



# 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 Gaulrapp	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	<b>Andrew Madden</b>	<b>25:15.10</b>	<b>ACC Championships</b>	<b>2020</b>
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	<b>Elle Mezzio</b>	<b>17:58.2</b>	<b>XC23 Invitational</b>	<b>2021</b>
7	<b>Daphnee Lavassas</b>	<b>18:00.5</b>	<b>XC23 Invitational</b>	<b>2021</b>
8	Maryam Jawid	18:00.40	UF Mountain Dew Invitational	2017
9	<b>Natalie Varela</b>	<b>18:19.6</b>	<b>XC23 Invitational</b>	<b>2021</b>
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	<b>Daphnee Lavassas</b>	<b>21:05.98</b>	<b>NCAA South Regional</b>	<b>2021</b>
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	<b>Elle Mezzio</b>	<b>21:28.1</b>	<b>Paul Short Run</b>	<b>2021</b>
7	<b>Natalie Varela</b>	<b>21:38.3</b>	<b>Paul Short Run</b>	<b>2021</b>
8	Shannon Sarabyn	21:43.32	Gator Invitational	2000
9	Brooke Dovell	21:53.12	NCAA South Regional	2010
10	<b>Morgan Johnson</b>	<b>21:54.4</b>	<b>Paul Short Run</b>	<b>2021</b>