

Men – Top 5 mile / 8K times

1.	23:13	Aron Rono	2007 @ Stanford
2.	24:04	Duane Waltmire	1975 @ Chapman
3.	24:16	Greg Lovercamp	1979 @ El Dorado Park
4.	24:18	Tony Bergman	1993 @ Stanford
5.	24:20	John Gachao	1995 @ GSAC @ Bonelli
6.	24:28	Jaime Martinez	1995 @ GSAC @ Bonelli
7.	24:29	Andrew Daniels	1983 @ El Dorado Park
8.	24:31	Fernando Velasquez	1983 @ El Dorado Park
8.	24:31	Abednego Magut	2008 @ GSAC @ Woodward Park
10.	24:34	Sammy Maritim	1979 @ Chapman
11.	24:38	Mark Odom	1974 @ Chapman
12.	24:46	Aaron Martinez	1982 @ El Dorado Park
13.	24:52	Dennis Caldwell	1975 @ Chapman
14.	24:54	Brian Wardell	2002 @ Willamette
15.	24:55	Carl Swift	1975 @ Chapman
16.	25:03	Zeke Rodriguez	1980 @ La Mirada Park
17.	25:04	Walter Hitt	1975 @ Chapman
18.	25:05	Forrest Lewton	2008 @ NAIA @ Kenosha, Wis.
19.	25:11	Hayland Bishop	1983 @ El Dorado Park
20.	25:12	Danny Trejo	1995 @ Bonelli Park
21.	25:13	Terry Drake	1980 @ La Mirada Park
21.	25:13	Justin Snook	1994 @ Moonlight
23.	25:16	Mark Smith	1982 @ El Dorado Park
24.	25:22	Chris Erdman	1982 @ El Dorado Park
24.	25:22	Denes Balazs	1995 @ Stanford
26.	25:23	Tim Ramirez	2002 @ Willamette
27.	25:27	Steve Pye	1995 @ Bonelli Park
28.	25:28	Caleb Mesa	2006 @ Willamette
29.	25:29	Jason Carney	1993 @ La Mirada
30.	25:30	Caleb Lynch	2005 @ Louisville
31.	25:31	Tim Gachago	2004 @ Willamette
31.	25:31	Peter Sherman	2006 @ Willamette
33.	25:36	John Pfeil	2008 @ Kenosha
34.	25:37	Danny Lee	1998 @ Kenosha
34.	25:37	Chris Ramirez	2001 @ Woodward
36.	25:38	Danny Reid	2004 @ Woodward
37.	25:42	Scott Rehnstrom	1994 @ Kenosha
37.	25:42	Peter Franz	2003 @ Kenosha
39.	25:43	Rocky Richardson	2007 @ Stanford

Women – Top 3 mile / 5K times

1.	16:57	Jacky Kipwambok	2008 @ Grand Rapids, Mich.
2.	17:10	Jaime Canterbury	2007 @ NAIA @ Kenosha, Wis.
3.	17:28	Brianna Carstensen	2004 @ Woodward Park
4.	17:31	Renee Graham	2008 @ GSAC @ Woodward Park
5.	17:40	Latesha Jones	2000 @ Concordia
6.	17:53	Liz Garman	1982 @ El Dorado
7.	17:58	Mara Bookout	1985 @ La Mirada
8.	17:59	Jenee Ellis	1991 @ Kenosha
9.	18:01	Becca Reyes	2008 @ GSAC @ Woodward Park
10.	18:06	Judy Thomas	1983 @ La Mirada
10.	18:06	Sonia Weir	1991 @ Kenosha, Wis.
12.	18:08	Christine Krause	2002 @ Woodward Park
13.	18:09	Lauren Jimison	2008 @ GSAC @ Woodward Park
14.	18:11	Whitney Jacobsmeyer	2004 @ Woodward Park
15.	18:12	Chrystall DeNaeyer	1999 @ Kenosha, Wis.
16.	18:13	Briana Horton	2000 @ Concordia
17.	18:24	Tanisha White	2002 @ Willamette Invitational
18.	18:26	Marissa Reeber	2003 @ Louisville
19.	18:28	Olivia Richert	2006 @ Willamette
20.	18:32	Michelle Teodoro	1994 @ Kenosha
21.	18:34	Mathea Kok	1994 @ Kenosha
22.	18:35	Becky Sweatman	2000 @ Concordia
23.	18:41	Lisette Saucedo	2000 @ Concordia
24.	18:44	Kelly McCoy	1983 @ La Mirada
25.	18:51	Eli Estrada	1998 @ Kenosha
26.	19:52	Beth Hake	1994 @ Kenosha
26.	18:52	Sarah Laufer	1994 @ Stanford
28.	18:58	Katie Johnson	1884 @ La Mirada
29.	19:00	Laurie Ramirez	2002 @ Woodward
30.	19:03	Missy Kitchens	1991 @ La Mirada
31.	19:07	Andrea Warner	1998 @ Stanford
32.	19:10	Kayla Carstensen	2007 @ Woodward Park
33.	19:13	Amber Higgins	1998 @ Stanford
34.	19:14	Kim Davids	2003 @ Louisville
35.	19:15	Jenny Landis	2008 @ Balboa Park
36.	19:18	Maria Montoya	1987 @ La Mirada
37.	19:21	Linda Burden	1983 @ La Mirada
37.	19:21	Sonia Cooper	1983 @ La Mirada
39.	19:22	Janae Chapin	2005 @ NAIA Regionals