



# Women's Cross Country Award Winners (updated through 2019 season)

## Horizon League

### INDIVIDUAL CHAMPION

Laura Rolf	2007
Laura Rolf	2008

### ATHLETE OF THE YEAR

Laura Rolf	2007
Laura Rolf	2008

### FIRST TEAM

Rachael Button	2007
Laura Rolf	2007
Laura Rolf	2008
Jessica Richardson	2012
Jessica Richardson	2013
Liz Bloy	2014
Jessica Richardson	2014

### SECOND TEAM

Liz Bloy	2015
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### ALL-ACADEMIC TEAM

Laura Rolf	2007
Lindsey Gilman	2008
Laura Rolf	2008
Caitlin Sauerhage	2008
Alyssa Bradford	2009
Lindsey Gilman	2009
Claire Johnson	2011
Jessica Richardson	2012
Jessica Richardson	2013
Jessica Richardson	2014
Hannah Schilling	2015
Kim Heiny	2016

## Mid-Continent Conference

### INDIVIDUAL CHAMPION

Collette Liss	1996
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### RUNNER OF THE YEAR

Collette Liss	1996
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### NEWCOMER OF THE YEAR

Danielle Nunnelly	2003
Laura Rolf	2005

### FIRST TEAM

Collette Liss	1996
Tami Long	1998
Tami Long	1999
Elizabeth Whiting	2000
Laura Rolf	2005
Laura Rolf	2006

### SECOND TEAM

Tami Long	1997
Amanda Lee	2000
Carrie Waterman	2001
Amy Mikel	2002
Rachel Nelson	2002
Amy Mikel	2003
Rachel Nelson	2003
Danielle Nunnelly	2003
Danielle Nunnelly	2004
Danielle Nunnelly	2005
Ashley Billstrom	2006
Rachael Button	2006
Danielle Nunnelly	2006
Renae Swift	2006

## North Star Conference

### FIRST TEAM

Kimberly Bruckner	1989
Jenny Devine	1989
Jewel Market	1989

## NCAA Great Lakes

### ALL-REGION

Collette Liss	1996
Collette Liss	1997
Laura Rolf	2005
Laura Rolf	2006
Laura Rolf	2007
Laura Rolf	2008

## Indiana

### ALL-STATE

Deana Action	1988
Kimberly Bruckner	1988
Jewel Market	1988
Kimberly Bruckner	1989
Shari Ludwig	1989
Tana Netsch	1989
Collette Liss	1996

## Indiana Big

### INDIVIDUAL CHAMPION

Collette Liss	1996
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## Indiana Little

### INDIVIDUAL CHAMPION

Jewel Market	1989
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