

MID-EASTERN ATHLETIC CONFERENCE

MEACTM



CROSS COUNTRY RECORDS BOOK

THIS RECORDS BOOK IS PART OF AN ONGOING RESEARCH PROJECT OF THE
MEAC AND WILL BE UPDATED AS ADDITIONAL RECORDS ARE LOCATED.



TABLE OF CONTENTS

All-Sports Awards	2	First Championship Awarded By Sport
Women's Cross Country Records	3-9	Football: 1971, Morgan State
Women's Cross Country Champions	3	Baseball: 1972, Howard*
Women's Cross Country Outstanding Coaches	3	Men's Basketball: 1972, North Carolina A&T State
Women's Cross Country Outstanding Performers	3	Men's Golf: 1972, South Carolina State**
Women's Cross Country Top 100 Times	4	Men's Outdoor Track & Field: 1972, North Carolina Central
Women's Cross Country Finishes (Individuals)	5-9	Men's Tennis: 1972, North Carolina Central***
Men's Cross Country Records	10-16	Wrestling: 1972, Howard****
Men's Cross Country Champions	10	Women's Basketball: 1978, South Carolina State
Men's Cross Country Outstanding Coaches	10	Men's Cross Country: 1980, North Carolina A&T State
Men's Cross Country Outstanding Performers	10	Women's Outdoor Track & Field: 1980, Howard
Men's Cross Country Top 100 Times	11	Women's Cross Country: 1981, Howard
Men's Cross Country Finishes (Individuals)	12-16	Men's Indoor Track & Field: 1981, South Carolina State
		Women's Indoor Track & Field, 1981, Howard
		Volleyball: 1984, Howard
		Women's Tennis: 1986, South Carolina State
		Softball: 1993, Florida A&M
		Women's Bowling: 2000, North Carolina A&T State



This records book was compiled by the Mid-Eastern Athletic Conference (MEAC) strategic communications staff, with assistance from current and former member institutions' sports information directors. If there is an inaccuracy within these pages, or information that is missing, please feel free to contact the MEAC strategic communications staff (please provide documentation when doing so; the MEAC cannot count unverified information within its records).

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*record book updated as of June 22, 2023

ALL-SPORTS AWARDS



The Mary McLeod Bethune Award, named after the founder of Bethune-Cookman College, awards the top overall women's athletic program during the course of one full academic year. The first Mary McLeod Bethune award was giving in 1987 to Delaware State University. Former member Hampton leads all MEAC schools with 14 women's awards. The men's All-Sports Award is named after the late Talmadge Layman Hill, a former player and coach at Morgan State, and former Chairman of the MEAC Steering and Planning Committee, as well as the conference's first President. Howard University was the recipient of the first Talmadge Layman Hill Award in 1972. Norfolk State holds the men's record with 12 awards.

Talmadge Layman Hill Men's All-Sports Winners

Year	School
2023	Howard
2022	Norfolk State
2021	North Carolina A&T State
2020	No winner awarded
2019	North Carolina A&T State
2018	Bethune-Cookman
2017	Norfolk State
2016	Bethune-Cookman
2015	Bethune-Cookman
2014	Bethune-Cookman
2013	Norfolk State
2012	Norfolk State
2011	Norfolk State
2010	Norfolk State
2009	Norfolk State
2008	Norfolk State
2007	Norfolk State
2006	Norfolk State
2005	Norfolk State
2004	Hampton
2003	Hampton
2002	Florida A&M*
2001	Norfolk State
2000	Florida A&M*
1999	Hampton
1998	Florida A&M*
1997	Florida A&M
1996	North Carolina A&T State
1995	Florida A&M
	North Carolina A&T State
1994	Florida A&M
1993	Florida A&M
1992	Florida A&M
1991	Florida A&M
1990	Delaware State
1989	Florida A&M
1988	Howard
1987	Howard
1986	Delaware State
1985	Delaware State
1984	South Carolina State
1983	South Carolina State
1982	South Carolina State
1981	South Carolina State
1980	South Carolina State
1979	South Carolina State
1978	South Carolina State
1977	South Carolina State
1976	South Carolina State
1975	South Carolina State
1974	South Carolina State
1973	Morgan State
1972	Howard

Mary McLeod Bethune Women's All-Sports Winners

Year	School
2023	Howard
2022	Howard
2021	North Carolina A&T State
2020	No winner awarded
2019	North Carolina A&T State
2018	North Carolina A&T State
2017	Florida A&M
2016	Bethune-Cookman
	Florida A&M
2015	Hampton
2014	Hampton
2013	Hampton
2012	Hampton
2011	Hampton
2010	Hampton
2009	Hampton
2008	Hampton
2007	Hampton
2006	Hampton
2005	Hampton
2004	Hampton
2003	Hampton
2002	Hampton
2001	Florida A&M*
2000	Florida A&M*
1999	Florida A&M*
1998	Florida A&M*
1997	Florida A&M
1996	Florida A&M
1995	Florida A&M
1994	Florida A&M
1993	Florida A&M
1992	Howard
1991	South Carolina State
1990	Howard
1989	Howard
1988	Howard
1987	Delaware State

*rescinded by the MEAC for violations



WOMEN'S RECORDS

YEARLY CHAMPIONS

Year	Women	Outstanding Coach
2022	Howard	Wesley Stephens
2021	Norfolk State	Kenneth Giles
2020	N/A	N/A
2019	Norfolk State	Kenneth Giles
2018	Florida A&M	Dr. Darlene Moore
2017	Florida A&M	Dr. Darlene Moore
2016	Florida A&M	Dr. Darlene Moore
2015	Florida A&M	Dr. Darlene Moore
2014	Florida A&M	Dr. Darlene Moore
2013	Florida A&M	Dr. Darlene Moore
2012	Florida A&M	Dr. Darlene Moore
2011	Hampton	Maurice Pierce
2010	Hampton	Maurice Pierce
2009	Norfolk State	Rhonda Berard
2008	Maryland Eastern Shore	Ernest Barrett
2007	Maryland Eastern Shore	Ernest Barrett
2006	Hampton	Maurice Pierce
2005	Howard	Michael Meritt
2004	Hampton	Maurice Pierce
2003	Howard	Michael Meritt
2002	Howard	Michael Merrit
2001	Florida A&M	
2000	Bethune-Cookman	
1999	Florida A&M	
1998	Florida A&M	
1997	Florida A&M	
1996	Coppin State	
1995	Bethune-Cookman	
1994	Coppin State	Earnest Barrett
1993	Coppin State	Donald Wester
1992	Coppin State	Donald Webster
1991	Coppin State	Donald Webster
1990	Delaware State	Rickey Meekins
1989	Howard	William Moultrie
1988	Howard	William Moultrie
1987	Delaware State	Fred Sowerby
1986	Delaware State	Fred Sowerby
1985	Delaware State	Fred Sowerby
1984	Delaware State	Fred Sowerby
1983	Maryland Eastern Shore	Ian Daley
1982	Howard	William Moultrie
1981	Howard	Ashley Hughes

OUTSTANDING PERFORMERS

Year	Women	School
2022	Mercyline Kimaiyo	Norfolk State
2021	Jada Banks	South Carolina State
2020	N/A	N/A
2019	Martha Bissah	Norfolk State
2018	Martha Bissah	Norfolk State
2017	Martha Bissah	Norfolk State
2016	Judith Kibii	Florida A&M
2015	Cynthia Chelego	Florida A&M
2014	Barbora Blahutova	Maryland Eastern Shore
2013	Ashley Seymour	Morgan State
2012	Petra Kubešová	Maryland Eastern Shore
2011	Kadian Dunkley	Bethune-Cookman
2010	Ashley Hodges	Howard
2009	Jahlisa Smith	Hampton
2008	Naomi Tanui	Coppin State
2007	Merrecia James	Maryland Eastern Shore
2006	Jessica Neal	Howard
2005	Krystle Medlin	Hampton
2004	Eva Slavikova	Maryland Eastern Shore
2003	Tasha Harris	Howard
2002	Tasha Harris	Howard
2001	Agatha Gitundu	Norfolk State
2000	Wendy Augustin	Bethune-Cookman
1999	Eva Lustigova	Norfolk State
1998	Ayanna Mackins	Howard
1997	Nicole Carty	Bethune
1996	Catrice Harrison	South Carolina State
1995	Nicole Carty	Bethune
1994	Catrice Harrison	South Carolina State
1993	Annete Williams	Coppin State
1992	Diana Pitts	Coppin State
1991	Felicia Harris	Coppin State
1990	Michelle Robinson	Delaware State
1989	Michelle Robinson	Delaware State
1988	Nicole Toro	Delaware State
1987	Michelle Robinson	Delaware State
1986	Malkeyia Honesty	Delaware State
1985	Kim McCollum	Delaware State
1984	Karen Gascoigne	Howard
1983	Kim McCollum	Delaware State
1982	Karen Gascoigne	Howard
1981	Wanda Watts	Howard

WOMEN'S RECORDS



TOP 100 BEST ALL-TIME MEAC CHAMPIONSHIP TIMES

Athlete, School	Time	Year
1. Martha Bissah, NSU	17:16.3	2017
2. Naomi Tanui, CSU	17:35.3	2008
3. Faith Keitany, HAM	17:38.6	2017
4. Martha Bissah, NSU	17:44.4	2019
5. Kimberly McCollum, DSU	17:45.0	1983
6. Jessica Neal, HOW	17:47.3	2006
7. Cynthia Chelelgo, FAMU	17:49.6	2015
8. Natalie Anderson, UMES	17:50.0	1983
9. Krystle Medlin, HAM	17:53.0	2008
10. Judith Kibii, FAMU	17:53.9	2015
11. Ashley Hodges, HOW	17:58.0	2008
12. Janet Okeago, HAM	17:58.4	2017
13. Aurelia Jepakorir, UMES	17:58.8	2019
14. Juanita Rogers, HOW	17:59.0	1983
15. Merrecia James, UMES	17:59.7	2006
16. Mercyline Kimaiyo, NSU	18:02.3	2022
17. Martha Bissah, NSU	18:02.4	2018
18. Judith Kibii, FAMU	18:02.6	2016
19. Jennifer Chichester, NSU	18:05.0	2008
Malkeiya Honesty, DSU	18:05.0	1986
21. Jennaya Heild, UMES	18:05.6	2015
22. Katherine Brooks, HOW	18:07.0	1983
Mallory Ross, DSU	18:07.0	2008
24. Krystle Medlin, HAM	18:09.0	2006
25. Ashley Seymour, MSU	18:10.0	2013
26. Ce'aira Brown, HAM	18:10.6	2015
27. Effiey Kosgei, FAMU	18:10.8	2013
28. Emmax Kiplagat, FAMU	18:11.4	2017
29. Brittney Stewart, SCSU	18:12.1	2008
30. Deja Davis, B-CU	18:12.2	2016
31. Janeth Chepkonga, UMES	18:13.1	2006
32. Betty Chumbe, UMES	18:16.6	2006
33. Alice Allen, UMES	18:18.0	1983
34. Ashley Hodges, HOW	18:19.7	2010
35. Karen Gascoigne, HOW	18:33.0	1983
36. Brittney Stewart, SCSU	18:26.4	2010
37. Jennifer Chichester, NSU	18:26.8	2010
38. Angela Vickers, SCSU	18:27.0	1983
39. Jasmin Branch, HAM	18:27.4	2010
40. Merrecia James, UMES	18:27.7	2007
41. QuanDra Shanks, FAMU	18:27.9	2013
42. Kimberly Pierce, UMES	18:28.0	1983
43. Mercy Rotich, FAMU	18:30.4	2019
44. QuanDra Shanks, FAMU	18:30.9	2015
45. Marketa Marcanikova, SCSU	18:31.4	2016
46. Kellen Rutto, NSU	18:31.5	2010
47. Eva Slavikova, UMES	18:31.9	2004
48. Annette Harrigan, UMES	18:32.0	1983
49. Sharon Jerop, UMES	18:34.2	2016
50. Krystle Medlin, HAM	18:34.3	2005
51. Fridah Koech, NSU	18:34.4	2019
52. Jahlisa Smith, HAM	18:34.8	2009
53. Candice Higgins, NSU	18:35.6	2017
54. Kristin Rush, NCAT	18:35.7	2009
55. Latrese Todd, HOW	18:36.0	1983
56. Sharon Jerop, UMES	18:36.2	2017
57. Barbora Blahutova, UMES	18:37.3	2014

Eunice Jones, UMES	18:37.3	2010
59. Candice Higgins, NSU	18:38.7	2016
60. Tanya McCrae, DSU	18:39.0	1986
61. Jitka Vaculikova, HAM	18:39.5	2005
62. Tamica Whyte, UMES	18:39.7	2008
63. Fabiana Perlingerio, NSU	18:40.4	2005
64. Effiey Kosgei, FAMU	18:40.6	2015
Jada Banks, SCSU	18:40.6	2021
66. Rachel Webb, NSU	18:41.2	2015
67. Celia Whyte, UMES	18:41.4	2008
68. Ashley Hodges, HOW	18:41.7	2007
Dashera Richardson, DSU	18:41.7	2010
70. Nichelle Harris, HAM	18:42.0	2013
71. Jennaya Heild, UMES	18:42.7	2016
Emmax Kiplagat, FAMU	18:42.7	2018
73. Nynneya Columbus, MSU	18:43.5	2013
74. Kadian Dunkley, B-CU	18:43.6	2011
75. Tynniesia Wilson, NSU	18:44.4	2022
76. Pollyanna Velasco, HAM	18:44.9	2016
Aurora Scott, NSU	18:44.9	2009
78. Tia Miles, NSU	18:45.0	2008
79. Adugna Desalegn, NSU	18:45.1	2013
80. Rachel Webb, NSU	18:45.3	2013
81. Cynthia Chelelgo, FAMU	18:45.8	2013
82. Ishakeema Swain, MSU	18:46.2	2013
83. G'Jasmyn Butler, NCAT	18:46.5	2019
84. Tasha Harris, HOW	18:47.0	2003
85. Amber Brooks, NCCU	18:47.2	2013
86. Eunice Jones, UMES	18:47.3	2011
87. Fridah Limo, FAMU	18:47.9	2015
88. Melanie White, HOW	18:48.6	2022
89. Nyajock Pan, B-CU	18:49.1	2016
90. Judith Kibii, FAMU	18:49.6	2014
91. Shalet Mitei, FAMU	18:50.0	2018
92. Janet Chepkonga, MSU	18:50.9	2005
Jennifer Chichester, NSU	18:50.9	2009
Yaminah Smith, UMES	18:50.9	2015
95. Kadian Dunkley, B-CU	18:51.1	2012
96. Eunice Jones, UMES	18:51.2	2009
97. Deja Davis, B-CU	18:51.6	2015
98. Fabiana Perlingerio, NSU	18:51.8	2006
Mercy Rotich, FAMU	18:51.8	2017
100. Eunice Jones, UMES	18:52.4	2008



WOMEN'S RECORDS

CHAMPIONSHIP FINISHES (INDIVIDUAL, 5K)

2022				
PL	NAME	TEAM	TIME	SCORE
1	Mercylaine Kimaiyo	Norfolk State	18:02.3	1
2	Tynniesia Wilson	Norfolk State	18:44.4	2
3	Melanie Wilson	Howard	18:48.6	3
4	Kara Grant	Norfolk State	18:57.8	4
5	Camille Egbula	Howard	18:57.8	5
6	Breanna McDonald	Howard	19:05.0	6
7	Maria Garcia Rabago	Delaware State	19:24.4	7
8	Joslyn Crosby	Howard	19:27.8	8
9	Victoria Swepson	North Carolina Central	19:34.2	9
10	Jordyn Miller	Howard	19:35.5	10

2021				
PL	NAME	TEAM	TIME	SCORE
1	Jada Banks	South Carolina State	18:40.6	1
2	Fridah Koech	Norfolk State	19:03.3	2
3	Joslyn Crosby	Howard	19:25.0	3
4	Camille Egbula	Howard	19:30.4	4
5	Martha Bissah	Norfolk State	19:36.9	5
6	Kara Grant	Norfolk State	19:41.2	6
7	Rachel Field	Morgan State	19:44.6	7
8	Tynniesia Wilson	Norfolk State	19:52.2	8
9	Victoria Swepson	North Carolina Central	19:55.4	9
10	Ashanti Meyers	South Carolina State	20:04.9	10

2019				
PL	NAME	TEAM	TIME	SCORE
1	Martha Bissah	Norfolk State	17:44.4	1
2	Aurelia Jepkorir	Maryland Eastern Shore	17:58.8	2
3	Mercy Rotich	Florida A&M	18:30.4	3
4	Fridah Koech	Norfolk State	18:34.4	4
5	G'Jasmyne Butler	North Carolina A&T	18:46.5	
6	Tatiana Ogundeko	Coppin State	18:59.2	5
7	Ashley Jean-Raymond	North Carolina Central	19:00.7	6
8	Infinnatie Rowe	Morgan State	19:07.2	7
9	Caroline Samoei	Norfolk State	19:11.6	8
10	Shalet Mitei	Florida A&M	19:20.3	9

2018				
PL	NAME	TEAM	TIME	SCORE
1	Martha Bissah	Norfolk State	18:02.4	1
2	Emmax Kiplagat	Florida A&M	18:42.7	2
3	Shalet Mitei	Florida A&M	18:50.0	3
4	Fridah Koech	Norfolk State	19:11.8	4
5	Mercy Chemutai	Maryland Eastern Shore	19:12.0	5
6	Sharon Kibiwott	Florida A&M	19:29.4	6
7	Deja Davis	Bethune-Cookman	19:34.0	7
8	Destiny Stanford	Howard	19:41.3	8
9	Candice Higgins	Norfolk State	19:42.6	9
10	Infinnatie Rowe	Morgan State	19:43.7	10

2017					
PL	NAME	TEAM	TIME	SCORE	
1	Martha Bissah	Norfolk State	17:16.3	1	
2	Faith Keitany	Hampton	17:38.6	2	
3	Janet Okeago	Hampton	17:58.4	3	
4	Emmax Kiplagat	Florida A&M	18:11.4	4	
5	Candice Higgins	Norfolk State	18:35.6	5	
6	Sharon Jerop	Maryland Eastern Shore	18:36.2	6	
7	Mercy Rotich,	Florida A&M	18:51.8	7	
8	Nancy Murgor	Florida A&M	18:54.8	8	
9	Ashah Koech	Norfolk State	18:55.8	9	
10	Neus Quinonero	Maryland-Eastern Shore	19:02.7	10	

2016					
PL	NAME	TEAM	TIME	SCORE	
1	Judith Kibii	Florida A&M	18:02.6	1	
2	Jennaya Heild	Maryland-Eastern Shore	18:42.7	2	
3	Deja Davis	Bethune-Cookman	18:12.21	3	
4	Market Marcanikova	South Carolina State	18:31.43	4	
5	Sharon Jerop	Maryland-Eastern Shore	18:34.24	5	
6	Candice Higgins	Norfolk State	18:38.79	6	
7	Pollyana Velasco	Hampton	18:44.96	7	
8	Nyajock Pan	Bethune-Cookman	18:49.12	8	
9	Emmax Kiplagat	Florida A&M	18:52.59	9	
10	Neus Quinoero	Maryland-Eastern Shore	18:58.5	10	

2015					
PL	NAME	TEAM	TIME	SCORE	
1	Cynthia Chelelgo	Florida A&M	17:49.6	1	
2	Judith Kibii	Florida A&M	17:53.9	2	
3	Jennaya Heild	Maryland Eastern Shore	18:05.6	3	
4	Ce'aira Brown	Hampton	18:10.6	4	
5	QuanDra Shanks	Florida A&M	18:30.9	5	
6	Effiey Kosgei	Florida A&M	18:40.6	6	
7	Rachel Webb	Norfolk State	18:41.2	7	
8	Fridah Limo	Florida A&M	18:47.9	8	
9	Yaminah Smith	Maryland Eastern Shore	18:50.9	9	
10	Deja Davis	Bethune-Cookman	18:51.6	10	

2014					
PL	NAME	TEAM	TIME	SCORE	
1	Barbora Blahtova	Maryland Eastern Shore	18:37.3	1	
2	Judith Kibii	Florida A&M	18:49.6	2	
3	Karen Escobedo	Morgan State	18:55.4	3	
4	Effiey Kosgei	Florida A&M	19:05.8	4	
5	Ishakeema Swain	Morgan State	19:20.8	5	
6	Ce'aira Brown	Hampton	19:24	6	
7	Ketsia Dornevil	Delaware State	19:26.9	7	
8	Cynthia Chelelgo	Florida A&M	19:33.6	8	
9	QuanDra Shanks	Florida A&M	19:34.5	9	
10	Nynneya Columbus	Morgan State	19:36.6	10	

WOMEN'S RECORDS



2013					
PL	NAME	TEAM	TIME	SCORE	
1	Ashley Seymour	Morgan State	18:10	1	
2	Effiey Kosgei	Florida A&M	18:10.8	2	
3	QuanDra Shanks	Florida A&M	18:27.9	3	
4	Nichelle Harris	Hampton	18:42	4	
5	Nynneya Columbus	Morgan State	18:43.5	5	
6	Adugna Desalegn	Norfolk State	18:45.1	6	
7	Rachel Webb	Norfolk State	18:45.3	7	
8	Cynthia Chelelgo	Florida A&M	18:45.8	8	
9	Ishakeema Swain	Morgan State	18:46.2	9	
10	Amber Brooks	North Carolina Central	18:47.2	10	

2012					
PL	NAME	TEAM	TIME	SCORE	
2	Kadian Dunkley	Bethune-Cookman	18:51.19	2	
3	Simone Durden	Florida A&M	19:08.68	3	
4	Kristin Rush	North Carolina A&T	19:11.6	4	
5	Ishakeema Swain	Morgan State	19:15.08	5	
6	Devyn Thompson	Hampton	19:18.87	6	
7	Sherill McFarlane	South Carolina State	19:21.21	7	
8	Ashley Armand	Hampton	19:22.07	8	
9	Nichelle Harris	Hampton	19:25.02	9	
10	Amber Brooks	North Carolina Central	19:26.35	10	

2011					
PL	NAME	TEAM	TIME	SCORE	
1	Kadian Dunkley	Bethune-Cookman	18:43.61	1	
2	Eunice Jones	Maryland Eastern Shore	18:47.35	2	
3	Simone Durden	Florida A&M	19:08.89	3	
4	Nadine Mulvany	Florida A&M	19:09.58	4	
5	Cynthia Anais	Maryland Eastern Shore	19:15.13	5	
6	Alaine Tate	Hampton	19:16.88	6	
7	Nichelle Harris	Hampton	19:17.69	7	
8	Dashera Richardson	Delaware State	19:23.84	8	
9	Kellen Rutto	Norfolk State	19:35.42	9	
10	Teshika Rivers	Hampton	19:39.55	10	

2010					
PL	NAME	TEAM	TIME	SCORE	
1	Ashley Hodges	Howard	18:19.7	1	
2	Brittney Stewart	South Carolina State	18:26.4	2	
3	Jennifer Chinchester	Norfolk State	18:26.8	3	
4	Jasmin Branch	Hampton	18:27.4	4	
5	Kellen Rutto	Norfolk State	18:31.5	5	
6	Eunice Jones	Maryland Eastern Shore	18:37.3	6	
7	Dashera Richardson	Delaware State	18:41.7	7	
8	Cynthia Anais	Maryland Eastern Shore	18:52.8	8	
9	Devyn Thompson	Hampton	18:54.7	9	
10	Patrecia Daniley	South Carolina State	18:57.6	10	

2009					
PL	NAME	TEAM	TIME	SCORE	
1	Jahlisa Smith	Hampton	18:34.8	1	
2	Kristin Rush	North Carolina A&T	18:35.7	2	
3	Aurora Scott	Norfolk State	18:44.97	3	
4	Jennifer Chichester	Norfolk State	18:50.92	4	
5	Eunice Jones	Maryland Eastern Shore	18:51.24	5	
6	Kellen Rutto	Norfolk State	19:00.57	6	
7	Brittney Stewart	South Carolina State	19:03.88	7	
8	Tamica Thomas	Maryland Eastern Shore	19:16.69	8	
9	Celia Whyte	Maryland Eastern Shore	19:20.92	9	
10	Ashley Hodges	Howard	19:24.5	10	

2008					
PL	NAME	TEAM	TIME	SCORE	
1	Naomi Tanui	Coppin State	17:35.35	1	
2	Krystle Medline	Hampton	17:53.04	2	
3	Ashley Hodges	Howard	17:58.07	3	
4	Jennifer Chichester	Norfolk State	18:05.05	4	
5	Mallory Ross	Delaware State	18:07.07	5	
6	Brittney Stewart	South Carolina State	18:12.11	6	
7	Tamica Whyte	Maryland Eastern Shore	18:39.7	7	
8	Celia Whyte	Maryland Eastern Shore	18:41.4	8	
9	Tia Miles	Norfolk State	18:45.05	9	
10	Eunice Jones	Maryland Eastern Shore	18:52.49	10	

2007					
PL	NAME	TEAM	TIME	SCORE	
1	Merrecia James	Maryland Eastern Shore	18:27.7	1	
2	Ashley Hodges	Howard	18:41.2	2	
3	Yatandrea Burke	Florida A&M	18:55.4	3	
4	Jessica Neal	Howard	19:00.3	4	
5	Jahlisa Neal	Hampton	19:05.9	5	
6	Jennifer Chichester	Norfolk State	19:16	6	
7	Betty Chumbe	Maryland Eastern Shore	19:26	7	
8	Nicola Listhrop	Florida A&M	19:30.8	8	
9	Kenya Jones	Hampton	19:35.8	9	
10	Tia Miles	Norfolk State	19:37	10	

2006					
PL	NAME	TEAM	TIME	SCORE	
1	Jessica Neal	Howard	17:47.3	1	
2	Merrica James	Maryland Eastern Shore	17:59.7	2	
3	Krystle Medlin	Hampton	18:09	3	
4	Janeth Chepkonga	Maryland Eastern Shore	18:13.1	4	
5	Betty Chumbe	Maryland Eastern Shore	18:16.6	5	
6	Janet Chepkonga	Morgan State	18:50.9	6	
7	Fabiana Perlingerio	Norfolk State	18:51.8	7	
8	Jitka Vaculikova	Hampton	19:01.4	8	
9	Mallory Ross	Delaware State	19:07.8	9	
10	Amanda Stevenson	Howard	19:18.7	10	



WOMEN'S RECORDS

2005					2000				
PL	NAME	TEAM	TIME	SCORE	PL	NAME	TEAM	TIME	SCORE
1	Krystle Medlin	Hampton	18:34.3	1	1	Wendy Augustin	Bethune-Cookman	19:04	1
2	Jitka Vaculikova	Hampton	18:39.5	2	2	Marketa Patochoua	Bethune-Cookman	19:18	2
3	Fabiana Perlingerio	Norfolk State	18:40.4	3	3	Marla Sterbova	Maryland Eastern Shore	19:28	3
4	Janeth Chelangat	Maryland Eastern Shore	19:00.9	4	4	Jennifer Brown	Florida A&M	19:42	4
5	Indira Garcia	Howard	19:03.9	5	5	Krystal Perkins	Howard	19:47	5
6	Ashley Vann	Howard	19:05.4	6	6	Latasha Long	Bethune-Cookman	19:49	6
7	Cetera Bunche	Hampton	19:12.3	7	7	Hannah Muchene	Bethune-Cookman	19:50	7
8	Denisha Hudson	Norfolk State	19:15.8	8	8	Kenesha Miller	Coppin State	19:51	8
9	Melissa Ife	Norfolk State	19:18.9	9	9	Renee Berry	Coppin State	19:57	9
10	Mallory Ross	Delaware State	19:20.1	10	10	Adrienne Trice	Howard	20:08	10
2004					1999				
PL	NAME	TEAM	TIME	SCORE	PL	NAME	TEAM	TIME	SCORE
1	Eva Salvikova	Maryland Eastern Shore	18:31.9	1	1	Eva Lustigova	Norfolk State	19:13	1
2	Krystle Medlin	Hampton	19:05.8	2	2	Jessica Sewell	Florida A&M	19:37	2
3	Jitka Vaculikova	Hampton	19:07.4	3	3	Alicia Sewell	Florida A&M	19:47	3
4	Linah Tallam	Norfolk State	19:21.5	4	4	Danielle Gee	Hampton	19:59	4
5	Tasha Harris	Howard	19:32	5	5	Adrian Trice	Howard	20:11	5
6	Ashley Vann	Howard	19:37.7	6	6	Dara Wise	Florida A&M	20:18	6
7	Indira Garcia	Howard	19:40.7	7	7	Windy Augustin	Bethune-Cookman	20:20	7
8	Cetera Bunch	Hampton	19:49.9	8	8	Zuzana Rydlova	Norfolk State	20:36	8
9	Denisha Hudson	Norfolk State	19:50.8	9	9	Jennifer Brown	Florida A&M	20:44	9
10	Eboni White	Hampton	19:54.4	10	10	Birdette Hughley	Florida A&M	20:47	10
2003					1997				
PL	NAME	TEAM	TIME	SCORE	PL	NAME	TEAM	TIME	SCORE
1	Tasha Harris	Howard	18:47	1	1	Nicole Carty	Bethune-Cookman	19:23	1
2	Krystle Medlin	Hampton	18:59	2	2	Catherine Figueroa	Bethune-Cookman	20:04	2
3	Ebony White	Hampton	19:01	3	3	Ayanna Mackins	Howard	20:11	3
4	Eva Slavikova	Maryland Eastern Shore	19:15	4	4	Karen Williams	Bethune-Cookman	20:15	4
5	Ashley Vann	Howard	19:21	5	5	Tamyra Edwards	Howard	20:19	5
6	Denisha Hudson	Norfolk State	19:26	6	6	Catrese Hairston	South Carolina State	20:25	6
7	Alicia Melton	Howard	19:27	7	7	Tyra Neal	Delaware State	20:30	7
8	Krystal Perkins	Howard	19:28	8	8	Monica Green	Florida A&M	20:33	8
9	Jade Fisher	Hampton	19:31	9	9	Jennifer Brown	Florida A&M	20:38	9
10	Linah Tallam	Norfolk State	19:41	10	10	Startisha McNair	Hampton	20:41	10
2002					1995				
PL	NAME	TEAM	TIME	SCORE	PL	NAME	TEAM	TIME	SCORE
1	Tasha Harris	Howard	19:24	1	1	Nichole Carty	Bethune-Cookman	19:09	1
2	Denisha Hudson	Norfolk State	19:34	2	2	Catrese Hairston	South Carolina State	20:04	2
3	Cetera Bunche	Hampton	19:36	3	3	Tamyra Edaro	Howard	20:08	3
4	Indira Garcia	Howard	19:43	4	4	Annette Williams	Coppin State	20:12	4
5	Eboni White	Hampton	19:45	5	5	Catherine Figueroa	Bethune-Cookman	20:14	5
6	Ashley Vann	Howard	19:52	6	6	LaTonya Ballard	Florida A&M	20:19	6
7	Krystal Perkins	Howard	19:56	7	7	Lisa Pressley	Maryland Eastern Shore	20:22	7
8	Dara Wise	Florida A&M	20:00	8	8	Karen Williams	Bethune-Cookman	20:23	8
9	Judy Tubei	Norfolk State	20:03	9	9	Samantha Belcher	Florida A&M	20:26	9
10	Stacey Holmes	Morgan State	20:09	10	10	Draphet Moody	Coppin State	20:31	10

WOMEN'S RECORDS



1994					1989				
PL	NAME	TEAM	TIME	SCORE	PL	NAME	TEAM	TIME	SCORE
1	Catrese Hairston	South Carolina State	19:47	1	1	Michelle Robinson	Delaware State	20:36	1
2	Sharese Carter	Coppin State	20:02	2	2	Alexandria Crampton	Howard	20:53	2
3	Annette Williams	Coppin State	20:23	3	3	Ursula Williams	Howard	21:05	3
4	Twana Allen	Coppin State	20:28	4	4	Susie Tanefo	Howard	21:16	4
5	Sharon Johnson	Coppin State	20:48	5	5	Karen Faulkner	Delaware State	21:18	5
6	Ill-Llya Gillaro	Coppin State	21:03	6	6	Giselle Harris	Morgan State	21:31	6
7	Zara Eden	Coppin State	21:04	7	7	Viola Harris	Morgan State	21:34	7
8	Karen DeCairish	Coppin State	21:22	8	8	Deidre Chernemas	North Carolina A&T	21:40	8
9	Stacy Stewart	Coppin State	21:30	9	9	Lisa Shands	Morgan State	21:51	9
10	Samantha Belcher	Howard	21:40	10	10	Julie Jones	Coppin State	21:52	10
1993					1988				
PL	NAME	TEAM	TIME	SCORE	PL	NAME	TEAM	TIME	SCORE
1	Annette Williams	Coppin State	19:35	1	1	Nicole Toro	Howard	21:01	1
2	Diana Pitts	Coppin State	20:12	2	2	Sharon Johnson	Howard	22:04	2
3	Ill-Llya Gillard	Coppin State	20:20	3	3	Giselle Harris	Morgan State	22:14	3
4	Jerri Sutton	Florida A&M	20:49	4	4	Michelle Robinson	Delaware State	22:16	4
5	Sherre Carter	Coppin State	21:18	5	5	Ursala Williams	Howard	22:19	5
6	Kathryn Donaldson	Coppin State	21:26	6	6	Holly Walker	Howard	22:57	6
7	Gail Stewart	Maryland Eastern Shore	21:32	7	7	Kenneth Wright	South Carolina State	22:57	7
8	Catherine Thomas	Delaware State	21:38	8	8	Cindy Ford	Howard	23:09	8
9	Yolanda Fox	Florida A&M	21:43	9	9	Viola Harris	Morgan State	23:11	9
10	Latasha Key	Morgan State	21:44	10	10	Deidre Chenomas	North Carolina A&T	23:16	10
1992					1987				
PL	NAME	TEAM	TIME	SCORE	PL	NAME	TEAM	TIME	SCORE
1	Diana Pitts	Coppin State	19:45	1	1	Michelle Robinson	Delaware State	21:25	1
2	Meisha Abbshingad	Howard	20:08	2	2	Malkeiya Honesty	Delaware State	21:37	2
3	Felisha Harris	Coppin State	20:24	3	3	Valecia Bowser	Delaware State	21:48	3
4	Ill-Llya Gillard	Coppin State	20:45	4	4	Anbelique Broushet	Delaware State	21:51	4
5	Annette Williams	Coppin State	20:52	5	5	Ixchel Campbell	North Carolina A&T	22:17	5
6	Susie Tanefo	Howard	21:13	6	6	Lisa Harrison	Maryland Eastern Shore	22:24	6
7	Lavette Pinckney	South Carolina State	21:18	7	7	Margaret Locke	Delaware State	22:34	7
8	Jerri Sutton	Florida A&M	21:27	8	8	Lisa Dobbs	North Carolina A&T	23:09	8
9	Latisha Key	Morgan State	21:39	9	9	Janice Kelly	Howard	23:21	9
10	Raquel Beverly	Coppin State	21:44	10	10	Cynthia Cotton	Howard	23:34	10
1990					1986				
PL	NAME	TEAM	TIME	SCORE	PL	NAME	TEAM	TIME	SCORE
1	Michelle Robinson	Delaware State	20:20	1	1	Malkeiya Honesty	Delaware State	18:05	1
2	Dawn Jones	Delaware State	20:41	2	2	Tanya McCrae	Delaware State	18:39	2
3	Susie Tanefo	Howard	20:48	3	3	Valeria Bowser	Delaware State	19:01	3
4	LaChandra Smith	North Carolina A&T	20:56	4	4	Toshiko Martin	South Carolina State	19:05	4
5	Lisa Shands	Morgan State	21:13	5	5	Tanya Bynes	Delaware State	19:22	5
6	Kim Burke	Delaware State	21:14	6	6	Janice Kelly	Howard	19:46	6
7	Kennetha Wright	South Carolina State	21:25	7	7	Pamela Harris	Howard	19:49	7
8	Julie Jones	Coppin State	21:33	8	8	Tisa Robinson	Howard	19:52	8
9	Michelle Brown	Delaware State	21:38	9	9	Margie Glenville	South Carolina State	20:06	9
10	Diana Pitts	Coppin State	21:39	10	10	Angelia Pulliam	Morgan State	20:11	10



WOMEN'S RECORDS

1985				
PL	NAME	TEAM	TIME	SCORE
1	Kimberly McCollum	Delaware State	19:27.3	1
2	Sonia Robinson	Delaware State	19:41.9	2
3	Kim White	Coppin State	19:56.1	3
4	Latrese Todd	Howard	20:16.3	4
5	Tanya McCray	Delaware State	20:19.5	5
6	Tisa Robinson	Delaware State	20:25.8	6
7	Angela Stevens	South Carolina State	20:29.1	7
8	Toshika Martin	South Carolina State	20:40.5	8
9	Janice Kelly	Howard	21:00.4	9
10	Annette Harrihan	Maryland Eastern Shore	21:05.7	10

1984**				
PL	NAME	TEAM	TIME	SCORE
1	Karen Gascoigne	Howard	15:26	1
2	Kimberly McCollum	Delaware State	15:31	2
3	Angel Vickers	South Carolina State	15:39	3
4	Tanya Bynes	Delaware State	15:54	4
5	Donna Ray	Delaware State	16:06	5
6	Shelly Smith	Delaware State	16:07	6
7	Pamela Jordan	South Carolina State	16:14	7
8	Natalie Anderson	Maryland Eastern Shore	16:22	8
9	Monica Thomas	Maryland Eastern Shore	16:35	9
10	Tracy Pugh	Delaware State	16:36	10

1983				
PL	NAME	TEAM	TIME	SCORE
1	Kimberly McCollum	Delaware State	17:45	1
2	Natalie Anderson	Maryland Eastern Shore	17:50	2
3	Juanita Rogers	Howard	17:59	3
4	Katherine Brooks	Howard	18:07	4
5	Alice Allen	Maryland Eastern Shore	18:18	5
6	Karen Gascoigne	Howard	18:22	6
7	Angela Vickers	South Carolina State	18:27	7
8	Kimberly Pierce	Maryland Eastern Shore	18:28	8
9	Annette Harrigan	Maryland Eastern Shore	18:32	9
10	Latrese Todd	Howard	18:36	10

1982				
PL	NAME	TEAM	TIME	SCORE
1	Karen Gascoigne	Howard	19:53	1
2	Kimberly McCollum	Delaware State	19:54	2
3	Janis Dale	Delaware State	19:55	3
4	Wanda Watts	Howard	20:10	4
5	Agotha Soleyn	Florida A&M	20:11	5
6	Julia Long	Maryland Eastern Shore	20:20	6
7	Donna Ray	Delaware State	20:22	7
8	Angela Vickers	South Carolina State	20:34	8
9	Juanita Rogers	Howard	20:48	9
10	Eslyn Jordan	South Carolina State	21:04	10

1981				
PL	NAME	TEAM	TIME	SCORE
1	Wanda Watts	Howard	19:19.2	1
2	Juanita Rogers	Howard	19:52.4	2
3	Katherine Brooks	Howard	20:17.7	3
4	Marilyn Daniels	Florida A&M	20:25.4	4
5	Karen Gascoigne	Howard	21:11.4	5
6	Acquanette McNeely	Howard	21:31.1	6
7	Yolando Thompson	Florida A&M	21:59.6	7
8	Cassandra Squire	North Carolina A&T	22:29.6	8
9	Bessie Thompson	Howard	23:08.2	9
10	Pamela Oliver	Florida A&M	23:54.5	10

**(2.5-mile run)

MEN'S RECORDS



MEN'S YEARLY CHAMPIONS		
Year	Men	Outstanding Coach
2022	Norfolk State	Kenneth Giles
2021	Norfolk State	Kenneth Giles
2020	N/A	N/A
2019	Norfolk State	Kenneth Giles
2018	North Carolina A&T State	Duane Ross
2017	Norfolk State	Kenneth Giles
2016	Maryland Eastern Shore	Ernest Barrett
2015	Maryland Eastern Shore	Ernest Barrett
2014	Maryland Eastern Shore	Ernest Barrett
2013	Florida A&M	Wanye Angel
2012	Florida A&M	Wanye Angel
2011	Norfolk State	Kenneth Giles
2010	Norfolk State	Kenneth Giles
2009	Norfolk State	Kenneth Giles
2008	Norfolk State	Kenneth Giles
2007	Maryland Eastern Shore	Ernest Barrett
2006	Norfolk State	Kenneth Giles
2005	Norfolk State	Kenneth Giles
2004	Norfolk State	Kenneth Giles
2003	Norfolk State	Kenneth Giles
2002	Norfolk State	Kenneth Giles
2001	Norfolk State	Kenneth Giles
2000	Norfolk State	Kenneth Giles
1999	Bethune-Cookman	
1998	Howard	
1997	Howard	
1996	Hampton	
1995	Maryland Eastern Shore	
1994	Maryland Eastern Shore	
1993	Coppin State	
1992	Coppin State	
1991	Coppin State	
1990	Morgan State	
1989	Delaware State	
1988	Florida A&M	
1987	Delaware State	
1986	Delaware State	
1985	Delaware State	
1984	Delaware State	
1983	North Carolina A&T State	
1982	Maryland Eastern Shore	
1981	Florida A&M	
1980	North Carolina A&T State	

OUTSTANDING PERFORMERS		
Year	Name	School
2022	Gidion Sigei	Norfolk State
2021	Evans Cheruiyot	Norfolk State
2020	N/A	N/A
2019	Meshack Kipchirchir	Norfolk State
2018	Carlin Berryhill	Bethune-Cookman
2017	David Too	Florida A&M
2016	Khalil Rmidi Kinini	Maryland Eastern Shore
2015	Khalil Rmidi Kinini	Maryland Eastern Shore
2014	Khali Rmidi Kinini	Maryland Eastern Shore
2013	Elias Chesire	Florida A&M
2012	Elias Chesire	Florida A&M
2011	Josef Tessema	Norfolk State
2010	Shuaib Winters	Florida A&M
2009	David Justus	Morgan State
2008	Dominic Luka	Norfolk State
2007	Dominic Luka	Norfolk State
2006	David Kemboi	Norfolk State
2005	David Kemboi	Norfolk State
2004	Barnabas Togom	Maryland Eastern Shore
2003	Joseph Terer	Norfolk State
2002	Nickie Peters	Coppin State
2001	Nickie Peters	Coppin State
2000	Joseph Langat	Bethune-Cookman
1999	Joseph Langat	Bethune-Cookman
1998	Isaac Sugot	Howard
1997	Zoltan Lehhardt	Bethune-Cookman
1996	Greg Brown	Bethune-Cookman
1995	Clayton Nicholes	Maryland Eastern Shore
1994	Clayton Nicholes	Maryland Eastern Shore
1993	Courtney Bennett	Coppin State
1992	Nicholes Eugene	Coppin State
1991	Courtney Bennett	Coppin State
1990	James Wilson	North Carolina A&T State
1989	Chris Bayliss	Morgan State
1988	Darrin Wilson	North Carolina A&T State
1987	Caiphus Vilakzi	Delaware State
1986	Esayas Asafou	Delaware State
1985	Esayas Asafou	Delaware State
1984	Caiphus Vilakazi	Delaware State
1983	Joseph Willis	North Carolina A&T State
1982	Ricky Meekins	Maryland Eastern Shore
1981	Anthony Huff	Florida A&M
1980	Ronnie Holt	South Carolina State



MEN'S RECORDS

TOP 100 BEST ALL-TIME MEAC CHAMPIONSHIP TIMES

Athlete, School	Time	Year
1. David Kemboi, NSU	23:30.1	2005
2. Hillary Cheruiyot, NSU	23:40.1	2005
3. Alfred Singoei, UMES	23:45.0	2005
4. Dominic Luka, NSU	24:11.0	2005
5. Khalil Rmidi Kinini, UMES	24:27.9	2016
6. David Kemboi, NSU	24:29.4	2006
7. Shauib Winters, FAMU	24:31.3	2010
8. Cleophus Koros, NSU	24:34.4	2005
9. Gidion Sigei, NSU	24:38.8	2022
10. Vincent Rono, NSU	24:40.9	2010
11. David Too, FAMU	24:48.8	2017
12. Mark Blackmon, UMES	24:49.1	2016
13. Anthony Littlejohn, CSU	24:50.6	2005
14. Elias Chesire, FAMU	24:55.0	2012
15. Shauib Winters, FAMU	24:56.9	2012
16. Amos Kipkosgei, NSU	24:58.9	2010
17. Dominic Luka, NSU	25:00.0	2006
18. Khalil Rmidi Kinini, UMES	25:00.5	2015
19. Josef Tessema, NSU	25:00.6	2010
20. Ronald Korir, NSU	25:02.9	2016
21. Meshack Kipchirchir, NSU	25:03.4	2019
22. Elias Chesire, FAMU	25:04.0	2013
23. Omar Osbourne, FAMU	25:04.3	2005
24. Basil Melek, UMES	24:04.8	2010
25. Alfred Singoei, UMES	25:07.3	2006
26. Anteneh Girma, NSU	25:08.4	2017
27. Dominic Luka, NSU	25:09.2	2007
28. Evans Cheruiyot, NSU	25:09.8	2019
29. Evans Cheruiyot, NSU	25:11.0	2021
30. Francis Kirong, NSU	25:11.1	2005
31. Bill Kemboi, NSU	25:14.5	2017
32. Daniel Cheruiyot, FAMU	25:17.1	2013
33. Ronald Korir, NSU	25:19.4	2017
34. Elisha Metto, HOW	25:20.7	2012
35. Joseph Langat, B-CU	25:21.0	2000
36. Nickie Peters, CSU	25:23.0	2002
37. Joseph Terer, NSU	25:23.0	2003
38. Lelei Too, NSU	25:24.5	2019
39. Hillary Cheruiyot, NSU	25:24.6	2007
40. Josef Tessema, NSU	25:24.7	2011
41. Hakeem Mustafaa, NCAT	25:25.0	2015
42. Carlin Berryhill, B-CU	25:26.1	2019
43. Duncan Bitok, NSU	25:27.0	2002
44. Dominic Luka, NSU	25:27.1	2008
45. Kevin Marindich, FAMU	25:27.9	2013
46. Geofrey Sambu, FAMU	25:28.0	2013
47. Vincent Rono, NSU	25:28.6	2012
48. Joseph Terer, NSU	25:29.0	2002
49. Barnabus Togom, UMES	25:30.0	2002
50. Cordis Stanfield, HOW	25:32.0	2005
51. Regan Kimtai, NSU	25:32.1	2022
52. Darren White, NCAT	25:32.2	2015
53. Kevin Marindich, FAMU	25:35.3	2012
54. Basil Melek, UMES	25:35.6	2011
55. Felix Kiprotich, NSU	25:35.7	2017
56. Shauib Winters, FAMU	25:35.9	2011
57. Anteneh Girma, NSU	25:36.4	2016
58. Richard Elisu, SCSU	25:37.1	2005
59. Onesmus Kemboi, FAMU	25:28.1	2017
60. Peter Sang, UMES	25:39.3	2007
61. Anthony Littlejohn, CSU	25:39.7	2006
62. Oussama Chouati, UMES	25:40.2	2017
63. Darren White, NCAT	25:40.3	2016
64. Peter Sang, UMES	25:40.5	2008
65. Evans Cheruiyot, NSU	25:41.1	2022
66. Elisha Metto, HOW	25:41.2	2013
67. Emmanuel Too, HAM	25:41.7	2017
68. David Kimani, HAM	25:41.9	2010
69. Isaac Sugot, HOW	25:42.0	1998
70. Jonathan Soimo, NSU	25:42.9	2006
71. Justus David, MSU	25:44.4	2009
72. Elias Chesire, FAMU	25:44.6	2011
73. Peter Sang, UMES	25:44.6	2010
74. Philemon Kimutai, NSU	25:46.7	2009
75. Daniel Kiptoo, B-CU	25:47.3	2017
76. Anteneh Girma, NSU	25:48.5	2019
77. Daniel Mutai, MSU	25:49.3	2009
78. Antony Kimaiyo, FAMU	25:49.8	2012
79. Regan Kimtai, NCAT	25:49.9	2019
80. Felix Kiprotich, NSU	25:51.2	2016
81. Meshack Kipchirchir, NSU	25:52.5	2021
82. Khalil Rmidi Kinini, UMES	25:53.6	2014
83. Amon Kiprotich, UMES	25:54.3	2010
84. Aaron Harrison, HOW	25:54.4	2010
85. Oussama Chouati, UMES	25:55.0	2015
86. Amon Kiprotich, UMES	25:55.3	2008
87. Natnael Meseret, NSU	25:55.5	2012
88. Barnabus Togom, UMES	25:56.0	2004
89. Giovani Mowatt, HOW	25:56.7	2012
90. Ayoade Adebisi, HOW	25:58.1	2022
91. Jordan Leon, UMES	25:59.4	2015
92. Xavier Walton, B-CU	25:59.4	2016
93. Amon Kiprotich, UMES	25:59.5	2007
94. Josef Tessema, NSU	25:59.5	2008
95. Jonathan Soimo, NSU	25:59.9	2008
96. Stanley Meli, UMES	26:00.4	2015
97. Festus Kimboi, FAMU	26:01.1	2017
98. Nassor Whitehead, UMES	26:01.7	2016
99. Daniel Kiptoo, B-CU	26:02.1	2015
100. Amos Kipkosgei, NSU	26:02.4	2009

MEN'S RECORDS



CHAMPIONSHIP FINISHES (INDIVIDUAL, 8K)

2022					2017				
Pl.	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	Gidion Sigei	Norfolk State	24:38.8	1	1	David Too	Florida A&M	24:48.8	1
2	Regan Kimtai	Norfolk State	25:32.1	2	2	Anteneh Girma	Norfolk State	25:08.4	2
3	Evans Cheruiyot	Norfolk State	25:41.1	3	3	Bill Kemboi	Norfolk State	25:14.5	3
4	Ayoade Adebisi	Howard	25:58.1	4	4	Ronald Korir	Norfolk State	25:19.4	4
5	Devin Smith	Delaware State	26:14.3	5	5	Felix Kiprotich	Norfolk State	25:35.7	5
6	Brian Rotich	Norfolk State	26:24.9	6	6	Onesmus Kemboi	Florida A&M	25:38.1	6
7	Nahom Ftwi	Maryland Eastern Shore	26:34.0	7	7	Oussama Chouati	Maryland-Eastern Shore	25:40.2	7
8	Davian Gray	Morgan State	26:37.2	8	8	Emmanuel Too	Hampton	25:41.7	8
9	Isa Suleiman	Norfolk State	26:48.2	9	9	Daniel Kiptoo	Bethune-Cookman	25:47.3	9
10	Tafari Stephenson	Howard	27:00.4	10	10	Festus Kemboi	Florida A&M	26:01.1	10
2021					2016				
Pl.	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	Evans Cheruiyot	Norfolk State	25:11.0	1	1	Khalil Rmidi Kinini	Maryland Eastern Shore	24:27.88	1
2	Meshack Kipchirchir	Norfolk State	25:52.5	2	2	Mark Blackmon	Maryland Eastern Shore	24:49.07	2
3	Isa Suleiman	Norfolk State	26:14.3	3	3	Ronald Korir	Norfolk State	25:02.95	3
4	Gavin Williams	Howard	26:20.4	4	4	Anteneh Girma	Norfolk State	25:36.44	4
5	Ayoade Adebisi	Howard	26:23.0	5	5	Darren White	North Carolina A&T State	25:40.34	5
6	Albert Norman	Delaware State	26:37.1	6	6	Felix Kiprotich	Norfolk State	25:51.21	6
7	Lelei Too	Norfolk State	26:46.3	7	7	Xavier Walton	Bethune-Cookman	25:59.40	7
8	Devin Smith	Delaware State	26:53.6	8	8	Nassor Whitehead	Maryland Eastern Shore	26:01.77	8
9	Jose Rivera-Yetter	Delaware State	26:57.7	9	9	Festus Bett	Norfolk State	26:05.70	9
10	Amadou Ba	Coppin State	26:58.4	10	10	Emmanuel Too	Hampton	26:09.72	10
2019					2015				
Pl.	Name	Team	Time	Score	PL	Name	School	Finals	Score
1	Meshack Kipchirchir	Norfolk State	25:03.4	1	1	Khalil Rmidi Kinini	Maryland Eastern Shore	25:00.50	1
2	Evans Cheruiyot	Norfolk State	25:09.8	2	2	Hakeem Mustafaa	North Carolina A&T State	25:25.00	2
3	Lelei Too	Norfolk State	25:24.5	3	3	Darren White	North Carolina A&T State	25:32.20	3
4	Carlin Berryhill	Bethune-Cookman	25:26.1	4	4	Oussama Chouati	Maryland Eastern Shore	25:55.00	4
5	Anteneh Girma	Norfolk State	25:48.5	5	5	Jordan Leon	Maryland Eastern Shore	25:59.40	5
6	Regan Kimtai	North Carolina A&T State	25:49.9	6	6	Stanley Meli	Maryland Eastern Shore	26:00.40	6
7	Morris Kimble	North Carolina A&T State	26:07.6	7	7	Daniel Kiptoo	Bethune-Cookman	26:02.10	7
8	Mar'Quise McGee	North Carolina A&T State	26:16.8	8	8	Perry Cabean	North Carolina A&T State	26:03.70	8
9	Devon Williams	North Carolina A&T State	36:34.6	9	9	Donovan Mundy	Maryland Eastern Shore	26:11.10	9
10	Jordan Richardson	North Carolina A&T State	26:46.0	10	10	Xavior Walton	Bethune-Cookman	26:12.70	10
2018					2014				
Pl.	Name	Team	Time	Score	PL	Name	School	Time	Score
1	Carlin Berryhill	Bethune-Cookman	26:39.9	1	1	Khalil Rmidi Kinini	Maryland-Eastern Shore	25:53.6	1
2	Regan Kimtai	North Carolina A&T State	26:50.8	2	2	Giovani Mowatt	Howard	26:38.2	2
3	Daniel Kiptoo	Bethune-Cookman	27:18.4	3	3	Ricy Brown	Bethune-Cookman	26:58.8	3
4	Oussama Chouati	Maryland-Eastern Shore	27:33.3	4	4	Mark Tuwie	Maryland-Eastern Shore	27:13.5	4
5	John Akakega	Maryland-Eastern Shore	27:34.4	5	5	Lenier Tucker	Morgan State	27:21.1	5
6	Morris Kimble	North Carolina A&T State	27:40.5	6	6	Mark London	Coppin State	27:45.3	6
7	Mar'Quise McGee	North Carolina A&T State	27:44.2	7	7	Darren White	North Carolina A &T State	27:47.7	7
8	Xavier Walton	Bethune-Cookman	27:54.3	8	8	Perry Cabean	North Carolina A&T State	27:47.8	8
9	Abbas Abbkar	Savannah State	28:01.3	9	9	Saeed Jones	North Carolina A&T State	27:55.0	9
10	Festus Bett	Norfolk State	28:09.9	10	10	Derrick Cheruiyot	Maryland-Eastern Shore	27:56.8	10



MEN'S RECORDS

2013					2009				
PL	Name	School	Time	Score	PL	Name	Team	Time	Score
1	Elias Chesire	Florida A&M	25:04.00	1	1	Justus David	Morgan State	25:44.36	1
2	Daniel Cheruiyot	Florida A&M	25:17.10	2	2	Philemon Kimutai	Norfolk State	25:46.66	2
3	Kevin Marindich	Florida A&M	25:27.90	3	3	Daniel Mutai	Morgan State	25:49.29	3
4	Geoffrey Sambu	Florida A&M	25:28.00	4	4	Amos Kipsogei	Norfolk State	26:02.42	4
5	Elisha Metto	Howard	25:41.20	5	5	Peter Sang	Maryland Eastern Shore	26:16.39	5
6	Khali Rmidi Kinini	Maryland-Eastern Shore	25:58.20	6	6	Amon kiprotich	Maryland Eastern Shore	26:28.61	6
7	Damtew Adnew	Norfolk State	26:14.80	7	7	Vincent Rono	Norfolk State	26:30.51	7
8	Sammy Kiptoo	Norfolk State	26:16.70	8	8	David Kimani	Maryland Eastern Shore	26:36.10	8
9	Giovani Mowatt	Howard	26:17.50	9	9	Josef Tessema	Norfolk State	26:43.54	9
10	Daniel Ketter	Bethune-Cookman	26:24.80	10	10	Shadrock Maritim	Maryland Eastern Shore	27:07.86	10
2012					2008				
PL	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	Elias Chesire	Florida A&M	24:54.96	1	1	Dominic Luka	Norfolk State	25:27.11	1
2	Shuaib Winters	Florida A&M	24:56.89	2	2	Peter Sang	Maryland Eastern Shore	25:40.47	2
3	Elisha Metto	Howard	25:20.69	3	3	Amon Kiprotich	Maryland Eastern Shore	25:55.27	3
4	Vincent Rono	Norfolk State	25:28.55	4	4	Josef Tessema	Norfolk State	25:59.46	4
5	Kevin Marindich	Florida A&M	25:35.26	5	5	Jonathan Soimo	Norfolk State	25:59.88	5
6	Antony Kimaiyo	Florida A&M	25:49.77	6	6	Daquam Lee	Florida A&M	26:12.36	6
7	Natnael Meseret	Norfolk State	25:55.52	7	7	Hillary Cheruiyot	Norfolk State	26:19.46	7
8	Giovani Mowatt	Howard	25:56.71	8	8	Shauib Winters	Florida A&M	26:28.23	8
9	Kiptoo Kipchirchir	Norfolk State	26:06.17	9	9	Thurman Sanders	Howard	26:35.74	9
10	Aaron Harrison	Howard	26:15.61	10	10	Keenan Harris	Norfolk State	26:59.54	10
2011					2007				
PL	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	Josef Tessema	Norfolk State	25:24.73	1	1	Dominic Luka	Norfolk State	25:09.2	1
2	Shuaib Winters	Florida A&M	25:35.93	2	2	Hillary Cheruiyot	Norfolk State	25:24.6	2
3	Basil Melek	Maryland Eastern Shore	25:35.60	3	3	Peter Sang	Maryland Eastern Shore	25:39.3	3
4	Elias Chesire	Florida A&M	25:44.60	4	4	Amon Kiprotich	Maryland Eastern Shore	25:59.5	4
5	Natnael Meseret	Norfolk State	26:22.49	5	5	Anthony Littlejohn	Coppin State	26:08.7	5
6	Vincent Rono	Norfolk State	26:25.75	6	6	Jonathan Soimo	Norfolk State	26:27.6	6
7	Mowatt Giovani	Howard	26:26.57	7	7	Carlos Franklin	Florida A&M	26:29.6	7
8	Amos Kipkosegei	Norfolk State	26:32.47	8	8	Solomon Kirongo	Maryland Eastern Shore	26:43.8	8
9	Aaron Harrison	Howard	26:35.40	9	9	Dale Dunn	Coppin State	27:01.3	9
10	Philemon Kimutai	Norfolk State	26:48.55	10	10	Thurman Sanders	Howard	27:13.3	10
2010					2006				
PL	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	Shauib Winters	Florida A&M	24:31.30	1	1	David Kemboi	Norfolk State	24:29.3	1
2	Vincent Rono	Norfolk State	24:40.90	2	2	Dominic Luka	Norfolk State	25:00:0	2
3	Amos Kipkosgei	Norfolk State	24:58.90	3	3	Alfred Singoei	Maryland Eastern Shore	25:07.3	3
4	Josef Tessema	Norfolk State	25:00:60	4	4	Anthony LittleJohn	Coppin State	25:39.7	4
5	Basil Melek	Maryland Eastern Shore	25:04.80	5	5	Jonathan Soimo	Norfolk State	25:42.9	5
6	David Kimani	Hampton	25:41.90	6	6	Hillary Cheruiyot	Norfolk State	26:22.4	6
7	Peter Sang	Maryland Eastern Shore	25:44.60	7	7	Brian Griffith	Florida A&M	26:40.6	7
8	Amon Kiprotich	Maryland Eastern Shore	25:54.30	8	8	Brandon West	Florida A&M	26:41.4	8
9	Aaron Harrison	Howard	25:54.40	9	9	Rashad Burnette	North Carolina A&T State	26:41.8	9
10	Michael Gallion	Howard	26:03.90	10	10	Carlos Franklin	Florida A&M	26:44.0	10



MEN'S RECORDS

2005					2001				
PL	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	David Kemboi	Norfolk State	23:30.1	1	1	Nickie Peters	Coppin State	25:28	1
2	Hillary Cheruiyot	Norfolk State	23:40.1	2	2	Joseph Terer	Norfolk State	25:48	2
3	Alfred Singoei	Maryland Eastern Shore	23:45.0	3	3	Charles Wambulwa	Bethune-Cookman	25:48	3
4	Dominic Luka	Norfolk State	24:11.0	4	4	Ezekiel Cheruiyot	Norfolk State	26:05	4
5	Cleophus koros	Norfolk State	24:34.4	5	5	Gideon Chepkwony	Norfolk State	26:23	5
6	Anthony Littlejohn	Coppin State	24:50.6	6	6	Robert Kitur	Norfolk State	26:24	6
7	Omar Osbourne	Florida A&M	25:04.3	7	7	Kirwayne Holford	Norfolk State	26:29	7
8	Francis Kirong	Norfolk State	25:11.1	8	8	Jason McGarvey	North Carolina A&T	26:35	8
9	Cordis Stanfield	Howard	25:32.0	9	9	Thomas Hightower	Norfolk State	26:36	9
10	Richard Elisu	South Carolina State	25:37.1	10	10	Curtis Parker	Hampton	26:38	10
2004					2000				
PL	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	Barnabas Togom	Maryland Eastern Shore	25:56.0	1	1	Joseph Langat	Bethune-Cookman	25:21	1
2	Francis Kirong	Norfolk State	26:35.7	2	2	Nickie Peters	Coppin State	25:35	2
3	Patrick Scott	Norfolk State	26:52.8	3	3	Charles Wambulua	Bethune-Cookman	26:00	3
4	Cleophus Koros	Norfolk State	27:04.8	4	4	Robert Kitur	Norfolk State	26:05	4
5	Damion Drummond	Maryland Eastern Shore	27:12.1	5	5	Rubert Green	Morgan State	26:06	5
6	Anthony Littlejohn	Coppin State	27:13.4	6	6	Cheruiyot Ezekiel	Norfolk State	26:34	6
7	Cordis Stanfield	Howard	27:20.7	7	7	Rashaad Jordan	Coppin State	26:52	7
8	Brandon King	Hampton	27:30.4	8	8	Michael Zipf	Howard	26:53	8
9	Brian Griffith	Florida A&M	27:40.4	9	9	Beryl Harris	Coppin State	26:59	9
10	Brian Christian	Florida A&M	27:42.4	10	10	Ngata Nagawga	Howard	27:17	10
2003					1999				
PL	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	Joseph Terer	Norfolk State	25:23	1	1	Joseph Langat	Bethune-Cookman	25:39	1
2	Barnabas Togom	Maryland E. Shore	25:30	2	2	Charles Wambulwa	Bethune-Cookman	26:24	2
3	Ben Chesang	Bethune-Cookman	25:40	3	3	Ezektelk Cherivyot	Norfolk State	26:47	3
4	Duncan Bitole	Norfolk State	25:54	4	4	Kirwayne Holford	Norfolk State	27:01	4
5	Cleophus Koros	Norfolk State	26:06	5	5	Beryl Harris	Coppin State	27:09	5
6	Thomas Hightower	Norfolk State	26:08	6	6	Nataniel Brooks	Hampton	27:13	6
7	Moses Kosgei	Hampton	26:11	7	7	Stanley Maina	Bethune-Cookman	27:26	7
8	Juma Osman	Howard	26:55	8	8	Keith Franklin	Florida A&M	27:27	8
9	Lawrence Davenport	Delaware State	26:58	9	9	Moses Wanyoike	Bethune-Cookman	27:29	9
10	Damion Drummond	Maryland E. Shore	27:01	10	10	Drew Anderson	Howard	27:34	10
2002					1998				
PL	Name	Team	Time	Score	PL	Name	Team	Time	Score
1	Nickie Peters	Coppin State	25:23	1	1	Isaac Sugot	Howard	25:42:00	1
2	Duncan Bitok	Norfolk State	25:27	2	1997				
3	Joseph Terer	Norfolk State	25:29	3	PL	Name	Team	Time	Score
4	Barnabus Togom	Maryland E. Shore	25:30	4	1	Zoltan Lenhardt	Bethune-Cookman	26:38	1
5	Thomas Hightowen	Norfolk State	26:30	5	2	Isaac Sugu	Howard	26:51	2
6	Beryl Harris	Coppin State	26:43	6	3	Kiptalno Baiywo	Howard	27:32	3
7	Kirwayne Holford	Norfolk State	26:50	7	4	Michael Anderson	Bethune-Cookman	27:40	4
8	Patrick Scott	Norfolk State	26:53	8	5	Herbert Habyarimana	Norfolk State	27:45	5
9	Rashaad Jordan	Coppin State	27:01.09	9	6	Michael Garcia	Maryland E. Shore	27:58	6
10	William Keown	Norfolk State	27:01.09	10	7	Mebahton Mezebe	Howard	28:08	7
					8	Karim Harried	Morgan State	28:11	8
					9	Neil Daniels	Delaware State	28:13	9
					10	Michael Zip	Howard	28:22	10
					1996				
					PL	Name	Team	Time	Score
					1	Greg Brown	Bethune-Cookman		1



MEN'S RECORDS

1995				
PL	Name	Team	Time	Score
1	Clayton Nicholes	Maryland Eastern Shore	33:47	1
2	Joel Brooks	South Carolina State	33:33	2
3	Eric Logan	Maryland Eastern Shore	35:40	3
4	Michael Bakeley	North Carolina A&T	35:47	4
5	Yousif Omar	Hampton	35:58	5
6	Kiley Maynard	Howard	36:06	6
7	Damion Rowe	Howard	36:08	7
8	Travis Marcus	South Carolina State	36:24	8
9	Edward Allen	North Carolina A&T	36:30	9
10	Neil Daniel	Delaware State	36:31	10

1994				
PL	Name	Team	Time	Score
1	Clayton Nicholes	Maryland Eastern Shore	30:34	1
2	Chris Kelly	Florida A&M	31:32	2
3	James Wilson	North Carolina A&T	32:07	3
4	Samuel Willoughby	Coppin State	32:19	4
5	Antaures Jackson	South Carolina State	32:38	5
6	Damion Rowe	Howard	32:42	6
7	Dave Lobbie	Coppin State	32:46	7
8	Michael Bakeley	North Carolina A&T	32:49	8
9	Eric Logan	Maryland Eastern Shore	32:54	9
10	Barry Jackson	Maryland Eastern Shore	33:01	10

1993				
PL	Name	Team	Time	Score
1	Courtney Bennett	Coppin State	30:23	1
2	Chris Kelly	Florida A&M	30:53	2
3	Barry Jackson	Maryland Eastern Shore	31:46	3
4	Timothy Hall	South Carolina State	32:05	4
5	Clayton Nichols	Maryland Eastern Shore	32:06	5
6	Samuel Willoughby	Coppin State	32:34	6
7	Evan Hinds	Coppin State	32:40	7
8	Dave Lobbie	Coppin State	32:40	8
9	Anyatures Jackson	South Carolina State	32:54	9
10	Courtney Payne	Coppin State	32:55	1

1992				
PL	Name	Team	Time	Score
1	Nicholes Eugene	Coppin State	33:55	1
2	Christopher Kelly	Florida A&M	34:14	2
3	Sam Willoughby	Coppin State	34:36	3
4	Sean Turner	Delaware State	34:39	4
5	Courtney Bennett	Coppin State	34:45	5
6	Evan Hinds	Coppin State	34:55	6
7	Anthony Stewart	Delware State	35:01	7
8	Jason Edwards	Coppin State	35:03	8
9	Timothy Hall	South Carolina State	35:15	9
10	Sean Hendrick	Morgan State	35:32	10

1991				
PL	Name	Team	Time	Finish
1	Courtney Bennett	Coppin State		1

1990				
PL	Name	Team	Time	Finish
1	James Wilson	North Carolina A&T State	34:39	1
2	Beth Jezi Sipho	Florida A&M	34:53	2
3	Chris Bayless	Morgan State	35:07	3
4	Horace Moo-Young	Morgan State	35:11	4
5	Tim Hall	South Carolina State	35:20	5
6	Anthony Stewart	Coppin State	35:24	6
7	Phillip McKenzie	Howard	35:27	7
8	Reginald Johnson	Howard	35:31	8
9	Jack Blackwell	Morgan State	36:31	9
10	Sean Turner	Delaware State	36:38	10

1989				
PL	Name	Team	Time	Finish
1	Chris Bayless	Morgan State	33:51	1
2	Tim Bamforth	Delaware State	33:51	2
3	Gary Stalir	Delaware State	34:23	3
4	Troy Baker	Morgan State	34:30	4
5	Darren Wilson	South Carolina State	34:47	5
6	Shannon Brown	Delaware State	34:51	6
7	Sipho Bulhezi	Florida A&M	35:01	7
8	Ray Mitchell	Delaware State	35:21	8
9	Bruce Jamison	Florida A&M	35:22	9
10	Everard Grant	Maryland Eastern Shore	35:29	10

1988				
PL	Name	Team	Time	Finish
1	Darrin Wilson	South Carolina State	35:59	1
2	Timothy Bamforth	Delaware State	36:08	2
3	Troy Baker	Morgan State	37:03	3
4	Corey Massey	Florida A&M	37:19	4
5	Ivan Mosely	North Carolina A&T	37:29	5
6	Bruce Jamison	Florida A&M	37:30	6
7	John Branch	Howard	37:37	7
8	Shannon Brown	Delaware State	37:38	8
9	William Banks	Florida A&M	38:04	9
10	Charles Sounder, II	Morgan State	38:13	10

1987				
PL	Name	Team	Time	Finish
1	Caiphus Vilakazi	Delaware State	34:13	1
2	Ray Mitchell	Delaware State	34:32	2
3	Ivan Mosley	North Carolina A&T	34:38	3
4	John Branch	Howard	35:12	4
5	Joseph Willis	North Carolina A&T	35:13	5
6	Levester Kirkland	Florida A&M	35:58	6
7	Vance Wade	South Carolina State	36:53	7
8	Preston Thorpe	South Carolina State	37:02	8
9	Wesley Ridgeway	Delaware State	37:12	9
10	Bruce Jamison	Florida A&M	37:20	10

MEN'S RECORDS



1986				
PL	Name	Team	Time	Finish
1	Esayas Asafaw	Delaware State	30:55	1
2	Raymond Mitchell	Delaware State	33:14	2
3	Ronald Richards	Delaware State	33:33	3
4	Wesley Ridgeway	Delaware State	33:39	4
5	Vance Wade	South Carolina State	34:13	5
6	James Wharton	Delaware State	34:20	6
7	Randolph Chadwick	Howard	34:36	7
8	Robert Bell	Maryland Eastern Shore	34:49	8
9	Malcolm Waters	South Carolina State	34:55	9
10	Darrin Johnston	Maryland Eastern Shore	34:57	10

1985				
PL	Name	Team	Time	Finish
1	Esayas Asafaw	Delaware State	32:51.3	1
2	Caiphus Vilakazi	Delaware State	32:54.7	2
3	Julian Lane	Delaware State	34:23.7	3
4	Joseph Willis	North Carolina A&T	34:45.4	4
5	Vance Wade	South Carolina State	34:31.5	5
6	Ricky Meekins	Delaware State	34:45.4	6
7	Ivan Mosley	North Carolina A&T	34:51.8	7
8	Robert Bell	Maryland Eastern Shore	34:57.4	8
9	Wesley Ridgeway	Delaware State	35:02.6	9
10	Malcolm Walters	South Carolina State	35:06.6	10

1984				
PL	Name	Team	Time	Finish
1	Caiphus Vilakazi	Delaware State	31:05	1
2	Gregory Wedge	Delaware State	32:21	2
3	Joseph Willis	North Carolina A&T	32:24	3
4	Robert Bell	Maryland Eastern Shore	32:42	4
5	Julian Layne	South Carolina State	32:52	5
6	Ronald Richards	Delaware State	33:21	6
7	Lenny Wade	South Carolina State	33:36	7
8	Rickey Meekins	Delaware State	33:37	8
9	Sammy Livingston	North Carolina A&T	33:55	9
10	Wesley Ridgeway	Delaware State	33:59	10

1983				
PL	Name	Team	Time	Score
1	Joseph Willis	North Carolina A&T	32:08	1
2	Andre Johnson	Delaware State	32:20	2
3	Rodney Hale	South Carolina State	32:23	3
4	Ronald Richards	Delaware State	32:46	4
5	Don Battle	Howard	32:55	5
6	Duane Coverdale	Delaware State	33:18	6
7	Patrick Best	South Carolina State	33:23	7
8	Joe Brown	North Carolina A&T	33:25	8
9	Christopher Taylor	North Carolina A&T	33:26	9
10	Malcolm Walters	South Carolina State	33:29	10

1982				
PL	Name	School	Time	Finish
1	Ricky Meekins	Maryland Eastern Shore	33:53	1
2	Timothy Nixon	North Carolina A&T	33:54	2
3	Ronald Puryear	Delaware State	34:51	3
4	Patrick Best	South Carolina State	34:52	4
5	David Taylor	North Carolina A&T	34:58	5
6	Ronnie Holt	South Carolina State	35:09	6
7	Dietric Rush	Delaware State	35:11	7
8	Robert Bell	Maryland Eastern Shore	35:15	8
9	David Addison	Maryland Eastern Shore	35:16	9
10	Roger Daniels	Florida A&M	35:17	10

1981				
PL	Name	School	Times	Finish
1	Anthony Huff	Florida A&M	36:24.2	1
2	Ian Daley	Maryland Eastern Shore	36:32.4	2
3	Reginald Henry	South Carolina State	36:42.2	3
4	Gregory Wedge	Maryland Eastern Shore	36:51.8	4
5	Kermit Howell	Florida A&M	37:13.8	5
6	David Addison	Maryland Eastern Shore	37:16.2	6
7	Jeff Fair	Howard	37:38.3	7
8	Richard Buie	Florida A&M	37:59.2	8
9	Ronnie Holt	South Carolina State	38:03.2	9
10	David Lloyd	South Carolina State	38:16.9	10

1980				
PL	Name	School	Time	Finish
1	Ronnie Holt	South Carolina State	34:37.9	1
2	Timothy Nixon	North Carolina A&T	34:51.0	2
3	Chris Woodard	North Carolina A&T	35:07.8	3
4	Quill Ferguson	North Carolina A&T	35:14.9	4
5	Andre Johnson	Delaware State	35:48.2	5