

**Quincy Notre Dame
Running Raider Cross Country
Postseason / Individual Awards**

Top 10 Regional Finisher (Top 5 All-Regional Medalist)			
2000	Andrea Edgar	4	Class A
2001	Andrea Edgar	1	Class A
2001	Megan Mackenzie	8	Class A
2002	Andrea Edgar	3	Class A
2003	Mariel McNay	2	Class A
2003	Jamie Poore	9	Class A
2004	Mariel McNay	2	Class A
2005	Mariel McNay	4	Class A
2006	Amanda Darnell	2	Class AA
2008	Amanda Darnell	8	Class AA
2009	Ashley Strieker	10	Class A
2010	Macy Willer	9	Class A
2014	Sarah Lewis	8	Class A
2015	Ella Borrowman	10	Class A
2019	Reese Terstriep	9	Class A

Top 30 Sectional Finisher (Top 10 All-Sectional Medalist)			
2000	Andrea Edgar	10	Class A
2001	Andrea Edgar	4	Class A
2002	Andrea Edgar	2	Class A
2002	Megan Mackenzie	30	Class A
2003	Mariel McNay	8	Class A
2004	Mariel McNay	6	Class A
2005	Mariel McNay	8	Class A
2006	Amanda Darnell	5	Class AA
2008	Amanda Darnell	2	Class AA
2008	Ashley Strieker	11	Class AA
2009	Ashley Strieker	29	Class A
2015	Ella Borrowman	25	Class A

State Finisher (Top 25 All-State Medalist)			
2000	Andrea Edgar	81	Class A
2001	Andrea Edgar	3	Class A
2002	Andrea Edgar	4	Class A
2003	Mariel McNay	41	Class A
2004	Mariel McNay	20	Class A
2005	Mariel McNay	61	Class A
2006	Amanda Darnell	129	Class AA
2008	Amanda Darnell	32	Class AA
2008	Ashley Strieker	78	Class AA

Team Captain				
2000	Kim Schmitt		Betsey Terwelp	
2001	Andrea Edgar	Megan Mackenzie	Bryn McDonald	
2002	Andrea Edgar	Megan Mackenzie	Karen Beard	Laura Wittland
2003	Laura Wittland		Emily Meckes	
2004	Denise Dreyer		Heidi Bolt	
2005	Denise Dreyer	Rachel Keck	Audrey Sapp	Jamie Poore
2006	Jamie Poore		Mariel McNay	Kelli Keck
2007	Kelli Keck	Amanda Darnell	Katie Holm	Samantha Johnson
2008	Amanda Darnell	Ashley Strieker	Alexis Coleman	Jenn Gallaher
2009	Ashley Strieker		Pasha Yates	
2010	Paula Holm			
2011	Abby Grawe			
2012	Abby Grawe		Mary Hugenberg	
2013	Maggie Schwartz		Shelby Ulrich	
2014	Lauren Vahlkamp		Sarah Lewis	
2015	Sarah Lewis			
2016	Maddie Nuebel	Peyton Oden	Carly Wilson	
2017	Ella Borrowman	Lindsey Ayo	Katelyn Dixon	
2018	Ella Borrowman		Lindsey Ayo	
2019	Erica Frankenhoff	Sierra Harvey	Georgia Wilson	
2020	Georgia Wilson		Teresa Drotar	

Most Valuable Runner	
2000	Andrea Edgar
2001	Andrea Edgar
2002	Andrea Edgar
2003	Mariel McNay
2004	Mariel McNay
2005	Mariel McNay
2006	Amanda Darnell
2007	Amanda Darnell
2008	Amanda Darnell
2009	Ashley Strieker
2010	Macy Willer
2011	Abby Grawe
2012	Abby Grawe
2013	Holly Dix
2014	Sarah Lewis
2015	Ella Borrowman
2016	Ella Borrowman
2017	Ella Borrowman
2018	Ella Borrowman
2019	Reese Terstriep
2020	Teresa Drotar

Most Improved Runner			
2000	Karen Beard		
2001	Karen Beard		
2002	Denise Dreyer		
2003	Jamie Poore		
2004	Anna McDonnell		
2005	Denise Dreyer		Jenn Gallaher
2006	Katie Holm		
2007	Samantha Johnson	Kelly Wiemelt	Alexis Coleman
2008	Macy Willer		
2009	Pasha Yates		
2010	Elyse Hilotin		
2011	Elyse Hilotin		
2012	Elyse Hilotin		Maggie Schwartz
2013	Hanna Cobb		
2014	Maddie Nuebel		
2015	Lindsey Ayo		
2016	Lindsey Ayo		Samantha Strieker
2017	Erica Frankenhoff		
2018	Erica Frankenhoff		
2019	Josie Lewis		
2020	Abigail Genenbacher		

Most Dedicated Runner			
2000	Megan Mackenzie		
2001	Megan Mackenzie		
2002	Karen Beard		
2003	Laura Wittland		
2004	Amanda Gallaher		Katie Holm
2005	Emily Cook		
2006	Jamie Poore		
2007	Amanda Gallaher		Katie Holm
2008	Jenn Gallaher		Ashley Strieker
2009	Paula Holm		
2010	Paula Holm		Abby Grawe
2011	Maggie Schwartz		
2012	Mary Hugenberg		
2013	Maggie Schwartz		
2014	Lauren Vahlkamp		
2015	Sarah Lewis		
2016	Peyton Oden		
2017	Katelyn Dixon		
2018	Lindsey Ayo		
2019	Sierra Harvey		
2020	Georgia Wilson		

Most Promising Runner		
2001	Laura Wittland	
2002	Leigh Miller	
2003	Denise Dreyer	
2004	Kelli Keck	
2005	Amanda Darnell	
2006	Ashley Strieker	
2007	Lauren Rivard	
2008	Alexis Niemann	
2009	Abby Grawe	
2010	Mary Hugenberg	
2011	Mary Hugenberg	
2012	Sarah Lewis	
2013	Sarah Lewis	
2014	Amanda Dreyer	
2015	Lexa Borrowman	Peyton Oden
2016	Jazel Carr	
2017	Georgia Wilson	
2018	Teresa Drotar	
2019	Teresa Drotar	
2020	Abigail Genenbacher	

Team Spirit Award		
2001	Bryn McDonald	
2002	Laura Wittland	
2003	Audrey Sapp	
2004	Audrey Sapp	
2005	Kelli Keck	
2006	Kelli Keck	Rachel Deters
2007	Rachel Deters	
2008	Alysha Hagarty	
2009	Alysha Hagarty	
2010	Michelle Bingheim	
2011	Alysha Hagarty	
2012	Michelle Bingheim	Shelby Ulrich
2013	Shelby Ulrich	
2014	Peyton Oden	Angela Halter
2015	Maddie Nuebel	Carly Wilson
2016	Lauren Eaton	
2017	Lindsey Ayo	
2018	Lexi Haskins	
2019	Erica Frankenhoff	

Team Post Season Finishes

Year	Class	Regional	Sectional	State
2000	A	5	11	-
2001	A	3	9	-
2002	A	2	10	-
2003	A	2	10	-
2004	A	2	8	-
2005	A	2	6	-
2006	AA	4	11	-
2007	AA	6	-	-
2008	A	4	12	-
2009	A	2	11	-
2010	A	2	16	-
2011	A	5	19	-
2012	A	6	18	-
2013	A	6	18	-
2014	A	6	18	-
2015	A	4	9	-
2016	A	4	15	-
2017	A	6	18	-
2018	A	4	11	-
2019	A	4	13	-
2020	A	6	-	X