

INDIVIDUAL NEW JERSEY ATHLETIC CONFERENCE ALL-TIME CROSS COUNTRY CHAMPIONS

MEN

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| 2018 | Daniel Henry, Rowan, 26:10 |
| 2017 | Kevin Veltre, Rowan, 24:38 |
| 2016 | Jeremy Hernandez, Ramapo, 25:04 |
| 2015 | Jeremy Hernandez, Ramapo, 24:53 |
| 2014 | Jonathan Sewnig, Rowan, 25:30 |
| 2013 | Robert Rawls, Rowan, 26:37 |
| 2012 | Andy Gallagher, TCNJ, 25:13 |
| 2011 | Robert Rawls, Rowan, 26:03 |
| 2010 | Abad Akhtar, Richard Stockton, 25:37 |
| 2009 | Kyle Price, Ramapo, 26:21 |
| 2008 | Christopher Guerriero, TCNJ, 24:39 |
| 2007 | Christopher Guerriero, TCNJ, 25:25 |
| 2006 | Christopher Guerriero, TCNJ, 25:31 |
| 2005 | Matt Randal, TCNJ, 25:16 |
| 2004 | Matt Molski, TCNJ, 25:42 |
| 2003 | Brian Donovan, TCNJ, 26:27 |
| 2002 | Nick Ricco, TCNJ, 25:22 |
| 2001 | Eamon O'Brien, TCNJ, 25:51 |
| 2000 | Eamon O'Brien, TCNJ, 26:16 |
| 1999 | Mike Walker, TCNJ, 27:04 |
| 1998 | Mike Walker, TCNJ, 26:31 |
| 1997 | Shawn McElhaugh, TCNJ, 26:10 |
| 1996 | Shawn McElhaugh, TCNJ, 25:20 |
| 1995 | Mike Andino, Rowan, 26:04 |
| 1994 | Jason Capelli, TCNJ, 26:47 |
| 1993 | Rob Black, Rowan, 25:12 |
| 1992 | Matt Martin, Rowan, 25:25 |
| 1991 | John Schilling, Glassboro, 26:43 |
| 1990 | Rex Myers, Glassboro, 26:17 |
| 1989 | Rich Bostwick, Glassboro, 26:05 |
| 1988 | Rich Bostwick, Glassboro, 25:57 |
| 1987 | Rich Bostwick, Glassboro, 26:05 |
| 1986 | John Montgomery, Glassboro, 25:56 |
| 1985 | Scott Costello, Glassboro, 25:54 |
| 1984 | Ron Deckert, Glassboro, 26:23 |
| 1983 | Robert Rimkis, Glassboro, 24:15 |
| 1982 | Greg Rapp, Glassboro, 24:25 |
| 1981 | Greg Rapp, Glassboro, 24:19 |
| 1980 | Derick Adamson, Glassboro, 25:41 |
| 1979 | Jack Kruse, Glassboro, 24:47 |
| 1978 | Jack Kruse, Glassboro, 25:25 |
| 1977 | Harry Frezza, Glassboro, 24:32 |
| 1976 | Jack Kruse, Glassboro, 26:36 |
| 1975 | Ron Veneman, William Paterson, 26:28 |
| 1974 | Jeff Kicia, William Paterson, 28:29 |
| 1973 | Tim O'Donoghue, Montclair State, 24:37 |
| 1972 | Tom Fleming, William Paterson, 25:57 |
| 1971 | Tom Fleming, William Paterson, 24:44 |
| 1970 | Tom Fleming, William Paterson, 23:19 |
| 1969 | Tom Fleming, William Paterson, 24:08 |
| 1968 | Tom Greenbowe, William Paterson, 25:02 |
| 1967 | Dean Shonts, Trenton State, 25:35 |
| 1966 | Jim Harris, Montclair State, 24:39 |
| 1965 | Geoffrey Stehli, Jersey City State, 29:13 |
| 1964 | Tom Zacccone, Montclair State, 23:59.7 |
| 1963 | Geoffrey Stehli, Jersey City State, 29:11 |
| 1962 | Don Lang, Glassboro, 20:26 |
| 1961 | Brian McColgan, William Paterson, 30:25 |

WOMEN

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| Natalie Cooper, TCNJ, 22:47 |
| Natalie Cooper, TCNJ, 21:44 |
| Natalie Cooper, TCNJ, 21:35 |
| Marissa Lerit, TCNJ, 21:58 |
| Christin Bettis, Rowan, 23:33 |
| Megan Borz, Rowan, 23:15 |
| Danielle Czohla, Rowan, 21:54 |
| Vanessa Wright, Rowan, 21:10 |
| Jena Peacock, Rowan, 21:17 |
| Jena Peacock, Rowan, 22:03 |
| Martine McGrath, TCNJ, 21:57 |
| Angela Tecco, TCNJ, 23:48 |
| Megan O'Leary, TCNJ, 23:12 |
| Kristen Pogorzelski, TCNJ, 22:47 |
| Jenna Fasulo, TCNJ, 22:59 |
| Beth Vesey, TCNJ, 23:45 |
| Beth Vesey, TCNJ, 22:27 |
| Beth Vesey, TCNJ, 18:45 |
| Julie Corbett, TCNJ, 19:04 |
| Noel Whitall, TCNJ, 18:37 |
| Noel Whitall, TCNJ, 18:21 |
| Kerry Moore, TCNJ, 18:43 |
| Amy O'Donnell, TCNJ, 17:32 |
| Michele Reo, Rowan, 17:44 |
| Suzanne Mergner, Rowan, 19:18 |
| Suzanne Mergner, Rowan, 18:50 |
| Sharon Sittineri, Rowan, 17:55 |
| Maureen Batiato, TCNJ, 19:19 |
| Maureen Batiato, TCNJ, 19:43 |
| Linda Vaughan, Glassboro State, 19:39 |
| Rosa Dominques, Montclair State, 19:55 |
| Jessica Levinskas, Montclair State, 19:52 |
| Virginia Zaleski, Trenton State, 18:52 |
| Michelle Nichol, Trenton State, 19:08 |
| Michelle Nichol, Trenton State, 19:23 |
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| *Incomplete records for individual champions |