



Liberty Men's Cross Country School Records/Top Times

School Records

8K

Time	Name	Date	Meet	Location
22:51.3	Sam Chelanga	10/18/08	Pre-Nationals	Terre Haute, Ind.

10K

Time	Name	Date	Meet	Location
28:41.3	Sam Chelanga	11/23/09	NCAA National	Terre Haute, Ind.

Flames Who Have Run Sub-24:00 8Ks

Time	Name	Date	Meet	Location
22:51.3	Sam Chelanga	10/18/08	Pre-Nationals	Terre Haute, Ind.
22:56.4	Josh McDougal	10/13/07	Pre-Nationals	Terre Haute, Ind.
23:11.4	Azaria Kirwa	10/14/17	Pre-Nationals	Louisville, Ky.
23:46	Jordan McDougal	9/24/05	Stanford Invite	Stanford, Calif.
23:56	Zac Edwards	10/28/11	Big South	Conway, S.C.
23:59.3	Josh MacDonald	9/28/13	Panorama Farms	Earlsville, Va.

Flames Who Have Run Sub-30:00 10Ks

Time	Name	Date	Meet	Location
28:41.3	Sam Chelanga	11/23/09	NCAA National	Terre Haute, Ind.
28:57.0	Azaria Kirwa	11/10/17	NCAA SE Region	Earlsville, Va.
29:22.4	Josh McDougal	11/19/07	NCAA National	Terre Haute, Ind.
29:33.6	Josh MacDonald	11/15/13	NCAA SE Region	Earlsville, Va.
29:59.7	Jeremie Bourget	11/15/13	NCAA SE Region	Earlsville, Va.

Flames' Top 8K Time at the ASUN Championship

Time	Name	Year	Location
25:03	Azaria Kirwa	2018	Bronx, N.Y.

Flames' Top Five 8K Times at the Big South Championship

Time	Name	Year	Location
23:49	Josh McDougal	2004	Rock Hill, S.C.
23:50	Sam Chelanga	2009	Winston-Salem, N.C.
23:56	Zac Edwards	2011	Conway, S.C.
24:00	Josh McDougal	2005	Lexington, Va.
24:03	Sam Chelanga	2010	Blacksburg, Va.