

# Philadelphia Express Cross Country

## Records

### All Divisions

DIST	DIVISION	ATHLETE	CLUB	RECORD	DATE SET	COURSE
1.5mi.	8 & Under Girls	Terri Turner	United Stars T.C.	9:15	10/20/2007	Belmont Plateau (1.5mi)
1.5mi	8 & Under Boys	Elliott Rhodes	Mallery T.C.	8:46	10/18/1997	Belmont Plateau (1.5mi)
3km	9 & 10 Girls	Terri Turner	United Stars T.C.	11:58	10/11/2008	Belmont Plateau (3km)
3km	9 & 10 Boys	Nathaniel Viands	AOC-Ambler Olympic Club	11:11	10/12/2019	Belmont Plateau (3km)
3km	11 & 12 Girls	Ahmirah Cottman / Terri Turner	Mt. Airy T.C / Unattached	11:45	10/30/2010	Belmont Plateau (3km)
3km	11 & 12 Boys	Nathaniel Viands	AOC-Ambler Olympic Club	10:29	9/24/2022	Belmont Plateau (3km)
4km	13 & 14 Girls	Virginia Kraus	AOC-Ambler Olympic Club	13:59	10/30/2021	Belmont Plateau (4km)
4km	13 & 14 Boys	Ryan Duffy	Duffsters- Unattached	12:39	10/29/2022	Belmont Plateau (4km)
5km	High School Girls	Stacey Holmes	Mallery T.C.	16:37	10/18/1997	Belmont Plateau (5km)
5km	High School Boys	Harold Lamour	Juventus T.C.	16:31	10/13/2007	Belmont Plateau (5km)
5km	Open Women	Donna Palisca	Greater Philly Olympic Club	19:49	10/25/2014	Belmont Plateau (5km)
5mi	Open Men	Troy Lee	Kenyan Runners	24:00	9/11/1993	Belmont Plateau (5mi)