



Men's CROSS COUNTRY

2009 INDIVIDUAL RESULTS

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

	Central Dutch Inv. 6K (9-5)	Northfield, Minn. St. Olaf Inv. 8K (9-19)	Davenport Brissman-Lundeen Inv. 8K (9-25)	Cedar Rapids Lamb-Kohwak Inv. (10-10)	Wis.-La Crosse Jim Drews Inv. 8K (10-17)	Iowa Conference 8K (10-31)	NCAA Div. III Central Regional 8K (11-14)
David Baker	26:42 104th (12th)	34:01 224th (13th)	33:48 330th (11th)				
Cody Burkhardt	DNC	30:53 170th (8th)	29:15 192nd (6th)				
Teddy Clark	20:00 6th (1st)	26:41 10th (1st)	26:20 24th (1st)				
Brandon Clough	21:57 44th (7th)	29:47 130th (7th)	29:20 200th (7th)				
Dustin Draisey	DNC	DNC	DNC				
Brent Ewing	DNC	DNC	DNC				
Jon Findlay	22:28 51st (8th)	30:59 173rd (9th)	29:45 224th (8th)				
Cory Fitzsimmons	21:49 43rd (6th)	29:18 109th (6th)	28:39 165th (5th)				
John Gonzalez	21:32 34th (5th)	27:44 43rd (2nd)	27:09 67th (3rd)				
Andrew Hamer	20:48 19th (3rd)	27:54 48th (3rd)	27:59 122nd (4th)				
Kenny Kemp	24:22 86th (9th)	33:13 216th (12th)	DNC				
Edward Koski	DNC	DNC	DNC				
Lars Larson	25:27 97th (10th)	32:32 203rd (11th)	31:43 298th (9th)				
Adam Ledvina	28:21 107th (13th)	DNC	38:14 347th (12th)				
Alex Miller	DNC	DNC	DNC				
Justin Saxfield	25:28 98th (11th)	32:20 199th (10th)	32:37 317th (10th)				
Pierre Taylor	21:14 29th (4th)	28:58 97th (5th)	27:05 63rd (2nd)				
Austin Vondracek	20:23 13th (2nd)	28:03 57th (4th)	DNC				
Team finish	3rd of 6	10th of 17	10th of 26				
Points	85	237	337				
Spread	1:32	2:17	2:19				

Varsity team score counters in **bold**

*Junior varsity race

2009 SEASON AND CAREER BESTS

8,000-meter career bests

Name	Time	Date	Site
Teddy Clark	26:20	9-25-09	Augustana Inv.- Davenport
Pierre Taylor	26:57	10-11-08	Dan Huston Inv.-Waverly
John Gonzalez	27:09	9-25-09	Augustana Inv.- Davenport
Andrew Hammer	27:54	9-19-09	St.Olaf Inv.,-Northfield
Austin Vondracek	28:03	9-19-09	St.Olaf Inv.,-Northfield
Corey Fitzsimmons	28:14	10-18-08	Jim Drews Inv.-LaCrosse
Cody Burkhardt	29:15	9-25-09	Augustana Inv.- Davenport
Brandon Clough	29:19	9-25-09	Augustana Inv.- Davenport
Jon Findlay	29:45	9-25-09	Augustana Inv.- Davenport
Dustin Draisey	30:06	10-27-07	Iowa Conference- Dubuque
Kenny Kemp	30:46	10-18-08	Jim Drews Inv.-LaCrosse
Lars Larson	31:43	9-25-09	Augustana Inv.- Davenport
Justin Saxfield	32:20	9-19-09	St.Olaf Inv.,-Northfield
David Baker	33:47	9-25-09	Augustana Inv.- Davenport
Adam Ledvina	38:34	9-25-09	Augustana Inv.- Davenport

Top finishes

Individual

No.	Finish	Name (time)	Meet
1.	6th of 112	Teddy Clark (20:00)	Central Inv.-Pella
2.	10th of 244	Teddy Clark (26:41)	St.Olaf Inv.,-Northfield

Team

- 3rd (6 teams), Central Dutch Inv., 6K, Sept. 5
- 10th (17 teams), St.Olaf Inv., 8K, Sept. 19
- 10th (26 teams), Augustana Inv., 8K, Sept. 25

8,000-meter season bests

Name	Time	Date	Site
Teddy Clark	26:20	9-25-09	Augustana Inv.- Davenport
Pierre Taylor	27:05	9-25-09	Augustana Inv.- Davenport
John Gonzalez	27:09	9-25-09	Augustana Inv.- Davenport
Andrew Hammer	27:54	9-19-09	St.Olaf Inv.,-Northfield
Austin Vondracek	28:03	9-19-09	St.Olaf Inv.,-Northfield
Corey Fitzsimmons	28:39	9-25-09	Augustana Inv.- Davenport
Cody Burkhardt	29:15	9-25-09	Augustana Inv.- Davenport
Brandon Clough	29:19	9-25-09	Augustana Inv.- Davenport
Jon Findlay	29:45	9-25-09	Augustana Inv.- Davenport
Lars Larson	31:43	9-25-09	Augustana Inv.- Davenport
Justin Saxfield	32:20	9-19-09	St.Olaf Inv.,-Northfield
Kenny Kemp	33:13	9-19-09	St.Olaf Inv.,-Northfield
David Baker	33:47	9-25-09	Augustana Inv.- Davenport
Adam Ledvina	38:34	9-25-09	Augustana Inv.- Davenport

Top 8,000-meter times

Individual

No.	Name	Time	Date	Meet
1.	Teddy Clark	26:20	9-25-09	Augustana Inv.- Davenport
2.	Teddy Clark	26:41	9-19-09	St.Olaf Inv.,-Northfield
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.	20:47 (6K)	9-5-09	Central Inv.-Pella
2.	27:26 (8K)	9-25-09	Augustana Inv.- Davenport
3.	27:52 (8K)	9-19-09	St.Olaf Inv.,-Northfield

Best team score

No.	Score (no. of teams)	Meet
1.	85 (6 teams)	Central Inv.-Pella
2.	237 (17 teams)	St.Olaf Inv.,-Northfield
3.	337 (26 teams)	Augustana Inv.- Davenport

Best spread

No.	Top five spread	Meet
1.	1:32	Central Inv.-Pella
2.	2:17	St.Olaf Inv.,-Northfield
3.	2:19	Augustana Inv.- Davenport

2009 MEET RESULTS

Sept. 5, 2009

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

Team standings

1. Iowa Central, 34; 2. Simpson, 47; **3. Central, 85**; 4. Luther, 105; 5. Buena Vista, 169; 6. Marshalltown, 207;

Individual results

1. Liberio Niyiragira, Iowa Central	19:39
6. Teddy Clark, Central	20:00
19. Andrew Hamer, Central	20:48
29. Pierre Taylor, Central	21:14
34. John Gonzalez, Central	21:32
43. Corey Fitzsimmons, Central	21:49
44. Brandon Clough, Central	21:58
51. Jon Findlay, Central	22:28
86. Kenny Kemp, Central	24:22
97. Lars Larson, Central	25:27
98. Justin Saxfield, Central	25:28
104. David Baker, Central	26:42
107. Adam Ledvina, Central	28:21

Sept. 19, 2009

St. Olaf Invitational
at Northfield, Minnesota
St. Olaf cross country trail
8,000 meters

Team standings

1. Minnesota State, 65; 2. St. John's (Minn.), 91; 3. St. Thomas (Minn.), 93; 4. St. Cloud State (Minn.), 119; 5. St. Olaf (Minn.), 129; 6. Augsburg (Minn.), 181; 7. Gustavus Adolphus (Minn.), 186; 7. Minn.-Duluth, 186; 9. Macalester (Minn.), 222; **10. Central, 237**; 11. Winona State (Minn.), 341; 12. St. Scholastica (Minn.), 363; 13. Carleton (Minn.), 373; 14. Martin Luther (Minn.), 393; 15. Concordia (Minn.), 395; 16. North Central (Minn.), 420; 17. Northwestern (Minn.), 481;

Individual results

1. James Krajsa, Minnesota State	25:21
4. Teddy Clark, Central	26:41
43. John Gonzalez, Central	27:44
48. Andrew Hammer, Central	27:54
57. Austin Vondracek, Central	28:03
97. Pierre Taylor, Central	28:58
109. Corey Fitzsimmons, Central	29:18
130. Brandon Clough, Central	29:47
170. Cody Burkhardt, Central	30:53
173. Jon Findlay, Central	30:59
199. Justin Saxfield, Central	32:20
203. Lars Larson, Central	32:32
216. Kenny Kemp, Central	33:13
224. David Baker, Central	34:01

Sept. 25, 2009

Brissman/Lundeen Invitational
at Davenport, Iowa
Credit Island Park
8,000 meters

Team standings

1. Wis.-Stevens Point, 25; 2. Augustana, 70; 3. Olivet Nazarene University (Ill.), 125; 4. Grinnell, 133; 5. Truman State (Mo.), 143; 6. University of Chicago (Ill.), 164; 7. Cornell, 200; 8. Iowa Central, 221; 9. North Iowa Area Community College, 261; **10. Central, 337**; 11. Monmouth (Ill.), 351; 12. Elmhurst (Ill.), 363; 13. Saint Xavier (Ill.), 388; 14. Illinois Central, 402; 15. Carroll (Wis.), 480; 16. Loras, 515; 17. Mount Mercy, 521; 18. Northern Iowa, 534; 19. Southwestern, 536; 20. Spalding (Ky.), 552; 21. Principia (Mo.), 593; 22. Aurora (Ill.), 641; 23. Clarke, 645; 24. Sauk Valley, 715; 25. Webster (Mo.), 793; 26. Marshalltown Community College, 798;

Individual results

1. Joey Walls, Truman State	25:32
24. Teddy Clark, Central	26:20
63. Pierre Taylor, Central	27:05
67. John Gonzalez, Central	27:09
122. Andrew Hamer, Central	27:59
165. Corey Fitzsimmons, Central	28:39
192. Cody Burkhardt, Central	29:15
200. Brandon Clough, Central	29:20
216. Jon Findlay, Central	29:45
298. Lars Larson, Central	31:43
317. Justin Saxfield, Central	32:37
330. David Baker, Central	33:48
347. Adam Ledvina, Central	38:14

HONORS AND AWARDS

Individual honors

Academic all-Iowa Conference team

Name	Yr.	Hometown/High school	Major	GPA
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Team awards

Most Valuable Performer Award--

Most Improved Runner Award--

Rookie of the Year Award--

2009 captains--Teddy Clark and Andrew Hamer

2009 Central College men's cross country roster

Name	Yr.	Hometown/High school	Award
David Baker	Jr.	Ankeny, Iowa/Ankeny	
Cody Burkhardt	Fr.	Pittsburg, Mo./Hermitage	
***Teddy Clark	Sr.	Montgomery, Ill./Oswego	
Brandon Clough	Fr.	Marshalltown, Iowa/GMG	
*Dustin Draisey	Jr.	Keota, Iowa/Keota	
Jon Findlay	Fr.	Collins, Iowa/Collins-Maxwell	
**Cory Fitzsimmons	Sr.	Pella, Iowa/Pella	
*Andrew Hamer	Fr.	Murray, Iowa/Murray	
Kenny Kemp	So.	Waterloo, Iowa/Waterloo West	
Lars Larson	Fr.	Fort Dodge, Iowa/Fort Dodge	
Adam Ledvina	Fr.	Toledo, Iowa/South Tama	
Alex Miller	Sr.	Van Meter, Iowa/Van Meter	
Justin Saxfield	So.	Charles City, Iowa/Charles City	
**Pierre Taylor	Sr.	Oswego, Ill./Oswego	
**Derek Townsend	Sr.	Perry, Iowa/Perry	
**Austin Vondracek	So.	Swisher, Iowa/Cedar Rapids Prairie	
*letters earned			

Head coach: Joe Dunham

Assistant head coach: Stephen Fyfe

Assistant: Byran George