

## Rocky Mountain Athletic Conference Cross Country Championship Results

Men's	Champions	Individual Men's Champion	Women's	Champions	Individual Women's Champion
2025	Adams State	Paul Knight, Colorado Mines	2025	Colorado Mines	Grace Strongman, Colorado Mines
2024	Colorado Mines	Romain Legendre, Adams State	2024	Adams State	Ava O'Connor, Adams State
2023	Colorado Mines	Andrew Amor, N. M. Highlands	2023	Adams State	Brianna Robles, Adams State
2022	Colorado Mines	Dillion Powell, Colorado Mines	2022	Adams State	Stephanie Cotter, Adams State
2021	Colorado Mines	Dillion Powell, Colorado Mines	2021	Adams State	Brianna Robles, Adams State
2020	Colorado Mines	Dylan Ko, Colorado Mines	2020	Western Colorado	Zoe Baker, Colorado Mines
2019	Colorado Mines	Dylan Ko, Colorado Mines	2019	Adams State	Stephine Cotter, Adams State
2018	Adams State	Sidney Gidabuday, Adams State	2018	Adams State	Alicja Konieczek, Western Colorado
2017	Colorado Mines	Grant Colligan, Colorado Mines	2017	Adams State	Eilish Flanagan, Adams State
2016	Colorado Mines	Sidney Gidabuday, Adams State	2016	Adams State	Jenna Thurman, Adams State
2015	Adams State	Dan Mahoney, Colorado Mines	2015	Adams State	Noel Prandoni, Adams State
2014	Adams State	Tabor Stevens, Adams State	2014	Adams State	Lauren Martin, Adams State
2013	Western Colorado	Vegard Olstad, Western State	2013	Adams State	Lauren Martin, Adams State
2012	Adams State	Tabor Stevens, Adams State	2012	Adams State	Alicia Nelson, Adams State
2011	Western Colorado	Tyler Pennell, Western State	2011	Western Colorado	Lauren Kleppin, Western
2010	Adams State	Ryan McNiff, Adams State	2010	Western Colorado	Aleis Skarda, Colorado Mesa
2009	Adams State	Reuben Mwei, Adams State	2009	Adams State	Kristen McGlynn, Adams State
2008	Adams State	Aaron Braun, Adams State	2008	Adams State	Lavenna Mullenbach, Adams State
2007	Adams State	Aaron Braun, Adams State	2007	Adams State	Brittany Somers, Adams State
2006	Adams State	Jesus Solis, Adams State	2006	Adams State	Esther Komen, Western Colorado
2005	Adams State	Mario Macias, Adams State	2005	Adams State	Emily Mortensen, Adams State
2004	Western Colorado	Kelly Christensen, Western	2004	Adams State	Stephanie Bylander, Adams State
2003	Adams State	Jesus Solis, Adams State	2003	Adams State	Alisha Williams, Western Colorado
2002	Western Colorado	Chris Siemers, Western	2002	Adams State	Zoila Gomez, Adams State
2001	Western Colorado	Michael Aish, Western	2001	Western Colorado	Zoila Gomez, Adams State
2000	Western Colorado	Jason Hubbard, Adams State	2000	Western Colorado	Sarah Meyer (Parkey), Adams
1999	Western Colorado	Michael Aish, Western	1999	Adams State	Kim Bosen, Adams State
1998	Western Colorado	Rees Buck, Western	1998	Adams State	Kim Bosen, Adams State
1997	Western Colorado	Dave Fagan, Western	1997	Adams State	Janelle Olson, Adams State
1996	Western Colorado	Hamish Smith, Western	1996	Adams State	Denise Summers, Adams State
1995	Western Colorado	Hamish Smith, Western	1995	Adams State	Tuma Urio, Western Colorado
1994	Adams State	Phillip Sprately, Western Colorado	1994	Western Colorado	Elva Dryer, Western
1993	Adams State	Shane Healy, Adams State	1993	Adams State	Elva Dryer, Western Colorado
1992	Adams State	David Brooks, Adams State	1992	Adams State	Stacey Beacham, Adams State
1991	Adams, Western	Shane Healy, Adams State	1991	Adams State	Amy Giblin, Adams State
1990	Adams State	Dan Mass, Adams State	1990	Western Colorado	Terry Villarreal, Adams State
1989	Adams State	Rick Robirds, Adams State	1989	Adams State	Amy Giblin, Adams State
1988	Adams State	Craig Dickson, Adams State	1988	Adams State	Melissa Knight, Fort Lewis
1987	Adams State	Craig Dickson, Adams State	1987	Adams State	Doris Watson, Adams State
1986	Adams State	James Seefeldt, Adams State	1986	Western Colorado	Kathy Spear, Adams State
1985	Adams State	Robert Ferguson, Adams State	1985	Adams State	Jolene Fisher, Southern Utah
1984	Adams State	Robbie Hipwood, Adams State	1984	Adams State	Julie Jenkins, Adams State
1983	Adams State	Peter Graham, Adams State	1983	Adams State	Julie Jenkins, Adams State
1982	Western Colorado	Sam Montoya, Adams State	1982	Not Held	
1981	Adams State	Pat Porter, Adams State	1981	Adams State	Mary Jacqua, Adams State
1980	Adams State	Pat Porter, Adams State			
1979	Adams State	John Esquibel, Adams State			
1978	Adams State, CSU Pueblo	Dick LeDoux, CSUP			
1977	Western Colorado	Frank Rivera, Adams State			
1976	Adams State	Rod Brown, Adams State			
1975	Adams State	Ben Montoya, Adams State			
1974	Adams State	Pablo Vigil, Adams State			
1973	Adams State	Pablo Vigil, Adams State			
1972	Adams State	Charles "Pablo" Vigil, Adams State			
1971	Nebraska-Omaha	Dennis Nee, Nebraska Kearney			
1970	Fort Hays State	Mike McDonald, Adams State			
1969	Fort Hays State	Larabi Oukadi, Fort Hays State			
1968	Adams State	Robert Montoya, Adams State			
1967	Adams State	Mike McDonald, Adams State			
1966	Adams State	Rick Vefeades, Adams State			
1965	Adams State	Bob Henry, Adams State			

**Women's multi-Champions (5) - Julie Jenkins, 1983-1984; Elva Dryer, Western Colorado, 1993-1994; Kim Bosen, Adams State, 1998-1999; Zoilo Gomez, 2001-2002; Lauren Martin, Adams State, 2013-2014; Brianna Robles, Adams State, 2021 & 2023**

**Men's multi-Champions (9) - Charles "Pablo" Vigil, Adams State, 1972-1973, 1974; Pat Porter, Adams State, 1980-1981; Craig Dickson, Adams State, 1987-1988; Hamish Smith, Western Colorado, 1995-1996; Aaron Braun, Adams State, 2007-2008; Tabor Stevens, Adams State, 2012, 2014; Sidney Gidabuday, Adams State, 2016 & 2018; Dylan Ko, Colorado Mines, 2019-2020; Dillion Powell, Colorado Mines, 2021-2022**

### Rocky Mountain Athletic Conference Cross Country Men's School Champions

- **Adams State** (35 outright, two shared) - 1965, 1966, 1967, 1968, 1972, 1973, 1974, 1975, 1976, 1978 (tied with CSU Pueblo), 1979, 1980, 1981, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991 (tied with Western Colorado), 1992, 1993, 1994, 2003, 2005, 2006, 2007, 2008, 2009, 2010, 2012, 2014, 2015, 2018, and 2025
- **Western Colorado** (13 outright, one shared) - 1977, 1982, 1991 (tied with Adams State), 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2004, 2011, 2013
- **Colorado Mines** (8) - 2016, 2017, 2019, 2020, 2021, 2022, 2023, and 2024
- **Fort Hays State** (2) - 1969, 1970
- **Nebraska Omaha** (1) - 1971
- **CSU Pueblo** (one shared) - 1978 (shared with Adams State)

### Rocky Mountain Athletic Conference Cross Country Men's Individuals Champions

<b>Adams State (38)</b>	<b>Adams State (38)</b>	<b>Adams State (38)</b>	<b>Colorado Mines (6)</b>
1965 Bob Henry	1986 James Seefeldt	2016 Sidney Gidabuday	2015 Dan Mahoney
1966 Rick Vefeades	1987 Craig Dickson	2018 Sidney Gidabuday	2017 Grant Colligan
1967 Mike McDonald	1988 Craig Dickson	2024 Romain Legendre	2019 Dylan Ko
1968 Robert Montoya	1989 Rick Robirds		2020 Dylan Ko
1970 Mike McDonald	1990 Dan Mass	<b>Western Colorado (11)</b>	2021 Dillion Powell
1972 Pablo Vigil	1991 Shane Healy	1995 Hamish Smith	2022 Dillion Powell
1973 Pablo Vigil	1992 David Brooks	1996 Hamish Smith	2025 Paul Knight
1974 Pablo Vigil	1993 Shane Healy	1997 Dave Fagan	
1975 Ben Montoya	2000 Jason Hubbard	1998 Rees Buck	<b>CSU Pueblo (1)</b>
1976 Rod Brown	2003 Jesus Solis	1999 Michael Aish	1978 Dick LeDoux
1977 Frank Rivera	2005 Mario Macias	2001 Michael Aish	
1979 John Esquibel	2006 Jesus Solis	2002 Chris Siemers	<b>Fort Hays State (1)</b>
1980 Pat Porter	2007 Aaron Braun	2004 Kelly Christensen	1969 Larabi Oukadi
1981 Pat Porter	2008 Aaron Braun	1994 Phillip Sprately	
1982 Sam Montoya	2009 Reuben Mwei	2011 Tyler Pennell	<b>Nebraska Kearney (1)</b>
1983 Peter Graham	2010 Ryan McNiff	2013 Vegard Olstad	1971 Dennis Nee
1984 Robbie Hipwood	2012 Tabor Stevens		
1985 Robert Ferguson	2014 Tabor Stevens		<b>New Mexico Highlands (1)</b>
			2023 Andrew Amor

### Rocky Mountain Athletic Conference Cross Country Women's School Champions

- **Adams State** (35) - 1981, 1983, 1984, 1985, 1987, 1988, 1989, 1991, 1992, 1993, 1995, 1996, 1997, 1998, 1999, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2021, 2022, 2023 and 2024
- **Western Colorado** (8) - 1986, 1990, 1994, 2000, 2001, 2010, 2011 & 2020
- **Colorado Mines** (1) - 2025

### Rocky Mountain Athletic Conference Cross Country Women's Individual Champions

<b>Adams State (31)</b>	<b>Adams State (31)</b>	<b>Adams State (31)</b>	<b>Colorado Mines (2)</b>
1981 Mary Jacqua	2001 Zoila Gomez	2021 Brianna Robles	2020 Zoe Baker
1983 Julie Jenkins	2002 Zoila Gomez	2022 Stephanie Cotter	2025 Grace Strongman
1984 Julie Jenkins	2004 Stephanie Bylander	2023 Brianna Robles	
1986 Kathy Spear	2005 Emily Mortensen	2024 Ava O'Connor	<b>Fort Lewis (1)</b>
1987 Doris Watson	2007 Brittany Somers		1988 Melissa Knight
1989 Amy Giblin	2008 Lavena Mullenbach	<b>Western Colorado (7)</b>	
1990 Terry Villarreal	2009 Kristen McGlynn	1993 Elva Dryer	<b>Colorado Mesa (1)</b>
1991 Amy Giblin	2012 Alicia Nelson	1994 Elva Dryer	2010 Aleis Skarda
1992 Stacey Beacham	2013 Lauren Martin	1995 Tuma Urio	
1996 Denise Summers	2014 Lauren Martin	2003 Alisha Williams	<b>Southern Utah (1)</b>
1997 Janelle Olson	2015 Noel Prandoni	2006 Esther Komen	1985 Jolene Fisher
1998 Kim Bosen	2016 Jenna Thurman	2011 Lauren Kleppin	
1999 Kim Bosen	2017 Eilish Flanagan	2018 Alicja Konieczek	
2000 Sarah Meyer (Parkey)	2019 Stephine Cotter		