

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 | Dira Hansen | 15:27 | 9/18/2010 |
| 3 | Jack Tierney | 13:18.20 | 9/20/2008 | 3 | Elizabeth Bissell | 15:42 | 10/20/2007 |
| 4 | Jeffrey Ball | 13:22 | 9/18/2010 | 4 | Laurie Murphy | 15:45 | 9/1/2010 |
| 5 | Scott Teribury | 13:24 | 9/18/2010 | 5 | Erin Rolaf | 16:01 | 9/18/2010 |