

2004 LRC XC Barrier Breakers

Athlete, Age Group	Barrier Time	Performance Time
✚ Emily Mulhern, Sub-Bantam (7/8)	3 km 14:00* [L1]	13:57 Kemptown
✚ Greyson Strouse, Sub-Bantam (7/8)	3 km 13:00* [L1]	12:18 Kemptown
✚ Nick Carberry, Midget (11/12)	3 km 11:30 [L1]	11:08 Kemptown
✚ Garet Strouse, Midget (11/12)	3 km 11:30 [L1]	11:21 Kemptown
✚ Laura Cunningham, Youth (13/14)	4 km 18:15 [L1]	17:35 AAU Nationals

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Athlete, Age Group	Barrier Time	Performance Time
✚ Catherine Robinson, Youth (13/14)	4 km 17:15 [L1]	17:04 Brunswick
✚ Nick Carberry, Youth (13/14)	4 km 15:15 [L1]	14:58 Brunswick
✚ Jonathan Kordell, Bantam (9/10)	3 km 12:00 [L1]	1) 11:35 MD AAU Qualifier – Ballenger Creek; 2) 11:37 AAU Nationals - Rockhill
✚ Josh Robinson, Bantam (9/10)	3 km 12:00 [L1]	11:38 AAU Nationals - Rockhill

* Represents standards for Sub-Bantam athletes who also competed at the Bantam (9/10 – 3 km level)

✚ Greyson Strouse, Bantam (9/10)	3 km 12:00 [L1]	11:51 AAU Nationals – Rockhill
✚ Vincent Workman, Sub-Bantam (7/8)	3 km 13:00* [L1]	12:55 AAU Nationals – Rockhill
✚ Gareth Strouse, Midget (11/12)	3 km 11:30 [L1]	1) 11:25 Kempton 2) 11:07 AAU Nationals – Rockhill

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✚ Greyson Strouse, Bantam (9/10)	3 km 11:45 [L1]	11:31 Kempton
✚ A.J. Read, Bantam (9/10)	3 km 11:45 [L1]	11:42 AAU Nationals – Disney
✚ Saleiha Mayer-Marks, Sub-Youth (13)	4 km 17:15 [L1]	16:01 Kempton
✚ Gareth Strouse, Sub-Youth (13)	4 km 15:15 [L1]	1) 15:08 Kempton 2) 14:50 MD AAU – Ballenger Creek

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✚ Greyson Strouse, Sub-Midget (11)	3 km 11:30 [L1]	11:21 Kempton
✚ Brin Strouse, Sub-Primary (6)	1 km 4:30 [L1]	4:29 Brunswick
✚ Matt Harbour, Midget (12)	3 km 11:00 [L1]	10:42 Kempton

*** Represents standards for Sub-Bantam athletes who also competed at the Bantam (9/10 – 3 km level)**

🏆 Jonathan Kordell, Midget (12)	3 km 11:00 [L1]	10:56 Kemptown
🏆 Cory Link, Sub-Midget (11)	3 km 11:30 [L1]	10:56 Kemptown
🏆 Greyson Strouse, Sub-Midget (11)	3 km 10:50 [L2]	10:46 Kemptown
🏆 Brin Strouse, Sub-Primary (6)	2 km 9:30 [L2]	9:19 Old National Pike
🏆 Gaby Urso, Primary (8)	2 km 9:00 [L1]	8:51 Old National Pike
🏆 Alec Coleman (8)	2 km 8:15 [L1]	8:14 Old National Pike

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