

Illinois Wesleyan Women Top 20 for 5000 Meters (one time):

1. Melinda Sprague	2004	18:59	North Park
2. Megan Byrne	2004	19:01	North Park
3. Gianina Taylor	2001	19:22	Augustana Invite
4. Valerie Lambrecht	2004	19:26	UW-Whitewater
5. Jori Jocobeit	2001	19:33	Augustana Invite
6. Sarah Slevin	2001	19:38	Augustana Invite
7. Casey Twanow	2000	19:42	CCIW @ Carthage
8. Brooke Lada	2001	19:45	Augustana Invite
9. Jenny Nichols	2004	19:55	North Park
10. Becky Wetzel	1998	19:58	Division III Midwest Regional
11. Colleen Kirby	2001	20:02	Augustana Invite
11. Colleen Kuenster	2003	20:02	UW-Whitewater
13. Laura Vermette	2001	20:03	UW-Whitewater
14. Laura Tipton	2001	20:12	Augustana Invite
15. Allison Friedrich	1998	20:13	Division III Midwest Regional
16. Carmen Owens	1998	20:18	Illinois Wesleyan Invitational
17. Mary Kate Gergel	2003	20:24	UW-Whitewater
18. Betsy Yoder	2001	20:27	Augustana Invite
19. Liz Chandler	2003	20:28	UW-Whitewater
20. Mary Ellen Barron	2004	20:32	North Park

Illinois Wesleyan Women Top 20 for 5000 Meters (all time):

1. Melinda Sprague	2004	18:59	North Park
2. Megan Byrne	2004	19:01	North Park
3. Megan Byrne	2003	19:05	UW- Whitewater
4. Megan Byrne	2003	19:13	North Park
5. Gianina Taylor	2001	19:22	Augustana Invite
6. Valerie Lambrecht	2004	19:26	UW- Whitewater
6. Valerie Lambrecht	2003	19:26	North Park
8. Melinda Sprague	2004	19:27	UW- Whitewater
9. Melinda Sprague	2003	19:31	UW- Whitewater
10. Valerie Lambrecht	2003	19:32	SIUE
11. Jori Jocobeit	2001	19:33	Augustana Invite
12. Gianina Taylor	2000	19:34	CCIW @ Carthage
13. Valerie Lambrecht	2001	19:35	Augustana Invite
14. Melinda Sprague	2003	19:36	SIUE
15. Valerie Lambrecht	2003	19:37	LaCrosse
16. Sarah Slevin	2001	19:38	Augustana Invite
17. Jori Jocobeit	2001	19:40	Midwest Regional @ Augustana
18. Valerie Lambrecht	2002	19:41	LaCrosse
19. Valerie Lambrecht	2004	19:42	North Park
19. Melinda Sprague	2003	19:42	North Park
19. Casey Twanow	2000	19:42	CCIW @ Carthage

Illinois Wesleyan Women Top 20 for 6000 Meters (one time):

1. Megan Byrne	2003	22:07	Augustana- Credit Island
2. Valerie Lambrecht	2002	22:37	NCAA Regional @ Peoria
3. Melinda Sprague	2004	22:45	Augustana- Credit Island
4. Jenny Nichols	2004	23:03	Augustana- Credit Island
5. Colleen Kirby	2002	23:16	NCAA Regional @ Peoria
6. Colleen Kuenster	2003	23:47	Augustana- Credit Island
7. Sarah Slevin	2002	23:53	NCAA Regional @ Peoria
8. Mary Kate Gergel	2003	23:57	Augustana- Credit Island
9. Mary Ellen Barron	2004	24:03	Augustana- Credit Island
10. Betsy Yoder	2002	24:14	NCAA Regional @ Peoria
11. Tracy Felton	2002	24:24	NCAA Regional @ Peoria
12. Brooke Lada	2003	24:35	Augustana- Credit Island
13. Anne Hermann	2002	24:27	NCAA Regional @ Peoria
14. Liz Chandler	2004	24:29	NCAA Regional @ Credit Island
15. Leanne Lessard	2004	24:57	Augustana- Credit Island
16. Carrie Bragg	2004	25:00	Augustana- Credit Island
17. Cindi Klein	2004	25:10	Augustana- Credit Island
18. Allison Fisher	2004	25:12	Augustana- Credit Island
19. Katie Elwood	2004	25:40	Augustana- Credit Island
20. Melody Smith	2003	25:48	Augustana- Credit Island

Illinois Wesleyan Women Top 23 for 6000 Meters (all time):

1. Megan Byrne	2003	22:07	Augustana- Credit Island
2. Valerie Lambrecht	2002	22:37	NCAA Regional @ Peoria
3. Valerie Lambrecht	2004	22:45	NCAA Regional @ Credit Island
4. Valerie Lambrecht	2004	22:44	Augustana- Credit Island
5. Melinda Sprague	2004	22:45	Augustana- Credit Island
6. Valerie Lambrecht	2003	22:46	Augustana- Credit Island
7. Melinda Sprague	2004	22:50	NCAA Regional @ Credit Island
8. Jenny Nichols	2004	23:03	Augustana- Credit Island
9. Melinda Sprague	2003	23:11	Augustana- Credit Island
10. Valerie Lambrecht	2003	23:14	CCIW @ Montrose Harbor
11. Colleen Kirby	2002	23:16	NCAA Regional @ Peoria
12. Jenny Nichols	2004	23:20	NCAA Regional @ Credit Island
12. Valerie Lambrecht	2003	23:20	LaCrosse
13. Melinda Sprague	2002	23:29	NCAA Regional @ Peoria
14. Valerie Lambrecht	2004	23:30	North Central Invite
15. Melinda Sprague	2004	23:31	CCIW @ Montrose Harbor
16. Melinda Sprague	2004	23:36	LaCrosse
17. Valerie Lambrecht	2004	23:37	CCIW @ NCC
18. Megan Byrne	2004	23:39	LaCrosse
19. Valerie Lambrecht	2002	23:41	CCIW @ NCC
20. Megan Byrne	2004	23:42	NCAA Regional @ Credit Island
21. Melinda Sprague	2004	23:46	CCIW @ NCC
22. Colleen Kuenster	2003	23:47	Augustana- Credit Island
23. Sarah Slevin	2002	23:53	NCAA Regional @ Peoria

North Central College Invitational (5000 Meters):

1. Gianina Taylor	2000	20:24
2. Brooke Lada	2001	20:37
3. Laura Vermette	2001	20:43
4. Colleen Kirby	2001	20:50
5. Jori Jocobeit	2001	21:03
6. Allison Friedrich	1999	21:09
6. Sarah Slevin	2000	21:09
8. Colleen Kirby	1999	21:12
9. Anne Herrman	1999	21:13
10. Allison Friedrich	2000	21:23

North Central College Invitational (6000 Meters):

1. Valerie Lambrecht	2003	23:30
2. Megan Byrne	2004	24:07
3. Valerie Lambrecht	2004	24:13
4. Valerie Lambrecht	2002	24:24
5. Melinda Sprague	2004	24:25
6. Melinda Sprague	2003	24:27
7. Melinda Sprague	2002	24:40
8. Colleen Kirby	2002	24:52
9. Jenny Nichols	2004	25:06
10. Brooke Lada	2003	25:23

La Crosse (5000 Meters):

1. Valerie Lambrecht	2003	19:37
2. Valerie Lambrecht	2002	19:41
3. Melinda Sprague	2003	19:45
4. Gianina Taylor	2000	20:00
5. Casey Twanow	2000	20:05
6. Sarah Slevin	2000	20:01
7. Valerie Lambrecht	2001	20:26
8. Tracy Felton	2002	20:29
8. Jori Jocobeit	2001	20:29
10. Colleen Kirby	2002	20:31

La Crosse (6000 Meters):

1. Valerie Lambrecht	2004	23:20
2. Melinda Sprague	2004	23:36
3. Megan Byrne	2004	23:39
4. Jenny Nichols	2004	24:27
5. Liz Chandler	2004	24:58
6. Mary Ellen Barron	2004	25:24
7. Mary Kate Gergel	2004	25:30
8. Carrie Bragg	2004	25:58
9. Tracy Felton	2004	26:03
10. Cindi Klein	2004	26:04

UW – Whitewater (5000 Meters)

1. Megan Byrne	2003	19:05
2. Valerie Lambrecht	2004	19:26
3. Melinda Sprague	2004	19:27
4. Melinda Sprague	2003	19:31
5. Valerie Lambrecht	2002	19:47
6. Jenny Nichols	2004	19:56
7. Colleen Kuenster	2003	20:03
8. Laura Vermette	2001	20:03
9. Melinda Sprague	2002	20:05
10. Gianina Taylor	2001	20:17

Augustana – Credit Island (6000 Meters)

1. Megan Byrne	2003	22:07
2. Valerie Lambrecht	2004	22:44
3. Melinda Sprague	2004	22:45
4. Valerie Lambrecht	2003	22:46
5. Jenny Nichols	2004	23:03
6. Melinda Sprague	2003	23:11
7. Colleen Kuenster	2003	23:47
8. Mary Kate Gergel	2003	23:57
9. Mary Ellen Barron	2004	24:03
10. Brooke Lada	2003	24:35

North Park Invitational (5000 Meters)

1. Melinda Sprague	2004	18:59
2. Megan Byrne	2004	19:01
3. Megan Byrne	2003	19:13
4. Valeria Lambrecht	2003	19:26
5. Valerie Lambrecht	2004	19:42
6. Jenny Nichols	2004	19:55
7. Melinda Sprague	2003	19:48
8. Gianina Taylor	2000	19:58
9. Colleen Kuenster	2003	20:05
10. Casey Twanow	2000	20:28

Beloit Invite (5000 Meters)

1. Valerie Lambrecht	2004	19:47
2. Valeria Lambrecht	2003	19:53
3. Melinda Sprague	2003	20:06
4. Megan Byrne	2004	20:11
5. Valerie Lambrecht	2002	20:12
6. Melinda Sprague	2002	20:14
7. Melinda Sprague	2004	20:21
8. Gianina Taylor	2000	20:24
9. Jenny Nichols	2004	20:31
10. Colleen Kuenster	2003	20:41
11. Colleen Kirby	2002	20:52
12. Allison Friedrich	2000	21:05
13. Sarah Slevin	2002	21:06
14. Casey Twanow	2000	21:09
15. Liz Chandler	2004	21:10

College Conference of Illinois and Wisconsin (6000 Meters)

1. Valerie Lambrecht	2003	23:14	@ Montrose Harbor
2. Melinda Sprague	2003	23:31	@ Montrose Harbor
3. Valerie Lambrecht	2004	23:37	@NCC
4. Valerie Lambrecht	2002	23:41	@NCC
5. Melinda Sprague	2004	23:46	@NCC
6. Jenny Nichols	2004	24:23	@NCC
7. Colleen Kirby	2002	24 :27	@NCC
8. Melinda Sprague	2002	24 :33	@NCC
9. Sarah Slevin	2002	24 :38	@NCC
10. Megan Byrne	2004	24 :43	@NCC

Top Placers at CCIW Championships

1. Valerie Lambrecht	6 th	2002
1. Valerie Lambrecht	6 th	2003
1. Valerie Lambrecht	6 th	2004
4. Melinda Sprague	7 th	2004
5. Melinda Sprague	8 th	2003
6. Valerie Lambrecht	13 th	2001
7. Gianina Taylor	20 th	2000
8. Jenny Nichols	21 st	2004
8. Colleen Kirby	21 st	2002
10. Megan Byrne	24 th	2004
10. Jori Jacobeit	24 th	2001
10. Casey Twanow	24 th	1998
13. Allison Freidrich	25 th	1998
14. Melinda Sprague	26 th	2002

Division III Midwest Regional Cross-Country Championships (6000 Meters)

1. Valerie Lambrecht	2002	22:37	@ Peoria (All Region)
2. Valerie Lambrecht	2004	22:45	@ Credit Island
3. Melinda Sprague	2004	22:50	@ Credit Island
4. Colleen Kirby	2002	23:16	@ Peoria
5. Jenny Nichols	2004	23:20	@ Credit Island
6. Melinda Sprague	2002	23:29	@ Peoria
7. Megan Byrne	2004	23:42	@ Credit Island
8. Melinda Sprague	2003	23:52	@ Eau Claire
9. Sarah Slevin	2002	23:53	@ Peoria
10. Valerie Lambrecht	2003	23:53	@ Eau Claire
11. Mary Ellen Barron	2004	24:12	@ Credit Island
12. Betsy Yoder	2002	24:14	@ Peoria
13. Tracy Felton	2002	24:24	@ Peoria
14. Mary Kate Gergel	2004	24:25	@ Credit Island
15. Anne Hermann	2002	24:27	@ Peoria
16. Liz Chandler	2004	24:29	@ Credit Island