



## Women's Cross Country



Yearly Summary

Year	Date	Site	Host	Dist.	Team Champion	Score	Individual Champion	Time	Coach of the Year	Freshman of the Year
2010	10/30	Spartanburg, S.C.	Upst	5K	UNF	55	Mackenzie Howe, KSU	17:22	Mark VanAlstyne, UNF	Dani Walker, Lip
2009	10/31	Deland, Fla.	Stet	5K	Jacksonville	43	Brittany Thune, Bel	17:17	Ron Grigg, JU	Shelby Kittrell, UNF
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	Georgia 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 Superlatives

Lowest Winning Team Total:

- 19 FIU, 1993
- 21 FIU, 1992
- 28 Georgia State, 1986
- 31 Georgia State, 1989
- 32 Belmont, 2001
- 32 FIU, 1991
- 32 Georgia State, 1985
- 34 FIU, 1988
- 35 Belmont, 2004
- 37 Belmont, 2007
- 37 FIU, 1991

Highest Winning Team Total:

- 56 Belmont, 2008
- 55 UNF, 2010
- 54 FIU, 1994
- 53 Belmont, 2007
- 51 Georgia State, 2000
- 48 Samford, 1996
- 47 FIU, 1997
- 46 Belmont, 2006
- 46 UCF, 1999
- 43 Jacksonville, 2009

Largest Margin of Victory (Team):

- 52 Kennesaw State, 2005
- 45 Georgia State, 1989
- 44 Belmont, 2002
- 42 Belmont, 2004
- 38 FIU, 1993
- 38 Georgia State, 1986
- 37 Jacksonville, 2009
- 37 FIU, 1992
- 33 Belmont, 2001
- 30 Belmont, 2007

Smallest Margin of Victory (Team):

- 1 FIU, 1990
- 2 Samford, 1987
- 10 UCF, 1999
- 12 FIU, 1994
- 13 Georgia State, 2000
- 14 Belmont, 2006
- 14 FIU, 1988
- 15 Samford, 1996
- 16 UCF, 1995
- 17 Belmont, 2003
- 17 FIU, 1991

Largest Margin Victory (Individual):

- 1:34 Terri Morrison, Georgia State - 1986
- 0:56 Molly Rittwage, Campbell - 1994
- 0:44 Alicia Valtin, Campbell - 2006
- 0:43 Carla Nunziato, FIU - 1988
- 0:42 Raquel Guzman, FIU - 1993
- 0:24 Jenn Feenstra, Georgia State - 2004
- 0:24 Sonja Shedden, UCF - 2000
- 0:24 Vivian Hernandez, FIU - 1989
- 0:21 Alicia Valtin, Campbell - 2005
- 0:21 Meri Poteet, Georgia State - 1991

Smallest Victory (Individual):

- :01.4 Mackenzie Howe, Kennesaw State - 2010
- :03 Sonja Shedden, UCF - 1999
- :03 Terri Morrison, Georgia State - 1985
- :05 Sara Acraman, Georgia State - 1995
- :10 Sylvia Chelimo, Gardner-Webb - 2002
- :10 Michele Owen, FIU - 1992
- :14 Brittany Thune, Belmont - 2009
- :14 Meri Poteet, Georgia State - 1991
- :15 Sarah Howard, Georgia State - 1998
- :16 Liz Lewis, FIU - 1987

Top-10 Times (5K only)

- 1. 16:56 Alicia Valtin Campbell, 2005
- 2. 17:00 Heather Lee Campbell, 2001
- 3. 17:17 Brittany Thune Belmont, 2009
- 3. 17:17 Patrina Hayes Kennesaw State, 2005
- 5. 17:19 Jenn Feenstra Georgia State, 2001
- 6. 17:22 Heather Lee Campbell, 2003
- 6. 17:22 Mackenzie Howe Kennesaw State, 2010
- 8. 17:24 Shelby Kittrell UNF, 2010
- 9. 17:31 Mackenzie Howe Kennesaw State, 2009
- 10. 17:34 Meri Poteet Georgia State, 1991

Fastest Winning Times (5K):

- 1. 16:56 Alicia Valtin Campbell, 2005
- 2. 17:00 Heather Lee Campbell, 2001
- 3. 17:17 Brittany Thune Belmont, 2009
- 4. 17:22 Mackenzie Howe Kennesaw State, 2010
- 4. 17:22 Heather Lee Campbell, 2003
- 6. 17:34 Meri Poteet Georgia State, 1991
- 7. 17:39 Brittany Thune Belmont, 2008
- 8. 17:51 Lauren Weaver Belmont, 2007
- 9. 17:56 Sonja Shedden UCF, 2000
- 10. 17:58 Alicia Valtin Campbell, 2006

Slowest Winning Time (5K):

- 1. 19:52 Michele Owen FIU, 1992
- 2. 19:34 Sarah Howard Georgia State, 1996
- 3. 19:11 Terri Morrison Georgia State, 1986
- 4. 18:56 Sara Acraman Georgia State, 1995
- 18:56 Meri Poteet Georgia State, 1990
- 6. 18:44 Sarah Howard Georgia State, 1997
- 7. 18:43 Liz Lewis FIU, 1987
- 8. 18:42 Vivian Hernandez FIU, 1989
- 9. 18:40 Carla Nunziato FIU, 1988
- 10. 18:37 Terri Morrison Georgia State, 1985

Consecutive Victories (Team):

- 5 FIU, 1990-94
- 4 Belmont, 2001-2004
- 3 Belmont, 2006-08
- 2 Georgia State, 1985-86

Consecutive Victories (Individual):

- 3 Sarah Howard - Georgia State, 1996-98
- 2 Alicia Valtin - Campbell, 2005-06
- 2 Sonja Shedden - UCF, 1999-2000
- 2 Meri Poteet - Georgia State, 1990-91
- 2 Terri Morrison - Georgia State, 1985-86

Most Team Titles:

- 7 Belmont, 2001-04, 06-08
- 7 FIU, 1988, 90-94, 97
- 5 Georgia State, 1985-86, 89, 98, 2000
- 2 UCF, 1995, 99
- 2 Samford, 1987, 96
- 1 North Florida, 2010
- 1 Jacksonville, 2009
- 1 Kennesaw State, 2005

Most Individual Titles:

- 9 Georgia State, 1985-86, 90-91, 95-98, 2004
- 5 Campbell, 1994, 2001, 03, 05-06
- 5 FIU, 1987-89, 92-93
- 3 Belmont, 2007-09
- 2 UCF, 1999-2000
- 1 Kennesaw State, 2010
- 1 Gardner-Webb, 2002



Championship Results (continued)

<b>2010</b>	5. Florida Atlantic 127	<b>1999</b>	5. Samford 117	<b>1987</b>	1. Samford 39
1. UNF 55	6. Lipscomb 148	1. UCF 46	6. Coll. of Charleston 146	2. Georgia State 41	2. Georgia State 41
2. Lipscomb 73	7. Jacksonville 158	2. Campbell 56	7. Florida Atlantic 184	3. FIU 100	3. FIU 100
3. Jacksonville 96	8. ETSU 161	3. Georgia State 63	8. Georgia State 213	4. UCF 106	4. UCF 106
4. USC Upstate 108	9. Mercer 195	4. Samford 105	9. Stetson 231	5. Florida A&M 119	5. Florida A&M 119
5. Belmont 110	10. Gardner-Webb 208	5. Troy 131	10. Mercer 262	6. Georgia Southern 123	6. Georgia Southern 123
6. FGCU 158	11. Stetson 314	6. Jacksonville 134	11. Centenary 322	7. Mercer 180	7. Mercer 180
7. Mercer 172	<b>2004</b>	7. Mercer 193	<b>1993</b>	8. Stetson 214	8. Stetson 214
8. Campbell 174	1. Belmont 35	8. Florida Atlantic 226	1. FIU 19	<b>1986</b>	1. Georgia State 28
9. Kennesaw State 217	2. Florida Atlantic 77	9. Jacksonville State 277	2. Samford 57	2. UCF 56	2. UCF 56
10. ETSU 261	3. Georgia State 90	10. Stetson 289	3. UCF 95	3. Georgia Southern 67	3. Georgia Southern 67
11. Stetson 314	4. UCF 151	<b>1998</b>	4. Coll. of Charleston 123	4. Florida A&M 75	4. Florida A&M 75
<b>2009</b>	5. Campbell 156	1. Georgia State 41	5. Mercer 127	5. Stetson 120	5. Stetson 120
1. Jacksonville 43	6. Troy 167	2. UCF 63	6. SE Louisiana 142	<b>1985</b>	1. Georgia State 32
2. Kennesaw State 80	7. Lipscomb 168	3. Troy 80	7. Stetson 148	2. UCF 56	2. UCF 56
3. UNF 84	8. Jacksonville 176	4. Campbell 83	8. Georgia State 208	3. Georgia Southern 64	3. Georgia Southern 64
4. USC Upstate 114	9. Mercer 188	5. Jacksonville 103	9. Florida Atlantic 235	4. Florida A&M 73	4. Florida A&M 73
5. Belmont 124	10. Gardner-Webb 260	6. Samford 168	10. Centenary 300	5. Stetson 118	5. Stetson 118
6. Lipscomb 129	<b>2003</b>	7. Florida Atlantic 199	<b>1992</b>		
7. FGCU 167	1. Belmont 38	8. Mercer 231	1. FIU 21		
8. Campbell 187	2. Campbell 55	9. Jacksonville State 255	2. Georgia State 58		
9. Mercer 251	3. Georgia State 77	10. Centenary 294	3. UCF 77		
10. ETSU 286	4. UCF 127	11. Stetson 320	4. Samford 126		
11. Stetson 307	5. Florida Atlantic 148	<b>1997</b>	5. Stetson 131		
<b>2008</b>	6. Gardner-Webb 153	1. FIU 47	6. Mercer 142		
1. Belmont 56	7. Jacksonville 180	2. Georgia State 71	7. Coll. of Charleston 174		
2. Jacksonville 78	8. Lipscomb 218	3. UCF 77	8. SE Louisiana 183		
3. Kennesaw State 90	9. Mercer 242	4. Campbell 96	9. Centenary 285		
4. Lipscomb 101	9. Troy 242	5. Coll. of Charleston 131	<b>1991</b>		
5. Campbell 104	11. Stetson 321	6. Troy 138	1. FIU 32		
6. UNF 172	<b>2002</b>	7. Samford 139	2. Georgia State 49		
7. USC Upstate 187	1. Belmont 37	8. Florida Atlantic 175	3. Georgia Southern 82		
8. ETSU 202	2. Samford 81	9. Jacksonville State 228	4. Stetson 129		
9. FGCU 224	3. UCF 118	10. Mercer 299	5. Florida A&M 142		
10. Stetson 243	4. Georgia State 137	11. Stetson 345	6. Mercer 146		
11. Mercer 270	5. Gardner-Webb 147	12. Centenary 378	7. Coll. of Charleston 172		
<b>2007</b>	6. Jacksonville 157	<b>1996</b>	8. Samford 175		
1. Belmont 53	7. Campbell 160	1. Samford 48	9. SE Louisiana 240		
2. Kennesaw State 83	8. Troy 169	2. FIU 63	10. Centenary 310		
3. UNF 93	9. Florida Atlantic 219	3. Georgia State 65	<b>1990</b>		
4. Jacksonville 118	10. Mercer 228	4. Campbell 100	1. FIU 37		
5. Campbell 131	11. Stetson 323	5. UCF 101	2. Georgia State 38		
6. Lipscomb 134	12. Jacksonville State 380	6. SE Louisiana 172	3. Samford 91		
7. Florida Gulf Coast 174	<b>2001</b>	7. Florida Atlantic 187	4. Georgia Southern 109		
8. Mercer 189	1. Belmont 32	8. Coll. of Charleston 203	5. Florida A&M 112		
9. Gardner-Webb 231	2. Georgia State 65	9. Jacksonville State 267	6. Stetson 115		
10. ETSU 269	3. UCF 78	10. Mercer 272	7. Mercer 169		
11. Stetson 296	4. Samford 95	11. Centenary 345	<b>1989</b>		
12. USC Upstate 304	5. Troy 147	-- Stetson No team score	1. Georgia State 31		
<b>2006</b>	6. Jacksonville 162	<b>1995</b>	2. Georgia Southern 76		
1. Belmont 46	7. Campbell 170	1. UCF 44	3. FIU 90		
2. UNF 60	8. Mercer 223	2. Samford 60	4. Samford 91		
3. Kennesaw State 95	9. Florida Atlantic 276	3. FIU 69	5. UCF 92		
4. Campbell 103	10. Jacksonville State 284	4. SE Louisiana 130	6. Florida A&M 140		
5. Jacksonville 116	11. Stetson 307	5. Georgia State 131	7. Mercer 186		
6. Lipscomb 145	<b>2000</b>	6. Campbell 133	8. Stetson 193		
7. Gardner-Webb 153	1. Georgia State 51	7. Florida Atlantic 164	<b>1988</b>		
8. Mercer 186	2. Samford 64	8. Coll. of Charleston 225	1. FIU 34		
9. ETSU 244	3. Jacksonville 68	9. Mercer 241	2. Georgia State 48		
10. Stetson 278	4. UCF 69	10. Jacksonville State 278	3. UCF 72		
<b>2005</b>	5. Campbell 91	11. Stetson 294	4. Samford 107		
1. Kennesaw State 42	6. Troy 178	<b>1994</b>	5. Georgia Southern 115		
2. Belmont 94	7. Stetson 243	1. FIU 54	6. Florida A&M 145		
3. Campbell 111	8. Mercer 246	2. SE Louisiana 66	7. Stetson 197		
4. UNF 117	9. Florida Atlantic 257	3. Campbell 67	8. Mercer 209		
	10. Jacksonville State 261	4. UCF 81			



## All-Conference Selections

<b>2010</b>															
<i>First Team</i>															
1.	Mackenzie Howe	KSU	17:22	5.	Elizabeth Smothers	Bel	19:09	4.	Heather Lee	Cam	18:36	3.	Shelley Shaklee	Cam	19:17
2.	Shelby Kittrell	UNF	17:24	6.	Samantha Wood	Lip	19:18	5.	Laurie Harris	GSU	18:54	4.	Brenda Alfaro	FIU	19:30
3.	Joane Pierre	JU	17:51	7.	Whitney Thurman	Bel	19:19	6.	Lauren Floyd	Sam	18:54	5.	Heather Schulz	UCF	19:39
4.	Dani Walker	Lip	17:54	8.	Brittany Thune	Bel	19:19	7.	Brittanie Hughes	GSU	18:55	6.	Lori Arnold	SLU	19:44
5.	Joan Tangwar	Upst	17:56	9.	Erin Sutton	KSU	19:24	8.	April N. Paterson	JU	18:56	7.	Shar Crader	FIU	19:56
6.	Susanne Klungtveit	JU	17:57	10.	Katherine Warden	GWU	19:31	9.	Suzanne Welty	Cam	18:57	8.	Shea Lyn Streeter	SLU	19:57
7.	Ecaterina Gheorghiu	UNF	17:58	<b>2005</b>				10.	Melissa Norris	UCF	19:02	9.	Jennifer Lockamy	Sam	20:00
<i>Second Team</i>				1.	Alicia Valtin	Cam	16:56	<b>1999</b>				<b>1993</b>			
8.	Nicole Muldowney	Bel	18:00	2.	Patrina Hayes	KSU	17:17	1.	Sonja Shedden	UCF	18:06	1.	Raquel Guzman	FIU	18:29
9.	Caroline Chelulei	Upst	18:01.04	3.	Lauren Williams	Bel	17:50	2.	Sarah Howard	GSU	18:09	2.	Ashley Lawler	Sam	19:11
10.	Erin Nixon	UNF	18:01.09	4.	Erin Sutton	KSU	17:57	3.	Adriana Campos	JU	18:53	3.	Brenda Alfaro	FIU	19:35
11.	Ashley Lehman	Lip	18:03	5.	Magdalena Polko	KSU	18:03	4.	Susie Welty	Cam	19:01	4.	Kristen Lawten	FIU	19:45
12.	Meggie Emons	UNF	18:04	6.	Ruth Mick	Lip	18:04	5.	Krista Swanson	Mer	19:05	5.	Michele Owen	FIU	20:05
13.	Alex Newby	Lip	18:10	7.	Tara Dressler	Cam	18:06	6.	Brianna Harrington	UCF	19:07	6.	Shar Crader	FIU	20:16
14.	Jemeli Sang	Upst	18:12	8.	Elizabeth Smothers	Bel	18:06	7.	Sara Dillman	UCF	19:09	7.	Amy Smith	Mer	20:24
<b>2009</b>				9.	Fallon Heffernan	JU	18:08	8.	Brittanie Hughes	GSU	19:15	8.	Jessi Courville	SLU	20:39
<i>First Team</i>				10.	Sarah Coghlan	UNF	18:12	9.	Ashley Broussard	Sam	19:21	9.	Jeanne Lesniak	UCF	20:40
1.	Brittany Thune	Bel	17:17	<b>2004</b>				10.	Tiffany Quinn	Cam	19:22	10.	Rachele Boyer	CoC	20:49
2.	Mackenzie Howe	KSU	17:31	1.	Jenn Feenstra	GSU	18:15	<b>1998</b>				<b>1992</b>			
3.	Elsabeth Goshu	JU	17:53	2.	Lindsey Waldrop	Troy	18:39	1.	Sarah Howard	GSU	18:04	1.	Michele Owen	FIU	19:52
4.	Shelby Kittrel	UNF	18:02	3.	Lauren Williams	Bel	18:41	2.	Anne Panaggio	UCF	18:19	2.	Joanne Kluss	FIU	20:02
5.	Jemeli Sang	Upst	18:06	4.	Elizabeth Benson	Bel	18:43	3.	Kelly Heinzman	Troy	18:51	3.	Kristen Lawten	FIU	20:11
6.	Erin Sutton	KSU	18:09	5.	Belinda Bargmann	Troy	18:44	4.	Sonja Shedden	UCF	18:56	4.	Shelley Tyler	GSU	20:19
7.	Anastasia Fokina	JU	18:10	6.	Sherrri Bissing	Bel	18:57	5.	Brittanie Hughes	GSU	18:57	5.	Shar Crader	FIU	20:33
<i>Second Team</i>				7.	Astrid Claessens	UCF	19:06	6.	Jenna Hoffman	GSU	18:59	6.	Jane McDonald	GSU	20:40
8.	Britany Reilly	KSU	18:13	8.	Elizabeth Smothers	Bel	19:06	7.	Jennifer Hanley	JU	19:05	7.	Tiffany Hill	UCF	20:42
9.	Carolyne Chelulei	Upst	18:16	9.	Raynell Hagberg	FAU	19:09	8.	Danielle Giorgianni	Cam	19:08	8.	Brenna Willis	GSU	20:45
10.	Joane Pierre	JU	18:18	10.	Jill Stapleton	Cam	19:10	9.	LaTanya Sumlin	Troy	19:09	9.	Amy Smith	Mer	20:52
11.	Alison Ritter	JU	18:26	<b>2003</b>				10.	Erin Kelley	Sam	19:14	10.	Raquel Guzman	FIU	21:00
12.	Susanne Klungtveit	JU	18:31	1.	Heather Lee	Cam	17:22	<b>1997</b>				<b>1991</b>			
13.	Kacie Niemann	Mer	18:32	2.	Christy Csorna	Bel	17:39	1.	Sarah Howard	GSU	18:44	1.	Meri Poteet	GSU	17:34
14.	Kelli Midden	JU	18:35	3.	Alicia Valtin	Cam	17:54	2.	Kelly Heinzman	Troy	19:02	2.	Micky Kawhol	CoC	17:48
<b>2008</b>				4.	Jenn Feenstra	GSU	18:01	3.	Sarah Fletcher	Sam	19:04	3.	Vivian Hernandez	FIU	17:54
<i>First Team</i>				5.	Nigisti Negussie	GSU	18:16	4.	Ann Panaggio	UCF	19:12	4.	Heather Weldon	GSU	18:43
1.	Brittany Thune	Bel	17:39	6.	Claudia Beitel	FAU	18:17	5.	Didi Hernandez	FIU	19:22	5.	Raquel Guzman	FIU	18:56
2.	Mackenzie Howe	KSU	17:58	7.	Elizabeth Benson	Bel	18:33	6.	Lee Anne Chisholm	Cam	19:24	6.	Joanne Kluss	FIU	19:13
3.	Baillie Locke	Cam	18:13	8.	Lisa Crampton	Bel	18:43	7.	Sadie Wells	FIU	19:35	7.	Alicia Hewes	GaSo	19:14
4.	Susanne Klungtveit	JU	18:14	9.	Lindsey Moffenbier	JU	18:53	8.	Karen Moya	FIU	19:36	8.	Gina Gabrielle	FIU	19:19
5.	Soibhan Wolcott	KSU	18:17	10.	Anna Giles	Bel	18:59	9.	Katy Kline	GSU	19:39	9.	Donya Little	FAMU	19:27
6.	Carolyn Latham	Lip	18:22	<b>2002</b>				10.	Alison Brown	CoC	19:41	10.	Michelle Owen	FIU	19:30
7.	Kristen Gibson	KSU	18:25	1.	Sylvia Chelimo	GWU	18:25	<b>1996</b>				<b>1990</b>			
<i>Second Team</i>				2.	Alicia Valtin	Cam	18:35	1.	Sarah Howard	GSU	19:34	1.	Meri Poteet	GSU	18:56
8.	Kara Sephel	Bel	18:26	3.	Andrea Smith	GSU	18:35	2.	Vibeke Nilsen	FIU	19:49	2.	Jessica Graham	GSU	19:17
9.	Alyssa Deal	JU	18:29	4.	Sarah Damen	Bel	18:37	3.	Brenda Alfaro	FIU	19:54	3.	Michelle Owen	FIU	19:41
10.	Elsabeth Goshu	JU	18:29	5.	Margaret Elliott	Bel	18:41	4.	Michelle Mullis	Sam	20:03	4.	Alicia Hewes	GaSo	19:55
11.	Caitlin Anderson	Lip	18:35	6.	Christy Csorna	Bel	19:01	5.	Sarah Fletcher	Sam	20:10	5.	Maria Guzman	FIU	19:57
12.	Hillary Adams	UNF	18:36	7.	Nigisti Negussie	GSU	19:09	6.	Jenna Hoffman	GSU	20:12	6.	Maria Gallego	FIU	20:00
13.	Nicole Muldowney	Bel	18:37	8.	Michelle Brewer	Sam	19:11	7.	Christy Miller	UCF	20:18	7.	Lynette Robbins	Sam	20:06
14.	Alison Ritter	JU	18:48	9.	Lindsey Moffenbier	JU	19:13	8.	Gabriella Dahlgren	SLU	20:19	8.	Shelley Tyler	GSU	20:12
<b>2007</b>				10.	Krisin Furman	Bel	19:19	9.	Katy Kline	GSU	20:23	9.	Kris Fraser	Stet	20:14
1.	Lauren Weaver	Bel	17:51	<b>2001</b>				10.	Jessica Whatley	Sam	20:31	10.	Jerri Sutton	FAMU	20:17
2.	Emily Tangwar	Upst	18:08	1.	Heather Lee	Cam	17:00	<b>1995</b>				<b>1989</b>			
3.	Brittany Thune	Bel	18:09	2.	Jenn Feenstra	GSU	17:19	1.	Sara Acraman	GSU	18:56	1.	Vivian Hernandez	FIU	18:42
4.	Amanda Davey	UNF	18:33	3.	Keely Weaver	Bel	17:56	2.	Michelle Mullis	Sam	19:01	2.	Meri Lukens	GSU	19:06
5.	Baillie Locke	Cam	18:48	4.	Sonja Shedden	UCF	18:01	3.	Katanah Bresnick	UCF	19:15	3.	Kim McLeod	Sam	19:12
6.	Erin Sutton	KSU	18:56	5.	Margaret Elliott	Bel	18:10	4.	Sarah Fletcher	Sam	19:21	4.	Jessica Graham	GSU	19:30
7.	Carolyn Latham	Lip	19:07	6.	Nigisti Negussie	GSU	18:17	5.	Vibeke Nilsen	FIU	19:24	5.	Gina Russell	GSU	19:41
8.	Mackenzie Howe	KSU	19:08	7.	Kelsey Reed	Bel	18:21	6.	Tiffany Hill	UCF	19:32	6.	Alicia Hewes	GaSo	19:54
9.	Elizabeth Smothers	Bel	19:09	8.	Allison Mills	Bel	18:22	7.	Ashley Lawler	Sam	19:44	7.	Beth Thomas	GaSo	19:58
10.	Anastasia Fokina	JU	19:13	9.	Sarah Damen	Bel	18:24	8.	Shelly Price	GSU	19:50	8.	Pam Wulf	UCF	20:00
<b>2006</b>				10.	Brittney Mensen	Sam	18:36	9.	Gabriella Dahlgren	SLU	19:54	9.	Cindy Medved	GSU	20:01
1.	Alicia Valtin	Cam	17:58	<b>2000</b>				10.	Christy Miller	UCF	19:56	10.	Lynette Robbins	Sam	20:06
2.	Lauren Williams	Bel	18:42	1.	Sonja Shedden	UCF	17:56	<b>1994</b>							
3.	Sarah Coghlan	UNF	18:49	2.	Jenn Feenstra	GSU	18:20	1.	Molly Rittwage	Cam	18:18				
4.	Amanda Davey	UNF	19:01	3.	Adriana Campos	JU	18:23	2.	Kristen Lawten	FAU	19:14				



## All-Conference Selections (continued)

## 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
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

## 2010

1. Dani Walker	Lip	17:54
2. Alex Newby	Lip	18:10
3. Kelly Perzanowski	FGCU	18:16
4. Linda Batn'a	Mer	18:36
5. Ashley Mathews	Cam	18:41

## 2009

1. Shelby Kitterll	UNF	18:02
2. Joane Pierre	JU	18:18
3. Kacie Niemann	Mer	18:32
4. Meggie Emons	UNF	18:40
5. Melanie Novack	UNF	18:54

## 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

Mackenzie Howe, KSU (07,08, 09, 10)  
 Brittany Thune, Bel (06, 07, 08, 09)  
 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

Susanne Klungtveit, JU (08, 09, 10)  
 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

Caroline Chelulei, Upst (09, 10)  
 Shelby Kittrell, UNF (09, 10)  
 Joane Pierre, JU (09, 10)  
 Nicole Muldowney, Bel (09, 10)  
 Jemeli Sang, Upst (09, 10)  
 Baillie Locke, Cam (07,08)  
 Carolyn Latham, Lip (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)



Runners of the Week

<b>2010</b>		
9/8	Joan Tangwar	Upst
9/15	Alex Newby	Lip
9/22	Joane Pierre	JU
10/6	Joan Tangwar	Upst
10/13	Mackenzie Howe	KSU
10/20	Joan Tangwar	Upst
<b>2009</b>		
10/21	Brittany Thune	Bel
10/14	Mackenzie Howe	KSU
10/7	Carolyne Chelulei	Upst
9/30	Mackenzie Howe	KSU
9/23	Mackenzie Howe	KSU
9/16	Mackenzie Howe	KSU
9/9	Mackenzie Howe	KSU
<b>2008</b>		
9/3	Mackenzie Howe	KSU
9/10	Emily Tangwar	Upst
9/17	Victoria Jones	ETSU
9/24	Elsabeth Goshu	JU
10/1	Mackenzie Howe	KSU
10/8	Brittany Thune	Bel
10/15	Emily Tangwar	Upst
10/22	Brittany Thune	Bel
<b>2007</b>		
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
<b>2006</b>		
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
<b>2005</b>		
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
<b>2004</b>		
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
<b>2003</b>		
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
<b>2002</b>		
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
<b>2001</b>		
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
Award introduced in 2001		
<b>By Individual:</b>		
Mackenzie Howe	KSU	10
Jenn Feenstra	GSU	6
Raynell Hagberg	FIU	6
Alicia Valtin	Cam	5
Nigisti Negussie	GSU	4
Emily Tangwar	Upst	3
Joan Tangwar	Upst	3
Brittany Thune	Bel	3
Claudia Beitel	FAU	2
Sarah Coghlan	UNF	2
Christy Csorna	Bel	2
Amanda Davey	UNF	2
Heather Lee	Cam	2
Sonja Shedden	UCF	2
Erin Sutton	KSU	2
Belinda Bergmann	Troy	1
Michelle Brewer	Sam	1
Sylvia Chelimo	GWU	1
Carolyne Chelulei	Upst	1
Lisa Crampton	Bel	1
Tara Dressler	Cam	1
Trisha Doyle	FAU	1
Margaret Elliott	Bel	1
Elsabeth Goshu	JU	1
Patrina Hayes	KSU	1
Victoria Jones	ETSU	1
Michele Milner	GWU	1
Lindsey Moffenbier	JU	1
Alex Newby	Lip	1
Joane Pierre	JU	1
Elizabeth Smothers	Bel	1
Lindsey Waldrop	Troy	1
Lauren Williams	Bel	1
Susan Worden	Lip	1
<b>By Team (Current Members):</b>		
Kennesaw State		13
Belmont		8
USC Upstate		7
UNF		4
Jacksonville		3
Lipscomb		2
ETSU		1
<b>By Team (Former Members):</b>		
Georgia State		10
Campbell		8
FIU		6
FAU		3

School Superlatives

<b>2</b>	<b>BELMONT</b>
2	Fastest Time (Individual): 17:17 // 3x - most recent Brittany Thune , 2009
2	Best Finish (Individual): 1st // 3x - most recent Brittany Thune, 2009
1	Score (Team): 32 // 2001
	Best Finish (Team): 1st // 7x – most recent 2008
	<b>ETSU</b>
	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
	<b>FLORIDA GULF COAST</b>
	Fastest Time (Individual): 18:13 // Barrie Cohen, 2010
	Best Finish (Individual): 15th // Barrie Cohen, 2010
	Score (Team): 158 // 2010
	Best Finish (Team): 6th // 2010
	<b>JACKSONVILLE</b>
	Fastest Time (Individual): 17:51 // Joane Pierre, 2010
	Best Finish (Individual): 3rd // 4x – most recent Joane Pierre, 2010
	Score (Team): 43 // 2009
	Best Finish (Team): 1st // 2009
	<b>KENNESAW STATE</b>
	Fastest Time (Individual): 17:17 // Patrina Hayes, 2005
	Best Finish (Individual): 1st // Mackenzie Howe, 2010
	Score (Team): 42 // 2005
	Best Finish (Team): 1st // 2005
	<b>LIPSCOMB</b>
	Fastest Time (Individual): 17:54 // Dani Walker, 2010
	Best Finish (Individual): 4th // Dani Walker, 2010
	Score (Team): 73 // 2010
	Best Finish (Team): 2nd // 2010
	<b>MERCER</b>
	Fastest Time (Individual): 18:21 // Kacie Niemann, 2010
	Best Finish (Individual): 5th // Krista Swanson, 1999
	Score (Team): 127 // 1993
	Best Finish (Team): 5th // 1993
	<b>UNF</b>
	Fastest Time (Individual): 17:22 // Shelby Kittrell, 2010
	Best Finish (Individual): 2nd // Shelby Kittrell, 2010
	Score (Team): 55 // 2010
	Best Finish (Team): 1st // 2010
	<b>USC UPSTATE</b>
	Fastest Time (Individual): 17:56 // Joan Tangwar, 2010
	Best Finish (Individual): 2nd // Emily Tangwar, 2007
	Score (Team): 108 // 2010
	Best Finish (Team): 4th // 2x - most recent 2010
	<b>STETSON</b>
	Fastest Time (Individual): 19:08 // Maria Harper, 2008
	Best Finish (Individual): 9th // Kris Fraser, 1990
	Score (Team): 115 // 1990
	Best Finish (Team): 4th // 1991

Current Members Only Listed