



Pamela Kosgei

School	New Mexico
Class	Freshman
Event(s)	Distance
Hometown	Elgeyo-Marakwet County, Kenya
High School	St. Agatha Mokpo Girls School



2025 PERFORMANCE LEDGER									
Event	Date	Rnd	Mark		Overall	Race	Notes	Meet	Location
INDOOR									
Mile	Jan 25	FNL	4:36.70A		1	1s1		MLK Inv	Albuquerque, N.M.
Mile	Mar 1	p	4:46.10A		(1)	1h1		Mtn West Indoor	Albuquerque, N.M.
Mile	Mar 1	FNL	4:39.91A		1	1s1		Mtn West Indoor	Albuquerque, N.M.
3000m	Feb 1	FNL	8:44.62 OT		1	1s4		Washington Inv	Seattle, Wash.
3000m	Mar 1	FNL	9:08.28A		1	1s2		Mtn West Indoor	Albuquerque, N.M.
3000m	Mar 15	FNL	9:04.42		11	11s1		NCAA DI Indoor	Virginia Beach, Va.
5000m	Dec 7	FNL	15:00.36		3			BU Opener	Boston, Mass.
5000m	Mar 1	FNL	15:53.72A		1	1s1		Mtn West Indoor	Albuquerque, N.M.
5000m	Mar 14	FNL	15:07.57		3	3s1		NCAA DI Indoor	Virginia Beach, Va.
DMR	Feb 15	FNL	10:53.48 OT	anchor	6			Husky Classic	Seattle, Wash.
OUTDOOR									
Steeple	Apr 5	FNL	9:15.93		1	1s1		Stanford Inv	Palo Alto, Calif.
Steeple	May 16	FNL	9:31.96		1	1s1		Mtn West Outdoor	Clovis, Calif.
5000m	Apr 18	FNL	14:52.45		1	1s1		Bryan Clay	Azusa, Calif.
5000m	May 17	FNL	15:50.96		1	1s1		Mtn West Outdoor	Clovis, Calif.
5000m	May 31	p	15:51.20		(2)	1h2		DI West Prelims	College Station, Texas
5000m	Jun 14	FNL	15:33.96		1	1s1		NCAA DI Outdoor	Eugene, Ore.
10,000m	Mar 29	FNL	31:02.73		9	9s1		"The Ten"	San Juan Capistrano, Calif.
10,000m	Apr 25	FNL	31:58.51A		1	1s1		Kirby Tailwind	Albuquerque, N.M.
10,000m	May 31	p	33:37.04		(1)	1h1		DI West Prelims	College Station, Texas
10,000m	Jun 14	FNL	31:17.82		1	1s1		NCAA DI Outdoor	Eugene, Ore.

2025 HIGHLIGHTS & NOTES	
<ul style="list-style-type: none"> NCAA Outdoor Champion - 5000 Meters NCAA Outdoor Champion - 10,000 Meters Mountain West Indoor Champion - Mile Mountain West Indoor Champion - 3000 Meters Mountain West Indoor Champion - 5000 Meters Mountain West Outdoor Champion - 5000 Meters Mountain West Outdoor Champion - 10,000 Meters 	
FINAL POSITIONS ON 2025 COLLEGIATE LIST <ul style="list-style-type: none"> #7 Indoor 3000 Meters #4 Indoor 5000 Meters 1 all-time top-10 performance #1 Outdoor 5000 Meters 1 all-time top-10 performance #1 Outdoor 10,000 Meters 2 all-time top-10 performances #3 Outdoor Steeplechase 1 all-time top-10 performance 	
WIN-LOSS RECORD <ul style="list-style-type: none"> 12-3 in event finals versus collegians 2-0 in mile indoors 2-1 in 3000 meters indoors 1-2 in 5000 meters outdoors 2-0 in steeplechase outdoors 3-0 in 5000 meters outdoors 2-0 in 10,000 meters outdoors 	
SEASON SUMMARY <ul style="list-style-type: none"> Completed 5k/10k sweep at the NCAA DI Outdoor Championships - just the fourth woman in the last 15 years to do so - and broke 2024 The Bowerman winner Parker Valby's MR in the 10,000 at 31:17.82, the No. 3 performance in collegiate history. In the span of three meets in late-March to mid-April, became the No. 2 all-time collegian No. 2 all-time collegiate performances in three events - 10,000 (31:02.73 as top collegian at The TEN), steeple (9:15.93 to win Stanford Invitational) and 5000 (14:52.45 to win Bryan Clay Invitational). She now rates as No. 3 collegian all-time in the steeple. Became the No. 4 collegian all-time (now No. 5) in the indoor 5000 when she ran 15:00.36 at the Boston University/Sharon Colyear-Danville Season Opener. 	