

Cross Country Individual Champions

YEAR	CHAMPION
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, Des Moines 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

2006 2A - Mallory Marshall, Center Point-Urbana
 1A - Brooke Dinsdale, North Tama
 4A - Katie Flood, Dowling Catholic
 3A - Meaghan Nelson, CR Xavier
 2A - Ashley Miller, Tipton
 2007 1A - Brooke Dinsdale, North Tama
 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

State 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