



**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

Bruno Pauletto, Shot Put (Indoor)..... 1978

ALL-AMERICANS

Indoor

Bruno Pauletto, Shot Put!..... 1978

Samuel Okantey, Triple Jump..... 1998

Greg Richardson, 60m Hurdles..... 2000

Jeff DeLong, 800m Dash..... 2001

Pierre Vinson, 60m Dash..... 2005

Clarence Glenn, 60m Hurdles..... 2005

Abraham Mach, 800m Dash..... 2008

Kevin Mays, Weight Throw#..... 2012

Relando Powell, 60m Hurdles#..... 2014

Outdoor

David Myers, 400m Dash..... 1961

Rob Johnson, Shot Put..... 1969

Ralph Baker, 400m Hurdles..... 1969

Tom Miller, Pole Vault..... 1969

John Costello, Steeplechase..... 1971

Dave Derr, 120m Hurdles..... 1971

Mike Winsor, High Jump..... 1976

Bruno Pauletto, Shot Put\$..... 1977

Barry Alexia, 400m Hurdles..... 1978

Steve Banovic, 1000 yd Dash..... 1978

Bruno Pauletto, Shot Put@..... 1978

Bill Taylor, 5000m Run..... 1989

Geoff Goolsby, 10,000m Run&..... 1989

Richie Brinker, 10,000m Run..... 1999

Greg Richardson, 100m Hurdles^..... 1999

Jeff DeLong, 800m Dash..... 2001

Johnie Drake, 60m Dash..... 2004

Jacob Friess, Decathlon..... 2005

Steve Wolf, High Jump^..... 2005

Jeff Powers, 10,000m Run..... 2007

Greg Pilling, Discus..... 2009

Alex Rose, Discus..... 2011

Ryan McCullough, Hammer Throw#..... 2012

! First Place

@ Second Place

^ Third Place

\$ Fifth Place

& Sixth Place

Second Team

Cross Country

Ed VanderHeuvel..... 1959

Bob Carpenter..... 1970, 1971

Jeff Drenth..... 1982

Geoff Goolsby..... 1989

Barry Deese..... 1994

Richie Brinker..... 1997, 1998

Ryan Watson..... 1998

Jake Flynn..... 2002

Tristen Perlberg..... 2002

INDIVIDUAL MAC CHAMPIONSHIPS

Indoor

Kevin McGraw, Weight Throw..... 1996

Courtney Wenzel, Pole Vault..... 1997, 1998, 1999

Samuel Okantey, Triple Jump..... 1998

Glen Jenkins, Weight Throw..... 1999

Richie Brinker, 5000m Run..... 1999

Nathan Parker, Heptathlon..... 2000

Pat Walderzak, Shot Put..... 2000

Ian Searcy, 800m Dash..... 2001

Aaron Gebauer, Pole Vault..... 2001

Dana Thomas, Heptathlon..... 2002

Pete Remien, 3,000m Run..... 2002

Jeff Davis, 5,000m Run..... 2002

Ian Searcy, 800m Dash..... 2003

Johnie Drake, 60m Dash..... 2004

Johnie Drake, 200m Dash..... 2004

Soji Jibowu, 400m Dash..... 2004

Matt Warner, High Jump..... 2004

Pierre Vinson, 60m Dash..... 2005, 2006

Pierre Vinson, 200m Dash..... 2005, 2006

Nelson Deford, 400m Dash..... 2005

Dave Ernsberger, 3,000m Run..... 2005

Dave Ernsberger, 5,000m Run..... 2005

Clarence Glenn, 60m Hurdles..... 2005

4x400m Relay..... 2005

Jibowu, Gogola, Tate, Wezner

Dave Stallworth, Weight Throw..... 2005

Jacob Friess, Heptathlon..... 2005

Steve Wezner, 400m Dash..... 2006

Jeff Powers, 3,000m Run..... 2006, 2007

Jeff Powers, 5,000m Run..... 2006, 2007

4x400m Relay..... 2006

Gogola, Mach, Tate, Wezner

Dave Stallworth, Weight Throw..... 2006

Abraham Mach, 800m Dash..... 2008

Oz Lifshitz, Triple Jump..... 2009

Riak Mabil, 5,000m Run..... 2009

Josh Kettlewell, Heptathlon..... 2012



ATHLETIC HONORS

Tecumseh Adams, 3,000m Run 2012
 Renaldo Powell, 60m Hurdles 2012, 2014
 Matt Mueller, High Jump 2015
 Shane Moffo, 60m Hurdles 2018

Outdoor

4x100m Relay 1976
 Hernandez, Sutton, Newton, Burks
 Bruno Pauletto, Shot Put 1976, 1977, 1978
 Mike Winsor, High Jump 1976, 1978
 Bruno Pauletto, Discus 1977
 4x400m Relay 1978
 Alexia, Blank, Banovic, Burks
 Barry Alexia, 400m Hurdles 1978
 Steve Banovic, 800m Dash 1978
 Curt Geerlings, Pole Vault 1979, 1980
 Dave Kiely, Discus 1979, 1980, 1983
 Jim Baker, 800m Dash 1983
 Dave Kiely, Shot Put 1983
 Craig Kiely, Decathlon 1984, 1986
 Brian Vier, 400m Hurdles 1984
 Craig Kiely, Javelin 1985, 1986
 Al Washington, 400m Hurdles ... 1986, 1989, 1990
 Al Washington, 110m Hurdles 1986, 1989
 Joe Garrett, Long Jump 1989
 Bill Taylor, 5,000m Run 1989
 Todd Patulski, High Jump 1990
 Scott Eagle, High Jump 1991
 Courtland Pitt, 110m Hurdles 1992
 Courtland Pitt, 400m Hurdles 1992, 1993
 Kevin McGraw, Hammer Throw 1994, 1995
 Brian Theisen, 110m Hurdles 1995
 Barry Deese, 5,000m Run 1996
 Courtney Wenzel, Pole Vault 1997
 Jason McCoy, Hammer Throw 1997
 Samuel Okantey, Triple Jump 1997, 1998
 Jeff DeLong, 800m Dash 1999, 2001
 Matt Loughhead, Javelin 2000
 Ryan Watson, 5,000m Run 2000
 Ryan Watson, 10,000m Run 2000
 Jared Biniecki, Steeplechase 2000
 Tom Kessel, 800m Dash 2000
 Dana Thomas, Decathlon 2001, 2002
 Mike Sidlauskas, Discus 2003
 Pat Walderzak, Hammer Throw 2003
 Pierre Vinson, 100m Dash 2004, 2005
 Pierre Vinson, 200m Dash 2004, 2005
 Steve Wezner, 400m Dash 2004, 2005, 2006
 Jeff Powers, 10,000m Run 2005, 2007
 Clarence Glenn, 110m Hurdles 2005, 2006
 Nick Stout, 400m Hurdles 2005
 Steve Wolf, High Jump 2005
 Dave Jones, Pole Vault 2005
 Jacob Friess, Decathlon 2005
 Johnie Drake, 100m Dash 2006
 Johnie Drake, 200m Dash 2006
 Abraham Mach, 800m Dash 2006, 2007, 2008

4x100m Relay 2006
 Anglin, Vinson, Wezner, Drake
 Jeff Powers, 5,000m Run 2007
 Oz Lifshitz, Triple Jump 2009
 Greg Pilling, Discus 2009, 2010
 Branden Post, 400m Hurdles 2010, 2012
 Tecumseh Adams, 1,500m Run 2011
 Ryan McCullough, Hammer Throw 2012
 Alex Rose, Discus 2012
 Parker Scott, 400m Hurdles 2013, 2014
 4x400m Relay 2015
 Vasquez, Holman, Huertas, Dutkiewicz
 Cole Walderzak, Discus 2015, 2016
 Cole Walderzak, Hammer Throw 2016
 Ziemowit Dutkiewicz, 400m Hurdles 2016
 Shane Moffo, 110m Hurdles 2018
 Logan Taggart, Hammer Throw 2018

Cross Country

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

MAC FRESHMAN OF THE YEAR

Outdoor

Benjamin Hayes, Track 2016
 Connor Covert, Field 2018

Indoor

Benjamin Hayes, Track 2016
 Kevin Weiler, Field 2016

XC FIRST-TEAM ALL-MAC

Gene Strong, 6th place 1972
 Mike Burns, 4th place 1973
 Dave Hinz, 6th place 1975
 Paul Zucker, 3rd place 1977
 Craig Fuller, 6th place 1978
 Bob Duerksen, 5th place 1981
 Jeff Drenth, 1st place 1982
 Bob Duerksen, 3rd place 1982
 Jeff Drenth, 1st place 1983
 Pat Duffy, 1st place 1984
 Mike Photenhauer, 6th place 1984
 Ron Johnson, 1st place 1985
 Mark Mehlberg, 3rd place 1985
 Ron Johnson, 1st place 1986
 Ron Johnson, 2nd place 1987
 Bill Taylor, 3rd place 1987
 Bill Taylor, 1st place 1988
 Geoff Goolsby, 3rd place 1988

Geoff Goolsby, 2nd place 1989
 Bill Stricklen, 4th place 1992
 Barry Deese, 1st place 1994
 Barry Deese, 4th place 1995
 Bill Schutt, 2nd place 1996
 Richie Brinker, 4th place 1996
 Richie Brinker, 3rd place 1997
 Richie Brinker, 1st place 1998
 Ryan Watson, 5th place 1998
 Jacob Brundage, 3rd place 1999
 Ryan Lantzer, 4th place 1999
 Ryan Watson, 5th place 1999
 Luke Humphrey, 6th place 2000
 Jake Flynn, 2nd place 2001
 Jake Flynn, 2nd place 2002
 Tristen Perlberg, 4th place 2002
 Tristen Perlberg, 3rd place 2003
 Tristen Perlberg, 1st place 2004
 Jake Flynn, 3rd place 2004
 Matt Loielle, 4th place 2005
 Jeff Powers, 6th place 2006
 Sammy Kiprotich, 7th place 2008
 Riak Mabil, 2nd place 2009
 Sammy Kiprotich, 7th place 2009
 Jason Drudge, 7th place 2010
 Tecumseh Adams, 1st place 2011
 Jason Drudge, 6th place 2011
 Kyle Stacks, 5th place 2012
 Nate Ghena, 4th place 2013
 Spencer Nousain, 7th place 2013
 Nate Ghena, 6th place 2014
 Nate Ghena, 5th place 2015

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
 George Lauer 1990
 Robert Jackson 1990
 Bruno Pauletto 1990
 Wallace Parker 1991
 Mike Winsor 1993
 Pete Miskov 1995
 Barry Alexia 1996
 Jeff Drenth 1997
 George Hackett 1998



ATHLETIC HONORS

Dave Myers.....	1999
Jim Nesbitt.....	2001
Rob Johnson.....	2003
John Smith.....	2006
Bill Taylor	2007
Richie Brinker.....	2009
Craig Fuller.....	2012
Jim Knapp.....	2014
Johnie Drake	2016
Pierre Vinson	2016



ACADEMIC HONORS

ACADEMIC ALL-MAC

Indoor

Richie Brinker.....	1997, 1998, 1999
Courtney Wenzel.....	1997, 1998, 1999
Fred Myall.....	1998
Jacob Brundage.....	1999
Jeremy Hurley.....	1999
Jacob Crowe.....	2002, 2005
Ron Miller.....	2003, 2004
Pete Remien.....	2003
Don Wilkins.....	2003, 2004
Luke Humphrey.....	2004
Mike Sidlauskas.....	2004, 2005
Chris Schiemann.....	2006
Mike Marsh.....	2006
Matt Warner.....	2006
Andrew Manning.....	2006, 2007, 2008
Sean Anthony.....	2007, 2008, 2009
Marcus Breidinger.....	2007, 2008, 2009, 2010
Adam Koepfer.....	2007
Paul Pridgeon.....	2007, 2008, 2009
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, 2015, 2016, 2017
Nate Ghena.....	2014, 2015
Tyler Hamilton.....	2014, 2015
Ethan Lievense.....	2014
Anthony Armstong.....	2015, 2016
Quincy Briggs.....	2015
Anderson Lee.....	2015
Michael McCarty Jr.....	2015
Monte Scott.....	2015
Casey Voisin.....	2015, 2017
Silas Dekalita.....	2016, 2017
Erick Huertas.....	2016, 2018
William Sullivan.....	2016
Luke Anderson.....	2017, 2018
Tony Armstrong.....	2017
Mark Beckmann.....	2017, 2018
Scott Cousino.....	2017
Joe Seghi.....	2017, 2018
Logan Targgart.....	2017, 2018
Sam Wagner.....	2017, 2018
Ben Yagiela.....	2017
Alec Esparza.....	2018
Kenny Goolsby.....	2018
Brett Hannah.....	2018
Shane Moffo.....	2018

Conor Naughton.....	2018
Alec Omell.....	2018
Emmett Smrcka.....	2018

Outdoor

Dave Koenigsknect.....	1987, 1988
Barry Deese.....	1996, 1997
William Schutt.....	1996, 1997
Paul Low.....	1997
Courtney Wenzel.....	1997, 1998, 1999
Richie Brinker.....	1998, 1999
Fred Myall.....	1998
Dave Ernsberger.....	2003, 2004, 2005
Ron Miller.....	2003
Pete Remien.....	2003
Mike Sidlauskas.....	2003, 2004, 2005
Luke Humphrey.....	2004
Jacob Crowe.....	2005
Mike Marsh.....	2004, 2005
Matt Loiselle.....	2006, 2008
Sean Anthony.....	2007, 2008, 2009
Bill Peterson.....	2007
Andrew Manning.....	2008
Oz Lifshitz.....	2009
Greg Pilling.....	2009, 2010
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, 2015, 2016, 2017
Kyle Smith.....	2014
Monte Scott.....	2015
Casey Voisin.....	2015, 2016
Anthony Armstrong.....	2016
Scott Cousino.....	2016, 2017
Silas Dekaltia.....	2016
Erick Huertas.....	2016, 2018
Luke Anderson.....	2017, 2018
Joe Seghi.....	2017
Logan Targgart.....	2017, 2018
Sam Wagner.....	2017, 2018
Mark Beckmann.....	2018
Benjamin Hayes.....	2018
Shane Moffo.....	2018
Conor Naughton.....	2018
Emmett Smrcka.....	2018
Bransen Stimpfel.....	2018

Cross Country

Barry Deese.....	1993, 1994, 1995
Jason Deese.....	1994
Chris Heggelund.....	1994, 1996
Bill Schutt.....	1996

Richie Brinker.....	1996, 1997, 1998
Jeremy Hurley.....	1998, 1999
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, 2009
Matt Lutzke.....	2009
Jeremy Kiley.....	2010
Monte Scott.....	2013, 2015
Nate Ghena.....	2014, 2015
Ethan Lievense.....	2014
Casey Vosin.....	2014, 2015, 2016
Silas Dekalita.....	2015
Joseph Emmanuel.....	2015
Alec Esparza.....	2016, 2017
Adam Grifka.....	2016
Alec Omell.....	2016, 2017
Luke Anderson.....	2017
Mark Beckmann.....	2017
Kenny Goolsby.....	2017
Conor Naughton.....	2017
Bransen Stimpfel.....	2017
Ben Yagiela.....	2017

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
2017.....	3.43 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	Athlete	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 1/4	1980
Long Jump	Joe Garrett	24-7 3/4	1992
Triple Jump	Samuel Okantey	53-3 1/2	1998
Pole Vault	Curt Geerlings	17-6	1981
Shot Put	Bruno Pauletto	64-1 1/4	1978
Weight Throw	Kevin Mays	71-11	2012
Heptathlon	Josh Kettlewell	5,673 points	2012

Outdoor

Event	Athlete	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
5,000m	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 Koenigs knecht	25-3	1988
Triple Jump	Samuel Okantey	53-2 1/4	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

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