

**USA TRACK & FIELD  
REGION X JUNIOR OLYMPIC  
CROSS COUNTRY CHAMPIONS  
INDIVIDUAL FEMALE CHAMPIONS**

**UPDATED 11-21-09**

\*Results for 1997 missing  
and not included.

YEAR	NAME	CLUB	SITE	TIME
<b>BANTAM GIRLS 3K 1.86 MILES (REGION 10)</b>				
2009	GREGORY, LAUREN	FORT COLLINS TRACK/CO	BORDER	11:11.29
2008	DAVENPORT, MORGAN	ISLETA RUNNERS/NM	NEW MEXICO	12:37.00
2007	MCJUNKIN, SIERRA	TEXAS SHOOTING STARS/TX	UTAH	12:16.90
2006	WAUKAZOO, SAGE	CUBA AREA RUNNERS/NM	ARIZONA	10:59.42
2005	WAUKAZOO, SAGE	ALBUQUERQUE ATHLETICS/NM	COLORADO	12:37.40
2004	LUEVANO, SHANNON	NO LIMITS TRACK CLUB/TX	BORDER	13:08.00
<b>BANTAM GIRLS 3K 1.86 MILES (REGION 16)</b>				
2003	HUEGLIN, ASTRID	ALBUQUERQUE ATHLETICS/NM	NEW MEXICO	13:40.14
<b>BANTAM GIRLS 3K 1.86 MILES (REGION 10)</b>				
2003	SNYDER, MCKENZIE	WASATCH ATHLETICS/UT	NEW MEXICO	13:22.13
2002	OSBORN, CORY	ALBUQUERQUE ATHLETICS/NM	UTAH	12:40.60
2001	BRASHER, JULIE	ALBUQUERQUE ATHLETICS/NM	COLORADO	13:19.00
2000	BRASHER, JULIE	ALBUQUERQUE ATHLETICS/NM	ARIZONA	12:46.00
1999	REINHART, KATE	ALBUQUERQUE ATHLETICS/NM	UTAH	12:57.00
1998	ARNOLD, KRISTEN	FRONT RANGE STRIDERS/CO	NEW MEXICO	11:06.00
1997			COLORADO	
1996	ZEIGLE, CAITLIN	SOUTH VALLEY/UT	ARIZONA	13:40.00
1995	TRAPP, TAYRN	PAGE TRACK CLUB/AZ	UTAH	12:42.00
1994	ZEIGLE, CAITLIN	OREM TRACK CLUB/UT	NEW MEXICO	16:43.00
1993	KITCHENS, ANGELA	FORT COLLINS/CO	COLORADO	13:41.00
1992	BROWN, LAUREN	UNA/CO	UTAH	12:13.00
1991	CELLAR, RACHAEL	ALBUQUERQUE TRACK CLUB/NM	NEW MEXICO	11:52.00
1990	MONTOYA, NATASHA	TORREON DAY SCHOOL/NM	ARIZONA	14:07.00
1989	WELIZER, LISA	POLICE ATHLETIC LEAGUE/NM	COLORADO	12:20.00
1988	TINIANOW, TALLIE	JEFFCO JETS/CO	COLORADO	12:52.00
1987	GOLDWATER, ANTONIA	JEFFCO JETS/CO	NEW MEXICO	13:28.00
<b>MIDGET GIRLS 3K 1.86 MILES (REGION 10)</b>				
2009	COLTER, JORDYN	ZOOM/CO	BORDER	11:03.45
2008	MCLAUGHLIN, ERIN	FAIRFIELD FLYERS/CO	NEW MEXICO	11:44.50
2007	HARPER, SUMMER	SOJOURNERS/UT	UTAH	11:59.20
2006	CHAVEZ, FELICIA	CUBA AREA RUNNERS/NM	ARIZONA	11:22.60
2005	LOVE, DANIELLE	MERCURY TRACK CLUB/UT	COLORADO	11:27.30
2004	TOON, JESSICA	ARIZONA BLAZE/AZ	BORDER	12:06.00
<b>MIDGET GIRLS 3K 1.86 MILES (REGION 16)</b>				
2003	BRASHER, JULIE	ALBUQUERQUE ATHLETICS/NM	NEW MEXICO	12:04.43
<b>MIDGET GIRLS 3K 1.86 MILES (REGION 10)</b>				
2003	TOON, JESSICA	ARIZONA BLAZE TRACK CLUB/AZ	NEW MEXICO	12:20.21
2002	BRASHER, JULIE	ALBUQUERQUE ATHLETICS/NM	UTAH	11:47.60
2001	REINHART, KATE	ALBUQUERQUE ATHLETICS/NM	COLORADO	13:03.00
<b>MIDGET GIRLS 4K 2.48 MILES (REGION 10)</b>				
2000	ARNOLD, KRISTEN	FRONT RANGE STRIDERS/CO	ARIZONA	14:38.00
1999	ARNOLD, KRISTEN	FRONT RANGE STRIDERS/CO	UTAH	15:08.00
<b>MIDGET GIRLS 3K 1.86 MILES (REGION 10)</b>				
1998	MABEY, BRITNIE	PAGE TRACK CLUB/AZ	NEW MEXICO	11:38.00
1997			COLORADO	
1996	ZEIGLE, LAURA	SOUTH VALLEY/UT	ARIZONA	12:28.00
1995	ZEIGLE, LAURA	WASATCH FRONT RUNNERS/UT	UTAH	11:51.00

1994	BROWN, LAUREN	UNA/CO	NEW MEXICO	14:47.00
1993	BROWN, LAUREN	UNA/CO	COLORADO	12:12.00
1992	KINTZELY, JENNIFER	NR.COLORADO COURSERS/CO	UTAH	11:39.00
1991	VICTORINO, DYLENE	SKY CITY EAGLES/NM	NEW MEXICO	11:26.00
1990	TINIANOW, TALLIE	JEFFCO JETS/CO	ARIZONA	12:49.00
1989	GOLDWATER, ANTONIA	JEFFCO JETS/CO	COLORADO	11:40.00
1988	GOLDWATER, ANTONIA	JEFFCO JETS/CO	COLORADO	11:40.00
1987	QUANDT, MARGOT	JEFFCO JETS/CO	NEW MEXICO	13:08.00

#### YOUTH GIRLS 4K 2.48 MILES (REGION 10)

2009	HARPER, SUMMER	SOJOURNERS/UT	BORDER	14:28.50
2008	LEWIS, SAM	FAIRFIELD FLYERS/CO	NEW MEXICO	16:03.80
2007	STABLEFORD, SHELBY	LANDSHARK/CO	UTAH	15:36.60
2006	ROBINSON, KELLY	RIC ROJAS/CO	ARIZONA	14:26.26
2005	BRASHER, JULIE	ALBUQUERQUE ATHLETICS/NM	COLORADO	15:20.10
2004	BRASHER, JULIE	ALBUQUERQUE ATHLETICS/NM	BORDER	14:58.00

#### YOUTH GIRLS 4K 2.48 MILES (REGION 16)

2003	OSBORN, CALLIE	ALBUQUERQUE ATHLETICS/NM	NEW MEXICO	16:17.99
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#### YOUTH GIRLS 4K 2.48 MILES (REGION 10)

2003	MCGLYNN, KRISTEN	UNA/CO	NEW MEXICO	17:21.80
2002	ARNOLD, KRISTEN	FRONT RANGE STRIDERS/CO	UTAH	15:24.80
2001	ORTIZ, VANESSA	ALBUQUERQUE TRACK CLUB/NM	COLORADO	15:35.00
2000	ORTIZ, VANESSA	LBJ MIDDLE SCHOOL/NM	ARIZONA	15:31.00
1999	STEVENS, ANDREA	WASATCH ATHLETICLS/UT	UTAH	15:49.00
1998	TRAPP, TARYN	PAGE TRACK CLUB/AZ	NEW MEXICO	15:10.00
1997			COLORADO	
1996	CELLAR, RACHAEL	ALBUQUERQUE TRACK CLUB/NM	ARIZONA	15:33.00
1995	PRUGH, CHRISTINE	FRONT RANGE STRIDERS/CO	UTAH	16:55.00
1994	KIMEY-CLARK, LINDSAY	ALBUQUERQUE TRACK CLUB/NM	NEW MEXICO	18:33.00
1993	NERRING, ANGELA	UNA/CO	COLORADO	16:14.00
1992	FRASIER, LIZ	PROVO TRACK CLUB/UT	UTAH	15:26.00
1991	BLAIR, JAMIE	JEFFCO JETS/CO	NEW MEXICO	15:02.00
1990	QUANDT, MARGOT	JEFFCO JETS/CO	ARIZONA	15:22.00
1989	SHEPPARD, MELISA	NO. ARIZONA REZ RUNNERS/AZ	COLORADO	15:40.00
1988	PETERSON, LYNETTE	UNA/UT	COLORADO	15:32.00
1987	STEVENS, K.	JEFFCO JETS/CO	NEW MEXICO	17:06.00

#### INTERMEDIATE GIRLS 5K 3.10 MILES (REGION 10)

2009	KAUFMAN, CAROLINE	UNA/NM	BORDER	18:26.92
2008	MENLOVE, DANIELLE	SOJOURNERS/UT	NEW MEXICO	18:38.50
2007	GALLAGHER, CLARE	UNA	UTAH	19:49.40
2006	HILDEBRANDT, KADEE	SOJOURNERS/UT	ARIZONA	19:37.14
2005	HARPER, KRYSTAL	SOJOURNERS/UT	COLORADO	19:39.00
2004	TROUTNER, AMELIA	TEAM PROVO/UT	BORDER	18:45.00

#### INTERMEDIATE GIRLS 5K 3.10 MILES (REGION 16)

2003	HARPER, LYND SAY	ALBUQUERQUE TRACK CLUB/NM	NEW MEXICO	19:56.81
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#### INTERMEDIATE GIRLS 5K 3.10 MILES (REGION 10)

2003	PARRY, DANI	FORT COLLINS TRACK CLUB/CO	NEW MEXICO	19:46.45
2002	ANDRUS, ALYSSA	TEAM PROVO	UTAH	20:35.00
2001	HARPER, AMBER	SPJOURNERS/UT	COLORADO	18:43.00
2000	HARPER, AMBER	SPJOURNERS/UT	ARIZONA	18:06.00
1999	STRICLAND, TIFFANH	UNA/UT	UTAH	19:21.60
1998	ANDERSON, KASSIE	MT. WEST/UT	NEW MEXICO	18:55.00
1997			COLORADO	
1996	WELCH, LINDSEY	FRONT RANGE STRIDERS/CO	ARIZONA	20:23.00
1995	HIGGINS, LESLEY	UNA/CO	UTAH	20:39.00
1994	MIZELL, MINDY	UNA/NM	NEW MEXICO	20:59.00
1993	SISNEROS, MARTHA	LOS LUNAS/NM	COLORADO	20:57.00
1992	CHOURNOS, EMILY	NORTH VALLEY/UT	UTAH	19:34.00
1991	CZAR, JAYME	UNA/NM	NEW MEXICO	18:55.00
1990	PEDERSON, VIRGINIA	DESERT HEAT/AZ	ARIZONA	18:42.00

1989	CUSHMAN, JONI	FT COLLINS TRACK CLUB/CO	COLORADO	19:43.00
1988	DEMARTINI, SARAH	UNA/CO	COLORADO	20:50.00
1987	ROMERO, L.	UNA/CO	NEW MEXICO	19:35.00

**YOUNG WOMEN 5K 3.10 MILES (REGION 10)**

2009	MORALES, BRYN	FAIRCHILD FLYERS/CO	BORDER	18:58.43
2008	SAARL, EMMA	SOJOURNERS/UT	NEW MEXICO	19:12.00
2007	CHRISTENSEN, STEPHANIE	SOJOURNERS/UT	UTAH	20:32.30
2006	MCMILLAN, SAMANTHA	SOJOURNERS/UT	ARIZONA	19:11.87
2005	BROWN, TERRA	WINGS OF AMERICA/NM	COLORADO	20:26.00
2004	ROWBERRY, KIM	TEAM PROVO/UT	BORDER	19:21.00

**YOUNG WOMEN 5K 3.10 MILES (REGION 16)**

2003	LEWIS, SHEYENNE	ALBUQUERQUE ATHLETICS/NM	NEW MEXICO	20:12.09
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**YOUNG WOMEN 5K 3.10 MILES (REGION 10)**

2003	MURRAY, SHAUNA	UNA/CO	NEW MEXICO	20:09.70
2002	HARPER, AMBER	SOJOURNERS/UT	UTAH	19:26.50
2001	SWEENEY, TARA	ARIZONA BLAZE/AZ	COLORADO	23:58.00
2000	ANDERSON, KASSIE	PROVO TRACK CLUB/UT	ARIZONA	18:19.00
1999	ARCHULETA, AMANDALIE	OREM TRACK CLUB/UT	UTAH	20:18.00
1998	GORSKI, VALERIE	DAKOTA RIDGE/CO	NEW MEXICO	19:06.00
1997			COLORADO	
1996	BOSEN, KIMBERLY	UNA/AZ	ARIZONA	19:06.00
1995	GARDINER, SARAH	UNA/UT	UTAH	19:30.00
1994	GOLDWATER, ANTONIA	HEART OF NORTH DENVER/CO	NEW MEXICO	22:16.00
1993	WOLFE, KRISTA	LOS LUNAS/NM	COLORADO	22:11.00
1992	RICHARDS, EMILY	JEFFCO JETS/CO	UTAH	20:17.00
1991	MCNITT, AMY	UNA/CO	NEW MEXICO	18:55.00
1990	ROBERTS, HEATHER	JEFFCO JETS/CO	ARIZONA	18:27.00
1989	ZARCO, CRUZ	UNZ/CO	COLORADO	17:54.00
1988	BRANNON, MERRY	ALBUQUERQUE TRACK CLUB/NM	COLORADO	20:55.00
1987	LAWS, T.	UNA/CO	NEW MEXICO	21:54.00