

TOP TIMES

Women's 5k Top 25 Performances

Rank	Runner	Time	Date	Site
1.	Elicia Anderson	17:36	9/4/10	Millersville, Pa.
2.	Priscilla Jennings	17:51	10/17/09	Delaware
3.	Nancy Tang-Yuk	17:54	1983	Kutztown
4.	Kellie Boozer	18:06	10/6/90	Lehigh
	Cathy Heiney	18:06	1998	Gettysburg
6.	Mary Zerby	18:07	11/1991	Springfield, Mass.
7.	Janine Franko	18:12		
8.	Jo Rupp	18:14	11/4/95	Saratoga, N.Y.
9.	Nancy Hartley	18:26	10/6/89	Lehigh
10.	Andrea DeBerardinis	18:30	10/20/90	Albany
11.	Mary Shorkey	18:31	1982	Kutztown
12.	Karen Sage	18:34	10/6/89	Lehigh
13.	Erin Carey	18:37	11/4/95	Saratoga, N.Y.
14.	Brenda Pennell	18:39	11/4/95	Saratoga, N.Y.
15.	Tammy Brooks	18:42	10/6/89	Lehigh
16.	Kelly Sprout	18:45	9/27/86	Dickinson
17.	Laura Endriss	18:46	10/5/85	Bloomsburg
18.	Kris Andrews	18:48	10/11/86	Lehigh
	Emily Francisco	18:48	10/8/11	F&M
20.	Karen Gentzel	18:52	11/1991	Springfield, Mass.
21.	Shannon Cruz	18:55	9/7/13	Millersville, Pa.
22.	Connie Shepos	18:59	10/6/90	Lehigh
23.	Trudy Derr	19:00	10/20/90	Albany
24.	Sandy Redding	19:01		
	Jenny Foster	19:01	1980	

Women's 6k Top 25 Performances

Rank	Runner	Time	Date	Site
1.	Priscilla Jennings	20:41	11/7/09	Mansfield
2.	Elicia Anderson	21:03	10/1/10	Lehigh
3.	Shannon Cruz	21:30.9	11/9/13	Lock Haven
4.	Megan Edmiston	21:48.1	1999	Missouri Southern
5.	Theresa Mazurek	22:04	2001	Lock Haven
6.	Emily Francisco	22:18	10/1/10	Lehigh
7.	Brittany Zuver	22:32	11/1/08	Lock Haven
8.	Jessica Leddy	22:43	11/3/07	Lock Haven
9.	Sarah Mulvey	22:48	11/3/12	Lock Haven
10.	Abigail Daley	22:49.4	11/9/13	Lock Haven
11.	Rachel Hull	22:51	11/3/07	Lock Haven
12.	Brittney Martin	22:54	10/22/11	Lock Haven
13.	Bekah Moore	23:00	11/7/09	Mansfield
	Samantha Mulvey	23:00	11/1/08	Lock Haven
14.	Morgan Janiuk	23:13.2	9/25/21	Lock Haven
15.	Natalie Crum	23:19	9/26/15	Lock Haven
16.	Brittany Arnold	23:20	9/18/09	Mansfield
17.	Lisa Spatz	23:23	9/17/05	Lock Haven
18.	Megan Meyer	23:26.3	11/9/13	Lock Haven
19.	Elizabeth Reese	23:27	10/13/12	Gettysburg
20.	Michelle Blum	23:28	10/22/11	Lock Haven
21.	Jessica Jacobson	23:36	11/1/08	Lock Haven
22.	Abbey Sullivan	23:41.6	11/6/21	NCAA Regiona
23.	Amanda Long	23:45.6	11/9/13	Lock Haven
24.	Kate Rhue	23:48	11/7/09	Mansfield
25.	Jillian Miller	23:48.2	10/1/21	LeHigh Paul Short

WOMEN'S ALL-TIME NCAA RESULTS

	1988			Karen Gentzel	92nd	20:24.4
Kellie Boozer*	30th	18:19.4		Cathy Heistand	99th	20:34.0
				Jennifer Khun	109th	20:53.5
	1989			Amy Moore	119th	21:23.9
	Team Finish: 7th			Erica Hackman	121st	21:29.0
Kellie Boozer*	23rd	18:25.4			1994	
Karen Sage	32nd	18:39.3		Jo Rupp	55th	19:31.0
Andrea DeBarardinis	60th	19:15.9			1995	
Nancy Hartley	64th	19:24		Jo Rupp	40th	18:32.9
Tammy Brooks	70th	19:36			1999	
Connie Shepos	88th	20:34			Team Finish: 17th	
Kathi Wenrich	90th	21:02				
	1990			Meghan Edmiston*	23rd	21:48.1
Andrea DeBarardinis	44th	18:19.1		Carisa Heiney	85th	23:16.9
Kellie Boozer	66th	18:48.2		Betty Mohler	96th	23:29.6
Mary Zerby	88th	20:34.9		Kim Burkley	107th	23:55.0
Kathi Wenrich	90th	21:02.1		Jennifer Knuth	108th	23:58.8
	1991			Amy Koetteritz	126th	24:56.1
Mary Zerby*	16th	19:07.0		Theresa Mazurek	129th	25:11.9
	1992				2008	
	Team Finish: 10th			Priscilla Jennings	56th	23:10
Mary Zerby*	28th	19:51.0			2009	
Karen Gentzel	36th	20:06.0		Priscilla Jennings*	8th	21:05.8
Jo Rupp	52nd	20:32.0			2010	
Erin Carey	63rd	20:58.0		Elicia Anderson*	14th	21:43.5
Jennifer Timlin	71st	21:18.0				
Trudy Derr	74th	21:35.0				
Amy Moore	83rd	21:56.0				
	1993					
	Team Finish: 15th					
Jo Rupp*	23rd	18:54.3				
Brenda Pennell	82nd	20:06.4				

**All-American (8)*

WOMEN'S HONORS AND AWARDS

Year	Athlete	Place	Event	Year	Athlete	Place	Event		
1985	Nancy Tang-Yuk	9th	PSAC Championship			9th	NCAA East Regional		
		2nd	ECAC Division III Championship			6th	ECAC Championship		
		4th	NCAA Division III Mid-East Regional			14th	PSAC Championship		
		17th	NCAA Division III Championship			6th	NCAA East Regional		
1986	Kelly Sprout	12th	PSAC Championship	1996	Erin Carey	4th	ECAC Championship		
		7th	PSAC Championship			8th	PSAC Championship		
1987	Tammy Brooks	7th	PSAC Championship			4th	NCAA East Regional		
		13th	PSAC Championship			3rd	ECAC Championship		
1988	Kellie Boozer	9th	PSAC Championship			5th	PSAC Championship		
		9th	NCAA East Regional			12th	NCAA East Regional		
		9th	ECAC Division II Championship			8th	ECAC Championship		
		30th	NCAA Division II Championship			16th	ECAC Championship		
1989	Kellie Boozer	13th	PSAC Championship	1998	Carisa Heiney	16th	ECAC Championship		
		4th	PSAC Championship			16th	NCAA East Regional		
		6th	NCAA East Regional			10th	PSAC Championship		
		23rd	NCAA Division II Championship			8th	NCAA East Regional		
	Karen Sage	5th	PSAC Championship	2000	Meghan Edmiston	13th	NCAA Division II Championship		
		7th	NCAA East Regional			12th	PSAC Championship		
		11th	PSAC Championship			10th	NCAA East Regional		
		15th	PSAC Championship			11th	PSAC Championship		
1990	Kellie Boozer	1st	PSAC Championship	2001	Theresa Mazurek	12th	NCAA East Regional		
		3rd	NCAA East Regional			6th	PSAC Championship		
		4th	PSAC Championship			12th	NCAA East Regional		
		6th	NCAA East Regional			4th	PSAC Championship		
	Andrea DeBerardinis	4th	PSAC Championship	2006	Priscilla Jennings	12th	NCAA East Regional		
		6th	NCAA East Regional			16th	PSAC Championship		
		5th	PSAC Championship			5th	PSAC Championship		
		2nd	NCAA East Regional			3rd	NCAA Atlantic Regional		
1991	Mary Zerby	5th	PSAC Championship	2007	Rachel Hull	16th	PSAC Championship		
		2nd	NCAA East Regional			2008	Priscilla Jennings	5th	PSAC Championship
		2nd	ECAC Championship			2009		Priscilla Jennings	2nd
		16th	NCAA Division II Championship			2nd	NCAA Atlantic Regional		2nd
	Karen Gentzel	9th	PSAC Championship	2010	Elicia Anderson	8th	NCAA Championship		
		12th	NCAA East Regional Championship			2nd	PSAC Championship		
		12th	ECAC Championship			2nd	NCAA Atlantic Regional		
		2nd	PSAC Championship			14th	NCAA Championship		
1992	Mary Zerby	2nd	PSAC Championship	2011	Elicia Anderson	18th	PSAC Championship		
		6th	NCAA East Regional			6th	NCAA Atlantic Regional		
		3rd	ECAC Championship			18th	PSAC Championship		
		28th	NCAA Division II Championship			16th	NCAA Atlantic Regional		
	Karen Gentzel	10th	PSAC Championship	2013	Shannon Cruz	18th	PSAC Championship		
		8th	NCAA East Regional			16th	NCAA Atlantic Regional		
		4th	ECAC Championship			2014*	Shannon Cruz	22nd	PSAC Championship (Second Team All-PSAC)
		13th	PSAC Championship			20th		NCAA Atlantic Regional	
	Jo Rupp	8th	ECAC Championship	2016	Shannon Cruz	30th	PSAC Championship (Second Team All-PSAC)		
		10th	ECAC Championship			27th	PSAC Championship (Second Team All-PSAC)		
		10th	ECAC Championship			21st	NCAA Atlantic Regional		
		3rd	PSAC Championship						
1993	Jo Rupp		PSAC Athlete of the Year						
		1st	NCAA East Regional						
		1st	ECAC Championship						
		19th	NCAA Division II Championships						
	Karen Gentzel	13th	PSAC Championship						
		14th	ECAC Championship						
		9th	PSAC Championship						
		2nd	PSAC Championship						
1994	Jo Rupp		PSAC Athlete of the Year						
			NCAA East Regional Athlete of the Year						
		1st	NCAA East Regional						
		1st	ECAC Championship						
	Erin Carey	5th	PSAC Championship						
		6th	NCAA East Regional						
		4th	ECAC Championship						
		1st	PSAC Championship						
1995	Jo Rupp		NCAA East Regional Athlete of the Year						
		1st	NCAA East Regional Championship						
		1st	ECAC Championship						
		9th	PSAC Championship						
	Brenda Pennell								

* Beginning in 2014 for the PSAC Championship, those who place between 1-15 are First Team All-PSAC and those who place between 16-30 are Second Team All-PSAC

WOMEN'S PSAC CHAMPIONSHIPS

Team Places

Year	Location	Place
1980	Slippery Rock	8th
1981	Kutztown	11th
1982	Edinboro	11th
1983	East Stroudsburg	10th
1984	Slippery Rock	8th
1985	Millersville	4th
1986	Edinboro	5th
1987	East Stroudsburg	4th
1988	California	3rd
1989	Kutztown	2nd
1990	Slippery Rock	3rd
1991	Bloomsburg	4th
1992	California	2nd
1993	Bloomsburg	3rd
1994	Edinboro	2nd
1995	Kutztown	4th
1996	Indiana	NTS
1997	Bloomsburg	10th
1998	Clarion	8th
1999	Kutztown	5th
2000	Slippery Rock	6th
2001	Lock Haven	4th
2002	Edinboro	7th
2003	Bloomsburg	10th
2004	Kutztown	12th
2005	Slippery Rock	11th
2006	Bloomsburg	9th
2007	Kutztown	7th
2008	Lock Haven	8th
2009	Edinboro	6th
2010	California	5th
2011	Lock Haven	10th
2012	Slippery Rock	13th
2013	Kutztown	12th
2014	Mansfield	13th
2015	Slippery Rock	16th
2016	Kutztown	16th
2017	California	17th
2018	Edinboro	T-13th
2019	Bloomsburg	14th
2020	Lock Haven	14th
2021	Kutztown	11th

2nd – 1989, 1992, 1994

3rd – 1990, 1993

Individual Placers

Year	Runner	Place	Time
1985	Nancy Tang Yuk	9th	18:4.02
1986	Kelly Sprout	12th	20:35.0
1987	Tammy Brooks	7th	19:35.4
	Nancy Hartley	13th	20:03.9
1988	Kellie Boozer	9th	19:39.3
	Nancy Hartley	13th	19:48.3
1989	Kellie Boozer	4th	18:49.0
	Karen Sage	5th	18:57.0
	Nancy Hartley	11th	19:18.0
	Tammy Brooks	15th	19:21.0
1990	Kellie Boozer	1st	19:25.0
	Andrea DeBerardinis	4th	19:40.0
	Mary Zerby	13th	20:28.0
	Karen Gentzel	14th	20:28.0
1991	Mary Zerby	5th	19:19.0
	Karen Gentel	9th	19:32.0
1992	Mary Zerby	2nd	19:04.9
	Karen Gentzel	10th	19:44.6
	Jo Rupp	13th	19:57.1
1993	Jo Rupp	3rd	19:23.0
	Brenda Pennell	9th	19:58.0
	Karen Gentzel	13th	20:13.0
1994	Jo Rupp	2nd	18:37.0
	Erin Carey	5th	18:59.0
1995	Jo Rupp	1st	18:46.0
	Brenda Pennell	9th	19:38.0
	Erin Carey	14th	19:58.0
1996	Brenda Pennell	5th	18:52.6
	Erin Carey	8th	19:05.9
1999	Megan Edmiston	10th	23:10.0
2000	Betty Mohler	11th	24:00.0
	Megan Edmiston	12th	24:07.0
2001	Theresa Mazurek	6th	22:04.45
2006	Priscilla Jennings	4th	23:18.0
2007	Rachel Hull	16th	24:47.1
2008	Priscilla Jennings	5th	21:31.0
2009	Priscilla Jennings	2nd	21:42.3
2010	Elicia Anderson	2nd	22:02
2011	Elicia Anderson	18th	22:08.2
2013	Shannon Cruz	18th	23:04.9
2014*	Shannon Cruz	22nd	22:37.1
	Abigail Daley	30th	22:55.5
2016	Shannon Cruz	27th	23:49.0

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PSAC Individual Champions

- Kellie Boozer (1990), Jo Rupp (1995)