

## Midwest Collegiate Conference Women'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	40	Stephanie Maxwell	Marycrest	22:04
Credit Island/ Marycrest	10/25/1991	St. Ambrose	Kevin Rose	22	Jessica Hobbs	St. Ambrose	19:20
Credit Island/ St. Ambrose	10/24/1992	St. Ambrose	Kevin Rose	23	Stephanie Vanderhorn	St. Ambrose	19:08
Jones Park/ Mount Mercy	9/13/1993	St. Ambrose	Kevin Rose	33	Michelle Oesteriech	Mount St. Clare	21:14
Emma Young Park/ Mount St. Clare	10/22/1994	St. Ambrose	Kevin Rose	24	Stephanie Mauch	Iowa Wesleyan	19:57
Emeis Park/ St. Ambrose	10/26/1995	St. Ambrose	Kevin Rose	40	Stephanie Mauch	Iowa Wesleyan	19:04
City Park/ Iowa Wesleyan	10/24/1996	Mount Mercy	Christine Perkins	30	Patches Elmore	St. Ambrose	20:16
Jones Park/ Mount Mercy	10/23/1997	St. Ambrose	Kevin Rose	29	Megan Spurgin	Mount Mercy	19:56
Emma Young Park/ Mount St. Clare	10/29/1998	Mount Mercy	Christine Perkins	31	Leslie Marshall	Mount Mercy	20:24
Credit Island/ St. Ambrose	11/6/1999	St. Ambrose	Kevin Rose	25	Leslie Marshall	Mount Mercy	19:16
Jones Park/ Mount Mercy	10/26/2000	Mount Mercy	Christine Perkins	38	Amy Marshall	Mount Mercy	20:23
Scott Co Park/ St. Ambrose	10/25/2001	William Penn	John Henry	42	Amy Marshall	Mount Mercy	20:31
Emma Young Park/ Mount St. Clare	11/1/2002	William Penn	Brandon Lenhart	37	Amy Marshall	Mount Mercy	20:04
Jones Park/ Mount Mercy	10/31/2003	Mount Mercy	Ryan Scheckel	32	Amy Marshall	Mount Mercy	20:30
Camp Shaw-waw-nah-see/Wm. Penn	11/6/2004	St. Ambrose	Dan Zeimet	28	Heather Collum	Mount Mercy	20:29
Ewing Park/ Grand View	10/22/2005	St. Ambrose	Dan Zeimet	29	Katie Larsen	Mount Mercy	20:21
Crow Creek Park/ St. Ambrose	10/21/2006	Mount Mercy	Ryan Scheckel	22	Mallory Marshall	Mount Mercy	19:52
Jones Park/Mount Mercy	10/20/2007	Mount Mercy	Ryan Scheckel	25	Mallory Marshall	Mount Mercy	20:20
Ewing Park/Grand View	11/8/2008	Mount Mercy	Ryan Scheckel	46	Obsie Birru	Grand View	18:41
Lacey Sports Complex/Wm. Penn	11/7/2009	Mount Mercy	Ryan Scheckel	34	Obsie Birru	Grand View	18:25
Ashford South Campus/Ashford	11/6/2010	Viterbo		36	Obsie Birru	Grand View	17:56

**Team Championships:** St. Ambrose (10), Mount Mercy (8), William Penn (2), Viterbo (1).

**Individual Champions:** Mount Mercy (11), St. Ambrose (2), Iowa Wesleyan (2), Grand View (3), Mt. St. Clare (1), Marycrest (1).

**Lowest Winning Score:** 20, St. Ambrose 1990; 22, St. Ambrose 1991; 22, Mount Mercy 2006.

**Highest Winning Score:** 46, Mount Mercy 2008; 42 William Penn 2001.

**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 Campus (1).

**Fastest time:** Obsie Birru, Grand View, 2010 at Ashford South Campus, 17:56.