

TOP TIMES

Women's 5k Top 25 Performances

Rank	Runner	Time	Date	Site
1.	Elicia Anderson	17:36	9/4/10	Lancaster, Pa.
2.	Priscilla Jennings	17:51	10/17/09	Newark, Del.
3.	Nancy Tang-Yuk	17:54	1983	Kutztown, Pa.
4.	Kellie Boozer	18:06	10/6/90	Bethlehem, Pa.
	Cathy Heiney	18:06	1998	Gettysburg, Pa.
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, Pa.
10.	Andrea DeBerardinis	18:30	10/20/90	Albany, Pa.
11.	Mary Shorkey	18:31	1982	Kutztown, Pa.
12.	Karen Sage	18:34	10/6/89	Lehigh, Pa.
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, Pa.
16.	Kelly Sprout	18:45	9/27/86	Carlisle, Pa.
17.	Laura Endriss	18:46	10/5/85	Bloomsburg, Pa.
18.	Kris Andrews	18:48	10/11/86	Bethlehem, Pa.
	Emily Francisco	18:48	10/8/11	Lancaster, Pa.
20.	Karen Gentzel	18:52	11/1991	Springfield, Mass.
21.	Shannon Cruz	18:55	9/7/13	Lancaster, Pa.
22.	Bri Pollock	18:55.6	9/6/25	Lebanon, Pa.
23.	Morgan Janiuk	18:58	9/3/22	Lancaster, Pa.
24.	Connie Shepos	18:59	10/6/90	Bethlehem, Pa.
25.	Trudy Derr	19:00	10/20/90	Albany, N.Y.

Women's 6k Top 25 Performances

Rank	Runner	Time	Date	Site
1.	Priscilla Jennings	20:41	11/7/09	Mansfield, Pa.
2.	Morgan Janiuk	20:42.4	11/9/24	Lock Haven, Pa.
3.	Elicia Anderson	21:03	10/1/10	Bethlehem, Pa.
4.	Shannon Cruz	21:30.9	11/9/13	Lock Haven, Pa.
5.	Megan Edmiston	21:48.1	1999	Joplin, Mo.
6.	Theresa Mazurek	22:04	2001	Lock Haven, Pa.
7.	Emily Francisco	22:18	10/1/10	Bethlehem, Pa.
8.	Bri Pollock	22:19.3	11/9/24	Lock Haven, Pa.
9.	Olivia Sunderland	22:31.6	11/9/24	Lock Haven, Pa.
10.	Kira Chebishev	22:23	11/8/25	Lock Haven, Pa.
11.	Brittany Zuver	22:32	11/1/08	Lock Haven, Pa.
12.	Kaycee McCullough	22:33.4	11/4/23	Lock Haven, Pa.
13.	Hannah Sweda	22:37.3	11/4/23	Lock Haven, Pa.
14.	Jessica Leddy	22:43	11/3/07	Lock Haven, Pa.
15.	Sarah Mulvey	22:48	11/3/12	Lock Haven, Pa.
16.	Abigail Daley	22:49.4	11/9/13	Lock Haven, Pa.
17.	Rachel Hull	22:51	11/3/07	Lock Haven, Pa.
18.	Brittney Martin	22:54	10/22/11	Lock Haven, Pa.
19.	Emilea Alleman	22:56	11/8/25	Lock Haven, Pa.
20.	Marissa Mounce	22:58.0	11/9/24	Lock Haven, Pa.
21.	Bekah Moore	23:00	11/7/09	Mansfield, Pa.
	Samantha Mulvey	23:00	11/1/08	Lock Haven, Pa.
23.	Emily Massage	23:06.8	9/28/24	Lock Haven, Pa.
24.	Abbey Sullivan	23:10.4	9/24/22	Lock Haven, Pa.
25.	Natalie Crum	23:19	9/26/15	Lock Haven, Pa.

WOMEN'S ALL-TIME NCAA RESULTS

Kellie Boozer*	1988 30th	18:19.4	Karen Gentzel Cathy Heistand Jennifer Khun Amy Moore Erica Hackman	92nd 99th 109th 119th 121st	20:24.4 20:34.0 20:53.5 21:23.9 21:29.0
	1989 Team Finish: 7th				
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			
Nancy Hartley	64th	19:24		1995	
Tammy Brooks	70th	19:36	Jo Rupp	40th	18:32.9
Connie Shepos	88th	20:34			
Kathi Wenrich	90th	21:02		1999	
	1990			Team Finish: 17th	
Andrea DeBarardinis	44th	18:19.1	Meghan Edmiston*	23rd	21:48.1
Kellie Boozer	66th	18:48.2	Carisa Heiney	85th	23:16.9
Mary Zerby	88th	20:34.9	Betty Mohler	96th	23:29.6
Kathi Wenrich	90th	21:02.1	Kim Burkley	107th	23:55.0
	1991		Jennifer Knuth	108th	23:58.8
Mary Zerby*	16th	19:07.0	Amy Koetteritz	126th	24:56.1
	1992		Theresa Mazurek	129th	25:11.9
	Team Finish: 10th			2008	
Mary Zerby*	28th	19:51.0	Priscilla Jennings	56th	23:10
Karen Gentzel	36th	20:06.0	Priscilla Jennings*	2009 8th	21:05.8
Jo Rupp	52nd	20:32.0			
Erin Carey	63rd	20:58.0		2010	
Jennifer Timlin	71st	21:18.0	Elicia Anderson*	14th	21:43.5
Trudy Derr	74th	21:35.0			
Amy Moore	83rd	21:56.0		2024	
	1993		Morgan Janiuk	140th	22:32.6
	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	1996	Erin Carey	8th	PSAC Championship
1985	<i>Nancy Tang-Yuk</i>	9th	PSAC Championship			4th	NCAA East Regional
		2nd	ECAC Division III Championship			3rd	ECAC Championship
		4th	NCAA Division III Mid-East Regional			5th	PSAC Championship
		17th	<i>NCAA Division III Championship</i>			12th	NCAA East Regional
1986	Kelly Sprout	12th	PSAC Championship			8th	ECAC Championship
1987	Tammy Brooks	7th	PSAC Championship	1998	<i>Carisa Heiney</i>	16th	ECAC Championship
	Nancy Jo Hartley	13th	PSAC Championship			16th	NCAA East Regional
1988	<i>Kellie Boozer</i>	9th	PSAC Championship	1999	<i>Meghan Edmiston</i>	10th	PSAC Championship
		9th	NCAA East Regional			8th	NCAA East Regional
		9th	ECAC Division II Championship			13th	<i>NCAA Division II Championship</i>
		30th	<i>NCAA Division II Championship</i>	2000	<i>Meghan Edmiston</i>	12th	PSAC Championship
	Nancy Jo Hartley	13th	PSAC Championship			10th	NCAA East Regional
1989	<i>Kellie Boozer</i>	4th	PSAC Championship			11th	PSAC Championship
		6th	NCAA East Regional			12th	NCAA East Regional
		23rd	<i>NCAA Division II Championship</i>	2001	<i>Theresa Mazurek</i>	6th	PSAC Championship
	Karen Sage	5th	PSAC Championship			12th	NCAA East Regional
		7th	NCAA East Regional	2006	<i>Priscilla Jennings</i>	4th	PSAC Championship
	Nancy Jo Hartley	11th	PSAC Championship			12th	NCAA East Regional
	Tammy Brooks	15th	PSAC Championship	2007	<i>Rachel Hull</i>	16th	PSAC Championship
1990	<i>Kellie Boozer</i>	1st	PSAC Championship	2008	<i>Priscilla Jennings</i>	5th	PSAC Championship
		3rd	NCAA East Regional			3rd	NCAA Atlantic Regional
	Andrea DeBerardinis	4th	PSAC Championship	2009	<i>Priscilla Jennings</i>	2nd	PSAC Championship
		6th	NCAA East Regional			2nd	NCAA Atlantic Regional
1991	<i>Mary Zerby</i>	5th	PSAC Championship	2010	<i>Elicia Anderson</i>	8th	<i>NCAA Championship</i>
		2nd	NCAA East Regional			2nd	PSAC Championship
		2nd	ECAC Championship			2nd	NCAA Atlantic Regional
		16th	<i>NCAA Division II Championship</i>			14th	<i>NCAA Championship</i>
	Karen Gentzel	9th	PSAC Championship	2011	<i>Elicia Anderson</i>	18th	PSAC Championship
		12th	NCAA East Regional Championship			6th	NCAA Atlantic Regional
		12th	ECAC Championship	2013	<i>Shannon Cruz</i>	18th	PSAC Championship
1992	<i>Mary Zerby</i>	2nd	PSAC Championship			16th	NCAA Atlantic Regional
		6th	NCAA East Regional	2014*	<i>Shannon Cruz</i>	22nd	PSAC Championship (All-PSAC 2nd Team)
		3rd	ECAC Championship			20th	NCAA Atlantic Regional
		28th	<i>NCAA Division II Championship</i>				
	Karen Gentzel	10th	PSAC Championship	2016	<i>Abigail Daley</i>	30th	PSAC Championship (All-PSAC 2nd Team)
		8th	NCAA East Regional			27th	PSAC Championship (All-PSAC 2nd Team)
		4th	ECAC Championship	2019	<i>Yoangelys Rijo-Cedeno</i>	14th	PSAC Championship (All-PSAC 2nd Team)
	Jo Rupp	13th	PSAC Championship	2023	<i>Morgan Janiuk</i>	10th	PSAC Championship (All-PSAC 1st Team)
		8th	ECAC Championship			23rd	PSAC Championship (All-PSAC 2nd Team)
	Trudy Derr	10th	ECAC Championship	2024	<i>Hannah Sweda</i>	2nd	PSAC Championship (All-PSAC 1st Team)
1993	<i>Jo Rupp</i>	3rd	PSAC Championship			2nd	NCAA Atlantic Regional
		1st	NCAA East Regional	2025	<i>Bri Pollock</i>	20th	PSAC Championship (All-PSAC 2nd Team)
		1st	ECAC Championship			16th	PSAC Championship (All-PSAC 2nd Team)
		19th	<i>NCAA Division II Championships</i>			18th	PSAC Championship (All-PSAC 2nd Team)
	Karen Gentzel	13th	PSAC Championship				
		14th	ECAC Championship				
	Brenda Pennell	9th	PSAC Championship				
1994	<i>Jo Rupp</i>	2nd	PSAC Championship				
		1st	NCAA East Regional				
		1st	ECAC Championship				
	Erin Carey	5th	PSAC Championship				
		6th	NCAA East Regional				
		4th	ECAC Championship				
1995	<i>Jo Rupp</i>	1st	PSAC Championship				
		1st	NCAA East Regional Championship				
		1st	ECAC Championship				
	Brenda Pennell	9th	PSAC Championship				
		9th	NCAA East Regional				
		6th	ECAC Championship				
	Erin Carey	14th	PSAC Championship				
		6th	NCAA East Regional				
		4th	ECAC Championship				

* 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

(NCAA qualifiers in italics)

PSAC ATHLETE OF THE YEAR

1993 Jo Rupp
1994 Jo Rupp

REGIONAL ATHLETE OF THE YEAR

1994 Jo Rupp
1995 Jo Rupp

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
2022	Mansfield	13th
2023	Bloomsburg	6th
2024	Lock Haven	6th
2025	Edinboro	8th

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
1991	Mary Zerby	13th	20:28.0
	Karen Gentzel	14th	20:28.0
1991	Mary Zerby	5th	19:19.0
	Karen Gentzel	9th	19:32.0
1992	Mary Zerby	2nd	19:04.9
	Karen Gentzel	10th	19:44.6
1992	Jo Rupp	13th	19:57.1
1993	Jo Rupp	3rd	19:230
	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
2019	Yoangelys Rijo-Cedeno	14th	23:23.2
2023	Morgan Janiuk	10th	23:34.3
	Hannah Sweda	23rd	24:15.9
2024	Morgan Janiuk	2nd	21:58.1
	Bri Pollock	20th	23:18.0
2025	Bri Pollock	16th	23:16.4
	Kira Chebishev	18th	23:20.8

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