

SPARTANS



CROSS COUNTRY



**2023 – MAC CHAMPIONS
8TH AT STATE**

2023 Pleasant Valley Cross Country Squad

Head Coach Erik Belby, Assistant Coaches Nick Sacco, Kevin Sommer, and Trevor Moore



Seniors

Nikhil Behere	1 st Year
Luke Eckman	4 th Year
Caden Ervin	1 st Year
Cole Halupnik	4 th Year
Timothy Ku	2 nd Year
Steven Ly	1 st Year
Tyler Nels	4 th Year
Matt Pischke	4 th Year
Carl Rekow	4 th Year
Max Sorgenfrey	4 th Year
Rylan Windmiller	4 th Year



Juniors

Henry Allers	2 nd Year
Ian Benge	3 rd Year
Owen Dobson	2 nd Year
Cameron Gotto	3 rd Year
Joseph Hanson	1 st Year
Clark Lechtenberg	1 st Year
Finn McMillan	3 rd Year
Parker Millage	3 rd Year
Will Parrish	3 rd Year
Jack Perry	3 rd Year
Carson Roman	3 rd Year

Sophomores

Griffin Adkins	2 nd Year
Thomas Bacon	2 nd Year
Zach Bauer	2 nd Year
Cooper Bries	2 nd Year
Mason Deering	2 nd Year
Ethan Freckleton	2 nd Year
Joe Knepp	2 nd Year
Paul Marchik	2 nd Year
Colin Merrell	2 nd Year
Vrayas Pila	2 nd Year
Grayer Pruitt	1 st Year
Nikhil Saini	2 nd Year
Levi Steele	2 nd Year
Brandon Thomas	1 st Year
Athon Wilcox	2 nd Year
Zach Zuiderveen	2 nd Year

Freshmen

Rowan Adkins
Jack Belby
Blake Burbridge
Kamran Foad
Carter Hatz
Jacob Jackson
Ganesh Maridu
Lane Morgart
Jacob O'Connor
Landon Orris
Evan Osler
Neel Patel
Jeremiah Rodgers
Gavin Russell
Garrett Schutte
Colbie Shupe
Jonah Whitson



Captain Tyler Nels



2023 Varsity Record

Pleasant Valley	3 rd	16 teams
Cedar Rapids	2 nd	19 teams
Heartland	5 th	31 teams
Jim Boughton	2 nd	12 teams
Bud Williams	4 th	12 teams
Sterling	1 st	17 teams
MAC	1 st	10 teams
District	2 nd	10 teams
State	8 th	16 teams

2023 Fresh/Soph Record

Pleasant Valley	2 nd	16 teams
Cedar Rapids	1 st	19 teams
Geneseo	1 st	7 teams
Jim Boughton	2 nd	12 teams
Sterling	1 st	10 teams
MAC	1 st	10 teams

2023 Junior Varsity Record

Pleasant Valley	5 th	16 teams
Cedar Rapids	3 rd	19 teams
Geneseo	1 st	7 teams
Jim Boughton	2 nd	12 teams
Bud Williams	4 th	12 teams
Sterling	1 st	10 teams
MAC	1 st	10 teams



Cross Country Personal Records

10/28/23

	<u>5000 Meters</u>	<u>3 miles</u>
Carl Rekow	15:53	15:28
Cameron Gotto	15:53	16:07
Jack Perry	15:55	16:00
Joe Knepp	16:05	15:46
Max Sorgenfrey	16:08	15:50
Kamran Foad	16:36	16:22
Tyler Nels	17:02	16:57
Jonah Whitson	17:15	16:55
Will Parrish	17:19	17:19
Landon Orris	17:21	17:16
Parker Millage	17:29	17:26
Luke Eckman	17:47	17:32
Carter Hatz	18:01	
Gavin Russell	18:13	17:48
Carson Roman	18:18	18:02
Levi Steele	18:19	18:05
Jacob O'Connor	18:29	18:02
Henry Allers	18:33	17:48
Rylan Windmiller	18:36	18:00
Finn McMillan	18:36	18:12
Zach Zuiderveen	18:52	18:23
Zach Bauer	18:56	18:11
Grayer Pruitt	19:06	19:16
Evan Osler	19:12	18:27
Griffin Adkins	19:13	18:52
Vrayas Pila	19:20	18:24
Ian Benge	19:30	18:57
Caden Ervin	19:31	19:11
Timothy Ku	19:32	19:13
Cooper Bries	19:48	19:01
Lane Morgart	19:48	19:12
Athon Wilcox	19:49	18:56
Thomas Bacon	19:54	18:47
Matt Pischke	20:11	19:56
Cole Halupnik	20:20	19:48
Colbie Shupe	20:21	20:32
Rowan Adkins	20:25	19:38
Nikhil Behere	20:40	19:45
Joseph Hanson	20:43	20:44
Brandon Thomas	20:45	20:01
Colin Merrell	20:46	19:45
Owen Dobson	21:17	20:57
Steven Ly	21:24	20:59
Ethan Freckleton	21:34	20:23
Ganesh Maridu	21:36	20:35
Clark Lechtenberg	21:46	21:14
Garrett Schutte	21:56	21:23
Neel Patel	21:58	21:24
Nikhil Saini	22:02	20:50
Paul Marchik	22:18	20:55
Jack Belby	22:40	21:28
Mason Deering	22:49	21:37
Jeremiah Rodgers	23:31	21:59





Awards and Accomplishments

1st Team All-Conference

1995 - Jeremy Ballou
1997 - Steve Sheets and Jeff Paul
1998 - Nick Betts
1999 - Phillip Grothus
2000 - Alex Beecher and Nate Tindall
2001 – Nate Tindall and Andrew Doyle
2002 – Kenny Slocum
2003 – Kenny Slocum
2004 – Kenny Slocum (1st) and Jordan Lang
2005 – Devin Allbaugh
2006 – Devin Allbaugh (1st), Blake Irwin, and Charlie Paul
2007 – Devin Allbaugh (1st), Blake Irwin, and Charlie Paul
2008 – Austin O'Brien, Cody Doughan, and Zach Bozman

2009 – Tyler Meseke, Cody Doughan, Austin O'Brien
2010 – Tyler Meseke and Caleb Drake
2011 – Caleb Drake, Tony Meyer, and David Zimmer
2012 – Caleb Drake, David Zimmer, and Sam McElhiney
2013 – Ben Stelk, David Zimmer, and Karson Sommer

2014 – Andrew Dixon (1st), Karson Sommer, Nicholas Yanek
Henry Friederichs, and Jack Moss
2015 – Nicholas Yanek (1st), Karson Sommer, Konnor Sommer
Henry Friederichs, and Mark Conway
2016 – Nicholas Yanek (1st), Konnor Sommer, Anthony Peña,
Mark Conway, and Parker Huhn
2017 – Konnor Sommer (1st), Anthony Peña, Gavin Smith,
Parker Huhn
2018 – Max Murphy (1st), Ian Kaffenberger, Kent Nichols,
Parker Huhn, and Gavin Smith
2019 – Max Murphy (1st), Kent Nichols, Ian Kaffenberger
Tarun Vedula

2020 – Kole Sommer (1st), Tarun Vedula, Luke Knepp
Grant Tebbe
2021 – Jacob Mumey (1st), Luke Knepp, Matt Bender
2022 – Jacob Mumey (1st), Andrew Miller, Max Sorgenfrey
Cam Gotto, Carl Rekow, and Luke Knepp
2023 – Carl Rekow (1st), Joe Knepp, Max Sorgenfrey
Jack Perry, and Cam Gotto

Ind. State Qualifiers (Top 15)

1996 - Brad Wilson
1998 - Nick Betts
1999 - Phillip Grothus - 1st
2001 – Nate Tindall
2002 – Kenny Slocum
2003 – Kenny Slocum and Jordan Lang
2004 – Kenny Slocum and Jordan Lang
2005 – Devin Allbaugh and Blake Irwin
2006 – Devin Allbaugh-1st, Charlie Paul,
Jordan Lang, and Blake Irwin
2007 – Devin Allbaugh 1st, Charlie Paul
Blake Irwin, and Austin O'Brien
2008 – O'Brien, Bozman, Matt Rubins,
Tyler Meseke, and Doughan
2009 – Meseke, O'Brien, Doughan
2010 – Meseke, Drake, and Tony Meyer
2011 – Drake, Meyer, and Zimmer
2012 – Drake (1st), Zimmer, & Dixon
2013 – Jack Moss, Stelk, Andrew Dixon,
Karson Sommer, and Zimmer
2014 – Dixon(1st), Sommer, Moss,
Yanek, and Zimmer
2015 – Karson (1st), Yanek, Konnor,
Conway, Smith, & Ian Aplington
2016 – Nicholas Yanek (1st), Sommer,
Peña, Gorman, Conway, Smith
2017 – Konnor Sommer (1st), Peña,
Smith, Huhn & Kaffenberger
2018 – Murphy, Smith, Nichols, Huhn, &
Kaffenberger
2019 – Murphy (1st), Kole Sommer,
Nichols, Vedula, Eric Zabel,
Jack Meyers, Kaffenberger
2020 – Sommer (1st), Vedula, Knepp

2021 – J. Mumey, L. Knepp, M. Bender
2022 – J. Mumey, A. Miller, L. Knepp,
M. Sorgenfrey,
2023 – C. Rekow, J. Knepp,
M. Sorgenfrey, C. Gotto, J. Perry



MAC Finishes

1995 - 4th
1996 - 3rd
1997 - 2nd
1998 - 3rd
1999 - 2nd
2000 - 3rd
2001 - 4th
2002 - 4th
2003 - 2nd
2004 - 1st
2005 - 3rd
2006 - 1st
2007 - 1st
2008 - 1st
2009 - 1st
2010 - 2nd
2011 - 1st
2012 - 1st
2013 - 1st
2014 - 1st
2015 - 1st
2016 - 1st
2017 - 1st
2018 - 1st
2019 - 1st
2020 - 1st
2021 - 1st
2022 - 1st
2023 - 1st

District Finishes

1995 - 4th @ Muscatine
1996 - 5th @ Muscatine
1997 - 4th @ Dubuque
1998 - 2nd @ Muscatine
1999 - 4th @ Dubuque
2000 - 3rd @ Dubuque
2001 - 3rd @ Muscatine
2002 - 5th @ Muscatine
2003 - 3rd @ Pleasant Valley
2004 - 3rd @ Pleasant Valley
2005 - 3rd @ Pleasant Valley
2006 - 1st @ Burlington
2007 - 1st @ Pleasant Valley
2008 - 1st @ Pleasant Valley
2009 - 2nd @ Burlington
2010 - 2nd @ Pleasant Valley
2011 - 1st @ Pleasant Valley
2012 - 1st @ Pleasant Valley
2013 - 1st @ Pleasant Valley
2014 - 1st @ Muscatine
2015 - 1st @ Pleasant Valley
2016 - 1st @ Pleasant Valley
2017 - 1st @ Pleasant Valley
2018 - 1st @ Pleasant Valley
2019 - 1st @ Pleasant Valley
2020 - 3rd @ Pleasant Valley
2021 - 2nd @ Pleasant Valley
2022 - 2nd @ Pleasant Valley
2023 - 2nd @ Pleasant Valley

State Finishes

1995 - 16th

1998 - 11th

2000 - 15th
2001 - 17th

2003 - 8th
2004 - 9th
2005 - 13th
2006 - 1st
2007 - 1st
2008 - 1st
2009 - 3rd
2010 - 7th
2011 - 5th
2012 - 2nd
2013 - 5th
2014 - 5th
2015 - 4th
2016 - 2nd
2017 - 1st
2018 - 4th
2019 - 2nd
2020 - 12th
2021 - 9th
2022 - 9th
2023 - 8th



2023 State Meet Results

27	Carl Rekow	16:06
42	Joe Knepp	16:19
49	Cam Gotto	16:28
59	Max Sorgenfrey	16:34
73	Jack Perry	16:41
91	Kamran Foad	17:00
130	Tyler Nels	19:27

All-State Spartans

1 st	Max Murphy	15:29	2019
1 st	Devin Allbaugh	15:39	2007
2 nd	Tyler Meseke	15:48	2009
2 nd	Devin Allbaugh	16:01	2006
3 rd	Caleb Drake	15:07	2012
4 th	Tyler Meseke	15:26	2010
4 th	Jacob Mumej	15:31	2022
4 th	Konnor Sommer	15:42	2017
4 th	Kent Nichols	15:46	2019
5 th	Austin O'Brien	15:35	2008
5 th	Charlie Paul	15:52	2007
5 th	Karson Sommer	15:57	2015
7 th	Nicholas Yanek	15:58	2015
7 th	Caleb Drake	15:30	2011
7 th	Blake Irwin	16:09	2006
9 th	Zach Bozman	15:50	2008
9 th	Austin O'Brien	16:02	2007
10 th	Nicholas Yanek	16:01	2016
11 th	Anthony Peña	15:55	2017
13 th	Luke Knepp	16:00	2022
13 th	Gavin Smith	16:01	2017
14 th	Kent Nichols	16:09	2018

NXN Qualifiers

Max Murphy	2019
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Captains:

1995 - Eric Nelson, Chris Norris, and Kelan Moylan
1996 - Damon Johnson, Creston Fenn, and Le Kuhlman
1997 - Scott Thomas and Jeff Paul
1998 - Greg Bauer, Nick Betts, and Dan White
1999 - Phillip Grothus
2000 - Alex Beecher, Dave Huhn, Rob Kline, and Brad Spinsby
2001 - Andrew Doyle, Bret Larson, and Nate Tindall
2002 - Dave Almeida and Craig Frericks
2003 - Erik Rheinhart and Kyle Bailey
2004 - Kenny Slocum, Adam Claudy, Andrew Spinsby, Brian Haberkorn, Isaiah Klaviter, and Mike Adam
2005 - Jordan Lang and Philip Hawbaker
2006 - Billy Beck, Jordan Lang, and Ben Misak,
2007 - Devin Allbaugh, Mike Hemming, Blake Irwin, and Charlie Paul
2008 - Zach Bozman, Austin O'Brien, Matt Rubins, and Josh Trueblood
2009 - Cody Doughan, Austin O'Brien, and Tor Peterson
2010 - Safwan Elkhatib, Tyler Meseke, Evan Schommer, John Sokolik
2011 - Jackson Koellner, Tony Meyer, and Joe Mueller
2012 - Caleb Drake and Sam McElhiney
2013 - Ben Stelk, Casey Graham, Elliott Klauer, Andrew Dixon, and David Zimmer
2014 - Rob Beardsley, Matt Conway, Andrew Dixon, Jack Moss, and David Zimmer
2015 - Henry Friederichs, Harrison Guenzler, and Karson Sommer
2016 - Ian Aplington, Mark Conway, Nicholas Yanek, and Tyler Brewster
2017 - Parker Huhn, Anthony Peña, Konnor Sommer & Andrew Witters
2018 - Parker Huhn, Ian Kaffenberger, Gavin Smith, and Noah Streeter
2019 - Cooper Frakes, Ian Kaffenberger, and Max Murphy
2020 - Nathan Boleyn, Kole Sommer, Grant Tebbe, and Tarun Vedula
2021 - Ethan Belby, Matt Bender, Rocco D'Antico, and Tarun Vedula
2022 - Michael Chang, Luke Knepp, and Jacob Mumej
2023 - Tyler Nels and Max Sorgenfrey



Captain Max Sorgenfrey

Most Valuable Varsity:

1995 - Jeremy Ballou
1996 - Brad Wilson
1997 - Jeff Paul
1998 - Nick Betts
1999 - Phillip Grothus
2000 - Alex Beecher
2001 - Nate Tindall
2002 - Kenny Slocum
2003 - Kenny Slocum
2004 - Kenny Slocum
2005 - Devin Allbaugh
2006 - Devin Allbaugh
2007 - Devin Allbaugh
2008 - Austin O'Brien
2009 - Tyler Meseke
2010 - Tyler Meseke
2011 - Caleb Drake
2012 - Caleb Drake
2013 - Ben Stelk
2014 - Andrew Dixon
2015 - Karson Sommer
2016 - Nicholas Yanek
2017 - Peña and Sommer
2018 - Max Murphy
2019 - Max Murphy
2020 - Kole Sommer
2021 - Jacob Mumej
2022 - Jacob Mumej
2023 - _____

Most Valuable Fresh/Soph:

1995 - Jeff Paul
1996 - Nick Betts
1997 - Phillip Grothus
1998 - Alex Beecher
1999 - Nate Tindall
2000 - Steve Ingleby
2001 - Kenny Slocum
2002 - Isaiah Klaviter
2003 - Jordan Lang
2004 - Cody Tebbitt
2005 - Charlie Paul
2006 - Will Horvat
2007 - Nic Weaver
2008 - Trevor Johnson
2009 - Tony Meyer
2010 - Rane Nichols
2011 - Elliott Klauer
2012 - Karson Sommer
2013 - Mark Conway
2014 - Nicholas Yanek
2015 - Anthony Peña
2016 - Ian Kaffenberger
2017 - Kent Nichols
2018 - Tarun Vedula
2019 - Luke Knepp
2020 - Max Sorgenfrey
2021 - Cam Gotto
2022 - Joe Knepp
2023 - _____



Most Improved:

1995 - Creston Fenn
1996 - Brad Wilson
1997 - Zeb Gilliam
1998 - Brian Rossmiller
1999 - Ryan King
2000 - Matt Horan
2001 - Bill Eckman
2002 - Chris D'Angelo & Nate Roth
2003 - Brian Bicknell
2004 - Chad Haberkorn
2005 - Niels Haak
2006 - Charlie Paul
2007 - Matt Rubins
2008 - Matt Wheat
2009 - Levi Moser
2010 - Chris Schwenn
2011 - Daniel Granados
& Daniel Rodriguez
2012 - Sean Ulrich
& Kendall Hengst
2013 - Bennett Cournoyer
& Ben Gorman
2014 - Logan Smith
2015 - Konnor Sommer
2016 - Connor Flinn
2017 - Max Murphy
2018 - Calder Skaar
2019 - Matt Bender
2020 - Luke Knepp
2021 - Carl Rekow
2022
2023 - _____

Carl Schillig Award:

1995 - Eric Nelson
1996 - Scott Thomas
1997 - Jeff Paul
1998 - Greg Bauer
1999 - Phillip Grothus
2000 - Rob Kline
2001 - Andrew Doyle
2002 - Craig Frericks
2003 - Erik Rheinhart
2004 - Isaiah Klaviter
2005 - Philip Hawbaker
2006 - Jordan Lang
2007 - Alex Phan
2008 - Josh Trueblood
2009 - Cody Doughan
2010 - Adonis Mikos
2011 - Joe Mueller
2012 - Paul Conway
2013 - Chandler Reed
2014 - Rob Beardsley
2015 - Harrison Guenzler
2016 - Tyler Brewster
2017 - Andrew Witters
2018 - Cole Hanson & Nico Broussalian
2019 - Ian Kaffenberger
2020 - Sandro Xiao
2021 - Matt Bender
2022 - Michael Chang
2023 - _____



School Records

Total Time Record for the Top 7

3 Miles

**2007 Peoria Notre Dame Invite
Detweiller Park
Peoria, Illinois**

13	Devin Allbaugh	14:49
23	Blake Irwin	15:02
31	Austin O'Brien	15:21
33	Charlie Paul	15:22
116	Mike Hemming	16:16
138	Matt Rubins	16:24
163	Zach Bozman	<u>16:36</u>
		1:49:50

5000 Meters

**2016 MAC
Flint Hills Municipal Golf Course
Burlington, Iowa**

1	Nicholas Yanek	15:31
2	Konnor Sommer	15:59
4	Anthony Peña	16:10
5	Mark Conway	16:13
7	Parker Huhn	16:15
10	Gavin Smith	16:22
11	Ben Gorman	<u>16:25</u>
		1:52:55

Class Records – 5000 Meters

Top 7 Freshmen:

David Zimmer	16:16	2011
Andrew Dixon	16:18	2011
Nicholas Yanek	16:22	2014
Karson Sommer	16:32	2012
Mark Conway	16:33	2013
Jordan Lang	16:36	2003
Kamran Foad	16:36	2023

Top 7 Sophomores:

Nicholas Yanek	15:53	2015
Luke Knepp	15:56	2020
Andrew Dixon	15:58	2012
Austin O'Brien	16:02	2007
David Zimmer	16:02	2012
Ian Kaffenberger	16:02	2017
Konnor Sommer	16:05	2015
Joe Knepp	16:05	2023

Top 7 Juniors:

Nicholas Yanek	15:28	2016
Caleb Drake	15:30	2011
Austin O'Brien	15:35	2008
Tyler Meseke	15:48	2009
Kenny Slocum	15:49	2003
Devin Allbaugh	15:51	2006
Cam Gotto	15:53	2023

Top 7 Seniors:

Caleb Drake	15:07	2012
Jacob Mumey	15:14	2022
Kenny Slocum	15:16	2004
Max Murphy	15:19	2019
Tyler Meseke	15:26	2010
Kole Sommer	15:30	2020
Anthony Peña	15:31	2017

All Time Top Seven - 5000 Meters

Caleb Drake	15:07	2012
Jacob Mumey	15:14	2022
Kenny Slocum	15:16	2004
Max Murphy	15:19	2019
Tyler Meseke	15:26	2010
Nicholas Yanek	15:28	2016
Kole Sommer	15:30	2020



Caleb Drake

CONGRATULATIONS SPARTANS! BRING ON 2024!

