

Top Central Times at Home Cross Country Meet

1	Wade Juntunen	15:43	1998	1	Karly Ackley	18:14**	2016
2	Colin Parrish	15:59	2007	2	Rachel Torrey	18:51	2017
3	Chris Gust	16:07	1996	3	Mikayla Weiss	19:06	2019
4	Leif Larsen	16:15	2015	4	Clarie Hynek	19:16	2019
5	Lee DeKrey	16:17	2001	5	Alexis Roehl	19:29	2018
6	Colin Parrish	16:17	2006	6	Lauren Harrison	20:07	2017
7	Shane Harlow	16:22	2009	7	Marie Derenne	20:23	2020
8	Camron Roehl	16:25	2013	8	Aria Kindseth	20:42	2019
9	Richie Osborn	16:27	2016	9	Sophia Roehl	20:51	2017
10	Quinn Roehl	16:28	2020	10	Sijle Kindseth	20:51	2018

** Course Record

Grand Forks Invitational Winners

	<u>Time</u>	<u>School</u>		<u>Time</u>	<u>School</u>	<u>Course</u>		
2020	Jacob Knodle	15:25 **	Sheyenne	2020	Onnica Stansbury	18:54	Sheyenne	Lincoln Drive Park
2019	Tyson Mahr	16:20	EGF	2019	Mikayla Weiss	19:09	GFC	Lincoln Drive Park - EGF
2019	Jacob Knodle	16:16	Sheyenne	2019	Hope Pringle	19:20	WF	Lincoln Drive Park
2018	Sean Korsmo	16:06	Bism	2018	Megan Lundstrom	18:53	Davies	Lincoln Drive Park
2017	Jaiven Hale	16:20	New Town	2017	Rachel Torrey	18:51	GFC	Lincoln Drive Park
2016	Ben Hutchinson	16:14	RR	2016	Karly Ackley	18:14 **	GFC	Lincoln Drive Park
2015	State Meet - Sam Clausnitz	15:52	Bism	2015	State Meet - Mattie Fairbairn	13:47 **	Bism	Lincoln Drive Park
2015	Leif Larsen	16:15	GFC	2015	Karly Ackley	13:59	GFC	Lincoln Drive Park
2014	Leif Larsen	16:35	GFC	2014	Karly Ackley	14:59	GFC	Lincoln Drive Park
2013	EDC - Brandon Scheel	16:18	Davies	2013	EDC - Karly Ackley	15:06	GFC	Lincoln Drive Park
2013	Camron Roehl	16:25	GFC	2013	Karly Ackley	15:33	GFC	Lincoln Drive Park
2012	Sebastian Startz	16:43	Shan	2012	Madeline Strandemo	15:01	FS	Lincoln Drive Park
2011	Paul Shafer	16:53	GFC	2011	Sarah Jacobson	16:10	Shan	Lincoln Golf Course
2010	Francis Mendee	16:20	RR	2010	Sarah Jacobson	15:00	Shan	Lincoln Drive Park
2009	EDC - Jamison Gehrig	16:18	WF	2009	EDC - Alissa Mears	15:00	WF	Lincoln Drive Park
2009	Shane Harlow	16:22	GFC	2009	Alissa Mears	15:29	WF	Lincon Drive Park
2008	Mach Akon	16:44	FN	2008	Alissa Mears	14:57**	WF	Lincon Drive Park
2007	Colin Parrish	15:59 **	GFC	2007	Laura Roesler	15:15	FS	Lincoln Drive Park
2006	Colin Parrish	16:17	GFC	2006	Laura Roesler	15:06	FS	Lincoln Golf Course
2005	EDC- Sam Larson	16:40	Jam	2005	Laura Roesler	15:21	FS	Lincoln Golf Course
2005	Sam Larson	16:20	Jam	2005	Katie Conlon	15:11	Jam	Lincoln Golf Course ##
2004	Issac Zimmerman	17:04	Shan	2004	Nora Narloch	15:17	RR	Lincoln Golf Course
2003	Severyn Claymore	16:09	FS	2003	Kendra Lystad	14:28**	FS	Ray Richards
2002	Severyn Claymore	15:59	FS	2002	Nora Narloch	15:01	RR	Lincoln Golf Course
2001	Lee DeKrey	16:17	GFC	2001	Jesse Lichter	15:04	RR	Lincoln Golf Course
2000	Lee DeKrey	16:43	GFC	2000	Molly Clark	15:41	Shan	Lincoln Golf Course
1999	Nick Braunbuger	16:06	FN	1999	Jesse Lichter	15:25	RR	Lincoln Golf Course
1998	Andrew Carlson	15:35**	FS	1998	Lauren Treleven	14:57	Langdon	Lincoln Golf Course
1997	Wade Juntunen	16:31	GFC	1997	Bri Anderson	15:52	RR	Ray Richards
1996	Chris Gust	16:07	GFC	1996	Bri Anderson	14:52	RR	Lincoln Golf Course
1995	EDC - Brain McCulley	15:46	FS	1995	EDC - Jessica Schweitzer	14:44	Jam	Lincoln Golf Course #
1995	Brian Bunnell	16:22	FN	1995	Karin Bandi	15:23	WF	Lincoln Golf Course
1994	Chris Zimmer	16:54	RR	1994	Karin Bandi	15:15	WF	Lincoln Golf Course
1993	Josh Jorde	16:56	GFC	1993	Erin Zimmney	14:57	WF	Lincoln Golf Course
1992	Nate Bartnick	16:38	Wap	1992	Christa Stelmachuk	15:03	WF	Lincoln Golf Course
1991	Eric Lee	16:25	WF	1991	Sarah Hutton	14:29 **	GFC	Lincoln Golf Course
1990	Mike Madsen	16:16	RR	1990	Jennifer Diedrich	14:25	Warren	Lincoln Golf Course
1989	Shane Tibiabwski	16:27	WF	1989	Keri Rosene	14:02	WF	Lincoln Golf Course
1988	Chris Conzo	15:21 *	GFC	1988	Dani Dew	13:04*	VC	Lincoln Golf Course

* short Course

** Course Record

1995 New boys & girls course

2005 New Boys & Girls Course

2016 Girls Start 5K races

GFC Cross Country Coaches

Head Coaches		Asst Coaches			
1998 - Present	Sean Allan	2020 - Present	Grace Roehl	2010-2012	Ted Helgeson
1988 - 1997	Dennis Ball	2017-Present	Betty Allan	2008-2009	Jessica Tiegs
1985 - 1987	Jay Gunderson	2012 - Present	Brittany Bunde	2001 - 2005	John Perry
1984	Kory Flaggen	2017-Present	Kyle Rosseau	2004- 2005	Matt Olson
1974 - 1983	Vince Ames	2018-Present	Adam Carlson	2004- 2007	Katie Frushour
1968 -1973	Pat Sullivan	2019	David Tack	2005	Paul Kriglier
1965-1967	Ken Hallgrimson	2018	Alix Brumitt	2003	Terra Foster
		2002 - 2018	Eric Polries	1998	Aaron Korynta
		2017	Andrew Landburg	1998	Travis
		2012- 2016	Lauren McMillan	1993-1997	Sean Allan
		2012 - 2016	Steve Johnson		
		2009- 2011	Jenny Dosch		