

# INDIVIDUAL RECORDS

## WOMEN'S 5K

Year	Name	Meet	Time
1. 2015	Sarah Jerotich	ECC Championships	17:37.5
2. 2013	Gladys Kimutai	ECC Championships	17:39.37
3. 2013	Gladys Kimutai	Harry F. Anderson Invitational	18:00.20
4. 2013	Gladys Kimutai	Technology XC Challenge	18:03.46
5. 2013	Galdys Kimutai	LIU Post Invitational	18:03.53
6. 2015	Sarah Jerotich	LIU Post Invitational	18:06.0
7. 2009	Jeptui Cherutich	Fordham Fiasco	18:07
8. 2014	Gladys Kimutai	Technology XC Challenge	18:11.69
9. 2015	Sarah Jerotich	NJIT Invitational	18:20.9
10. 2011	Gladys Kimutai	NJIT Invitational	18:21.80
11. 2012	Gladys Kimutai	Highlander XC Invitational	18:22.73
12. 2015	Sarah Jerotich	Albany Invitational	18:26.6
13. 2012	Gladys Kimutai	ECC Championship	18:34.90
14. 2011	Gladys Kimutai	ECC Championship	18:43.58
15. 2012	Gladys Kimutai	LI Post Invitational	18:47.20
16. 2016	Dana Ragab	Highlander XC	19:15.02
17. 2016	Irene Chepleting	Highlander XC	19:20.5
18. 2010	Jackline Toek	ECC Championship	19:22
19. 2008	Jackline Toek	Codfish Bowl XC	19:24
20. 2015	Sarah Jerotich	Fordham Fiasco	19:26.4

## WOMEN'S 6K

Year	Name	Meet	Time
1. 2014	Gladys Kimutai	St. Joseph's Invitational	19:43.56
2. 2014	Katie Boehmer	St. Joseph's Invitational	21:27.0
3. 2014	Melissa Pierre	St. Joseph's Invitational	22:26.52
4. 2012	Gladys Kimutai	NCAA East Regional	22:30.3
5. 2013	Gladys Kimutai	Delaware Blue-Gold Invitational	22:36.84
6. 2008	Jackline Toek	NCAA East Regional	22:43.9
7. 2008	Jackline Toek	Paul Short Invitational	23:03.2
8. 2013	Gladys Kimutai	NCAA East Regional	23:04.4
9. 2008	Jackline Toek	NCAA National Championship	23:46.4
10. 2006	Priscah Kiprop	Paul Short Invitational	23:57.5
11. 2014	Katie Boehmer	NCAA East Regional	23:59.6
12. 2006	Priscah Kiprop	NCAA East Regional	24:07.6
13. 2016	Irene Chepleting	York Invitational	24:29.2
14. 2017	Monicah Jebor	CSI Cross Country Invitational	24:57.9
15. 2012	Melanie Fiume	NCAA East Regional	25:07.3
16. 2012	Juliana Arantes	NCAA East Regional	25:09.0

## MEN'S 8K

Year	Name	Meet	Time
1. 2017	Noah Simatei	LIU Post Invitational	21:51.16
2. 2017	Noah Simatei	NYIT Invitational	24:16.03
3. 2017	Devon Lides	LIU Post Invitational	24:46.21
4. 2007	Evans Kigen	Hageen Stone XC	24:50
5. 1980	Hugh Dunkley	N/A	24:51
6. 2007	Evans Kigen	Codfish Bowl XC	25:12
7. 1981	John Wikings	N/A	25:25
8. 2008	Nicholas Koiyet	Paul Short XC	25:25
9. 2011	Elphas Kimutai	NJIT Invite	24:26
10. 2017	Noah Simatei	ECC Championships	24:59.27
11. 2010	Elphas Kimutai	Princeton Invite	25:26
11. 2010	Elphas Kimutai	NJIT Invite	25:26
13. 2011	Elphas Kimutai	Fordham Fiasco and Follies	25:29.19
14. 2012	Elphas Kimutai	Highlander XC Invitational	25:31
1980	Rich Paperno	N/A	25:31

## MEN'S 10K

Year	Name	Meet	Time
1. 2007	Evans Kigen	NCAA National Championship	30:30.6
2. 2008	Nicholas Koiyet	NCAA East Regional	31:18.3
3. 2010	Nicholas Koiyet	NCAA East Regional	31:45.0
4. 2012	Elphas Kimutai	NCAA East Regional	32:26.6
5. 2008	Amos Kipkosgei	NCAA East Regional	32:53.8
6. 2015	Tom Ruppel	NCAA East Regional	33:59.6
7. 2007	Hillary Kiprop	NCAA East Regional	34:06.9
8. 2014	Tom Ruppel	NCAA East Regional	34:09.3
9. 2007	Louis Tafuto	NCAA East Regional	34:18.6
10. 2017	Noah Simatei	NCAA East Regional	34:22.4
11. 2016	Tom Ruppel	NCAA East Regional	34:28.1
12. 2013	Tom Ruppel	NCAA East Regional	34:30.1
13. 2007	Frank Destafano	NCAA East Regional	34:37.3
14. 2008	Chris Banton	NCAA East Regional	34:39.4

## WOMEN'S AWARDS

USTFCCCA ALL-AMERICAN  
Jeptui Cherutich ..... 2009

NCAA ALL-EAST REGION  
Sarah Jerotich ..... 2015  
Gladys Kimutai ..... 2012, 2013

ECC RUNNER OF THE YEAR  
Sarah Jerotich ..... 2015  
Gladys Kimutai ..... 2013

ECC ROOKIE OF THE YEAR  
Gladys Kimutai ..... 2011  
Jackline Toek ..... 2008

ALL-EAST COAST CONFERENCE  
FIRST TEAM  
Sarah Jerotich ..... 2015  
Gladys Kimutai ..... 2011, 2012, 2013, 2014  
Yvonne Boinett ..... 2009, 2010  
Jeptui Cherutich ..... 2009  
Jackline Toek ..... 2008, 2009, 2010, 2011

SECOND TEAM  
Irene Chepleting ..... 2016  
Sheree White ..... 2015  
Sheena Howard ..... 2005

ECC SCHOLAR-ATHLETE OF THE YEAR  
Gladys Kimutai ..... 2014  
Jackline Toek ..... 2009

USTFCCCA SCHOLAR-ATHLETE ACADEMIC TEAM  
Gladys Kimutai ..... 2013  
Jackline Toek ..... 2008

NCAA NATIONAL QUALIFIERS  
Year Name Time  
2015 ..... Sarah Jerotich ..... 22:01.8  
2009 ..... Jeptui Cherutich ..... 22:27  
2009 ..... Jackline Toek ..... 22:50  
2008 ..... Jackline Toek ..... 22:43

COSIDA ACADEMIC ALL-DISTRICT  
Dina Ragab ..... 2016  
Gladys Kimutai ..... 2014

## MEN'S AWARDS

NCAA DIVISION II NORTHEAST REGION  
ATHLETE OF THE YEAR  
Evans Kigen ..... 2007

ECC RUNNER OF THE YEAR  
Elphas Kimutai ..... 2010  
Amos Kipkosgei ..... 2008  
Evans Kigen ..... 2007

ECC ROOKIE OF THE YEAR  
Noah Simatei ..... 2017  
Nicholas Koiyet ..... 2008

ALL-EAST COAST CONFERENCE  
FIRST TEAM  
Noah Simatei ..... 2017  
Elphas Kimutai ..... 2010, 2012  
Nichols Koiyet ..... 2008, 2009, 2010, 2011  
Moath Al-Kawaldeh ..... 2009  
Daniel Rono ..... 2009  
Amos Kipkosgei ..... 2008

SECOND TEAM  
Tom Ruppel ..... 2016  
Moath Al-Kawaldeh ..... 2010  
Christopher Banton ..... 2008  
Kadian Turner ..... 2008

ECC SCHOLAR-ATHLETE OF THE YEAR  
Christopher Banton ..... 2008

USTFCCCA SCHOLAR-ATHLETE ACADEMIC TEAM  
Amos Kipkosgei ..... 2008

NCAA NATIONAL QUALIFIERS  
Year Name Time  
2008 ..... Nicholas Koiyet ..... 31:18  
2007 ..... Evans Kigen ..... 31:56

COSIDA ACADEMIC ALL-DISTRICT  
Tom Ruppel ..... 2016