

UCSC Women's Cross Country All-Time List

Best Times (top 10)

5k

17:39 Mikayla Murphy (Bronco 08)
18:38 Tamara Torlakson (Willamette 06)
18:44 Danielle Zelinski (Willamette 04)
18:46 Carina Hendricks (Shoreline 08)
19:17 Hailey Stiers (Willamette 07)
19:24 Olivia Vegh (Willamette 06)
19:29 Ashley Stalzer (Willamette 07)
19:39 Angie Laurence (Willamette 07)
19:41 Jessica Meyer (Irvine 09)
19:41 Miriam Hartig (Willamette 07)
19:48.5 Carolyn Jaeger (Willamette 07)

6k

21:33 Mikayla Murphy (West Region 08)
22:45 Carina Hendricks (West Region 08)
23:14 Tamara Torlakson (West Region 06)
23:29 Carolyn Jaeger (West Region 07)
23:43 Jenny Cain (West Region 08)
23:50 Angie Laurence (West Region 07)
23:51 Danielle Zelinski (Willamette 6k 05)
23:57 Hailey Stiers (West Region 07)
24:01 Maggie McManus (West Region 08)
24:08 Jessica Meyer (West Region Preview 09)

Best Times- Courses

Willamette Invitational (5k)

17:41 Mikayla Murphy 2nd (08)
18:36 Mikayla Murphy 29th (07)
18:38 Tamara Torlakson 29th (06)
18:44 Danielle Zelinski 38th (04)
18:53 Carina Hendricks 35th (08)
18:59 Danielle Zelinski 41st (05)
19:12 Tamara Torlakson (05)

19:17 Hailey Stiers (07)
19:24 Olivia Vegh (06)
19:26 Jenny Cain (08)

Prado Park (6k)

23:14 Tamara Torlakson (West Region 06)
24:36 Tamara Torlakson (West Region 04)
24:51 Oliva Vegh (West Region 06)
25:05 Miriam Hartig (West Region 06)
25:15 Olivia Vegh (West Region 04)
25:20 Bree Justus (West Region 04)
25:40 Ashley Stalzer (West Region 06)
25:50 Devon Orme (West Region 06)
25:53 Danielle Zelinski (West Region 04)
25:56 Angie Laurence (West Region 06)

USF Course @ Golden Gate Park (5k)

18:07 Mikayla Murphy (08)
19:03 Tamara Torlakson (06)
19:05 Carina Hendricks (08)
19:26 Danielle Zelinski (05)
19:32 Mikayla Murphy (07)
19:54 Tamara Torlakson (05)
19:56 Olivia Vegh (06)
19:59 Bree Justus (04)
20:02 Jennifer Cain (08)
20:02 Tamara Torlakson (04)

Cal Poly Course (5k)

19:01 Tamara Torlakson (06)
19:47 Ashley Stalzer (06)
19:52 Mikayla Murphy (07)
19:56 Olivia Vegh (06)
19:56 Carolyn Jaeger (07)
19:57 Katy Haynes (07)
20:00 Hailey Stiers (07)
20:08 Anne Shultz (05)
20:13 Miriam Hartig (06)
20:18 Angie Laurence (07)

Freshman All-Time 5k (top 5)

1. 18:36 Mikayla Murphy (Willamette 07)
2. 19:17 Hailey Stiers (Willamette 07)

3. 19:26 Jenny Cain (Willamette 08)
4. 19:29 Tamara Torlakson (Willamette 04)
5. 19:41 Jessica Meyer (Irvine 09)

Championship Records

West Region (6k) (Top 50 only)

- *10th 23:14 Tamara Torlakson (Prado 06)
- *26th 23:07 Mikayla Murphy (McIver 07)
- *33rd 23:51 Danielle Zelinski (Willamette 6k 05)
- *34th 23:29 Carolyn Jaeger (McIver 07)
- 42nd 24:36 Tamara Torlakson (Prado 04)
- 46th 23:50 Angie Laurence (McIver 07)
- 50th 24:51 Olivia Vegh (Prado 06)
- *All-Region Finishers

NCAA DIII Nationals (6k)

- 172nd 25:40 Tamara Torlakson 2006 West Chester, OH

All-Region Finishers

- 10th 23:14 Tamara Torlakson (Prado 06)
- 26th 23:07 Mikayla Murphy (McIver 07)
- 33rd 23:51 Danielle Zelinski (Willamette 6k 05)
- 34th 23:29 Carolyn Jaeger (McIver 07)

Team Records

NCAA DIII West Region Championships

- 2003 McIver Park 12th 327pts 2:05:49 25:09
- 2004 Prado Park 9th 272pts 2:07:09 25:25
- 2005 Willamette 10th 251pts 2:01:51 24:22
- 2006 Prado Park 10th 250pts 2:04:40 24:56
- 2007 McIver Park 9th 204pts 1:58:50 23:46

5k Team Time

- Willamette 08 1:35:59 19:11
- Willamette 07 1:37:06 19:25
- Willamette 06 1:37:34 19:30
- Irvine 08 1:38:06 19:37
- USF 09 20:07

6k Team Time

Regionals 07	1:58:50	23:46
Gator Invite 07	2:00:45	24:09
Lewis & Clark 07	2:03:24	24:40

Other History

Team Captains

2003 None

2004 Holly Shisler

2005 Tamara Torlakson & Danielle Zelinski

2006 Tamara Torlakson

2007 Miriam Hartig & Devon Orme

2008 Raeann Davis & Mikayla Murphy

2009 NONE (team decision)

Four year letter winners

Danielle Zelinski '02-05

Olivia Vegh '03-06

Katy Haynes '04-07