

OPEN/CLUB/COLLEGIATE WOMEN - BEST MARKS LIST
for
CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE

(present 2.95 mile course established 1972)
 (present 4,920 meters course established 1986)
 (present 6,000 meters course established 1991)
 (present 10,000 meters course established 1976)

(entries current through 2002)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Mile Pace</u>	<u>Year</u>	<u>Meet</u>
10,000 meters					
<i><u>Linda Somers</u></i>	<i>Pacific Flyers</i>	37:55	6:07	1990	PA-TAC
(only 10,000 meters women's race ever held at Crystal Springs)					
6,000 meters					
Sabrina Han	Pacific Flyers	21:29	5:46	1991	PA-TAC
(only 6,000 meters women's race ever held at Crystal Springs)					
4,920 meters (3.06 miles)					
Cheska Fairbanks	Gonzaga University	17:26	5:42	1996	WCC
Nicole Karr	University of Portland	17:43	5:47	1994	WCC
Nicole Ricci	University of Portland	18:02	5:48	2000	WCC
Rebecca Freebury	Pepperdine University	18:17	5:59	1999	WCC
Hilary Simmons	University of Portland	18:18	5:59	1994	WCC
Ann Manning	University of Portland	18:20	6:00	1987	WCC
Michele Cox	University of San Diego	18:20	6:00	1996	WCC
Kathryn Owen	Saint Mary's College	18:26	6:02	1996	WCC
Jennie Boyd	University of Portland	18:28	6:02	1995	WCC
Boyd	University of Portland	18:29	6:02	1994	WCC
Anne Wedum	Saint Mary's College	18:33	6:04	1990	WCC
Jennifer James	University of Portland	18:33	6:04	1996	WCC

1986 WCC course 80 meters short (4,840 meters (3.01 miles)):

Patty Young	University of Nevada-Reno	17:47	5:55
Lori Morgan	University of San Diego	18:09	6:02

(12 entries/performances, 11 runners/performers)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Mile Pace</u>	<u>Year</u>	<u>Meet</u>
2.95 miles					
Lisa Lopez	Unattached	16:36	5:38	1997	CSC
Krisin Cobb	Farm Team	15:55	5:44	1997	CSC
Roxanne Bier	San Jose Cindergals	17:01	5:47	1978	CA-AAU
Anne Gunnison	Stanford	17:06	5:47	2000	CSC
Kathryn Krieger	Hoys Excelsior	17:07	5:47	2002	CSC
Laura Turner	Stanford	17:07	5:47	2000	CSC
Polly Plumer	Asics	17:09	5:49	1997	CSC
Chris Lundy	Unattached	17:12	5:49	2000	CSC
Jeanne Sapienza	Reebok Aggies	17:17	5:52	1994	CSC
Katie Brizgys	Unattached	17:18	5:52	1999	CSC
Rae Henderson	Reebok Aggies	17:19	5:52	1996	CSC
Rachel Cook	Reebok Aggies	17:21	5:53	2002	CSC
<i>Bigna Samuel</i>	<i>Reebok Aggies</i>	<i>17:21</i>	<i>5:53</i>	<i>1995</i>	<i>CSC</i>
Melissa Martel-Acosta	unattached	17:22	5:53	1995	CSC
Henderson	unattached	17:23	5:54	1995	CSC
Kris Luckin	Impala Racing Team	17:24	5:54	1994	CSC
Krieger	Hoys-Excel	17:25	5:54	2001	CSC
Anne Gunnison	unattached	17:25	5:54	1999	CSC
Phyllis Olrich	San Jose Cindergals	17:25	5:55	1978	CA-AAU
<i>Samuel</i>	<i>Wolfpack International</i>	<i>17:25</i>	<i>5:55</i>	<i>1996</i>	<i>CSC</i>
Maria Ravazza	unattached	17:26	5:55	1995	CSC
Teresa McWatters	Impala	17:27	5:55	2002	CSC
Rae Henderson	Aggies	17:29	5:56	1997	CSC
Olrich	unattached	17:29	5:56	1979	PA-AAU
Michele Trimble	Occidental College	17:29	5:56	1987	D3WR
Tenaya Adams	Aggies	17:29	5:56	2000	CSC
Sara Davey	Humboldt	17:33	5:57	2002	CSC
Cathy Demmelmaier	San Jose Cindergals	17:34	5:58	1979	PA-AAU
Shanon Sweeney	Reebok Aggies	17:34	5:58	1996	CSC
Maria King	San Jose Cindergals	17:36	5:58	1979	PA-AAU
Kathy D'Onofrio-Wood	Reebok Aggies	17:36	5:58	1994	CSC
Kristen Koppes	Impalas	17:37	5:59	2002	CSC
Rosemarie Lagunas	Wolfpack	17:37	5:59	2000	CSC
Lundy	Impala	17:37	5:59	1997	CSC
Tenaya Soderman	Reebok Aggies	17:37	5:59	1996	CSC
Ann Ramsey	Stanford	17:41	5:59	2000	CSC

CSC=Crystal Springs Challenge

Bold face: most recent entries

Historical Notes: California-AAU Championships (2.95 miles) held in 1978.
Pacific Association-AAU Championships (2.95 miles) held in 1979.
Pacific Association-TAC Championships (10,000 meters) held in 1990.
Pacific Association-TAC Championships (6,000 meters) held in 1991.
West Coast Conference Championships (4,920 meters) held 1986-present.

AAU Women's National Championships (3.02 miles) held in 1975:

1. Lynn Bjorklund	New Mexico International Track Club	16:33	5:29
2. <u>Julie Brown</u>	Los Angeles Track Club	16:44	5:33
3. Sue Kinsey	San Fernando Valley Track Club	16:52	5:36

Italics: Linda Somers, 1996 USA Olympian, marathon
Bigna Samuel, 1992 St. Vincent & The Grenadines Olympian, 1500m
Julie Brown, 1980 USA Olympian, 800 meters & 1500 meters; 1984 USA Olympian, marathon

Please report additions or corrections to Bob Rush @ 650/595-3619