



**WOMEN'S  
CROSS COUNTRY  
RECORD BOOK**

*UPDATED - SEPTEMBER, 2011*

# Atlantic 10 Cross Country Yearly Finishes

<b>1989</b>		9. Dayton	227	<b>2001</b>	
1. Penn State	32	10. Xavier	297	1. La Salle	55
2. West Virginia	60	11. St. Bonaventure	332	2. Rhode Island	65
<b>3. Massachusetts</b>	<b>71</b>			3. Richmond	72
4. St. Joseph's	85	<b>1996</b>		<b>4. Massachusetts</b>	<b>122</b>
5. Rhode Island	105	1. <b>Massachusetts</b>	<b>35</b>	5. St. Joseph's	125
6. Rutgers	139	2. St. Joseph's	74	6. Dayton	129
7. Duquesne	222	3. La Salle	78	7. Xavier	130
8. St. Bonaventure	236	4. Duquesne	104	8. Duquesne	182
		5. Virginia Tech	115	9. Fordham	260
<b>1990</b>		6. Rhode Island	162	10. George Washington	290
1. Penn State	29	7. George Washington	164	11. St. Bonaventure	365
2. West Virginia	74	8. Dayton	202		
<b>3. Massachusetts</b>	<b>91</b>	9. Fordham	243	<b>2002</b>	
4. St. Joseph's	108	10. Xavier	299	1. La Salle	52
5. Rhode Island	111	St. Bonaventure	299	2. Richmond	69
6. Rutgers	115			3. Rhode Island	86
7. Duquesne	220	<b>1997</b>		4. Saint Joseph's	107
8. St. Bonaventure	245	1. <b>Massachusetts</b>	<b>28</b>	5. Duquesne	145
		2. St. Joseph's	48	6. Dayton	165
<b>1991</b>		3. Virginia Tech	66	7. Fordham	176
1. <b>Massachusetts</b>	<b>59</b>	4. Rhode Island	118	<b>8. Massachusetts</b>	<b>198</b>
2. Rutgers	65	5. George Washington	167	9. George Washington	200
3. Rhode Island	68	6. Fordham	175	10. Xavier	241
4. West Virginia	79	7. La Salle	180	11. St. Bonaventure	365
5. St. Joseph's	87	8. Duquesne	190		
6. Duquesne	153	9. Dayton	222	<b>2003</b>	
7. George Washington	203	10. Xavier	331	1. Richmond	29
8. St. Bonaventure	248	11. St. Bonaventure	337	2. Rhode Island	64
				3. La Salle	97
<b>1992</b>		<b>1998</b>		4. Duquesne	108
1. <b>Massachusetts</b>	<b>38</b>	1. <b>Massachusetts</b>	<b>35</b>	5. Saint Joseph's	122
2. Rhode Island	51	2. Rhode Island	67	6. George Washington	184
3. Rutgers	71	3. Virginia Tech	79	7. Dayton	189
4. St. Joseph's	77	4. La Salle	87	8. Fordham	204
5. West Virginia	131	5. St. Joseph's	132	<b>Massachusetts</b>	<b>204</b>
6. George Washington	177	6. Fordham	163	10. Xavier	227
7. St. Bonaventure	204	7. Dayton	182	11. St. Bonaventure	319
		8. Duquesne	186		
<b>1993</b>		9. George Washington	284	<b>2004</b>	
1. St. Joseph's	41	10. Xavier	314	1. La Salle	35
<b>2. Massachusetts</b>	<b>68</b>	11. St. Bonaventure	345	2. Richmond	61
3. West Virginia	72			3. Rhode Island	89
4. Rhode Island	73	<b>1999</b>		4. Duquesne	125
5. Rutgers	108	1. <b>Massachusetts</b>	<b>44</b>	<b>5. Massachusetts</b>	<b>161</b>
6. Duquesne	151	2. La Salle	70	6. Saint Joseph's	168
7. George Washington	214	3. Virginia Tech	76	7. Xavier	172
8. St. Bonaventure	237	4. St. Joseph's	124	8. George Washington	186
		5. Dayton	160	9. Dayton	212
<b>1994</b>		6. Rhode Island	161	10. Fordham	250
1. West Virginia	35	7. Duquesne	167	11. St. Bonaventure	351
2. St. Joseph's	58	8. Fordham	169		
<b>3. Massachusetts</b>	<b>60</b>	9. Xavier	229	<b>2005</b>	
4. Rutgers	111	10. George Washington	267	1. La Salle	40
5. Rhode Island	117	11. St. Bonaventure	365	2. Charlotte	103
6. Duquesne	166			3. Richmond	104
7. George Washington	177	<b>2000</b>		4. Rhode Island	109
8. St. Bonaventure	233	1. St. Joseph's	55	5. Xavier	143
		<b>2. Massachusetts</b>	<b>74</b>	6. Duquesne	170
<b>1995</b>		3. La Salle	82	7. Saint Joseph's	173
1. <b>Massachusetts</b>	<b>46</b>	4. Duquesne	91	8. Dayton	195
2. St. Joseph's	49	5. Rhode Island	92	<b>9. Massachusetts</b>	<b>220</b>
3. La Salle	113	6. Dayton	111	10. Fordham	238
4. Virginia Tech	118	7. Xavier	194	11. George Washington	186
5. Rhode Island	126	8. Fordham	221	12. Saint Louis	310
6. Fordham	140	9. George Washington	284	13. Temple	413
7. Duquesne	164	10. St. Bonaventure	329	14. St. Bonaventure	454
8. George Washington	195				

**2006**

1.	La Salle	26
2.	Richmond	81
3.	Charlotte	91
4.	Xavier	122
5.	Duquesne	155
6.	<b>Massachusetts</b>	<b>163</b>
7.	Saint Joseph's	167
8.	Saint Louis	193
9.	Dayton	214
10.	George Washington	235
11.	Rhode Island	281
12.	Fordham	386
13.	Temple	425
14.	St. Bonaventure	449

**2007**

1.	La Salle	52
2.	Richmond	82
3.	Xavier	119
4.	Charlotte	123
5.	Duquesne	132
6.	<b>Massachusetts</b>	<b>167</b>
7.	Saint Louis	178
8.	Saint Joseph's	189
9.	George Washington	194
10.	Dayton	266
11.	Fordham	274
12.	Rhode Island	317
13.	Temple	379
14.	St. Bonaventure	464

**2008**

1.	Richmond	48
2.	Charlotte	76
3.	Dayton	103
4.	Xavier	108
5.	Duquesne	151
6.	Saint Louis	154
7.	<b>Massachusetts</b>	<b>186</b>
8.	Saint Joseph's	225
9.	George Washington	232
10.	Fordham	263
11.	LaSalle	290
12.	Rhode Island	314
13.	Temple	406
14.	St. Bonaventure	457

**2009**

1.	Dayton	72
2.	Charlotte	98
3.	<b>Massachusetts</b>	<b>109</b>
4.	Duquesne	114
5.	La Salle	153
6.	Richmond	157
7.	Saint Joseph's	184
8.	George Washington	185
9.	Xavier	207
10.	Fordham	226
11.	Saint Louis	247
12.	Rhode Island	284
13.	Temple	335
14.	St. Bonaventure	465

**2010**

1.	Richmond	43
2.	La Salle	68
3.	Dayton	75
4.	Saint Louis	170
5.	Charlotte	189
5.	Duquesne	189
7.	Rhode Island	196
8.	<b>Massachusetts</b>	<b>200</b>
9.	Saint Joseph's	214
10.	Xavier	216
11.	George Washington	276
12.	Fordham	293
13.	Temple	405
14.	St. Bonaventure	470

# Atlantic 10 Cross Country Champions

Year	Champion, Points	UMass Finish, Points	Top UMass Finisher	Place
2010	Richmond, 43	8th, 200	Karen Roa	18th
2009	Dayton, 72	3rd, 109	Courtney Baldwin	9th
2008	Richmond, 48	7th, 186	Shiyi Zan	8th
2007	La Salle, 52	6th, 167	Christina DeRosa	1st
2006	La Salle, 26	6th, 163	Christina DeRosa	10th
2005	La Salle, 40	9th, 220	Christina DeRosa	6th
2004	La Salle, 35	5th, 161	Christina DeRosa	12th
2003	Richmond, 29	T-8th, 204	Kate Markopoulos	11th
2002	La Salle, 52	8th, 198	Julie McGee	27th
2001	La Salle, 55	4th, 122	Kristin Cisowski	3rd
2000	Saint Joseph's, 55	2nd, 74	Kristin Cisowski	2nd
1999	Massachusetts, 44	1st, 44	Nicole Way	3rd
1998	Massachusetts, 35	1st, 35	Kristin Cisowski	1st
1997	Massachusetts, 28	1st, 28	Rebecca Donaghue	1st
1996	Massachusetts, 35	1st, 35	Rebecca Donaghue	1st
1995	Massachusetts, 46	1st, 46	Rebecca Donaghue	2nd
1994	West Virginia, 35	3rd, 60	Melissa Langevin	1st
1993	Saint Joseph's, 41	2nd, 68	Melissa Langevin	7th
1992	Massachusetts, 38	1st, 38	Kelly Liljeblad	2nd
1991	Massachusetts, 59	1st, 59	Michelle St. Laurent	8th
1990	Penn State, 29	3rd, 91	Kelly Liljeblad	7th
1989	Penn State, 32	3rd, 71	Shana Smith	2nd

## Cross Country All-Time Award Winners

### NCAA Qualifiers

2001	Kristin Cisowski, 237th
2000	Kristin Cisowski, 137th
1996	Rebecca Donaghue, 83rd
1995	Rebecca Donaghue, 50th

### Atlantic 10 Cross Country Coach of the Year

1999	Julie LaFreniere
1997	Julie LaFreniere
1996	Julie LaFreniere
1995	Julie LaFreniere
1992	Julie LaFreniere
1991	Julie LaFreniere

### Most Outstanding Rookie Cross Country Performer

1998	Kristin Cisowski
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### Atlantic 10 Cross Country All-Conference

2009	Courtney Baldwin (9th)
2008	Shiyi Zan (8th) Karen Roa (15th)
2007	Christina DeRosa (1st) Shiyi Zan (13th)
2006	Christina DeRosa (10th)
2005	Christina DeRosa (6th)
2001	Kristin Cisowski (3rd)
2000	Kristin Cisowski (2nd) Melissa Henderson (4th)
1999	Nicole Way (3rd) Kristin Cisowski (4th) Sharon Tillotson (7th) Melissa Henderson (8th)
1998	Kristin Cisowski (1st)

1999	Sarah Hirsch (3rd) Melissa Henderson (6th)
1997	Rebecca Donaghue (1st) Christy Martin (4th) Melissa Henderson (6th) Nicole Way (8th) Sarah Hirsch (9th)
1996	Rebecca Donaghue (1st) Christy Martin (5th) Katie Greenia (6th)
1995	Rebecca Donaghue (2nd) Jen Waeger (4th) Katherine Greenia (10th)
1994	Melissa Langevin (1st) Rebecca Donaghue (8th)
1993	Melissa Langevin (7th) Jen Waeger (10th)
1992	Kelly Liljeblad (2nd) Rebecca Johnson (7th)
1991	Michelle St. Laurent (8th) Kim Liljeblad (9th)
1990	Kelly Liljeblad (7th)
1989	Shana Smith (2nd)

### Atlantic 10 Cross Country Student-Athlete of the Year

2007	Christina DeRosa
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### Atlantic 10 Cross Country Academic All-Conference

2009	Shiyi Zan
2008	Shiyi Zan
2007	Christina DeRosa Shiyi Zan
2006	Christina DeRosa
2001	Kristin Cisowski
2000	Kristin Cisowski

1999	Kristin Cisowski Melissa Henderson Sally Hirsch Nicole Way
1998	Melissaa Henderson Sally Hirsch
1997	Rebecca Donaghue Sally Hirsch Nicole Way
1996	Rebecca Donaghue
1996	Katie Greenia
1995	Rebecca Donaghue
1993	Kim Liljiblad
1992	Rebecca Johnson
1991	Rebecca Johnson
1990	Rebecca Johnson

### Atlantic 10 Weekly Award Winners Performer of the Week

2009	Courtney Baldwin (10/12)
2008	Shiyi Zan (9/22)
2007	Christina DeRosa (10/8), (10/15)
2006	Christina DeRosa (9/25), (10/9)
2003	Alexis Arzelone (9/22)
1994	Melissa Langevin (9/11), (10/9)
1992	Kelly Liljeblad (9/27), (10/11)

### Rookie of the Week

2009	Courtney Baldwin (10/12), (10/19)
2007	Shiyi Zan (9/17) Lauren Stocker (10/8)
2006	Lauren Liuzzo (9/25)
2004	Christina DeRosa (10/11), (10/18)
1994	Rebecca Donaghue (9/25), (10/9), (10/23)
1993	Melissa Langevin (9/12), (9/19), (9/26), (10/10)