



# UNCG Cross Country



## UNCG Men's Cross Country Records (8K)

Student-Athlete	Time	Date	Event
1. Paul Chelimo	22:59.62	09/29/12	Greater Louisville Classic
2. Paul Chelimo	23:11.56	10/29/11	SoCon Championships
3. Paul Chelimo	23:14.00	10/13/12	Pre-Nationals
4. Paul Chelimo	23:36.05	10/14/11	Panorama Farms Invitational
5. Paul Chelimo	23:40	9/17/11	Elon Invitational
6. Paul Chelimo	23:42.22	10/27/12	SoCon Championships
7. Paul Katam	23:49.90	10/13/12	Pre-Nationals
8. Joey Thompson	23:54.39	10/29/11	SoCon Championships
9. Paul Chelimo	23:55	9/30/11	Paul Short Run
10. Paul Katam	23:57.50	10/27/12	SoCon Championships
11. Paul Katam	23:59.80	10/29/11	SoCon Championships
12. Paul Katam	24:00.90	9/29/12	Greater Louisville Classic
13. Paul Katam	24:09	9/17/11	Elon Invitational
14. Joey Thompson	24:20.5	10/15/10	Royal Cross Country Challenge
15. Abraham Kemboi	24:27.58	10/29/11	SoCon Championships
16. Joey Thompson	24:28.59	10/14/11	Panorama Farms Invitational
17. Mike Koech	24:29.47	10/2/10	Greater Louisville Classic
18. Joey Thompson	24:32.79	10/2/10	Greater Louisville Classic
19. Mike Koech	24:34.2	10/15/10	Royal Cross Country Challenge
20. Paul Katam	24:35.63	10/14/11	Panorama Farms Invitational
21. Joey Thompson	24:39.05	10/30/10	SoCon Championships
22. Mike Koech	24:51.28	10/29/11	SoCon Championships
23. Mike Koech	24:52.33	10/30/10	SoCon Championships
24. Joey Thompson	24:53	9/17/11	Elon Invitational
25. Mike Koech	24:54	9/18/10	Elon Invitational
26. Joey Thompson	24:56.7	10/2/09	Charlotte Invitational
27. AJ Savoia	24:56.9	10/15/10	Royal Cross Country Challenge
28. Mike Koech	24:57.1	10/2/09	Charlotte Invitational
29. Abraham Kemboi	25:03.30	10/13/12	Pre-Nationals
30. Mike Koech	25:03.59	10/31/09	SoCon Championships
31. Joey Thompson	25:03.84	10/17/09	USC Upstate Invitational
32. Joey Thompson	25:05	9/18/10	Elon Invitational
33. Abraham Kemboi	25:09.00	10/27/12	SoCon Championships
34. Andy Clyne	25:10.9	10/2/09	Charlotte Invitational
35. Abraham Kemboi	25:11.13	9/29/12	Greater Louisville Classic
36. CR Thomas	25:12	10/18/03	NC Intercollegiate
Paul Katam	25:12	9/30/11	Paul Short Run
38. Abraham Kemboi	25:13	9/17/11	Elon Invitational
39. AJ Savoia	25:14.98	10/30/10	SoCon Championships
40. Mike Koech	25:15.61	10/17/09	USC Upstate Invitational
41. Joey Thompson	25:17.49	10/31/09	SoCon Championships
42. Andy Clyne	25:17.6	10/15/10	Royal Cross Country Challenge
43. Xavier Rutz	25:17.98	9/30/06	George Mason Invitational
44. Joe Jacobs	25:18	10/18/03	NC Intercollegiate
45. Joey Thompson	25:19	9/30/11	Paul Short Run
46. AJ Savoia	25:21.90	10/2/10	Greater Louisville Classic
47. Joey Thompson	25:23	9/19/09	Lou Onesty Invitational
48. Andy Clyne	25:24.43	10/2/10	Greater Louisville Classic
49. Josh Wyatt	25:26.01	9/30/06	George Mason Invitational
50. Mike Koech	25:27.10	9/19/09	Lou Onesty Invitational
51. Abraham Kemboi	25:28	9/30/11	Paul Short Run
52. Abraham Kemboi	25:28.15	10/14/11	Panorama Farms Invitational
53. Abraham Kemboi	25:29.00	9/29/12	Elon Invitational
54. Jermaine Coore	25:30.11	11/1/08	SoCon Championships
55. Joe Jacobs	25:30.14	10/2/04	Overton Invitational



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56.	AJ Savoia	25:31	9/18/10	Elon Invitational
57.	Kenny Hinman	25:31.8	10/15/10	Royal Cross Country Challenge
58.	Josh Wyatt	25:32.53	10/28/06	SoCon Championships
59.	Nicolas Vaccaro	25:33.00	9/30/06	George Mason Invitational
60.	Matt Nolan	25:35.48	11/2/02	SoCon Championships
61.	David Jordan	25:36	10/26/99	NC Intercollegiate
62.	Matt Nolan	25:37	10/7/00	Paul Short Invitational
63.	Andy Clyne	25:37.43	10/30/10	SoCon Championships
64.	Nicolas Vacarro	25:38.19	10/28/06	SoCon Championships
65.	Andy Clyne	25:39.86	10/17/09	USC Upstate Invitational
66.	Joey Thompson	25:40	9/20/08	Winthrop Invitational
67.	Jermaine Coore	25:40.82	10/2/10	Greater Louisville Classic
68.	Matt Nolan	25:40.94	10/28/00	SoCon Championships
69.	David Jordan	25:41	10/9/99	Georgia Southern Invitational
70.	Brian Carrington	25:41.51	10/29/11	SoCon Championships
71.	Joey Thompson	25:41.84	11/1/08	SoCon Championships
72.	Joe Jacobs	25:42.40	9/3/04	Covered Bridge Open
73.	Joe Jacobs	25:43.9	9/18/04	Clemson Invitational
74.	Chris Adams	25:45	10/27/01	SoCon Championships
	Jason Lloyd	25:45	10/25/94	Big South Championships
76.	Kenny Hinman	25:45.06	10/2/10	Greater Louisville Classic
77.	Joe Jacobs	25:47	10/27/01	SoCon Championships
78.	Andy Clyne	25:48.30	9/19/09	Lou Onesty Invitational
79.	Jermaine Coore	25:49	10/4/08	Mason Invitational
	Joe Jacobs	25:49	10/3/03	Blue Ridge Mountain Open
81.	Andy Clyne	25:49.29	10/31/09	SoCon Championships
82.	Brian St. Onge	25:50	9/11/98	UNH Invitational
83.	Brian Carrington	25:51.0	10/15/10	Royal Cross Country Challenge
	Dylan Belles	25:51.0	10/13/12	Pre-Nationals
84.	Jermaine Coore	25:52	9/20/08	Winthrop Invitational
	Andy Clyne	25:52	9/18/10	Elon Invitational
86.	CR Thomas	25:52.75	10/20/04	Overton Invitational
87.	Michael Jaquins	25:53	10/27/01	SoCon Championships
	Rocky Billota	25:53	10/27/01	SoCon Championships
89.	Brian Carrington	25:53.23	10/2/10	Greater Louisville Classic
90.	Rob Ball	25:54	10/9/99	Georgia Southern Invitational
	Tyron Alston	25:54	9/17/11	Elon Invitational
92.	Kenny Hinman	25:55	9/18/10	Elon Invitational
93.	Dylan Belles	25:56.97	9/29/12	Greater Louisville Classic
94.	Keith Gruchacz	25:59.7	10/1/05	Paul Short Invitational

## UNCG Men's Cross Country Records (10K)

Student-Athlete	Time	Date	Place	
1.	Paul Chelimo	29:29.80	11/17/12	NCAA Championships
2.	Paul Chelimo	29:36.51	11/9/12	NCAA Southeast Regional
3.	Paul Chelimo	29:39.1	11/21/11	NCAA Championships
4.	Paul Katam	29:43.62	11/9/12	NCAA Southeast Regional
5.	Paul Chelimo	29:52.6	11/12/11	NCAA Southeast Regional
6.	Joey Thompson	30:16.9	11/12/11	NCAA Southeast Regional
7.	Paul Katam	30:29.9	11/12/11	NCAA Southeast Regional
8.	Paul Katam	30:31.30	11/17/12	NCAA Championships
9.	Mike Koech	31:20.07	11/13/10	NCAA Southeast Regional
10.	Joey Thompson	31:37.3	11/21/11	NCAA Championships
11.	Mike Koech	31:39.79	11/14/09	NCAA Southeast Regional
12.	Abraham Kemboi	31:49.35	11/9/12	NCAA Southeast Regional
13.	Joe Jacobs	32:00.0	11/13/04	NCAA Southeast Regional
14.	Abraham Kemboi	32:01.4	11/12/11	NCAA Southeast Regional



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15. Matt Nolan	32:02.1	11/16/02	NCAA Southeast Regional
16. Joe Jacobs	32:04	11/14/03	NCAA Southeast Regional
17. Joey Thompson	32:17.76	11/14/09	NCAA Southeast Regional
18. Jason Lloyd	32:20	11/12/94	NCAA District III
19. Jeff Pollard	32:23	11/16/96	NCAA District III
20. Rob Ball	32:30	11/13/99	NCAA District III
21. Mike Koech	32:31.2	11/12/11	NCAA Southeast Regional
22. Josh Wyatt	32:43	11/11/06	NCAA Southeast Regional
23. David Jordan	32:44	11/13/99	NCAA District III
24. CR Thomas	32:44.1	11/13/04	NCAA Southeast Regional
25. Nicolas Vaccaro	32:49	11/11/06	NCAA Southeast Regional
26. Joey Thompson	32:50.53	11/13/10	NCAA Southeast Regional
27. Josh Wyatt	32:54.8	11/12/05	NCAA Southeast Regional
28. Brian St. Onge	32:57	11/14/98	NCAA District III
29. Michael Jaquins	33:04	11/10/01	NCAA District III
30. Xavier Ruz	33:06	11/11/06	NCAA Southeast Regional
31. Keith Gruchacz	33:14	11/11/06	NCAA Southeast Regional
32. Keith Gruchacz	33:15.7	11/12/05	NCAA Southeast Regional
33. AJ Savoia	33:16.87	11/14/09	NCAA Southeast Regional
34. Nicolas Vaccaro	33:17.6	11/12/05	NCAA Southeast Regional
35. Matt Nolan	33:20	11/11/00	NCAA District III
36. Brian Carrington	33:28.3	11/12/11	NCAA Southeast Regional
37. Andy Clyne	33:28.83	11/13/10	NCAA Southeast Regional
38. Nicolas Vaccaro	33:33.9	11/13/04	NCAA Southeast Regional
39. Tyron Alson	33:37.87	11/9/12	NCAA Southeast Regional
40. AJ Savoia	33:40.10	11/13/10	NCAA Southeast Regional
41. Kenny Hinman	33:43.20	11/13/10	NCAA Southeast Regional
42. Jose Zavala	33:44.1	11/16/02	NCAA Southeast Regional
43. Taylor Day	33:48.76	11/9/12	NCAA Southeast Regional
44. Ben Vasquez	33:49.29	11/14/09	NCAA Southeast Regional
45. Andy Clyne	33:49.41	11/14/09	NCAA Southeast Regional
46. Leonard Mitchell	33:50	11/13/99	NCAA District III
47. Chris Adams	34:01	11/10/01	NCAA District III
48. Brian St. Onge	34:03	11/16/96	NCAA District III
49. Jermaine Coore	34:03.36	11/13/10	NCAA Southeast Regional
50. Joe Jacobs	34:13	11/10/01	NCAA Southeast Regional
51. Brandon Cain	34:21.75	11/9/12	NCAA Southeast Regional
52. Joshua Crawford	24:22.26	11/9/12	NCAA Southeast Regional
53. Rob Ball	34:27	11/11/00	NCAA District III
54. TJ Wyatt	34:33.01	11/14/09	NCAA Southeast Regional
55. Justin Schafer	34:38	11/10/01	NCAA Southeast Regional
56. Charles Gibson	34:42.7	11/12/05	NCAA Southeast Regional
57. Cory Bowen	34:42.89	11/14/09	NCAA Southeast Regional
58. Jamie Bedard	34:45	11/11/00	NCAA District III
59. Xavier Rutz	34:45.7	11/13/04	NCAA Southeast Regional
60. Tyron Alston	34:50.1	11/12/11	NCAA Southeast Regional
61. Leonard Mitchell	34:52	11/11/00	NCAA District III
62. Brian Carrington	35:04.74	11/13/10	NCAA Southeast Regional
63. Ryan Rodd	35:04.9	11/12/05	NCAA Southeast Regional
64. Patrick Kwankam	35:13	11/11/00	NCAA District III
65. Cedric Cooper	35:31	11/13/99	NCAA District III
66. Thomas Wilkey	36:18	11/14/03	NCAA Southeast Regional
67. Steve Baglet	37:26	11/13/99	NCAA District III