

# Appalachian

## Men's Cross Country

### All-Time Top 50 List - 8,000m

24:36.0	Will Dickerson.....Jr	1999
24:37.0	Tommy Holland.....So	1994
24:56.0	Brad Dodson.....Sr	1990
24:56.0	Pete Vandenberg.....Sr	1989
25:00.0	Seth Peoples.....So	1995
25:01.0	Shawn Evans.....Sr	2001
25:01.0	Billy Pemberton.....So	1991
25:03.0	Joe Halin.....So	2001
25:05.0	James Layne.....Jr	1998
25:05.0	Anthony Famiglietti.....So	1997
25:08.0	Mike Reed.....So	2001
25:10.0	Ryan Toler.....So	2001
25:10.0	Todd Goewey.....Sr	1983
25:11.0	Bobby Wilhoit.....Sr	1983
25:13.0	Ben Bisette.....So	1998
25:14.0	Dean Duncan.....Sr	1988
25:14.0	Carlton Law.....Sr	1983
25:14.2	Mark Shea.....Sr	1985
25:21.0	Todd Walters.....So	1992
25:22.0	Carson Blackwelder.....Jr	2003
25:22.0	Mike Reed.....So	2001
25:23.0	Stephen Thacker.....Sr	1996
25:26.0	Alan Marion.....Sr	2001
25:26.0	Paul Goewey.....Jr	1983
25:30.7	Chris Huffstickler.....Sr	1995
25:31.0	Keith Kimmons.....Sr	2004
25:33.0	Ben Schowe.....Sr	2001
25:33.0	Shane Austin.....Jr	1998
25:39.0	Alan Whicker.....Sr	1994
25:40.0	Mike Curcio.....Sr	1986
25:42.0	Franklin Manchester.....Jr	2001
25:44.0	Mark Maddox.....Fr	2003
25:45.0	Asmeron Desta.....Fr	2004
25:47.0	James Phelps.....Fr	1984
25:47.0	Jim Martin.....Sr	1984
25:48.0	Nathan Hernandez-Adams...So	2003
25:48.0	Brendon Helms.....So	2004
25:48.1	David Ess.....Jr	1991
25:49.0	Brad Ferguson.....Sr	2001
25:49.0	Charles Storm.....Sr	1988
25:49.0	Brad Leach.....So	1997
25:50.0	Derrick Williamson.....Jr	2001
25:51.0	Brian Miesch.....Sr	1994
25:53.0	Lance Parker.....Jr	2002
25:54.0	Gary Cohen.....Sr	1978
25:54.0	Jeff Shore.....Jr	1984
25:56.0	Harry Williams.....Sr	1985

### Best Ten 8000m Times by Class

#### Seniors

24:56.0	Brad Dodson.....	1990
24:56.0	Pete Vandenberg.....	1989
25:01.0	Shawn Evans.....	2001
25:10.0	Todd Goewey.....	1983
25:11.0	Bobby Wilhoit.....	1983
25:12.0	Joe Halin.....	2004
25:14.0	Dean Duncan.....	1988
25:14.0	Carlton Law.....	1983
25:14.2	Mark Shea.....	1985
25:17.1	Ben Bisette.....	2000

#### Juniors

24:36.0	Will Dickerson.....	1998
25:05.0	James Layne.....	1998
25:22.0	Carson Blackwelder.....	2003
25:23.0	Stephen Thacker.....	1996
25:26.0	Paul Goewey.....	1983
25:31.0	Ben Bisette.....	1999
25:33.0	Shane Austin.....	1998
25:40.0	Brad Dodson.....	1989
25:42.0	Franklin Manchester.....	2001
25:48.0	Shawn Evans.....	2000

#### Sophomores

24:37.0	Tommy Holland.....	1994
24:56.0	Will Dickerson.....	1996
25:00.0	Seth Peoples.....	1995
25:01.0	Billy Pemberton.....	1991
25:03.0	Joe Halin.....	2001
25:05	Anthony Famiglietti.....	1997
25:08.0	Mike Reed.....	2001
25:10.0	Ryan Toler.....	2001
25:13.0	Ben Bisette.....	1998
25:21.0	Todd Walters.....	1992

#### Freshman

25:22.1	Will Dickerson.....	1995
25:34.0	Tommy Holland.....	1992
25:34.0	Joe Halin.....	2000
25:44.0	Mark Maddox.....	2003
25:44.0	Ryan Toler.....	2001
25:45.0	Asmeron Desta.....	2004
25:47.0	James Phelps.....	1984
25:58.0	Anthony Famiglietti.....	1996
26:02.0	Brendon Helms.....	2003
26:07.0	Brad Ferguson.....	1998

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## Men's Cross Country

### Best All-Time List - 10,000m

30:58.0	Pete Vandenberg	Sr	1989
31:03.0	Carlton Law	So	1981
31:05.0	Bobby Wilhoit	Jr	1982
31:11.0	Tommy Holland	So	1994
31:13.0	Will Dickerson	Jr	1998
31:19.0	Anthony Famiglietti	So	1997
31:22.0	Carson Blackwelder	Jr	2003
31:22.0	John Crumbliss	Sr	1994
31:24.0	Joe Halin	Jr	2003
31:34.0	Seth Peoples	Fr	1994
31:36.0	Craig Warren	So	1986
31:36.0	Todd Goewey	Jr	1982
31:37.0	Mark Shea	Fr	1982
31:43.0	Brian Miesch	Sr	1994
31:43.0	Brad Dodson	Jr	1989
31:44.0	Billy Pemberton	Jr	1992
31:52.0	Adam Van Nortwick	Jr	2004
31:52.0	Derrick Williamson	Sr	2002
31:53.0	Mike Reed	Jr	2002
31:53.0	Dean Duncan	Sr	1988
31:55.0	Shawn Evans	Sr	2001
31:55.0	Todd Walters	Jr	1992
31:55.0	Stephen Thacker	Sr	1996
31:57.0	Ryan Toler	So	2002
32:00.0	Ben Bisette	Sr	2000

### Best Ten 10,000m Times by Class

#### Seniors

30:58.0	Pete Vandenberg	1989
31:22.0	John Crumbliss	1994
31:43.0	Joe Halin	2004
31:43.0	Brian Miesch	1994
31:44.0	Billy Pemberton	1992
31:52.0	Derrick Williamson	2002
31:53.0	Dean Duncan	1988
31:55.0	Shawn Evans	2001
31:55.0	Stephen Thacker	1996
31:57.0	Carson Blackwelder	2004

#### Juniors

31:05.0	Bobby Wilhoit	1982
31:13.0	Will Dickerson	1998
31:22.0	Carson Blackwelder	2003
31:24.0	Joe Halin	2003
31:24.0	Pete Vandenberg	1988
31:36.0	Todd Goewey	1982
31:43.0	Brad Dodson	1989
31:44.0	Billy Pemberton	1992
31:52.0	Adam Van Nortwick	2004
31:53.0	Mike Reed	2002

#### Sophomores

31:03.0	Carlton Law	1981
31:11.0	Tommy Holland	1994
31:19.0	Anthony Famiglietti	1997
31:36.0	Craig Warren	1986
31:40.0	Joe Halin	2001
31:41.0	Carson Blackwelder	2002
31:57.0	Ryan Toler	2002
32:04.0	Mike Reed	2001
32:06.0	Nathan Hernandez-Adams	2003
32:15.0	Ben Bisette	1998
32:15.0	Brian Miesch	1992

#### Freshman

31:34.0	Seth Peoples	1994
31:37.0	Mark Shea	1982
31:44.0	Tommy Holland	1992
32:14.0	Anthony Famiglietti	1996
32:33.0	Asmeron Desta	2004
32:40.0	Joe Halin	2000
32:42.0	Brendon Helms	2003
32:46.0	Brian Watkins	1992
32:48.0	Shane Austin	1996
32:53.0	Cory Sitzman	1997

# Appalachian

Men's Cross Country

## State Farm Fields Records - Flat - 8K

Course Record: 24:25.7 Karl Savage, Zap Fitness

### Top Twenty All-Time Individual List

Karl Savage.....	Zap Fitness .....	24:25.7 .....	2003
Garick Hill .....	Wake Forest .....	24:50.0 .....	2001
Tommy Evans .....	High Point.....	24:54.0 .....	2001
Stewart Ellington .....	Unattached.....	24:57.0 .....	2001
Ted DeVos .....	Wake Forest .....	24:48.0 .....	2001
Nathan Sisco .....	Unattached.....	25:04.0 .....	2001
Scott Shaw .....	Clemson.....	25:06.0 .....	2001
David Atkiss.....	Virginia Tech .....	25:07.4 .....	2002
Chris Estwanik.....	Wake Forest .....	25:08.0 .....	2001
Alan Horton .....	Eastern Kentucky .....	25:12.2 .....	2002
Ryan Kendall.....	Chattanooga.....	25:13.1 .....	2000
Luke Beevor.....	Florida State .....	25:14.1 .....	2004
Dave Barrett.....	Wake Forest .....	25:14.1 .....	2001
Sean Burris.....	Florida State .....	25:14.3 .....	2004
Eddie Rodriquez.....	Florida State .....	25:14.5 .....	2004
Brian Smith.....	Unattached.....	25:14.6 .....	2001
Sean Stevens .....	Unattached.....	25:16.0 .....	2001
Russ Gerbers .....	South Florida .....	25:17.0 .....	1999
Ben Bisette .....	Appalachian.....	25:17.1 .....	2000
Joe Halin .....	Appalachian.....	25:18.0 .....	2001

### Top Appalachian List All-Time

Ben Bisette .....	Sr .....	25:17.1 .....	2000	Brendon Helms .....	Fr .....	26:02.3 .....	2003
Joe Halin .....	So .....	25:18.0 .....	2001	James Slagle.....	Sr .....	26:03.0 .....	2001
Mike Reed.....	So .....	25:22.0 .....	2001	Derrick Williamson.....	Sr .....	26:03.6 .....	2002
Carson Blackwelder.....	Jr.....	25:22.7 .....	2003	Nathan McCall.....	So .....	26:10.0 .....	2001
Ryan Toler.....	So .....	25:26.0 .....	2001	Kenan Demir.....	Fr .....	26:17.6 .....	2000
Alan Marion.....	Jr.....	25:32.0 .....	2001	Brian Deal .....	Fr .....	26:23.5 .....	2003
Keith Kimmons.....	Sr .....	25:42.9 .....	2004	Rich Velazquez.....	Jr.....	26:24.1 .....	2000
Mark Maddox.....	Fr .....	25:46.4 .....	2003	James Layne.....	Sr .....	26:26.0 .....	1999
Franklin Manchester .....	So .....	25:48.0 .....	2001	Mike Mitchell.....	Fr .....	26:29.7 .....	2003
N. Hernandez-Adams.....	So .....	25:48.3 .....	2003	Shawn Holland.....	So .....	26:33.0 .....	2001
Lance Parker .....	Jr.....	25:53.1 .....	2002	Evan Richardson .....	So .....	26:37.0 .....	2001
Shawn Evans.....	Sr .....	25:55.0 .....	2001	Garrett Davis.....	So .....	26:39.7 .....	2003
Brad Ferguson.....	Sr .....	25:56.0 .....	2001	Jason Dalrymple.....	Fr .....	26:40.7 .....	2003
Ben Schowe .....	Sr .....	25:57.0 .....	2001	Chris Bohle .....	Fr .....	26:45.4 .....	2002
Shane Austin .....	Sr .....	26:00.0 .....	1999				
Matt Stuart .....	Sr .....	26:01.6 .....	2003				

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## Men's Cross Country

### Top Performances by Class State Farm Fields - 8000m Flat

#### Freshmen

Mark Maddox.....	25:44.0	.....	2003
Joe Halin .....	25:44.6	.....	2000
Brendon Helms .....	26:02.0	.....	2003
Kenan Demir.....	26:17.6	.....	2000
Brian Deal .....	26:23.0	.....	2003
Nathan McCall.....	26:25.4	.....	2000
Mike Mitchell.....	26:29.0	.....	2003
Jason Dalrymple.....	26:40.0	.....	2003
Chris Bohle .....	26:45.0	.....	2002
Matt Stuart .....	26:58.6	.....	2000

#### Sophomore Class

Joe Halin .....	25:18.0	.....	2001
Mike Reed.....	25:22.0	.....	2001
Ryan Toler.....	25:38.0	.....	2001
Nathan Hernandez-Adams .....	25:48.0	.....	2003
Carson Blackwelder .....	25:58.0	.....	2002
Mark Maddox.....	26:00.7	.....	2004
Nathan McCall .....	26:10.0	.....	2001
Shawn Evans.....	26:26.0	.....	1999
Brian Deal .....	26:26.1	.....	2004
Shawn Holland.....	26:33.0	.....	2001

#### Junior Class

Mike Reed.....	25:20.0	.....	2002
Joe Halin .....	25:21.0	.....	2003
Carson Blackwelder .....	25:22.0	.....	2003
Ben Bisette .....	25:31.0	.....	1999
Franklin Manchester .....	25:48.0	.....	2001
Alan Marion.....	25:48.7	.....	2000
Lance Parker .....	25:53.0	.....	2002
Shawn Evans.....	26:07.3	.....	2000
Derrick Williamson.....	26:22.0	.....	2001
Ben Schowe .....	26:22.7	.....	2000

#### Senior Class

Ben Bisette .....	25:17.1	.....	2000
Alan Marion.....	25:32.0	.....	2001
Joe Halin .....	25:32.9	.....	2004
Keith Kimmons.....	25:42.9	.....	2004
Shawn Evans.....	25:55.0	.....	2001
Brad Ferguson.....	25:56.0	.....	2001
Ben Schowe .....	25:57.0	.....	2001
Carson Blackwelder .....	25:57.5	.....	2004
Shane Austin .....	26:00.0	.....	1999
Matt Stuart .....	26:01.0	.....	2003