

**Fox Valley Association Conference Meet  
October 17, 1996**

**Varsity Team Results**

**Junior Varsity Team Results**

Place	School Name	Score	Place	School Name	Score
1st	Neenah	47	1st	Neenah	15
2nd	Fond du Lac	55	2nd	Appleton East	68
3rd	Appleton West	73	3rd	Appleton North	149
4th	Oshkosh West	88	4th	Oshkosh North	159
5th	Kaukauna	113	5th	Menasha	188
6th	Appleton East	142			
7th	Oshkosh North	215			
8th	Appleton North	236			
9th	Menasha	239			
10th	Kimberly	248			

**TopTen**

Place	Name	School	Time
1st	Matt Lemhan	Oshkosh West	16:33
2nd	Brad Theyerl	Fond du Lac	16:53
3rd	Kevin Kaiser	Fond du Lac	17:01
4th	Nick Buechel	Fond du Lac	17:05
5th	Cory Van Den Heuvel	Kaukauna	17:11
6th	Paul Mason	Neenah	17:12
7th	Jeff Gosse	Appleton West	17:13
8th	Ryan Waterstreet	Neenah	17:15
9th	Jason Olson	Neenah	17:16
10th	Rob Vaderloop	Kaukauna	17:25

**Varsity Results**

Place	Name	First Mile	Second Mile	Final Time
6th	Paul Mason	5:23	11:17	17:12
8th	Ryan Waterstreet	5:17	11:05	17:15
9th	Jason Olson	5:19	11:15	17:16

**Junior Varsity Team Results**

Place	Name	First Mile	Second Mile	Final Mile
4th	Adam Christnovich	5:47	11:51.0	18:16
5th	Ben Johnson	5:32	11:44	18:24
9th	Adam Buckingham	5:37.68	11:51.22	18:31
12th	Eric Smiltneek	5:37.93	12:03	18:41
17th	Josh Olson	5:46.76	12:10.07	18:59
19th	Eric Murray	5:44	12:10.32	19:03
29th	Paul Olson	5:45	12:05	19:15
36th	Andy Turner	5:54.28	12:25	19:29
37th	Ryan Gorectke	5:46.14	12:21	19:30.56
38th	Andy Lundt	5:50.99	12:26	19:37
45th	Seth Fellenz	6:05	12:38	19:45
65th	Phil Rumpf	5:54.86	12:43	20:19
68th	Ryan Wenzel	6:03	12:46	20:23
75th	Bud Marks	6:10	12:58	20:30
78th	Jason Chapman	5:59	13:01	20:34
134th	Greg Busch	6:26	13:38	22:33
153rd	Jason Sickler	7:01	14:49	24:21
----	Derek Schewenne	6:23	--	----

11th	Nick Madsen	5:26	11:25	17:29
13th	Shawn Albee	5:35	11:26	17:31
18th	Ryan Lenerz	5:24	11:23	17:39
19th	Mike Vogel	5:25	11:24	17:40

### Junior Varsity Results

Place	Name	First Mile	Second Mile	Final Time
1st	Adam Christnovich	5:32	11:34	17:35
2nd	Ben Johnson	5:27	11:35	17:48
3rd	Twannyan Carr	5:36	11:44	18:01
4th	Adam Buckingham	5:32	11:45	18:02
5th	Allan Henschel	5:30	11:41	18:08
---	Eric Smiltneek	5:41	12:07	18:34
9th	Josh Olson	5:44	12:10	18:46
----	Paul Olson	5:52	12:11	18:49
----	Ryan Gorectke	5:33	12:08	18:51
12th	Eric Murray	5:47	12:16	19:00
----	Andy Lundt	6:01	12:36	19:29
----	Andy Turner	5:55	12:40	19:33.6
----	Ryan Wenzel	5:55	12:41	19:33.8
----	Phil Rumpf	5:54	12:49	19:53
----	Seth Fellenz	5:56	12:46	19:55
-----	Jason Chapman	6:03	12:48	20:08
-----	Bud Marks	6:10	13:10	20:29
----	Brian Koslowski	6:16	13:35	21:01
-----	Derek Schewenne	6:18	14:02	21:52.5
-----	Greg Busch	6:18	13:44	21:52.8
-----	Jason Sickler	6:16	14:10	22:19

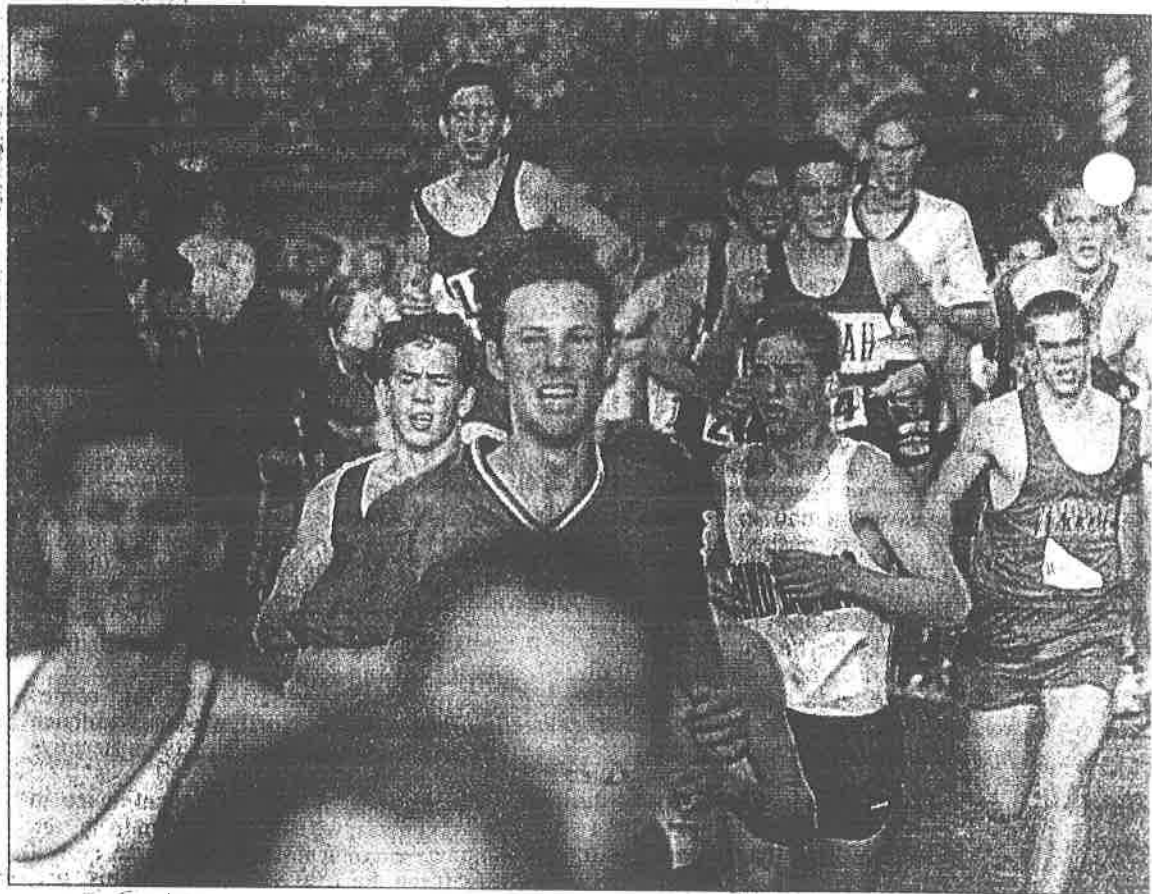
# FVA meet has plenty of action

**Matt Lenahan wins the boys' division by 20 seconds, while Shelly McNamara prevails in a close girls' race**

by Chris Speckhard  
of The Post-Crescent

**KAUKAUNA** - From last-second sprints to runaway victories, drama came from the opposite ends of the spectrum at Thursday's Fox Valley Association cross country meet.

In the boys' race, it was Oshkosh West junior Matt Lenahan, who continued a tremendous season with an emphatic win at Countryside Golf Course. Lenahan, whose time of 16:33 was 20 seconds ahead of Fond du Lac's



Post-Crescent photo by [unreadable]

Please see FVA, C-4

**RUNNERS COMPETE** in the Fox Valley Association cross country meet Thursday at Countryside Golf Course in Kaukauna.

## Neenah boys' team runs to FVA crown

From C-1

Brad Theyerl, was the first individual FVA champion in Oshkosh West history.

In the girls' competition, the excitement stemmed from a six-runner logjam at the front for the first two miles of the race. Included in that block of runners was eventual winner Shelly McNamara of Fond du Lac and runner-up Leah Van Roy of Kimberly, who outran Oshkosh West's Bridget Kessen in a final sprint across the finish line.

"That was one of my big goals," said Lenahan of his historic victory. "This has been a real breakthrough year for me. I had no idea what I was going to be like this year."

After three Fond du Lac runners crossed the finish line, Cory Van Den Heuvel of Kaukauna came in fifth with a time of 17:11. Van Den Heuvel beat out Neenah's Paul Mason in the last 10 yards of the race to lift the Ghosts to a fifth-place team score of 113.

"I've been working (on that) in the offseason," said Van Den Heu-

vel. "I'd go out running seven miles, and the last half mile I'd really give it. I think that helped me a lot."

The Kaukauna junior had hoped to improve upon his fifth-place finish at last year's FVA meet but was unable to keep pace with Lenahan, who edged him for first place early in the year at Fond du Lac.

"I was out there a ways right behind Matt, but on that third mile, everybody started passing me," he said. "It was like a big rock in my stomach. My legs felt great, not my stomach."

Neenah runners gained three of the next four spots and, despite the 2-3-4 finish by Fond du Lac, the Rockets captured the team title with 47 points, edging the Cardinals by eight points.

"We knew that the key to the race was that we had kids right up there with Fond du Lac, and our fourth and fifth runners really needed to run well," said Neenah coach John Morgan. "Fortunately, the entire varsity team was able to come in before the last runner for Fond du Lac, so that seemed to be the difference."

Meanwhile, Van Roy was pleasantly surprised about her second-place finish among the girls.

"It was six of us the whole way until the two-mile mark," said the Papermakers junior. "I had no clue that I was going to get second. I was just hoping for the top 10, and this is wonderful."

Emily Gebheim took fifth place to help Appleton East to a second-place team finish behind champion Fond du Lac.

"It would've been nice (to win) but it just wasn't meant to be," said Patriots coach Joe Perez, whose team placed three runners in the top 10 but couldn't match the Cardinals' firepower. "They deserved it."

Also in the pack was Menasha's Katie Olander, who continued her surge through the second half of the season with a sixth-place time of 15:54.

"This whole year, every time she's gotten better, and that's really hard to do once you're at that level," said Bluejays coach Janelle Jensen. "She's ready mentally and physically, and she's very coachable too."