

All-Time Cross-Country Honors

USTFCCCA Program of the Year

(Includes XC, indoor T&F, outdoor T&F)

Men (John McDonnell Award)

2018-19 – Stanford

Women (Terry Crawford Award)

2017-18 -- Stanford

USTFCCCA National Coach of the Year

Men (Bill Dellinger Award)

Andrew Gerard -- 2003

Vin Lananna -- 1996, 1997, 2002

Women (Peter Tegen Award)

Peter Tegen -- 2005, 2006, 2007

Beth Alford-Sullivan -- 1996

USTFCCCA National Athlete of the Year

Men

Charles Hicks -- 2022

USTFCCCA National Athlete of the Week

Men

Oct. 31, 2022 – Charles Hicks

Oct. 17, 2022 – Ky Robinson

Oct. 15, 2018 – Grant Fisher

Oct. 30, 2017 – Grant Fisher

Oct. 20 2014 -- Maksim Korolev

Women

Feb. 24, 2020 – Ella Donaghu

Feb. 10, 2020 – Ella Donaghu

USTFCCCA West Region Coach of the Year

Men

Ricardo Santos – 2021, 2022, 2023

J.J. Clark – 2020-21

Chris Miltenberg – 2013, 2016

Jason Dunn – 2009, 2010

Andy Gerard – 2004

Vin Lananna – 1995, 1996, 1997, 1998, 1999, 2001, 2002

Mike Reilly -- 2000

Women

J.J. Clark – 2019, 2020-21, 2021, 2022

Elizabeth DeBole – 2016

Peter Tegen – 2005, 2007

Dena Evans – 2002, 2004

Vin Lananna – 1994, 1999, 2001, 2002

USTFCCCA West Region Athlete of the Year

Men

Ky Robinson -- 2023
Charles Hicks – 2020-21, 2021, 2022
Maksim Korolev – 2014
Chris Derrick – 2009
Neftalem Araia – 2006
Ryan Hall – 2004
Ian Dobson – 2003
Donald Sage – 2002
Grant Robison – 2001
Jonathan Riley – 2000

Women

Julia Heymach – 2021
Ella Donaghu – 2019, 2020-21
Teresa McWalters – 2007
Arianna Lambie – 2005, 2006
Alicia Craig – 2002, 2003, 2004

All-West Region

Men

Michael Atchoo – 2013, 2014
Meika Beaudoin-Rousseau – 2021, 2022
Andrew Berberick – 2010
Thomas Boyden – 2022
Evan Burke -- 2022
Chris Derrick – 2010, 2011
Robert DiDonato -- 2023
Tai Dinger – 2017, 2018
Steven Fahy – 2016, 2017, 2019
Grant Fisher – 2016, 2017, 2018
Brendan Gregg – 2011
Devin Hart – 2021, 2022
Elliott Heath – 2010
Charles Hicks – 2021, 2022
Blair Hurlock -- 2017
Benjamin Johnson -- 2012
Jack Keelan – 2016
Maksim Korolev -- 2014
Sean McGorty – 2013, 2015, 2016
Erik Olson – 2011, 2012, 2013
Alex Ostberg – 2018, 2019
Alek Parsons – 2017, 2018, 2019
DJ Principe -- 2021
Thomas Ratcliffe – 2019
Jake Riley – 2010, 2011
Ky Robinson – 2021, 2022, 2023

Jim Rosa – 2012, 2013, 2015
Joe Rosa – 2011, 2012, 2014, 2015
Cole Sprout – 2021, 2023
Tyler Stutzman -- 2012
Garrett Sweatt – 2015, 2016
Miles Unterreiner – 2010, 2012

Women

Christina Aragon – 2016, 2017, 2021
Abi Archer – 2019, 2022
Amy Bunnage -- 2023
Sophie Chase – 2014, 2015
Grace Connolly – 2023
Aisling Cuffe – 2011, 2012, 2013
Elise Cranny – 2014, 2017, 2018
Audrey DaDamio -- 2022
Ella Donaghu – 2016, 2017, 2019
Zofia Dudek – 2021, 2022, 2023
Alex Dunne -- 2010
Emma Fisher -- 2014
Vanessa Fraser – 2016, 2017
Georgia Griffin -- 2010
Cayla Hatton -- 2012
Julia Heymach – 2019, 2021
Lucy Jenks – 2021, 2022, 2023
Danielle Katz – 2015, 2016
Sophia Kennedy -- 2023
Kathy Kroeger – 2010, 2011, 2012
Megan Lacy -- 2013
Jessica Lawson – 2018, 2019
Stephanie Marcy – 2010, 2011
Julia Maxwell -- 2015
Molly McNamara -- 2014
Jordan Oakes – 2019
Fiona O’Keeffe – 2016, 2017, 2018
Riley Stewart -- 2022
Audrey Suarez – 2021, 2022
Jessica Tonn -- 2013

Pac-12 Coach of the Year

Men

Ricardo Santos – 2020-21, 2022, 2023
Chris Miltenberg – 2017, 2018
Jason Dunn – 2009, 2010
Peter Tegen – 2005
Andrew Gerard – 2003, 2004
Vin Lananna – 1996, 1997, 2000, 2001, 2002
Brooks Johnson – 1985

Women

J.J. Clark – 2019, 2020-21
Peter Tegen – 2005, 2006, 2007
Dena Evans – 2003, 2004
Vin Lananna – 1993, 1994, 1996, 1997, 2001, 2002
Beth Alford-Sullivan – 1996, 1997, 1998

Pac-12 Athlete of the Year

Men

Ky Robinson -- 2023
Charles Hicks – 2021, 2022
Grant Fisher – 2017, 2018
Chris Derrick – 2009
Ryan Hall – 2003
Grant Robison – 2002
Donald Sage – 2001
Jonathon Riley – 2000
Marc Olesen – 1985

Women

Amy Bunnage -- 2023
Fiona O’Keeffe -- 2019
Aisling Cuffe – 2013, 2015
Arianna Lambie – 2005, 2006, 2007
Sara Bei – 2003
Alicia Craig – 2002
Erin Sullivan – 1999
Louise Watson – 1992

Pac-12 Freshman of the Year

Men

Lex Young -- 2023
Robert DiDonato -- 2022
Charles Hicks – 2020-21
Thomas Ratcliffe -- 2016
Miles Unterreiner – 2009
Neil Davis – 2002
Donald Sage – 2000

Women

Amy Bunnage -- 2023
Riley Stewart -- 2022
Zofia Dudek – 2020-21
Elise Cranny -- 2014
Cayla Hatton – 2012
Teresa McWalters – 2004
Arianna Lambie – 2003
Sara Bei – 2001
Victoria Chang -- 2000
Erin Sullivan – 1999

All-Conference

Men

Pac-12

2023

First team: Ky Robinson, Cole Sprout

Second team: Robert DiDonato, Lex Young

2022

First team: Meika Beaudoin-Rousseau, Thomas Boyden, Charles Hicks, Ky Robinson, Cole Sprout

Second team: Devin Hart

2021

First team: Charles Hicks, Ky Robinson

Second team: Cole Sprout

2020-21

First team: Charles Hicks, Alek Parsons, Cole Sprout

Second team: Callum Bolger, Devin Hart, Ky Robinson

2019

First team: Alex Ostberg, Thomas Ratcliffe

2018

First team: Grant Fisher, Alex Ostberg, Alek Parsons

Second team: Callum Bolger

2017

First team: Steven Fahy, Grant Fisher, Alex Ostberg

2016

First team: Grant Fisher, Sean McGorty

Second team: Thomas Ratcliffe, Garrett Sweatt

2015

First team: Sean McGorty

Second team: Grant Fisher, Joe Rosa

2014

First team: Joe Rosa

Second team: Michael Atchoo, Maksim Korolev, Sean McGorty

2013

First team: Jim Rosa

Second team: Michael Atchoo, Erik Olson

2012

First team: Joe Rosa

Second team: Benjamin Johnson

2011

First team: Chris Derrick, Jake Riley

Second team: Brendan Gregg, Erik Olson

Pac-10

2010

First team: Chris Derrick, Elliott Heath, Jake Riley

Second team: Erik Olson, J.T. Sullivan, Miles Unterreiner

2009

First team: Chris Derrick, Elliott Heath, Jake Riley, Justin Marpole-Bird

Second team: Miles Unterreiner, Brendan Gregg

2008

First team: Chris Derrick, Garrett Heath, Jake Riley

Second team: Hakon DeVries

2007

First team: Chris Derrick, Garrett Heath, Jake Riley

Second team: Hakon DeVries

2006

First team: Neftalem Araia

Second team: Brett Gotcher, Jonathan Pierce, Jacob Gomez

2005

First team: Neftalem Araia, Jonathan Pierce

Second team: Brett Gotcher, David Vidal, Jacob Gomez

2004

First team: Ryan Hall, Jacob Gomez, David Vidal

Second team: Brett Gotcher, Peter Meindl

2003

First team: Ian Dobson, Grant Robison, Donald Sage, Chris Emme

Second team: Adam Tenforde, Seth Hejny, Andrew Hill

2002

First team: Ian Dobson, Grant Robison, Donald Sage, Adam Tenforde

Second team: Neil Davis, Ryan Hall, Peter Meindl, Justin Romaniuk

2001

First team: Grant Robison, Donald Sage, Ian Dobson

Second team: Daniel Parris, Seth Hejny

2000

First team: Jonathon Riley, Louis Luchini, Grant Robison, Thomas Murley

Second team: Donald Sage

1999

First team: Jake Maas, Thomas Murley

Women**Pac-12****2023**

First team: Amy Bunnage, Lucy Jenks

2022

First team: Zofia Dudek

2021

Second team: Zofia Dudek

2020-21

First team: Ella Donaghu, Zofia Dudek, Julia Heymach

Second team: Christina Aragon, Jessica Lawson

2019

First team: Ella Donaghu, Jessica Lawson, Fiona O'Keeffe

Second team: Julia Heymach, Jordan Oakes

2018

First team: Elise Cranny, Fiona O'Keeffe

2017

First team: Vanessa Fraser, Fiona O'Keeffe

2016

Second team: Christina Aragon, Vanessa Fraser, Fiona O'Keeffe

2015

First team: Aisling Cuffe

Second team: Vanessa Fraser

2014

First team: Elise Cranny

Second team: Emma Fisher, Molly McNamara

2013

First team: Aisling Cuffe

Second team: Jessica Tonn

2012

First team: Kathy Kroeger

Second team: Aisling Cuffe, Jessica Tonn

2011

First team: Kathy Kroeger, Stephanie Marcy

Second team: Jessica Tonn

Pac-10**2010**

First team: Kathy Kroeger, Stephanie Marcy

Second team: Jessica Tonn

2009

Second team: Alex Gits, Stephanie Marcy

2008

Second team: Laurynne Chetelat

2007

First team: Arianna Lambie, Teresa McWalters

Second team: Lauren Centrowitz, Kate Niehaus

2006

First team: Arianna Lambie, Katy Trotter, Amanda Trotter, Teresa McWalters

Second team: Lauren Centrowitz

2005

First team: Arianna Lambie, Lindsay Flacks, Teresa McWalters

Second team: Lauren Centrowitz, Amanda Trotter

2004

First team: Alicia Craig, Anita Siraki, Amanda Trotter

Second team: Katy Trotter, Teresa McWalters, Jeane Goff, Lauren Centrowitz

2003

First team: Sara Bei, Alicia Craig, Arianna Lambie, Katy Trotter

Second team: Amanda Trotter

2002

First team: Sara Bei, Lauren Fleshman, Alicia Craig, Malindi Elmore

Second team: Erin Sullivan

2001

First team: Lauren Fleshman, Sara Bei, Alicia Craig

Second team: Mariel Ettinger, Erin Sullivan

2000

First team: Lauren Fleshman, Victoria Chang, Elena Villarreal

1999

First team: Erin Sullivan, Sally Glynn, Lauren Fleshman

Second team: Mary Huang

USTFCCCA Academic Team of the Year**Men**

2014 – Stanford

Women

2007 – Stanford

2006 -- Stanford

USTFCCCA Scholar-Athlete of the Year**Men**

Charles Hicks -- 2022

Grant Fisher – 2016, 2017

Sean McGorty -- 2015

Chris Derrick -- 2010, 2011

Neftalem Araia -- 2006

USTFCCCA All-Academic**Men**

Neftalem Araia -- 2006, 2007

Michael Atchoo – 2013, 2014

Jason Balkman – 1996

Meika Beaudoin-Rousseau – 2021, 2022

Callum Bolger – 2020-21

Thomas Boyden -- 2022

Russell Brown – 2007

Evan Burke -- 2022

Chris Derrick -- 2009, 2010, 2011

Robert DiDonato -- 2023

Tai Dinger – 2017, 2018

Steven Fahy – 2016, 2017, 2019

Grant Fisher – 2015, 2016, 2017, 2018

Devin Hart – 2020-21, 2021, 2022

Elliott Heath -- 2009, 2010

Garrett Heath – 2008

Charles Hicks – 2020-21, 2021, 2022

Blair Hurlock -- 2017

Greg Jimmerson -- 1996

Jack Keelan -- 2016

Justin Marpole-Bird – 2009

Sean McGorty – 2014, 2015, 2016

Hari Mix – 2007

Alex Ostberg – 2017, 2018, 2019

Alek Parsons – 2017, 2018, 2019, 2020-21

DJ Principe – 2020-21, 2022

Thomas Ratcliffe -- 2019

Robert Reeder -- 1996
Jake Riley -- 2011
Ky Robinson -- 2021, 2022, 2023
Cole Sprout -- 2021, 2023
Garrett Sweatt -- 2015, 2016
Miles Unterreiner -- 2009
Sam Wharton -- 2014
Women
Lindsay Allen -- 2007
Christina Aragon -- 2016, 2017, 2020-21, 2022
Abi Archer -- 2022
Amy Bunnage -- 2023
Sara Bei -- 2002
Sophie Chase -- 2014, 2015
Monal Chokshi -- 1995, 1996
Grace Connolly -- 2020-21, 2023
Elise Cranny -- 2014, 2017, 2018
Alicia Craig -- 2002
Aisling Cuffe -- 2011, 2013
Audrey DaDamio -- 2022
Ella Donaghu -- 2017, 2019, 2020-21
Zofia Dudek -- 2021, 2022, 2023
Alex Dunne -- 2009, 2010
Malindi Elmore -- 2002
Mariel Ettinger -- 2001
Emma Fisher -- 2014
Lindsay Flacks -- 2006
Alicia Follmar -- 2008
Vanessa Fraser -- 2015, 2016, 2017
Jessica Fry -- 1996
Jeane Goff -- 2002
Katie Harrington -- 2007, 2008
Julia Heymach -- 2019, 2020-21, 2021
Lucy Jenks -- 2021, 2022, 2023
Danielle Katz -- 2015, 2016
Sophia Kennedy -- 2023
Kathy Kroeger -- 2010, 2011
Arianna Lambie -- 2006, 2007
Jessica Lawson -- 2020-21
Stephanie Marcy -- 2009, 2010, 2011
Molly McNamara -- 2014
Teresa McWalters -- 2006, 2007
Katherine Niehaus -- 2009
Jordan Oakes -- 2019
Fiona O'Keeffe -- 2016, 2017, 2018, 2019
Sarna Renfro -- 1995, 1997
Riley Stewart -- 2022
Audrey Suarez -- 2021, 2022

Jessica Tonn -- 2013
Amanda Trotter -- 2006
Katy Trotter -- 2006
Sarah Truitt -- 1992, 1993
Laura Turner -- 2001
Elena Villarreal -- 2000
Louise Watson -- 1993

Pac-12 Scholar-Athlete of the Year

Men

Ky Robinson -- 2023
Alek Parsons -- 2020-21
Steven Fahy -- 2019
Grant Fisher -- 2018
Tyler Stutzman -- 2013
Chris Derrick -- 2011
Elliott Heath -- 2010
Neftalem Araia -- 2007

Women

Christina Aragon -- 2021
Ella Donaghu -- 2020-21
Elise Cranny -- 2018
Aisling Cuffe -- 2015
Arianna Lambie - 2007

All-Conference All-Academic

Men

Pac-12

2014

First team: Cameron Miller
Second team: Ryan Silva

2013

First team: Michael Atchoo, Marco Bertolotti, Kevin Bishop
Second team: Justin Brinkley, Tyler Stutzman, Garrett Sweatt

2012

First team: Benjamin Johnson, Miles Unterreiner
Second team: Tyler Stutzman, Tyler Valdes

2011

First team: Chris Derrick, Miles Unterreiner
Second team: Benjamin Johnson

Pac-10

2010

First team: Chris Derrick, Elliott Heath, Miles Unterreiner
Second team: Andrew Berberick, Ramsey Chapin, Kevin Havell

2009

First team: Chris Derrick, Justin Reed, Miles Unterreiner
Second team: Elliott Heath, Justin Marpole-Bird

2008

First team: Garrett Heath

Second team: Hari Mix, Chris Mocko

2007

First team: Garrett Heath

Second team: Neftalem Araia, Russell Brown, Michael Garcia, Hari Mix, Chris Mocko

2006

First team: Garrett Heath, Forrest Tahdooahnippah

Second team: Neftalem Araia

2005

First team: Forrest Tahdooahnippah

Second team: Neftalem Araia

2004

First team: Robert Smitson

Second team: Forrest Tahdooahnippah

2003

First team: Adam Tenforde

Second team: Neil Davis, Ian Dobson

2002

First team: Andrew Hill, Adam Tenforde

Second team: Neil Davis, Ian Dobson, Grant Robison, Donald Sage

2001

First team: Joe Urbanski

Second team: Donald Sage

2000

First team: Thomas Murley, Adam Tenforde

Second team: Nate Stoll

1999

First team: Jake Maas, Thomas Murley

Second team: Gabe Jennings

1998

First team: Jason Balkman, Jake Maas, Jonathan Weldon, Thomas Murley

Second team: Chris Lundstrom

1997

First team: Jason Balkman, Jason Lunn, Jake Maas

Second team: Chris Lundstrom, Jonathan Weldon

1996

First team: Greg Jimmerson, Jason Perscheid, Rob Reeder

Second team: Jason Balkman, John Lunn, Michael Prindiville, Jonathan Weldon

1995

First team: Mark Fadil, Greg Jimmerson

1994

First team: Greg Jimmerson, Rob Reeder

Second team: Andrew Cowgill, Brad Zmijewski

1993

First team: Gary Stolz

Second team: Todd Lewis, Rob Reeder

1992

First team: Mike Reilly, Gary Stolz

Second team: Derek Bork, Todd Lewis, Brian McCaffery
1991

First team: Bennie Cravatt, Dave Scudamore, Gary Stolz
Second team: Alex Accetta, Derek Bork, Mike Reilly
1990

First team: Dave Scudamore
Second team: Brett Allsop, Bennie Cravatt

Women

Pac-12

2014

First team: Sophie Chase, Emma Fisher

2013

Second team: Tate Murray

2012

First team: Kathy Kroeger

2011

Second team: Madeline Duhon, Kathy Kroeger

Pac-10

2010

First team: Kathy Kroeger

Second team: Madeline Duhon, Georgia Griffin

2009

First team: Kate Niehaus

Second team: Madeline Duhon, Madeleine O'Meara

2008

First team: Kate Niehaus

Second team: Madeline Duhon, Madeleine O'Meara

2007

First team: Lauren Centrowitz, Arianna Lambie, Kate Niehaus

2006

First team: Arianna Lambie, Amanda Trotter

Second team: Katy Trotter

2005

First team: Arianna Lambie, Amanda Trotter

Second team: Lindsay Flacks, Katy Trotter

2004

First team: Amanda Trotter

Second team: Arianna Lambie, Katy Trotter

2003

Second team: Jeane Goff

2002

First team: Sara Bei, Jeane Goff

Second team: Alicia Craig, Malindi Elmore, Katherine Hotchkiss

2001

First team: Colleen Flaherty, Laura Turner

Second team: Caroline Annis

2000

First team: Colleen Flaherty, Ann Ramsey
Second team: Caroline Annis, Kathleen Brizgys

1999

First team: Ann Ramsey
Second team: Mary Huang

1998

First team: Mary Huang, Julia Stamps

1997

First team: Sarna Renfro

1996

First team: Monal Chokshi, Sarna Renfro
Second team: Leila Burr

1995

First team: Sarna Renfro
Second team: Monal Chokshi

1994

First team: Sarah Truitt

1993

First team: Sarah Truitt, Louise Watson

1992

First team: Sarah Truitt

1991

Second team: Sarah Truitt

1990

Second team: Ashley Black