



CROSS COUNTRY

ALL-TIME 5K RECORDS

(UPDATED DEC. 20, 2024)

5K TOP 50 TIMES

17:33 - Kim Hemstreet - 2002 Horizon League Championships
17:47 - Allison Sherman - 2023 Canisius Alumni Classic
17:49 - Kim Hemstreet - 2001 MCC Championships
17:55 - Andrea Karl - 2005 BGSU Falcon Invite
17:56 - Ruthie Cook - 2001 Central Collegiate Conference Championships
17:57 - Sydnie Fetherolf - 2017 Canisius Alumni Classic
17:58 - Louisa Coppola - 2013 National Catholic Championships
17:58 - Andrea Karl - 2005 Horizon League Championships
17:58 - Kim Hemstreet - 2002 Running Fit-Detroit Titan Invitational
18:00 - Sydnie Fetherolf - 2017 Greater Louisville Classic
18:00 - Kim Hemstreet - 2001 Central Collegiate Conference Championships
18:00 - Kim Hemstreet - 2002 National Catholic Championship
18:09 - Sydnie Fetherolf - 2017 Running Fit-Detroit Titan Invitational
18:09 - Allison Sherman - 2022 Live In The Lou Classic
18:11 - Angie Lefere - 1997 Central Collegiate Conference Championships
18:15 - Claire Kendell - 2018 Running Fit-Detroit Titan Invitational
18:16 - Jeanette Schmitt - 1993 MCC Championships
18:20 - Claire Kendell - 2018 Canisius Alumni Classic
18:22 - Devon Sutton - 2016 National Catholic Championship
18:22 - Allison Sherman - 2023 National Catholic Championship
18:23 - Carrie Vanisacker - 1993 Michigan Intercollegiate



Kim Hemstreet holds the Titan all-time 5k record winning the 2002 Horizon League Championship in a time of 17:33



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ALL-TIME 5K RECORDS

(UPDATED DEC. 20, 2024)

18:27 - Bonnie Fitzpatrick - 1987 NCAA District IV Championships
18:28 - LeAnn Sarka - 2004 BGSU Falcon Invite
18:33 - Stacey Lenard - 1995 National Catholic Championship
18:37 - Christene Richter - 1998 MCC Championships
18:39 - Renee DeChambeau - 1986 Siena Heights Invitational
18:40 - Deanna McVicar - 1989 MCC Championships
18:43 - Rebecca Measel - 2021 Wright State Winter XC Challenge
18:43 - Colleen Danes - 1993 MCC Championships
18:43 - Michelle Vogt - 1986 Siena Heights Invitational
18:45 - Andrea Hutchins - 1998 Michigan Intercollegiate
18:46 - Laura Pilon - 1999 NCAA Great Lakes Regional Championships
18:47 - Zeinab Baydoun - 2014 Greater Louisville Classic
18:47 - Nina Pizzo - 2024 Live at the Lou Classic
18:48 - Evie Wright - 2023 Canisius Alumni Classic
18:49 - Nicole Robertson - 1989 MCC Championships
18:52 - Nancy Mandziara - 1986 MCC Championships
18:52 - Athalee Norman - 1991 National Catholic Championships
18:52 - Jean Wyckoff - 1986 Siena Heights Invitational
18:54 - Jill Rothert - 1990 National Catholic Championships
18:56 - Kirstin Mooney - 2011 National Catholic Championships
18:56 - Nancy Calder - 1987 MCC Championships
18:58 - Veronica Towianski - 2018 Canisius Alumni Classic
18:59 - Jill Myrand - 1994 MCC Championships
19:00 - Katrina Oberski - 2012 Horizon League Championships
19:00 - Samantha Zakalowski - 2015 Greater Louisville Classic
19:01 - Jenny Ponkowski - 2016 Canisius Alumni Classic
19:08 - Kayla Hughes - 2018 Canisius Alumni Classic
19:09 - Heidi Wise - 1994 Michigan Intercollegiate
19:13 - Jamie Saylor - 1996 Michigan Intercollegiate

5K SUB 19 RUNS

Angie Lefere - 24 of 28
Kim Hemstreet - 15 of 15
Bonnie Fitzpatrick - 11
Allison Sherman - 9
Sydnie Fetherolf - 7
Andrea Karl - 7
Carrie Vanisacker - 7
Claire Kendell - 6
Louisa Coppola - 6
Ruthie Cook - 5
Devon Sutton - 4
Michelle Vogt - 4
Colleen Danes - 4
Zeinab Baydoun - 3
Nancy Mandziara - 3
Renee DeChambeau - 3
Andrea Hutchins - 3
Stacey Lenard - 3
Laura Pilon - 3
LeAnn Sarka - 2
Christene Richter - 2
Jill Rothert - 2

Athalee Norman - 2
Evie Wright - 1
Rebecca Measel - 1
Nancy Calder - 1
Kirstin Mooney - 1
Jill Myrand - 1
Jeanette Schmitt - 1
Veronica Towianski - 1
Jean Wyckoff - 1
Nina Pizzo - 1



CROSS COUNTRY

ALL-TIME 6K RECORDS

(UPDATED DEC. 20, 2024)

6K TOP 30 TIMES

21:13 - Kim Hemstreet - 2002 NCAA Division I Championship
21:25 - Kim Hemstreet - 2001 Paul Short Invitational
21:28 - Allison Sherman - 2023 Horizon League Championship
21:29 - Ruthie Cook - 2001 Paul Short Invitational
21:34 - Louisa Coppola - 2013 NCAA Great Lakes Regional Championship
21:45 - Kim Hemstreet - 2002 NCAA Great Lakes Regional Championship
21:49 - Andrea Karl - 2004 NCAA Great Lakes Regional
21:50 - Ruthie Cook - 2001 NCAA Great Lakes Regional
21:52 - Louisa Coppola - 2013 Penn State National
21:54 - Allison Sherman - 2022 NCAA Great Lakes Regional Championship
21:55 - Louisa Coppola - 2012 NCAA Great Lakes Regional Championship
21:55 - Allison Sherman - 2022 Horizon League Championship
22:01 - Allison Sherman - 2023 NCAA Great Lakes Regional Championship
22:06 - Evie Wright - 2024 NCAA Great Lakes Regional Championship
22:07 - Kim Hemstreet - 2002 Michigan Intercollegiate
22:09 - Claire Kendell - 2018 Horizon League Championship
22:10 - Kim Hemstreet - 2000 Paul Short Invitational
22:15 - Kim Hemstreet - 2001 NCAA Great Lakes Regional Championship
22:16 - Devon Sutton - 2016 Great Lakes Regional Championship
22:18 - LeAnn Sarka - 2004 NCAA Great Lakes Regional Championship
22:19 - Sydnie Fetherolf - 2014 Horizon League Championship
22:22 - Kim Hemstreet - 2002 Bucknell Invitational
22:22 - Angie Lefere - 2000 NCAA Great Lakes Regional Championship
22:23 - Devon Sutton - 2016 Horizon League Championship
22:25 - Angie Lefere - 2000 Paul Short Invitational
22:25 - Nina Pizzo - 2024 NCAA Great Lakes Regional Championship
22:30 - Claire Kendell - 2018 NCAA Great Lakes Regional Championship
22:32 - Samantha Zakalowski - 2015 Horizon League Championship
22:33 - Zeinab Baydoun - 2014 Horizon League Championship
22:36 - Andrea Karl - 2004 Penn State National Invite

6K SUB 23 RUNS

Kim Hemstreet	8
Allison Sherman	6
Ruthie Cook	4
Evie Wright	4
Louisa Coppola	3
Sydnie Fetherolf	3
Zeinab Baydoun	2
Andrea Karl	2
Angie Lefere	2
Devon Sutton	2
Nina Pizzo	2
Claire Kendell	1
Laura Pilon	1
LeAnn Sarka	1
Taylor Smith	1
Samantha Zakalowski	1