



TOP 25 MEN'S CROSS COUNTRY 8K PERFORMERS
(Since 2000, As of 11/19/11)

	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.	Nick Madison	26:08	Fortin Park	11/13/10
6.	John Longo	26:11	Fortin Park	09/17/11
7.	Ben Reynolds	26:20	Fortin Park	09/17/11
8.	Tim Greenberg	26:26	Saratoga State Park	10/24/09
9.	Ryan Walter	26:28	St. Lawrence	11/13/04
10.	Chris Harvey	26:29	Fortin Park	09/17/11
11.	Chuck Hollister	26:30	Saratoga State Park	10/24/09
12.	Frank Pfaffenberger	26:31	Van Cortlandt Park	11/10/07
13.	Matt Laroe	26:44	Albany	10/18/08
14.	Brian Suozzo	26:53	Hamilton	10/06/01
15.	Andy Wahila	27:00	Harkness State Park	11/05/05
16.	Mitch Todorov	27:01	Fortin Park	09/17/10
17.	Jesse Hamway	27:02	Bowdoin Park	10/29/11
18.	Nick Scalfone	27:03	Lehigh	09/29/06
19.	Dan Verdi	27:06	Letchworth State Park	11/15/03
20.	Tom Haskins	27:20	Fortin Park	09/17/11
21.	David Goodge	27:21	Battle Island State Park	10/30/10
22.	Jared Reynolds	27:23	St. Lawrence	11/12/11
23.	Anthony Romeo	27:25	Fortin Park	09/17/11
24.	Matt Durkin	27:26	Lehigh	09/29/06
25.	Joe Melanson	27:28	Letchworth State Park	11/15/03
25.	Mark Seigers	27:28	Plattsburgh	10/22/05

TOP 10 FRESHMEN 8K PERFORMERS
(Since 2000, As of 11/19/11)

	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.	Mitch Todorov	27:01	Fortin Park	09/17/10
6.	Chris Harvey	27:30	Lehigh	10/02/09
7.	Ben Reynolds	27:32	Lehigh	10/02/09
8.	Dan Bruton	27:34	Albany	10/18/08
9.	Tim Greenberg	27:37	Mt. Greylock H.S.	11/03/07
10.	Andrew Bohunicky	27:38	Harkness State Park	10/15/11