

UCSC Women's Cross Country All-Time List

Best Times(top 10)

5k

18:07 Mikayla Murphy (USF 08)
18:21 Mikayla Murphy (Irvine 08)
18:36 Mikayla Murphy (Willamette 07)
18:38 Tamara Torlakson (Willamette 06)
18:44 Danielle Zelinski (Willamette 04)
18:59 Danielle Zelinski (Willamette 05)
19:01 Tamara Torlakson (Cal Poly 06)
19:03 Tamara Torlakson (USF 06)
19:05 Carina Hendricks (USF 08)
19:12 Tamara Torlakson (Willamette 05)

6k

22:36 Mikayla Murphy (Redlands 08)
22:36 Mikayla Murphy (Gator 07)
23:07 Mikayla Murphy (West Region 07)
23:14 Tamara Torlakson (West Region 06)
23:29 Carolyn Jaeger (West Region 07)
23:50 Angie Laurence (West Region 07)
23:51 Danielle Zelinski (Willamette 6k 05)
23:55 Mikayla Murphy (L&C 07)
23:57 Hailey Stiers (West Region 07)
24:07 Carina Hendricks (Redlands 08)

Best Times- Courses

Willamette Invitational (5k)

18:36 Mikayla Murphy 29th (07)
18:38 Tamara Torlakson 29th (06)
18:44 Danielle Zelinski 38th (04)
18:59 Danielle Zelinski 41st (05)
19:12 Tamara Torlakson (05)
19:17 Hailey Stiers (07)
19:24 Olivia Vegh (06)
19:27 Danielle Zelinski (03)
19:29 Ashley Stalzer (06)
19:29 Tamara Torlakson (04)

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. 19:29 Tamara Torlakson (Willamette 04)
4. 19:58 Jennifer Cain (Irvine 08)
5. 19:59 Bree Justus (USF 04)

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

5k Team Time

Willamette 07	1:37:06	19:25
Willamette 06	1:37:34	19:30
Irvine 08	1:38:06	19:37
USF 07	1:41:51	20:22
Irvine 06	1:41:52	20:22

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

Four year letter winners

Danielle Zelinski '02-05

Olivia Vegh '03-06

Katy Haynes '04-07