

Championship History

Year	Location	Champion	Points	Runner-Up	Points
1980	Salina, Kan.	Wisconsin-Parkside	52	Emporia State (Kan.)	100
1981	Kenosha, Wis.	Adams State (Colo.)	25	Berry (Ga.)	71
1982	Kenosha, Wis.	Marquette (Wis.)	48	Wisconsin-Eau Claire	109
1983	Kenosha, Wis.	Simon Fraser (B.C.)	58	Marquette (Wis.)	79
1984	Kenosha, Wis.	Wisconsin-Eau Claire	91	Portland (Ore.)	99
1985	Kenosha, Wis.	Portland (Ore.)	64	Wisconsin-Eau Claire	95
1986	Kenosha, Wis.	Wisconsin-Parkside	121	Emporia State (Kan.)	151
1987	Kenosha, Wis.	Simon Fraser (B.C.)	60	Adams State (Colo.)	169
1988	Kenosha, Wis.	Pacific Lutheran (Wash.)	44	Adams State (Colo.)	69
1989	Kenosha, Wis.	Adams State (Colo.)	79	Western State (Colo.)	132
1990	Kenosha, Wis.	Western State (Colo.)	58	Adams State (Colo.)	70
1991	Kenosha, Wis.	Adams State (Colo.)	66	Simon Fraser (B.C.)	87
1992	Kenosha, Wis.	Puget Sound (Wash.)	76	George Fox (Ore.)	111
1993	Kenosha, Wis.	Puget Sound (Wash.)	38	Doane (Neb.)	169
1994	Kenosha, Wis.	Puget Sound (Wash.)	51	Simon Fraser (B.C.)	169
1995	Kenosha, Wis.	Puget Sound (Wash.)	82	Simon Fraser (B.C.)	74
1996	Kenosha, Wis.	Simon Fraser (B.C.)	75	Puget Sound (Wash.)	91
1997	Kenosha, Wis.	Simon Fraser (B.C.)	56	Puget Sound (Wash.)	114
1998	Kenosha, Wis.	Simon Fraser (B.C.)	22	Puget Sound (Wash.)	118
1999	Kenosha, Wis.	Malone (Ohio)	77	Malone (Ohio)	146
2000	Kenosha, Wis.	Concordia (Calif.)	133	Spring Arbor (Mich.)	160
2001	Kenosha, Wis.	Cedarville (Ohio)	147	Concordia (Neb.)	188
2002	Kenosha, Wis.	Northwest (Wash.)	77	Concordia (Neb.)	169
2003	Louisville, Ky.	Simon Fraser (B.C.)	93	Concordia (Neb.)	116
2004	Louisville, Ky.	Simon Fraser (B.C.)	95	Northwest (Wash.)	114
2005	Louisville, Ky.	Simon Fraser (B.C.)	74	Concordia (Neb.)	129
2006	Louisville, Ky.	Simon Fraser (B.C.)	73	Black Hills State (S.D.)	190
2007	Kenosha, Wis.	Simon Fraser (B.C.)	99	Cedarville (Ohio)	92
2008	Kenosha, Wis.	Azusa Pacific (Calif.)	66	Cedarville (Ohio)	145
2009	Fort Vancouver, Wash.	Cal State San Marcos	137	Cedarville (Ohio)	97
2010	Fort Vancouver, Wash.	Cal State San Marcos	88	Biola (Calif.)	140
2011	Fort Vancouver, Wash.	Cal State San Marcos	82	Biola (Calif.)	127
2012	Fort Vancouver, Wash.	British Columbia	98	Azusa Pacific (Calif.)	91
2013	Lawrence, Kan.	British Columbia	56	College of Idaho	112
2014	Lawrence, Kan.	British Columbia	53	College of Idaho	97
2015	Charlotte, N.C.	British Columbia	53	Lewis-Clark State (Idaho)	96
2016	Elsah, Ill.	Northwest Christian (Ore.)	98	British Columbia	118
2017	Fort Vancouver, Wash.	British Columbia	90	Northwest Christian (Ore.)	135
2018	Cedar Rapids, Iowa	British Columbia	109	Wayland Baptist (Texas)	125
		Oregon Tech	125	Madonna (Mich.)	132



Championship History

Meet Records

5,000 Meters

16:24.28, Aminat Olowora, Oklahoma City, 2016
16:41.4, Alissa McKaig, Indiana Tech, 2008

Best Winning Score

22 points, Simon Fraser (B.C.), 1998

Largest Margin of Victory

131 points, Puget Sound (Wash.) (38), Simon Fraser (B.C.) (169), Doane (Neb.) (169), 1993

Smallest Margin of Victory

3 points, Cal State San Marcos (137) Biola (Calif.) (140), 2009

All-Time Team Championships

Simon Fraser (B.C.)	10
Puget Sound (Wash.)	4
British Columbia	4
Adams State (Colo.)	3
Cal State San Marcos	3
Wisconsin-Parkside	2
Azusa Pacific (Calif.)	1
Cedarville (Ohio)	1
Concordia (Calif.)	1
Malone (Ohio)	1
Marquette (Wis.)	1
Northwest (Wash.)	1
Northwest Christian (Ore.)	1
Pacific Lutheran (Wash.)	1
Portland (Ore.)	1
Western State (Colo.)	1
Wisconsin-Eau Claire	1

All-Time Individual Championships

Simon Fraser (B.C.)	12
Adams State (Colo.)	2
Biola (Calif.)	1
College of Idaho	2
Oklahoma Baptist	2
Pacific Lutheran (Wash.)	2
Shorter (Ga.)	2
Azusa Pacific (Calif.)	1
British Columbia	1
Grand View (Iowa)	1
Hillsdale (Mich.)	1
Indiana Tech	1
Malone (Ohio)	1
Marquette (Wis.)	1
Minot State (N.D.)	1
Puget Sound (Wash.)	1
Wisconsin-Eau Claire	1
Wisconsin-Parkside	1
Oklahoma City	1

All-Time Individual Champions

1980 Wendy Burman, Wisconsin-Parkside	17:54
1981 Mary Jaqua, Adams State (Colo.)	18:34
1982 Kate Webb, Marquette (Wis.)	17:41
1983 Cindy Grant, Simon Fraser (B.C.)	17:32
1984 Katie Somers, Wisconsin-Eau Claire	17:36
1985 Val Hilden, Pacific Lutheran (Wash.)	18:53
1986 Gina Van Laar, Hillsdale (Mich.)	17:40
1987 Leah Pells, Simon Fraser (B.C.)	16:59
1988 Valerie Hilden, Pacific Lutheran (Wash.)	17:41
1989 Wanda Howlett, Puget Sound (Wash.)	17:55
1990 Sarah Howell, Simon Fraser (B.C.)	17:44

1991 Amy Giblin, Adams State (Colo.)	17:37
1992 Aundrea Bertoia, Simon Fraser (B.C.)	18:44
1993 Elizabeth Onyambu, Biola (Calif.)	17:35
1994 Cari Rampersad, Simon Fraser (B.C.)	17:51
1995 Cari Rampersad, Simon Fraser (B.C.)	18:02
1996 Cari Rampersad, Simon Fraser (B.C.)	17:14
1997 Heather deGeest, Simon Fraser (B.C.)	18:33
1998 Heather deGeest, Simon Fraser (B.C.)	17:06
1999 Melissa Clement, Simon Fraser (B.C.)	17:39
2000 Everlyne Lagat, Malone (Ohio)	18:01
2001 Emile Mondor, Simon Fraser (B.C.)	17:24
2002 Emile Mondor, Simon Fraser (B.C.)	16:43
2003 Mirriam Kaumba, Oklahoma Baptist	17:13.9
2004 Mirriam Kaumba, Oklahoma Baptist	16:53.70
2005 Julia Howard, Simon Fraser (B.C.)	17:24.15
2006 Genevieve Binsfeld, Minot State (N.D.)	17:38.2
2007 Jaime Canterbury, Azusa Pacific (Calif.)	17:10.8
2008 Alissa McKaig, Indiana Tech	16:41.4
2009 Justyna Mudy, Shorter (Ga.)	17:30
2010 Justyna Mudy, Shorter (Ga.)	17:42
2011 Obsie Birru, Grand View (Iowa)	17:15
2012 Hillary Holt, College of Idaho	17:00
2013 Hillary Holt, College of Idaho	16:48.13
2014 Maria Bernard, British Columbia	17:03.8
2015 Kellian Hunt, Biola (Calif.)	17:16.7
2016 Aminat Olowora, Oklahoma City	16:24.28
2017 Hillary Holt, College of Idaho	17:00
2018 Anna Shields, Point Park (Pa.)	17:15

Coach of the Year

1980 Bob Lawson, Wisconsin-Parkside
1981 Rocky Light, Adams State (Colo.)
1982 Elliot Kramsky, Marquette (Wis.)
1983 Zenon Smiechowski, Simon Fraser (B.C.)
1984 Marv Allen, Wisconsin-Eau Claire
1985 Mike Johnson, Portland (Ore.)
1986 Mike DeWitt, Wisconsin-Parkside
1987 Zenon Smiechowski, Simon Fraser (B.C.)
1988 Brad Moore, Pacific Lutheran (Wash.)
1989 Damon Martin, Adams State (Colo.)
1990 Brad Moore, Pacific Lutheran (Wash.)
1991 Damon Martin, Adams State (Colo.)
1992 Wes Cook, George Fox (Ore.)
1993 Sam Ring, Puget Sound (Wash.)
1994 Mike Lonergan, Simon Fraser (B.C.)
1995 Russell Smelley, Westmont (Calif.)
1996 Zenon Smeichowski, Simon Fraser (B.C.)
1997 Ben Welch, Eastern Oregon
1998 Jack Hazen, Malone (Ohio)
1999 Gregg Einspahr, Concordia (Neb.)
2000 John Foss, Indiana Wesleyan
2001 Elvin King, Cedarville (Ohio)
2002 Bill Taylor, Northwest (Wash.)
2003 Brit Townsend, Simon Fraser (B.C.)
2004 Brit Townsend, Simon Fraser (B.C.)
2005 Brit Townsend, Simon Fraser (B.C.)
2006 Brit Townsend, Simon Fraser (B.C.)
2007 Brit Townsend, Simon Fraser (B.C.)
2008 Preston Grey, Azusa Pacific (Calif.)
2009 Steve Scott, Cal State San Marcos
2010 Steve Scott, Cal State San Marcos
2011 Steve Scott, Cal State San Marcos
2012 Marek Jedrzejek, British Columbia
2013 Marke Jedrzejek, British Columbia
2014 Marke Jedrzejek, British Columbia
2015 Heike McNeil, Northwest Christian (Ore.)
2016 Laurier Primeau, British Columbia
2017 Laurier Primeau, British Columbia

Championship All-Time Team Participation - Since 2010

School (Yrs. Participated)	No.	1 st	2 nd	3 rd	4 th	5 th
Aquinas (Mich.) (2010-11-12-14-16-17)	7	0	0	0	3	0
Asbury (Ky.) (2014)	1	0	0	0	0	0
Azusa Pacific (Calif.) (2010-11)	2	0	1	0	0	0
Baker (Kan.) (2010-13)	2	0	0	0	0	0
Benedictine (Kan.) (2014-15-16)	3	0	0	0	0	0
Berea (Ky.) (2010)	1	0	0	0	0	0
Biola (Calif.) (2010-11-12-13-14-15-16)	7	0	1	3	0	0
Black Hills State (S.D.) (2010)	1	0	0	1	0	0
Blue Mountain (Miss.) (2013-16)	2	0	0	0	0	0
Brenau (Ga.) (2013)	1	0	0	0	0	0
Brescia (Ky.) (2011-12-13)	3	0	0	0	0	0
British Columbia (2010-11-12-13-14-15-16-17)	8	5	1	1	0	0
Cal State San Marcos (2010-11-12-13-14)	5	2	0	0	1	0
Carroll (Mont.) (2010-11-12-13-14-15-16-17)	8	0	0	0	1	2
Cedarville (Ohio) (2010)	1	0	0	0	0	0
Central Methodist (Mo.) (2011-12)	2	0	0	0	0	0
College of Idaho (2010-11-12-13-14-15-16-17)	8	0	2	0	0	0
Columbia (Mo.) (2014)	1	0	0	0	0	0
Concordia (Calif.) (2012)	1	0	0	0	0	0
Concordia (Neb.) (2011)	1	0	0	0	0	0
Concordia (Ore.) (2010-11-12)	3	0	0	0	0	0
Cornerstone (Mich.) (2012-13)	2	0	0	0	0	0
Dalton State (Ga.) (2014-15)	2	0	0	0	0	0
Dickinson State (N.D.) (2015-16)	2	0	0	0	0	0
Dordt (Iowa) (2012-13-14-15-16-17)	6	0	0	0	0	1
Eastern Oregon (2012)	1	0	0	0	0	0
Embry-Riddle (Ariz.) (2015-16-17)	3	0	0	0	0	0
Embry-Riddle (Fla.) (2010-11-12)	3	0	0	0	0	0
Friends (Kan.) (2011-12-15-16)	4	0	0	0	0	1
Grand View (Iowa) (2011)	1	0	0	0	0	0
Haskell Indian Nations (Kan.) (2012)	1	0	0	0	0	0
Hastings (Neb.) (2015-16)	2	0	0	0	0	0
Holy Names (Calif.) (2010)	1	0	0	0	0	0
Huntington (Ind.) (2012)	1	0	0	0	0	0
Indiana Tech (2013-14)	2	0	0	0	0	0
Indiana Wesleyan (2010-11-14-15-16-17)	6	0	0	0	0	0
Kansas Wesleyan (2010-13)	2	0	0	0	0	0
Langston (Okla.) (2010)	1	0	0	0	0	0
Lee (Tenn.) (2010-11-12)	3	0	0	0	0	0
Lewis-Clark State (Idaho) (2010-11-12-13-14-15-16-17)	8	0	1	0	1	0
Malone (Ohio) (2010)	1	0	0	0	1	0
Master's, The (Calif.) (2011-13-14-17)	4	0	0	0	0	0
MidAmerica Nazarene (Kan.) (2016-17)	2	0	0	0	0	0
Milligan (Tenn.) (2010-11-12-13-14-15-16-17)	8	0	0	0	0	0
Missouri Baptist (2016)	1	0	0	0	0	0
Morningside (Iowa) (2010-11-15-16)	4	0	0	0	0	0
Mount Mercy (Iowa) (2015)	1	0	0	0	0	0
Northwest Christian (Ore.) (2011-12-13-14-15-16)	6	1	1	1	1	0
Oklahoma Baptist (2012-13-14)	3	0	0	0	0	0
Oklahoma City (2013-14-15-16-17)	5	0	0	1	0	1
Oklahoma Wesleyan (2010)	1	0	0	0	0	0
Olivet Nazarene (Ill.) (2010-11-12-13-14-15)	6	0	0	1	0	1
Oregon Tech (2014-15-16-17)	4	0	0	0	0	0
Ottawa (Kan.) (2013-14)	2	0	0	0	0	0
Our Lady of the Lake (Texas) (2013-15-16)	3	0	0	0	0	0
Park (Mo.) (2010-11-12-16)	4	0	0	0	0	0
Point (Ga.) (2014)	1	0	0	0	0	0
Point Park (Pa.) (2015)	1	0	0	0	0	0
Point Loma Nazarene (Calif.) (2010)	1	0	0	0	0	0
Rio Grande (Ohio) (2016)	1	0	0	0	0	0
Roberts Wesleyan (N.Y.) (2011)	1	0	0	0	0	0
SCAD Atlanta (Ga.) (2015-16)	2	0	0	0	0	0
SCAD Savannah (Ga.) (2013-14-15-16-17)	5	0	0	0	0	0
Shawnee State (Ohio) (2010-11-12-13-14-15-16-17)	8	0	0	0	0	0
Shorter (Ga.) (2011)	1	0	0	0	0	0
Siena Heights (Mich.) (2015)	1	0	0	0	0	0



Championship All-Time Team Participation - Since 2010

School (Yrs. Participated)	No.	1 st	2 nd	3 rd	4 th	5 th
Simon Fraser (B.C.) (2010)	1	0	0	0	0	1
Simpson (Calif.) (2013-14)	2	0	0	0	0	0
Soka (Calif.) (2012)	1	0	0	0	0	0
Southern Oregon (2010-14-15-16-17)	5	0	0	0	0	0
Southern Wesleyan (S.C.) (2012)	1	0	0	0	0	0
Southwestern (Kan.) (2015)	1	0	0	0	0	0
St. Ambrose (Iowa) (2012-13-14-17)	4	0	0	0	0	0
St. Francis (Ill.) (2012-13-14-15-16-17)	6	0	0	0	0	0
St. Mary (Kan.) (2014-16)	2	0	0	0	0	0
St. Mary (Neb.) (2013-14)	2	0	0	0	0	0
St. Xavier (Ill.) (2011-15-16)	3	0	0	0	0	0
Taylor (Ind.) (2013-14-15-16-17)	5	0	0	0	0	1
Tennessee Wesleyan (2014)	1	0	0	0	0	0
Texas Wesleyan (2011-12-13-14-15)	5	0	0	0	0	0
The Master's (Calif.) (2015-16-17)	3	0	0	0	0	0
Union (Tenn.) (2010)	1	0	0	0	0	0
Viterbo (Wis.) (2010)	1	0	0	0	0	0
Wayland Baptist (Texas) (2010-11-2014-16-17)	5	0	1	0	0	0
Westmont (Calif.) (2011-12-13-14-15-16)	6	0	0	0	0	0
Wiley (Texas) (2014)	1	0	0	0	0	0
William Woods (Mo.) (2013-15)	2	0	0	0	0	0
Xavier (La.) (2011-12-14-16)	4	0	0	0	0	0
York (Neb.) (2011)	1	0	0	0	0	0