

Midwest Collegiate Conference Men's XC History

Course/ Host School	Date	Champion	Coach of the Year	Points	Athlete	School	Time
Credit Island/ St. Ambrose	10/25/1990	St. Ambrose	Kevin Rose	15	Jeff Fichtner	St. Ambrose	26:46
Credit Island/ Marycrest	10/25/1991	St. Ambrose	Kevin Rose	24	Jess Aesoph	St. Ambrose	27:05
Credit Island/ St. Ambrose	10/24/1992	St. Ambrose	Kevin Rose	20	Jess Aesoph	St. Ambrose	26:22
Jones Park/ Mount Mercy	9/13/1993	St. Ambrose	Kevin Rose	24	Dave Campbell	Mount Mercy	27:33
Emma Young Park/ Mount St. Clare	10/22/1994	St. Ambrose	Kevin Rose	21	Mark Mckeown	Iowa Wesleyan	24:40
Emeis Park/ St. Ambrose	10/26/1995	St. Ambrose	Kevin Rose	22	Josh Hetrick	St. Ambrose	26:16
City Park/ Iowa Wesleyan	10/24/1996	St. Ambrose	Kevin Rose	28	Judd Allbaugh	Mount Mercy	27:21
Jones Park/ Mount Mercy	10/23/1997	St. Ambrose	Kevin Rose	20	Adam Winger	St. Ambrose	27:14
Emma Young Park/ Mount St. Clare	10/29/1998	St. Ambrose	Kevin Rose	22	Andy Nauman	St. Ambrose	26:40
Credit Island/ St. Ambrose	11/6/1999	St. Ambrose	Kevin Rose	16	Jay Jennessee	St. Ambrose	24:54
Jones Park/ Mount Mercy	10/26/2000	Mount St. Clare	Jeff Bolender	32	Andrew Grodecki	Mount St. Clare	28:28
Scott Co Park/ St. Ambrose	10/25/2001	William Penn	John Henry	31	Andrew Grodecki	Mount St. Clare	28:22
Emma Young Park/ Mount St. Clare	11/1/2002	William Penn	Brandon Lenhart	28	Pat Keehner	Mount Mercy	26:54
Jones Park/ Mount Mercy	10/31/2003	Mount Mercy	Ryan Scheckel	33	Pat Keehner	Mount Mercy	27:20
Camp Shaw-waw-nah-see/Wm. Penn	11/6/2004	William Penn	Richard Speas	33	Travis Sauer	William Penn	27:36
Ewing Park/ Grand View	10/22/2005	Grand View	Jerry Monner	33	Michael Stevens	Grand View	27:57
Crow Creek Park/ St. Ambrose	10/21/2006	St. Ambrose	Dan Zeimet	35	Cliff Miles	St. Ambrose	26:23
Jones Park/Mount Mercy	10/20/2007	St. Ambrose	Dan Zeimet	30	Cliff Miles	St. Ambrose	27:41
Ewing Park/Grand View	11/8/2008	St. Ambrose	Dan Zeimet	43	B.J. McCall	Viterbo	27:29
Lacey Sports Complex/Wm. Penn	11/7/2009	St. Ambrose	Dan Zeimet	29	John Darmody	St. Ambrose	25:50
Ashford Campus/Ashford	11/6/2010	Mount Mercy		55	Kevin Randle	St. Ambrose	26:45

Team Championships: St. Ambrose (14), William Penn (3), Mount Mercy (2), Mt. St. Clare (1), Grand View (1).

Individual Champions: St. Ambrose (11), Mount Mercy (4), Mt. St. Clare (2), Iowa Wesleyan (1), Grand View (1), William Penn (1), Viterbo (1).

Lowest Winning Score: 15, St. Ambrose 1990; 16, St. Ambrose 1999.

Highest Winning Score: 55, Mount Mercy 2010.

Sites hosted: Jones Park (5), Credit Island (4), Emma Young Park (3), Ewing Park (2), Crow Creek Park (1), Emeis G.C. (1), City Park (1), Scott Co. Park (1), Camp Shaw-waw-nah-see (1), Lacey Sports Complex (1), Ashford (1).

Fastest time: Mark McKeown, Iowa Wesleyan, 1994 at Emma Young Park, 24:40.