

Southwest Valley Cross Country Meet**Corning High School****Corning, IA****September 19, 2019****Varsity Girls Team Results**

Place	Team	Points
1	Creston	51
2	Shenandoah	79
3	Clarinda	79
4	Red Oak	96
5	Central Decatur	112
6	Southwest Valley	134
7	East Union	168
8	Martensdale-St. Mary's	175

Varsity Girls Individual Results

Place	Athlete	Team	Time
1	Braelyn Baker	Creston	22:06.0
2	Mayson Hartely	Clarinda	23:07.2
3	Paige Davis	Creston	23:56.2
4	Alexa McCunn	Red Oak	24:10.4
5	Brenna Godfread	Shenandoah	24:20.6
6	Gabrielle Valencia	East Union	24:50.3
7	Chloe Devries	Red Oak	25:09.9
8	McKinna Hogan	Lenox	25:45.0
9	Christene Johnson	Shenandoah	25:50.2
10	Ashlyn Eberly	Clarinda	25:52.1
11	Harrisen Bevan	Central Decatur	26:20.9
12	Morgan Buxton	Creston	26:24.1
13	Hayleigh Vinzant	Bedford	26:26.3
14	Kaydee Swartz	Central Decatur	26:26.6
15	Angelina Chuong	Creston	26:38.4
16	Camryn Bass	Red Oak	26:54.8
17	Skylyr Stewart	Martensdale-St. Mary's	27:22.5
18	Stormy Noble	Riverside	27:38.0
19	Molly Lihs	Clarinda	27:49.5
20	Savanah Hall	Sidney	27:50.1
21	Sydney Davies	Southwest Valley	28:03.0
22	Aubrey Boswell	Southwest Valley	28:18.5
23	Halle Pearson	Southwest Valley	28:21.2
24	Keelee Razee	Shenandoah	28:22.3
25	Lauren Saxton	Central Decatur	28:34.0
26	Kelsey Franklin	Shenandoah	28:37.2
27	Molly Sickels	Creston	29:01.6
28	Lydia Morales	Shenandoah	29:30.8
29	Megan Wells	East Mills	29:35.9
30	Tatiana Schaapherder	Clarinda	29:58.3
31	Hannah Mulligan	Shenandoah	29:59.0
32	Hannah Milleson	Clarinda	30:00.7

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33	Isabelle Smith	Clarinda	30:07.8
34	Tristen Rice	Creston	30:13.2
35	Molly McNeill	East Union	30:21.6
36	Jensen Archibald	Martensdale-St. Mary's	30:28.4
37	Aedynn Graham	Red Oak	30:28.9
38	Maren Buckingham	Central Decatur	30:30.0
39	Sydney Westlake	Southwest Valley	30:44.5
40	Maggie Girardi	Martensdale-St. Mary's	30:51.2
41	Chloe Hamacker	Central Decatur	31:37.0
42	Keely Boltinghouse	Clarinda	31:43.7
43	Grace Poulton	Central Decatur	31:44.9
44	Lexi Hankins	Fremont-Mills	31:57.9
45	Rhenn Rolenc	Red Oak	32:01.3
46	Madison Bruce	Red Oak	32:07.0
47	Ansley Waigand	East Union	32:14.3
48	Carmen Perdew	Bedford	32:27.4
49	Libby Mensen	Red Oak	32:48.3
50	Willow Miller	Bedford	33:28.6
51	Jozie Hendrickson	Sidney	33:36.3
52	Abbie Wuebker	East Union	33:37.8
53	Carson Bethards	Central Decatur	33:39.4
54	Cailee Manzer	Riverside	33:42.3
55	Grace Hart	Martensdale-St. Mary's	33:53.2
56	Grace Zach	Sidney	34:02.5
57	Bella Johnson	Southwest Valley	34:12.3
58	Danica Laumann	Sidney	34:41.7
59	Abbie Wetzel	Southwest Valley	35:50.5
60	Taylor Miller	East Union	37:03.5
61	Natausha Dillinger	Essex	38:00.4
62	Saben Sharp	Bedford	38:16.1
63	Trinity Gordon	Essex	38:23.7
64	Anna Ohman	Martensdale-St. Mary's	39:17.6
65	Anjali Kathikar	Southwest Valley	40:59.3
66	Katie Messerschmidt	Riverside	42:34.7
67	Tori Sample	Essex	49:45.9

Southwest Valley Cross Country Meet**Corning High School****Corning, IA****September 19, 2019****Varsity Boys Team Results**

Place	Team	Points
1	Central Decatur	36
2	Red Oak	74
3	Clarinda	103
4	Shenandoah	106
5	Creston	121
6	Riverside	173
7	Bedford	180
8	Sidney	203
9	East Union	228
10	Martensdale-St. Mary's	268
11	East Mills	280
12	Southwest Valley	296

Varsity Boys Individual Results

Place	Athlete	Team	Time
1	Noah Jorgenson	Sidney	18:00.8
2	William Gillis	Central Decatur	18:51.5
3	Baylor Bergren	Red Oak	19:15.4
4	Tate Swartz	Central Decatur	19:39.8
5	Clayton Stafford	Creston	19:47.4
6	Connor Koppa	Red Oak	19:48.6
7	Jon McCall	Clarinda	19:52.1
8	Vincent Carcamo	Central Decatur	19:59.1
9	Luke Baker	Clarinda	20:02.2
10	Junior Oesch	Central Decatur	20:08.4
11	Dennis Pilling	Riverside	20:09.7
12	Tyson McDole	Central Decatur	20:14.2
13	Ben Schroder	Riverside	20:20.4
14	Owen Lucas	Bedford	20:24.3
15	Damon Hayes	East Union	20:28.1
16	Josh Schuster	Shenandoah	20:38.2
17	Mitchell Jones	Shenandoah	20:51.5
18	Nick Mather	Shenandoah	20:52.4
19	Avery Graham	Red Oak	20:55.6
20	Kaden Johnson	Red Oak	21:01.3
21	Mark Everett	Clarinda	21:08.5
22	Jared Moreland	Creston	21:19.3
23	Levi Hitz	Creston	21:32.8
24	Michael Mayer	Clarinda	21:38.4
25	Cole Jorgenson	Sidney	21:40.8
26	Caden Hall	Red Oak	21:41.4
27	Bryce McDowell	Shenandoah	21:43.6
28	Eli Schuster	Shenandoah	21:45.7

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29	Josh Niehart	Bedford	21:50.6
30	Nick Miramontes	Fremont-Mills	21:53.5
31	Adam Harris	Southwest Valley	21:57.9
32	Hunter Fry	Creston	22:06.7
33	Cole Nelson	East Union	22:13.0
34	Robbie Criswell	Martensdale-St. Mary's	22:15.8
35	Nolan Blackman	Red Oak	22:18.0
36	Joey Rose	Martensdale-St. Mary's	22:20.9
37	Blake Son	Shenandoah	22:23.0
38	Jerett Jentzsch	East Mills	22:23.9
39	Noah Johnson	Bedford	22:25.4
40	George Martin	Shenandoah	22:27.8
41	Aidan Anderson	Creston	22:32.3
42	Riley Wipperman	Creston	22:38.4
43	Jordan Fasnacht	Clarinda	22:39.1
44	Ronnie Weidman	Clarinda	22:39.4
45	Alec Wyman	Clarinda	22:52.8
46	Kyle Beam	Sidney	22:56.3
47	Lance Skank	Riverside	23:02.4
48	Clayton Spies	Riverside	23:07.5
49	Bradley Johnson	Bedford	23:07.7
50	Brandon Vecchio	Central Decatur	23:08.1
51	DJ Islas	East Union	23:09.7
52	Stephen Burn	Bedford	23:12.5
53	Jesse Oyster	East Mills	23:18.8
54	Blake Venteicher	Southwest Valley	23:50.5
55	Alvin Robertson	Clarinda Academy	24:09.4
56	Devin Baker	Creston	24:15.4
57	Trey Hill	Bedford	24:23.9
58	Dylan McDonald	Riverside	24:31.3
59	Robert Powell Moore	Clarinda Academy	24:47.5
60	Wyatt Sparr	Riverside	24:59.2
61	Mizael Gomez	Lenox	25:08.7
62	Connery Humphries	Sidney	25:14.0
63	Anthony Obermiller	East Mills	25:16.5
64	Tacoma Jones	Clarinda Academy	25:24.2
65	Draven Moore	East Union	25:28.1
66	Brayden Olson	Central Decatur	25:35.6
67	AJ Laramy	East Mills	25:52.4
68	Ian Wetzler	Martensdale-St. Mary's	26:09.8
69	Garrett Marn	Southwest Valley	26:11.9
70	Braden West	Fremont-Mills	26:13.6
71	Conner Stevens	Riverside	26:16.6
72	Ayden Ritchie	Bedford	26:17.4
73	Luis Galicia	Red Oak	26:21.3

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74	Dylan Higens	Martensdale-St. Mary's	26:42.3
75	Asa Starr	Clarinda Academy	26:51.7
76	Tyler Higens	Martensdale-St. Mary's	26:53.2
77	Alex Baker	Diagonal	27:06.2
78	Thoren Wade	East Mills	27:13.0
79	Peyton Long	East Union	27:23.8
80	Blake Wuebker	East Union	27:36.6
81	Raymond Harris	Southwest Valley	27:53.2
82	Dane Moyer	Sidney	27:58.8
83	David Ralls	Martensdale-St. Mary's	27:59.3
84	Daniel Mattox	Southwest Valley	28:20.2
85	Firuz Kholov	Southwest Valley	28:24.3
86	Jacob Robinette	Essex	29:10.5
87	Moses Ekpai	Fremont-Mills	30:17.2
88	Dustin Ralls	Martensdale-St. Mary's	30:33.8
89	Skyler Stamps	Diagonal	30:48.4
90	Brayden Avila	Southwest Valley	31:45.3
91	Wesley Johnson	Essex	33:35.8
92	Martin Seipold	East Mills	34:24.5
93	Preston Driskell	Essex	37:28.7

Southwest Valley Cross Country Meet**Corning High School****Corning, IA****September 19, 2019****Junior Varsity Girls Team Results**

No team scores

Junior Varsity Girls Individual Results

Place	Athlete	Team	Time
1	Lauryn Dukes	Shenandoah	28:50.0
2	Emma Pantini	Creston	29:24.3
3	Aleigha Gomez	Shenandoah	29:44.2
4	Mallory Wilson	Creston	29:48.7
5	Sydney Pantini	Creston	31:07.4
6	Sydney Strunk	Creston	31:11.8
7	Sara-Lotta Niskanen	Shenandoah	31:12.5
8	Autumn Stafford	Creston	31:22.7
9	Brittany Linch	Creston	32:29.9
10	Ashley Reynard	Creston	33:44.0
11	Delaney Hall	Red Oak	34:06.7
12	Lucy Martin	Shenandoah	34:30.7
13	Cami Porter	Red Oak	34:33.1
14	Michelle Grass	Red Oak	35:04.1
15	Skylar Ned	Clarinda	36:00.6
16	Tessa Rolenc	Red Oak	36:09.6
17	Ellyson Sheetz	Central Decatur	36:17.2
18	Eva Sherman	Red Oak	36:57.5
19	Mya Southwell	Red Oak	37:24.8
20	Mya Hammons	Shenandoah	38:28.7
21	Hasin Tabassum	Shenandoah	39:16.7
22	Lindsey Porter	Red Oak	46:32.0
23	Julia Means	Southwest Valley	49:26.8

Southwest Valley Cross Country Meet**Corning High School****Corning, IA****September 19, 2019****Junior Varsity Boys Team Results**

No team scores

Junior Varsity Boys Individual Results

Place	Athlete	Team	Time
1	Matthew Patience	Central Decatur	23:04.4
2	Jack Greenwood	Central Decatur	23:05.0
3	Justin Wells	Fremont-Mills	23:39.0
4	Andrew Johnson	Shenandoah	23:41.6
5	Sam Martin	Shenandoah	23:59.4
6	Nathan King	Clarinda	25:02.7
7	Adrian Raynaud	Shenandoah	25:11.7
8	Quentinn Coffelt	Central Decatur	25:30.5
9	Quentin Slater	Shenandoah	25:40.8
10	Carson Smith	Creston	25:45.4
11	Nathaniel Bishop	Central Decatur	26:14.0
12	Isaiah Brunk	Central Decatur	26:23.3
13	Isaac Shields	Creston	26:32.5
14	Xavier Ross	Red Oak	27:30.3
15	Aidan Eubank	Red Oak	27:39.7
16	Tristan Callahan	Creston	27:52.0
17	Alex Weis	Riverside	28:43.3
18	Caleb Stevens	Riverside	29:00.0
19	Chino Lepe	Red Oak	29:12.2
20	Anthony Webb	Clarinda	29:26.7
21	Forrest Eberly	Clarinda	29:27.7
22	Brandon VanHoose	Red Oak	29:29.8
23	Ashton Gregg	Central Decatur	29:35.1
24	Bryce Pierson	Central Decatur	29:39.2
25	Sam Bredensteiner	Bedford	30:07.3
26	Dylan Barrett	Essex	30:15.6
27	Evan Weaver	Martensdale-St. Mary's	30:48.9
28	Jay Khositanon	Southwest Valley	32:12.9
29	Trent Newton	Southwest Valley	32:21.1
30	Spencer Lane	Creston	32:44.7

Southwest Valley Cross Country Meet**Corning High School****Corning, IA****September 19, 2019****Middle School Girls Team Results - No team scores****Middle School Girls Individual Results**

Place	Athlete	Team	Time
1	Ellie Baker	Martensdale-St. Mary's	14:52.4
2	Hailey Egbert	Shenandoah	15:14.5
3	Becca Cody	Riverside	15:36.1
4	Lydia Goins	Creston	15:36.8
5	Carly Green	Creston	15:44.4
6	Aniston Jones	Central Decatur	15:50.8
7	Payton Davis	Creston	16:02.2
8	Zoe Ralston	Creston	16:04.4
9	Abby Martin	Shenandoah	16:05.3
10	Jillian Valencia	East Union	16:25.8
11	Kya Newton	Southwest Valley	17:07.1
12	Laney Manrose	Shenandoah	17:21.3
13	Ashlynn Reser	Southwest Valley	18:06.2
14	Kat Mothershead	Central Decatur	18:13.5
15	Megan Ramsey	Southwest Valley	18:26.5
16	Hayden Waigand	East Union	18:27.1
17	Brooke Thompson	Martensdale-St. Mary's	18:40.3
18	Emily Hughes	Martensdale-St. Mary's	18:49.4
19	Morgan Cook	Shenandoah	19:13.0
20	Carson Rycroft	Fremont-Mills	19:14.1
21	Jaq Kenyon	Creston	19:20.9
22	Kaidynce Reafengl	Fremont-Mills	19:23.4
23	Lilly Lewis	Red Oak	19:25.3
24	Emma Vest	Bedford	19:55.8
25	Caytlyn Wipperman	Creston	20:08.0
26	Tania Dunn	Essex	20:17.9
27	Grace Koppa	Red Oak	20:26.0
28	Maddie McCoy	Southwest Valley	20:58.3
29	Mariah Sparks	Southwest Valley	21:02.7
30	Sophia Johnson	Southwest Valley	21:04.0
31	Syriana Spann	Red Oak	21:21.2
32	Amber Lenze	Creston	21:47.2
33	Jamie Moyer	Sidney	22:20.9
34	Victoria Miner	Stanton	22:32.6
35	Jadea Powers	Fremont-Mills	22:48.7
36	Autum Elbert	Martensdale-St. Mary's	22:53.9
37	Tegan Hoyt	Southwest Valley	23:20.6
38	Riley Yoder	Central Decatur	23:55.8
39	Kristen Ingram	Hamburg	25:24.5
40	Lauern Inman	Southwest Valley	26:20.9
41	Natalie True	Southwest Valley	26:33.4

Southwest Valley Cross Country Meet**Corning High School****Corning, IA****September 19, 2019****Middle School Boys Team Results**

No team scores

Middle School Boys Individual Results

Place	Athlete	Team	Time
1	Riley Blay	NW Nodaway	11:52.0
2	Alex Razee	Shenandoah	12:26.1
3	Mason McCready	Riverside	13:26.5
4	Jacob Driskill	East Union	13:41.4
5	Paul Douglas	Southwest Valley	13:41.7
6	Joe Sheetz	Central Decatur	14:01.6
7	Seth Zwickel	Shenandoah	14:06.8
8	Anthony Eblen	Creston	14:15.3
9	Jason Lovegrove	Red Oak	14:16.2
10	Gavin Evans	Creston	14:17.8
11	Joshua LeRette	Red Oak	14:24.8
12	Kyler Rieken	Riverside	14:28.5
13	Rafe Rodewald	Shenandoah	14:37.0
14	Damien Little Thunder	Shenandoah	14:40.5
15	Gage Sample	Essex	14:41.9
16	Simon Showalter	Essex	14:49.6
17	Ty Jenkins	Red Oak	14:51.1
18	Davin Holste	Shenandoah	15:06.4
19	Dillon Starlin	Creston	15:12.3
20	Aiden Buckingham	Central Decatur	15:25.5
21	Tony Racine	Essex	15:27.0
22	Johnny Resh	Essex	15:28.2
23	Nash Bishop	Central Decatur	15:33.0
24	Keaten Rieken	Riverside	15:33.2
25	Keagan Searl	Martensdale-St. Mary's	15:37.0
26	Colten Pegg	Southwest Valley	15:42.7
27	Henry Martin	Shenandoah	15:49.0
28	James McDonald	Stanton	16:17.5
29	Vincent Eblen	Creston	16:19.1
30	Axel King	Stanton	16:31.3
31	Nathan Mundil	Martensdale-St. Mary's	16:32.0
32	Caden Robinette	Essex	16:32.8
33	Austin Jensen	Central Decatur	16:36.7
34	Andrew Lawrence	Shenandoah	16:42.9
35	Teegan DorenKamp	Martensdale-St. Mary's	16:44.3
36	Kaiden Allison-Schooling	Red Oak	16:48.1
37	Carter Lumbard	Diagonal	16:53.4
38	Gabe Hopkins	Creston	16:54.0
39	John Thompson	Riverside	16:57.1

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40	Riley Rowe	Riverside	16:59.2
41	Ethan James	Southwest Valley	17:14.2
42	Logan Weland	Creston	17:14.4
43	Tristan Evans	Creston	17:14.7
44	Dalton Kellogg	Shenandoah	17:30.1
45	Thomas Mundil	Martensdale-St. Mary's	17:48.8
46	Wyatt Schmit	East Mills	17:51.8
47	Steven Barret	East Mills	18:17.2
48	Anden Hall	Central Decatur	18:19.5
49	Jason Fugate	Martensdale-St. Mary's	18:26.9
50	JP Jones	Southwest Valley	19:02.9
51	Tyler Beeson	Red Oak	19:12.9
52	Brady Cook	Diagonal	19:23.2
53	Jacob Brower	Red Oak	19:24.5
54	Jordan McLaughlin	Fremont-Mills	19:26.4
55	Jayven Welch	Bedford	20:48.4
56	Matthew Means	Southwest Valley	21:02.3
57	Zooey Allen	Stanton	22:53.2
58	Griffen Eubank	Red Oak	24:18.1
59	Weston Gettler	Red Oak	24:24.2
60	Nicholas Updegraff	East Mills	26:01.4
61	Carter Phipps	Shenandoah	26:23.7
62	Cameron Long	Bedford	26:42.4
63	Lane Mason	Bedford	26:48.8
64	Evan Murdock	Creston	28:00.1
65	Noah Vandemark	Essex	28:26.1