

The Golden Gales Cross Country Tradition

Team Accomplishments

State
Champions

1979, 1990

State
Championship
“Top 10s”

1968 – 4th

1979 – Champions

1980 – 3rd

1989 – 7th

1990 – Champions

2021 – 9th

2022 – 3rd

League
Championships

1964	1984
1965	1985
1967	1987
1968	1989
1977	1990
1978	1992
1979	1993
1980	2013
1981	2020
1982	2021
1983	2022

District
Championships

1964	1981
1965	1982
1967	1983
1968	1984
1969	1985
1970	1986
1971	1987
1972	1988
1974	1989
1976	1990
1977	1992
1978	2013
1979	2020
1980	2022

State
Qualifiers

1964(24)	1981(16)
1965(28)	1982(15)
1967	1983(18)
1968(4)	1984(12)
1969	1986(13)
1970(19)	1987(12)
1971(18)	1989(7)
1972(15)	1990(1)
1977(18)	2017(17)
1978(14)	2018(19)
1979(1)	2020(11)
1980(3)	2021(9)
	2022(3)

The Golden Gales Cross Country Tradition

Top Individual Performers

LHS Individual State Champions:

Bill Beaty – 1968, 1969
John Zishka – 1978, 1979
Clark Haley – 1980

LHS All-Ohioans:

Chris England – 1966, 1967
Gary Graf – 1967, 1968
Bill Beaty – 1967, 1968, 1969
Joe Nungesser – 1972
Dave Agosta – 1978
John Zishka – 1977, 1978, 1979
Clark Haley – 1979, 1980
Tom Douglas – 1979
Carl DeVault – 1979
Rob Welch – 1981
Doug Conroy – 1984
BJ Holland – 1989, 1990
Todd Walker – 1989, 1990
Adam Wise – 2012
Trevor Lanoy – 2022
Kaiden Lanoy – 2022
Isaiah Lanoy – 2022

LHS High School All-Americans

Bill Beaty – 1968
John Zishka – 1978, 1979

LHS All-Time Individual Performers – 5000M

Sub17:00

1. Doug Conroy	15:20	1984	58. Dustin Brown	16:34	1997
2. Trevor Lanoy	15:24.7	2022	59. Robbie Harris	16:35.8	2014
3. B.J. Holland	15:29	1990	60. Adam Criser	16:36.9	2021
4. Kaiden Lanoy	15:31.50	2022	61. Scott Johns	16:37	1984
5. Colton Thress	15:38.41	2022	Zach McCandlish	16:37	2003
6. Todd Walker	15:41	1990	63. Mason Kieffer	16:37.27	2015
7. Evan Thomas	15:43	2002	64. Jacob Koenig	16:39.1	2021
8. Isaiah Lanoy	15:46.03	2022	65. Caleb Cordle	16:40.8	2019
9. Brannon Kidder	15:46.89	2011	66. Steve McCandlish	16:42	1986
10. Adam Wise	15:47.21	2013	Ryan Eisert	16:42	1990
11. Byron Aebersold	15:50	1982	Patrick Hinson	16:42.5	2010
Zach Whipple	15:50.01	2016	69. Carter Schorr	16:45.38	2022
13. Noah Ball	15:51.01	2015	70. Robert Carr	16:46	1995
Rob Welsh	15:51	1982	71. John Urbine	16:47.4	2012
Eric Newman	15:51	1985	72. Justin Anderson	16:48.0	2017
16. Dave Valentine	15:53	1985	73. Scott Gayfield	16:48.06	2014
Nick Weaver	15:53.31	2013	74. Kelly Lewis	16:49	1985
18. Alan Adkins	15:54	1982	75. Tyler Lunsford	16:49.5	2017
19. Stephen Sparks	15:56.41	2013	76. James Fox	16:49.85	2013
20. Jared Wentz	15:58.84	2010	77. Scott Watts	16:50	2010
21. Zane Schorr	15:59.6	2022	78. Bryden Moxley	16:50.9	2017
22. Allen Bonham	16:01	2001	79. Cody Wendell	16:52	2007
23. John Smith	16:02	1986	80. Noah Hinson	16:53.9	2014
24. Gary Dille	16:03	1991	81. Tyler Brunney	16:55.40	2022
25. Wes Taylor	16:03.8	2022	82. Evan Rice	16:55.44	2022
26. Andy Shaw	16:07	1982	83. Michael Shaffer	16:56	2001
27. Alex Koksall	16:11	2008	84. Justin Garey	16:56.5	2019
28. DJ Dickerson	16:12.8	2017	85. Allen Sherrick	16:58.97	2016
29. Andrew Mott	16:13	1995			
30. Todd Bolsen	16:15	1991			
31. Gary Smith	16:16	1984			
32. Bo Bezouska	16:17	1987			
33. Christian Bradford	16:18.77	2016			
34. Travis Milliser	16:19	2002			
35. Drew Williams	16:20	2000			
36. Wendell Utt	16:21	1986			
37. Don Steen	16:22	1987			
38. Jeff Johnson	16:23	1982			
Mike Smith	16:23	1982			
39. Orion Thress	16:23.3	2019			
40. Adam Murray	16:24.9	2017			
41. Isaak Kaiser	16:24.95	2013			
42. David Cochran	16:25	2005			
43. Chad Klimack	16:26	1987			
Keith Kumler	16:26	1986			
Will Metcalf-Shull	16:26.21	2016			
46. Chet Wallace	16:27	2005			
47. Andy Ferris	16:28.1	2016			
48. Drew Ward	16:29.8	2017			
49. Carter Davis	16:30.97	2022			
50. Nick Bosser	16:31.4	2014			
51. Ambronsio Suarez	16:31.7	2017			
52. Eric Lynch	16:32	1987			
53. Eric Clum	16:33	1990			
David Nimon	16:33	1998			
55. Luke Seymour	16:33.3	2019			
56. Kaleb Stull	16:33.9	2019			
Noah Johnson	16:33.9	2020			

Golden Gales Cross Country

Top 50 Freshman Performers - 5000M

<i>Top 50 All-Time Freshman Performers</i>		Time	Year
1.	B.J. Holland	16:10	1987
2.	Adam Wise	16:32.4	2010
3.	Dustin Brown	16:36	1996
4.	Andrew Mott	16:37	1992
5.	Ryan Eisert	16:42	1990
6.	Colton Thress	16:43.1	2019
7.	Robert Carr	16:46	1995
8.	Trevor Lanoy	16:48.2	2019
9.	Tyler Brunney	16:55.88	2021
10.	Allen Bonham	16:57	1999
11.	Zach Whipple	16:58.4	2013
12.	Jared Wentz	17:07	2008
13.	Adam Criser	17:08.0	2019
14.	Tyler Lunsford	17:09.0	2016
15.	Drew Williams	17:09	1997
16.	Ambronsio Suarez	17:20.6	2015
17.	Don Steen	17:23	1985
18.	Alex Koksai	17:25	2006
19.	Mason Kieffer	17:25.79	2012
20.	Evan Thomas	17:27	1999
21.	Drew Ward	17:27.06	2015
22.	Jamie Moyer	17:28	1999
23.	Orion Thress	17:28	2016
24.	Nathan Craft	17:29.6	2015
25.	John Urbine	17:31.48	2011
26.	Chet Wallace	17:33	2002
27.	Chase Haley	17:36.2	2015
28.	Brock Jarrett	17:37.25	2022
29.	Adam Murray	17:38	2015
30.	Noah Johnson	17:38.1	2017
31.	Kaleb Stull	17:39	2018
32.	John Diddle	17:40	1999
33.	Isaak Kaiser	17:45.96	2012
34.	Chad Klimack	17:48	1986
35.	Trent Lindsey	17:48.88	2016
36.	Travis Milliser	17:50	1999
37.	Charlie Cooperrider	17:50.1	2022
38.	David Cochran	17:51	2002
39.	Danny Conroy	17:52	1985
40.	Zach McCandlish	17:52	2000
41.	Carter Davis	17:52.1	2021
42.	Robert Danner	17:53	1987
43.	Wendell Utt	17:53	1984
44.	Robbie Harris	17:53.56	2011
45.	Jigar Kadakia	17:56	1989
46.	Clayton Lunsford	17:57.6	2014
47.	Thad Haines	18:02	1987
48.	Zac Dalton	18:02.78	2014
49.	David Valentine	18:03	1982
49.	Kelly Lewis	18:03	1982
49.	Ryan Shenk	18:03	1995