

The Most Improved Runner Award - Girls' Cross Country

Year	Recipient
2025	Clara Toole '28 (JV) and Amelia New '27 (Varsity)
2024	Pope Brown '24
2023	Amanda Meng '25
2022	Devin Hundley '23
2021	???
2020	no recipient awarded
2019	Emily Murphy '22 (Varsity) and Gwendolyn Mellon '21 (JV)
2018	Abby Sahs '20
2017	Sarah Bruno '21
2016	no recipient awarded
2015	Caitlin Cobb, Emma Tapscott, and Sylvia Reed
2014	???
2013	???
2012	Kelsey Barolak '13 and Jessie Duncan '13
2011	Clara Lee '14
2010	Bertie Miller '14
2009	Lizzie Ragasingh '10
2008	Rose Kwak '10 and Georgina Rupp '11
2007	Hannah Schechter '09 and Katherine Craddock '09
2006	Phoebe Matthews '09
2005	Karin Weston '08
2004	Brook Jackling '06
2003	Rachel Chen '05
2002	Betsy Parkinson '06
2001	Jessica Lehner '05 and Julia Donaldson '04
2000	Lindsey Noe '01
1999	Elizabeth Lea '02
1998	Anne Barber '00
1997	Emily Caruthers '98
1996	Lacy Caruthers '00
1995	Jessica Walter '99
1994	no recipient awarded
1993	Katy Wafle '97
1992	no recipient awarded
1991	Kelly Schimmel '95 and Tasha Soroosh '93
1990	Kathryn Still '92
1989	Jenny Hughes '92
1988	no recipient awarded
1987	Lainie Thomas '88
1986	Alix Beith '88

1985	no recipient awarded
1984	no recipient awarded
1983	Margo Ellis '86
1982	no recipient awarded
1981	Heather Kahn '84
1980	Beth Williams '84
1979	Meg Fitts '82