

ALL TIME PERFORMANCE LIST

CROSS COUNTRY: 10000 METERS

TOP 10 TIMES

	<u>NAME</u>	<u>MARK</u>	<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
1.	Liam Murphy	28:55.7	Nov 23, 2024	NCAA Championships	Madison, Wis. (1)
2.	Haftu Strintzos	28:57.3	Nov 20, 2021	NCAA Championships	Tallahassee, Fla. (2)
3.	Liam Murphy	29:05.5	Nov 10, 2023	NCAA Mid-Atlantic Regional	Bethlehem, Pa. (3)
4.	Marco Langon	29:08.8	Nov 23, 2024	NCAA Championships	Madison, Wis. (1)
5.	Patrick Tiernan	29:11.1	Nov 21, 2015	NCAA Championships	Louisville, Ky. (4)
6.	Haftu Strintzos	29:14.7	Nov 10, 2023	NCAA Mid-Atlantic Regional	Bethlehem, Pa. (3)
7.	Sydney Maree	29:15.1	Nov 19, 1979	NCAA Championships	Bethlehem, Pa. (3)
8.	Liam Murphy	29:17.5	Nov 18, 2023	NCAA Championships	Earlsville, Va. (5)
9.	Louie Quintana	29:19.7	Nov 13, 1993	IC4A Championship/NCAA District II Qualifier	Leesburg, Va. (6)
10.	Patrick Tiernan	29:22.0	Nov 19, 2016	NCAA Championships	Terre Haute, Ind. (7)

- (1) Thomas Zimmer Championship Cross Country Course
- (2) Apalachee Regional Park
- (3) Goodman Campus Course (*previously Saucon Valley Fields*)
- (4) E.P. Tom Sawyer State Park
- (5) Panorama Farms
- (6) Morven Park
- (7) LaVern Gibson Championship Cross Country Course

TOP 10 ATHLETES

	<u>NAME</u>	<u>MARK</u>	<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>	<u>INFO</u>
1.	Liam Murphy	28:55.7	Nov 23, 2024	NCAA Championships	Madison, Wis. (1)	
2.	Haftu Strintzos	28:57.3	Nov 20, 2021	NCAA Championships	Tallahassee, Fla. (2)	
3.	Marco Langon	29:08.8	Nov 23, 2024	NCAA Championships	Madison, Wis. (1)	
4.	Patrick Tiernan	29:11.1	Nov 21, 2015	NCAA Championships	Louisville, Ky. (3)	
5.	Sydney Maree	29:15.1	Nov 19, 1979	NCAA Championships	Bethlehem, Pa. (4)	
6.	Louie Quintana	29:19.7	Nov 13, 1993	IC4A Championship/NCAA District II Qualifier	Leesburg, Va. (5)	
7.	Ken Nason	29:27.2	Nov 13, 1993	IC4A Championship/NCAA District II Qualifier	Leesburg, Va. (5)	
8.	Carey Pinkowski	29:29.90	Nov 22, 1976	NCAA Championships	Denton, Texas (6)	
9.	Sam McEntee	29:44	Nov 15, 2013	NCAA Mid-Atlantic Regional	Bethlehem, Pa. (4)	
10.	Bobby Curtis	29:46.3	Nov 19, 2007	NCAA Championships	Terre Haute, Ind. (7)	

- (1) Thomas Zimmer Championship Cross Country Course
- (2) Apalachee Regional Park
- (3) E.P. Tom Sawyer State Park
- (4) Goodman Campus Course (*previously Saucon Valley Fields*)
- (5) Morven Park
- (6) Eagle Point Cross Country Course
- (7) LaVern Gibson Championship Cross Country Course