Stephanie Jenks of Linn-Mar is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Jenks, a senior, is the premier distance runner in Iowa and perhaps the best of all time.

Jenks won the Nike Cross Heartland regional cross country title in Sioux Falls, S.D., last Sunday in a field of 273 runners from seven states. She set a record on the 5K course at Yankton Trail Park in 17 minutes, 1.3 seconds and won the race by 10.8 seconds.

Jenks qualified for the Nike Cross Nationals in Portland, Ore., on Dec. 5.

Jenks has won eight titles at the Drake Relays and eight more titles at the Class 4A state track meet during her record-setting career and has a chance to add to those laurels this spring.

She has committed to run in college at Cal-Berkeley.