



TOP 25 MEN'S CROSS COUNTRY 8K PERFORMERS
(Since 2000, As of 11/21/09)

	NAME	TIME	COURSE	DATE
1.	Alex Grout	25:29	Van Cortlandt Park	11/10/07
2.	Nick Pampena	25:40	Albany	10/18/08
3.	Ryan Wells	25:48	Harkness State Park	11/05/05
4.	Marty Nicholson	25:56	Albany	10/18/08
5.	Tim Greenberg	26:26	Saratoga State Park	10/24/09
6.	Nick Madison	26:26	Saratoga State Park	10/24/09
7.	Ryan Walter	26:28	St. Lawrence	11/13/04
8.	Chuck Hollister	26:30	Saratoga State Park	10/24/09
9.	Frank Pfaffenberger	26:31	Van Cortlandt Park	11/10/07
10.	Matt Laroe	26:44	Albany	10/18/08
11.	Brian Suozzo	26:53	Hamilton	10/06/01
12.	Andy Wahila	27:00	Harkness State Park	11/05/05
13.	Nick Scalfone	27:03	Lehigh	09/29/06
14.	Dan Verdi	27:06	Letchworth State Park	11/15/03
15.	Matt Durkin	27:26	Lehigh	09/29/06
16.	Joe Melanson	27:28	Letchworth State Park	11/15/03
16.	Mark Seigers	27:28	Plattsburgh	10/22/05
18.	Chris Harvey	27:30	Lehigh	10/02/09
19.	Ben Reynolds	27:32	Lehigh	10/02/09
20.	Dan Bruton	27:34	Albany	10/18/08
21.	Sean Daly	27:44	Lehigh	10/02/09
22.	Sean McCormick	27:46	Genesee Valley Park	11/11/00
22.	Rick DeCarr	27:46	Hamilton	10/08/05
24.	David Goodge	27:48	Letchworth State Park	11/01/08
25.	Erik Canfield	27:51	St. Lawrence	11/13/04
25.	Justin Cortright	27:51	St. Lawrence	11/13/04

TOP 10 FRESHMEN 8K PERFORMERS
(Since 2000, As of 11/21/09)

	NAME	TIME	COURSE	DATE
1.	Nick Madison	26:26	Saratoga State Park	10/24/09
2.	Frank Pfaffenberger	26:31	Van Cortlandt Park	11/10/07
3.	Marty Nicholson	26:35	Harkness State Park	11/05/05
4.	Matt Laroe	26:44	Albany	10/18/08
5.	Chris Harvey	27:30	Lehigh	10/02/09
6.	Ben Reynolds	27:32	Lehigh	10/02/09
7.	Dan Bruton	27:34	Albany	10/18/08
8.	Tim Greenberg	27:37	Mt. Greylock H.S.	11/03/07
9.	Sean McCormick	27:46	Genesee Valley Park	11/11/00
10.	Nick Pampena	27:56	Mt. Greylock H.S.	11/04/06