

Neenah

Cross Country



2012

the 1990s, the number of people with a mental health problem has increased in the UK (Mental Health Act 1983, 1990).

There is a growing awareness of the need to improve the lives of people with mental health problems. This has led to a number of initiatives, including the development of self-help materials (e.g. *Living with a Mental Health Problem*, 1997).

The purpose of this paper is to describe the development of a self-help manual for people with mental health problems. The manual is designed to help people understand their condition, manage their symptoms, and improve their quality of life.

The manual is based on the experiences of people with mental health problems and the advice of mental health professionals. It is written in a simple, easy-to-understand style and includes practical advice and exercises.

The manual is available in both print and electronic formats. It is available free of charge to people with mental health problems and their families and carers.

The manual is a valuable resource for people with mental health problems and their families and carers. It provides practical advice and information that can help people manage their condition and improve their quality of life.

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2012 Letter Winners

Bartel	Drew	Letter
Baumgartener	Calvin	Letter
Belot	Andrew	Letter
Bernal	Daniel	Letter
Bernal	Filipe	Letter
Bourland	Matt	Letter
Emenecker	Ryan	Senior
Galley	Jace	Letter
Gibson	Sam	Letter
Hrubecky	Jacob	Letter
Kehler	Nick	Letter
Kumbier	Kyle	Senior
Lancaster	Kirk	Letter
Nelson	Charley	Senior
Payne	Eric	Senior
Prince	Alex	Senior
Puser	Brandon	Letter
Ralston	Nick	Letter
Rezabek	Doug	Senior
Rohe	Ricky	Letter
Rubsam	Alex	Senior
Sauderhauf	Andrew	Letter
Spranger	Tim	Senior
Thomsen	Evan	Letter
Ullsperger	Danny	Senior
Weyenberg	Will	Senior
Wiswall	Teddy	Letter
Wolf	Ian	Senior
Zerrien	Ben	Senior
Ziepke	Adam	Senior

2012 Times

Last Name	First Name	Grade	WB	Neenah	GB SW	Marquette	ON	Janesville	FDL	Seymour	Conf	Sect	State
Aijala	Jacob	10	20:11	21:16	20:03	19:55	19:50	20:15	19:14	19:09	19:07		
Bartel	Drew	10	DNC	19:25	20:28	18:50	17:48	18:02	17:26	17:28	17:24	17:20	
Baumgartener	Calvin	11	18:27	17:59	18:11	17:55	17:34	17:21	17:14	18:23	17:32	17:39	
Belot	Andrew	10	19:54	19:36	19:21	19:02	18:28	18:12	17:55	17:46	17:32	17:23	
Bernal	Daniel	10	19:10	18:58	18:46	18:49	17:59	17:51	17:37	17:50	17:50	ALT.	
Bernal	Filipe	10	23:49	DNC	19:00	19:14	18:37	18:15	18:59	18:30	18:22		
Boiten	Isaac	9	DNC	24:56	24:25	DNC	22:05	21:51	21:35	21:22	20:55		
Bourland	Matt	9	18:12	17:56	17:45	18:00	17:45	17:37	17:17	17:31	17:28	17:13	
Breining	Bill	10	DNC	25:02	24:26	23:56	22:17	22:01	22:03	21:54	DNC		
Caves	Jacob	11	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC		
Chanda	Michael	9	23:40	23:33	23:13	22:34	23:15	22:24	22:34	21:38	20:52		
Donnellan	Reilly	9	22:38	23:13	22:21	21:38	20:46	21:12	19:52	19:41	19:48		
Duley	Nick	10	DNC	26:39	23:09	25:18	24:09	23:17	23:55	23:12	22:57		
Emenecker	Ryan	12	20:51	20:09	21:26	19:41	19:18	19:15	DNC	DNC	DNC		
Fahrenkrug	Jared	11	19:31	20:00	19:54	19:03	18:46	19:57	18:35	18:37	18:12		
Formella	Jacob	11	DNC	22:32	22:37	22:31	21:37	21:53	21:35	21:22	21:10		
Foster	Blake	11	DNC	DNC	DNC	22:02	22:06	21:42	21:10	20:53	19:58		
Gagner	Jon	11	23:52	22:58	23:41	22:18	21:52	20:51	20:32	20:34	20:33		
Galley	Jace	10	18:30	18:36	18:00	18:24	17:52	17:45	17:28	17:37	17:32	17:20	
Garcia	Enerique	10	DNC	DNC	DNC	25:19	DNC	DNC	DNC	DNC	23:21		
Gibson	Henry	10	24:28	23:46	23:12	23:11	23:00	22:49	22:12	22:11	22:39		
Gibson	Sam	12	19:30	18:55	18:48	18:56	18:18	18:17	18:14	17:50	17:46	ALT.	
Hameister	Tom	11	21:16	21:16	21:18	21:28	21:21	DNC	21:16	21:33	22:01		
Heath	Nick	11	24:20	26:06	24:01	DNC	22:55	22:44	22:54	22:39	22:34		
Hoeper	Mason	9	30:29	26:09	25:16	24:09	23:21	23:06	23:22	24:03	22:22		
Hrubecky	Jacob	11	18:06	18:14	17:44	18:26	17:49	17:39	17:32	17:34	17:43	ALT.	
Hrubecky	Kyle	10	22:20	22:26	22:04	23:02	21:38	21:39	21:20	21:54	20:53		
Jadamec Matasic	Jan	9	DNC	25:28	27:15	DNC	24:03	24:01	23:32	24:04	23:50		
Johnson	Charlie	10	25:48	25:15	24:28	24:01	23:09	23:39	DNC	23:12	22:51		

Last Name	First Name	Grade	WB	Neenah	GB S/W	Marquette	ON	Jamesville	FDL	Seymour	Conf	Sect	State
Karrmann	Matthew	10	30:00	25:33	25:33	25:36	24:50	DNC	DNC	DNC	23:41		
Kehler	Matt	11	25:03	23:12	22:00	22:11	21:43	20:33	20:49	20:54	20:31		
Kehler	Nick	12	19:07	DNF	DNC	DNC	DNC	18:21	18:22	17:37	17:52	ALT.	
Kelly	Sam	10	22:40	22:05	22:15	21:34	22:05	20:41	21:05	DNC	DNC		
Klassen	Hunter	11	DNC	21:40	24:38	22:43	22:18	DNC	DNC	DNC	DNC		
Kroll	Connor	10	30:06	29:09	27:31	26:15	25:13	24:01	24:23	24:11	23:04		
Kufahl	Mason	9	23:10	23:11	22:45	21:23	21:10	21:16	20:24	20:51	20:35		
Kumbier	Kyle	12	DNC	DNC	DNC	21:41	21:06	20:07	19:40	20:01	19:30		
Lancaster	Kirk	12	18:31	17:49	17:34	DNC	DNC	18:05	DNC	DNC	DNC		
Lewandowski	Robert	10	DNC	26:07	23:24	22:58	23:09	22:48	28:17	DNC	21:43		
Weinke	Connor	10	21:41	19:33	19:23	21:56	20:22	19:31	19:37	19:15	19:35		
Metzig	Erik	10	24:54	25:06	DNC	23:46	23:51	23:10	23:38	23:04	23:14		
Morales	Carlos	11	DNC	26:27	25:02	24:21	24:10	DNC	24:12	23:33	23:23		
Mulder	Nathan	11	23:23	22:02	22:02	DNC	DNC	21:47	21:22	21:35	20:59		
Nelissen	Luke	11	21:09	21:05	20:05	20:18	20:02	19:43	19:31	19:29	19:17		
Nelson	Charley	12	21:33	21:33	21:57	22:09	21:33	21:30	20:59	20:47	20:34		
Owen	Teddy	10	DNC	DNC	20:07	19:52	18:46	18:23	18:23	DNC	DNC		
Payne	Eric	12	23:15	23:08	21:56	23:21	21:53	21:34	DNC	DNC	21:17		
Payne	John	10	20:11	20:37	20:20	19:53	19:48	20:23	DNC	21:12	20:34		
Pierson	Bryce	11	20:26	19:52	19:17	19:40	19:15	19:11	18:51	19:45	19:07		
Prasko	Faris	9	DNC	DNC	25:38	24:30	22:40	22:15	22:04	22:20	21:20		
Prince	Alex	12	DNC	22:09	21:50	21:02	DNC	21:26	DNC	21:28	20:31		
Puser	Brandon	11	18:32	18:21	18:05	18:19	17:35	17:52	17:17	17:20	17:10	17:29	
Ralston	Nick	12	21:26	23:02	19:43	18:54	19:28	18:27	18:25	18:15	17:59		
Reckner	Jonathan	11	21:07	21:44	21:35	21:12	21:33	21:24	20:30	20:43	21:02		
Rezabek	Brad	9	24:07	24:21	23:29	22:21	22:09	21:48	21:21	21:24	20:57		
Rezabek	Doug	12	22:30	22:51	21:16	21:57	21:19	20:53	20:44	20:37	20:15		
Rohr	Ricky	12	DNC	DNC	17:42	17:26	17:06	17:02	16:48	17:18	16:52	16:45	17:22
Rubsam	Alex	12	22:32	21:50	21:46	22:14	21:06	20:45	DNC	20:07	20:06		
Rudd	Greg	9	23:33	23:17	22:50	22:11	20:58	21:01	19:55	20:23	19:25		

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Rustick	AJ	11	22:47	22:03	22:02	21:38	20:26	20:49	20:51	20:21	20:10		
Sachs	Mason	9	27:59	27:58	27:39	26:38	24:42	23:18	24:40	25:24	24:57		
Sauderhauf	Andrew	11	20:52	19:40	18:41	DNC	19:32	18:29	17:52	17:40	17:43	ALT.	
Schierl	Chris	11	22:13	21:32	20:31	21:07	20:06	20:09	19:32	19:08	18:44		
Schramberger	Adam	10	DNC	DNC	22:30	23:40	23:31	DNC	DNC	DNC	DNC		
Scudder	Ben	10	DNC	23:04	22:15	22:19	21:43	21:40	21:55	21:20	21:19		
Spranger	Tim	12	21:04	20:43	20:26	19:17	19:47	20:03	20:12	19:42	18:55		
Steger	Ryan	9	25:32	23:52	23:38	DNC	20:24	21:05	20:23	19:34	19:31		
Steinmetz	Brendan	9	24:00	25:01	24:52	24:03	22:41	22:03	21:42	21:39	21:01		
Sullivan	Dylan	10	DNC	23:43	23:42	DNC	22:01	21:58	21:17	20:54	20:53		
Tecllin	Nathan	10	18:35	19:22	18:21	18:42	DNC	20:57	DNC	DNC	DNC		
Thomas	Ryan	11	20:34	19:26	20:21	19:41	19:11	18:44	19:04	18:49	18:56		
Thomsen	Evan	10	21:28	19:42	18:55	19:14	18:57	19:04	18:31	18:45	18:39		
Trucco	John	10	DNC	DNC	DNC	26:59	25:11	DNC	DNC	DNC	DNC		
Tuttle	Brian	11	22:45	23:04	22:03	DNC	21:33	21:42	21:06	21:34	21:04		
Ullsperger	Danny	12	28:17	27:44	24:20	24:19	22:34	21:26	21:57	DNC	23:01		
Vandeyacht	Marcus	10	24:17	23:51	22:58	22:44	22:06	22:36	21:45	21:36	21:08		
Weisensel	Johan	9	29:31	27:26	DNC	27:35	25:13	24:52	24:38	24:37	23:09		
Weyenberg	Will	12	DNC	24:07	DNC	22:15	22:36	21:37	22:05	22:05	21:28		
Wiswall	Teddy	12	19:53	19:28	18:43	DNF	19:31	18:30	18:32	18:27	18:01		
Wolf	Tan	12	DNC	22:01	21:49	21:30	20:50	20:48	21:19	20:00	19:44		
Wood	Wilson	11	DNC	DNC	25:19	DNC	DNC	DNC	DNC	DNC	DNC		
Zerrien	Ben	12	21:08	20:49	20:34	20:43	20:05	20:03	20:23	20:08	19:47		
Ziepke	Adam	12	DNF	DNF	19:29	19:25	18:42	18:55	18:39	18:31	18:02		