Top 10 All-time 5K XC Times ran under Coach Dean

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| --- | --- | --- | --- |
| 16:06 | 2016 | Milestat | Sidney Allen |
| 16:21 | 2016 | Adidas | Sidney Allen |
| 16:29 | 2011 | Milestat | Joel Johnston |
| 16:32 | 2011 | State | Joel Johnston |
| 16:37 | 2011 | Cave Sp. | Joel Johnston |
| 16:38 | 2015 | Cave Sp. | Sidney Allen |
| 16:39 | 2016 | State | Sidney Allen |
| 16:43 | 2015 | Cave Sp. | Sidney Allen |
| 16:44 | 2011 | Cave Sp. | Joel Johnston |
| 16:47 | 2015 | Home | Sidney Allen |

Top 5 All-time 3 Mile Times ran under Coach Dean

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| 16:11 | 2015 | Bristol | Sidney Allen |
| 16:15 | 2016 | Giles | Sidney Allen |
| 16:16 | 2016 | Giles | Sidney Allen |
| 16:32 | 2012 | Bristol | Fatgezim Bela |
| 16:39 | 2014 | Giles | Sidney Allen |