

MEN'S ALL-AMERICANS



Greg Carlberg (1970)

Greg Carlberg was Nebraska's first All-American in cross country in 1970. An Omaha native, Carlberg placed 22nd at the 1970 NCAA Championships. Carlberg was Nebraska's first sub-four minute miler (3:59.6), and he was an All-American on the track as well after a fifth-place finish in the mile at the 1971 NCAA Outdoor Championships.



Jacques van Rensburg (1988, 1989)

Jacques van Rensburg, a transfer from the University of Orange Free State, helped Nebraska to consecutive top-15 national finishes. The Bloemfontein, South Africa, native led Nebraska in five of six meets in 1988, including a 14th-place finish at the NCAA Championships. He was also the runner-up at the District V meet and finished fifth at the Big Eight Conference Championships. In 1989 van Rensburg finished 21st at the national meet as Nebraska finished eighth, the program's first top-10 finish. Van Rensburg ranks among the top 10 in school history all-time in six distance events.



Wally Duffy (1983)

Despite competing only one year for the Huskers, Wally Duffy left his mark on both the Nebraska cross country and track and field programs. After transferring from Illinois, Duffy joined the cross country team and made an immediate impact. The Shenandoah, Iowa, native finished fourth at the Big Eight meet, helping the Huskers to a second-place finish. The only Husker to compete at the national meet in 1983, Duffy finished 29th overall (ninth American), earning All-America honors. He was named the Huskers' most valuable cross country runner. Duffy is also the school-record holder in the marathon (2:20.19) and ranks third in the 10,000-meter run (29:22.6).



Jonah Kiptarus (1996)

Kenyan Jonah Kiptarus produced the most successful season in NU history in 1996, winning both the conference and district titles en route to a runner-up finish at the national meet, the highest finish ever by a Husker. Kiptarus, who competed only one year for the Huskers, also excelled on the track, winning the indoor mile at the Big Eight Championships and finishing second at the national meet. In addition, Kiptarus was a member of NU's national championship distance-medley relay team. During the outdoor track season, Kiptarus won the 1996 Big Eight title in the 1,500-meter run and earned All-America honors with his runner-up finish at the national meet.



Kurt Russell (1984)

The 1981 junior college cross country national champion while at Southwestern Michigan, Kurt Russell joined the Huskers in 1982. In his first season as a Husker, Russell earned All-Big Eight honors with a ninth-place finish at the conference meet, helping the Huskers to a runner-up team finish. Originally from Flint, Mich., Russell competed two years for the Huskers, earning All-America honors as a senior in 1984, when he finished 26th (18th American) at the NCAA Championships. A standout on the track, Russell is the school-record holder in the 3,000-meter steeplechase (8:29.66). He was the 1986 Big Eight champion in the event and earned All-America honors with a 12th-place finish at the NCAA meet.



Cleophas Boor (1996, 1997)

A transfer from Barton County Community College, Cleophas Boor won his second Woody Greeno title in 1996, and first as a Husker, in 24:05.0, the third-fastest 8,000-meter time ever posted at Pioneers Park. Boor finished third at the 1996 NCAA Championships, the second-highest finish ever by a Husker. Teamed with Jonah Kiptarus, Boor helped NU to a seventh-place finish, the best finish in school history. The following year, Boor finished sixth at the national meet, as Nebraska earned an 11th-place finish. The school-record holder in the 10,000-meter run (28:50.9), Boor also sits among Nebraska's top five all-time at three other distances.



Jean Verster (1985)

Jean Verster, who competed three seasons for Nebraska, owns the third-highest NCAA finish in Husker history with his fifth-place showing in 1985. Verster is the school-record holder in the indoor three-mile run (13:42.08) and has the fastest time outdoors in the 3,000-meter run (7:59.01). In addition, Verster ranks among the top 10 in school history over five other distances. A native of Sasolburg, South Africa, Verster was an All-American on the track, finishing fourth at the NCAA Indoor Championships in the mile in 1986 and fifth in the 4x800-meter relay. Verster captured titles in both the mile and 1,000-meter run at the 1987 Big Eight Indoor Championships.



Jeroen Broekzitter (1997)

The only freshman to ever claim All-America honors at NU, Jeroen Broekzitter joined the Huskers in time for the 1997 indoor and outdoor track seasons. At the 1997 NCAA Cross Country Championships, Broekzitter was the second Husker to cross the line, finishing 20th overall. A native of Utrecht, Netherlands, Broekzitter was sixth in the inaugural Big 12 meet, in addition to winning the first Midwest Region title. He was named the Big 12 Newcomer of the Year and earned All-Big 12 and All-Midwest Region honors. Although he competed only one season on the track, Broekzitter ranks among Nebraska's top distance runners in several events, including third over 3,000 meters (8:10.93) and sixth over 5,000 meters (14:11.84) and 10,000 meters (29:48.43).



Joe Kirby (1988, 1989)

One of only three Huskers to earn multiple All-America awards in cross country, Joe Kirby led Nebraska to an eighth-place NCAA finish in 1989. Kirby, a Jefferson City, Mo., native, was the eighth American (13th overall) to cross the finish line, the highest finish ever by a Husker American. In 1988, Kirby finished 34th (24th American) at the national meet, after a runner-up finish at the district meet. A member of four NCAA teams, Kirby finished 51st in 1987 and 149th in 1990. Kirby is the school-record holder in the 5,000-meter run (13:51.35). He won back-to-back Big Eight titles in the steeplechase in 1989 and 1990, earning All-America honors in the event in 1989 with a third-place finish at the national meet.

WOMEN'S ALL-AMERICANS



Sammie Resh (1987, 1988)

Shelton, Neb., native Sammie Resh owns the distinction of being Nebraska's first All-American. Resh finished 29th (21st American) at the NCAA meet, the only Husker to participate at nationals in 1987. Resh opened the season with three straight victories, eventually finishing as the runner-up at both the Big Eight and the District V meets. In 1988, Resh led the Huskers to their second conference title and first district title, before helping NU to a third-place finish at the NCAA meet. Her seventh-place showing is the best individual finish in school history. A five-time All-American on the track, Resh tops the all-time lists in three events.



Yvonne van der Kolk (1988)

Although Yvonne van der Kolk joined the Huskers midway through the 1988 season, the Hilversum, Netherlands, native was an integral member of the Nebraska squad that finished third at the NCAA meet. She finished fifth at the conference meet and fourth at the district meet to become the second Husker to earn All-America honors with a 17th-place finish at the NCAA Championships. With the departure of Sammie Resh, van der Kolk became NU's top runner in 1989, helping the Huskers to their second consecutive third-place finish at the national meet with her 34th-place finish. Also an All-American on the track, van der Kolk placed third in the indoor mile.



Fran ten Bensel (1990, 1991, 1992)

The only Husker to win a conference or district title, Fran ten Bensel is also Nebraska's only three-time All-American. Her ninth-place finish at the national meet in 1992 is the second-best finish in school history, behind only Sammie Resh's seventh-place effort in 1988. On the track, the Arapahoe, Neb., native won six conference crowns, including back-to-back indoor titles in the mile in 1991 and 1992. A five-time All-American on the track, ten Bensel holds four school records. At the 1992 Olympic Trials, ten Bensel finished seventh in both the 1,500- and 3,000-meter runs. One of NU's top female athletes, ten Bensel was named one of Nebraska's 25 Women of Distinction in 2000.



Theresa Stelling (1993)

The Huskers' top runner in 1993, Theresa Stelling earned runner-up honors at both the conference and district meets, before leading Nebraska to a 20th-place NCAA finish. Her 24th-place finish at the national meet is the fourth-best in school history. A two-time member of the all-conference team, Stelling was also a three-time academic All-American. On the track, Stelling was the outdoor conference champion in the 3,000-meter run, the only Husker other than Fran ten Bensel to claim the honor. At the national meet, she finished eighth in the event to earn All-America honors. Stelling, from Auburn, Neb., earned her second track All-America award in 1995, when she finished fifth in the 5,000-meter run.



Kayte Tranel (2005)

Kayte Tranel earned Nebraska's first All-America award in 12 years with her 28th-place finish at the 2005 NCAA Championships. A native of Hampton, Neb., Tranel ran a personal-best 8K time of 20:26 in her All-America performance, nearly 45 seconds faster than her previous meet, when she was named to the All-Midwest Regional team with an eighth-place finish. Tranel also received All-Big 12 honors in 2005 by placing 15th at the Big 12 Championships. Tranel's memorable 2005 season came after redshirting in 2004 with a stress fracture that was suffered during the 2004 track season. She finished in the top 25 at the 2002 and 2003 NCAA Midwest Regional meets after transferring to Nebraska from Hastings (Neb.) College in 2001. She finished her collegiate career in dynamic fashion by qualifying for the 2005 NCAA Outdoor Championships in the 10,000 meters.