



# GSC MEN'S CROSS COUNTRY CHAMPIONSHIP RESULTS

## 1971

### (@ Livingston, AL)

1. Troy State (21)
2. Livingston State (49)
3. Southeastern Louisiana (66)
4. Jacksonville State (128)

## 1972

### (@ Troy, AL)

1. Northwestern Louisiana (31)
2. Mississippi College (46)
3. Troy State (68)
4. Southeastern Louisiana (94)
5. Florence State (155)
6. Delta State (157)
7. Jacksonville State (186)

## 1973

### (@ Hammond, LA)

1. Southeastern Louisiana (33)
2. Mississippi College (44)
3. Northwest Louisiana (76)
4. Florence State (99)
5. Troy State (111)
6. Delta State (169)

## 1974

### (@ Natchitoches, LA)

1. Troy State (45)
2. Mississippi College (59)
3. Southeastern Louisiana (73)
4. Jacksonville State (119)
5. Northwest Louisiana (158)
6. Delta State (0)

## 1975

### (@ Clinton, MS)

1. Troy State (21)
2. Mississippi College (52)
3. Southeastern Louisiana (72)
4. Jacksonville State (109)
5. Delta State (116)

## 1976

### (@ Cleveland, MS)

1. Troy State (30)
2. Mississippi College (40)
3. Southeastern Louisiana (72)
4. Jacksonville State (121)
5. Delta State (131)

## 1977

### (@ Jacksonville, AL)

1. Troy State (29)
2. Southeastern Louisiana (36)
3. Mississippi College (89)
4. Jacksonville State (113)
5. Delta State (131)

## 1978

### Complete Results Not Available

1. Troy State

## 1979

### (@ Troy, AL)

1. Troy State (15)
2. Mississippi College (58)
3. Jacksonville State (67)
4. North Alabama (0)  
Delta State (0)

## 1980

### (@ Troy, AL)

1. Troy State (17)
2. Mississippi College (58)
3. Jacksonville State (74)
4. Delta State (94)

## 1981

### (@ Clinton, MS)

1. Troy State (27)
2. Mississippi College (47)
3. Delta State (59)
4. Jacksonville State (106)

## 1982

### (@ Carrollton, GA)

1. Troy State (27)
2. Mississippi College (60)
3. Valdosta State (75)
4. Jacksonville State (88)
5. Delta State (144)

## 1983

1. Troy State
2. Mississippi College
3. Jacksonville State
4. Valdosta State
5. West Georgia
6. Delta State
7. Tennessee-Martin

## 1984

### (@ Clinton, MS)

### Complete Results Not Available

1. Troy State

## 1985

### (@ Clinton, MS)

1. Troy State (19)
2. North Alabama (39)
3. Mississippi College (72)
4. West Georgia (112)
5. Valdosta State (131)

## 1986

### (@ Clinton, MS)

1. Troy State (27)
2. Mississippi College (37)
3. North Alabama (75)
4. West Georgia (106)
5. Valdosta State (139)

## 1987

### (@ Clinton, MS)

1. Troy State (23)
2. Mississippi College (46)
3. North Alabama (81)
4. Valdosta State (88)
5. West Georgia (121)

## 1988

1. Troy State (31)
2. Mississippi College (35)
3. North Alabama (63)
4. West Georgia (124)
5. Valdosta State (135)

## 1989-92

### No GSC Championship Held

## 1993

### (@ Spartanburg, MS)

1. West Georgia (21)
2. Lincoln Memorial (69)
3. North Alabama (72)
4. Alabama-Huntsville (87)
5. Valdosta State (113)

## 1994

1. West Florida (33)
2. Mississippi College (48)
3. West Georgia (69)
4. Alabama-Huntsville (108)
5. North Alabama (117)
6. Lincoln Memorial (127)
7. Valdosta State (161)

## 1995

### (@ Clinton, MS)

1. West Georgia (31)
2. West Florida (32)
3. Lincoln Memorial (97)
4. Alabama-Huntsville (111)
5. Valdosta State (130)
6. North Alabama (151)
7. Southern Arkansas (179)

## 1996

### (@ Memphis, TN)

1. West Florida (41)
2. Lincoln Memorial (46)
3. West Georgia (51)
4. Valdosta State (139)
5. North Alabama (142)
6. Alabama-Huntsville (148)
7. Christian Brothers (153)
8. Southern Arkansas (193)

## 1997

### (@ Memphis, TN)

1. West Georgia (32)
2. West Florida (57)
3. North Alabama (115)
4. Southern Arkansas (119)
5. Valdosta State (129)
6. Alabama-Huntsville (130)
7. Lincoln Memorial (151)
8. Christian Brothers (231)
9. West Alabama (254)

## 1998

### (@ Memphis, TN)

1. West Georgia (32)
2. Lincoln Memorial (64)
3. Southern Arkansas (96)
4. West Florida (108)
5. Valdosta State (121)
6. Alabama-Huntsville (126)
7. Christian Brothers (199)
8. West Alabama (225)
9. North Alabama (231)

## 1999

### (@ Memphis, TN)

1. West Georgia (35)
2. Alabama-Huntsville (49)
3. Southern Arkansas (72)
4. West Florida (82)
5. Valdosta State (136)
6. North Alabama (153)
7. Lincoln Memorial (187)
8. West Alabama (255)
9. Christian Brothers (257)

## 2000

### (@ Huntsville, AL)

1. Harding (19)
2. West Georgia (82)
3. Alabama-Huntsville (96)
4. Southern Arkansas (101)
5. Valdosta State (110)
6. West Florida (151)
7. Ouachita Baptist (182)
8. Lincoln Memorial (239)
9. Delta State (251)
10. North Alabama (272)
11. Christian Brothers (313)
12. West Alabama (336)

## 2001

### (@ Memphis, TN)

1. Harding (39)
2. West Florida (76)
3. Alabama-Huntsville (78)
4. West Georgia (102)
5. Southern Arkansas (116)
6. Valdosta State (180)
7. Christian Brothers (205)
8. Lincoln Memorial (206)
9. North Alabama (240)
10. West Alabama (271)

## 2002

### (@ Huntsville, AL)

1. Harding (19)
2. West Florida (54)
3. Southern Arkansas (88)
4. Alabama-Huntsville (95)  
West Georgia (95)
6. Christian Brothers (171)
7. Valdosta State (174)
8. Lincoln Memorial (198)
9. West Alabama (243)
10. North Alabama (274)

# GSC MEN'S CROSS COUNTRY CHAMPIONSHIP RESULTS



## 2003

(@ Memphis, TN)

1. Harding (15)
2. West Georgia (60)
3. Alabama-Huntsville (96)
4. West Florida (97)
5. Southern Arkansas (99)
6. Valdosta State (146)
7. Christian Brothers (198)
8. North Alabama (243)
9. West Alabama (256)
10. Lincoln Memorial (0)

## 2004

(@ Huntsville, AL)

1. Harding (19)
2. West Florida (54)
3. Southern Arkansas (88)
4. Alabama-Huntsville (95)  
West Georgia (95)
6. Christian Brothers (171)
7. Valdosta State (174)
8. Lincoln Memorial (198)
9. West Alabama (243)
10. North Alabama (274)

## 2005

(@ Memphis, TN)

1. Harding (15)
2. West Georgia (60)
3. Alabama-Huntsville (96)
4. West Florida (97)
5. Southern Arkansas (99)
6. Valdosta State (146)
7. Christian Brothers (198)
8. North Alabama (243)
9. West Alabama (256)
10. Lincoln Memorial (0)

## 2006

(@ Huntsville, AL)

1. Harding (22)
2. West Florida (59)
3. Alabama-Huntsville (102)
4. West Georgia (104)
5. North Alabama (150)
6. Southern Arkansas (153)
7. Christian Brothers (177)
8. West Alabama (194)
9. Valdosta State (233)
10. Arkansas-Monticello (264)

## 2007

(@ Birmingham, AL)

1. Alabama-Huntsville (40)
2. Harding (48)
3. West Florida (98)
4. Christian Brothers (110)
5. West Georgia (125)
6. West Alabama (149)
7. Southern Arkansas (155)
8. Valdosta State (210)
9. North Alabama (252)
10. Arkansas-Monticello (352)

## GSC Championship Breakdown

### Team-By-Team

- 16-Troy State (1971, 74-88)
- 7-Harding (2000-06)
- 5-West Georgia (1993, '95, 1997-99)
- 2-West Florida (1994, '96)
- 1-Alabama-Huntsville (2007)
- 1-Northwestern State (1972)
- 1-Southeastern Louisiana (1973)

### Consecutive Champions

- 13-Troy State (1974-88)
- 7-Harding (2000-06)

Former members in *ITALICS*



# GSC MEN'S CROSS COUNTRY CHAMPIONSHIP HISTORY

<u>Year</u>	<u>Champion</u>	<u>Individual Champion</u>	<u>Freshman of the Year*</u>	<u>Coach of the Year</u>
1971	Troy State	J.D. Evilisizer, LU		John Anderson, TSU
1972	Northwestern State	David McLean, NWSU		Jerry Dyes, NSU
1973	Southeastern Louisiana	Phil Taul, MC		Larry Crow, SLU
1974	Troy State	Frank Trammell, NWSU		John Anderson, TSU
1975	Troy State	Ed Palmer, TSU		John Anderson, TSU
1976	Troy State	Vic Boyles, MC		John Anderson, TSU
1977	Troy State	Ed Palmer, TSU		John Anderson, TSU
1978	Troy State	Tom Larkin, TSU		John Anderson, TSU
1979	Troy State	Mike Randell, TSU		John Anderson, TSU
1980	Troy State	Steve Venable, TSU		
1981	Troy State	Mike Randal, TSU		Rick Stetson, TSU
1982	Troy State	Steve Venable, TSU		Ed Sheehan, TSU
1983	Troy State	Tony Farris, MC		Ed Sheehan, TSU
1984	Troy State	Tony Farris, MC		Ed Sheehan, TSU
1985	Troy State	Christian Palmer, TSU		Glenn Banker, TSU
1986	Troy State	Christian Palmer, TSU		Glenn Banker, TSU
1987	Troy State	Van Savell, MC		Greg Hernandez, TSU
1988	Troy State	Christian Palmer, TSU		Charles Oliver, TSU
1989-92	No Championship Meet Held	Tim Keith, MC		Yul Provancha, TSU
1993	West Georgia	James Sorrells, UWG		Not available
1994	West Florida	Eric Johnson, MC		Dr. Stuart Towns, UWF
1995	West Georgia	Pat Samples, UWG		Don Medeiros, UWG
1996	West Florida	Jake O'Dell, LMU		Dr. Stuart Towns, UWF
1997	West Georgia	Potiphar Nhoma, UAH		Don Medeiros, UWG
1998	West Georgia	Jake Nay, UWG		Don Medeiros, UWG
1999	West Georgia	Andy Hannah, UWG		David Cain, UAH
2000	Harding	Linus Chepkwony, HU		Bryan Phillips, HU
2001	Harding	Linus Chepkwony, HU		Bryan Phillips, HU
2002	Harding	Jacob Rotich, HU	Caleb Carmichael, UWF	Steve Guymon, HU
2003	Harding	Jacob Rotich, HU	Peter Rotich, HU	Steve Guymon, HU
2004	Harding	Peter Kosgei, HU	Artur Kern, HU	Steve Guymon, HU
2005	Harding	James Cheryuiyot, HU	James Cheryuiyot, HU	Steve Guymon, HU
2006	Harding	Artur Kern, HU	Will Rodgers, UAH	Steve Guymon, HU
2007	Alabama-Huntsville	James Cheryuiyot, HU	Nao Asano, UWG	David Cain, UAH

\*--Freshman of the Year was added in 2002

<b>GSC Individual Champion Breakdown</b>	<b>GSC Coach of the Year Breakdown</b>
<b>Two-time Honorees</b> Ed Palmer, TSU (1975, '77) Mike Randell, TSU (1979-80) Steve Venable, TSU (1980-81) Tony Farris, MC (1982-83) Linus Chepkwony, HU (2000-01) Jacob Rotich, HU (2002-03) James Cheryuiyot, HU (2005, '07)	<b>Overall Honorees</b> 7-John Anderson, TSU (1971, '74-79) 5-Steve Guymon, HU (2002-06) 3-Don Medeiros, UWG (1995, '97-98) 3-Ed Sheehan, TSU (1981-83) 2-David Cain, UAH (1999, 2007) 2-Bryan Phillips, HU (2000-01) 2-Dr. Stuart Towns, UWF (1994, '96) 1-Glenn Baker, TSU (1984-85) 1-Larry Crow, SELA (1973) 1-Jerry Dyes, NWSU (1972) 1-Greg Hernandez, TSU (1986) 1-Charles Oliver, TSU (1987) 1-Yui Provancha, TSU (1988) 1-Rick Stetson, TSU (1980)
<b>Three-time Honorees</b> Christian Palmer, TSU (1984-85, '87)	<b>Consecutive Honorees</b> 6-John Anderson, TSU (1974-79) 5-Steve Guymon, HU (2002-06) 3-Ed Sheehan, TSU (1981-83) 2-Glenn Baker, TSU (1984-85) 2-Don Medeiros, UWG (1997-98) 2-Bryan Phillips, HU (2000-01)
<b>Back-to-back Honorees</b> Mike Randell, TSU (1979-80) Steve Venable, TSU (1980-81) Tony Farris, MC (1982-83) Linus Chepkwony, HU (2000-01) Jacob Rotich, HU (2002-03)	



# GSC IN NCAA DIVISION II POST-SEASON

## GSC IN NCAA CHAMPIONSHIP STANDINGS

Team (Years Participated)	Yrs.	1st	2nd	3rd	4th	5th	Best Finish (Year)
Alabama-Huntsville (2007)	1	0	0	0	0	0	24th (2007)
Harding (2000, '01, '02, '03, '04, '05, '06)	7	0	0	1	0	2	3rd (2003)
Valdosta State (1975, '76, '77, '78)	4	0	0	1	0	0	3rd (1978)
West Georgia (1978, '79, '98)	3	0	0	0	0	0	16th (1998)
<b>Former Members</b>							
Troy State (1976, '77, '78, '79, '80, '81, '82, '83, '84, '85, '91, '92)	12	0	0	0	0	0	6th (1979)

## NCAA DIVISION II CHAMPIONSHIP RESULTS

Year	Team	Finish	Score	Year	Team	Finish	Score
1975	Valdosta State	17th	392	1985	Troy State	12th	281
1976	Valdosta State	8th (tie)	286	1991	Troy State	17th	461
	Troy State	22nd	537	1992	Troy State	16th	416
1977	Valdosta State	8th	256	1998	West Georgia	16th	334
	Troy State	9th	284	2000	Harding	12th	329
1978	Valdosta State	3rd	167	2001	Harding	5th (tie)	202
	Troy State	7th	204	2002	Harding	14th (tie)	367
	West Georgia	22nd	694	2003	Harding	3rd	86
1979	Troy State	6th	216	2004	Harding	5th	196
	West Georgia	21st	540	2005	Harding	9th	257
1980	Troy State	11th	269	2006	Harding	6th	192
1981	Troy State	12th	254	2007	Alabama-Huntsville	24th	616
1982	Troy State	14th	336				
1983	Troy State	16th	391				
1984	Troy State	12th	268				

## GSC MEN'S RUNNERS OF THE WEEK

2006	
DATE	MEN'S
09/06/06	Stephen Hill, CBU
09/13/06	Matt Ross, UAH
09/20/06	Julius Kosgei, HU
09/27/06	None
10/04/06	None
10/11/06	Beck Mitchell, UAH
10/18/06	None

2007	
DATE	MEN'S
09/12/07	Austin Enriquez, UWA
09/19/07	Brandon York, UAH
09/26/07	Steven Hill, CBU
10/03/07	Eric Mayes, UWF
10/10/07	James Cheruyiot, HU
10/17/07	None



# ALL-TIME ALL-GSC MEN'S CROSS COUNTRY TEAMS

<b>1971</b>	J.D. Evilsizer, UWA Art Drevins, TSU Rick Stetson, TSU Everrett Morris, TSU Ron Jarmon, TSU	30:17 30:30 30:42 31:10 31:11	<b>1981</b>	Steve Venable, TSU Tony Farris, MC Roy Martin, DSU Tony Huffman, MC Glen Banker, TSU	31:24 32:19	<b>1994</b>	Eric Johnson, MC John Viitanen, UWF George Tennort, MC Eric Poe, UNA Damian Wilson, UWF Richard Ikena, UWF Rob Esslinger, UAH Ubaloo Hurtado, UWG Tracey Burch, UWF Kojo Abawasee, UWG	26:22 26:28 26:35 26:52 26:55 27:02 27:03 27:07 27:10 27:18
<b>1972</b>	David McLeon, NWSU Doug Blackwell, MC Art Drevins, TSU Larry Davis, TSU Lee Dukes, MC	21:26 21:34 21:42 21:48 21:58	<b>1982</b>	Tony Farris, MC Jeff Weitenbeck, TSU Doug Cronkite, JSU Glen Banker, TSU Kendall Gooch, TSU	31:24 31:45 32:38 32:40 32:48	<b>1995</b>	Patrick Samples, UWG John Viitanen, UWF Brandon Pendley, UWG Court Lilly, LMU Richard Ikena, UWF Kojo Abawasee, UWG Clay Glover, UWF	25:49 26:21 26:26 26:31 26:32 26:35 26:38
<b>1973</b>	Phil Taul, SELA Jack Wood, MC Frank Trammel, NSU Richard Pipkin, UNA Charles Evans, MC	19:52 20:02 20:10 20:14 20:14	<b>1983</b>	Tony Farris, MC Julio Valdes, VSU Jeff Weitenbeck, TSU Kendall Gooch, TSU Michael Turdo, TSU	31:32 31:51	<b>1996</b>	Jake O'Dell, LMU Clay Glover, UWF Andy Hannah, UWG Court Lilly, LMU Brad Nixon, UWF Dee Hammond, UWG Herschel Johnson, UWF	27:21 27:38 27:40 28:05 28:12 28:17 28:22
<b>1974</b>	Pat Trammel, NWSU Ed Palmer, TSU Randy Moore, NWSU Terry Crews, TSU Vic Boyles, MC	24:41 25:14 25:15 25:21 25:25	<b>1984</b>	Chris Palmer, TSU Van Savell, MC Julio Valdez, TSU Jeff Weitenbeck, TSU Barry Fitts, UNA	31:05 31:59	<b>1997</b>	<b>First Team</b> Potiphar Nhoma, UAH Andy Hannah, UWG Kojo Abawasee, UWG Court Lilly, LMU Steve Garst, UWF Jeremy Smith, LMU Andre Lenoir, UWG	26:30 26:34 27:04 27:08 27:33 27:38 27:59
<b>1975</b>	Ed Palmer, TSU Vic Boyles, MC Andy Whitener, TSU Richard Pipkin, TSU Tim Wallace, MC	24:19 24:52 25:17 25:29 25:38	<b>1985</b>	Christian Palmer, TSU Barry Fitts, UNA Jeffery Harwell, TSU Nicholas Wolf, TSU William Hibbard, TSU	31:24 31:51 32:20 32:35 32:58	<b>1998</b>	<b>Second Team</b> Richard Ikena, UWF Carlisle Devonish, UWG Clay Glover, UWF Tony Odubela, UWG Steve Ridley, UWG Yuri Lebeder, VSU Thomas Mitchell, UNA	28:08 28:13 28:17 28:21 28:24 28:24 28:24
<b>1976</b>	Vic Boyles, MC Ed Palmer, TSU Joe Boyles, MC Gary Funkhouser, TSU Joe Siedlecki, SELA	23:12 23:13 23:18 23:28 23:47	<b>1986</b>	Van Savell, MC Mike Turdo, TSU William Hibbard, TSU Tim Keith, MC Mike Archer, UWG	32:17 33:18 33:24 33:31 33:51	<b>1999</b>	<b>First Team</b> Jake Nay, UWG Andy Hannah, UWG Ben Hunault, UWG Jake O'Dell, LMU Court Lilly, LMU Will Steele, CBU Jeremy Smith, LMU	31:45 32:09 32:52 33:03 33:48 33:52 34:17
<b>1977</b>	Ed Palmer, TSU Vic Boyles, MC John Hennings, SELA Tom Larkin, TSU Andy Whitener, TSU	32:01 32:18 32:18 32:27 32:27	<b>1987</b>	Christian Palmer, TSU William Hibbard, TSU Jeffery Harwell, TSU Guion Gee, MC Nicholas Wolf, TSU	31:02 31:50 32:32 32:36 32:39	<b>2000</b>	<b>Second Team</b> Dean Christman, UWG Andre Lenoir, UWG Tony Odubela, UWG Gary Cooke, UWF Allen Reyes, SAU Danny Brock, UWG DeWayne Defee, SAU	34:27 34:33 34:33 34:35 34:37 34:40 34:52
<b>1978</b>	Tom Larkin, TSU Steve Venable, TSU Rick Horta, TSU Ed Wright, TSU Race Gentry, TSU	31:04 31:54 32:01 32:16 32:17	<b>1988</b>	Tim Keith, MC Scott Trimble, UNA Nicholas Wolf, TSU Guion Gee, MC William Hibbard, TSU	33:33	<b>2001</b>		
<b>1979</b>	Mike Randall, TSU Rick Horta, TSU Race Gentry, TSU Richard Gowins, TSU Scott Strider, TSU	32:46 33:23 33:41 33:47 34:40	<b>1989-92</b>	No GSC Championship Held		<b>2002</b>		
<b>1980</b>	Steve Venable, TSU Mike Randall, TSU Rick Horta, TSU Tony Farris, MC Bubba Belcher, TSU	33:03 33:03 33:08 33:53 34:15	<b>1993</b>	James Sorrells, UWG Patrick Samples, UWG Chad Barrett, LMU Eric Poe, UNA Daniel Thorogood, UWG	32:32 34:14 34:27 34:30 35:05	<b>2003</b>		

# ALL-TIME ALL-GSC MEN'S CROSS COUNTRY TEAMS



1999	2002	2004
<b>First Team</b>	<b>First Team</b>	<b>First Team</b>
Andy Hannah, UWG 25:48	Jacob Rotich, HU 24:03	Peter Kosgei, HU 24:28
Jake Nay, UWG 26:13	Scott Wietecha, HU 24:35	Maciek Miereczko, HU 25:01
Jason Burnes, UAH 26:36	Reed Fisher, HU 24:55	Reed Fisher, HU 25:10
Alonzo Carlisle, UAH 26:41	Maciej Mierecko, HU 25:10	Artur Kern, HU 25:17
Allan Reyes, SAU 26:47	Sam Ishee, UWF 25:22	Michael Padilla, UWF 25:21
Andy McHugh, UWG 27:02	Andrew Hodges, UAH 25:35	Adrian Romanos, SAU 25:44
Steven Garst, UWF 27:09	Chad Stansbury, SAU 25:54	Caleb Carmichael, UWF 25:57
<b>Second Team</b>	Caleb Carmichael, UWF 25:56	Julius Kosgei, HU 26:10
Leo Frayre, SAU 27:18	Ezekiel Koech, HU 25:59	Przemek Bobrowski, HU 26:15
James Terwilliger, UAH 27:21	James Duffell, UWF 26:01	Sam Ishee, UWF 26:24
Brandon Gibbs, LMU 27:30	<b>Second Team</b>	<b>Second Team</b>
Orlando Rivero, UWG 27:32	William Johnson, SAU 26:02	Ben Knoernschild, CBU 26:43
Dustin Eichelberg, UWF 27:35	Brian Harper, UWG 26:15	Brian Harper, UWG 26:53
Jonathan Daniels, VSU 27:41	Danny Bauer, UWF 26:21	Blais Lavender, UWG 26:53
Shawn Gallup, UWF 27:45	Matt Wilson, UAH 26:24	Jared Carson, UWG 27:01
	Ben Knornchild, CBU 26:27	Brandon York, UAH 27:06
	Jon Seaton, UWG 26:28	Mark Zoller, UWG 27:08
	Mike Brannon, UWG 26:31	Matt Wilson, UAH 27:09
	Ramad Hicks, UWF 26:35	Heath White, UNA 27:14
	Mark Zoller, UWG 26:36	Justin Pruitt, UAH 27:23
	Zack Wilkinson, CBU 26:40	Matt McLellan, UAH 27:24
<b>2000</b>	<b>2003</b>	<b>2005</b>
<b>First Team</b>	<b>First Team</b>	<b>First Team</b>
Linus Chepkwony, HU 25:48	Jacob Rotich, HU 24:03	James Cheryuiyot, HU 24:44
Gavin Bailey, UWG 25:56	Peter Kosgei, UWF 24:29	Julius Kosgei, HU 25:03
Japeth Langat, HU 25:57	Scott Wietecha, HU 25:03	Artur Kern, HU 25:21
David Scharff, HU 26:13	Reed Fisher, HU 25:14	Przemek Bobrowski, HU 25:27
Scott Penick, HU 26:15	Maciej Mierecko, HU 26:02	Michael Padilla, UWG 25:30
Scott Wietecha, HU 26:15	Adrian Romanos, SAU 26:19	Stephen Hill, CBU 25:36
Andrew Hodges, UAH 26:36	Andrew Hodges, UAH 26:23	Adrian Romanos, SAU 25:38
<b>Second Team</b>	Jon Seaton, UWG 26:28	Brandon York, UAH 25:57
Jonathan Daniels, VSU 26:45	Tim Cornett, VSU 26:29	Caleb Carmichael, UWF 26:11
Andrew Scharaff, HU 27:01	Steve Rankin, UWG 26:33	Luis Flores, UCA 26:15
Jason Carroll, SAU 27:10	<b>Second Team</b>	<b>Second Team</b>
Steven Garst, UWF 27:13	Mike Branan, UWG 26:38	Sam Ishee, UWG 26:23
James Wright, VSU 27:19	Matt Wilson, UAH 26:43	Matt Cregger, HU 26:26
Michael Hunt, SAU 27:33	Michael Padilla, UWF 26:46	Timothy Davidson, HU 26:41
Brandon Gibbs, LMU 27:35	Brian Harper, UWF 26:49	Mark Riley, HU 26:41
	Tyler Johnson, VSU 26:54	Justin Pruitt, UAH 26:27
	Ben Knoernschild, CBU 26:57	Alex Methvin, UAH 26:40
	Mark Bryant, UWG 27:02	Heath White, UNA 26:30
	Caleb Carmichael, HU 27:11	Danny McBride, UCA 26:35
	Blaine Slack, SAU 27:13	Andy Minnick, VSU 26:42
	Brandon York, UAH 27:13	Jeremy Donahue, LMU 26:42
<b>2001</b>		
<b>First Team</b>		
Linus Chepkwony, HU 25:13		
David Scharff, HU 25:17		
Jacob Rotich, HU 25:18		
Japeth Langat, HU 25:51		
Scott Wietecha, HU 25:55		
Sam Ishee, UWF 25:59		
Reed Fisher, HU 26:08		
<b>Second Team</b>		
Scott Penick, HU 26:27		
Brian Harper, UWG 26:35		
Shawn Gallup, UWF 26:36		
Dan Bauer, UWF 26:38		
James Terwilliger, UAH 26:45		
Matt Albertson, SAU 26:49		
Andrew Hodges, UAH 26:51		



# ALL-TIME ALL-GSC MEN'S CROSS COUNTRY TEAMS

2006		2007	
<b>First Team</b>		<b>First Team</b>	
Artur Kern, HU	25:07	James Cheruiyot, HU	25:35
Michael Padilla, UWF	25:10	Brandon York, UAH	26:26
James Cheruiyot, HU	25:27	Nao Asano, UWG	26:31
Julius Kosgei, HU	25:35	Nathan Miles, UAH	26:32
Stephen Hill, CBU	25:47	Wojciech Kopec, HU	26:42
Przemek Bobrowski, HU	25:51	Stephen Hill, CBU	26:43
Jordan Therkauph, UWF	26:08	Mark Temple, UAH	27:07
Matt Cregger, HU	26:25	Will Rodgers, UAH	27:23
Brian Gowin, UWF	26:32	Austin Enriquez, UWA	27:26
Shawn Matthews, UWG	26:35	John Waldorf, CBU	27:30
<b>Second Team</b>		<b>Second Team</b>	
Will Rodgers, UAH	26:41	Roman Drankin, UWG	27:33
Zac Piper, UNA	26:53	Brian Gowin, UWF	27:34
Alex Methvin, UAH	27:05	Matt Cregger, HU	27:48
Alex Brown, UWA	27:12	Will Fairhurst, HU	27:49
TJ Davidson, HU	27:15	Frank Bolling, HU	27:49
Nathan Hall, SAU	27:16	Nicholas Maedel, UWF	27:49
Eric Mayes, UWF	27:20	Jonathan Sellers, UWA	27:51
Courtney Green, UAM	27:23	Nathan Blim, SAU	27:52
Marc Loman, UWG	27:24	Josh Moshier, UAH	27:56
Mark Temple, UAH	27:25	Jordan Conley, HU	28:04

### Four-time First Team All-GSC Honorees

Ed Palmer, TSU (1974-77)  
 Vic Boyles, MC (1974-77)  
 Tony Farris, MC (1980-83)  
 Court Lilly, LMU (1995-98)  
 Andy Hannah, UWG (1996-99)  
 Scott Wietecha, HU (2000-03)  
 Reed Fisher, HU (2001-04)

### Three-time First Team All-GSC Honorees

Rick Horta, TSU (1978-80)  
 Steve Venable, TSU (1978, 80-81)  
 Jeff Weitenbeck, TSU (1982-84)  
 Nicholas Wolf, TSU (1985, '87-88)  
 William Hibbard, TSU (1985-87)  
 Kojo Abawase, UWG (1994-95, '97)  
 Jacob Rotich, HU (2001-03)  
 Reed Fisher, HU (2001-03)  
 Andrew Hodges, UAH (2000, '02-03)  
 Maciek Miereczko, HU (2002-04)  
 Adrian Romanos, SAU (2003-05)  
 Caleb Carmichael, UWF (2002, '04-05)  
 Artur Kern, HU (2004-06)  
 Michael Padilla, UWF (2004-06)  
 Julius Kosgei, HU (2004-06)  
 Przemek Bobrowski, HU (2004-06)  
 James Cheruiyot, HU (2005-07)  
 Stephen Hill, CBU (2005-07)

# GSC WOMEN'S CROSS COUNTRY CHAMPIONSHIP RESULTS



## 1982

(@ Carrollton, GA)

1. Troy State (29)
2. Jacksonville State (65)
3. Valdosta State (69)
4. Mississippi College (78)
5. Delta State (98)

## 1983

1. Troy State
2. West Georgia
3. Delta State
4. Mississippi College

## 1984

(@ Clinton, MS)

Complete Results Not Available

1. Troy State

## 1985

(@ Clinton, MS)

1. Troy State (27)
2. North Alabama (36)
3. West Georgia (65)
4. Valdosta State (115)

## 1986

(@ Clinton, MS)

1. Troy State (25)
2. North Alabama (30)
3. West Georgia (90)
- Valdosta State (DNF)

## 1987

(@ Clinton, MS)

1. North Alabama (24)
2. Troy State (32)
3. West Georgia (73)
- Valdosta State (DNF)

## 1988

1. North Alabama (31)
2. Troy State (53)
3. West Georgia (58)

## 1989-91

No GSC Championship Held

## 1992

(@ Clinton, MS)

1. Lincoln Memorial (29)
2. West Georgia (31)
3. North Alabama (75)
4. Delta State (94)

## 1993

(@ Spartanburg, SC)

1. West Georgia (32)
2. Alabama-Huntsville (58)
3. Lincoln Memorial (69)
4. Valdosta State (102)
5. North Alabama (111)
6. Delta State (135)

## 1994

1. West Georgia (23)
2. West Florida (67)
3. Alabama-Huntsville (89)
4. Valdosta State (128)
5. Lincoln Memorial (129)
6. Delta State (140)
7. Central Arkansas (143)
8. North Alabama (173)

## 1995

(@ Clinton, MS)

1. West Georgia (25)
2. West Florida (50)
4. Valdosta State (100)
3. Alabama-Huntsville (108)
5. Central Arkansas (148)
6. Delta State (179)
7. Henderson State (197)
8. Lincoln Memorial (223)
9. North Alabama (226)
10. Arkansas Tech (268)
11. Arkansas-Monticello (278)
12. Southern Arkansas (319)

## 1996

(@ Memphis, TN)

1. West Florida (49)
2. Valdosta State (77)
3. West Georgia (82)
4. Alabama-Huntsville (102)
5. Central Arkansas (110)
6. Arkansas Tech (191)
7. Christian Brothers (206)
8. Delta State (213)
9. Henderson State (217)
10. Lincoln Memorial (222)
11. Southern Arkansas (252)
12. North Alabama (309)
13. Arkansas-Monticello (347)

## 1997

(@ Memphis, TN)

1. West Georgia (32)
2. Central Arkansas (61)
3. West Florida (69)
4. Alabama-Huntsville (103)
5. Arkansas Tech (108)
6. Valdosta State (159)
7. Henderson State (221)
8. Delta State (244)
9. West Alabama (250)
10. Southern Arkansas (260)
11. Lincoln Memorial (270)
12. Arkansas-Monticello (371)
13. North Alabama (379)
- Christian Brothers (DNF)

## 1998

(@ Memphis, TN)

1. Central Arkansas (65)
2. Alabama-Huntsville (74)
3. West Georgia (85)
4. West Florida (98)
5. Arkansas Tech (122)
6. Delta State (129)
7. North Alabama (151)
8. Southern Arkansas (185)
9. Lincoln Memorial (233)
10. Valdosta State (281)
11. West Alabama (325)
12. Henderson State (337)
13. Arkansas-Monticello (391)

## 1999

(@ Memphis, TN)

1. Alabama-Huntsville (40)
2. West Georgia (53)
3. Southern Arkansas (113)
4. Central Arkansas (121)
5. Arkansas Tech (132)
6. Valdosta State (138)
7. North Alabama (140)
8. West Florida (210)
9. Delta State (224)
10. Henderson State (240)
11. West Alabama (331)
12. Lincoln Memorial (335)
13. Arkansas-Monticello (372)

## 2000

(@ Huntsville, AL)

1. Harding (44)
2. West Georgia (49)
3. Arkansas Tech (78)
4. Alabama-Huntsville (95)
5. Southern Arkansas (145)
6. Valdosta State (146)
7. North Alabama (186)
8. Ouachita Baptist (234)
9. Central Arkansas (238)
10. Delta State (246)
11. Henderson State (253)
12. West Florida (292)
13. Lincoln Memorial (366)
14. Arkansas-Monticello (378)
15. West Alabama (411)

## 2001

(@ Memphis, TN)

1. Harding (39)
2. Alabama-Huntsville (65)
3. Arkansas Tech (96)
4. West Georgia (102)
5. Southern Arkansas (124)
6. Valdosta State (178)
7. Central Arkansas (198)
8. West Florida (241)
9. Henderson State (260)
10. Delta State (279)
11. North Alabama (302)
12. West Alabama (325)
13. Ouachita Baptist (347)
14. Arkansas-Monticello (368)
15. Lincoln Memorial (411)
16. Christian Brothers (453)

## 2002

(@ Huntsville, AL)

1. Harding (27)
2. Alabama-Huntsville (58)
3. Central Arkansas (117)
4. Valdosta State (150)
5. Ouachita Baptist (166)
6. West Florida (167)
7. Henderson State (185)
8. North Alabama (215)
9. Southern Arkansas (224)
10. Arkansas Tech (295)
11. Lincoln Memorial (298)
12. Delta State (306)
13. West Alabama (314)
14. Arkansas-Monticello (404)
15. Christian Brothers (DNF)
- West Georgia (DNF)

## 2003

(@ Memphis, TN)

1. Alabama-Huntsville (42)
2. Harding (65)
3. Arkansas Tech (112)
4. Ouachita Baptist (161)
5. Central Arkansas (175)
6. West Florida (181)
7. West Georgia (193)
8. Henderson State (227)
9. Delta State (228)
10. Southern Arkansas (236)
11. Valdosta State (260)
12. West Alabama (272)
13. North Alabama (278)
14. Arkansas-Monticello (376)
15. Christian Brothers (DNF)
- Lincoln Memorial (DNF)



# GSC WOMEN'S CROSS COUNTRY CHAMPIONSHIP RESULTS

- 2004**  
**(@ Huntsville, AL)**
1. Alabama-Huntsville (36)
  2. Harding (37)
  3. Central Arkansas (135)
  4. Ouachita Baptist (138)
  5. Delta State (152)
  6. North Alabama (156)
  7. Valdosta State (179)
  8. West Florida (192)
  9. West Georgia (220)
  10. Arkansas Tech (235)
  11. Southern Arkansas (258)
  12. Henderson State (318)
  13. Montevallo (366)
  14. Lincoln Memorial (386)
  15. West Alabama (473)
  16. Arkansas-Monticello (501)

- 2005**  
**(@ Memphis, TN)**
1. Harding (34)
  2. Alabama-Huntsville (85)
  3. Central Arkansas (100)
  4. Southern Arkansas (167)
  5. North Alabama (187)
  6. Delta State (200)
  7. West Florida (202)
  8. Valdosta State (210)
  9. West Georgia (227)
  10. Ouachita Baptist (245)
  11. Arkansas Tech (258)
  12. Lincoln Memorial (265)
  13. Montevallo (348)
  14. Henderson State (359)
  15. Christian Brothers (406)
  16. West Alabama (513)

- 2006**  
**(@ Huntsville, AL)**
1. Harding (19)
  2. Alabama-Huntsville (91)
  3. North Alabama (106)
  - West Florida (106)
  5. Southern Arkansas (155)
  6. Ouachita Baptist (159)
  7. West Georgia (162)
  8. Montevallo (217)
  9. Valdosta State (260)
  10. Henderson State (278)
  11. Arkansas Tech (304)
  12. Delta State (315)
  13. Arkansas-Monticello (345)
  14. Christian Brothers (362)
  15. West Alabama (420)

- 2007**  
**(@ Birmingham, AL)**
1. Harding (31)
  2. Alabama-Huntsville (32)
  3. West Florida (121)
  4. Southern Arkansas (144)
  5. North Alabama (154)
  6. Arkansas Tech (161)
  7. Ouachita Baptist (164)
  8. West Georgia (190)
  9. Montevallo (204)
  10. Henderson State (308)
  11. Valdosta State (328)
  12. Delta State (348)
  13. Christian Brothers (365)
  14. Arkansas-Monticello (395)
  15. West Alabama (397)

## **GSC Championship Breakdown**

### **Team-By-Team**

- 6-Harding (2000-02, '05-07)
- 5-Troy State (1982-86)
- 4-West Georgia (1993-95, '97)
- 3-Alabama-Huntsville (1999, 2003-04)
- 2-North Alabama (1987-88)
- 1-West Florida (1996)
- 1-Central Arkansas (1998)
- 1-Lincoln Memorial (1992)

### **Consecutive Champions**

- 5-Troy State (1982-86)
- 3-Harding (2000-02 and 2005-07)
- 3-West Georgia (1993-95)
- 2-Alabama-Huntsville (2003-04)
- 2-North Alabama (1987-88)

Former members in *ITALICS*

# GSC WOMEN'S CROSS COUNTRY CHAMPIONSHIP HISTORY



<u>Year</u>	<u>Champion</u>	<u>Individual Champion</u>	<u>Freshman of the Year*</u>	<u>Coach of the Year</u>
1982	Troy State	Tina Kroll, TSU		Ed Sheehan, TSU
1983	Troy State	Sherri Williams, JSU		Ed Sheehan, TSU
1984	Troy State	Results Not Available		Charles Oliver, TSU
1985	Troy State	Janice DeHaye, TSU		Charles Oliver, TSU
1986	Troy State	Susannah Cook, UNA		Charles Oliver, TSU
1987	North Alabama	Carol Franklin, UNA		Sharman Coley, UNA
1988	North Alabama	Susannah Cook, UNA		Brice Bishop, UNA
1989-92	No Championship Meet Held			
1993	West Georgia	Cybil O'Nan, LMU		Not available
1994	West Georgia	Heather Day, UAH		Don Medeiros, UWG
1995	West Georgia	Tracey Montgomery, UWG		Don Medeiros, UWG
1996	West Florida	Marta Valentic, UWG		David Seller, UWF
1997	West Georgia	Marta Valentic, UWG		Don Medeiros, UWG
1998	Central Arkansas	Amanda Walker, UWG		Richard Martin, UCA
1999	Alabama-Huntsville	Anne Cavanaugh, UWG		David Cain, UAH
2000	Harding	Hanna Ritakallio, HU		Bryan Phillips, HU
2001	Harding	Hanna Ritakallio, HU		Bryan Phillips, HU
2002	Harding	Janet Kogo, HU	Megan Czerny, UWG	Steve Guymon, HU
2003	Alabama-Huntsville	Janet Kogo, HU	Katherine Herring, UAH	David Cain, UAH
2004	Alabama-Huntsville	Kalina Szteyn, HU	Kalina Szteyn, HU	David Cain, UAH
2005	Harding	Aoife Cooke, ATU	Janee Jones, HU	Steve Guymon, HU
2006	Harding	Janee Jones, HU	Katy Grant, HU	Steve Guymon, HU
2007	Harding	Janee Jones, HU	Rysper Sirma, HU	Steve Guymon, HU

\*--Freshman of the Year (highest finish) was added in 2002.

<b>GSC Individual Champion Breakdown</b>	<b>GSC Coach of the Year Breakdown</b>
<b>Two-time Honorees</b> Susannah Cook, UNA (1986, '88) Marta Valentic, UWG (1996-97) Hanna Ritakallio, HU (2000-01) Janet Kogo, HU (2002-03) Janee Jones, HU (2006-07)	<b>Overall Honorees</b> 4-Steve Guymon, HU (2002, '05-07) 3-David Cain, UAH (1999, 2003-04) 3-Don Medeiros, UWG (1994-95, '97) 3-Charles Oliver, TSU (1984-86) 2-Bryan Phillips, HU (2000-01) 2-Ed Sheehan, TSU (1982-83) 1-Brice Bishop, UNA (1988) 1-Sharman Coley, UNA (1987) 1-Richard Martin, UCA (1998) 1-David Seller, UWF (1996)
<b>Back-to-back Honorees</b> Marta Valentic, UWG (1996-97) Hanna Ritakallio, HU (2000-01) Janet Kogo, HU (2002-03) Janee Jones, HU (2006-07)	<b>Consecutive Honorees</b> 3-Steve Guymon, HU (2005-07) 3-Charles Oliver, TSU (1984-86) 2-David Cain, UAH (2003-04) 2-Don Medeiros, UWG (1994-95) 2-Bryan Phillips, HU (2000-01) 2-Ed Sheehan, TSU (1982-83)



## GSC IN NCAA DIVISION II POST-SEASON

### GSC IN NCAA CHAMPIONSHIP STANDINGS

Team (Years Participated)	Yrs.	1st	2nd	3rd	4th	5th	Best Finish (Year)
Alabama-Huntsville (2003, '05, '07)	3	0	0	0	0	0	15th (2003)
Harding (1999, 2000, '01, '03, '04, '05, '06, '07)	8	0	0	1	0	2	5th (2003, '06)
Lincoln Memorial (2006)	1	0	0	0	0	0	24th (2006)
West Georgia (1993, '94, 2000)	3	0	0	0	0	0	17th (1993, '94)
<b>Former Members</b>							
Central Arkansas (2005)	1	0	0	0	0	0	21st (2005)
Troy State (1982, '83, '84)	3	0	0	0	0	0	11th (1982, '83, '84)

### NCAA DIVISION II CHAMPIONSHIP RESULTS

Year	Team	Finish	Score	Year	Team	Finish	Score
1982	Troy State	11th	332	2003	Harding	5th (tie)	264
1983	Troy State	11th	296		Alabama-Huntsville	15th	347
1984	Troy State	11th	272	2004	Harding	9th	277
1993	West Georgia	17th	489	2005	Harding	5th	204
1994	West Georgia	17th	506		Alabama-Huntsville	18th	413
1999	Harding	12th	295		Central Arkansas	21st	482
2000	Harding	17th	427	2006	Harding	5th	186
	West Georgia	21st	559		Lincoln Memorial	24th	740
2001	Harding	17th	417	2007	Harding	17th	398
					Alabama-Huntsville	18th	402

### GSC WOMEN'S RUNNERS OF THE WEEK

2006	
DATE	WOMEN'S
09/06/06	Eimear O'Brien, ATU
09/13/06	Janee Jones, HU
09/20/06	Emry McKay, UNA
09/27/06	Aoife Cook, ATU
10/04/06	Janee Jones, HU
10/11/06	Erin Zellers, UAH
10/18/06	Melissa Pollreis, ATU

2007	
DATE	WOMEN'S
09/12/07	Caitlin Heider, UAH
09/19/07	Erin Zellers, UAH
09/26/07	Lauren Karnitz, ATU
10/03/07	Kendall Mears, SAU
10/10/07	Janee Jones, HU
10/17/07	Hannah Howard, OBU





# ALL-TIME ALL-GSC WOMEN'S CROSS COUNTRY TEAMS

2002		2004		2006	
<b>First Team</b>		<b>First Team</b>		<b>First Team</b>	
Janet Kogo, HU	17:23	Kalina Szteyn, HU	17:50	Janee Jones, HU	17:48.9
Hanna Ritakallio, HU	17:34	Emry McKay, UNA	18:05	Emry McKay, UNA	18:09.8
Helen Singoei, HU	17:39	Helen Singoei, HU	18:10	Savita Chelimo, HU	18:17.2
Siobhan Lenihan, ATU	18:23	Katherine Herring, UAH	18:32	Jess Fisher, HU	18:20.7
Sarah Reardon, HU	18:31	Caitlin Heider, UAH	18:33	Vicky Echeverria, HU	18:28.7
Brooke McDaniel, UAH	18:41	Vicky Echeverria, HU	18:48	Kalina Szteyn, HU	18:38.0
Amy Phillips, UAH	18:43	Megan Fairclough, UAH	19:01	Erin Zellers, UAH	18:52.2
Penny Wheelchel, HSU	18:53	Melissa Daugherty, VSU	19:08	Mary Brown, HU	19:07.9
Heidi Vondermehden, UCA	18:55	Linda Scavarda, UAH	19:12	Katie Perkins, UWG	19:17.1
Megan Czerny, UWG	18:10	Sheene Hall, UNA	19:13	Katy Grant, HU	19:18.3
<b>Second Team</b>		<b>Second Team</b>		<b>Second Team</b>	
Julie Cantu, SAU	19:11	Natalie Hamilton, UAH	19:16	Lauren Brooks, UWF	19:24.2
Nancy Glasscock, UNA	19:11	Lauren Merritt, UCA	19:28	Kristin Williams, DSU	19:31.1
Elissa Cooper, LMU	19:15	Mary Brown, HU	19:28	Emily Harden, UAH	19:33.6
Courtney Hurst, UAH	19:17	Savita Chelimo, HU	19:29	Jessica Moran, UNA	19:43.3
Megan Fairclough, UAH	19:18	Fiona Kehoe, ATU	19:37	Kendall Mears, SAU	19:45.6
Meredith Middleton, VSU	19:19	Heidi Vondermehden, UCA	19:45	Emma Dean, UAH	19:49.3
Abby Rodenbeck, HU	19:26	Corinna Soto, HSU	19:48	Logan Whitlow, OBU	19:57.3
Whitney Barr, UCA	19:28	Aoife Cooke, ATU	19:50	Melissa Daugherty, VSU	19:59.1
Lesley Davis, UAH	19:29	Angela Cobb, VSU	20:15	Jessica Spurgeon, UWF	20:01.5
Jessica Cornett, HU	19:42	Katie Perkins, UWG	20:19	Jen Pulmano, UWF	20:02.8
<b>2003</b>		<b>2005</b>		<b>2007</b>	
<b>First Team</b>		<b>First Team</b>		<b>First Team</b>	
Janet Kogo, HU	17:45	Aoife Cooke, ATU	17:10	Janee Jones, HU	18:08.20
Lindsey Mills, UWG	17:50	Janee Jones, HU	17:15	Caitlin Heider, UAH	18:34.66
Amy Phillips, UAH	18:13	Emry McKay, UNA	17:40	Erin Zellers, UAH	18:39.46
Gaby Mendoza, SAU	18:23	Kalina Szteyn, HU	17:53	Rysper Sirma, HU	18:59.88
Brooke McDaniel, UAH	18:26	Caitlin Heider, UAH	18:00	Kalina Szteyn, HU	19:01.74
Katherine Herring, UAH	18:31	Savita Chelimo, HU	18:04	Katy Grant, HU	19:29.67
Kelly Bryson, ATU	18:33	Vicky Echeverria, HU	18:24	Natalie Hamilton, UAH	19:42.30
Sarah Reardon, HU	18:37	Hayley Conger, UWG	18:39	Diana Sitar, UWF	19:43.80
Fiona Kehoe, ATU	18:46	Lauren Merritt, UCA	18:40	Gwen Kyser, UAH	19:44.36
Jennifer Edwards, ATU	18:54	Erin Zellers, UAH	18:45	Jessica Moran, UNA	19:50.12
<b>Second Team</b>		<b>Second Team</b>		<b>Second Team</b>	
Helen Singoei, HU	18:56	Gabriela Mendoza, SAU	18:52	Reah Lee, UAH	19:54.54
Caitlin Heider, UAH	18:59	Sheena Murphy, UNA	18:58	Logan Whitlow, OBU	19:57.68
Penny Wheelchel, HSU	18:59	Kristin Williams, DSU	18:59	Kendall Mears, SAU	19:59.89
Heidi VonderMebden, UCA	19:05	Whitney Welch, UCA	19:00	Lauren Karnitz, ATU	20:01.48
Kate Bryant, UWG	19:10	Mary Brown, HU	19:05	Rachel Conley, HU	20:03.58
Linda Scavarda, UAH	19:18	Lindsay Musielak, SAU	19:11	Hannah Mook, UNA	20:08.80
Siobhan Lenihan, ATU	19:25	Gosia Drazkowska, H	19:17	Katie Perkins, UWG	20:11.96
Robyn Hopper, OBU	19:33	Melissa Daugherty, VSU	19:17	Margaret Harter, UWF	20:15.59
Natalie Fahey, UAH	19:43	Cherie Kern, LMU	19:18	Andrea Kruszka, UAH	20:29.13
Vicky Echeverria, HU	19:45	Michelle Pitoniak, UCA	19:22	Hannah Howard, OBU	20:29.94

### Four-time First Team All-GSC Honorees

Janet Kogo, HU (2000-03)  
Kalina Szteyn, HU (2004-07)

### Three-time First Team All-GSC Honorees

Kathleen Robinson, TSU (1982-84)  
Carol Franklin, UNA (1985-87)  
Tracey Montgomery, UWG (1993-95)  
Marta Valentic, UWG (1995-97)  
Tanya Simpson, UWF (1996-98)  
Hanna Ritakallio, HU (2000-02)  
Siobhan Lenihan, ATU (2000-02)  
Amy Phillips, UAH (2001-03)  
Sarah Reardon, HU (2001-03)  
Emry McKay, UNA (2004-06)  
Vicky Echeverria, HU (2004-06)  
Janee Jones, HU (2005-07)  
Caitlin Heider, UAH (2004-05, '07)  
Erin Zellers, UAH (2005-07)