

## **CROSS COUNTRY RECORDS**

### **5K All-Time Performance**

McKenzie Yanek, Pleasant Valley, 17:55, 2015  
Julia Noah, Urbandale, 18:21, 2015  
Claire Dupuis, Ames, 18:26, 2015  
Elyse Prescott, Urbandale, 18:36, 2015  
Haley Humphrey, Bettendorf, 18:37, 2015

### **4K All-Time Performance**

Katie Flood – Dowling Catholic, 13:27, 2007  
Ashlie Decker, Dowling Catholic, 13:37, 2008  
Shelby Houlihan, Sioux City East, 13:40, 2010  
Stephanie Jenks, Linn-Mar, 13:42, 2012  
Anna Holdiman, Waverly-Shell Rock, 13:51, 2012

### **2 Miles**

Jeni Frudden, Iowa City West, 10:46, 2001  
Michelle Lilienthal, Iowa City High, 10:47, 1999  
Julie Hudetz, Bettendorf, 11:06, 1983  
Jennie Funk, Iowa City High, 11:09, 2001  
Emily Shoopman, Waterloo West, 11:10, 1999

### **Most Individual Titles**

**4** Rebekah Topham, Griswold, 2011-12-13-14  
**3** Katie Flood, Dowling Catholic, 2006-07-09  
Kristin Hansen, Okoboji, 1999-2000-01  
Kerry Greenwood, Cascade, 1983-84-85  
Christa Holmes, West Des Moines Valley, 1985-87-88

### **Most Team Titles**

**11** **Iowa City High** 1989-90-91-92-93-95-99-2002-03-05-06  
**9** **Cascade** 1983-84-85-87-88-90-91-92-2015  
**7** **Tipton** 1989-94-2001-03-04-05-06  
**7** **Decorah** 1976-80-82-2007-12-13-14  
**6** **Dowling Catholic** 2007-08-09-10-11  
**5** **Iowa City West** 1997-98-2000-01-04  
**5** **Union** 2001-07-08-09-10  
**5** **Unity Christian** 1990-91-94-2011-12

## Cross Country Individual Champions

<b>YEAR</b>	<b>CHAMPION</b>
1966	Marg Benjamin, Central (Argyle)
1967	Sara Beckford, Rolfe
1968	Chris Gemberling, Lake City
1969	Chris Gemberling, Lake City
1970	Robin Evans, Manilla
1971	Cindy Hough, Missouri Valley
1972	Robin Evans, Manilla
1973	Barb Brown, Adel
1974	Theresa Holm, North Fayette
1975	Kris Skov, Marshalltown
1976	Yvonne Mennega, Unity Christian
1977	Lori Nolte, Mason City
1978	3A - Julie Williams, Spencer 2A-1A - Anne Mueksch, Missouri Valley
1979	3A - Tina Jackson, Waterloo Columbus 2A-1A - Nan Doak, Hedrick
1980	3A - Paulette Bendixen, Linn-Mar 2A-1A - Sue Youngberg, Essex
1981	3A - Dawn Lentsch, Cedar Falls 2A - Pam Janssen, Missouri Valley 1A - Jan Hall, George
1982	3A - Dawn Lentsch, Cedar Falls 2A - Jill Gazaway, Eagle Grove 1A - Nancy Peterson, Mason City Newman
1983	3A - Julie Hudetz, Bettendorf 2A - Kerry Greenwood, Cascade 1A - Nancy Peterson, Mason City Newman
1984	3A - Wendy Bare, North Scott 2A - Kerry Greenwood, Cascade 1A - Brenda Matheny, Lenox
1985	3A - Christa Holms, West Des Moines Valley 2A - Kerry Greenwood, Cascade 1A - Brenda Matheny, Lenox
1986	3A - Sara Roberson, Bettendorf 2A - Jennifer Hubbart, Davis County 1A - Jennifer Brower, St. Ansgar
1987	3A - Christa Holms, West Des Moines Valley 2A - Holly Barnes, Eddyville 1A - Kathy Halligan, West Sioux

1988 3A - Christa Holms, West Des Moines Valley  
2A - Holly Barnes, Eddyville  
1A - Marcia Vandersall, Maurice-Orange City

1989 3A - Toni Bechen, Dubuque Wahelrt  
2A - Jean York, Davenport Assumption  
1A - Jacinda Grishaber, North Linn

1990 3A - Kiersten Pauling, DM Lincoln  
2A - Sydney Pounds, Gilbert-United  
1A - Heather Amundson, Northwood-Kensett

1991 3A - Summer Johnson, Indianola  
2A - LeAnn Rychnovsky, Clarke  
1A - Sara Pluim, Unity Christian

1992 3A - Jennifer Schoonover, CR Kennedy  
2A - Sarah Pluim, Unity Christian  
1A - Sydney Pounds, Gilbert

1993 3A - Alienor Gilchrist, Ames  
2A - Megan Wagner, Cascade  
1A - Bethany Rulapaugh, SCMT

1994 3A - Summer Johnson, Indianola  
2A - Jana Peterson, Webster City  
1A - Mandy Vitense, Tipton

1995 3A - Keely Barnett, Iowa City High  
2A - Amber Schmidt, Northeast  
1A - Jessie Henderson, North Linn

1996 3A - Julie Wuorinen, Pleasant Valley  
2A - Val Oltman, Nevada  
1A - Amber Schmidt, Northeast

1997 3A - Bethany Young, Iowa City High  
2A - Kristina Quigley, Council Bluffs St. Albert  
1A - Jane McDermott, North Tama

1998 3A - Michelle Lilienthal, Iowa City High  
2A - Missy Buttry, Shenandoah-Essex  
1A - Heather Kite, Jesup

1999 3A - Michelle Lilienthal, Iowa City  
2A - Amber Friederich, Algona  
1A - Kristin Hansen, Okoboji

2000 3A - Jeni Frudden, Iowa City West  
2A - Amber Friederich, Algona  
1A - Kristin Hansen, Okoboji

2001 3A - Jeni Frudden, Iowa City West  
2A - Kristin Hansen, Okoboji  
1A - Emily Klein, South Hamilton

2002      3A - Robdu Adam, Iowa City West  
             2A - Marcy Rahn, Clear Creek-Amana  
             1A - Megan Winkelman, Nodaway Valley  
 2003      4A - Sarah Wickman, Iowa City West  
             3A - Sara Fassbinder, Dubuque Wahlert  
             2A - Megan Winkelman, Nodaway Valley  
             1A - Ellen Ries, North Linn  
 2004      4A - Hannah Roeder, DM Roosevelt  
             3A - Caedryn Schrunk, Spirit Lake Park  
             2A - Ashley Miller, Tipton  
             1A - Ellen Ries, North Linn  
 2005      4A - Sarah Wickman, Iowa City West  
             3A - Regina Reing, Harlan  
             2A - Mallory Marshall, Center Point-Urbana  
             1A - Brooke Dinsdale, North Tama  
 2006      4A - Katie Flood, Dowling Catholic  
             3A - Meaghan Nelson, CR Xavier  
             2A - Ashley Miller, Tipton  
             1A - Brooke Dinsdale, North Tama  
 2007      4A - Katie Flood, Dowling Catholic  
             3A - Danielle Nowasell, Grinnell  
             2A - Steph Wibben, George-LR/C Lyon  
             1A - Blaire Dinsdale, North Tama  
 2008      4A - Ashlie Decker, Dowling Catholic  
             3A - Sara Dickinson, Oskaloosa  
             2A - Morgan Casey, Northeast  
             1A - Sara Stoakes, North Tama  
 2009      4A - Katie Flood, Dowling Catholic  
             3A - Ali Krogman, Atlantic  
             2A - Morgan Casey, Northeast  
             1A - Katy Moen, Wapsie Valley  
 2010      4A - Shelby Houlihan, SC East  
             3A - Anna Holdiman, Waverly-SR  
             2A - Lauren Benzing, Solon  
             1A - Emily Franks, Northeast, Goose L  
 2011      4A -Grace Gibbons, Dowling Catholic  
             3A - Madison Waymire, Dallas Center-G  
             2A - Saddle Timms, Gilbert  
             1A - Rebekah Topham, Griswold  
 2012      4A - Stephanie Jenks, Linn-Mar  
             3A - Anna Holdiaman, Waverly-Shell Rock  
             2A - Cassandra Stufflick, Danville/New London  
             1A - Rebekah Topham, Griswold

- 2013      4A - McKenzie Yanek, Pleasant Valley  
            3A - Tess Roorda, Pella  
            2A - Grace Gibbons, Gilbert  
            1A - Rebekah Topham, Griswold
- 2014      4A - Megan Schott, Des Moines Roosevelt  
            3A - Grace Gibbons, Gilbert  
            2A – Paige Holub, Monticello  
            1A - Rebekah Topham, Griswold
- 2015      1A – Alyssa Williams, Durant  
            2A – Paige Holub, Monticello  
            3A – Julia Schmacher, Davenport Assumption  
            4A – McKenzie Yanek, Pleasant Valley

# Team Champions

1966 Central (Argyle)  
1967 Cedar Valley  
1968 Adel  
1969 BGM  
1970 (tie) BGM  
(tie) Manilla  
1971 BGM  
1972 Manilla  
1973 Manilla  
1974 Manilla  
1975 North, West Union  
1976 Decorah  
1977 Bettendorf  
1978 3A—Spencer  
2A-1A--Missouri Valley  
1979 3A--Fort Madison  
2A-1A--North Tama  
1980 3A--Cedar Rapids Jefferson  
2A-1A--Decorah  
1981 3A--Dubuque Wahlert  
2A--New Hampton  
1A--North Tama  
1982 3A--New Hampton  
2A--Decorah  
1A--North Tama  
1983 3A--Pleasant Valley  
2A--Cascade  
1A--Belle Plaine  
1984 3A--Bettendorf  
2A--Cascade  
1A--Woodbine  
1985 3A--Pleasant Valley  
2A--Cascade  
1A--Maurice-Orange City  
1986 3A--Keokuk  
2A--Maquoketa  
1A--LeMars Gehlen Catholic  
1987 3A--Bettendorf  
2A--Cascade  
1A--Maurice-Orange City  
1988 3A--North Scott  
2A--Cascade  
1A--Maquoketa Valley  
1989 3A--Iowa City High  
2A--Gilbert  
1A--Tipton  
1990 3A--Iowa City High  
2A--Cascade  
1A--Orange City Unity  
Christian  
1991 3A--Iowa City High  
2A--Cascade  
1A--Orange City Unity

Christian  
 1992 3A--Iowa City High  
 2A--Cascade  
 1A--Colfax-Mingo  
 1993 3A--Iowa City High  
 2A--Waukon  
 1A--Colfax-Mingo  
 1994 3A--Pleasant Valley  
 2A--Orange City Unity  
 Christian  
 1A--Tipton  
 1995 3A--Iowa City High  
 2A--Maquoketa  
 1A--Lynnville-Sully  
 1996 3A--Cedar Falls  
 2A--Bennett-Durant  
 1A--Lynnville-Sully  
 1997 3A--Iowa City West  
 2A--Sibley-Ocheyedan  
 3A--Bennett-Durant  
 1998 3A--Iowa City West  
 2A--Benton  
 1A--Calamus-Wheatland  
 1999 3A--Iowa City High  
 2A--Benton  
 1A--North Linn  
 2000 3A—Iowa City West  
 2A—Benton 1A—  
 Bennett-Durant  
 2001 3A—Iowa City West  
 2A—Union 1A—  
 Tipton  
 2002 3A - Iowa City High  
 2A - Mount Pleasant  
 1A - Bennett-Durant  
 2003 4A - Iowa City High  
 3A - Cedar Rapids Xavier  
 2A - Tipton  
 1A - Valley Community  
 2004 4A - Iowa City West  
 3A - Marion  
 2A - Tipton  
 1A - Valley Community  
 2005 4A - Iowa City High  
 3A - Harlan  
 2A - Tipton  
 1A - North Tama  
 2006 4A - Iowa City High  
 3A - Cedar Rapids Xavier  
 2A - Tipton  
 1A - Valley Community  
 2007 4A - Dowling Catholic  
 3A - Decorah  
 2A - Union  
 1A - CB St. Albert

2008  
4A - Dowling Catholic  
3A - Mount Vernon-Lisbon  
2A - Union  
1A - Pekin

2009 4A - Dowling Catholic  
3A - Dubuque Wahlert  
2A - Union  
1A - Nodaway Valley

2010 4A - Dowling Catholic  
3A - Dubuque Wahlert  
2A - Union  
1A - Pekin

2011 4A - Dowling Catholic  
3A - Dubuque Wahlert  
2A - Unity Christian  
1A - Pekin

2012 4A - Pleasant Valley  
3A - Decorah  
2A - Unity Christian  
1A - Griswold

2013 4A - Dowling Catholic  
3A - Decorah  
2A - Gilbert  
1A - Pekin

2014 4A - Johnston  
3A - Decorah  
2A - Monticello  
1A - Pocahontas Area

2015 4A - Urbandale  
3A - Davenport Assumption  
2A - Cascade  
1A - Central Elkader

