

**Whitefish High School - Top Teams - State Performance (May not be complete)
Boys**

2000	Whitefish 3 rd place	(95 points)
	1. Ed Heider, 11	15:47
	9. Matt Helgath, 9	16:48
	19. Doug Shyrock, 11	17:13
	31. Brandon Halpin, 11	17:35
	35. Jed Walsh, 12	17:46
	36. Jon Bates, 11	17:46
	43. Eric Lamb, 12	18:04
2001	Whitefish 4 th place	(108 points)
	1. Ed Heider, 12	15:44
	16. Matt Helgath, 10	16:55
	17. Doug Shyrock, 12	17:06
	32. Alex Geurri, 12	17:35
	42. Brandon Halpin, 12	17:58
	50. Jon Bates, 12	18:18
	52. Chris Connelly, 12	18:20
2006	Whitefish 3 rd Place	(107 pts)
	4. Ian Mallams	15:59
	17. Jacob Fern	16:48
	18. Erik Anderson	16:49
	29. Blake Bjornson	17:09
	39. Nick Donovan	17:22
	61. Joseph Alexander	18:02
	66. Patrick McGunagle	18:06

Girls

1999	Whitefish 5 th place	(145 points)
	14. Claire Anderson, 10	19:49
	21. Tara Halpin, 12	20:22
	31. Cassie Marcial, 10	20:47
	39. Michelle Whyard, 11	20:58
	40. Mandy Vargas, 11	21:00
	68. Rose Heider, 9	22:05
	76. Liz Murdock, 10	22:37
2005	Whitefish 5 th place	(199 points)
	9. Beth Donovan, 9	19:35
	25. Clare Miller, 10	20:47
	43. Anne Danczyk, 11	21:30
	49. Janna Rozar, 11	21:36
	73. Cassie Schell, 11	22:21
	76. Loie Russell-Templeton, 11	22:24
	. Lauren Kuennen, 10	nt
2006	Whitefish 3 rd place	(132 pts)
	8. Beth Donovan, 10	19:36
	25. Clare Miller, 11	20:30
	31. Lauren Kuennen, 11	20:43

33. Anne Danczyk, 12	20:46
35. Loni Hanson, 9	20:41
58. Jana Rozar, 12	21:27
60. Kelly Beiser, 10	21:33

Whitefish High School - All State Cross Country Performances (May not be complete)

Boys

1999 Ed Heider, 10	2 ND place (15:43)
2000 Ed Heider, 11	1 st place (15:47)
2000 Matt Helgath, 9	9 th place (16:48)
2001 Ed Heider, 12	1 st place (15:44)
2002 Matt Helgath, 11	14 th place (16:39)
2003 Matt Helgath, 12	8 th place (16:42)
2005 Ian Mallams, 11	13 th place (16:37)
2006 Ian Mallams, 12	4 th place (15:59)

Girls

1971 Donda Head,	1 st place (8:56.0)
1986 Sarah Maloney, 11	3 rd place (19:18)
1989 Nikki Anderson, 11	12 th place (20:17)
1990 Nikki Anderson, 12	3 rd place (19:33)
1992 Kendra Hope, 12	12 th place (20:13)
1993 Trista Thornberry, 12	5 th place (19:56)
1998 Claire Anderson, 9	5 th place (19:08)
1999 Claire Anderson, 10	14 th place (19:49)
2005 Beth Donovan, 9	9 th place (19:35)
2006 Beth Donovan, 10	8 th place (19:36)

Whitefish High School - All Conference Cross Country Performances (May not be complete)

Boys

1997 Bryce Iverson, 12	4 th place (17:02)
1999 Eddie Heider, 10	3 rd place (16:24)
1999 Doug Shryock, 10	9 th place (17:28)
2000 Eddie Heider, 11	3 rd place (16:21)
2000 Matt Helgath, 9	8 th place (16:56)
2000 Doug Shryock, 11	10 place (17:21)
2001 Eddie Heider, 12	1 st place
2001 Matt Helgath, 10	6 th place
2001 Doug Shryock, 12	7 th place
2001 Chris Connelly, 12	9 th place
2002 Matt Helgath, 11	4 th place (16:33)
2002 Matt Shryock, 11	8 th place (16:59)
2003 Matt Helgath, 12	8 th place (16:29)

2004 Ian Mallams, 10	3 rd place (16:42)
2005 Ian Mallams, 11	3 rd place (16:29)
2005 Drew Coco, 9	4 th place (16:41)
2006 Ian Mallams, 12	2 nd place (15:47)
2006 Blake Bjornson, 12	4 th place (16:41)
2006 Jacob Fern, 12	5 th place (16:46)
2006 Erik Anderson, 11	6 th place (16:48)

Girls

1993 Trista Thornberry,12	3 rd place (21:46)
1996 Juline Green, 10	1 st place
1997 Anna Muldown, 11	4 th place (21:17)
1999 Claire Anderson 10	2 nd place (19:51)
1999 Tara Halpin, 12	3 rd place (20:27)
2000 Rose Heider, 10	9 th place (20:24)
2005 Beth Donovan, 9	4 th place (20:03)
2005 Clare Miller, 10	7 th place (20:46)
2006 Beth Donovan, 10	3 rd place (19:35)
2006 Anne Danczyk, 12	5 th place (19:56)
2006 Clare Miller, 11	6 th place (20:03)
2006 Lauren Kuennen, 11	8 th place (20:21)
2006 Kelly Beiser, 10	10 th place (20:44)

Whitefish High School - State Team Performance List

Boys

1997	8 th (226 pts)
1998	12 th (338 pts)
1999	7 th (212 pts)
2000	3 rd (95 pts)
2001	4 th (108 pts)
2002	7 th (194 pts)
2003	6 th (183 pts)
2004	17 th (411 pts)
2005	8 th (211 pts)
2006	3 rd (107 pts)

Girls

1989	14 th (332 pts)
1990	6 th (226 pts)
1991	14 th (378 pts)
1992	10 th (232 pts)
1993	15 th (374 pts)
1994	12 th (293 pts)
1995	13 th (347 pts)

1996	13 th (308 pts)
1997	13 th (314 pts)
1998	6 th (215 pts)
1999	5 th (145 pts)
2000	7 th (225 pts)
2001	11 th (276 pts)
2002	no scoring team
2003	21 st (496 pts)
2004	8 th (278 pts)
2005	5 th (199 pts)
2006	3 rd (132 pts)

Whitefish High School - Team Conference Cross Country Performances (May not be complete)

Boys

1997	3 rd (89 pts)
1998	
1999	2 nd (58 pts)
2000	2 nd (47 pts)
2001	1 st (34 pts)
2002	3 rd (90 pts)
2003	4 th (92 pts)
2004	5 th (106 pts)
2005	2 nd (55 pts)
2006	1 st (29 pts)

Girls

1993	3 rd (98 pts)
1994	5 th (118 pts)
1995	
1996	3 rd
1997	4 th (88 pts)
1998	
1999	2 nd (54 pts)
2000	4 th (89 pts)
2001	5 th (141 pts)
2002	no score
2003	7 th (146 pts)
2004	3 rd (93 pts)
2005	2 nd (47 pts)
2006	1 st (31 pts)

Whitefish High School - Top Ten Boys Performances *

Ed Heider	15:43	Helena	1999
Ian Mallams	15:47	Ronan	2006
Drew Coco	16:20	Whitefish	2006
Matt Helgath	16:29	Ronan	2003
Blake Bjornson	16:41	Ronan	2006
Jacob Fern	16:45	Whitefish	2006
Bryce Iverson	16:47	Helena	1997
Matt Shryock	16:47	Kalispell	2002
Erik Anderson	16:48	Ronan	2006
Brandon Halpin	16:51	Kalispell	2001
Joseph Alexander	16:57	Whitefish	2006
<i>Doug Shyroch</i>	<i>16:58</i>	<i>Kalispell</i>	<i>2001</i>

Whitefish High School - Top Ten Girls Performances *

Claire Anderson	19:08	Helena	1998
Beth Donovan	19:17	Missoula	2006
Nikki Anderson	19:33	Helena	1990
Sarah Maloney	19:38	Kalispell	1986
Anne Danczyk	19:45	Whitefish	2006
Janna Rozar	19:48	Whitefish	2006
Clare Miller	19:55	Whitefish	2006
Trista Thornberry	19:56	Helena	1993
Rose Heider	20:03	Polson	2000
Kendra Hope	20:13	Helena	1992

Rumor of a 19:18, where?

Msla or div may have been faster

*

The sport of cross country is not easily defined by the use of times. Although most racecourses are close to 3 miles in distance, the difficulty of each course is as unique as each individual running the course. Some courses have hills, while others are flat. Some races are run in a windy snowstorm, while others are run in cool and calm conditions which are more friendly to producing fast times. Some meets are held at the low elevation of 2600 feet (Libby), while others are run at the higher elevation of 4400 feet (Helena) or 5000 feet (Butte).

It's nearly impossible to compare one time to another, except on the same day, on the same course. But, that wouldn't be nearly as fun. Especially in regards to recognizing exceptional effort by runners within our program. I have tried to be fair about these lists. They may not be complete at this time, because I haven't finished digging up all the necessary results. So they may change at any time that I find any result that may be worthy of making any of the lists.

I have ruled out any results that look to have been made on a possible short course. At this point in time, I have excluded times from the Hamilton Meet in 2001, as the times from the entire race seem way out of line. Also, there was a meet in Columbia Falls that, unfortunately, had to be disallowed due to the same reason. It's not that I don't believe that a person can really have a great day and improve tremendously on one occasion, but I do not prescribe to the idea that the entire race participation can have a mass improvement on the same occasion.

Whitefish High School Cross Country Boys Top Ten Times Per Class *

Frosh

Drew Coco	16:27	Whitefish	2005
Ian Mallams	16:30	Hamilton	2003
Matt Helgath	16:48	Helena	2000
Harley Hanks	17:45		1998
Ben Ruffato	17:59		1998
Chandler Prezeau	18:13	Helena	1997
Erik Anderson	18:14	Libby	2004
Tanner Hosek	18:16	Whitefish	2006
Matt Shyrock	18:31	Missoula	2001
Brandon Halpin	18:34		1998

Soph

Ed Heider	15:43	Helena	1999
Drew Coco	16:20	Whitefish	2006
Matt Helgath	16:33	Kalispell	2001
Ian Mallams	16:42	Libby	2004
Ben Ruffato	17:21		1999
Patrick McGunagle	17:22	Whitefish	2006
Doug Shyrock	17:27		1999
Eric Lamb	17:38		1998
Erik Anderson	17:40	Whitefish	2005
Tony Troiano	17:46		1998

Junior

Ed Heider	15:47	Helena	2000
Ian Mallams	16:22	Whitefish	2005
Matt Helgath	16:33	Div.	2002
Matt Shryock	16:47	Kalispell	2002
Erik Anderson	16:48	Ronan	2006
Will Peterman	17:00	Helena	1999
Doug Shyrock	17:13	Helena	2000
Nick Donovan	17:17	Ronan	2006
Michael Harrison	17:20	Whitefish	2006
Mike Bestwick	17:27	Ronan	2003

Senior

Ed Heider	15:44	Helena	2001
Ian Mallams	15:47	Ronan	2006
Matt Helgath	16:29	Ronan	2003
Blake Bjornson	16:41	Ronan	2006
Jacob Fern	16:45	Whitefish	2006
Bryce Iverson	16:47	Helena	1997
Brandon Halpin	16:51	Kalispell	2001
Joseph Alexander	16:57	Whitefish	2006
Doug Shyrock	16:58	Kalispell	2001
Chris Connelly	17:06	Kalispell	2001

Whitefish High School Cross Country Girls Top Ten Times Per Class *

Frosh

Claire Anderson	19:08	Helena	1998
Beth Donovan	19:35	Missoula	2005
Loni Hanson	20:40	Missoula	2006
Nikki Anderson	21:31	Missoula	1987
Kendra Hope	21:44	Kalispell	1989
Rose Heider	21:47		1999
Clare Miller	22:01	Hamilton	2004
Emily Murdock	22:06	Helena	1998
Natalie Kearns	22:09	Whitefish	2005
Juline Green	22:11	Missoula	1995

Soph

Claire Anderson	19:13	Kalispell	1999
Beth Donovan	19:17	Missoula	2006
Rose Heider	20:03	Polson	2000
Juline Green	20:20	Helena	1996
Clare Miller	20:23	Whitefish	2005
Kelly Beiser	20:44	Ronan	2006
Kendra Hope	20:45	Kalispell	1990
Cassie Marcial	20:47	Helena	1999
Anne Danczyk	20:49	Hamilton	2004
Emily Murdock	20:59		1997

Junior

Sarah Maloney	19:38	Kalispell	1986	
Clare Miller	19:55	Whitefish	2006	
Nikki Anderson	19:57	Missoula	1989	
Anne Danczyk	20:20	Whitefish	2005	
Lauren Kuennen	20:21	Ronan	2006	
Cassie Marcial	20:22	Kalispell	2000	
Trista Thornberry	20:37	Helena	1992	Msla or div may have been faster
Tonja Rice	20:49	Kalispell	1987	
Michelle Whyard	20:58	Helena	1999	
Mandy Vargas	21:00	Helena	1999	

Senior

Nikki Anderson	19:33	Helena	1990	
Anne Danczyk	19:45	Whitefish	2006	
Janna Rozar	19:48	Whitefish	2006	
Trista Thornberry	19:56	Helena	1993	
Sarah Maloney-Fitzgerald	20:02	Missoula	1987	
Kendra Hope	20:13	Helena	1992	Msla or div may have been faster
Tara Halpin	20:22	Helena	1999	
Rachel Hall	20:37	Missoula	1995	
Tonya Rice	20:46	Missoula	1988	
Kayla Knight	20:48	Hamilton	2004	