

Fastest Returning XC Boys Squads In

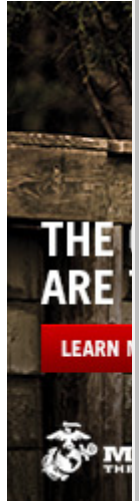


ILLINOIS T&F: 2016 PRESEASON PREVIEW SERIES

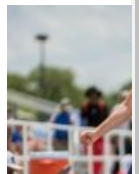
Brandon Miles

Aug 19, 2016

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WHAT TO



Below can find the top returning boys cross country teams in the state of Illinois based on scoring the top 7 returnees' fastest 3 mile times on each squad from last fall's cross country season. Nequa Valley nearly returns half dozen guys who went under 15 minutes last fall. (Photo by Colin Boyle)

1	Nequa Valley High School (IL)	153
	1) Jackson Jett	14:55.10 26
	2) Scott Anderson	14:55.10 27
	3) Jake Mceneaney	14:58.20 30
	4) Matthew Milostan	15:00.60 32
	5) Zachary Kinne	15:04.80 38
	Average Time: 14:58.76	Total Time: 1:14:53.80 1-5 Split: 9.70

2 Hinsdale Central High School (IL) 305

1) Blake Evertsen	14:25.30	4
2) Sam Fathizadeh	15:06.70	41
3) Ethan Planson	15:17.50	64
4) Ryan Doorhy	15:21.70	78
5) Sean O'connell	15:32.10	118
Average Time: 15:08.66 Total Time: 1:15:43.30 1-5 Split: 1:06.80		
6) Neil Cumberland	16:32.00	535
7) Ben Schneiders	16:52.10	694

3 Lake Zurich High School (IL) 418

1) Matt Pereira	14:28.40	5
2) Brian Griffith	14:29.80	7
3) Kyle Griffith	14:43.70	17
4) Patrick Burns	15:17.90	67
5) Eric Metzger	16:04.98	322
Average Time: 15:00.96 Total Time: 1:15:04.78 1-5 Split: 1:36.58		
6) Patrick True	16:30.00	517
7) Drake Heisterkamp	16:37.70	573

4 Mahomet-Seymour High School (IL) 520

1) Andrew Walmer	14:47.50	18
2) Brian Butcher	15:05.80	40
3) Gabe Pommier	15:26.40	95
4) Ryan Hodge	15:44.30	179
5) Ben Crow	15:45.64	188
Average Time: 15:21.93 Total Time: 1:16:49.64 1-5 Split: 58.14		
6) Bryson Keeble	16:05.80	328
7) Mathias Powell	16:13.38	383



1) Clayton Mendez	14:36.20	10
2) Keduse Worku	15:07.90	44
3) Samuel Rivera	15:29.34	111
4) Evan Radomski	15:40.00	153
5) Anthony Tuman	15:48.00	210
Average Time: 15:20.29	Total Time: 1:16:41.44	1-5 Split: 1:11.80
6) Marc Harvey	16:14.80	393
7) William Szkwarek	16:46.44	643

6 Marmion Academy (IL) 542


1) Michael Ronzone	15:01.20	33
2) Charlie Zimmer	15:12.10	56
3) Stephen Zimmer	15:17.60	66
4) Andrew Lifka	15:27.30	98
5) Jimmy Milder	15:58.90	289
Average Time: 15:23.42	Total Time: 1:16:57.10	1-5 Split: 57.70
6) Sean Galle	16:18.20	419
7) Liam Kelly	16:26.53	489

7 Normal University High School (IL) 567

1) Jack Franklin	14:41.50	14
2) Zach Wolford	15:19.10	68
3) Jared Schuckman	15:21.70	77
4) Tanner Gillam	15:45.50	186
5) Liam Vaughn	15:49.40	222
Average Time: 15:23.44	Total Time: 1:16:57.20	1-5 Split: 1:07.90
6) Harris Porter	16:06.20	334
7) Dane Alexander	16:20.50	446

8 Downers Grove North High School (IL) 633

1) Alec Danner	14:42.50	16
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4) [Nicholas Chudzik](#) 15:37.80 144

5) [Andrew Marek](#) 15:53.80 251

Average Time: 15:26.70 Total Time: 1:17:13.50 1-5 Split: 1:11.30

6) [Brendan Lockerby](#) 16:46.40 641

7) [Robert Falconer](#) 17:29.70 939

9 **Loyola Academy (IL)** **704**

1) [Paolo Tiongson](#) 14:52.10 24

2) [Andrew Niewiarowski](#) 15:30.00 113

3) [Connor Hoag](#) 15:34.30 124

4) [Matthew Kadus](#) 15:35.20 132

5) [William Shortal](#) 16:03.60 311

Average Time: 15:31.04 Total Time: 1:17:35.20 1-5 Split: 1:11.50

6) [Aidan Sullivan](#) 16:12.40 377

7) [Case Brennan](#) 16:24.80 479

10 **Minooka High School (IL)** **750**

1) [Soren Knudsen](#) 14:36.00 9

2) [Justin Tutt](#) 15:31.80 117

3) [Jack Sullivan](#) 15:46.70 198

4) [Jordan Freese](#) 15:48.00 208

5) [Cody Hoshell](#) 15:49.10 218

Average Time: 15:30.32 Total Time: 1:17:31.60 1-5 Split: 1:13.10

6) [Spencer Mccabe](#) 16:18.30 421

7) [Matt Mason](#) 16:24.00 470

11 **Fenwick High School (IL)** **794**

1) [Alex Marks](#) 15:06.90 42

2) [Jack Darrow](#) 15:11.00 53

3) [Emmitt Mcenery](#) 15:37.58 142



Average Time: 15:34.28 Total Time: 1:17:51.38 1-5 Split: 1:07.80

6) [Joseph Wermes](#) 16:20.90 451

7) [Colin Marks](#) 16:34.80 547

12 **Stevenson High School (IL)** **862**

1) [Nikita Smyrnov](#) 15:28.00 102

2) [Brett Lucas](#) 15:28.60 108

3) [Paul Udoni](#) 15:37.90 145

4) [Caleb Oh](#) 15:41.60 167

5) [Jacob Sparreo](#) 16:07.30 340

Average Time: 15:40.68 Total Time: 1:18:23.40 1-5 Split: 39.30

6) [Mattaeus Klonowski](#) 16:30.99 527

7) [Joesph Axelson](#) 16:46.34 640

13 **Highland Park High School (IL)** **876**

1) [Jose Reyes](#) 15:31.53 116

2) [Charlie Skurie](#) 15:36.79 135

3) [Alec Glazier](#) 15:43.44 174

4) [Jonathan Rosenfeld](#) 15:48.30 214

5) [Nate Amster](#) 15:51.90 237

Average Time: 15:42.39 Total Time: 1:18:31.96 1-5 Split: 20.37

6) [Fitz Laurie](#) 16:04.42 318

7) [Matt Casey](#) 16:07.09 338

14 **O'Fallon High School (IL)** **899**

1) [Joey Black](#) 15:23.40 84

2) [Chris Conrad](#) 15:30.10 114

3) [Kyle Dismukes](#) 15:35.00 128

4) [Will Vanalstine](#) 15:38.40 146

5) [Matthew Gilster](#) 16:18.90 427

7) [Garrett Blenkush](#) 16:22.90 461

15 Plainfield North High School (IL) 903

- 1) [Omar Paramo](#) 15:37.40 141
- 2) [James Suchy](#) 15:39.90 151
- 3) [Ethan Prior](#) 15:40.20 154
- 4) [Ben Otstott](#) 15:40.40 159
- 5) [Walker Wells](#) 16:00.60 298

Average Time: 15:43.70 Total Time: 1:18:38.50 1-5 Split: 23.20

- 6) [Gabe Nkpe](#) 16:30.60 525
- 7) [Spencer Brandt](#) 16:31.10 529

16 Prospect High School (IL) 916

- 1) [Sean Sanaghan](#) 15:12.70 58
- 2) [Jack O'donnell](#) 15:26.60 96
- 3) [Jack Terry](#) 15:38.70 147
- 4) [Terry Thomas](#) 15:52.71 241
- 5) [Jack Hemplemen](#) 16:11.90 374

Average Time: 15:40.52 Total Time: 1:18:22.61 1-5 Split: 59.20

- 6) [Andrew Reimann](#) 16:12.20 376
- 7) [James Riordon](#) 16:12.87 379

17 St. Charles East High School (IL) 919

- 1) [Anthony Zilla](#) 15:25.60 92
- 2) [Campbell Koch](#) 15:44.50 182
- 3) [Rohan Patel](#) 15:48.20 212
- 4) [Jake Beno](#) 15:48.20 213
- 5) [Cole Adesso](#) 15:49.30 220

Average Time: 15:43.16 Total Time: 1:18:35.80 1-5 Split: 23.70

- 6) [J. B. Sandlund](#) 15:55.80 264

18 Oswego East High School (IL) 1039

1) Trevor Nold	15:08.70	46
2) Dylan Zangri	15:12.70	57
3) Jake Klancir	15:59.70	291
4) Matt Blanco	16:04.90	320
5) Bradley Thornton	16:05.30	325
Average Time: 15:42.26 Total Time: 1:18:31.30 1-5 Split: 56.60		
6) Thomas White	16:10.10	358
7) Daniel King	16:11.30	366

19 Cary-Grove High School (IL) 1041

1) Alex Ratkovich	14:57.50	29
2) Tommy Williams	15:50.10	226
3) Jack Adams	15:51.08	233
4) Kyle Adams	15:51.38	236
5) Alex Sepeczi	16:04.30	317
Average Time: 15:42.87 Total Time: 1:18:34.36 1-5 Split: 1:06.80		
6) Derek Warren	16:10.98	364
7) Jack Warnecke	16:35.70	559

20 Hersey High School (IL) 1074

1) Jack Fredian	15:35.20	131
2) Sam Svienty	15:36.79	136
3) Andrew Hyndman	15:50.80	231
4) Ryan Theisen	15:58.30	282
5) Quinn Cunningham	16:00.10	294
Average Time: 15:48.24 Total Time: 1:19:01.19 1-5 Split: 24.90		
6) Nate Mayo	16:28.70	509
7) Ryan Buch	16:35.20	550

21 Lyons Township High School (IL) 1090

3) Daniel Palmer	15:36.87	137
4) Andrew Tarasuk	16:02.53	306
5) Patrick Kane	16:45.80	633
Average Time: 15:29.90	Total Time: 1:17:29.50	1-5 Split: 2:16.50

6) Kevin Murphy	17:22.00	892
7) Charles Harders	17:30.20	944

22 Fremd High School (IL) 1111

1) Danny Peterson	14:51.80	22
2) Jack Buban	15:36.90	138
3) Luke Vogelgesang	15:52.43	238
4) Matt Wallace	15:57.63	277
5) Ed Worth	16:19.56	436
Average Time: 15:43.66	Total Time: 1:18:38.32	1-5 Split: 1:27.76

6) Ed Worthem	16:25.90	484
7) Nathaniel Jinkens	16:26.24	485

23 Oswego High School (IL) 1151

1) Bennett Peterson	15:09.90	50
2) Collin Boone	15:34.60	126
3) Mitch Bradford	15:47.50	205
4) David Gaytan	15:49.00	217
5) Joe Fioresi	16:35.40	553
Average Time: 15:47.28	Total Time: 1:18:56.40	1-5 Split: 1:25.50

6) Corey Saelens	16:50.50	678
7) Bradley Osuch	16:51.90	692

24 Palatine High School (IL) 1153

1) Brian Leonard	15:17.00	63
2) Ben Kontney	15:46.10	193



5) [Nate Izewski](#) 16:03.80 313

Average Time: 15:49.48 Total Time: 1:19:07.40 1-5 Split: 46.80

6) [Curt Kontney](#) 16:11.80 373

7) [Henry Lechowicz](#) 16:17.80 414

25 **Geneva High School (IL)** **1161**

1) [Tyler Dau](#) 15:14.90 61

2) [Boon Andrews](#) 15:44.00 175

3) [Brian Kuehl](#) 15:48.40 215

4) [Josh Rodgers](#) 15:50.00 223

5) [Jordan Evans](#) 16:26.50 487

Average Time: 15:48.76 Total Time: 1:19:03.80 1-5 Split: 1:11.60

6) [Ryan Kredell](#) 16:32.50 536

7) [Alexander Cordogan](#) 16:46.50 644

26 **New Trier High School (IL)** **1183**

1) [Warren Blood](#) 15:04.30 37

2) [Patrick Norrick](#) 15:28.70 109

3) [Cooper Woolford](#) 15:46.00 192

4) [Matt Burke](#) 15:56.50 267

5) [Matthew Roge](#) 16:38.60 578

Average Time: 15:46.82 Total Time: 1:18:54.10 1-5 Split: 1:34.30

6) [Ben Citow](#) 16:49.00 665

7) [Sean Gorney](#) 16:51.80 691

27 **Glenbrook South High School (IL)** **1209**

1) [Alec Sanchez](#) 15:28.20 104

2) [Jordan Theriault](#) 15:33.30 123

3) [Jack Whetstone](#) 15:35.80 133

4) [Matt Jortberg](#) 15:44.80 185

6) Justin Naal	17:06.47	796
7) Joey Pauletto	17:13.75	852

28 Wheaton North High School (IL) 1268

1) Justin Ostrem	15:28.40	105
2) T J. Watson	15:56.60	270
3) Tj Watson	15:58.00	280
4) Kevin Riley	16:02.20	304
5) Nick Garza	16:03.30	309

Average Time: 15:53.70 Total Time: 1:19:28.50 1-5 Split: 34.90

6) Kevin Boehm	16:19.50	435
7) Aidan Johnson	16:28.30	507

29 Maine South High School (IL) 1270

1) Reese Jordan	15:01.24	34
2) Brian Shanahan	15:35.10	130
3) Brandon Christopher	15:53.30	247
4) Ray Sutszek	16:03.10	308
5) Alex Ortwig	16:35.28	551

Average Time: 15:49.60 Total Time: 1:19:08.02 1-5 Split: 1:34.04

6) Jake Mellema	16:43.30	609
7) Ryan Prendergast	16:50.60	680

30 Naperville North High School (IL) 1310

1) Aiden Blecke	15:17.60	65
2) Emmerson King	15:29.30	110
3) Michael Schnell	16:08.70	348
4) Tracey Gschendtner	16:10.80	363
5) Matt Boelke	16:18.60	424

Average Time: 15:53.00 Total Time: 1:19:25.00 1-5 Split: 1:01.00