



Horizon Central Athletic Association (HCAA)

Cross Country Champions

2018 - 2019

Senior Girls – Jade Smith (Lake Lenore)
Senior Boys – Joel Schemenauer (Lake Lenore)
Junior Girls – Alyssa Regie (LeRoy)
Junior Boys – Adam Mytopher (Strasbourg)
Midget Girls – Cara Dobrohoczki (Middle Lake)
Midget Boys – Koby Faubert (Wadena)
Bantam Girls – Kira Wignes (Viscount)
Bantam Boys – Keane Lofgren (Strasbourg)
PeeWee Girls – Jenevieve Pratt (Gordon)
PeeWee Boys – Karson Leicht (St. Brioux)
WeePee Girls – Claire Moorman (Lake Lenore)
WeePee Boys – Ethan Hamilton (Lanigan Elem)
Team – Lake Lenore

2016 - 2017

Senior Girls – Ashley Hards (Watrous)
Senior Boys – Brayden Mytopher (Strasbourg)
Junior Girls – Alyson Edwards (Strasbourg)
Junior Boys – Jerome Montpetit (Bruno)
Midget Girls – Jade Smith (Lake Lenore)
Midget Boys – Dalton Kiedrowski (Lake Lenore)
Bantam Girls – Alyssa Regie (LeRoy)
Bantam Boys – Adam Mytopher (Strasbourg)
PeeWee Girls – Cara Dobrohoczki (Middle Lake)
PeeWee Boys – Rayden Ottmann (St. Augustine)
WeePee Girls – Laina Salter (Wynyard Elem)
WeePee Boys – Rylen Sigstad (Lanigan Elem)
Team – Lake Lenore

2017 - 2018

Senior Girls – Alyson Edwards (Strasbourg)
Senior Boys – Brayden Mytopher (Strasbourg)
Junior Girls – Jade Smith (Lake Lenore)
Junior Boys – Dalton Kiedrowski (Lake Lenore)
Midget Girls – Alyssa Regie (LeRoy)
Midget Boys – Adam Mytopher (Strasbourg)
Bantam Girls – Cara Dobrohoczki (Middle Lake)
Bantam Boys – Koby Faubert (Wadena Comp)
PeeWee Girls – Kira Wignes (Viscount)
PeeWee Boys – Rylen Sigstad (Lanigan Elem)
WeePee Girls – Claire Moorman (Lake Lenore)
WeePee Boys – Liam Reineke (Humboldt St. Aug.)
Team – Strasbourg

2015 - 2016

Senior Girls – Beth Prodahl (Lake Lenore)
Senior Boys – Remington Rohel (Annaheim)
Junior Girls – Ashley Hards (Watrous)
Junior Boys – Brayden Mytopher (Strasbourg)
Midget Girls – Alyson Edwards (Strasbourg)
Midget Boys – Joel Schemenauer (Lake Lenore)
Bantam Girls – Jade Smith (Lake Lenore)
Bantam Boys – Dalton Kiedrowski (Lake Lenore)
PeeWee Girls – Meagan Carroll (Muenster)
PeeWee Boys – Adam Mytopher (Strasbourg)
WeePee Girls – Cara Dobrohoczki (Middle Lake)
WeePee Boys – Rayden Ottman (St. Augustine)
Team – Lake Lenore

2014 - 2015

Senior Girls – Beth Prodahl (Lake Lenore)
Senior Boys – Dalyn Smith (Lake Lenore)
Junior Girls – Grace Flaman (Lake Lenore)
Junior Boys – Adrian Kasick (Strasbourg)
Midget Girls – Alyson Edwards (Strasbourg)
Midget Boys – Brayden Mytopher (Strasbourg)
Bantam Girls – Cassidy Smith (Rose Valley)
Bantam Boys – Cael Zimmerman (Englefeld)
PeeWee Girls – Jade Smith (Lake Lenore)
PeeWee Boys – Dalton Kiedrowski (Lake Lenore)
WeePee Girls – Maegan Carroll (Muenster)
WeePee Boys – Garrett Miller (St. Brieux)
Team – Lake Lenore

2012 - 2013

Senior Girls – Julia Edwards (Strasbourg)
Senior Boys – James Lorenzen (Wadena Comp)
Junior Girls – Rose Mansbridge-Goldie (Strasbourg)
Junior Boys – Dalyn Smith (Lake Lenore)
Midget Girls – Emily Koshinsky (Lanigan High)
Midget Boys – Marcos Henderson (Watson)
Bantam Girls – Grace Flaman (Lake Lenore)
Bantam Boys – Colten Magnusson (Wynyard Comp)
PeeWee Girls – Beth Springer (Foam Lake Comp)
PeeWee Boys – Jesse Flaman (Lake Lenore)
WeePee Girls – Alyson Edwards (Strasbourg)
WeePee Boys – Cael Zimmerman (Englefeld)
Team – Lake Lenore

2010 - 2011

Senior Girls – Kelly Zimmerman (Englefeld)
Senior Boys – Taryn Heidecker (Middle Lake)
Junior Girls – Amanda Wuchner (Humboldt Coll.)
Junior Boys – Kory Achtymichuk (Wadena)
Midget Girls – Beth Koshinski (Lanigan Elem)
Midget Boys – Brett Parsons (Middle Lake)
Bantam Girls – Natahni Paquachan (Wadena)
Bantam Boys – Devlin Goldsworthy (St. Brieux)
PeeWee Girls – Madison Gudnason (Wynyard Comp)
PeeWee Boys – Stephan Gericke (Kelvington)
WeePee Girls – Kellie Kozak (Ituna)
WeePee Boys – Colten Magnusson (Wynyard Elem)
Team – Middle Lake

2013 - 2014

Senior Girls – Samantha Schreiner (Middle Lake)
Senior Boys – James Lorenzen (Wadena Comp)
Junior Girls – Angela Baran (Humboldt)
Junior Boys – Dalyn Smith (Lake Lenore)
Midget Girls – Grace Flaman (Lake Lenore)
Midget Boys – Nicholas Gobeil (Bruno)
Bantam Girls – Jenna Brockman (Middle Lake)
Bantam Boys – Jamie Davis (Lake Lenore)
PeeWee Girls – Alyson Edwards (Strasbourg)
PeeWee Boys – Kayden Graham (Archerwill)
WeePee Girls – Jade Smith (Lake Lenore)
WeePee Boys – Cody Bergermann (St. Augustine)
Team – Lake Lenore

2011 - 2012

Senior Girls – Kelly Zimmerman (Englefeld)
Senior Boys – Taryn Heidecker (Middle Lake)
Junior Girls – Beth Koshinsky (Lanigan)
Junior Boys – James Lorenzen (Wadena)
Midget Girls – Julie Baker (Middle Lake)
Midget Boys – Dalyn Smith (Lake Lenore)
Bantam Girls – Emily Koshinsky (Lanigan Elem)
Bantam Boys – Marcos Henderson (Watson)
PeeWee Girls – Grace Flaman (Lake Lenore)
PeeWee Boys – Colten Magnusson (Wynyard Comp)
WeePee Girls – Cassidy Smith (Rose Valley)
WeePee Boys – Calvin Rueve (Muenster)
Team – Lake Lenore

2009 - 2010

Senior Girls – Valerie Berscheid (Lake Lenore)
Senior Boys – Kurt Hauser (Middle Lake)
Junior Girls – Kelly Zimmerman (Englefeld)
Junior Boys – Taryn Heidecker (Middle Lake)
Midget Girls – Rebecca Gudnason (Wynyard Comp)
Midget Boys – Kory Achtymichuk (Wadena)
Bantam Girls – Beth Koshinski (Lanigan Elem)
Bantam Boys – Brett Parsons (Middle Lake)
PeeWee Girls – Santana Albert (Muskowekwan)
PeeWee Boys – Dalyn Smith (Lake Lenore)
WeePee Girls – Brittany Yeager (St. Brieux)
WeePee Boys – Stephan Gericke (Kelvington)
Team – Middle Lake

2008 - 2009

Senior Girls – Meghan Flavel (Humboldt Coll.)
Senior Boys – Evan Olynuk (Middle Lake)
Junior Girls – Samara Koenning (Cudworth)
Junior Boys – Brynn Achtymichuk (Wadena)
Midget Girls – Kelly Zimmerman (Englefeld)
Midget Boys – Taryn Heidecker (Middle Lake)
Bantam Girls – Rebecca Gudnason (Wynyard Comp.)
Bantam Boys – Kory Achtymichuk (Wadena)
PeeWee Girls – Beth Koshinsky (Lanigan Elem.)
PeeWee Boys – Braden Lozinski (Archerwill)
WeePee Girls – Madison Gudmundson (Wynyard Elem.)
WeePee Boys – Dalyn Smith (Lake Lenore)
Team – Middle Lake

2006 - 2007

Senior Girls – Megan Saelhof (Young)
Senior Boys – Mathew Strueby (Muenster)
Junior Girls – Brianna Jansen (Leroy)
Junior Boys – Branden Doepker (Annaheim)
Midget Girls – Jill Heidecker (Middle Lake)
Midget Boys – Steven Frey (Annaheim)
Bantam Girls – Rebecca Athmer (Englefeld)
Bantam Boys – Brynn Achtymichuk (Wadena)
PeeWee Girls – Kelly Zimmerman (Englefeld)
PeeWee Boys – Lane Pond (Wynyard)
Team – Annaheim

2007 - 2008

Senior Girls – Megan Saelhof (Young)
Senior Boys – Evan Olynuk (Middle Lake)
Junior Girls – Meghan Flavel (Humboldt Collegiate)
Junior Boys – Steven Frey (Annaheim)
Midget Girls – Rebecca Athmer (Englefeld)
Midget Boys – Brynn Achtymichuk (Wadena)
Bantam Girls – Kelly Zimmerman (Englefeld)
Bantam Boys – Luke Pomedli (Middle Lake)
PeeWee Girls – Beth Koshinsky (Lanigan Elementary)
PeeWee Boys – Jarrett Fontaine (St. Augustine)
Team – Middle Lake