

CHRISTOPHER NEWPORT UNIVERSITY

CROSS COUNTRY

**Reflects +30 seconds for short course adjustment*

MEN'S 8K SUB-26 CLUB

1	Grayson Reid	24:43	10/1/16	Lehigh Paul Short Run, Bethlehem, PA
2	Des Proctor	24:48	11/18/89	NCAA National Championships, Rock Island, IL
3	James Ratcliff	24:51	11/18/95	NCAA National Championships, LaCrosse, WI
4	Matt Sinclair	25:04	11/17/01	NCAA National Championships, Rock Island, IL
5	Rich Shugeld	25:10	10/15/94	Newport News Park, VA
6	JJ LaPointe	25:12.0	11/1/14	CAC Championships, Rappahannock Academy, VA
7	David Woodson	25:12.48	11/22/08	NCAA National Championships, Hanover, IN
8	Ron Borsheim	25:17	11/12/83	S/SE Regionals, Newport News Park, VA
	Samuel Murch	25:17	10/1/16	Lehigh Paul Short Run, Bethlehem, PA
10	Dan Pittman	25:25	11/17/84	NCAA National Championships, Delaware, OH
11	Jeffrey Dover	25:25.7	11/1/14	CAC Championships, Rappahannock Academy, VA
12	Billy Rabil	25:27.2	11/1/14	CAC Championships, Rappahannock Academy, VA
13	Raymond Gamache	25:27.89	9/29/12	Willamette's Charles Bowles Invite, Salem, OR
14	Daniel Read	25:28	10/1/16	Lehigh Paul Short Run, Bethlehem, PA
15	Andrew Benfer	25:35	10/31/15	CAC Championships, Jefferson Patterson Park, MD
16	Cary Chaffe	25:38	10/4/03	Lehigh Paul Short Run, Bethlehem, PA
17	Jim Highsmith	25:40	11/16/02	S/SE Regionals, Pratt Park, Fredericksburg, VA
18	G.W. Dameron	25:42	9/22/90	CNU Invitational, Newport News Park, VA
	Mark Earnest	25:42	10/17/92	Newport News Park, VA
20	Donny O'Brien	25:50	11/14/87	S/SE Regionals, Newport News Park, VA
21	Bradley Turner	25:51.2	11/1/14	CAC Championships, Rappahannock Academy, VA
22	Jay Wyss	25:52	10/23/04	Mason-Dixon Championships, Salisbury, MD
23	Sam Martin	25:52.8	11/2/13	CAC Championships, Salisbury, MD
24	Corey Lofton	25:53	10/1/11	Don Cathcart Invite, Salisbury, MD
25	Sean Stanley	25:54	9/26/87	CNU Invitational, Newport News Park, VA
26	Daniel Richard	25:57.1	11/1/14	CAC Championships, Rappahannock Academy, VA

WOMEN'S 6K SUB-24 CLUB

1	Logan Harrington	22:04.6	11/1/14	CAC Championships, Rappahannock Academy, VA
2	Lydia Cromwell	22:13.8	11/1/14	CAC Championships, Rappahannock Academy, VA
3	Julie Machamer	22:18.0	11/1/14	CAC Championships, Rappahannock Academy, VA
4	Briana Stewart	22:18.3	11/1/14	CAC Championships, Rappahannock Academy, VA
5	Emmie Schmitt	22:19.8	11/1/14	CAC Championships, Rappahannock Academy, VA
6	Emily Low	22:22*	10/23/04	Mason-Dixon Championships, Salisbury, MD
7	Aimee Gibbs	22:31	10/4/03	Lehigh Paul Short Run, Bethlehem, PA
8	Hannah Bullen	22:33.9	11/1/14	CAC Championships, Rappahannock Academy, VA
9	Jessica Lee	22:38	10/1/16	Lehigh Paul Short Run, Bethlehem, PA
10	Megan Fogarty	22:44	11/12/05	S/SE Regionals, Conway, AR
11	Amy Wampler	22:47.5	11/22/08	NCAA National Championships, Hanover, IN
12	Ashley Ezell	23:00*	10/23/04	Mason-Dixon Championships, Salisbury, MD
13	Dira Hansen	23:01*	10/2/10	Don Cathcart Invite, Salisbury, MD
14	Jessica McClelland	23:06.88	11/16/13	S/SE Regionals, Newport News, VA
15	Elizabeth Bissell	23:10	11/12/05	S/SE Regionals, Conway, AR
16	Jade Zaharoff	23:11.55	11/19/11	NCAA National Championships, Winneconne, WI
17	Abby May	23:15	10/2/15	Lehigh Paul Short Run, Bethlehem, PA
18	Deanna Cortis	23:25.1	11/1/14	CAC Championships, Rappahannock Academy, VA
19	Genevieve Lewis	23:28	10/1/16	Lehigh Paul Short Run, Bethlehem, PA
20	Bridgett Dryer	23:29	9/25/04	Lehigh Paul Short Run, Bethlehem, PA
	Graciela Slyer	23:29	10/31/15	CAC Championships, Jefferson Patterson Park, MD
22	Erin Rolaf	23:33*	10/2/10	Don Cathcart Invite, Salisbury, MD
23	Brooke Rowe	23:34.1	9/26/09	W&M Inter-Regional, Williamsburg, VA
24	Karen Bumiller	23:41.2	10/13/12	CNU XC Invitational, Newport News, VA
25	Alexa Tabackman	23:46.0*	11/2/13	CAC Championships, Salisbury, MD
26	Lindsay Newell	23:51	10/19/02	W&M Tribe Open, Williamsburg, VA
27	Monica Lannen	23:27	10/15/16	CNU XC Invitational, Newport News, VA