

# 1996 MIAC Women's Cross Country Awards

## IAC WOMEN'S 5K CHAMPIONSHIP

Como Golf Course, St. Paul

Oct. 26, 1996

### All-Conference (Top 15 Finishers)

|    |                       |       |                |
|----|-----------------------|-------|----------------|
| 1  | Heather Phillips, Fr  | 18:53 | St. Thomas     |
| 2  | Melissa Schuch, Jr    | 18:54 | St. Thomas     |
| 3  | Heidi Sickler, Sr     | 19:00 | Carleton       |
| 4  | Rebekah Ormsby, Sr    | 19:14 | Augsburg       |
| 5  | Anna Leighton, Jr     | 19:17 | St. Olaf       |
| 6  | Andrea Mosher, So     | 19:23 | Carleton       |
| 7  | Stephanie Simones, Jr | 19:24 | Augsburg       |
| 8  | Keri Gunderson, Jr    | 19:25 | Hamline        |
| 9  | Paula Elstrom, Fr     | 19:26 | St. Thomas     |
| 10 | Megan Mackie, So      | 19:29 | St. Olaf       |
| 11 | Sherri Lien, So       | 19:33 | Saint Mary's   |
| 12 | Carmen Hurd, Fr       | 19:36 | Macalester     |
| 13 | Marie Keller, Jr      | 19:38 | St. Thomas     |
| 14 | Missy Petersen, Jr    | 19:38 | Saint Benedict |
| 15 | Alberta Anderson, Sr  | 19:40 | St. Olaf       |

### All-Conference Honorable Mention (Places 16-25)

|    |                    |       |                   |
|----|--------------------|-------|-------------------|
| 16 | Katie Vanselow, Jr | 19:41 | Saint Benedict    |
| 17 | Lauren Hafner, Jr  | 19:43 | Carleton          |
| 18 | Ami Kuisle, So     | 19:47 | Saint Mary's      |
| 19 | Liisa Johnson, Sr  | 19:50 | St. Thomas        |
| 20 | Erika Huber, Fr    | 19:52 | Saint Mary's      |
| 21 | Becca Wold, Jr     | 19:52 | Gustavus Adolphus |
| 22 | Erin Ward, Fr      | 19:53 | St. Thomas        |
| 23 | Jenna Boren, So    | 19:56 | St. Olaf          |
| 24 | Liz Connors, Fr    | 19:57 | Macalester        |
| 25 | Gail Teitzel, Fr   | 19:57 | Carleton          |

1996 MIAC Women's Cross Country Coach of the Year: John Skemp, Saint Mary's