

ALL-TIME BESTS - INDIVIDUALS - 1983-2008

MEN

1	Patrick Moulton	2004	14:23
2	Fred Joslyn	2006	14:30
3	Greg Kiley	2007	14:45
4	Shamus Nally	2007	14:48
5	J. R. Gaige	1988	14:53
6	Kevin Williams	1985	14:53
7	Todd Orvis	1989	14:55
8	Dale Keenan	1985	14:55
9	Shamus Nally	2006	14:56
10	<b>Scott Mindel</b>	<b>2008</b>	<b>14:58</b>
11	Todd Orvis	1991	14:59
12	Kevin Treadway	2007	15:00
13	Dan Paxon	1988	15:01
14	<b>Zak Predmore</b>	<b>2008</b>	<b>15:01</b>
15	Mike Sgambelluri	1993	15:02
16	Steve Murdock	2006	15:02
17	Steve Murdock	2007	15:03
18	Kevin Williams	1986	15:04
19	Kevin Williams	1991	15:04
20	Scott Mindel	2004	15:05
21	Bob Irwin	1993	15:06
22	<b>Seamus Nally</b>	<b>2008</b>	<b>15:06</b>
23	Todd Orvis	1992	15:07
24	Rick Bush	1997	15:07
25	Mark McKenzie	1992	15:08
26	J. R. Gaige	1987	15:10
27	Brian Rhodes-Devey	2006	15:10
28	Ryan Pezzulo	2007	15:11
29	Scott Mindel	2006	15:12
30	Brian Rhodes-Devey	2005	15:12
31	<b>Chuck Terry</b>	<b>2008</b>	<b>15:12</b>
32	Dale Keenan	1983	15:13
33	J. R. Gaige	1990	15:13
34	Birger Ohlsson	2001	15:13
35	<b>John Kenworthy</b>	<b>2008</b>	<b>15:13</b>
36	Chris Williams	2007	15:15
37	Lance Denning	1994	15:16
38	J. R. Gaige	1986	15:16
39	Jamie Rodriguez	2001	15:16
40	Bob Irwin	2007	15:16
41	Rick Bush	1999	15:18
42	Jason Dejoy	1997	15:18
43	J. R. Gaige	1993	15:20
44	Ryan Pezzulo	2008	15:19
45	Steve Hicks	2006	15:20
46	Dan Lewis	2006	15:20
47	Steve Hicks	2005	15:20
48	Josh Henry	2008	15:20
49	Kevin Williams	1989	15:21
50	Mark Delfs	1993	15:21
51	Chuck Terry	2006	15:21
52	Jeff Thompson	1991	15:22

WOMEN

1	Lori Hewig	1990	16:26
2	Lori Hewig	1992	16:27
3	Lori Hewig	1994	16:30
4	Lori Hewig	1991	16:43
5	Nicole Blood	2005	16:47
6	Tonya Dodge	2000	16:48
7	Caitlin Lane	2005	16:53
8	<b>Sam Rocker</b>	<b>2008</b>	<b>17:03</b>
9	Tonya Dodge	1998	17:05
10	Caitlin Lane	2006	17:05
11	<b>Molly Pezzulo</b>	<b>2008</b>	<b>17:05</b>
12	Jen Kramer	2003	17:07
13	Amy Herold	1997	17:08
14	Kate Twarog	2004	17:15
15	<b>Lizzie Predmore</b>	<b>2008</b>	<b>17:15</b>
16	Caitlyn McTague	2003	17:17
17	Tonya Dodge	1997	17:17
18	Dana Ostrander	1997	17:18
19	<b>Emily Bryans</b>	<b>2008</b>	<b>17:18</b>
20	Michelle Simone	1992	17:19
21	Sam Rocker	2007	17:19
22	Inge Aiken	1991	17:22
23	Molly Pezzulo	2007	17:22
24	Emily Malinowski	2005	17:26
25	Ellen Mindel	1983	17:28
26	Dana Ostrander	1996	17:29
27	Amy Herold	1995	17:31
28	Denise Herman	1985	17:33
29	Ann DelSignore	1991	17:33
30	Liz Ludwigson	1989	17:33
31	Ann DelSignore	1992	17:33
32	Denise Herman	1986	17:34
33	Amy Herold	1992	17:34
34	<b>Alyssa Lotmore</b>	<b>2008</b>	<b>17:35</b>
35	Emily Bryans	2005	17:36
36	Emily Bryans	2006	17:36
37	Liz Montgomery	2005	17:37
38	Michelle Simone	1993	17:38
39	Danielle Schaub	2005	17:38
40	Dana Ostrander	1999	17:39
41	Meaghan Gregory	2006	17:40
42	Meaghan Gregory	2007	17:41
43	Heather Cox	1999	17:43
44	Denise Herman	1988	17:44
45	Amy Herold	1994	17:46
46	Jen Fazioli	1994	17:48
47	Marisa Sutura	1987	17:49
48	Denise Herman	1987	17:49
49	Debbie Springer	1994	17:50
50	Elizabeth Maloy	2004	17:51
51	Jen Fazioli	1997	17:51
52	Inge Aiken	1990	17:52

53	Kevin Williams	1987	15:24	53	Jen Kramer	2000	17:53
54	J. R. Gaige	1991	15:24	54	Krissy Haacke	1994	17:53
55	<b>Rob Cloutier</b>	<b>2008</b>	<b>15:24</b>	55	<b>Mary Kate Champagne</b>	<b>2008</b>	<b>17:53</b>
55	<b>Nick Webster</b>	<b>2008</b>	<b>15:24</b>				

**TEAM**

**VICTORIES**

1	Stockman-Stockman	11	17	Bennett-DeGrazia	2
2	Myers, F.-Herman	9	18	Fazioli-Fazioli	2
3	Menis-Hoyt	6	19	Richey-Dahlquist	2
4	Mindel-Mindel	4	20	Murray-Grout	2
5	Bennett-Nicolson	4	21	Waldenmaier-Riley	2
6	Williams-Nicholson	3	22	Williams-Williams	2
7	Gaige-Strock	3	23	Walroth-Wuerdeman	2
8	Marsh-Kline	3	24	Hettrich-Whitney	2
9	Swazey-Swazey	3	25	Shelgren-Newton	2
10	Bagnoli-Herold	3	26	Cummings-O'Heaney	2
11	Bush-Ostrander	3	27	Delfs-Delfs	2
12	Lutzger-Lutzger	2	28	Powers-Aiken	2
13	Williams-Dodge	2	29	Staley-LaFrano	2
14	Twarog-Twarog	2	30	DeRocco-DeRocco	2
15	Czupil-Nicholson	2	31	Bowles-Misena-Bowles	2
16	Rhodes-Devey-Lane	2	32	Irwin-Buck	2