

CHRISTOPHER NEWPORT UNIVERSITY

CROSS COUNTRY

SHORT COURSE DISTANCES

Men's 6k (since 2007)			Women's 5k				
1	Raymond Gamache	18:57	9/1/2011	1	Aimee Gibbs	18:22	10/20/2001
2	Corey Lofton	19:09.7	9/1/2009	2	Maura McColgan	18:42	10/29/1988
3	Christopher Lyford	19:22	9/1/2010	3	Karen Humphrey	18:43	11/14/1987
4	Grayson Reid	19:29.8	9/18/2015		Leigh Ann Beale	18:43	11/2/1985
5	Joshua Bowling	19:40	9/1/2010	5	Logan Harrington	18:54.2	10/4/2014

Men's 4k			Women's 4k				
1	David Woodson	12:18.15	9/20/2008	1	Jade Zaharoff	15:22*	9/1/2011
2	Corey Lofton	12:48	9/18/2010	2	Jessica Lee	15:23.0*	9/1/2017
3	Jack Tierney	13:18.20	9/20/2008	3	Dira Hansen	15:27	9/18/2010
4	Jeffrey Ball	13:22	9/18/2010	4	Monica Lannen	15:33.1*	9/1/2017
5	Scott Teribury	13:24	9/18/2010	5	Kathryn Wilson	15:36.2*	9/1/2017