



# Western Carolina University Women's Cross Country

## 5K TOP 30 TIMES (INDIVIDUAL BESTS)

-**BOLD** denotes current student-athlete

As of October 31, 2016

	<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 Warfford	North Carolina Intercollegiate - Greenville	1998	17:48
4.	Morgan Turner	Southern Conference Championships	2011	17:49
5.	Melanie Cooper	WCU Invitational	2003	17:52
<b>6.</b>	<b>Shawnda Martin</b>	<b>Southern Conference Championships</b>	<b>2016</b>	<b>18:03</b>
7.	Michelle Provost	Southern Conference Championships	2014	18:10
8.	Aleshia Reese	Royal XC Challenge	2012	18:11
9.	Rita Roberts	NCAA Regionals	1993	18:15
10.	Olivia Jacobs	Southern Conference Championships	2011	18:17
<b>11.</b>	<b>Kaitlyn Lingard</b>	<b>UNC Asheville Invitational</b>	<b>2015</b>	<b>18:18</b>
12.	Kristin Savery	NCAA Regionals	1996	18:19
13.	Kerrie Savery	Southern Conference Championships	2007	18:26
14.	Susie Gardner	UNC Charlotte Invitational	1991	18:27
15.	Shawnta Person	North Carolina Intercollegiate - Charlotte	1999	18:28
16.	Jessa Brown	Queen of the Mountain (ASU)	1998	18:29
17.	Jordan Gaddy	Charlotte Invitational	2009	18:30
	Megan Isaacs	Greater Louisville Classic	2008	18:30
18.	Anne Gardner	North Carolina Intercollegiate - Greenville	1998	18:33
	Holly Bright	North Carolina Intercollegiate - Greenville	1998	18:33
<b>19.</b>	<b>Laney Browder</b>	<b>Southern Conference Championships</b>	<b>2014</b>	<b>18:34</b>
20.	Deana Kulesz	WCU Invitational	2003	18:35
21.	Faith Trammell	Southern Conference Championships	2011	18:42
22.	Alissa Short	WCU Invitational	2003	18:44
<b>23.</b>	<b>Kayla Deaton</b>	<b>Southern Conference Championships</b>	<b>2016</b>	<b>18:46</b>
	C.J. Smith	North Carolina Intercollegiate - Charlotte	1999	18:46
24.	Keeya McManus	Blue Ridge Open (ASU)	1999	18:47
<b>25.</b>	<b>Jada Blake</b>	<b>Southern Conference Championships</b>	<b>2016</b>	<b>18:50</b>
26.	Tonya Edmonds	WCU Invitational	2003	18:51
27.	Erica Thiemann	Greensboro Invitational	1995	18:53
28.	Lena Elliott	Southern Conference Championships	2014	18:54
<b>29.</b>	<b>Lindsey Trotter</b>	<b>Southern Conference Championships</b>	<b>2016</b>	<b>18:55</b>
	Jessica Kirkland	North Carolina Intercollegiate - WCU	1997	18:55
<b>30.</b>	<b>Madison Goode</b>	<b>Southern Conference Championships</b>	<b>2016</b>	<b>18:56</b>



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	<u>Name</u>	<u>Meet</u>	<u>Year</u>	<u>Time</u>
1.	Mara Smith	NCAA Regionals	2012	21:33
2.	<b>Kaitlyn Lingard</b>	<b>Furman XC Classic/VertCross Invite</b>	<b>2015/2016</b>	<b>21:58</b>
3.	Morgan Turner	NCAA Regionals	2010	22:23
4.	Jocelyn Keen	Charlotte Invitational	2012	22:29
5.	Aleisha Reese	NCAA Regionals	2012	22:30
6.	<b>Shawnda Martin</b>	<b>VertCross Invitational</b>	<b>2016</b>	<b>22:33</b>
7.	Olivia Jacobs	NCAA Regionals	2011	22:48
	Alissa Short	NCAA Regionals	2003	22:48
8.	Deanna Kulesz	NCAA Regionals	2003	22:49
9.	Megan Isaacs	NCAA Regionals	2008	22:51
10.	Kerrie Savery	NCAA Regionals	2007	23:02
11.	Michelle Provost	NCAA Regionals	2013	23:06
12.	Lindsay Groce	NCAA Regionals	2009	23:10
13.	Jordan Gaddy	NCAA Regionals	2008	23:14
14.	Melanie Cooper	NCAA Regionals	2003	23:15
15.	Leah Nicholson	NCAA Regionals	2008	23:23
16.	Kaitlyn Shetler	Furman Cross Country Classic	2015	23:36
	Faith Trammell	NCAA Regionals	2011	23:36
17.	<b>Madison Goode</b>	<b>Furman Cross Country Classic</b>	<b>2015</b>	<b>23:39</b>
18.	Holly Bright	NCAA Regionals	2001	23:40
19.	<b>Laney Browder</b>	<b>Furman Cross Country Classic</b>	<b>2015</b>	<b>23:49</b>
	Jerraine Peeler	NCAA Regionals	2002	23:49
20.	Leslie Raymond	NCAA Regionals	2009	23:55
21.	Danielle Shaurette	NCAA Regionals	2008	23:57
22.	<b>Jada Blake</b>	<b>VertCross Invitational</b>	<b>2016</b>	<b>24:00</b>
23.	Megan Thacker	NCAA Regionals	2001	24:02
24.	Whitney Woods	NCAA Regionals	2000	24:04
25.	<b>Trinity Wiles</b>	<b>VertCross Invitational</b>	<b>2016</b>	<b>24:05</b>
26.	Annie Bailey	NCAA Regionals	2007	24:06
27.	Skye Aiello	NCAA Regionals	2008	24:09
28.	Kaylan Lance	Charlotte Invitational	2012	24:11
29.	<b>Sydney Winchel</b>	<b>VertCross Invitational</b>	<b>2016</b>	<b>24:13</b>
30.	Tonya Edwards	NCAA Regionals	2002	24:14



# Western Carolina University Men's Cross Country

## 8K TOP 30 TIMES (INDIVIDUAL BESTS)

-**BOLD** denotes current student-athlete

As of October 31, 2016

	<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
<b>10.</b>	<b>Liam Brooks</b>	<b>Southern Conference Championships</b>	<b>2016</b>	<b>25:04</b>
	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.	Chase Fisher	Royal XC Challenge	2012	25:08
	Bill Baldwin	North Carolina Intercollegiate - Charlotte	1996	25:08
13.	Ben Watkins	Clemson Invitational	2003	25:09
14.	Donnie Reuss	Southern Conference Championships	1994	25:12
15.	Dan Fassinger	Clemson Invitational	2005	25:13
	Terry Helms	WCU Invitational	1971	25:13
16.	Stephen Hammond	Greater Louisville Classic	2008	25:16
17.	Turner Norris	North Carolina Intercollegiate - Charlotte	1996	25:21
18.	Collin Webster	North Carolina Intercollegiate - Greenville	1998	25:22
	Brian Clark	North Carolina Intercollegiate - Charlotte	1997	25:22
19.	Jake Swimmer	Southern Conference Championships	2011	25:25
20.	Matt Lee	North Carolina Intercollegiate - Greenville	1998	25:26
<b>21.</b>	<b>Justin Tucker</b>	<b>Southern Conference Championships</b>	<b>2016</b>	<b>25:37</b>
	Clay Howarth	Furman Invitational	2014	25:37
22.	Shawn Leatherwood	WCU Invitational	1989	25:39
	Randal Helderman	WCU Invitational	1973	25:39
23.	Tim Otter	Brevard Invitational	1978	25:45
24.	Pat McLaughlin	USC Spartanburg Invitational	1980	25:46
25.	JC Cornett	Asheville Cross Country Carnival	2014	25:47
26.	Ned Jones	WCU Invitational	1981	25:48
27.	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
28.	Robert Murray	WCU Invitational	1981	25:52
<b>29.</b>	<b>Isaiah Hanna</b>	<b>Southern Conference Championships</b>	<b>2016</b>	<b>25:57</b>
30.	Phillip Ramsey	WCU Invitational	2002	25:59
	David Hopkins	UNCC Invitational	1992	25:59



# Western Carolina University Men's Cross Country

## 10K TOP 30 TIMES (INDIVIDUAL BESTS)

**-BOLD** denotes current student-athlete

As of October 31, 2016

	<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.	Nolan Clark	NCAA Regionals	2012	32:37
23.	David Hopkins	NCAA Regionals	1992	32:43
24.	Jeff Simpson	Furman Invitational	1981	32:44
25.	Matt Lee	NCAA Regionals	1998	32:51
26.	John White	NCAA Regionals	1990	32:58
27.	Andy Ramos	NCAA Regionals	1996	33:01
28.	Robert Stephens	NCAA Regionals	1998	33:08
29.	Jeff Cloninger	Southern Conference Championships	1979	33:14
30.	Matt Gray	NCAA Regionals	1993	33:17
	Tom Mahon	Southern Conference Championships	1981	33:17