



# GRINNELL COLLEGE MEN'S CROSS COUNTRY INDIVIDUAL AWARDS



## NATIONAL

### All-America (8K)

**2003:** 4, Adam Booth 25:12.04

### NCAA Qualifiers (8K unless noted)

**2013:** 39, Frank Canady 25:28.9

**2012:** 94, Frank Canady 25:39.3

**2010:** 68, Alex Reich 25:23.8; 92, Noah DeLong 25:38.1; 130, Frank Canady 25:56.3; 149, Erik Figge 26:08.7; 161, Ethan Heppner 26:13.6; 180, Ben Tyler 26:26.5; 212, Shyam Deshpande 27:22.1

**2009:** 120, Dan Krauss 26:51.4

**2008:** 56, Henry Reich 25:16.66; 109, David Montgomery 25:39.73; 161, Sam Calisch 25:57.02; 214, Ethan Heppner 26:20.03; 240, Noah DeLong 26:31.89; 250, Nick Sparr 26:36.93; 256, Alex Reich 26:40.72

**2006:** 40, Drake Ballew 27:50; 137, David Montgomery 28:52

**2004:** 113, Justin Riley 26:06.08

**2003:** 4, Adam Booth 25:12.04

**2002:** 52, Adam Booth 25:57.08

**2001:** 58, Adam Booth 25:22.03

**2000:** 131, John Aerni 26:37.05; 172, Rob Park 27:08.03

**1999:** 54, John Aerni 24:49.03

**1993:** 76, Mike Nawrocki 26:17.03

**1991:** 37, Mike Nawrocki 25:21; 80, Mark Beilstein 26:03; 84, Jason Maples 26:06; 95, Chris Garman 26:12; 96, Jeff Ulmer 26:13; 135, John Marciari 26:48; 161, Barry Mathcett 27:35

**1990:** 89, Mark Beilstein 26:25.04; 100, Chris Garman 26:34.01; 102, David Hammond 26:35.00; 123, Todd Rowekamp 26:52.07; 152, Jeff Ulmer 27:29.03; 153, John Marciari 27:31.02; 163, David Sheridan 27:48.00

**1988:** 35, Greg Evans 25:33.09

**1981:** 53, David Cooke 26:53

**1976:** 256, Tim Caver 27:33; 261, Rich Nayer 27:35; 328, Paul Reich (time NA)

**1974:** 265, Russell Damtoft 28:55

**1973:** 87, David Raub 26:08; 213, Russell Damtoft 28:15; 224, Tom Howland 28:28; 241, Cliff Clustin 29:27; 244, Mark Blanchard 30:07; 249, Neil Klegerman 31:28

**1972:** 153, Dan Hildebrand 26:39; 377, Bob Brown 29:06; 385, Tom Howland 29:16; 394, David Raub 29:45; 399, Russell Damtoft 29:57; 410, Ted Morgan 30:57

**1971:** 142, Chuck McGrath 26:43; 229, Dan Hildebrand 27:14; 285, Paul Miller 27:59; 355, Tom Howland 29:14; 372, Bob Sheids 29:59

**1970:** 96, Eric Jahn 26:48; 127, Chuck McGrath 27:00; 267, John Russell 28:22

**1969:** 65, Chuck McGrath 26:37; 202, Eric Jahn 27:58

**1967 (4 miles):** 188, Doug Dray 22:01; 309, Spencer Clark 24:24; 315, Bruce Luecke 25:08

**1963 (4 miles):** 29, Rod Brown 21:19

**1960 (4 miles):** 23, Grant Fairbanks 21:33; 61, Keith Kester 22:35; 79, Phil Northern 22:58; 93, Gof Thomson (time NA); 100, Tad Winiecki (time NA)

**1954 (4 miles):** 54, George Drake 21:31; 79, Dave Qutub 22:10; 106, Larry Schaleger 23:30; 109, Bob Downs 23:56; 111, Fritz Goreham 24:34

**1953 (4 miles):** 74, George Drake 22:06

### CoSIDA Academic All-America®

**2009: First Team (T&F/XC)**-Henry Reich

**2004: Second Team (T&F/XC)**-Adam Booth

**1991: Second Team (At Large)**-David Hammond

### USTFCCA All-Academic

**2024:** Connor Heagy, Bradley Ramsey

**2019:** Matt Lieberman

**2018:** John Lennon

**2016:** John Lennon, Anthony McLean

**2013:** Frank Canady, Evan Griffith

**2012:** Frank Canady, Erik Figge

**2011:** Ben Tyler

**2010:** Frank Canady, Erik Figge, Ethan Heppner, Alex Reich

**2009:** Dan Krauss, Alex Reich

**2008:** Sam Calisch, Henry Reich

**2006:** Henry Reich

**1997:** Neil Gipson, Andy Jacobson, Casey Miller, Rob Park

## REGION

### All-Region (8K unless noted)

**2019:** 34, Matt Lieberman 26:27.9

**2018:** 14, John Lennon 25:19.0

**2016:** 25, Anthony McLean 26:09.6

**2015:** 18, Adam Dalton 26:03.6

**2013:** 10, Frank Canady 25:20.7

**2012:** 8, Frank Canady 25:49.1; 35, Erik Figge 26:30.3

**2011:** 23, Ben Tyler 26:06.3

**2010:** 8, Alex Reich 25:51.6; 17, Erik Figge 26:03.1; 20, Frank Canady 26:06.4; 22, Ethan Heppner 26:11.0; 30, Noah DeLong 26:14.9

**2009:** 13, Dan Krauss 25:26.3; 15, Alex Reich 25:39.8; 18, Noah DeLong 25:45.3

**2008:** 20, Henry Reich 26:12.0; 27, Sam Calisch 26:30.0; 33, David Montgomery 26:39.9; 34, Noah DeLong 26:40.2

**2007:** 32, Charlie Knuth 26:18; 34, David Montgomery 26:19



# GRINNELL COLLEGE MEN'S CROSS COUNTRY *INDIVIDUAL AWARDS*



**2006:** 3, Drake Ballew 25:46.20; 15, David Montgomery 26:05.35; 35, Henry Reich 26:44.05  
**2005:** 35, Charlie Knuth 26:43.00  
**2004:** 15, Justin Riley 25:52; 19, David Honig 25:59; 25, Colin Tschida 26:14; 27, Mitch Herz 26:20  
**2003:** 2, Adam Booth 24:29; 16, David Honig 25:26  
**2002:** 5, Adam Booth 25:00; 29, Justin Riley 26:03  
**2001:** 8, Adam Booth 25:33; 31, Noah Lawrence 26:29  
**2000:** 2, John Aerni 25:51; 14, Rob Park 26:15  
**1999:** 7, John Aerni 26:21  
**1998:** 23, John Aerni 26:54; 27, Rob Park 27:02  
**1994:** 20, Josh Ward 26:15; 25, Chris Mills 26:26  
**1993:** 4, Mike Nawrocki 26:02; 24, Chris Mills 26:47; 31, Mark Beilstein 26:54; 33, Barry Matchett 26:59  
**1992:** 19, Jeff Ulmer 26:40; 22, Chris Mills 26:44  
**1991:** 8, Chris Garman 26:38; 12, Mike Nawrocki 26:54; 16, Jason Maples 27:02; 18, Mark Beilstein 27:05; 21, Jeff Ulmer 27:11  
**1990:** 12, Chris Garman; 13, David Hammond; 25, Mark Beilstein; 30, Todd Rowekamp (times NA)  
**1989:** 35, Jonathon Lave 26:48  
**1988:** 12, Greg Evans (time NA)  
**1987:** 11, Greg Evans 25:51; 32, David Hammond 26:40  
**1981:** 6, David Cooke 24:41.1  
**1979:** 30, David Cooke 25:22.6

## **Coach of the Year**

**2010: Central Region-**Will Freeman

## **CoSIDA Academic All-District®**

**2024: 2024 First Team (T&F/XC):-**Bradley Ramsey, Brian Goodell  
**2023: First Team (T&F/XC)-**Micah Cantor, Brian Goodell, Bradley Ramsey  
**2014: First Team (T&F/XC)-**Frank Canady  
**2009: First Team (T&F/XC)-**Henry Reich  
**2004: First Team (T&F/XC)-**Adam Booth  
**1991: First Team (At Large)-**David Hammond

## **MIDWEST CONFERENCE**

### **Individual Champions (8K unless noted)**

**2023:** Brian Goodell 25:34.35  
**2013:** Frank Canady 25:26.07  
**2012:** Frank Canady 25:21.90  
**2010:** Alex Reich 25:24.86  
**2009:** Dan Krauss 26:42.13  
**2008:** Henry Reich 25:51  
**2006:** Drake Ballew 25:41  
**2003:** Adam Booth 24:56

**2002:** Adam Booth 25:17  
**2001:** Adam Booth 25:11  
**2000:** John Aerni 26:24  
**1997:** Rob Park 27:15  
**1995:** Josh Ward 27:10  
**1994:** Chris Mills 26:42  
**1993:** Mike Nawrocki 25:55  
**1991:** Chris Garman 27:30  
**1988:** Greg Evans 26:14  
**1987:** Greg Evans 25:47  
**1986:** Greg Evans 26:58  
**1971 (4 miles):** Chuck McGrath 20:45  
**1963 (3 miles):** Rod Brown 15:19  
**1940 (2.5 miles):** Neuman Fell 13:48

## **Outstanding Newcomer**

**2022:** Luke Robinson  
**2019:** Andrew Nickeson

## **Elite 20 Award**

**2017:** Alex Kleinjan

## **Coach of the Year**

**2023:** Sarah Burnell  
**2019:** Will Freeman  
**2016:** Will Freeman  
**2015:** Will Freeman  
**2013:** Will Freeman  
**2012:** Will Freeman  
**2010:** Will Freeman  
**2009:** Will Freeman  
**2008:** Will Freeman  
**2005:** Will Freeman  
**2004:** Will Freeman  
**2003:** Will Freeman

## **Men's/Mixed Sport Athlete of the Year**

**2023-24:** Brian Goodell

## **Roy W. LeClere Academic Award**

**2009-10:** Sam Calisch  
**2008-09:** Henry Reich  
**1997-98:** Andrew Broadwell

## **MISSOURI VALLEY CONFERENCE**

### **Individual Champions (3.8 miles)**

**1930:** Myron Pilbrow 19:50.1