

McQuaid Cross Country Invitational Open Race

Women's All-Time Top 30+ Performances (3 Mile Course 1980-2010)

1.	Beth DeCiantis	17:19	1993	1 st	F31	Rochester, NY	
2.	Ann Forbes	17:23	1990	1 st	F30+	Rochester, NY	
3.	Kate Fonshell	17:49	1996	1 st	F26	Media, PA	rain/mud
4.	Tamara Sayre	17:52	1991	1 st	F29	Ithaca, NY	
5.	Taylor Wendler	18:02	2009	1 st	F17	N. Syracuse, NY	
6.	Barb Miller	18:06	1980	1 st	F?	Rochester, NY	
7.	Kimberly Mills	18:10	2009	2 nd	F19	Oakfield-Alabama, NY	
8.	Jennifer Koepfel	18:11	2006	1 st	F23	Buffalo, NY	
9.	Kelli O'Brien	18:17	2006	2 nd	F23	Buffalo, NY	
10.	Vanessa Martel	18:18	2007	1 st	F24	Brockport, NY	
11.	Tammy Wilcox	18:37	1992	1 st	F?	London, Ontario, Canada	
12.	Lynne Fox	18:37	1984	1 st	F?	Rochester, NY	
13.	Lynann Lorenz	18:39	2006	3 rd	F27	Appalachin, NY	
14.	Leann Donnelly	18:46	2007	2 nd	F24	Waterloo, NY	
15.	Tina Hunt	18:46	2010	1 st	F24	Marcus Whitman HS Alum	
16.	Jessica Lyon	18:51	2002	1 st	F?	Bloomfield, NY	
17.	Patty Ahrens	18:55	1980	2 nd	F?	?	
18.	Julie Lanning	18:56	2007	3 rd	F17	Victor, NY	
19.	Mindy Sawnor	18:58	2009	3 rd	F18	Rochester, NY	
20.	Lynann Lorenz	18:59	2004	1 st	F25	Appalachin, NY	
21.	Lynann Lorenz	19:00	2009	4 th	F30	Appalachin, NY	
22.	Kathy Brown	19:00	1990	2 nd	F40+	Fairport, NY	
23.	Lynann Lorenz	19:01	2002	2 nd	F23	Appalachin, NY	
24.	Kim Settle	19:03	2001	1 st	F18	Burlington, Ontario, Canada	
25.	Mary Bushallow	19:07	2003	1 st	F32	Auburn, NY	
26.	Gail Jones	19:10	1992	2 nd	F?	Rochester, NY	
27.	Denise Smith	19:11	1982	1 st	F?	?	
28.	Christina Keck	19:13	2007	4 th	F26	Rochester, NY	
29.	Robin Merrill-Lorenzo	19:14	2001	2 nd	F37	Rochester, NY	
30.	Margarite Ekiss	19:15	1985	1 st	F30	Buffalo, NY	
31.	Rhonda Bell	19:18	1991	2 nd	F31	?	
32.	Heidi Spalholz	19:20	2000	1 st	F20	RIT	

Corrections/Missing Information can be sent to:
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