

Apalachee Regional Park Top 10 Cross Country Times

High School Boys 5k Top 10

14:59.45	Sukhi Khosla	Tallahassee Leon	2013	FSU Invitational
15:03.34	Mac Macoy	Vestavia Hills	2013	FSU Invitational
15:06.68	Tyler Bennett	Fort Myers	2013	FSU Invitational
15:07.57	Nick Morken	Niceville	2013	FSU Invitational
15:07.83	Nick Diaz	Miami Sunset	2013	FSU Invitational
15:08.12	Caleb Pottorff	Lincoln Park Academy	2016	FHSAA 2A State
15:08.51	Brandon Marquez	Timber Creek	2013	FSU Invitational
15:09.13	Charles Hicks	Bolles	2016	FHSAA 2A State
15:14.69	Michael Phillips	Chiles	2016	FHSAA 3A State
15:16.00	Joshua Jacques	Lyman	2014	FHSAA 4A State

High School Girls 5k Top 10

17:17.58	Valerie Lastra	Mater Academy	2018	FHSAA 3A State
17:26.61	Bailey Hertenstein	Newsome	2017	FHSAA 4A State
17:26.63	Tsion Yared	Pine Crest	2018	FHSAA 2A State
17:30.82	Alyssa Hendrix	Riverview	2017	FHSAA 4A State
17:35.37	Carly McNatt	Holy Trinity	2018	FHSAA 1A State
17:39.77	Rebecca Clark	The Villages	2018	FHSAA 2A State
17:43.42	Ana Wallace	Chiles	2017	FHSAA 3A State
17:44.20	Caitlin Collier	Bolles	2016	FHSAA 2A State
17:44.60	Rafaella Gibbons	Winter Park	2015	FSU Invitational
17:46.58	Ani Veltcheva	Gainesville	2018	FHSAA 3A State

College Mens 10k Top 10

30:08.3	Ty McCormack	Auburn	2014	NCAA South
30:17.2	Tyler Udland	FSU	2014	NCAA South
30:18.6	Wes Gallagher	Ole Miss	2014	NCAA South
30:19.3	Sean Tobin	Ole Miss	2014	NCAA South
30:19.8	Jacob Choge	Middle Tennessee	2016	NCAA South
30:20.0	Robert Domanic	Ole Miss	2014	NCAA South
30:20.7	Jack Goodwin	FSU	2014	NCAA South
30:22.7	Kigen Chemadi	Middle Tennessee	2016	NCAA South
30:23.9	Jakub Zivec	FSU	2012	NCAA South
30:23.9	Breandan O Neill	FSU	2012	NCAA South

College Men's 8k Top 10

23:23.0	Thomas Curtin	Virginia Tech	2015	ACC
23:24.3	Justyn Knight	Syracuse	2015	ACC
23:30.6	Edwin Kibichiy	Louisville	2015	ACC
23:31.4	Colin Bennie	Syracuse	2015	ACC
23:37.4	Martin Hehir	Syracuse	2015	ACC
23:40.4	Shaun Thompson	Duke	2015	ACC
23:44.8	George Parsons	NC State	2015	ACC
23:45.6	Chase Wearerling	Virginia	2015	ACC
23:55.3	Meron Simon	NC State	2015	ACC
23:56.0	Henry Wynne	Virginia	2015	ACC

College Women's 6k Top 10

19:17.0	Colleen Quigley	FSU	2014	NCAA South
19:26.2	Chelsea Blaase	Tennessee	2014	NCAA South
19:36.2	Molly Seidel	Notre Dame	2015	ACC
19:37.2	Rhianwed Price	Miss State	2014	NCAA South
19:39.9	Anne-Marie Blaney	UCF	2014	NCAA South
19:47.9	Pippa Woolven	FSU	2014	NCAA South
19:53.5	Claire Benjamin	Vanderbilt	2014	NCAA South
19:55.4	Linden Hall	FSU	2014	NCAA South
19:58.4	Hannah Maina	Middle Tennessee	2014	NCAA South
19:59.4	Sara Barron	Vanderbilt	2014	NCAA South

College Women's 5k Top 10

16:55.53	Colleen Quigley	FSU	2013	FSU Invitational
16:59.95	Hannah Walker	FSU	2013	FSU Invitational
17:04.20	Linden Hall	FSU	2013	FSU Invitational
17:06.16	Kayleigh Tyerman	Unattached	2013	FSU Invitational
17:09.49	Georgia Peel	FSU	2013	FSU Invitational
17:14.60	Anne-Marie Blaney	UCF	2016	FSU Invitational
17:30.23	Jackie Drouin	Unattached	2011	FSU Invitational
17:30.79	Anna Holdiman	FSU	2013	FSU Invitational
17:33.65	Svenja Meyer	Jacksonville	2013	FSU Invitational
17:34.65	Shelby Kittrell	North Florida	2010	FSU Invitational

Open Men's 10k Top 10

28:53	Shadrack Kipchirch	Nike	2019	USATF NC
28:54	Emmanuel Bor	Nike/ADP	2019	USATF NC
28:55	Samuel Chelanga	Nike/ADP	2016	USATF Club
28:56	Leonard Korir	Nike/ADP	2019	USATF NC
28:57	Hillary Bor	Nike/ADP	2019	USATF NC
29:04	Stanley Kebeni	Nike/ADP	2016	USATF Club
29:05	Morgan Pearson	Falcon DP	2016	USATF Club
29:17	Thomas Curtin	Virginia Tech	2016	USATF Club
29:18	Martin Hehir	Hoka One One	2016	USATF Club
29:18	Galen Rupp	Nike	2018	USATF NC

Open Women's 6k Top 10

19:31	Colleen Quigley	Bowerman TC	2016	USATF Club
19:36	Sarah Pagano	BAA	2016	USATF Club
19:36	Samantha Silva	Bowerman TC	2016	USATF Club
19:37	Allie Buchalski	Furman	2016	USATF Club
19:37	Emily Lipari	BAA	2016	USATF Club
19:43	Tara Welling	Skechers	2016	USATF Club
19:52	Elaina Balouris	BAA	2016	USATF Club
19:54	Amy Van Alstine	Hoka One One	2016	USATF Club
19:59	Emma Bates	BAA	2016	USATF Club
20:00	Rosa Moriello	Heartbreakers	2016	USATF Club

Open Women's 10k Top 10

32:47	Shelby Houlihan	Nike/Bowerman TC	2019	USATF NC
32:56	Molly Huddle	Saucony	2019	USATF NC
32:57	Marielle Hall	Nike/Bowerman TC	2019	USATF NC
33:04	Aliphine Tulliamuk	Hoka One One/NZA Elite	2019	USATF NC
33:18	Amy Cragg	Nike/Bowerman TC	2019	USATF NC
33:19	Emily Infeld	Nike/Bowerman TC	2018	USATF NC
33:23	Molly Seidel	Saucony	2018	USATF NC
33:25	Courtney Frerichs	Nike/Bowerman TC	2019	USATF NC
33:29	Karissa Schweizer	Nike/Bowerman TC	2019	USATF NC
33:30	Stephanie Bruce	Hoka One One/NAZ Elite	2019	USATF NC

Records updated prior to start of 2019 high school/college season