



NEBRASKA CROSS COUNTRY

2023

Cross Country

NEBRASKA CROSS COUNTRY

MEN'S ALL-AMERICANS



Greg Carlberg (1970)

Greg Carlberg was Nebraska's first All-American in cross country in 1970. An Omaha native, Carlberg placed 22nd at the 1970 NCAA Championships. Carlberg was Nebraska's first sub-four minute miler (3:59.6), and he was an All-American on the track as well after a fifth-place finish in the mile at the 1971 NCAA Outdoor Championships.



Jacques van Rensburg (1988, 1989)

Jacques van Rensburg, a transfer from the University of Orange Free State, helped Nebraska to consecutive top-15 national finishes. The Bloemfontein, South Africa, native led Nebraska in five of six meets in 1988, including a 14th-place finish at the NCAA Championships. He was also the runner-up at the District V meet and finished fifth at the Big Eight Conference Championships. In 1989 van Rensburg finished 21st at the national meet as Nebraska finished eighth, the program's first top-10 finish. Van Rensburg ranks among the top 10 in school history all-time in six distance events.



Wally Duffy (1983)

Despite competing only one year for the Huskers, Wally Duffy left his mark on both the Nebraska cross country and track and field programs. After transferring from Illinois, Duffy joined the cross country team and made an immediate impact. The Shenandoah, Iowa, native finished fourth at the Big Eight meet, helping the Huskers to a second-place finish. The only Husker to compete at the national meet in 1983, Duffy finished 29th overall (ninth American), earning All-America honors. He was named the Huskers' most valuable cross country runner. Duffy is also the school-record holder in the marathon (2:20.19) and ranks third in the 10,000-meter run (29:22.6).



Jonah Kiptarus (1996)

Kenyan Jonah Kiptarus produced the most successful season in NU history in 1996, winning both the conference and district titles en route to a runner-up finish at the national meet, the highest finish ever by a Husker. Kiptarus, who competed only one year for the Huskers, also excelled on the track, winning the indoor mile at the Big Eight Championships and finishing second at the national meet. In addition, Kiptarus was a member of NU's national championship distance-medley relay team. During the outdoor track season, Kiptarus won the 1996 Big Eight title in the 1,500-meter run and earned All-America honors with his runner-up finish at the national meet.



Kurt Russell (1984)

The 1981 junior college cross country national champion while at Southwestern Michigan, Kurt Russell joined the Huskers in 1982. In his first season as a Husker, Russell earned All-Big Eight honors with a ninth-place finish at the conference meet, helping the Huskers to a runner-up team finish. Originally from Flint, Mich., Russell competed two years for the Huskers, earning All-America honors as a senior in 1984, when he finished 26th (18th American) at the NCAA Championships. A standout on the track, Russell is the school-record holder in the 3,000-meter steeplechase (8:29.66). He was the 1986 Big Eight champion in the event and earned All-America honors with a 12th-place finish at the NCAA meet.



Cleophas Boor (1996, 1997)

A transfer from Barton County Community College, Cleophas Boor won his second Woody Greeno title in 1996, and first as a Husker, in 24:05.0, the third-fastest 8,000-meter time ever posted at Pioneers Park. Boor finished third at the 1996 NCAA Championships, the second-highest finish ever by a Husker. Teamed with Jonah Kiptarus, Boor helped NU to a seventh-place finish, the best finish in school history. The following year, Boor finished sixth at the national meet, as Nebraska earned an 11th-place finish. The school-record holder in the 10,000-meter run (28:50.9), Boor also sits among Nebraska's top five all-time at three other distances.



Jean Verster (1985)

Jean Verster, who competed three seasons for Nebraska, owns the third-highest NCAA finish in Husker history with his fifth-place showing in 1985. Verster is the school-record holder in the indoor three-mile run (13:42.08) and has the fastest time outdoors in the 3,000-meter run (7:59.01). In addition, Verster ranks among the top 10 in school history over five other distances. A native of Sasolburg, South Africa, Verster was an All-American on the track, finishing fourth at the NCAA Indoor Championships in the mile in 1986 and fifth in the 4x800-meter relay. Verster captured titles in both the mile and 1,000-meter run at the 1987 Big Eight Indoor Championships.



Jeroen Broekzitter (1997)

The only freshman to ever claim All-America honors at NU, Jeroen Broekzitter joined the Huskers in time for the 1997 indoor and outdoor track seasons. At the 1997 NCAA Cross Country Championships, Broekzitter was the second Husker to cross the line, finishing 20th overall. A native of Utrecht, Netherlands, Broekzitter was sixth in the inaugural Big 12 meet, in addition to winning the first Midwest Region title. He was named the Big 12 Newcomer of the Year and earned All-Big 12 and All-Midwest Region honors. Although he competed only one season on the track, Broekzitter ranks among Nebraska's top distance runners in several events, including third over 3,000 meters (8:10.93) and sixth over 5,000 meters (14:11.84) and 10,000 meters (29:48.43).



Joe Kirby (1988, 1989)

One of only three Huskers to earn multiple All-America awards in cross country, Joe Kirby led Nebraska to an eighth-place NCAA finish in 1989. Kirby, a Jefferson City, Mo., native, was the eighth American (13th overall) to cross the finish line, the highest finish ever by a Husker American. In 1988, Kirby finished 34th (24th American) at the national meet, after a runner-up finish at the district meet. A member of four NCAA teams, Kirby finished 51st in 1987 and 149th in 1990. Kirby is the school-record holder in the 5,000-meter run (13:51.35). He won back-to-back Big Eight titles in the steeplechase in 1989 and 1990, earning All-America honors in the event in 1989 with a third-place finish at the national meet.

MEN'S HONORS & AWARDS

All-Americans

- 1997 Cleophas Boor (6th)
Jeroen Broekzitter (20th)
- 1996 Cleophas Boor (3rd)
Jonah Kiptarus (2nd)
- 1989 Joe Kirby (13th)
Jacques van Rensburg (21st)
- 1988 Joe Kirby (34th)
Jacques van Rensburg (14th)
- 1985 Jean Verster (5th)
- 1984 Kurt Russell (26th)
- 1983 Wally Duffy (29th)
- 1970 Greg Carlberg (22nd)

All-Region

Midwest

- 2019 George Kusche
- 2018 George Kusche, Mark Freyhof
- 2017 Wyatt McGuire
- 2010 David Adams
- 2009 David Adams
- 2002 James Bowler, Eric Rasmussen
- 2001 James Bowler, Ian Gray, Mike Kamm
- 2000 Aaron Carrizales, Marcus Witter
- 1999 Marcus Witter
- 1997 Cleophas Boor, Jeroen Broekzitter, Aaron Johnson

District V

- 1996 Cleophas Boor, Jonah Kiptarus, Philip Maiyo,
Balazs Tolgyesi, Jim Vance
- 1995 Brady Bonsall, Balazs Tolgyesi
- 1994 Brady Bonsall, Kevin Miller, Balazs Tolgyesi

All-Conference

Big Ten

- 2020 George Kusche (First Team)
- 2019 George Kusche (First Team)
- 2018 George Kusche (First Team)
- 2017 Wyatt McGuire (Second Team)

Big 12

- 2001 James Bowler
- 1997 Cleophas Boor, Jeroen Broekzitter

- 1996 Cleophas Boor, Jonah Kiptarus

Big Eight

- 1992 David Itteffa
- 1991 David Itteffa
- 1990 Joe Kirby
- 1989 Joe Kirby, Jacques van Rensburg
- 1988 Jacques van Rensburg
- 1987 Bryan Clark, Joe Kirby, Jean Verster
- 1986 Jean Verster
- 1985 Jean Verster

Big Ten Distinguished Scholars

- 2022 Jerry Jorgenson
- 2020 Brian Beach, Jerry Jorgenson, George Kusche, Ryan
Martins, Jack Slagle
- 2019 Mark Freyhof, George Kusche, Ryan Martins, Jack
Slagle
- 2018 Jordan De Spong, Mark Freyhof, Wyatt McGuire
- 2017 Jordan De Spong, Mark Freyhof, Wyatt McGuire
- 2016 Wyatt McGuire
- 2015 Nolan Border, Jacob Olson
- 2014 Nolan Border, Mark Hildebrand
- 2013 Nolan Border, Mark Hildebrand
- 2012 Nolan Border, Mark Hildebrand
- 2011 Jesse Adams, Brad Doering

Academic All-Conference

Big Ten

- 2022 Trevor Acton, Brian Beach, Adam Christopher, Ryan
Eastman, Jack Ehler, Jerry Jorgenson, Erik Snell,
Bailey Timmons, Zach Van Brocklin
- 2021 Brian Beach, Adam Christopher, Ryan Eastman, Jack
Ehler, Sadio Fenner, Mark Freyhof, Jerry Jorgenson,
Dais Malebana, Ryan Martins, Jack Slagle, Erik Snell,
Bailey Timmons, Zach Van Brocklin
- 2020 Brian Beach, Ryan Eastman, Sadio Fenner, Mark
Freyhof, Jerry Jorgenson, George Kusche, Ryan
Martins, Brandon Nelson, Jack Slagle, Bailey Timmons
- 2019 Jordan De Spong, Ryan Eastman, Mark Freyhof, Ryan
Kennedy, George Kusche, Karson LeComte, Ryan
Martins, Wyatt McGuire, Brandon Nelson, Jack Slagle,
Bailey Timmons
- 2018 Jordan De Spong, Mark Freyhof, Eric Karl II, Karson
LeComte, Ryan Martins, Wyatt McGuire, Alec Sery,
Bailey Timmons
- 2017 Jordan De Spong, Mark Freyhof, Eric Karl II, Karson
LeComte, Wyatt McGuire, Ty Moss, Austin Post, Alec Sery
- 2016 Patrick Letz, Wyatt McGuire, Jacob Olson, Austin Post
- 2015 Matt Gilbert, Wyatt McGuire, Jacob Olson, Austin Post,
Alec Sery
- 2014 Nolan Border, Connor Gibson, Jonah Heng,
Patrick Letz
- 2013 Matt Bloch, Connor Gibson, Matt Gilbert, Jarren Heng,
Jonah Heng, Jacob Olson
- 2012 Nolan Border, Tommy Brinn, Connor Gibson,
Jarren Heng, Anthony Pittman
- 2011 Jesse Adams, Tommy Brinn, Brad Doering,
Jarren Heng

Big 12

- 2010 David Adams, Jesse Adams, Todd Gulizia,
Ethan Luebbe, Anthony Oberle,
Tommy Brinn (second team)
- 2009 David Adams, Jesse Adams, Brad Doering,
Todd Gulizia, Ethan Luebbe, Anthony Oberle,
Bryce Somer, Eric Thies, Adam Mitteis (second team)
- 2008 David Adams, Kyle Custer, Todd Gulizia,
Anthony Oberle, Bryce Somer, Eric Thies,
Peter Falcon (second team)
- 2007 Kyle Custer, Alec Maduza, Bryce Somer,
Ethan Luebbe (second team)
- 2006 Kyle Custer, Bryce Dickmeyer, Alec Maduza,
Brian Parr (second team)
- 2005 Bryce Dickmeyer
- 2004 Bryce Dickmeyer, Eric Rasmussen,
Kyle Doperalski (second team)
- 2003 Dana Carne, Tim Williams, Paul Wilson
- 2002 Marc Clinard, Eric Rasmussen, Paul Wilson,
Kyle Wyatt, Tim Williams,
James Bowler (second team), Mike Kamm (second team)
- 2001 Ian Gray, Paul Wilson, Kyle Wyatt,
Eric Rasmussen (second team)
- 2000 Ian Gray, Aaron Carrizales (second team)
- 1998 Darren Ivy, Jim Vance
- 1997 Jeroen Broekzitter, Jeff Ganz, Aaron Johnson (HM)
- 1996 Alex Lamme, David Olson, Balazs Tolgyesi,
Jim Vance, Jeff Ganz (HM), Mike Mason (HM)

Big Eight

- 1995 Brady Bonsall, Alex Lamme, Balazs Tolgyesi,
Kevin Brewer (HM), Mike Mason (HM), Mike Myers (HM)
- 1994 Brady Bonsall, David Draheim, Renier Henning,
Alex Lamme, Kevin Miiller, Balazs Tolgyesi,
Chad Jansen (HM)
- 1993 Brady Bonsall, Renier Henning, Kevin Miiller,
David Rhodes (HM)
- 1992 Kevin Clark, Renier Henning, David Itteffa,
Kevin Miiller (HM), Brady Bonsall (HM),
Brian Roth (HM), Erik Skaden (HM)
- 1991 Kevin Clark, Frank Lee
- 1990 Kevin Clark, Pat Day, Frank Lee, Kirk Petit (HM)
- 1989 Harald Graham, Joe Kirby, Kevin Clark (HM),
Pat Day (HM), Frank Graham (HM), Kirk Petit (HM)
- 1988 Frank Graham, Harald Graham
- 1987 Bryan Clark, Joe Kirby, Brian Grier (HM)
- 1986 Bryan Clark, Don Pobanz (HM)

CoSIDA Academic All-Americans

- 2021 George Kusche (second team)
- 2012 Brett Grieb (third team)
- 2004 Dana Carne (second team)
- 2002 Kyle Wyatt (second team)
- 1996 Brady Bonsall (first team)
- 1995 Brady Bonsall (third team)

USTFCCCA All-Academic Individuals

- 2020 George Kusche
- 2019 George Kusche
- 2018 Mark Freyhof, George Kusche
- 2017 Wyatt McGuire
- 2010 David Adams
- 2002 Eric Rasmussen
- 2001 Ian Gray
- 1996 Balazs Tolgyesi
- 1995 Brady Bonsall
- 1994 Brady Bonsall, Kevin Miiller
- 1993 Kevin Miiller

Nebraska's Men's Herman Award

- 2020-21 Cross Country - 3.539 GPA
- 2019-20 Cross Country - 3.300 GPA
- 2018-19 Cross Country - 3.173 GPA
- 2009-10 Cross Country - 3.334 GPA
- 2008-09 Cross Country - 3.309 GPA
- 2006-07 Cross Country - 3.096 GPA
- 2005-06 Cross Country - 3.115 GPA
- 2004-05 Cross Country - 3.196 GPA
- 2003-04 Cross Country - 3.330 GPA
- 2002-03 Cross Country - 3.466 GPA
- 1994-95 Cross Country - 3.298 GPA

Note: The Herman Awards are presented annually and are named after the Dick and Dale Herman families. They are awarded to the University of Nebraska teams with the highest team grade-point average.

MEN'S HONORS & AWARDS

Team Captains

Year	Captain(s)	Hometown
2022	None	
2021	None	
2020	Mark Freyhof	Hamilton, Mich.
	Ryan Martins	Green Brook, N.J.
2019	Jordan De Spong	Dunedin, New Zealand
	Mark Freyhof	Hamilton, Mich.
	Karson LeComte	Mount Prospect, Ill.
2018	Wyatt McGuire	North Platte, Neb.
2017	Wyatt McGuire	North Platte, Neb.
	Austin Post	Omaha, Neb.
2016	Jacob Olson	Kearney, Neb.
	Patrick Letz	Palos Park, Ill.
2015	None	
2014	None	
2013	Jarren Heng	Norfolk, Neb.
	Trevor Vidlak	Lincoln, Neb.
2012	Jarren Heng	Norfolk, Neb.
	Trevor Vidlak	Lincoln, Neb.
2011	Jesse Adams	Ogallala, Neb.
	Trevor Vidlak	Lincoln, Neb.
2010	David Adams	York, Neb.
	Anthony Oberle	Sioux City, Iowa
2009	David Adams	York, Neb.
2008	Kyle Custer	Cambridge, Neb.
	Brian Parr	Fremont, Neb.
2007	Peter van der Westhuizen	Kempton Park, South Africa
	Alec Maduza	Shorewood, Wis.
2006	Bryce Dickmeyer	Fremont, Neb.
2005	Bryce Dickmeyer	Fremont, Neb.
	Aaron Nasers	Battle Creek, Mich.
2004	Kyle Doperalski	Wamego, Kan.
	Eric Rasmussen	North Platte, Neb.
2003	Dana Carne	Omaha, Neb.
2002	Ian Gray	Eugene, Ore.
2001	Ian Gray	Eugene, Ore.
2000	Marcus Witter	Kearney, Neb.
1999	Aaron Carrizales	Morrill, Neb.
1998	Lou Petrica	Mount Prospect, Ill.
1997	Aaron Johnson	Columbus, Neb.
1996	David Olson	Bellevue, Neb.
1995	Brady Bonsall	Burwell, Neb.
1994	Brady Bonsall	Burwell, Neb.
	Chad Jansen	Lee's Summit, Mo.
1993	David Iteffa	Addis Ababa, Ethiopia
1992	Kevin Clark	Auburn, Neb.
1991	Pat Day	Omaha, Neb.
1990	Joe Kirby	Jefferson City, Mo.
1989	Frank Graham	Nebraska City, Neb.
1988	Frank Graham	Nebraska City, Neb.
1987	Bryan Clark	Auburn, Neb.
1986	Kraig Vanderbeek	Lincoln, Neb.
1985	Kirk Gottschalk	Wahoo, Neb.
1984	Tom Hoffman	Exeter, Neb.
1983	Mark Gokie	Kearney, Neb.

Most Valuable Runner

Year	Athlete	Hometown
2022	Bailey Timmons	Lone Tree, Colo.
2020	George Kusche	Malelane, South Africa
2019	George Kusche	Malelane, South Africa
2018	George Kusche	Malelane, South Africa
2017	Wyatt McGuire	North Platte, Neb.
2016	Wyatt McGuire	North Platte, Neb.
2015	Peter Spinks	Layton, N.J.
2014	Joe Harter	Omaha, Neb.
2013	Jarren Heng	Norfolk, Neb.
2012	Jarren Heng	Norfolk, Neb.
2011	Trevor Vidlak	Lincoln, Neb.
2010	David Adams	York, Neb.

2009	David Adams	York, Neb.
2008	David Adams	York, Neb.
2007	Peter van der Westhuizen	Kempton Park, South Africa
2006	Brian Parr	Fremont, Neb.
2005	Peter van der Westhuizen	Kempton Park, South Africa
2004	Eric Rasmussen	North Platte, Neb.
2003	Dana Carne	Omaha, Neb.
2002	James Bowler	Alcester, Warwickshire, England
2001	James Bowler	Alcester, Warwickshire, England
2000	Marcus Witter	Kearney, Neb.
1999	Marcus Witter	Kearney, Neb.
1998	Marcus Witter	Kearney, Neb.
1997	Cleophas Boor	Kapsabet, Kenya
1996	Jonah Kiptarus	Kapsabet, Kenya
1995	Brady Bonsall	Burwell, Neb.
1994	Kevin Miiller	Rugby, N.D.
1993	Kevin Miiller	Rugby, N.D.
1992	David Iteffa	Addis Ababa, Ethiopia
1991	David Iteffa	Addis Ababa, Ethiopia
1990	Joe Kirby	Jefferson City, Mo.
1989	Joe Kirby	Jefferson City, Mo.
1988	Jacques van Rensburg	Bloemfontein, South Africa
1987	Jean Verster	Sasolburg, South Africa
1986	Jody Fischer	Gillette, Wyo.
1985	Jean Verster	Sasolburg, South Africa
1984	Kurt Russell	Flint, Mich.
1983	Wally Duffy	Shenandoah, Iowa

Most Improved Runner

Year	Athlete	Hometown
2022	Trevor Acton	Lincoln, Neb.
2020	Bailey Timmons	Lone Tree, Colo.
2019	Ryan Martins	Green Brook, N.J.
2018	Mark Freyhof	Hamilton, Mich.
2017	Karson LeComte	Mount Prospect, Ill.
2016	Karson LeComte	Mount Prospect, Ill.
2015	Alec Sery	Woolwich Township, N.J.
2014	Nolan Border	Lincoln, Neb.
2013	Jonah Heng	Overland Park, Kan.
2012	Jonah Heng	Overland Park, Kan.
2011	Brad Doering	Yuba City, Calif.
2010	Trevor Vidlak	Lincoln, Neb.
2009	Brad Doering	Yuba City, Calif.
2008	Brad Doering	Yuba City, Calif.
2007	Kyle Custer	Cambridge, Neb.
2006	Alec Maduza	Shorewood, Wis.
2005	Bryce Dickmeyer	Fremont, Neb.
2004	Bryce Dickmeyer	Fremont, Neb.
2003	Eric Dall	Scottsdale, Ariz.
2002	Eric Rasmussen	North Platte, Neb.
2001	Paul Wilson	Wahoo, Neb.
2000	Aaron Carrizales	Morrill, Neb.
1999	Aaron Carrizales	Morrill, Neb.
1998	Todd Tripple	Gering, Neb.
1997	Aaron Johnson	Columbus, Neb.
1996	Jim Vance	Indianapolis, Ind.
1995	Jim Vance	Indianapolis, Ind.
1994	Brady Bonsall	Burwell, Neb.
1993	Brady Bonsall	Burwell, Neb.
1992	Erik Skaden	Sacramento, Calif.
1991	Kevin Miiller	Rugby, N.D.
1990	Frank Lee	Pocatello, Idaho
1989	Kevin Clark	Auburn, Neb.
1988	Pat Day	Omaha, Neb.
1987	Joe Kirby	Jefferson City, Mo.
1986	Doug Mascher	Gretna, Neb.
1985	Bryan Clark	Auburn, Neb.
1984	Kirk Gottschalk	Wahoo, Neb.
1983	Gerard O'Callaghan	County Cork, Ireland

MEN'S POSTSEASON HISTORY

NCAA Championships

Year	Champion (Pts.)	NU Finish (Pts.)	Top NU Finisher
2022	Northern Arizona (83)	--	--
2021	Northern Arizona (92)	--	--
2020	Northern Arizona (60)	--	George Kusche, 229th
2019	BYU (109)	--	George Kusche, 165th
2018	Northern Arizona (83)	--	George Kusche, 55th
2017	Northern Arizona (74)	--	--
2016	Northern Arizona (125)	--	--
2015	Syracuse (82)	--	--
2014	Colorado (65)	--	--
2013	Colorado (149)	--	--
2012	Oklahoma State (72)	--	--
2011	Wisconsin (97)	--	--
2010	Oklahoma State (73)	--	David Adams, 135th
2009	Oklahoma State (127)	--	--
2008	Oregon (93)	--	--
2007	Oregon (85)	--	--
2006	Colorado (94)	--	--
2005	Wisconsin (37)	--	--
2004	Colorado (90)	--	--
2003	Stanford (24)	--	--
2002	Stanford (47)	--	James Bowler, 84th
2001	Colorado (90)	27th (661)	James Bowler, 78th
2000	Arkansas (83)	26th (623)	Marcus Witter, 79th
1999	Arkansas (58)	--	--
1998	Arkansas (97)	--	--
1997	Stanford (53)	11th (294)	Cleophas Boor, 6th
1996	Stanford (46)	7th (209)	Jonah Kiptarus, 2nd
1995	Arkansas (100)	--	Brady Bonsall, 87th
1994	Iowa State (65)	--	Kevin Miiller, 71st
1993	Arkansas (31)	--	--
1992	Arkansas (46)	--	David Iteffa, 50th
1991	Arkansas (52)	--	--
1990	Arkansas (68)	--	Joe Kirby, 149th
1989	Iowa State (54)	8th (305)	Joe Kirby, 13th
1988	Wisconsin (105)	11th (270)	Jacques van Rensburg, 14th
1987	Arkansas (87)	13th (311)	Jean Verster, 29th
1986	Arkansas (69)	15th (338)	Jean Verster, 33rd
1985	Wisconsin (67)	--	Jean Verster, 5th
1984	Arkansas (101)	--	Kurt Russell, 26th
1983	Texas-El Paso (108)	--	Wally Duffy, 29th
1982	Wisconsin (59)	--	--
1981	Texas-El Paso (17)	--	--
1980	Texas-El Paso (58)	--	--
1979	Texas-El Paso (86)	--	--
1978	Texas-El Paso (56)	--	--
1977	Oregon (100)	--	--
1976	Texas-El Paso (62)	--	--
1975	Texas-El Paso (88)	--	--
1974	Oregon (77)	--	--
1973	Oregon (89)	--	--
1972	Tennessee (134)	--	--
1971	Oregon (83)	--	Bob Unger, 67th
1970	Villanova (87)	--	Greg Carlberg, 22nd
1969	Texas-El Paso (74)	15th (420)	Pete Brang, 39th
1968	Villanova (78)	--	--
1967	Villanova (91)	--	--
1966	Villanova (79)	--	--
1965	Western Michigan (81)	--	--
1964	Western Michigan (86)	--	--
1963	San Jose State (53)	--	--
1962	San Jose State (58)	--	Ray Stevens, 27th
1961	Oregon State (68)	--	--
1960	Houston (54)	--	--
1959	Michigan State (44)	--	--
1958	Michigan State (79)	--	--
1957	Notre Dame (121)	--	--
1956	Michigan State (28)	--	--
1955	Michigan State (46)	--	--
1954	Oklahoma A&M (61)	--	--

1953	Kansas (70)	--	--
1952	Michigan State (65)	--	--
1951	Syracuse (80)	--	--
1950	Penn State (53)	--	--
1949	Michigan State (59)	--	--
1948	Michigan State (41)	--	--
1947	Penn State (60)	--	--
1946	Drake (42)	--	--
1945	Drake (50)	--	--
1944	Drake (25)	--	--
1943	No Meet Held Because of WWII	--	--
1942	Indiana/Penn State (57)	--	--
1941	Rhode Island (83)	--	--
1940	Indiana (65)	--	--
1939	Michigan State (54)	--	--
1938	Indiana (51)	--	--

Regional Championships

Midwest

Year	Champion (Pts.)	NU Finish (Pts.)	Top NU Finisher
2022	Tulsa (49)	24th (631)	Bailey Timmons, 77th
2021	Oklahoma State (43)	16th (467)	Ryan Martins, 28th
2020	*No meet due to COVID-19 restrictions.		
2019	Tulsa (37)	8th (218)	George Kusche, 7th
2018	Iowa State (38)	8th (256)	George Kusche, 4th
2017	Iowa State (69)	8th (262)	Wyatt McGuire, 14th
2016	Oklahoma State (64)	15th (373)	Wyatt McGuire, 43rd
2015	Oklahoma State (59)	12th (268)	Austin Post, 45th
2014	Oklahoma State (63)	20th (542)	Joe Harter, 76th
2013	Oklahoma State (45)	9th (319)	Jarren Heng, 35th
2012	Oklahoma (44)	27th (681)	Matt Bloch, 107th
2011	Oklahoma State (42)	14th (401)	Brad Doering, 44th
2010	Oklahoma (43)	10th (297)	David Adams, 8th
2009	Oklahoma State (50)	8th (248)	David Adams, 20th
2008	Oklahoma State (42)	10th (269)	Kyle Custer, 35th
2007	Oklahoma State (47)	12th (299)	Peter van der Westhuizen, 43rd
2006	Oklahoma State (72)	13th (427)	Brian Parr, 39th
2005	Oklahoma State (49)	No Team Finish	Brian Parr, 82nd
2004	Minnesota (48)	No Team Finish	Eric Rasmussen, 54th
2003	Oklahoma State (78)	18th (412)	Paul Wilson, 64th
2002	Iowa (79)	4th (154)	James Bowler, 6th
2001	Minnesota (78)	3rd (94)	James Bowler, 6th
2000	Oklahoma State (68)	5th (156)	Aaron Carrazales, 6th
1999	Minnesota (56)	17th (203)	Marcus Witter, 11th
1998	Oklahoma State (42)	13th (320)	Lou Petricca, 43rd
1997	Oklahoma State (86)	3rd (101)	Jeroen Broekzitter, 1st

District V

1996	Oklahoma State (47)	2nd (58)	Jonah Kiptarus, 1st
1995	Oklahoma State (33)	8th (200)	Brady Bonsall, 8th
1994	Iowa State (28)	4th (115)	Kevin Miiller, 10th
1993	Iowa State (35)	3rd (100)	Kevin Miiller, 10th
1992	Kansas State (58)	7th (202)	David Iteffa, 2nd
1991	Iowa State (29)	5th (163)	David Iteffa, 13th
1990	Iowa State (21)	8th (172)	Joe Kirby, 4th
1989	Iowa State (33)	2nd (90)	Jacques van Rensburg, 2nd
1988	Nebraska (51)	1st (51)	Joe Kirby, 2nd
1987	Colorado (80)	2nd (82)	Jean Verster, 3rd
1986	Colorado (46)	2nd (68)	Jean Verster, 2nd
1985	Iowa State (51)	5th (115)	Jean Verster, 5th
1984	Iowa State (66)	5th (117)	Kurt Russell, 4th
1983	Iowa State (49)	4th (106)	Wally Duffy, 3rd
1982	Colorado (41)	--	--
1981	Iowa State (70)	--	--
1980	Colorado (50)	--	--
1979	Colorado (26)	NA	--
1978	Colorado (25)	NA	--
1977	Missouri (31)	NA	--
1976	Oklahoma (54)	--	--
1975	Colorado (50)	NA	--

MEN'S POSTSEASON HISTORY

Conference Championships

Big Ten

Year	Champion (Pts.)	NU Finish (Pts.)	Top NU Finisher
2022	Wisconsin (25)	11th (296)	Bailey Timmons, 31st
2021	Wisconsin (27)	9th (274)	Dais Malebana, 46th
2020	Wisconsin (40)	5th (117)	George Kusche, 1st
2019	Wisconsin (56)	6th (172)	George Kusche, 2nd
2018	Wisconsin (38)	8th (179)	George Kusche, 3rd
2017	Michigan (71)	9th (196)	Wyatt McGuire, 10th
2016	Wisconsin (63)	10th (275)	Wyatt McGuire, 35th
2015	Michigan (63)	11th (284)	Peter Spinks, 47th
2014	Wisconsin (47)	11th (332)	Joe Harter, 59th
2013	Indiana (51)	11th (314)	Joe Harter, 62nd
2012	Wisconsin (33)	11th (333)	Jonah Heng, 52nd
2011	Wisconsin (17)	11th (277)	Trevor Vidlak, 35th

Big 12

2010	Oklahoma State (19)	6th (195)	David Adams, 21st
2009	Oklahoma State (24)	7th (199)	David Adams, 22nd
2008	Oklahoma State (26)	7th (200)	David Adams, 26th
2007	Colorado (34)	10th (230)	Peter van der Westhuizen, 23rd
2006	Colorado (36)	11th (320)	Brian Parr, 46th
2005	Colorado (44)	10th (288)	Peter van der Westhuizen, 25th
2004	Colorado (48)	12th (312)	Eric Rasmussen, 37th
2003	Colorado (38)	12th (341)	Alec Maduza, 59th
2002	Colorado (25)	7th (171)	James Bowler, 19th
2001	Colorado (31)	5th (136)	James Bowler, 6th
2000	Colorado (16)	5th (153)	Marcus Witter, 11th
1999	Colorado (22)	6th (173)	Marcus Witter, 23rd
1998	Colorado (31)	8th (179)	Marcus Witter, 22nd
1997	Colorado (32)	4th (99)	Cleophas Boor, 2nd
1996	Colorado (66)	2nd (70)	Jonah Kiptarus, 1st

Big Eight

1995	Oklahoma State (38)	6th (161)	Brady Bonsall, 12th
1994	Iowa State (29)	5th (118)	Kevin Miiller, 12th
1993	Iowa State (27)	4th (106)	David Iteffa, 18th
1992	Colorado (42)	6th (129)	David Iteffa, 1st
1991	Iowa State (16)	5th (124)	David Iteffa, 10th
1990	Iowa State (26)	3rd (84)	Joe Kirby, 4th
1989	Iowa State (22)	2nd (68)	Joe Kirby, 2nd
1988	Iowa State (34)	3rd (101)	Jacques van Rensburg, 5th
1987	Iowa State (47)	2nd (51)	Jean Verster, 2nd
1986	Colorado (37)	2nd (64)	Jean Verster, 2nd
1985	Colorado (48)	5th (99)	Jean Verster, 7th
1984	Iowa State (32)	3rd (104)	Kurt Russell, 4th
1983	Iowa State (53)	2nd (78)	Wally Duffy, 4th
1982	Colorado (35)	7th (154)	Marc Adam, 14th
1981	Iowa State (33)	7th (208)	Marc Adam, 30th
1980	Colorado (26)	8th (154)	NA
1979	Colorado (22)	8th (169)	NA
1978	Colorado (22)	8th (181)	Mark Fluitt, 21st
1977	Colorado (21)	4th (119)	Harold Stelzer, 3rd
1976	Colorado (46)	8th (156)	Steve Allen, 16th
1975	Kansas State (25)	8th (214)	Harold Stelzer, 34th
1974	Iowa St. & Missouri (49)	8th (234)	NA
1973	Oklahoma State (53)	6th (117)	Bob Unger, 11th
1972	Oklahoma State (37)	6th (116)	Bob Unger, 11th
1971	Kansas State (49)	3rd (77)	Bob Unger, 2nd
1970	Missouri (60)	7th (152)	Greg Carlberg, 1st
1969	Kansas (55)	2nd (72)	Pete Brang, 3rd
1968	Kansas (45)	4th (98)	Pete Brang, 6th
1967	Missouri (52)	8th (187)	Mel Campbell, 26th
1966	Kansas State (51)	8th (224)	NA
1965	Kansas State (34)	7th (216)	NA
1964	Kansas (31)	5th (133)	NA
1963	Kansas (26)	6th (143)	Peter Scott, 19th
1962	Colorado (60)	3rd (76)	Mike Fleming, 1st
1961	Kansas (26)	7th (150)	Ray Stevens, 4th
1960	Oklahoma State (40)	6th (139)	Ray Stevens, 8th
1959	Kansas (51)	3rd (94)	Joe American Horse, 6th
1958	Kansas (37)	5th (117)	Joe Mullins, 8th
1957	Kansas (26)	6th (155)	Robert Elwood, 8th

Big 7

Year	Champion (Pts.)	NU Finish (Pts.)	Top NU Finisher
1956	Kansas (20)	6th (126)	Robert Elwood, 5th
1955	Kansas (15)	6th (106)	Robert Elwood, 17th
1954	Kansas (14)	7th (103)	NA
1953	Kansas (11)	NA	NA
1952	Kansas (20.5)	6th (92)	Clay Scott, 9th
1951	Kansas (13)	NA	NA
1950	Kansas (19)	NA	NA
1949	Kansas (22)	7th (93)	Esrif Aydin, 9th
1948	Kansas (19)	6th (100)	Don Morrison, 20th

Big Six

1947	Kansas (22)	6th (79)	NA
1946	Oklahoma (44)	4th (76)	Bobby Ginn, 1st
1942-45		No Meet Held Because of WWII	
1941	Oklahoma (27)	4th (51)	Bobby Ginn, 1st
1940	Nebraska (24)	1st (24)	Bobby Ginn, 1st
1939	Kansas State (35)	6th (72)	NA
1938	Kansas State (36)	5th (95)	NA
1937	Kansas State (37)	4th (83)	NA
1936	Kansas State (45)	3rd (62)	NA
1935	Oklahoma (31)	4th (86)	NA
1934	Kansas State (37)	4th (79)	NA
1933	No Meet Held		
1932	Kansas State (29)	3rd (43)	NA
1931	Iowa State (NA)	4th (NA)	NA
1930	Iowa State (NA)	4th (NA)	NA
1929	Oklahoma (44)	5th (91)	NA
1928	Kansas (51)	3rd (79)	NA

MEN'S LETTERWINNERS

Student-Athlete	Years (Lettered)		
Acton, Trevor	2022	Ginn, Bobby	1940
Adam, Marc	1983	Goetze, Hartmann	1913
Adams, David	2008-09-10	Gokie, Mark	1983
Adams, Jesse	2008-09-10-11	Gottschalk, Kirk	1984
Alden, Claude	1906-07-08	Graham, Frank	1986-87-88-89
Allen, Edgar	1920	Graham, Harald	1986-87-88-89
Amberson, A.B.	1908-09-10	Gray, Ian	2000-01
Anderson, Lewis	1909-10-11	Grier, Brian	1987
Bachkora, Charles	1920	Griffin, Carroll	1927-28-29
Banks, Tom	1989-91	Gulizia, Todd	2007-09-10
Barta, Jed	1999-00-01	Harter, Joe	2013-14
Bates, William	1910-11	Haskell, John	1922
Batie, J. Russell	1928	Havenga, Leon	1985
Bauman, H.O.	1907-08-09	Hayden, Jeremy	1996
Blackburn, Leston	1987-88	Heng, Jarren	2011-12-13
Blaser, Roy	1932	Heng, Jonah	2012-13-14
Bloch, Matt	2012-13	Henning, Renier	1991-92-93-94
Bonsall, Brady	1992-93-94-95	Hoffman, Tom	1983-84
Boor, Cleophas	1996-97	Hyde, Alvin	1921-22
Border, Nolan	2012-13-14	Iteffa, Banti	1993
Bowler, James	2001-02	Iteffa, David	1990-91-92-93
Bowman, Claire	1921	Jansen, Chad	1993-94
Brinn, Tommy	2011-12	Janulewicz, Martin	1928
Broekzitter, Jeroen	1997	Johnson, Aaron	1996-97
Brownlee, John	1937-38	Johnson, Glen	1926-27
Cales, Thomas	1911	Jorgenson, Jerry	2019-21-22
Carlson, Jared	1999	Karl, Eric II	2017
Carne, Dana	2003	Kamm, Mike	1999-00-01-02
Carrizales, Aaron	1996-99-00	Kennedy, Alfred	1911
Chaddereon, Norris	1926-27	Kennedy, Ryan	2018-19
Christopher, Adam	2021-22	Kibble, Clarence	1927
Clark, Bryan	1984-85-86-87	Kiptarus, Jonah	1996
Clark, Kevin	1989-90-91-92	Kirby, Joe	1987-88-89-90
Clinard, Marc	2001	Korgan, Jacob	2018
Conahan, Matt	2007	Kratz, Golden	1912
Cook, William	1939-40	Kretzler, Harry	1920
Coulter, Steve	1990	Kosman, Hunter	1999
Cudmore, Dave	1983	Kusche, George	2018-19-20
Cummings, Emerie	1927	Lamme, Alex	1994-96
Custer, Kyle	2006-07	LeComte, Karson	2016-17-18-19
Dall, Eric	2002-03	Lee, Frank	1990
Dapo, Dani	2010-12	Letz, Patrick	2014-15-16
Davis, Phillip	1999	Lewis, James	1923-24-25
Day, Pat	1988-89-90	Maiyo, Philip	1996
De Spong, Jordan	2016-17-18-19	Maduza, Alec	2006
Dickmeyer, Bryce	2004-05	Malebana, Dais	2020-21
Diers, Harold	1912	Martins, Ryan	2018-19-20-21
Doering, Brad	2008-09-11	Mascher, Doug	1986-87
Doperalski, Kyle	2002	Mason, Mike	1996
Draheim, David	1993-94	McCartney, Ellis	1926
Duffy, Wally	1983	McGuire, Wyatt	2015-16-17-19
Eastman, Ryan	2021	McMaster, J.L.	1913
Ehlert, Jack	2021	Meyer, Kurt	1988
Elwood, Todd	1990	Miller, Kevin	1991-92-93-94
Erdkamp, Colby	2022	Milek, W.A.	1909-10
Etherton, Louis	1929	Morrow, George	1930-31
Eversoll, Duane	1956	Myers, Mike	1992-93
Falcon, Peter	2007-08	Nelsen, Johannes	1920
Fenner, Sadio	2022	Nuernberger, Gordeon	1930
Fischer, George	1921	O'Callaghan, Gerard	1983-85
Fischer, Jody	1986-87	Oberle, Anthony	2008-09-10
Fleming, Myles	2018-19	Olson, David	1995-96
Foster, Kyle	1985	Olson, Jacob	2012-13-15-16
Freyhof, Mark	2017-18-19-21	Parr, Brian	2005-06
Ganz, Jeff	1996-97	Petit, Kirk	1989
Gardner, Maurice	1922	Petricca, Lou	1995-96-97-98
Garringer, Luke	2001	Post, Austin	2014-15-16-17
Garvey, Philip	1928-30	Puskar, Cal	2022
George, Ralph	1908	Ralston, Jacob	2022
Gibson, Connor	2011-12-13-14	Rasmussen, Eric	2000-01-02-04
Gilbert, Matt	2012-13-15	Rhodes, David	1992
		Ross, Jack	1924-25
		Russell, Kurt	1983-84
		Scheer, Aaron	1995-96
		Schultz, Jacob	1923
		Searle, James	1925
		Seeger, Henry	1930
		Sery, Alec	2014-15-17
		Slagle, John (Jack)	2018
		Skaden, Erik	1992
		Skinner, Jeremy	1992
		Smith, Tony	1998
		Somer, Bryce	2008
		Spinks, Peter	2013-15-17
		States, Herbert	1904
		Thies, Eric	2007
		Thomas, Mikel	2007-08
		Timmons, Bailey	2017-18-21-22
		Tolgyesi, Balazs	1994-95-96
		Tollinger, Alexander	2017-19
		Tripple, Todd	1997-98-99
		Trump, Earle	1908
		van der Westhuizen, Peter	2005-07
		van Rensburg, Jacques	1988-89
		Vance, Jim	1994-95-96-98
		Vanderbeek, Kraig	1984-85-86-87
		Verster, Jean	1985-86-87
		Vidlak, Trevor	2010-11-13
		Wandzilak, Scott	2001
		Wasserman, Grant	2022
		White, Earl	1907
		Williams, Tim	2001
		Williams, Walter	1920-21
		Wilson, Paul	2001-02
		Witter, Marcus	1997-98-99-00
		Wyatt, Kyle	2000-01-02
		Zimmerman, Paul	1923-24-25

WOMEN'S ALL-AMERICANS



Sammie Resh (1987, 1988)

Shelton, Neb., native Sammie Resh owns the distinction of being Nebraska's first All-American. Resh finished 29th (21st American) at the NCAA meet, the only Husker to participate at nationals in 1987. Resh opened the season with three straight victories, eventually finishing as the runner-up at both the Big Eight and the District V meets. In 1988, Resh led the Huskers to their second conference title and first district title, before helping NU to a third-place finish at the NCAA meet. Her seventh-place showing is the best individual finish in school history. A five-time All-American on the track, Resh tops the all-time lists in three events.



Yvonne van der Kolk (1988)

Although Yvonne van der Kolk joined the Huskers midway through the 1988 season, the Hilversum, Netherlands, native was an integral member of the Nebraska squad that finished third at the NCAA meet. She finished fifth at the conference meet and fourth at the district meet to become the second Husker to earn All-America honors with a 17th-place finish at the NCAA Championships. With the departure of Sammie Resh, van der Kolk became NU's top runner in 1989, helping the Huskers to their second consecutive third-place finish at the national meet with her 34th-place finish. Also an All-American on the track, van der Kolk placed third in the indoor mile.



Fran ten Bensel (1990, 1991, 1992)

The only Husker to win a conference or district title, Fran ten Bensel is also Nebraska's only three-time All-American. Her ninth-place finish at the national meet in 1992 is the second-best finish in school history, behind only Sammie Resh's seventh-place effort in 1988. On the track, the Arapahoe, Neb., native won six conference crowns, including back-to-back indoor titles in the mile in 1991 and 1992. A five-time All-American on the track, ten Bensel holds four school records. At the 1992 Olympic Trials, ten Bensel finished seventh in both the 1,500- and 3,000-meter runs. One of NU's top female athletes, ten Bensel was named one of Nebraska's 25 Women of Distinction in 2000.



Theresa Stelling (1993)

The Huskers' top runner in 1993, Theresa Stelling earned runner-up honors at both the conference and district meets, before leading Nebraska to a 20th-place NCAA finish. Her 24th-place finish at the national meet is the fourth-best in school history. A two-time member of the all-conference team, Stelling was also a three-time academic All-American. On the track, Stelling was the outdoor conference champion in the 3,000-meter run, the only Husker other than Fran ten Bensel to claim the honor. At the national meet, she finished eighth in the event to earn All-America honors. Stelling, from Auburn, Neb., earned her second track All-America award in 1995, when she finished fifth in the 5,000-meter run.



Kayte Tranel (2005)

Kayte Tranel earned Nebraska's first All-America award in 12 years with her 28th-place finish at the 2005 NCAA Championships. A native of Hampton, Neb., Tranel ran a personal-best 8K time of 20:26 in her All-America performance, nearly 45 seconds faster than her previous meet, when she was named to the All-Midwest Regional team with an eighth-place finish. Tranel also received All-Big 12 honors in 2005 by placing 15th at the Big 12 Championships. Tranel's memorable 2005 season came after redshirting in 2004 with a stress fracture that was suffered during the 2004 track season. She finished in the top 25 at the 2002 and 2003 NCAA Midwest Regional meets after transferring to Nebraska from Hastings (Neb.) College in 2001. She finished her collegiate career in dynamic fashion by qualifying for the 2005 NCAA Outdoor Championships in the 10,000 meters.

WOMEN'S HONORS & AWARDS

All-Americans

- 2005 Kayte Tranel
- 1993 Theresa Stelling
- 1992 Fran ten Bensel
- 1991 Fran ten Bensel
- 1990 Fran ten Bensel
- 1988 Yvonne van der Kolk
Sammie Resh
- 1987 Sammie Resh

All-Region

Midwest

- 2021 Erika Freyhof
- 2019 Erika Freyhof
- 2018 Erika Freyhof
- 2011 Katie White, Ashley Miller
- 2010 Lara Crofford, Martina Barinova
- 2009 Lara Crofford
- 2008 Natalja Callahan, Rachel Carrizales, Lara Crofford,
Jen Pancoast
- 2007 Lara Crofford, Natalja Callahan
- 2005 Kayte Tranel, Ari Goldstein
- 2003 Ann Gaffigan, Kathryn Handrup, Anne Shadle,
Kayte Tranel
- 2002 Ann Gaffigan, Kayte Tranel
- 2001 Ann Gaffigan, Kathryn Handrup
- 2000 Ann Gaffigan, Kathryn Handrup
- 1999 Michelle Brooks, Kathryn Handrup, Jaimie Kruger,
Jaime Pauli
- 1998 Amy Wiseman, Jeannette Zimmer
- 1997 Kate Centerwall, Melinda Mohr, Jaime Pauli,
Amy Wiseman

District V

- 1996 Christina Blackmer, Amie Finkner, Jaime Pauli,
Nora Shepherd, Melissa Wilson
- 1995 Christina Blackmer, Heather McMahon,
Nora Shepherd
- 1994 Julie Mazzitelli, Nora Shepherd

All-Conference

Big Ten

- 2021 Erika Freyhof (Second Team)
- 2020 Erika Freyhof (First Team)
- 2014 Anna Peer (Second Team)

Big 12

- 2010 Lara Crofford
- 2008 Rachel Carrizales, Lara Crofford
- 2007 Lara Crofford, Ari Goldstein
- 2006 Channing Anseth, Ari Goldstein
- 2005 Kayte Tranel
- 2004 Anne Shadle
- 2001 Ann Gaffigan
- 1999 Michelle Brooks
- 1997 Amy Wiseman

Big Eight

- 1995 Nora Shepherd
- 1994 Julie Mazzitelli
- 1993 Theresa Stelling
- 1992 Fran ten Bensel, Theresa Stelling
- 1991 Fran ten Bensel, Lisa (Darley) Graham
- 1990 Fran ten Bensel, Lisa (Darley) Graham
- 1988 Sammie Resh, Tracy Smith, Yvonne van der Kolk
- 1987 Michele Marthaler, Juliette Prowse, Sammie Resh
- 1985 Mary Amen, Jill Noel, Laura Wight
- 1982 Sara Stricker
- 1979 Carol Schenk

Big Ten Distinguished Scholars

- 2022 Lindsey Blehm, Hannah Godwin, Jade Hallgrimson,
McKenna Lovehaug, Brynna McQuillen, Katelyn
Mullinax, Emma Ralston, Taya Skelton
- 2020 Allie Binder, Gabrielle Boucher, Emma Bresser,

- Audrey Freyhof, Erika Freyhof, Jade Hallgrimson,
Jaylyn Hallgrimson, Abby Heffner, Kaitlynn Johnson,
Grace Pagone, Taya Skelton, Ally Talpash
- 2019 Allie Binder, Gabrielle Boucher, Emma Bresser,
Rachel Brush, Elsa Forsberg, Audrey Freyhof, Erika
Freyhof, Kaitlynn Johnson, Mia Morck, Grace Pagone,
Margaret Pollard, Ally Talpash
- 2018 Emma Bresser, Rachel Brush, Elsa Forsberg,
Erika Freyhof, Kaitlynn Johnson
- 2017 Rachel Brush, Ashleigh Carr, Kendall Cast, Elsa Forsberg,
Rebecca Moore
- 2016 Bonnie Smith
- 2015 Megan Lush, Bonnie Smith
- 2014 Megan Lush, Bonnie Smith
- 2013 Isabel Andrade
- 2012 Anna Minnick, Sarah Plambeck
- 2011 Ashley Miller, Sarah Plambeck, Katie White

Academic All-Conference

Big Ten

- 2022 Jacquelyn Abanses, Lindsey Blehm, Hannah Godwin,
Jade Hallgrimson, McKenna Lovehaug, Brynna
McQuillen, Cami Merickel, Katelyn Mullinax, Maddie
Portwine, Emma Ralston, Elizabeth Robertson, Taya
Skelton, Abby Volkmer, Ellie Wilkinson
- 2021 Lindsey Blehm, Maret Elgren, Audrey Freyhof, Erika
Freyhof, Jade Hallgrimson, Kaitlynn Johnson, Marissa
Kraus, Brynna McQuillen, Katelyn Mullinax, Grace
Pagone, Margaret Pollard, Emma Ralston, Taya
Skelton, Abby Volkmer
- 2020 Allie Binder, Gabrielle Boucher, Emma Bresser,
Gillian Filer, Audrey Freyhof, Erika Freyhof, Madison
Fritz, Izzabella Guerrero, Jade Hallgrimson, Jaylyn
Hallgrimson, Abby Heffner, Kaitlynn Johnson, Grace
Pagone, Margaret Pollard, Taya Skelton, Ally Talpash,
Abby Volkmer
- 2019 Allie Binder, Gabrielle Boucher, Emma Bresser, Rachel
Brush, Elsa Forsberg, Audrey Freyhof, Erika Freyhof,
Madison Fritz, Izzabella Guerrero, Kaitlynn Johnson,
Judi Jones, Mia Morck, Grace Pagone, Margaret
Pollard, Ally Talpash
- 2018 Gabrielle Boucher, Emma Bresser, Rachel Brush,
Nicole Colonna, Elsa Forsberg, Erika Freyhof, Kaitlynn
Johnson, Judi Jones, Ally Talpash
- 2017 Rachel Brush, Ashleigh Carr, Kendall Cast, Nicole
Colonna, Elsa Forsberg, Haley Harsin, Judi Jones, Lillian
Markusch, Rebecca Moore, Anna Peer, Bonnie Smith
- 2016 Nicole Colonna, Anna Peer, Bonnie Smith
- 2015 Elizabeth Carpino, Kendall Cast, Haley Harsin,
Megan Lush, Bonnie Smith
- 2014 Megan Lush, Kristi Oslund, Anna Peer, Bonnie Smith
- 2013 Isabel Andrade, Shawnee Williams, Jessica Wright
- 2012 Isabel Andrade, Sarah Plambeck
- 2011 Isabel Andrade, Jessica Furlan, Erica Hamik,
Ashley Miller, Sarah Plambeck, Katie White

Big 12

- 2010 Blaire Dinsdale, Jessica Furlan, Erica Hamik,
Ashley Miller, Jen Webers, Katie White,
Lara Crofford (second team)
- 2009 Rachel Carrizales, Lara Crofford, Jessica Furlan,
Ari Goldstein, Erica Hamik, Elizabeth Marsh,
Ashley Miller, Jen Webers, Katie White
- 2008 Lara Crofford, Ari Goldstein, Ashley Miller,
Betsy Miller, Jen Pancoast, Jen Webers,
Natalja (Zarcenko) Callahan
- 2007 Rachel Carrizales, Joslyn Dalton, Ari Goldstein,
Jen Pancoast, Natalja Zarcenko
- 2006 Channing Anseth, Joslyn Dalton, Ari Goldstein,
Betsy Miller, Jen Pancoast, Kim Pancoast, Sara Prince,
Val Zajac
- 2005 Michaela Lenihan, Kayte Tranel, Kim Pancoast,
Val Zajac, Betsy Miller, Joslyn Dalton (second team)

- 2004 Anne Shadle, Kayte Tranel, Lindsey Finkner,
Kim Pancoast, Val Zajac
- 2003 Ann Gaffigan, Kathryn Handrup, Michaela Lenihan,
Kim Pancoast, Anne Shadle, Kayte Tranel
- 2002 Ann Gaffigan, Anne Shadle, Michele Steube
- 2001 Ann Gaffigan, Kathryn Handrup, Morgan Hartman,
Jenna Lucas, Melissa Drozda (second team)
- 2000 Amie (Finkner) Jorgensen, Jaimie Kruger,
Christy Linnell, Jenna Lucas, Deb Osteen,
Melissa Drozda (second team),
Kathryn Handrup (second team)
- 1999 Amie Finkner, Jenna Lucas, Melinda (Mohr) Oliver,
Deb Osteen, Jaime Pauli, Jeannette Zimmer
- 1998 Liz Biehl, Amie Finkner, Jenna Lucas, Melinda Mohr,
Deb Osteen, Jaime Pauli, Jeannette Zimmer
- 1997 Nora Shepherd, Jaime Pauli, Melinda Mohr
- 1996 Sherri (Elwood) Macfee, Sandy Fein, Megan Mahle,
Melinda Mohr, Nora Shepherd, Melissa Wilson,
Sherri Bonsall (HM)

Big Eight

- 1995 Sandy Fein, Lindsey Miller, Nora Shepherd,
Sherri Bonsall (HM), Sherri Elwood (HM),
Kristin Whitted (HM)
- 1994 Kris Ellenbecker, Amber Parkinson, Sherri Sutter,
Sherri Elwood (HM), Lindsey Miller (HM),
JoDee Shufelt (HM)
- 1993 Julieanne Campbell, Kris Ellenbecker, Sandy Fein,
Dannika Hardersen, Theresa Stelling,
Sherri Sutter, Michele Schaefer (HM)
- 1992 Dannika Hardersen, Fran ten Bensel, Theresa Stelling,
Sylvia Veit, Julieanne Campbell (HM),
Kris Ellenbecker (HM), Katie Fletcher (HM),
Michele Schaefer (HM), JoDee Shufelt (HM)
- 1991 Lisa (Darley) Graham, Fran ten Bensel,
Theresa Stelling, Julieanne Campbell (HM),
Katie Fletcher (HM), Sylvia Veit (HM)
- 1990 Lisa Darley, Katie Fletcher, Fran ten Bensel,
Julieanne Campbell (HM), Lisa Darley (HM),
Angie Lippold (HM), Sylvia Veit (HM)
- 1989 Michele Marthaler, Juliet Prowse, Katie Fletcher (HM),
Angie Lippold (HM), Kelly Loos (HM),
Fran ten Bensel (HM), Yvonne van der Kolk (HM),
Sylvia Veit (HM)
- 1988 Michele Marthaler, Juliet Prowse, Sammie Resh,
Susie Howard (HM)
- 1987 Sammie Resh, Dawn Gale (HM), Michele Marthaler (HM)
- 1986 Mary Amen, Jill Noel, Laura Wight (HM)

CoSIDA Academic All-Americans

- 2011 Ashley Miller (second team)
- 2004 Ann Gaffigan (second team)
- 2002 Jenna Lucas (second team)

USTFCCCA All-Academic Individuals

- 2021 Erika Freyhof
- 2020 Erika Freyhof
- 2019 Erika Freyhof
- 2018 Erika Freyhof
- 2011 Ashley Miller, Katie White
- 2009 Lara Crofford
- 2008 Lara Crofford, Rachel Carrizales
- 2005 Kayte Tranel
- 2003 Ann Gaffigan, Kathryn Handrup, Anne Shadle,
Kayte Tranel
- 2002 Ann Gaffigan
- 2001 Ann Gaffigan
- 1999 Jaime Pauli
- 1997 Melinda Mohr
- 1995 Nora Shepherd
- 1993 Kris Ellenbecker, Theresa Stelling
- 1992 Fran ten Bensel, Theresa Stelling
- 1991 Theresa Stelling

WOMEN'S HONORS & AWARDS

Nebraska's Women's Herman Award

2022-23	Cross Country - 3.731 GPA
2021-22	Cross Country - 3.741 GPA
2009-10	Cross Country - 3.709 GPA
2008-09	Cross Country - 3.671 GPA
2007-08	Cross Country - 3.711 GPA
2001-02	Cross Country - 3.447 GPA
2000-01	Cross Country - 3.593 GPA
1999-2000	Cross Country - 3.647 GPA
1997-98	Cross Country - 3.607 GPA
1996-97	Cross Country - 3.602 GPA
1994-95	Cross Country - 3.558 GPA

Note: The Herman Awards are presented annually and are named after the Dick and Dale Herman families. They are awarded to the University of Nebraska teams with the highest team grade-point average.

Team Captains

Year	Captain(s)	Hometown
2022	None	
2021	None	
2020	Emma Bresser Erika Freyhof	Lansing, Kan. Hamilton, Mich.
2019	Rachel Brush Elsa Forsberg Erika Freyhof Judi Jones	Wauke, Iowa Lincoln, Neb. Hamilton, Mich. Lenexa, Kan.
2018	Rachel Brush Nicole Colonna	Wauke, Iowa Los Altos Hills, Calif.
2017	Nicole Colonna Anna Peer Bonnie Smith	Los Altos Hills, Calif. Bettendorf, Iowa Omaha, Neb.
2016	Anna Peer Kristi Oslund Bonnie Smith	Bettendorf, Iowa Highland Ranch, Colo. Omaha, Neb.
2015	None	
2014	None	
2013	Isabel Andrade Sarah Larson Sarah Plambeck	Petaluma, Calif. Lincoln, Neb. Lincoln, Neb.
2012	Isabel Andrade Sarah Plambeck Martina Barinova	Petaluma, Calif. Lincoln, Neb. Prerov, Czech Republic
2011	Jessica Furlan Ashley Miller	Regina, Saskatchewan Tipton, Iowa
2010	Jessica Furlan Ashley Miller	Regina, Saskatchewan Tipton, Iowa
2009	Ari Goldstein Rachel Carrizales	Soldotna, Alaska Morrill, Neb.
2008	Ari Goldstein Betsy Miller Elizabeth Marsh	Soldotna, Alaska Lodgepole, Neb. Wichita, Kan.
2007	Ari Goldstein	Soldotna, Alaska
2006	Kim Pancoast Betsy Miller	Cape Girardeau, Mo. Lodgepole, Neb.
2005	Michaela Lenihan Kim Pancoast Kayte Tranel	Omaha, Neb. Cape Girardeau, Mo. Hampton, Neb.
2004	Anne Shadle Kayte Tranel	South Sioux City, Neb. Hampton, Neb.
2003	Kathryn Handrup Ann Gaffigan	Aurora, Neb. Springfield, Ill.
2002	Kathryn Handrup Ann Gaffigan	Aurora, Neb. Springfield, Ill.
2001	Jenna Lucas	Rapid City, S.D.
2000	Amie (Finkner) Jorgensen	Kearney, Neb.
1999	Jaime Pauli	Milbank, S.D.
1998	Melissa Wilson	Scottsbluff, Neb.
1997	Nora Shepherd	York, Neb.
1996	Sandy Fein	Lenexa, Kan.

1995	Sherri (Sutter) Bonsall	Merino, Colo.
1994	Kris Ellenbecker	Sioux Falls, S.D.
1993	Theresa Stelling	Auburn, Neb.
1992	Fran ten Bensel	Arapahoe, Neb.
1991	Lisa (Darley) Graham	Carlsbad, N.M.
1990	Katie Fletcher	Lakin, Kan.
1989	Michele Marthaler	Brooten, Minn.
1988	Sammie Resh	Shelton, Neb.
1987	Sammie Resh	Shelton, Neb.
1986	Jill Noel	Lincoln, Neb.
1985	Laura Wight	Letchworth, England
1984	Jill Noel	Lincoln, Neb.
1983	Sue Nelson	Indianola, Iowa
1982	Janice Ohrt	Traer, Iowa
1981	Tami Essington	Washington, Ill.
1980	Lisa Kramer	Lincoln, Neb.
1979	Gina Hungerford	Omaha, Neb.

Most Valuable Runner

Year	Athlete	Hometown
2022	Alea Hardie	Sioux Falls, S.D.
2020	Erika Freyhof	Hamilton, Mich.
2019	Erika Freyhof	Hamilton, Mich.
2018	Erika Freyhof	Hamilton, Mich.
2017	Bonnie Smith	Omaha, Neb.
2016	Anna Peer	Bettendorf, Iowa
2015	Bonnie Smith	Omaha, Neb.
2014	Anna Peer	Bettendorf, Iowa
2013	Anna Peer	Bettendorf, Iowa
2012	Sarah Larson	Lincoln, Neb.
2011	Katie White	Broken Bow, Neb.
2010	Lara Crofford	Newville, Pa.
2009	Lara Crofford	Newville, Pa.
2008	Lara Crofford	Newville, Pa.
2007	Lara Crofford	Newville, Pa.
2006	Channing Anseth	Lincoln, Neb.
2005	Kayte Tranel	Hampton, Neb.
2004	Anne Shadle	South Sioux City, Neb.
2003	Ann Gaffigan	Springfield, Ill.
2002	Ann Gaffigan	Springfield, Ill.
2001	Ann Gaffigan	Springfield, Ill.
2000	Kathryn Handrup	Aurora, Neb.
1999	Michelle Brooks	Preston, England
1998	Jeannette Zimmer	Port Orchard, Wash.
1997	Amy Wiseman	Lee's Summit, Mo.
1996	Christina Blackmer	Upland, Calif.
1995	Nora Shepherd	York, Neb.
1994	Julie Mazzitelli	Eyota, Minn.
1993	Theresa Stelling	Auburn, Neb.
1992	Fran ten Bensel	Arapahoe, Neb.
1991	Fran ten Bensel	Arapahoe, Neb.
1990	Fran ten Bensel	Arapahoe, Neb.
1989	Yvonne van der Kolk	Hilversum, Netherlands
1988	Sammie Resh	Shelton, Neb.
1987	Sammie Resh	Shelton, Neb.
1986	Sammie Resh	Shelton, Neb.
	Mary Amen	Lincoln, Neb.
1985	Jill Noel	Lincoln, Neb.
1984	Laura Wight	Letchworth, England
1983	Karlene Erickson	Ericson, Neb.

Most Improved Runner

Year	Athlete	Hometown
2022	Emma Ralston	Papillion, Neb.
2020	Grace Pagone	Oswego, Ill.
2019	Gabrielle Boucher	Lenexa, Kan.
	Elsa Forsberg	Lincoln, Neb.
2018	Judi Jones	Lenexa, Kan.
2017	Nicole Colonna	Los Altos Hills, Calif.
2016	Nicole Colonna	Los Altos Hills, Calif.

2015	Kendall Cast	Aurora, Ill.
	Katrina Santiago	Miami, Fla.
2014	Bonnie Smith	Omaha, Neb.
2013	Shawnice Williams	Paramount, Calif.
2012	Jessica Wright	Bellevue, Neb.
2011	Ashley Miller	Tipton, Iowa
2010	Katie White	Broken Bow, Neb.
2009	Jessica Furlan	Regina, Saskatchewan
2008	Jen Pancoast	Cape Girardeau, Mo.
2007	Rachel Carrizales	Morrill, Neb.
2006	Jen Pancoast	Cape Girardeau, Mo.
2005	Betsy Miller	Lodgepole, Neb.
2004	Lindsey Finkner	Kearney, Neb.
2003	Anne Shadle	South Sioux City, Neb.
2002	Anne Shadle	South Sioux City, Neb.
2001	Kathryn Handrup	Aurora, Neb.
2000	Jenna Lucas	Rapid City, S.D.
1999	Jaimie Kruger	Pierce, Neb.
1998	Jenna Lucas	Rapid City, S.D.
1997	Kate Centerwall	Bellevue, Wash.
1996	Melinda Mohr	Carroll, Neb.
1995	Christina Blackmer	Upland, Calif.
1994	Amber Parkinson	Anaheim, Calif.
1993	Kris Ellenbecker	Sioux Falls, S.D.
1992	Kirsten Walz	Las Cruces, N.M.
1991	Stephanie Quandt	Grand Island, Neb.
1990	Lisa (Darley) Graham	Carlsbad, N.M.
1989	Katie Fletcher	Lakin, Kan.
1988	Dawn Gale	Gillette, Wyo.
1987	Susie Larson	Lincoln, Neb.
1986	Sammie Resh	Shelton, Neb.
1985	Sammie Resh	Shelton, Neb.
1984	Mary Amen	Lincoln, Neb.
1983	Jill Noel	Lincoln, Neb.

WOMEN'S POSTSEASON HISTORY

NCAA Championships

Year	Champion (Pts.)	NU Finish (Pts.)	Top NU Finisher
2022	NC State (114)	--	--
2021	NC State (84)	--	Erika Freyhof, 138th
2020	BYU (96)	--	Erika Freyhof, 86th
2019	Arkansas (96)	--	--
2018	Colorado (65)	--	--
2017	New Mexico (90)	--	--
2016	Oregon (125)	--	--
2015	New Mexico (49)	--	--
2014	Michigan State (85)	--	--
2013	Providence (141)	--	--
2012	Oregon (144)	--	--
2011	Georgetown (162)	--	--
2010	Villanova (120)	--	Lara Crofford, 129th
2009	Villanova (86)	--	Lara Crofford, 113th
2008	Washington (79)	25th (539)	Lara Crofford, 45th
2007	Stanford (145)	--	Lara Crofford, 85th
2006	Stanford (195)	--	--
2005	Stanford (146)	--	Kayte Tranel, 28th
2004	Colorado (63)	--	--
2003	Stanford (120)	30th (593)	Ann Gaffigan, 71st
2002	Brigham Young (85)	--	--
2001	Brigham Young (62)	--	Ann Gaffigan, 98th
2000	Colorado (117)	--	--
1999	Brigham Young (72)	16th (430)	Michelle Brooks, 31st
1998	Villanova (106)	23rd (534)	Jeannette Zimmer, 70th
1997	Brigham Young (100)	19th (457)	Amy Wiseman, 94th
1996	Stanford (101)	20th (449)	Melissa Wilson, 86th
1995	Providence (88)	--	Christina Blackmer, 108th
1994	Villanova (75)	16th (412)	Julie Mazzitelli, 73rd
1993	Villanova (66)	20th (421)	Theresa Stelling, 24th
1992	Villanova (123)	18th (394)	Fran ten Bense, 9th
1991	Villanova (85)	12th (314)	Fran ten Bense, 17th
1990	Villanova (82)	--	Fran ten Bense, 36th
1989	Villanova (99)	3rd (186)	Yvonne van der Kolk, 34th
1988	Kentucky (75)	3rd (143)	Sammie Resh, 7th
1987	Oregon (98)	--	Sammie Resh, 29th
1986	Texas (62)	12th (245)	Laura Wight, 35th
1985	Wisconsin (58)	--	--
1984	Wisconsin (63)	11th (268)	Laura Wight, 37th
1983	Oregon (95)	--	--
1982	Virginia (48)	--	--
1981	Virginia (36)	--	--
1980	North Carolina State (76)	--	Sara Stricker
1979	North Carolina State (108)	--	--
1978	Iowa State (119)	--	Carol Schenk, 30th
1977	Iowa State (92)	--	Donna Fox, 140th
1976	Iowa State (62)	--	--
1975	Iowa State (96)	--	Cindy Dixon, 74th

Regional Championships

Midwest

Year	Champion (Pts.)	NU Finish (Pts.)	Top NU Finisher
2022	Oklahoma State (58)	11th (389)	Brynna McQuillen, 38th
2021	Minnesota (45)	9th (303)	Erika Freyhof, 10th
2020	*No meet due to COVID-19 restrictions.		
2019	Illinois (108)	15th (373)	Erika Freyhof, 11th
2018	Iowa State (78)	14th (386)	Erika Freyhof, 11th
2017	Iowa State (90)	21st (507)	Bonnie Smith, 75th
2016	Missouri (83)	19th (480)	Anna Peer, 30th
2015	Ohklahoma State (51)	22nd (610)	Bonnie Smith, 77th
2014	Iowa State (66)	29th (711)	Anna Peer, 55th
2013	Iowa State (39)	20th (509)	Anna Peer, 71st
2012	Iowa State (63)	23rd (586)	Isabel Andrade, 74th
2011	Iowa State (64)	6th (215)	Katie White, 14th
2010	Iowa State (35)	8th (233)	Lara Crofford, 6th
2009	Minnesota (60)	4th (147)	Lara Crofford, 11th
2008	Minnesota (57)	3rd (124)	Lara Crofford, 7th
2007	Minnesota (79)	4th (130)	Lara Crofford, 9th
2006	Illinois (44)	4th (141)	Ari Goldstein, 22nd
2005	Oklahoma State (71)	5th (142)	Kayte Tranel, 8th
2004	Missouri (52)	11th (311)	Anne Shadle, 37th
2003	Nebraska (60)	1st (60)	Ann Gaffigan, 2nd
2002	Missouri (63)	13th (319)	Ann Gaffigan, 10th
2001	Oklahoma State (56)	10th (233)	Ann Gaffigan, 6th
2000	Kansas State (61)	8th (196)	Kathryn Handrup, 21st
1999	Kansas State (40)	3rd (98)	Michelle Brooks, 7th
1998	Kansas State (92)	4th (128)	Jeannette Zimmer, 11th
1997	Missouri (76)	2nd (81)	Amy Wiseman, 5th

District V

Year	Champion (Pts.)	NU Finish (Pts.)	Top NU Finisher
1996	Iowa State & Missouri (68)	3rd (99)	Christina Blackmer, 12th
1995	Missouri (57)	3rd (87)	Nora Shepherd, 2nd
1994	Kansas (67)	2nd (78)	Nora Shepherd, 7th
1993	Kansas (76)	2nd (86)	Theresa Stelling, 2nd
1992	Nebraska (66)	1st (66)	Fran ten Bense, 1st
1991	Nebraska (45)	1st (45)	Fran ten Bense, 2nd
1990	Iowa State (56)	3rd (74)	Fran ten Bense, 6th
1989	Nebraska (41)	1st (41)	Yvonne van der Kolk, 4th
1988	Nebraska (38)	1st (38)	Sammie Resh, 3rd
1987	Colorado (52)	3rd (75)	Sammie Resh, 2nd
1986	Colorado (33)	3rd (67)	Sammie Resh, 13th
1985	Iowa State (42)	3rd (83)	Jill Noel, 11th
1984	Kansas State (53)	3rd (65)	Laura Wight, 7th
1983	Iowa State (39)	4th (133)	Karlene Erickson, 13th
1982	Iowa State (43)	--	Sara Stricker, 16th
1981	Missouri (35)	4th (95)	Janice Orht, 9th
1980	Iowa (48)	--	Sara Stricker, 13th
1979	Iowa State (26)	--	Christine Hass, 30th
1978	Iowa State (30)	6th (145)	Carol Schenk, 2nd
1977	Iowa State (26)	7th (205)	Donna Fox, 17th

WOMEN'S POSTSEASON HISTORY

Conference Championships

Big Ten

Year	Champion (Pts.)	NU Finish (Pts.)	Top NU Finisher
2022	Michigan State (78)	10th (273)	Alea Hardie, 39th
2021	Minnesota (72)	11th (289)	Erika Freyhof, 13th
2020	Michigan State (48)	9th (228)	Erika Freyhof, 6th
2019	Michigan State (56)	10th (283)	Erika Freyhof, 23rd
2018	Michigan (57)	11th (283)	Judi Jones, 37th
2017	Michigan (55)	12th (336)	Bonnie Smith, 66th
2016	Michigan (63)	13th (349)	Anna Peer, 50th
2015	Penn State	13th (369)	Katrina Santiago, 72nd
2014	Michigan State (26)	13th (347)	Anna Peer, 14th
2013	Michigan State (43)	11th (320)	Anna Peer, 50th
2012	Michigan (55)	12th (397)	Sarah Larson, 85th
2011	Michigan State (55)	7th (202)	Katie White, 22nd

Big 12

2010	Texas Tech (44)	8th (219)	Lara Crofford, 10th
2009	Texas Tech (38)	4th (143)	Lara Crofford, 16th
2008	Texas Tech (44)	3rd (102)	Lara Crofford, 6th
2007	Colorado (59)	3rd (98)	Lara Crofford, 9th
2006	Colorado (45)	3rd (110)	Channing Anseth, 12th
2005	Colorado (38)	5th (117)	Kayte Tranel, 15th
2004	Colorado (25)	9th (235)	Anne Shadle, 15th
2003	Colorado (45)	6th (149)	Ann Gaffigan, 19th
2002	Colorado (34)	11th (257)	Ann Gaffigan, 27th
2001	Colorado (33)	9th (184)	Ann Gaffigan, 7th
2000	Colorado (29)	7th (173)	Kathryn Handrup, 20th
1999	Colorado (62)	4th (121)	Michelle Brooks, 7th
1998	Kansas State (78)	7th (138)	Jeannette Zimmer, 12th
1997	Colorado (23)	2nd (92)	Amy Wiseman, 6th
1996	Colorado (30)	3rd (123)	Christina Blackmer, 18th

Big Eight

1995	Colorado (25)	4th (93)	Nora Shepherd, 6th
1994	Colorado (29)	2nd (65)	Julie Mazzitelli, 4th
1993	Nebraska (57)	1st (57)	Theresa Stelling, 2nd
1992	Colorado & Kansas State (52)	3rd (82)	Fran ten Bensel, 2nd
1991	Nebraska (55)	1st (55)	Fran ten Bensel, 1st
1990	Iowa State (48)	4th (105)	Fran ten Bensel, 8th
1989	Nebraska (43)	1st (43)	Yvonne van der Kolk, 4th
1988	Nebraska (41)	1st (41)	Sammie Resh, 4th
1987	Colorado (49)	2nd (57)	Sammie Resh, 2nd
1986	Oklahoma State (49)	4th (88)	Sammie Resh, 13th
1985	Nebraska (61)	1st (61)	Jill Noel, 5th
1984	Missouri (57)	5th (97)	Karlene Erickson, 12th
1983	Iowa State (44)	4th (111)	Jill Noel, 7th
1982	Kansas State (41)	5th (105)	Sara Stricker, 10th
1981	Iowa State (27)	6th (152)	Sara Stricker, 20th
1980	Missouri (36)	7th (173)	Sara Stricker, 18th
1979	Iowa State (31)	--	Chris Haas, 20th
1978	Iowa State (43)	5th (118)	Carol Schenk, 2nd
1977	Iowa State (27)	6th (134)	Cindy Dixon, 19th

WOMEN'S LETTERWINNERS

Student-Athlete	Year(s) Lettered		
Amen, Mary	1984-85-86	Linnell, Christy	1999
Andrade, Isabel	2011-12-13	(Loos) O'Donnell, Kelly	1987-89-90
Anseth, Channing	2005-06-07	Lucas, Jenna	1999-00-01
Barinova, Martina	2010	Lund, Becky	1990-93
Biehl, Liz	1997	Lush, Megan	2013-14-15
Binder, Allie	2019	Marsh, Elizabeth	2006
Blackmer, Christina	1993-94-95-96	Marthaler, Michele	1986-87-88-89
Blehm, Lindsey	2021-22	Mazzitelli, Julie	1993-94
Boucher, Gabrielle	2019	McConkey, Susan	1976
Bresser, Emma	2019-20	McMahon, Heather	1995
Brooks, Michelle	1999	McQuillen, Brynna	2021-22
Brush, Rachel	2017-18	Merickel, Camille	2021-22
Callahan (Zarcenko), Natalja	2005-06-07-08	Miller, Ashley	2008-09-10-11
Campbell, Julieanne	1990-91	Miller, Betsy	2005-06-08
Carpino, Elizabeth	2015	Miller, Lindsey	1993-94-95
Carrizales, Rachel	2007-08-09	Minnick, Anna	2012
Cast, Kendall	2015-17	(Mohr) Oliver, Melinda	1996-97-98-99
Centerwall, Kate	1997	Most, Sheri	1977
Colonna, Nicole	2015-17-18	Noel, Jill	1983-84-85-86
Crofford, Lara	2007-08-09-10	Nunnally, Carol	1984
Dalton, Joslyn	2004-05-06-07	Obermeir, Sandra	1977
(Darley) Graham, Lisa	1987-90-91	Ohrt, Janice	1981
Deleon, Deavion	2022	Oslund, Kristi	2013-14-15
Dixon, Cindy	1975-76-77-78	Osteen, Deb	1997-98-99
Edmunds, Ann	1981	Pagone, Grace	2019
Edwards, Hannah	2011-12-13	Pancoast, Jen	2006-07-08
Ellenbecker, Kris	1991-93	Pancoast, Kim	2003-04-05-06
(Elwood) Macfee, Sherri	1993-94-95-96	Parkinson, Amber	1994
Erickson, Karlene	1983-84-85-86	Pauli, Jaime	1996-97-98-99
Essington, Tami	1978	Pearson, Cindy	1977
Fein, Sandy	1992-93-95-96	Peer, Anna	2013-14-16-17
Filer, Gillian	2019	Plambeck, Sarah	2011-12-13
(Finkner) Jorgensen, Amie	1996-98-99-00	Pollard, Margaret	2019
Finkner, Lindsey	2003-04	Prowse, Juliet	1986-87-88-89
Fletcher, Katie	1989	Quandt, Stephanie	1991
Forsberg, Elsa	2017-18-19	Ralston, Emma	2022
Fox, Donna	1977	Resh, Sammie	1985-86-87-88
Freyhof, Erika	2017-18-19-20-21	Sanchez, Olivia	1993-94
Furlan, Jessica	2009-10-11	Santiago, Katrina	2015-16-17
Gaffigan, Ann	2000-01-02-03	Schaefer, Michele	1991
Gale, Dawn	1988	Schenk, Carol	1979
Geiger, Grace	2014-15	Seaton, Julie	1977
Geisler, Ashley	2015	Shadle, Anne	2002-04
Glisovic, Mirjana	1999	Shepherd, Nora	1994-95-96-97
Godwin, Hannah	2021-22	Shufelt, JoDee	1992-94
Goldstein, Ari	2005-06-07-09	Skelton, Taya	2021-22
Guerrero, Izzabella	2020	Smith, Bonnie	2014-15-16-17
Hallgrimson, Jaden	2022	Smith, Tracy	1988-89
Hamik, Erica	2008-09-10-11	Spires, Kerry	1991
Handrup, Kathryn	1999-00-01-03	Stelling, Theresa	1990-91-92-93
Hardie, Alea	2022	Stricker, Sara	1980-81-82
Harsin, Haley	2015	(Sutter) Bonsall, Sherri	1992-93-94
Hass, Christine	1979	ten Bense, Fran	1989-90-91-92
Heffner, Abby	2019	Tranel, Kayte	2002-03-05
Henning, Lori	1985	van der Kolk, Yvonne	1988-89
Hiatt, Kelly	1976-77-78	Veit, Sylvia	1989-90-91-92
Hitz, Doris	1975-76-77	Vickers, Cindy	1976-77
(Howard) Larson, Susie	1986-87-88	Walz, Kirsten	1991-92
Hungerford, Gina	1978	Webers, Jen	2007-08-09-10
Jadran, Farah	2003	White, Katie	2008-10-11
Johnson, Kaitlynn	2019	Wight, Laura	1983-84-85-86
Jones, Judi	2017-18-19	Williams, Shawnice	2013
Keller, Tess	2012-13	Wilson, Melissa	1995-96-98
Kindig, Nancy	1977	Wiseman, Amy	1997-98
Kirby, Lizzy	2015	Wright, Jessica	2012-13
Kramer, Lisa	1978-80	Zimmer, Jeannette	1998-99
Kruger, Jaimie	1999-00		
Laack, Allison	1985		
Laird, Hillary	2000		
Larson, Sarah	2011-12-13		
Lenihan, Michaela	2005		