

ECAC Individual XC Champions					
Year	Race Name	Distance	Individual Champion		
EIAW Women's Championship					
1976	Championship	5,000 Meters	Kathy Mills	Penn State	17:10.1
1977	Championship	5,000 Meters	Kathy Mills	Penn State	16:39.0
1978	Championship	5,000 Meters	Kathy Mills	Penn State	16:18.6
1979	Division I	5,000 Meters	Lynn Jennings	Princeton	16:55.0
	Division II & III	5,000 Meters	Brigid Leddy	Villanova	17:49.0
1980	Division I	5,000 Meters	Judi St. Hilaire	Vermont	17:28.6
	Division II	5,000 Meters	Betsy Shillito	Cortland State	18:40.0
	Division III	5,000 Meters	Jane Patrick	Bowdoin	18:40.2
1981	Division I	5,000 Meters	Kate Wiley	Harvard	17:39.2
	Division II	5,000 Meters	Nancy Small	Boston College	18:04.2
	Division III-A	5,000 Meters	Jackie McNiff	Holy Cross	18:23.9
	Division III-B	5,000 Meters	Blanca D'hoedt	Slippery Rock	18:33.9
Meet renamed IC4A Women's Championship					
1982	Championship	5,000 Meters	Lynn Jennings	Princeton	17:12.8
1983	Championship	5,000 Meters	Suzanne Girard	Georgetown	16:58.9
Meet renamed ECAC Women's Championship					
1984	Championship	5,000 Meters	Desiree Scott	Rutgers	17:12.5
1985	Championship	5,000 Meters	Jenny Stricker	Harvard	17:11.0
1986	Championship	5,000 Meters	Vicki Huber	Villanova	16:38.36
1987	Championship	5,000 Meters	Vicki Huber	Villanova	16:33.0
1988	Championship	5,000 Meters	Cassie O'Neill	George Mason	17:07.0
1989	Championship	5,000 Meters	Vicki Huber	Villanova	16:03.0
	University	5,000 Meters	Kate Fonshell	Villanova	17:54.0
1990	Championship	5,000 Meters	Sonia O'Sullivan	Villanova	16:56.0
	University	5,000 Meters	Chrissy Smith	Manhattan	19:04.0
1991	Championship	5,000 Meters	Sonia O'Sullivan	Villanova	16:00.5
	University	5,000 Meters	Kristen Opdyke	Bucknell	17:33.0
1992	Championship	5,000 Meters	Carole Zajac	Villanova	16:28.2
	University	5,000 Meters	Patty McCormick	Seton Hall	17:59.0
1993	Championship	5,000 Meters	Carole Zajac	Villanova	16:41.2
	University	5,000 Meters	Siobhan Murphy	St. John's	18:10.0
1994	Championship	5,000 Meters	Jennifer Thines	Villanova	16:25.0
	University	5,000 Meters	Jessica Wilhelm	Bucknell	18:37.0
1995	Championship	5,000 Meters	Jennifer Thines	Villanova	16:34.0
	University	5,000 Meters	Margaret McParland	Manhattan	18:20.0
1996	Championship	5,000 Meters	Kristine Jost	Villanova	16:26.0
	University	5,000 Meters	Noreen O'Brien	Boston	17:52.0
1997	Championship	5,000 Meters	Emily Germano	Cornell	17:39.0
	University	5,000 Meters	Molly DeMark	Colgate	18:27.0
1998	Championship	5,000 Meters	Ariana Kelly	Yale	17:41.5
	University	5,000 Meters	Erin Hayes	St. John's	18:18.7
	Coaches	5,000 Meters	Sarah Folse	Virginia	18"45.1
1999	Championship	5,000 Meters	Sheela Agrawal	Duke	17:42.6
	University	5,000 Meters	Laura Nann	Lafayette	18:42.0
	Coaches	5,000 Meters	Melanie Matthews	Virginia	19:07.6

2000	Championship	5,000 Meters	Sylvia Chelimo	Gardner-Webb	17:23.1
	University	5,000 Meters	Ruth Chege	Seton Hall	18:23.1
	Coaches	5,000 Meters	Cynthia Dunham	James Madison	18:57.4
2001	Championship	5,000 Meters	Cynthia Dunham	James Madison	17:50.7
	University	5,000 Meters	Johanna Allen	East Carolina	18:10.0
2002	Championship	5,000 Meters	Leonora Joy	Stony Brook	17:43.1
	University	5,000 Meters	Ashley Urick	Army West Point	18:31.8
	Coaches	5,000 Meters	Emily McCabe	Cornell	18:58.1
2003	Championship	5,000 Meters	Kate Boyles	Cornell	17:56.4
	University	5,000 Meters	Lesley Read	New Hampshire	18:12.9
	Coaches	5,000 Meters	Alyssa Simon	Cornell	18:46.1
2004	Championship	5,000 Meters	Jenna Darcy	La Salle	17:48
	University	5,000 Meters	Megan Hepp	New Hampshire	18:01
2005	Championship	5,000 Meters	Katherine McKinstry	Yale	17:47.5
	University	5,000 Meters	Catherine Parker	New Hampshire	18:10.5
	Coaches	5,000 Meters	Elizabeth Geiger	La Salle	18:45.8
2006	Championship	5,000 Meters	Reilly Kiernan	Princeton	17:56.9
	University	5,000 Meters	Katie Radzik	Binghamton	18:02.8
	Coaches	5,000 Meters	Kristen DeYoung	Bucknell	20:57.3
2007	Championship	5,000 Meters	Callie Hogan	Villanova	17:48
	University	5,000 Meters	Elizabeth Kennedy	Colgate	18:14
	Coaches	5,000 Meters	Lynn Morelli	William and Mary	18:59
2008	Championship	5,000 Meters	Nicole Cochran	Harvard	18:04
	University	5,000 Meters	Elizabeth Campbell	New Hampshire	18:29
2009	Championship	5,000 Meters	Lucy Van Dalen	Stony Brook	17:03.3
	University	5,000 Meters	Brenae Edwards	Mansfield	17:25.0
	Coaches	5,000 Meters	Sarah Ports	Delaware	19:25.3
2010	Championship	5,000 Meters	Alison Parris	James Madison	17:27.4
	University	5,000 Meters	Kimberly DeLoreto	Sacred Heart	18:01.6
	Coaches	5,000 Meters	Charlotte Tregelles	William and Mary	19:24.4
2011	Championship	5,000 Meters	Katie Harman	James Madison	17:29
	University	5,000 Meters	Kathryn Fanning	Albany	18:06
	Coaches	5,000 Meters	Courtney Cramer	La Salle	19:34
2012	Championship	5,000 Meters	Katie Gorman	James Madison	17:50.5
	University	5,000 Meters	Bethany Schtleben	George Mason	18:04.3
2013	Championship	5,000 Meters	Bethany Schtleben	George Mason	17:24.7
	University	5,000 Meters	Brianna Castrogivanni	Sacred Heart	17:58.8
	Coaches	5,000 Meters	Alex Fiesel	St. Joseph's (Pa)	20:08.4
2014	Championship	5,000 Meters	Stephanie Schappert	Villanova	17:42.4
	University	5,000 Meters	Michelle Gaye	Marist	18:09.7
	Coaches	5,000 Meters	Caroline Defrank	Pittsburgh	19:37.8
2015	Championship	5,000 Meters	Carol Strock	James Madison	17:42.3
	University	5,000 Meters	Isobel Batt-Doyle	St. John's	18:03.3
	Coaches	5,000 Meters	Charlotte Pierce	Columbia	19:29.5
2016	Championship	5,000 Meters	Carol Strock	James Madison	18:03.0
	University	5,000 Meters	Jordan O'Dea	Northeastern	18:22.0
	Coaches	5,000 Meters	Maggie Malloy	St. Joseph's (Pa)	20:45.0

2017	Championship	5,000 Meters	Amanda Corbosiero	Richmond	17:51.5
	Coaches	5,000 Meters	Therese Gallagher	St. John's	19:10.2
2018	Championship	5,000 Meters	Grace Moore	Temple	16:41.0
	Coaches	5,000 Meters	Antonia Howard	St. John's	17:52.0
2019	Championship	5,000 Meters	Abbey Wheeler	Providence	17:29.0
	Coaches	5,000 Meters	Kassandra Yocco	Seton Hall	19:29.0
2020	Meet Not Held - COVID-19				
2021	Championship	5,000 Meters	Angela Rafter	Central Connecticut	17:54.0
2022	Championship	6,000 Meters	Kenzie Doyle	UMass Lowell	20:45.1
2023	Championship	6,000 Meters	Abigail Hassman	Northeastern	20:39.1
	Coaches	6,000 Meters	Madeline Cramer	Princeton	22:10.3
2024	Championship	6,000 Meters	Hannah Snayd	Fairfield	20:41.9