

**Quincy Notre Dame  
Running Raider Cross Country  
Top 10 Individual Bests  
Boys - 3 Miles**

<b>Jacksonville (2.95)</b>					<b>Monmouth (3.0) (2008 - 2019)</b>				
1	Luke Watson	12	15:30	2013	1	Luke Watson	11	16:32	2012
2	Zach Haley	11	15:51	2016	2	Zach Haley	11	17:11	2016
3	Tanner Arntzen	11	16:14	2009	3	Tanner Arntzen	12	17:23	2010
4	Mitch Dietrich	10	16:16	2007	4	Mitch Dietrich	12	17:35	2009
5	Steven Musholt	12	16:28	2012	5	Steven Musholt	11	17:45	2011
6	Carter Henry	12	16:33	2015	6	Kyle McNett	12	17:47	2010
7	Aaron Ley	12	16:42	2012	7	Carter Henry	12	17:51	2015
8	Sam Schlegl	11	17:06	2018	8	Nathan Haxel	12	17:57	2018
9	Kyle McNett	12	17:06	2009	9	Connor Mellon	10	18:01	2010
10	Matt McCabe	12	17:09	2009	10	Sam Schlegl	11	18:15	2018

<b>Canton (3.0)</b>					<b>Macomb (3.0)</b>				
1	Zach Haley	11	16:58	2016	1	Zach Haley	11	16:19	2016
2	Tanner Arntzen	12	17:09	2010	2	Tanner Arntzen	12	16:25	2010
3	Mitch Dietrich	12	17:19	2009	3	Luke Watson	12	16:41	2013
4	Kyle McNett	12	18:02	2010	4	Kyle McNett	12	16:55	2010
5	Matt McCabe	12	18:03	2009	5	Mitch Dietrich	12	16:57	2009
6	Steven Musholt	11	18:09	2011	6	Connor Mellon	9	17:09	2010
7	Carter Henry	12	18:29	2015	7	Steven Musholt	10	17:10	2010
8	Kris Poore	10	18:37	2006	8	Nathan Haxel	12	17:16	2018
9	Tim Haley	11	18:44	2007	9	Aaron Ley	12	17:22	2012
10	Andrew Edgar	11	18:50	2005	10	Matt McCabe	12	7:23	2009

<b>Porta (2.93)</b>					<b>QHS (Bob Mays) (3.0)</b>				
1	Luke Watson	11	15:50	2012	1	Zach Haley	11	16:35	2016
2	Zach Haley	12	16:41	2017	2	Mitch Dietrich	12	17:29	2009
3	Steven Musholt	11	16:54	2011	3	Nathan Haxel	12	17:38	2018
4	Carter Henry	12	17:11	2015	4	Tanner Arntzen	11	17:39	2009
5	Hunter Donaldson	11	17:51	2013	5	Kris Poore	12	17:59	2008
6	Sam Schlegl	12	18:02	2019	6	Matt McCabe	12	18:03	2009
7	Eric Eling	12	18:12	2012	7	Sam Schlegl	11	18:04	2018
8	Steven Liao	11	18:18	2017	8	Steven Musholt	9	18:07	2009
9	Aaron Ley	12	18:18	2012	9	Carter Henry	12	18:08	2015
10	Alex Kinsel	9	18:24	2013	10	Hayden Donaldson	12	18:13	2018

<b>Running Raider / Regional Course (South Park) (3.0)</b>					<b>Liberty (3.0)</b>				
1	Zach Haley	11	16:56	2016	1	Luke Watson	12	16:04	2013
2	Sam Schlegl	12	18:06	2019	2	Zach Haley	11	16:23	2016
3	Alex Mast	10	18:12	2016	3	Aaron Ley	12	16:51	2012
4	Carter Henry	12	18:29	2015	4	Tanner Arntzen	12	16:55	2010
5	<b>Tedros Berhorst</b>	<b>9</b>	<b>18:34</b>	<b>2020</b>	5	Steven Musholt	12	17:03	2012
6	Nathan Haxel	11	18:48	2017	6	Kyle McNett	12	17:17	2010
7	Hayden Donaldson	10	18:48	2016	7	Anthony Haley	12	17:24	2004
8	Owen Ley	10	19:05	2016	8	Connor Mellon	9	17:27	2010
9	Steven Liao	11	19:05	2017	9	Nathan Haxel	11	17:30	2017
10	Dalton Steinkamp	12	19:18	2018	10	Carter Henry	12	17:31	2015

<b>Carlinville (3.0) New Course 2018</b>					<b>Carlinville (3.0) (2003 - 2017)</b>				
1	Sam Schlegl	11	17:56	2018	1	Luke Watson	12	15:25	2013
2	Nathan Haxel	12	18:10	2018	2	Tanner Arntzen	12	16:10	2010
3	Hayden Donaldson	12	18:26	2018	3	Zach Haley	11	16:10	2016
4	Dalton Steinkamp	12	19:08	2018	4	Aaron Ley	12	16:16	2012
5	Steven Liao	12	19:11	2018	5	Steven Musholt	12	16:27	2012
6	Owen Ley	12	19:38	2018	6	Mitch Dietrich	10	16:32	2007
7	Curtis Steinkamp	9	20:48	2018	7	Andrew Edgar	11	16:46	2005
8	Noah Klauser	11	21:04	2018	8	Mark Baker	12	16:49	2007
9	Caleb Hoffman	10	21:14	2018	9	Tim Haley	10	16:53	2006
10	Austin Haskins	9	21:42	2018	10	Kris Poore	11	16:53	2007

<b>Franklin (3.0)</b>					<b>Detweiller (3.0)</b>				
1	Luke Watson	10	17:12	2011	1	Luke Watson	11	15:30	2012
2	Steven Musholt	12	17:21	2012	2	Zach Haley	11	16:13	2016
3	Aaron Ley	12	17:27	2012	3	Tanner Arntzen	12	16:23	2010
4	Carter Henry	12	17:52	2015	4	Kyle McNett	12	16:27	2010
5	Eric Eling	12	18:16	2012	5	Steven Musholt	10	16:38	2012
6	Nick Scholz	12	18:35	2012	6	Aaron Ley	12	16:40	2012
7	Sean Eling	12	16:52	2015	7	Mitch Dietrich	10	16:44	2007
8	Hunter Donaldson	10	18:55	2012	8	Connor Mellon	9	16:55	2010
9	Alex Mast	9	19:17	2015	9	Mark Baker	12	16:56	2007
10	Nick Haxel	12	19:31	2015	10	Nathan Haxel	12	17:03	2018

<b>Elmwood (3.0)</b>				
1	Luke Watson	12	16:00	2013
2	Zach Haley	11	16:09	2017
3	Tanner Arntzen	12	16:33	2010
4	Kyle McNett	12	16:50	2010
5	Steven Musholt	12	16:58	2012
6	Nathan Haxel	12	17:15	2018
7	Aaron Ley	12	17:28	2012
8	Sam Schlegl	11	17:31	2018
9	Connor Redington	12	17:36	2014
10	Carter Henry	11	17:36	2014