



Midwest Athletic Conference All-Time Records

All-MAC Teams - BOYS CROSS-COUNTRY 1990

1ST TEAM

| NAME | SCHOOL | TIME |
|--------------------------|---------------|-------------|
| Brian Westerheide | Minster | 17:33 |
| Nugalfti Takamont | Minster | 17:43 |
| Chris Stueve | New Bremen | 17:52 |
| Greg Knippen | St. John's | 17:55 |
| Cory Albers | Marion Local | 18:03 |
| Doug Hohman | St. John's | 18:04 |
| Travis Pittner | St. John's | 18:05 |
| Nathan Rammel | St. Henry | 18:05 |
| Dave Bohman | Marion Local | 18:05 |
| Denny Anthony | St. John's | 18:05 |

MAC BOYS CROSS-COUNTRY RUNNER OF THE YEAR - Brian Westerheide, Minster

MAC TEAM CHAMPIONS - St. John's Blue Jays

MAC BOYS CROSS-COUNTRY COACH OF THE YEAR - Dave Alt, St. John's