

MEN'S HONORS & AWARDS

All-Americans

- 1997 Cleophas Boor (6th)
Jeroen Broekzitter (20th)
- 1996 Cleophas Boor (3rd)
Jonah Kiptarus (2nd)
- 1989 Joe Kirby (13th)
Jacques van Rensburg (21st)
- 1988 Joe Kirby (34th)
Jacques van Rensburg (14th)
- 1985 Jean Verster (5th)
- 1984 Kurt Russell (26th)
- 1983 Wally Duffy (29th)
- 1970 Greg Carlberg (22nd)

All-Region

Midwest

- 2019 George Kusche
- 2018 George Kusche, Mark Freyhof
- 2017 Wyatt McGuire
- 2010 David Adams
- 2009 David Adams
- 2002 James Bowler, Eric Rasmussen
- 2001 James Bowler, Ian Gray, Mike Kamm
- 2000 Aaron Carrizales, Marcus Witter
- 1999 Marcus Witter
- 1997 Cleophas Boor, Jeroen Broekzitter, Aaron Johnson

District V

- 1996 Cleophas Boor, Jonah Kiptarus, Philip Maiyo,
Balazs Tolgyesi, Jim Vance
- 1995 Brady Bonsall, Balazs Tolgyesi
- 1994 Brady Bonsall, Kevin Miller, Balazs Tolgyesi

All-Conference

Big Ten

- 2020 George Kusche (First Team)
- 2019 George Kusche (First Team)
- 2018 George Kusche (First Team)
- 2017 Wyatt McGuire (Second Team)

Big 12

- 2001 James Bowler
- 1997 Cleophas Boor, Jeroen Broekzitter
- 1996 Cleophas Boor, Jonah Kiptarus

Big Eight

- 1992 David Itteffa
- 1991 David Itteffa
- 1990 Joe Kirby
- 1989 Joe Kirby, Jacques van Rensburg
- 1988 Jacques van Rensburg
- 1987 Bryan Clark, Joe Kirby, Jean Verster
- 1986 Jean Verster
- 1985 Jean Verster

Big Ten Distinguished Scholars

- 2020 Brian Beach, Jerry Jorgenson, George Kusche, Ryan
Martins, Jack Slagle
- 2019 Mark Freyhof, George Kusche, Ryan Martins, Jack
Slagle
- 2018 Jordan De Spong, Mark Freyhof, Wyatt McGuire
- 2017 Jordan De Spong, Mark Freyhof, Wyatt McGuire
- 2016 Wyatt McGuire
- 2015 Nolan Border, Jacob Olson
- 2014 Nolan Border, Mark Hildebrand
- 2013 Nolan Border, Mark Hildebrand
- 2012 Nolan Border, Mark Hildebrand
- 2011 Jesse Adams, Brad Doering

Academic All-Conference

Big Ten

- 2021 Brian Beach, Adam Christopher, Ryan Eastman, Jack
Ehlert, Sadio Fenner, Mark Freyhof, Jerry Jorgenson,
Dais Malebana, Ryan Martins, Jack Slagle, Erik Snell,
Bailey Timmons, Zach Van Brocklin
- 2020 Brian Beach, Ryan Eastman, Sadio Fenner, Mark
Freyhof, Jerry Jorgenson, George Kusche, Ryan
Martins, Brandon Nelson, Jack Slagle, Bailey Timmons
- 2019 Jordan De Spong, Ryan Eastman, Mark Freyhof, Ryan
Kennedy, George Kusche, Karson LeComte, Ryan
Martins, Wyatt McGuire, Brandon Nelson, Jack Slagle,
Bailey Timmons
- 2018 Jordan De Spong, Mark Freyhof, Eric Karl II, Karson
LeComte, Ryan Martins, Wyatt McGuire, Alec Sery,
Bailey Timmons
- 2017 Jordan De Spong, Mark Freyhof, Eric Karl II, Karson
LeComte, Wyatt McGuire, Ty Moss, Austin Post, Alec Sery
- 2016 Patrick Letz, Wyatt McGuire, Jacob Olson, Austin Post
- 2015 Matt Gilbert, Wyatt McGuire, Jacob Olson, Austin Post,
Alec Sery
- 2014 Nolan Border, Connor Gibson, Jonah Heng,
Patrick Letz
- 2013 Matt Bloch, Connor Gibson, Matt Gilbert, Jarren Heng,
Jonah Heng, Jacob Olson
- 2012 Nolan Border, Tommy Brinn, Connor Gibson,
Jarren Heng, Anthony Pittman
- 2011 Jesse Adams, Tommy Brinn, Brad Doering,
Jarren Heng

Big 12

- 2010 David Adams, Jesse Adams, Todd Gulizia,
Ethan Luebbe, Anthony Oberle,
Tommy Brinn (second team)
- 2009 David Adams, Jesse Adams, Brad Doering,
Todd Gulizia, Ethan Luebbe, Anthony Oberle,
Bryce Somer, Eric Thies, Adam Mitteis (second team)
- 2008 David Adams, Kyle Custer, Todd Gulizia,
Anthony Oberle, Bryce Somer, Eric Thies,
Peter Falcon (second team)
- 2007 Kyle Custer, Alec Maduza, Bryce Somer,
Ethan Luebbe (second team)
- 2006 Kyle Custer, Bryce Dickmeyer, Alec Maduza,
Brian Parr (second team)
- 2005 Bryce Dickmeyer
- 2004 Bryce Dickmeyer, Eric Rasmussen,
Kyle Doperalski (second team)
- 2003 Dana Carne, Tim Williams, Paul Wilson
- 2002 Marc Clinard, Eric Rasmussen, Paul Wilson,
Kyle Wyatt, Tim Williams,
James Bowler (second team), Mike Kamm (second team)
- 2001 Ian Gray, Paul Wilson, Kyle Wyatt,
Eric Rasmussen (second team)
- 2000 Ian Gray, Aaron Carrizales (second team)
- 1998 Darren Ivy, Jim Vance
- 1997 Jeroen Broekzitter, Jeff Ganz, Aaron Johnson (HM)
- 1996 Alex Lamme, David Olson, Balazs Tolgyesi,
Jim Vance, Jeff Ganz (HM), Mike Mason (HM)

Big Eight

- 1995 Brady Bonsall, Alex Lamme, Balazs Tolgyesi,
Kevin Brewer (HM), Mike Mason (HM), Mike Myers (HM)
- 1994 Brady Bonsall, David Draheim, Renier Henning,
Alex Lamme, Kevin Miiller, Balazs Tolgyesi,
Chad Jansen (HM)
- 1993 Brady Bonsall, Renier Henning, Kevin Miiller,
David Rhodes (HM)
- 1992 Kevin Clark, Renier Henning, David Itteffa,
Kevin Miiller (HM), Brady Bonsall (HM),
Brian Roth (HM), Erik Skaden (HM)
- 1991 Kevin Clark, Frank Lee
- 1990 Kevin Clark, Pat Day, Frank Lee, Kirk Petit (HM)
- 1989 Harald Graham, Joe Kirby, Kevin Clark (HM),
Pat Day (HM), Frank Graham (HM), Kirk Petit (HM)
- 1988 Frank Graham, Harald Graham
- 1987 Bryan Clark, Joe Kirby, Brian Grier (HM)
- 1986 Bryan Clark, Don Pobanz (HM)

CoSIDA Academic All-Americans

- 2021 George Kusche (second team)
- 2012 Brett Grieb (third team)
- 2004 Dana Carne (second team)
- 2002 Kyle Wyatt (second team)
- 1996 Brady Bonsall (first team)
- 1995 Brady Bonsall (third team)

USTFCCCA All-Academic Individuals

- 2020 George Kusche
- 2019 George Kusche
- 2018 Mark Freyhof, George Kusche
- 2017 Wyatt McGuire
- 2010 David Adams
- 2002 Eric Rasmussen
- 2001 Ian Gray
- 1996 Balazs Tolgyesi
- 1995 Brady Bonsall
- 1994 Brady Bonsall, Kevin Miiller
- 1993 Kevin Miiller

Nebraska's Men's Herman Award

- 2020-21 Cross Country - 3.539 GPA
- 2019-20 Cross Country - 3.300 GPA
- 2018-19 Cross Country - 3.173 GPA
- 2009-10 Cross Country - 3.334 GPA
- 2008-09 Cross Country - 3.309 GPA
- 2006-07 Cross Country - 3.096 GPA
- 2005-06 Cross Country - 3.115 GPA
- 2004-05 Cross Country - 3.196 GPA
- 2003-04 Cross Country - 3.330 GPA
- 2002-03 Cross Country - 3.466 GPA
- 1994-95 Cross Country - 3.298 GPA

Note: The Herman Awards are presented annually and are named after the Dick and Dale Herman families. They are awarded to the University of Nebraska teams with the highest team grade-point average.

MEN'S HONORS & AWARDS

Team Captains

Year	Captain(s)	Hometown
2020	Mark Freyhof Ryan Martins	Hamilton, Mich. Green Brook, N.J.
2019	Jordan De Spong Mark Freyhof Karson LeComte	Dunedin, New Zealand Hamilton, Mich. Mount Prospect, Ill.
2018	Wyatt McGuire	North Platte, Neb.
2017	Wyatt McGuire Austin Post	North Platte, Neb. Omaha, Neb.
2016	Jacob Olson Patrick Letz	Kearney, Neb. Palos Park, Ill.
2015	None	
2014	None	
2013	Jarren Heng Trevor Vidlak	Norfolk, Neb. Lincoln, Neb.
2012	Jarren Heng Trevor Vidlak	Norfolk, Neb. Lincoln, Neb.
2011	Jesse Adams Trevor Vidlak	Ogallala, Neb. Lincoln, Neb.
2010	David Adams Anthony Oberle	York, Neb. Sioux City, Iowa
2009	David Adams	York, Neb.
2008	Kyle Custer Brian Parr	Cambridge, Neb. Fremont, Neb.
2007	Peter van der Westhuizen Alec Maduza	Kempton Park, South Africa Shorewood, Wis.

Most Valuable Runner

Year	Athlete	Hometown
2020	George Kusche	Malelane, South Africa
2019	George Kusche	Malelane, South Africa
2018	George Kusche	Malelane, South Africa
2017	Wyatt McGuire	North Platte, Neb.
2016	Wyatt McGuire	North Platte, Neb.
2015	Peter Spinks	Layton, N.J.
2014	Joe Harter	Omaha, Neb.
2013	Jarren Heng	Norfolk, Neb.
2012	Jarren Heng	Norfolk, Neb.
2011	Trevor Vidlak	Lincoln, Neb.
2010	David Adams	York, Neb.
2009	David Adams	York, Neb.
2008	David Adams	York, Neb.
2007	Peter van der Westhuizen	Kempton Park, South Africa

2006	Brian Parr	Fremont, Neb.
2005	Peter van der Westhuizen	Kempton Park, South Africa
2004	Eric Rasmussen	North Platte, Neb.
2003	Dana Carne	Omaha, Neb.
2002	James Bowler	Alcester, Warwickshire, England
2001	James Bowler	Alcester, Warwickshire, England
2000	Marcus Witter	Kearney, Neb.
1999	Marcus Witter	Kearney, Neb.
1998	Marcus Witter	Kearney, Neb.
1997	Cleophas Boor	Kapsabet, Kenya
1996	Jonah Kiptarus	Kapsabet, Kenya
1995	Brady Bonsall	Burwell, Neb.
1994	Kevin Miiller	Rugby, N.D.
1993	Kevin Miiller	Rugby, N.D.
1992	David Iteffa	Addis Ababa, Ethiopia
1991	David Iteffa	Addis Ababa, Ethiopia
1990	Joe Kirby	Jefferson City, Mo.
1989	Joe Kirby	Jefferson City, Mo.
1988	Jacques van Rensburg	Bloemfontein, South Africa
1987	Jean Verster	Sasolburg, South Africa
1986	Jody Fischer	Gillette, Wyo.
1985	Jean Verster	Sasolburg, South Africa
1984	Kurt Russell	Flint, Mich.
1983	Wally Duffy	Shenandoah, Iowa

Most Improved Runner

Year	Athlete	Hometown
2020	Bailey Timmons	Lone Tree, Colo.
2019	Ryan Martins	Green Brook, N.J.
2018	Mark Freyhof	Hamilton, Mich.
2017	Karson LeComte	Mount Prospect, Ill.
2016	Karson LeComte	Mount Prospect, Ill.
2015	Alec Sery	Woolwich Township, N.J.
2014	Nolan Border	Lincoln, Neb.
2013	Jonah Heng	Overland Park, Kan.
2012	Jonah Heng	Overland Park, Kan.
2011	Brad Doering	Yuba City, Calif.
2010	Trevor Vidlak	Lincoln, Neb.
2009	Brad Doering	Yuba City, Calif.
2008	Brad Doering	Yuba City, Calif.
2007	Kyle Custer	Cambridge, Neb.
2006	Alec Maduza	Shorewood, Wis.
2005	Bryce Dickmeyer	Fremont, Neb.
2004	Bryce Dickmeyer	Fremont, Neb.
2003	Eric Dall	Scottsdale, Ariz.
2002	Eric Rasmussen	North Platte, Neb.
2001	Paul Wilson	Wahoo, Neb.
2000	Aaron Carrizales	Morrill, Neb.
1999	Aaron Carrizales	Morrill, Neb.
1998	Todd Tripple	Gering, Neb.
1997	Aaron Johnson	Columbus, Neb.
1996	Jim Vance	Indianapolis, Ind.
1995	Jim Vance	Indianapolis, Ind.
1994	Brady Bonsall	Burwell, Neb.
1993	Brady Bonsall	Burwell, Neb.
1992	Erik Skaden	Sacramento, Calif.
1991	Kevin Miiller	Rugby, N.D.
1990	Frank Lee	Pocatello, Idaho
1989	Kevin Clark	Auburn, Neb.
1988	Pat Day	Omaha, Neb.
1987	Joe Kirby	Jefferson City, Mo.
1986	Doug Mascher	Gretna, Neb.
1985	Bryan Clark	Auburn, Neb.
1984	Kirk Gottschalk	Wahoo, Neb.
1983	Gerard O'Callaghan	County Cork, Ireland