



# SYCAMORE XC RECORD BOOK

## MEN'S 8K (COURSE BEST)

## MEN'S 10K (COURSE BEST)

	<b>Name</b>	<b>School</b>	<b>Time</b>	<b>Year</b>	<b>Event</b>
1.	Samuel Chelanga	Liberty	22:51.3	2008	Pre-Nats
2.	Josh McDougal	Liberty	22:56.4	2007	Pre-Nats
3.	Jacob Korir	East. KY	23:00.6	2007	Pre-Nats
4.	Lopez Lamong	N Arizona	23:02.3	2007	Pre-Nats
5.	Robert Curtis	Villanova	23:09.4	2007	Pre-Nats
6.	Jeremy Johnson	New Mexico	23:16.1	2007	Pre-Nats
7.	Stephen Pifer	Colorado	23:16.7	2007	Pre-Nats
8.	Brent Vaughn	Colorado	23:16.8	2007	Pre-Nats
9.	Patrick Smyth	Notre Dame	23:18.2	2007	Pre-Nats
10.	Joseph Lamong	N Arizona	23:18.7	2006	Pre-Nats
11.	Emmanuel Bor	Alabama	23:18.8	2007	Pre-Nats
12.	Max Smith	Providence	23:21.2	2007	Pre-Nats
13.	Michael Woods	Michigan	23:24.7	2007	Pre-Nats
14.	Chris Derrick	Stanford	23:27.1	2009	Pre-Nats
15.	Wesley Korir	Louisville	23:28.3	2007	Pre-Nats
16.	Stephen Samoei	UTEP	23:28.4	2007	Pre-Nats
17.	David McNeill	N Arizona	23:38.6	2007	Pre-Nats
18.	Neftalem Araia	Stanford	23:29.4	2006	Pre-Nats
19.	Tyson David	Alabama	23:30.1	2008	Pre-Nats
20.	Martin Fagan	Providence	23:30.3	2006	Pre-Nats

	<b>Name</b>	<b>School</b>	<b>Time</b>	<b>Year</b>	<b>Event</b>
1.	Samuel Chelanga	Liberty	28:41.3	2009	Nationals
2.	Lawi Lalang	Arizona	28:44.1	2011	Nationals
3.	Chris Derrick	Stanford	28:57.5	2011	Nationals
4.	Leonard Korir	Iona	29:02.5	2011	Nationals
5.	Galen Rupp	Oregon	29:03.2	2008	Nationals
6.	Jorge Torres	Colorado	29:04.7	2002	Nationals
7.	Cameron Levins	South. Utah	29:04.8	2011	Nationals
8.	Alistair Cragg	Arkansas	29:06.0	2002	Nationals
9.	David McNeill	N Arizona	29:06.5	2009	Nationals
10.	Mohammed Ahmend	Wisconsin	29:06.7	2011	Nationals
11.	Luke Puskedra	Oregon	29:09.3	2011	Nationals
12.	Simon Bairu	Wisconsin	29:15.9	2005	Nationals
13.	Richard Kiplagat	Iona	29:21.9	2005	Nationals
14.	Patrick Tiernan	Villanova	29:22.0	2016	Nationals
15.	Josh McDougal	Liberty	29:22.4	2007	Nationals
16.	Barnabas Kirui	Mississippi	29:24.1	2009	Nationals
17.	Diego Estrada	N Arizona	29:24.7	2011	Nationals
18.	Andrew Ledwith	Iona	29:25.4	2008	Nationals
19.	David Kensella	Portland	29:26.5	2008	Nationals
20.	Justyn Knight	Syracuse	29:27.3	2016	Nationals



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## WOMEN'S 5K (COURSE BEST)

## WOMEN'S 6K (COURSE BEST)

	Name	School	Time	Year	Event
1.	Erica Palmer	Wisconsin	16:52.2	1999	Regional
2.	Katie McGregor	Michigan	17:02.4	1998	Regional
3.	Erin Finn	Michigan	17:04.2	2016	ISU Invite
4.	Megan Metcalfe	West Virg.	17:07.3	2004	ISU Invite
5.	JoAnna C. Deeter	Notre Dame	17:13.2	1998	Regional
6.	Domti la Mwei	East. Mich.	17:14.8	1999	Regional
7.	Rebecca Walter	Michigan	17:15.5	2004	ISU Invite
8.	Aliphine Tuliamuk	Wichita St.	17:16.6	2011	MVC
9.	Erica Palmer	Wisconsin	17:16.67	1998	Regional
10.	Michelle Rizzo	Akron	17:17.8	1999	Regional
11.	Erin AufderHeide	Wisconsin	17:18.1	1999	Regional
12.	Gina Sereno	Michigan	17:18.6	2017	JM Invite
13.	Katie Clifford	Michigan	17:21.9	1999	JM Invite
14.	Alison Kklemmer	Notre Dame	17:23.1	1999	Regional
15.	Stephanie Pesch	Wisconsin	17:26.7	1999	Regional
16.	Alison Bishel	Ball State	17:28.0	2009	Intercoll.
17.	Jackie J. Conrad	Ohio	17:28.8	1998	Regional
18.	Jamie Morrissey	Michigan	17:30.2	2017	JM Invite
19.	Wendi Robinson	Indiana	17:32.0	2009	Intercoll.
	Madeline Trevisan	Michigan	17:32.0	2017	JM Invite

	Name	School	Time	Year	Event
1.	Sally Kipyego	Texas Tech	19:28.1	2008	Nationals
2.	Kate Avery	Iona	19:31.6	2014	Nationals
3.	Johanna Nilsson	N Arizona	19:33.9	2005	Nationals
4.	Susan Kuijken	Florida St.	19:34.9	2008	Nationals
5.	Shalane Flanagan	UNC	19:36.0	2002	Nationals
6.	Tasmin Fanning	Virg. Tech	19:37.1	2008	Nationals
7.	Sarah Disanza	Wisconsin	19:39.9	2014	Nationals
8.	Sheila Reid	Villanova	19:41.2	2011	Nationals
9.	Karissa Schweizer	Missouri	19:41.7	2016	Nationals
10.	Jordan Hassay	Oregon	19:41.8	2011	Nationals
11.	Abbey D'Agostino	Dartmouth	19:42.9	2011	Nationals
12.	Emiy Infield	Georgetown	19:44.3	2011	Nationals
	Erin Finn	Michigan	19:44.3	2016	Nationals
14.	Emma Bates	Boise State	19:44.5	2014	Nationals
15.	Anna Rohrer	Notre Dame	19:44.6	2016	Nationals
16.	Erin Finn	Michigan	19:44.7	2016	Nationals
17.	Alex Banfich	Princeton	19:45.0	2011	Nationals
18.	Bogdana Mimic	Villanova	19:45.7	2011	Nationals
19.	Kate O'Neill	Yale	19:45.9	2002	Nationals
20.	Caroline Bierbaum	Colum-Barnard	19:46.0	2005	Nationals