

Gator Cross Country

Records

Only runners' top times appear

University of Florida Records - All Courses

Top 10 - 5K

Time	Athlete	Year
15:51	Shelly Steely	1984
16:26	Beth Farmer	1983
16:31	Tricia Clifford	1986
16:43	Chris Durstein	1986
16:44	Nancy Freeman	1986
16:46	Gina Procaccio	1983
16:59	Joann Hammeren	1986
17:03	Sharon Chiong	1985
17:04.70	Becky Wells	1996
17:07	Coralena Velsen	1992

Top 10 - 6K

Time	Athlete	Year
19:44.04	Erin Merten	2001
20:35.02	Nona Allen	2001
20:52.39	Jessica Newton	2001
21:08.62	Kelly Walker	2001
21:15.12	Melissa DeLeon	2001
21:16.07	Carling Cookerly	2001
21:42.67	Hilary White	2000
22:19.64	Alicia Weber	2000
22:21.24	Jacqueline Mariani	2001
22:43.95	Mallory Dunn	2001

University of Florida Records - UF Golf Course

Top 10 - 5K

Time	Athlete	Date
17:14.70	Coralena Velsen	10-29-90
17:23.50	Becki Wells	10-07-95
17:36.80	Wendy Frazier	10-29-90
17:40.40	Marny Westphal	10-29-90
17:47.20	Kim Fisher	10-09-93
17:49.20	Jen McGranahan	09-10-98
17:51.0	Nancy Freeman	09-19-87
17:58.00	Alena Palmquist	10-15-88
17:58.82	Elizabeth Reed	10-11-97
18:05.85	Christina Starr	10-11-97

Top 10 - 6K

Time	Athlete	Date
22:07.36	Hilary White	9/30/00
22:19.04	Erin Merten	9/30/00
22:33.02	Nona Allen	9/30/00
23:02.64	Kelly Walker	9/30/00
23:08.35	Mason Cathey	9/30/00
23:30.56	Eliana Lopez	9/30/00
23:44.24	Alicia Weber	9/30/00
24:12.48	Marissa Kenyon	9/30/00
24:16.41	Caroline McKernan	9/30/00
24:41.37	Norma Vega	9/30/00



Coralena Velsen (left) holds the 5k record for a Florida athlete on the UF Golf Course. She also holds the second fastest 5k time in all post-season races.

All-Time Records - UF Golf Course

Top 10 - 5K

Time	Runner	Affiliation	Date
16:45.1	Patty Weigand	Tenn.	10/29/90
16:51.6	Kelly Butler	Georgia	10/29/90
17:08.0	Shelly Steely	Unatt.	10/15/88
17:14.7	Coralena Velson	Florida	10/29/90
17:19.6	Megan Thompson	Tenn.	10/29/90
17:22.0	Jasmin Jones	Tenn.	10/29/90
17:23.5	Becki Wells	Florida	10/7/95
17:24.1	Joanne Birkett	Georgia	10/29/90
17:30.0	Frida Thorardottir	Georgia	10/29/90
17:31.0	Celeste Susnis	Tenn.	10/29/90

Top 10 - 6K

Time	Athlete	Affiliation	Date
20:44.93	Sonja Friend-Uhl	Asics	9/30/00
21:43.32	Shannon Sarabyn	Miami	9/30/00
22:07.36	Hilary White	Florida	9/30/00
22:19.04	Erin Merten	Florida	9/30/00
22:26.09	Letiwe Marakurwa	Life Univ.	9/30/00
22:29.15	Liz Borrell	Fla. Int'l	9/30/00
22:33.02	Nona Allen	Florida	9/30/00
22:43.57	Jolene Williams	Unatt.	9/30/00
23:02.64	Kelly Walker	Florida	9/30/00
23:04.40	Minna Rasimus	Unatt.	9/30/00

University of Florida Records - Post-Season

SEC Championships -5K

Time	Athlete (Place)	Year
17:04	Becki Wells (1)	1996
17:14.7	Coralena Velsen (3)	1990
17:22.6	Beth Farmer (4)	1983
17:27	Joan Hammeren (14)	1985

17:30	Kim Fisher (5)	1995
17:30.8	Gina Procaccio (6)	1983
17:36.8	Wendy Frazier (11)	1990
17:36.82	Beth Reed (6)	1988
17:38.30	Jennifer McGranahan (6)	1997
17:39	Marny Westphal (10)	1993

(The SEC first held women's cross country championships in 1983)

District III - 5K

Time	Athlete (Place)	Year
16:56	Shelly Steely (1)	1984
17:07	Coralena Velsen (1)	1992
17:10.35	Kris Jost (7)	1999^
17:11	Marny Westphal (4)	1993
17:13.2	Beth Farmer (5)	1983
17:16.20	Becki Wells (1)	1997*
17:18	Kim Fisher (2)	1994
17:20.50	Beth Reed (3)	1998^
17:24	Beth Farmer (13)	1982
17:24.54	Hazel Clark (5)	1998^

* - District IX

^ - South Regional

NCAA Championships - 5K

Time	Athlete (Place)	Year
16:22.2	Shelly Steely (2)	1984
17:16	Coralena Velsen (20)	1991
17:21.00	Jennifer McGranahan (36)	1997
17:22.2	Beth Farmer (26)	1983
17:32.00	Becki Wells (12)	1995
17:42.20	Kris Jost (43)	1999
17:53	Marny Westphal (86)	1993
17:59.00	Beth Reed (99)	1997
18:11.52	Hazel Clark (93)	1998
18:14.4	Patrice Kuntz (55)	1994

SEC Championships - 6K

Time	Athlete (Place)	Year
19:44.04	Erin Merten (4)	2001
20:35.02	Nona Allen (17)	2001
20:52.39	Jessica Newton (29)	2001
21:08.62	Kelly Walker (33)	2001
21:15.12	Melissa DeLeon (37)	2001
21:16.07	Carling Cookerly (38)	2001
22:03.37	Hilary White (16)	2000
22:09.54	Kristina Bratton (56)	2001
22:21.24	Jacqueline Marinai (60)	2001
22:53.19	Alicia Weber (32)	2000

NCAA South Region

Time	Athlete (Place)	Year
21:34.66	Erin Merten (16)	2000
21:42.67	Hilary White (21)	2000
21:56.16	Nona Allen (29)	2000
22:17.45	Kelly Walker (40)	2000
22:19.64	Alicia Weber (43)	2000
22:40.75	Jessica Newton (36)	2001
23:02.81	Eliana Lopez (67)	2000
23:04.47	Norma Vega (53)	2001
23:55.25	Mason Cathey (100)	2000
24:01.68	Carling Cookerly (87)	2001