



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

NEW RECORDS	Kempton Park		Ballenger Creek Park		LRC Record for Race Distance
	Race Division	All Time Best	LRC Best	All Time Best	LRC Best
6 & U 1 km	4:26 Liam Kerr-Atkinson (11/01/08)	4:26 Liam Kerr-Atkinson (11/01/08)	N/A	N/A	4:26 Liam Kerr-Atkinson (11/01/08, Kempton)
7 & 8 2 km	8:36 Greyson Strouse (10/10/04)	8:36 Greyson Strouse (10/10/04)	N/A	N/A	7:56 Alec Coleman (12/01/07, AAU Nationals)
9 & 10 3 km	11:24 Eric Martin (11/01/08)	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	10:22 Greyson Strouse (11/01/08)	10:22 Greyson Strouse (11/01/08)	11:06 Peter Merritt (11/04/06)	11:49 Danny Austin (11/04/06)	10:22 Greyson Strouse (11/01/08, Kempton)
13 & 14 4 km	14:09 Matt Panzica (11/01/08)	14:20 Patrick DuBoyce (11/01/08)	13:40 Cory Puffett (11/04/06)	14:50 Garet Strouse (11/04/06)	14:20 Patrick DuBoyce (11/01/08, Kempton)

\* Course distance must be certified by LRC coach

*Last update: 1/18/2009*



## 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)	N/A	N/A	4:26 Brin Strouse (10/21/07, Kempton)
7 & 8 2 km	8:54 Brin Strouse (11/01/08)	8:54 Brin Strouse (11/01/08)	N/A	N/A	8:21 Brin Strouse (12/06/08, AAU Nationals)
9 & 10 3 km	11:26 Brittney Lang (11/01/08)	12:27 Sarah-Rachel Glick (11/01/08)	12:05 Morgan Keeney (11/04/06)	12:45 Emily Mulhern (11/04/06)	12:00 Gaby Urso (11/09/08, Pikesville)
11 & 12 3 km	11:27 Nicole Shouse (11/9/03)	11:34 Emily Mulhern (11/01/08)	11:16 Brittney Rooks (11/04/06)	12:59 Kayla Coleman (11/04/06)	11:29 Meg Stuart (11/09/08, Pikesville)
13 & 14 4 km	15:23 Abigail Daley (11/01/08)	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)

\* Course distance must be certified by LRC coach

*Last update: 1/18/2009*

## Lightning Running Club (LRC) XC Boys Single Age Group Course Records for Old National Pike Park

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: 1/18/2009*

**Lightning Running Club (LRC) XC Girls Single Age Group  
Course Records for Old National Pike Park**

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

*Last update: 1/18/2009*