



## Lightning Running Club (LRC) XC **Boys** Course Records\*: 2002 to Present

NEW RECORDS	Kempton Park		Ballenger Creek Park		LRC Record for Race Distance
	All Time Best	LRC Best	All Time Best	LRC Best	Overall LRC Best
6 & U 1 km	4:39 Evan Koehn (10/8/06)	4:45 Alec Coleman (10/2/05)			4:45 Alec Coleman (10/2/05, Kempton)
7 & 8 2 km	8:36 Greyson Strouse (10/10/04)	8:36 Greyson Strouse (10/10/04)			8:14 Alec Coleman (11/17/07, AAU MD District ONP)
9 & 10 3 km	11:31 Greyson Strouse (10/08/06)	11:31 Greyson Strouse (10/08/06)	11:35 Jonathan Kordell (11/13/05)	11:35 Jonathan Kordell (11/13/05)	11:31 Greyson Strouse (10/08/06, Kempton)
11 & 12 3 km	10:42 Matt Harbour (10/21/07)	10:42 Matt Harbour (10/21/07)	11:06 Peter Merritt (11/04/06)	11:49 Danny Austin (11/04/06)	10:42 Matt Harbour (10/21/07)
13 & 14 4 km	14:38 Cory Puffett (10/23/05)	15:08 Garet Strouse (10/08/06)	13:40 Cory Puffett (11/04/06)	14:50 Garet Strouse (11/04/06)	14:50 Garet Strouse (11/04/06, Ballenger Creek)

\* Course distance must be certified by LRC coach

*Last update: 11/18/2007*



## Lightning Running Club (LRC) XC **Girls** Course Records\*: 2002 to Present

NEW RECORDS	Kempton Park		Ballenger Creek Park		LRC Record for Race Distance
	All Time Best	LRC Best	All Time Best	LRC Best	Overall LRC Best
6 & U 1 km	4:26 Brin Strouse (10/21/07)	4:26 Brin Strouse (10/21/07)			4:26 Brin Strouse (10/21/07, Kempton)
7 & 8 2 km	8:58 Brittney Lang (10/08/06)	9:48 McKenna King (10/21/07)			8:51 Gaby Urso (11/17/07, AAU MD District ONP)
9 & 10 3 km	11:58 Brittney Lang (10/21/07)	12:42 Emily Mulhern (10/08/06)	12:05 Morgan Keeney (11/04/06)	12:45 Emily Mulhern (11/04/06)	12:42 Emily Mulhern (10/08/06, Kempton)
11 & 12 3 km	11:27 Nicole Shouse (11/9/03)	12:22 Kelly Winklbauer (10/21/07)	11:16 Brittney Rooks (11/04/06)	12:59 Kayla Coleman (11/04/06)	12:15, Sarah Askine (12/15/06, AAU Nationals – Disney World, FL)
13 & 14 4 km	15:57 Gloria Roberts (10/23/05)	16:01 Saleiha Mayer-Marks (10/08/06)	16:05 Gloria Roberts (11/13/05)	16:08 Saleiha Mayer-Marks (11/04/06)	16:01 Saleiha Mayer-Marks (10/08/06, Kempton)

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*Last update: 11/18/2007*

## Lightning Running Club (LRC) XC **Boys** Course Records: 2007

NEW RECORDS	AAU District Championship – Old National Pike Park	
Race Division	All Time Best	LRC Best
Primary (6-8) 2 km	8:12 Karim Northover (11/17/07)	8:14 Alec Coleman (11/17/07)
Sub-Bantam (9) 3 km	13:00.1 Carter McClean (11/17/07)	13:00.5 Vincent Workman (11/17/07)
Bantam (10) 3 km	12:13 Jahlil Northover (11/17/07)	12:48 Chad Sussman (11/17/07)
Sub-Midget (11) 3 km	11:30 Greyson Strouse (11/17/07)	11:30 Greyson Strouse (11/17/07)
Midget (12) 3 km	11:21 Matt Harbour (11/17/07)	11:21 Matt Harbour (11/17/07)
Sub-Youth (13) 4 km	15:26 Patrick Rollo (11/17/07)	15:50 Danny Austin (11/17/07)
Youth (14) 4 km	14:33 Russ Daley (11/17/07)	15:22 Garet Strouse (11/17/07)

*Last update: 11/18/2007*

## Lightning Running Club (LRC) XC **Girls** Course Records: 2007

NEW RECORDS	AAU District Championship – Old National Pike Park	
Race Division	All Time Best	LRC Best
Primary (6-8) 2 km	8:51 Gaby Urso (11/17/07)	8:51 Gaby Urso (11/17/07)
Sub-Bantam (9) 3 km	12:43 Brittney Lang (11/17/07)	14:27 Samantha Lee (11/17/07)
Bantam (10) 3 km	13:29 Melanie Adams (11/17/06)	14:35 Tasha Freed (11/17/07)
Sub-Midget (11) 3 km	12:55 Meg Stuart (11/17/07)	12:55 Meg Stuart (11/17/07)
Midget (12) 3 km	12:44 Allie Kennedy (11/17/07)	13:20 Sarah Askine (11/17/07)
Sub-Youth (13) 4 km	16:17 Abigail Daley (11/17/07)	17:53 Kayla Coleman (11/17/07)
Youth (14) 4 km	17:28 Mari Kordell (11/17/07)	17:28 Mari Kordell (11/17/07)

*Last update: 11/18/2007*