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CROSS COUNTRY

All-Time Top-20 List

As of 10/7/2025

Marks set in current season in bold. Marks set by current athlete underlined.

WOMEN'S 5K

1	16:48	Sophie Curatilo	2014
2	17:07	Taylor de Laveaga	2014
3	17:23	Azalea Groleau	2025
4	17:23	Olivia Stein	2019
5	17:27	Lila Rice	2014
6	17:33	Katie Hansen	2008
7	17:34	Elena Smith	2014
8	17:38	Johanna Erickson	2017
9	17:45	Madison Davis	2014
10	17:48	Delaney Griffin	2019
11	17:51	Lilianne Hargreaves	2023
12	17:58	Kelly Fullerton	2004
13	17:59	Lauren Hammerle	2013
14	18:00	Moria O'Connor Lenth	2014
15	18:06	Rachel Kastama	2019
16	18:09	Courtney Gelmini	2019
17	18:11	Hannah Mittelstaedt	2013
18	18:11	Megan Delorey	2018
19	18:13	Diana Camargo Solis	2025
19	18:15	Emily Hedberg	2014
20	18:17	Caitlyn O'Neil	2022

WOMEN'S 6K

<u>1</u>	<u>20:28</u>	<u>Azalea Groleau</u>	<u>2024</u>
2	20:58	Olivia Stein	2019
3	20:59	Lilianne Hargreaves	2024
4	21:05	Lila Rice	2015
5	21:10	Katie Hansen	2008
<u>6</u>	<u>21:18</u>	<u>Diana Camargo Solis</u>	<u>2024</u>
7	21:20	Hannah Mittelstaedt	2012
8	21:24	Sophie Curatilo	2013
9	21:26	Emily Harris	2023
10	21:30	Jennifer Stolle	2012

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11	21:34	Taylor de Laveaga	2014
12	21:35	Elena Smith	2015
13	21:36	Johanna Erickson	2017
14	21:41	Moria O'Connor Lenth	2015
15	21:42	Lauren Hammerle	2013
16	21:43	Rachel Kastama	2019
17	21:50	McKenna White	2024
18	21:52	Rachel Yorkston	2007
19	21:55	Cara Talty	2010
20	21:55	Anastasia Honea	2016

MEN'S 8K

1	23:52	Yonas Sauers	2023
2	24:07	Casey Moriaty	2005
3	24:17	Eli Boudouris	2018
4	24:23	Matt Seidel	2017
5	24:26	Erik Barkhaus	2010
6	24:28	Nathan McLaughlin	2015
7	24:39	Ben Monk	2018
8	24:41	Giuliano Scasso	2021
9	24:50	Chay Weaver	2016
10	24:51	Alex Franklin	2022
11	24:53	Kelton Sears	2010
12	24:57	Roman Radecki	2025
13	24:58	Hezekiah Goodwin	2022
		Gus Harquail	2022
15	25:00	Nathan Pixler	2018
16	25:01	Baxter Arguinchona	2015
17	25:02	Jacques Hebert	2016
18	25:07	Hamza Ali	2019
19	25:08	Gus Arroyo	2014
20	25:09	Nathan Heitzinger	2014

MEN'S 10K

1	30:01	Eric Barkhaus	2012
2	30:53	Matthew McClement	2012
3	31:08	Yonas Sauers	2023
4	31:09	Gus Arroyo	2014

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5	31:23	Gus Harquail	2022
6	31:25	Nathan Pixler	2018
7	31:38	Eli Boudouris	2016
	31:38	Chay Weaver	2016
	31:38	Hezekiah Goodwin	2022
10	31:47	Alex Franklin	2022
11	31:50	Lance Mason	2022
12	31:55	Graham Kinzel-Grubbs	2012
13	31:56	Casey Moriarty	2005
14	32:02	Nathan McLaughlin	2016
15	32:06	Jacques Hebert	2016
16	32:08	Ryan Dennison	2012
17	32:09	Collin Overbay	2012
18	32:10	Hamza Ali	2019
19	32:18	Matt Seidel	2017
20	32:19	Cal Davidson-Turner	2018