

Lady Patriots Cross Country History

<u>Years</u>	<u>Coach</u>
1986	Ron Elleman
1987	Terry Moore
1988	Kevin VanWinkle
1989-92	Ron Elleman
1993-95	Chris Webb
1996-01	Amelia Overbeck
2002-05	Glenn Cairns
2006-08	Cindy Elzemeyer
2009-12	Cindy Schienbein
2013-18	Alan Bell
2019-25	Phil Cox

Conference Championships

1989, 2006, 2007, 2008, 2014, 2015, 2016, 2017

Sectional Championships

2007, 2008

All-Conference

1984	Michaela Arthurs
1987	Amelia Overbeck
1988	Michele Nutty
1989	Cindy Swafford, Amelia Overbeck
1990	Cindy Swafford
1991	Joy Hopkins, Cindy Swafford
1999	Annie Bruns
2000	Kelli Bolser
2001	Kelli Bolser
2004	Rachel Murray
2005	Liz Goecke, Rachel Murray, Liz Boggs
2006	Jordan Perry, Liz Boggs, Jordyn Greer
2007	Jordan Perry, Rachel Murray, Liz Goecke, Megan Welborn, Meghan Hartman
2008	Meghan Hartman (champion), Megan Welborn, Liz Goecke
2009	Katie Finch
2010	Meghan Hartman
2011	Renee Risch
2012	Renee Risch, Emily Goecke
2013	Emily Goecke, Samantha Crowe
2014	Samantha Crowe (champion), Emily Goecke, Anevay Antrim
2015	Samantha Crowe, Anevay Antrim
2016	Samantha Crowe (champion), Samantha Ramey, Anevay Antrim
2017	Anevay Antrim, Samantha Ramey, Vanessa West
2018	Vanessa West, Priscilla Kelley

2019 Priscilla Kelley
2020 Priscilla Kelley
2022 Marissa Young
2023 Haley Alcorn
2025 Kelsey Dare, Henley Paddock

State Qualifiers

1984 Michaela Arthurs

Records

Course Record – Whitewater S.P.	4k	2006	Jordan Perry	16:59
Course Record – Whitewater S.P.	5k	2008	Megan Welborn	21:43
Course Record – UCMS	5k	2016	Samantha Crowe	20:46.8
Course Record – any course	4k	2006	Jordan Perry	16:15
Course Record – any course	5k	2016	Samantha Crowe	19:51.89

UPDATED 1/27/26