

Year-by-Year Women's Cross Country PSAC Champions

Click on links for Championship recaps

2020-21 Champions, 5K Race: [Edinboro](#)

1. Edinboro	58pts
2. Lock Haven	83pts
3. Seton Hill	118pts*
4. Gannon	118pts*
5. Slippery Rock	166pts
6. Indiana (Pa.)	173pts
7. Shippensburg	191pts
8. East Stroudsburg	194pts
9. Bloomsburg	210pts
10. California (Pa.)	224pts
11. Clarion	234pts
12. Kutztown	275pts
13. Mansfield	326pts
14. Millersville	372pts
15. Mercyhurst	406pts

*Tiebreakers

Individual (First Team All-PSAC Top 15, Second Team 16-30)

1	Stephanie Parsons	Edinboro	17:32
2	Laurel Moyer	Lock Haven	17:55
3	Kimberly Goerss	Edinboro	18:24
4	Anna Alberti	Edinboro	18:35
5	Cadie Kiser	Lock Haven	18:48
6	Alexis Firment	Slippery Rock	18:49
7	Sydney Wolf	Seton Hill	18:56
8	Nicole Keeley	Bloomsburg	19:01
9	Elaina Klinger	Lock Haven	19:13
10	Jessica Jones	Indiana (Pa.)	19:15
11	Tori Klimowicz	Edinboro	19:19
12	Alena Wisniewski	Gannon	19:19
13	Emma Steele	Gannon	19:20
14	Izzy Myles	Seton Hill	19:23
15	Kyra Gerber	Shippensburg	19:24
16	Anna Igims	Slippery Rock	19:27
17	Darby Roth	Seton Hill	19:27
18	Carly Daniels	Mansfield	19:30
19	Amanda Fine	East Stroudsburg	19:31
20	Courtney Kosanovic	Clarion	19:32
21	Sydney Urbine	California (Pa.)	19:33
22	Isabelle Gulbert	Shippensburg	19:35

23	Dootleen Joseph	Kutztown	19:35
24	Keely Arndt	East Stroudsburg	19:35
25	Brittany Carratura	East Stroudsburg	19:37
26	Brianna Herr	Indiana (Pa.)	19:39
27	Tori James	Indiana (Pa.)	19:40
28	Abigail Sullivan	Clarion	19:42
29	Sarah Fiorello	Gannon	19:42
30	Alexis Cunningham	Seton Hill	19:47

2019 Champions: [Edinboro](#)

1. Edinboro	60pts
2. West Chester	95pts
3. Seton Hill	99pts
4. Slippery Rock	171pts
5. Kutztown	178pts
6. Lock Haven	211pts
7. Bloomsburg	211pts
8. Shippensburg	215pts
9. California	217pts
10. IUP	224pts
11. Gannon	238pts
12. East Stroudsburg	248pts
13. Clarion	275pts
14. Millersville	337pts
15. Mercyhurst	385pts
16. Mansfield	418pts
17. Pitt-Johnstown	518pts

Individual (First Team All-PSAC Top 15, Second Team 16-30)

1	Stephanie Parsons	Edinboro	21:43
2	Hope Pietrocarlo	Edinboro	21:57
3	Laurel Moyer	Lock Haven	22:12
4	Caitlyn Padgett	Seton Hill	22:41
5	Tori Klimowicz	Edinboro	22:41
6	Cadie Kiser	Lock Haven	22:46
7	Alexis Cunningham	Seton Hill	22:52
8	Kacey Raible	Slippery Rock	22:52
9	Anna Alberti	Mercyhurst	22:58
10	Kimberly Goerss	Edinboro	23:01
11	Isabelle Gulbert	Shippensburg	23:09
12	Lyndsey Payne	Mansfield	23:12
13	Sydney Galster	West Chester	23:14
14	Lindsay Hoffman	Kutztown	23:15

15	Maria Cawoski	Seton Hill	23:16
16	Sarah Supplee	West Chester	23:19
17	Sarah Fiorello	Gannon	23:22
18	Yoangelys Cedeno	Millersville	23:23
19	Nicole Keeley	Bloomsburg	23:23
20	Sara Vance	California	23:24
21	Alissa Vandebunte	West Chester	23:25
22	Tara McLaughlin	West Chester	23:27
23	Elizabeth Edwards	West Chester	23:28
24	Amanda Fine	East Stroudsburg	23:28
25	Dootleen Joseph	Kutztown	23:36
26	Haley Schaller	Clarion	23:37
27	Rachel Davalos	East Stroudsburg	23:39
28	Jillian Norris	Slippery Rock	23:42
29	Kyra Gerber	Shippensburg	23:44
30	Karlee Noel	Lock Haven	23:46

2018 Champion: [Shippensburg](#)

1. Shippensburg	71pts
2. Edinboro	75pts
3. California	111pts
4. Seton Hill	154pts
5. Lock Haven	156pts
6. Kutztown	176pts
7. Slippery Rock	179pts
8. West Chester	211pts
9. Mercyhurst	223pts
10. Clarion	224pts
11. Gannon	254pts
12. East Stroudsburg	306pts
13. IUP	363pts
13. Millersville	363pts
15. Bloomsburg	364pts
16. Mansfield	430pts
17. Pitt-Johnstown	546pts

Individual (First Team All-PSAC Top 15, Second Team 16-30)

1	Alicia Belko	California	23:20
2	Alyson Pierce	California	23:53
3	Skye Christian	Seton Hill	23:54
4	Laurel Moyer	Lock Haven	24:08
5	Morgan Ilgenfritz	Bloomsburg	24:12
6	Natalee Serwatka	Shippensburg	24:14

7	Hope Pietrocarlo	Edinboro	24:18
8	Abbey Lang	Edinboro	24:20
9	Isabella Marchini	Shippensburg	24:26
10	Sabrina Palmieri	Slippery Rock	24:28
11	Kayce Bobnar	Clarion	24:31
12	Kaylee Mowery	Shippensburg	24:33
13	Stephanie Bresadola	Kutztown	24:35
14	Amanda Ferraro	Kutztown	24:39
15	Cadie Kiser	Lock Haven	24:42
16	Stefanie Parsons	Edinboro	24:45
17	Tori Klimowicz	Edinboro	24:46
18	Grace McGrath	Gannon	24:47
19	Kacey Raible	Slippery Rock	24:48
20	Molly Kennedy	Mercyhurst	24:52
21	Jacqueline Kinkead	Shippensburg	24:55
22	Brianna VandeBunte	West Chester	25:08
23	Lindsey Gerlach	Shippensburg	25:08
24	Anna Foster	Clarion	25:10
25	Alissa VandeBunte	West Chester	25:10
26	Rebecca King	Mercyhurst	25:12
27	Audrey MacPherson	Edinboro	25:12
28	Megan Bateman	California	25:18
29	Caitlyn Padgett	Seton Hill	25:21
30	Amanda Shultz	Lock Haven	25:33

2017 Champion: [Edinboro](#)

1. Edinboro	87pts
2. Shippensburg	89pts
3. Kutztown	126pts
4. West Chester	140pts
5. California	160pts
6. East Stroudsburg	172pts
7. Slippery Rock	192pts
8. Lock Haven	218pts
9. Mercyhurst	251pts
10. Seton Hill	262pts
11. IUP	289pts
12. Bloomsburg	293pts
13. IUP	315pts
14. Mansfield	349pts
15. Clarion	366pts
16. Pitt.-Johnstown	438pts
17. Millersville	510pts
18. Cheyney	582pts

Individual (First Team All-PSAC Top 15, Second Team 16-30)

1	Julie Friend	California	22:07.8
2	Stefanie Parsons	Edinboro	23:04.5
3	Diana Dunn	West Chester	23:05.1
4	Tori Fulkroad	Pitt-Johnstown	23:05.6
5	Kenzie Jones	Mansfield	23:10.9
6	Alana Jacaruso	Bloomsburg	23:16.0
7	Hannah Boudreau	Bloomsburg	23:16.7
8	Stephanie Bresadola	Kutztown	23:22.3
9	Bryanna Dissinger	Shippensburg	23:25.1
10	Hope Pietrocarlo	Edinboro	23:31.0
11	Brooklyn Messinger	Edinboro	23:35.1
12	Lydia Cagle	Shippensburg	23:35.7
13	Allison Lewis	West Chester	23:38.5
14	Summer Hill	California	23:42.1
15	Kaylyn West	East Stroudsburg	23:43.8
16	Cadie Kiser	Lock Haven	23:44.4
17	Samantha Young	East Stroudsburg	23:45.8
18	Laurel Moyer	Lock Haven	23:48.5
19	Jacqueline Kinkead	Shippensburg	23:49.5
20	Elizabeth Manickas	Shippensburg	23:56.3
21	Alexis Dongvort	Kutztown	23:56.7
22	Sarah Taylor	Seton Hill	24:03.0
23	Sabrina Palmieri	Slippery Rock	24:03.8
24	Allison Gates	Clarion	24:06.8
25	Amanda Ferraro	Kutztown	24:08.4
26	Alyson Pierce	California	24:11.5
27	Makena Felts	IUP	24:18.2
28	Rachael Davalos	East Stroudsburg	24:21.2
29	Emily Kachik	Shippensburg	24:21.5
30	Jasmine Fehr	Edinboro	24:23.1

2016 Champion: [Shippensburg](#)

1. Shippensburg	50pts
2. Bloomsburg	60pts
3. East Stroudsburg	151pts
4. Lock Haven	162pts
5. Seton Hill	165pts
6. Kutztown	180pts
7. Edinboro	188pts
8. California	200pts
9. Slippery Rock	226pts
10. Mercyhurst	243pts
11. West Chester	272pts
12. IUP	294pts

13. Mansfield	313pts
14. Clarion	319pts
15. Gannon	446pts
16. Millersville	461pts
17. Pitt.-Johnstown	502pts

Individual (First Team All-PSAC Top 15, Second Team 16-30)

1	Casey Norton	Shippensburg	22:17.9
2	Chelsia Poole	Seton Hill	22:18.0
3	Summer Hill	California	22:38.4
4	Emma Sullivan	Edinboro	22:40.2
5	Caitlyn Reese	Shippensburg	22:49.7
6	Keelan McDonald	Bloomsburg	22:52.0
7	Bryanna Dissinger	Shippensburg	22:56.1
8	Teresa Ortiz	Bloomsburg	22:58.5
9	Hannah Bourdreau	Bloomsburg	22:59.6
10	Jenna Lezanic	IUP	23:03.6
11	Stephanie Bresadola	Kutztown	23:09.2
12	Kaylyn West	East Stroudsburg	23:11.8
13	Amanda Shultz	Lock Haven	23:13.6
14	Jessica Quesenberry	Bloomsburg	23:18.5
15	Diana Dunn	West Chester	23:22.1
16	Allison McCurry	Mansfield	23:25.4
17	Lindsey Gerlach	Shippensburg	23:25.4
18	Alyssa Brandis	Seton Hill	23:27.2
19	Samantha Young	East Stroudsburg	23:29.4
20	Jacqueline Kinkead	Shippensburg	23:32.2
21	Abigale Peters	Edinboro	23:32.7
22	Elizabeth Manickas	Shippensburg	23:32.9
23	Morgan Ilgenfritz	Bloomsburg	23:33.6
24	Courtney Group	Slippery Rock	23:39.0
25	Abbey Lang	Edinboro	23:45.2
26	Caroline Stickley	Lock Haven	23:48.2
27	Shannon Cruz	Millersville	23:49.0
28	Allison Decker	East Stroudsburg	23:52.2
29	Lindsay Hoffman	Kutztown	23:53.4
30	Anna Warner	Mercyhurst	23:55.5

2015 Champion: [Edinboro](#)

1. Edinboro	90pts
2. East Stroudsburg	102pts
3. Shippensburg	111pts
4. California	121pts
5. Bloomsburg	125pts
6. Slippery Rock	135pts

7. Seton Hill	155pts
8. Kutztown	190pts
9. Lock Haven	248pts
10. Mercyhurst	260pts
11. IUP	268pts
12. Gannon	318pts
13. Mansfield	324pts
14. West Chester	394pts
15. Clarion	403pts
16. Millersville	465pts
17. Pitt-Johnstown	489pts

Individual (Frist Team All-PSAC Top 15, Second Team 16-30)

1	Ida Narbuvooll	Edinboro	21:46.8
2	Gabrielle Kennelley	Gannon	21:54.1
3	Kate Dodds	Bloomsburg	22:00.8
4	Julie Friend	California	22:01.4
5	Leah Anne Wirfel	Slippery Rock	22:03.4
6	Alex Zanella	California	22:04.9
7	Chelsia Poole	Seton Hill	22:13.7
8	Allison Decker	East Stroudsburg	22:18.6
9	Casey Norton	Shippensburg	22:21.8
10	Amanda Eisman	West Chester	22:27.8
11	Teresa Ortiz	Bloomsburg	22:34.1
12	Allison McCurry	Mansfield	22:37.4
13	Hannah Boudreau	Bloomsburg	22:41.8
14	Chelsea Conover	East Stroudsburg	22:46.3
15	Jenny Picot	Slippery Rock	22:48.3
16	Emma Sullivan	Edinboro	22:50.9
17	Corinne Manela	Kutztown	22:56.6
18	Meagen Carter	Seton Hill	23:00.2
19	Alexis Arnold	Lock Haven	23:02.6
20	Bryanna Dissinger	Shippensburg	23:03.4
21	Anna Hosl	Edinboro	23:04.3
22	Caitlin Perry	East Stroudsburg	23:06.7
23	Caitlyn Reese	Shippensburg	23:09.1
24	Abby Lang	Edinboro	23:15.3
25	Alyssa Brandis	Seton Hill	23:20.8
26	Kaylyn West	East Stroudsburg	23:24.7
27	Summer Hill	California	23:33.2
28	Rebekkah Bond	Edinboro	23:42.0
29	Hannah Fulton	Shippensburg	23:42.8
30	Emily Kachik	Shippensburg	23:45.7

2014 Champion: [Edinboro](#)

1. Edinboro	52pts
2. Bloomsburg	71pts
3. Shippensburg	127pts
4. Lock Haven	187pts
5. Slippery Rock	192pts
6. East Stroudsburg	193pts
7. Kutztown	205pts
8. Seton Hill	211pts
8. Mansfield	211pts
10. IUP	229pts
11. West Chester	242pts
12. California	246pts
13. Millersville	314pts
14. Mercyhurst	334pts
15. Gannon	400pts
16. Clarion	502pts
17. Pitt-Johnstown	523pts

Individual (Frist Team All-PSAC Top 15, Second Team 16-30)

1	Lauren Lehman	Bloomsburg	21:17.3
2	Allison Decker	East Stroudsburg	21:24.6
3	Kasey Jones	Edinboro	21:31.3
4	Kate Dodds	Bloomsburg	21:32.6
5	Amanda Eisman	West Chester	21:45.4
6	Chelsea Conover	East Stroudsburg	21:53.5
7	Rachel Magliane	IUP	21:56.0
8	Anna Hosl	Edinboro	22:00.0
9	Kasey Jones	Edinboro	22:34.5
10	Jenny Picot	Slippery Rock	22:05.6
11	Emily Ahrens	Edinboro	22:07.6
12	Elizabeth Manickas	Shippensburg	22:08.8
13	Julie Friend	California	22:09.9
14	Emma Sullivan	Edinboro	22:12.4
15	Hannah Boudreau	Bloomsburg	22:14.9
16	Megan Maffett	Edinboro	22:17.0
17	Teresa Ortiz	Bloomsburg	22:22.8
18	Corinne Manela	Kutztown	22:24.7
19	Janine Powis	Slippery Rock	22:29.4
20	Destiny Foster	Mansfield	22:32.3
21	Corina Robbins	Lock Haven	22:35.3
22	Shannon Cruz	Millersville	22:37.1
23	Destiny Parks	Mansfield	22:45.1
24	Frances McNally	Kutztown	22:48.0
25	Natalie Eastwood	Shippensburg	22:50.0
26	Casey Norton	Shippensburg	22:51.1
27	Leigh Manning-Smit	West Chester	22:51.3
28	Alyssa Brandis	Seton Hill	22:52.6

29	Allison Hall	California	22:54.0
30	Abbey Daley	Millersville	22:55.5

2013 Champion: [Mansfield](#)

1. Mansfield	65pts
2. Edinboro	77pts
3. Shippensburg	103pts
4. IUP	118pts
5. Seton Hill	166pts
6. Slippery Rock	187pts
7. Bloomsburg	205pts
8. California	209pts
9. Kutztown	231pts
10. West Chester	258pts
11. East Stroudsburg	261pts
12. Millersville	325pts
13. Gannon	348pts
14. Lock Haven	367pts
15. Clarion	385pts
16. Mercyhurst	466pts
17. Pitt-Johnstown	547pts

Individual (All-PSAC Top 20)

1	Victoria Davis	Bloomsburg	21:34.0
2	Sarah Krolick	Edinboro	22:04.1
3	Jessica Scordino	Mansfield	22:12.2
4	Rachel Magliane	IUP	22:19.4
5	Samantha Thompson	IUP	22:22.0
6	Kristy Scordino	Mansfield	22:30.6
7	Reynah Spence	Shippensburg	22:30.9
8	Kim Wernerspach	East Stroudsburg	22:31.2
9	Kasey Jones	Edinboro	22:34.5
10	Laura Norton	Mansfield	22:34.8
11	Emily Ahrens	Edinboro	22:36.2
12	Amanda Eisman	West Chester	22:45.6
13	Lauren Lehman	Bloomsburg	22:47.6
14	Savannah Boucher	Mansfield	22:49.4
15	Veronica Bujdos	Gannon	22:55.4
16	Casey Norton	Shippensburg	22:55.5
17	Jeannie Bujdos	Seton Hill	22:59.3
18	Shannon Cruz	Millersville	23:04.9
19	Alyssa Brandis	Seton Hill	23:05.7
20	Janine Powis	Slippery Rock	23:05.8

2012 Champion: [Shippensburg](#)

1. Shippensburg	62pts
2. Edinboro	73pts
3. IUP	89pts
4. Bloomsburg	139pts
5. Kutztown	142pts
6. Slippery Rock	149pts
7. East Stroudsburg	171pts
8. West Chester	236pts
9. California	238pts
10. Clarion	260pts
11. Lock Haven	280pts
12. Gannon	305pts
13. Millersville	326pts
14. Mansfield	409pts
15. Mercyhurst	442pts

Individual (All-PSAC Top 20)

1	Katie Spratford	Shippensburg	21:32.1
2	Victoria Davis	Bloomsburg	21:42.1
3	Corinne Fitzgerald	East Stroudsburg	22:23.8
4	Sarah Krolick	Edinboro	22:27.9
5	Amanda Eisman	West Chester	22:31.9
6	Kacey Gibson	Edinboro	22:34.8
7	Stephanie Borland	Kutztown	22:38.8
8	Amanda Raudabaugh	Shippensburg	22:43.8
9	Emma Shank	Shippensburg	22:45.9
10	Stephanie Beaudette	IUP	22:46.3
11	Alyssa Taddie	IUP	22:48.1
12	Stephanie Case	Slippery Rock	22:49.5
13	Emily Ahrens	Edinboro	22:56.1
14	Ciara Shorts	Clarion	22:59.8
15	Kim Wernerspach	East Stroudsburg	23:02.7
16	Rachel Magliane	IUP	23:13.3
17	Samantha Thompson	IUP	23:16.5
18	Kara Styles	Slippery Rock	23:17.3
19	Rosie Mascoli	East Stroudsburg	23:20.4
20	Heather Weiss	Shippensburg	23:21.8

2011 Champion: [Shippensburg](#)

1. Shippensburg	64pts
2. Edinboro	107pts
3. Lock Haven	118pts
4. Bloomsburg	126pts
5. Mansfield	144pts
6. Slippery Rock	167pts
7. East Stroudsburg	176pts
8. IUP	210pts

9. West Chester	243pts
10. Millersville	247pts
11. Kutztown	258pts
12. Clarion	277pts
13. California	279pts
14. Mercyhurst	441pts
15. Gannon	458pts
16. Cheyney	540pts

Individual (All-PSAC Top 20)

1	Neely Spence	Shippensburg	20:16.5
2	Katie Spratford	Shippensburg	20:41.6
3	Brenae Edwards	Mansfield	20:45.8
4	Victoria Davis	Bloomsburg	21:04.6
5	Rosie Mascoli	East Stroudsburg	21:11.1
6	Corinne Fitzgerald	East Stroudsburg	21:21.8
7	Stephanie Case	Slippery Rock	21:24.4
8	Lindsey Lambert	Lock Haven	21:27.3
9	Katie Sick	Lock Haven	21:32.9
10	Kristina Koutsouros	West Chester	21:47.8
11	Monica Ciarniello	Edinboro	21:49.7
12	Kacey Gibson	Edinboro	21:53.1
13	Kathleen Casey	West Chester	21:54.4
14	Jessica Scordino	Mansfield	21:55.8
15	Kristy Scordino	Mansfield	21:55.9
16	Patty Reis	Shippensburg	22:02.2
17	Ciara Shorts	Clarion	22:07.4
18	Elicia Anderson	Millersville	22:08.2
19	Kim Wernerspach	East Stroudsburg	22:09.4
20	Katie McShay	Bloomsburg	22:11.5

2010 Champion: [Shippensburg](#)

1. Shippensburg	25pts
2. Edinboro	104pts
3. Slippery Rock	115pts
4. Kutztown	144pts
5. Millersville	146pts
6. East Stroudsburg	159pts
7. Bloomsburg	198pts
8. Mansfield	221pts
9. IUP	224pts
10. Lock Haven	238pts
11. West Chester	289pts
12. California	338pts
13. Clarion	346pts

14. Gannon	374pts
15. Mercyhurst	393pts
16. Cheyney	540pts

Individual (All-PSAC Top 20)

1	Neely Spence	Shippensburg	20:52
2	Elicia Anderson	Millersville	22:02
3	Mary Dell	Shippensburg	22:14
4	Jen Harpp	Slippery Rock	22:26
5	Abby Huber	Shippensburg	22:31
6	Tina Yi	Edinboro	22:38
7	Emily Dubs	Shippensburg	22:43
8	Lindsey Lambert	Lock Haven	22:45
9	Katie Spratford	Shippensburg	22:52
10	Cristina Reimer	Kutztown	22:57
11	Crystal Burnick	Slippery Rock	23:00
12	Rosie Mascoli	East Stroudsburg	23:01
13	Kristina Koutsouros	West Chester	23:06
14	Sarah Stayer	Shippensburg	23:12
15	Danielle Cerroni	Edinboro	23:14
16	Patty Reis	Shippensburg	23:18
17	Jamie McCollum	Shippensburg	23:21
18	Katie Filemyr	Bloomsburg	23:22
19	Katie Frey	Shippensburg	23:24
20	Corinne Fitzgerald	East Stroudsburg	23:32

2009 Champion: [Shippensburg](#)

1. Shippensburg	77pts
2. Bloomsburg	95pts
3. Slippery Rock	106pts
4. Lock Haven	134pts
5. Kutztown	147pts
6. Millersville	151pts
7. Clarion	204pts
8. Edinboro	209pts
9. Mansfield	236pts
10. West Chester	246pts
11. IUP	264pts
12. East Stroudsburg	266pts
13. California	303pts
14. Mercyhurst	343pts
15. Gannon	377pts
16. Cheyney	535pts

Individual (All-PSAC Top 20)

1	Neely Spence	Shippensburg	21:32.4
2	Priscilla Jennings	Millersville	21:42.3
3	Mary Dell	Shippensburg	21:54.7
4	Jennifer Harpp	Slippery Rock	22:14.2
5	Tina Yi	Edinboro	22:16.8
6	Brenae Edwards	Mansfield	22:27.5
7	Christie Turak	Mercyhurst	22:28.5
8	Danielle Cerroni	Edinboro	22:59.4
9	Angela Borealo	Bloomsburg	23:12.0
10	Andrea Kellock	loomsburg	23:23.0
11	Lindsey Lambert	Lock Haven	23:28.4
12	Crystal Burnick	lippery Rock	23:34.0
13	Krin Kling	California	23:38.0
14	Lindsay Topper	Lock Haven	23:38.2
15	Molly Smathers	Clarion	23:39.6
16	Kaitlyn Meck	Bloomsburg	23:41.5
17	Abby Huber	Shippensburg	23:44.6
18	Katie Frey	Shippensburg	23:45.5
19	Victoria Davis	Bloomsburg	23:45.6
20	Abby Michaellean	Slippery Rock	23:46.6

2008 Champion: [Shippensburg](#)

1.	Shippensburg	70pts
2.	Slippery Rock	73pts
3.	Kutztown	115pts
4.	Edinboro	118pts
T5.	Bloomsburg	159pts
T5.	IUP	159pts
7.	Lock Haven	166pts
8.	Millersville	169pts
9.	Mercyhurst	264pts
10.	Mansfield	273pts
11.	West Chester	279pts
12.	Clarion	315pts
13.	Gannon	317pts
14.	East Stroudsburg	337pts
15.	California	427pts
16.	Cheyney	531pts

Individual (All-PSAC Top 20)

1	Neely Spence	Shippensburg	20:59
2	Jennifer Harpp	Slippery Rock	21:16
3	Christie Turak	Mercyhurst	21:21
4	Tina Yi	Edinboro	21:27
5	Priscilla Jennings	Millersville	21:31
6	Jamie Wright	Slippery Rock	21:38

7	Shala Simms	Lock Haven	21:44
8	Andrea Kellock	Bloomsburg	21:49
9	Lindsey Lambert	Lock Haven	21:54
10	Laura Mucho	Slippery Rock	21:56
11	Mary Dell	Shippensburg	21:59
12	Abby Huber	Shippensburg	22:02
13	Ashley Shuck	Bloomsburg	22:02
14	Joanna Horstmann	Kutztown	22:05
15	Clarissa Correll	Mansfield	22:06
16	Maureen Newell	IUP	22:07
17	Anya Bogdanets	Edinboro	22:07
18	Katie Frey	Shippensburg	22:08
19	Cristina Reimer	Kutztown	22:12
20	Kristin Cupido	Kutztown	22:13

2007 Champion: [Bloomsburg](#)

1.	Bloomsburg	65pts
2.	IUP	99pts
3.	Edinboro	102pts
4.	Slippery Rock	112pts
5.	Kutztown	122pts
6.	Shippensburg	141pts
7.	Millersville	159pts
8.	Clarion	168pts
9.	East Stroudsburg	210pts
10.	Lock Haven	213pts
11.	West Chester	259pts
12.	Mansfield	304pts
13.	California	401pts
14.	Cheyney	460pts

Individual (All-PSAC Top 20)

1	Erin Richard	Clarion	23:02.1
2	Rachael Lanza	Edinboro	23:18.4
3	Jaime Wright	Slippery Rock	23:59.2
4	Erica Hoffman	IUP	24:01.1
5	Amber Hackenberg	Bloomsburg	24:06.7
6	Shala Simms	Lock Haven	24:10.6
7	Abigail Huber	Shippensburg	24:18.4
8	Katie Bork	Slippery Rock	24:25.0
9	Andrea Kellock	Bloomsburg	24:27.3

10	Stephanie Williams	Kutztown	24:29.2
11	Maureen Newell	IUP	24:29.7
12	Angela Borealo	Bloomsburg	24:30.3
13	Beth Schwing	Bloomsburg	24:30.6
14	Joanna Horstmann	Kutztown	24:33.2
15	Jamie McCollum	Shippensburg	24:42.6
16	Rachel Hull	Millersville	24:47.1
17	Mary Dell	Shippensburg	24:50.0
18	Stacie Stockard	IUP	24:51.8
19	Ashley Ferraro	Edinboro	24:58.4
20	Laura Blaesser	IUP	25:05.7

2006 Champion: [Edinboro](#)

1.	Edinboro	61pts
2.	Kutztown	68pts
3.	Slippery Rock	88pts
4.	Bloomsburg	125pts
5.	IUP	147pts
6.	Lock Haven	159pts
7.	Clarion	163pts
8.	Mansfield	193pts
T9.	Millersville	231pts
T9.	East Stroudsburg	231pts
11.	West Chester	244pts
12.	Shippensburg	259pts
13.	Cheyney	420pts

Individual (All-PSAC Top 20)

1	Rachel Lanzel	Edinboro	22:20:00
2	Nicole Blaesser	IUP	22:31:00
3	Holly Whoolery	Slippery Rock	23:05:00
4	Priscilla Jennings	Millersville	23:18:00
5	Tasha Wheatley	Clarion	23:35:00
6	Jennifer Harpp	Slippery Rock	23:40:00
7	Joanna Horstmann	Kutztown	23:41:00
8	Becca Nungesser	Edinboro	23:44:00
9	Stephanie Williams	Kutztown	23:48:00
10	Beth Schwing	Bloomsburg	23:52:00
11	Kristie Kershaw	West Chester	24:06:00
12	Amber Hackenberg	Bloomsburg	24:07:00
13	Ashley Ferraro	Edinboro	24:08:00
14	Desiree Bower	Kutztown	24:09:00
15	Lindsey Scheller	Lock Haven	24:10:00
16	Kristine Beringer	Edinboro	24:11:00
17	Chelsea Thomas	Kutztown	24:12:00

18	Robyn Ireland	Mansfield	24:13.00
19	Maureen Newell	IUP	24:18.00
20	Raissa Weiss	Slippery Rock	24:21.00

2005 Champion: [Edinboro](#)

1. Edinboro	34pts
2. Bloomsburg	97pts
3. Kutztown	100pts
4. IUP	113pts
5. Mansfield	130pts
6. Shippensburg	155pts
7. Clarion	180pts
8. Slippery Rock	186pts
9. Lock Haven	214pts
10. East Stroudsburg	246pts
11. Millersville	264pts
12. West Chester	351pts
13. California	415pts

Individual (All-PSAC Top 15)

1	Julie Nemergut	Edinboro	21:48.0
2	Rachael Lanzel	Edinboro	21:59.0
3	Mindy Sawtelle	IUP	22:07.0
4	Amber Hackenburg	Bloomsburg	22:30.0
5	Kelly Richards	Edinboro	22:34.0
6	Joanna Horstmann	Kutztown	22:48.0
7	Lindsey Govern	Shippensburg	23:05.0
8	Rachel Hall	Mansfield	22:57.0
9	Ashley Shuck	Bloomsburg	22:58.0
10	Katie Bork	Slippery Rock	22:58.0
11	Heather Wilmoth	Edinboro	22:59.0
12	Charity Learn	Mansfield	22:59.0
13	Jul. Karaszkievicz	Kutztown	22:59.0
14	Vanessa Andes	East Stroudsburg	23:05.0
15	Michele Kelly	Edinboro	23:09.0

2004 Champion: [Edinboro](#)

1	Edinboro	26pts
2	Slippery Rock	114pts
3	Kutztown	118pts
4	IUP	119pts
5	Clarion	136pts
6	Bloomsburg	148pts
7	East Stroudsburg	158pts
8	California	223pts

9	Shippensburg	243pts
10	Mansfield	265pts
11	Lock Haven	279pts
12	Millersville	310pts
13	Cheyney	419pts

Individual (All-PSAC Top 15)

1	Julie Nemergut	Edinboro	22:06:00
2	Vanessa Andes	East Stroudsburg	22:32:00
3	Mindy Sawtelle	IUP	22:50:00
4	Kelly Richards	Edinboro	23:02:00
5	Rachael Lanzel	Edinboro	23:02:00
6	Heather Wilmoth	Edinboro	23:03:00
7	Charity Learn	Mansfield	23:06:00
8	Holly Whoolery	Slippery Rock	23:22:00
9	Melissa Terwilliger	Clarion	23:28:00
10	Lindsay Roberts	Edinboro	23:29:00
11	Amber Hackenberg	Bloomsburg	23:30:00
12	Nicole Blaesser	IUP	23:33:00
13	Lisa Gallagher	Edinboro	23:41:00
14	Molly Lare	Kutztown	23:46:00
15	Lindsey Govern	Shippensburg	23:53:00

2003 Champion: [Edinboro](#)

1.	Edinboro	57pts
2.	IUP	65pts
3.	East Stroudsburg	114pts
4.	Kutztown	125pts
5.	Shippensburg	137pts
6.	Clarion	146pts
7.	Slippery Rock	215pts
8.	Mansfield	226pts
9.	Bloomsburg	228pts
10.	Millersville	237pts
11.	Lock Haven	267pts
12.	West Chester	310pts
13.	California	369pts
14.	Cheyney	456pts

Individual (All-PSAC Top 15)

1	Mindy Sawtelle	IUP	21:35:00
2	Vanessa Andes	East Stroudsburg	22:25:00
3	Melissa Terwilleger	Clarion	22:55:00
4	Kelly Stewart	Shippensburg	23:10:00
5	Jessica Muldovan	Edinboro	23:23:00
6	Nicole Blaesser	IUP	23:26:00

7	Molly Lare	Kutztown	23:28:00
8	Rachel Hall	Mansfield	23:44:00
9	Kelly Richards	Edinboro	23:46:00
10	Charity Learn	Mansfield	23:50:00
11	Lisa Gallagher	Edinboro	23:50:36
12	Heather Wilmoth	Edinboro	23:52:00
13	Anna Beck	Clarion	23:54:00
14	Lindsey Govern	Shippensburg	24:02:00
15	Kat Davy	Lock Haven	24:05:00

2002 Champion: Edinboro

1	Edinboro	41pts
2	IUP	54pts
3	Clarion	68pts
4	Kutztown	143pts
5	Bloomsburg	145pts
6	Slippery Rock	165pts
7	Millersville	184pts
8	West Chester	231pts
9	East Stroudsburg	252pts
10	Shippensburg	256pts
11	Mansfield	264pts
12	Lock Haven	336

Individual (All-PSAC Top 15)

1	Sara Raschiatore	IUP	22:35:20
2	Charity Learn	Mansfield	23:25:30
3	Kelly Richards	Edinboro	23:44:30
4	Jessica Pentz	IUP	23:52:40
5	Lisa Gallagher	Edinboro	23:54:10
6	Melissa Terwilliger	Clarion	23:57:20
7	Julie Nemergut	Edinboro	24:00:10
8	Lindsey Roberts	Edinboro	24:07:60
9	Danielle Kramer	Bloomsburg	24:08:90
10	Sarah Wygant	IUP	24:11:40
11	Evelyn Abiola	Clarion	24:12:10
12	Jen Boerner	Clarion	24:16:40
13	Amanda Pisano	Bloomsburg	24:17:20
14	Bridget Sardo	Clarion	24:20:70
15	Meredith Hubbard	Slippery Rock	24:26:20

2001 Champion: Edinboro

1	Edinboro	41pts
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2	Kutztown	84pts
3	IUP	96pts
4	Millersville	106pts
5	Shippensburg	108pts
6	Lock Haven	120pts
7	Clarion	177pts
8	East Stroudsburg	209pts
9	West Chester	237pts
10	Bloomsburg	256pts
11	Slippery Rock	283pts
12	California	355pts
13	Cheyney	423pts

Individual (All-PSAC Top 15)

1	Sara Raschiatore	IUP	21:21:44
2	Kathy Breisch	Edinboro	21:32:90
3	Megan Seefeldt	Kutztown	21:43:03
4	Kelly Stewart	Shippensburg	21:47:97
5	Lisa Petsche	Edinboro	22:00:11
6	Theresa Mazurek	Millersville	22:04:45
7	Sarah Baer	Shippensburg	22:06:26
8	Jessica Pentz	IUP	22:07:85
9	Jocelyn Smith	Edinboro	22:09:12
10	Maria Schoellkopf	Kutztown	22:18:13
11	Jana Kauffman	Lock Haven	22:27.2
12	Lindsay Roberts	Edinboro	22:31:42
13	Lynann Lorenz	Edinboro	22:38:50
14	Niya Adams	Kutztown	22:41:52
15	Jill Warmbrodt	IUP	22:47:95

2000 Champion: Edinboro

1	Edinboro	31pts
2	Lock Haven	96pts
3	Kutztown	120pts
4	IUP	132pts
5	Shippensburg	139pts
6	Millersville	152pts
7	West Chester	188pts
8	Bloomsburg	190pts
9	Clarion	198pts
10	East Stroudsburg	240pts
11	Slippery Rock	287pts
12	Mansfield	370pts
13	California	397pts

Individual (All-PSAC Top 15)

1	Megan Seefeldt	Kutztown	22:56:00
2	Kathy Breisch	Edinboro	23:01:00
3	Ashley Hansen	Edinboro	23:10:00
4	Carrie McKeon	Edinboro	23:19:00
5	Lisa Petsche	Edinboro	23:32:00
6	Jessica Steck	IUP	23:36:00
7	Sara Raschiatore	IUP	23:38:00
8	Kelly Walton	West Chester	23:39:00
9	Christel Hibbard	East Stroudsburg	23:52:00
10	Beth Armstrong	Lock Haven	23:56:00
11	Betty Mohler	Millersville	24:00:00
12	Meghan Edmiston	Millersville	24:07:00
13	Sarah Baer	Shippensburg	24:09:00
14	Kelly Null	Clarion	24:11:00
15	Jen McNeal	Bloomsburg	24:16:00

1999 Champion: Edinboro

1	Edinboro	39pts
2	Shippensburg	62pts
3	East Stroudsburg	114pts
4	IUP	134pts
5	Millersville	138pts
6	Kutztown	162pts
7	Clarion	189pts
8	Bloomsburg	202pts
9	Lock Haven	203pts
10	Slippery Rock	242pts
11	Mansfield	307pts
12	West Chester	322pts
13	California	358pts

Individual (All-PSAC Top 15)

1	Sara Raschiatore	IUP	22:20:00
2	Megan Seefeldt	Kutztown	22:31:00
3	Sherrie Guthrie	Shippensburg	22:34:00
4	Lisa Petsche	Edinboro	22:39:00
5	Gabriella Hnilkova	Edinboro	22:47:00
6	Kathy Breisch	Edinboro	22:49:00
7	Amy Walbert	East Stroudsburg	22:51:00
8	Michelle Woyniec	Bloomsburg	22:51:00
9	Ashley Hansen	Edinboro	23:03:00
10	Megan Edmiston	Millersville	23:10:00
11	Christel Hibbard	East Stroudsburg	23:14:00
12	Tammy Cauler	Shippensburg	23:15:00

13	Erica Klingensmith	Shippensburg	23:22:00
14	Leeann Weaver	Shippensburg	23:26:00
15	Amy Shinskie	Edinboro	23:26:00

1998 Champion: Edinboro

1	Edinboro	31pts
2	Shippensburg	60pts
3	IUP	124pts
4	Lock Haven	150pts
5	East Stroudsburg	160pts
6	Bloomsburg	174pts
6	Kutztown	174pts
8	Millersville	176pts
9	West Chester	179pts
10	Clarion	207pts
11	Slippery Rock	252pts
12	Mansfield	290pts
13	California	355pts

Individual (All-PSAC Top 15)

1	Amy Perry	Edinboro	23:34:00
2	Emily Budnyk	Shippensburg	23:43:00
3	Carrie McKeon	Edinboro	24:03:00
4	Gabriella Hnilkova	Edinboro	24:06:00
5	Tina Vosper	East Stroudsburg	24:08:00
6	Kerri McIntyre	IUP	24:13:00
7	Britta Smith	Shippensburg	24:28:00
8	Kelly Walton	West Chester	24:29:00
9	Amy Walbert	East Stroudsburg	24:31:00
10	Megan Seefeldt	Kutztown	24:35:00
11	Kathy Breisch	Edinboro	24:37:00
12	Ashley Hansen	Edinboro	24:39:00
13	Kelly Weiss	Slippery Rock	24:41:00
14	Tammy Cauler	Shippensburg	24:43:00
15	Eunice Chege	Kutztown	24:45:00

1997 Champion: Shippensburg

1	Shippensburg	48pts
2	Edinboro	52pts
3	IUP	105pts
4	East Stroudsburg	147pts
5	Bloomsburg	156pts
6	Clarion	181pts
6	West Chester	181pts

8	Lock Haven	182pts
9	Slippery Rock	184pts
10	Millersville	225pts
11	Kutztown	249pts
12	Mansfield	324pts

Individual (All-PSAC Top 15)

1	Amy Perry	Edinboro	18:17:00
2	Lisa Petsche	Edinboro	18:18:00
3	Joan Mount	Slippery Rock	18:53:00
4	Emily Budnyk	Shippensburg	18:58:00
5	Stephanie Yingling	Shippensburg	19:11:00
6	Amy Yarger	Lock Haven	19:14:00
7	Lindsay Rangel	IUP	19:19:00
8	Tina Vosper	East Stroudsburg	19:20:00
9	Eunice Chege	Kutztown	19:20:00
10	Sandra Sweet	Edinboro	19:21:00
11	Lee Ann Weaver	Shippensburg	19:28:00
12	Kerri McIntyre	IUP	19:34:00
13	Megan Elliott	Shippensburg	19:39:00
14	Kris Laubenstein	West Chester	19:54:00
15	Sherri Guthrie	Shippensburg	19:55:00

1996 Champion: Shippensburg

1	Shippensburg	
2	Edinboro	85pts
3	East Stroudsburg	92pts
4	Bloomsburg	110pts
5	IUP	143pts
6	Slippery Rock	155pts
7	West Chester	222pts
8	Lock Haven	227pts
9	Kutztown	247pts
10	Clarion	264pts
11	Mansfield	340pts
12	California	382pts
13	Cheyney	DNF

Individual (All-PSAC Top 15)

1	Jan Blake	East Stroudsburg	18:34.9
2	Stephanie Yingling	Shippensburg	18:42.7
3	Sanora Sweet	Edinboro	18:44.4
4	Kelly Weiss	Slippery Rock	18:45.7
5	Brenda Pennell	Millersville	18:52.6
6	Amy Perry	Edinboro	18:57.2
7	Amy Yarger	Lock Haven	19:01.0

8	Erin Carey	Millersville	19:05.9
9	Amy Dandois	West Chester	19:11.8
10	Michelle Wolyneic	Bloomsburg	19:14.7
11	Megan Elliott	Shippensburg	19:18.7
12	Emily Budnyk	Shippensburg	19:20.2
13	Megan O'Brien	Kutztown	19:21.7
14	Stephanie Rowles	Shippensburg	19:25.5
15	Lindsay Rangel	IUP	19:26.0

1995 Champion: Slippery Rock

1	Slippery Rock	51pts
2	IUP	103pts
3	Edinboro	106pts
4	Millersville	110pts
5	East Stroudsburg	113pts
6	Bloomsburg	138pts
7	Lock Haven	171pts
8	Shippensburg	172pts
9	Clarion	240pts
10	Kutztown	276pts
11	California	298pts
12	West Chester	302pts
13	Mansfield	338pts
14	Cheyney	453pts

Individual (All-PSAC Top 15)

1	Jo Rupp	Millersville	18:46
2	Joan Mount	Slippery Rock	19:03
3	Stephanie Boyle	IUP	19:09
4	Amy Perry	Edinboro	19:10
5	Julie Bravin	Slippery Rock	19:13
6	Jan Blake	East Stroudsburg	19:16
7	Tina Vosper	East Stroudsburg	19:33
8	Amy Yarger	Lock Haven	19:36
9	Brenda Pennell	Millersville	19:38
10	Jennifer Vitola	Bloomsburg	19:40
11	Marica Adams	Slippery Rock	19:44
12	Philomena Behmer	Slippery Rock	19:46
13	Laura Grimm	IUP	19:49
14	Erin Carey	Millersville	19:58
15	Wendy Hoffman	Bloomsburg	20:03

1994 Champion: Edinboro

1	Edinboro	44pts
2	Millersville	73pts
3	IUP	92pts
4	Slippery Rock	103pts
5	Bloomsburg	162pts
6	Lock Haven	163pts
7	East Stroudsburg	200pts
8	Shippensburg	210pts
9	Kutztown	217pts
10	West Chester	227pts
11	California	301pts
12	Clarion	320pts
13	Mansfield	326pts

Individual (All-PSAC Top 15)

1	Deb Springer	Edinboro	18:33
2	Jo Rupp	Millersville	18:37
3	Tina Wikoski	Bloomsburg	18:44
4	Joan Mount	Slippery Rock	18:51
5	Erin Carney	Millersville	18:59
6	Diane Kukich	IUP	19:01
7	Ann Gillespie	Edinboro	19:05
8	Holly McIlvaine	Edinboro	19:10
9	Linda Furiesz	Edinboro	19:15
10	Holly McCarty	IUP	19:18
11	Jan Blake	East Stroudsburg	19:29
12	Stephanie Yingling	Shippensburg	19:32
13	Megan O'Brien	Kutztown	19:37
14	Stephanie Boyle	IUP	19:40
15	Sarah Sheldon	East Stroudsburg	19:41

1993 Champion: Edinboro

1	Edinboro	53pts
2	IUP	65pts
3	Millersville	69pts
4	Slippery Rock	95pts
5	West Chester	158pts
6	Shippensburg	160pts
7	Kutztown	171pts
8	Bloomsburg	235pts
	California	235pts
10	East Stoudsburg	239pts
11	Lock Haven	266pts
12	Clarion	334pts

13 Mansfield 379pts

Individual (All-PSAC Top 15)

1	Gretchen Pecher	Slippery Rock	19:18
2	Tina Wilkoski	Bloomsburg	19:22
3	Jo Rupp	Millersville	19:23
4	Linda Furiesz	Edinboro	19:33
5	Deb Springer	Edinboro	19:47
6	Ethel Smith	Shippensburg	19:49
7	Chelsea O'Hara	IUP	19:53
8	Tricia Rush	West Chester	19:56
9	Brenda Pennell	Millersville	19:58
10	Ann Gillspie	Edinboro	20:09
11	Joan Nount	Slippery Rock	20:12
12	Jennifer Adkisson	IUP	20:13
13	Karen Gentzel	Millersville	20:13
14	Dian Kukich	IUP	20:18
15	Holly McCarty	IUP	20:20

1992 Champion: Edinboro

1	Edinboro	26pts
2	Millersville	64pts
3	Slippery Rock	75pts
4	Kutztown	113pts
5	IUP	137pts
6	West Chester	148pts
7	Bloomsburg	172pts
8	East Stroudsburg	258pts
9	Mansfield	306pts
10	California	315pts
11	Lock Haven	324pts
12	Clarion	384pts

Individual (All-PSAC Top 15)

1	Donna Matthews	Edinboro	18:48.7
2	Mary Zerby	Millersville	19:04.9
3	Daphne Hoyt	Kutztown	19:12.5
4	Deb Springer	Edinboro	19:24.2
5	Roberta Raszkowski	Edinboro	19:30.0
6	Robin Curtis	Slippery Rock	19:30.8
7	Marty Marczak	Edinboro	19:33.2
8	Gretchen Pecher	Slippery Rock	19:36.4
9	Elizabeth Sorber	Edinboro	19:42.7
10	Karen Gentzel	Millersville	19:44.6
11	Brenda Bittler	Slippery Rock	19:51.9

12	Nicole Fiorella	West Chester	19:56.7
13	Jo Rupp	Millersville	19:57.1
14	Eva Kallersand	Slippery Rock	20:02.8
15	Linda Furiesz	Edinboro	20:04.5

1991 Champion: Edinboro

1	Edinboro	41pts
2	IUP	59pts
3	Slippery Rock	104pts
4	Millersville	106pts
5	East Stroudsburg	131pts
6	Kutztown	150pts
7	Bloomsburg	219pts
8	West Chester	242pts
9	Clarion	260pts
10	Lock Haven	279pts
11	California	348pts
12	Cheyney	404pts
13	Mansfield	Inc.

Individual (All-PSAC Top 15)

1	Jennifer Stumpf	IUP	18:59
2	Jenn Moyer	East Stroudsburg	19:04
3	MariannEckendorf	Edinboro	19:15
4	Sara Glasschroeder	IUP	19:17
5	Mary Zerby	Millersville	19:19
6	Kimberly Long	Edinboro	19:22
7	GretchinPecher	Slippery Rock	19:30
8	Audra Naujokas	Edinboro	19:32
9	Karen Gentzel	Millersville	19:32
10	Sheri Lepage	IUP	19:35
11	Roberta Raszkowski	Edinboro	19:43
12	Brenda Bittler	Slippery Rock	19:45
13	Cassandra Baker	Edinboro	19:48
14	Deborah Springer	Edinboro	19:49
15	Daphne Hoyt	Kutztown	19:53

1990 Champion: IUP

1	IUP	36pts
2	Edinboro	42pts
3	Millersville	57pts
4	Slippery Rock	135pts
5	Bloomsburg	154pts
6	East Stroudsburg	160pts
7	Shippensburg	200pts

8	Kutztown	210pts
9	Clarion	223pts
10	Lock Haven	282pts
11	West Chester	326pts

Individual (All-PSAC Top 15)

1	Kellie Boozer	Millersville	19:25
2	MariannEckendorf	Edinboro	19:32
3	Jennifer Adkisson	IUP	19:36
4	Andrea DeBerardinis	Millersville	19:40
5	Audra Navjokas	Edinboro	19:51
6	Michelle Gausman	IUP	19:59
7	Marty Marczak	Edinboro	20:07
8	Diane Groh	IUP	20:11
9	Jennifer Marks	IUP	20:11
10	Taresa Postlethwaite	IUP	20:13
11	Pam Mitchell	Bloomsburg	20:20
12	Kim Long	Edinboro	20:23
13	Mary Zerby	Millersville	20:28
14	Karen Gentzel	Millersville	20:28
15	Jennifer Stumpf	IUP	20:31

1989 Champion: Edinboro

1	Edinboro	50pts
2	Millersville	54pts
3	IUP	76pts
4	East Stroudsburg	105pts
5	Bloomsburg	126pts
6	Slippery Rock	169pts
7	Lock Haven	183pts
8	Kutztown	208pts
9	Shippensburg	223pts
10	Clarion	227pts
11	California	330pts
12	West Chester	364pts
13	Cheyney	424pts

Individual (All-PSAC Top 15)

1	Donna Thibert	Edinboro	17:59
2	Chris Wheeler	IUP	18:09
3	Teresa Skello	Edinboro	18:28
4	Kellie Boozer	Millersville	18:49
5	Karen Sage	Millersville	18:57
6	Jennifer Stumpf	IUP	19:03
7	Tina Wheeler	IUP	19:10
8	Marianne Eckendorf	Edinboro	19:11

9	Jen Moyer	East Stroudsburg	19:14
10	Laurie Alexander	Bloomsburg	19:17
11	Nancy Hartley	Millersville	19:18
12	Julie Parry	Clarion	19:19
13	Pam Mitchell	Bloomsburg	19:20
14	Wendy Healtley	Shippensburg	19:21
15	Tammy Brooks	Millersville	19:21

1988 Champion: Edinboro

1	Edinboro	46pts
2	IUP	56pts
3	Millersville	103pts
4	Bloomsburg	117pts
5	Slippery Rock	135pts
6	Lock Haven	148pts
7	East Stroudsburg	156pts
8	Shippensburg	196pts
9	Kutztown	220pts
10	Clarion	268pts
11	West Chester	327pts
12	California	330pts

Individual (All-PSAC Top 15)

1	Teresa Skello	Edinboro	18:46.6
2	Sara Pickering	IUP	18:52.1
3	Lorraine Sharkey	Slippery Rock	18:53.3
4	Lori Lingenfelter	Lock Haven	19:03.2
5	Kim Dougherty	Edinboro	19:14.7
6	Brenda Bisset	Bloomsburg	19:27.9
7	Patti Kinch	IUP	19:29.8
8	Melissa Bair	Shippensburg	19:33.3
9	Kellie Boozer	Millersville	19:39.3
10	Audra Naujokas	Edinboro	19:42.4
11	Tina Wheeler	IUP	19:46.3
12	Cassie Baker	Edinboro	19:47.5
13	Nancy Hartley	Millersville	19:48.3
14	Laurie Alexander	Bloomsburg	19:50.2
15	Jennifer Moyer	East Stroudsburg	19:57.6

1987 Champion: IUP

1	IUP	48pts
2	Edinboro	73pts

3	Bloomsburg	74pts
4	Millersville	100pts
5	Shippensburg	128pts
6	East Stroudsburg	133pts
7	Lock Haven	170pts
8	Kutztown	198pts
9	Slippery Rock	230pts
10	California	288pts

Individual (All-PSAC Top 15)

1	WeezueBenzoni	IUP	18:22.7
2	Kathleen Stec	Shippensburg	18:58.8
3	Georgianna Messinger	East Stroudsburg	19:12.3
4	Patti Kinch	IUP	19:19.6
5	Chris Wheeler	IUP	19:29.8
6	Tracy Watson	Edinboro	19:32.6
7	Tammy Brooks	Millersville	19:35.4
8	Brenda Bisset	Bloomsburg	19:38.7
9	Lisa Bonaccorsi	IUP	19:40.5
10	Laurie Alexander	Bloomsburg	19:46.6
11	Denise Bauman	Edinboro	19:53.2
12	Marianne Rau	Kutztown	19:59.1
13	Nancy Hartley	Millersville	20:03.9
14	Pam Mitchell	Bloomsburg	20:09.0
15	Kim Dougherty	Edinboro	20:14.9

1986 Champion: IUP

1	IUP	37pts
2	Shippensburg	93pts
3	Slippery Rock	112pts
4	Kutztown	126pts
5	Millersville	131pts
6	Bloomsburg	139pts
7	East Stroudsburg	142pts
8	Edinboro	162pts
9	Lock Haven	184pts

Individual (All-PSAC Top 15)

1	Tammy Donnelly	IUP	19:06
2	Lori Lawson	Kutztown	19:28
3	Georgiana Mesinger	East Stroudsburg	19:43
4	Kathleen Stec	Shippensburg	19:50
5	Patti Kinch	IUP	19:54
6	WeezieBenzoni	IUP	19:56
7	Niemh Murphy	Slippery Rock	20:04

8	Teresa Skello	Edinboro	20:08
9	Brenda Bisset	Bloomsburg	20:17
10	Lisa Bonaccorsi	IUP	20:27
11	Bridgette Bleheim	Slippery Rock	20:32
12	Kelly Sprout	Millersville	20:35
13	Marcie Pliego	Kutztown	20:41
14	Misti Underwood	Shippensburg	20:47
15	Sara Piskering	IUP	20:52

1985 Champion: IUP

1	IUP	37pts
2	Shippensburg	99pts
3	Edinboro	103pts
4	Millersville	111pts
5	Lock Haven	141pts
6	Kutztown	147pts
7	West Chester	182pts
8	Bloomsburg	190pts
8	East Stroudsburg	190pts
10	Slippery Rock	219pts

Individual (All-PSAC Top 15)

1	Kerrie Yenchak	Edinboro	17:57
2	Coleen Snyder	Edinboro	18:03
3	Tammy Donnelly	IUP	18:07
4	G. Messinger	East Stroudsburg	18:18
5	Mary Alico	IUP	18:22
6	Elisa Benzoni	IUP	18:26
7	Kathleen Stec	Shippensburg	18:31
8	Lori Lawson	Kutztown	18:37
9	Nancy Tang Yuk	Millersville	18:42
10	Tracy Watson	Edinboro	18:47
11	Elizabeth Urquhart	IUP	18:48
12	Lisa Bonaccorsi	IUP	18:52
13	Kathy Ewing	IUP	18:56
14	Chris Moser	West Chester	18:56
15	Nanci Line	IUP	19:05

1984 Champion: IUP

1	IUP	48pts
2	Edinboro	90pts
3	Kutztown	91pts
4	Slippery Rock	108pts
5	West Chester	144pts
6	Shippensburg	147pts
7	East Stroudsburg	154pts

8	Millersville	190pts
9	California	193pts
10	Bloomsburg	301pts
11	Lock Haven	308pts
12	Cheyney	356pts

Individual (All-PSAC Top 15)

1	J. Bowers	West Chester	18:32
2	C. Snyder	Edinboro	18:55
3	J. Cassebaum	Slippery Rock	19:02
4	L. Lawson	Kutztown	19:06
5	H. Blibey	IUP	19:11
6	N. Orr	Edinboro	19:26
7	K. Wenchak	Edinboro	19:28
8	W. Benzoni	IUP	19:31
9	L. Mason	East Stroudsburg	19:37
10	C. Skarvelis	IUP	19:42
11	E. Urquhart	IUP	19:43
12	S. Cavanaugh	California	19:44
13	G. Messinger	East Stroudsburg	19:45
14	M. Alico	IUP	19:55
15	L. Tulanowski	Kutztown	19:56

1983 Champion: IUP

1	IUP	52pts
2	West Chester	69pts
3	Kutztown	80pts
4	Edinboro	105pts
5	Slippery Rock	128pts
6	California	178pts
7	Shippensburg	191pts
8	Lock Haven	194pts
9	Bloomsburg	219pts
10	Millersville	222pts
11	East Stroudsburg	270pts
12	Mansfield	353pts

Individual (All-PSAC Top 15)

1	Lisa Young	West Chester	18:05.4
2	Julies Bowers	West Chester	18:18.1
3	Michele Pingar	Kutztown	18:20.1
4	Juanita Vetter	Slippery Rock	18:27.1
5	Laura Mason	East Stroudsburg	18:41.5
6	Nellie Orr	Edinboro	18:44.7
7	Tammy Donnelly	IUP	18:46.8
8	Gwen Van Dine	California	18:58.3

9	Michelle Brown	IUP	19:02.3
10	Diane Galleo	Kutztown	19:03.5
11	Jennifer Ritts	IUP	19:03.9
12	Sally Johnson	IUP	19:06.7
13	Cindy Rectenwald	IUP	19:08.4
14	Sue Cavanaugh	California	19:12.5
15	Colleen Snyder	Edinboro	19:14.1

1982 Champion: West Chester

1	West Chester	52pts
2	Slippery Rock	85pts
3	IUP	96pts
4	Bloomsburg	124pts
5	Kutztown	126pts
6	Edinboro	155pts
7	Shippensburg	196pts
8	California	212pts
9	Lock Haven	227pts
10	East Stroudsburg	237pts
11	Millersville	250pts
12	Clarion	291pts

Individual (All-PSAC Top 15)

1	L. Young	West Chester	18:12
2	L. Mason	East Stroudsburg	18:20
3	J. Vetter	Slippery Rock	18:23
4	M. Pingar	Kutztown	18:27
5	J. Bowers	West Chester	18:32
6	S. Johnson	IUP	18:33
7	L. Maurer	Slippery Rock	18:36
8	Dawn Eid	Lock Haven	18:37
9	D. Galleo	Kutztown	18:40
10	V. Amici	Bloomsburg	18:43
11	C. Snyder	Edinboro	18:44
12	E. Yerger	West Chester	18:46
13	M. Brown	IUP	18:51
14	K. Brandl	West Chester	18:55
15	D. Fuller	Shippensburg	18:56

1981 Champion: Slippery Rock

1	Slippery Rock	34pts
2	IUP	48pts
3	East Stroudsburg	84pts

4	Kutztown	114pts
5	Bloomsburg	163pts
6	California	174pts
7	Lock Haven	180pts
8	Shippensburg	217pts
9	Edinboro	235pts
10	Clarion	243pts
11	Millersville	287pts
12	Cheyney	Inc.

Individual (All-PSAC Top 15)

1	Dawn Eid	Lock Haven	19:26.2
2	Juanita Vitter	Slippery Rock	19:28.1
3	Mercedes O'Conner	IUP	19:32.4
4	Karen McIlhenny	Slippery Rock	19:35.6
5	Sue Carden	East Stroudsburg	19:41.9
6	Lore Mauerer	Slippery Rock	19:44.5
7	Peggy Ruffennach	IUP	19:45.2
8		Slippery Rock	19:48.2
9	Molly Ginley	East Stroudsburg	19:54.4
10	Deanna Macreno	IUP	19:58.1
11	Barb Stauffer	IUP	20:01.0
12	Laura Mason	East Stroudsburg	20:02.3
13	Diane Galleo	Kutztown	20:05.8
14	Grace Feasler	Slippery Rock	20:08.8
15	Pamela Melvin	Slippery Rock	20:10.6

1980 Champion: IUP

1	IUP	31pts
2	Slippery Rock	55pts
3	California	89pts
4	Bloomsburg	123pts
5	Kutztown	132pts
6	Shippensburg	150pts
7	Lock Haven	154pts
8	Millersville	190pts

Individual (All-PSAC Top 15)

1	Rachael Brooks	California	19:25
2	Karen Floyd	IUP	19:39
3	Sheila	IUP	19:45
4	Diane Fallso	Kutztown	19:48
5	Barbara Stauffer	IUP	19:50
6	Lauren	Bloomsburg	19:51
7	Sue Carden X	East Stroudsburg	19:55

8	Lauri Philo	Slippery Rock	20:02
9	Mercedes O'Conner	IUP	20:06
10	Juanita Vetter	Slippery Rock	20:08
11	Nancy Pokorny	Slippery Rock	20:11
12	Grace Fessler	Slippery Rock	20:17
13	Vickie Smith	Lock Haven	20:20.0
14	Dana Dicicco	IUP	20:22
15	Kim Price	California	20:39

Championships by School

Edinboro – 19
Shippensburg - 9
IUP - 7
Slippery Rock - 2
Bloomsburg – 1
Mansfield-1
West Chester – 1

Women's Individual Champions by School

Edinboro	13
IUP	7
Shippensburg	6
West Chester	3
Bloomsburg	2
Millersville	2
California	2
East Stroudsburg	1
Kutztown	1
Lock Haven	1
Slippery Rock	1
Clarion	1

Women's Team Champions/Host Site

Year	Champion	Runner-Up	Third Place	Host Site
2019	Edinboro	West Chester	Seton Hill	Bloomsburg
2018	Shippensburg	Edinboro	California	Edinboro
2017	Edinboro	Shippensburg	Kutztown	California
2016	Shippensburg	Bloomsburg	East Stroudsburg	Kutztown
2015	Edinboro	East Stroudsburg	Shippensburg	Slippery Rock
2014	Edinboro	Bloomsburg	Shippensburg	Mansfield

2013	Mansfield	Edinboro	Shippensburg	Kutztown
2012	Shippensburg	Edinboro	IUP	Slippery Rock
2011	Shippensburg	Edinboro	Lock Haven	Lock Haven
2010	Shippensburg	Edinboro	Slippery Rock	California
2009	Shippensburg	Bloomsburg	Slippery Rock	Edinboro
2008	Shippensburg	Slippery Rock	Kutztown	Lock Haven
2007	Bloomsburg	IUP	Edinboro	Kutztown
2006	Edinboro	Kutztown	Slippery Rock	Bloomsburg
2005	Edinboro	Bloomsburg	Kutztown	Slippery Rock
2004	Edinboro	Slippery Rock	Kutztown	Kutztown
2003	Edinboro	IUP	East Stroudsburg	Bloomsburg
2002	Edinboro	IUP	Clarion	Edinboro
2001	Edinboro	Kutztown	IUP	Lock Haven
2000	Edinboro	Lock Haven	Kutztown	Slippery Rock
1999	Edinboro	Shippensburg	East Stroudsburg	Kutztown
1998	Edinboro	Shippensburg	IUP	Clarion
1997	Shippensburg	Edinboro	IUP	Bloomsburg
1996	Shippensburg	East Stroudsburg	Bloomsburg	IUP
1995	Slippery Rock	IUP	Edinboro	Kutztown
1994	Edinboro	Millersville	IUP	Edinboro
1993	Edinboro	IUP	Millersville	Bloomsburg
1992	Edinboro	Millersville	Slippery Rock	California
1991	Edinboro	IUP	Slippery Rock	Bloomsburg
1990	IUP	Edinboro	Millersville	Slippery Rock
1989	Edinboro	Millersville	IUP	Kutztown
1988	Edinboro	IUP	Millersville	California
1987	IUP	Edinboro	Bloomsburg	ESU
1986	IUP	Shippensburg	Slippery Rock	Edinboro
1985	IUP	Shippensburg	Edinboro	Millersville
1984	IUP	Edinboro	Kutztown	Slippery Rock
1983	IUP	West Chester	Kutztown	ESU
1982	West Chester	Slippery Rock	IUP	Edinboro
1981	Slippery Rock	IUP	East Stroudsburg	Kutztown
1980	IUP	Slippery Rock	California	Slippery Rock