



Women's CROSS COUNTRY

2009 INDIVIDUAL RESULTS

Overall individual finish followed by individual finish within team in parentheses.

	Central Dutch Inv. 5K (9-5)	Northfield, Minn. St. Olaf Inv. 6K (9-19)	Augustana Brissman-Lundeen Inv. (9-25) #	Cedar Rapids Lamb-Kohawk Inv. 6K (10-10)	West Salem, Wis. Tori Neubauer Inv. 6K (10-17)	Iowa Conference Championship 6K(10-31)	NCAA Div. III Central Regional 6K (11-14)	NCAA Div. III National Championship 6K (11-21)
Hannah Anderson	19:19 4th (2nd)	23:43 15th (2nd)	21:03 20th (3rd)	25:10 4th (4th)	24:19 149th (5th)	24:21 23rd (4th)	23:02 29th (3rd)*	23:45 116th (77th)+
Angie Berry	18:30 1st (1st)	22:42 4th (1st)	20:15 4th (1st)	24:34 1st (1st)	22:35 21st (1st)	23:12 3rd (1st)\$	22:47 21st (2nd)*	23:34 94th (61st)+
Jenna Broghamer	20:14 11th (5th)	25:34 88th (7th)	23:27 151st (10th)	26:24 11th (9th)	25:06 218th (9th)	25:56 64th (10th)	DNC	DNC
Meghann Burt	20:58 33rd (9th)	DNC	22:33 102nd (8th)	25:54 8th (8th)	24:52 192nd (8th)	25:17 44th (8th)	DNC	DNC
Kate Callan	DNC	30:18 241st (14th)	24:36 205th (16th)	27:15 17th (11th)	26:18 298th (13th)	26:37 84th (12th)	DNC	DNC
Sara Davis	DNC	28:44 218th (12th)	24:17 201st (14th)	27:46 22nd (14th)	26:24 304th (14th)	27:57 107th (16th)	DNC	DNC
Lisa Ledford	DNC	DNC	DNC	DNC	DNC	30:39 124th (18th)	DNC	DNC
Amy Ledvina	19:28 6th (3rd)	DNC	21:25 29th (4th)	25:00 2nd (2nd)	23:33 68th (3rd)	23:50 12th (3rd)\$	23:12 36th (4th)	24:09 162nd (114th)+
Melanie Louis	21:23 35th (10th)	25:32 85th (6th)	22:11 74th (7th)	25:51 7th (7th)	24:25 155th (6th)	25:15 43rd (7th)	24:23 91st (7th)	25:03 232nd (181st)+
Amber Mayer	19:29 7th (4th)	23:46 17th (3rd)	20:58 16th (2nd)	25:01 3rd (3rd)	21:52 34th (2nd)	23:39 9th (2nd)\$	22:30 13th (1st)*	23:18 69th (46th)+
Melony McDermott	20:23 21st (7th)	24:41 47th (4th)	21:36 42nd (5th)	25:15 5th (5th)	23:53 108th (4th)	24:43 33rd (6th)	24:03 73rd (5th)	24:52 221st (170th)+
Heidi Sartorius	24:33 88th (13th)	28:07 201st (9th)	24:07 194th (13th)	28:38 25th (15th)	27:21 361st (16th)	27:46 106th (15th)	DNC	DNC
Heather Shives	20:42 28th (8th)	DNC	22:54 122nd (9th)	DNC	26:14 186th (11th)	25:33 57th (9th)	DNC	DNC
Rachelle Tipton	20:22 20th (6th)	25:12 72nd (5th)	21:50 51st (6th)	25:37 6th (6th)	24:27 157th (7th)	24:37 28th (5th)	24:18 88th (6th)	25:54 270th (215th)+
Kelsey Tompkins	DNC	28:13 206th (10th)	24:31 201st (15th)	27:16 18th (12th)	26:15 289th (12th)	26:48 91st (14th)	DNC	DNC
Pa Vang	23:51 84th (12th)	28:40 217th (11th)	25:26 234th (17th)	28:55 27th (16th)	27:51 382nd (17th)	28:42 112th (17th)	DNC	DNC
Molly Von Holten	DNC	28:55 219th (13th)	24:06 191st (11th)	27:02 15th (10th)	26:02 272nd (10th)	26:00 68th (11th)	DNC	DNC
Kelli Ziskovsky	22:18 64th (11th)	26:44 139th (8th)	24:06 192nd (12th)	27:17 19th (13th)	26:49 328th (15th)	26:44 89th (13th)	DNC	DNC
Team finish	1st of 6	4th of 16	3rd of 21	1st of 3	11th of 25	3rd of 8	4th of 26	19th of 32
Points	25	140	111	15	308	73	172	468
Spread	1:44	2:30	1:21	0:40	1:43	1:25	1:34	1:34

Varsity team score counters in **bold**

5,420 meter race

\$ All-Iowa Conference

* NCAA Division III All-Central Region

+ Overall individual finish followed by finish in the team competition in parentheses.

2009 SEASON AND CAREER BESTS

5,000-meter career bests

Name	Time	Date	Site
Angie Berry	18:30	9-5-09	Central Inv.-Pella
Hannah Anderson	19:19	9-5-09	Central Inv.-Pella
Amy Ledvina	19:28	9-5-09	Central Inv.-Pella
Amber Mayer	19:29	9-5-09	Central Inv.-Pella
Jenna Broghamer	20:14	9-5-09	Central Inv.-Pella
Rachelle Tipton	20:17	9-1-07	Central Inv.-Pella
Melony McDermott	20:22	9-5-09	Central Inv.-Pella
Molly Von Holten	20:28	9-1-07	Central Inv.-Pella
Jenni Hufford	20:34	9-1-07	Central Inv.-Pella
Heather Shives	20:42	9-5-09	Central Inv.-Pella
Melanie Louis	20:54	9-6-08	Central Inv.-Pella
Megahnn Burt	20:56	9-6-08	Central Inv.-Pella
Kelsey Tompkins	21:22	9-2-06	Central Inv.-Pella
Kelli Ziskovsky	22:18	9-5-09	Central Inv.-Pella
Sara Davis	22:29	9-6-08	Central Inv.-Pella
Kate Callan	23:15	9-6-08	Central Inv.-Pella
Pa Vang	23:51	9-5-09	Central Inv.-Pella
Heidi Sartorius	24:33	9-5-09	Central Inv.-Pella

6,000-meter career bests

Name	Time	Date	Site
Angie Berry	22:23	11-10-07	NCAA D-III Central Regional
Amber Mayer	22:30	11-14-09	NCAA D-III Central Regional
Hannah Anderson	23:02	11-14-09	NCAA D-III Central Regional
Amy Ledvina	23:12	11-14-09	NCAA D-III Central Regional
Melony McDermott	24:03	11-14-09	NCAA D-III Central Regional
Rachelle Tipton	24:18	11-14-09	NCAA D-III Central Regional
Melanie Louis	24:23	11-14-09	NCAA D-III Central Regional
Jenni Hufford	24:46	9-21-07	Brissman/Lundeen Inv. -Credit Island Park
Megahnn Burt	24:52	10-17-09	Tori Neubauer Inv.-La Crosse
Molly Von Holten	25:01	9-21-07	Brissman/Lundeen Inv. -Credit Island Park
Jenna Broghamer	25:06	10-17-09	Tori Neubauer Inv.-La Crosse
Kelsey Tompkins	25:10	10-14-06	Tori Neubauer Inv.-La Crosse
Kate Callan	26:02	10-18-08	Tori Neubauer Inv.-La Crosse
Heather Shives	26:03	10-18-08	Tori Neubauer Inv.-La Crosse
Sara Davis	26:24	10-17-09	Tori Neubauer Inv.-La Crosse
Heidi Sartorius	27:20	10-18-08	Tori Neubauer Inv.-La Crosse
Pa Vang	27:51	10-17-09	Tori Neubauer Inv.-La Crosse
Lisa Ledford	30:39	10-31-09	Iowa Conference-Waverly

6,000-meter season bests

Name	Time	Date	Site
Amber Mayer	22:30	11-14-09	NCAA D-III Central Regional
Angie Berry	22:42	9-19-09	St.Olaf Inv.-Northfield
Hannah Anderson	23:02	11-14-09	NCAA D-III Central Regional
Amy Ledvina	23:12	11-14-09	NCAA D-III Central Regional
Melony McDermott	24:03	11-14-09	NCAA D-III Central Regional
Rachelle Tipton	24:18	11-14-09	NCAA D-III Central Regional
Melanie Louis	24:23	11-14-09	NCAA D-III Central Regional
Megahnn Burt	24:52	10-17-09	Tori Neubauer Inv.-La Crosse
Jenna Broghamer	25:06	10-17-09	Tori Neubauer Inv.-La Crosse
Molly Von Holten	26:00	10-31-09	Iowa Conference- Waverly
Heather Shives	26:14	10-17-09	Tori Neubauer Inv.-La Crosse
Kelsey Tompkins	26:15	10-17-09	Tori Neubauer Inv.-La Crosse
Kate Callan	26:18	10-17-09	Tori Neubauer Inv.-La Crosse
Sara Davis	26:24	10-17-09	Tori Neubauer Inv.-La Crosse
Kelli Ziskovsky	26:44	9-19-09	St.Olaf Inv.-Northfield
Heidi Sartorius	27:21	10-17-09	Tori Neubauer Inv.-La Crosse
Pa Vang	27:51	10-17-09	Tori Neubauer Inv.-La Crosse
Lisa Ledford	30:39	10-31-09	Iowa Conference-Waverly

Top 6,000-meter career times

Name	Time	Date	Site
Angie Berry	22:23	11-10-07	NCAA D-III Central Regional
Angie Berry	22:30	10-27-07	Iowa Conference-Dubuque
Amber Mayer	22:30	11-14-09	NCAA D-III Central Regional
Angie Berry	22:33	10-13-07	Tori Neubauer Inv.-La Crosse
Angie Berry	22:42	9-19-09	St.Olaf Inv.-Northfield

Team average

No.	Top five's avg.	Meet
1.	19:24 (5K)	Central Inv.-Pella
2.	21:03 (5,420m)	Brissman/Lundeen Inv.-Credit Island Park
3.	23:07 (6K)	NCAA D-III Central Regional
4.	23:26 (6K)	Tori Neubauer Inv.-La Crosse, Wis.
5.	23:56 (6K)	Iowa Conference-Waverly
5.	23:56 (6K)	NCAA D-III National Championship
7.	24:00 (6K)	St.Olaf Inv.-Northfield, Minn.
8.	25:00 (6K)	Lamb-Kohawk Inv.-Cedar Rapids

Best team score

No.	Score (no. of teams)	Meet
1.	15 (3 teams)	Lamb-Kohawk Inv.-Cedar Rpaids
2.	25 (6 teams)	Central Inv.-Pella
3.	73 (8 teams)	Iowa Conference-Waverly
4.	111 (21 teams)	Brissman/Lundeen Inv.-Credit Island Park
5.	140 (16 teams)	St.Olaf Inv.-Northfield, Minn.
6.	172 (26 teams)	NCAA D-III Central Regional
7.	308 (25 teams)	Tori Neubauer Inv.-West Salem
8.	468 (32 teams)	NCAA D-III National Championship

Best spread

No.	Top five spread	Meet
1.	0:40	Lamb-Kohawk Inv.-Cedar Rpaids
2.	1:21	Brissman/Lundeen Inv.-Credit Island Park
3.	1:25	Iowa Conference-Waverly
4.	1:34	NCAA D-III Central Regional
5.	1:34	NCAA D-III National Championship
6.	1:43	Tori Neubauer Inv.-La Crosse, Wis.
7.	1:44	Central Inv.-Pella
8.	2:30	St.Olaf Inv.-Northfield, Minn.

Top finishes Individual

No.	Finish	Name (time)	Meet
1.	1st	Angie Berry (18:30)	Central Inv.-Pella
2.	1st	Angie Berry (24:34)	Lamb-Kohawk Inv.-Cedar Rapids
3.	2nd	Amy Ledvina (25:00)	Lamb-Kohawk Inv.-Cedar Rapids
4.	3rd	Amber Mayer (25:01)	Lamb-Kohawk Inv.-Cedar Rapids
5.	3rd	Angie Berry (23:12)	Iowa Conference-Waverly

Team

No.	Finish (teams)	Meet (distance)	Date
1.	1st (6 teams)	Central Inv. (5K)	9-5-09
1.	1st (3 teams)	Lamb-Kohawk (6K)	10-10-09
3.	3rd (21 teams)	Brissman/Lundeen Inv. (5,420m)	9-25-09
3.	3rd (8 teams)	Iowa Conference (6K)	10-31-09
5.	4th (16 teams)	St. Olaf Inv. (6K)	9-19-09
5.	4th (26 teams)	NCAA D-III Central Regional (6K)	11-14-09
7.	11th (25 teams)	Tori Neubauer Inv. (6K)	10-17-09
8.	19th (32 teams)	NCAA D-III National Championships	11-21-09

2009 MEET RESULTS

Sept. 5, 2009

**Central Dutch Invitational
at Pella, Iowa
Central College cross country course
5,000 meters**

Team standings

1. **Central, 25**; 2. Simpson, 58; 3. Iowa Central, 75; 4. Luther, 80;
5. Grinnell, 113; 6. Des Moines Area, 189.

Individual results

1. Angie Berry, Central	18:30
4. Hannah Anderson, Central	19:19
6. Amy Ledvina, Central	19:28
7. Amber Mayer, Central	19:29
11. Jenna Broghamer, Central	20:14
20. Rachelle Tipton, Central	20:22
21. Melony McDermott, Central	20:23
28. Heather Shives, Central	20:42
33. Meghann Burt, Central	20:58
35. Melanie Louis, Central	21:23
64. Kelli Ziskovsky, Central	22:28
84. Pa Vang, Central	23:51

Sept. 19, 2009

**St. Olaf Invitational
at Northfield, Minnesota
St.Olaf cross country trail
6,000 meters**

Team standings

1. Minn.-Duluth, 45; 2. Winona State (Minn.), 87; 3. St. Thomas (Minn.), 135; **4. Central, 140**; 5. St.Olaf (Minn.), 142; 6. St Cloud State (Minn.), 143; 7. Minnesota State-Mankato, 163; 8. Macalester (Minn.), 219; 9. Gustavus Adolphus (Minn.), 233; 10. St. Scholastica (Minn.), 260; 11. Carleton (Minn.), 297; 12. St. Catherine (Minn.), 350; 13. Martin Luther (Minn.), 400; 14. Northwestern (Minn.), 426; 15. North Central (Minn.), 433; 16. Augsburg (Minn.), 442.

Individual results

1. Morgan Place, Minn.-Duluth	21:48
4. Angie Berry, Central	22:42
15. Hannah Anderson, Central	23:43
17. Amber Mayer, Central	23:46
47. Melony McDermott, Central	24:41
72. Rachelle Tipton, Central	25:12
85. Melanie Louis, Central	25:32
88. Jenna Broghamer, Central	25:34
139. Kelli Ziskovsky, Central	26:44
201. Heidi Sartorius, Central	28:07
206. Kelsey Tompkins, Central	28:13
217. Pa Vang, Central	28:40
218. Sara Davis, Central	28:44
219. Molly Von Holten, Central	28:55
241. Kate Callan, Central	30:18

Sept. 25, 2009

**Brissman/Lundeen Invitational
at Davenport, Iowa
Credit Island Park
5,420 meters**

Team standings

1. Truman State University (Mo.), 36; 2. University of Chicago (Ill.), 106; **3. Central, 111**; 4. Olivet Nazarene University (Ill.), 138; 5. Wis.-Stevens Point, 156; 6. Augustana, 212; 7. Iowa Central, 232; 8. Carthage (Wis.), 234; 9. Carroll University (Wis.), 245; 10. Illinois Central, 278; 11. Monmouth (Ill.), 280; 12. Elmhurst (Ill.), 283; 13. Grinnell, 304; 14. Mount Mercy, 333; 15. Cornell, 373; 16. Loras, 461; 17. North Iowa Area Community College, 482; 18. Principia (Mo.), 535; 19. Aurora (Ill.), 535; 20. Carl Sandburg (Ill.), 645; 21. Webster (Mo.), 651.

Individual results

1. Megan Ogrday, Carroll (Wis.)	19:23
4. Angie Berry, Central	20:15
16. Amber Mayer, Central	20:58
20. Hannah Anderson, Central	21:03
29. Amy Ledvina, Central	21:25
42. Melony McDermott, Central	21:36
51. Rachelle Tipton, Central	21:50
74. Melanie Louis, Central	21:11
102. Meghann Burt, Central	22:33
122. Heather Shives, Central	22:54
151. Jenna Broghamer, Central	23:27
191. Molly Von Holten, Central	24:06
192. Kelli Ziskovsky, Central	24:06
194. Heidi Sartorius, Central	24:07
197. Sara Davis, Central	24:17
201. Kelsey Tompkins, Central	24:31
205. Kate Callan, Central	24:16
234. Pa Vang, Central	25:26

Oct. 10, 2009

**Lamb-Kohawk Invitational
at Cedar Rapids, Iowa
Jones Park
6,000 meters**

Team standings

1. **Central, 15**; 2. Coe, 50; 3. Marshalltown Community, 85.

Individual results

1. Angie Berry, Central	24:34
2. Amy Ledvina, Central	25:00
3. Amber Mayer, Central	25:01
4. Hannah Anderson, Central	25:10
5. Melony McDermott, Central	25:15
6. Rachelle Tipton, Central	25:37
7. Melanie Louis, Central	25:51
8. Meghann Burt, Central	25:54
11. Jenna Broghamer, Central	26:24
15. Molly Von Holten, Central	27:02
17. Kate Callan, Central	27:15
18. Kelsey Tompkins, Central	27:16
19. Kelli Ziskovsky, Central	27:17
22. Sara Davis, Central	27:46
25. Heidi Sartorius, Central	28:38
27. Pa Vang, Central	28:55

Oct. 17, 2009

Tori Neubauer Invitational
at West Salem, Wis.
Maple Grove Country Club
6,000 meters

Team standings

1. Wis.-Eau Claire, 51; 2. Nebraska Wesleyan, 108; 3. Wis.-La Crosse, 130; 4. Wartburg, 154; 6. South Dakota State, 179; 7. Minnesota, 204; 8. Luther, 246; 9. Iowa Central, 260; 10. St. Olaf (Minn.), 267; **11. Central, 308**; 12. Wis.-Platteville, 365; 143 Northern Illinois, 377; 14. Gustavus Adolphus (Minn.), 402; 15. Hamline (Minn.), 405; 16. Macalester (Minn.), 426; 17. St. Benedict (Minn.), 18. Augustana, 462; 19. Simpson, 503; 20. Wis.-River Falls, 549; 21. St. Catherine (Minn.), 631; 22. St. Mary's (Minn.), 719; 23. Dubuque, 749; 24. Augsburg (Minn.), 781; 25. Crown (Minn.), 857.

Individual results

1. Anna Kraayenbrink, Wartburg	21:42
21. Angie Berry, Central	22:35
34. Amber Mayer, Central	22:52
68. Amy Ledvina, Central	23:33
108. Melony McDermott, Central	23:53
149. Hannah Anderson, Central	24:19
155. Melanie Louis, Central	24:25
157. Rachele Tipton, Central	24:27
192. Meghann Burt, Central	24:52
218. Jenna Broghamer, Central	25:06
272. Molly Von Holten, Central	26:02
286. Heather Shives, Central	26:14
289. Kelsey Tompkins, Central	26:15
298. Kate Callan, Central	26:18
304. Sara Davis, Central	26:24
328. Kelli Ziskovsky, Central	26:49
361. Heidi Sartorius, Central	27:21
382. Pa Vang, Central	27:51

Oct. 31, 2009

Iowa Conference Championships
at Waverly, Iowa
Max Cross Country Course
6,000 meters

Team standings

1. Wartburg, 39; 2. Luther, 56; **3. Central, 73**; 4. Simpson, 87; 5. Loras, 110; 6. Cornell, 179; 7. Dubuque, 207; 8. Coe, 227.

Individual results

1. Anna Kraayenbrink, Wartburg	22:49
3. Angie Berry, Central	23:12
9. Amber Mayer, Central	23:39
12. Amy Ledvina, Central	23:50
23. Hannah Anderson, Central	24:21
28. Rachele Tipton, Central	24:37
33. Melony McDermott, Central	24:43
43. Melanie Louis, Central	25:15
44. Meghann Burt, Central	25:17
57. Heather Shives, Central	25:33
64. Jenna Broghamer, Central	25:56
68. Molly Von Holten, Central	26:00
84. Kate Callan, Central	26:37
89. Kelli Ziskovsky, Central	26:44
91. Kelsey Tompkins, Central	26:48
106. Heidi Sartorius, Central	27:46
107. Sara Davis, Central	27:57
112. Pa Vang, Central	28:42

Nov. 14, 2009

NCAA Division III Central Regional
at Grinnell, Iowa
Oakland Acres Golf Course
6,000 meters

Team standings

1. Carleton (Minn.), 95; 2. Nebraska Wesleyan, 99; 3. Wartburg, 128; **4. Central, 172**; 5. St. Olaf (Minn.), 172; 6. St. Thomas (Minn.), 172; 7. Luther, 185; 8. Bethel (Minn.), 196; 9. Gustavus Adolphus (Minn.), 237; 10. Hamline (Minn.), 244; 11. Macalester (Minn.), 282; 12. St. Benedict (Minn.), 296; 13. Simpson, 341; 14. Loras, 361; 15. St. Scholastica (Minn.), 378; 16. Concordia-Moorhead, 385; 17. Grinnell, 450; 18. Cornell, 526; 19. St. Catherine (Minn.), 528; 20. Dubuque, 582; 21. Minnesota-Morris, 622; 22. St. Mary's (Minn.), 624; 23. Coe, 713; 24. Martin Luther, 714; 25. Augsburg (Minn.), 765; 26. Crown (Minn.), 824.

Individual results

1. Marie Borner, Bethel	21:15
13. Amber Mayer, Central	22:30
21. Angie Berry, Central	22:47
29. Hannah Anderson, Central	23:02
36. Amy Ledvina, Central	23:12
73. Melony McDermott, Central	24:03
88. Rachele Tipton, Central	24:18
91. Melanie Louis, Central	24:23

Nov. 21, 2009

NCAA Division III National Championship
at Cleveland, Ohio
Highland Park Golf Course
6,000 meters

Team standings

1. Wis.-Eau Claire, 171; 2. St. Lawrence (N.Y.), 180; 3. Calvin (Mich.), 195; 4. Middlebury (Vt.), 245; 5. MIT (Mass.), 255; 6. Whitworth (Wash.), 291; 7. Johns Hopkins (Md.), 306; 8. Williams (Mass.), 306; 9. Geneseo State (N.Y.), 320; 10. Washington (Mo.), 334; 11. Carleton (Minn.), 357; 12. Nebraska Wesleyan, 365; 13. Wis.-Oshkosh, 398; 14. Wesleyan (Conn.), 409; 15. Case Western (Ohio), 411; 16. Wartburg, 447; 17. Wis.-La Crosse, 458; 18. Dickinson (Pa.), 459; **19. Central, 468**; 20. DePauw (Ind.), 469; 21. Amherst (Mass.), 473; 22. Claremont-Mudd-Scripps (Calif.), 485; 23. Oberlin (Ohio), 500; 24. New York, 508; 25. Whitman (Wash.), 513; 26. Rhodes (Tenn.), 27. St. Olaf (Minn.), 557; 28. RPI (N.Y.), 573; 29. Baldwin-Wallace (Ohio), 583; 30. Haverford (Pa.), 626; 31. Ithaca (N.Y.), 641; 32. Emory (Ga.), 776.

Individual results

1. Wendy Pavlus, St. Lawrence	21:28
69. Amber Mayer, Central	23:18
94. Angie Berry, Central	23:34
116. Hannah Anderson, Central	23:45
162. Amy Ledvina, Central	24:09
221. Melony McDermott, Central	24:52
232. Melanie Louis, Central	25:03
270. Rachele Tipton, Central	24:54

INDIVIDUAL CAREER BIOS

Hannah Anderson, Sr.

Goodell, Iowa; Garner-Hayfield HS

Best Time (6k): 23:02; NCAA D-III Central Regional, 11-14-09

Best Finish: 4th; Central Dutch Inv., 9-5-09 & Lamb-Kohawk Inv., 10-10-09

2009 NCAA Division III All-Central Region team

2007, 2008, 2009 academic all-Iowa Conference team

Angie Berry, Sr.

Norwalk, Iowa; Norwalk HS

Best Time (6k): 22:33; NCAA D-III Central Regional, 11-10-07

Best Finish: 1st; Central Dutch Inv., 9-5-09 & Lamb-Kohawk Inv., 10-10-09

Iowa Conference women's cross country runner of the week
(Sept. 6, 2009)

2006, 2007 NCAA Division III national meet individual qualifier

2006, 2007, 2009 NCAA Division III all-Central Regional team

2007, 2009 all-Iowa Conference team

2007, 2008, 2009 academic all-Iowa Conference team

2006, 2007, 2009 team Most Valuable Performer Award

Jenna Broghamer, Fr.

Iowa City, Iowa; West HS

Best Time (6k): 25:06; Tori Neubauer Inv., 10-17-09

Best Finish: 11th; Central Dutch Inv., 9-5-09/Lamb-Kohawk Inv., 10-10-09

Meghann Burt, Jr.

Slater, Iowa; Ankeny Christian HS

Best Time (6k): 24:52; Tori Neubauer Inv., 10-17-09

Best Finish: 8th; Lamb-Kohawk Inv., 10-10-09

Kate Callan, So.

Clinton, Iowa; Clinton HS

Best Time (6k): 26:02; Tori Neubauer Inv., 10-18-08

Best Finish: 17th; Lamb-Kohawk Inv., 10-10-09

Sara Davis, So.

Melbourne, Iowa; West Marshall HS

Best Time (6k): 26:24; Tori Neubauer Inv., 10-17-09

Best Finish: 22nd; Lamb-Kohawk Inv., 10-10-09

Lisa Ledford, Fr.

Marshalltown, Iowa; Marshalltown HS

Best Time (6k): 30:39; Iowa Conference, 10-31-09

Best Finish: 124th; Iowa Conference, 10-31-09

Amy Ledvina, Sr.

Toledo, Iowa; South Tama HS

Best Time (6k): 23:12; NCAA D-III Central Regional, 11-14-09

Best Finish: 2nd; Lamb-Kohawk Inv., 10-10-09

2007 Most Improved Runner Award

2007, 2008, 2009 co-captain

2009 all-Iowa Conference team

2009 NCAA Division III All-Central Region team

Melanie Louis, So.

Davenport, Iowa; Central HS

Best Time (6k): 24:23; NCAA D-III Central Regional, 11-14-09

Best Finish: 7th; Lamb-Kohawk Inv., 10-10-09

2008 Freshman of the Year Award

2009 academic all-Iowa Conference team

Amber Mayer, Sr.

Essex, Iowa; Shenandoah HS

Best Time (6k): 22:30; NCAA D-III Central Regional, 11-14-09

Best Finish: 3rd; Lamb-Kohawk Inv., 10-10-09

2006 Most Valuable Freshman Award

2008, 2009 Most Improved Runner Award

2009 all-Iowa Conference team

2009 NCAA Division III All-Central Region team

Mel McDermott, Fr.

Britt, Iowa; West Hancock HS

Best Time (6k): 24:03; NCAA D-III Central Regional, 11-14-09

Best Finish: 5th; Lamb-Kohawk Inv., 10-10-09

2009 Most Valuable Freshman Award

Heidi Sartorius, So.

Cedar Falls, Iowa; Cedar Falls HS

Best Time (6k): 27:20; Tori Neubauer Inv., 10-18-08

Best Finish: 25th; Lamb-Kohawk Inv., 10-10-09

Heather Shives, Sr.

Knoxville, Iowa; Knoxville HS

Best Time (6k): 26:03; Tori Neubauer Inv., 10-18-08

Best Finish: 28th; Central Dutch Inv., 9-5-09

Rachelle Tipton, Sr.

Newton, Iowa; Newton HS

Best Time (6k): 24:18; NCAA D-III Central Regional, 11-14-09

Best Finish: 6th; Lamb-Kohawk Inv., 10-10-09

2007, 2009 academic all-Iowa Conference team

Kelsey Tompkins, Sr.

Webster City, Iowa; Webster City HS

Best Time (6k): 25:10; Tori Neubauer Inv., 10-14-06

Best Finish: 18th; Lamb-Kohawk Inv., 10-10-09

2009 co-captain

Pa Vang, Fr.

Des Moines, Iowa; East HS

Best Time (6k): 27:51; Tori Neubauer Inv., 10-17-09

Best Finish: 27th; Lamb-Kohawk Inv., 10-10-09

Molly Von Holten, Jr.

Walnut, Ill.; Bureau Valley HS

Best Time (6k): 25:01; Brissman/Lundeen Inv., 9-21-07

Best Finish: 15th; Lamb-Kohawk Inv., 10-10-09

Kelli Ziskovsky, Fr.

Dallas Center, Iowa; Dallas Center-Grimes HS

Best Time (6k): 26:44; St. Olaf Inv., 9-19-09

Best Finish: 19th; Lamb-Kohawk Inv., 10-10-09

HONORS AND AWARDS

Individual honors

Iowa Conference women's cross country runner of the week

Angie Berry--Sept. 6, 2009

Academic all-Iowa Conference team

Name	Yr.	Hometown/High school	Major	GPA
Hannah Anderson	Sr.	Titonka, Iowa/Garner-Hayfield	Biology	3.96
Angie Berry	Sr.	Norwalk, Iowa/Norwalk	Social science/secondary education	3.68
Melanie Louis	So.	Davenport, Iowa/Central	Biology	3.76
Rachelle Tipton	Sr.	Newton, Iowa/Newton	Elementary education	3.85

All-Iowa Conference team

- 3. Angie Berry (23:12)
- 9. Amber Mayer (23:39)
- 12. Amy Ledvina (23:50)

NCAA Division III all-Central Region team

- 13. Amber Mayer (22:30)
- 21. Angie Berry (22:47)
- 29. Hannah Anderson (23:02)

Team awards

Most Valuable Performer Award--Angie Berry

Most Improved Runner Award--Amber Mayer

Dutch Spirit Award--Rachelle Tipton

Rookie of the Year Award--Mel McDermott

2009 captains--Amy Ledvina, Kelsey Tompkins

2009 Central College women's cross country roster

Name	Yr.	Hometown/High school	Letter/Award
Hannah Anderson	Sr.	Goodell, Iowa/Garner-Hayfield	Third letter
Angie Berry	Sr.	Norwalk, Iowa/Norwalk	Fourth letter
Jenna Broghamer	Fr.	Iowa City, Iowa/West	First letter
Meghann Burt	Jr.	Slater, Iowa/Ankeny Christian	Third letter
Kate Callan	So.	Clinton, Iowa/Clinton	Reserve award
Sara Davis	So.	Melbourne, Iowa/West Marshall	Reserve award
Lisa Ledford	Fr.	Marshalltown, Iowa/Marshalltown	Freshman award
Amy Ledvina	Sr.	Tama, Iowa/South Tama	Fourth letter
Melanie Louis	So.	Davenport, Iowa/Central	Second letter
Amber Mayer	Sr.	Essex, Iowa/Shenandoah	Fourth letter
Melony McDermott	Fr.	Britt, Iowa/West Hancock	First letter
Heidi Sartorius	So.	Cedar Falls, Iowa/Cedar Falls	Reserve award
Heather Shives	Sr.	Knoxville, Iowa/Knoxville	Second letter
Kelsey Tompkins	Sr.	Webster City, Iowa/Webster City	Third letter
Pa Vang	Fr.	Des Moines, Iowa/East	Freshman award
Molly Von Holten	Jr.	Walnut, Ill./Bureau Valley	Reserve award
Kelli Ziskovsky	Fr.	Dallas Center, Iowa/Dallas Center-Grimes	Freshman award

Head coach: Joe Dunham

Associate head coach: Stephen Fyfe

Assistant: Bryan George