



Men's CROSS COUNTRY

2005 INDIVIDUAL RESULTS

Overall individual finish followed by individual finish within team in parentheses.

	Central Dutch Inv. 8K (9-3)	St. Olaf Inv. 8K (9-17)	Augustana Inv. 8K (9-23)	Southern Ill.-Edwardsville Border States 8K (10/8)	Jim Drews Inv. 8K (10/15)	Iowa Conf. championship 8K (10/29)	NCAA D-III Central Regional 8K (11/12)
James Armstead	DNC	DNC	28:05 198th (13th)	28:45 177th (9th)	28:17 234th (10th)	28:32* 22nd	DNC
Alex Billings	32:26 26th (14th)	30:33 126th (13th)	28:09 201st (14th)	30:00 227th (13th)	29:55 299th (14th)	31:45* 62nd	DNC
Jaron Byrum	28:18 12th (8th)	28:20 55th (9th)	26:47 117th (9th)	28:28 161st (8th)	28:04 218th (9th)	28:05* 15th	DNC
Teddy Clark	28:47 14th (10th)	28:56 76th (11th)	27:02 129th (11th)	29:09 200th (12th)	29:05 268th (11th)	29:27* 42nd	DNC
Brett Dietrich	27:50 6th (3rd)	27:54 40th (6th)	26:34 102nd (5th)	DNC	DNC	DNC	DNC
Bryan George	28:11 11th (7th)	27:19 22nd (2nd)	25:43 43rd (2nd)	27:29 90th (4th)	26:40 127th (2nd)	26:41 14th (2nd)	26:36 32nd (1st)
Andy Green	DNC	DNC	28:45 249th (15th)	30:29 245th (15th)	29:21 278th (12th)		DNC
Joe Jefferson	27:42 4th (2nd)	27:45 36th (3rd)	26:41 110th (7th)	27:26 84th (2nd)	27:20 176th (7th)	27:13 18th (3rd)	27:26 62nd (4th)
Brett Jones	27:53 7th (4th)	28:00 45th (7th)	26:23 88th (3rd)	27:49 122nd (6th)	27:03 148th (4th)	28:08 34th (7th)	27:13 48th (3rd)
Tyler Keller	28:52 15th (11th)	DNC	DNC	DNC	DNC	DNC	DNC
Michael McLoughlin	28:21 13th (9th)	27:50 37th (4th)	26:37 107th (6th)	27:27 87th (3rd)	27:06 156th (5th)	27:21 21st (4th)	27:37 70th (6th)
Jason Mullen	DNC	DNC	30:37 332nd (16th)	30:08 229th (14th)	29:39 286th (13th)	30:25* 53rd	DNC
Brian Respeliers	27:57 8th (5th)	28:04 48th (8th)	26:44 114th (8th)	27:54 130th (7th)	27:16 170th (6th)	27:52 30th (6th)	28:10 90th (7th)
Tyler Schipper	31:51 25th (13th)	29:47 106th (12th)	27:32 167th (12th)	29:07 197th (10th)	DNC	DNC	DNC
Eric Sink	29:46 18th (12th)	28:35 63rd (10th)	26:52 121st (10th)	29:09 199th (11th)	27:41 199th (8th)	27:58* 13th	DNC
T.J. Weiler	28:05 10th (6th)	27:50 38th (5th)	26:30 96th (4th)	27:40 107th (5th)	26:59 144th (3rd)	27:40 28th (5th)	27:33 69th (5th)
Adam Wolf	26:22 1st (1st)	26:18 2nd (1st)	25:18 22nd (1st)	26:28 25th (1st)	25:43 54th (1st)	26:01 4th (1st)	26:49 41st (2nd)
Team finish	1st of 3	5th of 15	8th of 33	15th of 29	17th of 23	3rd of 9	9th of 20
Points	19	126	297	376	472	85	250
Spread	1:35	1:32	1:16	1:12	1:23	1:39	:57

Varsity team score counters in **bold**

*Junior varsity race

SEASON AND CAREER BESTS

8,000 meter career bests

Name	Time	Date	Site
*Adam Wolf	25:18	9-23-05	Augustana Inv.-Davenport
Bryan George	25:43	9-23-05	Augustana Inv.-Davenport
Brett Jones	26:23	9-23-05	Augustana Inv.-Davenport
T.J. Weiler	26:30	9-23-05	Augustana Inv.-Davenport
Brett Dietrich	26:34	9-23-05	Augustana Inv.-Davenport
Michael McLoughlin	26:37	9-23-05	Augustana Inv.-Davenport
Joe Jefferson	26:41	9-23-05	Augustana Inv.-Davenport
Brian Respeliers	26:44	9-23-05	Augustana Inv.-Davenport
Jaron Byrum	26:47	9-23-05	Augustana Inv.-Davenport
Eric Sink	26:52	9-23-05	Augustana Inv.-Davenport
Teddy Clark	27:02	9-23-05	Augustana Inv.-Davenport
Chase Ungs	27:13	9-24-04	Augustana Inv.-Davenport
Tyler Schipper	27:32	9-23-05	Augustana Inv.-Davenport
James Armstead	28:05	9-23-05	Augustana Inv.-Davenport
Alex Billings	28:09	9-23-05	Augustana Inv.-Davenport
Andy Green	28:10	9-24-04	Augustana Inv.-Davenport
Tyler Keller	28:52	9-3-05	Central Inv.-Pella
Jason Mullen	29:39	10-15-05	Jim Drews-West Salem, Wis.

*seventh on Central's all-time list

8,000 meter season bests

Name	Time	Date	Site
*Adam Wolf	25:18	9-23-05	Augustana Inv.-Davenport
Bryan George	25:43	9-23-05	Augustana Inv.-Davenport
Brett Jones	26:23	9-23-05	Augustana Inv.-Davenport
T.J. Weiler	26:30	9-23-05	Augustana Inv.-Davenport
Brett Dietrich	26:34	9-23-05	Augustana Inv.-Davenport
Michael McLoughlin	26:37	9-23-05	Augustana Inv.-Davenport
Joe Jefferson	26:41	9-23-05	Augustana Inv.-Davenport
Brian Respeliers	26:44	9-23-05	Augustana Inv.-Davenport
Jaron Byrum	26:47	9-23-05	Augustana Inv.-Davenport
Eric Sink	26:52	9-23-05	Augustana Inv.-Davenport
Teddy Clark	27:02	9-23-05	Augustana Inv.-Davenport
Tyler Schipper	27:32	9-23-05	Augustana Inv.-Davenport
James Armstead	28:05	9-23-05	Augustana Inv.-Davenport
Alex Billings	28:09	9-23-05	Augustana Inv.-Davenport
Andy Green	28:45	9-23-05	Augustana Inv.-Davenport
Tyler Keller	28:52	9-3-05	Central Inv.-Pella
Jason Mullen	29:39	10-15-05	Jim Drews-West Salem, Wis.

Top 8,000 meter times

Individual

No.	Name	Time	Date	Meet
1.	Adam Wolf	25:18	9-23-05	Augustana Inv.-Davenport
2.	Bryan George	25:43	9-23-05	Augustana Inv.-Davenport
2.	Adam Wolf	25:43	10-15-05	Jim Drews-West Salem
4.	Adam Wolf	26:01	10-29-05	IIAC-Cedar Rapids
5.	Adam Wolf	26:18	9-17-05	St. Olaf Inv.-Northfield
6.	Adam Wolf	26:22	9-3-05	Central Inv.-Pella
7.	Brett Jones	26:23	9-23-05	Augustana Inv.-Davenport
8.	Adam Wolf	26:28	10-8-05	Border War-Edwardsville
9.	T.J. Weiler	26:30	9-23-05	Augustana Inv.-Davenport
10.	Brett Dietrich	26:34	9-23-05	Augustana Inv.-Davenport

Team

No.	Top five's avg.	Date	Meet
1.	26:05	9-23-05	Augustana Inv.-Davenport
2.	26:43	10-15-05	Jim Drews Inv.-West Salem, Wis.
3.	26:59	10-29-05	Iowa Conference-Cedar Rapids
4.	27:07	11-12-05	NCAA D-III Central Regional
5.	27:18	10-8-05	Border War Inv.-Edwardsville, Ill.
6.	27:25	9-17-05	St. Olaf Inv.-Northfield, Minn.
7.	27:33	9-3-05	Central Inv.-Pella

Best team score

No.	Score (no. of teams)	Meet
1.	19 (3 teams)	Central Inv.-Pella
2.	85 (9 teams)	Iowa Conference-Cedar Rapids
3.	126 (15 teams)	St. Olaf Inv.-Northfield, Minn.
4.	250 (20 teams)	NCAA D-III Central Regional-Waverly
5.	297 (33 teams)	Augustana Inv.-Davenport
6.	376 (29 teams)	Border War Inv.-Edwardsville, Ill.
7.	472 (23 teams)	Jim Drews Inv.-West Salem, Wis.

Best spread

No.	Top five spread	Meet
1.	:57	NCAA D-III Central Regional-Waverly
2.	1:12	Border War Inv.-Edwardsville, Ill.
3.	1:16	Augustana Inv.-Davenport
4.	1:23	Jim Drews Inv.-West Salem, Wis.
5.	1:32	St. Olaf Inv.-Northfield, Minn.
6.	1:35	Central Inv.-Pella
7.	1:39	Iowa Conference-Cedar Rapids

Top finishes

Individual

No.	Finish	Name (time)	Meet
1.	1st of 29	Adam Wolf (26:22)	Central Inv.-Pella
2.	2nd of 204	Adam Wolf (26:18)	St. Olaf Inv.-Northfield, Minn.
3.	4th of 29	Joe Jefferson (27:42)	Central Inv.-Pella
3.	4th of 61	Adam Wolf (26:01)	Iowa Conference-Cedar Rapids
5.	6th of 29	Brett Dietrich (27:50)	Central Inv.-Pella

Team

1.	1st (3 teams), Central Dutch Inv., 8K, Sept. 3
2.	3rd (9 teams), Iowa Conference, 8K, Oct. 29
3.	5th (15 teams), St. Olaf Inv., 8K, Sept. 17
4.	8th (33 teams), Augustana Inv., 8K, Sept. 23
5.	9th (20 teams), NCAA D-III Central Regional, 8K, Nov. 12
6.	15th (29 teams), Border War Inv., 8K, Oct. 8
7.	17th (23 teams), Jim Drews Inv., 8K, Oct. 15

MEET RESULTS

Sept. 3, 2005

**Central Dutch Invitational
at Pella, Iowa**

Central College cross country course

8,000 meters

Team standings

1. **Central 19**; 2. William Penn 57; 3. Simpson 60.

Individual finishes (29 runners)

1.	Adam Wolf, Central	26:22
4.	Joe Jefferson, Central	27:42
6.	Brett Dietrich, Central	27:50
7.	Brett Jones, Central	27:53
8.	Brian Respeliers, Central	27:57
10.	T.J. Weiler, Central	28:05
11.	Bryan George, Central	28:11
12.	Jaron Byrum, Central	28:18
13.	Michael McLoughlin, Central	28:21
14.	Teddy Clark, Central	28:47
15.	Tyler Keller, Central	28:52
18.	Eric Sink, Central	29:46
25.	Tyler Schipper, Central	31:51
26.	Alex Billings, Central	32:26

Sept. 17, 2005

**St. Olaf Invitational
at Northfield, Minn.**

St. Olaf College cross country course

8,000 meters

Team standings

1. Minn. State-Mankato 57; 2. Saint John's (Minn.) 72; 3. Minn.-Duluth 93; 4. Macalester (Minn.) 98; **5. Central 126**; 6. St. Olaf (Minn.) 135; 7. Wis.-Stout 222; 8. Gustavus Adolphus (Minn.) 242; 9. Minn. State-Moorhead 253; 10. Wis.-River Falls 295; 11. Martin Luther (Minn.) 327; 12. St. Cloud State (Minn.) 341; 13. North Central (Minn.) 402; 14. Ellsworth 428; 15. Crown (Minn.) 454.

Individual finishes (204 runners)

1.	Tony Hoff, St. Olaf	26:12
2.	Adam Wolf, Central	26:18
22.	Bryan George, Central	27:19
36.	Joe Jefferson, Central	27:45
37.	Michael McLoughlin, Central	27:50
38.	T.J. Weiler, Central	27:50
40.	Brett Dietrich, Central	27:54
45.	Brett Jones, Central	28:00
48.	Brian Respeliers, Central	28:04
55.	Jaron Byrum, Central	28:20
63.	Eric Sink, Central	28:35
76.	Teddy Clark, Central	28:56
106.	Tyler Schipper, Central	29:47
126.	Alex Billings, Central	30:33

Sept. 13, 2005

**Augustana Invitational
at Davenport**

Credit Island cross country course

8,000 meters

Team standings

1. Augustana (Ill.) 59; 2. Wheaton (Ill.) 94; 3. Chicago (Ill.) 130; 4. Wis. Stevens Point 133; 5. Elmhurst (Ill.) 136; 6. Grinnell 152; 7. Greenville (Ill.) 206; **8. Central 297**; 9. Olivet Nazarene (Ill.) 298; 10. Millikin (Ill.) 303; 11. Ripon (Wis.) 318; 12. St. Thomas (Minn.) 351; 13. Principia (Ill.) 381; 14. Saint Xavier (Ill.) 418; 15. Lincoln (Ill.) 441; 16. North Iowa CC 447; 17. Unattached 462; 18. Coe 465; 19. Dordt 560; 20. Illinois Wesleyan 584;

21. St. Ambrose 639; 22. Valparaiso (Ind.) 641; 23. Mount Mercy 660; 24. Moraine Valley (Ill.) 704; 25. Cornell 710; 26. Sauk Valley (Ill.) 745; 27. Elgin (Ill.) 820; 28. Iowa Central 824; 29. William Penn 827; 30. Simpson 828; 31. Ellsworth 888; 32. Fairhaven Baptist (Ind.) 1000; 33. Aurora (Ill.) 1004.

Individual finishes (393 runners)

1.	Dan Winder, Unattached	24:41
22.	Adam Wolf, Central	25:18
43.	Bryan George, Central	25:43
88.	Brett Jones, Central	26:23
96.	T.J. Weiler, Central	26:30
102.	Brett Dietrich, Central	26:34
107.	Michael McLoughlin, Central	26:37
110.	Joe Jefferson, Central	26:41
114.	Brian Respeliers, Central	26:44
117.	Jaron Byrum, Central	26:47
121.	Eric Sink, Central	26:52
129.	Teddy Clark, Central	27:02
167.	Tyler Schipper, Central	27:32
198.	James Armstead, Central	28:05
201.	Alex Billings, Central	28:09
249.	Andy Green, Central	28:45
332.	Jason Mullen, Central	30:37

Oct. 8, 2005

**Border War Invitational
at Edwardsville, Ill.**

Southern Illinois University-Edwardsville cross country course

8,000 meters

Team standings

1. Depauw (Ind.) 76; 2. Truman State (Mo.) 169; 3. Missouri Southern 179; 4. Indianapolis (Ind.) 192; 5. Southern Ill.-Edwardsville 195; 6. Lewis (Ill.) 214; 7. Washington (Mo.) 220; 8. Central Missouri State 237; 9. Mo.-Rolla 242; 10. Rend Lake (Ill.) 244; 11. Wis.-Whitewater 247; 12. Greenville (Ill.) 319; 13. Missouri Baptist 335; 14. Paradise Valley (Ariz.) 348; **15. Central 376**; 16. Mid American Nazarene (Kan.) 402; 17. William Woods (Mo.) 405; 18. Millikin (Ill.) 454; 19. Missouri Valley 505; 20. Southwest Baptist (Mo.) 557; 21. Lindenwood (Mo.) 637; 22. Morton (Ill.) 638; 23. Lincoln (Ill.) 649; 24. McKendree (Ill.) 736; 25. Danville (Ill.) 737; 26. Central Methodist (Mo.) 749; 27. Illinois College 798; 28. Maryville (Mo.) 806; 29. Blackburn (Ill.) 914.

Individual finishes (286 runners)

1.	Daniel Kanyaruhuru, Unattached	25:10
25.	Adam Wolf, Central	26:28
84.	Joe Jefferson, Central	27:26
87.	Michael McLoughlin, Central	27:27
90.	Bryan George, Central	27:29
107.	T.J. Weiler, Central	27:40
122.	Brett Jones, Central	27:49
130.	Brian Respeliers, Central	27:54
161.	Jaron Byrum, Central	28:28
177.	James Armstead, Central	28:45
197.	Tyler Schipper, Central	29:07
199.	Eric Sink, Central	29:09
200.	Teddy Clark, Central	29:09
227.	Alex Billings, Central	30:00
229.	Jason Mullen, Central	30:08
245.	Andy Green, Central	30:29

Oct. 15, 2005

**Jim Drews Invitational
at West Salem, Wis.**

**Univ. of Wis.-La Crosse cross country course
8,000 meters**

Team standings

1. Wis.-Madison 46; 2. Minnesota 52; 3. Wis.-La Crosse 115; 4. Iowa State 152; 5. South Dakota State 155; 6. Nebraska Wesleyan 172; 7. Tufts (Md.) 205; 8. Wartburg 242; 9. Haverford (Pa.) 243; 10. Hamline (Minn.) 298; 11. Cal.-Riverside 305; 12. Wis.-Platteville 318; 13. Minn.-Duluth 372; 14. North Dakota State 376; 15. Macalaster (Minn.) 413; 16. Luther 427; **17. Central 472**; 18. Wis.-Eau Claire 553; 19. Gustavus Adolphus (Minn.) 588; 20. Wisconsin Track Club 643; 21. Illinois Wesleyan 656; 22. Winona State (Minn.) 740; 23. St. Mary's (Minn.) 759.

Individual finishes (347 runners)

1.	Brad Lowery, South Dakota State	24:12
54.	Adam Wolf, Central	25:43
127.	Bryan George, Central	26:40
144.	T.J. Weiler, Central	26:59
148.	Brett Jones, Central	27:03
156.	Michael McLoughlin, Central	27:06
170.	Brian Respeliers, Central	27:16
176.	Joe Jefferson, Central	27:20
199.	Eric Sink, Central	27:41
218.	Jaron Byrum, Central	28:04
234.	James Armstead, Central	28:17
268.	Teddy Clark, Central	29:05
278.	Andy Green, Central	29:21
286.	Jason Mullen, Central	29:39
299.	Alex Billings, Central	29:55

Oct. 29, 2005

**Iowa Conference Championship
at Cedar Rapids**

**Jones Park cross country course
8,000 meters**

Team standings

1. Wartburg 33; 2. Luther 50; **3. Central 85**; 4. Loras 87; 5. Coe 137; 6. Simpson 202; 7. Cornell 212; 8. Buena Vista 213; 9. Dubuque 231

Individual finishes (61 runners)

1.	Keith Solverson, Wartburg	24:59
4.	Adam Wolf, Central	26:01
14.	Bryan George, Central	26:41
18.	Joe Jefferson, Central	27:13
21.	Michael McLoughlin, Central	27:21
28.	T.J. Weiler, Central	27:40
30.	Brian Respeliers, Central	27:52
34.	Brett Jones, Central	28:08

Iowa Conference junior varisty race

Team standings

1. Wartburg 15; 2. Luther 56; 3. Central 87; 4. Loras 100

Individual junior varsity finishes (70 runners)

1.	Brian Mullenbach, Wartburg	26:27
13.	Eric Sink, Central	27:58
15.	Jaron Byrum, Central	28:05
22.	James Armstead, Central	28:32
42.	Teddy Clark, Central	29:27
53.	Jason Mullen, Central	30:25

Nov. 12, 2005

**NCAA Division III Central Regional
at Waverly**

**Waverly Golf and Country Club
8,000 meters**

Team standings

1. Nebraska Wesleyan 42; 2. Wartburg 83; 3. Hamline (Minn.) 95; 4. Carleton (Minn.) 135; 5. Saint John's (Minn.) 159; 6. St. Olaf (Minn.) 169; 7. Luther 183; 8. Macalester (Minn.) 189; **9. Central 250**; 10. Grinnell 263; 11. St. Thomas (Minn.) 317; 12. Bethal (Minn.) 330; 13. Gustavus Adolphus (Minn.) 352; 14. Loras 368; 15. Coe 431; 16. Concordia-Moorhead (Minn.) 511; 17. Simpson 554; 18. Martin Luther (Minn.) 561; 18. Dubuque 561; 20. Buena Vista 596.

Individual finishes (145 runners)

1.	Levi Ashley, Nebraska Wesleyan	25:18
32.	Bryan George, Central	26:36
41.	Adam Wolf, Central	26:49
48.	Brett Jones, Central	27:13
62.	Joe Jefferson, Central	27:26
69.	T.J. Weiler, Central	27:33
70.	Michael McLoughlin, Central	27:37
90.	Brian Respeliers, Central	28:10

HONORS AND AWARDS

Honors

All-Iowa Conference team

Adam Wolf (4th)
Bryan George (14th)

Academic All-Iowa Conference team

Bryan George (3.55, general studies)
Michael McLoughlin (3.59, psychology)

NCAA Division III All-Central Region team

Bryan George (32nd)

USTFCCCA All-Academic Team Award

Central--3.16 team GPA (3rd straight year)

USTFCCCA All-Academic Team

Bryan George (3.57, general studies)

Team honors and awards

Varsity letterwinners

Jaron Byrum	Fr.	First letter
Brett Dietrich	So.	Second letter
Bryan George	Sr.	Fourth letter
Joe Jefferson	Jr.	Third letter
Brett Jones	Jr.	Third letter
Michael McLoughlin	Sr.	Fourth letter
Brian Respeliers	Jr.	Third letter
Eric Sink	So.	First letter
T.J. Weiler	Sr.	Fourth letter
Adam Wolf	Jr.	Third letter

Reserve awards

Andy Green	So.
Jason Mullen	So.

Freshman awards

James Armstead	Fr.
Alex Billings	Fr.
Teddy Clark	Fr.
Tyler Keller	Fr.
Tyler Schipper	Fr.

Most Valuable Performer Award

Adam Wolf

Most Improved Performer Award

Bryan George

Most Valuable Freshman Award

Jaron Byrum

2005 captains

Bryan George
Michael McLoughlin
Adam Wolf

FINAL 2005 ROSTER

Name	Class	Hometown	High school
James Armstead	Fr.	Greenfield, Iowa	Nodaway Valley
Alex Billings	Fr.	Dallas Center, Iowa	Dallas-Center Grimes
Jaron Byrum	Fr.	Mount Union, Iowa	New London
Teddy Clark	Fr.	Montgomery, Ill.	Oswego
**Brett Dietrich	So.	Williamsburg, Iowa	Williamsburg
***Bryan George	Sr.	Pella, Iowa	Pella
Andy Green	So.	Cherokee, Iowa	Washington
**Joe Jefferson	Jr.	Decorah, Iowa	Decorah
***Brett Jones	Jr.	Knoxville, Iowa	Knoxville
Tyler Keller	Fr.	Anna, Ill.	Anna-Jonesboro
***Michael McLoughlin	Sr.	Fort Dodge, Iowa	St. Edmond
Jason Mullen	So.	Corning, Iowa	Corning
***Brian Respeliers	Jr.	Council Bluffs, Iowa	St. Albert
Tyler Schipper	Fr.	Ankeny, Iowa	Ankeny
*Eric Sink	So.	Corning, Iowa	Corning
***T.J. Weiler	Sr.	Ankeny, Iowa	Ankeny
***Adam Wolf	Jr.	Corning, Iowa	Corning

*letters earned

Head coach: Jeff Bovee

Assistants: Guy Mosher, Stephen Fyfe