



CROSS COUNTRY

Men's All-Time 8k List

	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1	Gilbert Kemboi	Greater Louisville Classic	2010	23:22.28
2	Griffin Eubanks	College of Charleston Invite	2014	25:03.20
3	Davey Dennison	A-Sun Championships	2012	25:05.40
4	Cameron Thomas	A-Sun Championships	2012	25:07.10
5	Sam Shimanskiy	Big South Championships	2024	25:18.30
6	Dorian Jones	ECU Invitational	2017	25:19.50
7	Noah White	Live in Lou Classic	2022	25:20.40
8	Jonathan Loy	Live in Lou Classic	2021	25:20.50
9	Jonathan Johnson	Live in Lou Classic	2021	25:28.30
10	Ross Oden	A-Sun Championships	2012	25:25.80
11	Ian Kelbert	Eye Opener	2024	25:32.30
12	Andrew Castano	Royals Challenge	2018	25:33.00
13	Christian Ritacco	Clemson Invitational	2011	25:33.55
14	Nigel Dos Santos	Upstate Invite	2023	25:37.40
15	Carter Sexton	Upstate Invite	2023	25:41.70
16	Patrick McLaughlin	Furman Dual Meet	1982	25:43.00
17	Theodore Kountourogiannis	A-Sun Championships	2016	25:43.27
18	Gabe Herron	Big South Championships	2024	25:49.40
19	Andrew Kipchumba	Greater Louisville Classic	2010	25:50.12
20	Alex Love	Upstate Invitational	2014	25:52.27
21	Sherman Eller	Francis Marion Invitational	1983	25:53.00
22	Logan Patete	Live in Lou Classic	2021	25:55.00
23	Monroe Thompkins	Big South Championships	2022	25:56.00
24	Tyrone Seals	USCS Invitational	1981	25:59.00
25	Thomas Odom	Brevard Invitational	1986	26:02.00
26	James Jackson	A-Sun Championships	2010	26:03.47
27	Tommy Lee	USCS Invitational	1981	26:04.00
28	James Clanton	Winthrop Invitational	1996	26:05.00
29	Bill Zerressen	Brevard Invitational	1986	26:05.00
30	Brandon Cantrell	Peach Belt Championships	2001	26:05.49
31	Jason Heusinger	Upstate Invite	2024	26:08.90
32	Jacob Coccia	Royals Challenge	2018	26:09.00
33	Pat McLaughlin	NAIA District Championships	1982	26:12.00
34	Riley Doherty	Clemson Invitational	2011	26:13.92
35	Marlin Young	Royals Challenge	2018	26:14.00
36	Rick Simolari	Winthrop Invitational	1995	26:15.00
37	Clark Davis	Peach Belt Championships	2002	26:19.50
38	Matt Henderson	Charlotte Invitational	2009	26:19.60
39	Travis Smith	Francis Marion Invitational	2003	26:20.00
40	Martin Morrow	College of Charleston Invite	2014	26:20.30
41	Michael Tardella	Live in Lou Classic	2021	26:22.00
42	Tim Gibbons	Winthrop Invitational	2000	26:24.00
43	Caleb Bayne	Upstate Invitational	2022	26:26.30
44	Jamie Gibson	NAIA District Championships	1983	26:27.00
45	Mark Rennix	A-Sun Championships	2012	26:27.70
46	Nick Brooks	Big South Championships	2024	26:29.00
47	Cody Ellison	College of Charleston Invite	2014	26:32.30
48	Travis Vaughn	Peach Belt Championships	2002	26:37.55
49	Ereck Lewis	A-Sun Championships	2017	26:34.10

50	Eric Perry	Big South Championships	2024	26:37.00
51	Cameron Moors	Big South Championships	2024	26:37.10
52	Abraham Hernandez	A-Sun Championships	2017	26:38.30
53	Robbie McFarland	Francis Marion Invitational	1990	26:41.00
54	Logan Miller	Royals Challenge	2018	26:41.00
55	Roman Mealing	A-Sun Championships	2017	26:43.30
56	Jared Keklak	Live in Lou Classic	2021	26:46.50
57	Andy Hess	Francis Marion Invitational	1983	26:48.00
58	Eric Cummings	Francis Marion Invitational	1994	26:50.00
59	Brandon Burt	Royals Challenge	2018	26:51.00
60	Jared Coccia	Royals Challenge	2018	26:55.00
61	Mason Parish	Big South Championship	2023	27:00.10
62	Andres Viver	Citadel Invitational	1988	27:01.00
63	Joey Daversa	College of Charleston Invite	2014	27:02.20
64	Jay Roberts	Upstate Invitational	2019	27:03.20



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Men's All-Time 10k List

	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1	Gilbert Kemboi	NCAA DI SE Regionals	2012	29:47.31
2	Griffin Eubanks	NCAA DI SE Regionals	2015	31:20.60
3	Ross Oden	NCAA DI SE Regionals	2013	31:35.10
4	Dorian Jones	NCAA DI SE Regionals	2017	31:36.60
5	Theodore Kountourogiannis	NCAA DI SE Regionals	2016	31:41.40
6	Cameron Thomas	NCAA DI SE Regionals	2012	31:47.83
7	Alex Love	NCAA DI SE Regionals	2016	31:51.50
8	Jonathan Johnson	NCAA DI SE Regionals	2021	31:54.50
9	Andrew Kipchumba	NCAA DI SE Regionals	2013	32:04.80
10	Noah White	NCAA DI SE Regionals	2022	32:05.00
11	Davey Dennison	NCAA DI SE Regionals	2012	32:18.94
12	Jacob Coccia	NCAA DI SE Regionals	2017	32:31.90
13	Nigel Dos Santos	NCAA DI SE Regionals	2023	32:45.30
14	Bill Zenesson	Furman Invitational	1986	32:47.00
15	Jonathan Loy	NCAA DI SE Regionals	2021	32:47.80
16	Christian Ritacco	NCAA DI SE Regionals	2012	32:53.18
17	Sam Shimanskiy	NCAA DI SE Regionals	2023	33:02.70
18	James Clanton	NCAA DII SE Regional	1995	33:06.21
19	Riley Doherty	NCAA DI SE Regionals	2013	33:09.50
20	Sherman Eller	Citadel Invitational	1981	33:11.00
21	Thomas Odom	Furman Invitational	1986	33:11.00
22	Carter Sexton	NCAA DI SE Regionals	2023	33:11.60
23	Tyrone Seals	Citadel Invitational	1981	33:14.00
24	Michael Tardella	NCAA SE Regionals	2021	33:14.80
25	Travis Smith	USCS Invitational	2003	33:14.91
26	Monroe Thompkins	NCAA DI SE Regionals	2022	33:15.00
27	Ereck Lewis	NCAA DI SE Regionals	2016	33:20.10
28	Roman Mealing	NCAA DI SE Regionals	2017	33:23.40
29	Andrew Castano	NCAA DI SE Regionals	2018	33:26.80
30	Abraham Hernandez	NCAA DI SE Regionals	2017	33:30.80

31	Jared Coccia	NCAA DI SE Regionals	2017	33:39.90
32	Tom Lee	Citadel Invitational	1981	33:41.00
33	Logan Patete	NCAA DI SE Regionals	2021	33:44.90
34	Caleb Bayne	NCAA DI SE Regionals	2022	33:49.20
35	Martin Morrow	NCAA DI SE Regionals	2014	33:58.40
36	Cody Ellison	NCAA DI SE Regionals	2013	34:00.10
37	Chris Post	NCAA DI SE Regionals	2022	34:12.80
38	Marlin Young	NCAA DI SE Regionals	2018	34:17.50
39	Gabe Herron	NCAA DI SE Regionals	2023	34:24.90
40	James Jackson	NCAA DI SE Regionals	2011	34:26.40
41	Jared Keklak	NCAA DI SE Regionals	2021	34:29.60
42	Jay Roberts	NCAA DI SE Regionals	2019	34:34.50
43	Brandon Burt	NCAA DI SE Regionals	2018	34:36.00
44	Mason Parish	NCAA DI SE Regionals	2023	34:41.60
45	Mark Rennix	NCAA DI SE Regionals	2012	34:44.02
46	Brandon Cantrell	NCAA DII Regionals	2001	33:49.16
47	Clark Davis	NCAA DII Regionals	2002	33:53.90
48	Eric Cummings	USCS Invitational	1994	33:57.02
49	Tim Gibbons	USCS Invitational	2001	34:07.00
50	Clark Davis	USCS Invitational	2001	34:26.60
51	Cory Tate	NCAA DI SE Regionals	2017	34:54.60
52	Bradley Cantrell	USCS Invitational	2001	35:09.30
53	Dan Castello	NCAA DI SE Regionals	2014	35:15.80
54	Joey Daversa	NCAA DI SE Regionals	2011	35:39.70



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Women's All-Time 5k List

	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1	Joan Tangwar	UNCC Invitational	2011	16:53.70
2	Jemeli Sang	UNCC Invitational	2011	17:13.50
3	Carolyne Chelulei	Charlotte Invitational	2011	17:30.20
4	Beth Ludwick	Big South Championships	2024	18:07.40
5	Emily Tangwar	A-Sun Championships	2007	18:08.00
6	Jordan Thornton	Big South Championships	2024	18:15.70
7	Heaven Allen	Big South Championships	2022	18:20.30
8	Jasmine Polite	College of Charleston Invite	2014	18:22.00
9	Allie Leavitt	Big South Championships	2022	18:25.00
10	Lauren Walker	Charlotte Invitational	2009	18:39.40
11	Jamie Connelly	Big South Championships	2021	18:40.60
12	Krysta Pierstorff	Royals Challenge	2018	18:55.00
13	Mia Davis	Big South Championships	2021	19:03.60
14	Anastasia Kolesnitchenko	College of Charleston Invite	2014	19:04.20
15	Grace Glassmeyer	Big South Championships	2024	19:10.40
16	Marcy Bradshaw	Upstate Invitational	2017	19:11.70
17	Kelly Cummings	Peach Belt Championships	1995	19:13.00
18	Mary Alexander	A-Sun Championships	2010	19:19.22
19	Allison Baker	Firetower Project Invite	2021	19:24.14
20	Hannah Chaney	A-Sun Championships	2013	19:26.39
21	Ashleigh Torres	A-Sun Championships	2015	19:28.57
22	Jennifer Dimsdale	Citadel Invite	2000	19:34.00

23	Essence Jackson	A-Sun Championships	2016	19:39.61
24	Leah Jostes	A-Sun Championships	2016	19:44.62
25	Erin Gethin	Blue Ridge Open	2013	19:47.72
26	Adalie Harrison	Upstate Invite	2024	19:50.90
27	Stecy Cheron	Big South Championships	2021	19:51.30
28	Molly Bliss	A-Sun Championships	2013	19:51.35
29	Haley McCoy	A-Sun Championships	2016	19:52.52
30	Shamia Thompson	Upstate Invitational	2017	19:54.60
31	Lina Edner	Lander Invitational	2001	19:55.60
32	Laura Yarborough	Big South Championships	2019	19:57.18
33	Alicia Chavez	Upstate Invitational	2016	19:58.59
34	Laura Transue	A-Sun Championships	2012	19:59.00
35	Elise Wilcher	Upstate Invitational	2022	20:01.60
36	Nia Payne	A-Sun Championships	2012	20:10.60
37	Sofia Strom	Upstate Invite	2024	20:12.90
38	Janay Chisolm	A-Sun Championships	2013	20:13.77
39	Stecy Cheron	Royals Challenge	2018	20:14.00
40	Alanie Foster	Big South Championships	2019	20:16.57
41	Fatima Pedroza	A-Sun Championships	2017	20:20.80
42	Kelsey Warren	A-Sun Championships	2017	20:22.00
43	Dawn Love	Peach Belt Championships	1995	20:24.00
44	Rebecca Elliott	College of Charleston Invite	2014	20:28.00
45	Mckenzie Vick	Big South Championships	2024	20:30.60
46	Gaby Sanchez	Upstate Invite	2024	20:33.30
47	Sarah Boyd	A-Sun Championships	2012	20:38.50
48	Katie Menzel	Lander Invitational	1997	20:39.00
48	Maureen Ortiz	Big South Championships	2024	20:41.80
50	Janay Chisolm	Eye Opener	2013	20:42.42
51	Faiza Boujaafar	Peach Belt Championships	2003	20:43.00
52	Grace Miller	Big South Championships	2023	20:45.10
53	Danielle Horneff	Upstate Invitational	2012	20:46.32
54	Izzy Miserendino	Eye Opener	2024	21:03.80
55	Jennifer Rogers	Francis Marion Invitational	1998	21:06.00
56	Storm-Alexis Gandy	A-Sun Championships	2016	21:07.99
57	Brawnwyn Koellner	Upstate Invitational	2019	21:13.50
58	Marla Getford	Winthrop Invitational	1995	21:16.00
59	Ashton Dilley	A-Sun Championships	2016	21:16.18
60	Essi Pylvanainen	UNC Pembroke Invitational	2001	21:17.43
61	Arianna Krcik	Upstate Invitational	2019	21:19.10
62	Ruby Lewis	Winthrop Invitational	2016	21:19.80
63	Jessica Traywick	Peach Belt Championships	2003	21:20.00
64	Joey Palmquist	Royals Challenge	2018	21:26.00
65	Rachel Boyer	Citadel Invite	2000	21:36.00
66	Jessica Davis	Upstate Invite	2010	21:39.50
67	Kim Brasil	Furman Invitational	2007	21:49.00
68	Maria Ruvalcaba	Eye Opener Invitational	2007	21:49.00
69	Morgan Bryant	UNCC Invitational	2011	21:49.30
70	Sarah Hetzel	Eye Opener	2013	21:52.49
71	Deborah McLean	Peach Belt Championships	1997	21:59.91
72	Nicole Yancey	A-Sun Championships	2010	22:03.69
73	Ashlyn Barnwell	A-Sun Championships	2011	22:08.40
74	Jennifer Banks	Peach Belt Championships	2001	22:08.68
75	Elizabeth Dunbar	Peach Belt Championships	2003	22:11.00



CROSS COUNTRY

Women's All-Time 6k List

	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1	Jemeli Sang	Clemson Invitational	2011	20:42.88
2	Joan Tangwar	NCAA DI SE Regionals	2011	20:45.70
3	Carolyn Chelulei	NCAA DI SE Regionals	2011	21:48.40
4	Jasmine Polite	UNCC Invite	2013	22:29.30
5	Anastasia Kolesnitchenko	UNCC Invite	2013	22:40.90
6	Krysta Pierstorff	NCAA DI SE Regionals	2018	22:52.40
7	Erin Gethin	UNCC Invite	2013	23:02.40
8	Allie Leavitt	NCAA DI SE Regionals	2022	23:04.60
9	Heaven Allen	NCAA DI SE Regionals	2022	23:05.80
10	Molly Bliss	UNCC Invite	2013	23:11.00
11	Marcy Bradshaw	ECU Invitational	2017	23:18.00
12	Hannah Chaney	UNCC Invite	2013	23:20.80
13	Ashleigh Torres	UNCC Invite	2013	23:41.50
14	Mia Davis	SE Regionals	2018	23:53.60
15	Janay Chisolm	UNCC Invite	2013	23:53.80
16	Jordan Thornton	NCAA DI SE Regionals	2023	24:01.10
17	Shamia Thompson	NCAA DI SE Regionals	2018	24:04.90
18	Nia Payne	UNCC Invite	2013	24:06.20
19	Laura Yarborough	NCAA DI SE Regionals	2019	24:11.30
20	Kelsey Warren	ECU Invitational	2017	24:17.00
21	Laura Transue	NCAA DI SE Regionals	2012	24:23.02
22	Stecy Cheron	NCAA DI SE Regionals	2019	24:26.60
23	Lina Edner	USCS Invite	2001	24:28.40
24	Essence Jackson	VertCross Invite	2016	24:41.02
25	Allison Baker	NCAA DI SE Regionals	2021	24:41.30
26	Fatima Pedroza	ECU Invitational	2017	24:44.80
27	Alanie Foster	NCAA DI SE Regionals	2019	24:46.50
28	Danielle Horneff	UNCC Invite	2013	24:52.60
29	Sarah Hetzel	UNCC Invite	2013	24:54.50
30	Alicia Chavez	VertCross Invite	2016	24:55.25
31	Haley McCoy	VertCross Invite	2016	24:56.28
32	Jennifer Rodgers	USCS Invite	1999	25:07.00
33	Adalie Harrison	NCAA DI SE Regionals	2023	25:08.80
34	Faiza Boujaafar	USCS Cross Country Meet	2003	25:20.95
35	Leah Jostes	VertCross Invite	2016	25:22.01
36	Rebecca Elliott	Wake Forest Invite	2015	25:22.20
37	Tara Gallagher	USCS Invite	1999	25:24.45
38	Rachel Boyer	USCS Invite	1999	25:29.18
39	Sarah Boyd	UNCC Invite	2013	25:37.90
40	Essi Pylvanainen	NCAA II South Regional	2003	25:20.95
41	Maureen Ortiz	NCAA DI SE Regionals	2023	25:52.70
42	Joey Palmquist	VertCross Invite	2019	25:57.60
43	Brawnwyn Koellner	NCAA DI SE Regionals	2021	26:10.60
44	Storm-Alexis Gandy	VertCross Invite	2016	26:13.10
45	Ruby Lewis	VertCross Invite	2016	26:19.79

46	Elizabeth Dunbar	USCS Cross Country Meet	2003	26:31.60
47	Shannon Pallardy	USCS Cross Country Meet	2003	26:46.38
48	Arianna Krcik	VertCross Invite	2019	26:51.70
49	Ashlyn Barnwell	Clemson Invitational	2011	26:54.35
50	Jessica Traywick	USCS Cross Country Meet	2003	26:57.20
51	Grace Miller	NCAA DI SE Regionals	2023	27:05.60
52	Marcella Gonzalez	USCS Cross Country Meet	2003	27:10.24
53	Jennifer Banks	NCAA II South Regionals	2001	27:13.14
54	Jaimie Page	Clemson Invitational	2011	27:36.00
55	Grace Glassmeyer	NCAA DI SE Regionals	2023	27:36.30
56	Tonya Henderson	NCAA II South Regionals	2001	27:38.29
57	Morgan Bryant	Clemson Invitational	2011	28:12.82
58	Eden Anenia	NCAA II South Regionals	2001	29:44.54
59	Tonya Doughty	NCAA II South Regionals	2001	29:58.46