

MWC Men's Cross Country Record Book



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MWC Men's Cross Country

<u>Year</u>	<u>Conference Champion</u>	<u>Year</u>	<u>Conference Champion</u>	<u>Year</u>	<u>Conference Champion</u>
2016	Grinnell College	1987	Grinnell College	1957	Lawrence University
2015	Grinnell College	1986	Grinnell College	1956	Carleton College
2014	Grinnell College	1985	Lawrence University	1955	Grinnell College
2013	Grinnell College	1984	Lawrence University	1954	Carleton College
2012	Grinnell College	1983	Lawrence University	1953	Carleton College
2011	Lawrence University	1982	Carleton College	1952	Carleton College
2010	Grinnell College	1981	Carleton College	1951	Lawrence University
2009	Grinnell College	1980	Carleton College	1950	Lawrence University
2008	Grinnell College	1979	Carleton College	1949	Lawrence University
2007	Grinnell College	1978	Carleton College	1948	Cornell College
2006	Grinnell College	1977	Carleton College	1947	Cornell College
	Monmouth College (<i>Tie</i>)	1976	Carleton College	1946	Cornell College
2005	Grinnell College	1975	Carleton College	1945	<i>No Championship Contested</i>
2004	Grinnell College	1974	Carleton College	1944	<i>No Championship Contested</i>
2003	Grinnell College	1973	St. Olaf College	1943	<i>No Championship Contested</i>
2002	Grinnell College	1972	St. Olaf College	1942	<i>No Championship Contested</i>
2001	Grinnell College	1971	St. Olaf College	1941	<i>No Championship Contested</i>
2000	Grinnell College	1970	St. Olaf College	1940	Coe College
1999	Grinnell College	1969	Carleton College	1939	Beloit College
1998	Grinnell College	1968	St. Olaf College	1938	Cornell College
1997	Grinnell College	1967	Carleton College	1937	Cornell College
1996	Monmouth College	1966	Carleton College	1936	Carleton College
1995	Grinnell College	1965	Carleton College		Lawrence University (<i>Tie</i>)
1994	Grinnell College	1964	Carleton College	1935	Carleton College
1993	Grinnell College	1963	Carleton College	1934	Cornell College
1992	Grinnell College	1962	Carleton College	1933	Cornell College
1991	Grinnell College	1961	Cornell College	1932	Carleton College
1990	Grinnell College	1960	Grinnell College	1931	Monmouth College
1989	Grinnell College	1959	St. Olaf College	1930	Monmouth College
1988	Grinnell College	1958	Grinnell College	1929	Cornell College

Conference Championships by School

<u>School</u>	<u>Number</u>
Grinnell College	32 '55, '58, '60, '86, '87, '88, '89, '90, '91, '92, '93 '94, '95, '97, '98, '99, '00, '01, '02, '03, '04, '05 '06, '07, '08, '09, '10, '12, '13, '14, '15, '16
Carleton College	23 '32, '35, '36, '52, '53, '54, '56, '62, '63, '64, '65 '66, '67, '69, '74, '75, '76, '77, '78, '79, '80, '81 '82
Cornell College	9 '29, '33, '34, '37, '38, '46, '47, '48, '61
Lawrence University	9 '36, '49, '50, '51, '57, '83, '84, '85, '11
St. Olaf College	6 '59, '68, '70, '71, '72, '73
Monmouth College	4 '30, '31, '96, '06
Beloit College	1 '39
Coe College	1 '40

Consecutive Team Titles (includes ties)

<u>Titles</u>	<u>School, Years</u>
14	Grinnell College, 1997-2010
10	Grinnell College, 1986-1995
9	Carleton College, 1974-1982
6	Carleton College, 1962-1967
5	Grinnell College, 2012-Present
4	St. Olaf College, 1970-1973
3	Lawrence University, 1983-1985
3	Carleton College, 1952-1954
3	Lawrence University, 1949-1951
3	Cornell College, 1946-1948
2	Cornell College, 1937-1938
2	Carleton College, 1935-1936
2	Cornell College, 1933-1934
2	Monmouth College, 1930-1931

NCAA Regional Champions

<u>Year</u>	<u>School</u>	<u>Region</u>
2010	Grinnell College	Central
1991	Grinnell College	Central

MWC Men's Cross Country

Year	Conference Champion	Time	Length	Year	Conference Champion	Time	Length
2016	Josh Janusiak, Lawrence University	25:42.6	8K	1971	Chuck McGrath, Grinnell College	20:45	6.4k
2015	Jacob Sundberg, Carroll University	26:29.50	8k	1970	Gary Olmstead, St. Olaf College	20:51	6.4k
2014	Isaac Jordan, Carroll University	25:39.82	8k	1969	Bob Reddick, Carleton College	21:05	6.4k
2013	Frank Canday, Grinnell College	25:26.07	8k	1968	Mike Steiner, Carleton College	19:53	6.4k
2012	Frank Canady, Grinnell College	25:21.90	8k	1967	Mike Steiner, Carleton College	20:46	6.4k
2011	Sam Stevens, Lawrence University	25:09.11	8k	1966	Mike Steiner, Carleton College	20:52	6.4k
2010	Alex Reich, Grinnell College	25:24.86	8k	1965	Mike Hartman, Beloit College	20:41	6.4k
2009	Dan Krauss, Grinnell College	26:42.13	8k	1964	Mike Hartman, Beloit College	15:02	4.8k
2008	Henry Reich, Grinnell College	25:51	8k	1963	Rod Brown, Grinnell College	15:19	4.8k
2007	Jeff Pentek, St. Norbert College	25:17	8k	1962	Bill Dressel, Cornell College	14:45	4.8k
2006	Drake Ballew, Grinnell College	25:41	8k	1961	Bill Dressel, Cornell College	---	4.8k
2005	Dave Billings, Ripon College	25:43	8k	1960	David Wee, St. Olaf College	14:59	4.8k
2004	Zach Barr, Monmouth College	25:58	8k	1959	Tad Pinkerton, Lawrence University	15:20	4.8k
2003	Adam Booth, Grinnell College	24:56	8k	1958	Dave Peele, Beloit College	14:36	4.8k
2002	Adam Booth, Grinnell College	25:17	8k	1957	Tad Pinkerton, Lawrence	16:34	4.8k
2001	Adam Booth, Grinnell College	25:11	8k	1956	Wilbur Olson, Carleton College	15:34	4.8k
2000	John Aerni, Grinnell College	26:24	8k	1955	Wilbur Olson, Carleton College	15:50	4.8k
1999	Adam Broten, Carroll University	26:36	8k	1954	John McCamant, Carleton College	16:06	4.8k
1998	Zac Freudenberg, Beloit College	25:42	8k	1953	John McCamant, Carleton College	15:57	4.8k
1997	Rob Park, Grinnell College	27:15	8k	1952	Hal Higdon, Carleton College	15:48	4.8k
1996	Jamie Verstraete, Monmouth College	27:03	8k	1951	Robert Zimmerman, Lawrence Univ.	17:07	4.8k
1995	Josh Ward, Grinnell College	27:10	8k		James Hoel, Lawrence University	17:07	
1994	Chris Mills, Grinnell College	26:42	8k	1950	Carrol Schumacher, Beloit College	14:56	4.8k
1993	Mike Nawrocki, Grinnell College	25:55	8k	1949	Carrol Schumacher, Beloit College	15:47	4.8k
1992	Dan Schisler, Monmouth College	26:52	8k	1948	Ben McAdams, Cornell College	---	---
1991	Chris Garman, Grinnell College	27:30	8k	1947	Ralph Harris, Cornell College	---	---
1990	Tony Every, Cornell College	25:54	8k	1946	Bill Lawson, Lawrence University	16:39	4.8k
1989	Tony Every, Cornell College	25:57	8k	1945	No Championship Contested	---	---
1988	Greg Evans, Grinnell College	26:14	8k	1944	No Championship Contested	---	---
1987	Greg Evans, Grinnell College	25:47	8k	1943	No Championship Contested	---	---
1986	Greg Evans, Grinnell College	26:58	8k	1942	No Championship Contested	---	---
1985	Eric Griffin, Lawrence University	27:07	8k	1941	No Championship Contested	---	---
1984	Eric Griffin, Lawrence University	25:47	8k	1940	Neumann Fell, Grinnell College	13:48	4.3k
1983	Matt Trimble, Cornell College	25:05	8k	1939	Joseph Schwake, Beloit College	15:03	---
1982	Ross Johnson, Carleton College	26:08	8k	1938	Not available	---	---
1981	Mike Axinn, University of Chicago	24:54	8k	1937	Roy McAuley, Cornell College	---	---
1980	Mike Axinn, University of Chicago	25:18	8k	1936	Frank Schubert, Lawrence University	17:29	---
1979	Mike Axinn, University of Chicago	26:42	8k	1935	Not available	---	---
1978	Jim Miller, Lawrence University	25:51	8k	1934	Not available	---	---
1977	Dale Kramer, Carleton College	24:05	8k	1933	Not available	---	---
1976	Dale Kramer, Carleton College	25:16	8k	1932	Roscoe Pullen, Knox College	17.57	---
1975	Dale Kramer, Carleton College	25:48	8k	1931	Not available	---	---
1974	Roger Johnston, Carleton College	25:50	8k	1930	Earl King, Monmouth College	---	---
1973	James Muus, St. Olaf College	19:54	6.4k	1929	Robert Swaney, Cornell College	---	---
1972	James Muus, St. Olaf College	20:55	6.4k				

Individual Championships by School

Grinnell College	21	'40, '63, '71, '86, '87, '88, '91, '93, '94, '95, '97, '00, '01, '02, '03, '06, '08, '09, '10, '12, '13	St. Olaf College	4	'60, '70, '72, '73
			Univ. of Chicago	3	'79, '80, '81
Carleton College	14	'52, '53, '54, '55, '56, '66, '67, '68, '69, '74, '75, '76, '77, '82	Carroll University	3	'99, '14, '15
Lawrence Univ.	10	'36, '46, '51, '57, '59, '78, '84, '85, '11, '16	Knox College	1	'32
Cornell College	9	'29, '37, '47, '48, '61, '62, '83, '89, '90	Ripon College	1	'05
Beloit College	7	'39, '49, '50, '58, '64, '65, '98	St. Norbert College	1	'07
Monmouth College	4	'30, '92, '96, '04			

Italics indicate former MWC member

MWC Men's Cross Country

Two-Time Conference Champions

Years	Athlete, School
2012-2013	Frank Canady, Grinnell College
1989-1990	Tony Every, Cornell College
1984-1985	Eric Griffin, Lawrence University
1972-1973	James Muus, St. Olaf College
1964-1965	Mike Hartman, Beloit College
1961-1962	Bill Dressel, Cornell College
1957, 1959	Tad Pinkerton, Lawrence University
1955-1956	Wilbur Olson, Carleton College
1953-1954	John McCamant, Carleton College
1949-1950	Carrol Schumacher, Beloit College

Three-Time Conference Champions

Years	Athlete, School
2001-2003	Adam Booth, Grinnell
1986-1988	Greg Evans, Grinnell
1979-1981	Mike Axinn, University of Chicago
1975-1977	Dale Kramer, Carleton
1966-1968	Mike Steiner, Carleton

Top 8k Times by Conference Champions

Time	Athlete, School, Year
24:05	Dale Kramer, Carleton, 1977
24:54	Mike Axinn, University of Chicago, 1981
24:56	Adam Booth, Grinnell, 2003
25:05	Matt Trimble, Cornell, 1983
25:09.11	Sam Stevens, Lawrence, 2011
25:11	Adam Booth, Grinnell, 2001
25:16	Dale Kramer, Carleton, 1976
25:17	Jeff Pentek, St. Norbert, 2007
25:17	Adam Booth, Grinnell, 2002
25:18	Mike Axinn, University of Chicago, 1980
25:21.90	Frank Canady, Grinnell, 2012
25:24.86	Alex Reich, Grinnell, 2010
25:26.07	Frank Canady, Grinnell, 2013
25:39.82	Isaac Jordan, Carroll, 2014
25:41	Drake Ballew, Grinnell, 2006
25:42	Zac Freudenberg, Beloit, 1998
25:42.6	Josh Janusiak, Lawrence, 2016
25:43	Dave Billings, Ripon, 2005
25:47	Eric Griffin, Lawrence, 1984
25:47	Greg Evans, Grinnell, 1987
25:48	Dale Kramer, Carleton, 1975
25:50	Roger Johnston, Carleton, 1974
25:51	Jim Miller, Lawrence, 1978
25:51	Henry Reich, Grinnell, 2008

Top 6.4k Times by Conference Champions

Time	Athlete, School, Year
19:53	Mike Steiner, Carleton, 1968
19:54	James Muus, St. Olaf, 1973
20:41	Mike Hartman, Beloit, 1965
20:45	Chuck McGrath, Grinnell, 1971
20:46	Mike Steiner, Carleton, 1967
20:51	Gary Olmstead, St. Olaf, 1970
20:52	Mike Steiner, Carleton, 1966
20:55	James Muus, St. Olaf, 1972
21:05	Bob Reddick, Carleton, 1969

Top 4.8k Times by Conference Champions

(All 4.8K times are not available)

Time	Athlete, School, Year
14:36	Dave Peele, Beloit, 1958
14:45	Bill Dressel, Cornell, 1962
14:56	Carrol Schumacher, Beloit, 1950
14:59	David Wee, St. Olaf, 1960
15:02	Mike Hartman, Beloit, 1964
15:19	Rod Brown, Grinnell, 1963
15:20	Tad Pinkerton, Lawrence, 1959
15:34	Wilbur Olson, Carleton, 1956
15:47	Carrol Schumacher, Beloit, 1949
15:48	Hal Higdon, Carleton, 1952
15:50	Wilbur Olson, Carleton, 1955
15:57	John McCamant, Carleton, 1953
16:06	John McCamant, Carleton, 1954
16:34	Tad Pinkerton, Lawrence, 1957
16:39	Bill Lawson, Lawrence, 1946
17:07	Robert Zimmerman, Lawrence, 1951
17:07	James Hoel, Lawrence, 1951

MWC Men's Cross Country

NCAA Team Results

Year	School	Finish	Points				
2010	Grinnell	25th/32	600			Mark Bellstein, Grinnell	80th/177 26:03.00
2008	Grinnell	26th/32	577			Jason Maples, Grinnell	84th/177 26:06.00
1991	Grinnell	14th/21	290			Chris Garman, Grinnell	95th/177 26:12.00
1990	Grinnell	16th/21	418			Jeff Ulmer, Grinnell	96th/177 26:13.00
1981	Carleton	5th/22	176	1990		John Marciari, Grinnell	135th/177 26:48.00
1980	Carleton	1st/29	121			Barry Matchett, Grinnell	161st/177 27:35.00
1979	Carleton	3rd/29	130			Tony Every, Cornell	5th/182 25:08.06
1978	Carleton	18th/28	435			Dan Schisler, Monmouth	65th/182 26:06.02
1977	Carleton	15th/52	510			Chris Naumann, Lawrence	83rd/182 26:22.04
	University of Chicago	50th/52	1,434			Mark Beilstein, Grinnell	89th/182 26:25.04
1976	Carleton	4th/42	203			Chris Garman, Grinnell	100th/182 26:34.01
	University of Chicago	38th/42	1,092			David Hammond, Grinnell	102nd/182 26:35.00
1975	Carleton	4th/39	200			Todd Rowekamp, Grinnell	123rd/182 26:52.07
1974	Carleton	6th/41	280			Jeff Ulmer, Grinnell	152nd/182 27:29.03
1973	St. Olaf	10th/33	251			John Marciari, Grinnell	153rd/182 27:31.02
	Carleton	11th/33	256	1989		David Sherdan, Grinnell	163rd/182 27:48.00
	Grinnell	32nd/33	868	1988		Aaron Stang, Cornell	DNF DNF
						Chris Naumann, Lawrence	41st/181 25:08.00

NCAA Individual Results

Year	Athlete, School	Finish	Time				
2013	Frank Canady, Grinnell	39th/275	25:28.90	1983		Jeff Yaoles, Cornell	20th/180 25:18.05
2012	Frank Canady, Grinnell	94th/280	25:39.30	1981		Greg Evans, Grinnell	35th/180 25:33.09
2010	Alex Reich, Grinnell	68th/279	25:23.80			Tony Every, Cornell	63rd/180 26:00.06
	Noah DeLong, Grinnell	92nd/279	25:38.10			Matt Trimble, Cornell	24th/180 24:34.00
	Frank Canady, Grinnell	130th/279	25:56.30			Todd Schafer, Carleton	5th/184 25:52.00
	Erik Figge, Grinnell	149th/279	26:08.70			Quinn Batson, Carleton	16th/194 26:08.00
	Ethan Heppner, Grinnell	161st/279	26:13.60			David Cooke, Grinnell	53rd/184 26:53.00
	Ben Tyler, Grinnell	180th/279	26:26.50			Bill Herman, Carleton	64th/184 27:03.00
	Shyam Deshpande, Grinnell	212th/279	27:22.10	1980		Scott Fargo, Carleton	69th/184 27:08.00
2009	Dan Krauss, Grinnell	120th/276	26:51.40			Gene Dimagno, Carleton	85th/184 27:22.00
2008	Henry Reich, Grinnell	56th/278	25:16.66			Chris Bierman, Carleton	90th/184 27:24.00
	David Montgomery, Grinnell	109th/278	25:39.73			David Groos, Carleton	145th/184 28:08.00
	Sam Calisch, Grinnell	161st/278	25:57.02			Chris Bierman, Carleton	25th/236 26:00.00
	Ethan Heppner, Grinnell	214th/278	26:20.03	1979		Bill Herman, Carleton	35th/236 26:14.00
	Noah DeLong, Grinnell	240th/278	26:31.89			Robert Jacobson, Carleton	39th/236 26:15.00
	Nick Sparr, Grinnell	250th/278	26:36.93			David Waltz, Carleton	58th/236 26:27.00
	Alex Reich, Grinnell	256th/278	26:40.72			Robert Pappas, Carleton	159th/236 27:42.00
2007	Jeff Pentek, Grinnell	61st/280	25:32.00			Bob Pappas, Carleton	10th/202 24:34.01
2006	Drake Ballew, Grinnell	40th/279	27:50.00			Doug Simpson, Carleton	30th/202 25:02.05
	David Montgomery, Grinnell	137th/279	28:52.00			Todd Scafer, Carleton	33rd/202 25:03.05
2005	Dave Billings, Ripon	124th/211	27:30.00	1978		David Waltz, Carleton	36th/202 25:07.07
2004	Zach Barr, Monmouth	26th/215 25:13.05				Chris Bierman, Carleton	61st/202 25:29.06
	Justin Riley, Grinnell	113th/215	26:06.08			Quinn Batson, Carleton	71st/202 25:34.08
2003	Adam Booth, Grinnell	4th/215 25:12.04				Mike Axinn, Uni. of Chicago	83rd/202 25:39.07
	Zach Barr, Monmouth	68th/215	26:22.01			Jim Miller, Lawrence	12th/226 24:30.00
2002	Adam Booth, Grinnell	52nd/215	25:57.08			Bob Pappas, Carleton	77th/226 25:24.00
2001	Adam Booth, Grinnell	58th/211	25:22.03			Steve Buffington, Carleton	104th/226 25:37.00
2000	Zac Freudenburg, Beloit	57th/215	26:02.60			David Waltz, Carleton	123rd/226 25:47.00
	Peter Levi, Lawrence	106th/215	26:27.07	1977		Doug Simpson, Carleton	126th/226 25:49.00
	John Aerni, Grinnell	131st/215	26:37.05			Bob Jacobson, Carleton	130th/226 25:53.00
	Rob Park, Grinnell	172nd/215	27:08.03			Todd Schafer, Carleton	139th/226 25:58.00
1999	John Aerni, Grinnell	54th/212	24:49.03			Joe Reynolds, Carleton	156th/226 26:10.00
1998	Zac Freudenburg, Beloit	108th/181	26:46.42			Dale Kramer, Carleton-NATIONAL CHAMPION	25:44.00
1993	Mike Nawrocki, Grinnell	76th/182	26:17.03			Jim Miller, Lawrence	102nd/396 27:32.00
	Brian Campbell, Knox	169th/182	28:18.03			David Waltz, Carleton	115th/396 27:36.00
1992	Dan Schisler, Monmouth	26th/182	25:32.00			Doug Simpson, Carleton	134th/396 27:40.00
1991	Mike Nawrocki, Grinnell	37th/177	25:21.00			Steve Buffington, Carleton	159th/396 28:01.00
	Dan Schisler, Monmouth	42nd/177	25:25.00			Ernie Updike, Carleton	175th/396 28:10.00

NCAA Results Continued on Page 9

Bold indicates All-American

MWC Men's Cross Country

NCAA Individual Results (continued)

Year	Athlete, School	Finish	Time				
1977	Robert Pappas, Carleton	216th/396	28:57.00			Randy Ohman, Carleton	68th/304 26:10.00
	Mel Ullmeyer, Monmouth	260th/396	29:19.00			Fred Hicks, Carleton	76th/304 26:14.00
	Kevin Retelle, Lawrence	272nd/396	29:25.00			Sean Hartnett, Beloit	171st/304 27:16.00
	Peter Smith, Uni. of Chicago	207th/396	29:30.00			Al Miller, Carleton	173rd/304 27:17.00
	Al Miller, Carleton	208th/396	29:30.05	1973		Roger Johnston, Carleton	259th/304 28:47.00
	James Thvodt, Uni. of Chicago	319th/396	29:49.00			Russell Damtoft, Grinnell	265th/304 28:55.00
	David Taylor, Uni. of Chicago	330th/396	29:57.00			James Muus, St. Olaf	7th/250 24:53.00
	Lestor Savit, Uni. of Chicago	369th/396	30:51.00			Roger Johnston, Carleton	38th/250 25:37.00
	Marshall Schmitt, Uni. of Chicago	371st/396	30:58.00			Todd Thompson, Carleton	46th/250 25:45.00
	Joseph Knauf, Uni. of Chicago	308th/341				Steve Reynolds, Carleton	54th/250 25:50.00
	Paul Reich, Grinnell	320th/341				David Larsen, St. Olaf	55th/250 25:50.05
1976	Dale Kramer, Carleton-NATIONAL CHAMPION		24:56.00			Jerome Winegarden, St. Olaf	56th/250 25:51.00
	Roger Johnston, Carleton	30th/341	25:59.00			Randy Ohman, Carleton	64th/250 25:54.00
	Fred Hicks, Carleton	32nd/341	26:03.00			Jonathan Berg, St. Olaf	75th/250 25:59.00
	Steve Reynolds, Carleton	68th/341	26:22.00			David Raub, Grinnell	87th/250 26:08.00
	Mark Moline, Carleton	132nd/341	26:44.00			Ross Dedan, St. Olaf	107th/250 26:26.00
	Doug Simpson, Carleton	201st/341	27:09.00			Fred Hicks, Carleton	109th/250 26:27.00
	Wyatt Miller, Carleton	225th/341	27:13.00			Sean Hartnett, Beloit	150th/250 27:07.00
	Peter Smith, Uni. of Chicago	255th/341	27:33.00			Alex Thomas, Beloit	151st/250 27:08.00
	Tim Caver, Grinnell	256th/341	27:33.05			Dan Bruneau, Lawrence	156th/250 27:08.05
	Rich Nayer, Grinnell	261st/341	27:35.00			Stephen Richards, St. Olaf	157th/250 27:09.00
	Julian Brown, Uni. of Chicago	297th/341				John Clifford, Carleton	169th/250 27:23.00
	John Schuster, Uni. of Chicago	302nd/341				Steve Paschall, St. Olaf	170th/250 27:23.05
	John Pearson, Uni. of Chicago	305th/341				Tom Jones, Beloit	175th/250 27:27.00
	Joseph Knauf, Uni. of Chicago	308th/341				James Beres, Lawrence	205th/250 28:03.00
	Paul Reich, Grinnell	320th/341				Russell Damtoft, Grinnell	213th/250 28:15.00
1975	Steve Reynolds, Carleton	11th/295	24:48.00			Ed Belsheim, Carleton	219th/250 28:24.00
	Dale Kramer, Carleton	12th/295	24:48.05			John Chandler, Lawrence	221st/250 28:26.00
	Fred Hicks, Carleton	25th/295	25:00.00			Richard Lawrence, Lawrence	223rd/250 28:27.00
	Randy Ohman, Carleton	39th/295	25:18.00			Tom Howland, Grinnell	224th/250 28:28.00
	Mark Moline, Carleton	144th/295	26:35.00			Brian MacDermot, Beloit	226th/250 28:29.00
	Al Miller, Carleton	179th/295	26:55.00	1973		Cliff Clusin, Grinnell	241st/250 29:27.00
	Terry Zwiener, Carleton	260th/295	28:39.00			Mark Blanchard, Grinnell	244th/250 30:07.00
1974	Steve Reynolds, Carleton	19th/304	25:24.00			Neal Klegerman, Grinnell	249th/250 31:28.00

Bold Indicates All-American

NCAA All-Americans

Year	Athlete, School	Place
2004	Zach Barr, Monmouth	26th
2003	Adam Booth, Grinnell	4th
1990	Tony Every, Cornell	5th
1988	Jeff Yaoles, Cornell	20th
1983	Matt Trimble, Cornell	24th
1981	Todd Schafer, Carleton	5th
1980	Chris Bierman, Carleton	25th
1979	Bob Pappas, Carleton	10th
1978	Jim Miller, Lawrence	12th
1977	Dale Kramer, Carleton	1st
1976	Dale Kramer, Carleton	1st
1975	Steve Reynolds, Carleton	11th
1975	Dale Kramer, Carleton	12th
1975	Fred Hicks, Carleton	25th
1974	Steve Reynolds, Carleton	19th
1973	James Muus, St. Olaf	7th

Multiple NCAA All-Americans

Years	Athlete, School	Times
1975-77	Dale Kramer, Carleton	3