

ESU MEN'S CROSS COUNTRY RECORDS

PSAC TOP 15 FINISHES (by place)

1	Pete Heesen	1976	Indiana
2	Jack Cuvo	1985	Millersville
	Frank Fezza	2012	Slippery Rock
	Casey Ellis	2020-21	Lock Haven
3	Pete Heesen	1975	East Stroudsburg
	Jack Cuvo	1986	Edinboro
	Bill Farquhar	1989	Kutztown
4	Mark Gerber	1984	Slippery Rock
	Brent Watkins	1994	Edinboro
5	Brian Wallace	1982	Edinboro
	Roger Cohen	1991	Bloomsburg
	Seth Kuchar	1995	Kutztown
	Darryl Brown	2002	Edinboro
6	Bob Orazem	1978	California
	Bill Wallace	1985	Millersville
7	John Briner	1972	Edinboro
	Steve Montick	1979	Millersville
	Seth Kuchar	1994	Edinboro
	Brent Watkins	1995	Kutztown
	Chris Schneider	2012	Slippery Rock
	Casey Ellis	2019	Bloomsburg
8	Matt Hemmer	1998	Clarion
	Iuri Pinto	2006	Bloomsburg
	Mike Pereira	2012	Slippery Rock
9	Bob Stanaback	1981	Kutztown
	Scott Mellinger	1993	Bloomsburg
	Matt Hemmer	1996	Indiana
	Iuri Pinto	2007	Kutztown
10	Mark Weber	1975	East Stroudsburg
	Rusty Whitman	1985	Millersville
	Jim Lauck	1987	East Stroudsburg
	Seth Kuchar	1993	Bloomsburg
11	Bill Woodring	1991	Bloomsburg
	Matt Stohl	1999	Kutztown
	Luke Valdevit	2021	Kutztown
12	George Vance	1973	Millersville
	Tom Rogers	1982	Edinboro
	Matt Hemmer	1997	Bloomsburg
	Iuri Pinto	2004	Kutztown
	Frank Fezza	2009	Edinboro
	Frank Fezza	2011	Lock Haven
	Landon Boyle	2024	Kutztown
13	Tom Spier	1973	Millersville
	Bob Stanaback	1979	Millersville
	Bob Stanaback	1980	Slippery Rock
	Mark Gerber	1985	Millersville
	Mark Gerber	1986	Edinboro
	Martin Brans	1988	California
	Martin Brans	1990	Slippery Rock
	Mike Pereira	2011	Lock Haven
	Amr Aldeen	2012	Slippery Rock
14	Bill Wallace	1987	East Stroudsburg
	Bryce Keenoy	2024	Kutztown
15	Dan Palma	1973	Millersville
	Seth Kuchar	1996	Indiana
	Chris Schneider	2013	Kutztown

PSAC TOP 15 FINISHES (by year)

1972	John Briner	7th	Edinboro
1973	George Vance	12th	Millersville
	Tom Spier	13th	
	Dan Palma	15th	
1975	Pete Heesen	3rd	East Stroudsburg
	Mark Weber	10th	
1976	Pete Heesen	1st	Indiana
1978	Bob Orazem	6th	California
1979	Steve Montick	7th	Millersville
	Bob Stanaback	13th	
1980	Bob Stanaback	13th	Slippery Rock
1981	Bob Stanaback	9th	Kutztown
1982	Brian Wallace	5th	Edinboro
	Tom Rogers	12th	
1984	Mark Gerber	4th	Slippery Rock
1985	Jack Cuvo	2nd	Millersville
	Bill Wallace	6th	
	Rusty Whitman	10th	
	Mark Gerber	13th	
1986	Jack Cuvo	3rd	Edinboro
	Mark Gerber	13th	
1987	Jim Lauck	10th	East Stroudsburg
	Bill Wallace	14th	
1988	Martin Brans	13th	California
1989	Bill Farquhar	3rd	Kutztown
1990	Martin Brans	13th	Slippery Rock
1991	Roger Cohen	5th	Bloomsburg
	Bill Woodring	11th	
1993	Scott Mellinger	9th	Bloomsburg
	Seth Kuchar	10th	Bloomsburg
1994	Brent Watkins	4th	Edinboro
	Seth Kuchar	7th	
1995	Seth Kuchar	5th	Kutztown
	Brent Watkins	7th	
1996	Matt Hemmer	9th	Indiana
	Seth Kuchar	15th	
1997	Matt Hemmer	12th	Bloomsburg
1998	Matt Hemmer	8th	Clarion
1999	Matt Stohl	11th	Kutztown
2002	Darryl Brown	5th	Edinboro
2004	Iuri Pinto	12th	Kutztown
2006	Iuri Pinto	8th	Bloomsburg
2007	Iuri Pinto	9th	Kutztown
2009	Frank Fezza	12th	Edinboro
2011	Frank Fezza	12th	Lock Haven
	Mike Pereira	13th	
2012	Frank Fezza	2nd	Slippery Rock
	Chris Schneider	7th	
	Mike Pereira	8th	
	Amr Aldeen	13th	
2013	Chris Schneider	15th	Kutztown
2019	Casey Ellis	7th	Bloomsburg
2020-21	Casey Ellis	2nd	Lock Haven
2021	Luke Valdevit	11th	Kutztown
2024	Landon Boyle	12th	Kutztown
	Bryce Keenoy	14th	Kutztown

FRESHMEN - PSAC TOP FINISHES

FRESHMEN - PSAC TOP FINISHES					
				Chris Zadroga	2007
				Amr Aldeen	2009
2	Jack Cuvo	1985	35	Ed Hayes	1989
12	Iuri Pinto	2004		Jon Douglas	2003
	Frank Fezza	2009		Bryce Kennoy	2023
23	Bob Orazem	1976	37	Landon Boyle	2022
	Wade Sweeney	1990		Steve Sousa	1985
	Chris Schneider	2011	38	Bill Wallace	1984
	Casey Ellis	2017		Rob Lado	2001
25	Damon Godfrey	1992	39	Martin Brans	1987
26	Matt Hemmer	1995	40	Kyle Brightbell	1993
	Darryl Brown	2000		Liam Hansberry	2023
30	Jake Renner	1982	46	Joe Walker	2024
	Russ Reich	1990			
31	Mike Pereira	2009			
33	Ethan Holcomb	2023			
34	Bill Woodring	1988			
			PSAC FRESHMAN OF THE YEAR		
			2011	Chris Schneider	

PSAC FRESHMAN OF THE YEAR
2011 Chris Schneider

TEAM - PSAC TOP FINISHES

Place	Year	Points	Place	Year	Points
			4	1991	95
				1982	100
2	1985	53		1987	115
	2012	59		2009	121
	1979	82		2011	89
	2024	83		2019	145
	1994	106		2023	176
3	1989	72	5	1975	114
	1986	76		1981	114
	1995	81		1997	123
	1973	85		1993	142
	1996	97		1981	146
	1978	101		2010	151
	1976	111		2017	156
	1984	120			

ESU MEN'S CROSS COUNTRY RECORDS

NCAA REGIONAL TOP 25 FINISHES (by place)

2	Frank Fezza	2012	Lock Haven
4	Seth Kuchar	1995	Saratoga Springs, N.Y.
5	Darryl Brown	2002	Davis, W.V.
6	Bill Farquhar	1989	East Stroudsburg
7	Iuri Pinto	2004	Indiana, Pa.
	Brian Wallace	1982	East Stroudsburg
	Brent Watkins	1994	Kutztown
9	Jack Cuvo	1985	East Stroudsburg
	Casey Ellis	2019	Lock Haven
10	Bob Stanaback	1981	Lowell, Mass.
	Seth Kuchar	1994	Kutztown
	Iuri Pinto	2006	Slippery Rock
11	Rusty Whitham	1985	East Stroudsburg
13	Bob Stanaback	1979	Philadelphia
	Martin Brans	1989	East Stroudsburg
	Martin Brans	1990	Kutztown
	Matt Stohl	1999	Boston, Mass.
14	Bob Orazem	1978	Bronx, N.Y.
	Bob Stanaback	1980	Indiana, Pa.
	Chris Schneider	2011	Slippery Rock
15	Brent Watkins	1995	Saratoga Springs, N.Y.
	Frank Fezza	2009	Mansfield
16	Chris Schneider	2012	Lock Haven
17	Dennis Bakey	1995	Saratoga Springs, N.Y.
18	Jim Lauck	1987	Smithfield, R.I.
	Roger Cohen	1991	Springfield, Mass.
	Iuri Pinto	2007	Lock Haven
	Frank Fezza	2011	Slippery Rock
19	Chuck Grose	1981	Lowell, Mass.
	Seth Kuchar	1993	Springfield, Mass.
	Mike Farrell	1997	Stony Brook, N.Y.
	Mike Pereira	2012	Lock Haven
20	Chip Noonan	1997	Stony Brook, N.Y.
21	Iuri Pinto	2005	Lock Haven
	Alec Lederer	2015	Lock Haven
22	Steve Sousa	1989	East Stroudsburg
	Matt Hemmer	1998	Slippery Rock
	Matt Collins	2005	Lock Haven
	Greg Laraia	2009	Mansfield
	Mike Pereira	2011	Slippery Rock
23	Steve Montick	1984	Indiana, Pa.
	Jack Cuvo	1987	Smithfield, R.I.
	Matt Hemmer	1997	Stony Brook, N.Y.
	Mike Pereira	2009	Mansfield
24	Ray Hoffman	1992	Slippery Rock
	Matt Stohl	1998	Slippery Rock
25	Matt Hemmer	1996	Slippery Rock
	Greg Laraia	2011	Slippery Rock

NCAA REGIONAL TOP 25 FINISHES (by year)

1978	Bob Orazem	14th	Bronx, N.Y.
1979	Bob Stanaback	13th	Philadelphia
1980	Bob Stanaback	14th	Indiana, Pa.
1981	Bob Stanaback	10th	Lowell, Mass.
	Chuck Grose	19th	
1982	Brian Wallace	7th	East Stroudsburg
1984	Steve Montick	23rd	Indiana, Pa.
1985	Jack Cuvo	9th	East Stroudsburg
	Rusty Whitham	11th	
1987	Jim Lauck	18th	Smithfield, R.I.
	Jack Cuvo	23rd	
1989	Bill Farquhar	6th	East Stroudsburg
	Martin Brans	13th	
	Steve Sousa	22nd	
1990	Martin Brans	13th	Kutztown
1991	Roger Cohen	18th	Springfield, Mass.
1992	Ray Hoffman	24th	Slippery Rock
1993	Seth Kuchar	19th	Springfield, Mass.
1994	Brent Watkins	7th	Kutztown
	Seth Kuchar	10th	
1995	Seth Kuchar	4th	Saratoga Springs, N.Y.
	Brent Watkins	15th	
	Dennis Bakey	17th	
1996	Matt Hemmer	25th	Slippery Rock
1997	Mike Farrell	19th	Stony Brook, N.Y.
	Chip Noonan	20th	
	Matt Hemmer	23rd	
1998	Matt Hemmer	22nd	Slippery Rock
	Matt Stohl	24th	
1999	Matt Stohl	13th	Boston, Mass.
2002	Darryl Brown	5th	Davis, W.V.
2004	Iuri Pinto	7th	Indiana, Pa.
2005	Iuri Pinto	21st	Lock Haven
	Matt Collins	22nd	
2006	Iuri Pinto	10th	Slippery Rock
2007	Iuri Pinto	18th	Lock Haven
2009	Frank Fezza	15th	Mansfield
	Greg Laraia	22nd	
	Mike Pereira	23rd	
2011	Chris Schneider	14th	Slippery Rock
	Frank Fezza	18th	
	Mike Pereira	22nd	
	Greg Laraia	25th	
2012	Frank Fezza	2nd	Lock Haven
	Chris Schneider	16th	
	Mike Pereira	19th	
2015	Alec Lederer	21st	
2019	Casey Ellis	9th	Lock Haven

FRESHMEN - NCAA REGIONAL TOP FINISHES

		Place	Year	Points
7	Iuri Pinto	t-2	2012	95
9	Jack Cuvo	3	1989	93
14	Chris Schneider		1995	112
15	Frank Fezza		1997	120
24	Mike Pereira		1994	142
27	Darryl Brown	4	2011	110
28	Amr Aldeen		2009	118
30	Ed Hayes		1985	130
37	Rob Lado		1987	143
39	Doug Jankowski		2006	167
	Casey Ellis	5	1981	172
40	Martin Brans		2010	201
41	Kyle Brightbell		1993	
45	Pat Cuningham		1995	
46	Jake Renner		1982	
47	Greg Laraia		2008	
54	Joe Walker		2024	

TEAM - NCAA REGIONAL TOP FINISHES

NCAA CHAMPIONSHIPS TOP FINISHES

5	Pete Heesen	1976	Springfield, Mo.
10	Pete Heesen	1975	Newport Beach, Calif.
15	Jack Cuvo	1986	Riverside, Calif.
16	Jack Cuvo	1985	East Stroudsburg
21	Frank Fezza	2012	Joplin, Mo.

TEAM - NCAA CHAMPIONSHIPS

10	1985 at East Stroudsburg
16	1987 at Southern Indiana
13	1989 at East Stroudsburg
25	2012 at Missouri Southern

COACHES

1969-88	Dick DeSchraver
1989-2020	Joe Koch

PSAC COACH OF THE YEAR

1994	Joe Koch
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ESU MEN'S CROSS COUNTRY RECORDS

Fordham (Van Cortland Park) • 8,000m
(1974-81, 1997-99, 2002-12, 2014)

1. Bob Orazem (Jr.)	25:28.1	1978
2. John Leary (So.)	25:59	1976
3. Mark Weber (Sr.)	26:03	1975
Iuri Pinto (Sr.)	26:03	2007
5. Chuck Grose (So.)	26:06	1980
6. Sam Bruce (Jr.)	26:10	1978
7. Pete Heesen (So.)	26:16	1974
8. Bob Stanaback (Jr.)	26:21	1980
9. Jim Alexander (Fr.)	26:23	1976
10. Greg Laraia (Jr.)	26:25	2010

Class Records

Senior	Mark Weber / Iuri Pinto	26:03	1975 / 2007
Junior	Bob Orazem	25:28	1978
Soph	John Leary	25:59	1976
Frosh	Jim Alexander	26:23	1976

Freshman

1. Jim Alexander	26:23	1976
2. Bob Stanaback	26:48	1978
3. James Coomber	27:03	2003
4. Iuri Pinto	27:16	2004
5. Bruce Gambling	27:24	1975

* 2011 - course was shortened (leaders took shortcut)

Salisbury (Winter Place Park) • 8,000m
(1999-03, 2005-11, 2017, 2019)

1. Greg Laraia (Sr.)	25:05	2011
2. Iuri Pinto (Sr.)	25:08	2007
3. Mike Pereira (Jr.)	25:14	2011
4. Amr Aldeen (Jr.)	25:16	2011
5. Frank Fezza (Jr.)	25:21	2011
6. Jim Romano (Jr.)	25:21	2011
7. Darryl Brown (So.)	25:32	2002
Casey Ellis (Jr.)	25:32	2019
9. Drew Nesbitt (Sr.)	25:33	2006
10. Matt Collins (Sr.)	25:38	2006
Jeremy Smith (Sr.)	25:38	2019

Class Records

Senior	Greg Laraia	25:05	2011
Junior	Greg Laraia	25:19	2010
Soph	Iuri Pinto	25:18	2005
Frosh	Frank Fezza	25:34	2009

Freshman

1. Frank Fezza	25:34	2009
2. Casey Ellis	25:48	2017
3. Amr Aldeen	25:59	2009
4. Mike Pereira	26:02	2009
5. Doug Weeks	26:14	2007

Lock Haven • 8,000m
(2001, 2008-09, 2022)

1. Ryan Doyle (Jr.)	25:48	2008
2. Chris Zadroga (So.)	25:56	2008
3. Kyle Weir (Jr.)	26:05	2008
Frank Fezza (Fr.)	26:05	2009
5. Greg Laraia (Fr.)	26:22	2008
6. Mike Pereira (Fr.)	26:24	2009
7. Luke Valdevit (Gr.)	26:34	2022
8. Rob Lado (Fr.)	26:37	2001
Pat Carr (Jr.)	26:37	2008
10. Sam Janssen (Fr.)	26:43	2008
11. Landon Boyle (Fr.)	26:48	2022
12. Doug Jankowski (Fr.)	26:49	2008

Class Records

Senior	Mark Donio	27:08	2001
Junior	Ryan Doyle	25:48	2008
Soph	Chris Zadroga	25:56	2008
Frosh	Frank Fezza	26:05	2009

Freshman

1. Frank Fezza	26:05	2009
2. Greg Laraia	26:22	2008
3. Mike Pereira	26:24	2009
4. Rob Lado	26:37	2001
5. Sam Janssen	26:43	2008

Lafayette • 8,000m
(1976-2000, 2007-09)

1. Iuri Pinto (Sr.)	25:48	2007
2. Pete Heesen (Sr.)	25:59	1976
3. Bill Farquhar (Sr.)	26:04	1989
4. Bob Orazem (Sr.)	26:10	1979
5. Ryan Doyle (Jr.)	26:20	2008
6. Kyle Brightbill (Jr.)	26:21	1995
7. Pat Carr (Jr.)	26:22	2008
8. Amr Aldeen (So.)	26:24	2010
Jim Lauck (Sr.)	26:24	1987
10. Martin Brans (Jr.)	26:29	1989
11. Greg Laraia (Jr.)	26:30	2010
12. Steve Montick (Jr.)	26:33	1979
Mike Lelko (Sr.)	26:33	1979
14. Jack Cuvo (Sr.)	26:36	1987
15. Bill Wallace (Sr.)	26:40	1987

Class Records

Senior	Iuri Pinto	25:48	2007
Junior	Ryan Doyle	26:20	2008
Soph	Amr Aldeen	26:24	2010
Frosh	Doug Jankowski	27:02	2008

Freshman

1. Doug Jankowski	27:02	2008
2. Matt Hammer	27:09	1995
3. Greg Laraia	27:10	2008
4. Chuck Grose	27:16	1979
5. Chris Zadroga	27:24	2007

ESU MEN'S CROSS COUNTRY RECORDS

ESU (Shadowbrook) • 5,000m
(2004-10)

PSAC Championships

NCAA Regionals

				1969	8th	230		
1. Amr Aldeen (So.)	15:24	2010		1970	8th	255		
2. Greg Laraia (Jr.)	15:42	2010		1971	9th	278		
3. Jared Wilson (So.)	15:48	2010		1972	6th	153		
4. Mike Pereira (So.)	15:50	2010		1973	3rd	85		
Chris Zadroga (Sr.)	15:50	2010		1974	7th	174		
6. Jim Romano (So.)	15:53	2010		1975	5th	114		
7. Tom Zarnoch (Jr.)	16:01	2010		1976	3rd	111		
8. Frank Fezza (So.)	16:15	2010		1977	10th	226		
9. Mike Saparito (So.)	16:22	2010		1978	3rd	101	t-6th	195
10. Jon Douglas (Sr.)	16:25	2006		1979	2nd	82	7th	214
11. Sam Janssen (Jr.)	16:27	2010		1980	7th	152	9th	287
Sean Norberg (Fr.)	16:27	2008		1981	5th	146	5th	172
13. Justin Kimbrough (Jr.)	16:29	2010		1982	4th	100	6th	191
14. Frank Pulgiano (Fr.)	16:46	2010		1983	10th	254	17th	518
15. Drew Nesbitt (So.)	16:47	2004		1984	3rd	120	8th	247
				1985	2nd	53	4th	130
				1986	3rd	76		
Class Records				1987	4th	115	4th	143
Senior Chris Zadroga	15:50	2010		1988	6th	170	11th	350
Junior Greg Laraia	15:42	2010		1989	3rd	72	3rd	93
Soph Amr Aldeen	15:24	2010		1990	6th	161	6th	161
Frosh Sean Norberg	16:29	2008		1991	4th	95	6th	151
				1992	6th	157	9th	268
Freshman				1993	5th	146	6th	224
1. Sean Norberg	16:29	2008		1994	2nd	106	3rd	142
2. Sam Janssen	16:45	2008		1995	3rd	81	3rd	112
3. Frank Pulgiano	16:46	2010		1996	3rd	97	6th	204
4. Max Pagerie	16:52	2010		1997	5th	123	3rd	120
5. Marcus Magyar	16:56	2004		1998	6th	151	7th	210
Jim Romano	16:56	2009		1999	5th	132	7th	240
				2000	9th	206	11th	249
COURSE RECORD				2001	11th	262	11th	284
Andrew Coelho (Adelphi)	15:07	2010		2002	9th	235	10th	304
				2003	10th	247	13th	335
				2004	8th	200	7th	
NEVINS INVITATIONAL RESULTS				2005	8th	216	6th	209
				2006	6th	150	4th	167
Team Individual Time				2007	6th	191	9th	276
2004 ESU Kyle Hardenbrook, Baptist Bible	16:41			2008	6th	176	8th	221
2005 ESU Mike St. Lawrence, La Salle alumni	17:10			2009	4th	121	4th	118
2006 NYU Zach Maher, NYU	16:21			2010	5th	151	5th	201
2007 ESU Drew Nesbitt, ESU alumni	16:07			2011	4th	89	4th	110
2008 ESU Drew Nesbitt, ESU alumni	16:06			2012	2nd	59	t-2nd	95
2009 La Salle Ray Coles, La Salle	16:32			2013	6th	154	7th	205
2010 ESU Andrew Coelho, Adelphi	15:07			2014	7th	222	10th	271
				2015	7th	187	7th	189
				2016	6th	196	6th	183
				2017	5th	156	7th	227
				2018	8th	220	13th	285
				2019	4th	145	6th	188
				2020-21	7th	199		
				2021	12th	300	15th	378
				2022	9th	240	13th	357
				2023	4th	176	16th	375
				2024	2nd	83	8th	220

ESU MEN'S CROSS COUNTRY RECORDS

MEET CHAMPIONSHIPS (TEAM, since 1984)

2024	Adelphi	1st of 14
2022	Adelphi	1st of 15
2019	Bloomsburg Don Cathcart DeSales	1st of 3 1st of 8 1st of 16
2018	Lebanon Valley	1st of 8
2017	Fordham Monmouth	1st of 9 1st of 3 (DII)
2016	Lock Haven	1st of 4
2015	Fordham	1st of 11
2013	Fordham Don Cathcart	1st of 7 1st of 12
2012	Fordham Hamilton (NY)	1st of 13 1st of 14
2011	Fordham Monmouth Slippery Rock	1st of 15 1st of 14 1st of 12
2010	Monmouth Don Cathcart Nevins Invitational	1st of 6 1st of 15 1st of 10
2009	Don Cathcart	1st of 11
2008	Nevins Invitational Don Cathcart	1st of 8 1st of 13
2007	Nevins Invitational	1st of 6
2006	Tidewater Classic	1st of 12
2005	Nevins Invitational	1st of 6
2004	Nevins Invitational	1st of 10
2000	Stony Brook	1st of 5
1999	Delaware Tidewater Classic Duals: Binghamton, William Patterson, C.W. Post, Lehman, LeMoynes	1st of 4 1st of 8
1998	UNC - Greensboro Duals: West Chester	1st of 10
1997	Duals: Old Westbury	
1996	Bloomsburg Slippery Rock Duals: Kutztown, Albany, Delhi	1st of 8 1st of 10
1995	Bloomsburg Duals: St. Rose, Millersville, New York University, Siena, Shippensburg	1st of 8

1994	Duals: West Chester, St. Rose, Drew, Shippensburg, Delhi
1993	Duals: West Chester
1992	Duals: West Chester
1991	Duals: West Chester, Kutztown, Millersville (x2), Bloomsburg, Mansfield, Lock Haven
1990	Duals: Bloomsburg, Lock Haven, Millersville, West Chester
1989	ECAC Championships 1st of 18 Duals: Army, Cornell, Syracuse, Lock Haven, Bloomsburg, Millersville, West Chester, Shippensburg
1988	Duals: Lock Haven
1987	Duals: Syracuse, Cornell, Bloomsburg, Lock Haven, Millersville, West Chester, Shippensburg
1986	Duals: LaSalle, Kutztown, Lock Haven, Bloomsburg, Millersville, West Chester, Delaware, Shippensburg
1985	Duals: Kutztown, Lock Haven, Delaware, Pitt-Johnstown, Bloomsburg, West Chester, Shippensburg
1984:	Duals: Kutztown, LaSalle, Albany, West Chester, Bloomsburg, Shippensburg

MEET CHAMPIONSHIPS (INDIVIDUAL, since 1984)

2020-21	Casey Ellis	Shippensburg (5k)	16:06.2	1st of 23
2019	Casey Ellis	Bloomsburg (6k)	19:49	1st of 28
	Casey Ellis	DeSales (8k)	25:44.90	1st of 168
2016	Alec Lederer	Fordham (5 mi.)	25:51.50	1st of 103
	Alec Lederer	Hamilton (8k)	25:12.30	1st of 154
2015	Steve Ruch	Fordham (5 mi.)	27:18.36	1st of 88
2013	Chris Schneider	Fordham (8k)	26:26.42	1st of 69
	Chris Schneider	Don Cathcart (8k)	25:01.3	1st of 131
2012	Frank Fezza	Fordham (8k)	26:48.53	1st of 119
	Frank Fezza	Paul Short "Brown" (8k)	25:03	1st of 283
2009	Frank Fezza	Don Cathcart (8k)	25:34	1st of 107
2005	Iuri Pinto	DeSales (8k)	27:08	1st of 233
2002	Darryl Brown	Tidewater Classic (8k)	25:32	1st of 181
1999	Matt Stohl	Tidewater Classic (8k)	26:20	1st of 71
1996	Matt Hemmer	Bloomsburg (5 mi.)	26:46	1st of 96
1995	Seth Kuchar	Bloomsburg (8k)	26:18	1st of 82
		St. Rose (5 mi.)	26:14	
1989	Bill Farquhar	Lafayette (5 mi.)	26:04	1st of 69