



New Trier Cross Country

All-Time Best 3-Mile Performances

	Athlete	Time	Year	Grade
1	Nick Falk	14:14.11	2021	12
2	Leland Later	14:17.0	2011	12
3	Ben Crane	14:20.16	2023	11
4	Rob Savage	14:41.0	1975	11
5	Josh Derrick	14:41.1	2015	12
6	Rich Curley	14:43.0	1982	12
7	Erik Sloan	14:44.0	2000	11
8	Oscar Dueno Alda	14:45.6	2022	12
9	Tommy King	14:46.1	2010	12
10	Josh Rosenkranz	14:50.8	2014	12
11	Patrick Norrick	14:53.9	2017	12
12	Warren Blood	14:55.9	2016	12
13	Chase Silverman	14:56.0	2013	12
14	David Wishart	14:57.0	2002	12
15	Noah Graboys	14:57.0	2009	12
16	Peter Cotsirilos	14:57.0	2013	12
17	Michael Schmidt	14:59.0	2007	12
18	Atticus Miller	14:59.6	2022	11
19	Chas Gillespie	15:01.0	2005	12
20	Andrew Flynn	15:02.3	2019	11
21	Jason Brown	15:05.0	2003	12
22	Jack Litowitz	15:05.9	2014	11
23	Matt Lockwood	15:06.0	1989	12
24	Austin Santacruz	15:06.0	2014	12
25	Ethan Kaplan	15:06.0	2012	12
26	Isa Qasim	15:06.0	2010	12
27	Bill Frank	15:07	1978	12
28	Ford Baker	15:09.0	2019	12
29	George Cahill	15:11.0	2021	12
30	Brad Marshall	15:12.0	1981	12
31	Bruce Perlow	15:12.0	1995	12
32	Sam Teppo	15:13.9	2022	12
33	Luke Duros	15:14.0	2014	12
34	Alex Mahoney	15:14.0	2002	11
35	Chip Schaff	15:15.0	2011	12
36	David Cort	15:15.0	1977	10
37	Charlie Siebert	15:15.8	2019	11
38	Rich Valko	15:17.0	1993	11
39	Tarek Afifi	15:17.1	2013	11
40	Patrick Jamieson	15:18.0	2021	12



Nick Falk

2021 3A State Cross Country Runner-Up.
School Record Holder in the 3-mile (14:14) &
3200m (8:53.44)



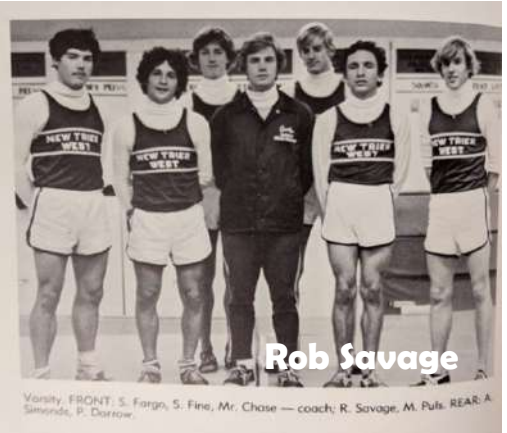
Leland Later

2011 3A State Cross Country Champion.
School Record Holder at 1600m (4:09.95 –
State Champion 2012), #2 All-Time 3200m
(8:55.61) & 3-mile (14:17)



Ben Crane

Ben Crane
2023 All-State/3rd Place (14:20.16)
NT Junior Class record



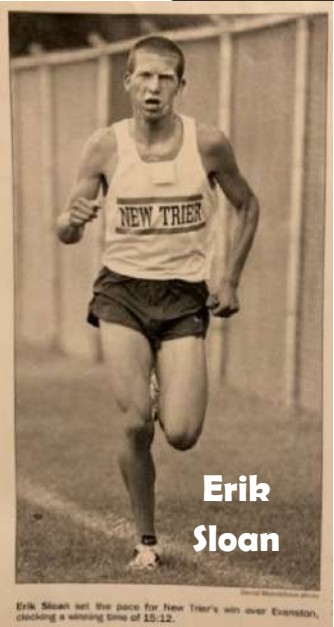
Rob Savage



Josh Derrick



Rich Curley



Erik Sloan



Oscar Dueno Alda



Tommy King



Josh Rosenkranz



41	Blake Deger	15:18.0	2021	12
42	Scott Nystuen	15:18.2	2010	12
43	Cooper Woolford	15:20.0	2016	12
44	Alex Burck	15:20.0	2015	12
45	Walter Garrett	15:20.1	2023	11
46	Felix Heskter	15:20.3	2023	12



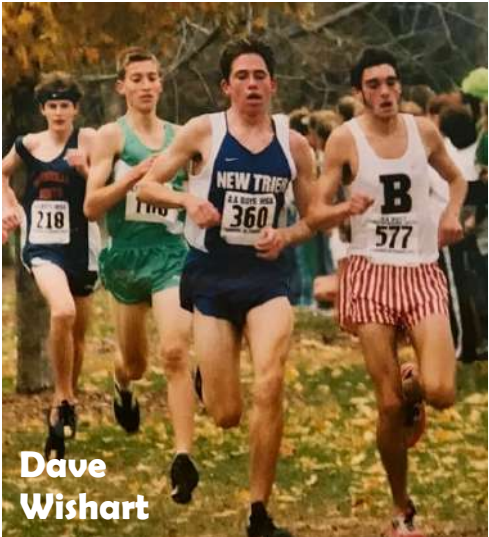
Patrick Norrick



Warren Blood



Chase Silverman



Dave Wishart



Noah Graboys



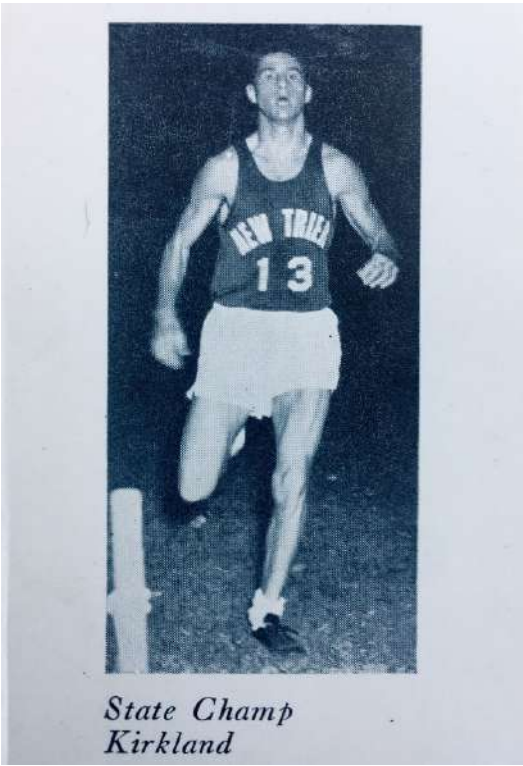
Peter Cotsirilos



Mike Schmidt



1959-1960 IHSA State XC Champions Team Photo



State Champ Kirkland



Onward Trevians!!!



New Trier's Mike Collins receives his lap time en route to an victory in the mile run during Saturday's Pirate Relays. Collins tu the four laps in 4:30.7 minutes. He is the defending state high se cross country champion.

Mike Collins

1965 IHSA State Cross Country Champion.

Weymouth Kirkland

IHSA State Cross Country Champion in 1959 & 1960!!!

He was also 2nd as a sophomore in 1958.