



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. Salma Elbadra	15:57.5	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
3. Abir Reffas	16:09.8	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
4. Anya Arroyo	16:14.3	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
5. Teresa Cherotich	16:17.8	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
6. Jade Buridon	16:41.4	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
7. Gabriella Gait-Smith	16:47.2	Gamecock Challenge (Columbia, S.C.)	9/15/23
8. Abigail White	16:59.7	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
9. Mary Frances Iseman	17:00.2	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
10. Cate Conklin	17:03.6	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
11. Meredith Mill	17:03.6	Royal Cross Country Challenge (Charlotte, N.C.)	10/11/13
12. Kayla Lampe	17:10.2	Gamecock Invitational (Columbia, S.C.)	8/31/12
13. Emma Torbert	17:12.1	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
14. Heather Stone	17:14.2	Adidas XC Challenge (Cary, N.C.)	9/20/19
15. Ella Zeigler	17:22.8	Gamecock Challenge (Columbia, S.C.)	9/15/23
16. Anna Boyd	17:23.4	Gamecock Challenge (Columbia, S.C.)	9/15/23
17. Hattie Jennings	17:28.0	Gamecock Challenge (Columbia, S.C.)	9/15/23
18. Eline Mast	17:29.6	Covered Bridge Open (Boone, N.C.)	8/29/25
19. Lily Weeks	17:30.8	Gamecock Challenge (Columbia, S.C.)	9/15/23
20. Hope Dominique	17:32.4	Gamecock Challenge (Columbia, S.C.)	9/15/23



CAROLINA CROSS COUNTRY

TOP PROGRAM TIMES

6,000 Meters Top 20 Program Times

Name	Time	Meet (Location)	Date
1. Salma Elbadra	19:03.1	NCAA Southeast Regional (Charlottesville, Va.)	11/14/25
2. Judy Kosgei	19:41.5	NCAA Championship (Charlottesville, Va.)	11/18/23
3. Teresa Cherotich	19:42.8	SEC Championship (College Station, Texas)	11/1/24
4. Silan Ayyildiz	19:56.2	SEC Championship (Columbia, S.C.)	10/27/23
5. Abir Reffas	19:57.3	NCAA Southeast Regional (Charlottesville, Va.)	11/14/25
6. Anya Arroyo	20:04.0	NCAA Southeast Regional (Charlottesville, Va.)	11/14/25
7. Abigail White	20:27.9	NCAA Southeast Regional (Charlottesville, Va.)	11/14/25
8. Cate Conklin	20:32.2	NCAA Southeast Regional (Charlottesville, Va.)	11/14/25
9. Mary Frances Iseman	20:38.0	SEC Championship (College Station, Texas)	11/1/24
10. Heather Stone	20:38.8	Paul Short Invitational (Bethlehem, Pa.)	10/5/19
11. Kayla Lampe	20:40.43	NCAA Southeast Regional (Charlotte, N.C.)	11/9/12
12. Jenny Lake	20:42.13	SEC Championship (Auburn, Ala.)	10/29/01
13. Mary Reiser	20:45.7	SEC Championship (College Station, Texas)	10/30/15
14. Jade Buridon	20:50.6	NCAA Southeast Regional (Charlottesville, Va.)	11/14/25
15. Emma Torbert	20:52.0	SEC Championship (College Station, Texas)	11/1/24
16. Meredith Mill	20:57.38	SEC Championship (Gainesville, Fla.)	11/1/13
17. Anna Todd	21:02.0	Paul Short Invitational (Bethlehem, Pa.)	10/4/14
18. Anna Kathryn Stoddard	21:08.5	NCAA Southeast Regional (Rock Hill, SC)	11/9/18
19. Hope Dominique	21:12.17	SEC Championship (Oxford, Miss.)	10/28/22
20. Hattie Jennings	21:12.6	SEC Championship (College Station, Texas)	11/1/24

UPDATED 11/14/25

Garnet denotes current student-athlete(s) | Marks set in 2025 season are **BOLD**