

# 2006 MIAA Cross Country Championships



**Bolivar Golf Club • Bolivar, Mo. • Oct. 21 • Southwest Baptist University, host**

## Men's Team Scoring (8 kilometers)

1. Missouri Southern	47	= 3 + 8 + 9 + 10 + 17
2. Southwest Baptist	70	= 1 + 7 + 15 + 22 + 25
3. Central Missouri	72	= 2 + 4 + 16 + 20 + 30
4. Fort Hays State	86	= 6 + 12 + 14 + 18 + 36
5. Northwest Missouri State	128	= 5 + 21 + 23 + 29 + 50
6. Truman	129	= 11 + 13 + 28 + 37 + 40
7. Pittsburg State	155	= 24 + 26 + 32 + 35 + 38
8. Emporia State	196	= 19 + 34 + 42 + 49 + 52

## Men's Individual Results

1. T. Jay Sanderson, SBU – 24:43.03; 2. Adam Akers, UCM – 24:48.55; 3. Dustin Dixon, MSSU – 24:53.07; 4. Joe Mundt, UCM – 24:56.65; 5. Matt Pohren, NWMSU – 24:58.75; 6. DaYoder, FHSU – 25:03.83; 7. Michael Pierce, SBU – 25:06.83; 8. Bret Musser, MSSU – 25:09.23; 9. Ryan Arthur, MSSU – 25:10.67; 10. Kyle Davis, MSSU – 25:11.91 (Top 10 earned All-MIAA honors).

11. Zach Chapman, TSU – 25:14.89; 12. Aaron Yoder, FHSU – 25:18.09; 13. Jason Simpson, TSU – 25:19.79; 14. Aaron Davidson, FHSU – 25:21.06; 15. Jeremy Glassmaker, SBU – 25:28.13; 16. Dennis Hill, UCM – 25:32.13; 17. Brennon Benkert, MSSU – 25:34.32; 18. Elias Diaz, FHSU – 25:36.28; 19. Skyler Delmott, ESU – 25:36.75; 20. David Fuchs, UCM – 25:49.14.

21. Brandon Dart, NWMSU – 25:50.93; 22. Michael McCampbell, SBU – 25:52.54; 23. Bichok Deng, NWMSU – 25:52.92; 24. David Cox, PSU – 25:55.16; 25. Timmy Specht, SBU – 25:59.53; 26. Adam Willis, PSU – 26:01.33; 27. Isaac Garcia, MSSU – 26:04.69; 28. Steve Porath, TSU – 26:05.19; 29. Auston Huerta, NWMSU – 26:05.47; 30. Anthony Schulz, UCM – 26:05.95.

31. Ricky Armstrong, MSSU – 26:06.36; 32. Tim Testa, PSU – 26:10.42; 33. Chris Colesworthy, UCM – 26:12.89; 34. Michael Stephens, ESU – 26:16.19; 35. Matt Seifert, PSU – 26:17.08; 36. Zac Ewert, FHSU – 26:24.27; 37. Nick Heberle, MSSU – 26:24.75; 38. Adam Kell, TSU – 26:25.97; 39. Drew Beggs, PSU – 26:26.58; 40. Luke Hall, FHSU – 26:28.30.

41. Eric Wittrock, TSU – 26:28.92; 42. Nick Tegtmeier, TSU – 26:29.99; 43. Brock Ternes, ESU – 26:31.55; 44. Ian Silovsky, PSU – 26:35.44; 45. Vince Tichenor, SBU – 26:35.92; 46. David Hackney, SBU – 26:38.21; 47. Joe Nagel, UCM – 26:39.66; 48. Josh Coberley, PSU – 26:44.46; 49. Mason Stout, PSU – 26:54.00; 50. Matt Goetz, FHSU – 26:57.93.

51. Marcus Summers, ESU – 26:59.14; 52. Brad Sorensen, NWMSU – 26:59.87; 53. Anthony Reed, MSSU – 27:04.42; 54. David Yonce, TSU – 27:05.72; 55. Shea Camien, ESU – 27:07.37; 56. Andrew Bly, SBU – 27:08.82; 57. Kurtis W erner, TSU – 27:12.59; 58. Nick Hansen, PSU – 27:14.06; 59. Josh Rollins, SBU – 27:19.14; 60. Cameron Ayers, SBU – 27:30.03.

61. Charles Janssen, PSU – 27:38.74; 62. Tad Dallas, TSU – 27:41.60; 63. A.J. Stevens, UCM – 27:45.08; 64. John Dimberger, TSU – 27:47.44; 65. Brady Kentfield, FHSU – 27:49.96; 66. Anthony Davidson, NWMSU – 27:50.81; 67. Justin Riggs, FHSU – 27:55.43; 68. John W elsh, FHSU – 28:02.53; 69. Ryan Gates, NWMSU – 28:04.85; 70. Jesse Sewell, NWMSU – 28:19.00.

71. Alex Oliver, NWMSU – 31:16.83.

## Women's Team Scoring (6 kilometers)

1. Missouri Southern	67	= 7 + 8 + 13 + 15 + 24
2. Southwest Baptist	76	= 3 + 9 + 17 + 19 + 28
3. Pittsburg State	82	= 6 + 10 + 16 + 20 + 30
4. Central Missouri	99	= 5 + 11 + 22 + 26 + 35
5. Fort Hays State	100	= 4 + 12 + 25 + 27 + 32
6. Emporia State	159	= 1 + 14 + 41 + 50 + 53
7. Truman	168	= 2 + 23 + 43 + 49 + 51
8. Northwest Missouri State	174	= 18 + 21 + 44 + 45 + 46

## Women's Individual Results

1. Jonel Rossbach, ESU – 21:28.99; 2. Jacquie Faust, TSU – 21:49.92; 3. Amy Broadhurst, SBU – 21:55.12; 4. Bridget Brown, FHSU – 21:57.87; 5. Gina Kennison, UCM – 22:00.82; 6. Rachel Sneddon, PSU – 22:14.23; 7. Kimi Shank, MSSU – 22:15.59; 8. Alison Walker, MSSU – 22:16.91; 9. Courtney Ayers, SBU – 22:20.97; 10. Lucinda Fortney, PSU – 22:22.43 (Top 10 earned All-MIAA honors).

11. Danielle Moul-Nagel, UCM – 22:25.86; 12. Tonya Newton, FHSU – 22:26.27; 13. Kara Eckard, MSSU – 22:26.82; 14. Krysta Fennewald, ESU – 22:35.90; 15. Courtney W altbillig, MSSU – 22:37.17; 16. Amy VanGundy, PSU – 22:40.07; 17. Kristen Colon, SBU – 22:44.44; 18. Anna O'Brien, NWMSU – 22:45.09; 19. Chelsea Strahm, SBU – 22:46.70; 20. V enessa Lee, PSU – 22:49.59.

21. Karah Spader, NWMSU – 22:53.80; 22. Dani W agaman, UCM – 22:54.85; 23. Danna Kelly, TSU – 22:57.91; 24. Ashley Bunch, MSSU – 22:59.22; 25. Ashlee Orr, FHSU – 23:02.02; 26. Sandy Davidson, UCM – 23:04.59; 27. Alicia Trujillo, FHSU – 23:08.21; 28. Andrea Owensby, SBU – 23:08.51; 29. Krista Merrill, MSSU – 23:12.33; 30. Megan Ballock, PSU – 23:17.85.

31. Erica Whitfield, SBU – 23:20.26; 32. Shannan Herzet, FHSU – 23:24.56; 33. Alyssa Maggart, SBU – 23:25.37; 34. Mallory Roth, SBU – 23:25.69; 35. Patricia Leal, PSU – 23:26.04; 36. Alison Kelley, UCM – 23:28.56; 37. Kari Fritchie, MSSU – 23:37.26; 38. Lisa Bunn, SBU – 23:37.94; 39. Jillian Doddema, UCM – 23:38.67; 40. Julie Jones, PSU – 23:39.12.

41. Yazmin Vallejo, UCM – 23:39.51; 42. Ashley Hendrix, MSSU – 23:39.80; 43. Kelly O'T oole, MSSU – 23:42.03; 44. Laura Adams, UCM – 23:50.00; 45. Zanae Baird, FHSU – 23:58.37; 46. Abbey Adams, MSSU – 24:09.93; 47. Robyn Lee, ESU – 24:19.25; 48. Ali Mishler, FHSU – 24:24.35; 49. Alana Walker, TSU – 24:45.23; 50. Jennifer Dittburner, NWMSU – 24:50.15.

51. Anne Benedict, NWMSU – 24:50.58; 52. Jane Bowness, NWMSU – 24:51.09; 53. Kristen Degase, NWMSU – 24:52.49; 54. Blair Sample, NWMSU – 24:58.82; 55. Fiona W illiams, TSU – 25:01.39; 56. Kelsey Roberts, FHSU – 25:05.46; 57. Christine Flippin, SBU – 25:07.40; 58. Terra Keim, FHSU – 25:10.38; 59. Maggie McManigal, NWMSU – 25:16.23; 60. Heather Williams, PSU – 25:21.87.

61. Brittany Streiff, PSU – 25:30.30; 62. Kim Eversgerd, NWMSU – 25:31.01; 63. Jenna Boswell, ESU – 25:33.08; 64. Kristi Bornhoft, TSU – 25:40.48; 65. Amanda Gray, NWMSU – 26:06.70; 66. Jackie Trapp, TSU – 26:17.93; 67. Kylene Kirmer, FHSU – 27:08.43; 68. Aubrey Folk, ESU – 28:22.83; 69. Janine Peltz, ESU – 29:37.82; 70. Ryan Green, ESU – 31:17.43.

# 2006 Division II Cross Country Championships



**South Central Regional @ Warrensburg, Mo. • Nov. 4**

**Men's Results** (10 kilometers) – *Team Scoring* (17 teams): 2. MSSU 73; 3. UCM 100; 4. FHSU 131; 6. SBU 188; 7. NWMSU 197; 8. TSU 203; 10. ESU 247; 11. PSU 262.

*Individual Finishes* (Top 25): 7. Adam Akers, UCM – 32:11.70; 10. Dustin Dixon, MSSU – 32:31.40; 11. Brett Musser, MSSU – 32:35.70; 12. Dan Yoder, FHSU – 32:37.70; 13. Ryan Arthur, MSSU – 32:38.70; 14. Joe Mundt, UCM – 32:39.70; 15. Matt Pohren, NWMSU – 32:46.10; 16. Kyle Davis, MSSU – 32:48.50; 17. Michael Pierce, SBU – 32:51.30; 18. Dennis Hill, UCM – 32:55.90; 19. David Fuchs, UCM – 33:00.90; 20. Bichok Deng, NWMSU – 33:04.20; 21. Aaron Davidson, FHSU – 33:04.60; 22. Aaron Davidson, FHSU – 33:06.10; 23. Brennon Benkert, MSSU – 33:11.30.

**Women's Results** (6 kilometers) – *Team Scoring* (19 teams): 2. PSU 99; 3. UCM 125; 4. MSSU 130; 5. SBU 131; 7. FHSU 163; 10. NWMSU 292; 12. ESU 309. TSU did not field a complete team.

*Individual Finishes* (Top 25): 1. Jacquie Faust, TSU – 22:00.80; 3. Jonel Rossbach, ESU – 22:03.20; 5. Bridget Brown, FHSU – 22:11.60; 7. Amy Broadhurst, SBU 22:26.50; 8. Gina Kennison, UCM – 22:28.70; 11. Danna Kelly, TSU – 22:39.30; 12. Danielle Moul-Nagel, UCM – 22:42.30; 13. Kimi Shank, MSSU – 22:43.00; 14. V enessa Lee, PSU – 22:44.20; Dani Wagaman, UCM – 22:56.20; 20. Rachel Sneddon, PSU – 22:58.60; 21. Krysta Fennewald, ESU – 23:00.90; 22. Tonya Newton, FHSU – 23:01.10; 23. Courtney W altbillig, MSSU – 23:03.00; 24. Lucinda Fortney, PSU – 23:05.20.

**National Championships @ Pensacola, Fla. • Nov. 18**

**Men's Results** (10 kilometers)

*Team Scoring*: (24 teams): 14. UCM 390; 18. MSSU 434.

*Individual Finishes*: 46. Adam Akers, UCM 30:42.6; 53. Dustin Dixon, MSSU – 30:53.4; 69. Brett Musser, MSSU – 31:18.0; 93. David Fuchs, UCM – 31:42.8; 94. Joe Mundt, UCM – 31:43.8; 95. Ryan Arthur, MSSU – 31:45.1; 100. Dennis Hill, UCM – 31:49.2; 142. Chris Colesworthy, UCM – 32:41.8; 144. Kyle Davis, MSSU – 32:45.6; 160. Brennon Benkert, MSSU – 33:07.4; 166. Joe Nagel, UCM – 33:23.4; 170. Anthony Schulz, UCM – 33:35.6; 179. Ricky Armstrong, MSSU – 34:56.2; 182. Isaac Garcia, MSSU – 35:31.9.

**Women's Results** (6 kilometers)

*Team Scoring*: (24 teams): 22. PSU 491.

*Individual Finishes*: 17. Jonel Rossbach, ESU – 20:49.8; 29. Jacquie Faust, TSU – 21:12.1; 46. Bridget Brown, FHSU – 21:46.0; 86. V enessa Lee, PSU – 22:12.1; 118. Lucinda Fortney, PSU – 22:46.8; 126. Julie Jones, PSU – 22:59.0; 129. Amy VanGundy, PSU – 23:00.8; 131. Rachel Sneddon, PSU – 23:03.4; 143. Patricia Leal, PSU – 23:15.5; 159. Megan Ballock, PSU – 23:41.2.



# 2006 Cross Country Award Winners

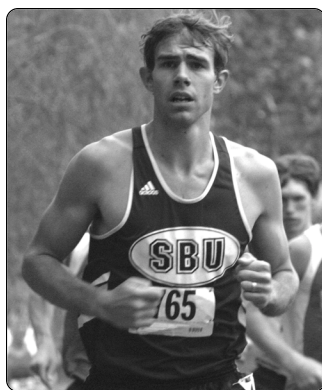
## 2006 MIAA Runners of the Week

### Men

- Sept. 11 T. Jay Sanderson, SBU
- Sept. 18 T. Jay Sanderson, SBU
- Sept. 25 Aaron Yoder, FHSU
- Oct. 2 David Cox, PSU
- Oct. 9 Dustin Dixon, MSSU

### Women

- Sept. 11 Kimi Shank, MSSU
- Sept. 18 Stacy Kentzler, PSU
- Sept. 25 Bridget Brown, FHSU
- Oct. 2 Jacquie Faust, TSU
- Oct. 9 Stacy Kentzler, PSU



SBU's T. Jay Sanderson was a two-time MIAA Runner of the Week before claiming the '06 MIAA men's individual title. • Ben Nielsen/SBU

## 2006-07 CoSIDA/ESPN The Magazine Academic All-America Cross Country/Track & Field Team –College Division

### Women

#### First Team

Venessa Lee, PSU

#### Third Team

Jacquie Faust, TSU

## 2006-07 CoSIDA/ESPN The Magazine Academic All-America Cross Country/Track & Field Team – College Division

### Women

#### First Team

Venessa Lee, PSU

Jacquie Faust, TSU

### Men

#### Second Team

Jon Garrett, PSU

Eric Isley, NWMSU

Jason Simpson, TSU



# 2006 MIAA Academic Awards

## 2006 MIAA Commissioner's Academic Honor Roll

### Men

#### Northwest Missouri State

Dart, Brandon, Jr., Corporate finance  
Isley, Eric, Sr., Computer science  
Pohren, Matt, Sr., Business management

#### Pittsburg State

Garrett, Jon, So., Accounting  
Hansen, Nick, So., History/government  
Schulteis, David, So., Biology  
Willis, Adam, Sr., Physical education

#### Southwest Baptist

Bly, Andrew, So., Psychology  
Pierce, Michael, So., Sports management  
Sammons, Tyler, So., Christian ministries  
Sanderson, T. Jay, Sr., Physical education  
Tichenor, Vincent, So., Biology

#### Truman

England, Bryant, Jr., Exercise science  
Porath, Steve, Sr., Business administration  
Simpson, Jason, Sr., Art  
Werner, Kurtis, Sr., History (graduate studies)  
Wittrock, Eric, Sr., Biology (pre-medicine)  
Yonce, David, So., Business admin. (finance)

#### Central Missouri

Coleworthy, Chris, So., Management  
Fuchs, David, So., Criminal justice  
Hill, Dennis, Jr., Criminal justice  
Mundt, Joe, Sr., Physical education  
Schulz, Anthony, So., Marketing

#### Emporia State

Ternes, Brock, So., Biology

#### Fort Hays State

Davidson, Aaron, Jr.,  
Health & human performance  
Ewert, Zac, Sr., Health & human performance  
Goetz, Matt, So., Business administration  
Ptacek, Brendan, Jr., Elementary education  
Yoder, Aaron, Jr., Marketing

#### Missouri Southern

Arthur, Ryan, Jr., Health promotion & wellness  
Dixon, Dustin, So., Sec. social science education  
Miller, Dustin, Sr., Middle school math & science  
Musser, Bret, So., Biology (pre-medicine)

### Women

#### Northwest Missouri State

Degase, Kristen, So.,  
Corporate recreation & wellness  
Gray, Amanda, So., Undeclared  
Homan, Kim, Sr., Fine arts  
McManigal, Maggie, So., Undeclared  
O'Brien, Anna, So., Undeclared  
Spader, Karah, Jr., Agricultural business  
Tinsley, Megan, So., Secondary English education

#### Pittsburg State

Fortney, Lucinda, Jr., Recreation  
Jones, Julie, Jr., English  
Kentzler, Stacy, So., Family & consumer science  
Lee, Venessa, Jr., Biology/Spanish  
Sneddon, Rachel, So., Accounting  
Streiff, Brittany, Jr., Biology  
VanGundy, Amy, Sr.,  
Commercial graphics (graduate study)

#### Southwest Baptist

Broadhurst, Amy, Sr., Community recreation  
Bunn, Lisa, Jr., Accounting  
Dickerson, Kristin, Jr., Elementary education  
Edwards, Kristin, So., Mathematics  
Maggart, Alyssa, Jr., Business management

#### Truman

Bornhoff, Kristi, So., Exercise science  
Faust, Jacquie, Sr., Communication disorders  
Walker, Alana, So., Biology

Student-athletes are named to the squad under the following criteria: 1.) The student-athlete must have a cumulative grade-point average of 3.00 or better at the qualifying institution; 2.) The student-athlete must have at least two terms of attendance at the member school, excluding summer sessions; 3.) The student-athlete must be a sophomore, junior or senior in athletic eligibility; 4.) Student-athletes inactive due to redshirt or hardship qualification are not eligible.

## 2006-07 Academic All-MIAA Team (3.50 GPA & All-MIAA)

### Men

T. Jay Sanderson, SBU

### Women

Courtney Ayers, SBU  
Amy Broadhurst, SBU  
Bridget Brown, FHSU  
Jacquie Faust, TSU  
Gina Kennison, UCM  
Kimi Shank, MSSU

## 2005-07 MIAA Presidential Scholars (4.0 cumulative GPA –Undergraduate or Graduate)

### Men

Bryant England, TSU  
Michael  
McCampbell, SBU  
T. Jay Sanderson, SBU  
Vincent Tichenor, SBU

### Women

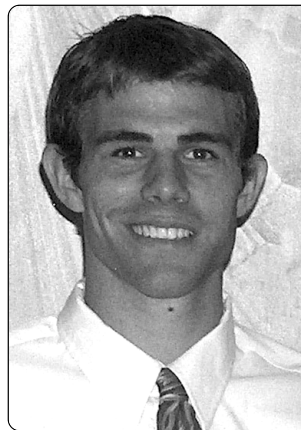
Courtney Ayers, SBU  
Megan Ballock, PSU  
Kristen Edwards, SBU  
Terra Keim, FHSU  
Victoria Kline, MSSU  
Amy VanGundy, PSU  
Sarah Wallace, MSSU  
Heather Williams, PSU

# 2006 MIAA Cross Country Championships



Year	School	Pts	Ind. Champ., School	Time	Dist
2006	Missouri Southern	47	T. Jay Sanderson, SBU	24:43.03	8 km
2005	Missouri Southern	48	Jarod Wall, UCM	24:55.00	8 km
2004	Central Missouri	43	Paul Koehler, MSSU	26:24.8	8 km
2003	Missouri Southern	47	Jarod Wall, UCM	25:13.04	8 km
2002	Missouri Southern	45	Brian Lyons, MSSU	24:38.40	8 km
2001	Truman	31			
	Missouri Southern	31	Andy Doering, TSU	24:36	8 km
2000	Missouri Southern	37	Petri KyKyri, MSSU	25:11.99	8 km
1999	Central Missouri	35	Vladimir Golias, UCM	24:55.5	8 km
1998	Central Missouri	38	Carlos Vasquez, PSU	25:32	8 km
1997	Central Missouri	23	Alexandr Alexin, UCM	25:34.6	8 km
1996	Central Missouri	48	Jurmain Mitchell, ESU	25:05	8 km
1995	Central Missouri	20	Jonah Melly, UCM	24:46	8 km
1994	Truman	51	Jurmain Mitchell, ESU	25:39	8 km
1993	Central Missouri	25	Jonah Melly, UCM	25:06.1	8 km
1992	Truman	43	Rob Jensen, TSU	24:18.0	8 km
1991	Central Missouri	43	Jason Riddle, MSSU	24:52	8 km
1990	Southeast Missouri State	41	Jimmy Herald, SEMSU	24:49.35	5 mi.
1989	Southeast Missouri State	45	Alan Peyton, PSU	25:16.7	8 km
1988	Southeast Missouri State	27	Brian Radle, SEMSU	31:43.82	10 km
1987	Southeast Missouri State	29	Art Waddle, SEMSU	29:40	10 km
1986	Southeast Missouri State	22	Brian Radle, SEMSU	32:37	10 km
1985	Southeast Missouri State	21	Art Waddle, SEMSU	24:35	8 km
1984	Southeast Missouri State	28	Mike Vanatta, SEMSU	25:16.9	8 km
1983	Truman	43	Rick Schmid, UCM	25:25.8	5 mi.
1982	Central Missouri	38	Ken Hoffman, SEMSU	32:18.5	10 km
1981	Central Missouri	44	Mike Vanatta, SEMSU	30:29	10 km
1980	Southwest Missouri State	32	Mark Curp, UCM	32:13	10 km
1979	Southwest Missouri State	42	Mark Curp, UCM	30:56	10 km
1978	Central Missouri	41	Mark Curp, UCM	31:32	10 km
1977	Southwest Missouri State	29	Mark Leicht, UCM	32:05	10 km
1976	Southwest Missouri State	30	John Prasuhn, SMSU	30:43	10 km
1975	Southwest Missouri State	26	Don Dwyer, SMSU	24:19	5 mi.
1974	Southwest Missouri State	33	John Prasuhn, SMSU	24:16	5 mi.
1973	Southwest Missouri State	17	Ken Norton, SMSU	25:22	5 mi.
1972	Northwest Missouri State	44	Linley Lipper, TSU	25:22.4	5 mi.

Year	School	Pts	Ind. Champ., School	Time	Dist
1971	Southeast Missouri State	28	Steve Parker, SEMSU	25:06	5 mi.
1970	Southeast Missouri State	24	Ken Ault, SMSU	25:30.4	5 mi.
1969	Central Missouri	33	Dave Frazier, UCM	25:21	5 mi.
1968	Truman	51	Doug Overholder, SMSU	20:57.4	4 mi.
1967	Southeast Missouri State	49	Ron Werling, TSU	20:11	4 mi.
1966	Southeast Missouri State	32	Ron Werling, TSU	20:46.5	4 mi.
1965	Southeast Missouri State	41	Ron Werling, TSU	20:49.2	4 mi.
1964	Truman	24	Ed Schneider, TSU	19:50.6	4 mi.
1963	Truman	17	Ed Schneider, TSU	20:14.5	4 mi.
1962	Truman	23	Ed Schneider, TSU	19:38	4 mi.
1961	Truman	18	Floyd Waddle, TSU	21:28.1	4 mi.
1960	Truman	22	James McFadden, TSU	20:56.7	4 mi.
1959	Truman	17	Tony Barulich, TSU	17:17.4	3 mi.
1958	Missouri-Rolla	30	Mike Vancil, UMR	17:33	3 mi.



**T. Jay Sanderson • SBU**  
2006 MIAA Men's Individual Champion

**MIAA Team Titles Won or Shared:** Central Missouri 12, Southeast Missouri State 12, Truman 11, Southwest Missouri State 7, Missouri Southern 6, Missouri-Rolla 1, Northwest Missouri State 1.

**Individuals with 3 MIAA Titles**  
Ed Schneider, TSU, 1962-64; Ron Werling, TSU, 1965-67; Mark Curp, UCM, 1978-80

**Individuals with 2 MIAA Titles**  
John Prasuhn, SMSU, 1974 & 1976; Art Waddle, SEMSU, 1985 & 1987; Brian Radle, SEMSU, 1986 & 1988; Jonah Melly, UCM, 1993 & 1995; Jurmain Mitchell, ESU, 1994 & 1996; Jarod Wall, UCM, 2003 & 2005.

# Past Women's Cross Country Champions



Year	School	Pts	Ind. Champ., School	Time	Dist
2006	Missouri Southern	67	Jonel Rossbach, ESU	21:28.99	6 km
2005	Central Missouri	40	Gina Kennison, UCM	21:52.00	6 km
2004	Central Missouri	59	Kristin Anderson, UCM	22:41.7	6 km
2003	Pittsburg State	50	Kristin Anderson, UCM	22:20.96	6 km
2002	Pittsburg State	57	Kadri Kelve, ESU	21:30.20	6 km
2001	Pittsburg State	32	Jeanette Mott, PSU	22:01	6 km
2000	Truman	58	Jeanette Mott, PSU	21:51.66	6 km
1999	Central Missouri	56	Tara Hudspeth, ESU	21:59.2	6 km
1998	Missouri Southern	64	Sonia Eudy, MSSU	18:13	5 km
1997	Northwest Missouri State	29	Sonia Blacketer, MSSU	18:14.9	5 km
1996	Northwest Missouri State	34	Kathy Kearns, NWMSU	18:35	5 km
1995	Northwest Missouri State	45	Sandy Thomas, UCM	17:36	5 km
1994	Emporia State	41	Julie Heiskell, PSU	18:40	5 km
1993	Pittsburg State	35	Julie Heiskell, PSU	18:35.8	5 km
1992	Pittsburg State	21	Christie Allen, PSU	17:42	5 km
1991	Pittsburg State	31	Christie Allen, PSU	17:24	5 km
1990	Southeast Missouri State	23	Lucie Mays, SEMSU	17:38.6	5 km
1989	Southeast Missouri State	29	Lucie Mays, SEMSU	18:21.4	5 km
1988	Southeast Missouri State	23	Laura Byrne, SEMSU	18:17.77	5 km
1987	Southeast Missouri State	34	Connie Frank, UCM	16:57	5 km
1986	Southeast Missouri State	34	Laura Byrne, SEMSU	19:16	5 km
1985	Southeast Missouri State	38	Darla Moberly, UCM	18:17	5 km
1984	Southeast Missouri State	20	Darla Moberly, UCM	18:36	5 km
1983	Southeast Missouri State	32	Chris Ridenour, SEMSU	17:49	5 km

Year	School	Pts	Ind. Champ., School	Time	Dist
1982	Southeast Missouri State	35	Nancy Goodwine, UCM	17:55.8	5 km
1981	Southeast Missouri State	42	Margaret Hertenstein, SEMSU	18:18	5 km



**Jonel Rossbach • ESU**  
2006 MIAA Women's Individual Champion

**MIAA Team Titles Won:** Southeast Missouri State 10, Pittsburg State 6, Central Missouri 3, Northwest Missouri State 3, Missouri Southern 2, Emporia State 1, Truman 1.

**Individuals with 2 MIAA Titles:** Darla Moberly, UCM, 1984-85; Laura Byrne, SEMSU, 1986 & 1988; Lucie Mays, SEMSU, 1989-90; Christie Allen, PSU, 1991-92; Julie Heiskell, PSU, 1993-94; Sonia (Blacketer) Eudy, MSSU, 1997-98; Jeanette Mott, PSU, 2000-01; Kristin Anderson, UCM 2003-04.