



# CAROLINA CROSS COUNTRY

## TOP PROGRAM TIMES

### 5,000 Meters Top 20 Program Times

| Name                           | Time           | Meet (Location)                                 | Date           |
|--------------------------------|----------------|-------------------------------------------------|----------------|
| 1. Judy Kosgei                 | 15:52.9        | Gamecock Challenge (Columbia, S.C.)             | 9/15/23        |
| 2. Gabriella Gait-Smith        | 16:47.2        | Gamecock Challenge (Columbia, S.C.)             | 9/15/23        |
| <b>3. Teresa Cherotich</b>     | <b>16:54.2</b> | <b>Live in Lou Classic (Louisville, Ky.)</b>    | <b>10/5/24</b> |
| 4. Meredith Mill               | 17:03.6        | Royal Cross Country Challenge (Charlotte, N.C.) | 10/11/13       |
| 5. Kayla Lampe                 | 17:10.2        | Gamecock Invitational (Columbia, S.C.)          | 8/31/12        |
| 6. Heather Stone               | 17:14.2        | Adidas XC Challenge (Cary, N.C.)                | 9/20/19        |
| 7. Ella Zeigler                | 17:22.8        | Gamecock Challenge (Columbia, S.C.)             | 9/15/23        |
| 8. Anna Boyd                   | 17:23.4        | Gamecock Challenge (Columbia, S.C.)             | 9/15/23        |
| 9. Hattie Jennings             | 17:28.0        | Gamecock Challenge (Columbia, S.C.)             | 9/15/23        |
| 10. Lily Weeks                 | 17:30.8        | Gamecock Challenge (Columbia, S.C.)             | 9/15/23        |
| 11. Hope Dominique             | 17:32.4        | Gamecock Challenge (Columbia, S.C.)             | 9/15/23        |
| 12. Svenja Sommer              | 17:33.6        | Royals Challenge (Charlotte, N.C.)              | 10/7/22        |
| 13. Beatrice Biwott            | 17:33.7        | Charlotte Invitational (Charlotte, N.C.)        | 10/2/09        |
| 14. Sue McGhie                 | 17:34.0        | SEC Championships (Baton Rouge, La.)            | 10/30/93       |
| 15. Mary Reiser                | 17:39.0        | Royal Cross Country Challenge (Charlotte, N.C.) | 10/11/13       |
| 16. Sofie Kurzawa              | 17:39.4        | Gamecock Challenge (Columbia, S.C.)             | 9/15/23        |
| <b>17. Mary Frances Iseman</b> | <b>17:41.3</b> | <b>Live in Lou Classic (Louisville, Ky.)</b>    | <b>10/5/24</b> |
| 18. Jenny Lake                 | 17:44.0        | Clemson Invitational (Clemson, S.C.)            | 10/18/03       |
| 19. Anna Todd                  | 17:44.99       | Crimson Classic (Tuscaloosa, Ala.)              | 10/17/14       |
| <b>20. Cate Conklin</b>        | <b>17:49.1</b> | <b>Live in Lou Classic (Louisville, Ky.)</b>    | <b>10/5/24</b> |



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## TOP PROGRAM TIMES

### 6,000 Meters Top 20 Program Times

| Name                          | Time           | Meet (Location)                                  | Date           |
|-------------------------------|----------------|--------------------------------------------------|----------------|
| 1. Judy Kosgei                | 19:41.50       | NCAA Championship (Charlottesville, Va.)         | 11/18/23       |
| <b>2. Teresa Cherotich</b>    | <b>19:42.8</b> | <b>SEC Championship (College Station, Texas)</b> | <b>11/1/24</b> |
| 3. Silan Ayyildiz             | 19:56.20       | SEC Championship (Columbia, S.C.)                | 10/27/23       |
| <b>4. Mary Frances Iseman</b> | <b>20:38.0</b> | <b>SEC Championship (College Station, Texas)</b> | <b>11/1/24</b> |
| <b>T5. Cate Conklin</b>       | <b>20:38.8</b> | <b>SEC Championship (College Station, Texas)</b> | <b>11/1/24</b> |
| T5. Heather Stone             | 20:38.80       | Paul Short Invitational (Bethlehem, Pa.)         | 10/5/19        |
| 7. Kayla Lampe                | 20:40.43       | NCAA Southeast Regional (Charlotte, N.C.)        | 11/9/12        |
| 8. Jenny Lake                 | 20:42.13       | SEC Championship (Auburn, Ala.)                  | 10/29/01       |
| 9. Mary Reiser                | 20:45.70       | SEC Championship (College Station, Texas)        | 10/30/15       |
| <b>10. Anya Arroyo</b>        | <b>20:45.8</b> | <b>SEC Championship (College Station, Texas)</b> | <b>11/1/24</b> |
| <b>11. Emma Torbert</b>       | <b>20:52.0</b> | <b>SEC Championship (College Station, Texas)</b> | <b>11/1/24</b> |
| 12. Meredith Mill             | 20:57.38       | SEC Championship (Gainesville, Fla.)             | 11/1/13        |
| 13. Anna Todd                 | 21:02.00       | Paul Short Invitational (Bethlehem, Pa.)         | 10/4/14        |
| 14. Anna Kathryn Stoddard     | 21:08.50       | NCAA Southeast Regional (Rock Hill, SC)          | 11/9/18        |
| 15. Hope Dominique            | 21:12.17       | SEC Championship (Oxford, Miss.)                 | 10/28/22       |
| <b>16. Hattie Jennings</b>    | <b>21:12.6</b> | <b>SEC Championship (College Station, Texas)</b> | <b>11/1/24</b> |
| 17. Rachel Smith              | 21:13.00       | SEC Championship (Auburn, Ala.)                  | 10/29/01       |
| 18. Svenja Sommer             | 21:14.19       | SEC Championship (Oxford, Miss.)                 | 10/28/22       |
| 19. Gabriella Gait-Smith      | 21:17.00       | Paul Short Run (Bethlehem, Pa.)                  | 9/30/23        |
| <b>T20. Siobhan Joyce</b>     | <b>21:19.5</b> | <b>SEC Championship (College Station, Texas)</b> | <b>11/1/24</b> |
| T20. Beatrice Biwott          | 21:19.50       | NCAA Southeast Regional (Louisville, Ky.)        | 11/12/11       |

UPDATED 11/1/24

Garnet denotes current student-athlete(s) | Marks set in 2024 season are **BOLD**