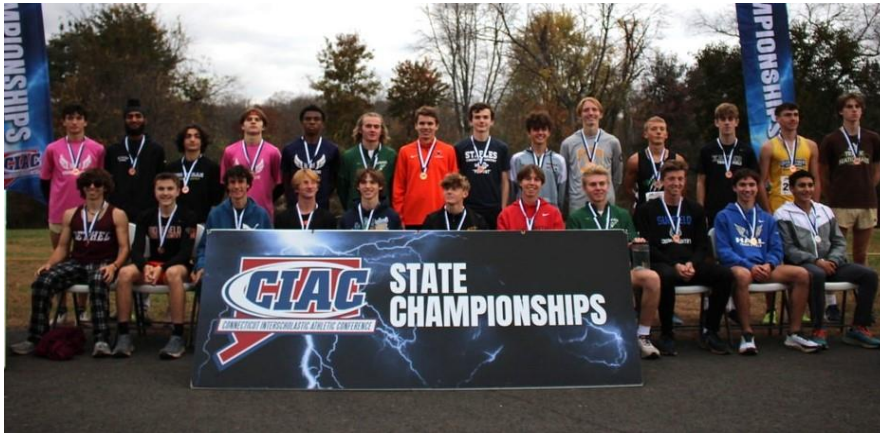


## Boys Top Individual Performances at Wickham Park 2006-2024



<u>Rank</u>	<u>Pl</u>	<u>Name</u>	<u>School</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
1	1	Alex Ostberg	Darien	14:58.0	State Open	2014
2	1	Alex Ostberg	Darien	15:07.0	New Englands	2014
3	1	Gavin Sherry	Conard	15:16.0	State Open	2021
4	1	Alex Ostberg	Darien	15:21.0	Class L	2014
5	2	Callum Sherry	Conard	15:22.0	State Open	2021
6	1	Gavin Sherry	Conard	15:24.0	Class LL	2019
7	1	Gavin Sherry	Conard	15:25.0	Class L	2021
8	3	Aidan Puffer	Manchester	15:25.0	State Open	2021
9	4	Michael Bohlke	Newington	15:29.0	State Open	2021
10	1	Robbie Cozean	Xavier	15:30.0	Class L	2019
11	1	Gavin Sherry	Conard	15:30.0	New Englands	2019
12	1	Christian Alvarado	Fairfield Prep	15:31.0	State Open	2013
13	2	Trevor Hopper	Ridgefield	15:31.0	State Open	2013
14	1	Callum Sherry	Conard	15:31.2	CCC	2021
15	1	Donald Cabral	Glastonbury	15:32.0	State Open	2007
16	1	Steven Hergenrother	Ridgefield	15:32.0	State Open	2023
17	2	Aidan Puffer	Manchester	15:33.0	Class LL	2019
18	2	Ari Klau	Hall	15:34.0	State Open	2014
19	1	Alex Ostberg	Darien	15:34.0	Class L	2013
20	2	Robbie Cozean	Xavier	15:34.0	New Englands	2019
21	1	Robbie Cozean	Xavier	15:35.0	Wickham	2019
22	2	Matt Kane	Warde	15:35.0	State Open	2007
23	3	Jack McLoughlin	LaSalle Academy- RI	15:35.0	New Englands	2019
24	2	Aidan Puffer	Manchester	15:35.2	CCC	2021
25	<b>2</b>	<b>Soheib Dissa</b>	<b>Newtown</b>	<b>15:37.0</b>	<b>State Open</b>	2023
26	3	Spenser Brown	Wilton	15:38.0	State Open	2014
27	1	Christian Alvarado	Fairfield Prep	15:38.0	Wickham	2013
28	3	Alex Ostberg	Darien	15:38.0	State Open	2013
29	1	Gavin Sherry	Conard	15:38.0	State Open	2019

30	2	Callum Sherry	Conard	15:38.0	Class L	2021
31	2	Ari Klau	Hall	15:39.0	New Englands	2014
32	1	Drew Thompson	Fairfield Prep	15:40.0	Class LL	2017
33	1	John Raneri	New Fairfield	15:40.0	State Open	2009
34	1	Connor Rog	Fairfield Prep	15:41.0	Wickham	2011
35	2	Alex Ostberg	Darien	15:41.0	Wickham	2013
36	4	Lisandro Berry-Gaviria	Mt. Ararat-ME	15:42.0	New Englands	2019
37	1	Steven Hergenrother	Ridgefield	15:42.0	State Open	2022
38	2	Chris Bendtsen	Wolcott	15:43.0	State Open	2009
39	5	Evan Reynolds	Bishop Hendricken- RI	15:43.0	New Englands	2019
40	1	Gavin Sherry	Conard	15:43.0	CCC	2019
41	3	Forrest Misenti	Xavier	15:44.0	State Open	2007
42	1	Drew Thompson	Fairfield Prep	15:44.0	State Open	2017
43	2	Brendan Murray	Cheshire	15:44.0	Class LL	2017
44	2	Robbie Cozean	Xavier	15:44.0	State Open	2019
45	6	Will Shaughes	Brunswick-ME	15:45.0	New Englands	2019
46	3	Michael Bohlke	Newington	15:45.6	CCC	2021
47	3	Austin Gilbert	Ridgefield	15:46.0	New Englands	2014
48	1	Zakeer Ahmad	Staples	15:46.0	State Open	2015
49	3	Isaac Mahler	Hall	15:46.0	State Open	2023
50	2	Drew Thompson	Fairfield Prep	15:47.0	State Open	2017
51	1	Eric VanderEls	Brien McMahon	15:47.0	State Open	2015
52	7	Jake Velasquez	Keene-NH	15:47.0	New Englands	2019
53	1	Ari Klau	Hall	15:48.0	Class LL	2014
54	4	Gabriel Altopp	Ridgefield	15:48.0	New Englands	2014
55	4	Andrew Judd	Conard	15:48.0	State Open	2007
56	2	Griffin Mandirola	Suffield	15:48.0	State Open	2022
57	1	Zakeer Ahmad	Staples	15:49.0	Class LL	2016
58	1	Connor Rog	Fairfield Prep	15:49.0	Wickham	2010
59	1	Henry Wynne	Staples	15:49.0	Class LL	2012
60	1	Henry Wynne	Staples	15:49.0	State Open	2012
61	5	Luke Anthony	East Lyme	15:49.0	State Open	2021
62	2	Drew Thompson	Fairfield Prep	15:50.0	Class LL	2016
63	5	Everett Hackett	Hall	15:50.0	State Open	2007
64	1	Bryan Fowler	Tolland	15:50.0	State Open	2010
65	1	Connor Rog	Fairfield Prep	15:50.0	Class LL	2011
66	4	Griffin Mandirola	Suffield	15:50.0	State Open	2023
67	1	Steven Hergenrother	Ridgefield	15:50.0	Class LL	2023
68	4	Randy Neish	Glastonbury	15:51.0	State Open	2014
69	2	Connor Rog	Fairfield Prep	15:51.0	State Open	2010
70	1	Aidan Puffer	Manchester	15:51.0	Class LL	2021
71	5	Austin Gilbert	Ridgefield	15:52.0	State Open	2014

72	1	Eric VanderEls	Brien McMahon	15:52.0	Class LL	2015	
73	1	Sam Toolin	North Kingstown- RI	15:52.0	Wickham	2016	
74	1	Donald Cabral	Glastonbury	15:52.0	Class LL	2007	
75	8	Henry Farrington	Essex-VT	15:53.0	New Englands	2019	
76	1	Steven Hergenrother	Ridgefield	15:53.0	Class LL	2022	
77	3	Isaac Mahler	Hall	15:53.0	State Open	2022	
78	2	Isaac Mahler	Hall	15:53.0	Class LL	2023	
79	5	Eli Moskowitz	Souhegan-NH	15:54.0	New Englands	2014	
80	1	Eli Nahom	New Milford	15:54.0	State Open	2018	
81	1	Michael Bohlke	Newington	15:54.0	Wickham	2021	
82	2	Ben Lorenz	Staples	15:54.0	Class LL	2022	
83	6	Michael Noonan	Darien	15:55.0	State Open	2014	
84	2	Gabriel Altopp	Ridgefield	15:55.0	State Open	2015	
85	2	Drew Thompson	Fairfield Prep	15:55.0	Wickham	2016	
86	1	Christian Alvarado	Fairfield Prep	15:55.0	Class LL	2013	
87	6	Eamon Burke	Xavier	15:55.0	State Open	2021	
88	6	David Principe Jr.	La Salle Academy-RI	15:56.0	New Englands	2014	
89	1	Brendan Murray	Cheshire	15:56.0	Wickham	2015	
90	6	Matt Terry	Danbury	15:56.0	State Open	2007	
91	1	Ben Lorenz	Staples	15:56.0	Wickham	2022	
92	2	Gabriel Altopp	Ridgefield	15:57.0	Class LL	2015	
93	1	Miller Anderson	Hall	15:57.0	Class LL	2018	
94	1	John Raneri	New Fairfield	15:57.0	New Englands	2009	
95	3	Ari Klau	Hall	15:57.0	Wickham	2013	
96	1	Ari Klau	Hall	15:58.0	Wickham	2014	
97	7	Dan Schumacher	Naugatuck	15:58.0	New Englands	2014	
98	1	Connor Rog	Fairfield Prep	15:58.0	Class LL	2010	
99	2	Jake Feinstein	Newtown	15:58.0	State Open	2012	
100	1	Donald Cabral	Glastonbury	15:58.0	Wickham	2006	
101	3	Randall Neish	Glastonbury	15:59.0	Class LL	2015	
102	2	Gavin Sherry	Conard	15:59.0	Class LL	2018	FR
103	1	Luke Anthony	East Lyme	15:59.0	Class M	2021	
104	5	Collin Walsh	New Milford	15:59.0	State Open	2023	
105	1	<b>Soheib Dissa</b>	<b>Newtown</b>	<b>15:59.0</b>	<b>Class L</b>	2023	
106	3	Sean Mueller	Cheshire	16:00.0	State Open	2009	
107	1	Harry Warnick	Fairfield Warde	16:00.0	Class L	2011	
108	3	Robert Dillon	Shelton	16:00.0	Class LL	2018	
109	7	Gabriel Altopp	Ridgefield	16:01.0	State Open	2014	
110	2	Trevor Hopper	Ridgefield	16:01.0	Class LL	2012	
111	2	Bryan Fowler	Tolland	16:01.0	Wickham	2010	
112	1	Tucker Schaefer	Danbury	16:01.0	State Open	2008	
113	8	Michael Noonan	Darien	16:01.0	New Englands	2014	
114	2	Brendan Murray	Cheshire	16:01.0	State Open	2017	

115	2	Sam Geisler	Newington	16:01.0	CCC	2019
116	1	Griffin Mandirola	Suffield	16:01.0	Class SS	2022
117	1	Griffin Mandirola	Suffield	16:01.0	Wickham	2022
118	6	Jack Mattingly	E.O. Smith	16:01.0	State Open	2023
119	8	Eric Waterman	Danbury	16:02.0	State Open	2014
120	4	Zach Kraus	New Milford	16:02.0	State Open	2009
121	7	Jack Martin	Avon	16:02.0	State Open	2021
122	1	Trevor LaFontaine	Tolland	16:03.0	CCC	2010
123	1	Chris Bendtsen	Wolcott	16:03.0	Class M	2009
124	1	Chris Bendtsen	Wolcott	16:03.0	Wickham	2009
125	9	Cameron Daly	Inter-Lakes-NH	16:03.0	New Englands	2014
126	3	Sean Parker	Shepaug Valley	16:03.0	State Open	2015
127	4	Trey Cormier	Hall	16:03.0	Class LL	2018
128	7	Tucker Schaefer	Danbury	16:03.0	State Open	2007
129	3	David Carillo	Trumbull	16:03.0	Class LL	2022
130	<b>7</b>	<b>Luke Cushing</b>	<b>Amity</b>	<b>16:03.0</b>	<b>State Open</b>	2023
131	2	Bryan Fowler	Tolland	16:04.0	CCC	2010
132	5	Ryan Laemel	Amity	16:04.0	State Open	2009
133	1	Miller Anderson	Hall	16:04.0	Wickham	2018
134	2	Gavin Sherry	Conard	16:04.9	Wickham	2018
135	9	Eric Van Der Els	Brien McMahon	16:05.0	State Open	2014
136	4	Randy Neish	Glastonbury	16:05.0	State Open	2015
137	2	Nicholas Bendtsen	Wolcott	16:05.0	Wickham	2019
138	9	Joseph Curran	Nahsau North-NH	16:05.0	New Englands	2019
139	8	Nikita Omelchenko	Wilbur Cross	16:05.0	State Open	2021
140	4	Brayden Bayek	Rocky Hill	16:05.0	State Open	2022
141	5	Brendan Murray	Cheshire	16:05.5	Class LL	2015
142	10	Dan Schumacher	Naugatuck	16:06.0	State Open	2014
143	3	Jake Feinstein	Newtown	16:06.0	Class LL	2012
144	3	Trevor LaFontaine	Tolland	16:06.0	State Open	2010
145	3	Robert Dillon	Shelton	16:06.0	State Open	2017
146	2	Robbie Cozean	Xavier	16:06.0	Class L	2018
147	1	Andrew Judd	Conard	16:06.0	Class L	2007
148	<b>8</b>	<b>Magnus Manley</b>	<b>Ridgefield</b>	<b>16:06.0</b>	<b>State Open</b>	2023
149	1	Griffin Mandirola	Suffield	16:06.0	Class SS	2023
150	11	Kristian Sogaard	Ridgefield	16:07.0	State Open	2014
151	2	Trevor Hopper	Ridgefield	16:07.0	Class LL	2013
152	1	Bryan Fowler	Tolland	16:07.0	Class M	2010
153	3	Drew Thompson	Fairfield Prep	16:07.0	Class LL	2016
154	10	Luke Henseler	Bishop Hendricken- RI	16:07.0	New Englands	2019
155	2	Luke Davis	Simsbury	16:07.0	Wickham	2022
156	<b>9</b>	<b>Sean McCauley</b>	<b>East Lyme</b>	<b>16:07.0</b>	<b>State Open</b>	2023
157	10	Colby Bornstein	Tolland	16:07.0	State Open	2023

158	12	Oliver Hickson	Staples	16:08.0	State Open	2014
159	2	Muad Hrezi	Naugatuck	16:08.0	Class L	2011
160	2	Alex Levine	Danbury	16:08.0	Class LL	2010
161	4	William Briskman	Fairfield Warde	16:08.0	State Open	2015
162	1	Eddie Nicholas	Nonnewaug	16:08.0	Class SS	2018
163	8	Michael Levene	Joel Barlow	16:08.0	State Open	2007
164	2	Forrest Misenti	Xavier	16:08.0	Class LL	2007
165	1	Alec Sauter	Tolland	16:08.0	Class M	2019
166	11	Alec Sauter	Tolland	16:08.0	New Englands	2019
167	1	Owen Martin	Xavier	16:08.0	Class L	2022
168	4	Isaac Mahler	Hall	16:08.0	Class LL	2022
169	<b>11</b>	<b>Charles Lovett</b>	<b>Ridgefield</b>	<b>16:08.0</b>	<b>State Open</b>	<b>2023</b>
170	2	Collin Walsh	New Milford	16:08.0	Class L	2023
171	2	Chris Bendtsen	Wolcott	16:09.0	New Englands	2009
172	13	Grant O'Connor	Hall	16:09.0	State Open	2014
173	10	Grant O'Connor	Hall	16:09.0	New Englands	2014
174	4	Joe Pearl	Manchester	16:09.0	Class LL	2017
175	2	Sam Geisler	Newington	16:09.0	Class L	2019
176	<b>12</b>	<b>Evan Bureau</b>	<b>Bethel</b>	<b>16:09.0</b>	<b>State Open</b>	<b>2023</b>
177	2	Jake Feinstein	Newtown	16:10.0	Class LL	2011
178	11	Sam Nishi	Harwood Union HS-VT	16:10.0	New Englands	2014
179	12	Oliver Hickson	Staples	16:10.0	New Englands	2014
180	5	Robbie Cozean	Xavier	16:10.0	State Open	2015
181	4	Benjamin Seiple	Staples	16:10.0	State Open	2017
182	9	Willie Ahearn	Danbury	16:10.0	State Open	2007
183	12	Colin Donnelly	Winnacunnet-NH	16:10.0	New Englands	2019
184	3	Eamon Burke	Xavier	16:10.0	Class L	2021
185	5	Collin Walsh	New Milford	16:10.0	State Open	2022
186	13	Devon Rosemark	Danbury	16:10.0	State Open	2023
187	1	Isaac Mahler	Hall	16:10.9	CCC	2022
188	<b>1</b>	<b>Evan Bureau</b>	<b>Bethel</b>	<b>16:04.0</b>	<b>Wickham</b>	<b>2024</b>
189	<b>1</b>	<b>Sean Gray</b>	<b>Portsmouth</b>	<b>15:47.0</b>	<b>Wickham</b>	<b>2024</b>
190	<b>1</b>	<b>Spencer Slayton</b>	<b>E.O. Smith</b>	<b>16:07.7</b>	<b>CCC</b>	<b>2024</b>

Updated 10/20/24

### Athlete's Fastest Times at Wickham Park 2006-2021

1	1	Alex Ostberg	Darien	14:58.0	State Open	2014	SR
2	1	Gavin Sherry	Conard	15:16.0	State Open	2021	SR
3	1	Callum Sherry	Conard	15:22.0	State Open	2021	
4	2	Aidan Puffer	Manchester	15:25.0	State Open	2021	SR
5	3	Michael Bohlke	Newington	15:29.0	State Open	2021	SR

6	1	Robbie Cozean	Xavier	15:30.0	Class L	2019	SR
7	1	Christian Alvarado	Fairfield Prep	15:31.0	State Open	2013	SR
8	2	Trevor Hopper	Ridgefield	15:31.0	State Open	2013	SR
9	1	Donald Cabral	Glastonbury	15:32.0	State Open	2007	SR
10	<b>1</b>	<b>Steven Hergenrother</b>	<b>Ridgefield</b>	<b>15:32.0</b>	<b>State Open</b>	2023	
11	2	Ari Klau	Hall	15:34.0	State Open	2014	SR
12	2	Matt Kane	Fairfield-Warde	15:35.0	State Open	2007	SR
13	3	Jack McLoughlin	LaSalle Academy- RI	15:35.0	New Englands	2019	SR
14	<b>2</b>	<b>Soheib Dissa</b>	<b>Newtown</b>	<b>15:37.0</b>	<b>State Open</b>	2023	SR
15	3	Spenser Brown	Wilton	15:38.0	State Open	2014	SR
16	1	Drew Thompson	Fairfield Prep	15:40.0	Class LL	2017	
17	1	John Raneri	New Fairfield	15:40.0	State Open	2009	SR
18	1	Connor Rog	Fairfield Prep	15:41.0	Wickham	2011	
19	4	Lisandro Berry-Gaviria	Mt. Ararat-ME	15:42.0	New Englands	2019	SR
20	5	Evan Reynolds	Bishop Hendricken- RI	15:43.0	New Englands	2019	SR
21	2	Chris Bendtsen	Wolcott	15:43.0	State Open	2009	SR
22	2	Brendan Murray	Cheshire	15:44.0	Class LL	2017	SR
23	3	Forrest Misenti	Xavier	15:44.0	State Open	2007	
24	6	Will Shaughes	Brunswick-ME	15:45.0	New Englands	2019	SR
25	3	Isaac Mahler	Hall	15:46.0	State Open	2023	
26	3	Austin Gilbert	Ridgefield	15:46.0	New Englands	2014	
27	1	Zakeer Ahmad	Staples	15:46.0	State Open	2015	SR
28	1	Eric vanderEls	Brien McMahon	15:47.0	State Open	2015	SR
29	7	Jake Velasquez	Keene-NH	15:47.0	New Englands	2019	SR
95	<b>1</b>	<b>Sean Gray</b>	<b>Portsmouth</b>	<b>15:47.0</b>	<b>Wickham</b>	<b>2024</b>	SR
30	4	Andrew Judd	Conard	15:48.0	State Open	2007	
31	4	Gabriel Altopp	Ridgefield	15:48.0	New Englands	2014	
32	2	Griffin Mandirola	Suffield	15:48.0	State Open	2022	SR
33	1	Luke Anthony	East Lyme	15:49.0	State Open	2021	SR
34	1	Henry Wynne	Staples	15:49.0	Class LL	2012	
35	5	Everett Hackett	Hall	15:50.0	State Open	2007	
36	1	Bryan Fowler	Tolland	15:50.0	State Open	2010	SR
37	4	Randy Neish	Glastonbury	15:51.0	State Open	2014	
38	1	Sam Toolin	North Kingstown- RI	15:52.0	Wickham	2016	SR
39	8	Henry Farrington	Essex-VT	15:53.0	New Englands	2019	SR
40	1	Eli Nahom	New Milford	15:54.0	State Open	2018	SR
41	5	Eli Moskowitz	Souhegan-NH	15:54.0	New Englands	2014	SR
42	2	Ben Lorenz	Staples	15:54.0	Class LL	2022	
43	6	Michael Noonan	Darien	15:55.0	State Open	2014	
44	3	Eamon Burke	Xavier	15:55.0	State Open	2021	
45	6	Matt Terry	Danbury	15:56.0	State Open	2007	SR
46	6	David Principe Jr.	La Salle Academy-RI	15:56.0	New Englands	2014	
47	1	Miller Anderson	Hall	15:57.0	Class LL	2018	

48	7	Dan Schumacher	Naugatuck	15:58.0	New Englands	2014	SR
49	2	Jake Feinstein	Newtown	15:58.0	State Open	2012	
50	5	Collin Walsh	New Milford	15:59.0	State Open	2023	
51	3	Sean Mueller	Cheshire	16:00.0	State Open	2009	
52	1	Harry Warnick	Fairfield Warde	16:00.0	Class L	2011	SR
53	3	Robert Dillon	Shelton	16:00.0	Class LL	2018	SR
54	1	Tucker Schaefer	Danbury	16:01.0	State Open	2008	
55	6	Jack Mattingly	E.O. Smith	16:01.0	State Open	2023	SR
56	2	Sam Geisler	Newington	16:01.0	CCC	2019	SR
57	7	Jack Martin	Avon	16:02.0	State Open	2021	SR
58	8	Eric Waterman	Danbury	16:02.0	State Open	2014	
59	4	Zach Kraus	New Milford	16:02.0	State Open	2009	
60	<b>7</b>	<b>Luke Cushing</b>	<b>Amity</b>	<b>16:03.0</b>	<b>State Open</b>	2023	
61	4	Trey Cormier	Hall	16:03.0	Class LL	2018	
62	9	Cameron Daly	Inter-Lakes-NH	16:03.0	New Englands	2014	SR
63	3	Sean Parker	Shepaug Valley	16:03.0	State Open	2015	SR
64	1	Trevor LaFontaine	Tolland	16:03.0	CCC	2010	
65	3	David Carillo	Trumbull	16:03.0	Class LL	2022	
66	5	Ryan Laemel	Amity	16:04.0	State Open	2009	SR
86	<b>1</b>	<b>Evan Bureau</b>	<b>Bethel</b>	<b>16:04.0</b>	<b>Wickham</b>	<b>2024</b>	SR
94	9	Joseph Curran	Nahsau North-NH	16:05.0	New Englands	2019	SR
67	4	Brayden Bayek	Rocky Hill	16:05.0	State Open	2022	SR
68	8	Nikita Omelchenko	Wilbur Cross	16:05.0	State Open	2021	SR
69	2	Nicholas Bendtsen	Wolcott	16:05.0	Wickham	2019	
70	<b>8</b>	<b>Magnus Manley</b>	<b>Ridgefield</b>	<b>16:06.0</b>	<b>State Open</b>	2023	
71	10	Luke Henseler	Bishop Hendricken- RI	16:07.0	New Englands	2019	
72	<b>9</b>	<b>Sean McCauley</b>	<b>East Lyme</b>	<b>16:07.0</b>	<b>State Open</b>	2023	SR
73	11	Kristian Sogaard	Ridgefield	16:07.0	State Open	2014	
74	2	Luke Davis	Simsbury	16:07.0	Wickham	2022	
75	10	Colby Bornstein	Tolland	16:07.0	State Open	2023	
76	<b>1</b>	<b>Spencer Slayton</b>	<b>E.O. Smith</b>	<b>16:07.7</b>	<b>CCC</b>	<b>2024</b>	
96	2	Alex Levine	Danbury	16:08.0	Class LL	2010	
77	4	William Briskman	Fairfield Warde	16:08.0	State Open	2015	
78	8	Michael Levene	Joel Barlow	16:08.0	State Open	2007	SR
79	2	Muad Hrezi	Naugatuck	16:08.0	Class L	2011	
80	1	Eddie Nicholas	Nonnewaug	16:08.0	Class SS	2018	SR
81	<b>11</b>	<b>Charles Lovett</b>	<b>Ridgefield</b>	<b>16:08.0</b>	<b>State Open</b>	2023	
82	12	Oliver Hickson	Staples	16:08.0	State Open	2014	
83	1	Alec Sauter	Tolland	16:08.0	Class M	2019	
84	1	Owen Martin	Xavier	16:08.0	Class L	2022	
85	13	Grant O'Connor	Hall	16:09.0	State Open	2014	
87	4	Joe Pearl	Manchester	16:09.0	Class LL	2017	
88	9	Willie Ahearn	Danbury	16:10.0	State Open	2007	

89	13	Devon Rosemark	Danbury	16:10.0	State Open	2023	
90	11	Sam Nishi	Harwood Union HS-VT	16:10.0	New Englands	2014	SR
91	4	Benjamin Seiple	Staples	16:10.0	State Open	2017	
92	12	Colin Donnelly	Winnacunnet-NH	16:10.0	New Englands	2019	SR

SR= School Record

FR= Freshman Record

So= Sophomore Record

**Notes:**

Please send any corrections or additions to this list to Marty Ogden at [info@therunningacademy.com](mailto:info@therunningacademy.com)

The 5000m course was significantly altered in 2006 to be on all natural surfaces.

The 5000m course was certified with fixed markings in 2014.