

CHRISTOPHER NEWPORT UNIVERSITY

CROSS COUNTRY

**Reflects +30 seconds for short course adjustment*

MEN'S 8K SUB-26 CLUB

1	Grayson Reid	24:01.3	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
2	Jeffrey Dover	24:20.3	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
3	JJ LaPointe	24:19.6	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
4	Des Proctor	24:48	11/18/89	NCAA National Championships, Rock Island, IL
5	James Ratcliff	24:51	11/18/95	NCAA National Championships, LaCrosse, WI
6	Cav McGaw	24:55.5	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
7	Matt Sinclair	25:04	11/17/01	NCAA National Championships, Rock Island, IL
8	Rich Shugeld	25:10	10/15/94	Newport News Park, VA
9	Billy Rabil	25:11.8	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
10	David Woodson	25:12.48	11/22/08	NCAA National Championships, Hanover, IN
11	Ron Borsheim	25:17	11/12/83	S/SE Regionals, Newport News Park, VA
12	Samuel Murch	25:17	10/1/16	Lehigh Paul Short Run, Bethlehem, PA
13	Jason Putnam	25:22.4	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
14	Daniel Read	25:23	9/29/17	Lehigh Paul Short Run, Bethlehem, PA
15	Dan Pittman	25:25	11/17/84	NCAA National Championships, Delaware, OH
16	Peyton Artz	25:26.4	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
17	Raymond Gamache	25:27.89	9/29/12	Willamette's Charles Bowles Invite, Salem, OR
18	Andrew Benfer	25:35	10/31/15	CAC Championships, Jefferson Patterson Park, MD
19	Cary Chaffe	25:38	10/4/03	Lehigh Paul Short Run, Bethlehem, PA
20	Jim Highsmith	25:40	11/16/02	S/SE Regionals, Pratt Park, Fredericksburg, VA
21	G.W. Dameron	25:42	9/22/90	CNU Invitational, Newport News Park, VA
22	Mark Earnest	25:42	10/17/92	Newport News Park, VA
23	Donny O'Brien	25:50	11/14/87	S/SE Regionals, Newport News Park, VA
24	Bradley Turner	25:51.2	11/1/14	CAC Championships, Rappahannock Academy, VA
25	Jay Wyss	25:52	10/23/04	Mason-Dixon Championships, Salisbury, MD
26	Sam Martin	25:52.8	11/2/13	CAC Championships, Salisbury, MD
27	Corey Lofton	25:53	10/1/11	Don Cathcart Invite, Salisbury, MD
28	Sean Stanley	25:54	9/26/87	CNU Invitational, Newport News Park, VA
29	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	22:41	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	Monica Lannen	23:00.3	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
14	Dira Hansen	23:01*	10/2/10	Don Cathcart Invite, Salisbury, MD
15	Jessica McClelland	23:06.88	11/16/13	S/SE Regionals, Newport News, VA
16	Katy Wilson	23:09.5	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
17	Elizabeth Bissell	23:10	11/12/05	S/SE Regionals, Conway, AR
18	Jade Zaharoff	23:11.55	11/19/11	NCAA National Championships, Winneconne, WI
19	Abby May	23:15	10/2/15	Lehigh Paul Short Run, Bethlehem, PA
20	Deanna Corts	23:25.1	11/1/14	CAC Championships, Rappahannock Academy, VA
	Genevieve Lewis	23:28	10/1/16	Lehigh Paul Short Run, Bethlehem, PA
22	Bridgett Dryer	23:29	9/25/04	Lehigh Paul Short Run, Bethlehem, PA
23	Graciela Slyer	23:29	10/31/15	CAC Championships, Jefferson Patterson Park, MD
24	Erin Rolaf	23:33*	10/2/10	Don Cathcart Invite, Salisbury, MD
25	Brooke Rowe	23:34.1	9/26/09	W&M Inter-Regional, Williamsburg, VA
26	Samantha Dickerson	23:38.0	11/11/17	S/SE Region Championships, Lee Hall Mansion, VA
27	Karen Bumiller	23:41.2	10/13/12	CNU XC Invitational, Newport News, VA
28	Alexa Tabackman	23:46.0*	11/2/13	CAC Championships, Salisbury, MD
29	Lindsay Newell	23:51	10/19/02	W&M Tribe Open, Williamsburg, VA