

MCC Championships — Freshman Results

October 8, 2026 | Jefferson Barracks Park, St. Louis, MO | Boys 5K

Place	School	Score	Finisher 1	Finisher 2	Finisher 3	Finisher 4	Finisher 5	Finisher 6	Finisher 7
1	St. Louis University High Avg: 19:45.51 Spread: 3:12.10	15	1	2	3	4	5	7	9
2	DeSmet Jesuit Avg: 22:45.39 Spread: 3:15.45	59	8	10	12	14	15	16	17
3	Christian Brothers College Avg: 24:48.05 Spread: 7:41.66	67	6	11	13	18	19	-	-
-	Chaminade College Prep Avg: Spread:	NTS							
-	St. John Vianney Avg: Spread:	NTS							

Top 14 medalists

Place	Athlete	School	Grade	Time	Team Points	Bib
1	Connor Helbig	St. Louis University High	FR	17:26.59	1	3367
2	Rhys Farroll	St. Louis University High	FR	19:30.74	2	3350
3	Quinn Ebert	St. Louis University High	FR	20:35.52	3	3347
4	Josiah Smith	St. Louis University High	FR	20:36.02	4	3412
5	Ezra Goldkamp	St. Louis University High	FR	20:38.68	5	3359
6	Emerson Moles	Christian Brothers College	FR	21:08.26	6	3253
7	Emmanuel Malkus	St. Louis University High	FR	21:09.86	7	3385
8	Miles Chickering	DeSmet Jesuit	FR	21:10.63	8	3272
9	Colin McCarthy	St. Louis University High	FR	21:13.56	9	3388
10	Bo Biehl	DeSmet Jesuit	FR	21:14.05	10	3268
11	Donovan Kane	St. Louis University High	FR	21:18.85		3369
12	Hector Letona Martinez	St. Louis University High	FR	21:24.43		3382
13	Henry Verbeck	St. John Vianney	FR	21:26.83		3320
14	George Woods	St. Louis University High	FR	21:29.67		3432
15	Vito Mantese	St. Louis University High	FR	21:44.19		3386
16	John Moran	Christian Brothers College	FR	22:12.70	11	3254
17	Reid Buchmeier	St. Louis University High	FR	22:26.30		3334
18	William Hof	St. Louis University High	FR	22:45.79		3368
19	Joseph Brewer	DeSmet Jesuit	FR	22:47.83	12	3270
20	Mark Boeckmann	St. Louis University High	FR	23:09.74		3333
21	Henry (Whit) Fort	Chaminade College Prep	FR	23:16.86		3212
22	Anderson Meyer	Christian Brothers College	FR	23:20.73	13	3252
23	Nahom Hagos	St. Louis University High	FR	23:21.68		3362
24	Owen Abbott	St. Louis University High	FR	23:25.00		3324
25	Jackson Valle	St. Louis University High	FR	23:31.02		3420
26	Jauron II Sydnor	DeSmet Jesuit	FR	24:08.35	14	3294
27	Charles Kelly	St. Louis University High	FR	24:14.26		3372
28	Joshua Ebel	St. Louis University High	FR	24:15.06		3344
29	David Fales	DeSmet Jesuit	FR	24:26.08	15	3274
30	Christian McAfoos	Chaminade College Prep	FR	25:01.05		3223
31	Patrick Mehan	Chaminade College Prep	FR	25:02.60		3224
32	Kayden Koch	DeSmet Jesuit	FR	25:04.05	16	3278

33	Dominic Ippolito	St. John Vianney	FR	25:04.93		3312
34	Ian Follmer	DeSmet Jesuit	FR	25:44.79	17	3276
35	Jose Aguayo	St. Louis University High	FR	25:52.01		3325
36	Willard (Will) Holtzman	Chaminade College Prep	FR	26:19.34		3217
37	Corey Paul	DeSmet Jesuit	FR	28:20.59		3287
38	Brock Ewing	Christian Brothers College	FR	28:28.62	18	3242
39	Lucas Feldmann	DeSmet Jesuit	FR	28:37.53		3275
40	William McQuaide	Christian Brothers College	FR	28:49.92	19	3250

Weather/Course info: 85 degrees, 42 dew point, 22% humidity, 1-3 mph winds. Course cut low and in fine shape.