



**Elkhorn North
Cross-Country
2024 Season Summary**



2024 Participants

Elisabeth Cook - 9th
Valerie Ditsch - 9th
Kyler Hiltz -10th
Sariah Marshall - 9th
Chloe Mead - 11th
Makenna Minturn - 10th
Anna Real - 10th
Jocelyn Santos - 10th
Roos Abrahams - 10th
Channing Sidders - 9th
Kara Stumpf - 9th
Harper Winter - 10th
Ines Villamudria-Pereira - 10th
Tomasz Kissel - 11th
Noah Lange - 11th
Shrivarshan Prabaharan - 9th
Layton Romsa - 10th
Isaac Ulrich - 9th
Kyle Ross - 12th

2024 Letter Winners

Morgan Bitcon - 11th
Payton Brummels - 12th
Paityn Christoffels - 11th
Ella Ford - 12th
Raisa Halweg - 10th
Hailey Marshall - 11th
Avery Melendrez - 12th
Kailey O'Brien - 12th
Anna Ripley - 12th
Leah Robinson - 10th
Sean Cook - 9th
Luke Jefferson - 10th
Jude Martz - 9th
Charlie McCune - 9th
Jonah Santos - 11th
Derek Rieck-Capallen - 11th
(Jenna Polking-11th)

Coaches

Head Coach: Jordan Fuglestad

Assistant Coaches: Annie Chadwick, Phil Onwiler, Cayle Jones, Bart Wilkins

Boys Season Summary

11 new personal records

Seward Combined Team Score Champions

3 of the 4 fastest freshmen at Eastern Midlands Conference
Championships

Two state qualifiers - Jude Martz & Derek Rieck-Capallen

Jude - 6th fastest freshman at state championship meet
for Class B

First district champion in program history (Derek
Rieck-Capallen)

First state medalist (Derek Rieck-Capallen 15th)

Boys Results

Norris High School
John Votta Invitational
Saturday August 31, 2024

6th Place

ATHLETE	TIME/PLACE
Jonah Santos	17:31.92 - 20th
Jude Martz	17:40.56 - 22nd
Tomasz Kissel	17:42.95 - 23rd
Charlie McCune	18:11.52 - 31st
Kyle Ross	18:40.48 - 45th
Noah Lange	18:45.67 - 51st
Luke Jefferson	19:16.96
Sean Cook	19:24.61
Shrivarshan Prabaharan	21:46.56
Isaac Ulrich	22:38.21
Layton Romsa	23:25.11

Seward High School
Charlie Thorell Invitational
Thursday September 5, 2024
Combined Team Score Champions

VARSIITY

ATHLETE	TIME/PLACE
Derek Rieck-Cappellan	17:32.78 - 13th
Jonah Santos	18:16.04
Jude Martz	18:19.32 <i>*Freshman Top Finisher*</i>
Kyle Ross	19:13.33
Noah Lange	19:16.29
Luke Jefferson	19:53.20
Charlie McCune	20:54.53

JUNIOR-VARSITY

ATHLETE	TIME/PLACE
Sean Cook	19:33.55 - 7th
Shrivarshan Prabakaran	21:48.06
Isaac Ulrich	22:27.75 <i>Personal Record</i>
Layton Romsa	23:30.59

Mahoney State Park
Platte River Rumble
Thursday September 12, 2024

LARGE SCHOOL RACE

ATHLETE	TIME/PLACE
Derek Rieck-Cappellan	16:33.41 - 18th <i>Personal Record</i>
Jude Martz	17:48.58
Charlie McCune	18:34.48
Kyle Ross	18:59.55 Course PR
Noah Lange	18:59.72 Course PR

OPEN RACE

ATHLETE	TIME/PLACE
Luke Jefferson	19:30.10 Course PR
Isaac Ulrich	21:59.59 <i>Personal Record</i>
Shirvarshan Prabaharan	22:04.88
Sean Cook	22:18.62
Layton Romsa	23:17.31 Course PR

Pioneers Park
Harold Scott Invitational
Thursday September 19, 2024

Varsity

ATHLETE	TIME/PLACE
Jude Martz	18:22.04 - 45th
Charlie McCune	18:52.19
Luke Jefferson	19:56.28
Noah Lange	20:00.67
Kyle Ross	20:40.21

Junior-Varsity

ATHLETE	TIME/PLACE
Sean Cook	19:16.81 - 11th
Shrivarshan Prabakaran	21:59.65
Layton Romsa	23:36.21
Isaac Ulrich	24:47.10

Boystown Campus
Boystown Invitational
Thursday October 3, 2024

VARSIITY

ATHLETE	TIME/PLACE
Kyle Ross	19:03.50 - 8th Course PR

JUNIOR-VARSIITY

ATHLETE	TIME/PLACE
Shrivarshan Prabakaran	20:29.43 - 7th
Isaac Ulrich	22:01.70 - 22nd
Layton Romsa	22:13.66 - 25th <i>Personal Record</i>

Pioneers Park
Eastern Midlands Conference Championship
Thursday October 10, 2024

VARSIITY

7th Place

ATHLETE	TIME/PLACE
Derek Rieck-Cappellan	17:06.37 - 8th
Jude Martz	18:10.45 - 20th Course PR
Charlie McCune	18:17.92 - 26th Course PR
Jonah Santos	18:23.86 Course PR
Tomasz Kissel	19:49.74

JUNIOR-VARSITY

3rd Place

ATHLETE	TIME/PLACE
Sean Cook	18:44.44 - 3rd <i>Personal Record</i>
Kyle Ross	18:46.94 - 4th Course PR
Luke Jefferson	18:48.04 - 5th <i>Personal Record</i>
Shrivarshan Prabakaran	20:46.66 <i>Personal Record</i>
Layton Romsa	22:38.91 Course PR

Walnut Grove
B1 Championship
Thursday October 17, 2024

VARSIITY

5th Place

ATHLETE	TIME/PLACE
Derek Rieck-Cappellan	16:34.58 - 1st <i>State Qualifier</i> FIRST RACE WIN
Jude Martz	17:44.93 - 14th <i>State Qualifier</i>
Charlie McCune	18:28.65 - 22nd
Jonah Santos	18:46.81 - 26th
Luke Jefferson	18:55.33 - 27th
Sean Cook	19:29.65 - 30th

Kearney Country Club and Golf Course
Class B Boys State Championship
Friday October 30, 2024

BOYS

ATHLETE	TIME/PLACE
Derek Rieck-Capallen	16:34.50 - 15th First state medalist in program history
Jude Martz	17:37.60 - 50th Personal Record

Boys Personal Records

Derek Rieck-Capellan 16:33.41.....Platte River Rumble - 2024

Jonah Santos - 17:14.....Platte River Rumble - 2023

Jude Martz - 17:37.60.....State - 2024

Charlie McCune - 18:17.92.....EMC - 2024

Sean Cook - 18:44.44.....EMC - 2024

Kyle Ross - 18:46.94.....EMC - 2024

Sean Cook - 18:44.44.....EMC - 2024

Luke Jefferson - 18:48.04.....EMC - 2024

Noah Lange - 18:59.72.....Platte River Rumble - 2024

Tomasz Kissel - 19:49.80.....EMC - 2024

Shrivarshan Prabakaran - 20:29.50.....Boystown - 2024

Isaac Ulrich - 21:55.60.....Mount Michael - 2024

Layton Romsa - 22:13.66.....Boystown - 2024

Girls Season Summary

18 new personal records

Regular Season Meet Champions x 3 (Seward, Mt. Michael, UNK)

Regular Season Meet Runner-Up x 2 (Norris, Harold Scott Invite)

Regular Season 3rd place x 2 (Boystown and Platte River Rumble)

Eastern Midlands Conference Champions - 1st time in program history

Districts Champions - 4th time in program history

6 state medalists - Leah 2nd, Ella 8th, Kailey 10th, Paityn 11th, Avery 13th, Anna 15th

CLASS B STATE CHAMPIONS - 1st time in program history

Girls Results

Norris High School
John Votta Invitational
Saturday August 31, 2024
MEET RUNNER-UP

ATHLETE	TIME/PLACE
Leah Robinson	19:00.74 - 3rd
Paityn Christoffels	19:32.30 - 5th
Avery Melendrez	19:42.809 - 7th
Anna Ripley	19:45.956 - 8th
Kailey O'Brien	19:54.283 - 11th
Morgan Bitcon	21:37.37 - 26th
Raisa Halweg	21:56.78
Hailey Marshall	22:55.52
Sariah Marshall	22:55.60
Anna Real	23:35.34
Elisabeth Cook	23:36.57
Jocelyn Santos	24:10.76
Chloe Mead	24:55.09
Kara Stumpf	25:12.01
Channing Sidders	25:20.70
Makenna Minturn	25:41.52
Kyler Hilts	25:48.74

Seward High School
Charlie Thorell Invitational
Thursday September 5, 2024
MEET CHAMPIONS
Combined Team Score Champions

VARSIITY

ATHLETE	TIME/PLACE
Leah Robinson	19:25.20 - 2nd
Kailey O'Brien	20:14.69 - 7th
Paityn Christoffels	20:16.56 - 8th
Avery Melendrez	20:23.91 - 9th
Anna Ripley	20:52.40 - 12th
Payton Brummels	22:05.48
Morgan Bitcon	22:07.38
Raisa Halweg	22:10.54
Hailey Marshall	23:55.37

JUNIOR-VARSITY

ATHLETE	TIME/PLACE
Anna Real	23:51.12 - 8th
Elisabeth Cook	24:31.51
Jocelyn Santos	24:35.28
Sariah Marshall	24:41.27
Chloe Mead	24:59.83
Makenna Minturn	26:24.14
Kara Stumpf	26:41.91
Channing Sidders	26:56.38
Kyler Hilts	27:55.54
Roos Abrahams	28:54.01

Mahoney State Park
Platte River Rumble
Thursday September 12, 2024

LARGE SCHOOL RACE

3rd Place

ATHLETE	TIME/PLACE
Leah Robinson	19:26.97 - 4th
Kailey O'Brien	19:35.81 - 8th <i>Personal Record</i>
Paityn Christoffels	19:41.47 - 12th Course PR
Avery Melendrez	20:09.14 - 22nd Course PR
Anna Ripley	20:09.62 - 24th Course PR
Raisa Halweg	22:19.78 - 85th
Morgan Bitcon	22:25.25 - 86th Course PR

OPEN RACE

4th Place

ATHLETE	TIME/PLACE
Hailey Marshall	23:30.38 - 20th Course PR
Sariah Marshall	24:15.25 - 30th
Anna Real	24:40.47 - 39th
Chloe Mead	24:49.02 - 43rd
Jocelyn Santos	25:04.13 - 49th
Elisabeth Cook	25:05.73
Kara Stumpf	26:15.92
Makenna Minturn	27:21.37
Channing Sidders	27:24.70

Pioneers Park
Harold Scott Invitational
Thursday September 19, 2024

VARSIITY

Meet Runner-Up

ATHLETE	TIME/PLACE
Leah Robinson	19:18.84 - 1st
Paityn Christoffels	20:06.18 - 7th Course PR
Avery Melendrez	20:24.17 - 11th Course PR
Anna Ripley	20:29.42 - 13th Course PR
Kailey O'Brien	20:44.33 - 18th Course PR
Morgan Bitcon	22:50.72
Raisa Halweg	22:50.84

JUNIOR-VARSITY

4th Place

ATHLETE	TIME/PLACE
Payton Brummels	22:19.20 - 8th Course PR
Hailey Marshall	23:32.48 - 20th Course PR
Anna Real	24:18.46 - 28th
Sariah Marshall	25:05.20
Elisabeth Cook	25:07.87
Jocelyn Santos	25:16.85
Kara Stumpf	25:23.90
Chloe Mead	25:52.32
Makenna Minturn	27:28.64
Kyler Hilts	28:58.31

Mount Michael High School Campus
Mount Michael XC Invitational
Tuesday September 24, 2024

VARSIITY

Meet Champions

ATHLETE	TIME/PLACE
Leah Robinson	19:14.08 - 3rd
Kailey O'Brien	19:32.88 - 5th <i>Personal Record</i>
Paityn Christoffels	19:47.05 - 6th
Anna Ripley	20:00.10 - 8th
Avery Melendrez	20:19.33 - 11th
Payton Brummels	21:48.75 - 21st <i>Personal Record</i>

JUNIOR-VARSITY

ATHLETE	TIME/PLACE
Morgan Bitcon	22:18.20 - 2nd
Hailey Marshall	23:09.00 - 8th
Sariah Marshall	23:27.60 - 12th
Anna Real	23:36.10 - 15th
Jocelyn Santos	23:51.70 - 17th <i>Personal Record</i>
Elisabeth Cook	24:07.50 - 20th
Chloe Mead	24:33.20 - 26th
Makenna Minturn	26:00.20
Channing Sidders	26:03.10
Kara Stumpf	26:47.70
Kyler Hilts	27:08.50
Roos Abrahams	29:03.60

Kearney Country Club and Golf Course
UNK Invitational
Monday September 30, 2024

VARSIY

Meet Champions

ATHLETE	TIME/PLACE
Leah Robinson	18:51.33 - 1st <i>Personal Record</i> FIRST RACE WIN
Kailey O'Brien	19:50.84 - 6th Course PR
Avery Melendrez	20:09.99 - 10th Course PR
Anna Ripley	20:10.57 - 11th Course PR
Payton Brummels	22:19.90 - 49th Course PR
Raisa Halweg	23:15.98
Hailey Marshall	23:17.08

Boystown Campus
Boystown Invitational
Thursday October 3, 2024

VARSITY
3rd Place

ATHLETE	TIME/PLACE
Sariah Marshall	23:48.51 - 16th
Anna Real	24:05.07 - 19th
Jocelyn Santos	24:07.50 - 20th Course PR
Elisabeth Cook	24:16.14 - 22nd
Chloe Mead	25:25.92 - 34th

JUNIOR-VARSITY
4th Place

ATHLETE	TIME/PLACE
Kara Stumpf	25:21.52 - 10th
Makenna Minturn	25:31.68 Course PR
Channing Sidders	25:35.59
Harper Winter	26:12.70
Kyler Hilts	27:07.01
Ines Villamudria-Pereira	28:47.72
Roos Abrahams	29:00.22

Pioneers Park
 Eastern Midlands Conference Championship
 Thursday October 10, 2024

VARSITY

CONFERENCE CHAMPIONS

1st time in program history

ATHLETE	TIME/PLACE
Leah Robinson	18:59.00 - 3rd Course PR
Avery Melendrez	19:48.40 - 5th Course PR
Kailey O'Brien	19:56.60 - 6th Course PR
Ella Ford	20:04.80 - 7th Course PR
Anna Ripley	20:16.20 - 9th Course PR
Payton Brummels	21:40.80 - 26th <i>Personal Record</i>

JUNIOR-VARSITY

2nd Place

ATHLETE	TIME/PLACE
Raisa Halweg	22:59.99 - 4th
Hailey Marshall	23:02.90 - 5th Course PR
Sariah Marshall	23:16.99 - 6th Course PR
Elisabeth Cook	24:13.22 - 12th Course PR
Jocelyn Santos	24:14.49 - 13th Course PR
Anna Real	24:21.55 - 16th
Kara Stumpf	24:21.30 - 25th Course PR

Makenna Minturn	25:48.91 Course PR
Chloe Mead	26:06.42
Channing Sidders	26:12.51
Valerie Ditsch	27:46.32
Roos Abrahams	28:43.33 <i>Personal Record</i>
Ines Villamudria-Pereira	28:43.89 <i>Personal Record</i>
Kyler Hiltz	28:44.13 Course PR

**Walnut Grove
B1 Championship
Thursday October 17, 2024**

VARSIITY

District Champions

Team State Qualifiers

ATHLETE	TIME/PLACE
Leah Robinson	19:19.56 - 1st
Avery Melendrez	19:49.00 - 4th
Ella Ford	19:50.83 - 5th Season Best
Anna Ripley	20:09.14 - 7th
Paityn Christoffels	20:11.12 - 8th
Kailey O'Brien	20:15.92 - 9th

Kearney Country Club and Golf Course
Class B Girls State Championship
Friday October 30, 2024

GIRLS

Class B State Champions - 1st time in program history

ATHLETE	TIME/PLACE
Leah Robinson	18:33.04 - 2nd <i>Personal Record</i> SCHOOL RECORD
Ella Ford	19:17.77 - 8th Season Best
Kailey O'Brien	19:20.15 - 10th <i>Personal Record</i>
Paityn Christoffels	19:25.10 - 11th <i>Personal Record</i>
Avery Melendrez	19:31.78 - 13th <i>Personal Record</i>
Anna Ripley	19:43.10 - 15th <i>Personal Record</i>

19:13 Top 5 Average

Fastest state team in class B history

2nd fastest state team in history (Lincoln East 2019)

Girls Personal Records

Leah Robinson - 18:33.04.....State - 2024

Ella Ford - 18:40.60.....Platte River Rumble - 2023

Kailey O'Brien - 19:20.15.....State - 2024

Paityn Christoffels - 19:25.10.....State - 2024

Avery Melendrez - 19:31.78.....State - 2024

Jenna Polking - 19:35.....Platte River Rumble - 2023

Anna Ripley - 19:43.10.....State - 2024

Chloe Mead - 21:11.....Platte River Rumble - 2023

Payton Brummels - 21:40.80.....EMC - 2024

Morgan Bitcon - 22:07.38.....Seward - 2024

Raisa Halweg - 22:10.54.....Seward - 2024

Hailey Marshall - 23:02.90.....EMC - 2024

Sariah Marshall - 23:16.97.....EMC - 2024

Anna Real - 23:36.10.....EMC - 2024

Jocelyn Santos - 23:51.70.....Mount Michael - 2024

Elisabeth Cook - 24:07.50.....EMC - 2024

Kara Stumpf - 25:21.30.....EMC - 2024

Makenna Minturn - 25:31.70.....Boystown - 2024

Channing Sidders - 25:35.59.....Boystown - 2024

Kyler Hilts - 27:07.01.....Boystown - 2024

Valerie Ditsch - 27:46.40.....EMC - 2024

Roos Abrahams - 28:43.33.....EMC - 2024

Ines Villamudria-Pereira - 28:43.89.....EMC - 2024

Platte River Rumble							
Ryker Pithan	16:20.91	23	1	Ella Ford	18:40.54	23	
Derek Rieck-Cappellan	16:33	24	2	Leah Robinson	18:54.51	23	
Jake Sullivan	16:47.91	23	3	Jenna Polking	19:35.38	23	
Jack Sinnott	16:49.48	23	4	Kailey O'Brien	19:35	24	
Jonah Santos	17:14.31	23	5	Paityn Christoffels	19:41	24	
Jude Martz	17:48	24	6	Avery Melendrez	20:09	24	
Charlie McCune	18:34	24	7	Anna Ripley	20:09	24	
Kyle Ross	18:59	24	8	Chloe Mead	21:11.27	23	
Noah Lange	18:59	23	9	Raisa Halweg	22:19	24	
Luke Jefferson	19:30	24	10	Morgan Bitcon	22:25	24	
Pioneers Park				<i>Non Conference Meets</i>			
Michael Grigsby	17:33	21	1	Leah Robinson	19:18	24	
Ryker Pithan	17:54	22	2	Paityn Christoffels	20:06	24	
Jack Sinnott	17:59	21	3	Avery Melendrez	20:24	24	
Jude Martz	18:22	24	4	Anna Ripley	20:29	24	
Jake Sullivan	18:29	21	5	Kailey O'Brien	20:44	24	
Charlie McCune	18:52	24	6	Britt Prince	20:44	21	
Luke Hunsberger	19:00	22	7	Ella Ford	20:52	21	
Jose Jacquez	19:01	22	8	Corinne Mead	21:33	20	
Rowan Leahy	19:05	20	9	Jenna Polking	22:01	22	
Sean Cook	19:16	24	10	Payton Brummels	22:19	24	

District							
Name	Time	Year		Name	Time	Year	20 MM
Derek Rieck-Cappellan	16:34	24	1	Ella Ford	19:12	23	21 MM
Michael Grigsby	16:54	21	2	Leah Robinson	19:19	24	22 MM
Conner Ross	16:54	22	3	Britt Prince	19:36	20	23 Plattsmouth
Ryker Pithan	16:58	22	4	Jenna Polking	19:39	22	24 Walnut Grove
Jack Sinnott	17:03	21	5	Avery Melendrez	19:50	24	
Jake Sullivan	17:13	22	6	Corinne Mead	20:04	20	
Jose Jacquez	17:42	22	7	Anna Ripley	20:09	24	
Jude Martz	17:44	24	8	Paityn Christoffels	20:09	23	
Jonah Santos	17:49	23	9	Kailey O'Brien	20:15	24	
Rowan Leahy	17:54	20	10	Collette Sneau	20:42	21	
State Meet				5K			
Name	Time	Year		Name	Time	Year	
Derek Rieck-Cappellan	16:34	24	1	Leah Robinson	18:33	24	
Jake Sullivan	17:36	23	2	Ella Ford	19:17	24	
Jude Martz	17:37	24	3	Kailey O'Brien	19:20	24	
Michael Grigsby	17:39	21	4	Paityn Christoffels	19:25	24	
Jack Sinnott	17:39	23	5	Avery Melendrez	19:31	24	
Conner Ross	17:43	22	6	Anna Ripley	19:43	24	
Ryker Pithan	17:46	23	7	Britt Prince	19:47	20	
Jonah Santos	18:10	22	8	Corinne Mead	20:19	20	
Jose Jacquez	18:22	22	9	Jenna Polking	20:46	22	
Conner Lindquist	19:55	23	10	Collette Sneau	21:37	20	