

CROSS COUNTRY RECORDS

5K All-Time Performance

McKenzie Yanek, Pleasant Valley, 17:55, 2015

Anna Hostetler, Mid-Prairie, 17:57, 2016

Bailey Nock, Iowa City West, 18:06, 2016

Marie Hostetler, Mid-Prairie, 17:57, 2016

Jessica McKee, Johnston, 18:30.6, 2016

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

8 **Decorah** 1976-80-82-2007-12-13-14-16

7 **Tipton** 1989-94-2001-03-04-05-06

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

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 Hubbard, 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 4A – McKenzie Yanek, Pleasant Valley
 3A – Julia Schmacher, Davenport Assumption
 2A – Paige Holub, Monticello
 1A – Alyssa Williams, Durant
- 2016 4A – Bailey Nock, Iowa City West
 3A – Adrianna Katcher, Center Point-Urbana
 2A – Anna Hostetler, Mid-Prairie
 1A – Kate Crawford, ACGC

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--Lynnvile-Sully
 1996 3A--Cedar Falls
 2A--Bennett-Durant
 1A--Lynnvile-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

2016 4A - Johnston
3A - Decorah
2A - Monticello
1A - Central Elkader

