

Year	Regular Season	All-Catholic Team	All-Catholic Individual	School	Time	Distance
2023	St. Mary's	St. Mary's	Fiona Murphy	Buff Sem	20:36.21	3.1
2022	Sacred Heart	Sacred Heart	Fiona Murphy	Buff Sem	20:32.72	3.1
2021	Sacred Heart	Sacred Heart	Gabriela Siren	Nichols	20:40.99	3.1
2020	Nichols	Sacred Heart	MK Hartigan	Nardin	20:06.0	3.1
2019	Nardin	Nardin	Gabriela Gallen-Kallela-Siren	Nichols	20:40.63	3.1
2018	Nardin	Nardin	Zoe Knauss	Buff Sem	20:24.4	3.1
2017	Nardin	Nardin	Libby Benzer	St. Mary's	20:59.90	3.1
2016	Nardin	Nardin	Danielle Orie	Nardin	19:41.13	3.1
2015	Immaculata	Nardin	Rachel Luczak	Immaculata		
2014	Immaculata	Immaculata	Kim Fohrd	Immaculata	19:42.0	3.1
2013	Mt. St. Mary's	Immaculata	Kim Fohrd	St. Mary's	20:27.0	3.1
2012	Nardin	Mt. St. Mary's	Emma Grace Sullivan	Mt. St. Mary's	20:14.92	3.1
2011	Nardin	Immaculata	Emma Grace Sullivan	Mt. St. Mary's	20:14.0	3.1
2010	Nardin	Immaculata	Gabby Leo	Immaculata	20:54.0	3.1
2009	Nardin	Nardin	Gabby Leo	Immaculata	20:57.7	3.1
2008	Nardin	Nardin	Kitty Mahoney	Nardin	20:44.0	3.1
2007	Nardin	Sacred Heart	Jill Shea	Nardin	18:55.0	3.1
2006	Nardin	Sacred Heart	Jill Shea	Nardin	22:47.0	2.5
2005	Nardin	Mt. Mercy	Jill Shea	Nardin	19:16.0	2.5
2004	Nardin	Nardin	Katie Pietrak	Nardin	19:30.0	2.5
2003	Nardin	Nardin	Caitlin Higgins	Nardin	18:34.0	2.5
2002	Nardin	Nardin	Caitlin Higgins	Nardin	18:31.0	2.5
2001	Nardin	Nardin	Rachel McNamara	Nardin	19:27.0	2.5
2000	Nardin	Mt. Mercy	Aileen Hoak	Nardin	19:38.0	2.5
1999	Nardin	Mt. Mercy	Courtney McMahon	Mt. St. Mary's	12:23.0	2/5
1998	Mt. Mercy	Mt. Mercy	Collen Kinder	Holy Angels	17:59.0	3.1
1997	Mt. Mercy	Nardin	Katie Kinder	Holy Angels	18:21.0	3.1
1996	Mt. Mercy	Mt. Mercy	Katie Kinder	Mt. St. Mary's	22:00.0	3.1
1995	Mt. Mercy	Mt. Mercy	Collen Kinder	Holy Angels	18:43.2	2.8
1994	Holy Angels	Mt. Mercy	Katie Grucella	Mt. Mercy	20:02.0	3.1
1993	Mt. Mercy	Mt. Mercy	Julie Ingram	Villa Maria	18:10.7	3.1
1992	Villa Maria	Mt. Mercy	Cathy Malayny	Villa Maria	16:36.0	2.5
1991	Mt. Mercy	Mt. Mercy	Cathy Malayny	Villa Maria	18:27.9	2
1990	Mt. Mercy	Mt. Mercy	Jeanne Riga	Mt. Mercy	16:42.0	2.5
1989	Mt. Mercy	Sacred Heart	Erin Kelly	Mt. Mercy	16:36.0	2
1988	Sacred Heart/Mt. Mercy/O'Hara	Sacred Heart	Colleen O'Rourke	Sacred Heart	16:56.0	2.5
1987	O'Hara	Sacred Heart	Heidi Herzog	Nardin	14:56.4	2.5
1986	Sacred Heart	Sacred Heart	Beth Riley	Sacred Heart	15:28.0	2.5
1985	Sacred Heart	Sacred Heart	Beth Riley	Sacred Heart	11:55.46	2.2
1984	St. Mary's	Sacred Heart	Betsy Granville	Sacred Heart	14:22.12	2.4