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West High whips Dubuque Wahlert

Prep wrestling roundup

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Derek St. John set a school record with a six-second pin as the West High wrestling team swamped Dubuque Wahlert 78-3 Thursday in Dubuque.

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St. John (33-0) pinned Ben Berning in six seconds at 160 pounds, breaking the old record of 10 seconds shared by Alex Kanellis and Travis Meade in 2004.

"He came out and got after it, and the kid didn't move," West coach Mark Reiland said.

Nick Moore improved to 34-0 with a 43-second pin at 152.

"The good thing about the kids right now, they're doing the things they're supposed to do, and they're not having the letdown that some teams have," Reiland said.

West is 24-2 overall and 7-0 in the Mississippi Valley Conference.

WEST HIGH 78, DUBUQUE WAHLERT 3

135 -- Tracy Bowers (W) pinned Jake White 1:57; 140 -- Dustin Koeche (W) pinned Quinn McCullough 1:47; 145 -- A.J. Bailey (W) pinned Mike Bahl 2:26; 152 -- Nick Moore (W) pinned Adam Knier :43; 160 -- Derek St. John (W) pinned Ben Berning :06; 171 -- David Solid (W) won by forfeit; 189 -- Dexter Curry (W) pinned Blake Neebel 5:06; 215 -- Matt Behnami (W) won by forfeit; Hwt. -- Brandon Kuehl (W) won by forfeit; 103 -- Jack Hathaway (W) pinned Greg Vance :54; 112 -- Griffin Weihe (W) won by forfeit; 119 -- Hunter St. John (W) pinned Lucas Rupp 3:23; 125 -- Lucas Rupp (DW) dec. Colin Lord 8-1; 130 -- Grady Gambrall (W) pinned Shane Broderick 4:38.

• CITY HIGH 54, C.R. XAVIER 18: The Little Hawks improved to 10-5 overall and 3-3 in the MVC with the win in Cedar Rapids.

Kevin Harp improved to 27-0 with a pin at heavyweight for City.

Coach Brad Smith was impressed with the efforts of Brent Hamm, a 3-1 winner at 145; James Teyemer, 4-3 winner at 171; and Satchel Luke, who wrestled well before being pinned at 189.

CITY HIGH 54, C.R. XAVIER 18

112 -- Alex Jensen (C) won by forfeit; 119 -- Jimmy Lazaro (C) tech. fall Dane Merhing 17-1, 2:30; 125 -- Ben DeVos (C) pinned Christopher Kapfer 3:17; 130 -- Michael Caffman (CRX) pinned George Lazaro 3:36; 135 -- Stephen Blayer (C) major dec. Austin Steil 16-6; 140 -- Ryan Africa (C) pinned John Slater :24; 145 -- Brent Hamm (C) dec. Kyle Enneking 3-1; 152 -- Cody Dailey (C) dec. Nathan Evan 10-8 (OT); 160 -- Alex Sullivan (C) pinned James Miller 5:55; 171 -- James Temeyer (C) dec. Peter Ieckes 4-3; 189 -- Mike Andries (CRX) pinned Satchel Luke 5:45; 215 -- Gabe Brown (CRX) pinned Brad Gingerich :48; Hwt. -- Kevin Harp (C) pinned Corey Kadlac 3:33; 103 -- Mike Hunter (C) won by forfeit.

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• SOLON WINS ONE OF TWO: The Spartans split a pair of duals at Dyersville Beckman, falling to Mount Vernon 54-21 before defeating Beckman 47-18.

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Twin brothers Andy and Evan Constant led Solon with four victories between them.

Evan Constant, filling in for an ill James Morris at 215 pounds, collected a pin and a win by decision.

"They're both 189 pounders, but Evan bumped up a weight and got two wins for us," Solon coach T.J. Bevins said. "He step-ped up when we needed him to."

Andy Constant improved to 16-6 with two pins at 189.

Solon is 6-10 in duals.

MOUNT VERNON 54, SOLON 21

119 -- Zeb Light (MV) pinned Zach Stull 1:26; 125 -- Eyasu Russell (MV) pinned Marshall Koehn 3:35; 130 -- Ben Craus (MV) pinned Jarrett Paulson 0:56; 135 -- Cody Fritz (S) pinned Jimm Thomspson 6-4; 140 -- J.J. Hanus (S) pinned Conner Youngreen 1:10; 145 -- Ryan Cox (MV) major dec. Ben Nigg 12-2; 152 -- Matt Winder (MV) dec. Kevin Bender 10-6; 160 -- Tyler Craig (MV) tech. fall Zach Reeve 16-0; 171 -- Josh Haug (MV) major dec. Andy Ashton 10-2; 189 -- Andy Constant (S) pinned Beau Rolland 0:56; 215 -- Evan Constant (S) pinned Ben Koffron 3:39; Hwt. -- Andy Bellamy (MV) pinned Jake Brown 0:29; 103 -- Nelson Jerabek (MV) pinned Tanner Feuhrmeister 0:21; 112 -- Caleb Ray (MV) won by forfeit.

SOLON 47, DYERSVILLE BECKMAN 18

125 -- Marshall Koehn (S) pinned Justin Burkle 3:35; 130 -- Jarrett Paulson (S) tech. fall Tony Watkinson 16-0; 135 -- Cody Fritz (S) pinned Clint Carlson 0:51; 140 -- Austin Mensen (DB) dec. J.J. Hanus 7-4; 145 -- Ben Nigg (S) pinned Lucas Jacque 4:28; 152 -- Devin Bender (S) dec. Eric Klein 13-7; 160 -- Noah Goldsmith (DB) dec. Zach Reeve 7-2; 171 -- Andy Ashton (S) dec. Alex Funke 7-3; 189 -- Andy Constant (S) pinned Tyler Rahe 3:24; 215 -- Evan Constant (S) dec. Dylan Satterly 1-0; Hwt. -- Jake Brown (S) dec. Matt Steffensmeir 9-2; 103 -- Thomas Hunt (DB) pinned Tanner Feuhrmeister 1:49; 112 -- Andy Nigg (S) pinned Jacob Walters 3:40; 119 -- Tony Nabor (DB) pinned Zach Stull 1:06.

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