

# SuffolkXCTF.com

Last updated: 8/9/2023

## Boys Sunken Meadow All-Time Sub-16:00 5k List

1	Edward Cheserek	St. Benedict's- NJ	15:20.5	2011
2	John Gregorek	St. Anthony's - NY	15:32.3	1977
3	Odis Sanders	Freeport- NY	15:37.0	1977
4	Chad Noelle	Greene- NY	15:42.0	2010
5	Morgan Pearson	New Vernon- NJ	15:42.8	2010
6	Andy Whitney	Stony Brook School- NY	15:43.0	1978
7	Mark Whitney	Stony Brook School- NY	15:44.0	1977
8	John Troutman	Monroe-Woodbury- NY	15:44.2	1985
9	Joe Boyce	Holy Trinity- NY	15:44.8	1982
	John Coyle	CBA Lincroft- NJ	15:44.8	1987
11	Mike Brannigan	Northport- NY	15:45.0	2014
12	Jeff Lacoste	Amherst- NH	15:45.3	2010
13	Daniel Lennon	Peru- NY	15:45.4	2011
14	John Murray	Shrewsbury-MA	15:45.6	2010
15	Brian Dalpiaz	Sayville- NY	15:46.1	2001
16	Kevin DeGraff	Adirondack- NY	15:46.2	1977
	John McGowan	Washington- DC	15:46.2	2010
18	Kevin Krause	Longwood- NY	15:46.6	1988
	Kevin Tschirhart	Northport- NY	15:46.6	2004
	Eddie Owens	Packer Collegiate- NY	15:46.6	2010
	Patrick Rono	Lyndhurst- NJ	15:46.6	2010
22	Chris Campbell	Council Rock North- PA	15:46.7	2010
23	Ryan Sheridan	Walt Whitman- NY	15:47.0	2004
24	Tim Ball	Piscataway- NJ	15:47.6	2011
25	Zach Hebda	North Hills- PA	15:47.9	2010
26	Joe Greene	Walt Whitman- NY	15:48.6	1978
27	Jim O'Connell	Glens Falls- NY	15:49.0	1977
28	Joel Hubbard	Marshfield- MA	15:49.9	2011
29	Richard Lippert	Walt Whitman- NY	15:50.0	1977
	Dustin Wilson	Springside Chestnut Hill Academy- PA	15:50.0	2011
31	Matthew McDonald	Annandale- NJ	15:50.3	2010
32	Juris Silenieks	North Hills- PA	15:50.6	2010
33	Matthew McClintock	Madison Memorial- ME	15:51.2	2011
34	Matt Mitchell	CBA Lincroft- NJ	15:51.6	1987
35	Shea Welibaker	Saratoga- NY	15:52.0	2018
36	Tyler Berg	Burnt Hills- Ballston Lake	15:52.4	2018
37	Jonathan Green	Saint John's- MA	15:52.5	2011
38	Bradley Miles	Hatfield- PA	15:52.8	2009
39	Shea Welibaker	Saratoga- NY	15:52.9	2018
40	Bill Barrett	CBA Lincroft- NJ	15:53.1	1982
41	Kevin Hogan	Westhampton Beach- NY	15:53.8	1989
42	Victor Hoyecki	Chaminade- NY	15:54.0	1977
43	Tom Wood	Half Hollow Hills West- NY	15:54.6	1980
44	Grant Whitney	Penfield- NY	15:54.8	1981
45	Blake Udland	Millburn HS- NJ	15:55.1	2011
46	Parker Stokes	Maine-Edwell	15:57.0	2018
47	Ryan Udvadia	Shoreham Wading River- NY	15:57.1	2012
48	Robert Allen	Cranston- RI	15:58.0	2010
49	Steve Williams	Comsewogue- NY	15:58.5	1984
50	Keith Avery	William Floyd- NY	15:58.6	1983
51	Alex Hatz	Fayetteville Maulius- NY	15:58.8	2008
	Ryan Guerci	Nanuet	15:58.8	2018
53	Robert Barrett	Warwick Valley- NY	15:59.0	1977
54	Alex Leuchanka	Shenendehowa- NY	15:59.1	2008
55	Todd Sinclair	North Rockland	15:59.3	1979
	Tyler Udland	Short Hills- NJ	15:59.3	2009