

Hough XC School Records

Top Ten Female 5K Times

1	Maddie McHugh	18:19	McAlpine Creek Park	2014
2	Maddie McHugh	18:23	McAlpine Creek Park	2014
3	Paige McKinney	18:39	McAlpine Creek Park	2015
4	Alexis McDonnell	18:43.57	McAlpine Creek Park	2017
5	Alexis McDonnell	18:43.83	McAlpine Creek Park	2017
6	Alexis McDonnell	18:44.5	WakeMed Soccer Complex	2017
7	Alexis McDonnell	18:48.78	Ivey Redmon Park	2017
8	Paige McKinney	18:49	McAlpine Creek Park	2014
9	Paige McKinney	18:51	McAlpine Creek Park	2014
10	Alexis McDonnell	18:52.86	McAlpine Creek Park	2017

Top Ten Male 5K Times

1	Ben Ebert	16:14.06	McAlpine Creek Park	2017
2	Ben Ebert	16:16.4	McAlpine Creek Park	2017
3	Ben Ebert	16:26.54	Ivey Redmon Park	2017
4	Jordan Wallace	16:27	McAlpine Creek Park	2010
5	Ben Ebert	16:29	Hagan Stone Park	2017
6	Spencer Barnes	16:36	McAlpine Creek Park	2015
6	Jordan Wallace	16:36	McAlpine Creek Park	2010
8	Spencer Barnes	16:37	McAlpine Creek Park	2015
9	Kevin Harrow	16:42	McAlpine Creek Park	2011
10	Ben Ebert	16:42.10	Spartanburg	2017

Top Five Freshman Female 5K Times

1	Malea Smith	19:48	McAlpine Creek Park	2013
2	Caroline Wills	20:17	McAlpine Creek Park	2015
3	Lexi Powers	20:23	McAlpine Creek Park	2011
4	Bella Zimmerman	21:00	McAlpine Creek Park	2015
5	Meghan McHugh	21:05.2	Wake Med Soccer Complex	2016

Top Five Sophomore Female 5K Times

1	Malea Smith	19:36	McAlpine Creek Park	2014
2	Paige McKinney	19:53	McAlpine Creek Park	2013
3	Bella Zimmerman	20:05	McAlpine Creek Park	2016
4	Alexis McDonnell	20:08	McAlpine Creek Park	2016
5	Ashtyn Smith	20:12	McAlpine Creek Park	2015

Top Five Junior Female 5K Times

1	Alexis McDonnell	18:43.57	McAlpine Creek Park	2017
2	Paige McKinney	18:49	McAlpine Creek Park	2014
3	Bella Zimmerman	19:10.35	McAlpine Creek Park	2017
4	Malea Smith	19:24	McAlpine Creek Park	2015
5	Lauren Brodauf	19:58	McAlpine Creek Park	2015

Top Five Senior Female 5K Times

1	Maddie McHugh	18:19	McAlpine Creek Park	2014
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2	Paige McKinney	18:39	McAlpine Creek Park	2015
3	Lauren Brodauf	19:38.5	Wake Med Soccer Complex	2016
4	Malea Smith	19:57.99	Ivey Redmon Park	2016
5	Heloise Hedlund	20:08	McAlpine Creek Park	2013

Top Five Freshman Male 5K Times

1	Spencer Barnes	17:26	McAlpine Creek Park	2014
2	Jace Roy	17:46	McAlpine Creek Park	2014
3	Jared Laferty	17:54	McAlpine Creek Park	2015
4	Adam Calero	17:51	McAlpine Creek Park	2012
5	Joey Obeid	18:15	McAlpine Creek Park	2011

Top Five Sophomore Male 5K Times

1	Jordan Wallace	16:27	McAlpine Creek Park	2010
2	Spencer Barnes	16:36	McAlpine Creek Park	2015
3	Kevin Harrow	16:57	McAlpine Creek Park	2010
4	Jared Laferty	17:07.8	Wake Med Soccer Complex	2016
5	Ben Ebert	17:30	McAlpine Creek Park	2015

Top Five Junior Male 5K Times

1	Kevin Harrow	16:42	McAlpine Creek Park	2011
2	Zach Marti	16:46	McAlpine Creek Park	2014
3	Jared Laferty	16:46.27	McAlpine Creek Park	2017

4	Ewan Hynes	16:55	McAlpine Creek Park	2015
5	Ben Ebert	17:01	McAlpine Creek Park	2016

Top Five Senior Male Season Best 5K Times

1	Ben Ebert	16:14.06	McAlpine Creek Park	2017
2	Kevin Harrow	16:48	McAlpine Creek Park	2012
3	Zach Marti	16:53	McAlpine Creek Park	2015
4	Ulises Jardon	16:54.83	Hagan Stone Park	2015
5	Ewan Hynes	16:58	McAlpine Creek Park	2016

Top Girls 4A West Regional Place Finishes

1st	Alexis McDonnell	18:43.57	2017
4th	Paige McKinney	19:11	2015
5th	Maddie McHugh	18:23	2014
5th	Lauren Brodauf	19:44	2016
7th	Bella Zimmerman	20:05	2016
8th	Bella Zimmerman	20:05.90	2017
10th	Paige McKinney	18:51	2014
11th	Alexis McDonnell	20:14	2016
15th	Malea Smith	19:48	2015
17th	Ashtyn Smith	21:04.57	2017

Top Boys 4A West Regional Place Finishes

4th	Ben Ebert	16:14.06	2017
12th	Spencer Barnes	16:36	2015
12th	Jared Laferty	16:46.27	2017
17th	Zach Marti	16:53	2015
20th	Ewan Hynes	16:55	2015
20th	Chase Shanafelt	17:03.88	2017
21st	Ulises Jardon	16:56	2015
23rd	Ewan Hynes	16:58	2016
24th	Zach Marti	16:46	2014
24th	Kevin Harrow		2012

Top Girls 4A State Place Finishes

14th	Paige McKinney	19:48.33	2015
19th	Alexis McDonnell	19:04.72	2017
22nd	Maddie McHugh	19:24.02	2014
29th	Lauren Brodauf	19:39.08	2017
32nd	Paige McKinney	19:42.65	2014
45th	Bella Zimmerman	19:49.04	2017
47th	Malea Smith	19:57.99	2016
53rd	Bella Zimmerman	20:05.76	2016
60th	Malea Smith	21:03.14	2015
76th	Caroline Wills	21:16.49	2015

Top Boys 4A State Place Finishes

25th	Ben Ebert	16:26.54	2017
61st	Jared Laferty	16:56.49	2017
79th	Ulises Jardon	17:41.02	2015
89th	Spencer Barnes	17:51.34	2015
105th	Ewan Hynes	18:02.36	2015
112th	Zach Marti	18:15.16	2015
117th	Ben Ebert	18:22.41	2015
118th	Chase Shanafelt	17:36.49	2017
119th	Matt Alferts	18:25.3	2015
129th	Jared Laferty	18:58.31	2015