



MIAMI HURRICANES

Men's and Women's Cross Country Record Book

Bold indicates on current roster

Men's All-Time Top-10 - 8K

Rank	Athlete	Time	Event	Year
1	Nathan Kuck	24:09.20	ACC Championships	2017
2	Sean Grossman	24:35.40	ACC Championships	2016
3	Jeff Faulrapp	24:37.00	Big East Championships	2000
4	Matt Mulvaney	24:44.00	Big East Championships	2002
5	Jon Scheiner	24:57.77	Auburn Invitational	2006
6	Sean Pezzulo	25:07.00	Paul Short Invitational	2012
7	Alex Brutvan	25:11.75	Gator Invitational	2005
8	Dan Boniface	25:13.00	Florida Memorial Tri-Meet	2002
9	Andrew Madden	25:15.10	ACC Championships	2020
10	Tom Berry	25:17.60	Gator Invitational	2005

Men's All-Time Top-10 - 10K

Rank	Athlete	Time	Event	Year
1	Sean Pezzulo	31:29.61	NCAA South Regionals	2013
2	Alex Brutvan	31:41.90	Chile Pepper Invitational	2005
3	Tom Berry	31:47.80	Chile Pepper Invitational	2005
4	Luke Fontaine	31:51.46	NCAA South Regional	2013
5	Ryan Woodlee	31:52.30	Chile Pepper Invitational	2005
6	Sean Grossman	31:53.60	NCAA South Regional	2016
7	Nathan Kuck	31:54.00	NCAA South Regional	2017
8	Zach Castiglione	32:01.90	Chile Pepper Invitational	2005
9	JaCee Jarnagin	32:10.59	NCAA South Regional	2013
10	Gregory Kaczka	32:11.32	NCAA South Regional	2010

Women's All-Time Top-10 - 5K

Rank	Athlete	Time	Event	Year
1	Melanie Schultz	17:25.92	Gator Invitational	2005
2	Lindsay Arrington	17:36.23	Disney World Classic	2013
3	Shannon Sarabyn	17:37.40	FIU Invitational	2000
4	Gabrielle Hesslau	17:54.22	Mountain Dew Invitational	2015
5	Brooke Dovell	17:56.11	UF Mountain Dew Invitational	2010
6	Elle Mezzio	17:58.2	XC23 Invitational	2021
7	Daphnee Lavassas	18:00.5	XC23 Invitational	2021
8	Maryam Jawid	18:00.40	UF Mountain Dew Invitational	2017
9	Natalie Varela	18:19.6	XC23 Invitational	2021
10	Emma Langlois	18:21.4	FSU Invitational	2020

Women's All-Time Top-10 - 6K

Rank	Athlete	Time	Event	Year
1	Melanie Schultz	19:56.10	ACC Championships	2005
2	Daphnee Lavassas	21:08.2	Paul Short Run	2021
3	Lindsay Arrington	21:15.53	NCAA South Regional	2013
4	Maryam Jawid	21:17.80	NCAA South Regional	2017
5	Gabrielle Hesslau	21:18.20	NCAA South Regional	2016
6	Elle Mezzio	21:28.1	Paul Short Run	2021
7	Natalie Varela	21:38.3	Paul Short Run	2021
8	Shannon Sarabyn	21:43.32	Gator Invitational	2000
9	Brooke Dovell	21:53.12	NCAA South Regional	2010
10	Morgan Johnson	21:54.4	Paul Short Run	2021