

Cabell Midland 5K Course Records

Boys 5K Record

15:12.16

Jacob Burcham – Cabell Midland (2010)

Team Average Record

16:17.59

Cabell Midland - 2010

Girls 5K Record

18:28.14

Letitia Propst – Elkins (2008)

Team Average Record

19:59.06

University - 2010

Boys Top 35 All-Time Athletes

1	Jacob Burcham	Cabell Midland	15:13	2010
2	Cody Pelliccioni	Morgantown	15:20	2010
3	Dayton McVicker	Fairmont Sr.	15:30	2010
4	Zach Tennant	North Marion	15:53	2008
5	Brandon Doughty	Jefferson	15:56	2010
6	Levi Grandt	Doddridge	16:07	2007
7	Cory Hampshire	Jefferson	16:10	2008
8	Peter Schwarzenberg	Preston	16:14	2010
9	Ryan Beabout	Wheeling Park	16:15	2007
10	Lenny Roach	Berkeley Springs	16:16	2008
11	Brody Born	Preston	16:19	2010
12	Tyler Salmons	Cabell Midland	16:22	2010
13	Eric Graf	Jefferson	16:23	2010
14	Drew Woodford	Grafton	16:24	2010
14	David Bias	Cabell Midland	16:24	2007
16	Eric Cooper	Cabell Midland	16:25	2003
17	Kyle Gramlich	Wheeling Park	16:27	2008
18	David Caldwell	South Charleston	16:31	2008
19	Jeremy Waugh	Cabell Midland	16:32	2010
20	Jordan Brown-Stobbe	University	16:33	2010
20	Ryan Smith	Cabell Midland	16:33	2010
22	Stewart Jones	Weir	16:36	2007
23	Larry Atkins	Huntington	16:38	1998
23	Craig Pritt	Preston	16:38	2008
25	Tanner Mattie	Fairland (OH)	16:39	2010
26	Andrew Benford	Ravenswood	16:40	2003
26	Ryan Graf	Jefferson	16:40	2010
26	Ben Lukowski	St. Albans	16:40	2001
26	Logan Wojcik	Wheeling Park	16:40	2008
30	Andrew Shaffer	Richwood	16:41	2010
31	Tim Loughran	Hampshire	16:42	2010
32	Preston Whitney	Ripley	16:43	2009
33	Chris Snell	Ravenswood	16:45	2002
34	Mikey Guinn	St. Albans	16:47	1998
35	Nathan Rees	Ravenswood	16:48	2008

Girls Top 35 All-Time Athletes

1	Letitia Propst	Elkins	18:29	2008
2	Courtney Yaeger	Wheeling Park	18:31	2008
3	Sarah McCauley	Philip Barbour	18:33	2010
4	Ari Kasprowicz	Preston	18:41	2008
5	Allison Pettit	Morgantown	18:49	2007
6	Kaitlyn Workman	Preston	19:01	2010
6	Peyton Adkins	Gallia Academy (OH)	19:01	2008
6	Sami Harris	Charleston Catholic	19:01	2010
9	Hallie Portner	University	19:12	2007
10	Alex Dent	Hurricane	19:13	2008
10	Alyssa Scherich	Fairmont Sr.	19:13	2010
12	Megan Truelove	Winfield	19:14	2008
13	Andrea Nickerson	Jefferson	19:15	2008
14	Amelia Paladino	University	19:18	2010
15	Jordan McDonald	North Marion	19:21	2008
16	Alyssa Boucher	Jefferson	19:22	2008
17	Josie Crouch	Hurricane	19:23	2008
18	Morganne Phillips	Bridgeport	19:25	2010
18	Sydney Pineault	Morgantown	19:25	2010
20	Emma Berry	Morgantown	19:30	2007
21	Rebekah McBride	Frankfort	19:32	2008
22	Sarah Martinelli	University	19:33	2008
22	Emily Lynch	University	19:33	2010
22	Chelsea Jarvis	Capital	19:33	2007
25	Maggie Drazba	St. Marys	19:34	2011
26	Ashley Teets	Preston	19:35	2007
26	Rachel Buser	Berkeley Springs	19:35	2007
28	Ashley Shultz	Preston	19:39	2010
29	Amber Riley	University	19:41	2006
30	Emma Harrison	North Marion	19:42	2010
30	Chelsea Clark	Fairmont Sr.	19:42	2009
30	Jorden Thornton	Cabell Midland	19:42	2010
33	Desiree Roseberry	Shady Spring	19:43	2008
34	Lydia Martinelli	University	19:44	2007
35	Keri Bland	North Marion	19:45	2005