

2008 WOMEN'S CROSS COUNTRY

CENTRAL COLLEGE

MEDIA GUIDE





Founded —1853

Enrollment — 1,605

Affiliation — Reformed Church in America

President — Dr. David Roe

Membership — Iowa Intercollegiate Athletic Conference, National Collegiate Athletic Association, Division III

Founded in 1853, Central College is a four-year coeducational liberal arts college of the Reformed Church in America. Located 40 miles southeast of Des Moines, Central offers its 1,605 students learning opportunities not only on the Pella campus, but on branch campuses in London, England; Merida, Mexico; Leiden, the Netherlands; and Bangor, Wales; and at study centers in Granada, Spain; Hangzhou, China; Paris, France; and Vienna, Austria.

Central is a member of the National Collegiate Athletic Association, Division III, and the Iowa Intercollegiate Athletic Conference. Men compete in baseball, football, basketball, tennis, golf, wrestling, soccer, track and cross country while women compete in tennis, golf, track, softball, volleyball, cross country, soccer and basketball. Rugby is offered at the club level.

The A.N. Kuyper Athletics Complex

The A.N. Kuyper Athletics Complex is located at the corner of Independence Street and West Fifth Street in southwest Pella. The complex includes P.H. Kuyper Gymnasium (1970), H.S. Kuyper Fieldhouse (1987), Ron and Joyce Schipper Stadium (1977), the baseball and softball fields (1978), Ryerson Golf Driving Range (2005), tennis courts (1992), soccer field (2005) and the Ron Schipper Fitness Center (1999). The complex also includes practice and intramural softball diamonds and football fields. Golf meets are held at the Bos Landen Golf Club, two miles southwest of the campus on Highway T-15.

Directory

Sports Information Director	Larry Happel
Office	(641) 628-5278
Home	(641) 628-2754
Cell	(641) 780-6118
Fax	(641) 628-5340
E-mail	sportsinfo@central.edu
Central athletics web page	www.central.edu/athletics



ATHLETICS DEPARTMENT STAFF

Athletics director	Al Dorenkamp
Special assistant to the athletics director	John Edwards
Director of intramurals	Adam Stevens
Athletics office manager	Jeffy Schuring
Athletics secretary	Becky Cook
Head athletic trainer	Leslie Duinink
Assistant athletic trainer	Dustin Briggs
Assistant athletic trainer	Chris Viesselman
Athletic training education program director	John Roslien
Strength and conditioning/ Ron Schipper Fitness Center coordinator	Jake Anderson
Assistant strength and conditioning	Kyle Johnson
Athletics and special events supervisor	Charlie Estabrook
Building and grounds manager	Randy Shives
Sports information director	Larry Happel

FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Dr. Andrew Green, assistant professor of political science
 Dr. Edmond Willis, professor of psychology
 Dr. Lori Witt, assistant professor of history

COACHING STAFF

Baseball	Adam Stevens
Assistant baseball	Brandon Townsend
Assistant baseball	Shea Stamp
Basketball - Men's	Mike Boschee
Assistant basketball	Joe Steinkamp
Assistant basketball	Chris Pierson
Basketball - Women's	Jerry Nikkel
Assistant basketball	Andy Campbell
Cross country - Men's/women's	David Paulsen
Assistant cross country	Stephen Fyfe
Assistant cross country	Jay Rhoten
Football	Jeff McMartin
Assistant football	Jeff Bollard--tight ends
Assistant football	Dick Bowzer--quarterbacks/receivers
Assistant football	Darrell Brand--kickers/punters
Assistant football	Don De Waard--defensive coordinator
Assistant football	Reid Evans--offensive line
Assistant football	Eric Jones--defensive line
Assistant football	Matt Paulsen--defensive backs
Assistant football	Zach Pfantz--defensive assistant
Assistant football	Jeff Sanger--stingers
Assistant football	Kevin Sanger--receivers/special teams
Assistant football	Austen Scheuler--defensive backs
Assistant football	Drew Sikkink--offensive line
Assistant football	Jerry Southmayd--running backs

Golf - Men's

Assistant golf
 Assistant golf

Golf - Women's

Soccer - Men's

Assistant soccer
 Assistant soccer

Soccer - Women's

Assistant soccer

Softball

Associate softball
 Assistant softball
 Assistant softball

Tennis - Men's/women's

Track and field - Men's/women's

Associate track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field

Volleyball

Assistant volleyball
 Assistant volleyball

Wrestling

Assistant wrestling
 Assistant wrestling

Charlie Estabrook
 Tom Linton
 Clint Brown
 Jodee Schaben
 Garry Laidlaw
 Kyle Halfpop
 John Milligan
 Colin Kuchy
 TBA
 George Ware
 Alicia O'Brien
 Mary Vande Hoef
 Jake Fisher
 Bryan Mours
 Joe Dunham
 Guy Mosher
 David Paulsen
 Stephen Fyfe
 Mike Marcinkowski
 Eric Pingel
 Jay Rhoten
 Kent Clayberg
 Cindy Nikkel
 Megan Clayberg
 Eric Van Kley
 Jason Zastrow
 Matt Diehl

HEAD COACH DIRECTORY

(All phone numbers are 641 area code)

Name	Sport	E-mail	Office phone
Boschee, Mike	Men's basketball	boscheem@central.edu	628-5225
Kuchy, Colin	Women's soccer	kuchyc@central.edu	628-5224
Clayberg, Kent	Volleyball	claybergk@central.edu	628-7605
Dorenkamp, Al	Athletics director	dorenkampa@central.edu	628-5310
Estabrook, Charlie	Men's golf	estabrookc@central.edu	628-7694
Laidlaw, Garry	Men's soccer	laidlawg@central.edu	628-5789
McMartin, Jeff	Football	mcmartinj@central.edu	628-7609
Mours, Bryan	Men's tennis	moursb@central.edu	628-5194
Nikkel, Jerry	Women's basketball	nikkelj@central.edu	628-7652
Paulsen, David	Men's and women's cross country	paulsend@central.edu	628-5178
Stevens, Adam	Baseball	stevensa@central.edu	628-5396
Van Kley, Eric	Wrestling	vankeye@central.edu	628-5422
Wares, George	Softball	waresg@central.edu	628-5195
Schaben, Jodee	Women's golf	schabenj@central.edu	628-5591
Dunham, Joe	Men's and women's track and field	dunhamj@central.edu	

Fax numbers

Athletics department (641) 628-5356

Sports information office (641) 628-5340

Women's cross country

2008 men's and women's schedule

Sept. 6	Central Inv.	Pella	9:30/10 a.m.
Sept. 13	Les Duke Inv.	Grinnell	10/10:45 a.m.
Sept. 20	Roy Griak Inv.	St. Paul, Minn.	9/10:30 a.m.
Oct. 11	Dan Huston Inv.	Waverly	10/10:45 a.m.
Oct. 18	Jim Drews/Tori Neubauer Classic	West Salem, Wis.	10:30 a.m./noon
Nov. 1	Iowa Conference championships	Storm Lake	11 a.m./noon
Nov. 15	NCAA Division III Central Regional	Grinnell	11 a.m./noon
Nov. 22	NCAA Division III championships	Hanover, Ind.	+11 a.m./noon

+Eastern Standard Time

WOMEN'S CROSS COUNTRY QUICK FACTS

2007 Iowa Conference finish: 3rd

Starters lost: 0

Starters returning: 7 (Angie Berry, Jessica Clark, Amy Ledvina, Amber Mayer, Hannah Anderson, Connie Eshelman, Jenni Hufford)

Letterwinners lost/returning: 0/10

David Paulsen

Head coach

David Paulsen is in his second season as head men's and women's cross country coach at Central.

A former Northern Iowa track and field all-America runner, Paulsen also serves as assistant coach for distance events in men's and women's track and field.

A U.S. Olympic Trials qualifier in the 800 meters in 2004, Paulsen was also a two-time USATF indoor national meet qualifier. Prior to graduating in 2003, Paulsen was a two-time NCAA Division I meet qualifier, earning all-America distinction in 2002. He was an eight-time all-Missouri Valley Conference performer.

For three years Paulsen served as a volunteer coach for Northern Iowa 's cross country and track and field programs. He received a master's degree in exercise science at Northern Iowa where he was also the sport performance coach for the XL Sports Acceleration Program, a joint venture between the university and Cedar Valley Medical Specialists.

A Waverly native, Paulsen followed two older brothers to Central. Matt Paulsen is in his 10th season as an assistant football coach. He's a 1997 Central graduate and earned all-America distinction as a defensive back. Andrew Paulsen, a 1998 Central graduate, received all-America honors in both football and track and field.

Stephen Fyfe

Assistant coach

Stephen Fyfe is in his 10th season as assistant men's and women's cross country coach at Central. He's also an assistant for the men's and women's track and field squads. A 1987 Central graduate, Fyfe earned three varsity letters in cross country and four in track and field. He continues to compete in road races and has completed twelve marathons. Fyfe received his masters and doctoral degrees at Iowa State University and serves as an assistant professor of computer science at Central.

Jay Rhoten

Assistant coach

Former all-American decathlete Jay Rhoten is in his third season as assistant men's and women's cross country coach at Central.

Rhoten, a 1998 Central graduate, is also in his fifth year as an assistant track and field coach for the Dutch.

A three-time Iowa Conference men's track and field MVP, Rhoten swept the 1998 NCAA Div. III Central Region men's indoor and outdoor track and field athlete of the year awards presented by the U.S. Track and Field Coaches Association. He placed second in the NCAA Division III decathlon in 1998 after finishing sixth the previous year. He was fourth in the 1998

Drake Relays decathlon, and second among university and college competitors. Also a two-time team MVP and a team captain, Rhoten placed in five events at the 1998 Iowa Conference meet as the Dutch took the men's team title for the third time in his four seasons.

2007 results

Sept. 1	Central Dutch Inv.	Pella, Iowa	2nd of 7 teams
Sept. 8	Les Duke Inv.	Grinnell, Iowa	5th of 10 teams
Sept. 21	Brissman/Lundeen Inv.	Davenport, Iowa	9th of 26 teams
Oct. 6	Dan Huston Inv.	Waverly, Iowa	2nd of 5 teams
Oct. 13	Tori Neubauer Inv.	La Crosse, Wis.	13th of 27 teams
Oct. 27	Iowa Conference	Dubuque, Iowa	3rd of 9 teams
Nov. 10	NCAA Central Regional	Northfield, Minn.	11th of 23 teams
Nov. 17	NCAA championships	Northfield, Minn.	--

Sept. 1, 2007

Central Dutch Invitational at Pella, Iowa

Central College cross country course 5,000 meters

Team standings

1. Simpson, 32; **2. Central, 35**; 3. Iowa Central CC, 75; 4. Grand View, 101; 5. Peru State (Neb.), 151; 6. William Penn, 167; 7. Principia (Ill.), 182.

Individual results

1. Joyce Cheruiyot, Iowa Central CC 18:48
3. Angie Berry, Central 19:37
6. Amy Ledvina, Central 19:52
7. Jess Clark, Central 19:53
8. Amber Mayer, Central 19:56
11. Rachelle Tipton, Central 20:17
15. Molly Von Holten, Central 20:28
16. Jenni Hufford, Central 20:34
19. Hannah Anderson, Central 20:46
20. Connie Eshelman, Central 20:47
24. Meghann Burt, Central 21:07
26. Mandie Barkley, Central 21:20
32. Cluadia Garcia, Central 21:56
34. Sara Crippen, Central 22:05
35. Liz Arensten, Central 22:28
38. Eve Reinhold, Central 22:48
40. Krystin Hill, Central 23:02
42. Emily Miller, Central 23:20
56. Jordan Hohenboken, Central 24:26
62. Heather Shives, Central 25:08

Sept. 8, 2007

Les Duke Invitational at Grinnell, Iowa Oakland Acres Golf Course 6,000 meters

Team standings

1. Morningside, 60; 1. Grinnell, 60; 3. Simpson, 62; 4. Cornell, 79; **5. Central, 91**; 6. Coe, 170; 7. Grand View, 203; 8. Knox (Ill.), 252; 9. Buena Vista, 264; 10. William Penn, 292.

Individual results

1. Sara Spencer, Grinnell 22:22
15. Jess Clark, Central 24:47
17. Amy Ledvina, Central 24:51
18. Amber Mayer, Central 24:54
20. Angie Berry, Central 24:56
26. Hannah Anderson, Central 25:20
27. Jenni Hufford, Central 25:28
30. Molly Von Holten, Central 25:36
38. Rachelle Tipton, Central 26:16
41. Cassie Mc Donald, Central 26:21
48. Mandie Barkley, Central 26:44
50. Claudia Garcia, Central 26:53
57. Sara Crippen, Central 27:18
59. Connie Eshelman, Central 27:28
60. Liz Arentsen, Central 27:33
72. Eve Reinhold, Central 28:20
101. Emily Miller, Central 30:24

Sept. 21, 2007

Brissman/Lundeen Invitational at Davenport, Iowa Credit Island Park 6,000 meters

Team standings

1. Wis.-Parkside, 70; 2. St. Olaf (Minn.), 94; 3. Simpson, 156; 4. Augustana (Ill.), 170; 5. Grinnell, 171; 6. Cornell, 172; 7. Loras, 181; 8. Olivet Nazarene (Ill.), 221; **9. Central, 231**; 10. Elmhurst (Ill.), 226; 11. Iowa Central CC, 234; 12. Illinois Wesleyan, 329; 13. St. Ambrose, 332; 14. Mount Mercy, 335; 15. Coe, 380; 16. Greenville (Ill.), 442; 17. Monmouth (Ill.), 469; 18. Millikin (Ill.), 482; 19. Grand View, 549; 20. North Iowa Area CC, 599; 21. Buena Vista, 660; 22. Lincoln, 662; 23. Dubuque, 686; 24. Carl Sandburg (Ill.), 695; 25. Moraine Valley CC, 721; 26. Principia (Ill.), 764.

Individual results

1. Jessica Lamp, Wis.-Parkside 21:50
41. Hannah Anderson, Central 24:05
42. Amy Ledvina, Central 24:08
44. Amber Mayer, Central 24:10

55. Jess Clark, Central 24:22
73. Jenni Hufford, Central 24:46
88. Molly Von Holten, Central 25:01
92. Connie Eshelman, Central 25:04
100. Meghann Burt, Central 25:14
138. Rachelle Tipton, Central 25:54
149. Sara Crippen, Central 26:08
189. Liz Arentsen, Central 26:57
214. Mandie Barkley, Central 27:31
258. Emily Miller, Central 28:54
265. Jordan Hohenboken, Central 29:07

Oct. 6, 2007

Dan Huston Invitational at Waverly, Iowa 6,000 meters

Team standings

1. Wartburg, 24; **2. Central, 65**; 3. Wis.-Platteville, 81;
4. Monmouth (Ill.), 86; 5. Dubuque, 135.

Individual results

1. Lydia Kosgei, Iowa Central CC 24:00
9. Hannah Anderson, Central 25:00
12. Amy Ledvina, Central 25:19
18. Molly Von Holten, Central 25:27
21. Jenni Hufford, Central 26:21
22. Megahnn Burt, Central 26:21
23. Connie Eshelman, Central 26:22
25. Amber Mayer, Central 26:33
27. Kelsey Tompkins, Central 26:51
28. Mandie Barkley, Central 27:11
29. Jess Clark, Central 27:14
33. Cassie McDonald, Central 27:45
36. Rachelle Tipton, Central 28:05
38. Liz Arentsen, Central 28:24
46. Heather Shives, Central 29:06
48. Eve Reinhold, Central 29:30
53. Emily Miller, Central 30:35
62. Kristyn Hill, Central 33:13

Oct. 13, 2007

Tori Neubauer Invitational at La Crosse, Wis. Maple Grove Country Club 6,000 meters

Team standings

1. Minnesota, 120; 2. South Dakota State, 138; 3.
Wis.-Eau Claire, 141; 4. Wis.-Platteville, 155; 5. Nebraska
Wesleyan, 170; 6. St. Olaf (Minn.), 181; 7. Luther, 195; 8.
Wartburg, 200; 9. Wis.-La Crosse, 217; 10. North Dakota
State, 247; 11. Gustavus Adolphus (Minn.), 295; 12.
Connecticut College, 306; **13. Central, 310**; 14. Macalester
(Minn.), 350; 15. Minnesota-Duluth, 441; 16. Wis.-River
Falls, 445; 17. Iowa Central, 464; 18. Concordia (Minn.),
488; 19. Winona State (Minn.), 532; 20. Rhodes (Tenn.),

580; 21. Illinois Wesleyan, 581; 22. Hamline (Minn.), 594;
23. Wis.-Stout, 640; 24. St. Catherine (Minn.), 746; 25. Coe,
768; 26. St. Mary's (Minn.), 786; 27. Augsburg (Minn.),
842.

Individual results

1. Becca Jordahl, UW-River Falls 21:46
9. Angie Berry, Central 22:33
47. Hannah Anderson, Central 23:38
65. Jess Clark, Central 23:49
90. Amy Ledvina, Central 24:07
121. Amber Mayer, Central 24:24
131. Connie Eshelman, Central 24:30
184. Jenni Hufford, Central 25:04
189. Rachelle Tipton, Central 25:05
198. Molly Von Holten, Central 25:10
208. Meghann Burt, Central 25:15
314. Cassie McDonald, Central 26:38
336. Eve Reinhold, Central 26:54
337. Sara Crippen, Central 26:54
347. Liz Arentsen, Central 27:03
348. Emily Miller, Central 27:04
417. Jordan Hohenboken, Central 29:24

Oct. 27, 2007

Iowa Conference Championships at Dubuque, Iowa 6,000 meters

Team standings

1. Luther, 38; 2. Wartburg, 52; **3. Central, 87**; 4. Loras,
101; 5. Simpson, 104; 6. Cornell, 168; 7. Coe, 189; 8.
Buena Vista, 250.

Individual results

1. Janet Dobyms, Luther 22:09
2. Angie Berry, Central 22:30
20. Hannah Anderson, Central 24:19
21. Jess Clark, Central 24:23
23. Amy Ledvina, Central 24:24
39. Amber Mayer, Central 25:02
43. Connie Eshelman, Central 25:18
45. Meghann Burt, Central 25:24
50. Jenni Hufford, Central 25:32
52. Rachelle Tipton, Central 25:45
60. Cassie McDonald, Central 26:11
61. Kelsey Tompkins, Central 26:12
69. Molly VonHolten, Central 26:36
77. Mandie Barkley, Central 26:54
90. Sara Crippen, Central 27:23
94. Emily Miller, Central 27:31
95. Heather Shives, Central 27:33
101. Liz Arentsen, Central 28:08
105. Eve Reinhold, Central 28:25
119. Kristyn Hill, Central 30:00
121. Jordan Hohenboken, Central 30:19

Nov. 10, 2007

**NCAA Division III Central Regional
at Northfield, Minn.
6,000 meters**

Team standings

1. Luther, 87; 2. Nebraska Wesleyan, 118; 3. Wartburg, 160; 4. St. Thomas (Minn.), 197; 5. St. Olaf (Minn.), 201; 6. Loras, 207; 7. St. Benedict (Minn.), 210; 8. Grinnell, 234; 9. Bethel, 254; 10. Simpson, 263; **11. Central, 286**; 12. Carleton, 296; 13. Concordia, 307; 14. Gustavus Adolphus (Minn.), 324; 15. Macalester (Minn.), 361; 16. Cornell, 412; 17. Hamline, 446; 18. St. Scholastica (Minn.), 472; 19. Coe, 477; 20. St. Catherine (Minn.), 557; 21. Augsburg, 627; 22. St. Mary's, 639; 23. Martin Luther (Minn.), 760.

Individual honors

Academic all-Iowa Conference

Hannah Anderson (3.95, biology)
Angie Berry (3.50, history/secondary education)
Jess Clark (3.72, chemistry, biology)
Jennifer Hufford (3.74, elementary education)
Rachelle Tipton (3.77, elementary education)

NCAA Division III All-Central Region honoree

Angie Berry

All-time records

Best two-mile time - 11:19, Lori Nolte, Wis.-La Crosse Inv., La Crosse, Wis.; Oct. 21, 1978

Best 5,000-meter time - 17:50, tie, Cam Ratering, AIAW Region VI, Ames, Iowa; Oct. 31, 1980; NCAA Div. III Central Regional, Davenport.; Nov. 21, 1981

Best 6,000-meter time - 21:53, Beth Cunningham, Augustana Brissman-Lundeen Inv., Davenport; Sept. 4, 2004

Central College Cross Country Course records

(course opened in 2004)

Women's 5,000 meters - 18:41, Kristy Feldman, unattached, Sept. 3, 2005

Women's collegiate 5,000 meters - 18:42, Jen Wendt, Simpson, Sept. 3, 2005

Women's collegiate 6,000 meters - 20:15, Missy Buttry, Wartburg, Oct. 30, 2004

Girls' high school 4,000 meters - 14:50, Danielle Nowasell, Grinnell, Sept. 1, 2007

Central Dutch Invitational meet records

(first held, 2004)

Women's collegiate 5,000 meters - 18:42, Jen Wendt, Simpson, Sept. 3, 2005

Girls' high school 4,000 meters - 14:50, Danielle Nowasell, Grinnell, Sept. 1, 2007

Team records

Most consecutive meet championships - 6, 1985

Most meet championships, season - tie, 6, 1981, 1985

Individual results

1. Janet Dobyms, Luther 21:38

6. Angie Berry, Central 22:23

44. Jess Clark, Central 23:44

57. Hannah Anderson, Central 23:56

82. Amy Ledvina, Central 24:19

97. Connie Eshelman, Central 24:43

98. Amber Mayer, Central 24:44

104. Jenni Hufford, Central 24:52

Nov. 17, 2007

**NCAA Division III Championships
at Northfield, Minnesota
6,000 meters**

Individual results (280 runners)

1. Sarah Zerzan, Willamette (Ore.) 20:54

63. Angie Berry, Central 22:40

NCAA Division III NCAA national qualifier

Angie Berry

2007 team awards

Most Valuable Performer - Angie Berry

Leadership Award - Jess Clark

Most Improved Performer - Amy Ledvina

Rookie of the Year Award - Molly Von Holtzen

2007 captains - Jess Clark, Amy Ledvina

2007 women's cross country individual results

(place finish in parentheses)

	Central Inv. (5k)	Les Duke Inv. (6k)	Brissman- Lundden Inv. (6k)	Dan Huston Inv. (6k)	Tori Neubauer Inv. (6k)	Iowa Conf. (6k)	NCAA Central Regional (6k)	NCAA National (6k)
Hannah Anderson	20:46 (29)	25:20 (26)	24:05 (41)	25:00 (9)	23:36 (47)	24:19 (20)	23:56 (57)	
Liz Arentsen	22:28 (35)	27:33 (60)	26:57 (189)	28:05 (38)	27:03 (247)	28:08 (101)	DNC	
Mandie Barkley	21:20 (26)	26:44 (48)	27:31 (214)	27:11 (28)	DNC	26:55 (77)	DNC	
Anjie Berry	19:37 (3)	24:56 (20)	DNF	DNC	22:33 (9)	22:30 (2)	22:23 (6)	22:40 (63)
Meghann Burt	21:07 (24)	DNC	25:14 (100)	26:21 (22)	25:15 (208)	25:24 (45)	DNC	
Jess Clark	19:53 (7)	24:47 (15)	24:22 (55)	27:14 (29)	23:49 (65)	24:19 (21)	23:44 (44)	
Sara Crippen	22:05 (34)	27:18 (57)	26:08 (149)	DNC	26:54 (337)	27:22 (90)	DNC	
Connie Eshelman	20:47 (20)	27:28 (59)	25:04 (92)	26:22 (23)	24:30 (131)	25:18 (43)	24:43 (97)	
Claudia Garcia	21:56 (32)	26:53 (50)	DNC	DNC	DNC	DNC	DNC	
Kristyn Hill	23:02 (40)	DNC	DNC	33:13 (62)	DNC	30:00 (119)	DNC	
Jordan Hohenboker	24:26 (56)	DNC	29:07 (265)	DNC	29:24 (417)	30:19 (121)	DNC	
Jenni Hufford	20:34 (16)	25:28 (27)	24:46 (73)	26:21 (21)	24:04 (184)	25:32 (50)	24:52 (104)	
Amy Ledvina	19:52 (6)	24:51 (17)	24:08 (42)	25:19 (12)	24:07 (90)	24:24 (23)	24:19 (82)	
Amber Mayer	19:56 (8)	24:54 (18)	24:10 (44)	26:33 (25)	24:24 (121)	25:02 (39)	24:44 (98)	
Cassandra McDonald	DNC	26:21 (41)	DNC	27:45 (33)	26:38 (314)	26:10 (60)	DNC	
Emily Miller	23:20 (42)	30:24 (101)	28:54 (258)	30:35 (53)	27:04 (348)	27:31 (94)	DNC	
Eve Reinhold	22:44 (38)	28:20 (72)	DNC	29:30 (48)	26:54 (336)	28:24 (105)	DNC	
Heather Shives	25:08 (62)	DNC	DNC	29:06 (46)	DNC	27:32 (95)	DNC	
Rachelle Tipton	20:17 (11)	26:16 (38)	25:54 (138)	28:05 (36)	25:05 (189)	25:45 (52)	DNC	
Kelsey Tompkins	DNC	DNC	DNC	26:51 (27)	DNC	26:12 (61)	DNC	
Molly Von Holtten	20:28 (15)	25:36 (30)	25:01 (88)	25:57 (18)	25:10 (198)	26:36 (69)	DNC	

Team finish	2nd of 7	5th of 10	9th of 32	2nd of 5	13th of 27	3rd of 8	11th of 23
Points	35	91	231	65	310	87	286
Spread	:40	:33	:41	1:21	1:52	1:32	2:20

Varsity team scorers in **bold**

* Junior varsity race

Central Dutch Invitational meet champions

Women's collegiate (5,000 meters)

Year	Winner	School	Time
2004	Beth Cunningham	Central	19:13
2005	Jen Wendt	Simpson	18:42
2006	Angie Berry	Central	19:32
2007	Joyce Cheruiyot	Iowa Central	18:48

Girls' high school (4,000 meters)

Winner	School	Time
Lauren Jones	Centerville	17:04
Sarah Larsen	Cedar Falls	15:19
Leah Blanchard	Cedar Falls	15:54
Danielle Nowasell	Grinnell	14:50

All-time top 5,000-meter runners

No.	Name	Time	Year
1.	Cam Ratering	17:50	1980
2.	Connie Kemp	17:53	1986
3.	Lori Nolte	18:00.5	1981
4.	Jackie Schwers	18:06	1981
5.	Ingrid Elvebak	18:14	1986
6.	Kim Lehman	18:18	1981
7.	Jean Sedlacek	18:20	1983
8.	Deb Worden	18:35	1980
9.	Julie Nowlan	18:40	1979
10.	Robin Rasmussen	18:42	1979

No.	Name	Time	Year
11.	Beth Cunningham	18:43	2004
12.	Teresa Newcomb	18:43	1990
13.	Jill Rozendaal	18:45	2005
14.	Jill Katzer	18:49	1983
15.	Teresa Wauters	18:57	2001
16.	Kathy Simon	18:57.2	1981
17.	Paulette Bendixen	18:59	1982

All-time top 6,000-meter runners

No.	Name	Time	Date
1.	Beth Cunningham	21:53	Sept. 24, 2004
2.	Angie Berry	22:23	Nov. 10, 2007
3.	Jill Rozendaal	22:28	Sept. 23, 2005
4.	Nicki Thomas	23:05	Sept. 23, 2005
5.	Lori Risser	23:20	Sept. 24, 2004
6.	Teresa Wauters	23:33	Sept. 21, 2002
7.	Hannah Anderson	23:38	Oct. 3, 2007
8.	Katie Elsbernd	23:40	Nov. 16, 2002
	Jess Clark	23:43	Oct. 14, 2006
9.	Heidi Rathje	23:54	Sept. 23, 2005
10.	Mackenzie Lauman	23:58	Sept. 23, 2005

Site

Brissman-Lundeen Inv. - Credit Island, Davenport
NCAA Div. III Central Regional, St. Olaf Cross Country Trails, Northfield, Minn.
Brissman-Lundeen Inv. - Credit Island, Davenport
Brissman-Lundeen Inv. - Credit Island, Davenport
Brissman-Lundeen Inv. - Credit Island, Davenport
Les Duke Inv. - Oakland Acres Golf Course, Grinnell
Tori Neubauer Inv. - Maple Grove Golf Course, West Salem, Wis.
NCAA Div. III Central Regional - Oakland Acres Golf Course, Grinnell
Tori Neubauer Inv. - Maple Grove Golf Course, West Salem, Wis.
Brissman-Lundeen Inv. - Credit Island, Davenport
Brissman-Lundeen Inv. - Credit Island, Davenport

Central's NCAA Division III national championship meet history

Year	Name	Finish	Team finish
1979*	Cam Ratering	13th	4th
	Julia Nowlan	24th	4th
	Robin Rasmussen	35th	4th
	Becky Wilson	42nd	4th
	Laurie Haddy	51st	4th
	Lori Nolte	DNF	4th
1980*	Deb Worden	DNF	4th
	Cam Ratering	6th	6th
	Lori Nolte	43rd	6th
	Robin Rasmussen	66th	6th
	Deb Worden	76th	6th
	Kim Lehman	84th	6th
	Laurie Haddy	96th	6th
1981*	Kristi Ostrich	125th	6th
	Jackie Schwers	5th	1st
	Lori Nolte	7th	1st
	Cam Ratering	9th	1st
	Robin Rasmussen	11th	1st
	Jan Sedlacek	15th	1st
	Kim Lehman	26th	1st
1982	Kathy Simon	31st	1st
	Julia Nowlan	NA	--
1984	Ingrid Elvebak	47th	--
1986	Ingrid Elvebak	29th	--
	Connie Kemp	57th	--
1989	Teresa Newcomb	53rd	--
1990	Teresa Newcomb	54th	--
2004	Beth Cunningham	20th	--
2006	Angie Berry	37th	--
2007	Angie Berry	63rd	--

*team qualifiers; others are individual qualifiers

All-Americans in **bold**

(Central competed in the AIAW until 1981, when the first NCAA Division III women's championship meet was held.)

Central's team MVPs

1974 - Becky Muhs	1987 - Connie Kemp	2000 - Steph Paris
1975 - Becky Muhs	1988 - Teresa Newcomb	2001 - Suzy Van Wyngarden
1976 - Jan Hunerdosse	1989 - Teresa Newcomb	2002 - Beth Cunningham
1977 - Deb Worden	1990 - Teresa Newcomb	2003 - Beth Cunningham
1978 - Lori Nolte	1991 - Carey Dieleman	2004 - Beth Cunningham
1979 - Lori Nolte, Deb Worden	1992 - Carey Dieleman	2005 - Jill Rozendaal
1980 - Cam Ratering	1993 - Anita Miller	2006 - Angie Berry
1981 - Lori Nolte	1994 - Anita Miller	2007 - Angie Berry
1982 - Julie Nowlan	1995 - Heather Hoekstra	
1983 - Jean Sedlacek	1996 - Heather Sandholm	
1984 - Ingrid Elvebak	1997 - Heather Hoekstra	
1985 - Ingrid Elvebak	1998 - Sara Luse	
1986 - Ingrid Elvebak	1999 - Jen Osteen	

Year-by-year results

Year	Iowa Conference	NCAA Regional	Coach	Year	Iowa Conference	NCAA Regional	Coach
1974	--	--	Bill Herzog	1993	5th	18th	Pamela Richards
1975	--	--	Bill Herzog	1994	5th	16th	Jean Manecke
1976	--	--	Bill Herzog	1995	4th	12th	Jean Manecke
1977	--	--	Bill Herzog	1996	4th	--	Jean Manecke
1978	--	--	Bill Herzog	1997	5th	14th	Dianna Elder
1979	--	1st*	Mike Sullivan	1998	7th	21st	Mike Gruver
1980	--	1st*	Mike Sullivan	1999	4th	12th	Mike Gruver
1981	--	1st**	Mike Sullivan	2000	4th	14th	Kendrick Clay
1982	1st	4th	Mike Sullivan	2001	3rd	11th	Kendrick Clay
1983	2nd	3rd	Mike Sullivan	2002	5th	12th	Kendrick Clay
1984	3rd	7th	Pamela Richards	2003	5th	18th	Jeff Bovee
1985	1st	3rd	Pamela Richards	2004	3rd	14th	Jeff Bovee
1986	2nd	5th	Pamela Richards	2005	3rd	16th	Jeff Bovee
1987	3rd	9th	Pamela Richards	2006	6th	14th	Stephen Fyfe
1988	4th	13th	Pamela Richards	2007	3rd	11th	David Paulsen
1989	6th	10th	Pamela Richards				
1990	5th	15th	Pamela Richards				
1991	5th	17th	Pamela Richards				
1992	6th	17th	Pamela Richards				

*AIAW meet; NCAA competition began in 1981

**NCAA Division III champions

Iowa Conference championships in **bold**

Career-best 6,000-meter times by returning runners

Name	Time	Date	Site
Angie Berry	22:23	Nov. 10, 2007	NCAA Div. III Central Reigonal - St. Olaf Cross Country Trails; Northfield, Minn.
Hannah Anderson	23:38	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Jess Clark	23:43	Oct. 14, 2006	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Amber Mayer	24:00	Sept. 9, 2006	Les Duke Inv. - Oakland Acres Golf Course; Grinnell, Iowa
Amy Ledvina	24:07	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Connie Eshelman	24:30	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Jenni Hufford	24:46	Sept. 21, 2007	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Molly Van Holten	25:01	Sept. 21, 2007	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Kelsey Tompkins	25:10	Oct. 14, 2006	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Megahnn Burt	25:14	Sept. 21, 2007	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Sara Crippen	26:08	Sept. 21, 2007	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Cassie McDonald	26:10	Oct. 27, 2007	Iowa Conference Championships - Dubuque, Iowa
Mandie Barkley	26:24	Oct. 14, 2006	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Eve Reinhold	26:54	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Elizabeth Arentsen	26:57	Sept. 21, 2007	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Emily Miller	27:04	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Heather Shives	27:14	Oct. 14, 2006	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Kristyn Hill	27:16	Oct. 14, 2006	Tori Neubauer Inv. - Maple Grove Golf Course; West Salem, Wis.
Jordan Hohenboken	29:02	Oct. 28, 2006	Iowa Conference Championships - Ashton Cross Country Course, Iowa City, Iowa

2008 preseason roster

Name	Yr.	Hometown/High school
*Hannah Anderson	Jr.	Goodell, Iowa/Garner-Hayfield
Liz Arentsen	Jr.	Waukee, Iowa/Waukee
Mandie Barkley	Jr.	Fort Dodge, Iowa/Fort Dodge
**Angie Berry	Jr.	Norwalk, Iowa/Norwalk
*Meghann Burt	So.	Ankeny, Iowa/Ankeny Christian
Kate Callan	Fr.	Clinton, Iowa/Clinton
***Jess Clark	Sr.	Riverdale, Iowa/Port Byron
*Connie Eshelman	Sr.	Bridgewater, Iowa/Nodaway Valley
Claudia Garcia	So.	Iowa City, Iowa/City
**Jenni Hufford	Jr.	Ankeny, Iowa/Ankeny
**Amy Ledvina	Jr.	Tama, Iowa/South Tama
Melanie Louis	Fr.	Davenport, Iowa/Central
Emily Miller	So.	Fort Madison, Iowa/Fort Madison
**Amber Mayer	Jr.	Essex, Iowa/Shenandoah
Eve Reinhold	So.	Collins, Iowa/Collins-Maxwell
Heidi Sartorius	Fr.	Cedar Falls, Iowa/Cedar Falls
Heather Shives	Jr.	Knoxville, Iowa/Knoxville
Annalea Thompson	Fr.	Marietta, Ohio/Marietta
*Kelsey Tompkins	Jr.	Webster City, Iowa/Webster City
*Molly Von Holten	So.	Walnut, Ill./Bureau Valley
Maggie Wehde	Fr.	Tipton, Iowa/Tipton
*letters earned		

Outlook

The Central College women's cross country team is closing the gap.

An experienced Dutch squad could be the program's most serious Iowa Conference contender in more than 20 years. Central was third behind traditional league powers Luther and Wartburg last season, 49 points out of first. The Dutch haven't finished second or higher since 1986 and will likely be picked to finish third again this fall, but are hoping to at least put some heat on the top two. Second-year coach David Paulsen is hopeful that possessing additional big-race experience will make a difference.

"Last year we were a young team, with a lot of sophomores," he said. "Now those sophomores are upperclassmen. They've got a good feel for what each race holds, how to handle different weather conditions and race strategies.

"The good thing is, they still have the same work ethic and passion they had when they were freshmen. That's going to help a lot, especially when we get to the conference meet."

Holding off the rest of a strong conference field while making up ground on the contenders won't be easy but junior Angie Berry, a two-time NCAA Division III meet qualifier, will help force the issue. Second in the Iowa Conference race last year, Berry posted a season-best 6,000-meter time of 22:23 in placing sixth at the NCAA Central Regional meet to secure her second national meet berth. After placing a surprising 37th in Division III as a freshman, Berry was 63rd last season. She ranks second on Central's all-time 6,000-meter runners list.

"Angie's had a strong summer and is looking to get back to the national meet," Paulsen said.

Berry was among several Dutch athletes who spent the spring semester in Europe through the Central Abroad program.

"I think it's made her more eager to get back to competing," Paulsen said.

Senior Hannah Anderson was Central's top runner in two meets where Berry was sidelined and was second for the Dutch in two others. She placed 20th in the Iowa Conference and turned in a season-best 23:38 at the Wis.-La Crosse Tori Neubauer Invitational in October. Anderson then finished seventh in the 5,000 meters at the Iowa Conference track and field meet in May.

"Hannah came back strong from a year off," Paulsen said. "She had a good track season and I think that really helped her confidence."

Senior Jess Clark was Central's No. 1 runner at the Grinnell Les Duke Invitational in September and held the No. 2 position at the NCAA regional meet, placing 44th in 23:44. She was the team Leadership Award winner.

"Jess is a hard-working person who does everything you could ask of a leader," Paulsen said. "She's someone the other girls can lean on.

"She keeps getting better every year. She had a good track season and exclusively ran distance events. That will really benefit her in having more consistency in her routine and her training."

Amy Ledvina was 23rd in the conference meet in 24:24. She finished in 24:07 at Wis.-La Crosse and was Central's No. 2 runner in the season's first four meets. Ledvina was named Central's most improved runner. Junior Amber Mayer was in Central's top seven in every meet, finishing in 24:10 at the Augustana Brissman-Lundeen Invitational and senior Connie Eshelman was in Central's top seven in five meets, posting a career-best 24:30 at Wis.-La Crosse. And junior Jenni Hufford only missed the top seven once, finishing in 24:46 at the Augustana meet.

"They've all got great attitudes and work so well together," Paulsen said. "That really helps set the tone in practice. They bring the whole team up a notch."

Sophomore Molly Von Holten, the team's rookie of the year in 2007, was Central's No. 3 runner at the Wartburg Dan Huston Invitational and was in the top seven four times. Paulsen expects Von Holten and junior Kelsey Tompkins to also make a push.

Despite the wealth of experience, Paulsen's first recruiting class could make some noise as well. Maggie Wehde of Tipton and Melanie Louis of Davenport bring strong credentials and are varsity threats.

There's work to be done, but Paulsen is eager to see how his squad fares at season's end.

"We have a very strong conference," coach David Paulsen said. "Wartburg and Luther will be favored again, but I don't think anyone would have picked us to finish third last year. It depends on the day. We'll put the work in, focus on the process, and the end result will take care of itself."

Central College championship history

NCAA Division III national team championships (11)

1974 - Football	1993 - Women's basketball, Softball
1981 - Women's cross country	1998 - Volleyball
1982 - Women's track and field	1999 - Volleyball
1988 - Softball	2000 - Volleyball
1991 - Softball	2003 - Softball

NCAA Division III national individual championships (25)

1982

Lisa Broek, Nancy Cisar, Paula Casey, Marcie Thurn
Women's outdoor track and field, 4 x 100 meter relay
Marcie Thurn

Women's outdoor track and field, long jump

1983

Lisa Broek, Nancy Cisar, Marti Haan, Marcie Thurn
Women's outdoor track and field, 4 x 100 meter relay

1984

Nancy Cisar
Women's outdoor track and field, 200 meter dash, 400
meter dash

Lori Sears
Women's outdoor track and field, 400 meter hurdles,
long jump

1985

Brian Goldsworthy
Men's golf

1986

Lori Sears
Women's outdoor track and field, 100 meter hurdles

1987

Tim Hackel
Wrestling, 126 pounds

1991

Chad Beck
Wrestling, 126 pounds

Jon McGovern
Wrestling, 167 pounds

1992

Jon McGovern
Wrestling, 167 pounds

1994

Craig Cantrall
Men's outdoor track and field, high jump

1997

Zech Schiebout
Men's outdoor track and field, discus

2000

Nate Koerselman, Adam Hartford, Tommy Tavegia, Chris
McCullough
Men's outdoor track and field, 4 x 400 meter relay

2001

Katie Brees
Women's indoor track and field, long jump
Chris McCullough, Adam Hartford, Tony Brownlee, Tommy
Tavegia
Men's outdoor track and field, 4x400 meter relay
Peter Wagner
Men's outdoor track and field, decathlon

2002

Chris McCullough, Matt McCombs, Peter Wagner, Tony
Brownlee
Men's outdoor track and field, 4 x 400 meter relay

2003

Peter Wagner
Men's outdoor track and field, decathlon

2004

Raegan Schultz
Women's outdoor track and field, heptathlon

2005

Cale Van Genderen
Men's indoor track and field, high jump;
men's outdoor track and field, high jump

2007

Alicia Whisner
Women's outdoor track and field, javelin

NCAA Division III players of the year (7)

1985

Brian Goldsworthy
Men's golf

1995

Emilie Hanson
Women's basketball

1998

Abbie Brown
Volleyball

1999

Abbie Brown
Volleyball

2000

Donell Hotze
Softball
Candace Wilson
Volleyball

2003

Libby Hysell
Softball

Honda Division III Collegiate Woman Athlete of the Year

2003

Libby Hysell

NCAA postgraduate scholarship winners (20)

1970 - Vern Den Herder, football
1973 - Dana Snoap, men's basketball
1980 - Jeff Verhoef, men's basketball
1982 - Cam Ratering, women's cross country, track
1983 - Lisa Broek, women's track
1986 - Scott Lindell, football
1988 - Rick Perry, football
1989 - Chris Hoffman, wrestling
1991 - Rich Kacmarynski, football
1995 - Emilie Hanson, women's basketball

NCAA Iowa Woman of the Year (5)

1995 - Emilie Hanson, women's basketball
2001 - Candace Wilson, volleyball
2002 - Angie Nielsen, volleyball
2004 - Raegan Schultz, women's track and field, volleyball
*2006 - Katie Pederson, volleyball, women's track and field
*Starting in 2006, honorees were selected by conference rather than state

NCAA Division III national statistical championships (22)

Individual (10)

Baseball

1994 - Most doubles, 18, Chris Johnson
2005 - Hit by pitch, 0.56 per game, Shea Stamp

Men's basketball

2007 - Highest field goal percentage, 69.7, Keith Pedersen

Women's basketball

1993-94 - Highest scoring average, 29.6, Emilie Hanson
1994-95 - Highest scoring average, 27.8, Emilie Hanson

Football

1977 - Most yards rushing, 147.7 per game, Don Taylor
1988 - Highest passing efficiency rating, 152.5, Steve Flynn

Softball

1991 - Most victories, 26, Jamie Mahnke
1993 - Lowest ERA, 0.25, Missey Allen
1996 - Lowest ERA, 0.66, Kara Stanley

Rick Sanger, football
2001 - Roger Dortch, men's golf
2002 - Tony Brownlee, men's track and field
Jon Hietbrink, men's golf
2004 - Raegan Schultz, women's track and field
2005 - Jamie Stark, volleyball
2006 - Nick Cochrane, men's tennis
Adam Duerfeldt, baseball
2007 - Ben Bollard, men's track and field
Alicia Whisner, women's track and field

NCAA Top Eight Award

1995 - Emilie Hanson, women's basketball

NCAA Silver Anniversary Award

1998 - Harry Smith, football

College Football Hall of Fame inductees South Bend, Ind.

1996 - Vern Den Herder, defensive end, 1967-70
2000 - Ron Schipper, coach, 1961-96

Team (13)

Football

1988 - Highest scoring offense, 37.6 points per game
2002 - Net punting, 31.3 yards per punt
2006 - Turnover margin, plus 1.9 per game
Fewest fumbles lost, 2

Softball

1987 - Lowest ERA, 0.72, Central
1989 - Lowest ERA, 0.53, Central
1991 - Lowest ERA, 0.79, Central
Most stolen bases, 141, Central
1992 - Most stolen bases, 120, Central
1993 - Highest winning percentage, .950 (38-2), Central
2003 - Lowest ERA, 0.72

Volleyball

1997 - Highest hitting percentage, .328, Central
1999 - Highest winning percentage, 1.000 (41-0), Central

Top 10 national team finishes (64)

1974

Football, first

1979

Women's cross country, fourth

1980

Women's cross country, sixth

1981

Women's track and field, fourth

Women's cross country, first

Men's golf, ninth

1982

Women's track and field, first

Men's golf, 10th

1983

Women's golf, third

Men's golf, sixth

Football, final four

Women's track and field, fourth

1984

Women's track and field, second

Men's golf, sixth

Football, second

1985

Wrestling, second

Men's golf, fifth

1986

Wrestling, eighth

Women's golf, second

Softball, second

Football, final eight

1987

Wrestling, eighth

Softball, fourth

Men's golf, sixth

Women's golf, third

Football, final four

1988

Women's golf, third

Softball, first

Football, second

1989

Wrestling, fifth

Women's golf, second

Softball, fourth

Football, final eight

1990

Wrestling, seventh

Softball, third

Women's golf, sixth

Football, final four

1991

Wrestling, fourth

Softball, first

Women's golf, fourth

1992

Wrestling, sixth

Football, final eight

1993

Women's basketball, first

Women's golf, fifth

Softball, first

1994

Softball, third

Men's track, seventh

1995

Men's golf, sixth

Softball, third

1996

Men's golf, 10th

1997

Softball, tie, fifth

Men's golf, seventh

Volleyball, third

1998

Volleyball, first

1999

Volleyball, first

2000

Men's track and field, third

Volleyball, first

Football, final eight

2001

Men's track and field, sixth

Softball, second

2002

Men's track and field, seventh

Men's golf, ninth

2003

Softball, first

2004

Men's golf, tie, ninth

2007

Football, final eight

Iowa Conference titles (142)

1930 - Basketball

1931 - Basketball

1932 - Basketball

1936 - Basketball

1939 - Football (tie with Upper Iowa)

1945 - Football

1946 - Football (tie with Upper Iowa)

1947 - Baseball

1948 - Baseball

1956 - Football

1958 - Basketball (tie with Upper Iowa)

1964 - Football (tie with Upper Iowa)

1965 - Football

1966 - Football

1967 - Football

1969 - Men's golf (tie with William Penn)

1970 - Men's tennis (tie with Luther)

1971 - Men's basketball (tie with Wartburg, William Penn)

1974 - Football

1975 - Baseball

1976 - Men's golf

1977 - Men's basketball

Football

Men's golf

Men's tennis
1978 - Men's basketball
 Football (tie with Buena Vista, Dubuque, Luther)
1979 - Men's basketball
 Men's tennis
 Men's track and field
1980 - Men's basketball
 Men's tennis
1981 - Men's golf
 Men's tennis
 Football
1982 - Men's golf
 Men's tennis
 Women's golf
 Women's cross country
1983 - Women's basketball (tie with William Penn)
 Men's golf
 Men's tennis
 Women's track and field
1984 - Wrestling
 Men's tennis
 Men's golf
 Women's track and field
 Women's golf
 Volleyball (tie with William Penn)
1985 - Wrestling
 Men's basketball
 Women's basketball (tie with Buena Vista, Simpson, William Penn)
 Men's golf
 Men's tennis
 Women's track and field
 Football
1986 - Women's cross country
 Women's golf
 Men's golf
 Men's tennis
 Softball
 Women's track and field
 Women's golf
 Volleyball
 Football
1987 - Men's golf
 Men's tennis
 Women's track and field
 Women's golf
 Football
1988 - Men's golf
 Volleyball
 Women's golf
1989 - Wrestling
 Men's golf
 Football
 Women's golf
1990 - Softball
 Men's golf

Women's golf
 Football
1991 - Men's basketball (tie with Wartburg)
 Men's golf
 Men's track and field
 Softball
1992 - Wrestling
 Men's basketball (tie with Simpson)
 Men's track and field
 Men's golf
 Football
1993 - Women's basketball
 Men's track and field
 Men's golf
 Softball
 Volleyball
1994 - Men's basketball
 Women's basketball
 Men's track and field
 Men's golf
 Football
1995 - Men's basketball (tie with Simpson)
 Women's basketball (tie with Buena Vista, Luther)
1996 - Softball (tie with Buena Vista)
 Men's golf
 Men's tennis
 Volleyball
1997 - Men's track and field
 Volleyball
1998 - Women's basketball (tie with Luther, Simpson)
 Men's track and field
 Men's golf
 Football
 Volleyball
1999 - Men's golf
 Volleyball
2000 - Softball (tie with Coe, Simpson)
 Men's tennis
 Men's track and field
 Football
 Volleyball
2001 - Men's golf
 Men's track and field
 Football
 Volleyball
2002 - Men's golf
 Softball
 Football (tie with Coe, Wartburg)
 Volleyball (tie with Wartburg)
2003 - Men's golf
 Softball
 Volleyball
2004 - Men's track and field
 Softball
 Volleyball
2005 - Football (tie with Coe)

Volleyball
2006 - Baseball (tie with Simpson)
 Football
 Volleyball (tie with Simpson)

2007 - Men's golf
 Football
 Volleyball

Iowa Conference all-sports titles (23)

Men (14)

1977	1985	1992
1979	1987	1993
1980	1988	1994
1981	1990	1995
1982	1991	

Women (9)

1983	1990
1984	1994 (tie)
1985	2001
1986	2004
1987	

NACDA Director's Cup Division III all-sports finishes

Year	Place	Pts.	Year	Place	Pts.	Year	Place	Pts.
1995-96	47	222.5	2000-01	12	459	2005-06	94	165.5
1996-97	t-40	232.5	2001-02	21	376	2006-07	80	228.5
1997-98	38	170	2002-03	43	280.5	2007-08	87	228.5
1998-99	t-34	160	2003-04	33	328	305 Division III schools ranked in 2007-08		
1999-2000	25	329	2004-05	96	164			

ESPN The Magazine Academic All-Americans, selected by CoSIDA (46)

1979

Chris Adkins, football
 Brent Aufdembrink, football

1983

Denise Boll, women's basketball
 Lisa Broek, women's track
 Tony Carey, men's golf

1984

Denise Boll, women's basketball

1985

Sue Poppens, women's basketball
 Brian Goldsworthy, men's golf
 Todd Sutphen, baseball
 Scott Lindell, football
 Neil Gray, football

1986

Scott Lindell, football

1987

Beth Van Voorhis, women's tennis

1988

Shannan Mattiace, women's tennis
 Rick Perry, football
 Gregg Gustafson, football
 Dallas Bogner, men's tennis

1989

Rick Hassman, baseball
 Shannan Mattiace, women's tennis

1990

Matt Melvin, men's basketball
 Shannan Mattiace, women's tennis

1991

Rich Kacmarynski, football

1992

Nate Hart, men's basketball
 Heather Reedy, softball
 Chris Hulleman, football

1993

Blake Jessen, basketball
 Heather Reedy, softball
 Mindi Remsburg, softball
 Jayna Blom, women's track and field

1994

*Emilie Hanson, women's basketball
 Jason Sanders, football

1995

*Emilie Hanson, women's basketball
 Matt Bandstra, football

1996

Ryan Murphy, men's tennis

1997

Ryan Murphy, men's tennis

1998

Jason Darling, baseball

2000

Angie Nielsen, volleyball

2004

Raegan Schultz, women's track and field
 Jamie Stark, volleyball

2005

Adam Duerfeldt, baseball
 Jason Ford, men's tennis

2006

*Adam Duerfeldt, baseball
 Nick Cochrane, men's tennis
 Bryan George, men's track and field
 Ben Bollard, football

2007

Ben Bollard, men's track and field

*Academic all-American player of the year

All-America Scholars Golf Team (37)

1984 - Brian Goldsworthy	1989 - Jeff Woods	1998 - Chris Huston	Nick Grossman
1985 - Brian Goldsworthy	Steve Rheinschmidt	Justin Schulte	Kyle Matzen
1986 - Bill Spurbeck	1990 - Jeff Woods	2000 - Shannon Hoekstra	2005 - Nick Grossman
Kim Doyle	1991 - Mark Smith	2001 - Courtney Brooks	2007 - Jeff Millet
1987 - Bill Spurbeck	1992 - Bill Conger*	Roger Dortch	Issac Rodenberg
Joe Jaspers	Brent Peterson	Jon Hietbrink	Reid Turner
Brent Peterson	1993 - Bill Conger*	Tim White	2008 - Reid Turner
1988 - Joe Jaspers	Chad Hoekstra	2002 - Jon Hietbrink	
Pat Jackson	1994 - Jason Brown*	Tim White	*True-Temper Scholarship
Steve Kimball	1997 - Brad Dutler	2004 - Patrick McElyea	winner

Intercollegiate Tennis Coaches Association Scholar-Athlete Tennis Team (8)

1984 - Dan Lazenby	1987 - Ahi Afridi, Alan Brown, Eric Ellefson
1986 - Ahi Afridi, Alan Brown	1988 - Dallas Bogner, Chuck Ray

Scholastic All-American Wrestling Team (8)

1988 - Chris Hoffman	1996 - Brent Dunlap
1989 - Chris Hoffman, Shaun Van Vark	2001 - Jeremy Hendricks
1992 - Lynn Silver, Brad Kreiner	2005 - Peter Howard

USTFCCA All-Academic Track and Field team (41)

1994	Abby Gonzales	2006	Alex Miller
Craig Cantrall	Jenn Hansen	Alex Costigan	Alicia Whisner
Andy Goodman	Matt Jens	Chelsey Keller	Adam Wolf
Nate Smith	Matt McCombs	Alicia Whisner	
	Lindsay Schultz	Ben Bollard	2008
2001	Raegan Schultz	Bryan George	Rachel Boeke
Tony Brownlee			Guy Dierikx
Katie Button	2003	2007	Kari Hutchinson
Jenn Hansen	Jenn Hansen	Angie Berry	Emily Teas
Lucas Nims	Lindsay Schultz	Rachel Boeke	Rachelle Tipton
	Raegan Schultz	Ben Bollard	Jill Ziskovsky
	Cale Van Genderen	Guy Dierikx	
2002	Tanner Whipple	Cody Huisman	
Tony Brownlee		Kari Hutchinson	
Katie Button		Chelsey Keller	

American Volleyball Coaches Association Academic Team Honor Roll selections (9)

1997	2001	2003	2005	2007
2000	2002	2004	2006	

Successful Farming all-American Farm Team (11)

1995 - Mark Kacmarynski, football	1998 - Jay Rhoten, men's track
1996 - Stacy Sonneck, softball	Andrew Paulsen, football
Mark Kamarynski, football	1999 - Jina Bos, women's track
1997 - Stacy Sonnek, softball	Jeff Sanger, football
Jay Rhoten, men's track	2000 - Jeff Sanger, football
Matt Paulsen, football	Team discontinued after 2000.

All-Americans (321 times)

1960 - John Carle, men's basketball	1967 - Doug Van Boven, football
1966 - Dennis Descoteau, football	1969 - Vern Den Herder, football

- 1970** - Vern Den Herder, football
John Edwards, football
- 1973** - Gerald Piester, men's outdoor track and field
- 1974** - Terry Youngblood, men's outdoor track and field
Al Dorenkamp, football
- 1977** - Don Taylor, football
- 1978** - Jason Locke, men's outdoor track and field
Don Keller, men's outdoor track and field
- 1979** - Jerry Fitzsimmons, men's cross country
Cam Ratering, women's cross country
- 1980** - Jeff Verhoef, men's basketball
Cam Ratering, women's cross country
- 1981** - Stacy Bandy, wrestling
Lisa Broek, women's outdoor track and field
Nancy Cisar, women's outdoor track and field
Laurie Haddy, women's outdoor track and field
Carla Huddle, women's outdoor track and field
Kim Lehman, women's outdoor track and field
Goldie Nicholson, women's outdoor track and field
Robin Rasmussen, women's outdoor track and field,
women's cross country
Cam Ratering, women's outdoor track and field,
women's cross country
Marcie Thurn, women's outdoor track and field
Lori Nolte, women's cross country
Jan Sedlacek, women's cross country
Jackie Schwes, women's cross country
Brad Depke, men's outdoor track and field
- 1982** - Lisa Broek, women's outdoor track and field
Paula Casey, women's outdoor track and field
Nancy Cisar, women's outdoor track and field
Laurie Haddy, women's outdoor track and field
Cam Ratering, women's outdoor track and field
Jackie Schwes, women's outdoor track and field
Marcie Thurn, women's outdoor track and field
Rose Van Egmond, women's outdoor track and field
Kean Richard, men's outdoor track and field
- 1983** - Stacy Bandy, wrestling
Lisa Broek, women's outdoor track and field
Nancy Cisar, women's outdoor track and field
Marti Haan, women's outdoor track and field
Marcie Thurn, women's outdoor track and field
Augie Lugo, men's tennis
Mike Shanahan, men's outdoor track and field
- 1984** - Murray Anderson, wrestling
Bryant Hancock, wrestling
Dale Lawrence, wrestling
Kelly McGovern, wrestling
Nancy Cisar, women's outdoor track and field
Lori Sears, women's outdoor track and field
Kevin Geary, men's outdoor track and field
Joe Martin, men's outdoor track and field
Jerry Quick, men's outdoor track and field
Matt Schulte, men's outdoor track and field
Scott Foehle, football
Rich Thomas, football
- 1985** - Ed Ergenbright, wrestling
Dale Lawrence, wrestling
Duane Lawrence, wrestling
Scot Storjohann, wrestling
Brian Goldsworthy, men's golf
Rich Thomas, football
- 1986** - Keving Azinger, wrestling
Tim Hackel, wrestling
Kelly McGovern, wrestling
Cindy Messer, softball
Lori Sears, women's outdoor track and field
Joe Jaspers, men's golf
Jeff Blythe, football
- 1987** - Matt Diehl, wrestling
Tim Hackel, wrestling
Paul Veak, wrestling
Jay McGovern, wrestling
Brad Eggers, wrestling
Laurie Suttin, softball
Kris Thompson, softball
Joe Jaspers, men's golf
- 1988** - Jim Bruxvoort, men's indoor track and field
men's outdoor track and field
Paul Lovell, men's indoor track and field
Cindy Kline, women's golf
Pat Jackson, men's golf
Laurie Suttin, softball
Chris Hoffman, wrestling
Mike Stumberg, football
- 1989** - Chris Hoffman, wrestling
Chad Beck, wrestling
Scot Dierks, wrestling
Brenda Vigness, softball
Jim Bruxvoort, men's outdoor track and field
Kris Reis, football
- 1990** - Steve Weers, wrestling
Jon McGovern, wrestling
Joe Stutting, wrestling
Jim Bruxvoort, men's outdoor track and field
David Ellingson, men's indoor track and field
men's outdoor track and field
Jeff Wallerich, men's outdoor track and field
Jason Snyder, men's outdoor track and field

Dan Wallace, men's outdoor track and field
Julie Fortin, women's outdoor track and field

1991 - Chad Beck, wrestling

Jon McGovern, wrestling
Jamie Mahnke, softball
Christi Van Werden, softball
Eric Pingel, men's outdoor track and field

1992 - Jon McGovern, wrestling

Bruce Kuennen, wrestling
Joel Marsden, wrestling
Brad Kreiner, wrestling
Emily Grimes, softball
Julie Nelson, softball
Jenny Semler, softball
Eric Pingel, men's outdoor track and field
Craig Cantrall, men's outdoor track and field
Chris Hulleman, football
Bill Mulder, football

1993 - Tracy Wilson, women's basketball

Bruce Kuennen, wrestling
Brian Reece, wrestling
John Guenther, men's golf
Craig Cantrall, men's outdoor track and field
Brian Dunlap, men's outdoor track and field
Les McCracken, men's outdoor track and field
Mike Morris, men's outdoor track and field
Nate Smith, men's outdoor track and field
Dan Zimmerman, men's outdoor track and field
Emily Grimes, softball
Missey Allen, softball
Jenny Semler, softball
Jeff Helle, football

1994 - Dan Gabrielson, wrestling

Emilie Hanson, women's basketball
Craig Cantrall, men's indoor track and field,
men's outdoor track and field
Nate Smith, men's indoor track and field,
men's outdoor track and field
Michael Morris, men's outdoor track and field
Brian Dunlap, men's indoor track and field,
men's outdoor track and field
Dan Zimmerman, men's indoor track and field,
men's outdoor track and field
Les McCracken, men's indoor track and field,
men's outdoor track and field
Mark Kacmarynski, football
Rick Sanger, football
Jeff Helle, football
Andy Goodman, men's cross country

1995 - Emilie Hanson, women's basketball

Dan Gabrielson, wrestling
Ryan Erickson, men's indoor track and field

Brent Ferneau, men's indoor track and field,
men's outdoor track and field
Eddie Heim, men's indoor track and field,
men's outdoor track and field
Nate Smith, men's indoor track and field,
men's outdoor track and field
Dan Zimmerman, men's indoor track and field,
men's outdoor track and field
Kevin Lucken, men's golf
Missey Allen, softball
Lynette Mullen, softball
Rick Sanger, football
Matt Bandstra, football

1996 - Brent Lawrenson, wrestling

Missey Allen, softball
Lynette Mullen, softball
Rob Akers, men's golf
Mark Kacmarynski, football

1997 - Greg Breeding, wrestling

Darin Fisher, men's golf
Zech Schiebout, men's outdoor track and field
Jay Rhoten, men's outdoor track and field
Kara Stanley, softball
Matt Paulsen, football
Abbie Brown, volleyball
Candace Wilson, volleyball

1998 - Jina Bos, women's outdoor track and field

Sean Clark, men's outdoor track and field
Adam Hartford, men's outdoor track and field
Andrew Paulsen, men's outdoor track and field,
football
Nate Korselman, men's outdoor track and field
Jay Rhoten, men's outdoor track and field
Jon Lindaman, men's outdoor track and field
Cory Woods, men's outdoor track and field
Abbie Brown, volleyball
Candace Wilson, volleyball

1999 - Ryan Cunningham, wrestling

Sean Clark, men's indoor track and field,
men's outdoor track and field
Brad Gaskill, men's outdoor track and field
Nate Koerselman, men's outdoor track and field
Jon Lindaman, men's indoor track and field,
men's outdoor track and field
Marc Vander Velden, men's outdoor track and field
Abbie Brown, volleyball
Candace Wilson, volleyball
Angie Nielsen, volleyball

2000 - Katie Brees, women's indoor track and field,
women's outdoor track and field

Donell Hotze, softball
Annie Van Wetzlinga, softball

Sean Clark, men's outdoor track and field
Adam Hartford, men's outdoor track and field
Nate Koerselman, men's outdoor track and field
Chris McCullough, men's outdoor track and field
Tommy Tavegia, men's outdoor track and field
Marc Vander Velden, men's outdoor track and field
Peter Wagner, men's outdoor track and field
Jeff Sanger, football
Reid Evans, football
Justin Snyder, football
Candace Wilson, volleyball
Angie Nielsen, volleyball

2001 - Annie Van Wetzina, softball
Libby Hysell, softball
Katie Brees, women's indoor track and field,
women's outdoor track and field
Tony Brownlee, men's indoor track and field,
men's outdoor track and field
Adam Hartford, men's indoor track and field,
men's outdoor track and field
Chris McCullough, men's outdoor track and field
Tommy Tavegia, men's indoor track and field,
men's outdoor track and field
Peter Wagner, men's indoor track and field,
men's outdoor track and field
Angie Nielsen, volleyball

2002 - Jeremy Hendricks, wrestling
Molly Parrott, women's basketball, softball
Libby Hysell, softball
Tim White, men's golf
Katie Button, women's indoor track and field
Abby Gonzales, women's indoor track and field,
women's outdoor track and field
Lindsay Schultz, women's outdoor track and field
Reagan Schultz, women's outdoor track and field
Tony Brownlee, men's indoor track and field,
men's outdoor track and field
Matt Jens, men's outdoor track and field
Matt McCombs, men's indoor track and field,
men's outdoor track and field
Chris McCullough, men's indoor track and field,
men's outdoor track and field
Peter Wagner, men's indoor track and field,
men's outdoor track and field

2003 - D.J. Cobler, men's indoor track and field
Matt McCombs, men's indoor track and field
Peter Wagner, men's indoor track and field, men's
outdoor track and field
Tanner Whipple, men's indoor track and field
Cale Van Genderen, men's outdoor track and field
Jenn Hansen, women's outdoor track and field
Lindsay Schultz, women's outdoor track and field
Raegan Schultz, women's outdoor track and field

Libby Hysell, softball
April Miller, softball

2004 - Patrick McElyea, men's golf
Lindsay Schultz, women's outdoor track and field
Raegan Schultz, women's indoor track and field
women's outdoor track and field
Alicia Whisner, women's outdoor track and field
Cale Van Genderen, men's indoor track and field,
men's outdoor track and field
Tanner Whipple, men's outdoor track and field
Beth Cunningham, women's cross country

2005 - D.J. Cobler, men's outdoor track and field
Guy Dierikx, men's outdoor track and field
Justin Koeppel, men's outdoor track and field
Kevin Pitz, men's outdoor track and field
Cale Van Genderen, men's indoor track and field,
men's outdoor track and field
Alicia Whisner, women's outdoor track and field
Ryan Johnson, football
Vance Schuring, football

2006 - Zac Bailey, men's outdoor track and field
Ben Bollard, men's indoor track and field,
men's outdoor track and field
Teddy Clark, men's indoor track and field
Alex Costigan, women's outdoor track and field
Guy Dierikx, men's indoor track and field,
men's outdoor track and field
Bryan George, men's indoor track and field
Craig Hernandez, men's outdoor track and field
Justin Koeppel, men's indoor track and field,
men's outdoor track and field
Kevin Pitz, men's indoor track and field,
men's outdoor track and field
Brian Respellers, men's indoor track and field
Alicia Whisner, women's outdoor track and field
Dana Wilkerson, women's outdoor track and field
Zach Zellweger, men's indoor track and field
Nick Reed, football
Taylor Vanden Wynboom, football
Brant VerMeer, football

2007 - Ben Bollard, men's outdoor track and field
Guy Dierikx, men's indoor track and field,
men's outdoor track and field, football
Craig Hernandez, men's outdoor track and field
Alex Miller, men's outdoor track and field
Alicia Whisner, women's outdoor track and field
Joel Winters, men's golf
Greg Altmaier, football

2008 - Kari Hutchinson, women's indoor track and field
Emily Teas, women's indoor track and field
Jill Ziskovsky, women's indoor track and field

Rachelle Tipton, women's indoor track and field
Jason Fisher, men's indoor track and field
Guy Dierikx, men's indoor track and field, men's
outdoor track and field
Alex Miller, men's outdoor track and field

Luke Bolander, men's outdoor track and field
Matt Patrick, men's outdoor track and field
Kurtis Brondyke, men's outdoor track and field
Kelly Harris, softball

Iowa Conference MVPs (90)

- 1969** - Don Ver Meer, men's golf
1970 - Vern Den Herder, football
Bob Parrott, men's tennis
1973 - Steve Paris, wrestling
1974 - Al Dorenkamp, football
Terry Youngblood, men's track
1977 - Don Taylor, football
1978 - Jerry Fitzsimmons, men's cross country
Pat Espinosa, men's tennis
1979 - Jerry Fitzsimmons, men's cross country,
men's track
Jeff Verhoef, men's basketball
1980 - Jeff Verhoef, men's basketball
1981 - Bruce Wendt, football
Mark Muysken's, men's cross country
Kevin Luttrell, men's tennis
Ron Peterson, men's golf
1982 - Augie Lugo, men's tennis
Ron Peterson, men's golf
1983 - Karen Collentine, volleyball
Pam Coon, women's tennis
Augie Lugo, men's tennis
1984 - Kim Doyle, women's golf
Karen Collentine, volleyball
Augie Lugo, men's tennis
Nancy Cisar, women's track and field
1985 - Rich Thomas, football
Cindy Kline, women's golf
Ingrid Elvebak, women's cross country
Steve Muller, men's basketball
Jeff Schneekloth, men's tennis
Brian Goldsworthy, men's golf
1986 - Ingrid Elvebak, women's cross country
Jo Beth Castleberry, volleyball
Cindy Kline, women's golf
Kelly McGovern, wrestling
Jeff Schneekloth, men's tennis
1987 - Cindy Kline, women's golf
Bill Spurbeck, men's golf
Laurie Suttin, softball
1988 - Mike Stumberg, football
Lori Ellwood, women's basketball
Joe Jaspers, men's golf
1990 - Ron Saak, football
Shari King, women's golf
Pat Jackson, men's golf
1991 - Rich Kacmarynski, football
Christi Van Werden, softball
1992 - Jana Daberkow, women's golf
Chad Hoekstra, men's golf
Emily Grimes, softball
1993 - Tracy Wilson, women's basketball
Chad Hoekstra, men's golf
Emily Grimes, softball
1994 - Mark Kacmarynski, football
Andy Goodman, men's track and field,
men's cross country
Nate Smith, men's track and field
Emilie Hanson, women's basketball
Todd Isley, men's golf
1995 - Emilie Hanson, women's basketball
1996 - Maggie Brown, volleyball
1997 - Jay Rhoten, men's track and field
Abbie Brown, volleyball
1998 - Jay Rhoten, men's track and field
Abbie Brown, volleyball
1999 - Wade Van Vark, baseball
Abbie Brown, volleyball
2000 - Chris McCullough, men's track and field
Jeff Sanger, football
Candace Wilson, volleyball
2001 - Roger Dortch, men's golf
Angie Nielsen, volleyball
2002 - Peter Wagner, men's track and field
Tim White, men's golf
2003 - Peter Wagner, men's track and field
Libby Hysell, softball
2004 - Corrie Schmidt, softball
Tanner Whipple, men's track and field
Jamie Stark, volleyball
2005 - Katie Pederson, volleyball
Vance Schuring, football
2006 - Adam Duerfeldt, baseball
Vance Schuring, football
2007 - Andy Petersen, men's golf
Tim Connell, football
2008 - Andy Petersen, men's golf
Guy Dierikx, men's indoor track and field
Kelly Harris, softball
Kari Hutchinson, women's outdoor track and field

