



2009 MEN'S CROSS COUNTRY

CENTRAL COLLEGE

MEDIA GUIDE





Founded —1853

Enrollment — 1,700

Affiliation — Reformed Church in America

President — Dr. David Roe

Membership — Iowa Intercollegiate Athletic Conference, National Collegiate Athletic Association, Division III

Founded in 1853, Central College is a four-year coeducational liberal arts college of the Reformed Church in America. Located 40 miles southeast of Des Moines, Central offers its 1,700 students learning opportunities not only on the Pella campus, but on branch campuses in London, England; Merida, Mexico; Leiden, the Netherlands; and Bangor, Wales; and at study centers in Granada, Spain; Hangzhou, China; Paris, France; and Vienna, Austria.

Central is a member of the National Collegiate Athletic Association, Division III, and the Iowa Intercollegiate Athletic Conference. Men compete in baseball, football, basketball, tennis, golf, wrestling, soccer, track and cross country while women compete in tennis, golf, track, softball, volleyball, cross country, soccer and basketball. Rugby is offered at the club level.

The A.N. Kuyper Athletics Complex

The A.N. Kuyper Athletics Complex is located at the corner of Independence Street and West Fifth Street in southwest Pella. The complex includes P.H. Kuyper Gymnasium (1970), H.S. Kuyper Fieldhouse (1987), Ron and Joyce Schipper Stadium (1977), the baseball and softball fields (1978), Ryerson Golf Practice Range (2005), tennis courts (1992), soccer field (2005) and the Ron Schipper Fitness Center (1999). The complex also includes practice and intramural softball diamonds and football fields. Golf meets are held at the Bos Landen Golf Club, two miles southwest of the campus on Highway T-15.

Directory

Sports Information Director	Larry Happel
Office	(641) 628-5278
Home	(641) 628-2754
Cell	(641) 780-6118
Fax	(641) 628-5340
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Central athletics Web page	www.central.edu/athletics



ATHLETICS DEPARTMENT STAFF

Athletics director Al Dorenkamp
 Special assistant to the athletics director John Edwards
 Director of intramurals Adam Stevens
 Athletics office manager Jeffy Schuring
 Athletics secretary Becky Cook
 Head athletic trainer Leslie Duinink
 Assistant athletic trainer Dustin Briggs
 Assistant athletic trainer Chris Viesselman
 Athletic training education program director John Roslien
 Strength and conditioning/ Ron Schipper Fitness Center coordinator Jake Anderson
 Assistant strength and conditioning Kyle Johnson
 Athletics and special events supervisor Charlie Estabrook
 Building and grounds manager Randy Shives
 Sports information director Larry Happel

FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Dr. Andrew Green, assistant professor of political science
 Dr. Edmond Willis, professor of psychology
 Dr. Lori Witt, assistant professor of history

COACHING STAFF

Baseball Adam Stevens
 Assistant baseball Brandon Townsend
 Assistant baseball TBA
Basketball - Men's Mike Boschee
 Assistant basketball Joe Steinkamp
 Assistant basketball TBA
Basketball - Women's Jerry Nikkel
 Assistant basketball Andy Campbell
 Assistant basketball Gary Boeyink
Cross country - Men's/women's Joe Dunham
 Associate cross country Stephen Fyfe
 Assistant cross country Bryan George
Football Jeff McMartin
 Assistant football Jeff Bollard--receivers
 Assistant football Dick Bowzer--quarterbacks/receivers
 Assistant football Darrell Brand--kickers/punters
 Assistant football Don De Waard--co-defensive coordinator/linebackers
 Assistant football Reid Evans--offensive line
 Assistant football Eric Jones--tight ends
 Assistant football Matt Paulsen--defensive backs
 Assistant football Zach Pfantz--co-defensive coordinator/defensive line
 Assistant football Jeff Sanger--defensive ends
 Assistant football Austen Scheuler--defensive backs

Assistant football

Assistant football

Golf - Men's

Assistant golf

Assistant golf

Golf - Women's

Soccer - Men's

Assistant soccer

Assistant soccer

Soccer - Women's

Assistant soccer

Softball

Associate softball

Assistant softball

Assistant softball

Tennis - Men's/women's

Assistant tennis

Track and field - Men's/women's

Associate track and field

Assistant track and field

Assistant track and field

Assistant track and field

Assistant track and field

Assistant track and field

Volleyball

Assistant volleyball

Assistant volleyball

Wrestling

Assistant wrestling

Assistant wrestling

Drew Sikkink--offensive line

Jerry Southmayd--running backs

Charlie Estabrook

Tom Linton

Clint Brown

Jodee Schaben

Garry Laidlaw

Kyle Halfpop

John Milligan

Colin Kuchy

Kevin Schalk

George Wares

Alicia O'Brien

Mary Vande Hoef

Jake Fisher

Steve Tyler

Nick Rohner

Joe Dunham

Guy Mosher

Stephen Fyfe

Bryan George

Eric Pingel

Scott Tjeerdsma

Allan Walz

Kent Clayberg

Cindy Nikkel

Rhea Softley

Eric Van Kley

Jason Zastrow

Matt Diehl

HEAD COACH DIRECTORY

(All phone numbers are 641 area code)

Name	Sport	E-mail	Office phone
Boschee, Mike	Men's basketball	boscheem@central.edu	628-5225
Kuchy, Colin	Women's soccer	kuchyc@central.edu	628-5224
Clayberg, Kent	Volleyball	claybergk@central.edu	628-7605
Dorenkamp, Al	Athletics director	dorenkampa@central.edu	628-5310
Dunham, Joe	Men's and women's track and field, men's and women's cross country	dunhamj@central.edu	628-7603
Estabrook, Charlie	Men's golf	estabrookc@central.edu	628-7694
Laidlaw, Garry	Men's soccer	laidlawg@central.edu	628-5789
McMartin, Jeff	Football	mcmartinj@central.edu	628-7609
Tyler, Steve	Men's and women's tennis	tylers@central.edu	628-5194
Nikkel, Jerry	Women's basketball	nikkelj@central.edu	628-7652
Stevens, Adam	Baseball	stevensa@central.edu	628-5396
Van Kley, Eric	Wrestling	vankleye@central.edu	628-5422
Wares, George	Softball	waresg@central.edu	628-5195
Schaben, Jodee	Women's golf	schabenj@central.edu	628-5591

Fax numbers

Athletics department (641) 628-5356
Sports information office (641) 628-5340

Men's cross country

2009 men's and women's schedule

Sept. 5	Central Inv.	Pella
Sept. 19	St. Olaf (Minn.) Inv.	Northfield, Minn.
Sept. 25	Augustana (Ill.) Brissman-Lundeen Inv.	Davenport
Oct. 10	Coe Inv.	Cedar Rapids
Oct. 17	Jim Drews/Tori Neubauer Classic	West Salem, Wis.
Oct. 31	Iowa Conference championships	Waverly
Nov. 14	NCAA Division III Central Regional	Oakland Acres
Nov. 21	NCAA Division III championships	Cleveland, Ohio

MEN'S CROSS COUNTRY QUICK FACTS

2008 Iowa Conference finish: 6th

Starters lost: 5 (James Armstead, Jaron Byrum, Tyler Husak, Derek Townsend, Brandon Williams)

Starters returning: 2 (Andrew Hamer, Pierre Taylor)

Letterwinners lost/returning: 5/4

Joe Dunham

Head coach

Joe Dunham is in his first season as Central's head men's and women's cross country coach and entering his second season as head men's and women's track and field coach at Central.

The 2009 Iowa Conference men's track and field coach of the year, Dunham led the Dutch to the men's outdoor league crown.

A three-time all-America cross country honoree who also earned track and field all-America recognition at Denison University (Ohio) and Keene State College (N.H.), Dunham served as head track and field coach at St. Norbert for four seasons and cross country coach for three years. He resigned following the 2007 spring season to enter private business. During his tenure at St. Norbert, the Green Knights broke 41 school records and had numerous NCAA Division III meet qualifiers while capturing an individual national title in the 800 meters. His squads consistently placed near the top of the Midwest Conference despite not having an on-campus track facility.

Earlier Dunham spent two years as an assistant at Trinity College (Conn.), helping the women's cross country squad place second in the 2003 NCAA Division III meet. He earned a master's degree at Trinity.

Stephen Fyfe

Associate head coach

Stephen Fyfe is in his 11th season on the men's and women's cross country coaching staff at Central, and his first as associate head coach. Fyfe filled in as interim head coach in 2006 and again in 2008. He's also an assistant for the men's and women's track and field squads. A 1987 Central graduate, Fyfe earned three varsity letters in cross country and four in track and field. He continues to compete in road races and has completed 13 marathons. Fyfe received masters and doctoral degrees at Iowa State University and serves as an assistant professor of computer science at Central.

Bryan George

Assistant coach

George, a 2006 Central graduate, is in his second season as assistant cross country and assistant track and field coach.

He served in the 2006-07 year, then returned in 2009 after completing two years as a graduate assistant coach in track and field and cross country at Illinois State Univ., where he is completing a master's degree.

At Central George earned all-America honors as a middle distance runner. He served as a track and field cocaptain in 2006 and was voted the squad's MVP. He was also an all-Iowa Conference and all-NCAA Division III Central Region performer in cross country and was named to the ESPN The Magazine Academic All-America track and field team.

George also serves as a sports information assistant at Central and was a graduate sports information assistant in 2006-07.

2008 men's cross country results

Sept. 6	Central Dutch Invitational	Pella	3rd of 9 teams
Sept. 13	Les Duke Invitational	Grinnell	19th of 25 teams
Sept. 27	Roy Griak Invitational	St. Paul, Minn.	18th of 30 teams
Oct. 11	Dan Huston Invitational	Waverly	9th of 11 teams
Oct. 18	Jim Drews Classic	West Salem, Wis.	19th of 23 teams
Nov. 1	Iowa Conference Championships	Storm Lake	6th of 9 teams
Nov. 15	NCAA Div. III Regional Championships	Grinnell	18th of 26 teams

Sept. 6

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

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

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

**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 Ganoë, Central	31:34
188. Micah Seufferer, Central	32:26
196. Kenny Kemp, Central	33:30
202. David Baker, Central	35:08

Oct. 18

**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

**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

**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;

2008 men's cross country individual results

(place finish in parentheses)

	Central	Les Duke	Roy Griak	Dan Huston	Jim Drews	Iowa	NCAA Div. III
	Inv. (6k)	Inv. (8k)	Inv. (8k)	Inv. (8k)	Inv. (8k)	Conf. (8k)	Regional (8k)
James Armistead	DNC	30:29 (220)	29:31 (207)	28:53 (102)	28:12 (227)	26:32 (62)	29:32 (142)
David Baker	26:17 (126)	37:00 (355)	DNC	35:08 (202)	34:32 (391)	32:03 (141)	DNC
Jaron Byrum	20:42 (22)	28:50 (118)	28:06 (120)	28:14 (73)	27:42 (180)	25:57 (45)	27:38 (64)
Brett Dietrich	22:41 (91)	DNC	DNC	DNC	DNC	DNC	DNC
Cory Fitzsimmons	21:45 (59)	29:44 (183)	29:13 (195)	29:10 (119)	28:14 (229)	27:18 (86)	DNC
Morgan Ganoë	DNC	DNC	DNC	31:34 (174)	30:36 (350)	28:53 (120)	DNC
Andrew Hamer	20:50 (25)	29:09 (154)	28:44 (165)	28:43 (64)	28:27 (248)	26:52 (74)	29:27 (139)
Timmy Hintze	DNC	36:54 (354)	DNC	DNC	36:06 (393)	34:12 (145)	DNC
Tyler Husak	21:10 (40)	30:04 (196)	28:50 (172)	28:55 (103)	28:01 (212)	26:28 (59)	28:20 (106)
Kenny Kemp	23:43 (114)	33:41 (318)	DNC	33:30 (196)	30:46 (357)	31:29 (139)	DNC
Elliot McDowell	DNC	DNC	DNC	DNC	30:35 (349)	DNC	DNC
Justin Saxfield	DNC	DNC	DNC	DNC	34:05 (390)	30:57 (136)	DNC
Mitch Seufferer	DNC	DNC	DNC	32:26 (188)	31:11 (361)	29:57 (131)	DNC
Pierre Taylor	19:41 (6)	27:37 (36)	27:19 (63)	26:57 (27)	27:12 (121)	25:20 (22)	27:12 (65)
Derek Townsend	20:56 (27)	29:17 (154)	28:03 (154)	27:41 (52)	27:46 (183)	25:52 (41)	28:19 (105)
Austin Vondracek	21:14 (42)	30:37 (227)	29:46 (215)	29:19 (121)	29:08 (248)	26:57 (77)	DNC
Brandon Williams	DNC	29:27 (166)	28:07 (123)	27:47 (57)	27:35 (162)	25:47 (37)	28:38 (115)
Team finish	3rd of 9	19th of 25	18th of 30	9th of 11	19th of 23	6th of 9	18th of 26
Points	114	487	512	237	623	170	475
1-7 Spread	1:29	1:50	1:25	1:46	0:49	1:08	1:26

Varsity team scorers in **bold**

*Junior varsity race

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

Individual honors

Academic all-Iowa Conference

Tyler Husak (3.52, Exercise science)
Brandon Williams (3.62, Management-information systems)

2008 team awards

Most Valuable Performer - Pierre Taylor
Most Improved Performer - Derek Townsend
Rookie of the Year Award - Andrew Hamer
2008 captains - Brandon Williams, Pierre Taylor, James Armstead

All-time records

Best four-mile time - Jerry Fitzsimmons, 19:51, 1977
Best five-mile time - Jerry Fitzsimmons, 24:15:7, 1979
Best six-mile time - Jerry Fitzsimmons, 32:01, 1977
Best 8,000 meter time - Pete Anderson, 24:33, 1983

Central College cross country course records (course opened in 2004)

Men's collegiate 8,000 meters - 25:02, Josh Moen, Wartburg, Oct. 30, 2004
Men's collegiate 6,000 meters - 19:10, Hillary Samoei, Iowa Central, Sept. 2, 2006
Boys' high school 5,000 meters - 16:12, Chris Musgrove, PCM, Sept. 1, 2007

Central Dutch Invitational meet records (first held, 2004)

Men's collegiate 8,000 meters - 26:22, Adam Wolf, Central, Sept. 3, 2005
Men's collegiate 6,000 meters - 18:46, Stephen Dak, Iowa Central, Sept. 1, 2007
Boys' high school 5,000 meters - 16:03, Lewi Manirumva, Cedar Rapids Washington, Sept. 6, 2008

Central Dutch Invitational meet champions

Men's collegiate

Year	Winner	School	Time
2004	Nick Bowerman	Simpson	26:59*
2005	Adam Wolf	Central	26:22*
2006	Hillary Samoei	Iowa Central	19:10
2007	Stephen Dak	Iowa Central	18:46
2008	Stephen Dak	Iowa Central	18:49

*8,000 meters; others are 6,000 meters

Boys' high school (5,000 meters)

Winner	School	Time
Brandon Rook	Davis County	17:47
Thomas Hlad	Knoxville	17:42
Thomas Hlad	Knoxville	17:12
Chris Musgrove	PCM	16:12
Lewi Manirumva	Cedar Rapids Wash.	16:03

All-time top-10 8,000 meter runners

1. Jerry Fitzsimmons	24:14.7	1979
2. Pete Anderson	24:33	1983
3. Paul Sparks	24:40.2	1980
4. Mark Muyskens	24:48	1981
5. Marley Wubbena	24:52.9	1980
6. *Brian Hantsbarger	25:03	1977
7. Adam Wolf	25:18	2005
8. *Bruce Merschbrock	25:20	1986
10. Andy Goodman	25:23	1994

*five miles; others are 8,000 meters

Year-by-year results

Year	Iowa Conference	NCAA Regional	Coach	Year	Iowa Conference	NCAA Regional	Coach
1964	--	--	Bill Herzog	1987	5th	15th	Ron Thomason
1965	5th	--	Jack Walvoord	1988	5th	13th	Ron Thomason
1966	3rd	--	Jack Walvoord	1989	2nd (tie)	11th	Mark Heid
1967	3rd	--	Jack Walvoord	1990	4th	13th	Mark Heid
1968	3rd	--	Jack Walvoord	1991	3rd	11th	Mark Heid
1969	6th	--	Jack Walvoord	1992	3rd	14th	Mark Heid
1970	4th	--	Jack Walvoord	1993	5th	12th	Mark Heid
1971	4th	--	Jack Walvoord	1994	4th	4th	Mark Heid
1972	3rd	--	Jack Walvoord	1995	6th	13th	Ron Cox
*1973	2nd	--	Bill Herzog	1996	4th	12th	Ron Cox
*1974	3rd	--	Bill Herzog	1997	4th	16th	Ron Cox
1975	3rd	--	Bill Herzog	1998	7th	17th	Mike Gruver
1976	3rd	--	Bill Herzog	1999	4th	15th	Mike Gruver
1977	3rd	--	Bill Herzog	2000	5th	15th	Kendrick Clay
1978	2nd	8th	Chris Samson	2001	6th	18th	Kendrick Clay
1979	2nd	7th	Chris Samson	2002	5th	19th	Kendrick Clay
*1980	2nd	6th	Chris Samson	2003	4th	15th	Jeff Bovee
1981	2nd	13th	Bryan Poulter	2004	4th	11th	Jeff Bovee
1982	4th	15th	Dave Beason	2005	3rd	9th	Jeff Bovee
1983	4th	7th	Chris Samson	2006	3rd	9th	Stephen Fyfe
1984	3rd	13th	Randy Wilson	2007	6th	17th	David Paulsen
1985	4th	13th	Ron Thomason	2008	6th	18th	Stephen Fyfe
1986	5th	10th	Ron Thomason				

*NCAA Division III national meet team qualifier

Central's NCAA Division III national championship meet history

Year	Name	Finish	Time	Team finish
1973*	Dave Waddle	89th	26:10	29th of 33 teams
	Dave Unger	196th	27:44	29th of 33 teams
	Chris Samson	211th	28:11	29th of 33 teams
	Dick Miller	225th	28:28	29th of 33 teams
	Edmund Newherd	231st	28:45	29th of 33 teams
	Tim Greenwald	236th	29:05	29th of 33 teams
	Jeff Lovell	237th	29:09	29th of 33 teams
1974*	Dave Waddle	204th	27:41	40th of 41 teams
	Dave Unger	224th	28:03	40th of 41 teams
	Jeff Lovell	267th	28:58	40th of 41 teams
	Chris Samson	281st	29:30	40th of 41 teams
	Ray Dial	295th	30:39	40th of 41 teams
1978	Jerry Fitzsimmons	116th	25:42	--
1979	Jerry Fitzsimmons	18th	24:45.3	--
1980*	Marley Wubbena	38th	26:22	21st of 29 teams
	Paul Sparks	46th	26:30	21st of 29 teams
	Mark Muyskens	76th	27:03	21st of 29 teams
	Peter Anderson	121st	27:38	21st of 29 teams
	Scott Visser	176th	28:25	21st of 29 teams
	Gary Meyer	180th	28:42	21st of 29 teams
	Rod Lavarias	186th	29:03	21st of 29 teams
1983	Pete Anderson	38th	24:50	--
1994	Andy Goodman	21st	25:31.9	--
2006	Adam Wolf	207th	29:41	--

(From 1973-75 race was 5 miles; all others are 8,000 meters)

*team qualifiers; others are individual qualifiers

All-Americans in **bold**

Central's team MVPs

1968 - Stan Smith	1979 - Jerry Fitzsimmons	1990 - Todd Christensen	2001 - Seth Comfort
1969 - Don Meinsma	1980 - Paul Sparks	1991 - Todd Christensen	2002 - Seth Comfort
1970 - Bob De Young	1981 - Mark Muyskens	1992 - Andy Goodman	2003 - Adam Wolf
1971 - Steve Louden	1982 - Pete Anderson	1993 - Andy Goodman	2004 - Adam Wolf
1972 - Dave Waddle	1983 - Pete Anderson	1994 - Andy Goodman	2005 - Adam Wolf
1973 - Ed Newhard	1984 - Bruce Merschbrock	1995 - Keith Burke	2006 - Adam Wolf
1974 - Dave Waddle	1985 - Bruce Merschbrock	1996 - Jon Lindaman	2007 - Jaron Byrum
1975 - Dave Unger	1986 - Bruce Merschbrock	1997 - Jon Lindaman	2008 - Pierre Taylor
1976 - John Rouse	1987 - Dave Stout	1998 - Jon Lindaman	
1977 - Jerry Fitzsimmons	1988 - Ron Cox	1999 - Jon Rathje	
1978 - Jerry Fitzsimmons	1989 - Ron Cox	2000 - Kevin Lindberg	

Central's Iowa Conference MVPs

1978 - Jerry Fitzsimmons	1981 - Mark Muyskens	1994 - Andy Goodman
1979 - Jerry Fitzsimmons	1992 - Andy Goodman	

Career-best 8,000 times by returning runners

Name	Time	Date	Site
Pierre Taylor	26:57	Oct. 11, 2008	Dan Huston Inv. - Max Cross Country Course; Waverly, Iowa
Teddy Clark	27:02	Sept. 23, 2005	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Cory Fitzsimmons	28:14	Oct. 18, 2008	Jim Drews Inv. - Maple Grove Country Club; LaCrosse, Wis.
Andrew Hamer	28:27	Oct. 18, 2008	Jim Drews Inv. - Maple Grove Country Club; LaCrosse, Wis.
Austin Vondracek	28:39	Oct. 13, 2007	Jim Drews Inv. - Maple Grove Country Club; LaCrosse, Wis.
Elliot McDowell	30:35	Oct. 18, 2008	Jim Drews Inv. - Maple Grove Country Club; LaCrosse, Wis.
Kenny Kemp	30:46	Oct. 18, 2008	Jim Drews Inv. - Maple Grove Country Club; LaCrosse, Wis.
Zac Wagner	32:02	Sept. 9, 2006	Les Duke Inv. - Oakland Acres Golf Course; Grinnell, Iowa
Justin Saxfield	34:04	Oct. 18, 2008	Jim Drews Inv. - Maple Grove Country Club; LaCrosse, Wis.
David Baker	34:32	Oct. 18, 2008	Jim Drews Inv. - Maple Grove Country Club; LaCrosse, Wis.

2009 preseason roster

Name	Yr.	Hometown/High school
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
Brent Ewing	Fr.	Cincinnati, Iowa/Centerville
Jon Findlay	Fr.	Collins, Iowa/Collins-Maxwell
**Cory Fitzsimmons	Sr.	Pella, Iowa/Pella
John Gonzalez	Fr.	San Antonio, Texas/Brackenridge
*Andrew Hamer	So.	Murray, Iowa/Murray
Kenny Kemp	So.	Waterloo, Iowa/Waterloo West
Lars Larson	Fr.	Fort Dodge, Iowa/Fort Dodge
Adan Ledvina	Fr.	Toledo, Iowa/South Tama
Rolando Marrero	So.	Miami, Fla./South Miami
Elliot McDowell	Jr.	Grundy Center, Iowa/Grundy Center
Alex Miller	Sr.	Van Meter, Iowa/Van Meter
Justin Saxfield	Jr.	Charles City, Iowa/Charles City
Ben Schornack	Fr.	Urbandale, Iowa/Urbandale
Micah Seufferer	Jr.	Indianola, Iowa/Indianola
***Pierre Taylor	Sr.	Montgomery, Ill./Oswego
Jason Taylor	So.	Mahtomedi, Minn./Concordia Academy
**Austin Vondracek	Jr.	Swisher, Iowa/Cedar Rapids Prairie
Zac Wagner	Sr.	Omaha, Neb./Creighton Prep
*letters earned		

Outlook

Progress is the focus for what is likely to be a young Central College men's cross country lineup this fall.

New coach Joe Dunham, who guided the Central men's track and field squad to an Iowa Conference title in his first season last spring, takes over the men's and women's cross country programs as well. But with just two of last year's top seven runners returning from a men's squad that finished sixth in the Iowa Conference, Dunham is trying to rein in his own lofty expectations. A former all-American distance runner, Dunham knows this is particularly true with a freshman-dominated roster.

"Our theme for the year is work hard and get better," he said. "We just want to take steps forward. With the freshmen, we have to be careful with their training and approach it in a building block manner. We need to build them over four years, not weeks, months or even seasons. It takes a long time to develop a distance runner so we have to have a broader vision."

That doesn't mean the Dutch are giving up on 2009. Dunham's first recruiting class is a talented one and the return of a couple of key veteran performers gives him confidence that the Dutch will make significant strides.

The biggest boost comes from the return of senior Teddy Clark, who missed the 2008 campaign while studying with Central Abroad in Europe. He was back in the spring and captured the Iowa Conference 3,000-meter steeplechase title, helping the Dutch claim the team crown.

"Teddy's one of the best in the conference and should be shooting to win the conference title and qualify for the national meet," Dunham said. "It depends on how his summer goes."

The top returnee from the 2008 squad is also back. Team MVP Pierre Taylor was Central's leader in every race as a junior last fall, placing 22nd at the conference meet.

"Pierre is certainly a guy we're looking to for leadership," Dunham said. "He understands his role and what the team needs to be successful. How he does is going to help determine how the team does."

The only other returning member of last year's top seven is sophomore Andrew Hamer. He was the team's No. 7 runner at the league meet and No. 6 in the NCAA Division III Central Regional.

"Andrew has got a lot of desire and heart," Dunham said. "He had a great freshman year and developed a lot."

Hamer came on during track season and finished eighth in the league in the 3,000-meter steeplechase.

"That said a lot to me about him," Dunham said. "Being a conference placewinner was a big goal of his. He was willing to put in the work and get it done. We're looking for him to make big improvement this year."

Junior Austin Vondracek was on the junior varsity most of last season but Dunham expects him to be a key contributor while senior Cory Fitzsimmons has cracked the varsity lineup in several meets the past two years.

"Austin had a phenomenal track season," he said. "He's understanding what it takes to succeed. He's really moved up on our list."

"Cory put in a great summer of running. He's going to be another leader for us."

Dunham is counting on freshmen to fill at least three varsity positions and perhaps more.

"It's a pretty good recruiting class," he said. "It gives us a good start to rebuilding the program. We've got a long way to go but we've got a good base. We just have to keep working at it."

Central College championship history

NCAA Division III national team championships (11)

1974 - Football	1993 - Women's basketball, softball
1981 - Women's cross country	1998 - Volleyball
1982 - Women's track and field	1999 - Volleyball
1988 - Softball	2000 - Volleyball
1991 - Softball	2003 - Softball

NCAA Division III national individual championships (25)

1982

Lisa Broek, Nancy Cisar, Paula Casey, Marcie Thurn
Women's outdoor track and field, 4 x 100 meter relay
Marcie Thurn
Women's outdoor track and field, long jump

1983

Lisa Broek, Nancy Cisar, Marti Haan, Marcie Thurn
Women's outdoor track and field, 4 x 100 meter relay

1984

Nancy Cisar
Women's outdoor track and field, 200 meter dash, 400 meter dash
Lori Sears
Women's outdoor track and field, 400 meter hurdles, long jump

1985

Brian Goldsworthy
Men's golf

1986

Lori Sears
Women's outdoor track and field, 100 meter hurdles

1987

Tim Hackel
Wrestling, 126 pounds

1991

Chad Beck
Wrestling, 126 pounds
Jon McGovern
Wrestling, 167 pounds

1992

Jon McGovern
Wrestling, 167 pounds

1994

Craig Cantrall
Men's outdoor track and field, high jump

1997

Zech Schiebout
Men's outdoor track and field, discus

2000

Nate Koerselman, Adam Hartford, Tommy Tavegia, Chris McCullough
Men's outdoor track and field, 4 x 400 meter relay

2001

Katie Brees
Women's indoor track and field, long jump
Chris McCullough, Adam Hartford, Tony Brownlee, Tommy Tavegia
Men's outdoor track and field, 4x400 meter relay
Peter Wagner
Men's outdoor track and field, decathlon

2002

Chris McCullough, Matt McCombs, Peter Wagner, Tony Brownlee
Men's outdoor track and field, 4 x 400 meter relay

2003

Peter Wagner
Men's outdoor track and field, decathlon

2004

Raegan Schultz
Women's outdoor track and field, heptathlon

2005

Cale Van Genderen
Men's indoor track and field, high jump;
men's outdoor track and field, high jump

2007

Alicia Whisner
Women's outdoor track and field, javelin

NCAA Division III players of the year (7)

1985

Brian Goldsworthy
Men's golf

1995

Emilie Hanson
Women's basketball

1998

Abbie Brown
Volleyball

1999

Abbie Brown
Volleyball

2000

Donell Hotze
Softball
Candace Wilson
Volleyball

2003

Libby Hysell
Softball

Honda Division III Collegiate Woman Athlete of the Year

2003

Libby Hysell

NCAA postgraduate scholarship winners (20)

1970 - Vern Den Herder, football
1973 - Dana Snoap, men's basketball
1980 - Jeff Verhoef, men's basketball
1982 - Cam Ratering, women's cross country, track
1983 - Lisa Broek, women's track
1986 - Scott Lindell, football
1988 - Rick Perry, football
1989 - Chris Hoffman, wrestling
1991 - Rich Kacmarynski, football
1995 - Emilie Hanson, women's basketball

NCAA Iowa Woman of the Year (5)

1995 - Emilie Hanson, women's basketball
2001 - Candace Wilson, volleyball
2002 - Angie Nielsen, volleyball
2004 - Raegan Schultz, women's track and field, volleyball
*2006 - Katie Pederson, volleyball, women's track and field
*Starting in 2006, honorees were selected by conference rather than state

NCAA Top Eight Award

1995 - Emilie Hanson, women's basketball

NCAA Division III national statistical championships (23)

Individual (10)

Baseball

1994 - Most doubles, 18, Chris Johnson
2005 - Hit by pitch, 0.56 per game, Shea Stamp

Men's basketball

2007 - Highest field goal percentage, 69.7, Keith Pedersen

Women's basketball

1993-94 - Highest scoring average, 29.6, Emilie Hanson
1994-95 - Highest scoring average, 27.8, Emilie Hanson

Football

1977 - Most yards rushing, 147.7 per game, Don Taylor
1988 - Highest passing efficiency rating, 152.5, Steve Flynn

Softball

1991 - Most victories, 26, Jamie Mahnke
1993 - Lowest ERA, 0.25, Missey Allen
1996 - Lowest ERA, 0.66, Kara Stanley

Rick Sanger, football
2001 - Roger Dortch, men's golf
2002 - Tony Brownlee, men's track and field
Jon Hietbrink, men's golf
2004 - Raegan Schultz, women's track and field
2005 - Jamie Stark, volleyball
2006 - Nick Cochrane, men's tennis
Adam Duerfeldt, baseball
2007 - Ben Bollard, men's track and field
Alicia Whisner, women's track and field

NCAA Silver Anniversary Award

1998 - Harry Smith, football

College Football Hall of Fame

South Bend, Ind.

1996 - Vern Den Herder, defensive end, 1967-70
2000 - Ron Schipper, coach, 1961-96

National Fastpitch Coaches Association Hall of Fame

2007 - George Wares, coach, 1985-

Team (13)

Football

1988 - Highest scoring offense, 37.6 points per game
2002 - Net punting, 31.3 yards per punt
2006 - Turnover margin, plus 1.9 per game
Fewest fumbles lost, 2

Softball

1987 - Lowest ERA, 0.72, Central
1989 - Lowest ERA, 0.53, Central
1991 - Lowest ERA, 0.79, Central
Most stolen bases, 141, Central
1992 - Most stolen bases, 120, Central
1993 - Highest winning percentage, .950 (38-2), Central
2003 - Lowest ERA, 0.72

Volleyball

1997 - Highest hitting percentage, .328, Central
1999 - Highest winning percentage, 1.000 (41-0), Central

Top 10 national team finishes (64)

1974

Football, first

1979

Women's cross country, fourth

1980

Women's cross country, sixth

1981

Women's track and field, fourth

Women's cross country, first

Men's golf, ninth

1982

Women's track and field, first

Men's golf, 10th

1983

Women's golf, third

Men's golf, sixth

Women's track and field, fourth

1984

Women's track and field, second

Men's golf, sixth

Football, second

1985

Wrestling, second

Men's golf, fifth

Football, final four

1986

Wrestling, eighth

Women's golf, second

Softball, second

Football, final eight

1987

Wrestling, eighth

Softball, fourth

Men's golf, sixth

Women's golf, third

Football, final four

1988

Women's golf, third

Softball, first

Football, second

1989

Wrestling, fifth

Women's golf, second

Softball, fourth

Football, final eight

1990

Wrestling, seventh

Softball, third

Women's golf, sixth

Football, final four

1991

Wrestling, fourth

Softball, first

Women's golf, fourth

1992

Wrestling, sixth

Football, final eight

1993

Women's basketball, first

Women's golf, fifth

Softball, first

1994

Softball, third

Men's track, seventh

1995

Men's golf, sixth

Softball, third

1996

Men's golf, 10th

1997

Softball, tie, fifth

Men's golf, seventh

Volleyball, third

1998

Volleyball, first

1999

Volleyball, first

2000

Men's track and field, third

Volleyball, first

Football, final eight

2001

Men's track and field, sixth

Softball, second

2002

Men's track and field, seventh

Men's golf, ninth

2003

Softball, first

2004

Men's golf, tie, ninth

2007

Football, final eight

Iowa Conference titles (145)

1930 - Basketball

1931 - Basketball

1932 - Basketball

1936 - Basketball

1939 - Football (tie with Upper Iowa)

1945 - Football

1946 - Football (tie with Upper Iowa)

1947 - Baseball

1948 - Baseball

1956 - Football

1958 - Basketball (tie with Upper Iowa)

1964 - Football (tie with Upper Iowa)

1965 - Football

1966 - Football

1967 - Football

1969 - Men's golf (tie with William Penn)

1970 - Men's tennis (tie with Luther)

1971 - Men's basketball (tie with Wartburg, William Penn)

1974 - Football

1975 - Baseball

1976 - Men's golf

1977 - Men's basketball

Football

Men's golf

Men's tennis
1978 - Men's basketball
 Football (tie with Buena Vista, Dubuque, Luther)
1979 - Men's basketball
 Men's tennis
 Men's track and field
1980 - Men's basketball
 Men's tennis
1981 - Men's golf
 Men's tennis
 Football
1982 - Men's golf
 Men's tennis
 Women's golf
 Women's cross country
1983 - Women's basketball (tie with William Penn)
 Men's golf
 Men's tennis
 Women's track and field
1984 - Wrestling
 Men's tennis
 Men's golf
 Women's track and field
 Women's golf
 Volleyball (tie with William Penn)
1985 - Wrestling
 Men's basketball
 Women's basketball (tie with Buena Vista, Simpson,
 William Penn)
 Men's golf
 Men's tennis
 Women's track and field
 Football
1986 - Women's cross country
 Women's golf
 Men's golf
 Men's tennis
 Softball
 Women's track and field
 Women's golf
 Volleyball
 Football
1987 - Men's golf
 Men's tennis
 Women's track and field
 Women's golf
 Football
1988 - Men's golf
 Volleyball
 Women's golf
1989 - Wrestling
 Men's golf
 Football
 Women's golf
1990 - Softball
 Men's golf
 Women's golf

Football
1991 - Men's basketball (tie with Wartburg)
 Men's golf
 Men's track and field
 Softball
1992 - Wrestling
 Men's basketball (tie with Simpson)
 Men's track and field
 Men's golf
 Football
1993 - Women's basketball
 Men's track and field
 Men's golf
 Softball
 Volleyball
1994 - Men's basketball
 Women's basketball
 Men's track and field
 Men's golf
 Football
1995 - Men's basketball (tie with Simpson)
 Women's basketball (tie with Buena Vista, Luther)
1996 - Softball (tie with Buena Vista)
 Men's golf
 Men's tennis
 Volleyball
1997 - Men's track and field
 Volleyball
1998 - Women's basketball (tie with Luther, Simpson)
 Men's track and field
 Men's golf
 Football
 Volleyball
1999 - Men's golf
 Volleyball
2000 - Softball (tie with Coe, Simpson)
 Men's tennis
 Men's track and field
 Football
 Volleyball
2001 - Men's golf
 Men's track and field
 Football
 Volleyball
2002 - Men's golf
 Softball
 Football (tie with Coe, Wartburg)
 Volleyball (tie with Wartburg)
2003 - Men's golf
 Softball
 Volleyball
2004 - Men's track and field
 Softball
 Volleyball
2005 - Football (tie with Coe)
 Volleyball

2006 - Baseball (tie with Simpson)
 Football
 Volleyball (tie with Simpson)

2007 - Men's golf
 Football
 Volleyball

2009 - Men's golf
 Softball
 Men's track and field

Iowa Conference all-sports titles (23)

Men (14)

1977	1985	1992
1979	1987	1993
1980	1988	1994
1981	1990	1995
1982	1991	

Women (9)

1983	1990
1984	1994 (tie)
1985	2001
1986	2004
1987	

NACDA Director's Cup Division III all-sports finishes

Year	Place	Pts.	Year	Place	Pts.	Year	Place	Pts.
1995-96	47	222.5	2000-01	12	459	2005-06	94	165.5
1996-97	t-40	232.5	2001-02	21	376	2006-07	80	228.5
1997-98	38	170	2002-03	43	280.5	2007-08	87	228.5
1998-99	t-34	160	2003-04	33	328	2008-09	124	154.5
1999-2000	25	329	2004-05	96	164	approx. 450 NCAA Division III schools		

ESPN The Magazine Academic All-Americans, selected by CoSIDA (46)

1979

Chris Adkins, football
 Brent Aufdembrink, football

1983

Denise Boll, women's basketball
 Lisa Broek, women's track
 Tony Carey, men's golf

1984

Denise Boll, women's basketball

1985

Sue Poppens, women's basketball
 Brian Goldsworthy, men's golf
 Todd Sutphen, baseball
 Scott Lindell, football
 Neil Gray, football

1986

Scott Lindell, football

1987

Beth Van Voorhis, women's tennis

1988

Shannan Mattiace, women's tennis
 Rick Perry, football
 Gregg Gustafson, football
 Dallas Bogner, men's tennis

1989

Rick Hassman, baseball
 Shannan Mattiace, women's tennis

1990

Matt Melvin, men's basketball
 Shannan Mattiace, women's tennis

1991

Rich Kacmarynski, football

1992

Nate Hart, men's basketball
 Heather Reedy, softball
 Chris Hulleman, football

1993

Blake Jessen, basketball
 Heather Reedy, softball
 Mindi Remsburg, softball
 Jayna Blom, women's track and field

1994

*Emilie Hanson, women's basketball
 Jason Sanders, football

1995

*Emilie Hanson, women's basketball
 Matt Bandstra, football

1996

Ryan Murphy, men's tennis

1997

Ryan Murphy, men's tennis

1998

Jason Darling, baseball

2000

Angie Nielsen, volleyball

2004

Raegan Schultz, women's track and field
 Jamie Stark, volleyball

2005

Adam Duerfeldt, baseball
 Jason Ford, men's tennis

2006

*Adam Duerfeldt, baseball
 Nick Cochrane, men's tennis
 Bryan George, men's track and field
 Ben Bollard, football

2007

Ben Bollard, men's track and field

*Academic all-American player of the year

All-America Scholars Golf Team (39)

1984 - Brian Goldsworthy	Steve Rheinschmidt	2000 - Shannon Hoekstra	2007 - Jeff Millet
1985 - Brian Goldsworthy	1990 - Jeff Woods	2001 - Courtney Brooks	Issac Rodenberg
1986 - Bill Spurbeck	1991 - Mark Smith	Roger Dortch	Reid Turner
Kim Doyle	1992 - Bill Conger*	Jon Hietbrink	2008 - Reid Turner
1987 - Bill Spurbeck	Brent Peterson	Tim White	2009 - Andy Petersen
Joe Jaspers	1993 - Bill Conger*	2002 - Jon Hietbrink	Andrew Townsend
Brent Peterson	Chad Hoekstra	Tim White	*True-Temper Scholarship
1988 - Joe Jaspers	1994 - Jason Brown*	2004 - Patrick McElyea	winner
Pat Jackson	1997 - Brad Dutler	Nick Grossman	
Steve Kimball	1998 - Chris Huston	Kyle Matzen	
1989 - Jeff Woods	Justin Schulte	2005 - Nick Grossman	

Intercollegiate Tennis Coaches Association Scholar-Athlete Tennis Team (8)

1984 - Dan Lazenby	1987 - Ahi Afridi, Alan Brown, Eric Ellefson
1986 - Ahi Afridi, Alan Brown	1988 - Dallas Bogner, Chuck Ray

Scholastic All-American Wrestling Team (8)

1988 - Chris Hoffman	1996 - Brent Dunlap
1989 - Chris Hoffman, Shaun Van Vark	2001 - Jeremy Hendricks
1992 - Lynn Silver, Brad Kreiner	2005 - Peter Howard

USTFCCCA All-Academic Track and Field team (45)

1994	Matt Jens	Ben Bollard	Rachel Boeke
Craig Cantrall	Matt McCombs	Bryan George	Guy Dierikx
Andy Goodman	Lindsay Schultz		Kari Hutchinson
Nate Smith	Raegan Schultz	2007	Emily Teas
		Angie Berry	Rachelle Tipton
2001	2003	Rachel Boeke	Jill Ziskovsky
Tony Brownlee	Jenn Hansen	Ben Bollard	
Katie Button	Lindsay Schultz	Guy Dierikx	2009
Jenn Hansen	Raegan Schultz	Cody Huisman	Rachel Boeke
Lucas Nims	Cale Van Genderen	Kari Hutchinson	Emily Teas
	Tanner Whipple	Chelsey Keller	Rachelle Tipton
2002	2006	Alex Miller	Jill Ziskovsky
Tony Brownlee	Alex Costigan	Alicia Whisner	
Katie Button	Chelsey Keller	Adam Wolf	
Abby Gonzales	Alicia Whisner	2008	
Jenn Hansen			

American Volleyball Coaches Association Academic Team Honor Roll selections (10)

1997	2001	2003	2005	2007
2000	2002	2004	2006	2008

Successful Farming all-American Farm Team (11)

1995 - Mark Kacmarynski, football	1998 - Jay Rhoten, men's track
1996 - Stacy Sonneck, softball	Andrew Paulsen, football
Mark Kamarynski, football	1999 - Jina Bos, women's track
1997 - Stacy Sonneck, softball	Jeff Sanger, football
Jay Rhoten, men's track	2000 - Jeff Sanger, football
Matt Paulsen, football	Team discontinued after 2000.

All-Americans (326 times, 200 athletes)

- 1960** - John Carle, men's basketball
- 1966** - Dennis Descoteau, football
- 1967** - Doug Van Boven, football
- 1969** - Vern Den Herder, football
- 1970** - Vern Den Herder, football
John Edwards, baseball
- 1973** - Gerald Piester, men's outdoor track and field
- 1974** - Terry Youngblood, men's outdoor track and field
Al Dorenkamp, football
- 1977** - Don Taylor, football
- 1978** - Jason Locke, men's outdoor track and field
Don Keller, men's outdoor track and field
- 1979** - Jerry Fitzsimmons, men's cross country
Cam Ratering, women's cross country
- 1980** - Jeff Verhoef, men's basketball
Cam Ratering, women's cross country
- 1981** - Stacy Bandy, wrestling
Lisa Broek, women's outdoor track and field
Nancy Cisar, women's outdoor track and field
Laurie Haddy, women's outdoor track and field
Carla Huddle, women's outdoor track and field
Kim Lehman, women's outdoor track and field
Goldie Nicholson, women's outdoor track and field
Robin Rasmussen, women's outdoor track and field,
women's cross country
Cam Ratering, women's outdoor track and field,
women's cross country
Marcie Thurn, women's outdoor track and field
Lori Nolte, women's cross country
Jan Sedlacek, women's cross country
Jackie Schwerts, women's cross country
Brad Depke, men's outdoor track and field
- 1982** - Lisa Broek, women's outdoor track and field
Paula Casey, women's outdoor track and field
Nancy Cisar, women's outdoor track and field
Laurie Haddy, women's outdoor track and field
Cam Ratering, women's outdoor track and field
Jackie Schwerts, women's outdoor track and field
Marcie Thurn, women's outdoor track and field
Rose Van Egmond, women's outdoor track and field
Kean Richard, men's outdoor track and field
- 1983** - Stacy Bandy, wrestling
Lisa Broek, women's outdoor track and field
- Nancy Cisar, women's outdoor track and field
Marti Haan, women's outdoor track and field
Marcie Thurn, women's outdoor track and field
Augie Lugo, men's tennis
Mike Shanahan, men's outdoor track and field
- 1984** - Murray Anderson, wrestling
Bryant Hancock, wrestling
Dale Lawrence, wrestling
Kelly McGovern, wrestling
Nancy Cisar, women's outdoor track and field
Lori Sears, women's outdoor track and field
Kevin Geary, men's outdoor track and field
Joe Martin, men's outdoor track and field
Jerry Quick, men's outdoor track and field
Matt Schulte, men's outdoor track and field
Scott Foehle, football
Rich Thomas, football
- 1985** - Ed Ergenbright, wrestling
Dale Lawrence, wrestling
Duane Lawrence, wrestling
Scot Storjohann, wrestling
Brian Goldsworthy, men's golf
Rich Thomas, football
- 1986** - Keving Azinger, wrestling
Tim Hackel, wrestling
Kelly McGovern, wrestling
Cindy Messer, softball
Lori Sears, women's outdoor track and field
Joe Jaspers, men's golf
Jeff Blythe, football
- 1987** - Matt Diehl, wrestling
Tim Hackel, wrestling
Paul Veak, wrestling
Jay McGovern, wrestling
Brad Eggers, wrestling
Laurie Suttin, softball
Kris Thompson, softball
Joe Jaspers, men's golf
- 1988** - Jim Bruxvoort, men's indoor track and field,
men's outdoor track and field
Paul Lovell, men's indoor track and field
Cindy Kline, women's golf
Pat Jackson, men's golf
Laurie Suttin, softball
Chris Hoffman, wrestling
Mike Stumberg, football
- 1989** - Chris Hoffman, wrestling
Chad Beck, wrestling
Scot Dierks, wrestling
Brenda Vigness, softball

Jim Bruxvoort, men's outdoor track and field
Kris Reis, football

1990 - Steve Weers, wrestling
Jon McGovern, wrestling
Joe Stutting, wrestling
Jim Bruxvoort, men's outdoor track and field
David Ellingson, men's indoor track and field,
men's outdoor track and field
Jeff Wallerich, men's outdoor track and field
Jason Snyder, men's outdoor track and field
Dan Wallace, men's outdoor track and field
Julie Fortin, women's outdoor track and field

1991 - Chad Beck, wrestling
Jon McGovern, wrestling
Jamie Mahnke, softball
Christi Van Werden, softball
Eric Pingel, men's outdoor track and field

1992 - Jon McGovern, wrestling
Bruce Kuennen, wrestling
Joel Marsden, wrestling
Brad Kreiner, wrestling
Emily Grimes, softball
Julie Nelson, softball
Jenny Semler, softball
Eric Pingel, men's outdoor track and field
Craig Cantrall, men's outdoor track and field
Chris Hulleman, football
Bill Mulder, football

1993 - Tracy Wilson, women's basketball
Bruce Kuennen, wrestling
Brian Reece, wrestling
John Guenther, men's golf
Craig Cantrall, men's outdoor track and field
Brian Dunlap, men's outdoor track and field
Les McCracken, men's outdoor track and field
Mike Morris, men's outdoor track and field
Nate Smith, men's outdoor track and field
Dan Zimmerman, men's outdoor track and field
Emily Grimes, softball
Missey Allen, softball
Jenny Semler, softball
Jeff Helle, football

1994 - Dan Gabrielson, wrestling
Emilie Hanson, women's basketball
Craig Cantrall, men's indoor track and field,
men's outdoor track and field
Nate Smith, men's indoor track and field,
men's outdoor track and field
Michael Morris, men's outdoor track and field
Brian Dunlap, men's indoor track and field,
men's outdoor track and field
Dan Zimmerman, men's indoor track and field,

men's outdoor track and field
Les McCracken, men's indoor track and field,
men's outdoor track and field
Mark Kacmarynski, football
Rick Sanger, football
Jeff Helle, football
Andy Goodman, men's cross country

1995 - Emilie Hanson, women's basketball
Dan Gabrielson, wrestling
Ryan Erickson, men's indoor track and field
Brent Ferneau, men's indoor track and field,
men's outdoor track and field
Eddie Heim, men's indoor track and field,
men's outdoor track and field
Nate Smith, men's indoor track and field,
men's outdoor track and field
Dan Zimmerman, men's indoor track and field,
men's outdoor track and field
Kevin Lucken, men's golf
Missey Allen, softball
Lynette Mullen, softball
Rick Sanger, football
Matt Bandstra, football

1996 - Brent Lawrenson, wrestling
Missey Allen, softball
Lynette Mullen, softball
Rob Akers, men's golf
Mark Kacmarynski, football

1997 - Greg Breeding, wrestling
Darin Fisher, men's golf
Zech Schiebout, men's outdoor track and field
Jay Rhoten, men's outdoor track and field
Kara Stanley, softball
Matt Paulsen, football
Abbie Brown, volleyball
Candace Wilson, volleyball

1998 - Jina Bos, women's outdoor track and field
Sean Clark, men's outdoor track and field
Adam Hartford, men's outdoor track and field
Andrew Paulsen, men's outdoor track and field,
football
Nate Korselman, men's outdoor track and field
Jay Rhoten, men's outdoor track and field
Jon Lindaman, men's outdoor track and field
Cory Woods, men's outdoor track and field
Abbie Brown, volleyball
Candace Wilson, volleyball

1999 - Ryan Cunningham, wrestling
Sean Clark, men's indoor track and field,
men's outdoor track and field
Brad Gaskill, men's outdoor track and field
Nate Koerselman, men's outdoor track and field

Jon Lindaman, men's indoor track and field,
men's outdoor track and field
Marc Vander Velden, men's outdoor track and field
Abbie Brown, volleyball
Candace Wilson, volleyball
Angie Nielsen, volleyball

2000 - Katie Brees, women's indoor track and field,
women's outdoor track and field
Donell Hotze, softball
Annie Van Wetzlinga, softball
Sean Clark, men's outdoor track and field
Adam Hartford, men's outdoor track and field
Nate Koerselman, men's outdoor track and field
Chris McCullough, men's outdoor track and field
Tommy Tavegia, men's outdoor track and field
Marc Vander Velden, men's outdoor track and field
Peter Wagner, men's outdoor track and field
Jeff Sanger, football
Reid Evans, football
Justin Snyder, football
Candace Wilson, volleyball
Angie Nielsen, volleyball

2001 - Annie Van Wetzlinga, softball
Libby Hysell, softball
Katie Brees, women's indoor track and field,
women's outdoor track and field
Tony Brownlee, men's indoor track and field,
men's outdoor track and field
Adam Hartford, men's indoor track and field,
men's outdoor track and field
Chris McCullough, men's outdoor track and field
Tommy Tavegia, men's indoor track and field,
men's outdoor track and field
Peter Wagner, men's indoor track and field,
men's outdoor track and field
Angie Nielsen, volleyball

2002 - Jeremy Hendricks, wrestling
Molly Parrott, women's basketball, softball
Libby Hysell, softball
Tim White, men's golf
Katie Button, women's indoor track and field
Abby Gonzales, women's indoor track and field,
women's outdoor track and field
Lindsay Schultz, women's outdoor track and field
Reagan Schultz, women's outdoor track and field
Tony Brownlee, men's indoor track and field,
men's outdoor track and field
Matt Jens, men's outdoor track and field
Matt McCombs, men's indoor track and field,
men's outdoor track and field
Chris McCullough, men's indoor track and field,
men's outdoor track and field
Peter Wagner, men's indoor track and field,

men's outdoor track and field

2003 - D.J. Cobler, men's indoor track and field
Matt McCombs, men's indoor track and field
Peter Wagner, men's indoor track and field,
men's outdoor track and field
Tanner Whipple, men's indoor track and field
Cale Van Genderen, men's outdoor track and field
Jenn Hansen, women's outdoor track and field
Lindsay Schultz, women's outdoor track and field
Raegan Schultz, women's outdoor track and field
Libby Hysell, softball
April Miller, softball

2004 - Patrick McElyea, men's golf
Lindsay Schultz, women's outdoor track and field
Raegan Schultz, women's indoor track and field
women's outdoor track and field
Alicia Whisner, women's outdoor track and field
Cale Van Genderen, men's indoor track and field,
men's outdoor track and field
Tanner Whipple, men's outdoor track and field
Beth Cunningham, women's cross country

2005 - D.J. Cobler, men's outdoor track and field
Guy Dierikx, men's outdoor track and field
Justin Koeppel, men's outdoor track and field
Kevin Pitz, men's outdoor track and field
Cale Van Genderen, men's indoor track and field,
men's outdoor track and field
Alicia Whisner, women's outdoor track and field
Ryan Johnson, football
Vance Schuring, football

2006 - Zac Bailey, men's outdoor track and field
Ben Bollard, men's indoor track and field,
men's outdoor track and field
Teddy Clark, men's indoor track and field
Alex Costigan, women's outdoor track and field
Guy Dierikx, men's indoor track and field,
men's outdoor track and field
Bryan George, men's indoor track and field
Craig Hernandez, men's outdoor track and field
Justin Koeppel, men's indoor track and field,
men's outdoor track and field
Kevin Pitz, men's indoor track and field,
men's outdoor track and field
Brian Respeliers, men's indoor track and field
Alicia Whisner, women's outdoor track and field
Dana Wilkerson, women's outdoor track and field
Zach Zellweger, men's indoor track and field
Nick Reed, football
Taylor Vanden Wynboom, football
Brant VerMeer, football

2007 - Ben Bollard, men's outdoor track and field

Guy Dierikx, men's indoor track and field,
men's outdoor track and field, football
Craig Hernandez, men's outdoor track and field
Alex Miller, men's outdoor track and field
Alicia Whisner, women's outdoor track and field
Joel Winters, men's golf
Greg Altmaier, football

2008 - Kari Hutchinson, women's indoor track and field
Emily Teas, women's indoor track and field
Jill Ziskovsky, women's indoor track and field
Rachelle Tipton, women's indoor track and field
Jason Fisher, men's indoor track and field
Guy Dierikx, men's indoor track and field,
men's outdoor track and field

Iowa Conference MVPs (91)

1969 - Don Ver Meer, men's golf

1970 - Vern Den Herder, football
Bob Parrott, men's tennis

1973 - Steve Paris, wrestling

1974 - Al Dorenkamp, football
Terry Youngblood, men's track

1977 - Don Taylor, football

1978 - Jerry Fitzsimmons, men's cross country
Pat Espinosa, men's tennis

1979 - Jerry Fitzsimmons, men's cross country,
men's track
Jeff Verhoef, men's basketball

1980 - Jeff Verhoef, men's basketball

1981 - Bruce Wendt, football
Mark Muyskens, men's cross country
Kevin Luttrell, men's tennis
Ron Peterson, men's golf

1982 - Augie Lugo, men's tennis
Ron Peterson, men's golf

1983 - Karen Collentine, volleyball
Pam Coon, women's tennis
Augie Lugo, men's tennis

1984 - Kim Doyle, women's golf
Karen Collentine, volleyball
Augie Lugo, men's tennis
Nancy Cisar, women's track and field

1985 - Rich Thomas, football
Cindy Kline, women's golf
Ingrid Elvebak, women's cross country
Steve Muller, men's basketball
Jeff Schneekloth, men's tennis
Brian Goldsworthy, men's golf

1986 - Ingrid Elvebak, women's cross country
Jo Beth Castleberry, volleyball
Cindy Kline, women's golf
Kelly McGovern, wrestling
Jeff Schneekloth, men's tennis

1987 - Cindy Kline, women's golf
Bill Spurbeck, men's golf
Laurie Suttan, softball

Alex Miller, men's outdoor track and field
Luke Bolander, men's outdoor track and field
Matt Patrick, men's outdoor track and field
Kurtis Brondyke, men's outdoor track and field
Kelly Harris, softball

2009 - Kurtis Brondyke, men's indoor track and field,
men's outdoor track and field
Ethan Miller, men's indoor track and field,
men's outdoor track and field
Rachel Boeke, women's outdoor track and field
Rachael Everingham, softball
Sarah Paulson, women's golf

1988 - Mike Stumberg, football
Lori Ellwood, women's basketball
Joe Jaspers, men's golf

1990 - Ron Saak, football
Shari King, women's golf
Pat Jackson, men's golf

1991 - Rich Kacmarynski, football
Christi Van Werden, softball

1992 - Jana Daberkow, women's golf
Chad Hoekstra, men's golf
Emily Grimes, softball

1993 - Tracy Wilson, women's basketball
Chad Hoekstra, men's golf
Emily Grimes, softball

1994 - Mark Kacmarynski, football
Andy Goodman, men's track and field,
men's cross country
Nate Smith, men's track and field
Emilie Hanson, women's basketball
Todd Isley, men's golf

1995 - Emilie Hanson, women's basketball

1996 - Maggie Brown, volleyball

1997 - Jay Rhoten, men's track and field
Abbie Brown, volleyball

1998 - Jay Rhoten, men's track and field
Abbie Brown, volleyball

1999 - Wade Van Vark, baseball
Abbie Brown, volleyball

2000 - Chris McCullough, men's track and field
Jeff Sanger, football

Candace Wilson, volleyball
2001 - Roger Dortch, men's golf

Angie Nielsen, volleyball

2002 - Peter Wagner, men's track and field
Tim White, men's golf

2003 - Peter Wagner, men's track and field
Libby Hysell, softball

2004 - Corrie Schmidt, softball
Tanner Whipple, men's track and field
Jamie Stark, volleyball

2005 - Katie Pederson, volleyball
Vance Schuring, football
2006 - Adam Duerfeldt, baseball
Vance Schuring, football
2007 - Andy Petersen, men's golf
Tim Connell, football

Des Moines Register Sports Hall of Fame

1976 - Richard "Babe" Tysseling '32; baseball, men's basketball, football, track and field, coach, athletics director
1988 - Vern Den Herder '70; football, men's basketball, NFL player
2002 - Dick Schultz '50; baseball, men's basketball, football, Division I basketball coach, athletics director, NCAA executive director, U.S. Olympic Committee president

Central College Athletics Hall of Honor

2002

Vern Den Herder; football, men's basketball
Dr. Camilla Ratering McCalmont; women's cross country, women's track and field
Ron Schipper; Head football coach, athletics director
Dick Schultz; Baseball, men's basketball, football
Richard "Babe" Tysseling; baseball, men's basketball, football, track and field
Jeff Verhoef; men's basketball

2003

Dr. Richard Dykstra; football
Gertrude Beintema; athletic department office manager
Marcie Thurn Rohach; women's track and field
Clarence Wilkins; men's basketball
Brian Goldsworthy; Men's Golf

2004

Denise Boll Baker; Women's basketball
Dr. Kenneth Weller; Central College president, NCAA vice-president
Dana Snoap; men's basketball

2008 - Andy Petersen, men's golf
Guy Dierikx, men's indoor track and field
Kelly Harris, softball
Kari Hutchinson, women's outdoor track and field
Sarah Paulson, women's golf

2005

Tom Stone; football
Nancy Cisar Wright; women's track and field
Scot Storjohann; football, wrestling

2006

Laurie Suttin Flynn; softball, women's basketball
Joe Jaspers; men's golf, men's basketball
Scott Lindell; Football
Lori Nolte; women's cross country, women's track and field

2007

Eldon Schulte; football, basketball, men's track and field
Lisa Broek; track and field
Rich Thomas; football

2008

Harold De Bie; men's basketball
Bruce Heerema; football, men's track and field
Christi Van Werden; softball, women's basketball

