

**COLONIAL LEAGUE**  
**Girls Cross Country Results**  
**Courtesy of Bruce Buratti - Express Times**

1976 - Bangor (team); Lisa Swan, B, (individual) 13:02 over 2.0 miles  
1977 - Southern Lehigh (team); Val Young, SL, (individual) 15:36 over 2.3  
1978 - Southern Lehigh (team); Val Young, SL, (individual) 11:36 over 1.9  
1979 - Southern Lehigh (team); Donna Haverty, SL, (individual)  
1980 - Southern Lehigh (team); Chris Moser, W, (individual)  
1981 - Southern Lehigh (team); Chris Moser, W, (individual)  
1982 - Southern Lehigh (team); Kristen Volk, SL, (individual)  
1983 - Southern Lehigh (team); Beth Edgar, Palis (individual)  
1984 - Wilson (team); Sue Kozelnicky, SL, (individual)  
1985 - Southern Lehigh (team); Sue Kozelnicky, SL, (individual)  
1986 - Wilson (team); Lorri Brandau, W, (individual)  
1987 - Pen Argyl (team); Jenny Miller, W, (individual)  
1988 - Southern Lehigh (team); Jenny Miller, W, (individual)  
1989 - Southern Lehigh (team); Theresa Squarcia, PA, (individual)  
1990 - Palisades (team); Theresa Squarcia, PA, (individual)  
1991 - Palisades (team); Rachel Free, Palis, (individual)  
1992 - Palisades (team); Tina Mabey, SV, (individual)  
1993 - Palisades (team); Tina Vosper, B, (individual)  
1994 - Palisades (team); Kristie Reccek, W, (individual, 19:57) at Allen Col.  
1995 - Palisades (team); Amanda Samok, Palm, 21:06 (individual)  
1996 - Notre Dame (team); Gina Collins, W, (individual)  
1997 - Wilson (team); Kim Jaick, SL, (individual) 19:58.5  
1998 - Notre Dame (team); Carolyn Lucey, ND, (individual) 20:20.6  
1999 - Notre Dame (team); Sarah Krebs, Palm, (individual) 20:25  
2000 - Saucon Valley (team); Gina Lucrezi, Bangor, (individual) 19:31.5  
2001 - Saucon Valley (team); Christa Plummer, Palisades (individual) 19:41.5  
2002 - Saucon Valley (team); Christa Plummer, Palisades (individual) 20:05.0  
2003 - Pen Argyl (team); Christa Plummer, Palisades (individual) 20:07  
2004 - Pen Argyl (team); Dana Stellar, NW, (individual) 20:26.3  
2005 - Northwestern (team); Dana Stellar, NW, 20:26.6  
2006 - Bangor (team); NW and Bang shared duals; Allison Constant, ND, fr. (individual), 20:34.7  
2007 - Saucon Valley (team); Steph Bearish, SL, (individual) 20:03  
2008 - Saucon Valley (team); NW and SV shared duals; Lindsay Kerr, NW, (individual) 19:04.7