

NJCAA Women's Cross Country Record Book



NJCAA

WOMEN'S CROSS COUNTRY NATIONAL CHAMPIONS

- * 1976 CCAC, Allegheny Campus-Pittsburgh, Pennsylvania
- * 1977 Clackamas Community College-Oregon City, Oregon
- * 1978 Dodge City Community College-Dodge City, Kansas
- * 1979 Lane Community College-Eugene, Oregon
- 1980 Lane Community College-Eugene, Oregon
- 1981 Golden Valley Lutheran College-Minneapolis, Minnesota
- 1982 Florida Junior College-Jacksonville, Florida
- 1983 Florida Junior College-Jacksonville, Florida
- 1984 Macomb Community College-Warren, Michigan
- 1985 Phoenix College-Phoenix, Arizona
- 1986 Barton County Community College-Great Bend, Kansas
- 1987 North Idaho College-Coeur d'Alene, Idaho
- 1988 Ricks College-Rexburg, Idaho
- 1989 Ricks College-Rexburg, Idaho
- 1990 Barton County Community College-Great Bend, Kansas

* Indicates Invitational Tournament

DIVISION I

- 1991 Barton County Community College-Great Bend, Kansas
- 1992 Barton County Community College-Great Bend, Kansas
- 1993 Central Oregon Community College-Bend, Oregon
- 1994 Yavapai College-Flagstaff, Arizona
- 1995 Barton County Community College-Great Bend, Kansas
- 1996 Ricks College-Rexburg, Idaho
- 1997 Ricks College-Rexburg, Idaho
- 1998 Ricks College-Rexburg, Idaho
- 1999 Ricks College-Rexburg, Idaho
- 2000 Ricks College-Rexburg, Idaho
- 2001 Ricks College-Rexburg, Idaho
- 2002 Butler County Community College-El Dorado, Kansas
- 2003 Yavapai College - Prescott, Ariz.
- 2004 Paradise Valley Community College - Phoenix, Ariz.
- 2005 Central Arizona College - Coolidge, Ariz.
- 2006 South Plains College - Levelland, Texas
- 2007 Iowa Central Community College - Fort Dodge, Iowa
- 2008 Iowa Central Community College - Fort Dodge, Iowa

DIVISION II

- 1991 Lansing Community College-Lansing, Michigan
- 1992 Lansing Community College-Lansing, Michigan
- 1993 Danville Area Community College-Danville, Illinois
- 1994 Lansing Community College-Lansing, Michigan
- 1995 Lansing Community College-Lansing, Michigan
- 1996 Danville Area Community College-Danville, Illinois
- 1997 Paradise Valley CC-Phoenix, Arizona
- 1998 Paradise Valley CC-Phoenix, Arizona
- 1999 Colby Community College-Colby, Kansas
- 2000 Johnson County Community College-Overland Park, Kansas
- 2001 Hutchinson Community College-Hutchinson, Kansas
- 2002 Paradise Valley Community College- Phoenix, Arizona
- 2003 Paradise Valley Community College - Phoenix, Arizona

DIVISION III

- 1991 Mohawk Valley Community College-Utica, New York
- 1992 Vincennes University-Vincennes-Indiana
- 1993 Cayuga Community College-Auburn-New York
- 1994 Mohawk Valley Community College-Utica, New York
- 1995 Mohawk Valley Community College-Utica, New York
- 1996 Mohawk Valley Community College-Utica, New York
- 1997 Mohawk Valley Community College-Utica, New York
- 1998 Mohawk Valley Community College-Utica, New York
- 1999 SUNY/Delhi-Delhi, New York

2000	SUNY/Cobleskill-Cobleskill, New York
2001	Mohawk Valley CC-Utica, New York
2002	Southwestern Indian Polytechnic Institute- Albuquerque, New Mexico
2003	Alfred State College – Alfred, N.Y.
2004	SUNY-Delhi – Delhi, N.Y.
2005	Mohawk Valley Community College – Utica, N.Y.
2006	Gloucester County College – Sewell, N.J.
2007	Suffolk County Community College – Selden, N.Y.
2008	Mohawk Valley Community College – Utica, N.Y.

WOMEN'S INDIVIDUAL CROSS COUNTRY CHAMPIONS*

			TIME
1976	Theresa Vaccarello	Bergen Community College, Paramus, NJ	13:57.80
1977	Terrie Wegner	Golden Valley Lutheran College, Minneapolis, MN	15:18.36
1978	Wren Schafer	Golden Valley Lutheran College, Minneapolis, MN	17:00.00
1979*	Maria Tilman	Phoenix College, Phoenix, AZ	18:08.10*
1980	Sandy Dickerson	Lane Community College, Eugene, OR	18:22.01
1981	Mickey Doane	Golden Valley Lutheran College, Minneapolis, MN	17:38.10
1982	Kimberly Swedberg	College of Southern Idaho, Twin Falls, ID	18:51.20
1983	Elizabeth Lynch	Ricks College, Rexburg, ID	17:58.60
1984	Andrea Kern	Macomb Community College, Warren, MI	19:09.60
1985	Catherine Williams	Ricks College, Rexburg, ID	18:31.00
1986	Julie Ogden	SUNY @ Alfred, Alfred, NY	18:55.00
1987	Demetra Castille	Eastern Okla. St. College, Wilburton, OK	18:20.00
1988	Alice Gains	Brevard College, Brevard, NC	18:34.87
1989	Sylvia Sanchez	Florida Community College, Jacksonville, FL	17:12.00
1990	Ruth Hamilton	Barton County Community College, Great Bend, KS	19:08.60

*NJCAA mandated a 5km course in 1979

DIVISION I

			TIME
1991	Mardrea Hyman	Barton County CC, Great Bend, KS	18:01.00
1992	Janice Turner	Barton County CC, Great Bend, KS	17:33.00
1993	Tigest Moreda	Odessa Community College, Odessa, TX	17:12.90
1994	Mirsada Buric-Adam	Yavapai College, Prescott, AZ	18:31.00
1995	Evette Turner	Barton County CC, Great Bend, KS	19:38.70
1996	Kara Ormond	Ricks College, Rexburg, ID	18:40.16
1997	Laura Hribik	College of Souther Idaho, Twin Falls, ID	18:17.50
1998	Alycia Boyer	Ricks College, Rexburg, ID	18:28.47
1999	Sylvia Chelimo	Ranger College, Ranger, TX	17:17.10
2000	Kristin Ogden	Ricks College, Rexburg, ID	18:00.70
2001	Angie Benson	Ricks College, Rexburg, ID	18:24.00
2002	Adeh Mwamba	South Plains College, Levelland, TX	17:06.40
2003	Adeh Mwamba	South Plains College, Levelland, TX	18:08.10
2004	Diane Nukkuri	Butler Community College, Great Bend, KS	17:36.05
2005	Sally Kipyego	South Plains College, Levelland, TX	17:09.00
2006	Betty Rotich	Colby Community College, Colby, KS	17:03.00
2007	Pasca Cheruiyot	Rend Lake College, Ina, Ill.	16:12.99^
2008	Rose Tanui	Central Arizona College, Coolidge, Ariz.	17:32.00

^Best Division I time

DIVISION II

			TIME
1991	Valentine Stumpf	Lansing Community College, Lansing, MI	N/A
1992	Valentine Stumpf	Lansing Community College, Lansing, MI	17:41.00!
1993	Kim Johnson	College of Lake County, Grayslake, IL	19:51.70

1994	Lisa Snyder	Lansing Community College, Lansing, MI	21:09.00
1995	Natalie Albrecht	Lansing Community College, Lansing, MI	20:36.80
1996	Carrie Gross	Flathead Valley CC, Kalispell, MT	19:06.45
1997	Amber Distrup	Paradise Valley CC, Phoenix, AZ	18:59.30
1998	Colleen Burke	Phoenix College, Phoenix, AZ	18:40.00
1999	Jodi Huddlestun	Parkland College, Champaign, IL	19:03.90
2000	Amber Stephens	Colby Community College, Colby, KS	18:49.80
2001	Krysta Young	Paradise Valley CC, Phoenix, AZ	19:41.00
2002	Luydmila Anderson	Johnson County CC, Overland Park, KS	18:32.10
2003	Jolene Mick	Cloud County CC, Concordia, KS	18:30.10

!Best Division II time

DIVISION III

TIME

1991	Peggy Larocque	Mohawk Valley CC, Utica, NY	20:46.91
1992	Mary Curley	Hudson Valley CC, Troy, NY	21:25.00
1993	Cindy Byer	Monroe CC, Rochester, NY	20:43.00
1994	Valerie Banks	Gloucester Community College, Sewell, NJ	21:10.70
1995	Jocintha Gordon	SUNY - Delhi, NY	21:34.60
1996	April Messenger	Herkimer County CC, Herkimer, NY	19:59.40
1997	Colleen Peterson	Mohawk Valley CC, Utica, NY	20:05.00
1998	Colleen Peterson	Mohawk Valley CC, Utica, NY	18:24.00#
1999	Ruthie Zehr	SUNY/Delhi, Delhi, NY	20:18.00
2000	Jacquelin Nunez	Suffolk County CC, Selden, NY	20:02.00
2001	Jackie Nunez	Suffolk County CC, Selden, NY	19:09.75
2002	Paula Houston	Southwestern Indian Polytechnic Institute, Albuquerque, NM	20:15.00
2003	Candace Sonberg	Alfred State College, Alfred, N.Y.	22:35.00
2004	Danielle Connor	Suffolk County CC – Selden, N.Y.	19:26.00
2005	Kim Povec	Mohawk Valley CC, Utica, N.Y.	19:49.00
2006	April Akermann	SUNY – Cobleskill, N.Y.	21:25.50
2007	Anna Bogdanets	Erie Community College, Buffalo, N.Y.	20:22.24
2008	Heather Vroman	Mohawk Valley Comm. College, Utica, N.Y.	19:11.00

#Best Division III time

TOP TIMES AT NJCAA CROSS COUNTRY NATIONAL CHAMPIONSHIP (5km)

1. Pasca Cheruiyot - Rend Lake College, Ina, Ill. (2007)	16:12.99
2. Betty Rotich - Colby Community College, Colby, KS (2006)	17:03.00
3. Adeh Mwamba - South Plains College, Levelland, TX (2002)	17:06.40
4. Sally Kipyego - South Plains College, Levelland, TX (2005)	17:09.00
5. Sylvia Sanchez - Florida Community College, Jacksonville, FL (1989)	17:12.00

NJCAA TRACK & FIELD/CROSS COUNTRY/MARATHON HALL OF FAME

Players

1987	Reggie Macafee, Brevard College, Brevard, NC
1988	Mark Murro, Mesa Community College, Mesa, AZ
	Jeff Scuffins, Hagerstown Junior College, Hagerstown, MD
	Mickey Doane, Golden Valley Lutheran, Minneapolis, MN
	Conny Silfers, Ricks College, Rexburg, ID
1989	Trina Leopold, Phoenix College, Phoenix, AZ
	Andrea Kern, Macomb Community College, Warren, MI
	David Cole, Catonsville Community College, Baltimore, MD

George Haley, Lincoln Land Community College, Springfield, IL
 John Roscoe, Southwestern Michigan Junior College, Dowagiac, MI
 1990 Mickey Doane, Golden Valley Lutheran, Minneapolis, MN
 Clarence Taylor, St Louis CC/Forest Park, St. Louis, MO
 Art Redhair, Central Arizona College, Coolidge, AZ
 Bob Gray, Brevard College, Brevard, NC
 1991 Dick Beardsly, U of Minnesota/Weseca, MN
 Emmit King, Essex CC, Essex, NJ
 Julie Lantis, SW Michigan, Dowagiac, MI
 Jeff Phillips, Vincennes University, Vincennes, IN
 Liz Lynch, Ricks College, Rexburg, ID
 1992 Ralph Haynie, Central Arizona College, Coolidge, AZ
 Ralph Spry, Anne Arundel CC, Arnold, MD
 Gena Kornell, Hagerstown JC, Hagerstown, MD
 Patrice Hageman, U of Minnesota/Waseca, MN
 1993 Dawn Campbell, Danville Area CC, Danville, IL
 Leogard Martin, South Plains JC, Levelland, TX
 George Davies, Phoenix College, Phoenix, AZ
 Monica Hayes, San Jacinto, TX
 1994 Mark Roberts, Central Arizona, Coolidge, AZ
 Todd Ashley, Catonsville CC, Catonsville, MD
 Julie Odgen, Alfred State, Alfred, NY
 1995 Brian Abshire, Clackamas CC, Oregon City, OR
 Don Sturgal, Lincoln Land CC, Springfield, IL
 Terry Baker, Hagerstown JC, Hagerstown, MD
 1996 Dave Patrick, Parkland College, Champaign, IL
 Tony Pettigrew Miami-Dade CC, Miami, FL
 Marti Cisper, Johnson County C, Overland Park, KS
 1997 Vinny "Que" Harbor, Danville, CC, Danville, IL
 Tim James, South Plains Junior College, Levelland, TX
 Tom Pukstys, DuPage College, Glen Ellyn, IL
 1998 Steve Fritz, Hutchinson Cc, Hutchinson, KS
 Dave Petersen, Central Oregon Cc, Bend, OR
 Inez Turner, Barton County Cc, Great Bend, KS
 1999 Bonnie Ramsdell, Florida
 Bill Lundberg, Jackson, MI
 2000 Katie Panek, Johnson County CC, Overland Park, KS
 2004 Demetria Castille, Eastern Oklahoma State College
 Harry "Butch" Reynolds, Butler Community College, KS
 Sara Wells, Colby Community College, KS

Coaches

1987 Carvel Jackson, Mesa Community College, Mesa, AZ
 1988 Jed Gibson, Ricks College, Rexburg, ID
 Ernie Bullard, Mesa Community College, Mesa, AZ
 Red Lewis, Howard Community College, Columbia, MD
 1989 Maynard Clark, Mohawk Valley/Cobleskill/Fulton-Montgomery, NY
 Norm Witek, Brevard College, Brevard, NC
 James Segrest, Odessa College, Odessa, TX

- 1990 Neil Cohen, Allegheny CCAC, Pittsburgh, PA
 Russ Rogers, Essex County College, Essex, NJ
 Ron Renko, Golden Valley Lutheran, Minneapolis, MN
- 1991 Dick Coleman, Mohawk Valley CC, Utica, NY
 Pat Henry, Blinn College, Brenham, TX
- 1992 Nelson Sorem, Hutchinson CC, Hutchinson, KS
 Jerry Isom, Miami Dade/South, Miami, FL
- 1993 Ron Ottoson, College of DuPage, Glen Ellyn, IL
 Edward Brandt, Northeastern JC, Sterling, CO
 Red Lewis, Howard County JC, Big Spring, TX
 Ollie Isom, Butler County, El Dorado, KS
 Ron Gunn, Southwestern Michigan, Dowagiac, MI
- 1994 Dennis Schmidt, Dodge City CC, Dodge City, KS
 James Cranfield, Cayuga CC, Auburn, NY
 Bill Dyer, Macomb CC, Warren, MI
- 1995 Monroe Northcutt, Victoria JC, Victoria, TX
 E.P. Baruth, McCook CC, McCook, NE
- 1996 George Young, Central Arizona College, Coolidge, AZ
 Judy Harrison, San Jacinto, TX
 Glen Stone, Eastern Oklahoma State, Wilburon, OK
- 1997 Renee Zillner, Harper College, Palatine, IL
- 1998 William Roberts, Phoenix College, Phoenix, AZ
 Johnny Gann, Ranger JC, Ranger, TX
 Ron Buss, Parkland College, Champaign, IL
 Dee Jensen, North Dakota State College of Science, Wahpeton, ND
- 1999 David Rinker, Brevard College, Brevard, NC
 David Burgess, Johnson County CC, Overland Park, KS
- 2000 Dennis Shaver, Barton County CC, Great Bend, KS
- 2001 Randy Cole, Barton County CC, Great Bend, KS
- 2003 Kurt Van Hazel, Central Arizona College, Coolidge, AZ
 Fred Moore, Phoenix College, Phoenix, AZ
- 2004 Lana Brauman, Barton County Community College, KS
 Owen Jensen, North Dakota State College of Science

Special Recognition

- 1988 Joe Abbey, Parkland College, Champaign, IL
- 1989 Dale Meadors, Garden City Community College, Garden City, KS
 L. W. "Bill" Miller, St. Louis CC/Florissant Valley, St. Louis, MO
- 1991 J. Fred Duckett
- 1997 Rick Neill, Spike & Bar
- 1998 Clyde Neff, South Plains College, Levelland, TX