

**Men's 8K XC Course Top
25 Performances New
Course 2004**

	Men 8K	Teams	Time	Year
1	Charles Hicks	Stanford	22:31.0	2022
2	Aaron Bienenfeld	Oregon	22:37.0	2022
3	Cole Sprout	Stanford	22:38.0	2022
4	Andrew Kent	Colorado	22:44.0	2022
5	Meika Beaudoin-Rousseau	Stanford	22:48.0	2022
6	Ky Robinson	Stanford	22:55.0	2022
7	Thomas Boyden	Stanford	22:56.0	2022
8	Cameron Levins	Southern Utah	22:59.0	2011
9	Vincent Mauri	Arizona State	22:59.0	2022
10	Devin Hart	Stanford	22:59.0	2022
11	Isaac Green	Washington	23:05.0	2022
12	Austin Vancil	Colorado	23:08.0	2022
13	Patrick Kiprop	Fresno Pacific	23:08.0	2021
14	Noah Hibbard	Colorado	23:13.0	2022
15	Seth Hirsch	Colorado	23:14.0	2022
16	Luker Houser	Washington	23:15.0	2022
17	Peter Herold	UCLA	23:16.0	2022
18	Abdinasir Hussein	Oregon	23:17.0	2022
19	Hunter Appleton	Colorado	23:18.0	2022
20	Florian LePallec	CBU	23:19.0	2021
21	Awet Beraki	Adams State	23:24.0	2022
22	Robert DinDonato	Stanford	23:26.0	2022
23	Jake Ritter	Cal Poly SLO	23:27.0	2022
24	Brendan Fraser	Colorado	23:28.0	2022
25	Quincy Norman	Oregon	23:33.0	2022

**Women 5K XC Course Top
25 Performances New
Course 2004**

1	Jacky Kipwambok	Azusa Pacific	16:29.0	2009
2	Cecily Lemon	BYU	16:33.0	2009
3	Gina Sereno	So Cal West	16:38.0	2018
4	Tara Erdmann	Loyola Marymount	16:45.0	2010
5	Raquel Hefflin	UC Riverside	16:46.6	2014
6	Jenna Hinkle	UC Santa Barbara	16:48.0	2017
7	Taylor Werner	Arkansas	16:49.0	2016
8	Ashlee Powers	Cal Coast Track Club	16:50.0	2018
9	Miranda Walker	Arkansas	16:51.0	2010
10	Sheree Shea	Loyola Marymount	16:52.0	2009
11	Kristen Gillespie	Arkansas	16:52.0	2010
12	Brenda Martinez	UC Riverside	16:52.0	2007
13	Emeline Delanis	Unattached	16:55.0	2018
14	Dallon Williams	CS San Marcos	16:55.0	2009
15	Sheree Shea	Loyola Marymount	16:55.0	2010
16	Dallon Williams	CS San Marcos	16:56.0	2008
17	Bethany Nickless	Unattached	16:56.0	2009
18	Cristina Olivas	UC Riverside	17:01.0	2008
19	Mariel Mendoza	Team Mosqueda Elite	17:01.0	2018
20	Faith Makau	UC Riverside	17:01.0	2017
21	Elizabeth Nelson	CS Northridge	17:01.0	2014
22	Natalia Ruiz Lara	UNLV	17:02.0	2023
23	Samantha Huerta	CS Fullerton	17:03.0	2018
24	Faith Makau	UC Riverside	17:06.0	2016
25	Lilyana Morejon	CS Northridge	17:07.0	2009

**Womens 6k XC Course Top
25 Performances New
Course 2004**

	Names	Team	Time	Year
1	Bailey Hertenstein	Colorado	19:11.0	2022
2	Laura Hollander	Cal Poly SLO	19:13.0	2012
3	Emily Venters	Utah	19:17.0	2022
4	Emily Covert	Colorado	19:24.0	2022
5	Izzy Thornton-Bott	Oregon	19:27.0	2022
6	Brianna Weidler	UC Davis	19:29.0	2022
7	Simone Plourde	Utah	19:30.0	2022
8	Zofia Dudek	Stanford	19:32.0	2022
9	Judy Chepkoech	Arizona State	19:32.0	2024
10	Ella Baran	Colorado	19:33.0	2022
11	Amdrea Markezich	Washington	19:38.0	2022
12	Grace Fetherstonhaugh	Oregon State	19:38.0	2022
13	Neema Kintai	Washington State	19:38.0	2022
14	Harper McClain	Oregon	19:41.0	2022
15	Kaylee Mitchell	Oregon State	19:41.0	2022
16	Sophie O'Sullivan	Washington	19:42.0	2022
17	Emilie Girard	Oregon	19:42.0	2022
18	Audrey Dadamio	Stanford	19:42.0	2022
19	Sarah Sumpter	UC Davis	19:44.0	2012
20	Kaitlyn Barthell	Colorado	19:46.0	2022
21	Regina Mpigachai	Northern Colorado	19:47.0	2022
22	Ariel Keklak	Utah	19:47.0	2022
23	Alaina Stone Boggs	Washington State	19:48.0	2022
24	Keelah Barger	Utah	19:48.0	2022
25	Allie Scima	Long Beach State	19:49.0	2022

**Womens 4k XC Course Top
25 Performances**

	Names	Team	Time	Year
1	Damajeria Dubose	UC Riverside	13:33.0	2012
2	Holly Page	Wyoming	13:38.0	2012
3	Raquel Hefflin	UC Riverside	13:49.0	2012
4	Claire Rethmeier	UCLA	13:52	2006
5	Erica Capellino	USC	13:52.0	2012
6	Alisha Brown	UC Riverside	13:53.0	2012
7	Shelby Buckley	USC	13:56.0	2012
8	Katy Daly	UC Riverside	13:58.0	2012
9	Christine Nelson	Wyoming	14:01.0	2012
10	Jenna Tong	USC	14:02.0	2012
11	Cristina Olivas	UC Riverside	14:02	2006
12	Abi Bever	Wyoming	14:06.0	2012
13	Jzsanette Lindstrom	UC Riverside	14:08.0	2012
14	Lisa Lopez	UC Riverside	14:09	2006
15	Brianna Simmons	UC Riverside	14:11.0	2012
16	Nicole Davies	USC	14:12.0	2012
17	Chloe Fata	UC Irvine	14:15.0	2012
18	Jenna Timinsky	UCLA	14:15	2006
19	Colleen Lillig	UC Irvine	14:17.0	2012
20	Ciara Viehweg	UCLA	14:22	2006
21	Brooke Hughes	Wyoming	14:23.0	2012
22	Lauren Jirges	UCLA	14:23	2006
23	Natasha Strickland	USC	14:24.0	2012
24	Allie Bohannon	UCLA	14:26	2006
25	Olga Aulet Leon	UCLA	14:28	2006

Mens 6K XC Course Top 25 Performances

1	Seth Totten	UC Riverside	17:28.0	2014
2	Gilbert Kigen	Central Arizona	17:38.0	2015
3	Luis Guttierrez	unattached	17:38.0	2014
4	Seth Totten	UC Riverside	17:41.0	2012
5	Raul Lara	UC Riverside	17:43.0	2006
6	Seth Totten	unattached	17:43.0	2013
7	Cody Jordan	UC Riverside	17:44.0	2015
8	Laef Barnes	UCLA	17:45.0	2006
9	Steven Melena	UC Irvine	17:46.0	2012
10	Seth Totten	unattached	17:48.0	2016
11	Garrett Zans	Wyoming	17:48.0	2013
12	Nick Heath	Pepperdine	17:50.0	2017
13	Amos Bowne	Wyoming	17:51.0	2013
14	Garrett Zans	Wyoming	17:51.0	2012
15	Isaiah Thompson	UC Irvine	17:51.0	2015
16	Kevin Ramirez	Long Beach State	17:51.0	2015
17	Alex Tebbe	UC Irvine	17:52.0	2014
18	Aaron Derner	Wyoming	17:52.0	2012
19	Samuel Bautista	Long Beach State	17:52.0	2015
20	Kyle Shackleton	UCLA	17:53.0	2006
21	Aaron Derner	Wyoming	17:53.0	2013
22	Jorge Perez	Central Arizona	17:54.0	2015
23	Brian Masayeva	Central Arizona	17:55.0	2015
24	Michael Haddan	UCLA	17:55.0	2006
25	Alex Tebbe	UC Irvine	17:55.0	2013

