

ESU WOMEN'S CROSS COUNTRY RECORDS

PSAC TOP 15 FINISHES (by place)

1	Jan Blake	1996	Indiana
2	Laura Mason	1982	Edinboro
	Jenn Moyer	1991	Bloomsburg
	Vanessa Andes	2003	Bloomsburg
	Vanessa Andes	2004	Kutztown
	Allison Decker	2014	Mansfield
3	Georgianna Messinger	1986	Edinboro
	Georgianna Messinger	1987	East Stroudsburg
	Corinne Fitzgerald	2012	Slippery Rock
4	Georgianna Messinger	1985	Millersville
5	Sue Carden	1981	Kutztown
	Laura Mason	1983	East Stroudsburg
	Tina Vosper	1998	Clarion
	Rose Mascoli	2011	Lock Haven
	Bri Hennett	2023	Bloomsburg
	Daniella Napoli	2024	Kutztown
6	Jan Blake	1995	Kutztown
	Corinne Fitzgerald	2011	Lock Haven
	Chelsea Conover	2014	Mansfield
	Payton Falkenstein	2024	Kutztown
7	Sue Carden	1980	Slippery Rock
	Tina Vosper	1995	Kutztown
	Amy Walbert	1999	Kutztown
8	Tina Vosper	1997	Bloomsburg
	Kim Wernerspach	2013	Kutztown
	Allison Decker	2015	Slippery Rock
9	Molly Ginley	1981	Kutztown
	Laura Mason	1984	Slippery Rock
	Jenn Moyer	1989	Kutztown
	Amy Walbert	1998	Clarion
	Christel Hibbard	2000	Slippery Rock
11	Jan Blake	1994	Edinboro
	Christel Hibbard	1999	Kutztown
12	Laura Mason	1981	California
	Rose Mascoli	2010	California
	Kaylyn West	2016	Kutztown
13	Georgianna Messinger	1984	Slippery Rock
14	Vanessa Andes	2005	Slippery Rock
	Chelsea Conover	2015	Slippery Rock
15	Jenn Moyer	1988	California
	Sarah Sheldon	1994	Edinboro
	Kim Wernerspach	2012	Slippery Rock
	Kaylyn West	2017	California
	Carla Bautista	2024	Kutztown

PSAC ATHLETE OF THE YEAR

1996 Jan Blake

PSAC FRESHMAN OF THE YEAR

2023 Bri Hennett

FRESHMEN - PSAC TOP FINISHES

5	Bri Hennett	2023
7	Tina Vosper	1995
9	Molly Ginley	1981
12	Laura Mason	1981
13	Georgianna Messinger	1984
15	Jenn Moyer	1988
	Sarah Sheldon	1994
20	Deb Abrams	1987
23	Tammy Higley	1988
24	Keely Arndt	2020-21
31	Jill Van Meter	1989
32	Zorada McFadden	1987
33	Amy Walbert	1996
34	Rose Mascoli	2009
39	Danielle Morello	1992

PSAC TOP 15 FINISHES (by year)

1980	Sue Carden	7th	Slippery Rock
1981	Sue Carden	5th	Kutztown
	Molly Ginley	9th	
	Laura Mason	12th	
1982	Laura Mason	2nd	Edinboro
1983	Laura Mason	5th	East Stroudsburg
1984	Laura Mason	9th	Slippery Rock
	Georgianna Messinger	13th	
1985	Georgianna Messinger	4th	Millersville
1986	Georgianna Messinger	3rd	Edinboro
1987	Georgianna Messinger	3rd	East Stroudsburg
1988	Jenn Moyer	15th	California
1989	Jenn Moyer	9th	Kutztown
1991	Jenn Moyer	2nd	Bloomsburg
1994	Jan Blake	11th	Edinboro
	Sarah Sheldon	15th	
1995	Jan Blake	6th	Kutztown
	Tina Vosper	7th	
1996	Jan Blake	1st	Indiana
1997	Tina Vosper	8th	Bloomsburg
1998	Tina Vosper	5th	Clarion
	Amy Walbert	9th	
1999	Amy Walbert	7th	Kutztown
	Christel Hibbard	11th	
2000	Christel Hibbard	9th	Slippery Rock
2003	Vanessa Andes	2nd	Bloomsburg
2004	Vanessa Andes	2nd	Kutztown
2005	Vanessa Andes	14th	Slippery Rock
2010	Rose Mascoli	12th	California
2011	Rose Mascoli	5th	Lock Haven
	Corinne Fitzgerald	6th	
2012	Corinne Fitzgerald	3rd	Slippery Rock
	Kim Wernerspach	15th	
2013	Kim Wernerspach	8th	Kutztown
2014	Allison Decker	2nd	Mansfield
	Chelsea Conover	6th	
2015	Allison Decker	8th	Slippery Rock
	Chelsea Conover	14th	
2016	Kaylyn West	12th	Kutztown
2017	Kaylyn West	15th	California
2023	Bri Hennett	5th	Bloomsburg
2024	Daniella Napoli	5th	Kutztown
	Payton Falkenstein	6th	Kutztown
	Carla Bautista	15th	Kutztown

TEAM - PSAC TOP FINISHES

Place	Year	Points
2	2015	102
3	1981	84
	1996	92
	1999	114
	2003	114
	2016	151
	2024	91
4	2023	141
	1989	105
	1997	147
5	1995	113
	1998	160

ESU WOMEN'S CROSS COUNTRY RECORDS

NCAA REGIONAL TOP 30 FINISHES (by place)

1	Laura Mason	1982	Lowell, Mass.
2	Jan Blake	1996	Slippery Rock
3	Jan Blake	1995	Saratoga Springs, N.Y.
	Vanessa Andes	2003	Lock Haven
4	Laura Mason	1983	Worcester, Mass.
	Jenn Moyer	1991	Springfield, Mass.
	Vanessa Andes	2004	Indiana, Pa.
	Rose Mascoli	2010	Cary, N.C.
5	Georgianna Messinger	1985	East Stroudsburg
	Corinne Fitzgerald	2011	Slippery Rock
6	Amy Walbert	1999	Boston, Mass.
	Kim Wernerspach	2013	Lock Haven
	Allison Decker	2015	Lock Haven
7	Corinne Fitzgerald	2012	Lock Haven
	Bri Hennett	2023	Lock Haven
8	Georgianna Messinger	1986	Philadelphia
	Tina Vosper	1996	Slippery Rock
	Tina Vosper	1998	Slippery Rock
	Christel Hibbard	2000	Lock Haven
	Rose Mascoli	2011	Slippery Rock
	Daniella Napoli	2024	Lock Haven
9	Sue Carden	1981	Lowell, Mass.
	Jenn Moyer	1990	Kutztown
10	Allison Decker	2014	Slippery Rock
	Laura Mason	1981	Lowell, Mass.
	Tina Vosper	1997	Stony Brook, N.Y.
11	Chelsea Conover	2014	Slippery Rock
	Laura Mason	1984	Indiana, Pa.
	Jan Blake	1994	Kutztown
	Payton Falkenstein	2024	Lock Haven
12	Amy Walbert	1998	Slippery Rock
	Christel Hibbard	1999	Boston, Mass.
13	Georgianna Messinger	1984	Indiana, Pa.
	Jenn Moyer	1989	East Stroudsburg
14	Chelsea Conover	2015	Lock Haven
	Tina Vosper	1995	Saratoga Springs, N.Y.
	Kaylyn West	2017	Lock Haven
16	Georgianna Messinger	1987	Smithfield, R.I.
18	Daffney Parsons	2003	Lock Haven
19	Kelly Curry	2003	Lock Haven
23	Jane Grendel	2003	Lock Haven
	Corinne Fitzgerald	2010	Cary, N.C.
	Samantha Young	2016	Slippery Rock
26	Rose Mascoli	2012	Lock Haven
	Caitlin Perry	2015	Lock Haven
27	Kaylyn West	2015	Lock Haven
	Kaylyn West	2016	Slippery Rock
29	Tammy Higley	1990	Kutztown
	Sarah Sheldon	1995	Saratoga Springs, N.Y.
	Cindy Dillon	1999	Boston, Mass.
30	Kristi Wilkinson	1991	Springfield, Mass.

FRESHMEN - NCAA REGIONAL TOP FINISHES

7	Bri Hennett	2023
13	Georgianna Messinger	1984
	Tina Vosper	1995
39	Sarah Sheldon	1994
40	Corinne Fitzgerald	2009
42	Rose Mascoli	2009
43	Vanessa Andes	2002
45	Deb Abrams	1987

COACHES

1981	Ken Killion
1982-84	Bob Smith
1985-86	Pete Heesen
1987-2020	Joe Koch
2021-Present	Adam Mengel

NCAA REGIONAL TOP 30 FINISHES (by year)

1981	Sue Carden	9th	Lowell, Mass.
	Laura Mason	10th	
1982	Laura Mason	1st	Lowell, Mass.
1983	Laura Mason	4th	Worcester, Mass.
1984	Laura Mason	11th	Indiana, Pa.
	Georgianna Messinger	13th	
1985	Georgianna Messinger	5th	East Stroudsburg
1986	Georgianna Messinger	8th	Philadelphia
1987	Georgianna Messinger	16th	Smithfield, R.I.
1989	Jenn Moyer	13th	East Stroudsburg
1990	Jenn Moyer	9th	Kutztown
	Tammy Higley	29th	
1991	Jenn Moyer	4th	Springfield, Mass.
	Kristi Wilkinson	30th	
1994	Jan Blake	11th	Kutztown
1995	Jan Blake	3rd	Saratoga Springs, N.Y.
	Tina Vosper	13th	
	Sarah Sheldon	29th	
1996	Jan Blake	2nd	Slippery Rock
	Tina Vosper	8th	
1997	Tina Vosper	10th	Stony Brook, N.Y.
1998	Tina Vosper	8th	Slippery Rock
	Amy Walbert	12th	
1999	Amy Walbert	6th	Boston, Mass.
	Christel Hibbard	12th	
	Cindy Dillon	29th	
2000	Christel Hibbard	8th	Lock Haven
2003	Vanessa Andes	3rd	Lock Haven
	Daffney Parsons	18th	
	Kelly Curry	19th	
	Jane Grendel	23rd	
2004	Vanessa Andes	4th	Indiana, Pa.
2010	Rose Mascoli	4th	Cary, N.C.
	Corinne Fitzgerald	23rd	
2011	Corinne Fitzgerald	5th	Slippery Rock
	Rose Mascoli	8th	
2012	Corinne Fitzgerald	7th	Lock Haven
	Rose Mascoli	26th	
2013	Kim Wernerspach	8th	Lock Haven
2014	Allison Decker	10th	Slippery Rock
	Chelsea Conover	11th	
2015	Allison Decker	6th	Lock Haven
	Chelsea Conover	17th	
	Caitlin Perry	26th	
	Kaylyn West	27th	
2016	Samantha Young	23rd	Slippery Rock
	Kaylyn West	27th	
2017	Kaylyn West	14th	Lock Haven
2023	Bri Hennett	7th	Lock Haven
2024	Daniella Napoli	8th	Lock Haven
	Payton Fatkenstein	11th	Lock Haven

TEAM - NCAA REGIONAL TOP FINISHES

Place	Year	Points
3	2003	113
	1999	137
	2024	114
4	2015	126
	1998	213
5	1996	147
	1995	155
	1997	208
6	2010	197
	1991	191
	1989	195

Top NCAA Championships Finish
15 1999 at Missouri Southern
336 points

Top EAIWA Championships Finish
t-5 1981

ESU WOMEN'S CROSS COUNTRY RECORDS

NCAA CHAMPIONSHIPS FINISHES (by place)

5	Vanessa Andes	2003	Raleigh, N.C.	21:35.5 (6k)	189
14	Tina Vosper	1998	Lawrence, Kan.	22:13.7 (6k)	141
	Vanessa Andes	2004	Evansville, Ind.	22:20.7 (6k)	188
18	Laura Mason	1982	St. Cloud, Minn.	22:02.4 (5k)	94
24	Rose Mascoli	2010	Louisville, Kent.	21:52.8 (6k)	187
25	Jan Blake	1996	McKinleyville, Calif.	18:56.9 (5k)	130
35	Jenn Moyer	1990	Arcata, Calif.	18:07 (5k)	92
	Jenn Moyer	1991	Edwardsville, Ill.	19:30 (5k)	92
42	Laura Mason	1983	Kenosha, Wisc.	18:45 (5k)	90
46	Christel Hibbard	1999	Joplin, Mo.	22:28.7 (6k)	132
50	Amy Walbert	1999	Joplin, Mo.	22:34.8 (6k)	132
51	Jenn Moyer	1989	East Stroudsburg	19:03.6 (5k)	82
74	Kim Wernerspach	2014	Spokane, Wash.	22:24.5 (6k)	244
79	Cindy Dillon	1999	Joplin, Mo.	23:07.6 (6k)	132
80	Corinne Fitzgerald	2011	Spokane, Wash.	23:19.2 (6k)	186
81	Jan Blake	1995	Spartanburg, S.C.	19:13.16 (5k)	132
88	Bri Hennett	2023	Joplin, Mo.	21:28.6 (6k)	260
91	Allison Decker	2015	Joplin, Mo.	22:10.1 (6k)	247
112	Danielle Centurione	1999	Joplin, Mo.	24:12.2 (6k)	132
113	Nova Tindall	1999	Joplin, Mo.	24:21.1 (6k)	132
127	Katie Peterson	1999	Joplin, Mo.	24:57.1 (6k)	132
126	Daniella Napoli	2024	Sacramento, Calif.	22:35.7 (6k)	259
130	Marla Petronell	1999	Joplin, Mo.	25:12.5 (6k)	132
183	Payton Falkenstein	2024	Sacramento, Calif.	23:33.9 (6k)	259
199	Mia Sisilli	2024	Sacramento, Calif.	23:54.3 (6k)	259
212	Carla Bautista	2024	Sacramento, Calif.	24:36.6 (6k)	259
216	Gabriela Orama	2024	Sacramento, Calif.	24:45.8 (6k)	259
219	Riley Trentowski	2024	Sacramento, Calif.	24:57.1 (6k)	259
232	Kelly Martin	2024	Sacramento, Calif.	26:45.0 (6k)	259

BOLD indicates All-America

NCAA CHAMPIONSHIPS FINISHES (by year)

1982	Laura Mason	18	St. Cloud, Minn.	22:02.4 (5k)	94
1983	Laura Mason	42	Kenosha, Wisc.	18:45 (5k)	90
1989	Jenn Moyer	51	East Stroudsburg	19:03.6 (5k)	82
1990	Jenn Moyer	35	Arcata, Calif.	18:07 (5k)	92
1991	Jenn Moyer	35	Edwardsville, Ill.	19:30 (5k)	92
1995	Jan Blake	81	Spartanburg, S.C.	19:13.16 (5k)	132
1996	Jan Blake	25	McKinleyville, Calif.	18:56.9 (5k)	130
1998	Tina Vosper	14	Lawrence, Kan.	22:13.7 (6k)	141
1999	Christel Hibbard	46	Joplin, Mo.	22:28.7 (6k)	132
1999	Amy Walbert	50		22:34.8 (6k)	132
1999	Cindy Dillon	79		23:07.6 (6k)	132
1999	Danielle Centurione	112		24:12.2 (6k)	132
1999	Nova Tindall	133		24:21.1 (6k)	132
1999	Katie Peterson	127		24:57.1 (6k)	132
1999	Marla Petronell	130		25:12.5 (6k)	132
2003	Vanessa Andes	5	Raleigh, N.C.	21:35.5 (6k)	189
2004	Vanessa Andes	14	Evansville, Ind.	22:20.7 (6k)	188
2010	Rose Mascoli	24	Louisville, Kent.	21:52.8 (6k)	187
2011	Corinne Fitzgerald	80	Spokane, Wash.	23:19.2 (6k)	186
2013	Kim Wernerspach	74	Spokane, Wash.	22:24.5 (6k)	244
2015	Allison Decker	91	Joplin, Mo.	22:10.1 (6k)	247
2023	Bri Hennett	88	Joplin, Mo.	21:28.6 (6k)	260
2024	Daniella Napoli	126	Sacramento, Calif.	22:35.7 (6k)	259
	Payton Falkenstein	183	Sacramento, Calif.	23:33.9 (6k)	259
	Mia Sisilli	199	Sacramento, Calif.	23:54.3 (6k)	259
	Carla Bautista	212	Sacramento, Calif.	24:36.6 (6k)	259
	Gabriela Orama	216	Sacramento, Calif.	24:45.8 (6k)	259
	Riley Trentowski	219	Sacramento, Calif.	24:57.1 (6k)	259
	Kelly Martin	232	Sacramento, Calif.	26:45.0 (6k)	259

BOLD indicates All-America

ESU WOMEN'S CROSS COUNTRY RECORDS

Fordham (Van Cortland Park) • 5,000m
(2002-12, 14, 16)

1. Vanessa Andes (So.)	18:27	2003
2. Rose Mascoli (Jr.)	18:28	2011*
3. Corinne Fitzgerald (Jr.)	19:00	2011*
4. Chelsea Conover (Jr.)	19:19.36	2014
5. Allison Decker (So.)	19:19.61	2014
6. Jonna Trexler (So.)	19:38	2009*
7. Kaylyn West (Jr.)	19:50.29	2016
8. Niki Pasquarella (Sr.)	19:53	2009*
9. Kelly Curry (Sr.)	19:57	2003
10. Jane Grendel (Sr.)	20:05	2004

Class Records

Senior	Vanessa Andes	19:15	2005
Junior	Rose Mascoli	18:28	2011*
Soph	Vanessa Andes	18:27	2003
Frosh	Rose Mascoli	19:13	2009*

Freshman

1. Rose Mascoli	19:13	2009
2. Samantha Young	20:21.64	2014
3. Jess Chong	20:29	2003
4. Vanessa Andes	20:42	2002
5. Jackie Young	20:46	2005

* some course changed due to construction

Salisbury (Winter Place Park) • 6,000m
(2002-03, 2005-11, 2017, 2019)

1. Rose Mascoli (Jr.)	21:06	2011
2. Vanessa Andes (So.)	21:37	2003
3. Kaylyn West (Sr.)	21:44	2017
4. Corinne Fitzgerald (Jr.)	21:50	2011
5. Rachael Davalos (Sr.)	22:13	2019
6. Kim Wernerspach (So.)	22:18	2011
7. Niki Pasquarella (So.)	22:20	2007
8. Bridget McCarron (Jr.)	22:40	2011
9. Jonna Trexler (Jr.)	22:41	2010
10. Rachel Eidson (So.)	22:47	2017

Class Records

Senior	Vanessa Andes	21:39	2005
Junior	Rose Mascoli	21:06	2011
Soph	Rose Mascoli	21:36	2010
Frosh	Rose Mascoli	22:22	2009

Freshman

1. Rose Mascoli	22:22	2009
2. Corinne Fitzgerald	22:30	2009
3. Kim Lowry	22:52	2010
4. Jackie Young	23:01	2005
5. Colleen Weber	23:13	2002

Lock Haven • 6,000m
(2000-01, 2003, 2005, 2007-09, 2011-12)

1. Kim Wernerspach (Sr.)	21:03.5	2013
2. Rose Mascoli (Jr.)	21:11.1	2011
3. Corinne Fitzgerald (Jr.)	21:21.8	2011
4. Vanessa Andes (So.)	21:57	2003
5. Chelsea Conover (So.)	22:02.7	2013
6. Niki Pasquarella (Jr.)	22:45	2008
7. Chelsea Wootten (Jr.)	22:56.1	2013
8. Daffney Parsons (Jr.)	22:57	2003
9. Kelly Curry (Sr.)	22:58	2003
10. Jane Grendel (Jr.)	23:05	2003

Class Records

Senior	Kim Wernerspach	21:03.5	2013
Junior	Rose Mascoli	21:11.1	2011
Soph	Vanessa Andes	21:57	2003
Frosh	Rose Mascoli	23:13	2009

Freshman

1. Rose Mascoli	23:13	2009
2. Amy Moratz	24:02	2007
3. Jackie Young	24:07	2005
4. Chelsea Wootten	24:10.6	2011
5. Jane Grendel	24:12	2001

ESU (Shadowbrook) • 5,000m
(2004-10)

1. Rose Mascoli (So.)	18:22	2010
2. Jonna Trexler (Jr.)	19:14	2010
3. Bridget McCarron (So.)	19:30	2010
4. Kim Lowry (Fr.)	19:31	2010
5. Vanessa Andes (Sr.)	19:32	2005
6. Amber Horn (Sr.)	19:46	2007
Cassandra Lacorazza (So.)	19:46	2010
8. Kim Wernerspach (Fr.)	19:56	2010
9. Jess Chong (So.)	19:59	2004
Lori Johanson (Jr.)	19:59	2006
11. Corinne Fitzgerald (Fr.)	20:03	2009
12. Emily Haws (So.)	20:11	2010
13. Rachel Ostroski (So.)	20:23	2008
14. Kelsy Rushing (Fr.)	20:26	2010
15. Carol Bullen (Jr.)	20:35	2004

Class Records

Senior	Vanessa Andes	19:32	2005
Junior	Jonna Trexler	19:14	2010
Soph	Rose Mascoli	18:22	2010
Frosh	Kim Lowry	19:31	2010

Freshman

1. Kim Lowry	19:31	2010
2. Kim Wernerspach	19:56	2010
3. Corinne Fitzgerald	20:03	2009
4. Kelsey Rushing	20:26	2010
5. Jackie Young	20:45	2005

COURSE RECORD

Rose Mascoli (ESU)	18:22	2010
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ESU WOMEN'S CROSS COUNTRY RECORDS

NEVINS INVITATIONAL RESULTS

	Team	Individual	Time
2004	ESU	Kelly Curry, ESU alumni	19:58
2005	ESU	Vanessa Andes, ESU	20:04
2006	Catholic	Chelsie Boska, Drew	19:41
2007	ESU	Amber Horn, ESU	19:46
2008	ESU	Lindsey Ray, Kutztown	20:12
2009	ESU	Caitlin Dorgan, Delaware Valley	18:56
2010	ESU	Rose Mascoli, ESU	18:22

PSAC Championships

1981	3rd	84
1982	10th	237
1983	11th	270
1984	7th	154
1985	8th	190
1986	7th	142
1987	6th	133
1988	7th	156
1989	4th	105
1990	6th	160
1991	5th	131
1992	8th	258
1993	10th	239
1994	7th	200
1995	5th	113
1996	3rd	92
1997	4th	147
1998	5th	160
1999	3rd	114
2000	10th	240
2001	8th	209
2002	9th	252
2003	3rd	114
2004	7th	158
2005	10th	246
2006	t-9th	231
2007	9th	210
2008	14th	337
2009	12th	226
2010	6th	159
2011	7th	176
2012	7th	172
2013	11th	261
2014	6th	193
2015	2nd	102
2016	3rd	151
2017	6th	172
2018	12th	306
2019	12th	248
2020-21	8th	194
2021	15h	438
2022	17th	483
2023	4th	141
2024	3rd	91

NCAA Regionals

3rd	84
11th	275
11th	263
13th	358
16th	382
10th	252
11th	298
6th	195
6th	160
6th	191
15th	372
11th	348
16th	421
5th	155
5th	147
5th	208
4th	213
3rd	137
10th	238
9th	273
10th	297
3rd	113
6th	
13th	314
10th	272
9th	250
17th	455
12th	332
6th	197
7th	183
9th	234
11th	287
11th	251
4th	126
7th	228
8th	235
14th	376
14th	367
20th	571
No Team Score	
8th	230
3rd	114

ESU WOMEN'S CROSS COUNTRY RECORDS

MEET CHAMPIONSHIPS (TEAM, since 1984)

2024	Adelphi	1st of 13
2023	Adelphi	1st of 13
2018	Lebanon Valley	1st of 8
2017	Fordham Monmouth Salisbury	1st of 7 1st of 3 (DII) 1st of 11
2016	Fordham Hamilton	1st of 11 1st of 11
2015	Fordham Hamilton	1st of 14 1st of 14
2014	Fordham UMass-Dartmouth	1st of 11 1st of 38
2013	Fordham Don Cathcart	1st of 11 1st of 14
2011	Don Cathcart Slippery Rock	1st of 16 1st of 13
2010	Don Cathcart Nevins Invitational	1st of 18 1st of 7
2009	Mountaineer Invitational Nevins Invitational	1st of 6 1st of 15
2008	Nevins Invitational	1st of 8
2007	Nevins Invitational	1st of 6
2005	Nevins Invitational	1st of 4
2004	Nevins Invitational	1st of 4
2001	Tidewater Classic	1st of 5
1999	Duals: Binghamton, William Patterson, C.W. Post, Lehman	
1997	UNC - Greensboro	1st of 18
1996	Slippery Rock Duals: Albany, Allentown, Kutztown	1st of 9
1995	Duals: Marist, Southern Connecticut, Siena	
1994	Duals: West Chester, St. Rose, Drew	
1991	Duals: West Chester, Kutztown, Bloomsburg, Lock Haven	
1990	Allentown Duals: Army, Lehigh, Bloomsburg, Lock Haven	1st of 20
1989	Duals: Lock Haven, Bloomsburg	
1986	Duals: Lock Haven, Bloomsburg, Kutztown	
1985	Duals: Kutztown, Lafayette, Glassboro	
1984	Duals: LaSalle, Cedar Crest, Bloomsburg, Lock Haven, Millersville	

MEET CHAMPIONSHIPS (INDIVIDUAL, since 1984)

2024	Daniella Napoli	Adelphi (5k)	18:41.30	1st of 99
2017	Kaylyn West	Salisbury (6k)	21:39.47	1st of 106
2016	Kaylyn West	Hamilton (5k)	18:44.10	1st of 126
2015	Allison Decker	Fordham (5k) UMass-Dartmouth (5k) Hamilton (5k)	18:50.81 17:40.82 17:09.6	1st of 126 1st of 315 1st of 181
2014	Allison Decker	UMass-Dartmouth (5k)	17:50.09	1st of 272
2013	Kim Wernerspach	Fordham (5k) Cathcart (6k)	19:05.81 21:55.9	1st of 117 1st of 125
2012	Corinne Fitzgerald	Hamilton (NY) (5k)	18:19.8	1st of 135
2011	Rose Mascoli	Fordham (5k) Monmouth (5k) Cathcart (5920 m) Slippery Rock (6k)	18:28.93 18:12.1 21:06 21:59.1	1st of 148 1st of 157 1st of 144 1st of 160
2010	Rose Mascoli	Nevins Invit. (5k) Cathcart (5920 m)	18:22.4 21:36	1st of 79 1st of 175
2007	Amber Horn	Nevins Invit. (5k)	19:46	1st of 51
2005	Vanessa Andes	Nevins Invit. (5k)	20:04	1st of 57
2004	Vanessa Andes	Fordham (5k) LaSalle (5k) DeSales (6k)	18:41 18:17 22:54	1st of 191
2003	Vanessa Andes	Tidewater Classic (6k) DeSales (5k)	21:37 18:43	1st of 86 1st of 221
	Daffney Parsons	Kutztown (5k)	20:00	1st of 23
2001	Christel Hibbard	Tidewater Classic (5k)	19:25	1st of 43
1997	Tina Vosper	UNC - Greensboro (5k)	18:22	1st of 122
1996	Jan Blake	PSAC Champ (5k)	18:34.95	1st of 90
1995	Jan Blake	Bloomsburg (5k)	19:31	1st of 43
1991	Jenn Moyer	Allentown (5k)	19:09	1st of 179
1990	Jenn Moyer	Allentown (5k) Lafayette (5k)	19:30 19:13	1st of 153 1st of 22
1989	Jenn Moyer	Phila. Textile (5k)	19:14.1	
1986	Geo. Messinger	Bloomsburg (2.9 mi)	17:56	