



# ALL-TIME FASTEST PERFORMERS

REDHAWKS CROSS COUNTRY

## TOP 20 FASTEST PERFORMERS - 5,000 METERS

1. **Rachel Patterson (So.)** ..... 17:10.0 ..... **MAC Championship (Eastern Michigan)**..... **November 1, 2008**
2. Andrea Kremer (Sr.)..... 17:12 ..... Illini Challenge ..... October 18, 2003
3. **Amanda Mirochna (Jr.)**..... 17:19.0 ..... **MAC Championship (Eastern Michigan)**..... **November 1, 2008**
4. Molly Cullen (Sr.)..... 17:21 ..... Illinois State Invitational..... September 20, 1991
5. Briana Shook (Fr.)..... 17:27 ..... MAC Championship (Kent State) ..... October 30, 1999
6. Melissa Mayers (So.) ..... 17:28 ..... NCAA Regional (Illinois) ..... November 16, 1996
7. Kristen Fryburg (Fr.) ..... 17:29 ..... MAC Championship (Kent State) ..... October 30, 1999
8. **Laura Neufarth (Jr.)** ..... 17:29.5 ..... **MAC Championship (Eastern Michigan)**..... **November 1, 2008**
9. Julie Rhoda (Sr.)..... 17:31 ..... Illinois State Invitational..... September 20, 1991
10. **Kelsey McHugh (Jr.)** ..... 17:34.1 ..... **MAC Championship (Eastern Michigan)**..... **November 1, 2008**
11. Celest Smyth (Sr.)..... 17:37 ..... NCAA Championship (Tennessee) ..... November 19, 1990
12. Kristin Wrede (Sr.)..... 17:40 ..... Illini Challenge ..... October 18, 2003
- Jackie Principe (Jr.)..... 17:40 ..... NCAA Regional (Illinois) ..... November 10, 1984
14. **Katie Lenahan (So.)** ..... 17:41.5 ..... **MAC Championship (Eastern Michigan)**..... **November 1, 2008**
15. Michelle Slykhuis (Sr.) ..... 17:42 ..... All-Ohio Championship (Ohio State)..... October 11, 1985
16. **Maggie Bingham (Fr.)**..... 17:43.7 ..... **MAC Championship (Eastern Michigan)**..... **November 1, 2008**
17. Lisa Holland (Sr.) ..... 17:47 ..... MAC Championship (Eastern Michigan) ..... November 7, 1987
18. Julianna Roche (So.) ..... 17:51.9 ..... MAC Championship (Eastern Michigan) ..... November 1, 2008
19. Mary Pat Hickey (Fr.) ..... 17:52 ..... All-Ohio Championship (Ohio State)..... October 11, 1985
20. Jennifer Anderson (Sr.) ..... 17:53 ..... Miami Invitational ..... September 10, 1994

## TOP 15 FASTEST PERFORMERS - 6,000 METERS

(6K BEGAN AS NCAA DISTANCE IN 2000)

1. Andrea Kremer ..... 20:46.7 ..... NCAA Regional (Indiana State) ..... November 15, 2003
2. **Laura Neufarth** ..... 20:55 ..... **NCAA Regional (Indiana University)**..... **November 10, 2007**
3. Jennie Stoll ..... 21:07 ..... NCAA Regional (Eastern Michigan)..... November 13, 2004
4. **Kelsey McHugh** ..... 21:23.2 ..... **Pre-NCAA Invitational (Indiana State)**..... **October 18, 2008**
5. Kristen Fryburg ..... 21:28 ..... NCAA Regional (Indiana State) ..... November 10, 2001
6. **Amanda Mirochna** ..... 21:40.0 ..... **Pre-NCAA Invitational (Indiana State)**..... **October 18, 2008**
7. Carol Eckerly ..... 21:42 ..... NCAA Regional (Eastern Michigan)..... November 13, 2004
8. **Rachel Patterson** ..... 21:52.6 ..... **Pre-NCAA Invitational (Indiana State)**..... **October 18, 2008**
9. Liz Lundgren ..... 22:07 ..... NCAA Regional (Indiana State) ..... November 10, 2001
10. **Kelley Miller** ..... 22:07.4 ..... **Pre-NCAA Invitational (Indiana State)**..... **October 18, 2008**
11. Kristin Wrede..... 22:11 ..... NCAA Regional (Indiana State) ..... November 15, 2003
- Sarah Henize ..... 22:11 ..... NCAA Regional (Eastern Michigan)..... November 13, 2004
13. Kylee Studer ..... 22:12 ..... Pre-NCAA Invitational (Indiana State)..... October 19, 2002
14. Kristen Proach ..... 22:14 ..... NCAA Regional (Eastern Michigan)..... November 13, 2004
- Kelly Ardelean..... 22:14 ..... NCAA Regional (Eastern Michigan)..... November 13, 2004

As of Sept. 1, 2009