

UNIVERSITY OF DELAWARE WOMEN'S CROSS COUNTRY RECORDS

(Updated through 2011 Season)

ALL-TIME COACHING RECORDS

Coach	Years	Record (Pct.)
Mary Shull	1981 (1)	6-0 1.000
Sue McGrath-Powell	1982-2007 (26)	81-29 .736
Jim Fischer	2008-Present (4).....	0-0 .000
Totals	31	87-29 (116) .750

Most Dual Wins, Season: 12 (12-3), 1985

Best Dual Record, Season: 1.000, 1995 (10-0), 1981 (6-0), 1990 (6-0), 1982 (5-0)

Most Consecutive Dual Wins: 15, 1981-83

Most Dual Losses, Season: 5 (5-5), 1984

TEAM HONORS

Conference Championships (3)

East Coast Conference: 1990

North Atlantic Conference: 1991, 1995

Conference Championship Runner-Ups (5)

East Coast Conference: 1982, 1985, 1986, 1989, 1994

Top 10 ECAC Finishes:

5th, 2011

8th, 2008, 2009

9th, 2007, 2006, 2002, 1999

10th, 2001, 1997

Top NCAA District 2 Finishes:

2nd, 1991

8th, 1995, 2009

10th, 2008, 2006, 1999

INDIVIDUAL HONORS

All-American:

Sandy Gibney, 1981 (16th at AIAW Nationals)

National Meet Qualifiers:

Sandy Gibney, 1981 (16th, AIAW)

Jody Campbell, 1981 (AIAW)

Kim Mitchell, 1981 (AIAW), 1984 (78th, NCAAA)

Regional Meet Top 10 Finishers:

Sandy Gibney, 1981 (3rd, EIAIW)

Kim Mitchell, 1984 (3rd, NCAA Region 2)

Alicia Giuliano, 1991 (4th, ECAC)

Aimee Alexander, 2001 (4th, ECAC)

Christina Antonopoulos, 2008 (8th, ECAC)

Jody Campbell, 1981 (10th, EIAIW)

Conference Coach of the Year:

Sue McGrath-Powell: 1991, 1994, 1995

Conference Championship Top 10 Finishers:

1st Place

Jody Campbell, 1982

Kim Mitchell, 1983

Amy Oppermann, 1990

Sarah Cowles, 1995, 1996

2nd Place

Jody Campbell, 1983

Kim Mitchell, 1984

Nori Wilson, 1986

Jill Riblett, 1990

Alicia Giuliano, 1991

3rd Place

Kim Mitchell, 1982

Belynda Dunn, 1990

Tara Pointin, 1995

Colleen O'Brien, 2004, 2005

4th Place

Amy Oppermann, 1989

Chris Roller, 1994, 1995

5th Place

Amy Oppermann, 1991

Marnie Giunta, 1992

Tara Pointin, 1994

6th Place

Nori Wilson, 1985

Shelley Duch, 1989

Chris Roller, 1994

Aimee Alexander, 2001

7th Place

Nori Wilson, 1984

Ellen Strickler, 1990, 1993

Sarah Cowles, 1994

Katie Guarracino, 1995

8th Place

Jennifer Wiest, 1990

Jill Riblett, 1991

Christina Antonopoulos, 2007

9th Place

Karin Skoglund, 1990

10th Place

Colleen O'Connor, 1985

Jacqui Tweed, 1990

Jill Riblett, 1992

Katie Guarracino, 1994

Aimee Alexander, 2000

Julia Somers, 2006

**TOP TIMES AT CARPENTER STATE PARK
(WHITE CLAY CREEK STATE PARK - SINCE 2000)
NEW COURSE - ALL RUNNERS
3.75 miles / 6 kilometers**

Rk.	Athlete	School	Time (Year)
1.	Logan Waites	Mississippi	21:08.03 (2011)
2.	Katie Breathitt	Mississippi	21:19.00 (2011)
3.	Dena Spickard	James Madison	21:33.99 (2006)
4.	Meghan Bishop	Wm. & Mary	21:42.76 (2006)
5.	Bolpar Vinh	Boston U	21:59.59 (2000)
6.	Kaitlin Hurley	Wm. & Mary	22:02.89 (2006)
7.	Julie Fricke	Maryland	22:10.40 (2011)
8.	Rachel Hannah	Georgia State	22:16.20 (2006)
9.	Michele Palmer	Vermont	22:20.69 (2000)
10.	Emily Schroeder	Wm. & Mary	22:22.24 (2006)
11.	Caitlin Price	Georgia State	22:24.32 (2006)
12.	Anna Brousell	Wm. & Mary	22:27.27 (2006)
13.	Lauren Matthews	Boston U	22:27.46 (2000)
14.	Alison Smith	Villanova	22:29.00 (2007)
15.	Lauren Burawski	Unattached	22:29.24 (2002)
16.	Amy DeCamp	UNH	22:29.52 (2000)
17.	Anna Parker	Wm. & Mary	22:29.94 (2006)
18.	Emily Gousen	Wm. & Mary	22:31.15 (2006)
19.	Julia Somers	Delaware	22:31.59 (2006)
20.	Ellen Dougherty	Villanova	22:35.00 (2007)
21.	Christy Ward	James Madison	22:35.22 (2006)
22.	Abby Pullen	Hofstra	22:35.92 (2006)
23.	Anne Threlkeld	Mississippi	22:37.76 (2011)
24.	Erin Prillaman	Wm. & Mary	22:38.72 (2006)
25.	Stacy Kim	Penn	22:41.00 (2007)
26.	Ashley Cromartie	Maryland	22:41.77 (2011)
27.	Alicia Heisel	Boston U	22:43.61 (2000)
28.	Leah Brogan	Penn	22:44.00 (2007)
29.	Julie Taylor	Wm. & Mary	22:45.98 (2006)
30.	Amanda Marino	Villanova	22:49.00 (2007)
31.	Jessica Pinette	Vermont	22:49.04 (2000)
32.	Lynn Morelli	Wm. & Mary	22:50.33 (2006)
33.	Sarah Morrison	Villanova	22:51.00 (2007)
34.	Tara Johnson	Boston U	22:51.76 (2000)
35.	Callie Hogan	Villanova	22:52.00 (2007)
36.	Kristie Gagnon	Northeastern	22:53.09 (2006)
37.	Taryn Kenney	UNH	22:53.73 (2000)
38.	Akillah Vargas	Villanova	22:54.00 (2007)
39.	Britta Nelson	Towson	22:54.86 (2006)
40.	Rebecca Ward	Wm. & Mary	22:57.21 (2006)
41.	Kinjal Parikh	Penn	23:00.00 (2007)
	Kaitlyn Tallman	Villanova	23:00.00 (2007)
43.	Jennifer Kehoe	Boston U	23:01.97 (2000)
44.	Samantha Deposito	Penn	23:03.00 (2000)
45.	Kathleen Borleis	Towson	23:03.03 (2006)
46.	Aimee Alexander	Delaware	23:03.69 (2001)
47.	Kayleigh Skinner	Mississippi	23:04.00 (2011)
48.	Christina Antonopoulos	Delaware	23:04.20 (2006)
49.	Abby Booker	Wm. & Mary	23:06.44 (2006)
50.	Eva Slavikova	UMES	23:10.44 (2004)
51.	Kelsey Breathitt	Mississippi	23:06.60 (2011)
52.	Amy McCrory	Mississippi	23:10.92 (2011)
53.	Danielle Williams	VCI	23:11.12 (2006)

54.	Michelle Beardmore	James Madison	23:12.71 (2006)
55.	Brittany Moriarty	Northeastern	23:13.55 (2006)
56.	Megan Lerch	Towson	23:13.59 (2005)
57.	Lindsay Prettyman	Delaware	23:14.28 (2011)
58.	Katina Alexander	Monmouth	23:15.98 (2004)
59.	Liz Stanford	Georgia State	23:16.63 (2006)
60.	Claire Kim	Penn	23:18.00 (2007)
61.	Nicole Pelletier	Maine	23:18.12 (2000)
62.	Abby Pullen	Hofstra	23:20.66 (2006)
63.	Rochelle Sceats	George Mason	23:23.64 (2011)
64.	Mary Migton	Seton Hall	23:27.26 (2011)
65.	Katie Ogden	Towson	23:28.00 (2007)
66.	Brooke Maguire	Delaware	23:28.87 (2006)
67.	Eva Slavikova	UMES	23:31.38 (2003)
68.	Amy Hicks	Northeastern	23:32.73 (2006)
69.	Laura O'Sullivan	Villanova	23:33.00 (2007)
70.	Michelle Donadio	Towson	23:35.23 (2006)
71.	Brittany Holland	Georgia State	23:38.07 (2006)

**NEW COURSE - 2000 - ALL RUNNERS
3.1 miles / 5 kilometers**

Rk.	Athlete	School	Time (Year)
1.	Lisa Sinclair	George Mason	17:40.83 (2010)
2.	Priscilla Jennings	Millersville	17:51.53 (2009)
3.	Katie Ogden	Towson	18:18.50 (2010)
4.	Mary Sullivan	Hofstra	18:22.10 (2005)
5.	Caitlin Dorgan	Delaware Valley	18:25.30 (2010)
6.	Rochelle Sceats	George Mason	18:26.53 (2009)
7.	Julia Somers	Delaware	18:26.27 (2006)
8.	Christina Antonopoulos	Delaware	18:26.64 (2008)
9.	Jenna Baker	Clemson	18:27.00 (2008)
10.	Joanie Castagno	Clemson	18:28.00 (2008)
11.	Yianna Antonopoulos	Delaware	18:28.45 (2008)
12.	Stacy Kim	Penn	18:30.70 (2005)
13.	Abby Pullen	Hofstra	18:33.05 (2006)
14.	Claire Kim	Penn	18:33.60 (2005)
15.	Liya Kasimova	Towson	18:36.00 (2008)
16.	Kristie Gagnon	Northeastern	18:36.27 (2006)
17.	Katlyn Dillow	Towson	18:39.99 (2010)
18.	Jessica Neal	Howard	18:42.55 (2006)
19.	Colleen O'Brien	Delaware	18:42.80 (2005)
20.	Betty Chumbe	UMES	18:43.76 (2006)
21.	Merrecia James	UMES	18:44.00 (2007)
22.	Katy Loughran	Delaware	18:45.15 (2010)
23.	Stephanie Buffo	Clemson	18:50.00 (2008)
24.	Leah Brogan	Penn	18:50.80 (2005)
	Sarah Simonetti	Philadelphia U.	18:50.80 (2010)
26.	Abby Iselborn	Clemson	18:51.00 (2008)
27.	Brittany Moriarty	Northeastern	18:51.17 (2006)
28.	Kelly Stewart	Shippensburg	18:52.00 (2001)
29.	Sunday Ford	Clemson	18:53.00 (2008)
30.	Sandy Castro	George Mason	18:53.13 (2010)
31.	Janeth Chelangat	UMES	18:53.18 (2006)
32.	Erika Griffith	Towson	18:56.17 (2010)
33.	Aimee Alexander	Delaware	18:57.00 (2001)
34.	Kaylin Gilmartin-Donohue	Towson	18:57.25 (2010)
35.	Andrea Rovegno	Loyola	18:57.29 (2003)

36.	Michelle Donadio.....	Towson	18:58.00 (2007)
	Laura Laughlin.....	Clemson	18:58.00 (2008)
38.	Lindsay Warfield	Towson	18:58.99 (2009)
39.	Liz Paul	Delaware.....	18:59.00 (2008)
40.	Merrecia James.....	UMES.....	18:59.95 (2008)
41.	Jen Watunya	Delaware	19:01.66 (2010)
42.	Aimee Chegwidde.....	Saint Joseph's.....	19:02.23 (2009)
43.	Brandi Gervais	Towson	19:02.93 (2010)
44.	Kate Lilley	American.....	19:02.95 (2006)
45.	Jessie Ermak	Delaware	19:03.39 (2009)
46.	Emily Logan.....	Penn	19:04.96 (2003)
47.	Sarah Gross	St. Francis (Pa.)	19:05.46 (2010)
48.	Emily Buzzell	Penn	19:08.26 (2003)
49.	Brittany Zuver.....	Millersville.....	19:09.17 (2008)
50.	Britta Nelson.....	Towson	19:10.00 (2007)
51.	Sheena Crawley	Frank. & Marshall	19:10.09 (2010)
52.	Karen Mandrachia.....	Delaware.....	19:10.17 (2008)
53.	Sarah Baer.....	Shippensburg.....	19:11.00 (2001)
54.	Liya Kasimova.....	Towson	19:11.97 (2009)
55.	Ali Briggs.....	Pittsburgh	19:14.46 (2008)
56.	Jessica DiCicco.....	Saint Joseph's.....	19:14.69 (2009)
57.	Ashley Hodges.....	Howard.....	19:15.00 (2007)
58.	Lexi Ambrogi	Delaware.....	19:15.26 (2008)
59.	Amy Manwaring.....	Saint Joseph's.....	19:15.33 (2003)
60.	Elaina Lord.....	Penn	19:15.69 (2003)
61.	Lyndsey Ratasiewicz.....	West Chester	19:15.72 (2010)
62.	Kathleen Borleis.....	Towson	19:15.94 (2006)
63.	Robyn Evangelist	Stockton	19:16.34 (2010)
64.	Tina Morrison.....	Penn.....	19:17.40 (2005)
65.	Jen Watunya	Delaware	19:17.73 (2010)
66.	Jennifer Blank.....	Penn	19:17.99 (2003)
67.	Megan DiGregorio.....	Towson	19:18.03 (2009)
68.	Colleen Flanagan.....	Saint Joseph's.....	19:18.62 (2003)
69.	Christina Morelli	Saint Joseph's.....	19:18.71 (2009)
70.	Erin Gemmill	Delaware.....	19:18.72 (2002)
71.	Meghan Mason.....	American.....	19:19.94 (2006)
72.	Katie Deinert	Delaware	19:20.36 (2009)
73.	Liya Kasimova.....	Towson	19:20.83 (2010)
74.	Jen Campbell.....	Hofstra.....	19:21.53 (2003)
75.	Lisa Brown.....	Clemson	19:22.00 (2008)
76.	Dashera Richardson	Delaware State	19:23.45 (2010)
77.	Eunice Jones	UMES	19:24.64 (2009)
78.	Monica Marchetta.....	Delaware.....	19:25.00 (2001)
79.	Jackie Truncellito	Loyola.....	19:25.35 (2003)
80.	Monica Bhattacharjee.....	Pittsburgh	19:25.62 (2008)
81.	Jamie Liberti.....	Penn.....	19:27.00 (2005)
82.	Cathleen Ford.....	American.....	19:27.01 (2006)
83.	Jennifer Haffner.....	St. Francis (Pa.)	19:27.09 (2010)
84.	Lindsay Prettyman	Delaware	19:27.19 (2010)
85.	Lauren Klas.....	Clemson	19:28.00 (2008)
86.	Brooke Maguire.....	Delaware.....	19:29.09 (2006)
87.	Greta Wickland.....	American.....	19:30.92 (2006)
88.	Maureen O'Donnell.....	Saint Joseph's.....	19:30.54 (2009)
89.	Jessica Leddy.....	Millersville.....	19:32.99 (2008)
90.	Rachel Hull.....	Millersville.....	19:33.00 (2007)
91.	Jessica Leitsch.....	Delaware.....	19:33.70 (2005)
92.	Kimberly Milans.....	Penn	19:33.80 (2003)
93.	Jessica Neal.....	Howard.....	19:34.00 (2007)
	Katie Cervo.....	Loyola.....	19:34.00 (2007)
95.	Mallory Ross	Delaware State	19:34.21 (2008)

96.	Cynthia Anais	UMES	19:34.34 (2010)
97.	Claire Duncan.....	Penn	19:35.19 (2003)
98.	Ali Lambert	Delaware	19:35.33 (2010)
99.	Ashley Hodges.....	Howard.....	19:36.93 (2008)
100.	Brittany Zuver.....	Millersville.....	19:37.00 (2007)
	Ashley Olsen.....	Delaware.....	19:37.00 (2001)
	Jena Peacock	Rowan.....	19:37.00 (2008)

**TOP TIMES AT CARPENTER STATE PARK
(WHITE CLAY CREEK STATE PARK - SINCE 2000)
NEW COURSE - DELAWARE RUNNERS
3.75 miles / 6 kilometers**

Rk.	Athlete	School	Time (Year)
1.	Julia Somers.....	Delaware.....	22:31.59 (2006)
2.	Aimee Alexander	Delaware.....	23:03.69 (2001)
3.	Christina Antonopoulos.....	Delaware.....	23:04.20 (2006)
4.	Lindsay Prettyman	Delaware	23:14.28 (2011)
5.	Brooke Maguire.....	Delaware.....	23:28.87 (2006)
6.	Erin Gemmill	Delaware.....	23:32.28 (2002)
7.	Karen Reber.....	Delaware.....	23:33.00 (2000)
	Nicole Daly	Delaware	23:43.30 (2011)
9.	Colleen O'Brien.....	Delaware.....	23:44.17 (2004)
10.	Sarah Johnson.....	Delaware.....	23:46.03 (2001)
11.	Katrina Steenkamer	Delaware	23:49.30 (2011)
12.	Cassie White.....	Delaware.....	23:51.00 (2007)
13.	Yianna Antonopoulos.....	Delaware.....	23:52.15 (2006)
14.	Monica Marchetta.....	Delaware.....	24:00.43 (2001)
15.	Karen Mandrachia.....	Delaware.....	24:08.00 (2007)
16.	Meredith Steenkamer	Delaware	24:13.15 (2011)
17.	Sophie Kauffman.....	Delaware	24:13.81 (2011)
18.	Kellyn Wright	Delaware	24:19.18 (2006)
19.	Emily Gispert.....	Delaware	24:19.96 (2011)
20.	Jessica Leitsch.....	Delaware.....	24:21.13 (2005)
21.	Alyssa Kennedy	Delaware	24:22.44 (2011)
22.	Liz Paul	Delaware	24:33.00 (2007)
23.	Dana Kolesar	Delaware	24:35.37 (2000)
24.	Carolynn Sloat.....	Delaware.....	24:43.00 (2007)
25.	Jenn Kutney.....	Delaware.....	24:43.71 (2003)
26.	Kate Klim.....	Delaware.....	24:44.55 (2002)
27.	Annie Kowtoniuk.....	Delaware.....	24:45.00 (2007)
28.	Sari Weissbard.....	Delaware.....	24:52.93 (2002)
29.	Hannah DeMartino	Delaware	24:57.30 (2011)
30.	Jennifer Watunya.....	Delaware.....	24:58.00 (2007)
31.	Krista Kugler	Delaware	24:58.08 (2001)
32.	Rachel Amey.....	Delaware.....	24:58.70 (2011)
33.	Sarah Vernon.....	Delaware.....	24:59.00 (2007)
34.	Isabel Graf.....	Delaware.....	25:00.00 (2007)
35.	Lindsay Schmiedel.....	Delaware.....	25:03.30 (2006)
36.	Katie Deinert	Delaware	25:05.94 (2011)
37.	Megan McGrath.....	Delaware.....	25:07.99 (2006)
38.	Francine Gebbia	Delaware	25:08.23 (2011)
39.	Kerrigan Smith.....	Delaware.....	25:09.26 (2006)
40.	Karys Whitehead.....	Delaware.....	25:10.97 (2011)
41.	Ali Lambert	Delaware	25:12.05 (2011)
42.	Jennifer Krisch.....	Delaware.....	25:13.00 (2000)
43.	Allison Behrle.....	Delaware.....	25:14.12 (2004)
44.	Katie Deinert	Delaware	25:14.20 (2011)

45.	Shauna Hughes.....	Delaware.....	25:17.00 (2000)
46.	Ashley Olsen.....	Delaware.....	25:22.61 (2004)
47.	Kayla Koonz.....	Delaware.....	25:24.83 (2011)
48.	Toni Riggi.....	Delaware.....	25:30.36 (2005)
49.	Melissa Mazzo.....	Delaware.....	25:30.67 (2011)
50.	Cristin Romano.....	Delaware.....	25:31.00 (2000)
51.	Erica Addonizio.....	Delaware.....	25:33.87 (2011)
52.	Renee Gresh.....	Delaware.....	25:34.14 (2003)
53.	Tess Beinke.....	Delaware.....	25:36.00 (2000)
54.	Beth Sowden.....	Delaware.....	25:36.26 (2011)
55.	Hannah DeMartino.....	Delaware.....	25:38.10 (2011)
56.	Kristen Fitch.....	Delaware.....	25:40.70 (2011)
57.	Mary Martini.....	Delaware.....	25:44.80 (2003)
58.	Franice Gebbia.....	Delaware.....	25:46.97 (2011)
59.	Brenda Greene.....	Delaware.....	25:48.61 (2004)
60.	Lisa Kutzing.....	Delaware.....	25:49.00 (2000)
61.	Emily Sidoriak.....	Delaware.....	25:49.58 (2011)
62.	Lauren Shaub.....	Delaware.....	25:50.79 (2002)
63.	Meghan Weaver.....	Delaware.....	25:54.22 (2006)
64.	Emma Sidoriak.....	Delaware.....	25:59.06 (2011)
65.	Rachel Amey.....	Delaware.....	26:00.71 (2011)
66.	Katie MacKelcan.....	Delaware.....	26:04.00 (2000)
67.	Lauren Huston.....	Delaware.....	26:04.19 (2011)
68.	Meg O'Brien.....	Delaware.....	26:04.27 (2011)
69.	Rachel Schaefer.....	Delaware.....	26:05.00 (2007)
70.	Bethany Simmons.....	Delaware.....	26:05.82 (2001)
71.	Allison Calvarese.....	Delaware.....	26:09.08 (2011)
72.	Lisa Salvatore.....	Delaware.....	26:10.58 (2002)
73.	Kristin Iacobucci.....	Delaware.....	26:10.96 (2002)
74.	Lexi Ambrogi.....	Delaware.....	26:13.89 (2006)
75.	Allie Gedney.....	Delaware.....	26:16.27 (2011)
76.	Sarah Vernon.....	Delaware.....	26:17.07 (2005)
77.	Christine Dierickx.....	Delaware.....	26:26.53 (2004)
78.	Katie Much.....	Delaware.....	26:29.00 (2007)
	Michelle Kocher.....	Delaware.....	26:29.00 (2007)

18.	Ashley Olsen.....	Delaware.....	19:37.00 (2001)
19.	Christine Sloat.....	Delaware.....	19:38.28 (2010)
20.	Isabel Graf.....	Delaware.....	19:44.00 (2007)
21.	Sophia Kauffman.....	Delaware.....	19:45.67 (2009)
22.	Kellyn Wright.....	Delaware.....	19:46.88 (2009)
23.	Ali Zukowski.....	Delaware.....	19:48.61 (2009)
24.	Sarah Ports.....	Delaware.....	19:49.00 (2008)
25.	Karen Reber.....	Delaware.....	19:51.00 (2001)
26.	Leeann Seiwel.....	Delaware.....	19:51.72 (2010)
27.	Sari Weissbard.....	Delaware.....	20:11.32 (2002)
28.	Kate Klim.....	Delaware.....	20:12.00 (2002)
29.	Alex Finocchio.....	Delaware.....	20:23.13 (2010)
30.	Sarah Vernon.....	Delaware.....	20:32.00 (2007)
31.	Kerrigan Smith.....	Delaware.....	20:35.82 (2006)
32.	Stephanie LaFergola.....	Delaware.....	20:36.33 (2009)
33.	Alyssa Kennedy.....	Delaware.....	20:37.84 (2010)
34.	Lindsay Schmiedel.....	Delaware.....	20:38.53 (2006)
35.	Erica Addonizio.....	Delaware.....	20:39.17 (2010)
36.	Annie Kowtoniuk.....	Delaware.....	20:39.26 (2006)
37.	Meghan Weaver.....	Delaware.....	20:40.67 (2003)
38.	Kaylee Pineault.....	Delaware.....	20:41.99 (2010)
39.	Ellen Craven.....	Delaware.....	20:42.00 (2008)
40.	Bari Melker.....	Delaware.....	20:45.29 (2009)
41.	Lindsay Chetelat.....	Delaware.....	20:53.24 (2009)
42.	Megan McGrath.....	Delaware.....	20:53.78 (2006)
43.	Leslie Wason.....	Delaware.....	20:55.30 (2005)
44.	Allison Behrle.....	Delaware.....	20:55.74 (2002)
45.	Bethany Simmons.....	Delaware.....	20:56.00 (2001)
47.	Claire Devine.....	Delaware.....	20:57.00 (2005)
48.	Kirsten Fitch.....	Delaware.....	21:00.22 (2008)
49.	Lisa Salvatore.....	Delaware.....	21:01.00 (2001)
50.	Renee Gresh.....	Delaware.....	21:02.30 (2005)
51.	Tracey Powell.....	Delaware.....	21:02.44 (2008)
52.	Tess Beinke.....	Delaware.....	21:04.00 (2001)
	Michelle Kocher.....	Delaware.....	21:04.00 (2007)
54.	Cristin Romano.....	Delaware.....	21:05.00 (2001)
55.	Jennifer Kutney.....	Delaware.....	21:06.73 (2002)
56.	Sarah Bochet.....	Delaware.....	21:07.92 (2002)
57.	Chrissy Casiello.....	Delaware.....	21:08.03 (2010)
58.	Emily Gispert.....	Delaware.....	21:08.93 (2010)
59.	Allie Gedney.....	Delaware.....	21:12.46 (2010)
60.	Mary Martini.....	Delaware.....	21:15.76 (2003)
61.	Lindsey Schmiedel.....	Delaware.....	21:17.98 (2008)
62.	Toni Riggi.....	Delaware.....	21:20.00 (2005)
63.	Michele Lambert.....	Delaware.....	21:23.89 (2010)
64.	Brittany Wilder.....	Delaware.....	21:25.14 (2006)
65.	Amanda McGowan.....	Delaware.....	21:26.34 (2006)
66.	Valerie Pugliese.....	Delaware.....	21:28.00 (2001)
67.	Lauren Shaub.....	Delaware.....	21:28.44 (2002)
68.	Kate Sheppard.....	Delaware.....	21:30.00 (2001)
69.	Rachel Schaefer.....	Delaware.....	21:37.92 (2008)
70.	Melissa Vinton.....	Delaware.....	21:39.99 (2009)
71.	Krista Kugler.....	Delaware.....	21:42.00 (2001)
72.	Linsey Norris.....	Delaware.....	21:42.30 (2005)
73.	Stefanie Gordon.....	Delaware.....	21:45.87 (2007)
74.	Emily Bunker.....	Delaware.....	21:54.20 (2005)
75.	Courtney Darsa.....	Delaware.....	22:22.28 (2009)

NEW COURSE - 2000 - DELAWARE RUNNERS
3.1 miles / 5 kilometers

Rk.	Athlete	School	Time (Year)
1.	Julia Somers.....	Delaware.....	18:26.27 (2006)
2.	Christina Antonopoulos.....	Delaware.....	18:26.64 (2008)
3.	Yianna Antonopoulos.....	Delaware.....	18:28.45 (2008)
4.	Colleen O'Brien.....	Delaware.....	18:42.80 (2005)
5.	Katy Loughran.....	Delaware.....	18:45.15 (2010)
5.	Aimee Alexander.....	Delaware.....	18:57.00 (2001)
6.	Liz Paul.....	Delaware.....	18:59.00 (2008)
7.	Jen Watunya.....	Delaware.....	19:01.66 (2010)
8.	Jessie Ermak.....	Delaware.....	19:03.39 (2009)
9.	Karen Mandrachia.....	Delaware.....	19:10.16 (2008)
10.	Lexi Ambrogi.....	Delaware.....	19:15.26 (2008)
11.	Erin Gemmill.....	Delaware.....	19:18.72 (2002)
12.	Katie Deinert.....	Delaware.....	19:20.36 (2009)
13.	Monica Marchetta.....	Delaware.....	19:25.00 (2001)
14.	Lindsay Prettyman.....	Delaware.....	19:27.19 (2010)
15.	Brooke Maguire.....	Delaware.....	19:29.09 (2006)
16.	Jessica Leitsch.....	Delaware.....	19:33.70 (2005)
17.	Ali Lambert.....	Delaware.....	19:35.33 (2010)

**TOP TIMES AT CARPENTER STATE PARK
(WHITE CLAY CREEK STATE PARK - 1994-99)
3.1 miles / 5 kilometers - ALL RUNNERS**

Rk.	Athlete	School	Time (Year)
1.	Amina Amaddah.....	George Mason	17:46 (1997)
2.	Alicia Giuliano	Rutgers.....	17:51 (1992)
3.	Christine Stief.....	Boston U.....	18:00.8 (1991)
4.	Tara Pointin.....	Delaware.....	18:13 (1995)
5.	Sarah Cowles.....	Delaware.....	18:14 (1996)
6.	Vicki Boyer.....	St. Joseph's.....	18:15 (1993)
7.	Julie Sweitzer.....	Bucknell	18:17 (1997)
8.	Alicia Giuliano	Delaware.....	18:18.5 (1991)
9.	Meghan Busse.....	St. Joseph's.....	18:22 (1997)
10.	Antje Siems.....	Boston U.....	18:23.6 (1991)
11.	Jennifer Heggie.....	Rutgers.....	18:24 (1993)
12.	Rita Garber	Penn.....	18:24 (1998)
13.	Gabriella Van Rhyn.....	Vermont.....	18:24.4 (1991)
14.	Kera Smalley.....	Vermont	18:25 (1996)
15.	Kerry O'Neil	Navy.....	18:26 (1991)
	Julie Spolidoro.....	Old Dominion.....	18:26 (1999)
17.	Chris Rolleri	Delaware.....	18:27 (1995)
18.	Kerrie Bowes.....	Maryland.....	18:30 (1996)
	Jen Rafferty.....	St. Joseph's.....	18:30 (1997)
20.	Sarah Cowles.....	Delaware.....	18:33 (1995)
21.	Rosemary Ryan.....	Boston U.	18:34 (1996)
22.	Amy Oppermann.....	Delaware.....	18:35.4 (1991)
23.	Kara Kerr.....	Columbia.....	18:37 (1998)
24.	Kelly Walton.....	West Chester.....	18:38.00 (1999)
25.	Carla Thomas.....	Moravian.....	18:40 (1993)
26.	Stephanie Hopkins.....	St. Joseph's.....	18:42 (1993)
	Cheryl Keating.....	Rutgers.....	18:42 (1993)
	Sarah Cowles.....	Delaware.....	18:42 (1995)
29.	Tara Pointin.....	Delaware.....	18:43 (1996)
30.	Chris Rolleri	Delaware.....	18:44 (1993)
	Noreen O'Brien.....	Boston U.	18:44 (1996)
	Erin Johnson.....	Loyola (Ill.)	18:44 (1997)
	Megan Seefeldt	Kutztown.....	18:44 (1999)