

All-Time Women's Cross Country Honors

Year	Individual	Honor
1995-96	Sonya Jongsma Sarah Pluim	NAIA Scholar-Athlete NAIA All-American
1996-97	Sonya Jongsma April Meuzelaar Kristen Schemmerhorn	NAIA Scholar-Athlete NAIA Scholar-Athlete NAIA Scholar-Athlete
1997-98	Catherine Palmer Kristen Schmmerhorn	NAIA Scholar-Athlete NAIA Scholar-Athlete
1998-99	Sarah Pluim Becky Van De Griend	NAIA Scholar-Athlete NAIA Scholar-Athlete
2000-01	Rachel Baber	GPAC All-Conference (12 th)
2002-03	Becky Demarest Katie Hoekstra	NAIA Scholar Athlete NAIA Scholar Athlete
2003-04	Kate Reinsma Tanya Holtrop Leah Kooiker Rachelle Kroll Kate Reinsma	NAIA Scholar Athlete NAIA Scholar Athlete NAIA Scholar Athlete NAIA Scholar Athlete NAIA Scholar Athlete

Katie Van Arendonk

NAIA Scholar Athlete

2004-05

Melissa Klein

GPAC All-Conference (4th)

Leah Kooiker

NAIA Scholar Athlete

2005-06

Chelsea Gerdes

GPAC All-Conference (13th)

2006-07

Connie DuMez

NAIA Scholar Athlete

Chelsea Gerdes

NAIA Scholar Athlete

Jen Kempers

GPAC All-Conference (4th)

Tami Wieringa

GPAC All-Conference (12th)

2007-08

Team

NAIA Scholar Team

Sara Hanenburg

NAIA Scholar Athlete

Steph Helmus

NAIA Scholar Athlete

Jen Kempers

GPAC All-Conference (3rd)

Jen Kempers

NAIA All-American (17th)

2008-09

Team

NAIA Scholar Team

Marne De Bruin

NAIA Scholar Athlete

Sara Hanenburg

NAIA Scholar Athlete

Steph Helmus

NAIA Scholar Athlete

Jen Kempers

GPAC All-Conference (1st)

Jen Kempers

GPAC Runner of the Year

Jen Kempers

NAIA Scholar Athlete

Tavia Van Vleet

NAIA Scholar Athlete

Sierra Zomer

NAIA Scholar Athlete

Greg Van Dyke

GPAC Coach of the Year

2009-10

Team

NAIA Scholar Team

Ashlee Stallinga
Michelle Steiger
Sierra Zomer

NAIA Scholar Athlete
GPAC All-Conference (8th)
NAIA Scholar Athlete

2010-11

Team
Merissa Harkema
Ashlee Stallinga
Michelle Steiger
Michelle Steiger
Michelle Steiger
Michelle Steiger
Tavia Van Vleet

NAIA Scholar Team
GPAC All-Conference (15th)
NAIA Scholar Athlete
GPAC All-Conference (1st)
GPAC Runner of the Year
NAIA All-American (21st)
NAIA Scholar Athlete
NAIA Scholar Athlete

2011-12

Team
Renee Buikema
Gail Dirksen
Marissa Harkema
Michelle Steiger
Michelle Steiger
Rebecca Van Dam

NAIA Scholar Team
GPAC All-Conference (7th)
NAIA Scholar Athlete
NAIA Scholar Athlete
GPAC All-Conference (9th)
NAIA Scholar Athlete
NAIA Scholar Athlete

2012-13

Team
Katie Bonnema
Renee Buikema
Kayla Byl
Abby De Vries
Merissa Harkema
Merissa Harkema
Lauren Opp
Hannah Orlow
Greg Van Dyke

NAIA Scholar Team
GPAC All-Conference (8th)
GPAC All-Conference (7th)
GPAC All-Conference (5th)
GPAC All-Conference (6th)
GPAC All-Conference (4th)
NAIA Scholar Athlete
GPAC All-Conference (3rd)
NAIA Scholar Athlete
GPAC Coach of the Year

2013-14

Kayla Byl	GPAC All-Conference (4 th)
Abby De Vries	GPAC All-Conference (6 th)
Abby De Vries	NAIA Scholar Athlete
Katelyn Droog	NAIA Scholar Athlete
Lillie Koerner	GPAC All-Conference (13 th)
Lillie Koerner	NAIA Scholar Athlete
Lauren Opp	GPAC All-Conference (2 nd)
Lauren Opp	NAIA All American (16 th)
Lauren Opp	NAIA Scholar Athlete
Dineke Tolkamp	NAIA Scholar Athlete
Greg Van Dyke	GPAC Coach of the Year
Jordyn Visscher	GPAC All-Conference (10 th)
Whitney Wilgenburg	NAIA Scholar Athlete

2014-15

Kayla Byl	GPAC All-Conference (3 rd)
Lauren Opp	GPAC All-Conference (5 th)
Justine Van Zee	GPAC All-Conference (6 th)
Abby De Vries	GPAC All-Conference (8 th)
Nicole Slater	GPAC All-Conference (9 th)
Lillie Koerner	GPAC All-Conference (11 th)
Erika Douma	GPAC All-Conference (13 th)
Kelsey Lewis	GPAC All-Conference (14 th)
Renee Buikema	GPAC All-Conference (15 th)
Abby De Vries	NAIA Daktronics Scholar Athlete
Katelyn Droog	NAIA Daktronics Scholar Athlete
Whitney Wilgenburg	NAIA Daktronics Scholar Athlete
Lillie Koerner	NAIA Daktronics Scholar Athlete
Lauren Opp	NAIA Daktronics Scholar Athlete
Dineke Tolkamp	NAIA Daktronics Scholar Athlete
Kayla Byl	NAIA Daktronics Scholar Athlete
Lauren Eekhoff	NAIA Daktronics Scholar Athlete
Kayla Byl	NAIA All-American (24 th)
Lauren Opp	CoSIDA Academic All-District (1 st Team)
Kayla Byl	CoSIDA Academic All-District (1 st Team)

Lauren Opp

CoSIDA Academic All-American (1st Team)

2015-16

Kayla Byl

GPAC All-Conference (2nd)

Justine Van Zee

GPAC All-Conference (3rd)

Erika Douma

GPAC All-Conference (8th)

Kaylie Ogle

GPAC All-Conference (15th)

Kayla Byl

NAIA Daktronics Scholar Athlete

Kelsey Lewis

NAIA Daktronics Scholar Athlete

Justine Van Zee

NAIA Daktronics Scholar Athlete

Allison Young

NAIA Daktronics Scholar Athlete

Nate Wolf

GPAC Coach of the Year

Kayla Byl

CoSIDA Academic All-District (1st Team)

Kelsey Lewis

CoSIDA Academic All-District (1st Team)

Justine Van Zee

CoSIDA Academic All-District (1st Team)

Kayla Byl

CoSIDA Academic All-American (1st Team)

Justine Van Zee

CoSIDA Academic All-American (1st Team)

Kelsey Lewis

CoSIDA Academic All-American (2nd Team)

2016-17

Erika Douma

GPAC All-Conference (8th place)

Annechiena Knevelbaard

GPAC All-Conference (7th place)

Julia Bos

GPAC All-Conference (10th place)

Audrey Brooks

GPAC All-Conference (13th place)

Kelsey Lewis

NAIA Daktronics Scholar Athlete

Justin Van Zee

NAIA Daktronics Scholar Athlete

Allison Young

NAIA Daktronics Scholar Athlete

Annika Henckl

NAIA Daktronics Scholar Athlete

Miranda Hulstein

NAIA Daktronics Scholar Athlete

Britta Provart

NAIA Daktronics Scholar Athlete

Nicole Slater

NAIA Daktronics Scholar Athlete

Samantha Bandstra
Miranda Moss
Julia Bos
Kelsey Lewis
Justine Van Zee

Kelsey Lewis

Justine Van Zee

NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete
CoSIDA Academic All-District (1st Team)
CoSIDA Academic All-District (1st Team)
CoSIDA Academic All-American (1st Team)
CoSIDA Academic All-American (2nd Team)

2017-18

Audrey Brooks
Olivia Couch
Erica De Schiffart
Erika Douma
Sienna De Jong
Audrey Brooks
Courtney Bloemhof
Julia Bos
Annika Henckel
Britta Provar
Nicole Slater
Sarah Van Wyk
Nate Wolf
Team

GPAC All-Conference (2nd place)
GPAC All-Conference (8th place)
GPAC All-Conference (10th place)
GPAC All-Conference (12th place)
GPAC All-Conference (13th place)
NAIA All-American (8th place)
NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete
GPAC Coach of the Year
NAIA Scholar Team

2018-19

Annechiena Knevelbaard
Olivia Couch
Sarah Wensink
Sienna De Jong
Annechiena Knevelbaard
Nate Wolf
Erin Bandstra
Emma Boven
Olivia Couch

GPAC All-Conference (1st)
GPAC All-Conference (6th)
GPAC All-Conference (7th)
GPAC All-Conference (15th)
GPAC Runner of the Year
GPAC Coach of the Year
NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete
NAIA Daktronics Scholar Athlete

