Pride of Iowa Cross Country Championships - 10/13/2026

10/13/2026

Rankings

Event 3 Girls 5k Run CC HIGH SCHOOL

	Name	Year	School	Finals	Points
1	Prunty, Kinsey	11	Wayne Corydon	21:52.81	1
2	Briner, Alice	9	Mount Ayr	22:32.04	2
3	Greenwell, Ryley	11	Mount Ayr	22:36.45	3
4	Brown, Destiny	12	Wayne Corydon	22:41.14	4
5	Nelson, Abigail	10	Nodaway Valley	22:58.88	
6	Perkins, Aubri	12	Central Deca	23:21.40	5
7	Leahy, Taylor	12	Central Deca	23:48.25	6
8	Lane, Addy	10	Central Deca	23:56.06	7
9	Breheny, Bailey	9	Nodaway Valley	24:06.21	
10	Mason, Aly	9	Southeast Wa	24:14.97	
11	Friedrich, Tatum	12	Mount Ayr	24:35.04	8
12	Byrd, Shiann	12	Central Deca	24:58.78	9
13	Long, Maria	12	East Union Afton	25:15.57	
14	Leahy, Grace	11	Central Deca	25:23.64	10
15	Maeder, Rylie	9	Southwest Valley	25:30.85	
16	Friedrich, Alba	9	Mount Ayr	25:45.48	11
17	Helton, Lola	12	Central Deca	25:54.24	12
18	Trujillo, Irais	10	Mount Ayr	26:42.32	13
19	Greenwell, Kinsley	9	Mount Ayr	27:03.28	14
20	Jensen, Amaryllis	11	Wayne Corydon	27:19.89	15
21	Lilly, Kenzie	10	Nodaway Valley	28:08.23	
22	Ostrander, Aubree	9	Wayne Corydon	28:19.92	16
23	Robb, Chloe	10	Mount Ayr	29:21.52	17
24	Katzmann, Lily	10	Central Deca	29:24.14	18
25	Geisler, Allie	11	Southeast Wa	29:41.73	
26	Cox, Jordyn	9	Wayne Corydon	35:35.33	19
27	Edwards, October	9	Southwest Valley	40:34.67	
28	Merrill, Daylee	9	East Union Afton	44:27.42	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Central Decatur Leon	37	5	6	7	9	10	12	18		
	Total Time: 2:01:28.13										
	Average: 24:17.63										
2	Mount Ayr	37	2	3	8	11	13	14	17		
	Total Time: 2:02:11.33										
	Average: 24:26.27										
3	Wayne Corydon	55	1	4	15	16	19				
	Total Time: 2:15:49.09										
	Average: 27:09.82										

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Rankings

Event 2 Boys 5k Run CC HIGH SCHOOL

	Name	Year	School	Finals	Points
1	Winkelmann, Gabriel	11	Nodaway Valley	17:40.74	1
2	Driskill, Brock	12	East Union Afton	17:54.02	
3	Jimenez, Raiden	12	Southeast Wa	18:08.22	2
4	Nelson, Josh	10	Nodaway Valley	18:09.61	3
5	Kading, Paul	12	Nodaway Valley	18:32.25	4
6	Kading, Luke	12	Nodaway Valley	18:32.95	5
7	Colton, Haden	12	Nodaway Valley	18:33.49	6
8	Quigley, Cayden	8	Central Deca	18:34.63	7
9	Berg, Jack	11	Nodaway Valley	19:14.90	8
10	Waugh, Beau	11	Central Deca	19:25.21	9
11	O'Brien, Krayten	9	Wayne Corydon	19:29.90	10
12	Tedford, Blake	11	Central Deca	19:35.80	11
13	Ehler, Everett	10	Nodaway Valley	19:42.65	12
14	Quigley, Trevor	10	Central Deca	19:48.89	13
15	Cox, Caden	10	Wayne Corydon	20:12.66	14
16	Mercado, Cherubim	11	Nodaway Valley	20:21.75	
17	Wuebker, Cyler	11	East Union Afton	20:32.09	
18	Strode, Cael	11	Nodaway Valley	20:53.98	
19	Birkland, Triton	9	Wayne Corydon	21:30.12	15
20	Palmer, Eli	12	Wayne Corydon	21:46.36	16
21	Aleff, Alex	11	Wayne Corydon	22:12.78	17
22	Briner, Austin	11	Mount Ayr	22:14.17	18
23	Palmer, Landon	11	Central Deca	22:39.24	19
24	Truman, Brody	9	Southwest Valley	22:44.71	20
25	Graves, Max	9	Mount Ayr	23:04.33	21
26	Thompson, Fynn	11	Nodaway Valley	23:09.85	
27	Sponsler, Caden	11	Southeast Wa	23:13.50	22
28	Couchman, Dillon	12	Wayne Corydon	23:35.15	23
29	Breheny, Dom	11	Nodaway Valley	23:39.65	
30	Westerhausen, Uriah	11	Southwest Valley	23:56.81	24
31	Rockhold, Greyson	10	Wayne Corydon	23:57.09	25
32	Lumadue, Ryan	11	Southeast Wa	24:09.48	26
33	Sage, Kannin	10	Central Deca	24:46.06	27
34	Contreras, Adrian	9	Central Deca	25:06.97	28
35	Van Horn, Lincoln	10	Nodaway Valley	25:08.99	
36	Starmer, Mason	9	Mount Ayr	25:13.28	29
37	McAlexander, Braxton	9	Mount Ayr	27:07.22	30
38	Becker, Cameron	11	Southwest Valley	27:43.84	31
39	Shaffer, Kellon	11	Mount Ayr	28:22.06	32
40	Clark, Hunter	12	Southeast Wa	29:54.16	33
41	Hayes, Aiden	12	Southeast Wa	29:54.41	34
42	Knight, Gracin	9	Southwest Valley	30:08.47	35
43	Clark, Isaiah	10	Southeast Wa	31:32.30	36
44	Means, Henry	10	Southwest Valley	39:30.18	37
45	Eddy, Curan	9	Southwest Valley	42:06.59	38

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Rankings

....Event 2 Boys 5k Run CC HIGH SCHOOL

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Nodaway Valley	19	1	3	4	5	6	8	12		
	Total Time: 1:31:29.04										
	Average: 18:17.81										
2	Central Decatur Leon	59	7	9	11	13	19	27	28		
	Total Time: 1:40:03.77										
	Average: 20:00.76										
3	Wayne Corydon	72	10	14	15	16	17	23	25		
	Total Time: 1:45:11.82										
	Average: 21:02.37										
4	Southeast Warren Liberty	117	2	22	26	33	34	36			
	Total Time: 2:05:19.77										
	Average: 25:03.96										
5	Mount Ayr	130	18	21	29	30	32				
	Total Time: 2:06:01.06										
	Average: 25:12.22										
6	Southwest Valley	147	20	24	31	35	37	38			
	Total Time: 2:24:04.01										
	Average: 28:48.81										

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Rankings

Event 1 Mixed 3200 Meter Run CC MIDDLE SCHOOL

	Name	Year	School	Finals	Points
Results - Women 3200 Run					
1	Hagan, Ella	W8	Wayne MS	14:38.47	1
2	Morrison, Reagan	W7	Southwest Valley MS	15:10.20	2
3	Keeney, Brooklyn	W8	Wayne MS	15:24.03	3
4	Larsen, Annie	W7	Mt Ayr MS	15:44.49	
5	Larsen, Kallie	W7	Mt Ayr MS	15:47.33	
6	Van Horn, Mckenzie	W7	Nodaway Valley MS	16:07.76	
7	Page, Mia	W8	Central Decatur MS	16:18.91	
8	Hagan, Aria	W7	Wayne MS	16:28.37	4
9	Babbitt, Bryleigh	W7	Wayne MS	17:07.23	5
10	Garrison, Emma	W8	Wayne MS	17:11.51	6
11	Driskill, Brecklynn	W8	East Union MS	18:29.80	
12	Shuler, Payton	W7	Southwest Valley MS	19:24.19	7
13	Shuler, Addison	W7	Southwest Valley MS	19:30.58	8
14	Gonzalez, Zoe	W8	East Union MS	19:41.16	
15	Helvie, Wyn	W7	Southwest Valley MS	20:38.06	9
16	Amdor, Emma	W7	Southwest Valley MS	21:32.99	10
Results - Men 3200 Run					
1	Tedford, Trae	M7	Central Decatur MS	12:19.92	
2	Roe, Sawyer	M8	Wayne MS	12:57.61	1
3	Cooper, Jackson	M8	Wayne MS	13:01.07	2
4	Clear, Zayett	M8	East Union MS	13:03.62	
5	Stamper, Braxton	M7	Central Decatur MS	13:35.57	
6	Jensen, Porter	M8	Wayne MS	14:07.42	3
7	Contraes, Mateo	M7	Central Decatur MS	14:17.23	
8	England, Bohdin	M8	Mt Ayr MS	14:52.29	4
9	Catanzareti, Adrian	M7	Mt Ayr MS	14:57.67	5
10	Palmer, Liam	M8	Wayne MS	14:58.29	6
11	Dolecheck, Joel	M8	Mt Ayr MS	15:15.04	7
12	Brooks, Warren	M8	Mt Ayr MS	15:24.44	8
13	Palmer, Rowen	M7	Wayne MS	16:04.44	9
14	Glor, Chase	M7	Southwest Valley MS	16:18.24	
15	Palmer, William	M7	Central Decatur MS	16:50.38	
16	Sheil, Carter	M7	Mt Ayr MS	17:14.45	10
17	Palmer, Micah	M7	Wayne MS	17:17.14	11
18	Huddleson, Remi	M8	Nodaway Valley MS	18:59.71	
19	Zavala, Adrian	M7	Southwest Valley MS	25:20.48	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Results - Men 3200 Run											
1	Wayne MS	21	1	2	3	6	9	11			
	Total Time: 1:11:08.83										
	Average: 14:13.77										

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Rankings

....Event 1 Mixed 3200 Meter Run CC MIDDLE SCHOOL

2	Mt Ayr MS	34	4	5	7	8	10
	Total Time: 1:17:43.89						
	Average: 15:32.78						

Results - Women 3200 Run

1	Wayne MS	19	1	3	4	5	6
	Total Time: 1:20:49.61						
	Average: 16:09.93						
2	Southwest Valley MS	36	2	7	8	9	10
	Total Time: 1:36:16.02						
	Average: 19:15.21						