



# CROSS COUNTRY

## ALL-TIME 8K RECORDS

(UPDATED DEC. 20, 2024)

### 8K TOP 50 TIMES

23:54 - Ben Kendell - 2018 Greater Louisville Classic  
24:15 - Ben Kendell - 2016 Greater Louisville Classic  
24:19 - Ben Kendell - 2018 Horizon League Championships (Kenosha, Wisc.)  
24:27 - Ben Kendell - 2016 Canisius Alumni Classic  
24:32 - Patrick Liederbach - 2010 Horizon League Championships (Montrose Beach Ill.)  
24:40 - Ben Kendell - 2018 Canisius Alumni Classic  
24:41 - Ken Dubois - 1986 National Catholic Championships  
24:41 - Ben Kendell - 2015 Horizon League Championships (Cedarville, Ohio)  
24:43 - Joshua Otten - 2024 Horizon League Championships (Green Bay, Wisc)  
24:45 - Colin Creagh - 2014 Horizon League Championships (Kenosha, Wisc.)  
24:46 - Ben Kendell - 2015 Greater Louisville Classic  
24:47 - Joshua Otten - 2023 Canisius Alumni Classic  
24:48 - Ben Kendell - 2015 Canisius Alumni Classic  
24:48 - Joshua Otten - 2024 Live at the Lou Classic  
24:53 - Chris McPhee - 2001 Lehigh Paul Short Invitational  
24:54 - Patrick Liederbach - 2008 Greater Louisville Classic  
24:55 - Ben Kendell - 2014 Horizon League Championships (Kenosha, Wisc.)  
24:56 - Joshua Otten - 2023 Horizon League Championships (Fairborn, Ohio)  
24:58 - James McCann - 2018 Canisius Alumni Classic  
24:59 - Chris McPhee - 2001 Horizon League Championships (Montrose Beach Ill.)  
24:59 - Joshua Otten - 2024 Bowling Green Falcon Invitational  
25:00 - Steve Crutchfield - 1981 Siena Heights Invite  
25:12 - Mead Goedert - 2005 Horizon League Championships (Kettering, Ohio)  
25:15 - Joshua Otten - 2024 National Catholic Championships



Ken Dubois owned the school 8k record for over 20 years as his 24:41 at the 1986 National Catholic Championships ranks seventh in school history



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25:16 - Gary Servais - 1980 Notre Dame Invitational  
25:16 - Guy Murray - 1988 Central Collegiate Championships (Athens, Ohio)  
25:19 - Lawrence Swift - 1981 Siena Heights Invite  
25:22 - Thomas Mueller - 2021 Greater Louisville Classic  
25:25 - Derek Gielarowski - 2014 Horizon League Championships (Kenosha, Wisc.)  
25:25 - Ryan Leahy - 2014 Horizon League Championships (Kenosha, Wisc.)  
25:29 - Dakota Hundley - 2019 Greater Louisville Classic  
25:33 - Don Law - 1976 Grand Valley State Invitational  
25:35 - Oscar Hernandez - 2021 Greater Louisville Classic  
25:37 - James Furkis - 1998 MCC Championships (Indianapolis, Ind.)  
25:38 - Martin Nelkie - 2012 Horizon League Championships (Kenosha, Wisc.)  
25:40 - Alex Harris - 2008 Greater Louisville Classic  
25:40 - Chris Russelburg - 2023 Canisius Alumni Classic  
25:41 - Corey Stedman - 1997 Central Collegiate Championships (Ann Arbor, Mich.)  
25:48 - Ryan Belanger - 2024 Horizon League Championships (Green Bay, Wisc.)  
25:50 - Austin Wigent - 2015 Canisius Alumni Classic  
25:50 - Tom Zakrzewski - 1984 Notre Dame Invitational  
25:51 - Alex Vanias - 2008 Greater Louisville Classic  
25:52 - Rick Stathakis - 1974 Cleveland State Invitational  
25:52 - Rick Stathakis - 1974 Northwood Invitational  
25:53 - Alex Gould - 2009 Bowling Green Falcon Invitational  
25:54 - Ryan Belanger - 2024 National Catholic Championships  
25:55 - Bob Radlich - 2012 Horizon League Championships (Kenosha, Wisc.)  
25:55 - Christopher Russelburg - 2024 Horizon League Championships (Green Bay, Wisc.)  
25:56 - Ryan Belanger - 2024 Bowling Green Falcon Invitational  
25:57 - Todd Harris - 1984 National Catholic Championships

### 8K SUB 26 RUNS

Ben Kendell - 21 (of 21)  
Ken Dubois - 20  
Chris McPhee - 13  
Patrick Liederbach - 13  
Martin Nelkie - 8  
Joshua Otten - 8  
Colin Creagh - 7  
Derek Gielarowski - 7  
James Furkis - 5  
Mead Goedert - 5  
Guy Murray - 5  
James McCann - 5  
Don Law - 4  
Gary Servais - 4  
Austin Wigent - 4  
Steve Crutchfield - 3  
Thomas Mueller - 3  
Lawrence Swift - 3  
Ryan Belanger - 3  
Christopher Russelburg - 3  
Ryan Hofsess - 2  
Dakota Hundley - 2  
Ryan Leahy - 2  
Corey Stedman - 2  
Rick Stathakis - 2



Patrick Liederbach posted 13 sub 26-minute 8k runs as a Titan





# CROSS COUNTRY

## ALL-TIME 10K RECORDS

(UPDATED DEC. 20, 2024)

### 10K TOP 30 TIMES

- 30:35 - Ben Kendell - 2018 NCAA DI Championships (Madison, Wisc.)  
31:03 - Ken Dubois - 1986 NCAA District IV Championships (Normal, Ill.)  
31:11 - Ben Kendell - 2018 NCAA Great Lakes Regional Championships (Terre Haute, Ind.)  
31:20 - Colin Creagh - 2014 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
31:22 - Patrick Liederbach - 2010 NCAA Great Lakes Regional Championships (Rochester, Mich.)  
31:26 - Ken Dubois - 1987 NCAA District IV Championships (Bowling Green, Ohio)  
31:26 - Ben Kendell - 2016 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
31:34 - Ben Kendell - 2015 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
31:40 - Chris McPhee - 1999 NCAA Great Lakes Regional Championships (Terre Haute, Ind.)  
31:44 - Joshua Otten - 2024 NCAA Great Lakes Regional Championships (Norton, Ohio) \*  
31:51 - Ryan Belanger - 2024 NCAA Great Lakes Regional Championships (Norton, Ohio) \*  
31:53 - Ben Kendell - Wisconsin - 2014 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
31:56 - Joshua Otten - 2023 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
31:57 - Derek Gielarowski - 2014 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
31:58 - Don Law - 1976 NCAA District IV Championships (Champaign, Ill.)  
32:12 - Gary Servais - 1980 NCAA District IV Championships (Champaign, Ill.)  
32:16 - Steve Crutchfield - 1981 NCAA District IV Championships (Milwaukee, Wisc.)  
32:17 - Chris McPhee - 2001 NCAA Great Lakes Regional Championships (Terre Haute, Ind.)  
32:18 - Todd Harris - 1984 NCAA District IV Championships (Champaign, Ill.)  
32:19 - Chris McPhee - 1999 Western Ontario Invitational  
32:19 - Josiah Burr - 2024 NCAA Great Lakes Regional Championships (Norton, Ohio) \*  
32:24 - Martin Nelkie - 2013 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
32:28 - Thomas Mueller - 2021 NCAA Great Lakes Regional Championships (Evansville, Ind.)  
32:28 - Ken Dubois - 1984 NCAA District IV Championships (Champaign, Ill.)  
32:33 - James McCann - 2018 NCAA Great Lakes Regional Championships (Terre Haute, Ind.)  
32:34 - Guy Murray - 1986 NCAA District IV Championships (Normal, Ill.)  
32:37 - Christopher Russelburg - 2024 NCAA Great Lakes Regional Championships (Norton, Ohio) \*  
32:46 - Ryan Leahy - 2014 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
32:49 - Patrick Liederbach - 2007 NCAA Great Lakes Regional Championships (Terre Haute, Ind.)  
32:52 - Ken Dubois - 1984 NCAA District IV Championships (Bloomington, Ind.)  
32:55 - George Holman - 2014 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
32:55 - Caleb Wynn - 2024 NCAA Great Lakes Regional Championships (Norton, Ohio) \*  
32:57 - Chris McPhee - 1981 NCAA District IV Championships (Terre Haute, Ind.)  
32:57 - Ryan Hofsess - 2013 NCAA Great Lakes Regional Championships (Madison, Wisc.)  
32:59 - Jim Furkis - 1988 NCAA District IV Championships (Terre Haute, Ind.)  
32:59 - Christopher Russelburg - 2023 NCAA Great Lakes Regional Championships (Madison, Wisc.)

\* = 2024 race not run on a full 10k course and do not count towards all time top 30