



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

MEN'S CROSS COUNTRY RECORD BOOK

Team Champions List

Year	School	Coach
1990	Principia College	Robert Baker
1991	Principia College	Robert Baker
1992	Maryville University	Greg Reecht
1993	Maryville University	Greg Reecht
1994	No Team Champion	---
1995	Principia College	Robert Baker
1996	Greenville University	Brian Patton
1997	No Meet Held	---
1998	Greenville University	Brian Patton
1999	Greenville University	Brian Patton
2000	Greenville University	Brian Patton
2001	Greenville University	Brian Patton
2002	Greenville University	Brian Patton
2003	Greenville University	Brian Patton
2004	Greenville University	Brian Patton
2005	Greenville University	Brian Patton
2006	Greenville University	Brian Patton
2007	Greenville University	Brian Patton
2008	Fontbonne University	Dave Almany
2009	Fontbonne University	Dave Almany
2010	Greenville University	Brian Patton
2011	Principia College	Chuck Wilcoxon
2012	Spalding University	Kevin Allesandro
2013	Principia College	Chuck Wilcoxon
2014	Spalding University	Kevin Allesandro
2015	Spalding University	Bradley Sower
2016	Greenville University	Brian Patton
2017	Greenville University	Brian Patton
2018	Greenville University	Brian Patton
2019	Greenville University	Brian Patton
2020-21	Greenville University	Brian Patton
2021	Greenville University	Brian Patton
2022	Greenville University	Brian Patton
2023	Greenville University	Brian Patton
2024	Greenville University	Brian Patton
2025	Greenville University	Brian Patton

Individual Champions List

Year	Name (School)	Time
1990	Kevin Capp (PC)	---
1991	Kevin Capp (PC)	---
1992	Kevin Capp (PC)	---
1993	Ron Swanson (MU)	---
1994	Ron Swanson (MU)	29:04
1995	Mark Theiss (GU)	27:28
1996	Mark Theiss (GU)	26:02
1997	No Meet Held	---
1998 [^]	Jimmy Bean (GU)	17:09
1999	Jeff Boele (GU)	25:48
2000	Dustin Franckey (GU)	25:15
2001	Beau Meredith (GU)	26:02
2002	Dustin Franckey (GU)	25:27
2003	Beau Meredith (GU)	25:31
2004	Josh Martsof (GU)	25:20
2005	Josh Martsof (GU)	25:33
2006	Ben Glass (PC)	25:57
2007	Peter Swank (PC)	26:12
2008	Rodney Oyler (GU)	26:50
2009 [^]	Drew Clark (PC)	20:42
2010	Drew Clark (PC)	24:58
2011	Abram Deng (SU)	25:17
2012	Abram Deng (SU)	25:31
2013	Wylie Mangelsdorf (PC)	24:30
2014	Nate Richards (PC)	25:40
2015	Brandon Price (SU)	25:22
2016	Zach Matthiesen (PC)	25:34
2017	Zach Matthiesen (PC)	24:05
2018	Dylan Goodyear (GU)	25:55
2019	Dylan Goodyear (GU)	25:56
2020-21 [^]	Gianni Estrada (GU)	16:35
2021	Gianni Estrada (GU)	25:58
2022	Gianni Estrada (GU)	26:02
2023	Gianni Estrada (GU)	25:18
2024	Gianni Estrada (GU)	26:24
2025	Kaden Einhorn (GU)	26:51

[^] 5K Race

Team Championship Summary

School.....	No.
Greenville	22
Principia.....	5
Spalding.....	3
Fontbonne	2
Maryville	2

Individual Championship Summary

School.....	No.
Greenville	19
Principia.....	11
Spalding.....	3
Maryville	2



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

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Runner of the Year

Year	Name (School)
1990	Kevin Capp (PC)
1991	Kevin Capp (PC)
1992	Kevin Capp (PC)
1993	Ron Swanson (MU)
1994	Ron Swanson (MU)
1995	Mark Theiss (GU)
1996	Mark Theiss (GU)
1997	No Meet Held
1998	Jimmy Bean (GU)
1999	Jeff Boele (GU)
2000	Dustin Franckey (GU)
2001	Beau Meredith (GU)
2002	Dustin Franckey (GU)
2003	Beau Meredith (GU)
2004	Josh Martsof (GU)
2005	Josh Martsof (GU)
2006	Ben Glass (PC)
2007	Peter Swank (PC)
2008	Rodney Oyler (GU)
2009	Drew Clark (PC)
2010	Drew Clark (PC)
2011	Abram Deng (SU)
2012	Abram Deng (SU)
2013	Wylie Mangelsdorf (PC)
2014	Nate Richards (PC)
2015	Brandon Price (SU)
2016	Zach Matthiesen (PC)
2017	Shane Witters Hicks (PC)
2018	John Mangold (GU)
2019	Dylan Goodyear (GU)
2020-21	Gianni Estrada (GU)
2021	Gianni Estrada (GU)
2022	Gianni Estrada (GU)
2023	Gianni Estrada (GU)
2024	Gianni Estrada (GU)
2025	Kaden Einhorn (GU)

Freshman of the Year

Year	Name (School)
2000	Dustin Franckey (GU)
2001	Steve Wilson (GU)
2002	David Garner (GU)
2003	Andy Thomack (GU)
2004	Gabe Aufderheidi (PC)
2005	Curtis Flake (GU)
2006	Rodney Oyler (GU)
2007	Everett Jackson (FBU)
2008	Todd Schulte (FBU)
2009	Drew Clark (PC)
2010	Wylie Mangelsdorf (PC)
2011	Adam Rolph (PC)
2012	Ethan Jeffries (WU)
2013	Shane Witters Hicks (PC)
2014	Andrew Sharp (GU)
2015	John Mangold (GU)
2016	Dylan Goodyear (GU)
2017	Collin Kessinger (GU)
2018	Dane Thomas (SU)
2019	Cameron Sakuma (WU)
2020-21	Gianni Estrada (GU)
2021	Noah McClellan (SU)
2022	Rex Heath (PC)
2023	Steven Aguilar (FBU)
2024	Jack Arends (GU)
2025	Kaden Einhorn (GU)

Coach of the Year

Year	Name (School)
1990	Robert Baker (PC)
1991	Robert Baker (PC)
1992	Greg Reece (MU)
1993	Greg Reece (MU)
1994	Not Awarded
1995	Robert Baker (PC)
1996	Brian Patton (GU)
1997	Not Awarded
1998	Brian Patton (GU)
1999	Brian Patton (GU)
2000	Brian Patton (GU)
2001	Chuck Wilcoxon (PC)
2002	Brian Patton (GU)
2003	Brian Patton (GU)
2004	Brian Patton (GU)
2005	Brian Patton (GU)
2006	Steve Imig (GU)
2007	Jonathan Eckberg (GU)
2008	Dave Almany (FBU)
2009	Dave Almany (FBU)
2010	Brian Patton (GU)
2011	Chuck Wilcoxon (PC)
2012	Kevin Alessandro (SU)
2013	Chuck Wilcoxon (PC)
2014	Kevin Alessandro (SU)
2015	Bradley Sower (SU)
2016	Brian Patton (GU)
2017	Brian Patton (GU)
2018	Brian Patton (GU)
2019	Brian Patton (GU)
2020-21	Brian Patton (GU)
2021	Brian Patton (GU)
2022	Brian Patton (GU)
2023	Brian Patton (GU)
2024	Brian Patton (GU)
2025	Brian Patton (GU)

Runner of the Year

School.....	No.
Greenville	19
Principia.....	11
Spalding.....	3
Maryville	2

Freshman of the Year

School.....	No.
Greenville	13
Principia.....	6
Fontbonne	3
Webster	2
Spalding.....	2

Coach of the Year

School.....	No.
Greenville	20
Principia.....	6
Spalding.....	3
Fontbonne	2
Maryville	2



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

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SLIAC Championship Results

1990			1997			2004		
Place	School	Points	No Meet Held			Place	School	Points
1	Principia	19				1	Greenville	23
2	Westminster	61				2	Principia	32
3	Blackburn	73	Place	School	Points	3	Maryville	84
4	Maryville	108	1	Greenville	24	4	Blackburn	107
5	Webster	110	2	Principia	31			
6	Fontbonne	156	3	Blackburn	94	2005		
			4	MacMurray	108	Place	School	Points
			5	Fontbonne	113	1	Greenville	19
1991			1999			2	Principia	38
Place	School	Points	Place	School	Points	3	Maryville	80
1	Principia	17	1	Greenville	15	4	Blackburn	115
2	Blackburn	40	2	Principia	51			
	Fontbonne	NTS	3	Maryville	82	2006		
	Maryville	NTS	4	Blackburn	110	Place	School	Points
	Westminster	NTS				1	Greenville	27
1992			2000			2	Principia	37
Place	School	Points	Place	School	Points	3	Blackburn	102
1	Maryville	25	1	Greenville	15	4	Fontbonne	104
2	Principia	43	2	Principia	70	5	Maryville	110
3	Blackburn	56	3	Maryville	87	6	Lincoln Christian	157
4	Fontbonne	108	4	MacMurray	99			
	Westminster	NTS	5	Blackburn	130	2007		
1993						Place	School	Points
Place	School	Points	2001			1	Greenville	28
1	Maryville	24	Place	School	Points	2	Principia	50
2	Blackburn	45	1	Greenville	17	3	Fontbonne	54
3	Westminster	67	2	Principia	46	4	Blackburn	106
4	Principia	81	3	Blackburn	96		Eureka	NTS
			4	Maryville	104		Maryville	NTS
1994			5	MacMurray	106			
Place	School	Points				2008		
No Team Champion			2002			Place	School	Points
			Place	School	Points	1	Fontbonne	35
			1	Greenville	22	2	Greenville	36
1995			2	Principia	39	3	Principia	67
Place	School	Points	3	Maryville	76	4	Maryville	134
1	Principia	40	4	Blackburn	109	5	Westminster	141
2	Blackburn	50		MacMurray	NTS	6	Blackburn	149
3	Greenville	53				7	Eureka	163
4	Westminster	70					Webster	NTS
1996			2003					
Place	School	Points	Place	School	Points			
1	Greenville	17	1	Greenville	20			
2	Principia	39	2	Principia	39			
3	Blackburn	87	3	Maryville	87			
4	Westminster	88	4	Blackburn	126			



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SLIAC Championship Results

2022

Place	School	Points
1	Greenville	16
2	Webster	70
3	Principia	93
4	Fontbonne	112
5	Eureka	113
6	Westminster	139
7	Blackburn	163
	Spalding	NTS

2023

Place	School	Points
1	Greenville	20
2	Fontbonne	86
3	Principia	95
4	Webster	118
5	Spalding	152
6	Eureka	158
	Lyon	158
8	Westminster	168
9	Blackburn	227
10	MUW	259

2024

Place	School	Points
1	Greenville	15
2	Principia	60
3	Webster	71
4	Eureka	138
5	Spalding	140
6	Lyon	162
7	Westminster	167
8	Blackburn	211
9	MUW	274

2025

Place	School	Points
1	Greenville	51
2	Principia	55
3	Webster	59
4	Spalding	105
5	Eureka	122
6	Blackburn	152
7	Lyon	186
8	MUW	212
	Westminster	NTS



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

MEN'S CROSS COUNTRY RECORD BOOK

All-Conference Members

ITALIC - First Team

Blackburn

Derek Heaton 2001
Jarred Herron 1995
Bob Janeliunas 1994, 95
Trent Koplinski 1991, 92
Rusty Reeves 1994
Mike Smith 1990
John Vago 1992
Chad Wamsley 1995
Bob Wilhoit 2000

Eureka

Anthony Delira 2022
Cole Glover 2025
Bailey Webster 2022, 24, 25

Fontbonne

Steven Aguilar 2023
Ethan Blakely 2009
Mike Horn 2008, 09, 10, 11
Justin Horneker 2013
Everett Jackson 2007, 08
Zach Kassman 2007, 08, 09, 10
Ian Lindquist 2008, 09
Bud Schettler 2006
Todd Schulte 2008, 09
Nathan Uding 2007
Philip Yates 2007

Greenville

Nathan Allyn 2015, 16
Shawn Andrews 1995
Jack Arends 2024
Eli Atkins 2023
Isaiah Atkins 2020-21, 22, 23
Lukas Baird 2018, 19, 20-21, 21
Ross Baker 2011, 12
Jimmy Bean 1998, 99, 2000, 01
Andy Bratten 2003
Jeff Boele 1996, 99
Josh Bond 2005, 06, 07
Brandon Borries 2004, 05, 06
Jacob Burrell 2015, 16
Kaleb Carlson 2021, 22
Mason Clayont 2025
Robbie Cockrum 2002
Ray Dagner 2024
Jaxon Dalby 2025
Josh Dees 2011, 13

Jason Denbo 1998
Noah Dir 2019
Jonathon Eckberg 2000
Kaden Einhorn 2025
Gianni Estrada 2020-21, 21, 22, 23, 24
Curtis Flake 2005, 06
Dustin Franckey 2000, 02
Seth Frankhauser 2007, 08
Jalen Franz 2023, 24
Antwan Garnett 2000, 01
David Garner 2002
Joe Gomez 2020-21, 21, 22, 23, 24
James Goodenow 2022, 23, 24
Joseph Goodenow 2024
Dylan Goodyear 2016, 17, 18, 19
Jared Hart 1996, 99
Alan Hollingsworth 2010
Garrett Johnson 2018, 21
Collin Kessinger 2017, 18, 19, 20-21, 21
Tony Lakotich 2020-21, 21, 23
Nathan Liechty 2002, 03, 04
John Mangold 2016, 17, 18
Josh Martsof 2002, 03, 04, 05
Joshua Medlin 2020-21, 23, 24
Beau Meredith 2000, 01, 03, 04
Joe Niemuth 1996, 99
Seth Niemuth 2002, 03, 04, 05
Dylon Niswonger 2018, 19
Jake Norman 1998
Lee O'Connor 2006
Xavier Ortiz 2009, 10, 11
Rodney Oyler 2006, 07, 08, 09
Jeremy Palmer 1995, 96
Leo Pathy 2008, 09, 10
Jeremiah Perry 2020-21, 21, 22, 23, 24
Nathan Potts 2015, 16, 17
Cole Prins 2007, 08, 09, 10
Ben Putnam 2006
Alex Robertson 2007
Jared Righter 2004
Drake Rutledge 2023
Andrew Sharp 2014, 15
Jaylen Shelton 2015, 16, 17
Bryant Simpson 2010, 11, 13
Justin Snider 1998, 99, 2000, 01
Mark Theiss 1995, 96
Andy Thomack 2003, 04, 05, 06
Lance Ward 2007
Adam Wellen 2021, 22, 23

Brian Weiss 1999, 2000, 01, 03
Steve Wilson 2001, 02
Coree Woltering 2008, 09, 11
Nathan Young 2011, 12
Louis Zavala 2025

Maryville

Jef Albach 2005, 06
Thomas Albes 2008
Brian Eaves 1991, 92, 93
Vince Kruse 2002, 04, 05
Justin Millar 2001, 03
Tim O'Brien 1992, 93, 94
Ron Swanson 1992, 93, 94
Brian Theiss 2002
Todd Williams 2006
Steve Wuennenberg 1991, 92, 93

Principia

Mark Asher 2006
Gabe Aufderheidi 2004
Steve Barton 1990, 91
Jim Beatty 1994
Bruce Bender 1996
Brian Bort 2000, 01, 02, 04
Kevin Capp 1990, 91, 92
Drew Clark 2009, 10, 11
Terry Coolidge 1990
Adrian Dahlin 2008
Derrick Fleming 2010, 11, 12, 13
Ben Glass 2002, 03, 05, 06
Everett Griffiths 1998
Rex Heath 2022, 23, 24
Marc Heisterkamp 2001
Kynan Hicks Witters 2012, 13
David Hollinger 2003, 04, 05
Tim Lane 1990, 91
Brian Lawrence 1995
Justin Long 1998
Wylie Mangelsdorf 2010, 11, 12, 13
Zach Matthiesen 2014, 15, 16, 17
Aean McMullin 2010
Donnie Miller 2002, 03, 04, 05
Jamie Miller 1996
Marc Miller 1999
Chege Mwangi 1990
Simon Njoroge 2002, 03, 04, 05
Rob Osborne 2006
Amos Ostler 2025



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

MEN'S CROSS COUNTRY RECORD BOOK

All-Conference

ITALIC - First Team

Abe Ott 2017, 18, 19
Eric Phillips 2001, 02
Michael Powell 2016
Zach Proctor 2023, 24, 25
Kennett Rampley 2024, 25
Eli Reynolds 2003
Nate Richards 2014, 16, 17
Adam Rolph 2012
Andy Simmons 2001
Justin Sinichko 2007
John Spencer 2007
Jeff Strickland 2007, 08, 09, 11
Peter Swank 2004, 05, 06, 07
Sune Tamm-Buckle 2000
Holland Thomas 2024, 25
Tim Walker 2001, 03
Matt Ward 2005
Peter Whitmore 1998
Shane Witters Hicks 2013, 14, 15, 17

Greg Fletcher 2014
Riley Flynn 2015, 16, 17
Nathan Freyling 2018, 19, 20-21, 21
Eli Guzman 2018
Brayden Halter 2025
Jason Hickson 2012, 13, 14
William Howells 2024
Johnny Imboden 2025
Ethan Jeffries 2012, 13
Gryphon Ketterling 2016
David Lambus 2014
Derrick McKee 2008
Simon Muthemba 2025
Ethan Nieroda 2023, 24, 25
Cameron Sakuma 2019, 20-21, 22
Kaelin Triggs 2020-21, 21, 22, 23
Colton Vaughn 2018

Spalding

Parker Bettag 2016, 17
Will Brittan 2018, 19
Devan Carter 2019
Abram Deng 2009, 10, 11, 12
Tyler Edmondson 2014
Wyatt Frye 2022, 25
Cory Heslin 2014
Haile Jemane 2010, 11, 12, 13
Nathan Mark 2013, 14, 15
Allen Matthews 2012, 14, 15
Noah McClellan 2021
Peter McGowan 2020-21, 21
Spencer Mitchell 2015
Brandon Price 2013, 14, 15, 16
Tobias Rice 2025
Dane Thomas 2018, 19
Eli Thomas 2018
Jack Vinson 2019, 20-21, 21
Eric Yopez 2011
Alec Zaremba 2009, 10, 12

Westminster

David Brewer 1994
Matt Borst 2012, 13
John Christiansen 1991, 93
Jesse Edwards 2013, 14, 15
Michael Giles 2022
Cole Gustafson 2001
Daniel Lindaman 2012, 14
Samuel Moore 2019
Kevin O'Bannon 1990
Andrew Powelson 1994
Glenn Teubner 2015, 16

Webster

Sam Baker 2022
Brandon Brown 2017
Taylor Carter 2017
Javier Cervantes 2018, 19, 20-21
Abram Donovan 2017
Caleb Fletcher 2022



ST. LOUIS INTERCOLLEGIATE ATHLETIC CONFERENCE

MEN'S CROSS COUNTRY RECORD BOOK

Team Sportsmanship Award

2006 Principia College
2007 Principia College
2008 Eureka College
2009 Principia College
2010 Greenville University
2011 Principia College
2012 Principia College

2013 Principia College
2014 Principia College
2015 Greenville University
2016 Principia College
2017 Blackburn College
2018 Principia College
Webster University

2019 Webster University
2020-21 Greenville University
2021 Fontbonne University
2022 Blackburn College
2023 Fontbonne University
2024 Principia College
2025 Principia College

All-Sportsmanship Team

2010

Paul Kline (BC)
William Gibula (DU)
Jon Hegelson (EC)
Zac Kassman (FBU)
John Spencer (GU)
Derrick Fleming (PC)
Zachary Michael (SU)
Alex Schoenstein (WU)
Victor Stichnot (WC)

2011

Marshall Petty (BC)
Zach Ahrends (EC)
Shea Naes (FBU)
Ross Baker (GU)
Andy Crump (PC)
James Borengasser (SU)
Tony Morales (WU)
Daniel Lindaman (WC)

2012

Paul Kline (BC)
Timothy Cowell (EC)
Justin Horneker (FBU)
Tony Briscoe (GU)
Derrick Fleming (PC)
Allen Matthews (SU)
Dan Henkey (WU)
Will Megl (WC)

2013

Paul Kline (BC)
Zach Ahrends (EC)
Cristian Sellars (FBU)
Tony Briscoe (GU)
Jacob Ayers (IWU)
Kynan Witters-Hicks (PC)
Brandon Price (SU)
Jason Hickson (WU)
Daniel Lindaman (WC)

2014

Seth Tonser (BC)
Ian Cummings (EC)
Justin Horneker (FBU)
Ben Barber (GU)
Shane Witters Hicks (PC)
Cory Heslin (SU)
Austin Dudley (WU)
Spencer Woodford (WC)

2015

Nathan Speckhart (BC)
Justin Briante (EC)
Cristian Sellars (FBU)
Jacob Burrell (GU)
Tyler Wingert (PC)
Tommy Lindemann (SU)
Brandon Brown (WU)
Will Mengl (WC)

2016

Tim Lacy (BC)
Justin Briante (EC)
Chris Graham (FBU)
Jacob Burrell (GU)
Tyler Wingert (PC)
Justin Gallagher (SU)
Paul Muller (WU)
Glenn Teubner (WC)

2017

Noah Daum (BC)
Jacob Dixon (FBU)
Nathan Potts (GU)
Zach Vespa (MC)
Abe Ott (PC)
Parker Bettag (SU)
Austin Dudley (WU)
Jack Pervinich (WC)

2018

Kariem Ali (BC)
Austin Joyce (FBU)
Dylon Niswonger (GU)
Matt Klundt (IWU)
Zach Vespa (MC)
Spencer Christensen (PC)
Shaun Montgomery (SU)
Paul Mueller (WU)
Joseph Labitska (WC)

2019

Quentin Smith (BC)
Anh Nguyen (FBU)
Dylon Niswonger (GU)
Nate Townsend (IWU)
Ryan Shumaker (MC)
Sammy Keyes (PC)
Shaun Montgomery (SU)
Nathan Freyling (WU)
Samuel Moore (WC)

2020-21

Quentin Smith (BC)
Javier Garcia (EC)
Ian Cordell (FBU)
Lukas Baird (GU)
Antwaun Scott (IWU)
Cooper Holt (PC)
Peter McGowan (SU)
Nathan Freyling (WU)
Jacob Marshall (WC)

2021

Quentin Smith (BC)
Javier Garcia (EC)
Brandon Schmiedeskamp (FBU)
Isaiah Atkins (GU)
Tobin Blair (PC)
Kenneth Goins (SU)
Sam Baker (WU)
Lane Martin (WC)

2022

Luis Alvarado (BC)
Jose Amador (EC)
Camden Revell (FBU)
Isaiah Atkins (GU)
Spencer Christensen (PC)
Peter McGowan (SU)
Caleb Fletcher (WU)
Kerrick Adkins (WC)

2023

Luis Alvarado (BC)
Jose Amador (EC)
Bradley Forrest (FBU)
Joe Gomez (GU)
Kyle Fleck (LC)
Brandon Brown (MUW)
Zach Proctor (PC)
Jager Simkins (SU)
Kaelin Triggs (WU)
Lane Martin (WC)

2024

Sebastian Bautista (BC)
Hayden Skaggs (EC)
Luis Zavala (GU)
Daniel Thomas (LC)
Tavonta Macon (MUW)
Zach Proctor (PC)
Tobias Rice (SU)
Johnny Imboden (WU)
Noah Ottinger (WC)

2025

Samuel Schoeneweis (BC)
Evan Gillespie (EC)
Luis Zavala (GU)
Jakobe Alcorn (LC)
Javaris Roberts (MUW)
Drew Chapman (PC)
Jadon Garcia (SU)
Jacob Hawkins (WU)
Levi Brandt (WC)



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MEN'S CROSS COUNTRY RECORD BOOK

NCAA Division III National Qualifiers (SLIAC Members Only)

1997 Mark Theiss, Greenville - 25:56 (27th)
1998 Mark Theiss, Greenville - 25:23 (10th)
1999 Jeff Boele, Greenville - 24:48 (52nd)
2005 Josh Martsof, Greenville - 27:19.9 (112th)
2011 Wylie Mangelsdorf, Principia - 25:12.12 (89th)
2012 Wylie Mangelsdorf, Principia - 24:53.8 (19th)
Abram Deng, Spalding - 26:27.9 (190th)
2013 Wylie Mangelsdorf, Principia - 24:47.1 (5th)
2014 Nate Richards, Principia - 24:41.3 (39th)
2017 Shane Witters Hicks, Principia - 25:01.6 (42nd)
Zach Matthiesen, Principia - 25:17.1 (66th)
Nate Richards, Principia - 25:28.6 (96th)
2022 Gianni Estrada, Greenville - 25:46 (55th)
2024 Gianni Estrada, Greenville - 26:12 (251st)



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Program Records (8k distance only)

Blackburn College

Season Best Time: 27:22 - Shane Mitoraj (2010)
Individual Championship Time:
27:22 - Shane Mitoraj (2010)
Individual Championship Finish:
11th - Bob Wilhoit (2000)
Team Championship Score: 40 points
Team Championship Finish: 2nd (1991)

Eureka College

Season Best Time: 26:18 - Cole Glover (2025)
Individual Championship Time:
26:53 - Cory Shoopman (2013)/Cole Glover (2025)
Individual Championship Finish:
2nd - Cole Glover (2025)
Team Championship Score: 113 points (2022)
Team Championship Finish: 4th (2024)

Greenville University

Season Best Time: 24:43 - Josh Martsolf (2005)
Individual Championship Time:
25:15 - Dustin Franckey (2000)
Individual Championship Finish:
1st - 19 times, last Kaden Einhorn (2025)
Team Championship Score: 15 points (3 times, last 2024)
Team Championship Finish: 1st (22 times, last 2025)

Lyon College

Season Best Time: 28:14 - James McNew (2024)
Individual Championship Time:
28:20 - James McNew (2024)
Individual Championship Finish:
19th - William Zammorano (2023)
Team Championship Score: 158 points (2023)
Team Championship Finish: 6th (2023)

Mississippi University for Women

Season Best Time: 30:14 - Jarvis Sellers (2025)
Individual Championship Time:
31:42 - Jarvis Sellers (2025)
Individual Championship Finish:
21st - Jarvis Sellers (2025)
Team Championship Score: 212 points (2025)
Team Championship Finish: 8th (2025)

Principia College

Season Best Time: 23:51 - Zach Matthiesen (2017)
Individual Championship Time:
24:05 - Zach Matthiesen (2017)
Individual Championship Finish:
1st - 11 times, last Zach Matthiesen (2017)
Team Championship Score: 17 points (1991)
Team Championship Finish: 1st (5 times, last 2013)

Spalding University

Season Best Time: 25:17 - Abram Deng (2011)
Individual Championship Time:
25:17 - Abram Deng (2011)
Individual Championship Finish:
1st - 3 times, last Brandon Price (2015)
Team Championship Score: 41 points (2 times, last 2015)
Team Championship Finish: 1st (3 times, last 2015)

Webster University

Season Best Time: 25:04 - Ethan Jeffries (2013)
Individual Championship Time:
25:17 - Ethan Jeffries (2013)
Individual Championship Finish:
2nd - Three times, last Nathan Freyling (2021)
Team Championship Score: 40 points (2020-21)
Team Championship Finish: 2nd (4 times, last 2021)

Westminster College

Season Best Time: 25:48 - Jesse Edwards (2013)
Individual Championship Time:
25:48 - Jesse Edwards (2013)
Individual Championship Finish:
5th - Glenn Teubner (2016)
Team Championship Score: 61 points (1990)
Team Championship Finish: 3rd (2012)

SLIAC Records (8k distance only)

Best Time:

23:51 - Zach Matthiesen, Principia (2017)
24:05 - Zach Matthiesen, Principia (2017)
24:08 - Nate Richards, Principia (2017)

Best Championship Time:

24:05 - Zach Matthiesen, Principia (2017)

Most Individual Championships:

5- Gianni Estrada, Greenville
3- Kevin Capp, Principia

Clean Sweeps: Greenville (1999, 2000, 2024)

Biggest Margin of Victory:

1:08 - Mark Theiss, Greenville (1996)
1:02 - Gianni Estrada, Greenville (2021)
0:58 - Dylan Goodyear, Greenville (2019)

Narrowest Margin of Victory:

1.00 second - Dustin Franckey, Greenville (2000)
1.62 seconds - Gianni Estrada, Greenville (2024)
2.36 seconds - Kaden Einhorn, Greenville (2025)
3.00 seconds - Zach Matthiesen, Principia (2017)
4.00 seconds - Twice