

TOP 4K TIMES (1984-2006)				TOP 5K TIMES (2007-present)			
Place	Athlete	Time	Year	Place	Athlete	Time	Year
1	Winter Holman	14:31.2	2000	1	Hope Lockman	18:57.6	2010
2	Kassie Kovert	12:54.6	2005	2	Kassie Kovert	19:13	2007
3	Cally Thompson	15:02	1997	3	Paige McKain	20:40	2021
4	Suzanne Botkin	15:03	1995	4	Kaelyn Johnson	20:41	2016
5	Heather Smith	15:39	1995	5	Destinie Staley	20:43	2010
6	Bethany Botkin	15:46	1997	6	Elisa Gallion	21:03	2013
7	Melissa Morrison	15:50	1985	7	Victoria Oлло	21:18	2008
8	Leah Owen	15:58	1997	8	Mallory Smith	21:31	2007
9	Patricia Norton	16:07	1984		Destiny Satterthwaite	21:31	2016
10	Amber Niewedde	16:13	1994		Jazzlynn Yeadon	21:31	2019
11	Karmen Hansome	16:14	2002	11	Shauna Drake	21:41	2018
12	Haley Locke	16:37	2003	12	Alexis Koch	21:52	2013
13	Lisa Persinger	16:38	1984	13	Kari Brown	21:53	2012
14	Audrey Berry	16:43	2004	14	Grace Garland	22:01	2018
15	Kristi Stuckwisch	16:45	1987	15	Miriah Lasher	22:02	2013
16	Missy Thompson	16:48	1997		Shelby Walls	22:02	2010
17	Cassie Baker	16:50	2005		Brielle Schumpe	22:02	2012
18	Lisa Robison	16:51	2003	18	Kylee Wischmeier	22:04	2016
19	Christin Turmail	16:54	2002	19	Emma Winks	22:08	2018
20	Kallie Kovert	16:56	2001	20	Claire Poulton	22:10	2017
21	Erin Botkin	16:58	1993	21	Jenna Hackman	22:19	2008
22	Diana Butcher	17:02	1991	22	Jacqueline Oлло	22:23	2013
23	Rendy Morrison	17:04	1987	23	Kaitlin McPike	22:25	2012
24	Jessica Bryant	17:30	2004	24	Darcey Fritz	22:26	2008
25	Rachel Zabel	17:32	1995	25	Renee Nehrt	22:30	2007
26	Mende Berry	17:39	1987	26	Miranda Lasher	22:38	2010
27	Abby Peters	17:42	2001	27	Mariah Huff	22:46	2007
28	Natalie Teulker	17:43	1996	28	Madison Klinge	22:54	2017
29	Shanty Thompson	17:48	1997	29	Olivia Goecker	23:01	2012
	Cara Botkin	17:48	1990	30	Alexandrea Caffee	23:04	2017
31	Ann Summers	17:50	1991	31	Kourtney Branaman	23:06	2013
32	Katrina Blair	17:56	1993	32	Alyson Nash	23:08	2010
	Suzi Warren	17:56	1985	33	Zoe Fountain	23:20	2018
34	Kara Kamperschroer	17:57	1984	34	Celina Schumpe	23:29	2010
35	Scott Barker	17:47	1982		Kristen Stuckwisch	23:29	2016
				36	Brycelyn Ruddick	23:31	2011
				37	Sammi Amers	23:32	2008
					Maria Allen	23:32	2008
				39	Brianna Toppe	23:46	2009
					Samantha Persinger	23:46	2010
				41	Emily Newberry	23:56	2010
				42	Morgan Harrison	23:58	2015
				43	Maddy Schepman	23:59	2021
				44	Maxilina Buehling	24:00	2017
				45	Claire Smith	24:04	2016
				46	Ashley Allen	24:05	2008
				47	Heather Gilbert	24:07	2007
				48	Aubree VanCoutren	24:17	2016
				49	Tori Lokey	24:26	2020
				50	Jessica Peters	24:31	2007