



Women's Cross Country Award Winners (updated through 2021-22 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 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
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