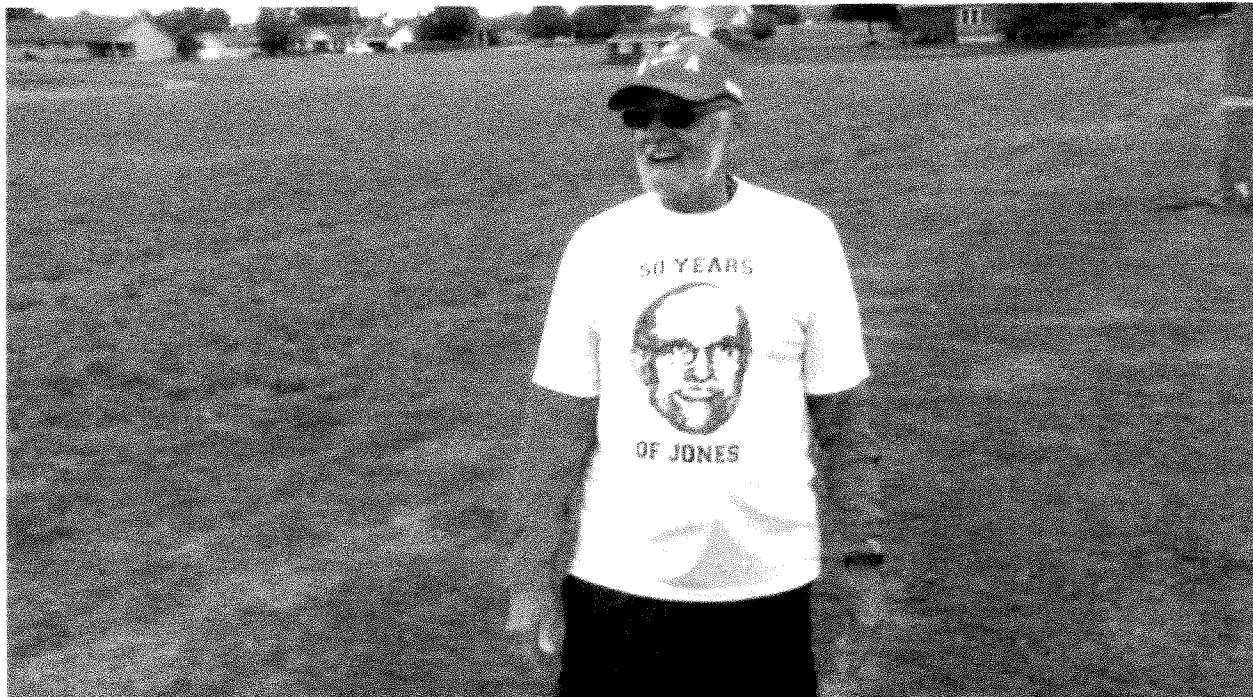


"SUPER-SOPHS" LEAD LEAFS

Pictured are Sophomores Henley Bourne & Greyson Claerhout who both earned highly prized individual medals

LEAFS ROLL IN 49th GENE JONES METAMORA "RUNNIN RED" CROSS COUNTRY INVITATIONAL

On Saturday, October 11th, the Leafs traveled to Metamora's Black Partridge Park to participate in the 49th Gene Jones Runnin' Red Cross Country Invitational. The meet is the final regular season meet before the team enters "Championship Meet Season". The Leafs will host the Western Big Six Conference Championship on Thursday, October 16th. The Maple Leafs have had a busy week



that included homecoming activities. They also had their last heavy week of training. They entered the meet a bit tired but ready for the challenge.

The 30-team field included teams from: Bloomington, Canton, Deer Creek / Mackinaw, Dunlap, East Peoria, Eureka, Geneseo, Glenbard South, Lincoln, Macomb, Mahomet-Seymour, Metamora, Moline, Morton, Normal Community, Normal (U-High), Ottawa, Oswego (East), Peoria (Christian), Peoria (Notre Dame), Peoria (Richwoods), Pekin, Rantoul, Rochester, Rock Island, Springfield, Springfield (Lincoln), Springfield (Sacred Heart Griffin), Tolono (Unity), & Washington. Numerous teams were ranked high in the Illinois Running News State Rankings.

The teams were treated to near perfect racing conditions. The dew point was in the 20's and the race time temperatures were in the low 60's. The course was hard and fast. Team trophies were awarded to the Top 3 teams and Individual Medals went to the Top 30 Finishers. No easy feat in this field.

Before I get to the races I would like to share a little bit about the man this meet is named after. Gene Jones. He started this Invite 49 years ago.

HALL OF FAME COACH GENE JONES

For 52 years, Gene Jones prowled Illinois cross country courses at Metamora High School, leading the Redbirds to state prominence and inspiring generations of students to set goals, push themselves and have a great time doing it. His boys teams won 32 conference titles, eight regionals, four sectionals and made 16 state-meet appearances, finishing in the Top 10 eight times. Eighteen boys earned All-State honors, including 1987 champion Mark Scheirer. Jones started the girls program in 1976 and won 19 conference titles, 13 regionals, three sectionals and qualified for 14 state meets. He coached 12 All-State girls. Combined, Jones's teams posted a dual-meet record of 697-144. He was named the Illinois Coach of the Year for girls in 2005 and for the boys in 2013, and he was one of eight finalists for National Coach of the Year in 2006. He is both a colleague and a friend. It was awesome to see him honored this way. He deserved it. He is still "In the Game" working as an IHSA Official. He was at the meet.

On to the racing. The F/S Boys "Toed d Line" first. Their race started at 10:00 a.m. sharp. The Leafs continued their tradition of racing all of the freshmen and sophomores in this race. Sophomore Henley Bourne has been the Leafs' number one man for much of the season and raced with a plethora of confidence. He was amongst the leaders the entire race until he "Dropped the Hammer" and spurted away for the win. He was timed in a quick 15:50 which is the 6th fastest time for a GHS runner of any grade EVER on the course. He moved into the number 3 Sophomore position. Great Stuff, Henley. All the best in "Championship Meet Season. He is on a roll and will be a force to be dealt with.

Not far behind him was fellow Sophomore Greyson Claerhout who ran a tremendous race himself. Greyson ended up placing 7th overall and was timed in 16:33 (4th fastest Leaf on the day). His time is the 18th fastest time ever for a Maple Leaf on the course and 7th best time for a GHS Sophomore. That was over a minute off his best time on the course from last year. Greyson has "Been on Fire" and really gives the Maple Leafs a plethora of depth. All the best in

"Championship Meet Season". Keep "Dreaming Big" and don't listen to the "Little Man". Both Greyson and Henley earned Top 30 Individual Finisher Medals. Great Job, Men.

Next up for the Leafs was Sophomore Kael McCord who just missed an individual medal. He ended up placing 34th and was timed in 17:30. That time moved him into 24th on the GHS Sophomore Top 25 list for the course. Great Job, Kael. The field was HUGE and he was on his own with no teammates to work with. That won't be the case in the next couple of meets, with smaller fields and his Junior and Senior teammates will be in the same race (only 1 race). All the best, Kael. The team is really on a roll and so are you. Keep racing with confidence and pride.

Sophomores Fritz Bolme and Rylan Carlson finished as the Maple Leafs' 4th and 5th men and helped lead the team to a tremendous 5th place team finish. They placed 70th and 76th overall and were timed in 18:26 and 18:33. Fritz took 33 seconds off his best time on the course from last year. Rylan dropped his time by a "Jaw-Dropping" 2 and half minutes. Simply Amazing. All the best at the WB-6 Conference Meet, Men and then get ready to run for some "Hardware" at the Sterling 09/JV Invitational on Tuesday, October 21st. After that, it will be time to help lead the Geneseo "Hype Squad". We are Very Proud of both of you. Thanks for being such great guys too.

Closing out the Leaf action on the day were Sophomore Cole Henson (121st place and timed in 19:49), Sophomore Noah Arnold (169th Place timed in 21:10), and Freshman Phoenix Sottos (200th place timed in 25:20). Each man raced Metamora's Black Partridge Park for the first time. Great Job, Men. Each of you have progressed nicely during the course of the season. All the best at the WB-6 Conference Meet on Thursday. That meet should be a LOT of Fun. Pretty cool that GHS is hosting the meet. After that you will have one more race to run. The Sterling 09/JV Invitational on Tuesday, October 21st. After that we hope that you will jump on board the "Geneseo Hype Squad" and help inspire the GHS Varsity Top 7 to great success during the IHSA Series. We hope that all three of you will plan to be with us again in the fall of '26. Well Done, Men.

The Varsity Boys Race was the final race on the day and what a race it was. The Starter's postol fired at 11:25 a.m. sharp. Senior Leader Jaxson Sottos led the Leafs. He barely missed an individual "Top 30" spot with his 34th place finish. He was timed in a quick 15:50 (tying Henley's time.) His time moved him into the #5 GHS Senior position. He is already sitting in 3rd All-Time for any grade level with his 15:26 run at the Sectional Meet last fall. Jaxson is running a plethora of "Senior Pride" and appears ready lead the Leafs into "Championship Meet Season". The team has some lofty goals and appears ready to attack them. All the best. Carpe diem!!!

Fellow Senior Leader Graysen Carlson was the next man up for the Leafs and really went out HARD. He paid dearly for that experiment but now knows what happens when you cross the "Red Line". He still ended up running 16:28. and placed 65th overall in a strong Varstiy field. His time moved him into the 12th fastest GHS Senior EVER on the course. His personal best on the course of 16:11 run at last year's Sectional meet has him placed in 11th All-Time. Great Stuff Graysen. Omnipotent levels of both Passion and Purpose are visible in you on a daily basis. Keep up the good work. The best way to lead is via example and no one does it better. Get ready to move into "Championship Meet Season". All the best. Keep Dreaming BIG!

Next up for the Maple Leafs was Senior Leader Aidan Bries. Aidan ran a great race and was "clocked" in 16:41. That time moved him into 13th place on the GHS Senior Top 25 list for the course. He placed 85th in the loaded field. Aidan just missed his personal best on the course (16:30 set at last falls Sectional Meet.) Next up will be the Western Big 6 Conference Championship which will be held at Geneseo's Richmond Hill Park on Thursday, October 16th. All the best in the Conference meet and beyond Aidan. You are a special young man and we greatly appreciate everything that you have given this team. Keep "Driving the Bus". "State Meet Fever".....CATCH IT!!!

Senior Leader Kaden Elmer was the 4th Maple Leaf to cross the finish line. He placed 146th in the talented field and was timed in 17:41. He didn't have his best race of the season but fear not....Kaden is always at his best when it matters the most. That is "Championship Meet Season". Kaden's time was still good enough to place him #24 on the GHS Senior Top 25 list for the course. His personal best of 16:40 (Sectional meet last year) currently sits in 22nd place. Kaden has had an impressive GHS career and it is going to be a LOT of fun watching him chase his potential in the coming weeks. All the best Kaden. It has been a true honor to serve as one of your coaches. Thank you for always being such a great guy. God Bless.

Junior Micah Johnson was the 5th and final "scorer" for the Maple Leafs. He placed 227th in the talented field and was timed in 19:24 which was just off of his personal best of 18:58 on the course. Next up will be the WB-6 Conference Meet on Thursday, October 16th. The Leafs are hosting the meet at Richmond Hill Park and are hoping to be in the hunt for the conference title. After that, Micah will have one final race this season at Sterling 09/JV Invitational on Tuesday, October 21st. Coach Ehlert has nicknamed that meet "JV STATE". It is a great way to end the season. After that it will be time to jump on board the GHS "Hype Squad" and help to inspire the Varsity Top 7 during the IHSA Post-Season. Next year you will be one of the team's Senior Leaders. Don't wait until then to start leading. Keep Dreaming BIG!!!

First year man Jameson Coppejans was the next Leaf to cross the finish line. The Senior Leader placed 237th and was timed in 19:35. He was the Varsity's 6th Man. Great Stuff "Jamo". It has been a LOT of Fun watching you improve during the course of the season. The WB-6 Conference meet is up next (Thursday) at Home. Hopefully, the Leafs are going to be in the middle of the team battle. The "Right" words or actions just might make the difference. After that you will also be racing at "JV State" in the Sterling 09/JV Invite on Tuesday, October 21st. After that YOU will be helping to drive the GHS "Hype Squad". We feel confident that the "Hype Squad" is in great hands. Thanks for joining the team. It has been a true honor to serve as one of you coaches.

Next up for the Maple Leafs was Senior Leader Cavin Bell. The 4-Year Harrier was "Clocked" in 20:31 and placed 264th in the talented field. Calvin has two more competitive efforts "on deck" for the Maple Leafs. He will toe the line on Thursday, October 16th at Richmond Hill Park when the team plays host to the WB-6 Conference Meet. After that his final race as a GHS Harrier will be on Tuesday, October 21st in the Sterling JV Invite (JV State.) After that, we hope that you will an active member (leader) of the GHS "Hype Squad". The group attends all of the IHSA Meets (Regional, Sectional, State) and helps to inspire their teammates who are racing (Top 7

only.) It has been a Lot of fun watching you mature over the last 4 years. All the best in your remaining meets and beyond.

The final two Maple Leafs on the day were GHS Juniors Jacob Berry and Connor Runty who sprinted home in 20:46 and 20:51 respectfully. They placed 272nd and 276th overall in the talented field. They will also be racing in the WB-6 Conference Championship this Thursday (October 16th) at Geneseo's Richmond Hill Park. GO LEAFS. After that, their final race of the season will take place the following Tuesday (October 21st) at Sterling in their annual O9/JV Invite. After that, get ready to make some noise with the Geneseo "Hype Squad". Try and be a "Difference Maker". After that it will be time to start moving into the roll of Senior Leader for the 2026 season. We have complete confidence in each of you. Remember, the best way to lead is via example. Thanks for being such great guys. All the best men.

When the "Dust had Settled" the Varsity Team found themselves in 16th place. When you factor in that all of the GHS freshmen and sophomores ran in the F/S race that is pretty dang impressive. Athletic.Net predicted Geneseo to place 15th in the Varsity race with the entire Maple Leaf roster running in the race. To place 16th without 3 of team's Top 7 is simply amazing. The team had a GREAT DAY. Add to that the fact that it was Homecoming Week and the team had a heavy week of training. You are peaking at the right time men. CHAMPIONSHIP MEET SEASON IS HERE. Get Ready to FLY. All the best on Thursday and beyond. Remember, you can't control how the other teams are running. Focus on taking care of your own race plans and everything will work out well. NO EXCUSES.....NO RETREATS.....NO REGRETS. Good luck to all of you.

Date: 10/11/2025							
Meet: Metamora's Gene Jones "Running Red" Cross Country Inv.							
Site: Metamora's Black Partridge Park							
Conditions: Race time temperatures of 59° & 64° 12 mph ENE winds. NICE!							
Racing Distance: 2.94 miles							
Team Finish: Varsity (16th); F/S (5th)							
TIME	ATHLETE	PL	R	1-M	2-M	3-M	AV.
1	15:50 Jaxson Sottos-12	34	Var	5:10	5:33	5:07	5:16
2	15:50 Henley Bourne-10	1	F/S	5:09	5:43	4:57	5:16
3	16:28 Graysen Carlson-12	65	Var	5:08	5:52	5:28	5:29
4	16:33 Greyson Claerhout-10	7	F/S	5:15	5:48	5:30	5:31
5	16:41 Aidan Bries-12	85	Var	5:33	5:42	5:27	5:34
6	17:30 Kael McCord-10	34	F/S	5:37	6:11	5:42	5:50
7	17:41 Kaden Elmer-12	146	Var	5:34	6:16	5:51	5:53
8	18:26 Fritz Bolme-10	70	F/S	6:05	6:29	5:53	6:09
9	18:33 Rylan Carlson-10	76	F/S	6:10	6:32	5:51	6:19
10	19:24 Micah Johnson-11	227	Var	6:15	6:58	6:11	6:28
11	19:35 Jameson Coppejans-12	237	Var	6:10	6:56	6:29	6:31
12	19:49 Cole Henson-10	121	F/S	6:39	6:56	6:15	6:36
13	20:31 Calvin Bell-12	264	Var	6:26	7:11	6:54	6:50
14	20:46 Jacob Berry-11	272	Var	6:33	7:19	6:54	6:55
15	20:51 Connor Runty-11	276	Var	6:35	7:25	6:51	6:57
16	21:10 Noah Arnold-10	169	F/S	6:43	7:29	6:58	7:03
17	25:20 Phoenix Sottos-09	200	F/S	8:17	9:01	8:03	8:27
DNC	none						
14:26	Varsity Leader	1	11	???	???	???	???
15:50	F/S Leader	1	10	5:09	5:43	4:57	5:16
Geneseo Spread							
	1-5	0:51					
	1-7	1:51					
	1-10	3:34					

Metamora Invite Progression

First Name	Last Name	Division	Grade	Time	2024 Results	2023 Results	2022 Results
Jaxson	Sottos	Male	11	15:50	15:28	15:43	16:44
Henley	Bourne	Male	9	15:50	16:32	Middle School	Middle School
Grayssen	Carlson	Male	11	16:28	16:38	17:21	DNR
Greyson	Claerhout	Male	9	16:33	17:40	Middle School	Middle School
Aidan	Bries	Male	11	16:41	17:05	16:41	17:31
Kael	McCord	Male	9	17:30	17:46	Middle School	Middle School
Kaden	Elmer	Male	11	17:41	17:02	16:40	17:40
Fritz	Bolme	Male	9	18:26	18:59	Middle School	Middle School
Rylan	Carlson	Male	9	18:33	22:03	Middle School	Middle School
Micah	Johnson	Male	10	19:24	19:15	18:58	Middle School
Jameson	Copejans	Male	12	19:35	DNR	DNR	DNR
Cole	Henson	Male	10	19:49	DNR	Middle School	Middle School
Calvin	Bell	Male	11	20:31	19:10	19:07	21:59:00
Jacob	Berry	Male	10	20:46	21:21	20:57	Middle School
Connor	Runty	Male	10	20:51	20:07	19:47	Middle School
Noah	Arnold	Male	10	21:10	DNR	Middle School	Middle School
Pheonix	Sottos	Male	9	25:20	Middle School	Middle School	Middle School

Gene Jones Runnin Red XC Invitational HS

OFFICIAL Sat, Oct 11, 2025 Black Partridge Park, IL US

Mens Results

2.94 Miles Varsity

Official Team Scores

1. Mahomet (M.-Seymour)	99
2. Peoria (Notre Dame)	101
3. Normal (University)	129
4. Eureka	149
5. Oswego (East)	181
6. Rock Island	200
7. Morton	201
8. Springfield	203
9. Glen Ellyn (Glenbard South)	263
10. Metamora	270
11. Tolono (Unity)	276
12. Dunlap	327
13. Normal (Community)	337
14. Washington	340
15. Rochester	434
16. Geneseo	444
17. Lincoln	453
18. Moline	474
19. Bloomington	525
20. Pekin	567
21. Peoria (Richwoods)	631
22. Mackinaw (Deer Creek-M.)	635
23. Ottawa (Twp.)	673
24. East Peoria	676
25. Rantoul	768

INCOMPLETE TEAMS

Canton
Macomb
Peoria (Christian)
Springfield HS
Springfield (Lamphier)
Springfield (Sacred Heart Griffin)

1. 11 Thomas Jochum	14:26.10	Glen Ellyn (Glenbard
2. 11 Maxwell Kirby	14:30.20	Peoria (Notre Dame)
3. 11 Elliot Batz	14:32.20	Rock Island
4. 11 Ben Gorsage	14:40.10	Washington
5. 10 Andrew Aldeman	14:50.40	Normal (University)
6. 10 Abe Martin	15:04.80	Morton
7. 12 Sean Kaeb	15:06.40	Normal (University)
8. 12 Gavin Stalter	15:08.40	Eureka
9. 10 Anthony Garcia	15:08.50	Oswego (East)
10. 10 Giancarlo Pietrasanta	15:08.60	Glen Ellyn (Glenbard
11. 12 Augustus Gaudio	15:12.40	Mahomet (M.-Seymor
12. 11 Zach Born	15:12.90	Metamora
13. 10 Adam Smigelski	15:14.30	Mahomet (M.-Seymor
14. 12 Eli Crowe	15:14.60	Tolono (Unity)
15. 12 Camden Fairbanks	15:15.70	Tolono (Unity)
16. 11 Preston Short	15:17.40	Lincoln
17. 12 Gabe Mahn	15:18.60	Rock Island
18. 12 AJ Ince	15:18.90	Normal (Community)
19. 12 Henry McMurry	15:20.30	Mahomet (M.-Seymor
20. 11 John Baker	15:25.40	Peoria (Notre Dame)
21. 12 Benjamin Walden	15:27.90	Springfield
22. 11 Joshua Stedwill	15:30.10	Peoria (Notre Dame)
23. 11 Tate Bode	15:31.40	Mahomet (M.-Seymor
24. 9 Owen Riesberg	15:33.70	Morton
25. 10 Davin Dingledine	15:38.00	Eureka
26. 11 Frederic Couri	15:39.10	Peoria (Notre Dame)
27. 11 Landon Wurmnest	15:40.70	Eureka
28. 11 Jack Wolstenholm	15:42.30	Oswego (East)
29. 12 Alexander Ratz	15:42.40	Springfield
30. 10 Isaiah Hartter	15:44.00	Morton
31. 12 Dax Duffy	15:46.50	Peoria (Notre Dame)
32. 10 Nolan Jared	15:46.60	Rock Island
33. 10 Tayten Gergen	15:48.10	Mahomet (M.-Seymor
34. 12 Jaxson Sottos	15:50.60	Geneseo
35. 12 Timothy Rogers	15:51.20	Eureka
36. 11 DJ (David) Peeler	15:51.60	Springfield
37. 11 Jonah Cunningham	15:54.00	Rochester
38. 11 Aaden Richards	15:55.10	Normal (University)
39. 10 Lucas Layman	15:55.70	Normal (University)
40. 9 Greyson Ince	15:56.50	Normal (University)
41. 11 Mason Van Denend	15:58.00	Oswego (East)
42. 12 Jack Nester	15:59.30	Dunlap
43. 11 Drew Hodel	15:59.50	Metamora
44. 12 Collin Graven	16:04.60	Tolono (Unity)
45. 11 Aiden Pantojas	16:06.10	Oswego (East)
46. 9 Eli Hartman	16:08.00	Bloomington
47. 10 Ethan Adams	16:08.10	Washington
48. 10 Carter Alderks	16:08.30	Mahomet (M.-Seymor
49. 9 Kingston Nevarez	16:08.30	Normal (University)
50. 12 Luke Eganhouse	16:09.50	Normal (Community)

51.	11	Max Draksler	16:09.90	Dunlap	111.	11	John Carson	17:10.80	Peoria (Notre Dame)
52.	12	Wilbert Eppenger	16:10.40	Metamora	112.	12	Simon Fabish	17:10.90	Dunlap
53.	11	Jack Van Hoorn	16:11.20	Mahomet (M.-Seymor)	113.	12	Josiah Quin	17:11.10	Morton
54.	12	Eli Scott	16:14.80	Eureka	114.	11	Clayton Piper	17:11.20	Normal (University)
55.	11	Collin Nolte	16:16.80	Springfield	115.	12	Reilly Wiegand	17:11.60	Eureka
56.	12	Michael Guingrich	16:18.70	Peoria (Notre Dame)	116.	11	Elijah Hite	17:11.80	Dunlap
57.	10	Steven Hernandez	16:19.30	Rock Island	117.	12	Grant Smithmeyer	17:11.90	Ottawa (Twp.)
58.	12	Phoenix Scott	16:20.20	Oswego (East)	118.	12	Ruben Kasman	17:12.20	Glen Ellyn (Glenbard S)
59.	10	JW Black	16:21.60	Normal (University)	119.	11	Joshua Fisher	17:12.30	Metamora
60.	12	Connell Roth	16:21.90	Eureka	120.	10	Kiptyn Fan	17:12.80	Mahomet (M.-Seymor)
61.	11	Austin Hartman	16:23.80	Normal (University)	121.	11	Jamari Randolph	17:13.60	Bloomington
62.	12	Gus Kling	16:24.20	Glen Ellyn (Glenbard S)	122.	11	Elijah Okel	17:14.60	Oswego (East)
63.	9	Max Vanallen	16:26.60	Normal (University)	123.	12	Tyler York	17:15.10	Oswego (East)
64.	11	Kishan Ugrappa	16:27.60	Springfield	124.	12	Felix Pilny	17:15.20	Oswego (East)
65.	12	Graysen Carlson	16:28.50	Geneseo	125.	12	Ammon Hardy	17:15.40	Rochester
66.	11	Abraham Peterson	16:29.00	Moline	126.	12	Roger Blair	17:17.40	Pekin
67.	10	Jordan Green	16:29.10	Springfield	127.	11	Aidan Berglund	17:18.20	Oswego (East)
68.	10	Tyler Owen	16:29.20	Dunlap	128.	11	Alex Colvin	17:19.30	Dunlap
69.	12	Eric Schill	16:30.00	Normal (Community)	129.	10	Eli Hauri	17:19.60	Peoria (Richwoods)
70.	12	Orion Mahannah	16:30.80	Mackinaw (Deer Creek)	130.	12	Jude Knapp	17:20.70	Eureka
71.	11	Owen Cyrulik	16:31.10	Lincoln	131.	10	Carson Fairbanks	17:20.70	Tolono (Unity)
72.	11	Levi Tucker	16:31.50	Morton	132.	10	Dominic Bruns	17:21.70	Mahomet (M.-Seymor)
73.	10	Ben Roth	16:33.70	Morton	133.	12	Jad Kattom	17:24.80	Dunlap
74.	12	Jack Armbruster	16:34.00	Rochester	134.	10	Thomas Simonsen	17:26.20	Pekin
75.	10	Pierce King	16:35.40	Lincoln	135.	11	Logan Fox	17:29.10	Eureka
76.	12	Julian Sturm	16:35.40	Peoria (Notre Dame)	136.	10	Cole Lystila	17:30.40	Peoria (Richwoods)
77.	12	Jackson Albers	16:37.10	Normal (University)	137.	10	Darius Citea	17:31.10	Dunlap
78.	12	Owen Spiezio	16:37.60	Washington	138.	11	Cooper Hinkle	17:31.40	Eureka
79.	9	Caleb Zulauf	16:37.70	Mahomet (M.-Seymor)	139.	11	Connor McKenna	17:31.60	Glen Ellyn (Glenbard S)
80.	11	Lincoln Abel	16:37.90	Moline	140.	10	Garen Johnson-Farkhoyan	17:32.10	Mahomet (M.-Seymor)
81.	12	Colin Heath	16:38.00	Normal (Community)	141.	12	Carter Tiemann	17:32.90	Tolono (Unity)
82.	11	Camden Frankino	16:38.30	Oswego (East)	142.	11	Jack Hawkins	17:33.30	Bloomington
83.	12	Clayton Borah	16:39.70	Springfield	143.	11	Michael Johnson	17:36.20	Springfield (Sacred H)
84.	11	Elijah Gerkin	16:40.40	Metamora	144.	12	Spencer Boesdorfer	17:38.60	Normal (University)
85.	12	Aidan Bries	16:41.90	Geneseo	145.	11	Sunny Greving	17:40.50	Moline
86.	10	Dalton Miller-Klunke	16:45.00	Dunlap	146.	12	Kaden Elmer	17:41.30	Geneseo
87.	11	Ben Yontz	16:45.30	Peoria (Notre Dame)	147.	12	Chase Jared	17:41.40	Rock Island
88.	11	William Gentle	16:46.10	Metamora	148.	12	Kaleb Nimke	17:42.10	Ottawa (Twp.)
89.	11	Joey Thomas	16:46.40	Rochester	149.	10	Traeten Holtam	17:45.10	Rock Island
90.	11	Logan Deverman	16:47.60	Morton	150.	12	Porter Keller	17:45.50	Morton
91.	10	Aidan O'Dea	16:47.70	Dunlap	151.	12	Evan Blaim	17:48.00	Glen Ellyn (Glenbard S)
92.	10	Ben Bobchik	16:47.90	Dunlap	152.	12	Ben Milligan	17:48.00	Glen Ellyn (Glenbard S)
93.	12	Ethan Cross	16:49.60	Morton	153.	12	Rielee Nielsen	17:48.50	Rantoul
94.	9	Mitchell Hohulin	16:49.70	Metamora	154.	11	Graham Kane	17:48.60	Oswego (East)
95.	12	Adam Ehrhart	16:50.30	Peoria (Notre Dame)	155.	12	Campbell Akers	17:49.50	Morton
96.	11	Evan Huntington	16:50.50	Dunlap	156.	11	Gavin James	17:51.50	Oswego (East)
97.	12	Lucas McCall	16:51.10	Rock Island	157.	12	Titus Stout	17:51.70	Moline
98.	9	Jonah Rose	16:51.40	Washington	158.	11	Josiah Rokey	17:52.20	Eureka
99.	11	Austin Frederick	16:51.60	Glen Ellyn (Glenbard S)	159.	11	Holden Lynn	17:53.90	Pekin
100.	9	Will Bednar	16:52.20	Mahomet (M.-Seymor)	160.	10	Jayce Hughes	17:54.70	Washington
101.	11	Nathan Moran	16:52.80	Normal (University)	161.	9	Callyn Burks	17:55.30	East Peoria
102.	9	Braxton Hiatt	16:53.10	Pekin	162.	12	Gavin Tirpak	17:55.80	Oswego (East)
103.	12	Ryan Akers	16:53.90	Tolono (Unity)	163.	11	Jackson Koontz	17:57.10	Mahomet (M.-Seymor)
104.	9	Zane Kingham	16:58.60	Metamora	164.	12	Christopher Daguinsin	17:59.20	Oswego (East)
105.	11	Colt Ulrich	16:59.60	Eureka	165.	11	Eymen Tasdan	18:00.40	Macomb
106.	10	Trent Galas	17:01.80	Glen Ellyn (Glenbard S)	166.	12	Cade Hahn	18:01.70	Washington
107.	11	Noah Burrell	17:02.70	Mackinaw (Deer Creek)	167.	11	Ridley Nyman	18:03.80	Normal (Community)
108.	11	Kale Moore	17:05.60	Moline	168.	12	Jacob LaBarre	18:04.30	Peoria (Notre Dame)
109.	11	Jake Tolsdorf	17:06.70	Springfield	169.	11	Seth Long	18:08.50	Moline
110.	11	Logan Styles	17:09.40	Oswego (East)	170.	12	Logan Bader	18:10.30	East Peoria

171. 12	Zac Ziemer	18:11.70	Normal (Community)	231. 11	Matthew Gray	19:29.70	Mahomet (M.-Seymo
172. 11	Logan Murphy	18:13.60	Glen Ellyn (Glenbard S	232. 12	Jayson Pak	19:31.10	Glen Ellyn (Glenbard S
173. 12	Alex Wells	18:16.90	Tolono (Unity)	233. 12	Henry Smith	19:33.50	Washington
174. 12	Killian Lueken	18:17.70	Springfield (Sacred H	234. 11	Jack Bowman	19:34.10	Peoria (Richwoods)
175. 11	Lincoln Steers	18:18.30	Bloomington	235. 9	Corbin Moser	19:35.20	Mahomet (M.-Seymo
176. 12	Levi Allison	18:23.80	Lincoln	236. 10	Dre Contreras	19:35.30	Peoria (Richwoods)
177. 9	Joseph Nzita	18:24.50	Bloomington	237. 12	Jameson Coppejans	19:35.40	Geneseo
178. 9	Teddy Jones	18:25.70	Bloomington	238. 12	Trevor Heil	19:35.50	Metamora
179. 12	Elliott Hicks	18:28.00	Peoria (Richwoods)	239. 10	Matthew Hardwell	19:36.10	Rantoul
180. 11	Zach Jones	18:31.10	Glen Ellyn (Glenbard S	240. 11	Luke Wollenschlager	19:37.60	Eureka
181. 11	Braden Schieler	18:31.90	Eureka	241. 11	Ben Roberts	19:38.60	Morton
182. 11	Tyler Sikorski	18:32.20	Dunlap	242. 11	Michael Li	19:41.40	Dunlap
183. 11	Matthias Bowden	18:33.00	Peoria (Richwoods)	243. 12	Isaac Baker	19:42.30	Normal (Community)
184. 12	Sam Rickert	18:34.40	Glen Ellyn (Glenbard S	244. 12	Jack Bartoletta	19:44.00	Peoria (Notre Dame)
185. 12	Mic Plaskon	18:38.80	Peoria (Notre Dame)	245. 11	Dylan Hartzler	19:44.70	Rock Island
186. 11	Soren Transue	18:41.40	Rochester	246. 12	Ryland Bowker	19:47.40	Oswego (East)
187. 12	Aidan Wheatley	18:42.20	Springfield (Sacred H	247. 12	Brennan Glass	19:49.00	Eureka
188. 12	TJ Maynor	18:42.30	Eureka	248. 12	David Wiegand	19:49.20	Eureka
189. 10	Jackson Kohl	18:43.20	Pekin	249. 12	Brock Monk	19:58.20	Eureka
190. 11	Chase Griffin	18:44.30	East Peoria	250. 12	Andrew Kagy	19:58.60	Dunlap
191. 11	Judah Kargl	18:45.80	Rock Island	251. 10	David Wilmoth	19:59.30	Peoria (P. Christian)
192. 11	Teddy Showalter	18:46.10	Peoria (Notre Dame)	252. 11	Andrew Wilson	19:59.50	Ottawa (Twp.)
193. 11	James Delgado	18:47.20	Glen Ellyn (Glenbard S	253. 11	Will Timpe	20:01.70	Dunlap
194. 12	Tommy Casey	18:50.10	Metamora	254. 12	Leon Castaneda	20:04.60	Normal (Community)
195. 11	Kaidon Sims	18:51.10	East Peoria	255. 11	Liam Knobloch	20:08.20	Moline
196. 11	Nathan Price	18:51.70	Springfield	256. 12	Luke Passwater	20:10.40	Ottawa (Twp.)
197. 12	Avee Jani	18:52.00	Normal (Community)	257. 10	Micah Stubbs	20:12.10	Peoria (P. Christian)
198. 12	Daniel Fisher	18:52.30	Ottawa (Twp.)	258. 11	Elliott Riedel	20:15.00	Rochester
199. 12	Aayush Joshi	18:54.60	Dunlap	259. 11	Callen Roth	20:17.00	East Peoria
200. 11	Alex Mercier	18:55.60	Normal (University)	260. 10	Jordan Cox	20:21.70	Pekin
201. 11	Easton DeFrates	18:56.70	Rochester	261. 12	Matthew DeBolt	20:24.70	Mackinaw (Deer Cree
202. 12	Matthew Balcerak	18:56.90	Oswego (East)	262. 12	Harry Polonus	20:29.60	Tolono (Unity)
203. 10	Luke Kilgus	18:57.40	Pekin	263. 11	Jadon Nafziger	20:30.80	Mackinaw (Deer Cree
204. 12	Colston Setzler	18:58.30	Bloomington	264. 12	Calvin Bell	20:31.30	Geneseo
205. 12	Kevin Liao	19:05.70	Peoria (Richwoods)	265. 11	Charlie Tomich	20:33.40	Dunlap
206. 11	David Barrera	19:06.70	Glen Ellyn (Glenbard S	266. 11	Maxwell Collins	20:35.90	Rantoul
207. 10	Bernardo Allan Pinto	19:07.20	Mahomet (M.-Seymo	267. 9	Andres Pablo	20:36.10	Lincoln
208. 12	Mason Tucker	19:10.90	Morton	268. 11	Ben Shoff	20:37.70	Metamora
209. 9	Jehu Mubalamia	19:13.60	Peoria (Richwoods)	269. 10	Leo Francis	20:40.10	Peoria (Richwoods)
210. 11	Isaiah Juneman	19:14.50	Mackinaw (Deer Cree	270. 11	Stephen D'Sa	20:41.60	Peoria (Notre Dame)
211. 12	Henry Carpenter	19:15.20	Mahomet (M.-Seymo	271. 11	John Kohout	20:43.50	Dunlap
212. 11	Cohen Hunt-Twomey	19:15.70	Macomb	272. 11	Jacob Berry	20:46.00	Geneseo
213. 10	Henry Welch	19:15.70	Mahomet (M.-Seymo	273. 12	Jacob Kuehnli	20:47.20	Normal (Community)
214. 11	Jaiden Stork	19:16.50	Pekin	274. 12	Max Helmig	20:49.60	Pekin
215. 11	Hayden Studnicki	19:17.30	Normal (Community)	275. 11	Vatsal Sudera	20:51.70	Normal (Community)
216. 11	Parks Leman	19:17.90	Eureka	276. 11	Connor Runty	20:51.80	Geneseo
217. 11	Mitchell Goddard	19:18.50	Peoria (Notre Dame)	277. 9	Eric Webber	20:53.20	Mahomet (M.-Seymo
218. 11	Isaac Hartman	19:20.20	Dunlap	278. 10	Julian Torres	20:56.60	Rantoul
219. 9	Oliver Damarin	19:20.50	East Peoria	279. 12	Nolan Augustine	20:57.20	Oswego (East)
220. 12	Anthony Chen	19:21.10	Dunlap	280. 11	Lukas Blaisdell	20:58.20	Oswego (East)
221. 10	Colin Ibeck	19:21.30	Peoria (Richwoods)	281. 12	Wes Myers	20:59.40	Rochester
222. 11	Antonio Green	19:21.60	Bloomington	282. 12	Ashrith Ponna	21:02.10	Normal (University)
223. 11	Mitchell Wenger	19:21.90	Peoria (Richwoods)	283. 11	August Dagostino	21:09.30	Moline
224. 12	Keegan Bouton	19:23.00	Pekin	284. 12	Cody Lamkin	21:10.20	Peoria (Notre Dame)
225. 11	Asher Zehr	19:23.20	Eureka	285. 11	Varsan Raja	21:15.50	Oswego (East)
226. 11	Henry Watson	19:23.90	Eureka	286. 11	Oliver Galvin	21:20.70	Normal (Community)
227. 11	Micah Johnson	19:24.60	Geneseo	287. 12	Gabe Fox	21:28.60	Dunlap
228. 12	Malachi Schwartz	19:26.30	Moline	288. 12	Brady Quinlan	21:29.00	Rantoul
229. 12	Chase Johnston	19:26.80	Dunlap	289. 11	Axel Delgado	21:57.80	Glen Ellyn (Glenbard S
230. 11	Cayden Whitley	19:28.60	Metamora	290. 11	Anesh Venigalla	21:59.10	Dunlap

291. 11 Braxton Bell	22:13.60	Bloomington
292. 11 Dalton McFeeeters	22:26.90	Pekin
293. 11 Alex Ciofoaia	22:38.60	Dunlap
294. 12 Anton Dahlin	23:08.70	Dunlap
295. 12 Brandon Harding	23:22.20	Mackinaw (Deer Creek)
296. 12 John Gentle	23:57.60	Metamora
297. 11 Jonathan Gowans	24:18.40	Morton
298. 12 Michael Foster	24:39.20	Dunlap
299. 11 Andrew Morrison	25:58.30	Pekin
300. 12 Gavin Walker	31:24.10	Eureka
301. 12 Alhousey Bah	33:00.70	Moline

2.94 Miles Frosh/Soph

Official Team Scores

1. Eureka	40
2. Morton	87
3. Normal (Community)	106
4. Moline	148
5. Geneseo	162
6. Oswego (East)	167
7. Peoria (Notre Dame)	193
8. Dunlap	204
9. Springfield	224
10. Ottawa (Twp.)	269
11. Metamora	273
12. Washington	281
13. Rochester	347
14. Glen Ellyn (Glenbard South)	375
15. Peoria (Richwoods)	425
16. Pekin	480

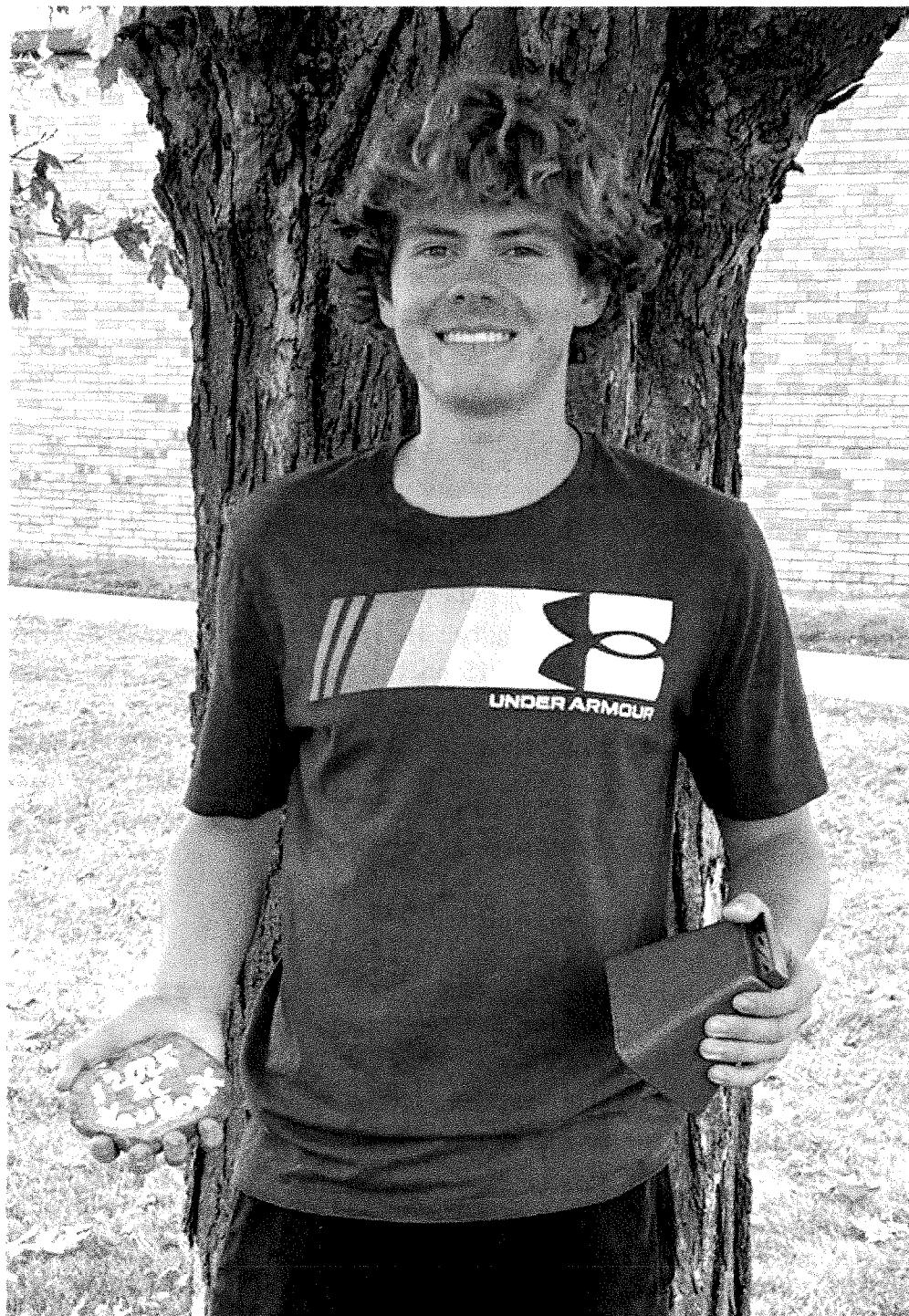
INCOMPLETE TEAMS

Bloomington
 Canton
 Deer Creek/Mackinaw
 East Peoria
 Lincoln
 Macomb
 Mahomet-Seymour
 Normal (University)
 Peoria (Christian)
 Rantoul
 Rock Island
 Springfield (Lamphier)
 Springfield (Sacred Heart Griffin)
 Tolono Unity

1. 10	Henley Bourne	15:50.30	Geneseo
2. 9	Adam Perry	16:10.30	Eureka
3. 9	Connor Medina	16:14.30	Ottawa (Twp.)
4. 10	Tate Leman	16:16.70	Eureka
5. 9	Gabe Yontz	16:20.10	Peoria (Notre Dame)
6. 9	Hudson Leman	16:31.80	Eureka
7. 10	Greyson Claerhout	16:33.30	Geneseo
8. 9	Landon Richards	16:34.20	Macomb
9. 10	Bryce Kuhlman	16:35.60	Normal (Community)
10. 9	Evan Kuhlman	16:37.10	Normal (Community)
11. 10	Levi Gerber	16:42.90	Eureka
12. 9	Liam Kaufmann	16:44.70	Morton
13. 10	Carter Castel	16:57.50	Moline
14. 9	Cole Rudd	17:00.70	Morton
15. 9	Ryan Metzdorf	17:00.80	Oswego (East)
16. 10	Felix Vanmetre	17:05.20	Springfield
17. 9	Jacob Marcis	17:05.30	Oswego (East)
18. 9	Jacob Yontz	17:05.30	Morton
19. 10	Gabe Heider	17:05.50	Eureka
20. 10	Ben Paustian	17:07.10	Dunlap
21. 10	Carson Roberts	17:07.20	Eureka
22. 10	Beau Duffy	17:09.50	Peoria (Notre Dame)
23. 10	Webb Akers	17:10.50	Morton
24. 9	Cayden Keag	17:12.60	Normal (Community)
25. 9	Dylan Cross	17:17.20	Morton
26. 9	Shrihan Aleti	17:18.30	Springfield
27. 9	Liam Walles	17:19.70	Normal (Community)
28. 10	Pablo Fuentes	17:19.80	Morton
29. 9	Christopher (Chris) Siver...	17:22.30	Moline
30. 10	Evan Bierma	17:23.60	Morton
31. 10	Robert (Bobby) Nelson	17:24.00	Moline
32. 9	Seth Blackwell	17:27.50	Washington
33. 10	Ty Brownlee	17:28.00	Mackinaw (Deer Creek)
34. 10	Kael McCord	17:30.10	Geneseo
35. 10	Ben Rolston	17:32.00	Glen Ellyn (Glenbard
36. 10	Benjamin (Ben) Larson	17:35.50	Moline
37. 9	Cameron Reau	17:37.30	Metamora
38. 10	Tyler Brady	17:40.00	Oswego (East)
39. 10	Asher Stickling	17:40.60	Morton
40. 10	Adam Eisenberg	17:45.10	Washington
41. 9	Kolton Naramore	17:46.80	Oswego (East)
42. 10	Parker Kim	17:47.20	Normal (University)
43. 10	Blake Schmitt	17:47.60	Springfield
44. 10	Wyatt Patterson	17:49.90	Normal (Community)
45. 10	Weston Sadler	17:50.60	Morton
46. 10	Rene Delgado	17:51.70	Peoria (Notre Dame)
47. 9	Nolan Pruess	17:52.00	Dunlap
48. 10	Atlas Brown	17:54.20	Ottawa (Twp.)
49. 9	Asa Reedy	17:54.70	Normal (University)
50. 10	Timothy Driver	17:55.70	Moline
51. 10	Will Bixby	17:58.10	Dunlap
52. 9	Damien Thompson	18:00.10	Dunlap
53. 10	Aries Brown	18:00.50	Ottawa (Twp.)
54. 9	Brayden Lehman	18:03.90	Eureka
55. 10	Braden Lindley	18:04.10	Morton
56. 9	Bronson Mitchell	18:04.60	Rochester
57. 9	Jackson Davis	18:07.20	Moline
58. 9	Landry Hodel	18:08.00	Metamora
59. 9	Brenden Huntington	18:09.10	Dunlap
60. 9	Thomas Pruess	18:12.00	Dunlap

61.	9	Lucas Donaker	18:12.60	Glen Ellyn (Glenbard	121.	10	Cole Henson	19:49.70	Geneseo
62.	9	Carter Borah	18:14.00	Springfield	122.	10	Vincent Powell	19:51.10	Rochester
63.	9	Daylen Devall	18:17.40	Eureka	123.	11	Dexter Wilcox	19:51.90	Peoria (Richwoods)
64.	9	Trevor Coy	18:17.60	Tolono (Unity)	124.	9	Judah Masters	19:52.30	Dunlap
65.	10	Xander Merritt	18:18.20	Macomb	125.	9	Ryan Labarre	19:53.40	Peoria (Notre Dame)
66.	9	Charlie Grzanich	18:18.40	Canton	126.	9	Tucker Anderson	19:54.30	Morton
67.	9	Rowden Holmes	18:22.00	Metamora	127.	10	Luke Steck	19:56.20	Rochester
68.	9	Jack Scieggle	18:25.80	Eureka	128.	10	Mathias Eppenger	19:57.20	Metamora
69.	10	Crew Hangartner	18:26.10	Washington	129.	9	Breyden Keller	19:57.30	Metamora
70.	10	Fritz Bolme	18:26.70	Geneseo	130.	10	Yilly Tolentino	20:00.30	Dunlap
71.	9	Colby Nolan	18:27.30	Rochester	131.	10	Connor Heath	20:01.90	Normal (Community)
72.	9	Bradan Cotter	18:27.80	Peoria (Notre Dame)	132.	9	Frankie Plaskon	20:02.60	Peoria (Notre Dame)
73.	9	Griffin Williams	18:28.00	Normal (Community)	133.	9	Hank Baumgardner	20:03.00	Peoria (Richwoods)
74.	10	Landon Haun	18:29.30	Metamora	134.	9	Owen LeMaster	20:05.50	Moline
75.	10	Nimit Trivedi	18:32.80	Oswego (East)	135.	9	Ross Manus	20:07.00	Glen Ellyn (Glenbard
76.	10	Rylan Carlson	18:33.00	Geneseo	136.	10	Jack Walsh	20:07.70	Washington
77.	9	Oliver Rinkenberger	18:41.80	Normal (Community)	137.	10	Kai Huber	20:08.00	Dunlap
78.	10	Samuel Awbrey	18:44.10	Mackinaw (Deer Cree	138.	10	Luca Maldanado	20:08.90	Dunlap
79.	9	Thomas D'Sa	18:44.50	Peoria (Notre Dame)	139.	9	Kavin Suriya Prakash	20:11.40	Dunlap
80.	9	Caleb Bevers	18:48.10	Normal (Community)	140.	9	Toby Fitzgerald	20:11.80	Morton
81.	9	Evan Zastrow	18:51.10	Normal (University)	141.	9	Ezra Strickler	20:14.50	Peoria (Notre Dame)
82.	9	David Gillott	18:52.40	Normal (Community)	142.	10	Justin Philip	20:14.90	Dunlap
83.	9	Adam Herring	18:53.40	Morton	143.	10	Myles Wandrey	20:18.40	Moline
84.	9	Lucas Hoogheem	18:54.60	Moline	144.	9	Arnav Baviskar	20:18.50	Dunlap
85.	10	Jackson GeeCarter	18:56.10	Washington	145.	10	Daniel Goveia	20:22.90	Eureka
86.	10	David Welch	18:56.20	Metamora	146.	10	Garrett Green	20:23.00	Eureka
87.	9	Maliki Tate	18:56.40	Rock Island	147.	9	Duncan Rohlf	20:24.50	Dunlap
88.	10	Malachi Anisiobi	19:00.70	Oswego (East)	148.	10	Elijah Kunz	20:28.20	Morton
89.	10	Andrew Donovan	19:02.90	Tolono (Unity)	149.	9	Benjamin Tigue	20:30.60	Peoria (Notre Dame)
90.	10	Daevion (Davy) Dew	19:04.20	Moline	150.	9	Emmett Merriman	20:34.50	Normal (Community)
91.	9	Mason Shoff	19:04.70	Metamora	151.	10	Ben Weidner	20:37.60	Pekin
92.	9	Peyton Bell	19:05.60	Normal (Community)	152.	9	Jaxson Heise	20:38.30	Springfield
93.	10	Enzo Passini	19:06.00	Moline	153.	10	Liam Conahan	20:38.70	Peoria (Notre Dame)
94.	10	Hank Baker	19:06.60	Morton	154.	9	Blake Littlejohn	20:41.00	Eureka
95.	10	Nikhil Yadavalli	19:07.90	Oswego (East)	155.	10	Landon Kalmer	20:42.20	Eureka
96.	10	Mitchell McMeyer	19:09.70	Dunlap	156.	9	Jonah Holmes	20:43.40	Pekin
97.	10	Shrimat Chidamnaram	19:10.30	Dunlap	157.	9	Braden Beauchamp	20:43.60	Moline
98.	10	Hayden Snell	19:11.40	Oswego (East)	158.	9	Evan Werner	20:47.40	Washington
99.	10	Lincoln Johnson	19:15.50	Tolono (Unity)	159.	9	Luke Mahony	20:49.00	Washington
100.	9	Aiden Baker	19:16.10	Metamora	160.	10	Grant Poteet	20:52.10	Macomb
101.	9	Liam Bricker	19:16.30	Metamora	161.	10	Colton Jones	20:54.30	Peoria (Richwoods)
102.	11	Ryan Hessing	19:17.30	Metamora	162.	10	Carson Dare	20:55.30	Peoria (Richwoods)
103.	10	Donovan Rocke	19:18.30	Eureka	163.	9	Anthony McCullick	20:56.90	Springfield (Sacred
104.	9	Dario Tinajero	19:18.30	Oswego (East)	164.	12	Josh Opherk	20:57.10	Peoria (Richwoods)
105.	10	Nathaniel Dudek	19:24.10	Moline	165.	9	Finn VandenBerg	21:00.60	Morton
106.	10	Simon Schrock	19:27.80	Morton	166.	9	Preston Durek	21:01.90	Glen Ellyn (Glenbard
107.	9	Brody Maynard	19:27.90	Ottawa (Twp.)	167.	10	Eli Sturgell	21:02.90	Metamora
108.	10	Nathan Counsil	19:28.50	Peoria (Notre Dame)	168.	10	Trevor Tortat	21:03.00	Pekin
109.	10	Gavin Sampson	19:28.80	Rochester	169.	10	Noah Arnold	21:10.70	Geneseo
110.	9	Luc Popovics	19:30.40	Tolono (Unity)	170.	9	Jasiah Nelson	21:12.40	Normal (Community)
111.	9	Patrick Marstall	19:31.20	Peoria (Notre Dame)	171.	9	Landon Boker	21:14.50	Pekin
112.	9	Will Mettelmann	19:32.60	Morton	172.	10	Akshith Narava	21:17.10	Dunlap
113.	9	Aiden Thompson	19:34.60	Oswego (East)	173.	10	Levi Melton	21:19.40	Normal (Community)
114.	10	Asher Bridge	19:35.10	Rochester	174.	9	Vinny Zuber	21:21.40	Ottawa (Twp.)
115.	9	Alex Campbell	19:36.30	Springfield (Sacred	175.	9	Parker Richardson	21:23.90	Canton
116.	9	Emmett Crawford	19:37.80	Peoria (Richwoods)	176.	9	Tanner Merry	21:32.50	Pekin
117.	9	Benjamin Armstrong	19:38.70	Normal (Community)	177.	10	Quarius Johnson	21:35.70	Springfield (Lanphier
118.	9	Thomas Ashwood	19:39.70	Macomb	178.	12	Dalton Schott	21:35.70	Peoria (Richwoods)
119.	9	Malachi Devlin	19:40.70	Moline	179.	10	Winston Taylor	21:39.00	Rochester
120.	9	Kellen Franken	19:44.00	Peoria (Richwoods)	180.	9	Adhish Raja	21:39.70	Oswego (East)

181. 9 Liam Park	21:51.80	Normal (Community)
182. 9 Dan Devlin	21:58.70	Moline
183. 10 Xavier Guldenzopf	22:07.00	Rock Island
184. 9 Adrian Delgado	22:19.70	Glen Ellyn (Glenbard)
185. 11 Clay Hill	22:23.10	Peoria (Richwoods)
186. - Landon Painter	22:33.90	Peoria (Richwoods)
187. 10 Gabriel Spalding	22:50.40	Rochester
188. 9 Shourya Sunchikala	22:54.20	Dunlap
189. 10 Gabe Jones	23:02.00	Moline
190. 10 Tyquaris Holder	23:02.60	Springfield (Lanphier)
191. 10 Zach Laming	23:03.70	Metamora
192. 10 Ethan Sanchez	23:08.20	Moline
193. 9 Bryson Tate	23:24.70	Springfield (Lanphier)
194. 9 Henri Studnicki	23:41.10	Normal (Community)
195. 12 Ben Melendy	23:43.10	Peoria (Richwoods)
196. 9 Varun Gurramkonda	23:45.80	Dunlap
197. 9 Brayan Anima	24:33.70	Springfield (Lanphier)
198. 9 Sam Rowley	24:43.50	Normal (Community)
199. 10 Krishna Ayyempervail	25:17.00	Dunlap
200. 9 Phoenix Sottos	25:20.90	Geneseo
201. 10 Lucian Bernard	26:19.00	Morton
202. 10 Creighton Rassi	26:23.10	Mackinaw (Deer Creek)
203. 9 Keaton Copeland	26:25.10	Peoria (Notre Dame)
204. 10 Carter Rittenhouse	26:40.50	Eureka
205. 10 John Wagner	27:52	Oswego (E)
206. 9 K. Chowdarypu	28:22	Oswego (E)
207. 10 Adam Miller	28:39	Rochester
208. 10 T. Richamenti	29:32	Oswego (E)
209. 9 Jacob Afzaly	29:34	Pekin
210. 9 Isaac Davis	29:34	Pekin



**SOPHOMORE COLE HENSON SELECTED
AS "BELL RINGER"**

Pictured is Sophomore Cole Henson who was selected as the team's "Bell Ringer" for the Metamora Gene Jones Runnin' Red XC Invitational

SOPHOMORE COLE HENSON "RINGS da Bell"

Sophomore Cole Henson was selected as the Geneseo Boys Cross Country "Bell Ringer" for the Gene Jones Runnin' Red Metamora Cross Country Invitational held on Saturday, October 11th. The award was created by Head Maple Leaf Boys Cross Country Coach, Todd Ehlert, with a little help from "da Committee". The "Bell Ringer Award" honors a team member selected by a committee consisting of all of the senior team leaders and the coaching staff. Each member of the committee nominates two athletes. The committee discusses each nominee until a winner has been selected. Considerations for nomination include both practice and competitive performances. Possessing high levels of both Passion and Purpose are Omnipotent. An award winner is selected after each meet.

Cole had a HUGE Race in Metamora. His time of 19:49 took over a minute off of his best Cross Country time EVER. Great Stuff, Cole. Cole ended up as the Maple Leafs' 6th man in the F/S race. The team placed an impressive 5th overall in the talented field. Cole placed 121st overall. Not too bad for the "Rookie Harrier" that was an early season addition to the team to condition himself in preparation for Wrestling season. Cole has been a wonderful addition to the team. He has a great work ethic and magnetic personality. He rolled through the first mile 6:39. He covered his 2nd mile in 6:56 and "Closed" in 6:15 on the Metamora's Black Partridge Park course. The racing distance was 2.94 miles so the course is a tad short. However, there a ton of turns and other challenges that make the course run like it is the full 3.00 mile distance. Great Job Cole. We are Very Proud of YOU.

Here is what Cole had to say about his athletic history.

10th Grade: "I joined Cross Country this year".

9th Grade: "I played Football and Wrestling this year. I got 5th place at one of our Wrestling Tournaments in Amboy IL".

8th Grade: "I broke my leg right when Football started so I didn't participate in Football but I did Wrestling and I did Track in the spring".

7th Grade: "I played Football, Basketball and I wrestled and later ran Track".

Prior to 7th grade: "In 6th grade I did Football, and in fifth grade I played Soccer which I played up to this point since I was about 5 or 6. 4th grade was my last year of Travel Baseball which I had done for about 2 or 3 years".

Cole is the son of Melissa and Scott Henson. He is also the proud "Big Bro" to Owen Henson who is a current GMS 7th Grader.

Here are Cole's answers to his "Bell Ringer Questions": **Nickname:** "Chole" **School Clubs or other Organizations you have taken part in:** "Sports & Band"; **Favorite Food:** "Rare steak with over easy eggs, salmon and a sweet potato with cheesecake for dessert"; **Favorite Movie:** "Band of Brothers or Interstellar"; **Favorite Music (Genre or Group):** "Rock/grunge, Red Hot Chilli Peppers is one of my favorite bands"; **Athletic Hero:** "Cayden Henschel"....(Here is what a

Computer Search had to say: **2024-25** – Redshirt Senior Season: (Went 31-3 overall, Went 5-0 at the Findlay Open, winning the championship, Went 4-0 at the Jim Koch Wisconsin Open , winning the championship, Went 5-0 at the Midwest Classic, winning the championship, Went 2-2 at the NCAA Super Region V Championships finishing fifth, Spent numerous weeks as the number one ranked wrestler at 141 lbs., Had seven ranked wins, Had one win by fall, six wins by tech fall and five wins by major decision. **2023-24** – Redshirt Junior Season: Went 22-5 overall, 2023-24 Scholar All-American, Earned five wins in major and five in technical fall decision, Went 5-0 at Findlay Open (11/18/23), Went 5-1 at Midwest Classic (12/16-17/23), Went 2-1 at NCAA Super Region V (03/02/24), Went 1-2 at NCAA Championships (03/15-16/24). **2022-23** – Redshirt Sophomore Season: (Finished 27-5 overall, Earned two wins by fall, and five wins by major decision, Went 3-0 at the NCAA Super Regional, Went 1-2 at NCAA Championship, Recognized with Scholar All-American Honors.) **2021-22** – Redshirt Freshman Season: (2021-22 Scholar All-American, Went 13-12 overall, Earned one win in major decision, Wrestled in two matches at the NCAA Super Regionals, GLIAC Academic All-Excellence Team.) High School: (2020 State Champion, Placed twice at State Championships, 2020 Team Regional Champions, Three-time Conference Champion, Four-time Team MVP, & Three-time Team Captain.); **Favorite Quote:** “I’d rather be hated for who I am, than be loved for who I am not” – Kurt Cobain.; **How did you decide to join the cross country team?** “A teammate convinced me to join and I wasn’t doing any other sports and it’s a great endurance builder to later help with Wrestling”; **What Advice Do You Have for Anyone New to the Sport?**: “Make sure to stretch and work on lower leg muscles so they can absorb some of the impact. Don’t eat 2 cinnamon rolls right before you run”.

Other team members who were nominated and discussed for this week's "Bell Ringer Award" were: Noah Arnold, Aidan Bries, Fritz Bolme, Henley Bourne, Graysen Carlson, Rylan Carlson, Greyson Claerhout, Jameson Coppejans, Micah Johnson, Jaxson Sottos & Phoenix Sottos.

Comment from Head Coach Todd Ehlert: “Cole Henson has been another great addition to our program. This is his first year of Cross Country. He has had a really good year. He has an awesome work ethic and attitude. He will continue to improve and learn how to be a better runner. Breaking 20 minutes at Metamora was a huge accomplishment. Keep up the hard work, Cole!”