



# Women's Cross Country Award Winners (updated through 2020-21 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

### 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

## CoSIDA

### ACADEMIC ALL-AMERICA THIRD TEAM

Katherine Germann 2019-2020

### ACADEMIC ALL-DISTRICT FIRST TEAM

Katherine Germann 2018-2019  
Katherine Germann 2019-2020

## Mid-Continent Conference

### INDIVIDUAL CHAMPION

Collette Liss 1996

### RUNNER OF THE YEAR

Collette Liss 1996

### NEWCOMER OF THE YEAR

Danielle Nunnely 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 Nunnely 2003  
Danielle Nunnely 2004  
Danielle Nunnely 2005  
Ashley Billstrom 2006  
Rachael Button 2006  
Danielle Nunnely 2006  
Rena 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

## Indiana Little

### INDIVIDUAL CHAMPION

Jewel Market 1989