GRINNELL COLLEGE MEN'S CROSS COUNTRY

ALL-TIME 8,000-METER LEADERS

No.	Runner	Time	Meet	Year
1	Adam Booth	24:29	NCAA Regional	2003
2	Dave Cooke	24:41	NCAA Championships	1981
3	Dan Krauss	24:44	Oshkosh-Brooks	2009
4	David Honig	24:46	Augustana	2005
5	John Aerni	24:49	NCAA Championships	1999
6	John Lennon	25:05	Augustana	2018
7	***Jack Lakin***	***25:01***	***NCAA D-III Regional Champ.***	***2026***
8	Henry Reich	25:06	Oshkosh-Brooks	2008
9	David Montgomery	25:08	Oshkosh-Brooks	2009
10	Greg Evans	25:13	Iowa Wesleyan	1988
11	Frank Canady	25:15	Les Duke Invite	2013
t-12	Justin Riley	25:17	Augustana	2005
t-12	Ben Tyler	25:17	MWC Championships	2011
t-14	Brian Goodell	25:18	Augustana Interregional	2023
t-14	Noah DeLong	25:18	Oshkosh-Brooks	2009
16	Dick Gilbert	25:20	NCAA Regional	1980
17	Mike Nawrocki	25:21	Carleton	1993
18	Alex Reich	25:23	NCAA Championships	2010
t-19	Bradley Ramsey	25:24	NCAA Regional	2023
t-19	Dave Raub	25:24	Indianola	1974
t-21	***Ben Abelow***	***25:25***	***NCAA D-III Regional Champ.***	***2026***
t-21	Erik Figge	25:25	MWC Championships	2011
23	Luke Robinson	25:26	MWC Championships	2024
24	Rob Park	25:28	NCAA Preview Meet	2000
25	Adam Dalton	25:34	Augustana	2014
26	David Krist	25:35	Augustana	2005
27	Chris Garman	25:36	Carleton	1991
28	Sam Calisch	25:37	Oshkosh-Brooks	2008
29	Noah Lawrence	25:39	Pre-National Meet	2001
30	Barry Matchett	25:41	Arbor Lake Sprint	1992
31	Matt Lieberman	24:43	Augustana	2019
t-32	John Miller	25:44	NCAA Regional	2023
t-32	Chris Mills	25:44	Arbor Lake Sprint	1992
34	***Greyson Imm***	***25:45***	***NCAA D-III Regional Champ.***	***2026***
t-35	Connor Heagy	25:46	MWC Championships	2024
t-35	Drake Ballew	25:46	NCAA Regional	2006
37	Gray Streetman	25:47	MWC Championships	2018
38	Jonathan Lave	25:50	Augustana	1989
t-39	Sam Beck	25:53	MWC Championships	2024
t-39	David Hammond	25:53	MWC Championships	1987
t-39	Colin Tschida	25:53	Augustana	2004
42	Ethan Heppner	25:54	Oshkosh-Brooks	2008
t-43	***Leif Dahl***	***25:55***	***NCAA D-III Regional Champ.***	***2026***
t-43	Anthony McLean	25:55	MWC Championships	2014
t-45	Neil Gipson	25:57	Carleton	1996
t-45	Jeff Ulmer	25:57	Arbor Lake Sprint	1992
47	Mitch Herz	25:58	Augustana	2004
t-48	Andy Nassiff	25:59	NCAA Regional	1996
t-48	Jason Maples	25:59	Carleton	1991
t-50	Charles Knuth	26:00	Augustana	2005
t-50	Eric Jahn	26:00	NCAA Championships	1973
t-50	Omondi Kashidi	26:00	Augustana	2004
t-50	Nate Kolacia	26:00	MWC Championships	2012

GRINNELL COLLEGE MEN'S CROSS COUNTRY

INDIVIDUAL AWARDS

NATIONAL

All-America (8K)

2003: 4, Adam Booth 25:12.04

NCAA Qualifiers (8K unless noted)

2013: 39, Frank Canady 25:28.9

2012: 94, Frank Canady 25:39.3

2010: 68, Alex Reich 25:23.8; 92, Noah DeLong 25:38.1; 130, Frank Canady 25:56.3; 149, Erik Figge 26:08.7; 161, Ethan Heppner 26:13.6; 180, Ben Tyler 26:26.5; 212, Shyam Deshpande 27:22.1

2009: 120, Dan Krauss 26:51.4

2008: 56, Henry Reich 25:16.66; 109, David Montgomery 25:39.73; 161, Sam Calisch 25:57.02; 214, Ethan Heppner 26:20.03; 240, Noah DeLong 26:31.89; 250, Nick Sparr 26:36.93; 256, Alex Reich 26:40.72

2006: 40, Drake Ballew 27:50; 137, David Montgomery 28:52

2004: 113, Justin Riley 26:06.08

2003: 4, Adam Booth 25:12.04

2002: 52, Adam Booth 25:57.08

2001: 58, Adam Booth 25:22.03

2000: 131, John Aerni 26:37.05; 172, Rob Park 27:08.03

1999: 54, John Aerni 24:49.03

1993: 76, Mike Nawrocki 26:17.03

1991: 37, Mike Nawrocki 25:21; 80, Mark Beilstein 26:03; 84, Jason Maples 26:06; 95, Chris Garman 26:12; 96, Jeff Ulmer 26:13; 135, John Marciari 26:48; 161, Barry Mathcett 27:35

1990: 89, Mark Beilstein 26:25.04; 100, Chris Garman 26:34.01; 102, David Hammond 26:35.00; 123, Todd Rowekamp 26:52.07; 152, Jeff Ulmer 27:29.03; 153, John Marciari 27:31.02; 163, David Sheridan 27:48.00

1988: 35, Greg Evans 25:33.09

1981: 53, David Cooke 26:53

1976: 256, Tim Caver 27:33; 261, Rich Nayer 27:35; 328, Paul Reich (time NA)

1974: 265, Russell Damtoft 28:55

1973: 87, David Raub 26:08; 213, Russell Damtoft 28:15; 224, Tom Howland 28:28; 241, Cliff Clustin 29:27; 244, Mark Blanchard 30:07; 249, Neil Klegerman 31:28

1972: 153, Dan Hildebrand 26:39; 377, Bob Brown 29:06; 385, Tom Howland 29:16; 394, David Raub 29:45; 399, Russell Damtoft 29:57; 410, Ted Morgan 30:57

1971: 142, Chuck McGrath 26:43; 229, Dan Hildebrand 27:14; 285, Paul Miller 27:59; 355, Tom Howland 29:14; 372, Bob Sheids 29:59

1970: 96, Eric Jahn 26:48; 127, Chuck McGrath 27:00; 267, John Russell 28:22

1969: 65, Chuck McGrath 26:37; 202, Eric Jahn 27:58

1967 (4 miles): 188, Doug Dray 22:01; 309, Spencer Clark 24:24; 315, Bruce Luecke 25:08

1963 (4 miles): 29, Rod Brown 21:19

1960 (4 miles): 23, Grant Fairbanks 21:33; 61, Keith Kester 22:35; 79, Phil Northern 22:58; 93, Gof Thomson (time NA); 100, Tad Winiecki (time NA)

1954 (4 miles): 54, George Drake 21:31, 79; Dave Qutub 22:10; 106, Larry Schaleger 23:30; 109, Bob Downs 23:56; 111, Fritz Goreham 24:34

1953 (4 miles): 74, George Drake 22:06

CoSIDA Academic All-America®

2009: First Team (T&F/XC)-Henry Reich

2004: Second Team (T&F/XC)-Adam Booth

1991: Second Team (At Large)-David Hammond

USTFCCCA All-Academic

2025: Luke Robinson, Jack Lakin

2024: Connor Heagy, Bradley Ramsey

2019: Matt Lieberman

2018: John Lennon

2016: John Lennon, Anthony McLean

2013: Frank Canady, Evan Griffith

2012: Frank Canady, Erik Figge

2011: Ben Tyler

2010: Frank Canady, Erik Figge, Ethan Heppner, Alex Reich

2009: Dan Krauss, Alex Reich

2008: Sam Calisch, Henry Reich

2006: Henry Reich

1997: Neil Gipson, Andy Jacobson, Casey Miller, Rob Park

REGION

All-Region (8K unless noted)

2026: 32, Jack Lakin 25:01.0

2019: 34, Matt Lieberman 26:27.9

2018: 14, John Lennon 25:19.0

2016: 25, Anthony McLean 26:09.6

2015: 18, Adam Dalton 26:03.6

2013: 10, Frank Canady 25:20.7

2012: 8, Frank Canady 25:49.1; 35, Erik Figge 26:30.3

2011: 23, Ben Tyler 26:06.3

2010: 8, Alex Reich 25:51.6; 17, Erik Figge 26:03.1; 20, Frank Canady 26:06.4; 22, Ethan Heppner 26:11.0; 30, Noah DeLong 26:14.9

2009: 13, Dan Krauss 25:26.3; 15, Alex Reich

25:39.8; 18, Noah DeLong 25:45.3

2008: 20, Henry Reich 26:12.0; 27, Sam Calisch 26:30.0; 33, David Montgomery 26:39.9; 34, Noah DeLong 26:40.2

2007: 32, Charlie Knuth 26:18; 34, David Montgomery 26:19

2006: 3, Drake Ballew 25:46.20; 15, David Montgomery 26:05.35; 35, Henry Reich 26:44.05

2005: 35, Charlie Knuth 26:43.00

2004: 15, Justin Riley 25:52; 19, David Honig 25:59; 25, Colin Tschida 26:14; 27, Mitch Herz 26:20

2003: 2, Adam Booth 24:29; 16, David Honig 25:26

2002: 5, Adam Booth 25:00; 29, Justin Riley 26:03

2001: 8, Adam Booth 25:33; 31, Noah Lawrence 26:29

2000: 2, John Aerni 25:51; 14, Rob Park 26:15

1999: 7, John Aerni 26:21

1998: 23, John Aerni 26:54; 27, Rob Park 27:02

1994: 20, Josh Ward 26:15; 25, Chris Mills 26:26

1993: 4, Mike Nawrocki 26:02; 24, Chris Mills 26:47; 31, Mark Beilstein 26:54; 33, Barry Matchett 26:59

1992: 19, Jeff Ulmer 26:40; 22, Chris Mills 26:44

1991: 8, Chris Garman 26:38; 12, Mike Nawrocki 26:54; 16, Jason Maples 27:02; 18, Mark Beilstein 27:05; 21, Jeff Ulmer 27:11

1990: 12, Chris Garman; 13, David Hammond; 25, Mark Beilstein; 30, Todd Rowekamp (times NA)

1989: 35, Jonathon Lave 26:48

1988: 12, Greg Evans (time NA)

1987: 11, Greg Evans 25:51; 32, David Hammond 26:40

1981: 6, David Cooke 24:41.1

1979: 30, David Cooke 25:22.6

Coach of the Year

2010: Central Region-Will Freeman

CoSIDA Academic All-District®

2026: First Team (T&F/XC):-Luke Robinson, Andy Chestovich

2024: First Team (T&F/XC):-Bradley Ramsey, Brian Goodell

2023: First Team (T&F/XC)-Micah Cantor, Brian Goodell, Bradley Ramsey

2014: First Team (T&F/XC)-Frank Canady

2009: First Team (T&F/XC)-Henry Reich

2004: First Team (T&F/XC)-Adam Booth

1991: First Team (At Large)-David Hammond

MIDWEST CONFERENCE

Individual Champions (8K unless noted)

2023: Brian Goodell 25:34.35

2013: Frank Canady 25:26.07

2012: Frank Canady 25:21.90

2010: Alex Reich 25:24.86

2009: Dan Krauss 26:42.13

2008: Henry Reich 25:51

2006: Drake Ballew 25:41

2003: Adam Booth 24:56

2002: Adam Booth 25:17

2001: Adam Booth 25:11

2000: John Aerni 26:24

1997: Rob Park 27:15

1995: Josh Ward 27:10

1994: Chris Mills 26:42

1993: Mike Nawrocki 25:55

1991: Chris Garman 27:30

1988: Greg Evans 26:14

1987: Greg Evans 25:47

1986: Greg Evans 26:58

1971 (4 miles): Chuck McGrath 20:45

1963 (3 miles): Rod Brown 15:19

1940 (2.5 miles): Neuman Fell 13:48

Outstanding Newcomer

2025: Jack Lakin

2022: Luke Robinson

2019: Andrew Nickeson

Elite 20 Award

2025: James Snyder

2017: Alex Kleinjan

Coach of the Year

2026: Staff (Head Coach Sarah Burnell)

2023: Sarah Burnell

2019: Will Freeman

2016: Will Freeman

2015: Will Freeman

2013: Will Freeman

2012: Will Freeman

2010: Will Freeman

2009: Will Freeman

2008: Will Freeman

2005: Will Freeman

2004: Will Freeman

2003: Will Freeman

Men's/Mixed Sport Athlete of the Year

2023-24: Brian Goodell

Roy W. LeClere Academic Award

2009-10: Sam Calisch

2008-09: Henry Reich

1997-98: Andrew Broadwell

All-Conference (8K unless noted)

2026: 5, Jack Lakin 25:40; 7, Ben Abelow 25:52; 10, Leif Dahl 26:07; 11, Greyson Imm 26:07; 15, Milo Flores 26:35; 16, Evan Whildin 26:38; 17, Sebastian Manza 26:40

2025: 8, Luke Robinson 25:38.9; 9, Jack Lakin 25:39.4; 10, Ben Abelow 25:43.9; 17, Sebastian Vilches, 26:15.5; 18, Greyson Imm 26:17.4; 20, Connor Heagy 26:24.0

2024: 4, Luke Robinson 25:26.93; 8, Connor Heagy 25:46.87; 9, Sam Beck 25:53.19

2023: 1, Brian Goodell 25:34.35; 5, Bradley Ramsey 25:59.27; 6, Connor Heagy 26:04.56; 8, John Miller 26:13.96; 12, Luke Robinson 26:28.75; 20, Andrew Nickeson 27:05.84

2022: 3, Brian Goodell 25:47.89; 6, Luke Robinson

26:18.61; 7, Andrew Nickeson 26:26.80; 8, Connor Heagy 26:29.24

2021: 7, Matt Lieberman 27:11.54; 8, Bradley Ramsey 27:13.10; 12, Spencer Skidmore 27:22.00; 16, Andrew Nickeson 27:33.39; 20, Brian Goodell 27:49.39

2019: 4, Andrew Nickeson 27:23.23; 6, Matthew Phipps 27:37.88; 9, Matt Lieberman 27:55.17; 11, John Osler 27:56.02

2018: 7, Gray Streetman 25:47.1; 11, John Lennon 26:28.3; 17, Jackson Schulte 26:53.6; 18, John Osler 26:54.0

2017: 4, John Lennon 25:26.9; 14, Pieter Hansen 26:09.3; 15, Jackson Schulte 26:17.3; 16, Matt Lieberman 26:20.9; 17, Daniel Krewson 26:23.4; 18, Matt Phipps 26:24.2; 20, Lucas Chamberland 26:29.2

2016: 2, John Lennon 26:15.6; 5, Anthony McLean 26:36.0; 7, Jackson Schulte 26:39.4; 9, Matthew McCarthy 26:41.3; 11, Pieter Hansen 26:43.7; 17, Daniel Krewson 27:00.5

2015: 2, Anthony McLean 26:33.1; 6, Adam Dalton 26:49.2; 10, Matthew McCarthy 26:56.1

2014: 2, Adam Dalton 25:49.24; 3, Anthony McLean 25:54.69; 9, Evan Griffith 26:18.78; 11, Zack Angel 26:21.82

2013: 1, Frank Canady 25:26.07; 6, Evan Griffith 26:27.46; 8, Ben Tyler 26:35.63; 9, Sam Krauth 26:39.75; 11, Nate Kolacia 26:48.47; 12, Zack Angel 26:50.58; 13, Adam Dalton 26:50.59; 18, Anthony McLean 27:05.55

2012: 1, Frank Canady 25:21.9; 4, Erik Figge 25:46.5; 8, Nate Kolacia 26:00.3; 9, Sam Krauth 26:02.1; 11, Ben Tyler 26:05.2; 12, Adam Dalton 26:05.2; 15, Kyle Moorehead 26:09.7

2011: 2, Ben Tyler 25:16.19; 3, Erik Figge 25:24.91; 11, Sam Krauth 26:08.99; 15, Frank Canady 26:18.63

2010: 1, Alex Reich 25:24.86; 4, Erik Figge 25:52.58; 5, Ben Tyler 25:56.86; 8, Frank Canady 26:00.79; 10, Shyam Desphande 26:06.28; 12, Ethan Heppner 26:14.53; 13, Noah DeLong 26:19.41; 16, Sam Krauth 26:26.73

2009: 1, Dan Krauss 26:42.13; 2, Noah DeLong 27:03.65; 3, Alex Reich 27:10.92; 5, David Montgomery 27:34.99; 11, Mike Gallagher 28:02.97; 14, Kyle Lynch-Klarup 28:14.15; 16, Erik Figge 28:17.71

2008: 1, Henry Reich 25:51.39; 2, Sam Calisch 25:58.95; 3, Noah DeLong 26:05.33; 4, David Montgomery 26:12.56; 5, Nick Sparr 26:22.20; 10, Alex Reich 26:40.96; 12, Ethan Heppner 26:45.34; 17, Mike Horrell 27:10.97

2007: 7, Henry Reich 26:21.77; 8, David Montgomery 26:27.92; 9, David Krist 26:36.85; 10, Charlie Knuth 26:42.10; 11, Noah DeLong 26:46.23; 14, Ethan Heppner 26:49.52; 15, Sam Calisch 26:49.84; 19, Mike Horrell 26:54.39

2006: 1, Drake Ballew 25:41.1; 3, David Montgomery 26:13.8; 6, Henry Reich 26:55.9; 12, Sam Calisch 27:19.0; 14, Charlie Knuth 27:27.9; 16, Nick Sparr 27:30.9

2005: 2, Justin Riley 25:49; 8, David Krist 26:40; 9, David Honig 26:47; 11, Charlie Knuth 26:53; 12, Adam Beals 26:56; 13, Henry Reich 26:57; 14, Mike Van Hulle 27:10; 17, Nick Sparr 27:27; 20, Pete Cueno 27:36

2004: 2, David Honig 26:05.28; 4, Justin Riley 26:18.16; 6, Colin Tschida 26:54.41; 7, Mitch Herz 27:01.40; 9, Omondi Kashidi 27:05.46; 10, David Krist 27:12.83; 13, Charlie Knuth 27:24.17; 14, Adam Beals 27:32.54

2003: 1, Adam Booth 24:56; 4, David Honig 25:50; 5, Justin Riley 26:00; 8, Jordan Glaser 26:27; 9, Mitch Herz 26:34 12, Brian Menaker 26:49; 17 Adam Beals 27:08; 20, Patrick Waldo 27:17

2002: 1, Adam Booth 25:17; 2, Justin Riley 26:15; 4, Matt Shamey 26:38; 8, David Honig 26:43; 9, Robbie Dewhurst 26:46; 10, Brian Menaker 26:54; 13, Mitch Herz 27:12; 15, Tom Beaudin 27:16

2001: 1, Adam Booth 25:11; 3, Noah Lawrence 26:05; 9, Matt Shamey 26:50; 10, Jim Hackett 27:01; 16, Jordan Glaser 27:38

2000: 1, John Aerni 26:24.6; 3, Rob Park 26:55.1; 9, Noah Lawrence 27:51.6; 16, Andy Nelson 28:22.1; 17, Matt Shamey 28:26.7; 18, Jim Hackett 28:34.8

1999: 2, John Aerni 26:52; 4, Rob Park 27:35; 10, Noah Lawrence 28:07; 13, Dan Madigan 28:28; 15, Matt Shamey 28:37; 16, Carroll Cottingham 28:53

1998: 2, John Aerni 25:55; 3, Rob Park 25:58; 11, Dan Madigan 27:11; 13, Casey Miller 27:18; 14, Noah Lawrence 27:19

1997: 1, Rob Park 27:15; 2, John Aerni 27:21; 5, Dan Madigan 27:56; 7, Neil Gipson 28:07; 14, Andrew Jacobsen 28:29

1996: 7, Andy Nassiff 27:28; 8, Kevin Notheis 27:35; 11, Neil Gipson 27:42

1995: 1, Josh Ward 27:10; 3, Ron Weed 27:20; 8, Andy Nassiff 27:46; 9, Neil Gipson 27:53; 12, Kevin Notheis 28:04

1994: 1, Chris Mills 26:42; 3, Josh Ward 27:54; 6, Ron Weed 28:12; 12, Zander Cannon 28:35; 14, Andy Nassiff 28:41

1993: 1, Mike Nawrocki 25:55; 5, Barry Matchett 26:33; 7, Chris Mills 26:43; 11, Mark Beilstein 27:02; 13, Jon Greenberg 27:11

1992: 5, Chris Mills 27:34; 6, Jeff Ulmer 27:38; 7, Barry Matchett 27:40; 8, Mike Nawrocki 27:41; 10, Mark Beilstein 27:45

1991: 1, Chris Garman 27:30; 3, Mike Nawrocki 27:42; 4, Jason Maples 27:47; 6, John Marciari 28:07; 9, Jeff Ulmer 28:24; 10, Mark Beilstein 28:25; 12, Barry Matchett 28:29

1990: 3, David Hammond 26:36; 7, Chris Garman 27:17; 8, Todd Rowekamp 27:18; 9, Mark Beilstein 27:19; 12, Jason Maples 27:43

1989: 3, Jonathan Lave 26:42; 7, David Sheridan 27:02; 8, Jason Maples 27:05; 10, Todd Rowekamp 27:13; 14, Chris Garman 27:33

1988: 1, Greg Evans 26:14.04; 8, David Peterson 27:23.39; 10, David Hammond 27:28.28; 12, Jonathan Lave 27:36.82; 14, Todd Rowekamp 27:40.66; 15, Jason Maples 27:49.42

1987: 1, Greg Evans 25:47; 2, David Hammond 25:53; 6, Steve Piper 26:23; 13, Geoff Hoops 26:58; 14, Mark Couch 26:59

1986: 1, Greg Evans 26:58; 6, Dave Wisdom 27:35; 7, Steve Piper 27:36; 10, Phil Lefebvre 27:49; 12, Kent Koth 27:58

1985: 9, Steve Harrold 28:29; 10, Dave Wisdom 28:36; 11, Greg Evans 28:37

1984: 12, John Abel 27:12.4

1982: 6, Steve Harrold 26:51

1981: 4, David Cooke 25:41

1980: 8, Dick Gilbert 26:23

1979: 2, David Cooke 26:59.5; 8, Dick Gilbert 27:33.9

1977: 7, Terry Drew, 26:18; 13, Dick Gilbert, 26:54

1976: 6, Rich Nayer 26:54

1974: 7, Dave Raub 27:37

1972 (4 miles): 7, Dan Hildebrand 21:34

1971 (4 miles): 1, Chuck McGrath 20:45; 7, Dan Hildebrand 21:22

1970 (4 miles): 8, Eric Jahn 21:19

1969 (4 miles): 3, Chuck McGrath 20:08; 7, Eric Jahn 20:48

1967 (4 miles): 7, Doug Dray 21:48

1966 (4 miles): 6, John Sharpe (time NA)

1965 (4 miles): 2, John Sharpe 21:03; 8, Jeri Langham 21:21

1964 (3 miles): 7, Bruce Beckford 15:28

1963 (3 miles): 1, Rod Brown 15:19.2; 6, Paul Patterson (time NA); 7, Jeri Langham (time NA)

1962 (3 miles): 2, Rod Brown 15:20; 6, Jeri Langham 15:40; 7, Phil Northern (time NA)

1960 (3 miles): 3, Grant Fairbanks 15:34

1959 (3 miles): 4, Lou Sachs 15:51; 6, Art Risser 15:54

1958 (3 miles): 7, Charles Yoak 15:53; 8, Lou Sachs 16:06; 10, Art Risser 16:12

1957 (3 miles): 3, John Weldon 16:43; 4, Charles Yoak 16:44

1956 (3 miles): 4, Larry Schaleger 15:57; 6, Charles Yoak 16:04; 10, John Weldon 16:22

1955 (3 miles): 2, George Drake 16:03.1; 4, Larry Schaleger 16:24; 7, Bob Downs 16:38

1954 (3 miles): 4, George Drake 16:35; 5, Dave Qutub 16:36; 8, Larry Schaleger 16:47

1952 (3 miles): 9, Dave Qutub 16:49

1950 (3 miles): 8, Brett Taylor 15:36

1949 (3 miles): 6, Brett Taylor 16:25.5

1948 (3 miles): 5, Smiley (time NA)

1941 (3 miles): 4, Kennety Shoulberg (time NA); 6, Miles (time NA); 7, Matlack (time NA); 10, Robert Steward (time NA)

1940 (2.5 miles): 1, Neuman Fell 13:48; 3, Goding (time NA)

1939 (3 miles): 6, Robert Steward (time NA); 7, Kenneth Shoulberg (time NA); 8, Edward Wczesny (time NA)

MISSOURI VALLEY CONFERENCE

3.8 miles

1930: 1, Myron Pilbrow 19:50.1; 4, W. Howard McIlrath (time NA); 9, (tie) Donald Barber and Walter Secor (time NA)

GRINNELL COLLEGE MEN'S CROSS COUNTRY

SEASON-BY-SEASON TEAM SUMMARY

MISSOURI VALLEY CONFERENCE

Year	MVC Finish	Regional Finish	NCAA Championships	Head Coach
1921	5th (88 pts)			
1922				
1923				
1924				
1925				
1926				Les Duke
1927				
1928				Carroll Swearengen
1929				Carroll Swearengen
1930	2nd (24 pts)			
1931				Elton A. Rosen
1932				Elton A. Rosen
1933				
1934				Tom Gordon
1935				
1936				Les Duke
1937				Roy Jensen
1938				

MIDWEST CONFERENCE

Year	MWC Finish	Regional Finish	NCAA Championships	Head Coach
1939	3rd (33 pts)			Les Duke
1940	2nd (30 pts)			
1941	2nd (27 pts)			L. Wendell Hayes
1942	WWII			
1943	WWII			
1944	WWII			
1945	WWII			
1946	7th (139 pts)			Les Duke
1947	4th (NA)			Francis Cretzmeyer
1948	6th (NS)			Burl Berry
1949	3rd (87 pts)			Burl Berry
1950	6th (171 pts)			E.G. Booth
1951	5th (98 pts)			E.G. Booth
1952	4th (121 pts)			E.G. Booth
1953	5th (NS)			E.G. Booth
1954	2nd (54 pts)		15th (382 pts)	E.G. Booth
1955	1st (58 pts)			E.G. Booth
1956	2nd (55 pts)			Irv Simone
1957	3rd (72 pts)			Irv Simone
1958	1st (59 pts)			Irv Simone
1959	3rd (67 pts)			Dick Young
1960	1st (61 pts)		15th (356 pts)	Dick Young
1961	5th (127 pts)			Dick Young
1962	2nd (42 pts)			Dick Young
1963	2nd (58 pts)			Dick Young
1964	5th (136 pts)			Dick Young
1965	2nd (61 pts)			Dick Young
1966	2nd (84 pts)			Ray Obermiller
1967	4th (115 pts)			Ray Obermiller
1968	8th (201 pts)			Ray Obermiller

1969	3rd (91 pts)			Ray Obermiller
1970	4th (123 pts)			Ray Obermiller
1971	3rd (95 pts)		45th (1128 pts)	Ray Obermiller
1972	4th (149 pts)		55th (1475 pts)	Ray Obermiller
1973	7th (162 pts)		32nd (868 pts)	Ray Obermiller
1974	6th (151 pts)			Ray Obermiller
1975	6th (150 pts)			Ray Obermiller
1976	5th (136 pts)			Ray Obermiller
1977	2nd (93 pts)			Ray Obermiller
1978	t-8th (210 pts)			Ray Obermiller
1979	4th (80 pts)	16th (392 pts)		Ray Obermiller
1980	4th (118 pts)	20th (553 pts)		Ray Obermiller
1981	6th (151 pts)	25th (629 pts)		Ray Obermiller
1982	6th (128 pts)	16th (483 pts)		Ray Obermiller
1983	5th (142 pts)	16th (455 pts)		Ray Obermiller
1984	5th (92 pts)	16th (473 pts)		Will Freeman
1985	2nd (77 pts)	15th (424 pts)		Will Freeman
1986	1st (36 pts)	12th (310 pts)		Will Freeman
1987	1st (36 pts)	7th (201 pts)		Will Freeman
1988	1st (45 pts)	6th (NA)		Will Freeman
1989	1st (42 pts)	10th (278 pts)		Will Freeman
1990	1st (39 pts)	3rd (121 pts)	16th (418 pts)	Will Freeman
1991	1st (23 pts)	1st (75 pts)	14th (290 pts)	Will Freeman
1992	1st (36 pts)	5th (169 pts)		Will Freeman
1993	1st (37 pts)	4th (141 pts)		Will Freeman
1994	1st (36 pts)	10th (294 pts)		Will Freeman
1995	1st (33 pts)	16th (414 pts)		Will Freeman
1996	2nd (59 pts)	9th (312 pts)		Will Freeman
1997	1st (29 pts)	11th (316 pts)		Will Freeman
1998	1st (43 pts)	10th (304 pts)		Will Freeman
1999	1st (44 pts)	14th (346 pts)		Will Freeman
2000	1st (46 pts)	8th (222 pts)		Will Freeman
2001	1st (39 pts)	8th (232 pts)		Will Freeman
2002	1st (24 pts)	7th (204 pts)		Will Freeman
2003	1st (27 pts)	7th (165 pts)		Will Freeman
2004	1st (28 pts)	5th (123 pts)		Will Freeman
2005	1st (42 pts)	10th (263 pts)		Will Freeman
2006	t-1st (36 pts)	6th (190 pts)		Will Freeman
2007	1st (45 pts)	9th (237 pts)		Will Freeman
2008	1st (15 pts)	4th (167 pts)	26th (577 pts)	Will Freeman
2009	1st (22 pts)	5th (147 pts)		Will Freeman
2010	1st (28 pts)	1st (97 pts)	25th (600 pts)	Will Freeman
2011	2nd (53 pts)	14th (375 pts)		Will Freeman
2012	1st (33 pts)	10th (255 pts)		Will Freeman
2013	1st (35 pts)	10th (248 pts)		Will Freeman
2014	1st (54 pts)	11th (321 pts)		Will Freeman
2015	1st (62 pts)	15th (399 pts)		Will Freeman
2016	1st (33 pts)	9th (312 pts)		Will Freeman
2017	2nd (66 pts)	16th (435 pts)		Will Freeman
2018	2nd (74 pts)	14th (368 pts)		Will Freeman
2019	1st (65 pts)	18th (483 pts)		Will Freeman
2020	COVID			Sarah Burnell
2021	3rd (63 pts)	16th (507 pts)		Sarah Burnell
2022	2nd (45 pts)	14th (421 pts)		Sarah Burnell
2023	1st (32 pts)	11th (332 pts)		Sarah Burnell
2024	3rd (69 pts)	17th (497 pts)		Sarah Burnell
2025	2nd (62 pts)	9th (279 pts)		Sarah Burnell
2026	1st (48 pts)			Sarah Burnell

NCAA D-III CHAMPIONSHIPS

2010: 25th/32 Teams, 600 pts
2008: 26th/32 Teams, 577 pts
1991: 14th/21 Teams, 290 pts
1990: 16th/21 Teams, 418 pts
1973: 32nd/33 Teams, 868 pts
1972: 55th/59 Teams, 1475 pts
1971: 45th/51 Teams, 1128 pts
1954: 15th/16 Teams, 382 pts

NCAA D-III REGIONAL TITLES

Overall (2): 2010, 1991

MIDWEST CONFERENCE TITLES

Overall (35): 2026, 2023, 2019, 2016, 2015, 2014, 2013, 2012, 2010, 2009, 2008, 2007, t-2006, 2005, 2004, 2003, 2002, 2001, 2000, 1999, 1998, 1997, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988, 1987, 1986, 1960, 1958, 1955

USTFCCCA ALL-ACADEMIC

2025, 2024, 2023, 2022, 2021, 2020, 2019, 2018, 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009, 2008 (1st nationally), 2007, 2006, 2005, 1997, 1996, 1991, 1990