

Top 50 Performances (All-time): River Road/Champions Park 5k Course**Girls 5000m Run - River Road/Champions Park 5k Course**

1	19:01.19	Ashley El Rady	8/29/2009	Tiger Run
2	19:04.19	Ashley El Rady	8/28/2010	Tiger Run
3	19:20.88	Sara Davis	8/30/2008	Tiger Run
4	19:22.16	Allison Riedling	8/29/2009	Tiger Run
5	19:22.73	Sara Davis	8/29/2009	Tiger Run
6	19:22.93	Allison Riedling	8/30/2008	Tiger Run
7	19:23.10	Emily Bean	10/23/2010	Academy Meet
8	19:23.98	Emily Bean	10/22/2011	Academy Meet
9	19:26.43	Emily Bean	8/28/2010	Tiger Run
10	19:29.32	Bailey Davis	10/22/2011	Academy Meet
11	19:33.20	Ashley El Rady	10/23/2010	Academy Meet
12	19:40.76	Amy Stamon	8/30/2008	Tiger Run
13	19:43.02	Kenzley Defler	10/22/2011	Academy Meet
14	19:46.83	Caroline McCaslin	8/28/2010	Tiger Run
15	19:49.08	Katherine Receveur	10/22/2011	Academy Meet
16	19:49.90	Caroline McCaslin	10/23/2010	Academy Meet
17	19:52.81	Ellen Daly	8/25/2006	Tiger Run
18	19:53.01	Kate Crawford	10/22/2011	Academy Meet
19	19:58.11	Adrienne Curtis	8/25/2007	Tiger Run
20	20:02.00	Katherine Receveur	10/23/2010	Academy Meet
21	20:03.89	Caroline McCaslin	10/22/2011	Academy Meet
22	20:05.30	Amanda Vokoun	10/23/2010	Academy Meet
23	20:09.60	Kate Crawford	10/23/2010	Academy Meet
24	20:10.86	Bailey Davis	8/27/2011	Tiger Run
25	20:14.03	Hillary Raidt	8/30/2008	Tiger Run
26	20:14.59	Ashley El Rady	8/30/2008	Tiger Run
27	20:14.87	Ellen Daly	8/30/2008	Tiger Run
28	20:15.68	Katherine Receveur	8/28/2010	Tiger Run
29	20:16.70	Hillary Raidt	8/25/2006	Tiger Run
30	20:18.27	Hillary Raidt	8/25/2007	Tiger Run
31	20:19.00	Amanda Vokoun	10/22/2011	Academy Meet
32	20:19.90	Adrienne Curtis	8/25/2006	Tiger Run
33	20:23.08	Kate Crawford	8/28/2010	Tiger Run
34	20:27.55	Ellen Marko	8/30/2008	Tiger Run
35	20:28.51	Allison Riedling	8/25/2007	Tiger Run
36	20:31.87	Caroline McCaslin	8/29/2009	Tiger Run
37	20:31.88	Kathryn Long	8/27/2005	Tiger Run
38	20:33.40	Jessica Byrd	10/23/2010	Academy Meet
39	20:34.01	Sarah Michels	8/29/2015	Tiger Run
40	20:39.40	Jessica Byrd	8/27/2011	Tiger Run

41	20:39.48	Melanie Strothman	10/22/2011	Academy Meet
42	20:46.27	Meghan Carrico	8/25/2012	Tiger Run
43	20:46.30	Kenzley Defler	10/23/2010	Academy Meet
44	20:48.29	Sara Davis	8/25/2007	Tiger Run
45	20:49.86	Ellen Daly	8/25/2007	Tiger Run
46	20:50.83	Kenzley Defler	8/28/2010	Tiger Run
47	20:52.30	Lindsay Marko	10/23/2010	Academy Meet
48	20:53.46	Allison Riedling	8/25/2006	Tiger Run
49	20:56.38	Amanda Vokoun	8/28/2010	Tiger Run
50	20:57.25	Abbie Wright	10/22/2011	Academy Meet