



Women's Top 50 Times List

5 Kilometers

<i>Rank</i>	<i>Name</i>	<i>Mark</i>	<i>Date</i>	<i>Meet / Location</i>
1	Ana Casillas	18:44.78	10/18/08	Northwest University Invitational West Seattle, WA, Lincoln Park
2	Ana Casillas	18:50.18	10/11/08	Pete Steilberg Open The Evergreen State College. Olympia, WA
3	Emily Uhlig	18:52.82	10/18/08	Northwest University Invitational West Seattle, WA, Lincoln Park
4	Karissa Carlson	18:53.51	10/18/08	Northwest University Invitational West Seattle, WA, Lincoln Park
5	Annie Mullen	18:56.0	11/8/08	Cascade Collegiate Conference Champs. Lincoln Park, West Seattle, WA
6	Annie Mullen	18:59.55	10/18/08	Northwest University Invitational West Seattle, WA, Lincoln Park
7	Britta Peterson	19:03.0	11/8/08	Cascade Collegiate Conference Champs. Lincoln Park, West Seattle, WA
8	Ana Casillas	19:08.0	11/8/08	Cascade Collegiate Conference Champs. Lincoln Park, West Seattle, WA
9	Molly Allen	19:08.0	10/20/01	Northwest U. Eagle Invitational Lake Sammamish State Park.
10	Kelly Beckham	19:12.44	10/12/06	Warner-Cascade Open Lentz Park. Gresham, OR
11	Molly Allen	19:16.0	11/3/08	NAIA Region I, CCC Championships Sammamish, WA, Lake Sammamish S.P.
12	Ana Casillas	19:16.99	10/4/08	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
13	Emily Uhlig	19:22.0	11/8/08	Cascade Collegiate Conference Champs. Lincoln Park, West Seattle, WA
14	Britta Peterson	19:25.01	10/11/08	Pete Steilberg Open The Evergreen State College. Olympia, WA
15	Candy Owens	19:32.0	9/21/02	Univ. of Washington's Sundodger Open Lincoln Park. West Seattle, WA
16	Emily Uhlig	19:32.99	10/11/08	Pete Steilberg Open The Evergreen State College. Olympia, WA
17	Kelly Beckham	19:34.15	9/30/06	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
18	Emily Uhlig	19:34.80	10/4/08	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
19	Emily Uhlig	19:35.0	9/22/07	St. Martin's Invitational, St. Martin's University. Lacey, WA
20	Britta Peterson	19:35.12	10/18/08	Northwest University Invitational West Seattle, WA, Lincoln Park
21	Annie Mullen	19:35.69	10/4/08	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
22	Babs Isaks	19:36.0	10/5/85	Seattle Pacific's Ft. Casey Invitational Whidbey Island, WA
23	Emily Uhlig	19:37.3	09/27/07	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR

24	Candy Owens	19:37.6	09/28/02	St. Martin's Invitational St. Martin's University. Lacey, WA
25	Emily Uhlig	19:38.84	10/12/06	Warner-Cascade Open Lentz Park. Gresham, OR
26	Molly Allen	19:39.0	10/13/01	Pacific Lutheran Open Ft. Steilacoom Park. Tacoma, WA
27	Karissa Carlson	19:39.00	10/11/08	Pete Steilberg Open The Evergreen State College. Olympia, WA
28	Candy Owens	19:39.21	10/05/02	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
29	Emily Uhlig	19:42.0	11/03/07	NAIA Region I Championships The Evergreen State College. Olympia, WA
30	Britta Peterson	19:43.17	10/4/08	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
31	Emily Uhlig	19:45.2	10/20/07	Cascade Conference Championships Eagle Island State Park. Caldwell, ID
32	Karissa Carlson	19:45.22	10/4/08	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
33	Katie Brown	19:48.0	1984	Simon Fraser Invitational Mundy Park. Burnaby, BC
34	Cayenne MacKillop	19:49.20	10/1/05	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
35	Cayenne MacKillop	19:50.0	09/9/05	St. Martin's Invitational Lacey, WA
36	Cayenne MacKillop	19:53.01	10/22/05	Coyote Invitational College of Idaho. Caldwell, ID
37	Molly Allen	19:54.72	10/6/01	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
38	Molly Allen	19:56.0	9/22/01	Univ. of Washington's Sundodger Open Lincoln Park. West Seattle, WA
39	Candy Owens	19:56.62	11/8/03	NAIA Region I, CCC Championships, Jericho Beach Park. Vancouver, BC
40	Emily Uhlig	19:57.95	10/4/06	Charles Bowles Invitational Willamette U, Bush Pasture Park. Salem, OR
41	Cayenne MacKillop	19:59.0	10/8/05	Pete Steilberg Open The Evergreen State College. Olympia, WA
42	Kelly Beckham	19:59.91	10/6/07	Pete Steilberg Open / Region I Preview The Evergreen State College. Olympia, WA
43	Emily Uhlig	20:01.3	11/4/06	NAIA Region I, CCC Championships La Grande, OR
44	Babs Isaks	20:02.0	11/2/85	NAIA District I Championships Walla Walla, WA
45	Emily Uhlig	20:02.82	10/6/07	Pete Steilberg Open / Region I Preview The Evergreen State College. Olympia, WA
46	Kelly Beckham	20:04.0	11/3/07	NAIA Region I Championships Olympia, WA
47	Kelly Beckham	20:08.84	11/4/06	NAIA Region I, CCC Championships La Grande, OR
48	Karissa Carlson	20:10.0	11/8/08	Cascade Collegiate Conference Championships Lincoln Park. West Seattle, WA
49	Rachel Williams	20:10.0	09/24/05	St. Martin's Invitational Lacey, WA
50	Kelly Beckham	20:10.0	10/11/06	Pete Steilberg Open The Evergreen State College. Olympia, WA

* Updated 11/11/08

of Top 50 Times by Individual

Emily Uhlig	12
Kelly Beckham	6
Candy Owens	4
Molly Allen	4
Cayenne MacKillop	4
Ana Casillas	4
Karissa Carlson	4
Britta Peterson	4
Annie Mullen	3
Babs Isaks	2
Katie Brown	1
Rachel Williams	1