



...ce at The Ridges Golf



...sholt junior Sophia Bablitch ...cak (19:29.9) in eighth, Colfax ...Heidorn (19:30.7) in ninth ...ristian senior Leah Patterson ...h.

...dividual state champions were ...junior Sara Mlodik (18:06.6) ...and New Berlin Eisenhower ...ith Wehrman (18:14.8) in

...wasn't happy with her overall ...ronk did feel like her state ...t year helped her this time ...2023.

...e first time I ran here, I felt I ...ronk when evaluating her ...ead coach Deb Craig. "The big ...ple didn't get here, she did an

STATE CROSS COUNTRY **BROOKWOOD**

**19<sup>TH</sup>**

**Brookwood's Powell ends with top 20 finish**

By **ZACH RASTALL**  
Sports Writer

WISCONSIN RAPIDS — Brookwood senior Dylan Powell will go down as one of the most accomplished runners in the history of the Falcon cross country team.

With one final hurrah at this year's state meet, Powell created one more lasting moment for the program with a stellar showing.

Powell posted a time of 17 minutes, 8.3 seconds to finish in 19th overall in the Division 3 boys' race at the 2022 WIAA State Cross Country Championships, held Saturday, October 29 at the Ridges Golf Course in Wisconsin Rapids.

Cochrane-Fountain City senior Wesley Pronschinske (16:08.9) crossed the finish line first in the race, followed by Glenwood City senior JJ Williams (16:17.0) in second, Belleville junior Carter Scholey (16:20.5) in third, Ladysmith sophomore Gavin Stewart (16:24.7) in fourth and Athens senior Connor Sheahan (16:28.6) in fifth.

Rounding out the top 10 were Kohler senior David Behler (16:29.1) in sixth, Riverdale senior Nick Stitzer (16:30.4) in seventh, Gillett senior Alex Peterson (16:30.6) in eighth, Ozaukee senior Owen Klaus (16:30.9) in ninth and Mondovi junior Landon Clark (16:31.7) in 10th.

Other individual state champions in boys' races were Onalaska sophomore Manny Putz (15:26.7) in Division 1 and Mount Horeb senior Joseph Stoddard (15:54.7) in Division 2.

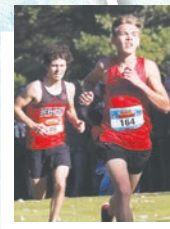
In his race, Powell was able to execute his gameplan of sticking near the top group for much of the race — sitting in sixth through one mile and 12th through two miles — to give himself a shot at a podium finish, but ultimately that lead pack created some separation in the final stretch to deny him a potential spot in the top 10.

Despite him falling short of his medalist goal, it still served as the best state performance by any Brookwood runner in years.

"He was still able to get a top-20 finish, which, in my 16 years, is the best finish I've ever had from a



**1 MILE 6<sup>th</sup>**  
5:04.6



**FINISH 19<sup>th</sup>**  
17:08.3



**2 MILE 12<sup>th</sup>**  
10:38.9

male or female runner," said Brookwood head coach Mindy Waddell. "That is a huge accomplishment in itself — to really have been one of the best runners in decades to come through the program."

It was a fitting end to an excellent career for Powell, who finished in 36th with a time of 17 minutes, 43.82 seconds at the 2020 state meet — held at the Maple Grove Venues in West Salem for Division 3 that year due to COVID-19 — as the leading runner for a Brookwood team that placed second overall in Division 3.

He followed that up by finishing in 35th with a time of 17 minutes, 46.3 seconds in 2021 in his first state experience on the customary Wisconsin

Rapids course.

"The team aspect of it all has probably been my favorite part of all of it," Powell said. "I think my proudest achievement is being able to run as a team and build the connections that I was able to build."

Now, Powell departs the Brookwood cross country program leaving behind a strong legacy of success and can serve as an example for his current teammates and future Falcons.

"I've worked with Dylan since he was in sixth grade, and there is no work ethic like what he has," Waddell said. "He has worked so hard for so many years to do what he did today. I'm just incredibly proud of everything he's accomplished."

STATE CROSS COUNTRY **WEST SALEM**

**West Salem girls run to 8th, boys 9th at WIAA state cross country meet**

By **NATE BEIER**  
Sports Writer

West Salem's Mia Olson led the Panthers with a 38th place finish overall, 19th in team scoring, and helped the girls to eighth place at Saturday's WIAA state meet.

Olson, who was 26th at the first mile marker, finished with a time of 20:29. West Salem finished with 221 team points.

Alena Donahoe was 54th overall and the second finisher for the Panther girls. Morgan Quackenbush was 84th, Kennedy Garbers 90th and Payton Greer 109th to round out the scoring runners.

Appleton Xavier won the D2 title with 81 points and Dodgeville/Mineral Point was second with 124 points.

The West Salem boys scored 239 points and finished ninth among 16 teams at the WIAA state meet Saturday.

Brennan Garbers led the team with a time of 17:39.3 and was 61st overall and 35th in team scoring.

Dawson Gronemus and Tom



**West Salem's Mia Olson passes the second mile marker in Saturday's D2 state race. Olson led the Panthers with a 38th place finish overall. Herald photo by Nate Beier/GX3 Media.**

Stenberg rack side by side most of the race and finished 81st and 82nd overall.

Carson Gronemus was 87th and Carter Quackenbush wrapped up the scoring with a

91st place finish.

Green Bay Notre Dame on the D2 title with 81 points.

Lake Mills Lakeside Lutheran was second with 115 points.

STATE CROSS COUNTRY **AREA ROUNDUP**

**Onalaska's Putz wins final sprint for title**

By **NATE BEIER**  
Sports Writer

Onalaska sophomore and 2022 Mississippi Valley Conference champ, Manny Putz trailed Oconomowoc's Zach Vance with about 100 meters left in Saturday's Division 1 state championship race in Wisconsin Rapids.

Putz dug in, however, and challenged Vance, gutting out a win for the D1 state title with a time of 15:26.7 - just two tenths of a second ahead of Vance.

Putz seemingly had control of the race at the onset, leading the entire field of runners by 13 seconds at the first mile marker. By the second mile, the lead pack had caught up, shaving off seven seconds. The second runner to pass the second mile marker was just six seconds behind Putz.

Vance caught Putz in the final 200 meters before the two squared off for the title of champion.

Putz's time was the best across all three boys divisions, beating the D2 champ by 20

seconds and the D3 champ by 42 seconds.

Onalaska's Blake Burnstad was 33rd overall and teammate Arlo White was 74th.

On the girls side, the Holmen girls finished 10 overall.

**DIVISION 2**

Mauston's Eli Boppart was second overall for the second-straight season with a time of 6:03.7. Boppart led the Golden Eagles' team to a fifth place finish overall.

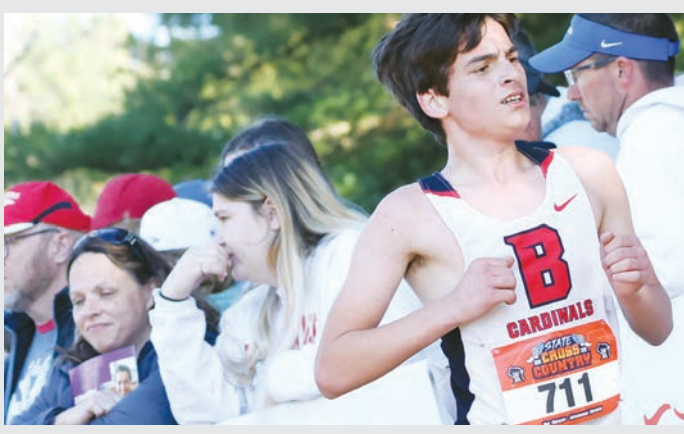
**DIVISION 3**

Cochrane-Fountain City had a banner outing at the WIAA state meet on Saturday.

Freshman Addy Duellman won the D3 girls race with a time of 18:58.1. The Pirates girls won the D3 team title with 132 points after landing three runners in the top 20. The title was the fourth for the C-FC girls program.

C-FC senior Wesley Pronschinske won the D3 boys individual title after posting a time of 16:08.9.

The win was the first individual champion for the C-FC boys cross country program.



**Far left Bangor's Cian Buchholz speeds along a straightaway during Saturday's D3 title race.**

**Top center Evan Buchholz rounds the last turn before the two mile marker.**

**Bottom Bangor's Anna Fronk, Westby's Lizzy Curtis and North Crawford's Anges Carstens close in on the second mile marker.**

**Herald photos by Logan Everson, Nate Beier/GX3 Media.**

