



**SAM HOUSTON
CROSS COUNTRY
RECORD BOOK**

Updated December 2017

WOMEN'S CROSS COUNTRY

SOUTHLAND CONFERENCE ANNUAL FINISH

Year	Head Coach	Meet Site	Finish	Points
1987	John Francis	Denton	7th	168
1988	John Francis	Natchitoches, LA	5th	102
1989	John Lumley	Huntsville	4th	115
1990	John Lumley	Wimberly	5th	115
1991	John Lumley	Nacogdoches	3rd	80
1992	John Lumley	Arlington	7th	156
1993	John Lumley	Calhoun, LA	9th	220
1994	John Lumley	Sulphur, LA	7th	194
1995	John Lumley	Denton	8th	190
1996	John Lumley	Natchitoches, LA	7th	164
1997	John Lumley	Huntsville	7th	174
1998	Greg Hinze	Natchitoches, LA	6th	134
1999	Greg Hinze	Natchitoches, LA	5th	139
2000	Greg Hinze	Nacogdoches, LA	2nd	66
2001	Greg Hinze	Nacogdoches, LA	9th	227
2002	Greg Hinze	Natchitoches, LA	4th	123
2003	Curtis Collier	Huntsville	5th	133
2004	Curtis Collier	Beaumont	4th	130
2005	Curtis Collier	Natchitoches, LA	4th	98
2006	Curtis Collier	Nacogdoches,	8th	170
2007	Curtis Collier	Corpus Christi	7th	203
2008	Curtis Collier	Nacogdoches	8th	191
2009	David Self	Corpus Christi	9th	235
2010	David Self	Corpus Christi	11th	265
2011	David Self	Nacogdoches	10th	241
2012	David Self	Beaumont	2nd	58
2013	David Self	Lake Charles, La.	4th	124
2014	David Self	Natchitoches, La.	3rd	106
2015	David Self	Huntsville	8th	194
2016	David Self	Nacogdoches	2nd	106
2017	David Self	Abilene	8th	244

ALL SOUTHLAND CONFERENCE

Name	Year	Place	Time
Jennifer Alvarez	1999	2nd	18:51
Alyssa Dooley	2012	2nd	21:08
Ana Moreno	2012	8th	21:59
	2014	9th	21:14
	2016	2nd	21:15
Olivia Olguin	2016	5th	21:37
Karina Mancias	2000	7th	18:29
Gaby Mendoza	2002	9th	19:57
Cathy Nelson	1988	3rd	18:36
	1990	7th	18:35
	1991	3rd	18:15
Kacey Phillips	2000	3rd	18:13
Soleen Riou	2012	7th	21:58
Karin Schardein	1989	6th	18:39
Brenda Trammell	1992	9th	18:40
Erika Wright	2003	8th	18:32
	2005	10th	22:55

REGULAR SEASON RACE WINNERS

Year	Name	Meet	Time	Distance
1987	Karin Schardein	SWT	17:08	3,000m
	Karin Schardein	NW St.	18:03	5,000m
1991	Cathy Nelson	SFA	19:49	5,000m
1993	Stacie Putnam	Houston	19:04	3 miles
	Stacie Putnam	SWT	18:03	5000m
1994	Melissa Sipes	Houston	20:10	5,000m
1995	Shari Buhanan	LeTourneau	18:09	5,000m
1996	Shaunte' Alvarez	SHSU	12:06	2 miles
1999	Jennifer Alvarez	Houston	18:47	3 miles
2007	Whitney Rister	NW St.	11:42	2 miles
2011	Alyssa Dooley	Centenary	22:22	6,000m
2015	Nicole Aponte	Corpus Christi	18:47	5,000m

NCAA REGIONALS TOP FINISHES

Name	Year	Place	Time
Cathy Nelson*	1991	19th	18:37
Kacey Phillips*	2000	20th	21:41
Karina Mancias	2000	30th	22:02
Cathy Nelson	1990	33rd	19:08
Ana Marino	2016	33rd	21:42
Brenda Trammell	1992	34th	18:56
Shaunte' Alvarez	1998	37th	18:47
Jennifer Alvarez	1999	41st	18:56
Holly Pitzenberger	2000	50th	22:33
Ana Moreno	2012	50th	22:45
*NCAA All-Region			

WOMEN'S CROSS COUNTRY LETTERWINNERS

Alexander, Kelli 1999 2000 2001 2002	Brown, Ebony 1997 1998 1999 2000	Ellison, Laurie 1990 1991	Horn, Elke 2004 2005 2006	Michalsky, Roberta 1987	Pjetrovic, Sabina 2003	Santos, Crystal 2009 2010	Watson, Camille 1992 1993 1994
Alvarez, Jennifer 1996 1997 1998 1999	Brydson, Annie 1987	Engelbrink, Jennifer 2000	Jones, Casey 2000 2001	Mitchell, Devyn 2008	Poole, Melissa 2003 2004 2005	Schardien, Karin 1986 1987 1988 1989	Williams, Megan 2009
Alvarez, Melissa 1996 1997 1998 1999	Buhanan, Shari 1993 1994 1995 1998	Farrell, Molly 2007 2008 2010	Jones, Denise 1997 1998	Ana Moreno 2012 2013 2014 2016	Prado, Miranda 2013 2014 2015	Seales, Meaghan 2015 2016 2017	Willingham, Amanda 1996
Alvarez, Shaunte 1995 1996 1997 1998	Byrd, Lydia 1996	Ferries, Allison 2004 2005 2006 2007	Jones, Denise 2017	Musser, Robin 1990	Prall, Janet 1987	Sipes, Melissa 1994 1995 1996 1997	Wright, Erika 2003 2004 2005 2006
Amenson, Dolores 1990 1992 1993 1994	Ceballos, Haleigh 2011	Fitzgerald, Kylie 2009 2010	Jones, Michelle 1987	Nelson, Cathy 1988 1989 1990 1991	Pustka, Haleigh 2008 2009	Smith, Lauren 2002 2003 2004	Zersen, Nicole 2003 2004 2005 2006
Angel, Rita 1995	Chavez, Michelle 1994 1995 1996 1997	Gemeny, Victoria 2008 2009 2010 2011	Luna, Cassandra 2016 2017	Nordberg, Pamilia 2007	Putnam, Staci 1989 1990 1991 1993	Snodgrass, Amy 2004	
Aponte,, Nicole 2014 2015	Chorn, Hailey 2017	Gnatzig, Vanessa 2000 2001	Mancias, Karina 2000 2001	Norwood, Rebecca 1987	Redus, Wendy 1991 1992	Soldvilla, Xochitl 1997 1998	
Nicole Aponte 2012 2013	Collazos, Sara 2008 2009 2010 2011	Grigsby, Camry 2016	Martinez, Bernadette 1987	Olguin, Olivia 2013 2014 2015 2016	Reyes, Sandra 1998	Tarrant, Hannah 2016 2017	
Ballard, Cassie 1999	Costello, Bridget 2005 2007 2008	Gonzales, Nina 2014	McCall, Briana 2015 2016 2017	Owens, Lorenza 1987	Ridenhour, Kim 1988 1989 1990 1991	Terry, Taylor 2013	
Beard, Sherilyn 1987	Cummings, Alana 1993	Hanna, Page 2006	McGovern, Shelly 1993 1994 1995 1996	Peddy, Haley 2009	Solenn Riou 2012 2013	Trammell, Brenda 1991 1992	
Blanchard, Jackie 2006	Dooley, Alyssa 2010 2011 2012 2013	Hargus, Christa 2002	McKinney , Teri 1993	Pena, Sarah 2011	Rister, Whitney 2004 2006 2007	Turback, Layla 1995	
Bonnet, Mindy 2002	Duenes, Lizzy 2016	Herring, Sherry 1989	Meiner, Jennifer 1996	Phillips, Kacey 2000	Romero, Nidia 2011	Vaughn, Stacy 1992	
Boughton, Kelly 1989 1990	Eason, Barbara 1987	Herron, Laura 1992	Melendez, Lillie 1989 1990	Phillips, Shannon 1992 1993	Saldivar, Michelle 1995	Waldrip, Anna 1999	
Brooks, Kim 2010	Ecford, Jamie 2017	Hershman, Sara 2001 2002 2003 2005	Mendoza, Gabby 2002	Pitzenberger, Holly 2000 2001	Salmeron, Cindy 2006	Warren, Amanda 2007 2008	

MEN'S CROSS COUNTRY

SOUTHLAND CONFERENCE ANNUAL FINISH

Year	Head Coach	Meet Site	Finish	Pts.
1987	John Francis	Denton	7th	168
1988	John Francis	Natchitoches, LA	5th	102
1987	John Francis	Denton	8th	181
1988	John Francis	Natchitoches, LA	8th	150
1989	John Lumley	Huntsville	5th	124
1990	John Lumley	Wimberly	4th	109
1991	John Lumley	Nacogdoches	8th	170
1992	John Lumley	Arlington	4th	113
1993	John Lumley	Calhoun, LA	7th	189
1994	John Lumley	Sulphur, LA	9th	211
1995	John Lumley	Denton	7th	166
1996	John Lumley	Natchitoches, LA	4th	108
1997	John Lumley	Huntsville	10th	246
1998	Greg Hinze	Natchitoches	7th	130
1999	Greg Hinze	Natchitoches	2nd	89
2000	Greg Hinze	Nacogdoches	5th	131
2001	Greg Hinze	Nacogdoches	4th	118
2002	Greg Hinze	Natchitoches	2nd	68
2003	Curtis Collier	Huntsville	2nd	74
2004	Curtis Collier	Beaumont	2nd	50
2005	Curtis Collier	Natchitoches	2nd	59
2006	Curtis Collier	Nacogdoches	3rd	87
2007	Curtis Collier	Corpus Christi	7th	209
2008	Curtis Collier	Nacogdoches	5th	138
2009	David Self	Corpus Christi	8th	221
2010	David Self	Corpus Christi	10th	298
2011	David Self	Nacogdoches	8th	210
2012	David Self	Beaumont	6th	165
2013	David Self	Lake Charles, LA	6th	151
2014	David Self	Natchitoches, LA	6th	148
2015	David Self	Huntsville	7th	198
2016	David Self	Nacogdoches	5th	131
2017	David Self	Abilene	6th	141

NCAA REGIONALS TOP FINISHES

Name	Year	Place	Time
Miguel Gonzales*	1992	12th	31:45
Chris Speaks*	2016	13th	30:52
Raul Villarreal*	2003	18th	31:25
Josh Hawkins*	2005	19th	32:08
Morten Munkholm*	2006	19th	31:08
Brandon Moseley*	2006	22nd	31:17
Raul Villarreal*	2001	23rd	31:20
Miguel Gonzales*	1991	24th	32:40
Brandon Moseley*	2004	25th	31:20
Ely Umanzor	2003	34th	32:19
Ely Umanzor	2006	34th	31:52
Rusty Stover	1999	37th	33:12
Raul Villarreal	2000	37th	32:45
Isai Llanas	2003	37th	32:24
Chris Toman	1996	38th	34:17
Raul Villarreal	2002	38th	32:15
Derek Koonts	1998	39th	33:22
Joe Amburn	2003	39th	32:30
Josh Hawkins	2004	39th	31:45
*NCAA All-Region			

REGULAR SEASON RACE WINNERS

Year	Name	Meet	Time	Distance
1991	Miguel Gonzales	SFA	26:42	5 miles
1992	Miguel Gonzales	NW St.	25:17	5 miles
	Miguel Gonzales	Rice	26:11	5 miles
1993	Ray Martinez	Lamar	16:02	5,000m
1995	Chris Toman	SHSU	15:45	3 miles
	Chris Toman	SHSU	26:35	5 miles
1998	Derek Koonts	SFA	21:05	4 miles
1999	Derek Koonts	Houston	25:59	5 miles
	Rusty Stover	SFA	20:27	4 miles
2002	Raul Villarreal	SHSU	24:04	8,000m
2003	Raul Villarreal	SHSU	27:16	5 miles
2007	Dustin Joubert	NW St.	20:37	5 miles
2008	Taylor Ray	Houston	14:45	4,000m
2015	Jeffrey Moore	HBU	15:51	3 miles
	Colton Stoker	Corpus Christi	24:10	7,200m

ALL SOUTHLAND CONFERENCE

Name	Year	Place	Time
Joe Amburn	2002	10th	26:34
Miguel Gonzales	1990	6th	25:47
	1991	7th	26:07
	1992	1st	25:45
Josh Hawkins	2004	8th	25:01
	2005	5th	26:00
Christian Hurtado	1999	8th	25:49
Doug Joubert	2005	10th	26:23
Derek Koonts	1998	5th	26:00
	1999	3rd	25:34
Brandon Moseley	2004	3rd	24:24
	2006	7th	25:28
Morten Munkholm	2006	4th	25:17
Jose Rodriguez	2004	10th	25:11
Brent Rumbo	1992	10th	26:47
Rusty Stover	1998	7th	26:09
	1999	5th	25:39
Chris Toman	1994	7th	25:54
Ely Umanzor	2004	9th	25:06
Raul Villarreal	2001	5th	25:34
	2002	3rd	25:53
	2003	2nd	25:14
Ramiro Yopez	1996	7th	25:38

MEN'S CROSS COUNTRY LETTERWINNERS

Alexander, Jake 2015	Cantu, Edgar 1993	Hawkins, Josh 2004 2005 2006	Koonts, Derek 1996 1997 1998 1999	Moseley, Brandon 2002 2003 2004 2006	Scholl, John 1995	Umanzor, Jose 2002 2003 2004 2006
Amann, Mark 2007	Caswell, John 1998 1999	Heaton, Scott 1990 1991 1992 1993	Krehbiel, Ryan 1993 1994 1996	Munkholm, Martin 2006	Schreiber, Karl 2011 2012 2013 2014	Valka, Len 1986 1987
Amburn, Joe 2001 2002 2003	Cook, Cody 1994	Hernandez, Alex 2015 2016 2017	Patrick Krol 2009 2010 2011 2012	Napper, Mike 1990	Smejkal, Ryan 1997	Varro, Steve 1993 1994 1995 1996
Anders, Clint 2009 2010 2011 2012	D'Eramo, Joey 2008 2009	Hendryx, Sean 1986 1987	Langridge, Cotton 2007	Pina, Edward 1998	Sosa, Joe 2015 2016	Velasquez, Ted 1990
Arellano, Freddy 2011 2012	Doyle, Cully 1998	Henry, Jim 1989	Leon, Jordan 2017	Patrick Pitts 2010 2011 2012 2014	Southall, Stephen 2017	Venegas, Ray 2007 2008 2009
Arambula, Evan 2013 2014 2015 2016	Durrant, Mark 1986 1987	Hensley, Thomas 1995 1996 1997 1999	Llanes, Isai 2001 2002 2003	Palo Ponce 2012 2013	Speaks, Chris 2015	Villarreal, Raul 2000 2001 2002 2003
Ballard, David 1987	Edmond, Keith 2004 2005 2006 2007	Hightower, Jeff 1992 1993 1994 1995	Martin, Ryan 2007 2008	Ray, Taylor 2008	Stephenson, Matt 2008 2010	Vining, Tony 1997 1998 1999 2000
Batson, David 1986 1987	Fitzhugh, Jim 1986	Hirata, Kazula 1998 1999	Martinez, Ray 1993	Reese, Cody 2003	Stewart, Randy 1989 1990	White, Calvin 1990 1991 1992
Bolan, Paul 1996	Flores, Frank 2002 2003	Hurtado, Christian 1999 2000	Massingill, Daniel 1998 1999 2000 2002	Rodanski, Jeff 1990 1991 1992 1993	Stoker, Colton 2014	Woods, Jeremy 1995 1996 1997 1998
Bounds, John 2013 2014 2015 2016	Fontenot, Kevin 1986	Johnson, Marvin 1987	Matthews, Russ 1986	Rodgers, Matt 2000 2001	Stone, Jon 1991	Woolums, Blake 2008 2009
Bridges, Vance 1999 2000 2001 2002	Forrest, Aaron 1993 1994	Johnston, Matt 2003	McKinney, Mark 1987	Rodriguez, Jose 2003 2004 2005 2006	Stover, Rusty 1996 1998 1999 2000	Yepez, Ramiro 1995 1996
Brown, Austin 2009 2010	Gonzales, Miguel 1989 1990 1991 1992	Joubert, Dustin 2004 2005 2006 2007	Merrill, Warren 1991 1992 1993	Lucio Rosas 2013	Terry, Logan 2011 2012 2013 2014	Zavala, David 2017
Brown, Clayton 1998 1999	Goodlander, Zach 2012	Kazakewich, Scott 1999	Michael, Julius 2008 2009	Rumbo, Brent 1991 1992 1993 1994	Theriot, Cameron 2016 2017	
Buehner, Matt 2001 2002 2003	Goodman, Vladimir 1989	Khawaja, Jack 1996	Monticone, Robert 2016	Saam, Ryan 2010 2012 2013 2014	Todd, Kyle 2000 2001 2002	
Buley, Grant 2014 2015 2016 2017	Guyer, Rob 1989	Kimmons, Rocky 2000 2005 2006	Moore, Jeffrey 2016 2017	Salazar, Jovan 2000	Tokiz, Damir 1994	
Cadena, Manuel 1996 1998 1999	Harper, Sid 1989	Travis Kocurek 2009 2010	Morton, Reese 2004	Santos, Adam 2006 2008	Toman, Chris 1994 1995 1996	