

WOMEN'S RECORD BOOK

Cross Country

All-Americans

Karen Dunn	1985
Jennifer Rioux	1987
Seana Arnold	1989
Nicole Stevenson	1993
Janelle Kraus	1997, '98, '99
Annie Bersagel	2002, '03, '05
Michelle Sikes	2006

ACC Champions

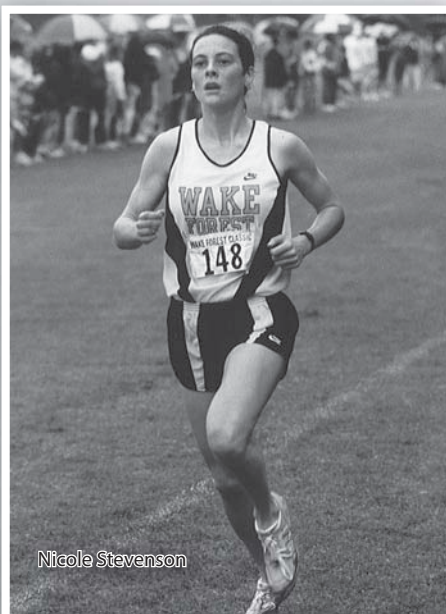
Seana Arnold	1989
Janelle Kraus	1997, '98

All-ACC

Karen Dunn	1985, '86
Jennifer Rioux	1985, '86, '87
Sue Vander Wagen	1986, '87
Monica Magnusson	1987
Anne Letko	1988
Seana Arnold	1989
Liz Becker	1989
Mary Powell	1989, '90
Jennifer Finnegan	1992, '94
Cynthia Moreshead	1992, '94, '95
Nicole Stevenson	1992, '93, '94, '95
Liz Cotter	1996
Janelle Kraus	1997, '98, '99
Kelly Brady	1997
Sara Day	2000
Annie Bersagel	2002, '05
Risa Rutland	2002
Anna Sherman	2003
Michelle Sikes	2003, '06
Allison Kieffer	2008
Anna Nosenko	2010, '11

ACC Freshman of the Year

Anna Nosenko	2008
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Indoor Track

All-Americans

Catrina Bindel	High Jump	1995
Janelle Kraus	5,000 m	2000
Jill Snyder	Mile	2000
Snyder, Day	DMR	2001
Merritt, Green		
Sara Day	3,000 m	2001
Nikeya Green	800 m	2002
Annie Bersagel	5,000 m	2003
		2005
Jill Miller	5,000 m	2003
Michelle Sikes	5,000 m	2007
Anna Nosenko	3,000m	2011
Anna Nosenko	5,000m	2011

ACC Champions

Jennifer Rioux	3,000 m	1988
Seana Arnold	3,000 m	1989
Stevenson, Weber,	4x800 m	1993
Pancake, Clarke		
Mia Richardson	800 m	1994
Nicole Stevenson	3,000 m	1995
Jill Snyder	1 Mile	1999
		2000
Janelle Kraus	5,000 m	1999
		2000
Snyder, Hopkins,	DMR	1999
Waldron, Brady		
Sara Day	3,000 m	2001
	5,000 m	2001
Lancashire, Danos	DMR	2001
Shaw, Brady		
Carol Merritt	400 m	2002
Nikeya Green	800 m	2004
Annie Bersagel	5,000 m	2005

Michelle Sikes	5,000 m	2007
Anna Nosenko	3,000m	2011
Anna Nosenko	5,000m	2011

All-ACC

Jennifer Rioux	1988
Seana Arnold	1989
Mary Powell	1990
Kelly Clarke	1993
Cynthia Moreshead	1993, '95
Molly Pancake	1993
Nicole Stevenson	1993, '95
Kate Weber	1993
Mia Richardson	1994
Catrina Bindel	1995
Janelle Kraus	1998, '99, 2000
Jill Snyder	1999, 2000, '01
Trista Hopkins	1999
Valerie Waldron	1999
Kelly Brady	1999, 2001
Summer Shaw	2000, '01
Sara Day	2001
Courtney Lancashire	2001
Shauna Danos	2001, '02
Carol Merritt	2002
Nikeya Green	2002
Jackie Muscente	2002
Tess Fath	2002
Annie Bersagel	2003, '05
Nikeya Green	2003, '04
Jill Miller	2003
Lindsay Neuberger	2003, '04, '06
Michelle Sikes	2007 (2)
Jill Ahrens	2008
Anna Nosenko	2009, '10, '11



ACC Indoor Track Performer of the Year

Anna Nosenko	2011
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WOMEN'S RECORD BOOK

Outdoor Track

All-Americans

Dawn Powers	10,000 m	1982
Karen Dunn	3,000 m	1985
Jennifer Finnegan	1,500 m	1992
		1995
Catrina Bindel	Heptathlon	1993
		1995
		1996
Liz Cotter	800 m	1996
Jill Snyder	1,500 m	1999
		2000
Janelle Kraus	5,000 m	2000
Sara Day	10,000 m	2001
Nikeya Green	800 m	2002
		2003
		2004
Annie Bersagel	10,000 m	2003
		2004
		2005
Michelle Sikes	5,000 m	2006



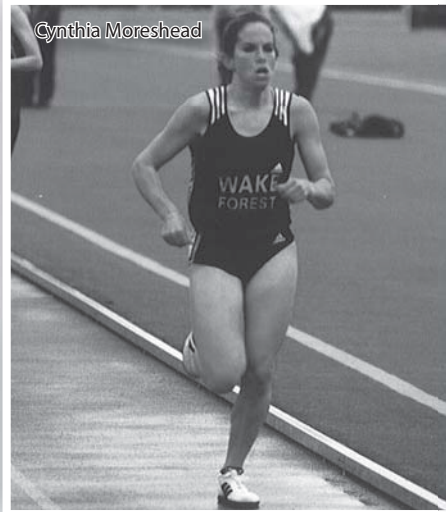
Catrina Bindel

2007

ACC Champions

Jennifer Rioux	10,000 m	1988
Liz Becker	3,000 m	1988
Kelly Clarke	1,500 m	1993
Mary Powell	5,000 m	1993
	10,000 m	1993
Trina Bindel	High Jump	1993
	Heptathlon	1995
		1996
Chrissy Person	800 m	1994
Jennifer Finnegan	1,500 m	1995
Cynthia Moreshead	5,000 m	1995
	10,000 m	1995
Nicole Stevenson	5,000 m	1996
Janelle Kraus	3,000 m	1998

		2000
5,000 m		1998
		1999
		2000
Jill Snyder	1,500 m	2000
Jamie Grayzer	Heptathlon	2002
Annie Bersagel	10,000m	2004
Cassy Richards	Long Jump	2004
Nikeya Green	800m	2004
Annie Bersagel	10,000m	2005
Michelle Sikes	5000m	2007
	10000m	2007



Cynthia Moreshead

Anna Nosenko	5000m	2010
	10000m	2010

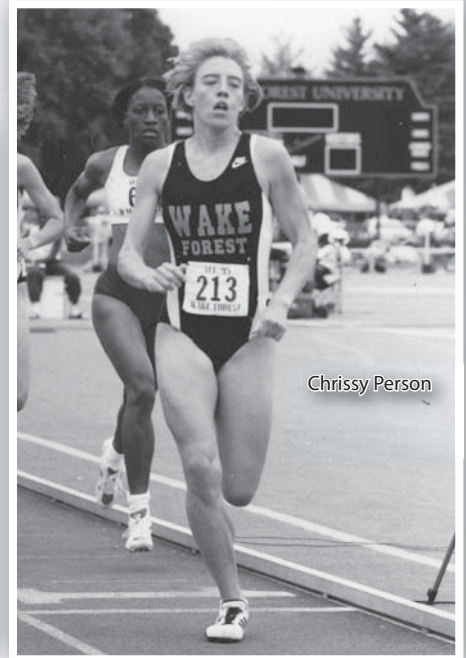
All-ACC

Cindy Goethals	1987
Sue Vander Wagen	1987
Liz Becker	1988
Jennifer Rioux	1988
Catrina Bindel	1993, '95, '96
Kelly Clarke	1993
Mary Powell	1993
Chrissy Person	1994, '95, '97, '98
Mia Richardson	1994
Kate Weber	1994
Jennifer Finnegan	1995
Cynthia Moreshead	1995, '96
Liz Cotter	1995
Nicole Stevenson	1996
Janelle Kraus	1998, '99, 2000
Jill Snyder	1998, '99, 2000
Alison Amibaldi	1999
Summer Shaw	2000
Sara Day	2001
Jamie Grayzer	2002
Annie Bersagel	2003, '04, '05
Nikeya Green	2003, '04
Lindsay Neuberger	2003, '04, '05, '07
Cassy Richards	2004
Anna Sherman	2004
Michelle Sikes	2006, '07
Molly Kennedy	2008
Jill Ahrens	2008

Melissa Council	2009
Anna Nosenko	2010 (2)

ACC Championship Meet -- Most Outstanding Performer

Cynthia Moreshead	1995
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Chrissy Person

ACC Performer of the Year

Michelle Sikes	2007
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Marge Crisp Female Athlete of the Year

Dawn Powers	1983
Karen Dunn	1986
Tina Lane	1991
Catrina Bindel	1996
Janelle Kraus	1998, '99, 2000

Wake Forest Scholar-Athlete of the Year

Diane Swick	1984
Kim Lanane	1986
Maria Merritt * Rhodes Scholar	1987
Susan Crisp	1992
Heather Tumquirt	1992
Cynthia Moreshead	1995
Jill Snyder	1998
Rachel Burns	2001
Annie Bersagel * Fulbright Scholar	2004

Academic All-American

Rachel Burns	3rd team	2001
	2nd team	2002
Annie Bersagel		2003
Anna Sherman		2002

USTFCCA Outdoor Track & Field Scholar Athlete of the Year

Michelle Sikes * Rhodes Scholar	2007
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