

A Historical Perspective of Boys Varsity Cross Country, 1965 – 2016 51 years of running



Symbolic banners that hang on the wall of the Judy Standish gymnasium at Ledyard High School as of January, 2017.

Alumni are working on getting a banner made for the 1967 and 1968 Quinebaug Valley Conference (QVC) Championships.

Prologue

In the spring of 2013 I accepted the job of co-coaching the Ledyard boy's cross country team. I requested the cross country team archives. I wanted to compare what I witnessed in our running community at LHS from my first year of teaching and coaching sports (1972) until my last year of involvement (2013). What was available was a collection of data and information that I believed was incomplete... Could I take what I had and fill in the missing data to interest others and be an accurate record of first 50 years of the Colonel harriers? I have continued to fill in new information including 2016.

I decided to try and fill in those areas with information I thought could be discovered. I have tried to do so and be as accurate as possible. The information I wanted to fill in was:

- a) who were the top seven runners in the most important meets of the year and
- b) how did the teams do in those select races/meets?

I wanted to be able to put those names and places into this archive for the QVC Championship meets, ECC Championship meets, State sectionals when held, Class/Division State meets, Open State meets and New England meets. I was hoping to find 100% of what I was looking for. To date I have not reached my goal for all QVC, all ECC as well as State and New England competitions in many years. I do not believe this information is 100% retrievable. I have about 81% of the correct names and places at 148 possible races. I have discovered, to date, 835 of 1030 possible athletes at races where Ledyard runners qualified to participate. This assumes that Ledyard had seven runners participate and or qualify in the above races from 1965 through 2016. This would include races where the team did not qualify but one or more runners made it on time or place

Meet results posted at the CIAC website prior to 1996 were incomplete, poor and some impossible to read. The 1996 to 2000 meet results are clear and easy to read. Year 2000 and later meets are electronic records are clear and valuable resources. 1996 to present day results are those I am most comfortable with (100%). What other sources have I looked at to gather results?

Personal results from some runners who shared their scrapbook history with me has been available on a small level but the local newspapers of Southeastern Connecticut were the primary sources used to fill in missing information. Coverage, by the New London Day and The Norwich Bulletin, was marvelous in some cases but in other instances poor at best. The top seven runners from any team were available less than half the time. The computer age and electronic, digitalized data has been the clearest and most complete improvement for reporting and storing championship and other meet data but has been available only the last 20 plus years.

Please enjoy this, and if you have some primary source data please contact me.
I have included contact information later on in this collection.

I am not done revising yet.... Jerry Lentz

January10, 2017

Acknowledgements.....

Thanks to the following people/sources for
help in finding and making it possible to put this data together...

Patty Arsenault	Sue Lantelme, LHS Media expert! :)
Bill Billing	Keith Lawton, Xc and track enthusiast from
Jim Buonocore	Rhode Island
Bruce Douglass	Dennis Main
Charlie Ewers, ideas, data, editing	Laura Norcia
John Flora	MySportsResults.com website
Robert Flora	Kurt Porta
Don Friedman, *CNESSPA, Executive	Todd Williams
Director	David Vessels
Marty Hubbard, Bill Library Reference	Doug Ysewyn photos, ideas, data, editing
Librarian	
Pete Hunt	
Brian Joiner	

* Council of New England Secondary School Principals' Association

Additional sources:

CIAC website, Tournament results	The Day, New London, CT
Google/newspapers	The Norwich Bulletin
Ledyard High School Yearbooks	
Ledyard High School magazines <i>Excalibur</i> and , <i>The Colonel</i>	
Transcribed archives from the Athletic Director's office, LHS	
Athlete scrapbooks with newspaper and other **artifacts	
Actual medals and/or certificates consulted	

** *Artifacts are medals awarded, trophies, certificates and the like that represent what happened.*

(Jerry Lentz, 22 Peachtree Hill Avenue, Ledyard, CT 06339 or (H) 860-464-9877
also.....(email me at, cc2013jalonly@comcast.net)

Summary of each of the past three years:

2016 Results and Accomplishments

- Regular season record: **10 wins and 1 loss** (3-1 in ECC Division 1)
- **10th** of 34 teams in the Windham Invite Varsity #1 Race
- **3rd** of 18 teams in the ECC championship meet
- **2nd** in ECC Large Division season standings (6-2)
- **6th** of 23 teams in State Class M Championships
- **All-ECC:** Zak King (2nd in ECC Champs), Jacob Money (10th in ECC Champs)
- **All-State:** Zak King (6th in Class M Champs), (60th in State Open Champs)

2015 Results and Accomplishments

- Regular season record: **11 wins and 1 loss** (4-1 in ECC Large)
- **4th** of 21 teams in the Windham Invite Varsity #1 Race
- **2nd** of 18 teams in the ECC championship meet
- **2nd** in ECC Large Division season standings (8-2)
- **Class M State Champions** (1st of 27 teams)
- **15th** of 21 teams in State Open Championships
- **All-ECC:** Jacob Money
- **All-ECC Honorable Mention:** Josh Snow, Christian Kuss, Aaron Norcia

2014 Results and Accomplishments

- Regular season record: **11 wins and 1 loss** (4-1 in ECC Large)
 - **1st** of 33 teams in the Wickham Invite Seeded race
 - **2nd** of 18 teams in the ECC championship meet
 - **2nd** in ECC Large Division season standings (8-2)
 - **2nd** of 28 teams in State Class M Championships
 - **15th** of 20 teams in State Open Championships
 - **All-ECC:** Bryce Hedman, Christian Kuss, Aaron Norcia
 - **All-ECC Honorable Mention:** Jacob Money
 - Bryce Hedman: **ECC Champion, All-State (23rd), All-New England (21st), Footlocker NE Regional (50th)**
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Coaches and their teams

Robert Couillard 1964, junior varsity program included sophomores and freshmen.

Ed Rusczyk 1965, first year varsity program included only underclassmen, 0 - 6.

Coach Bob Arsenault...1966 - 1995, **major competitions...**

12 Conference and invitational top places....one State Division 2nd place

Wheeler Invite	1966	2nd	1st year of varsity competition.
	1967	2nd	
	1968	2nd	
	1969	2nd	
	1971	2nd	
	1972	1st	
	1973	2nd	
	1974	1st	
	1978	1st	
	1979	1st	
New London County at Fort Shantock	1972	1st	
	1973	2nd	
	1974	2nd	
	1978	2nd	
	1984	2nd	
	1987	1st	
QVC Championship meets	1966	2nd	1st year of varsity competition.
	1967	1st	
	1968	1st, tie	
	1969	2nd	
<u>ECC</u> Championship meets	1973	1st, tie	The team also had an undefeated ECC season
	1978	2nd	
	1982	2nd	
	1983	1st	
	1984	1st	
	1985	2nd	
	1987	2nd Nutmeg Division	
	1990	1st Nutmeg Division	
	1991	2 nd Nutmeg	
<u>State</u> Championship races	1991	2nd Class MM	

Coach Charlie Ewers...1996 - 2005, major competitions....

Eleven Conference, Invitational, State Division and Open wins and places....

Coach Ewers was named the 2002 Coach of the Year by the Connecticut High School Coaches Association.

<u>Windham Invitational</u>	2002	2nd	Varsity I Division
5k	2003	1st	Varsity I Division
<u>Greater Hartford Open</u>	2001	1st	Varsity Open Division
5k	2002	1st	Varsity Open Division
<u>ECC Championship meets</u>	2000	2 nd	Varsity Open
	2002	2 nd	Varsity Open
5k	2003	1st	Varsity Open
	2004	2 nd	Varsity Open
<u>State Championship Races....</u>	1998 MM	1st	(first for Ledyard)
5k	2000 MM	1st	
Divisions LHS ran in	2001 MM	1st	
	2002 MM	1st	
	2003 MM	1st	
	2004 MM	1st	
	2005 MM	2nd	
<u>State Open Performances....</u>	2001	4 th	
5k	2002	1st (first for Ledyard)	
	2003	3 rd	
	2004	5 th	
<u>New England Performances</u>	2001	9 th	
5k	2002	5 th	
	2003	2nd (highest for Ledyard)	
	2004	13 th	

Coach Peter Hunt2006 - 2011, major competitions....

Two Conference and Invitational wins and places.....

Greater Hartford Open	2006	2nd	Open Division
	2007	1st	Open Division
<u>Wickham Invitational</u>	5k	2012	2nd
<u>ECC Championship</u>	5k	2011	1st
			M Division

Coach Art Marrero 2012.....major competitions....

<u>ECC</u> Championship	5k	2012	2nd	M Division
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Coaches Bill Billing & Jerry Lentz 2013..... major competitions....

<u>ECC</u> Championship	5k	2013	2nd	L Division
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Coach Bill Billing 2013, 2014, 2015, 2016..... major competitions....

<u>Wickham Invitational</u>	5k	2014	1st	Seeded Division (first for Ledyard)
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<u>ECC</u> Championships	5k	2013	2nd	L Division
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		2014	2nd	L Division
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		2015	2nd	L Division
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		2016	2nd	Division 1
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<u>State Championship Race.....</u>		2014	2nd	M Division
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		2015	1st	M Division Champions
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<u>State Open Performance.....</u>		2014	15 th	of the top 20 teams in the State
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		2015	15 th	of the top 21 teams in the State
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Undefeated teams

1971	11 – 0
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1984	13 - 0	Dual meet part of the season only.
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2001	7 - 0
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2003	6 - 0
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Quinebaug Valley Conference /QVC Champions

1967

1968

Eastern Connecticut Conference Champions/ECC

1973

1983

1984

1990, Nutmeg division

2002, L Division

2003

2011, M division

QVC/ECC ALL Star honors earned for more than one season,**Two seasons,**

John Flora, Robert Flora, Brian Joiner, Todd Williams, Steve Herrera, Matt O'Donnell, David Holliday, Neil Bajorin, Kyle Sweet, Tyler Torelli, Max Armstrong, Aaron Norcia, Jacob Money

Three seasons, QVC/ECC ALL stars; David Vessels, Rob Carbray and Bryce Hedman

Quinebaug Valley Conference (QVC) - Meet champions and Conference All Stars...

First place finishers in red, all stars known in black.

1965 - First year of varsity competition but not in the QVC officially...or D. Main would have been an All Star

1966 - **Dennis Main, QVC Championship Meet Winner**, Rick Vessels 2nd

1967 - **TEAM CHAMPS... John Cody, QVC Championship Meet winner.**

1968 - **TEAM CHAMPS...** David Vessels

1969 - David Vessels

Eastern Connecticut Conference (ECC) - Meet champions and Conference All Stars from 1970 on..... as of July 2015.

1970 -David Vessels

1971- Bernie Stober, Robert Flora earned Honorable mention

1972- John Flora, Robert Flora

1973- **TEAM CO CHAMPS..John Flora, ECC Championship Meet winner**, Robert Flora was second

1974- Greg Senick

1977- Robert Walling

1978- Dave Baca

1979- Scott Williams

1980- Andy Cutts

1981- John Hagen

1982- John Dunkle

1983- **TEAM CHAMPS**..Rob Carbray, Brian Joiner, Todd Williams

1984- **TEAM CHAMPS**..R. Carbray, B. Joiner, Kurt Porta, T. Williams

1985- Rob Carbray, Russ Miller

1987- Steve Herrara, Andy Dunkle

1988 - Steve Herrera

1989 - Matt O'Donnell, Mike Riley

1990 - **TEAM CHAMPS**..Matt O'Donnell

1991 - Darrell Gibson

1993 - Jason Baah, Mike Mosca

1998 - Scott Ellis, Mike Weckwerth, David Tetlow

2002- **TEAM CHAMPS**..Neil Bajorin, David Holliday, Mike Sedlack, Kyle Sweet

2003-**TEAM CHAMPS**..N. Bajorin, Mike Blanchard, D. Holliday, Ryan Moore, Kyle Sweet

2004- Nick Rezendes

2007- Eric Bowles

2008- Eric Bowles

2011- **TEAM CHAMPS**..Corey Coates, Mike Delia, Tyler Torelli (Medium)

2012- Max Armstrong, Bryce Hedman, Tyler Torrelli (Medium).

2013- Max Armstrong, Bryce Hedman, Aaron Norcia (Large)

2014 - **Bryce Hedman ECC Championship Meet Winner**, Christian Kuss, Aaron Norcia. (Large)

Jacob Money was Honorable mention

2015 - Jacob Money, Honorable mention were, Aaron Norcia, Christian Kuss and Josh Snow

2016 – Zachary King, Jacob Money

Quinebaug Valley Conference (QVC) and Eastern Connecticut Conference (ECC) finishes by the top seven runners (when present).

The attempt was made to identify the finishing position of the **top seven LHS runners** who competed each year. Many of the sources I discovered did not have full team results. Most were of the "here are the top 20 finishers at the race"help! I then entered the place the team earned in the "Open Meet" where all teams participated. Names of conference schools at the time were taken from any source where a list of schools competing was included.

Red indicates a first place while blue indicates a possible all conference placing in a meet.

QVC Freshman boys started school in Ledyard instead of NFA or other schools in the area.

1964.. Ledyard had freshman and sophomores. The coach scheduled three JV meets to give the team members a "taste" of what it was like to compete. The team lost all three meets (0 - 3).

□ The QVC was made up of the following schools: Tourtellotte, Griswold, Plainfield, Wheeler, Putnam and Parish Hill and Ledyard was on probation for the 1965-1966 school year.

1965.. No LHS participation in the QVC meet held at Tourtelotte. LHS was on probation status for the year and was reported NOT to have run in this race. The team did NOT have seniors yet. Six dual meets were held with QVC schools. Record (0 - 6).

☐ **The QVC was now made up of the following schools:** Tourtellotte, Griswold, Plainfield, Wheeler, Putnam, Parish Hill, Woodstock Academy and Ledyard.

1966.. **Dennis Main 1st, Rick Vessels 2nd**, Kieth Shafer 13th, Bill Mawhiney 14th,
Bob Tillman 17th. **The team was 2nd**

1967.. **John Cody 1st**, no other team members were in the top 10 or mentioned. **The team was 1st**

1968.. QVC meet results: **Mike Willoughby 3rd, Dave Vessels 4th, Tom Bajorin 5th,**
Mike Gartska 6th, Larry Herrick 8th, Dennis McCarthy 12th, and Pete Olsen 22nd.
The team tied Wheeler for 1st

1969.. QVC meet results: **Dave Vessels 4th, John Lawrence 8th**, Mike Gartska 13th,
Bernie Stober 15th, Tom Bajorin 16th, other team members not listed. **The team was 2nd**
1969 was the final year of competition for Ledyard in the QVC.

ECC 1970 was the first year for LHS in the ECC. Races were open to all ECC teams and the finishing order was used for all stars and team conference finishes by place.

☐ **The 7 ECC teams were;** East Lyme, E.O.Smith, Killingly, Ledyard, Montville, Stonington and Waterford.

1970.. Dave Vessels, ill and did not run (DNR), other team members not listed. The team was 7th

1971.. Bernie Stober 16th, Mike Gartska 19, John Hagen 25th, only reported finishes.
(Robert Flora was injured and DNR.) Team finish not reported.

☐ **The 7 ECC teams at the time were;** East Lyme, E.O.Smith, Killingly, Ledyard, Montville, Stonington and Waterford.

1972.. **John Flora 2nd, Bob Flora 5th, Gary Thomas 6th**, other team members were not listed.
The team was 2nd

1973.. **John Flora 1st, Bob Flora 3rd**, Don Lundie 11th, Gary Thomas 19th,
Greg Senick 24th. **The team tied for 1st**

1974.. **Greg Senick 4th**, Don Lundie 19th, Andrew Engelke 22nd, other team members not listed.
The team was 4th

☐ **The 6 ECC teams competing were;** East Lyme, E.O.Smith, Killingly, Ledyard, Montville, and Waterford. Stonington had disbanded their team and forfeits were awarded.

1975..Tom Flora 17th, Bob Walling 21st, Russ Smith 25th, Bill Markley 26th, Pat O'Malley 30th,
Bob Dodson 31st, Craig Pollard 32nd. The team was 4th

☐ **The 6 ECC teams competing were;** East Lyme, E.O.Smith, Killingly, Ledyard, Montville, and Waterford.

1976..Shawn Ross 17th, Roy Comeau 23rd, Bob Lane 24th, Jay Gallagher 25th,
no other runners reported. The team was 4th

1977.. **Bob Walling 7th**, Larry Anderson 14th, Roy Comeau 21st, Jay Gallaher 24th,
Craig Pollard 30th, Doug Wood 32nd, Kevin Coderre 36th. The team was 4th

□ **The 8 ECC teams competing were;** East Lyme, E.O.Smith, Killingly, Ledyard, Montville, Plainfield,
Stonington, Waterford.

1978.. **Dave Baca 8th, Jack McKeon 10th**, Scott Williams 13th, Mike Robertson 18th,
Jay Gallagher 19th, John Wettlaufer 20th, Bob Dodge 21st . The team was 2nd

□ **The 7 ECC teams were;** East Lyme, E.O.Smith, Killingly, Ledyard, Montville, Plainfield and Waterford.

1979.. **Scott Williams 5th, Bob Dodge 9th**, Tom Flora 11th, Tony Reigel 14th,
Chris Wood 18th, Andy Cutts 21st, Dave Noddin 24th The team was 3rd

1980.. **Andy Cutts 8th**, Scott Williams 13th, Bob Girard 19th, Noel Otterness 24th,
Stuart Evered 25th, Mark Seo 33rd, Adam Lalonde 42nd. The team was 4th.

1981..**John Hagen 11th**, John Lund 16th, Eric Pias 18th, no other runners reported. The team was 4th.

□ **The 8 ECC teams competing were;** East Lyme, E.O.Smith, Killingly, Ledyard, Montville,
New London, Plainfield and Waterford.

1982..**John Dunkle 8th**, Noel Otternes 11th, Brian Joiner 16th, Chris Tubman 17th,
Adam Lalonde 20th The team was 2nd

□ **The 7 ECC teams competing were;** East Lyme, E.O.Smith, Killingly, Ledyard, Montville,
New London and Waterford.

1983..**Brian Joiner 4th, Rob Carbray 6th, Todd Williams 7th**, Steve Johnson 12th,
Randy Johnson 15th, Kurt Porta 21st. The team was 1st

□ **The 6 teams competing were;** East Lyme, Killingly, Ledyard, Montville, New London and Waterford.

1984..**Todd Williams 2nd, Brian Joiner 4th, Rob Carbray 5th, Kurt Porta 6th**,
David Martin 18th, Bernie Bartick 19th, Randy Johnson 22nd. The team was 1st

1985..**Rob Carbray 3rd, Russ Miller 7th**, Andy Dunkle 12th, Andy Purdy 18th, no others reported.
The team was 2ⁿ

1986..ECC divided into the Nutmeg and the Yankee Conferences

□ The **Yankee division** included; East Lyme, Fitch, Killingly, Ledyard, New London, NFA and Waterford.

□ The **Nutmeg division** included; East Lyme, Killingly, Ledyard, Montville, New London Stonington and
Waterford.

1986.. **Steve Herrera 9th**, Troy Christiansen 13th, Ricky Chann 22nd, Ed Temple 23rd,
Tim Donahue 24th, only runners reported. The team was 4th Nutmeg

ALSO: Troy Christinsen 13th, Streve Herrera 15th, only runners reported.
The team was 5th Yankee

- 1987..**Steve Herrera 5th, Andy Dunkle 8th**, Troy Christiansen 19th, Tim Donahue 24th,
Chris Schofield 28th, Dave Gellar 39th, Matt Gates 43rd. No team results reported
- 1988..**Steve Herrera 5th**, Troy Christiansen 12th, no other runners reported.
No discussion of Nutmeg and/or Yankee found. Open race, team was 5th
- 1989 **Matt O'Donnell 9th, Mike Riley 10th**, Chris Angelo 14th, no others reported,
No discussion of Nutmeg or Yankee found. Open race, team was 4th
- 1990 Matt O'Donnell 14th, Mike Riley 16th, Darrel Gibson 18th,
no others reported. Team 5th in Yankee.
Team 1st in Nutmeg
- 1991 **Darrell Gibson 8th, Mike Riley 10th**, Sean Flynn 25th, no others reported. Team 5th in Yankee
Team 3rd in Nutmeg
- 1992 Mike Peckham 23rd, Jason Stein, 32nd, Mike Cook 35th, Dustin Kanodi 51st,
Brian Ziemba 52nd, Pat Dunn 57th. Team 7th in Yankee
Team 4th in Nutmeg

The ECC dropped the Nutmeg and the Yankee Conference Following the 1992 season.

□ **The 10 teams now competing were;** East Lyme, Fitch, Killingly, Ledyard, Montville, New London,
NFA, Saint Bernard, Stonington and Waterford.

The time is included, when known, for the fastest Ledyard runner at the Norwich Golf Course.

- 1993 **Mike Mosca 7th 18:23, Jason Baah 8th**, Mike Peckham 23rd, no others reported
Open race 3rd of 10 teams
- 1994..Scott Dewire 26th 19:02, Donald Graham 29th, Rich Johnson 39th, Eric Haas 40th,
Dave Harper 43rd, Jon Sawyer 44th. Open race 7th of 10 teams

The time is included, when known, for the fastest Ledyard runner at Connecticut College.

- 1995 Scott DeWire 35th >19:00, Andy Caldwell 42nd, Scott Ellis 43rd, Wes Chapman 47th,
Chris Sandoval 49th, Jim Weeks 50th, Rich Johnson 51st Open race 7th of 10 team

The time is included, when known, for the fastest Ledyard runner at the Norwich Golf Course.

- 1996 Scott Ellis 18th, Jason Baah 24th, John Kuik 34th, Steve Watson 36th, Chris Harwell 40th,
Lon Souder 47th. Open race 5th of 10 teams
- 1997 **Scott Ellis 11th 17:26** , Mike Weckwirth 15th, Ed Foster 18th, Allyn Quibble 20th,
no others reported. Open race 3rd of 9 teams

1998 **Scott Ellis 10th 17:26**, Mike Weckwirth 12th, Dave Tetlow 17th, Nate Baber 25th,
no others reported. Open race 4th of 8 teams

1999 **Ed Foster 9th 17:41**, Mike Weckwirth 19th, Mike Sedlack 23rd, no others reported.
Open race 4th of 9 teams

The ECC seems to have gone to a large and small divisions for championships at this time The championship race is an OPEN race and then computer software separates the various schools by their division and provides an order of finish for each category. Once again I have reported what is available in media sources, some of which did not always include division winners.

☐ The **6 Large division** schools included; East Lyme, Fitch, Killingly, Ledyard, NFA and Waterford.

☐ The **9 Small division** schools included; Bacon Academy, Griswold, Montville, Marianapolis, New London, Stonington, Saint Bernard, Tourtellotte, and Waterford.

The time is included, when known, for the fastest Ledyard runner at the Norwich Golf Course.

2000.. **Ed Foster 3rd 17:21**, **Mike Sedlack 7th**, **Rob O'Donnell 10th**, Mike Scott 15th,
Ryan Moore 20th, Neil Bajorin 24th, David Holliday 37th **Open race 2nd of 16 teams**
2nd in L division

2001.. Mike Sedlack 13th 17:10 , Mike Scott 16th, David Holliday 18th, Sergio Fontanez 27th,
Rob O'Donnell 28th, Kyle Sweet 33rd, Ryan Moore 36th, **Open race 3rd of 14 teams**
2nd in L division

2002.. **David Holliday 4th 16:46** , **Kyle Sweet 9th**, **Neil Bajorin 11th**, Mike Scott 13th,
Mike Sedlack 14th, Ryan Moore 19th, Mike Blanchard 24th.
Open race 2nd of 15 teams
1st in L division

2003..**TEAM CHAMPS!**, **David Holliday 6th 16:58** , **Neil Bajorin 7th**, **Kyle Sweet 8th**,
Mike Blanchard 11th, **Ryan Moore 12th**, Nick Rezendes 13th, Ian Crandall 57th
Open race 1st of 16 teams
1st in L division

2004..**Nick Rezendes 7th 16:46**, Ian Crandall 12th, Kyle Stammel 22nd, Shea Quinn 24th,
Matt Litty 26th, Tom Schilke 34th, David Billing 46th. **Open race 2nd of 16 teams**
2nd in the L division

2005..Kyle Stammel 18th 17:58 , David Billing 20th, Andrew Worth 22nd, Boothe Higgins 25th,
Thomas Schilke 30th, Erik Schilke 31st, Matt Litty 36th. **Open race 3rd of 14 teams**
2nd in the L division

2006..Erik Schilke 11th 17:41, David Billing 18th, Andrew Worth 21st, Kyle Stammel 29th,
Alex McDonald 32nd, Eric Bowles 43rd, Nate Hernandez 54th. Open race 5th of 16 teams

2007..**Eric Bowles 8th 17:30** , Boothe Higgins 17th, Alex McDonald 20th, Erik Schilke 26th,
Koby Nelson 43rd, Phil Huang 49th, Nate Hernandez 76th. Open race 4th of 14 teams.

2008..**Eric Bowles 6th 17:45** , Nate Hernandez 10th, Booth Higgins 11th, Basil Polsonetti 32nd,
Koby Nelson 36th, Phil Huang 46th, Calvin Ackley 73rd. Open race 3rd of 16 teams.

The ECC continues now with a large, medium and small division for championships at this time.

☐ The 6 large division included; East Lyme, Fitch, Ledyard, NFA, Woodstock and Waterford..

☐ The 6 medium division included; Bacon Academy, Killingly, Montville, Plainfield, Stonington, and Windham.

☐ The 6 small division included; Griswold, Lyman Memorial, Putnam, Saint Bernard, Tourtellotte and Wheeler.

2009..**Nate Hernandez 9th 18:00** , Jacob Nelson 22nd, Phil Huang 23rd, Corey Coates 33rd,
Basil Polsonetti 45th, Adam Mailhot 61st, Calvin Ackley 78th. Open race 5th of 17 teams

2010..Corey Coates 18th 18:04 , Basil Polsonetti 23rd, Mike Delia 24th, Tyler Dunkle 30th,
Asa Palmer 47th, Trevor Poplewko 58th, Mike Brannan 78th. Open race 5th of 17 teams

2011..Mike Delia 13th 18:02 , Corey Coates 17th, Tyler Torelli 23rd, Nike Lauer 30th,
Tyler Dunkle 36th, Max Armstrong 38th, Jeff Rodman 53rd. Open race 3rd of 17 teams
1st in the M division

2012..**Tyler Torelli 12th 18:02 , Bryce Hedman 18th, Max Armstrong 31st**, Aaron Norcia 52nd,
Richard Cronin 88th, Jake Christianson 89th, Nate Lahti 101st. Open race 8th of 18 teams
2nd in the M division

2013..**Bryce Hedman 2nd 16:53 , Aaron Norcia 14th, Max Armstrong 15th**, Christian Fogg 48th,
Zach Jones 72nd, Geralson Withrow 86th, Nick Monroe 93rd. Open race 4th of 18 teams
3rd in the L division

2014..**Bryce Hedman 1st 16:42 , Christian Kuss 4th, Aaron Norcia 6th**, Jacob Money 15th,
Joshua Snow 26th, Zach Jones 43rd, Geralson Withrow 48th. Open race 2nd of 18 teams
2nd in the L division

2015 - **Jacob Money 8th, 17:41, Christian Kuss 10th, Josh Snow 11th**, Aaron Norcia 12th,
Zak King 26th, Geralson Withrow 30th. Rigel Wachtmann 57th Open race 2nd of 17 teams
2nd in the L division

The fall 2016 Cross Country ECC continues now with Divisions 1, 2 and 3

Division 1 included: East Lyme, Fitch, Ledyard, NFA and New London

Division 2 included: Bacon Academy, Killingly, Montville, Waterford, Stonington, and Woodstock

Division 3 included: Griswold, Lyman Memorial, Windham, Saint Bernard, Tourtellotte, Plainfield and Wheeler

2016 – **Zachary King 2nd, 17:29, Jacob Money 10th**, Sean Healy 22nd, Domenic Murray 24th,
Geralson Withrow 32nd, Juan Garcia 73nd, Austin Robertson 75th **Open race 3rd of 17 teams**
2nd in Division 1

Connecticut State Division Team Championship performances

1965- 2016

1991 MM 2nd

1998 MM 1st first ever Championship for Ledyard

2000 MM 1st2001 MM 1st2002 MM 1st2003 MM 1st2004 MM 1st2005 MM 2nd2014 M 2nd2015 M 1st

Outstanding **Individual** State Division performances.

Top 8 are ALL State, additional listed outstanding races.

1965	Dennis Main – 9 th	2000	Mike Sedlack – 4th	2003	Nick Rezendes -13 th
1966	Dennis Main – 5th	2001	David Holliday – 4th	2004	Nick Rezendes – 2nd
1967	John Cody - 11 th	2001	Mike Scott – 6th	2004	Ian Crandall – 5th
1969	David Vessels -9 th	2001	Mike Sedlack – 9 th	2004	Shea Quinn – 7th
1971	Robert Flora -10 th	2001	Rob O'Donnell -12 th	2004	Kyle Stammel – 13 th
1972	John Flora – 4th	2002	David Holliday – 2nd	2005	Kyle Stammel – 9 th
1972	Robert Flora – 21 st	2002	Kyle Sweet – 5th	2007	Eric Bowles – 8th
1973	John Flora – 1st	2002	Neil Bajorin -7th	2008	Eric Bowles – 9 th
1973	Robert Flora – 2nd	2002	Mike Scott – 8th	2010	Corey Coates – 8th
1974	Greg Senick – 4th	2002	Mike Sedlack – 9 th	2013	Bryce Hedman- 4th
1983	Brian Joiner -14 th	2002	Mike Blanchard-11 th	2014	Bryce Hedman – 4th
1984	Brian Joiner -11 th	2002	Ryan Moore- 12 th	2014	Christian Kuss -10 th
1988	Steve Herrera -11 th	2003	David Holliday – 2nd	2015	Aaron Norcia – 11 th
1998	Scott Ellis – 11 th	2003	Neil Bajorin – 4th	2015	Jacob Money – 13 th
1991	Darrell Gibson-14 th	2003	Kyle Sweet – 5th	2015	Christian Kuss – 14 th
1999	Ed Foster -10 th	2003	Ryan Moore – 6th	2015	Josh Snow – 18 th
2000	Ed Foster – 2nd	2003	Mike Blanchard- 10 th	2016	Zach King – 6th
				2016	Jacob Money – 15 th

Connecticut State Open Team Championship performances

1998	11 th	
2001	4 th	
2002	1st	First ever Open Championship for Ledyard
2003	3 rd	
2004	5 th	
2005	15 th	
2014	15 th	
2015	15 th	

Connecticut State Open, top 50 Ledyard place finishers , 1965 - 2016

Ledyard place	Name	race place	year
1	Robert Flora	1	1973
2	David Holliday	6	2002
3	Greg Senick	10	1974
	David Holliday	10	2003
	Nick Rezendes	10	2004
4	John Flora	13	1973
5	Mike Sedlack	19	2002
6	John Flora	21	1972
7	John Cody	22	1967
8	Robert Flora	23	1972
<u>All State cut off at 25th</u>	Bryce Hedman	23	2014
9	Mike Scott	28	2002
10	Neil Bajorin	29	2002
11	Mike Sedlack	30	2000
12	Steve Herrera	31	1988
13	Neil Bajorin	32	2003
	Bryce Hedman	32	2013
14	Kyle Sweet	33	2002
	Ian Crandall	33	2004
15	Ed Foster	36	2000
	David Holliday	36	2001
	Mike Blanchard	36	2003
16	Darrell Gibson	37	1991
17	Dave Vessels	39	1969
18	Mike Sedlack	41	2001
19	Dennis Main	43	1966
	Ryan Moore	43	2003
20	Mike Riley	45	1991
	Kyle Sweet	45	2003
21	Mike Blanchard	48	2002
22	Dennis Main	50	1965

The State Open, State classes/Divisions and Sectionals

Also: Top known times at three races since 1997

.Runners in red won the race indicated. Runners names and information in blue were All State at their Division, Top 6 or 8, depending on year and/or the State Open race (top 25).

year	race site varies by year	Names (place)	teams (place)
1965 - Open - Dennis Main (50)	Division - Dennis Main (9) , ..no available qualifying data for non seniors: Ed Domnarski, Rich Long, Rick Vessels, Dave O'Brien, Larry Niles, ? Evans.		The team did not qualify
1966 - Open - Dennis Main (43)	Division - Dennis Main (5) , no available qualifying data for: Rich Vessels, Ed Domnarski, Bill Mawhiney and Bob Tillman.		The team did not qualify
1967 - Open - John Cody (22)	Division - John Cody (11) , no available qualifying data for: Kieth Shafer, Pete Olsen, Larry Herrick, Willard Johnson, Bob Latham or Mike MGinn.		The team did not qualify
1968 - Open--none	Division - Mike Willoughby 17th, no other qualifying data available.		The team was 4 th
1969 - Open - David Vessels (39)	Division - David Vessels (14) , no available qualifying data for: Bernie Stober, Tom Bajorin, Mike Gartska, John Lawrence, Tim Beaven or Lee Evans.		The team did not qualify
1970 Open - none	Division - David Vessels (30), no available qualifying data for the rest of the team.		The team did not qualify
1971- Open - none, Robert qualified but was ill and did not compete	Division - Robert Flora (10) , no available qualifying data for the rest of the team.		The team did not qualify
1972 - Open - John Flora (21st), Robert Flora (23rd)	Division - John Flora (4), Robert Flora (21) , Sectionals: No data for: Steve Kellogg, Gary Thomas, Don Lundie, or Dave Barnett. Greg Senick was sick and did not run.		The team did not qualify
1973- Open - Robert Flora (1), John Flora (13)	Division- John Flora (1), Robert Flora (2) , Sectionals: Don Lundie (46), Greg Senick (61), Mike Nestor (99), Mark Senick (104), Ted Spanos (105).		The team did not qualify
1974 - Open - Greg Senick (10)	Division - Greg Senick (4) , Sectionals: no data for: Don Lundie, Andrew Engelke, Mike Nester, Mark Senick or Pat O'Malley.		The team did not qualify

<u>year</u>	<u>race site varies by year</u>	<u>Names (places)</u>	<u>team places</u>
The top 8 teams at sectionals qualified to race in the division meet.			
1975 - Open : none	Division - team did not qualify		
	Sectionals finishes - Tom Flora (54), Bill Markley (56), Russ Smith (66), Bob Dodson (79), Pat O'Malley (88)		The team was 12 th at sectionals
1976 - No qualifying information was found.....			
1977 - Open : none	Division - team did not qualify.		
	Sectionals finishes - Bob Walling 16th, Dave Evandorff 18th, Larry Anderson 35th, Craig Pollard 65th, Bob Lane 68th, Roy Comeau 73rd, Jay Gallagher 78th.		The team was 9 th at sectionals
1978 - Open: Dave Baca (57), Scott Williams (75), Jack McKean (78), no qualifying data for the rest of the team.	Division: Jack McKean (20-24), Dave Baca (28) , no qualifying data for the rest of the team		
	Sectionals.....no qualifying data for the team.		The team was 4 th at sectionals
1979 - Open: none	Division: team did not qualify.		
	Sectionals....Bob Dodge (49), Scott Williams (50), Scott Flora (53), Dave Noddin (80), Tony Riegel (86), Chris Wood (108), Andy Curtis (114).		The team was 10 th at sectionals
1980 - Open: none	Division: team did not qualify, no data found.		The team was 9 th at sectionals
Sectionals were no longer being run around this time. This meant that a limited number of teams and individuals would qualify to participate in the State Open race by place or fastest times. The criteria changed between 1965 and 2014.			
1981 - Open: none	Division: John Hagen (46), Eric Pias (55), John Lund (73), Frank Lonahan (74) John Hunsinger (80), Adam LaLonde (97), Chris Tubman(100)		The team was 11 th
1982 - Open: none	Division: Noel Otterness (50), John Dunkle (67), Brian Joiner (76), John Lund (93), Chris Tubman (98) Adam LaLonde (101), Rob Carbray (106)		The team was 14 th
1983 - Open: Brian Joiner (52)	Division: Brian Joiner (14) . Todd Williams (25), Rob Carbray (40), Steve Johnsons (70), Randy Johnson (71), Kurt Porta (84), Bernie Bartick (90)		The team was 7 th
1984 - Open: Brian Joiner (56)	Division: Brian Joiner (11) , Kurt Porta (21), Rob Carbray (23), Todd Williams (27). Scott Christianson (87), Dave Martin (91), Bernie Bartick(101)		The team was 6 th
1985 - Open: none	Division: Russ Miller (43), Rob Carbray (49), No names for 62nd, 82nd, and 94th places (Andy Dunkle?, Andy Purdy?, Ed Temp?, Bernie Bartick (102), Jeff Wheeler (108)		The team was 16 th
1986 Open - none	Division - Places but no names...26th, 38th, 50th, 55th, 79th, 86th, 92nd,		The team was 8 th

1987 ---The bus broke down on the way to the meet and the team was unable to compete.

- 1988 - Open: Steve Herrera (31)
 Division: **Steve Herrera (11)**, Troy Christiansen (34), Larry Reed (67), Matt Gates (73),
 Matt O'Donnell (78), Kevin Carbray (105), Kyle Griffin (106) The team was 8th
- 1989 - Open none
 Division: Matt O'Donnell (15), Chris Angelo (26), no other results reported..... The team was 9th
- 1990 - Open: none
 Division - Mike Riley 18th, no other results reported..... The team was 9th
- 1991 - Open: Darrel Gibson (37), Mike Riley (45), no others reported. The team was 19th
 Division: **Darrell Gibson (4)**, **Mike Riley (5)**, Matt Hasson, Brian Haddad, Sean Flynn, Mike Peckham,
 Patrick Dunn..names no places reported and they did well! The team was 2nd
- 1992 - Open: none
 Division: Jason Stein (108), Pat Dunn (109), Mike Cook (115), Dustin Kanode (119),
 Mike Reilly (133) Team finish not reported
- 1993 - Open: none
 Division: Jason Baah (24), Mike Mosca (31), Joshua Glenn (69), Mike Peckham (85),
 Dustin Kanode (87), Donald Graham 90th, Scott Dewire 96th. The team was 12th
- 1994 - Open: none
 Division: Donald Graham (78) 18:54 Scott Dewire (91), Eric Hass (103), Jon Myers (108),
 Rich Johnson (115) The team was 18th
- 1995 - Open: none
 Division: Scott DeWire (74), Scott Ellis (82nd), Rich Johnson (95th), Andy Caldwell (102nd),
 Wes Chapman (103rd), Jim Weeks (111th), Chris Sandoval (125th). The team was 17th

year	All races that follow are at Wickham Park (WP)	Names (place)	team places
1996 - Open: none	L Division: Scott Ellis (74) 18:56 @ WP, Jason Baah (89), John Kuck (102), Chris Harwell (111), Chris Stack (119) Lon Souder (136), Steve Watson (144)		The team was 18 th
1997 - Open: none	L Division: Scott Ellis (23) 17:56 @ WP, Ed Foster (26), Mike Weckwerth (57), Allyn Quibble (66), Steve Watson (88), Chris Harwell (102), Lon Souder (123)		The team was 9 th
1998 - Open: Scott Ellis (53) 17:13 @ WP, Ed Foster (66), Mike Weckwerth (75), David Tetlow (100), Phil Magwood (148) Nate Baber (163)			The team was 11 th
	MM Division: Scott Ellis (11) 17:18 @ WP , Ed Foster (13), Mike Weckwerth (17), David Tetlow (23), Nate Baber (41) Steve Watson (108), Nate Baber (12)		The team was 1st
1999 - Open: Ed Foster (55) 17:15 @ WP	MM Division: Ed Foster (10) 17:25 @ WP, Mike Sedlack (17), Mike Weckwerth (19), Lon Souder (41), Steve Watson (54) Rob O'Donnell (55), Jeff Wadecki (119)		The team was 4 th

2000 - Open: Mike Sedlack (30) 16:53 @ WP, Ed Foster (36), Rob O'Donnell (89), Mike Scott (107),
 Ryan Moore (136) Neil Bajorin (129), Mike Blanchard (141) The team was 13th
MM Division: Ed Foster (2) 16:54 @ WP , Mike Sedlack (4), Rob O'Donnell (15),
 Mike Scott (19), Ryan Moore (29) Neil Bajorin (48), Mike Blanchard (89) **The team was 1st**

2001 - Open: David Holliday (36) 16:48 @ WP, Mike Sedlack (41), Mike Scott (59), Kyle Sweet (99),
 Rob O'Donnell (100), Ryan Moore (144), Sergio Fontanez (167) The team was 4th
MM Division: David Holliday 16:47 @ WP(4), Mike Scott (6), Mike Sedlack (9), Rob O'Donnell (12),
 Sergio Fontanez (15), Kyle Sweet (17), Ryan Moore (21) **The team was 1st**

The 2002 team was State Open Champion, the best team in Connecticut for 2002!

2002 - Open: David Holliday (6) 16:21 @ WP, Mike Sedlack(19), Mike Scott(28),
 Neil Bajorin (29), Kyle Sweet (33), Mike Blanchard(48), Ryan Moore(61)
The team was 1st

MM Division: David Holliday(2) 17:05 @ WP, Kyle Sweet(5), Neil Bajorin(7), Mike Scott(8),
Mike Sedlack(9), Mike Blanchard (11), Ryan Moore (12) **The team was 1st**

The 2003 team was second at the New England Championship

2003 - Open: David Holliday (10) 16:20 @ WP, Neil Bajorin (32), Mike Blanchard (36),
 Ryan Moore (43), Kyle Sweet (45), Ian Crandall (74), Nick Rezendes (115)
The team was 3rd
MM DIVISION: David Holliday(2) 16:12 @ WP, Neil Bajorin(4), Kyle Sweet(5),
Ryan Moore(6), Mike Blanchard(10), Nick Rezendes (13), Ian Crandall(18)
The team was 1st

year	All were at Wickham Park (WP)	Names (place)	team places
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2004 - Open:	Nick Rezendes (10) 16:36 @ WP, Ian Crandall (33), Kyle Stammel (77), Shea Quinn (78), Matthew Litty (106), Tom Schilke (80), David Billing (112)	The team was 5th
MM Division:	Nick Rezendes (2) 16:33 @ WP, Ian Crandall (5), Shea Quinn (7), Kyle Stammel (13), Matthew Litty (15), Tom Schilke (18), David Billing (30)	The team was 1st

2005 - Open:	Kyle Stammel (104) 17:35 @ WP, Andy Worth (108), Boothe Higgins (109), David Billing (116), Eric Schilke (124), Matt Litty (109), Tom Schilke (122)	The team was 15 th
MM Division:	Kyle Stammel (9) 17:10 @ WP, David Billing(19), Matthew Litty(23), Andrew Worth(26), Eric Schilke (34), Boothe Higgins (44), Tom Schilke (47)	The team was 2nd

2006 - Open:	none	
MM Division:	David Billing (26) 18:21 @ WP , Kyle Stammel (33), Eric Schilke (35), Alex McDonald (38), Andrew Worth (43), Eric Bowles (61), Nate Hernandez (63)	The team was 6 th

- 2007 - Open: Eric Bowles (67) 17:14 @ WP
 MM Division: **Eric Bowles (8) 17:20 @ WP**, Alex McDonald (18), Eric Schilke (49),
 Boothe Higgins (63), Phil Huang (66), Jacob Nelson (98), Nate Hernandez (99) The team was 7th
- 2008 - Open: Eric Bowles (67) 17:33 at WP
 M Division: **E. Bowles (9) 17:33 @ WP**, Boothe Higgins (13), Nate Hernandez (14),
 Jacob Nelson (32), Corey Coates (50), Phil Huang (55), Basil Polsonetti (59) The team was 4th
- 2009 - Open: none
 M Division: Nate Hernandez (17) 18:26 @WP, Philip Huang (21), Jacob Nelson (22),
 Corey Coates (41), Mike Delia (54), Basil Polsonetti (61), Adam Mailhot (67) The team was 5th
- 2010 - Open: Corey Coates (120) 17:49 @ WP
 M Division: **Corey Coates (8) 17:17 @WP**, Basil Polsonetti (40), Mike Delia (42),
 Tyler Dunkle (51), Asa Palmer (61), Trevor Poplewko (65), Mike Brannan (109) The team was 6th
- 2011 - Open: none
 M Division: Corey Coates (20) 17:28 @ WP, Mike Delia (30), Tyler Torelli (40),
 Tyler Dunkle (41), Max Armstrong (58), Bryce Hedman (72) The team was 6th
- 2012 - Open: none
 M Division: Bryce Hedman (23) 17:57 @ WP, Tyler Torelli (30), Max Armstrong (51),
 Max Satti (58), Aaron Norcia (76), Richard Cronin (106), Jake Christenson (109) The team was 8th
- 2013 - Open: Bryce Hedman (32) 16:55 @ WP
 MM Division: **B. Hedman (4) 16:55 @WP**, Max Armstrong (28), Aaron Norcia (34),
 Christian Fogg (92), Geralson Withrow (113), Zach Jones (124), Al Miller (130) The team was 10th
- 2014 - Open: **Bryce Hedman (23) 16:18 @WP**, Christian Kuss (102), Jacob Money (127),
 Aaron Norcia (130), Josh Snow (167), Geralson Withrow (137), Zach Jones (140) The team was 15th
 M Division: **B. Hedman (4) 16:46 @ WP**, C. Kuss (10), Aaron Norcia (17),
 Jacob Money (18), Josh Snow (40), Geralson Withrow (64), Nick Monroe (111) The team was 2nd
- 2015 - Open: Jacob Money (63) 17:28 @ WP, Christian Kuss (95), Aaron Norcia (98),
 Josh Snow (115), Geralson Withrow (157), Zachary King (164), Rigel Wachtmann (180) The team was 15th
 M Division: Aaron Norcia (11) 17:09, Jacob Money (13), Christian Kuss (14),
 Joshua Snow (18), Geralson Withrow (43), Zachary King (61), Rigel Wachtmann (104) The team was 1st
- 2016 - Open Zachary King, (60) 17:10 @ WP
 M Division: **Zachary King (6), 16:54**, Jacob Money (15), Domenic Murray (35),
 Sean Healy (38), Geralson Withrow (51), Conor Irwin (65), Juan Garcia (107) The team was 6th

LHS team performances at The New England Championships 1966 - 2016

2001 9th

2002 5th

2003 2nd

2004 13th

- 2001 David Holliday 33rd , Mike Sedlack 89th , Mike Scott 90th
Rob O'Donnell 138th, Ryan Moore 178th , Kyle Sweet 195th, Sergio Fontanez 210th
- 2002 **David Holliday 12th** , Neil Bajorin 42nd , Mike Scott 73rd
Kyle Sweet 85th , Mike Sedlack 89th , Mike Blanchard 114th
Ryan Moore 129th
- 2003 David Holliday 24th** , Neil Bajorin 45th, Mike Blanchard 64th
Kyle Sweet 65th , Ryan Moore 75th , Nick Rezendes 108th , Ian Crandall 114th
- 2004 **Nick Rezendes 24th** , Ian Crandall 95th , Shea Quinn 104th
Matt Litty 146th , Tom Schilke 167th , Kyle Stammel 203th
David Billing 210th
- 2014 **Bryce Hedman 21st**

Blue indicates All New England status as a top 25 finisher.

Fastest known times posted on three common courses 1997 - 2016.

Windham Invitational, known 15 fastest LHS runners since 1998 Varsity 5k.	ECC Championships, known 15 fastest LHS runners since 1997, Norwich Golf course.	Wickham known 15 fastest LHS runners on the 5k varsity course.
1. Dave Holliday 15:55 2003	1. Bryce Hedman 16:42 2014	1. David Holliday 16:12 2003
2. Kyle Sweet 16:05 2003	2. David Holliday 16:46 2003	2. Bryce Hedman 16:16 2014
	Nick Rezendes 16:46 2004	
3. Ryan Moore 16:10 2003	3. Kyle Sweet 17:07 2003	3. Nick Rezendes 16:33 2004
4. Mike Sedlack 16:19 2002	4. Neil Bajorin 17:09 2003	4. Neil Bajorin 16:34 2003
5. Neil Bajorin 16:24 2002	5. Mike Sedlack 17:10 2001	5. Kyle Sweet 16:37 2003
Bryce Hedman 16:24 2013		
6. Ed Foster 16:29 2000	6. Christian Kuss 17:11 2014	6. Mike Blanchard 16:40 2003
7. Mike Blanchard 16:34 2003	7. Ian Crandall 17:12 2004	7. Ryan Moore 16:50 2003
8. Eric Bowles 16:46 2007	8. Mike Blanchard 17:15 2003	8. Mike Sedlack 16:51 2002
9. Mike Scott 16:48 2001	9. Ryan Moore 17:16 2003	9. Ian Crandall 16:53 2004
		Kyle Stammel 16:53 2005
10. Scott Ellis 16:49 1998	10. Mike Scott 17:17 2001	10. Ed Foster 16:54 2000
11. Nick Rezendes 16:52 2003	11. Aaron Norcia 17:18 2014	Zack King 16:54 2016
12. Aaron Norcia 16:53 2015	12. Ed Foster 17:21 2000	11. Mike Scott 16:55 2001
13. David Billing 17:07 2005	13. Scott Ellis 17:26 1997	12. Shea Quinn 17:06 2004
14. Alex MacDonald 17:08 2007	14. Zachary King 17:29 2016	13. Aaron Norcia 17:09 2015