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. Louise Bailly	**16:03.5**	**Joe Piane Invite (South Bend, Ind.)**	**10/2/26**
4. Abir Reffas	16:09.8	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
5. Anya Arroyo	16:14.3	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
6. Teresa Cherotich	16:17.8	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
7. Jade Buridon	16:41.4	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
8. Gabriella Gait-Smith	16:47.2	Gamecock Challenge (Columbia, S.C.)	9/15/23
9. Abigail White	**16:54.2**	**Joe Piane Invite (South Bend, Ind.)**	**10/2/26**
10. Mary Frances Iseman	17:00.2	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
11. Emma Torbert	**17:03.3**	**Joe Piane Invite (South Bend, Ind.)**	**10/2/26**
12. Ella Nighbor	**17:03.5**	**Joe Piane Invite (South Bend, Ind.)**	**10/2/26**
13. Cate Conklin	17:03.6	Joe Piane Notre Dame Invitational (South Bend, Ind.)	10/3/25
14. Meredith Mill	17:03.6	Royal Cross Country Challenge (Charlotte, N.C.)	10/11/13
15. Allie Matasich	**17:05.7**	**Joe Piane Invite (South Bend, Ind.)**	**10/2/26**
16. Kayla Lampe	17:10.2	Gamecock Invitational (Columbia, S.C.)	8/31/12
17. Heather Stone	17:14.2	Adidas XC Challenge (Cary, N.C.)	9/20/19
18. Ella Zeigler	17:22.8	Gamecock Challenge (Columbia, S.C.)	9/15/23
19. Anna Boyd	17:23.4	Gamecock Challenge (Columbia, S.C.)	9/15/23
20. Hattie Jennings	17:28.0	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	**18:56.7**	**NCAA Southeast Regional (Spartanburg, S.C.)**	**11/13/26**
2. Abir Reffas	**19:33.9**	**SEC Championship (Columbia, Mo.)**	**10/30/26**
3. Judy Kosgei	19:41.5	NCAA Championship (Charlottesville, Va.)	11/18/23
4. Teresa Cherotich	19:42.8	SEC Championship (College Station, Texas)	11/1/24
5. Louise Bailly	**19:44.2**	**NCAA Southeast Regional (Spartanburg, S.C.)**	**11/13/26**
6. Anya Arroyo	**19:53.0**	**SEC Championship (Columbia, Mo.)**	**10/30/26**
7. Silan Ayyildiz	19:56.2	SEC Championship (Columbia, S.C.)	10/27/23
8. Abigail White	**20:07.1**	**SEC Championship (Columbia, Mo.)**	**10/30/26**
9. Emma Torbert	**20:18.9**	**SEC Championship (Columbia, Mo.)**	**10/30/26**
10. Cate Conklin	20:23.3	NCAA Championship (Columbia, Mo.)	11/22/25
11. Siobhan Joyce	**20:24.1**	**SEC Championship (Columbia, Mo.)**	**10/30/26**
12. Ella Nighbor	**20:29.2**	**SEC Championship (Columbia, Mo.)**	**10/30/26**
13. Jade Buridon	**20:33.5**	**SEC Championship (Columbia, Mo.)**	**10/30/26**
14. Mary Frances Iseman	20:38.0	SEC Championship (College Station, Texas)	11/1/24
15. Heather Stone	20:38.8	Paul Short Invitational (Bethlehem, Pa.)	10/5/19
16. Kayla Lampe	20:40.43	NCAA Southeast Regional (Charlotte, N.C.)	11/9/12
17. Jenny Lake	20:42.13	SEC Championship (Auburn, Ala.)	10/29/01
18. Allie Matasich	**20:44.2**	**SEC Championship (Columbia, Mo.)**	**10/30/26**
19. Mary Reiser	20:45.7	SEC Championship (College Station, Texas)	10/30/15
20. Meredith Mill	20:57.38	SEC Championship (Gainesville, Fla.)	11/1/13

UPDATED 11/13/26

Garnet denotes current student-athlete(s) | Marks set in 2026 season are **BOLD**