

Youngstown State Cross Country Records

Women's 5K

1.	Andrea Cohol	17:35	1996	Notre Dame Invitational
2.	Amy Vernace	17:45	1998	Mid-Con Championships
3.	Laura Thomas	17:52	1997	All-Ohio Championships
4.	Kim Rosenberger	18:05	1996	Notre Dame Invitational
	Emily Cicero (Schnitkey)	18:05	2004	Notre Dame Invitational
6.	Becky Rudzik	18:10	1996	All-Ohio Championships
	Chryssa Gearhart	18:10	1996	Notre Dame Invitational
8.	Lisa Davies	18:20	2003	Notre Dame Invitational
9.	Annabelle Hunt	18:22	1998	Mid-Con Championships
10.	Jen Moore	18:41	2000	Notre Dame Invitational

Women's 6K

1.	Lisa Davies	21:47	2003	Penn State National XC Race
2.	Emily Cicero (Schnitkey)	21:50	2004	Great Lakes Regional
3.	Marielle Glanz	22:34	2004	Great Lakes Regional
4.	Kim Jendre	22:41	2004	Great Lakes Regional
5.	Jen Moore	22:43	2000	Spiked Shoe Invitational
6.	Lindsay Wojciak	22:51	2004	Great Lakes Regional
7.	Andrea Bardy	23:07	2002	Spiked Shoe Invitational
8.	Gina Mavrikis	23:09	2004	Great Lakes Regional
9.	Jenn Wenhold	23:21	2003	Penn State National XC Race
10.	Annabelle Hunt	23:49	2000	Great Lakes Regional

Men's 8K

1.	Matt Folk	24:02	1998	Notre Dame Invitational
2.	Mark Brady	24:34	1998	Notre Dame Invitational
3.	Paul Carter	24:50	1998	Notre Dame Invitational
4.	Will Edwards	25:06	1998	Notre Dame Invitational
5.	Chris Smolko	25:07	1998	Notre Dame Invitational
6.	Dave Bomberger	25:08	1998	Notre Dame Invitational
7.	Keith Gorby	25:15	1993	Mid-Con Championships
8.	Nick Kruse	25:24	2005	Horizon League Championships
9.	Dave Mealy	25:25	2005	Horizon League Championships
10.	Bob Bond	25:31	1996	Notre Dame Invitational

Men's 10K

1.	Matt Folk	31:48	1998	Great Lakes Regional
2.	Dave Mealy	32:25	2004	Great Lakes Regional
3.	Matt Paullin	32:26	2001	Great Lakes Regional
4.	Will Edwards	32:37	2002	Great Lakes Regional
5.	Tony Orcena	32:41	2003	Great Lakes Regional
6.	Kevin Gorby	32:46	1990	Penn State Invitational
7.	Tim Tatarka	32:47	2001	Great Lakes Regional
8.	Keith Gorby	32:49	1990	Penn State Invitational
9.	Chris Emory	32:54	1996	District Championships
10.	Bob Bond	32:59	1996	District Championships