



**CENTRAL MICHIGAN
MEN'S CROSS COUNTRY &
TRACK AND FIELD
RECORD BOOK**

ATHLETIC HONORS

TEAM MAC TITLES

Indoor

2005

Outdoor

2003

2005

2006

Cross Country

1982

1988

1989

1999

2002

2003

2004

CROSS COUNTRY DISTRICT CHAMPIONSHIPS

1976

1986

MAC CHAMPIONSHIPS OUTSTANDING PERFORMER

Indoor

Richie Brinker 1999

Jacob Friess 2005

Steve Wezner 2006

Jeff Powers 2007

Kevin Mays 2011

Outdoor

Bruno Pauletto 1978

Courtland Pitt 1992

Ryan Watson 2000

Pierre Vinson 2005

Johnie Drake 2006

Jeff Powers 2007

Ryan McCullough 2012

Cole Walderzak 2016

MAC CHAMPIONSHIPS MVP

Indoor

Dave Ernsberger (co) 2005

Pierre Vinson (co) 2005

Jeff Powers (co) 2006

Pierre Vinson (co) 2006

Outdoor

Steve Wolf 2005

MAC COACH OF THE YEAR

Indoor

Jim Knapp 1999

Jim Knapp 2003

Jim Knapp 2005

Outdoor

Don Sazima 1978

Jim Knapp 1988

Jim Knapp 1999

Jim Knapp 2003

Jim Knapp 2005

Jim Knapp 2006

Cross Country

Don Sazima 1982

Walt Drenth 1988

Walt Drenth 1989

Craig Fuller 1999

Craig Fuller 2002

Craig Fuller 2003

Craig Fuller 2004

NATIONAL CHAMPIONS

1978 Bruno Pauletto Shot put (indoor)

ALL-AMERICANS

Indoor

1978 Bruno Pauletto ! Shot put

1998 Samuel Okantey Triple jump

2000 Greg Richardson 60m hurdles

2001 Jeff DeLong 800m

2005 Pierre Vinson 60m

2005 Clarence Glenn 60m hurdles

2008 Abraham Mach 800m

2012 Kevin Mays # Weight Throw

2014 Relando Powell # 60m hurdles

Outdoor

1961 David Myers 400m

1969 Rob Johnson Shot put

1969 Ralph Baker 400m hurdles

1969 Tom Miller Pole vault

1971 John Costello Steeplechase

1971 Dave Derr 120m hurdles

1976 Mike Winsor High jump

1977 Bruno Pauletto \$ Shot put

1978 Barry Alexia 400m hurdles

1978 Steve Banovic 1000 yd

1978 Bruno Pauletto @ Shot put

1989 Bill Taylor 5000m

1989 Geoff Goolsby & 10,000m

1999 Richie Brinker 10,000m

1999 Greg Richardson ^ 100m hurdles

2001 Jeff DeLong 800m

2004 Johnie Drake 60m

2005 Jacob Friess Decathlon

2005 Steve Wolf ^ High jump

2007 Jeff Powers 10,000m

2009 Greg Pilling Discus

2011 Alex Rose Discus

2012 Ryan McCullough# Hammer Throw

! First Place (Indoor)

@ Second Place

^ Third Place

\$ Fifth Place

& Sixth Place

Second Team

Cross Country

1959 Ed VanderHeuvel

1970 Bob Carpenter

1971 Bob Carpenter

1982 Jeff Drenth

1989 Geoff Goolsby

1994 Barry Deese

1997 Richie Brinker

1998 Richie Brinker

1998 Ryan Watson

2002 Jake Flynn

2002 Tristen Perlberg

INDIVIDUAL MAC CHAMPIONSHIPS

Indoor

1996 Kevin McGraw, Weight Throw 60-3

1997 Courtney Wenzel, Pole Vault 17-3

1998 Courtney Wenzel, Pole Vault 17-2.75

1998 Samuel Okantey, Triple Jump 51-5.5

1999 Glen Jenkins, Weight Throw 63-8.25

1999 Courtney Wenzel, Pole Vault 17-2.75

1999 Richie Brinker, 5000m 14:26.3

2000 Nathan Parker, Heptathlon 5,131

2000 Pat Walderzak, Shot Put 58-10

2001 Ian Searcy, 800m 01:52.6

2001 Aaron Gebauer, Pole Vault 17-0.75

2002 Dana Thomas, Heptathlon 5,214

2002 Pete Remien 3,000m 08:23.8

2002 Jeff Davis, 5,000m 14:35.4

2003 Ian Searcy, 800m 01:49.5

2004 Johnie Drake, 60m 6.73

2004 Johnie Drake, 200m 21.5

2004 Soji Jibowu, 400m 47.96

2004 Matt Warner, High Jump 6-9.5

2005 Pierre Vinson, 60m 6.67

2005 Pierre Vinson, 200m 21.65



ATHLETIC HONORS

2005	Nelson Deford, 400m.....	48.58
2005	Dave Ernsberger, 3000m.....	08:20.6
2005	Dave Ernsberger, 5000m.....	14:25.4
2005	Clarence Glenn, 60m Hurdles	7.85
2005	4x400m Relay	03:17.2
	Jibowu, Gogola, Tate, Wezner	
2005	Dave Stallworth, Weight Throw ..	64-8.75
2005	Jacob Friess, Heptathlon.....	5,363
2006	Pierre Vinson, 60m	6.67
2006	Pierre Vinson, 200m	21.85
2006	Steve Wezner, 400m	47.95
2006	Jeff Powers, 3000m	08:17.3
2006	Jeff Powers, 5000m	14:30.9
2006	4x400m Relay	03:19.7
	Gogola, Mach, Tate, Wezner	
2006	Dave Stallworth, Weight Throw ...	64-8
2007	Jeff Powers, 3000m	08:11.4
2007	Jeff Powers, 5000m	14:13.5
2008	Abraham Mach, 800m.....	01:52.7
2009	Oz Lifshitz, Triple Jump.....	49-10
2009	Riak Mabil, 5000m	14:33.4
2012	Josh Kettlewell, Heptathlon	5,465
2012	Tecumseh Adams, 3000m.....	8:36.56
2012	Renaldo Powell, 60m Hurdles.....	8.06
2014	Renaldo Powell, 60m Hurdles.....	7.74
2015	Matt Mueller, High Jump.....	6-10.75

Outdoor

1976	4x100m Relay.....	3:15.4
	Hernandez, Sutton, Newton, Burks	
1976	Bruno Pauletto, Shot Put	60-0.25
1976	Mike Winsor, High Jump	7-0 .25
1977	Bruno Pauletto, Shot Put	63-3 .75
1977	Bruno Pauletto, Discus	160-5
1978	4x400m Relay.....	3:10.4
	Alexia, Blank, Banovic, Burks	
1978	Barry Alexia, 400m Hurdles	50.77
1978	Steve Banovic, 800m	1:48.33
1978	Bruno Pauletto, Shot Put	64-8 .75
1978	Mike Winsor, High Jump	7-2
1979	Curt Geerlings, Pole Vault	16-4
1979	Dave Kielty, Discus.....	57-10 .5
1980	Dave Kielty, Discus.....	172-7
1983	Jim Baker, 800m	1:50.1
1983	Curt Geerlings, Pole Vault	16-4
1983	Dave Kielty, Shot Put	57-3.5
1983	Dave Kielty, Discus.....	180-6
1984	Craig Kielty, Decathalon.....	7,315
1984	Brian Vier, 400m Hurdles	53.51
1985	Craig Kielty, Javelin.....	238-4
1986	Craig Kielty, Decathlon	7,018
1986	Craig Kielty, Javelin.....	222-5
1986	Al Washington, 400m Hurdles ...	51.28

1986	Al Washington, 110m Hurdles ...	14.38
1989	Joe Garrett, Long Jump.....	24-11.75
1989	Bill Taylor, 5000m	14:06.5
1989	Al Washington, 400m Hurdles ...	51.07
1989	Al Washington, 110m Hurdles ...	14.38
1990	Todd Patulski, High Jump.....	7-0.75
1990	Al Washington, 400m Hurdles ...	50.87
1991	Scott Eagle, High Jump.....	7-2.5
1992	Courtland Pitt, 110m Hurdles	14.23
1992	Courtland Pitt, 400m Hurdles	50.15
1993	Courtland Pitt, 400m Hurdles	52.41
1994	Kevin McGraw, Hammer Throw ...	182-10
1995	Kevin McGraw, Hammer Throw	179-8
1995	Brian Theisen, 110m Hurdles	13.9
1996	Barry Deese, 5000m	14:58.6
1997	Courtney Wenzel, Pole Vault	16-11
1997	Jason McCoy, Hammer Throw ..	193-11
1997	Samuel Okantey, Triple Jump....	51-6.5
1998	Samuel Okantey, Triple Jump.....	51-9
1999	Jeff DeLong, 800m	1:49.4
2000	Matt Loughead, Javelin	223.9
2000	Ryan Watson, 5000m.....	14:28.4
2000	Ryan Watson, 10,000m.....	30:45.8
2000	Jared Biniecki, Steeplechase....	9:09.56
2000	Tom Kessel, 800m	01:51.9
2001	Dana Thomas, Decathlon	6,827
2001	Jeff DeLong, 800m.....	1:51.9
2002	Dana Thomas, Decathlon	6,827
2003	Mike Sidlauskas, Discus.....	169-2
2003	Pat Walderzak, Hammer Throw ...	195-7
2004	Pierre Vinson, 100m	10.47
2004	Pierre Vinson, 200m.....	21.25
2004	Steve Wezner, 400m	47.37
2005	Pierre Vinson, 100m.....	10.52
2005	Pierre Vinson, 200m.....	21.59
2005	Steve Wezner, 400m	47.27
2005	Jeff Powers, 10,000m	30:17.5
2005	Clarence Glenn, 110m Hurdles.....	13.8
2005	Nick Stout, 400m Hurdles	51.85
2005	Steve Wolf, High Jump.....	7-3.75
2005	Dave Jones, Pole Vault	16-6.75
2005	Jacob Friess, Decathlon.....	7,323
2006	Johnie Drake, 100m.....	10.3
2006	Johnie Drake, 200m.....	21.08
2006	Steve Wezner, 400m	47.51
2006	Abraham Mach, 800m	1:53.2
2006	Clarence Glenn, 110m Hurdles...	13.92
2006	4x100m Relay.....	40.64
	Anglin, Vinson, Wezner, Drake	
2007	Abraham Mach, 800m	1:50.3
2007	Jeff Powers, 5000m	14:43.0
2007	Jeff Powers, 10,000m	30:46.9
2008	Abraham Mach, 800m	1:54.2

2009	Oz Lifshitz, Triple Jump	49-11.75
2009	Greg Pilling, Discus	183-9
2010	Greg Pilling, Discus	187-3
2010	Branden Post, 400m Hurdles	52.4
2011	Tecumseh Adams, 1500m	3:54.6
2012	Branden Post, 400m Hurdles	52.11
2012	Ryan McCullough, Hammer Throw...	210-07
2012	Alex Rose, Discus	180-10
2013	Parker Scott, 400m Hurdles	51.77
2014	Parker Scott, 400m Hurdles	51.25
2015	4x400m Relay.....	3:09.29
	Vasquez, Holman, Huertas, Dutkiewicz	
2015	Cole Walderzak, Discus	186-5
2016	Cole Walderzak, Hammer Throw ..	215-7
2016	Cole Walderzak, Discus	191-10.25
2016	Ziemowit Dutkiewicz, 400m Hurdles..	51.34

Cross Country

1982.....	Jeff Drenth
1983.....	Jeff Drenth
1984.....	Pat Duffy
1985.....	Ron Johnson
1986.....	Ron Johnson
1988.....	Bill Taylor
1994.....	Barry Deese
1998.....	Richie Brinker
2004.....	Tristen Perlberg
2011.....	Tecumseh Adams

MAC FRESHMAN OF THE YEAR

Outdoor

Benjamin Hayes, Track

Indoor

Benjamin Hayes, Track

Kevin Weiler, Field

CROSS COUNTRY FIRST-TEAM

ALL-MAC

Year	Name	Place
1972	Gene Strong	6th
1973	Mike Burns	4th
1975	Dave Hinz	6th
1977	Paul Zucker	3rd
1978	Craig Fuller	6th
1981	Bob Duerksen	5th
1982	Jeff Drenth.....	1st
1982	Bob Duerksen	3rd
1983	Jeff Drenth.....	1st
1984	Pat Duffy	1st
1984	Mike Photenhauer.....	6th
1985	Ron Johnson.....	1st
1985	Mark Mehlberg.....	3rd



ATHLETIC HONORS

1986	Ron Johnson.....	1st	George Lauer.....	1990
1987	Ron Johnson.....	2nd	Robert Jackson.....	1990
1987	Bill Taylor.....	3rd	Bruno Pauletto.....	1990
1988	Bill Taylor.....	1st	Wallace Parker.....	1991
1988	Geoff Goolsby.....	3rd	Mike Winsor.....	1993
1989	Geoff Goolsby.....	2nd	Pete Miskov.....	1995
1992	Bill Stricklen.....	4th	Barry Alexia.....	1996
1994	Barry Deese.....	1st	Jeff Drenth.....	1997
1995	Barry Deese.....	4th	George Hackett.....	1998
1996	Bill Schutt.....	2nd	Dave Myers.....	1999
1996	Richie Brinker.....	4th	Jim Nesbitt.....	2001
1997	Richie Brinker.....	3rd	Rob Johnson.....	2003
1998	Richie Brinker.....	1st	John Smith.....	2006
1998	Ryan Watson.....	5th	Bill Taylor.....	2007
1999	Jacob Brundage.....	3rd	Richie Brinker.....	2009
1999	Ryan Lantzer.....	4th	Craig Fuller.....	2012
1999	Ryan Watson.....	5th	Jim Knapp.....	2014
2000	Luke Humphrey.....	6th	Johnie Drake.....	2016
2001	Jake Flynn.....	2nd	Pierre Vinson.....	2016
2002	Jake Flynn.....	2nd		
2002	Tristen Perlberg.....	4th		
2003	Tristen Perlberg.....	3rd		
2004	Tristen Perlberg.....	1st		
2004	Jake Flynn.....	3rd		
2005	Matt Loiselle.....	4th		
2006	Jeff Powers.....	6th		
2008	Sammy Kiprotich.....	7th		
2009	Riak Mabil.....	2nd		
2009	Sammy Kiprotich.....	7th		
2010	Jason Drudge.....	7th		
2011	Tecumseh Adams.....	1st		
2011	Jason Drudge.....	6th		
2012	Kyle Stacks.....	5th		
2013	Nate Ghena.....	4th		
2013	Spencer Nousain.....	7th		
2014	Nate Ghena.....	6th		
2015	Nate Ghena.....	5th		

CMU HALL OF FAME INDUCTEES

Ron Finch.....	1984
Jim Podoley.....	1984
Walter Beach.....	1985
Lyle Bennett.....	1985
Jack Cline.....	1985
Bourke Lodewyk.....	1985
Carlo Barberi.....	1986
Harold Kaczynski.....	1986
Chester Stackhouse.....	1986
Howard Elzinga.....	1987
Ed VanderHeuvel.....	1987
Eino Pulkiner.....	1987
Ken Loop.....	1988
Barry Jacobsen.....	1989



ACADEMIC HONORS**ACADEMIC ALL-MAC****Indoor**

Richie Brinker.....	1997-99
Courtney Wenzel.....	1997-99
Fred Myall.....	1998
Jacob Brundage.....	1999
Jeremy Hurley.....	1999
Jacob Crowe.....	2002, 2005
Ron Miller.....	2003-04
Pete Remien.....	2003
Don Wilkins.....	2003-04
Luke Humphrey.....	2004
Mike Sidlauskas.....	2004-05
Chris Schiemann.....	2006
Mike Marsh.....	2006
Matt Warner.....	2006
Andrew Manning.....	2006-08
Sean Anthony.....	2007-09
Marcus Breidinger.....	2007-10
Adam Koepfer.....	2007
Paul Pridgeon.....	2007-09
Cyrus Azizi.....	2008
Scott Barnes.....	2008
Kyle Fortin.....	2008
Oz Lifshitz.....	2009
Matt Lutzke.....	2010
David Ashcraft.....	2012
Josh Kettlewell.....	2012
Greg Knaus.....	2012
Cory Noeker.....	2012
Ross Parsons.....	2012
Tim Reynolds.....	2012
Dylan Banagis.....	2014-16
Nate Ghena.....	2014-15
Tyler Hamilton.....	2014-15
Ethan Lievense.....	2014
Anthony Armstong.....	2015-16
Quincy Briggs.....	2015
Anderson Lee.....	2015
Michael McCarty Jr.....	2015
Monte Scott.....	2015
Casey Voisin.....	2015
Silas Dekalita.....	2016
Erick Huertas.....	2016
William Sullivan.....	2016

Outdoor

Dave Koenigsknect.....	1987-88
Barry Deese.....	1996-97
William Schutt.....	1996-97
Paul Low.....	1997
Courtney Wenzel.....	1997-99
Richie Brinker.....	1998-99
Fred Myall.....	1998
Dave Ernsberger.....	2003-05
Ron Miller.....	2003

Pete Remien.....	2003
Mike Sidlauskas.....	2003-05
Luke Humphrey.....	2004
Jacob Crowe.....	2005
Mike Marsh.....	2004-05
Matt Loiselle.....	2006, 2008
Sean Anthony.....	2007-09
Bill Peterson.....	2007
Andrew Manning.....	2008
Oz Lifshitz.....	2009
Greg Pilling.....	2009-10
Sammy Kiprotich.....	2009
David Ashcraft.....	2009
Marcus Breidinger.....	2010
David Ashcraft.....	2012
Josh Kettlewell.....	2012
Ethan Lievense.....	2012
Cory Noeker.....	2012
Kyle Smith.....	2012
Dylan Banagis.....	2014-16
Kyle Smith.....	2014
Monte Scott.....	2015
Casey Voisin.....	2015-16
Anthony Armstrong.....	2016
Scott Cousino.....	2016
Silas Dekaltia.....	2016
Erick Huertas.....	2016

Cross Country

Barry Deese.....	1993-95
Jason Deese.....	1994
Chris Heggelund.....	1994, 1996
Bill Schutt.....	1996
Richie Brinker.....	1996-98
Jeremy Hurley.....	1998-99
Jacob Brundage.....	1998
Jake Flynn.....	2002
Jacob Crowe.....	2004
Frank Therrian.....	2004
Sean Anthony.....	2005, 2008
Chris Schiemann.....	2005
Matt Loiselle.....	2006
Andrew Manning.....	2006
Cory Arnold.....	2007, 2010
Sammy Kiprotich.....	2008-09
Matt Lutzke.....	2009
Jeremy Kiley.....	2010
Monte Scott.....	2013, 2015
Nate Ghena.....	2014-15
Ethan Lievense.....	2014
Casey Vosin.....	2014-15
Silas Dekalita.....	2015
Joseph Emmanuel.....	2015

USTFCCA ALL-ACADEMIC TEAM AWARD

2012.....	3.25 GPA
2013.....	3.26 GPA
2014.....	3.31 GPA
2015.....	3.49 GPA
2016.....	3.47 GPA

USTFCCA ALL-ACADEMIC INDIVIDUAL AWARD

Dylan Banagis.....	2014
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DICK ENBERG AWARD

Greg Pilling.....	2009
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SCHOOL RECORDS

Indoor

Event	Name(s)	Time/Distance	Year
60m	Johnie Drake	6.54	2004
200m	Soji Jibowu	21.13	2004
300m	Greg Gogola	34.5	2007
400m	Steve Wezner	46.97	2006
500m	Fermon Tate	1:03.68	2007
600m	Steve Wezner	1:18.15	2005
800m	Abraham Mach	1:47.33	2008
Mile	Ron Miller	4:07.2	2004
3000m	Tecumseh Adams	8:02.39	2012
5000m	Tecumseh Adams	13:53.08	2012
60m hurdles	Renaldo Powell	7.74	2014
4x400 relay	Hayes, Huertas, Dutkiewicz, Briggs	3:09.62	2016
4x800 relay	Goepp, Wood, Sinkel, Burns	7:38.34	1973
Distance Medley Relay	Huff, Hamilton, Lievense, Scott	9:53.60	2014
High Jump	Mike Winsor	7-3.25	1980
Long jMp	Joe Garrett	24-7.75	1992
Triple Jump	Samuel Okantey	53-3.5	1998
Pole Vault	Curt Geerlings	17-6	1981
Shot Put	Bruno Pauletto	64-1.25	1978
Weight Throw	Kevin Mays	71-11	2012
Heptathlon	Josh Kettlewell	5,673 points	2012

Outdoor

Event	Name(s)	Time/Distance	Year
100m	Johnie Drake	10.14	2006
200m	Kevin Winne	20.95	1998
400m	Dave Myers	46.74	1960
800m	Jeff DeLong	1:47.30	2001
1500m	Bob Duerksen	3:44.12	1983
Steeplechase	Jeff Davis	8:43.21	2004
5000m	Bill Taylor	13:48.50	1989
10,000m	Jeff Drenth	28:41.71	1984
110m hurdles	Greg Richardson	13.59	1999
400m hurdles	Al Washington	49.90	1988
4x100 relay	Sligh, Vinson, Jibowu, Drake	40.27	2004
4x400 relay	Vasquez, Holman, Huertas, Dutkiewicz	3:07.03	2015
High jump	Mike Winsor	7-5	1976
	Steve Wolf	7-5	2005
Long Jump	Dave Koenigsknecht	25-3	1988
Triple Jump	Samuel Okantey	53-2.25	1998
Pole Vault	Curt Geerlings	17-4	1979
Shot Put	Bruno Pauletto	65-3	1978
Hammer Throw	Cole Walderzak	215-7	2016
Discus	Greg Pilling	197-2	2009
Javelin	Craig Kielty	227-11	1986
Decathlon	Dana Thomas	7,387 points	2003

