



Liberty Women's Cross Country School Records/Top Times

School Records

5K

Time	Name	Date	Meet	Location
17:09	Noel Palmer	9/28/18	Queen City Invite	Charlotte, N.C.

6K

Time	Name	Date	Meet	Location
20:06.7	Ednah Kurgat	11/21/15	NCAA National	Louisville, Ky.

Lady Flames Who Have Run Sub-17:30 5Ks

Time	Name	Date	Meet	Location
17:09	Noel Palmer	9/28/18	Queen City Invite	Charlotte, N.C.
17:11.1	Ednah Kurgat	9/26/15	Panorama Farms	Earlsville, Va.
17:18.8	Jennifer Klugh	10/27/12	Big South	Rock Hill, S.C.

Lady Flames Who Have Run Sub-21:00 6Ks

Time	Name	Date	Meet	Location
20:06.7	Ednah Kurgat	11/21/15	NCAA National	Louisville, Ky.
20:27.0	Noel Palmer	11/9/18	NCAA SE Region	Rock Hill, S.C.
20:35.8	Jennifer Klugh	11/9/12	NCAA SE Region	Charlotte, N.C.
20:45.2	Adelyn Ackley	9/27/19	Panorama Farms	Earlsville, Va.

Lady Flames' Top 5K Time at the ASUN Championship

Time	Name	Year	Location
17:46	Noel Palmer	2018	Bronx, N.Y.

Lady Flames' Top Five 5K Times at the Big South Championship

Time	Name	Year	Location
17:12	Ednah Kurgat	2015	Spartanburg, S.C.
17:18	Jennifer Klugh	2012	Rock Hill, S.C.
17:29	Jennifer Klugh	2011	Conway, S.C.
17:37	Jacy Christiansen	2014	Boiling Springs, N.C.
17:38	Heather Sagan	2001	Rock Hill, S.C.