacksonville State	267
1996	10.	Mercer	272
1996	11.	Centenary	345
1996	--	Stetson	--
1996		No team score	
1995	1.	UCF	44
1995	2.	Samford	60
1995	3.	FIU	69
1995	4.	SE Louisiana	130
1995	5.	Georgia State	131
1995	6.	Campbell	133
1995	7.	Florida Atlantic	164

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Championship Results (continued)

1995 (cont.)	
8. Coll. of Charleston	225
9. Mercer	241
10. Jacksonville State	278
11. Stetson	294
1994	
1. FIU	54
2. SE Louisiana	66
3. Campbell	67
4. UCF	81
5. Samford	117
6. Coll. of Charleston	146
7. Florida Atlantic	184
8. Georgia State	213
9. Stetson	231
10. Mercer	262
11. Centenary	322
1993	
1. FIU	19
2. Samford	57
3. UCF	95
4. Coll. of Charleston	123
5. Mercer	127
6. SE Louisiana	142
7. Stetson	148
8. Georgia State	208
9. Florida Atlantic	235
10. Centenary	300
1992	
1. FIU	21
2. Georgia State	58
3. UCF	77
4. Samford	126
5. Stetson	131
6. Mercer	142
7. Coll. of Charleston	174
8. SE Louisiana	183
9. Centenary	285
1991	
1. FIU	32
2. Georgia State	49
3. Georgia Southern	82
4. Stetson	129
5. Florida A&M	142
6. Mercer	146
7. Coll. of Charleston	172
8. Samford	175
9. SE Louisiana	240
10. Centenary	310
1990	
1. FIU	37
2. Georgia State	38
3. Samford	91
4. Georgia Southern	109
5. Florida A&M	112
6. Stetson	115
7. Mercer	169
1989	
1. Georgia State	31
2. Georgia Southern	76
3. FIU	90
4. Samford	91
5. UCF	92
6. Florida A&M	140
7. Mercer	186
8. Stetson	193
1988	
1. FIU	34
2. Georgia State	48
3. UCF	72
4. Samford	107
5. Georgia Southern	115
6. Florida A&M	145
7. Stetson	197
8. Mercer	209
1987	
1. Samford	39
2. Georgia State	41
3. FIU	100
4. UCF	106
5. Florida A&M	119
6. Georgia Southern	123
7. Mercer	180
8. Stetson	214
1986	
1. Georgia State	28
2. UCF	56
3. Georgia Southern	67
4. Florida A&M	75
5. Stetson	120
1985	
1. Georgia State	32
2. UCF	56
3. Georgia Southern	64
4. Florida A&M	73
5. Stetson	118



All-Conference Selections

2008

First Team

1. Brittany Thune	Bel	17:39
2. Mackenzie Howe	KSU	17:58
3. Baillie Locke	Cam	18:13
4. Susanne Klungtveit	JU	18:14
5. Soibhan Wolcott	KSU	18:17
6. Carolyn Latham	Lip	18:22
7. Kristen Gibson	KSU	18:25

Second Team

8. Kara Sephel	Bel	18:26
9. Alyssa Deal	JU	18:29
10. Elisabeth Goshu	JU	18:29
11. Caitlin Anderson	Lip	18:35
12. Hillary Adams	UNF	18:36
13. Nicole Muldowney	Bel	18:37
14. Alison Ritter	JU	18:48

2007

1. Lauren Weaver	Bel	17:51
2. Emily Tangwar	Upst	18:08
3. Brittany Thune	Bel	18:09
4. Amanda Davey	UNF	18:33
5. Baillie Locke	Cam	18:48
6. Erin Sutton	KSU	18:56
7. Carolyn Latham	Lip	19:07
8. Mackenzie Howe	KSU	19:08
9. Elizabeth Smothers	Bel	19:09
10. Anastasia Fokina	JU	19:13

2006

1. Alicia Valtin	Cam	17:58
2. Lauren Williams	Bel	18:42
3. Sarah Coghlan	UNF	18:49
4. Amanda Davey	UNF	19:01
5. Elizabeth Smothers	Bel	19:09
6. Samantha Wood	Lip	19:18
7. Whitney Thurman	Bel	19:19
8. Brittany Thune	Bel	19:19
9. Erin Sutton	KSU	19:24
10. Katherine Warden	GWU	19:31

2005

1. Alicia Valtin	Cam	16:56
2. Patrina Hayes	KSU	17:17
3. Lauren Williams	Bel	17:50
4. Erin Sutton	KSU	17:57
5. Magdalena Polko	KSU	18:03
6. Ruth Mick	Lip	18:04
7. Tara Dressler	Cam	18:06
8. Elizabeth Smothers	Bel	18:06
9. Fallon Heffernan	JU	18:08
10. Sarah Coghlan	UNF	18:12

2004

1. Jenn Feenstra	GSU	18:15
2. Lindsey Waldrop	Troy	18:39
3. Lauren Williams	Bel	18:41
4. Elizabeth Benson	Bel	18:43
5. Belinda Bargmann	Troy	18:44
6. Sherri Bissing	Bel	18:57
7. Astrid Claessens	UCF	19:06
8. Elizabeth Smothers	Bel	19:06
9. Raynell Hagberg	FAU	19:09
10. Jill Stapleton	Cam	19:10

2003

1. Heather Lee	Cam	17:22
2. Christy Csorna	Bel	17:39
3. Alicia Valtin	Cam	17:54
4. Jenn Feenstra	GSU	18:01

5. Nigisti Negussie	GSU	18:16
6. Claudia Beitel	FAU	18:17
7. Elizabeth Benson	Bel	18:33
8. Lisa Crampton	Bel	18:43
9. Lindsey Moffenbier	JU	18:53
10. Anna Giles	Bel	18:59

2002

1. Sylvia Chelimo	GWU	18:25
2. Alicia Valtin	Cam	18:35
3. Andrea Smith	GSU	18:35
4. Sarah Damen	Bel	18:37
5. Margaret Elliott	Bel	18:41
6. Christy Csorna	Bel	19:01
7. Nigisti Negussie	GSU	19:09
8. Michelle Brewer	Sam	19:11
9. Lindsey Moffenbier	JU	19:13
10. Krisin Furman	Bel	19:19

2001

1. Heather Lee	Cam	17:00
2. Jenn Feenstra	GSU	17:19
3. Keely Weaver	Bel	17:56
4. Sonja Shedden	UCF	18:01
5. Margaret Elliott	Bel	18:10
6. Nigisti Negussie	GSU	18:17
7. Kelsey Reed	Bel	18:21
8. Allison Mills	Bel	18:22
9. Sarah Damen	Bel	18:24
10. Brittney Mensen	Sam	18:36

2000

1. Sonja Shedden	UCF	17:56
2. Jenn Feenstra	GSU	18:20
3. Adriana Campos	JU	18:23
4. Heather Lee	Cam	18:36
5. Laurie Harris	GSU	18:54
6. Lauren Floyd	Sam	18:54
7. Brittanie Hughes	GSU	18:55
8. April N. Paterson	JU	18:56
9. Suzanne Welty	Cam	18:57
10. Melissa Norris	UCF	19:02

1999

1. Sonja Shedden	UCF	18:06
2. Sarah Howard	GSU	18:09
3. Adriana Campos	JU	18:53
4. Susie Welty	Cam	19:01
5. Krista Swanson	Mer	19:05
6. Brianna Harrington	UCF	19:07
7. Sara Dillman	UCF	19:09
8. Brittanie Hughes	GSU	19:15
9. Ashley Broussard	Sam	19:21
10. Tiffany Quinn	Cam	19:22

1998

1. Sarah Howard	GSU	18:04
2. Anne Panaggio	UCF	18:19
3. Kelly Heinzman	Troy	18:51
4. Sonja Shedden	UCF	18:56
5. Brittanie Hughes	GSU	18:57
6. Jenna Hoffman	GSU	18:59
7. Jennifer Hanley	JU	19:05
8. Danielle Giorgianni	Cam	19:08
9. LaTanya Sumlin	Troy	19:09
10. Erin Kelley	Sam	19:14

1997

1. Sarah Howard	GSU	18:44
2. Kelly Heinzman	Troy	19:02
3. Sarah Fletcher	Sam	19:04

4. Ann Panaggio	UCF	19:12
5. Didi Hernandez	FIU	19:22
6. Lee Anne Chisholm	Cam	19:24
7. Sadie Wells	FIU	19:35
8. Karen Moya	FIU	19:36
9. Katy Kline	GSU	19:39
10. Alison Brown	CoC	19:41

1996

1. Sarah Howard	GSU	19:34
2. Vibeke Nilsen	FIU	19:49
3. Brenda Alfaro	FIU	19:54
4. Michelle Mullis	Sam	20:03
5. Sarah Fletcher	Sam	20:10
6. Jenna Hoffman	GSU	20:12
7. Christy Miller	UCF	20:18
8. Gabriella Dahlgren	SLU	20:19
9. Katy Kline	GSU	20:23
10. Jessica Whatley	Sam	20:31

1995

1. Sara Acraman	GSU	18:56
2. Michelle Mullis	Sam	19:01
3. Katanah Bresnick	UCF	19:15
4. Sarah Fletcher	Sam	19:21
5. Vibeke Nilsen	FIU	19:24
6. Tiffany Hill	UCF	19:32
7. Ashley Lawler	Sam	19:44
8. Shelly Price	GSU	19:50
9. Gabriella Dahlgren	SLU	19:54
10. Christy Miller	UCF	19:56

1994

1. Molly Rittwage	Cam	18:18
2. Kristen Lawten	FAU	19:14
3. Shelley Shaklee	Cam	19:17
4. Brenda Alfaro	FIU	19:30
5. Heather Schulz	UCF	19:39
6. Lori Arnold	SLU	19:44
7. Shar Crader	FIU	19:56
8. Shea Lyn Streeter	SLU	19:57
9. Jennifer Lockamy	Sam	20:00
10. Daphne Gilles	FIU	20:06

1993

1. Raquel Guzman	FIU	18:29
2. Ashley Lawler	Sam	19:11
3. Brenda Alfaro	FIU	19:35
4. Kristen Lawten	FIU	19:45
5. Michele Owen	FIU	20:05
6. Shar Crader	FIU	20:16
7. Amy Smith	Mer	20:24
8. Jessi Courville	SLU	20:39
9. Jeanne Lesniak	UCF	20:40
10. Rachele Boyer	CoC	20:49

1992

1. Michele Owen	FIU	19:52
2. Joanne Kluss	FIU	20:02
3. Kristen Lawten	FIU	20:11
4. Shelley Tyler	GSU	20:19
5. Shar Crader	FIU	20:33
6. Jane McDonald	GSU	20:40
7. Tiffany Hill	UCF	20:42
8. Brenna Willis	GSU	20:45
9. Amy Smith	Mer	20:52
10. Raquel Guzman	FIU	21:00

1991

1. Meri Poteet	GSU	17:34
2. Micky Kawhol	CoC	17:48

3. Vivian Hernandez	FIU	17:54
4. Heather Weldon	GSU	18:43
5. Raquel Guzman	FIU	18:56
6. Joanne Kluss	FIU	19:13
7. Alicia Hewes	GaSo	19:14
8. Gina Gabrielle	FIU	19:19
9. Donya Little	FAMU	19:27
10. Michelle Owen	FIU	19:30

1990

1. Meri Poteet	GSU	18:56
2. Jessica Graham	GSU	19:17
3. Michelle Owen	FIU	19:41
4. Alicia Hewes	GaSo	19:55
5. Maria Guzman	FIU	19:57
6. Maria Gallego	FIU	20:00
7. Lynette Robbins	Sam	20:06
8. Shelley Tyler	GSU	20:12
9. Kris Fraser	Stet	20:14
10. Jerri Sutton	FAMU	20:17

1989

1. Vivian Hernandez	FIU	18:42
2. Meri Lukens	GSU	19:06
3. Kim McLeod	Sam	19:12
4. Jessica Graham	GSU	19:30
5. Gina Russell	GSU	19:41
6. Alicia Hewes	GaSo	19:54
7. Beth Thomas	GaSo	19:58
8. Pam Wulf	UCF	20:00
9. Cindy Medved	GSU	20:01
10. Lynette Robbins	Sam	20:06

1988

1. Carla Nunziato	FIU	18:40
2. Kim Spence	UCF	19:23
3. Loreen White	GSU	19:31
4. Jessica Graham	GSU	19:33
5. Heidi Church	FIU	19:48
6. Angie McCall	FIU	19:48
7. Kristen Elliot	FIU	19:50
8. Kim McLeod	Sam	19:57
9. Alicia Hewes	GaSo	20:30
10. Cindy Medved	GSU	20:36

1987

1. Liz Lewis	FIU	18:43
2. Linda Shelling	GSU	18:59
3. Kim McCleod	Sam	20:00
4. Lynette Robbins	Sam	20:03
5. Cindy Medved	GSU	20:07
6. Dena Williams	Sam	20:26
7. Kara Robbins	GaSo	20:30
8. Diane Madison	UCF	20:38
9. Laura Smith	GSU	20:42
10. Nora Weed	GSU	20:44

1986

1. Terri Morrison	GSU	19:11
2. Laura Smith	GSU	20:45
3. Rosa Vousa	UCF	20:52
4. Julie Houser	UCF	21:11
5. Cindy Medved	GSU	21:27
6. Cindy Gaskill	UCF	21:39
7. Alfreeda Parker	FAMU	21:45
8. Kara Robbins	GaSo	21:54
9. Nora Weed	GSU	22:14
10. Patty Patton	GaSo	22:48

1985

1. Terri Morrison	GSU	18:37
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All-Conference Selections (continued)

2. Kim Bohanon	GSU	18:40
3. Gail Jones	UCF	19:36
4. Rhonda Elrod	GaSo	20:30
5. Christi Daprano	GaSo	20:36
6. Teresa Crisp	GSU	20:47
7. Nora Weed	GSU	21:18
8. Teria Crane	FAMU	21:54
9. Mary Marcott	UCF	21:57
10. Demetria Walls	FAMU	22:07

ALL-FRESHMAN TEAM

2008

1. Kara Sephel	Bel	18:26
2. Nicole Muldowney	Bel	18:37
3. Shannon Titus	Bel	18:54
4. Katelyn Eberhardt	Bel	18:55
5. Jemeli Sang	Upst	19:04

2007

1. Emily Tangwar	Upst	18:08
2. Baillie Locke	Cam	18:48
3. Mackenzie Howe	KSU	19:08
4. Anastasia Fokina	JU	19:13
5. Angela Hegge	FGCU	19:36

2006

1. Brittany Thune	Bel	19:19
2. Alyssa Deal	JU	19:34
3. Charlotte Farquharson	Cam	20:03
4. Hillary Adams	UNF	20:17
5. Soibham Wolcott	KSU	20:19

2005

1. Erin Sutton	KSU	17:57
2. Elodie Mouthon	FAU	18:49
3. Heather Adkins	ETSU	19:09
4. Valerie Detrick	Mer	19:21
5. Laura Kaplan	Bel	19:21

THREE-TIME WINNERS

Sarah Howard, GSU (96, 97, 98)

TWO-TIME WINNERS

Alicia Valtin, Cam (05, 06)
Heather Lee, Cam (01, 03)
Sonja Shedden, UCF (99, 00)
Meri Poteet, GSU (90, 91)
Terri Morrison, GSU (85, 86)

FOUR-TIME ALL-CONFERENCE

Lauren Williams, Bel (04, 05, 06, 07)
Elizabeth Smothers, Bel (04, 05, 06, 07)
Alicia Valtin, Cam (02, 03, 05, 06)
Jenn Feenstra, GSU (00,01,03,04)
Sonja Shedden, UCF (98, 99, 00, 01)
Sarah Howard, GSU (96, 97, 98, 99)
Raquel M. Guzman, FIU (90, 91, 92, 93)
Michele Owen, FIU (90, 91, 92, 93)
Alicia Hewes, GaSo (88, 89, 90, 91)
Cindy Medved, GSU (86, 87, 88, 89)

THREE-TIME ALL-CONFERENCE

Britanny Thune, Bel (06, 07, 08)
Erin Sutton, KSU (05, 06, 07)
Nigisti Negussie, GSU (01, 02, 03)
Heather Lee, Cam (00, 01, 03)
Brittanie Hughes, GSU (98, 99, 00)
Sarah Fletcher, Sam (97, 96, 95)
Brenda Alfaro, FIU (96, 94, 93)
Shar Crader, FIU (94, 93, 92)

Kristen Lawten, FAU/FIU (94, 93, 92)
Meri Lukens Poteet, GSU (91, 90, 89)
Jessica Graham, GSU (90, 89, 88)
Lynette Robbins, Sam (90, 89, 87)
Kim McLeod, Sam (89, 88, 87)
Nora Weed, GSU (87, 86, 85)

TWO-TIME ALL-CONFERENCE

Ballie Locke, Cam (07,08)
Carolyn Latham, Lip (07, 08)
Mackenzie Howe, KSU (07,08)
Amanda Davey, UNF, (06, 07)
Elizabeth Benson, Bel (03, 04)
Lindsey Moffenbier, JU (02, 03)
Christy Csorna, Bel (02, 03)
Sarah Damen, Bel (01, 02)
Adriana Campos, JU (99, 00)
Suzanne Welty, Cam (99, 00)
Ann Panaggio, UCF (98, 97)
Kelly Heinzman, Troy (98, 97)
Katy Kline, GSU (97, 96)
Michelle Mullis, Sam (96, 95)
Christy Miller, UCF (96, 95)
Gabriella Dahlgren, SLU (96, 95)
Ashley Lawler, Sam (95, 93)
Tiffany Hill, UCF (95, 92)
Brenda Alfaro, FIU (94, 93)
Amy Smith, Mer (93, 92)
Joanne Kluss, FIU (92, 91)
Shelley Tyler, GSU (92, 90)
Vivian Hernandez, FIU (91, 89)
Kara Robbins, GaSo (87, 86)
Laura Smith, GSU (87, 86)
Terri Morrison, GSU (86, 85)

RUNNER OF THE WEEK

2008

9/3 Mackenzie Howe KSU
9/10 Emily Tangwar USC Upstate
9/17 Victoria Jones ETSU
9/24 Elisabeth Goshu Jacksonville
10/1 Mackenzie Howe Kennesaw State
10/8 Brittany Thune Belmont
10/15 Emily Tangwar USC Upstate
10/22 Brittany Thune Belmont

2007

9/5 Erin Sutton KSU
9/12 Amanda Davey UNF
9/19 Erin Sutton KSU
9/26 Amanda Davey UNF
10/3 Mackenzie Howe, KSU
10/10 Mackenzie Howe, KSU
10/17 Emily Tangwar, Upst

2006

9/6 Alicia Valtin Cam
9/13 Michele Milner GWU
9/20 Sarah Coghlan UNF
9/27 Susan Worden Lip
10/4 Sarah Coghlan UNF
10/11 Alicia Valtin Cam
10/18 Elizabeth Smothers Bel

2005

9/7 Alicia Valtin Cam
9/14 Raynell Hagberg FAU
9/21 Lauren Williams Bel
9/28 Alicia Valtin Cam
10/5 Patrina Hayes KSU

10/12 Alicia Valtin Cam
10/19 Raynell Hagberg FAU

2004

9/7 Lisa Crampton Bel
9/14 Lindsey Waldrop Troy
9/21 Trisha Doyle FAU
9/28 Belinda Bargmann Troy
10/5 Jenn Feenstra GSU
10/12 Raynell Hagberg FAU
10/19 Tara Dressler Cam
10/26 Jenn Feenstra GSU

2003

9/9 Nigisti Negussie GSU
9/16 Jenn Feenstra GSU
Christy Csorna Bel
9/23 Sylvia Chelimo GWU
9/30 Christy Csorna Bel
10/7 Claudia Beitel FAU
10/14 Jenn Feenstra GSU
10/21 Claudia Beitel FAU
10/28 Nigisti Negussie GSU

2002

9/11 Raynell Hagberg FAU
9/17 Michelle Brewer Sam
9/24 Raynell Hagberg FAU
10/1 Lindsey Moffenbier JU
10/8 Raynell Hagberg FAU
10/15 Nigisti Negussie GSU
10/22 Margaret Elliott Bel

2001

9/12 Sonja Shedden UCF
9/19 Jenn Feenstra GSU
9/25 Heather Lee Cam
10/2 Jenn Feenstra GSU
10/10 Sonja Shedden UCF
10/17 Heather Lee Cam
10/23 Nigisti Negussie GSU



School Championship Records

BELMONT

Fastest Time (Individual): 17:39 // 2x - most recent Brittany Thune , 2008
 Best Finish (Individual): 1st // 2x - most recent Brittany Thune, 2008
 Score (Team): 32 // 2001
 Best Finish (Team): 1st // 7x – most recent 2008

CAMPBELL

Fastest Time (Individual): 16:56 // Alicia Valtin, 2005 (conference record)
 Best Finish (Individual): 1st // 5x – most recent Alicia Valtin, 2006
 Score (Team): 55 // 2003
 Best Finish (Team): 2nd // 2x – most recent 2003

ETSU

Fastest Time (Individual): 18:34 // Mackenzie Labonte, 2005
 Best Finish (Individual): 15th // Tesha Haggard, 2008
 Score (Team): 161 // 2005
 Best Finish (Team): 8th // 2x- most recent 2008

FLORIDA GULF COAST

Fastest Time (Individual): 19:10 // Megan Thies, 2008
 Best Finish (Individual): 18 // Angela Hegge, 2007
 Score (Team): 174 // 2007
 Best Finish (Team): 7th // 2007

JACKSONVILLE

Fastest Time (Individual): 18:08 // Fallon Heffernan, 2005
 Best Finish (Individual): 3rd // 2x – most recent Adriana Campos, 2000
 Score (Team): 68 // 2000
 Best Finish (Team): 2nd // 2008

KENNESAW STATE

Fastest Time (Individual): 17:17 // Patrina Hayes, 2005
 Best Finish (Individual): 2nd // 2x -most recent Mackenzie Howe, 2008
 Score (Team): 42 // 2005
 Best Finish (Team): 1st // 2005

LIPSCOMB

Fastest Time (Individual): 18:04 // Ruth Mick, 2005
 Best Finish (Individual): 6th // 3x – most recent Carolyn Latham, 2008
 Score (Team): 101 // 2008
 Best Finish (Team): 4th // 2008

MERCER

Fastest Time (Individual): 19:05 // Krista Swanson, 1999
 Best Finish (Individual): 5th // Krista Swanson, 1999
 Score (Team): 127 // 1993
 Best Finish (Team): 5th // 1993

UNF

Fastest Time (Individual): 18:12 // Sarah Coghlan, 2005
 Best Finish (Individual): 3rd // Sarah Coghlan, 2006
 Score (Team): 60 // 2006
 Best Finish (Team): 2nd // 2006

USC UPSTATE

Fastest Time (Individual): 18:08 // Emily Tangwar, 2007
 Best Finish (Individual): 2nd // Emily Tangwar, 2007
 Score (Team): 187 // 2008
 Best Finish (Team): 7th // 2008

STETSON

Fastest Time (Individual): 19:08 // Maria Harper, 2008
 Best Finish (Individual): 9th // Kris Fraser, 1990
 Score (Team): 115 // 1990
 Best Finish (Team): 4th // 1991