

Iowa Cross Country Course Records

Athletes, Parents, Fans - please encourage your coaches/athletic directors
to send us your Cross Country Records.

Send Cross Country records to IAXCResults@gmail.com

Adair-Casey

5K Boys	Evan Wilson	Exira-Elk Horn Kimballton	17:20	2015
5K Girls	Katlyn Holaday	A-C/CAM	21:07	2015

ADM (Hillcrest Country Club. Adel)

5K Boys	JJ Orput	Carlisle	17:10	2015
5K Girls	Megan Sievers	Carlisle	20:56	2015

AHSTW

5K Boys	Mitchell Nelsen	Audubon	18:22	2015
5K Girls	Karley Larson	Underwood	20:57	2015

Albia High School

5K Boys	Zach Baker	Eddyville-Blakesburg	15:47	
5K Girls	Gwynn Wright	Pekin	19:31	2015

Algona (River Road)

5K Boys	Ryan Wagner	Fort Dodge Public	16:42	2015
5K Girls	McKayla Cole	Charles City	18:53	2015

Algona (Whittemore Golf Course)

5K Boys	Dan Duitsman	Estherville	15:49	
5K Girls				

Iowa Cross Country Course Records

AHSTW (Avoca Golf Course, Avoca)

5K Boys	Jerry Jorgenson	Treynor	17:59	2015
5K Girls	Karley Larson	Underwood	20:05	2015

Alta-Aurelia

5K Boys	Dalton Demars	Sioux Central	17:24	2015
5K Girls	Kenna Rjeck	HMS	20:52	2015

Ames (ISU Course)

5K Boys				
5K Girls	Claire Dupuis	Ames	18:04	

Anamosa (Central Park, Central Junction)

5K Boys	Matt Manternach	Monticello	17:11	2015
5K Girls	Brett Schnieder	Fort Madison	20:15	2015

Anamosa (Jones City Park)

5K Boys	Conner Smock	Mt. Vernon	16:17	
5K Girls	Brett Schneider	Ft. Madison	20:15	

Ankeny & Ankeny Centennial (DMAACC Course)

5K Boys	Ben Anderson	WDM Valley	15:04	
5K Girls	Gwynne Wright	Pekin	19:07.0	2015

Atlantic (Atlantic Golf and Country Club)

5K Boys	Cooper McDermott	Creston	17:08.3	2015
5K Girls	Lexi Smith	DCG	19:56	2015

Iowa Cross Country Course Records

Ballard

5K Boys	Albert Meier	Boone	15:21	
5K Girls	Abby Kohut-Jackson	Ballard	19:40	2015

BCLUW (South Hardin Rec. Complex)

5K Boys				
5K Girls	Hayley Fye	East Marshall	20:17	

Bellevue (Bellevue Golf Course)

5K Boys	Andrew Meyer	Bellevue	16:17	
5K Girls	Alyssa Williams	Durant	18:20	

Benton (Roundhouse nature Trails, Atkins)

5K Boys	Reid Smock	Mount Vernon-Lisbon	16:40	2015
5K Girls	Julie Hollensbe	Williamsburg	19:13	2015

BGM

5K Boys	Turner Klein	Keota	18:24	2015
5K Girls	Kayla Wilkening	GMG	21:33	2015

Bishop Heelan

5K Boys	Phoenix Larned	Sioux City West	16:39.00	2015
5K Girls	Suzanne Putze	WC-KP	19:28	2015

Bloomfield (Lake Fisher)

5K Boys	Zach Hougland	Davis County	16:58	2015
5K Girls	Jordan Wenke	Albia	20:37	2015

Iowa Cross Country Course Records

Bontrager Park (Waterloo, all meets)

5K Boys	Jonathon Smith	Cedar Falls	16:11	
5K Girls	Paige Kvale	Cedar Falls	19:48	2015

Boone

5K Boys	Chandler Austin	Boone	15:49	
5K Girls	Abby Kohut-Jackson	Ballard	18:46	2015

Burlington (Recplex)

5K Boys	Cole Schroeder	Burlington	16:44	2015
5K Girls	Brina Kraft	Muscatine	19:07	2015

Carroll Kuemper (Swan Lake State Park)

5K Boys	Michael Westphal	Urbandale	17:01	2015
5K Girls	Trina Moreno	Urbandale	19:37	2015

Cascade High School

5K Boys	Dan Ries	South Winn	16:28	
5K Girls				

Clarinda

5k Boys	Jaycob Tharp	Nebraska City	18:26	2015
5K Girls	Mazie Larsen	Gretna	20:28	2015

Clear Creek-Amana (Centennial Park, North Liberty)

5K Boys	Josh keller	Columbus	16:52	2015
5K Girls	Lilly Horst	Vinton-Shellsburg	19:24	2015

Iowa Cross Country Course Records

Cedar Falls (Birdsall Park)

5K Boys	Jordan Anderson	Mason City	15:33	
5K Girls	Claire Dupuis	Ames	18:44	2015

Cedar Rapids Jefferson (Noelridge)

5K Boys	Tysen Vandraska	Cedar Rapids Prairie	16:08	2015
5K Girls	McKenzie Yanek	Pleasant Valley	18:23	2015

Cedar Rapids Kennedy (Seminole Valley)

5K Boys	Tysen Vandraska	CR Prairie	15:39.3	2015
5K Girls	Alyssa Williams	Durant	18:26.3	2015

Cedar Rapids Prairie (Prairie School Campus course)

5K Boys	Josh Evans	Linn-Mar	15:51	
5K Girls	Gabby Skopec	I.C. West	19:26	2015

Cedar Rapids Washington

5K Boys

5K Girls

Cedar Rapids Xavier (Noelridge Park)

5K Boys	Matthew Dodge	City High	16:18	2015
5K Girls	Mary Arch	City High	18:35	2015

Center Point-Urbana (CP-U campus)

5K Boys	Josh Yeager	Center Point-Urbana	16:18	
5K Girls	Madison Bach	Marion	19:22	2015

Iowa Cross Country Course Records

Centerville

5K Boys	Logan Murray	Mount Pleasant	16:22	2015
5K Girls	Jordan Winke	Albia	19:21	2015

Central, Dewitt (Grace Camp, DeWitt)

5K Boys	Brandon Cooley	Bettendorf	16:38	2015
5K Girls	Alyssa Williams	Durant	18:42	2015

Central Elkader (Elkader Golf and Country Club)

5K Boys	Kyle Wagner	Elkader Central	16:19	
5K Girls	Shelby Reicks	South Winn	19:34	2015

Central Springs (Pioneer Town and Country Club, Manly)

5K Boys	Jacob Hansen	West Fork	16:25	2015
5K Girls	Taylor Hauser	Newman Catholic	19:59	2015

Chariton (Red Haw State Park)

5K Boys	Zach Hougland	Davis County	17:18	2015
5K Girls	Oksana Covey	D.M. Christian	21:21	2015

Cherokee

5K Boys	Jacob Vander Plaats	Unity Christian	17:04	2015
5K Girls	Kourtney Delperdang	Spirit Lake	19:54	2015

Clarinda

5K Boys	Greg Bell	Denison	15:48	
5K Girls	Mazie Larsen	Gretna	20:28	2015

Iowa Cross Country Course Records

Clarke (Osceola)

5K Boys	Zach Hougland	Davis County	17:13	2015
5K Girls	Jordan Winke	Albia	20:15	2015

Clayton Ridge (Guttenburg)

5K Boys	Jacob Jansen	Central Elkader	17:44	2015
5K Girls	Haley Schroeder	Central Elkader	20:54	2015

Clear Lake (Iowa Regular Baptist Camp)

5K Boys				
5K Girls	McKenna Weaver	West Fork	21:17	

Clayton Ridge (Guttenburg Golf & Country Club)

5k Boys	Jacob Janson	Central	17:44	2015
5k Girls	Haley Schroeder	Central	20:54	2015

Clear Lake (Iowa Regular Baptist Camp, Ventura)

5K Boys	Reece Smith	Garner-Hayfield-Ventura	17:50	2015
5K Girls	McKenna Weaver	West Fork	21:17	2015

Clinton (Emma Young Park, Erickson Center)

5K Boys	Stephen Dak	Marshalltown	15:35	
5K Girls	McKenzie Yanek	Pleasant Valley	18:12	

Columbus Community (Cedar Crest Country Club, Columbus Junction)

5K Boys	Sam Chaney	Columbus	15:20	
5K Girls	Julie Hollensbe	Williamsburg	18:47.4	2015

Iowa Cross Country Course Records

Council Bluffs Abe Lincoln (Iowa Western Community College Campus)

5K Boys	Phoenix Larned	Sioux City West	17:13.33	2015
5K Girls	Kye Madsen	Lewis Central	20:15	2015

Council Bluffs Abe Lincoln (Iowa Western Community College Campus - new course 2016)

5K Boys	Midkiff, McGwire	Council Bluffs TJ	16:52.56	2016
5K Girls	Anderson, Reagan	Denison-Schleswig	19:39.62	2016

Corning - Southwest Valley

Council Bluffs Thomas Jefferson (Iowa Western Community College Campus - old course, pre-2016)

5K Boys	Ryan Schweizer	Dowling Catholic	15:50.0	2015
5K Girls	Julia Noah	Urbandale	17:43.9	2015

Crestwood (Crestwood Country Club, Cresco)

5K Boys	Isaac Wendland	Charles City	16:20	
5K Girls	Shelby Reicks	South Winneshiek	20:08	2015

Dallas Center-Grimes

5K Boys	Cooper McDermott	Creston	17:26	2015
5K Girls	Trina Moreno	Urbandale	19:34	2015

Davenport City (Emeis Park)

5K Boys	Julia Schumacher	Davenport Assumption	18:31	2015
5K Girls	Andrew Wright	Davenport West	16:16	2015

Davenport Central

5K Boys	Devin Allbaugh	Pleasant Valley	16:30	
5K Girls				

Iowa Cross Country Course Records

Davis County (Lake Fisher)

5K Boys	Jason Bailey	Twin Cedars	16:25	
5K Girls	Jordan Winke	Albia	20:37	

Decorah (Oneota Country Club)

5K Boys	Reid Smock	Mount Vernon-Lisbon	16:27.0	2015
5K Girls	McKayla Cole	Charles City	19:00.8	2015

Decorah (All-American, See Luther College)

Denison-Schleswig

5K Boys	David Salazar	Denison-Schleswig	17:14	2015
5K Girls	Karley Larson	Underwood	19:14	2015

Des Moines Area Community College – Ankeny (DMACC)

5K	Ben Anderson	WDM Valley	15:04	
5K	Jessica McKee	Johnston	18:30	

Des Moines East (Ewing Park)

5K Boys				
5K Girls	Vivian Broderick	Dowling	20:45	

Des Moines Ewing Park (all meets)

5K Boys	Oleg Nochvay	Indianola	16:42	2015
5K Girls	Brennan Drake	Des Moines Roosevelt	20:25	2015

Des Moines Hoover (Ewing Park)

5K Boys	JJ Orput	Carlisle	18:19	2015
5K Girls	Megan Sievers	Carlisle	23:09	2015

Iowa Cross Country Course Records

Des Moines Roosevelt (Heartland Classic at Iowa State)

5K Boys	Ryan Schweizer	Dowling Catholic	16:08	2015
5K Girls	Molly Born	Shawnee Mission NW	18:35	2015

Dike-New Hartford (Fox Ridge Golf Course)

5K Boys	CJ May	Aplington-Parkersburg	15:40	2015
5K Girls	Megan Mooberry	Osage	18:50	2015

Dubuque Senior

5K Boys	Sam Schillinger	Cedar Falls	15:41	2015
5K Girls	Cassidy Christopher	Cedar Falls	19:24	2015

Dubuque Soccer Complex Course (Dubuque Schools, all meets)

5K Boys	Tysen Vandraska	Prairie	15:29.5	2015
5K Girls	Mary Arch	Iowa City City High	18:27.3	2015

Dubuque Wahlert

5K Boys	Andrew Meyer	Bellevue	16:27	2015
5K Girls	Camryn Reeg	Bellevue	19:08	

Eagle Grove (Eagle Grove Country Club)

5K Boys	Chase Smith	Garner-Hayfield-Ventura	16:12	2015
5K Girls	Carly Rahn	Gilbert	19:34	2015

Ed-Co (Woods Edge Golf Course)

5K Boys	Jacob Jansen	Central Elkader	17:54	2015
5K Girls	Haley Schroeder	Central Elkader	20:12	2015

Iowa Cross Country Course Records

Eddyville Blakesburg-Fremont

5K Boys	Paden Maschman	Montezuma	18:12	2015
5K Girls	Jordan Winke	Albia	19:59	2015

Edmundson

5K Boys	Luke Evans	Chariton	16:25	2015
5K Girls	Jordan Winke	Albia	18:48	2015

Emmetsburg

5K Boys	Riley Bauer	North Union	17:45	2015
5K Girls	Ashley Overberg	Emmetsburg	22:30	2015

English Valleys (Knoll Ridge)

5K Boys	Keiffer Sexton	Highland	17:45	2015
5K Girls	Alyssa Williams	Durant	19:33	2015

Estherville (Lake Creek Golf Course)

5k Boys	Nic Peters	Estherville Lincoln Center	17:06	2015
5K Girls	Kourtney Delperdang	Spirit Lake	19:52	2015

Estherville Lincoln Center (Lakeside)

5K Boys	Riley Bauer	North Union	17:14	2015
5K Girls	Kourtney Delperdang	Spirit Lake	19:52	

Fairfield (Waterworks Park)

5K Boys	Logan Murray	Mt. Pleasant	15:29	2015
5K Girls	Madison Bach	Marion	18:20	2015

Iowa Cross Country Course Records

Forest City (Bear Creek Golf Course, north course)

5K Boys	Troy Trygstad	Forest City	16:22	
5K Girls	Taylor Hauser	Newman Catholic	19:59	2015

Fort Dodge (Lakeside Golf Course – State Meet course)

5K Boys	Jason Thomas	Dowling Catholic	15:02	2012
5K Girls	Trina Moreno	Urbandale	17:51	2015

Fort Madison (Rodeo Park)

5K Boys	Logan Murray	Mount Pleasant	16:38	2015
5K Girls	Carly Garnett	Illini West	19:23	2015

Garner-Hayfield-Ventura (Garner Country Club)

5K Boys	Jacob Hansen	West Fork	16:18	2015
5K Girls	Megan Mooberry	Osage	18:26	2015

George Little Rock (Otter Valley Country Club)

5K Boys	Joe Anderson	George-LR/CL	17:18	2015
5K Girls	Kenna Rieck	HMS	20:38	2015

Gilbert (Iowa State University high school course, all meets)

5K Boys	Adam Sievers	Pella	16:49.8	2015
5K Girls	Abby Kohut-Jackson	Ballard	19:27.4	2015

Gladbrook-Reinbeck (Oak Leaf Golf Course, Reinbeck)

5K Boys	C J May	Aplington-Parkersburg	15:59	2015
5K Girls	Haley Fye	East Marshall	12 19:11	2015

Iowa Cross Country Course Records

Glenwood (Lake Glenwood)

5K Boys	Cooper McDermott	Creston	16:41.5	2015
5K Girls	Lexi Smith	DCG	19:08.9	2015

Greene County (Jefferson)

5K Boys	Andrew Stumbo	Ogden	16:39	2015
5K Girls	Ellie Mendlik	Denison-Schleswig	20:44	2015

Grinnell High School (Ahrens Park)

5K Boys	Kevin Lewis	Ottumwa	16:03	
5K Girls	Lexi Smith	DCG	19:11	2015

Grundy Center (Town & Country Golf Course)

5K Boys	Nick Meling	East Marshall	16:12	2015
5K Girls	Haley Fye	East Marshall	19:27	2015

Guthrie Center

5K Boys	Andrew Stumbo	Ogden	17:24.57	2015
5K Girls	Sydney Clark	D.M. Christian	21:35.7	2015

Hampton-Dumont High School (Mayne's Grove County Park)

5K Boys	Chase Smith	GH/WH-V	16:15	2015
5K Girls	Megan Mooberry	Osage	19:26	2015

Harlan (Harlan Golf and Country Club)

5K Boys	Brenden O'Brien	Lewis Central	17:02	2015
5K Girls	Karley Larson	Underwood	19:25	2015

Iowa Cross Country Course Records

Harmony (Indian Lake, Farmington) (host with Van Buren)

5K Boys	Ross Emanuel	MSAE	15:45	2015
5K Girls	Morgan Craft	Van Buren	20:09	2015

Hartley-Melvin-Sanborn (Sanborn Golf and Country Club, Sanborn)

5K Boys	Jacob Vander Plaats	Unity Christian	17:11	2015
5K Girls	Jordan Bos	Unity	21:08	2015

Holstein (Tim Thomas Classic)

5K Boys	Phoenix Larned	Sioux City West	16:02	2015
5K Girls	Lillyana Yebra	Sioux City North	18:59	2015

Humboldt (Sheldon Park)

5K Boys	Albert Meier	Boone	16:31	
5K Girls	Grace Meyer	Pocahontas Area	20:57	2015

IKM

5K Boys	Garret Ehlers	BC-IG	16:56	
5K Girls				

Independence (Mental Health Facility campus)

5K Boys	Reid Smock	Mount Vernon-Lisbon	16:14	2015
5K Girls	Madison Bach	Marion	18:47	2015

Indianola (Middle School course)

5K Boys	Chandler Austin	Boone	15:47	
5K Girls	Taylor Brown	Ankeny Centennial	19:50	2015

Iowa Cross Country Course Records

Iowa City Ashton Course (all meets)

5K Boys	Stephen Dak	Marshalltown	15:17	
5K Girls				

Iowa City City High (Ashton course)

5K Boys	Frank Canady	Iowa City West	15:43	
5K Girls				

Iowa City Regina (Kickers Park)

5K Boys	Matt Manternach	Monticello	17:15.34	2015
5K Girls	Alyssa Williams	Durant	19:15	2015

Iowa City West (Ashton course)

5K Boys	Stephen Dak	Marshalltown	15:17	
5K Girls				

Iowa Falls-Alden (Mayne's Grove County Park)

5K Boys	CJ May	Aplington Parkersburg	17:07.34	2015
5K Girls	Bethany Lippert	IFA-AGWSR	20:58.88	2015

Iowa Mennonite School (Campus Course)

5K Boys	Bill Spencer	IMS	16:23	
5K Girls	Brina Kraft	Muscatine	20:28	2015

Iowa Mennonite School (Wellman Course)

5K Boys	Bill Spencer	IMS	16:16	
5K Girls	Julie Hollensbe	Williamsburg	19:45	2015

Iowa Cross Country Course Records

Iowa State University (high school course, all meets)

5K Boys	Patrick Bose	Johnston	15:42	2015
5K Girls	Julia Noah	Urbandale	18:03	2015

Iowa Western Community College (Campus course, all meets)

5K Boys	Corey Kress	Plattsmouth	16:44	2015
5K Girls	Autumn Graham	Plattsmouth	19:38	2015

Jesup (Jesup Golf Course)

5K Boys	Kyle Kehoe	Denver	16:10	
5K Girls	Emma Duncan	Anamosa	20:09	2015

Johnston (Camp Dodge, east course)

5K Boys

5K Girls

Johnston (Camp Dodge, west course)

5K Boys	Patrick Bose, Zach Smith, Drew Hersey	Johnston	15:58	2015
5K Girls	Jessica McKee	Johnston	18:17	2015

Keota (Lagos Acres)

5K Boys	Josh Keller	Colombus	16:53	2015
5K Girls	Anna Hostetler	Mid-Prairie	21:17	2015

Kingsley-Pierson (Brookside Golf Course, Kingsley)

5K Boys	Ben Aberson	South O'Brien	17:17	2015
5K Girls	Suzanne Putze	Woodbury Central/Kingsley-Pierson	19:49	2015

Iowa Cross Country Course Records

Knoxville (Pine Knolls Golf Course)

5K Boys	Camden Cox	Ankeny Centennial	16:17	2015
5K Girls	Taylor Brown	Ankeny Centennial	19:34	2015

Lake Mills (Rice Lake Golf Course)

5K Boys	Chris Huling	Hampton-Dumont	17:23	
5K Girls	Sheridan Lacoste	Rockford	21:59	2015

Union LaPorte City (LaPorte City Golf Course)

5K Boys	C J May	Aplington-Parkersburg	15:14	2015
5K Girls	Haley Fye	East Marshall	18:31	2015

Lake City, see South Central Calhoun

Larchwood (Grand Falls Casino & Golf Resort)

5K Boys	Joe Anderson	George-LR-CL	16:31.2	2015
5K Girls	Kelsey Lang	Moc-Floyd Valley	20:46.7	2015

LeMars (Prairie Rose Golf Club, Brunsville) Gary Meyer Invitational

5K Boys	Jacob VanderPlants	Unity Christian	16:52	2015
5K Girls	Suzanne Putze	WC-KP	19:55	2015

Lewis Central (Iowa Western Community College)

5K Boys	Corey Kress	Platsmouth	16:44	2015
5K Girls	Julia Noah	Urbandale	17:43	

Linn-Mar (Lowe Park)

5K Boys	Josh Evans	Linn-Mar	15:34	
5K Girls	Reagan Gorman	C.R. Washington	20:12	2015

Iowa Cross Country Course Records

Linn-Mar (Tuma Soccer Complex)

5K Boys	Dylan Eigenberger	Dubuque Senior	15:31	
5K Girls	Hannah Fusselman	C.R. Kennedy	18:50	2015

Logan-Magnolia (Logan Mo Valley Country Club)

5K Boys	Zack Ambrose	Boyer Valley	16:45.2	2015
5K Girls	Karley Larson	Underwood	19:04	2015

Louisa Muscatine (Langwood)

5K Boys	Ben Chapman	Louisa Muscatine	18:56	2015
5K Girls	Kaylee Ford	Wilton	22:01	2015

Luther College All-American, Decorah (high school course)

5K Boys	Seth Massot	Rochester Century	16:04	2015
5K Girls	Emma Christensen	Rochester John Marshall	18:28	2015

Lynnville-Sully (Diamond Trail Country Club, Lynnville)

5K Boys	Bryant Seuferer	Southeast Warren	18:23	2015
5K Girls	Dakota Hostetter	Colfax-Mingo	22:37	2015

Maple-Valley Anthon Oto

5K Boys	Garrett Ehlers	BCIG	16:06	
5K Girls	Ellie Mendlik	Denison-Schleswig	20:22	2015

Marshalltown (MCC Course)

5K Boys	Chander Austin	Boone	15:26	
5K Girls	Julia Noah	Urbandale	18:54	2015

Iowa Cross Country Course Records

Marquette Catholic (Bellevue)

5K Boys	Andrew Meyer	Bellevue	16:25	2015
5K Girls	Allyssa Williams	Durant	18:20	2015

Mason City (NIACC Campus Course, all meets)

5K Boys	Stepen Dak	Marshalltown	15:42	
5K Girls	Megan Mooberry	Osage	19:35	2015

Mason City (Mercy West Campus course, Newman Catholic)

5K Boys	Jordan Anderson	Mason City	15:29	
5K Girls	Ellie Friesen	Osage	19:19	2015

Mayne's Grove County Park, Hampton (all meets)

5K Boys	Chase Smith	GH/WH-V	16:15	2015
5K Girls	Megan Mooberry	Osage	19:26	2015

Mediapolis Invitational

5K Boys	Dillon Timmerman	Mediapolis	17:39	
5K Girls				

Midland (Little Bear, Wyoming, IA)

5K Boys	Andrew Meyer	Belevue	16:23	2015
5K Girls	Camryn Reeg	Bellevue	19:55	2015

Mid-Prairie (Wellman Golf Course)

5K Boys	Bill Spencer	IMS	16:50	
5K Girls				

Iowa Cross Country Course Records

Missouri Valley

5K Boys	Joe Kuehl	C.B. St. Alberts	15:53	
5K Girls	Payton Sporrer	IKM-Manning	20:09	

Montezuma

5K Boys	Blake Keller	South Tama	18:15	2015
5K Girls	Dakota Hostetter	Colfax-Mingo	22:53	2015

Monticello (Monticello High School Campus)

5K Boys	Matt Manternach	Monticello	16:31	2015
5K Girls	Alyssa Williams	Durant	19:06	2015

Mount Pleasant (Mapleleaf Athletic Complex)

5K Boys	Logan Murray	Mount Pleasant	17:08	2015
5K Girls	Brett Schneider	Ft. Madison	19:55	2015

Mount Vernon - Lisbon

5K Boys	Conner Smock	Mt. Vernon-Lisbon	16:37	
5K Girls	Hannah Brown	Hempstead	19:47	2016

Muscatine (Municipal Golf Course)

5K Boys	Tysen VanDraska	C.R. Prairie	15:54	
5K Girls	McKenzie Yanek	Pleasant Valley	18:35	2015

Nashua-Plainfield

5K Boys	Dan Rediske	Waverly Shell-Rock	17:09	
5K Girls	McKayla Cole	Charles City	19:57	2015

Iowa Cross Country Course Records

Nevada (Hickory Grove Park, Colo)

5K Boys	Jackson Schulte	Grinnell	16:31	2015
5K Girls	Abby Kohut-Jackson	Ballard	19:45	2015

New Hampton (New Hampton Golf & Country Club)

5K Boys	Andrew Kephart	Decorah	17:09	2015
5K Girls	McKayla Cole	Charles City	19:17	2015

Newman Catholic (Mercy West Campus, Mason City)

5K Boys	Jordan Anderson	Mason City	15:29	
5K Girls	Ellie Friesen	Osage	19:19	2015

Newton (Westwood Country Club)

5K Boys	Jackson Schulte	Grinnell	17:03	2015
5K Girls	Siera Mitchell	S.E. Polk	20:05	2015

Nodaway Valley (Adair County Fairgrounds)

5K Boys	Nick Gallagher	Bedford	16:22	
5K Girls				

Nodaway Valley (Greenfield Golf Course)

5K Boys	Shane Breheny	Nodaway Valley	17:35	2015
5K Girls	Destiny Scar	Nodaway Valley	21:14	2015

North Butler (Round Grove Golf Course)

5K Boys	Kevin Klosbassa	Nashua-Plainfield	17:07	
5K Girls				

Iowa Cross Country Course Records

North Cedar

5K Boys

5K Girls Maddie Case North Scott 20:08

North Central (Lowden)

5K Boys Jonathan Facio Clinton 17:25 2015

5K Girls Maddie Case North Scott 20:08 2015

Northeast

5K Boys Andrew Meyer Bellevue 16:48 2015

5K Girls Camryn Reeg Bellevue 20:37 2015

North Fayette-Valley

5K Boys Danny Halva North Fayette-Valley 17:35 2015

5K Girls Ellie Friesen Osage 19:58 2015

North Linn (Troy Mills)

5K Boys Logan Murray Mount Pleasant 16:08 2015

5K Girls Madison Bach Marion 18:50 2015

North Scott (Scott County Park, Eldridge)

5K Boys Brandon Cooley Bettendorf 16:45 2015

5K Girls Julia Schumacher Assumption 19:56 2015

North Polk (Alleman)

5K Boys Tanner Wood Des Moines Lincoln 16:51 2015

5K Girls Oksana Covey D.M. Christian 20:09 2015

Iowa Cross Country Course Records

North Scott (Scott County Park)

5K Boys

5K Girls Julia Schumacher Assumption 19:56

Norwalk (McAnnichs Sports Complex)

5K Boys Evan Selser Winterset 16:23

5K Girls Abby Kohut-Jackson Ballard 19:26 2015

OA-BCIG (Ida Grove)

5K Boys Garret Ehlers OA-BCIG 15:28

5K Girls Grace Meyer Pocahontas Area 20:34 2015

Oelwein (Hickory Grove)

5K Boys

5K Girls Laura Snyder Western Dubuque 20:10

Okoboji

5K Boys Gable Sieperda G-LR/CL 17:27 2015

5K Girls Sammy Blum B-H/RV 21:56 2015

Onawa (Onawa Country Club)

5K Boys Blake Netherton OA-BCIG 17:47.6 2015

5K Girls Suzanne Putze WCKP 19:57.2 2015

Orient-Macksburg

5K Boys

5K Girls Destiny Scar Nodaway Valley 21:13

Iowa Cross Country Course Records

Osage (Mitchell City Nature Center Course)

5K Boys	Jacob Hansen	West Fork	16:57	2015
5K Girls	Megan Mooberry	Osage	19:07	2015

Oskaloosa

5K Boys	Omet Kak	DM North	15:54	
5K Girls	Jordan Winke	Albia	19:51	2015

Panorama (Lake Panorama, Panora)

5K Boys	Mark Holan	Nodaway Valley	16:55	
5K Girls	Oksana Covey	D.M. Christian	20:52	2015

PCM (Gateway Recreation, Monroe)

5K Boys	Tyler Ketcham	Des Moines Christian	18:07	2015
5K Girls	Oksana Covey	Des Moines Christian	21:58	2015

Pekin (Waterworks Park, Fairfield)

5K Boys	Keiffer Sexton	Highland	16:30	2015
5K Girls	Jordan Winke	Albia	19:11	2015

Pekin (Wildwood)

5K	Dalton Bowers	Ottumwa	17:00	2015
5K	Gwynne Wright	Pekin	19:59	2015

Pella (Central College high school course)

5K Boys	Kevin Lewis	Ottumwa	15:27	
5K Girls	Gabby Skopec	Iowa City West	19:41	2015

Iowa Cross Country Course Records

Perry

5K Boys	Cooper McDermott	Creston	16:52	2015
5K Girls	Abby Kohut-Jackson	Ballard	19:23	2015

Pleasant Valley (Crow Creek Park)

5K Boys	Marshall Moyer	Burlington	15:42	
5K Girls	Judy Pendergast	Naperville North	17:46	2015

Pleasantville

5K Boys	Bryant Seuferer	Southeast Warren	16:53	2015
5K Girls	Dakotah Hostetter	Colfax-Mingo	20:41	2015

Pocahontas Area

5K Boys	Spencer Warehime	Southeast Valley	16:44	2015
5K Girls	Grace Meyer	Pocahontas Area	20:27	2015

Prairie City Monroe (Gateway Country Club)

5K Boys	Jake Potter	PCM (Monroe)	17:45	
5K Girls				

Prairie Valley (Prairie View Golf Course)

5K Boys	Taylor Huseman	Manson NW-Webster	16:55	
5K Girls				

Red Oak (Dick Morrison Track)

5K Boys	Michael Sciranko	Harlan	17:59	2015
5K Girls	Tiffany Williams	Atlantic	21:03	2015

Iowa Cross Country Course Records

Roland-Story (River Bend Golf Course, Story City)

5K Boys	Dylan Davis	ADM	15:28	
5K Girls	Lexi Smith	Dallas Center	20:14	2015

Sanborn (Sanborn Golf and Country Club)

5k Boys	Gable Sieperda	GLR/CL	16:44	2015
5K Girls	Jordan Bos	Unity	21:08.33	2015

Saydel (Saydel Campus Cross Country Course)

5K Boys	Omet Kak	DM North	16:19	
5K Girls	Emily Patterson	North Polk	20:58	2015

Sheldon (Sheldon Country Club)

5K Boys	Jacob VanderPlaats	Unity Christian	16:29	2015
5K Girls	Kourtney Delperdang	Spirit Lake	19:24	2015

Shenandoah

5K Boys	Johnny Fuller	Glenwood	16:25	
5K Girls	Karley Larson	Underwood	19:09.5	2015

Sibley-Ocheyedan

5K Boys	Tristan Hulstein	Western Christian	16:01	2015
5K Girls	Sammy Blum	BHRV	20:16	2015

Sigourney (Sigourney Golf Course)

5K Boys	Canyon Kuhlman	Lynnville-Sully	18:03	2015
5K Girls	Dakota Hostetter	Colfax-Mingo	21:00	2015

Iowa Cross Country Course Records

Sioux Central

5K Boys	Ryan Maris	Spirit Lake	16:06	2015
5K Girls	Kourtney Delperdang	Spirit Lake	19:01	2015

Sioux City Heelan

5K Boys	Suzanne Putze	Woodbury Cen-KP	18:25.7	2016
5K Girls	Eric Hoffman	Woodbury Cen-KP	16:16.7	2016

Sioux City West (West High Campus)

5K Boys	Phoenix Larned	Sioux City West	17:28	2015
5K Girls	Marisa Schulz	Dakota Valley	20:40	

Solon (Sports Complex)

5K Boys	Connor Smock	Mt. Vernon/Lisbon	16:36	
5K Girls	Sommer Clydesdale	North Scott	20:08	2015

Southeast Polk (Sam Wise Youth Complex)

5K Boys	Zach Wittenberg	Pella	16:21	
5K Girls				

Southeast Polk (MWS, Runnells)

5K Boys	JJ Orput	Carlisle	17:20	2015
5K Girls	Gabby Skopec	I.C. West	19:35	2015

Southeast Valley (Gowrie Country Club)

5K Boys	Taylor Huseman	MNW	16:55	
5K Girls	Abby Landwehr	St. Edmond	20:59	2015

Iowa Cross Country Course Records

Southwest Valley (Happy Hollow Country Club, Corning)

5K Boys	Tim Brink	Riverside	16:23	2015
5K Girls	Destiny Scar	Nodaway Valley	20:03	2015

South Central Calhoun (Lake City Country Club)

5K Boys	Johnny Fuller	Glenwood	16:31	
5K Girls	Faith Meyer	PAC/LM	20:42.5	2015

South Hamilton (Jewell)

5K Boys	Wesley Greder	Gilbert	16:43	
5K Girls	Haley Fye	East Marshall	19:47	2015

South Hardin (Pine Lake Golf Course, Eldora)

5K Boys	CJ May	Aplington-Parkersburg	18:10	2015
5K Girls	Haley Fye	East Marshall	20:30	

South Harding (South Harding Rec Complex, Union)

5K Boys	Jackson Schulte	Grinnell	16:43	2015
5K Girls	Haley Fye	East Marshall	20:17	2015

South O'Brien (Paullina Golf Club, Paullina)

5K Boys	Travic DeRidder	South O'Brien	16:18	
5K Girls	Sammy Blum	BHRV	22:07.1	2015

South Tama (Otter Creek Park, Toledo)

5K Boys	Jackson Schulte	Grinnell	16:35	2015
5K Girls	Haley Fye	East Marshall	20:29	2015

Iowa Cross Country Course Records

South Winnishek (South Winn Country Club, Calmer)

5K Boys	Andrew Kephart	Decorah	16:50	2015
5K Girls	Shelby Reicks	South Winn	19:18	2015

Spencer

5K Boys	Paul Yak	Storm Lake	16:30	
5K Girls	Kourtney Delperdang	Spirit Lake	20:30.04	2015

Spirit Lake (Brooks Golf Course)

5K Boys	Will Norris	Spirit Lake	15:28	
5K Girls	Kourtney Delperdang	Spirit Lake	20:00.05	2015

Starmont

5K Boys	Nick Nordheim	Waukon	16:16	
5K Girls	Laura Snyder	Western Dubuque	20:04	2015

Storm Lake

5K Boys	Paul Yak	Storm Lake	15:39	
5K Girls	Kortney Delperdang	Spirit Lake	20:08	2015

Tipton (City Park)

5K Boys	Wyatt Schmidt	Northeast	17:33	2015
5K Girls	Alyssa Williams	Durant	19:04	2015

Treynor

5K Boys	Conrad Sain	Treynor	16:07	
5K Girls	Destiny Scar	Nodaway Valley	19:46.6	2015

Iowa Cross Country Course Records

Tri-Center (Arrowhead Park, Neola)

5K Boys	Joe Weber	Boyer Valley	18:28	2015
5K Girls	Karley Larson	Underwood	20:18	2015

Unity Christian (Landsmeer Golf Course, Orange City)

5K Boys	Chase Smith	Garner Hayfield Ventura	15:44.8	2015
5K Girls	Rylee Wright	WCKP	19:24	2015

Urbandale

5K Boys	Spencer Clark	Dowling	16:30	
5K Girls	Elyse Prescott	Urbandale	19:44	2015

Union LaPorte City (LaPorte City Golf Course)

5K Boys	C J May	Aplington-Parkersburg	15:14	2015
5K Girls	Haley Fye	East Marshall	18:31	2015

Van Buren (Indian Lake, Farmington) (host with Harmony)

5K Boys	Ross Emanuel	MSAE	15:45	2015
5K Girls	Morgan Craft	Van Buren	20:09	2015

Vinton-Shellsburg (Rodger's Park)

5K Boys	Blake Keller	South Tama County	17:35	2015
5K Girls	Alyssa Williams	Durant	19:19	2015

Wartburg College Max Cross Country Course, Waverly (high school course, all meets)

5K Boys	Daniel Huff	WS-R	15:40	
5K Girls	Megan Mooberry	Osage	19:40	2015

Iowa Cross Country Course Records

Washington (Marr Park)

5K Boys	Kalen Greiner	Keota	17:54	
5K Girls	Sarah Steffensmeier	Ft. Madison	20:04	

Washington (Washington Golf and Country Club)

5K Boys	Logan Murray	Mt. Pleasant	16:07.0	2015
5K Girls	Sara Steffensmeier	Ft. Madison	20:04.9	2015

Waterloo West (Bontrager Park Course)

5K Boys	Jonathon Smith	Cedar Falls	16:11	
5K Girls	Paige Krale		19:48	2015

Waterloo (Byrnes Park)

5K Boys	Tysen Vandraska	Cedar Rapids Prairie	15:46	2015
5K Girls	Mary Arch	Iowa City High	15:52	2015

Waterloo West (Memorial Stadium & Miriam City Park)

5K Boys	Tysen Vandraska	C.R. Prairie	16:37	
5K Girls	Mary Arch	City High	18:52	

Waukee (Ridge Point Park)

5K Boys	Jackson Lewis	Waukee	16:21	2015
5K Girls	Rachel Brush	Waukee	18:52	2015

Waukon (Waukon Golf and Country Club)

5K Boys	Danny Halva	North Fayette-Valley	17:06	2015
5K Girls	Josephine Berlage	Decorah	20:00	2015

Iowa Cross Country Course Records

Waverly-Shell Rock (Wartburg College, Max high school course)

5K Boys	Daniel Huff	WS-R	15:40	
5K Girls	Megan Mooberry	Osage	19:40	2015

Wayne (Corydon)

5K Boys	Zach Houglund	Davis County	14:01	2015
5K Girls	Jordan Winke	Albia	17:03	2015

WC-KP (Brookside)

5K Boys				
5K Girls	Suzanne Putze	WC-KP	19:49	

Webster City (Links Golf Course)

5K Boys	Chandler Austin	Boone	15:41	
5K	Dianna Slight	Boone	21:20.47	2015

West Branch

5K Boys	Michael Westphal	Urbandale	16:14	2015
5K Girls	Julia Noah	Urbandale	18:04	2015

West Central Valley (Menlo)

5K Boys	Andrew Stumbo	Ogden	15:49	2015
5K Girls	Destiny Scar	Nodaway Valley	19:40	2015

West Delaware (Hart Ridge Golf Course, Manchester)

5K Boys	Reid Smock	Mount Vernon-Lisbon	15:52	2015
5K Girls	Lily Horst	Vinton-Shellsburg	18:57	2015

Iowa Cross Country Course Records

West Des Moines Valley (Valley/VSW course, West Des Moines)

5K Boys	Trevor Kirk	Valley	16:50	2015
5K Girls	Rachel Brush	Waukee	19:23	2015

West Fork (Linn Grove Country Club, Rockwell)

5K Boys	Jacob Hansen	West Fork	17:30	2015
5K Girls	Taylor Hauser	Newman Catholic	20:06	2015

West Lyon (Lake Pahoja, Inwood)

5K Boys	Gable Sieperda	George-LR-CL	16:16	2015
5K Girls	Maisey Bainbridge	Lennox	19:25	2015

West Marshall

5K Boys	Chandler Austin	Boone	15:41	
5K Girls	Ashlee Johnson	West Marshall	21:01	2015

West Sioux (Hawarden Golf Course, Hawarden)

5K Boys	Tiegen Lindner	Sioux Falls O'Gorman	16:22	2015
5K Girls	Abby Ripperda	Sioux Falls O'Gorman	19:02	2015

Western Christian (Rolling Hills, Hull)

5K Boys	Gable Sieperda	George-LR-CL	15:21	2015
5K Girls	Madeline Hurt	LeMars	19:23	2015

Western Dubuque (Epworth)

5K Boys	Andrew Meyer	Bellevue	16:03	2015
5K Girls	Alyssa Williams	Durant	18:54	2015

Iowa Cross Country Course Records

Westwood (Southwoods Park, Smithland)

5K Boys	Alex Harris	West Monona	20:46	2015
5K Girls	Abigail Brink	Lawton-Bronson	25:06	2015

Williamsburg (Williamsburg Sports Complex)

5K Boys	Eric Lenz	Tipton	16:42	
5K Girls	Julie Hollensbe	Williamsburg	19:22	2015

Winfield-Mt. Union

5K Boys	Josh Keller	Columbus	16:28	2015
5K Girls	Emma Gordon	Mediapolis	20:17	2015

Woodbine High School

5K Boys	Evan Wilson	Exira-EHK	17:31	2015
5K Girls	Karley Larson	Underwood	19:20	2015

Woodbury Central (Meadows Golf Course, Merville)

5K Boys	Garret Ehlers	OA-BCIG	16:36	
5K Girls	Josie Heeren	Elk Point Jefferson	19:57	2015

Xavier High School (Noelridge Park)

5K Boys				
5K Girls	Mary Arch	City High	18:35	

Iowa Cross Country Course Records

Non5K & Historical Records

We are also interested in historical records, 2 mile courses, old vs. new courses, different courses at the same location, Middle School records, etc.

Bellevue

4K Boys	Andrew Meyer	Bellevue	12:00	2015
4K Girls	Camryn Reeg	Bellevue	15:36	2015

Madrid

2 mile HS Boys	Jordan Combes	Colo-NESCO	10:34	2015
2 mile HS Girls	Sydney Clark	DMC	13:21	2015

State Meet

2 mile Boys	Jim Eichen	Davenport Center	9:28	1974
2 mile Girls				