



Western Carolina University Women's Cross Country

5K TOP 30 TIMES (INDIVIDUAL BESTS)

-**BOLD** denotes current student-athlete

As of November 12, 2018

	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1.	Mara Smith	Southern Conference Championships	2012	17:35
2.	Jocelyn Keen	Royal XC Challenge	2012	17:46
3.	Jenny Warford	North Carolina Intercollegiate - Greenville	1998	17:48
4.	Morgan Turner	Southern Conference Championships	2011	17:49
5.	Kaitlyn Lingard	Queen City Invitational	2018	17:51
6.	Melanie Cooper	WCU Invitational	2003	17:52
7.	Shawnda Martin	Southern Conference Championships	2016	18:03
8.	Michelle Provost	Southern Conference Championships	2014	18:10
9.	Aleshia Reese	Royal XC Challenge	2012	18:11
10.	Kaitlyn Lingard	Southern Conference Championships	2018	18:13
11.	Kaitlyn Lingard	Mountains to Sea Duals	2017	18:15
	Rita Roberts	NCAA Regionals	1993	18:15
12.	Olivia Jacobs	Southern Conference Championships	2011	18:17
13.	Kristin Savery	NCAA Regionals	1996	18:19
14.	Christina Nikolaou	Queen City Invitational	2018	18:25
15.	Christina Nikolaou	Queen City Invitational	2017	18:26
	Kerrie Savery	Southern Conference Championships	2007	18:26
16.	Susie Gardner	UNC Charlotte Invitational	1991	18:27
17.	Shawnta Person	North Carolina Intercollegiate - Charlotte	1999	18:28
18.	Lindsey Trotter	Queen City Invitational	2018	18:29
	Jessa Brown	Queen of the Mountain (ASU)	1998	18:29
19.	Jordan Gaddy	Charlotte Invitational	2009	18:30
	Megan Isaacs	Greater Louisville Classic	2008	18:30
20.	Anne Gardner	North Carolina Intercollegiate - Greenville	1998	18:33
	Holly Bright	North Carolina Intercollegiate - Greenville	1998	18:33
21.	Laney Browder	Southern Conference Championships	2014	18:34
22.	Deana Kulesz	WCU Invitational	2003	18:35
23.	Lindsey Trotter	Queen City Invitational	2017	18:39
24.	Christina Nikolaou	Southern Conference Championships	2017	18:41
25.	Faith Trammell	Southern Conference Championships	2011	18:42
26.	Alissa Short	WCU Invitational	2003	18:44
27.	Kayla Deaton	Southern Conference Championships	2016	18:46
	C.J. Smith	North Carolina Intercollegiate - Charlotte	1999	18:46
28.	Keeya McManus	Blue Ridge Open (ASU)	1999	18:47
29.	Christina Nikolaou	Southern Conference Championships	2018	18:48
30.	Jada Blake	Southern Conference Championships	2016	18:50



Western Carolina University Women's Cross Country

6K TOP 30 TIMES (INDIVIDUAL BESTS)

-**BOLD** denotes current student-athlete

As of November 12, 2018

	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1.	Kaitlyn Lingard	NCAA Regionals	2018	21:11
2.	Mara Smith	NCAA Regionals	2012	21:33
3.	Christina Nikolaou	NCAA Regionals	2018	21:44
4.	Kaitlyn Lingard	Pirate Invitational	2018	21:46
5.	Kaitlyn Lingard	Furman XC Classic/VertCross Invite	2015/2016	21:58
6.	Morgan Turner	NCAA Regionals	2010	22:23
7.	Jocelyn Keen	Charlotte Invitational	2012	22:29
8.	Aleisha Reese	NCAA Regionals	2012	22:30
9	Lindsey Trotter	NCAA Regionals	2018	22:32
10.	Shawnda Martin	VertCross Invitational	2016	22:33
11.	Lindsey Trotter	Pirate Invitational	2018	22:37
12	Christina Nikolaou	Pirate Invitational	2018	22:44
13.	Olivia Jacobs	NCAA Regionals	2011	22:48
	Alissa Short	NCAA Regionals	2003	22:48
14.	Deanna Kulesz	NCAA Regionals	2003	22:49
15.	Megan Isaacs	NCAA Regionals	2008	22:51
16.	Kerrie Savery	NCAA Regionals	2007	23:02
17.	Michelle Provost	NCAA Regionals	2013	23:06
18.	Jamie Blaylock	Pirate Invitational	2018	23:07
19.	Lindsay Groce	NCAA Regionals	2009	23:10
20.	Jordan Gaddy	NCAA Regionals	2008	23:14
21.	Melanie Cooper	NCAA Regionals	2003	23:15
22.	Leah Nicholson	NCAA Regionals	2008	23:23
23	Sienna Gates	NCAA Regionals	2018	23:28
24.	Jamie Blaylock	NCAA Regionals	2018	23:33
25.	Kaitlyn Shetler	Furman Cross Country Classic	2015	23:36
	Faith Trammell	NCAA Regionals	2011	23:36
26.	Madison Goode	Furman Cross Country Classic	2015	23:39
27.	Holly Bright	NCAA Regionals	2001	23:40
28.	Laney Browder	Furman Cross Country Classic	2015	23:49
	Jerraine Peeler	NCAA Regionals	2002	23:49
29.	Leslie Raymond	NCAA Regionals	2009	23:55
30.	Danielle Shaurette	NCAA Regionals	2008	23:57



Western Carolina University Men's Cross Country

8K TOP 30 TIMES (INDIVIDUAL BESTS)

-**BOLD** denotes current student-athlete

As of November 12, 2018

	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1.	Josey Weaver	Royal XC Challenge	2012	24:16
2.	Phil Roberts	Citadel Invitational	1985	24:17
3.	Travis Alfaro	Royal XC Challenge	2012	24:26
4.	Robert Baker	VMI Invitational	1984	24:33
5.	Ben Bailey	WCU Invitational	1971	24:43
6.	Caleb Bailey	WCU Invitational	2003	24:46
7.	Jesse Norman	Southern Conference Championships	2001	24:48
8.	Adam Puett	Southern Conference Championships	2002	24:58
9.	Jeremiah Buechner	North Carolina Intercollegiate - Greenville	1998	25:00
10.	Liam Brooks	Southern Conference Championships	2016	25:04
	Nolan Clark	Royal XC Challenge	2012	25:04
	Gary Knott	WCU Invitational	1974	25:04
11.	Mike Randall	Stone Mountain, Georgia	1977	25:05
12.	Jordan Bostian	Pirate Invitational	2018	25:07
13.	Chase Fisher	Royal XC Challenge	2012	25:08
	Bill Baldwin	North Carolina Intercollegiate - Charlotte	1996	25:08
14.	Ben Watkins	Clemson Invitational	2003	25:09
15.	Donnie Reuss	Southern Conference Championships	1994	25:12
16.	Dan Fassinger	Clemson Invitational	2005	25:13
	Terry Helms	WCU Invitational	1971	25:13
17.	Jordan Bostian	Queen City Invitational	2018	25:14
18.	Stephen Hammond	Greater Louisville Classic	2008	25:16
19.	Turner Norris	North Carolina Intercollegiate - Charlotte	1996	25:21
20.	Collin Webster	North Carolina Intercollegiate - Greenville	1998	25:22
	Brian Clark	North Carolina Intercollegiate - Charlotte	1997	25:22
21.	Jake Swimmer	Southern Conference Championships	2011	25:25
22.	Matt Lee	North Carolina Intercollegiate - Greenville	1998	25:26
23.	Justin Tucker	Southern Conference Championships	2016	25:37
	Clay Howarth	Furman Invitational	2014	25:37
24.	Shawn Leatherwood	WCU Invitational	1989	25:39
	Randal Helderman	WCU Invitational	1973	25:39
25.	Isaiah Hanna	Queen City Invitational	2017	25:42
26.	Tim Otter	Brevard Invitational	1978	25:45
27.	Pat McLaughlin	USC Spartanburg Invitational	1980	25:46
28.	JC Cornett	Asheville Cross Country Carnival	2014	25:47
29.	Ned Jones	WCU Invitational	1981	25:48
30	Jamie Bigby	Southern Conference Championships	2015	25:51
	Robert Stephens	North Carolina Intercollegiate - Greenville	1998	25:51
	Matt Gray	Appalachian State Invitational	1993	25:51
	Jeff Simpson	Stone Mountain, Georgia	1982	25:51



Western Carolina University Men's Cross Country

10K TOP 30 TIMES (INDIVIDUAL BESTS)

-BOLD denotes current student-athlete

As of November 12, 2018

	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1.	Caleb Bailey	NCAA Regionals	2003	30:15
2.	Travis Alfaro	NCAA Regionals	2013	31:01
3.	Phil Roberts	Appalachian State Invitational	1983	31:11
4.	Ben Watkins	NCAA Regionals	2003	31:27
5.	Josey Weaver	NCAA Regionals	2012	31:32
6.	Dennis Kasprzyk	State Meet	1977	31:33
7.	Jesse Norman	NCAA Regionals	2002	31:36
8.	Adam Puett	NCAA Regionals	2005	31:38
9.	Robert Baker	Appalachian State Invitational	1983	31:44
10.	Turner Norris	NCAA Regionals	1994	31:46
11.	Shawn Leatherwood	Furman Invitational	1989	31:49
12.	Jeremiah Buechner	NCAA Regionals	1998	32:00
13.	Collin Webster	NCAA Regionals	1997	32:10
	Mike Randall	State Meet	1977	32:10
14.	Stephen Hammond	NCAA Regionals	2007	32:12
15.	Pat McLaughlin	Furman Invitational	1981	32:16
16.	Donnie Ruess	NCAA Regionals	1994	32:17
17.	Tim Otter	State Meet	1978	32:18
18.	Bill Baldwin	NCAA Regionals	1996	32:22
	Sam Shirley	Southern Conference Championships	1979	32:22
19.	Brian Clark	NCAA Regionals	1996	32:24
	Robert Murray	Furman Invitational	1979	32:24
20.	Dan Fassinger	NCAA Regionals	2005	32:30
21.	Clay Howarth	NCAA Regionals	2013	32:31
22	Jordan Bostian	NCAA Regionals	2018	32:33
23.	Nolan Clark	NCAA Regionals	2012	32:37
24.	David Hopkins	NCAA Regionals	1992	32:43
25.	Jeff Simpson	Furman Invitational	1981	32:44
26.	Matt Lee	NCAA Regionals	1998	32:51
27.	John White	NCAA Regionals	1990	32:58
28.	Andy Ramos	NCAA Regionals	1996	33:01
29.	Robert Stephens	NCAA Regionals	1998	33:08
30.	Jeff Cloninger	Southern Conference Championships	1979	33:14