



Men's CROSS COUNTRY

2008 INDIVIDUAL RESULTS

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

	Central Dutch Inv. 6K (9-6)	Grinnell Les Duke Inv. 8K (9-13)	St. Paul, Minn. Roy Griak Inv. 8K (9-27)	Wartburg Dan Huston Inv. 8K (10-11)	Wis.-La Crosse Jim Drews Inv. 8K (10-18)	Iowa Conference 8K (11-1)	NCAA Div. III Central Regional 8K (11-15)
James Armstead	DNC	30:29 220th (8th)	29:31 207th (8th)	28:53 102nd (6th)	28:12 227th (6th)	26:32 62nd (6th)	29:32 142nd (7th)
David Baker	26:17 126th (10th)	37:00 355th (12th)	DNC	35:08 202nd (13th)	34:32 391st (15th)	32:03 141st (14th)	DNC
Jaron Byrum	20:42 22nd (2nd)	28:50 118th (2nd)	28:06 120th (3rd)	28:14 73rd (4th)	27:42 180th (3rd)	25:57 45th (4th)	27:38 84th (2nd)
Brett Dietrich	22:41 91st (8th)	DNC	31:06 257th (10th)	DNC	DNC	DNC	DNC
Cory Fitzsimmons	21:45 59th (7th)	29:44 183rd (6th)	29:13 195th (7th)	29:10 119th (8th)	28:14 229th (7th)	27:18 86th (9th)	DNC
Morgan Ganoë	DNC	DNC	DNC	31:34 174th (10th)	30:36 350th (11th)	28:53 120th (10th)	DNC
Andrew Hamer	20:50 25th (3rd)	29:09 154th (3rd)	28:44 165th (5th)	28:43 84th (5th)	28:27 248th (8th)	26:52 74th (7th)	29:27 139th (6th)
Timmy Hintze	DNC	36:54 354th (11th)	DNC	DNC	36:06 393rd (16th)	34:12 145th (15th)	DNC
Tyler Husak	21:10 40th (5th)	30:04 196th (7th)	28:50 172nd (6th)	28:55 103rd (7th)	28:01 212nd (5th)	26:28 59th (5th)	28:20 106th (4th)
Kenny Kemp	23:43 114th (9th)	33:41 318th (10th)	DNC	33:30 196th (12th)	30:46 357th (12th)	31:29 139th (13th)	DNC
Elliot McDowell	DNC	DNC	DNC	DNC	30:35 349th (10th)	DNC	DNC
Justin Saxfield	DNC	DNC	DNC	DNC	34:05 390th (14th)	30:57 136th (12th)	DNC
Micah Seufferer	DNC	DNC	DNC	32:26 188th (11th)	21:11 361st (13th)	29:57 131st (11th)	DNC
Pierre Taylor	19:41 6th (1st)	27:37 36th (1st)	27:19 63rd (1st)	26:57 27th (1st)	27:12 121st (1st)	25:20 22nd (1st)	27:12 65th (1st)
Derek Townsend	20:56 27th (4th)	29:17 154th (4th)	28:03 117th (2nd)	27:41 52nd (2nd)	27:46 183rd (4th)	25:52 41st (3rd)	28:19 105th (3rd)
Austin Vondracek	21:14 42nd (6th)	30:37 227th (9th)	29:46 215th (9th)	29:19 121st (9th)	29:08 248th (9th)	26:57 77th (8th)	DNC
Brandon Williams	DNC	29:27 166th (5th)	28:07 123rd (4th)	27:47 57th (3rd)	27:35 162nd (2nd)	25:47 37th (2nd)	28:38 115th (5th)
Team finish	3rd of 9	19th of 25	18th of 31	9th of 11	19th of 23	6th of 9	18th of 26
Points	114	487	512	237	623	170	475
Spread	1:29	1:50	1:25	1:46	:49	1:08	1:26

Varsity team score counters in **bold**

*Junior varsity race

2008 SEASON AND CAREER BESTS

8,000-meter career bests

Name	Time	Date	Site
Brett Dietrich	26:34	9-23-05	Augustana Inv.-Davenport
Jaron Byrum	26:47	9-23-05	Augustana Inv.-Davenport
Pierre Taylor	26:57	10-11-08	Dan Huston Inv.-Waverly
Brandon Williams	27:35	10-18-08	Jim Drews Inv.-LaCrosse
Derek Townsend	27:41	10-11-08	Dan Huston Inv.-Waverly
James Armstead	28:05	9-23-05	Augustana Inv.-Davenport
Tyler Husak	28:01	10-18-08	Jim Drews Inv.-LaCrosse
Corey Fitzsimmons	28:14	10-18-08	Jim Drews Inv.-LaCrosse
Andrew Hamer	28:27	10-18-08	Jim Drews Inv.-LaCrosse
Austin Vondrocek	28:39	10-13-07	Jim Drews Inv.-LaCrosse
Dustin Draisey	30:06	10-27-07	Iowa Conference- Dubuque
Elliot McDowell	30:35	10-18-08	Jim Drews Inv.-LaCrosse
Morgan Ganoe	30:36	10-18-08	Jim Drews Inv.-LaCrosse
Kenny Kemp	30:46	10-18-08	Jim Drews Inv.-LaCrosse
Micah Seufferer	31:11	10-18-08	Jim Drews Inv.-LaCrosse
Zac Wagner	32:02	9-9-06	Les Duke Inv.-Oakland Acres
Justin Saxfield	34:04	10-18-08	Jim Drews Inv.-LaCrosse
David Baker	34:32	10-18-08	Jim Drews Inv.-LaCrosse
Tim Hintze	36:06	10-18-08	Jim Drews Inv.-LaCrosse

8,000-meter season bests

Name	Time	Date	Site
Pierre Taylor	26:57	10-11-08	Dan Huston Inv.-Waverly
Brandon Williams	27:35	10-18-08	Jim Drews Inv.-LaCrosse
Derek Townsend	27:41	10-11-08	Dan Huston Inv.-Waverly
Jaron Byrum	27:38	11-15-08	NCAA D-III Central Regional
Tyler Husak	28:01	10-18-08	Jim Drews Inv.-LaCrosse
James Armstead	28:12	10-18-08	Jim Drews Inv.-LaCrosse
Corey Fitzsimmons	28:14	10-18-08	Jim Drews Inv.-LaCrosse
Andrew Hamer	28:27	10-18-08	Jim Drews Inv.-LaCrosse
Austin Vondracek	29:08	10-18-08	Jim Drews Inv.-LaCrosse
Elliot McDowell	30:35	10-18-08	Jim Drews Inv.-LaCrosse
Morgan Ganoe	30:36	10-18-08	Jim Drews Inv.-LaCrosse
Kenny Kemp	30:46	10-18-08	Jim Drews Inv.-LaCrosse
Brett Dietrich	31:06	9-27-08	Roy Griak Inv.-St.Paul, Minn.
Micah Seufferer	31:11	10-18-08	Jim Drews Inv.-LaCrosse
Justin Saxfield	34:04	10-18-08	Jim Drews Inv.-LaCrosse
David Baker	34:32	10-18-08	Jim Drews Inv.-LaCrosse
Tim Hintze	36:06	10-18-08	Jim Drews Inv.-LaCrosse

Top 8,000-meter times

Individual

No.	Name	Time	Date	Meet
1.	Brett Dietrich	26:34	9-23-05	Augustana Inv.- Davenport
2.	Jaron Byrum	26:47	9-23-05	Augustana Inv.- Davenport
3.	Pierre Taylor	26:57	10-11-08	Dan Huston Inv.-Waverly
4.	Pierre Taylor	27:05	11-10-07	NCAA D-III Central Regional
5.	Pierre Taylor	27:12	10-18-08	Jim Drews Inv.-LaCrosse

Team

No.	Top five's avg.	Date	Meet
1.	20:40 (6K)	9-6-08	Central Inv.-Pella
2.	27:39 (8K)	10-18-08	Jim Drews Inv.-LaCrosse
3.	27:52 (8K)	10-11-08	Dan Huston Inv.-Waverly
4.	28:01 (8K)	11-15-08	NCAA D-III Central Regional
5.	28:20 (8K)	9-27-08	Roy Griak Inv.-St.Paul, Minn.
6.	28:52 (8K)	9-13-08	Les Duke Inv.-Oakland Acres

Best team score

No.	Score (no. of teams)	Meet
1.	114 (9 teams)	Central Inv.-Pella
2.	170 (9 teams)	Iowa Conference-Storm Lake
3.	237 (11 teams)	Dan Huston Inv.-Waverly
4.	475 (26 teams)	NCAA D-III Central Regional
5.	487 (25 teams)	Les Duke Inv.-Oakland Acres
6.	512 (31 teams)	Roy Griak Inv.-St.Paul, Minn.
7.	623 (23 teams)	Jim Drews Inv.-LaCrosse

Best spread

No.	Top five spread	Meet
1.	0:49	Jim Drews Inv.-LaCrosse
2.	1:08	Iowa Conference-Storm Lake
3.	1:25	Roy Griak Inv.-St.Paul, Minn.
4.	1:26	NCAA Divison III-Central Regional
5.	1:29	Central Inv.-Pella
6.	1:46	Dan Huston Inv.-Waverly
7.	1:50	Les Duke Inv.-Oakland Acres

Top finishes

Individual

No.	Finish	Name (time)	Meet
1.	6th of 131	Pierre Taylor (19:41)	Central Inv.-Pella
2.	22nd of 265	Pierre Taylor (25:20)	Iowa Conference-Storm Lake
3.	27th of 214	Pierre Taylor (26:57)	Dan Huston Inv.-Waverly
4.	36th of 316	Pierre Taylor (27:37)	Les Duke Inv.-Oakland Acres
5.	37th of 265	Brandon Williams (25:47)	Iowa Conference-Storm Lake

Team

- 3rd (9 teams), Central Dutch Inv., 6K, Sept. 6
- 6th (9 teams), Iowa Conference Championships, Nov. 1
- 9th (11 teams), Dan Huston Inv., 8K, Oct. 11
- 18th (31 teams), Roy Griak Inv.-St.Paul, Minn., Sept. 27
- 18th (26 teams), NCAA D-III Central Regional, Nov. 15
- 19th (25 teams), Les Duke Inv., 8K, Sept. 13
- 19th (23 teams), Jim Drews Inv., 8K, Oct. 18

2008 MEET RESULTS

Sept. 6, 2008

Central Dutch Invitational
at Pella, Iowa
Central College Cross Country Course
6,000 meters

Team standings

1. Iowa Central, 36; 2. Simpson, 54; **3. Central, 114**; 4. Southwestern, 138; 5. Luther, 155; 6. St. Ambrose, 174; 7. Grand View, 201; 8. William Penn, 234; 9. Buena Vista, 267.

Individual results

1. Stephen Dak, Iowa Central	18:49
6. Pierre Taylor, Central	19:41
22. Jaron Byrum, Central	20:42
25. Andrew Hamer, Central	20:50
27. Derek Townsend, Central	20:56
40. Tyler Husak, Central	21:10
42. Austin Vondracek, Central	21:14
59. Corey Fitzsimmons, Central	21:45
91. Brett Dietrich, Central	22:41
114. Kenny Kemp, Central	23:43
126. David Baker, Central	26:17

Sept. 13, 2008

Les Duke Invitational
at Grinnell, Iowa
Oakland Acres Golf Course
8,000 meters

Team standings

1. Iowa Central, 130; 2. Washington Univ. (Mo.), 137; 3. Hamline (Minn.), 144; 4. Grinnell, 154; 5. Truman State (Mo.), 179; 6. St. Olaf (Minn.), 185; 7. Bethel (Minn.), 198; 8. Loras, 225; 9. Doane (Neb.), 251; 10. Wartburg, 269; 11. Carleton (Minn.), 298; 12. Gustavus Adolphus (Minn.), 337; 13. Macalester (Minn.), 352; 14. Coe, 355; 15. Simpson, 372; 16. Iowa Western, 451; 17. Cornell, 463; 18. Southwestern, 466; **19. Central, 487**; 20. Morningside, 489; 21. St. Scholastica (Minn.), 611; 22. Grand View, 675; 23. Dubuque, 746; 24. Indian Hills, 807; 25. Buena Vista, 812.

Individual Results

1. Stephen Dak, Iowa Central	25:34
36. Pierre Taylor, Central	27:37
118. Jaron Byrum, Central	28:50
145. Andrew Hamer, Central	29:09
154. Derek Townsend, Central	29:17
166. Brandon Williams, Central	29:27
183. Corey Fitzsimmons, Central	29:44
196. Tyler Husak, Central	30:04
220. James Armstead, Central	30:29
227. Austin Vondracek, Central	30:37
318. Kenny Kemp, Central	33:41
354. Tim Hintze, Central	36:54
355. David Baker, Central	37:00

Sept. 27, 2008

Roy Griak Invitational
at St. Paul, Minn.
Les Bolstad Golf Course
8,000 meters

Team standings

1. Wis.-La Crosse, 52; 2. Emory (Ga.), 141; 3. Ohio Northern, 147; 4. Hamline (Minn.), 156; 5. Wis.-Platteville, 161; 6. Wis.-Eau Claire, 196; 7. Wis.-River Falls, 222; 8. Bethel (Minn.), 233; 9. Coe, 236; 10. Wis.-Whitewater, 251; 11. Luther, 322; 12. Carthage (Wis.), 358; 13. Carleton (Minn.), 377; 14. Wis.-Stout, 399; 15. Gustavus Adolphus (Minn.), 407; 16. Wartburg, 421; 17. Macalester (Minn.), 456; **18. Central, 512**; 19. Lakeland (Wis.), 522; 20. Ripon (Wis.), 611; 21. Carroll (Wis.), 671; 22. St. Mary's (Minn.), 717; 23. Concordia (Wis.), 724; 24. St. Scholastica (Minn.), 735; 25. St. Benedict (Minn.), 744; 26. North Park (Ill.), 758; 27. Wis.-Superior, 777; 28. Northwestern (Minn.), 805; 29. North Central (Minn.), 868; 30. Minn.-Morris, 879.

Individual results

1. Dan Greeno, Bethel (Minn.)	25:22
63. Pierre Taylor, Central	27:19
117. Derek Townsend, Central	28:03
120. Jaron Byrum, Central	28:06
123. Brandon Williams, Central	28:07
165. Andrew Hamer, Central	28:44
172. Tyler Husak, Central	28:50
195. Cory Fitzsimmons, Central	29:13
207. James Armstead, Central	29:31
215. Austin Vondracek, Central	29:46
257. Brett Dietrich, Central	31:06

Oct. 11, 2008

Dan Huston Invitational
at Waverly, Iowa
Max Cross Country Course
8,000 meters

Team standings

1. Wis.-La Crosse, 43; 2. Augustana (Ill.), 62; 3. Wis.-Platteville, 94; 4. Iowa Central, 104; 5. Wartburg, 133; 6. Simpson, 157; 7. Gustavus Adolphus (Minn.), 198; 8. Cornell, 232; **9. Central, 237**; 10. Milwaukee Engineering (Wis.), 257; 11. Martin Luther (Minn.), 349.

Individual Results

1. Joshua Sawe, Iowa Central	24:54
27. Pierre Taylor, Central	26:57
52. Derek Townsend, Central	27:41
57. Brandon Williams, Central	27:47
73. Jaron Byrum, Central	28:14
94. Andrew Hamer, Central	28:43
102. James Armstead, Central	28:53
103. Tyler Husak, Central	28:55
119. Corey Fitzsimmons, Central	29:10
121. Austin Vondracek, Central	29:19
174. Morgan Ganoe, Central	31:34
188. Micah Seufferer, Central	32:26
196. Kenny Kemp, Central	33:30
202. David Baker, Central	35:08

Oct. 18, 2008

**Jim Drews Invitational
at West Salem, Wis.
Maple Grove Country Club
8,000 meters**

Team standings

1. Wis.-La Crosse, 86; 2. Wisconsin, 163; 3. Iowa Central, 163;
4. North Dakota State, 180; 5. Wis.-Platteville, 198; 6. South Dakota
State, 207; 7. St. Olaf (Minn.), 238; 8. Nebraska Wesleyan, 240; 9. St.
John's (Minn.), 254; 10. Hamline (Minn.), 268; 11. Wis.-Eau Claire; 270;
12. Simpson, 351; 13. Wis.-Stout, 406; 14. Gustavus Adolphus, 417; 15.
Macalester (Minn.), 445; 16. Luther, 451; 17. Wartburg, 460; 18. North
Dakota, 564; **19. Central, 623**; 20. St. Thomas (Minn.), 663; 21. St.
Mary's (Minn.), 685; 22. Aurora (Ill.), 789; 23. Dubuque, 822;

Individual results

1. Stephem Dak, Iowa Central	24:36
121. Pierre Taylor, Central	27:12
162. Brandon Williams, Central	27:35
180. Jaron Byrum, Central	27:42
183. Derek Townsend, Central	27:46
212. Tyler Husak, Central	28:01
227. James Armstead, Central	28:12
229. Cory Fitzsimmons, Central	28:14
248. Andrew Hamer, Central	28:27
293. Austin Vondracek, Central	29:04
349. Elliot McDowell, Central	30:35
350. Morgan Ganoë, Central	30:35
357. Kenny Kemp, Central	30:46
361. Micah Seufferer, Central	31:11
390. Justin Saxfield, Central	34:05
391. David Baker, Central	34:32
393. Timmy Hintze, Central	36:06

Nov. 1, 2008

**Iowa Conference Championships
at Storm Lake, Iowa
8,000 meters**

Team standings

1. Luther, 48; 2. Loras, 59; 3. Coe, 67; 4. Simpson, 81; 5.
Wartburg, 114; **6. Central, 170**; 7. Cornell, 208; 8. Dubuque, 255; 9.
Buena Vista, 274;

Individual Results

1. Brian Chenoweth, Wartburg	24:07
22. Pierre Taylor, Central	25:20
37. Brandon Williams, Central	25:47
41. Derek Townsend, Central	25:52
45. Jaron Byrum, Central	25:57
59. Tyler Husak, Central	26:28
62. James Armstead, Central	26:32
74. Andrew Hamer, Central	26:52
77. Austin Vondracek, Central	26:57
86. Cory Fitzsimmons, Central	27:18
120. Morgan Ganoë, Central	28:53
131. Micah Seufferer, Central	29:57
136. Justin Saxfield, Central	30:57
139. Kenny Kemp, Central	31:29
141. David Baker, Central	32:03
145. Timmy Hintze, Central	34:12

Nov. 15, 2008

**NCAA Division III Central Regional
at Grinnell, Iowa
Oakland Acres Golf Course
8,000 meters**

Team standings

1. Nebraska Wesleyan, 130; 2. St. John's (Minn.), 139; 3. St.
Olaf (Minn.), 148; 4. Grinnell, 167; 5. Loras, 182; 6. St. Thomas (Minn.),
195; 7. Luther, 202; 7. Bethel (Minn.), 202; 9. Hamline (Minn.), 211; 10.
Carleton (Minn.), 249; 11. Coe, 266; 12. Augsburg (Minn.), 299; 13.
Simpson, 315; 14. Gustavus Adolphus (Minn.), 338; 15. Macalester
(Minn.), 371; 16. Wartburg, 390; 17. Cornell, 409; **18. Central, 475**; 19.
Martin Luther (Minn.), 540; 20. Concordia-Moorhead (Minn.), 555; 21.
St. Mary's (Minn.), 600; 22. St. Scholastica (Minn.), 707; 23. Minnesota-
Morris, 714; 24. Dubuque, 757; 25. Crown (Minn.), 760; 26. Buena Vista,
803;

Individual results

1. David McKay, Luther	25:29
65. Pierre Taylor, Central	27:12
84. Jaron Byrum, Central	27:38
105. Derek Townsend, Central	28:19
106. Tyler Husak, Central	28:20
115. Brandon Williams, Central	28:38
139. Andrew Hamer, Central	29:27
142. James Armstead, Central	29:32

HONORS AND AWARDS

Individual honors

Academic all-Iowa Conference team

Name	Yr.	Hometown/High school	Major	GPA
Tyler Husak	Sr.	Tama, Iowa/South Tama	Exercise science	3.52
Brandon Williams	Sr.	Williamsburg, Iowa/Iowa Mennonite	Management-information systems	3.62

Team awards

Most Valuable Performer Award--Pierre Taylor

Most Improved Runner Award--Derek Townsend

Rookie of the Year Award--Andrew Hamer

2008 captains--Brandon Williams, James Armstead, Pierre Taylor

2008 Central College men's cross country roster

Name	Yr.	Hometown/High school	Award
** James Armstead	Sr.	Greenfield, Iowa/Nodaway Valley	Second varsity letter
David Baker	So.	Ankeny, Iowa/Ankeny	Reserve award
*** Jaron Byrum	Sr.	New London, Iowa/New London	Fourth varsity letter
** Brett Dietrich	Sr.	Williamsburg, Iowa/Williamsburg	Reserve award
** Cory Fitzsimmons	Jr.	Pella, Iowa/Pella	Second varsity letter
Morgan Ganoë	Fr.	Jefferson, Iowa/Jefferson-Scranton	Freshman award
* Andrew Hamer	Fr.	Murray, Iowa/Murray	First varsity letter
** Tyler Husak	Sr.	Tama, Iowa/South Tama	Second varsity letter
Kenny Kemp	Fr.	Waterloo, Iowa/Waterloo West	Freshman award
Elliot McDowell	So.	Grundy Center, Iowa/Grundy Center	Reserve award
Justin Saxfield	So.	Charles City, Iowa/Charles City	Reserve award
*** Pierre Taylor	Jr.	Oswego, Ill./Oswego	Third varsity letter
Jason Taylor	Fr.	Mahtomedi, Minn./Concordia Academy	Freshman award
** Derek Townsend	Sr.	Perry, Iowa/Perry	Second varsity letter
** Austin Vondracek	So.	Swisher, Iowa/Cedar Rapids Prairie	Second varsity letter
Zac Wagner	Jr.	Omaha, Neb./Creighton Prep	Reserve award
* Brandon Williams	Sr.	Coralville, Iowa/Iowa Mennonite	First varsity letter
*letters earned			

Head coach: Stephen Fyfe

Assistant: Jay Rhoten