



### TOP 25 WOMEN'S CROSS COUNTRY 5K PERFORMERS

(Since 2000, As of 10/24/09)

	<b>NAME</b>	<b>TIME</b>	<b>COURSE</b>	<b>DATE</b>
1.	Kaitlin O'Sullivan	17:37	Hamilton	10/07/06
2.	Amberlyn Mattice	18:44	Hamilton	10/06/07
3.	Celia Alterio	18:53	Saratoga State Park	10/24/09
4.	Lauren Brunetto	19:01	Saratoga State Park	10/24/09
5.	Amanda Schermerhorn	19:05	Saratoga State Park	10/24/09
6.	Lindsay Romaine	19:14	Saratoga State Park	10/24/09
7.	Molly Hassett	19:20	Saratoga State Park	10/24/09
8.	Carolyn Nasr	19:37	Saratoga State Park	10/24/09
9.	Dawn Koopman	19:42	Genesee Valley Park	11/11/00
10.	Melissa Wida	19:45	Albany	10/18/03
11.	Allie DiMura	19:48	Saratoga State Park	10/24/09
12.	Pam Ernst	20:01	Saratoga State Park	10/24/09
13.	Margaret Conlon	20:04	Saratoga State Park	10/24/09
14.	Amanda Villari	20:09	Hamilton	10/08/05
15.	Katie Fox	20:17	Hamilton	10/08/05
16.	Devon Wooten	20:19	Hartwick	09/11/04
17.	Laura Ewald	20:21	Hartwick	09/11/04
18.	Jessica Tylutki	20:25	Genesee Valley Park	11/11/00
19.	Mallory Baughman	20:26	Albany	10/18/03
19.	Kim Davey	20:26	Hartwick	09/11/04
19.	Ali Kosinski	20:26	Hamilton	10/08/05
22.	Raena Weimer	20:28	Genesee Valley Park	11/11/00
23.	Maria Compson	20:30	Hartwick	09/11/04
24.	Kristen Rohne	20:34	Hartwick	09/11/04
24.	Mallory Wright	20:34	Hamilton	10/07/06

### TOP 10 FRESHMEN 5K PERFORMERS

(Since 2000, As of 10/24/09)

	<b>NAME</b>	<b>TIME</b>	<b>COURSE</b>	<b>DATE</b>
1.	Amanda Schermerhorn	19:05	Saratoga State Park	10/24/09
2.	Lindsay Romaine	19:14	Saratoga State Park	10/24/09
3.	Molly Hassett	19:20	Saratoga State Park	10/24/09
4.	Carolyn Nasr	19:37	Saratoga State Park	10/24/09
5.	Melissa Wida	19:45	Albany	10/18/03
6.	Allie DiMura	19:48	Saratoga State Park	10/24/09
7.	Pam Ernst	20:01	Saratoga State Park	10/24/09
8.	Katie Fox	20:17	Hamilton	10/08/05
9.	Devon Wooten	20:19	Hartwick	09/11/04
10.	Jessica Tylutki	20:25	Genesee Valley Park	11/11/00