

# BOYS TOP TEN LIST

PREMIER/TOOELE INVITE 2.8 miles					HIGHLAND INVITE 2.9 miles				
	Name	Year	Time	Grade		Name	Year	Time	Grade
1	Joe Benson	2016	14:49.40	SR	1	Joe Benson	2016	14:39.60	SR
2	Ben Berlin	2016	14:54.70	JR	2	Will Handley	2015	14:54.00	SR
3	Will Handley	2015	15:00.90	SR	3	Brennan Benson	2016	14:55.50	JR
4	Jake Heslington	2012	15:03.00	SR	4	Ben Berlin	2016	15:09.30	JR
5	Koy Moore	2014	15:13.80	SR	5	Brayden Allsop	2014	15:15.90	SR
6	Bo Farrer	2014	15:19.60	SR	6	Koy Moore	2014	15:19.90	SR
7	Brennan Benson	2016	15:27.30	JR	7	McKay Mace	2013	15:37.00	SR
8	Brayden Allsop	2014	15:28.30	SR	8	Bo Farrer	2014	15:37.40	SR
9	McKay Mace	2012	15:32.00	JR	9	Tony Ortiz	2016	15:51.30	JR
10	Tony Ortiz	2016	15:43.40	JR	10	Ammon Nimmer	2013	15:53.10	SR
Valley Regional Park Region 3.0 miles					UTAH COUNTY (Lakeside) 3.1 miles				
	Name	Year	Time	Grade		Name	Year	Time	Grade
1	Joe Benson	2016	14:46.90	SR	1	Jake Heslington	2012	14:59.34	SR
2	Brennan Benson	2016	15:17.30	JR	2	Will Handley	2015	15:07.71	SR
3	Tony Ortiz	2016	15:32.00	JR	3	Joe Benson	2016	15:12.78	SR
4	Spencer Robinson	2016	15:38.20	JR	4	Ben Berlin	2016	15:30.7	JR
5	JT Gardner	2016	15:40.00	SR	5	Bo Farrer	2014	15:36.50	SR
6	Ben Berlin	2016	15:44.60	JR	6	Koy Moore	2014	15:38.02	SR
7	Kolten Bramall	2016	15:49.20	JR	7	Brennan Benson	2016	15:40.4	JR
8	Tyler Weber	2016	16:03.80	JR	8	Gab Prettypaint	2015	15:42.2	SR
9	Bryce Hugh	2016	16:03.40	JR	9	McKay Mace	2012	15:50.65	JR
10	Isaiah Nimmer	2016	16:05.50	JR	10	Ammon Nimmer	2013	15:55.93	SR
WASATCH INVITE 3.1 miles					Nike Portland XC 3.1 miles				
	Name	Year	Time	Grade		Name	Year	Time	Grade
1	Jake Heslington	2011	16:29	JR	1	Joe Benson	2016	14:54.16	SR
2	Brennan Benson	2016	17:08.40	JR	2	Brennan Benson	2016	15:41.42	JR
3	Ben Berlin	2016	17:20.90	JR	3	Ben Berlin	2016	15:50.10	JR
4	Kolten Bramall	2016	17:34.44	JR	4	Spencer Robinson	2016	15:56.91	JR
5	Zane Pederson	2011	17:43	JR	5	Tony Ortiz	2016	16:06.19	JR
6	Tony Ortiz	2016	17:44.02	JR	6	JT Gardner	2016	16:24.26	SR
7	JT Gardner	2016	17:45.91	SR	7	Kolten Bramall	2016	16:31.16	JR
8	Bryce Hugh	2016	17:48.22	JR	8	Tyler Weber	2016	16:40.67	JR
9	McKay Mace	2011	18:00	SO	9	Isaiah Nimmer	2016	16:41.47	JR
10	Chase Jackman	2011	18:03	SO	10	Bryce Hugh	2016	16:45.93	JR
SPRINGVILLE 3.0 miles					PRE-FOOTLOCKER AF 3.1 miles				
	Name	Year	Time	Grade		Name	Year	Time	Grade
1	Jake Heslington	2011	15:19	JR	1	Will Handley	2015	15:39.00	SR
2	Tate Jackman	2011	15:46	SR	2	Joe Benson	2016	15:52.00	SR
3	Nate Widmer	2011	16:12	JR	3	Brennan Benson	2016	16:11.00	JR
4	Zane Pederson	2011	16:16	JR	4	Ben Berlin	2016	16:17.00	JR
5	JT Gardner	2016	16:18	SR	5	Gab Prettypaint	2015	16:26.00	SR
6	Spencer Robinson	2016	16:21	JR	6	Tony Ortiz	2016	16:36.00	JR
7	Taylor Liddell	2011	16:23	JR	7	Spencer Robinson	2015	16:41.00	SO
8	Ian Berlin	2011	16:37.30	SO	8	JT Gardner	2016	16:46.00	SR
9	Ammon Nimmer	2011	16:37.90	SO	9	Cameron Benson	2015	16:47.00	SR
10	Chase Jackman	2011	16:38	SO	10	Isaiah Nimmer	2016	16:49.00	JR

**STATE (SUGARHOUSE) 3.0 miles**

	Name	Year	Time	Grade
1	Joe Benson	2016	15:03.30	SR
2	Will Handley	2015	15:03.90	SR
3	Jake Heslington	2012	15:06.90	SR
4	Brennan Benson	2016	15:25.90	JR
5	Gab Prettypaint	2015	15:43.70	SR
6	Koy Moore	2014	15:48.10	SR
7	Ben Berlin	2016	15:52.50	JR
8	Spencer Robinson	2016	16:02.60	JR
9	Bo Farrer	2014	16:02.10	SR
10	Cameron Benson	2015	16:03.40	SR

**NIKE SW REGIONALS(Casa Course)3.1 miles**

	Name	Year	Time	Grade
1	Will Handley	2015	15:08.00	SR
2	Joe Benson	2015	15:11.00	JR
3	Gab Prettypaint	2015	15:36.00	SR
4	Bo Farrer	2014	15:37.60	SR
5	Koy Moore	2014	15:39.20	SR
6	Cameron Benson	2015	15:41.00	SR
7	Brayden Allsop	2014	15:56.70	SR
8	Brennan Benson	2015	16:01.00	SO
9	Ben Berlin	2016	16:02.00	JR
10	Elijah Nimmer	2015	16:06.00	SR

**FOOTLOCKER 3.1 miles**

	Name	Year	Time	Grade
1	Jake Heslington	2012	16:16	JR
2	Matt Liddle	2009	16:37	SR
3	Jake Berlin	2009	16:55	JR
4	Chris Reynolds	2009	16:58	SR
5	Spencer Baker	2009	17:08	SR
6	Tate Jackman	2011	17:19	SR
7	JT Gardner	2015	17:23.40	JR
8	Spencer Robinson	2015	17:23.80	SO
9	Andrew Terry	2009	17:24	SR
10	Colten Henrie	2009	17:26	SR

**Nike Cross Nationals 3.1 Miles**

	Name	Year	Time	Grade
1	Joe Benson	2015	15:26.40	JR
2	Will Handley	2015	15:33.20	SR
3	Gab Prettypaint	2015	15:59.90	SR
4	Koy Moore	2014	16:20	SR
5	Cameron Benson	2015	16:24.80	SR
6	Bo Farrer	2014	16:26	SR
7	Brennan Benson	2015	16:32.60	SO
8	Elijah Nimmer	2015	16:38.60	SR
9	Brayden Allsop	2014	16:39	SR
10	Ben Berlin	2015	16:42.20	SO

**NIKE SW REGIONALS(Golf Course)3.1 miles**

	Name	Year	Time	Grade
1	Jake Heslington	2012	14:58.82	SR
2	McKay Mace	2012	16:19.56	JR
3	Joe Benson	2013	16:20.02	FR
4	Tate Jackman	2011	16:20.88	SR
5	Zane Pedersen	2012	16:25.22	SR
6	Taylor Liddell	2012	16:28.70	SR
7	Bo Farrer	2013	16:32.82	JR
8	Koy Moore	2013	16:36.39	JR
9	Ian Berlin	2012	16:36.58	JR
10	Will Handley	2013	16:36.9	SO

**Provo (Rock Canyon Course) 3.1 miles**

	Name	Year	Time	Grade
1	Elijah Nimmer	2014	17:55.39	JR
2	Ben Berlin	2014	18:43.13	FR
3	Alex Knight	2014	18:43.59	JR
4	Riley Haag-Roeger	2014	19:12.04	SR
5	Taylor Penrod	2014	19:26.64	SR
6	Brennan Benson	2014	19:34.38	FR
7	Brigham Knudsen	2014	19:38.73	SO
8	Jacob Liddle	2014	19:45.91	JR
9	Riker Terry	2014	19:49.26	SR
10	Ryan Evelyn	2014	19:49.86	JR

**BOB FIRMAN (Boise, ID) 3.1 miles**

	Name	Year	Time	Grade
1	Will Handley	2015	15:17.30	SR
2	Jake Heslington	2012	15:26.70	SR
3	Joe Benson	2015	15:41.10	JR
4	Bo Farrer	2014	15:50.60	SR
5	Koy Moore	2014	15:55.30	SR
6	Brayden Allsop	2014	16:11.70	SR
7	McKay Mace	2013	16:13.90	SR
8	Gab Prettypaint	2015	16:15.80	SR
9	Brennan Benson	2015	16:17.20	SO
10	Cameron Benson	2015	16:19.80	SR

**TIMPVIEW INVITE 3.0 miles**

	Name	Year	Time	Grade
1	Gab Prettypaint	2015	15:59.00	SR
2	Ben Berlin	2015	16:20.00	SO
3	Brennan Benson	2015	16:25.00	SO
4	Spencer Robinson	2015	16:47.00	SO
5	Taylor Murphy	2015	17:05.00	JR
6	Alex Knight	2015	17:12.00	SR
7	JT Gardner	2015	17:15.00	JR
8	Kenen Goodwin	2015	17:30.00	SR
9	Brigham Knudsen	2015	17:33.00	JR
10	Isaiah Nimmer	2015	17:34.00	SO
10	Mitchell Hutchins	2015	17:34.00	JR

<b>SCERA PARK 2.9 miles (old course)</b>					<b>WAHSATCH INVITE (Soldier Hollow) 3.3 miles</b>				
	<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Grade</b>		<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Grade</b>
1	Lance Smith	2004	14:44	SR	1	Jake Berlin	2008	19:24	JR
2	Mike Bills	2007	15:07	SR	2	Spencer Baker	2008	19:34	JR
3	Matt Reeves	2004	15:16	SO	3	Chris Reynolds	2008	19:43	JR
3	Jon Oliver	2004	15:16	JR	4	Matt Liddle	2008	19:54	JR
5	Jake Berlin	2007	15:22	SO	5	Jason Hodson	2008	20:03	SR
6	Mitch Hall	2004	15:30	SR	6	Austin Liddell	2008	20:14	SR
7	Chris Bringhurst	2004	15:35	JR	7	Andrew Terry	2008	20:18	JR
8	Christian Hunt	2004	15:44	JR	8	James Gibson	2008	20:19	JR
9	Alex Johnson	2004	15:54	SR	9	Matt Kresge	2008	20:20	SR
10	Brandon Davies	2007	15:55	SR	10	Dane Smith	2008	20:43	SR
<b>UTAH COUNTY (Lakeside) 3.1 miles old</b>					<b>BYU INVITE (East Bay) 3.1 miles</b>				
	<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Grade</b>		<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Grade</b>
1	Jake Heslington	2011	15:30.56	JR	1	Mike Bills	2007	16:57.0	SR
2	Zane Pedersen	2011	16:29.68	JR	2	Matt Liddle	2007	17:05.7	SO
3	Tate Jackman	2011	16:35.99	SR	3	Matt Reeves	2006	17:09.2	SR
4	Taylor Liddell	2011	16:40.15	JR	4	Jake Berlin	2007	17:18.3	SO
5	McKay Mace	2011	16:56.80	SO	5	Brent Young	2006	17:27.2	SR
6	Ian Berlin	2011	17:01.63	SO	6	Brandon Davies	2007	17:27.5	SR
7	Chase Jackman	2011	17:02.47	SO	7	Dane Smith	2007	18:23.9	JR
8	Ammon Nimmer	2011	17:10.04	SO	8	Jason Hodson	2007	18:27.1	JR
9	Nate Widmer	2011	17:17.37	JR	9	Spencer Baker	2007	18:31.2	So
10	Kline Tate	2011	17:22.28	JR	10	Chris Reynolds	2007	18:38.4	So
<b>SPANISH FORK 3.0 miles</b>					<b>UVU Kiwanis INVITE 3.1 miles</b>				
	<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Grade</b>		<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Grade</b>
1	Matt Reeves	2005	16:12	JR	1	Mike Bills	2007	16:36	SR
2	Mike Bills	2007	16:34	SR	2	Matt Liddle	2008	16:53	JR
3	Jake Berlin	2007	16:42	SO	3	Jake Berlin	2007	16:54	SO
4	Christian Hunt	2005	16:43.6	SR	4	Matt Reeves	2005	17:00	JR
5	Chris Bringhurst	2005	16:43.7	SR	5	Brent Young	2005	17:11	JR
6	Jon Oliver	2004	17:00	JR	6	Spencer Baker	2008	17:27	JR
7	Brent Young	2005	17:00.6	JR	7	Christian Hunt	2005	17:29	SR
8	Matt Liddle	2007	17:06	JR	8	Lance Smith	2003	17:29	JR
9	Brandon Davies	2007	17:38	SR	9	Brandon Davies	2007	17:33	SR
10	Trevor Smith	2005	17:46	SR	10	Jason Hodson	2007	17:41	JR
<b>PLEASANT GROVE 3.1 miles upper course</b>					<b>MURRAY PARK 3.1 miles</b>				
	<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Grade</b>		<b>Name</b>	<b>Year</b>	<b>Time</b>	<b>Grade</b>
1	Matt Liddle	2008	16:12	JR	1	Jake Berlin	2009	16:30.4	SR
2	Jake Berlin	2008	16:39	JR	2	Matt Liddle	2009	16:36.0	SR
3	Spencer Baker	2008	17:12	JR	3	Chris Reynolds	2008	16:51.7	SR
4	Chris Reynolds	2008	17:16	JR	4	Travis Thurston	2001	16:54	SR
5	Jason Hodson	2008	17:24	SR	5	Mike Bills	2007	16:56	SR
6	Colten Henrie	2008	17:29	JR	6	Spencer Baker	2008	17:10	JR
7	Austin Liddell	2008	17:31	SR	7	Colten Henrie	2009	17:24.2	SR
8	Dane Smith	2008	17:41	SR	8	Brent Young	2006	17:26.2	SR
9	Trevor Harmon	2008	17:51	SR	9	Lance Smith	2004	17:26.7	SR
10	James Gibson	2008	18:10	SR	10	Dane Smith	2008	17:31	SR

**LONE PEAK (Westmore ES) 3.0 Mile**

	Name	Year	Time	Grade
1	Matt Reeves	2006	16:11	SR
2	Brent Young	2006	16:36	SR
3	Dane Smith	2006	17:37	SO
4	Jake Berlin	2006	17:54	FR
5	Mike Mace	2006	18:01	SO
6	Brandon Davies	2006	18:16	JR
7	Justin Benson	2006	18:27	SR
8	Davey Runnells	2006	18:29	SO
9	Sean Aaron	2006	18:37	JR
10	James Gibson	2006	18:41	SO

**BYU INVITE (Cascade) 3.1 miles**

	Name	Year	Time	Grade
1	Lance Smith	2004	17:03	SR
2	Chris Bringhurst	2005	17:21	SR
3	Matt Reeves	2005	17:30	JR
4	Brent Young	2005	17:37	JR
5	Christian Hunt	2004	17:51	JR
6	Jason Manookin	2003	17:54	SR
7	Jon Oliver	2005	18:02	SR
8	Mitch Hall	2003	18:05	JR
9	Alex Johnson	2003	18:30	JR
10	Brent Bullock	2003	18:40	SO

**PLEASANT GROVE 3.0 miles old course**

	Name	Year	Time	Grade
1	Matt Reeves	2006	16:35	SR
2	Chris Bringhurst	2004	16:52	JR
3	Brent Young	2006	16:59	JR
3	Lance Smith	2003	16:59	JR
5	Rob Clegg	2002	17:00	SR
6	Travis Thurston	2001	17:03	SR
7	Jon Oliver	2004	17:20	JR
8	Christian Hunt	2004	17:27	JR
9	Jake Berlin	2006	17:44	FR
10	Dane Smith	2006	17:47	SO

**MURRAY PARK 2.9 miles (modified course)**

	Name	Year	Time	Grade
1	Jake Heslington	2010	15:34.10	SO
2	Zane Pedersen	2010	16:59.50	SO
3	Tate Jackman	2010	17:02.30	JR
4	Tanner Young	2010	17:03.30	SR
5	Winston Farley	2010	17:33.50	SO
6	Ian Berlin	2010	17:41.90	FR
7	Ben Cheney	2010	17:44.40	JR
8	Josh Purser	2010	17:50.60	SR
9	Taylor Liddell	2010	17:53.30	SO
10	McKay Mace	2010	17:56.60	FR

**AF GRASS RELAYS 2.0 miles**

	Name	Year	Time	Grade
1	Will Handley	2015	9:57	SR
1	Jake Heslington	2012	9:57	SR
3	Joe Benson	2015	10:09	JR
4	Brennan Benson	2015	10:29	SO
5	Gab Prettypaint	2015	10:31	SR
6	McKay Mace	2012	10:33	JR
7	Jake Berlin	2009	10:37	SR
8	Elijah Nimmer	2015	10:39	SR
9	Cameron Benson	2015	10:42	SR
10	Matt Reeves	2006	10:43	SR

**Cougar Challenge (Kearns) 3.1 miles**

	Name	Year	Time	Grade
1	Jake Heslington	2011	17:52.76	JR
2	Zane Pederson	2011	18:30.91	JR
3	Taylor Liddell	2011	19:00.05	JR
4	Tate Jackman	2011	19:08.25	SR
5	Ian Berlin	2011	19:10.71	SO
6	McKay Mace	2011	19:27.41	SO
7	Ammon Nimmer	2011	19:51.19	SO
8	Kline Tate	2011	19:51.61	JR
9	Chase Jackman	2011	19:57.31	SO
10	Nate Widmer	2011	20:03.52	JR

**SCERA PARK (new course) 3.0 miles**

	Name	Year	Time	Grade
1	Will Handley	2015	14:39.60	SR
2	Joe Benson	2015	14:52.30	JR
3	Gab Prettypaint	2015	14:57.4	SR
4	Brennan Benson	2015	15:13.70	SO
4	Brayden Allsop	2014	15:13.70	SR
6	Koy Moore	2014	15:15.30	SR
7	Ben Berlin	2015	15:21.40	SO
8	Bo Farrer	2014	15:22.80	SR
9	Jake Heslington	2010	15:30.90	SO
10	Cameron Benson	2015	15:32.60	SR

**KIWANIS PARK COURSE (Provo) 3.1 miles**

	Name	Year	Time	Grade
1	Jake Heslington	2012	15:23	SR
2	Taylor Liddell	2012	15:55	SR
3	McKay Mace	2012	16:09	JR
4	Chase Jackman	2012	16:29	JR
5	Ian Berlin	2012	16:33	JR
6	Ammon Nimmer	2012	16:37	JR
7	Zane Pedersen	2012	16:41	SR
8	Chris Webb	2012	16:53	JR
9	Koy Moore	2012	16:54	SO
10	Taylor Benson	2012	17:12	JR

**Parowan Brian Head 3.1 miles**

	Name	Year	Time	Grade
1	Koy Moore	2014	18:19.00	SR
2	Bo Farrer	2014	18:41.00	SR
3	Joe Benson	2014	18:45.00	SO
4	Cameron Benson	2014	19:07.00	SR
5	Will Handley	2014	19:09.00	JR
6	Brayden Allsop	2014	19:24.00	SR
7	Elijah Nimmer	2014	20:06.00	JR
8	Kenan Goodwin	2014	20:23.00	JR
9	Alex Knight	2014	20:39.00	JR
10	Riley Haag-Roeger	2014	21:06.00	SR

**BYU INVITE 3.1 miles (BYU Course)**

	Name	Year	Time	Grade
1	Jake Heslington	2012	16:08.5	SR
2	Jake Berlin	2009	16:30.3	SR
3	Matt Liddle	2009	16:42.3	SR
4	McKay Mace	2012	16:53.10	JR
5	Chris Reynolds	2009	17:03.50	SR
6	Taylor Liddell	2012	17:14.30	SR
7	Ammon Nimmer	2012	17:24.50	JR
8	Spencer Baker	2009	17:25.6	SR
9	Ian Berlin	2012	17:28.70	JR
10	Zane Pedersen	2012	17:35.70	SR

**Herriman Invite 3.1 miles**

	Name	Year	Time	Grade
1	McKay Mace	2013	18:30.00	SR
2	Koy Moore	2013	18:52.00	JR
3	Ammon Nimmer	2013	18:54.00	SR
4	Joe Benson	2013	19:06.00	FR
5	Taylor Benson	2013	19:24.00	SR
5	Bo Farrer	2013	19:24.00	JR
7	Ian Berlin	2013	19:30.00	SR
8	Chase Jackman	2013	19:41.00	SR
9	Cameron Benson	2013	19:47.00	SO
10	Brayden Allsop	2013	20:12.00	JR
10	Bobby Dayley	2013	20:12.00	SR

**PARK CITY 3.0 miles**

	Name	Year	Time	Grade
1	Jake Heslington	2011	15:45.50	JR
2	Jake Berlin	2009	15:50.7	SR
3	Matt Liddle	2009	15:53.5	SR
4	Ammon Nimmer	2013	16:10.00	SR
5	McKay Mace	2013	16:10.30	SR
6	Bo Farrer	2013	16:27.20	JR
7	Cameron Benson	2013	16:30.70	SO
8	Joe Benson	2013	16:33.20	FR
9	Elijah Nimmer	2014	16:35.6	JR
10	Chase Jackman	2012	16:37.10	JR







































































