

MEN'S ALL-TIME TOP 25 - 8,000 METERS

Name	Time	Meet	Course	Date
1. Roger Hansen	24:36.4	NAIA District II	Bush's Pasture Park, Salem, Ore.	11/13/76
2. Tyler Shipley	24:42.0	Sundodger Invitational	Lincoln Park, Seattle, Wash.	9/20/14
3. Kellen Peters	24:54.9	NWC Championships	PLU Golf Course, Tacoma, Wash.	10/28/06
4. Ron Vogt	24:58.3	NAIA District II	Champoeg State Park, St. Paul, Ore.	11/08/75
5. Riley Stewart	24:58.4	NCAA Division III National Championships	E.P. Tom Sawyer Park, Louisville, Ken.	11/20/21
6. Ron Adams	25:02.3	NAIA District II	Champoeg State Park, St. Paul, Ore.	11/08/75
7. Will Wada	25:13.8	NWC Championships	Killarney West Golf Course, Hillsboro, Ore.	10/29/22
8. Bob Fierro	25:20.2	NAIA District II	Champoeg State Park, St. Paul, Ore.	11/08/75
9. Erik Maack	25:21.2	46 th Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/02/21
10. Nathan May	25:23.9	Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/04/03
11. Dave Nees	25:26.1	NAIA District II	Bush's Pasture Park, Salem, Ore.	11/13/76
12. Tom Cason	25:28.1	NAIA District II	Bush's Pasture Park, Salem, Ore.	11/13/76
13. Terry Sullivan	25:39.0	NAIA District II	Bush's Pasture Park, Salem, Ore.	11/12/77
14. Dick Snoddy	25:40.0	NAIA District II	Champoeg State Park, St. Paul, Ore.	11/08/75
15. Paul Heller	25:42.0	NAIA District II	Pier Park, Portland, Ore.	11/11/72
16. Art Eddy	25:43.0	NAIA District II	Champoeg State Park, St. Paul, Ore.	11/08/75
17. Nash Guaracha	25:47.5	Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/10/81
18. Matt Wells	25:49.2	Unknown	Unknown	9/26/81
19. Dan Flora	25:51.6	NWC Championships	Willamette Mission State Park, Brooks, Ore.	10/29/11
20. John Sides	25:54.9	NAIA District II	Bush's Pasture Park, Salem, Ore.	11/12/77
21. Joe Deardorff	25:58.8	NWC Championships	Willamette Mission State Park, Brooks, Ore.	10/29/11
22. Sergio Hickey	26:00.4	NWC Championships	PLU Golf Course, Tacoma, Wash.	10/28/06
23. Dexter Patching	26:02.5	NWC Championships	Killarney West Golf Course, Hillsboro, Ore.	10/29/22
24. Carl Hoogesteger	26:09.1	Boxer Invitational	Lincoln Park, Forest Grove, Ore.	9/07/02
25. Peyton Fisher	26:12.7	NWC Championships	Oak Knoll Golf Course, Independence, Ore.	11/2/24

WOMEN'S ALL-TIME TOP-25 - 6,000 METERS

Name	Time	Meet	Course	Date
1. Sarah Smith	21:25.8	NWC Championships	Wandermere GC, Spokane, Wash.	10/30/04
2. Annie Berry	21:48.9	NWC Championships	Killarney West Golf Course, Hillsboro, Ore.	10/29/22
3. Kelsey Owens	21:52.4	George Fox Invitational	Willamette Mission State Park, Brooks, Ore.	10/13/07
4. Kara Putman	22:00.4	Lewis & Clark Invite	Milo McIver State Park, Estacada, Ore.	10/16/21
5. Shana Shosky	22:00.6	NWC Championships	PLU Golf Course, Tacoma, Wash.	10/30/04
6. Stephenie Spencer	22:00.8	Sundodger Invitational	Lincoln Park, Seattle, Wash.	9/17/16
7. Rachel Schreiber	22:03.1	NCAA Regional	Oak Knoll Golf Course, Independence, Ore.	11/10/12
8. Liz Bradley	22:24.2	NWC Championships	Killarney West Golf Course, Hillsboro, Ore.	10/29/22
9. Megan Feitz	22:38.8	NWC Championships	Oak Knoll Golf Course, Independence, Ore.	11/2/24
10. Serena Wallace	22:40.6	NWC Championships	Willamette Mission State Park, Brooks, Ore.	10/28/16
11. Cris Brethower	22:44.9	NWC Championships	Killarney West Golf Course, Hillsboro, Ore.	10/29/22
12. Hannah Berdahl	22:49.8	Northwest Conference Championships	Fort Steilacoom Park, Wash.	11/2/19
13. Dina Altuhovs	22:49.8	Mike Johnson Classic	Ash Creek Preserve, Monmouth, Ore.	9/22/23
14. Maddy Hubbs	22:56.9	George Oja XC Invitational	Oak Knoll Golf Course, Independence, Ore.	10/14/23
15. Jess Knoll	23:01.9	NWC Championships	Willamette Mission State Park, Brooks, Ore.	10/28/16
16. Samantha Lee	23:02.3	NCAA Regional	Bush's Pasture Park, Salem, Ore.	11/13/10
17. Abby Klein	23:06.7	Lewis & Clark Invite	Milo McIver State Park, Estacada, Ore.	10/16/21
18. Natalie Taylor	23:19.4	George Oja XC Invitational	Oak Knoll Golf Course, Independence, Ore.	10/14/23
19. Jilinda Franklin	23:24.2	NCAA Regional	Oak Knoll Golf Course, Independence, Ore.	11/10/12
20. Amanda Basham	23:28	Beaver Classic	Avery Park, Corvallis, Ore.	10/24/09
21. Alena Krull	23:30.1	Mike Johnson Classic	Ash Creek Preserve, Monmouth Ore.	9/22/23
22. Morgan Henry	23:30.4	Lewis & Clark Invite	Milo McIver State Park, Estacada, Ore.	10/16/21
23. Sarah Tomscha	23:30.8	NCAA Regional	Oak Knoll Golf Course, Independence, Ore.	11/10/12
24. Eliza Irish	23:33.9	Northwest Conference Championships	Fort Steilacoom Park, Wash.	11/2/19
25. Kiersten Iwai	23:36.8	NCAA Regional	Oak Knoll Golf Course, Independence, Ore.	11/10/12

NOTE: 6,000 meters designated as official championship distance by the NCAA for women's cross country in 2002

WOMEN'S ALL-TIME TOP-25 TIMES - 5,000 METERS

Name	Time	Meet	Course	Date
1. Kim Ball	17:54.7	NCAA Championships	Lake Breeze GC, Winneconne, Wis.	11/20/99
2. Kelsey Owens	17:59.2	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/04/08
3. Stephenie Spencer	18:13.5	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/03/15
4. Sarah Smith	18:18.6	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/02/04
5. Samantha Lee	18:29	Warner Pacific Open	Westmoreland Park, Portland, Ore.	10/16/10
6. Annie Berry	18:33.3	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	9/30/23
7. Shana Shosky	18:35.6	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	9/30/06
8. Kara Putman	18:39.0	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/02/21
9. Hannah Berdahl	18:39.3	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/5/19
10. Serena Wallace	18:43.4	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	9/29/18
12. Megan Feitz	18:52.0	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/5/24
13. Jilinda Franklin	18:56.7	Warner Pacific Invitational	Lents Park, Portland, Ore.	10/13/12
14. Jen Coles	19:06.3	NWC Championships	Bush's Pasture Park, Salem, Ore.	11/02/96
15. Michelle Denniston	19:09.8	NWC Championships	Bush's Pasture Park, Salem, Ore.	10/25/86
16. Dace Samta	19:11.4	Pacific Invitational	Lincoln Park, Forest Grove, Ore.	10/25/02
17. Liz Bradley	19:13.0	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/02/21
18. Dina Altuhovs	19:14.3	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	9/30/23
19. Amanda Basham	19:17	Mike Hodges Invitational	Clackamas CC, Oregon City, Ore.	10/16/09
20. Cris Brethower	19:19.7	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/5/24
21. Rachel Schreiber	19:20.2	George Fox Dual	Willamette Mission St. Park, Brooks, Ore.	9/01/12
22. Abby Klein	19:21.0	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/02/21
23. Katherine Lichtenwalter	19:25.0	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/04/03
24. Morgan Henry	19:26.8	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/02/21
25. Sidney Davis	19:28.8	Charles Bowles Willamette Invitational	Bush's Pasture Park, Salem, Ore.	10/05/13