

Sports

Cross Country makes statement at Palatine, shows depth of domination at Freeburg

Oct 3 2025

The secret is out. This past Saturday, the St. Louis U. High cross country program took JV and Varsity team victories against nationally-ranked competition at the Palatine Meet of Champions, sending a message to the entire Midwest region. Meanwhile, just across the Mississippi River at the Freeburg Invitational, the program showcased its depth, with varsity taking third in its race and a V3 lineup posting a perfect score of 15 points and winning the JV race.

More Articles

Athlete of the Week: Paddy Byrne
(<https://www.sluh.org/prep-news/sports/~board/prep-news/post/aotw-2025>)

Oct 3 2025

Harris sets the football record for most consecutive games started in Football history
(<https://www.sluh.org/prep-news/sports/~board/prep-news/post/ltte-orr>)

Oct 3 2025

Start or Sit

Football picks: SLUH's top scorers

Let's find the answer together!

[news/sports/~board/prep-news/post/fantasy-weekm](#)

Oct 3 2025



Senior Hendrix Fyvie in narrow Palatine downhill | Dave Ebenhoh

Palatine

Since 2010, the program has competed at Palatine in the suburbs of Chicago. Known for its 100-meter bottleneck start and small starting boxes, it creates a storm of chaos among the best in the Midwest. With the temperature in the upper 80's last Saturday, it looked to be even crazier than years past.

As the sun beat down on the course, the gun was fired and the varsity was underway. All the Jr. Bills handled the chaotic start smoothly, finding themselves embedded in the front pack of the race. Leading for the Jr. Bills was, to no surprise, junior Jackson Miller, coming through the mile at 4:50 and finding himself in 18th with seniors Nick Ahlheim and Hendrix Fyvie right by him in 20th and 21st.

"I knew I'd have to get off the line quickly," said Fyvie. "And while it wasn't easy, I did, and I was able to find my teammates shortly into the race."

Throughout the next two miles, Miller masterfully moved up in the pack and eventually finished the three-mile course in fifth place with a time of 14:56. Miller's strategic racing was a key factor in SLUH's win and showcased a veteran approach to racing, running consistent splits.

Closely behind Miller was Fyvie running 15:21 (22nd) and sophomore Warnicke Beatty Jr. who, in his first time at Palatine, showcased grit and discipline, running 15:24 (28th). With all three athletes medaling, they cemented themselves in the history books as they joined 12 of [Skip To Main Content](#)

Cross Country makes statement at Palatine, shows depth of domination at Freeburg

(<https://www.sluh.org/prep-news/sports/~board/prep-news/post/xc-palatine>)

Oct 3 2025

Soccer dominates in local and regional games, capture four wins

(<https://www.sluh.org/prep-news/sports/~board/prep-news/post/soccer-kentucky>)

Oct 3 2025

All For Nora: Filled with motivation, Football toughs out gritty victory vs. Lift for Life

(<https://www.sluh.org/prep-news/sports/~board/prep-news/post/football-v-lfl>)

Oct 3 2025

Got a question? 🙋

Let's find the answer together!



English

the program's best athletes of the recent decade to medal in this meet.

"To get three medals in the race is pretty exciting," said head coach Joe Porter, "and for one of them to be a sophomore that's really solid. You know it's just great to see that success with that very chaotic race."

A short 10 seconds after Beatty came junior Ben Yoffie, running a season best 15:34 for 35th place. The last scorer for the Jr. Bills shocked the team as it was junior Nathan Khouri running 15:46 (51st). Khouri battled sickness in the days leading up to the race, and it continued during the race; Khouri coughed for much of the last two miles. But he didn't let it deter him.

"I prepared myself for a hard race," said Khouri. "I had a sore throat, muscle aches, and a cough, but I kept reminding myself that I've got to finish strong. I knew I was the 5 guy towards the end so I did my best to push through because I knew I needed to fight for the team."

The valiant varsity efforts won the day for the Jr. Bills, who scored 141 points to finish ahead of nationally-ranked Plainfield North by 5 points and top Illinois team Plainfield South by 20 points. This is the program's second varsity team championship, breaking an 11-year drought with this win that surprised Midwest teams. However, there is still work to be done for championship racing in November.

"Championship teams find ways to win when not everyone's at their best," said Porter. "To win a big meet like that is a big deal but we've got bigger and better races ahead of us so we've got to continue to get better."

The JV race continued the story of dominance for the Jr. Bills. Seniors Jaden Elgin and Jake Fitzpatrick put pedal to the medal in the first mile, breaking away from the competition running 5:00. Following close behind was junior Joe Talleur (5:06) and senior Tristan Kujawa (5:07).

With all SLUH athletes in the top four, it looked like it was going to be an easy win. But challenging for the team victory was a strong pack of four from Plainfield North who quickly surrounded Talleur, Kujawa, and sophomores Owen Williams and Jonah Ebenhoh throughout the next mile.

[Skip To Main Content](#)

Got a question? 🙋

Let's find the answer together!



English

"That Plainfield North pack was probably leading at a mile and a half," said Porter. "They had five guys with our three but after they caught us we had to reassess and reattack and that was very good."

Despite the initial setback, SLUH was able to break up the Plainfield pack towards the end of the race to take the team victory. Leading the way was Elgin, running 15:59 for second place and passing out as he crossed the finish line.

"With about 800 to go, I knew I was going to have to go to war to finish," said Elgin. "When I finished I truly had nothing left."

Following Elgin was not Fitzpatrick but Williams. With an impressive last mile, he ran 16:07 (4th) and snagged a crisp 21-second personal record. Then came a trio, with Fitzpatrick (16:15, 6th), Kujawa (16:17, 8th) and Ebenhoh (16:18, 9th). These athletes pulled away from the 4 and 5 guys of Plainfield North allowing SLUH to easily take the win with 29 points and marking the first time ever that the program has won both the JV and varsity divisions at Palatine.

"I think we definitely put our name out on the scene," said Porter. "But the old proverb says when you reach enlightenment you have to chop wood and carry water. So we really can't settle on our laurels or we won't have success later."

Freeburg

Last year's wet conditions made the Freeburg Invitational a slow and grueling mud bath, but this year the dry conditions of the flat three-mile course brought SLUH cross country over 50 personal bests. The ten V3 racers set the tone for the day early in the varsity race, a tight pack of Jr. Bills together under 5:10 at the mile mark, led by juniors JP Wildermuth and Edmund Reske.

"This race came down to focusing on getting out in a good spot from the start," said Wildermuth. "I knew I needed to finish in the top five in order to put our team in a position to finish up higher in the standings."

[Skip To Main Content](#)

Got a question? 🙋

Let's find the answer together!



English

As others began to drop off the pace, Wildermuth continued to battle, exchanging leads with a pack of talented Illinois runners. Most runners' third and final mile is their slowest, a desperate attempt to hold on for dear life. Wildermuth showcased he is not like most other runners, closing hard in a 5:12 last mile to finish the three-mile race in 15:39, a new personal best by over 30 seconds, and placing in the top five as he had hoped.

"I honestly didn't know how fast I was running until after the race," said Wildermuth. "It might have been the hardest effort I've ever given in a race."

This dominant performance was followed by senior Preston Eash running 16:12 (18th), with senior Brayden Bussman crossing the line in 16:16.1 (20th) after a neck-and-neck battle to the line with Reske, who finished on his shoulder in 16:16.4 (21st). Finally, after a long break, senior Brady Vogt finished in 16:51 (26th) to round out the scoring five.

"Those guys raced very mature," said assistant coach Charlie Hatch. "They were very determined and disciplined and yeah they had control over what they were doing. So it's very nice to see."

Although the varsity runners were fast, the real display of dominance was in the JV race. The Jr. Bills took charge of the race immediately, sprinting out hard from the gun, never looking back. At the mile mark, it was a wave of navy blue with senior Aidan Smith surging out in front in 5:21. A second behind him were senior Titus Zeigler and junior Jack Powers. Looking to defend his JV title from 2024, Aidan Smith kept up the pace, dropping the rest of the field in the last mile and pushing hard all by himself to win the race for his second consecutive year. Next behind him finished junior Jack Powers (third) with a time of 17:26, beating his own personal best from freshman year by nearly a minute and a half and snagging him a varsity letter.

"People run their best when they just go for it," said Hatch. "That's exactly what Aidan and Jack did. The simplicity of running is just running against other people and I think they embodied that."

Got a question? 🙋

Let's find the answer together!



To round out the scoring five was another close battle between senior Colton Eikermann (fourth) in 17:35, freshman Leo Wildermuth (fifth) in 17:36.0 and Zeigler (sixth) finishing in 17:36.3.

The talented JV field was no match for the depth of the Jr. Bills, who finished with a perfect score of 15 points from the scoring five, alongside securing nine of the top ten places.

Looking Ahead

For the second week in a row, the program splits: taking the top 10 to pursue further chaos and a team victory under the lights of LaVern Gibson Cross Country Course at the Nike Twilight Invitational. Meanwhile, the V2 looks to take home a varsity team victory at the Parkway West Dale Shepard Invitational with V2 kicking off their day at 9 a.m.



THE WEEKLY STUDENT-RUN NEWSPAPER OF ST. LOUIS U. H.
COPYRIGHT © 2025 PREP NEWS
NO MATERIAL MAY BE REPUBLISHED WITHOUT PERMISSION OF

./fs/page:

Got a question? 🙋

Let's find the answer together!



English