

Cross Country Record Book

Cross Country Individual Champions

5K All-Time Performance

Paityn Noe, Ballard, 16:48.6, 2022
 Camille Jackson, Ames, 17:23.9, 2019
 Adrianna Buettner-Cable, DM Roosevelt, 17:41.2, 2022
 Ashlyn Keeney, Iowa City Liberty, 17:44.1, 2019
 Marie Hostetler, Mid-Prairie, 17:51.2, 2017
 McKenzie Yanek, Pleasant Valley, 17:55.0, 2015
 Addison Dorenkamp, WDM Valley, 17:55.2, 2021
 Shewaye Johnson, Ballard, 17:55.3, 2020
 Anna Hostetler, Mid-Prairie, 17:57.7, 2016
 Olivia Verde, Johnston, 18:01.6, 2022
 Julia Gehl, Dubuque Hempstead, 18:03.2, 2022
 Micah Poellet, Linn-Mar, 18:03.4, 2018
 Paige Horner, Johnston, 18:04.3, 2017
 Bailey Nock, Iowa City West, 18:06.7, 2016
 Emily Staal, Springville-Central City, 18:07.4, 2018
 Lilian Schmidt, Dubuque Senior, 18:07.6, 2019

4K All-Time Performance

Katie Flood – Dowling Catholic, 13:27, 2007
 Ashlie Decker, Dowling Catholic, 13:37, 2008
 Shelby Houlihan, Sioux City East, 13:40, 2010
 Stephanie Jenks, Linn-Mar, 13:42, 2012
 Anna Holdiman, Waverly-Shell Rock, 13:51, 2012

2 Miles

Jeni Frudden, Iowa City West, 10:46, 2001
 Michelle Lilienthal, Iowa City High, 10:47, 1999
 Julie Hudetz, Bettendorf, 11:06, 1983
 Jennie Funk, Iowa City High, 11:09, 2001
 Emily Shoopman, Waterloo West, 11:10, 1999

Most Individual Titles

4 Rebekah Topham, Griswold, 2011-12-13-14
 3 Danielle Hostetler, Mid-Prairie, 2020-21-22
 Marie Hostetler, Mid-Prairie, 2017-18-19
 Adriana Katcher, Center Point-Urbana, 2016-17, 19
 Grace Gibbons, Gilbert, Dowling Catholic; 2011, 13, 14
 Katie Flood, Dowling Catholic, 2006-07-09
 Kristin Hansen, Okoboji, 1999-2000-01
 Kerry Greenwood, Cascade, 1983-84-85
 Christa Holmes, WDM Valley, 1985-87-88

Most Team Titles

11 Iowa City High 1989-90-91-92-93-95-99-2002-03-05-06
 9 Cascade 1983-84-85-87-88-90-91-92-2015
 8 Decorah 1976-80-82-2007-12-13-14-16
 7 Tipton 1989-94-2001-03-04-05-06
 6 Dowling Catholic 2007-08-09-10-11
 6 Dubuque Wahlert 1981-09-10-11-17-18
 5 Mid-Prairie: 2017-18-19-20-21
 5 Iowa City West 1997-98-2000-01-04
 5 Union 2001-07-08-09-10
 5 Unity Christian 1990-91-94-2011-12
 5 Johnston 2014-16-17-19-20

YEAR	CHAMPION
1966	Marg Benjamin, Central (Argyle)
1967	Sara Beckford, Rolfe
1968	Chris Gemberling, Lake City
1969	Chris Gemberling, Lake City
1970	Robin Evans, Manilla
1971	Cindy Hough, Missouri Valley
1972	Robin Evans, Manilla
1973	Barb Brown, Adel
1974	Theresa Holm, North Fayette
1975	Kris Skov, Marshalltown
1976	Yvonne Mennega, Unity Christian
1977	Lori Nolte, Mason City
1978	3A - Julie Williams, Spencer 2A-1A - Anne Mueksch, Missouri Valley
1979	3A - Tina Jackson, Waterloo Columbus 2A-1A - Nan Doak, Hedrick
1980	3A - Paulette Bendixen, Linn-Mar 2A-1A - Sue Youngberg, Essex
1981	3A - Dawn Lentsch, Cedar Falls 2A - Pam Janssen, Missouri Valley 1A - Jan Hall, George
1982	3A - Dawn Lentsch, Cedar Falls 2A - Jill Gazaway, Eagle Grove 1A - Nancy Peterson, Mason City Newman
1983	3A - Julie Hudetz, Bettendorf 2A - Kerry Greenwood, Cascade 1A - Nancy Peterson, Mason City Newman
1984	3A - Wendy Bare, North Scott 2A - Kerry Greenwood, Cascade 1A - Brenda Matheny, Lenox
1985	3A - Christa Holms, West Des Moines Valley 2A - Kerry Greenwood, Cascade 1A - Brenda Matheny, Lenox
1986	3A - Sara Roberson, Bettendorf 2A - Jennifer Hubbart, Davis County 1A - Jennifer Brower, St. Ansgar
1987	3A - Christa Holms, West Des Moines Valley 2A - Holly Barnes, Eddyville 1A - Kathy Halligan, West Sioux
1988	3A - Christa Holms, West Des Moines Valley 2A - Holly Barnes, Eddyville 1A - Marcia Vandersall, Maurice-Orange City
1989	3A - Toni Bechen, Dubuque Wahelrt 2A - Jean York, Davenport Assumption 1A - Jacinda Grishaber, North Linn
1990	3A - Kiersten Pauling, DM Lincoln 2A - Sydney Pounds, Gilbert-United 1A - Heather Amundson, Northwood-Kensett
1991	3A - Summer Johnson, Indianola 2A - LeAnn Rychnovsky, Clarke 1A - Sara Pluim, Unity Christian
1992	3A - Jennifer Schoonover, CR Kennedy 2A - Sarah Pluim, Unity Christian 1A - Svdnev Pounds. Gilbert

1993	3A - Alienor Gilchrist, Ames 2A - Megan Wagner, Cascade 1A - Bethany Rulapaugh, SCMT	2010	4A - Shelby Houlihan, SC East 3A - Anna Holdiman, Waverly-SR 2A - Lauren Benzing, Solon 1A - Emily Franks, Northeast, Goose Lake
1994	3A - Summer Johnson, Indianola 2A - Jana Peterson, Webster City 1A - Mandy Vitense, Tipton	2011	4A - Grace Gibbons, Dowling Catholic 3A - Madison Waymire, Dallas Center-Grimes 2A - Saddle Timms, Gilbert 1A - Rebekah Topham, Griswold
1995	3A - Keely Barnett, Iowa City High 2A - Amber Schmidt, Northeast 1A - Jessie Henderson, North Linn	2012	4A - Stephanie Jenks, Linn-Mar 3A - Anna Holdiaman, Waverly-Shell Rock 2A - Cassandra Stufflick, Danville/New London 1A - Rebekah Topham, Griswold
1996	3A - Julie Wuorinen, Pleasant Valley 2A - Val Oltman, Nevada 1A - Amber Schmidt, Northeast	2013	4A - McKenzie Yanek, Pleasant Valley 3A - Tess Roorda, Pella 2A - Grace Gibbons, Gilbert 1A - Rebekah Topham, Griswold
1997	3A - Bethany Young, Iowa City High 2A - Kristina Quigley, Council Bluffs St. Albert 1A - Jane McDermott, North Tama	2014	4A - Megan Schott, Des Moines Roosevelt 3A - Grace Gibbons, Gilbert 2A - Paige Holub, Monticello 1A - Rebekah Topham, Griswold
1998	3A - Michelle Lilienthal, Iowa City High 2A - Missy Buttry, Shenandoah-Essex 1A - Heather Kite, Jesup	2015	4A - McKenzie Yanek, Pleasant Valley 3A - Julia Schmacher, Davenport Assumption 2A - Paige Holub, Monticello 1A - Alyssa Williams, Durant
1999	3A - Michelle Lilienthal, Iowa City 2A - Amber Friederich, Algona 1A - Kristin Hansen, Okoboji	2016	4A - Bailey Nock, Iowa City West 3A - Adrianna Katcher, Center Point-Urbana 2A - Anna Hostetler, Mid-Prairie 1A - Kate Crawford, ACGC
2000	3A - Jeni Frudden, Iowa City West 2A - Amber Friederich, Algona 1A - Kristin Hansen, Okoboji	2017	4A - Paige Horner, Johnston 3A - Adrianna Katcher, Center Point-Urbana 2A - Marie Hostetler, Mid-Prairie 1A - Emily Staal, Springville/Central City
2001	3A - Jeni Frudden, Iowa City West 2A - Kristin Hansen, Okoboji 1A - Emily Klein, South Hamilton	2018	4A - Micah Poellet, Linn-Mar 3A - Janette Schraft, Glenwood 2A - Marie Hostetler, Mid-Prairie 1A - Emma Lucas, Bedford
2002	3A - Robdu Adam, Iowa City West 2A - Marcy Rahn, Clear Creek-Amana 1A - Megan Winkelman, Nodaway Valley	2019	4A - Camille Jackson, Ames 3A - Adrianna Katcher, Center Point-Urbana 2A - Marie Hostetler, Mid-Prairie 1A - Peyton Pogge, Tri-Center
2003	4A - Sarah Wickman, Iowa City West 3A - Sara Fassbinder, Dubuque Wahlert 2A - Megan Winkelman, Nodaway Valley 1A - Ellen Ries, North Linn	2020	4A - Keelee Leitzen, Dubuque Hempstead 3A - Shewaye Johnston, Ballard 2A - Danielle Hostetler, Mid-Prairie 1A - Haley Meyer, Kee
2004	4A - Hannah Roeder, DM Roosevelt 3A - Caedryn Schrunk, Spirit Lake Park 2A - Ashley Miller, Tipton 1A - Ellen Ries, North Linn	2021	4A - Addison Dorenkamp, West Des Moines Valley 3A - Paityn Noe, Ballard 2A - Danielle Hostetler, Mid-Prairie 1A - Noelle Steines, Calamus-Wheatland
2005	4A - Sarah Wickman, Iowa City West 3A - Regina Reing, Harlan 2A - Mallory Marshall, Center Point-Urbana 1A - Brooke Dinsdale, North Tama	2022	4A - Adrienne Buettner-Cable, DM Roosevelt 3A - Paityn Noe, Ballard 2A - Danielle Hostetler, Mid-Prairie 1A - Noelle Steines, Calamus-Wheatland
2006	4A - Katie Flood, Dowling Catholic 3A - Meaghan Nelson, CR Xavier 2A - Ashley Miller, Tipton 1A - Brooke Dinsdale, North Tama		
2007	4A - Katie Flood, Dowling Catholic 3A - Danielle Nowasell, Grinnell 2A - Steph Wibben, George-LR/C Lyon 1A - Blaire Dinsdale, North Tama		
2008	4A - Ashlie Decker, Dowling Catholic 3A - Sara Dickinson, Oskaloosa 2A - Morgan Casey, Northeast 1A - Sara Stoakes, North Tama		
2009	4A - Katie Flood, Dowling Catholic 3A - Ali Krogman, Atlantic 2A - Morgan Casey, Northeast 1A - Katy Moen, Wapsie Valley		

Team Champions

1966 Central (Argyle)
 1967 Cedar Valley
 1968 Adel
 1969 BGM
 1970 (tie) BGM
 (tie) Manilla
 1971 BGM
 1972 Manilla
 1973 Manilla
 1974 Manilla
 1975 North, West Union
 1976 Decorah
 1977 Bettendorf
 1978 3A—Spencer
 2A-1A--Missouri Valley
 1979 3A--Fort Madison
 2A-1A--North Tama
 1980 3A--Cedar Rapids Jefferson
 2A-1A--Decorah
 1981 3A--Dubuque Wahlert
 2A--New Hampton
 1A--North Tama
 1982 3A--New Hampton
 2A--Decorah
 1A--North Tama
 1983 3A--Pleasant Valley
 2A--Cascade
 1A--Belle Plaine
 1984 3A--Bettendorf
 2A--Cascade
 1A--Woodbine
 1985 3A--Pleasant Valley
 2A--Cascade
 1A--Maurice-Orange City
 1986 3A--Keokuk
 2A--Maquoketa
 1A--LeMars Gehlen Catholic
 1987 3A--Bettendorf
 2A--Cascade
 1A--Maurice-Orange City
 1988 3A--North Scott
 2A--Cascade
 1A--Maquoketa Valley
 1989 3A--Iowa City High
 2A--Gilbert
 1A--Tipton
 1990 3A--Iowa City High
 2A--Cascade
 1A--Orange City Unity Christian
 1991 3A--Iowa City High
 2A--Cascade
 1A--Unity Christian
 1992 3A--Iowa City High
 2A--Cascade
 1A--Colfax-Mingo
 1993 3A--Iowa City High
 2A--Waukon
 1A--Colfax-Minoo

°1994 3A--Pleasant Valley
 2A--Orange City Unity Christian
 1A--Tipton
 1995 3A--Iowa City High
 2A--Maquoketa
 1A--Lynnville-Sully
 1996 3A--Cedar Falls
 2A--Bennett-Durant
 1A--Lynnville-Sully
 1997 3A--Iowa City West
 2A--Sibley-Ocheyedan
 1A--Bennett-Durant
 1998 3A--Iowa City West
 2A--Benton
 1A--Calamus-Wheatland
 1999 3A--Iowa City High
 2A--Benton
 1A--North Linn
 2000 3A—Iowa City West
 2A—Benton
 1A—Bennett-Durant
 2001 3A—Iowa City West
 2A—Union
 1A—Tipton
 2002 3A - Iowa City High
 2A - Mount Pleasant
 1A - Bennett-Durant
 2003 4A - Iowa City High
 3A - Cedar Rapids Xavier
 2A - Tipton
 1A - Valley Community
 2004 4A - Iowa City West
 3A - Marion
 2A - Tipton
 1A - Valley Community
 2005 4A - Iowa City High
 3A - Harlan
 2A - Tipton
 1A - North Tama
 2006 4A - Iowa City High
 3A - Cedar Rapids Xavier
 2A - Tipton
 1A - Valley Community
 2007 4A - Dowling Catholic
 3A - Decorah
 2A - Union
 1A - CB St. Albert
 2008 4A - Dowling Catholic
 3A - Mount Vernon-Lisbon
 2A - Union
 1A - Pekin
 2009 4A - Dowling Catholic
 3A - Dubuque Wahlert
 2A - Union
 1A - Nodaway Valley
 2010 4A - Dowling Catholic
 3A - Dubuque Wahlert
 2A - Union
 1A - Pekin

2011 4A - Dowling Catholic
3A - Dubuque Wahlert
2A - Unity Christian
1A - Pekin

2012 4A - Pleasant Valley
3A - Decorah
2A - Unity Christian
1A - Griswold

2013 4A - Dowling Catholic
3A - Decorah
2A - Gilbert
1A - Pekin

2014 4A - Johnston
3A - Decorah
2A - Monticello
1A - Pocahontas Area

2015 4A - Urbandale
3A - Davenport Assumption
2A - Cascade
1A - Central Elkader

2016 4A - Johnston
3A - Decorah
2A - Monticello
1A - Central Elkader

2017 4A - Johnston
3A - Dubuque Wahlert
2A - Mid-Prairie
1A - Hudson

2018 4A - Southeast Polk
3A - Dubuque Wahlert
2A - Mid-Prairie
1A - Logan-Magnolia

2019 4A - Johnston
3A - Ballard
2A - Mid-Prairie
1A - Logan-Magnolia

2020 4A - Johnston
3A - Ballard
2A - Mid-Prairie
1A - Hudson

2021 4A - Dubuque Hempstead
3A - Solon
2A - Mid-Prairie
1A - South Winneshiek

2022 4A - Dubuque Hempstead
3A - Pella
2A - Van Meter
1A - Earlham