

GIRLS TOP TIMES (Including 2018))
(All at 3.0 Miles, starting in 1981 at G.V. Pk.)

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|---|---------|-----------|
| Jessica Lawson, Corning | 16:28.2 | 2016 (CR) |
| Shona McCulloch, Longfields, Ont. | 16:35.7 | 2015 (CR) |
| Abbey Wheeler, Elmira | 16:36.1 | 2015 |
| Brenda Steenhof, Milton, Ont. | 16:44.0 | 1985 |
| Kennedy Weisner, Elk Cty.Catholic, Pa | 16:45.3 | 2012 (CR) |
| Courtney Smith, Unionville, Pa | 16:46.2 | 2013 |
| Stacey Prey, Brighton | 16:49.0 | 1984 |
| Jenna Schulz, Liverpool | 16:52.2 | 2018 |
| Brooke Rauber, Tully | 16:52.4 | 2017 |
| Amanda Griggs, Hilton | 16:53.0 | 2005 (CR) |
| Shaylyn Tuite, Pittsford Mendon | 16:53.8 | 2010 |
| Katie Lembo, Penfield | 16:55.7 | 2012 |
| Courtney Chapman, Fayetteville-Manlius | 16:57.8 | 2008 |
| Kate VanBuskirk, Turner Fenton, Ont. | 16:58.0 | 2005 |
| Sage Hurta, Hamilton, NY | 16:58.4 | 2015 |
| Bella Burda, Arlington, NY | 16:59.4 | 2012 |
| Sevanne Ghazarian, St. Benedict's, Ont | 17:00.0 | 2015 |
| Christine Driscoll, Geneva | 17:00.3 | 2010 |
| Denise Bushallow, Auburn | 17:01.0 | 1986 |
| Kathryn Munks, Monroe-Woodbury | 17:01.6 | 2015 |
| Sam Roecker, Burnt Hills | 17:02.0 | 2007 |
| Kaylin Mahoney, Saugus, CA | 17:02.2 | 2009 |
| Amanda Vestri, Webster Thomas | 17:03.1 | 2016 |
| Ginger Murnieks, Lee's Summit West, MO | 17:03.9 | 2018 |
| Liz Deir, Honeoye Falls-Lima | 17:04.0 | 2006 |
| Molly Huddle, Notre Dame, Elmira | 17:04.4 | 2001 (CR) |
| Marissa Saenger, Clarence | 17:04.5 | 2013 |
| Sara Forsdyke, Loyalist, Kingston, Ont. | 17:06.7 | 1985 |
| Laura Leff, West Genesee | 17:06.9 | 2010 |
| Hannah Lubber, Fayetteville-Manlius | 17:07.0 | 2007 |
| Jenna Schulz, Liverpool | 17:08.4 | 2017 |
| Georgia Tuttle, Irondequoit | 17:08.9 | 2012 |
| Molly Pezzulo, Burnt Hills | 17:10.0 | 2007 |
| Danielle Jordan, Shenendehowa | 17:10.6 | 2015 |
| Jennifer Handley, Barrie Ont. | 17:11.0 | 1998 |
| Caitlyn Rennie, Mt. Carmel, Mississauga | 17:11.0 | 2007 |
| Karis Frankian, Saugus, CA | 17:12.4 | 2009 |
| Reilly Siebert, Syosset | 17:12.4 | 2015 |
| Sophia Tasselmyer, East Aurora | 17:12.4 | 2015 |
| Michelle Sikes, Lakewood, OH | 17:13.0 | 2002 |
| Laura Cummings, Bay Shore | 17:13.0 | 2004 |
| Annika Avery, Fayetteville-Manlius | 17:13.8 | 2013 |
| Deresa Walters, East H.S., Rochester | 17:14.0 | 1989 |

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| Jocelyn Richards, Fayetteville-Manlius | 17:15.0 | 2007 |
| Lauren Mullins, Johnson City | 17:15.4 | 2010 |
| Katy Radkewich, Beaumont, Cleveland | 17:16.0 | 1993 |
| Roberta Raszkowski, North East, Pa. | 17:16.0 | 1988 |
| Olivia Young, Unionville, PA | 17:17.0 | 2013 |
| Nichole Lister, South Jefferson | 17:17.6 | 2004 |
| Kennedy Jensen, Canandaigua | 17:17.6 | 2012 |
| Lindsey Butler, Corning | 17:18.1 | 2018 |
| Emily Fisher, Unionville, PA | 17:18.8 | 2013 |
| Erin Cawley, Newark Valley | 17:19.0 | 2008 |
| Stephanie Bulder, Saugus, CA | 17:19.0 | 2009 |
| Lisa Cappello, Starpoint, Lockport | 17:19.4 | 1999 |
| Madison Neuner, Liverpool | 17:20.0 | 2018 |
| Mary Pat Hickey, Clarence | 17:21.0 | 1983 |
| Chelsea Oswald, Walsh Jesuit, Stow, OH | 17:22.0 | 2007 |
| Catherine Lusardi, East Aurora | 17:22.0 | 2007 |
| Andrea Johnson, Lawrence Park, Toronto | 17:22.4 | 1995 |
| Alyssa Bolliger, O.L. Lourdes, Ont. | 17:22.6 | 2013 |
| Kaycie Saucier, Norwood-Norfolk | 17:23.9 | 2015 |
| Jenny Weaver, Auburn | 17:24.0 | 1989 |
| Mandy McBean, Mary Ward S.S., Ont. | 17:24.0 | 2004 |
| Dani Martino, Burnt Hills | 17:25.2 | 2010 |
| Mei Mei Weston, Glebe Collegiate, Ont. | 17:25.3 | 2015 |
| Delphi Cleaveland, Arlington | 17:25.4 | 2012 |
| Katrina Patterson, Clarence | 17:25.4 | 2015 |
| Anna Kostarellis, Churchville-Chili | 17:26.0 | 2016 |
| Alex Cooper, Rush-Henrietta | 17:26.4 | 2013 |
| Beni Gras, A.N.Myer, Niagara Falls, Ont. | 17:27.0 | 1988 |
| Siobhan Quinn, Rush-Henrietta | 17:27.7 | 2013 |
| Madeleine Shellard, Irondequoit | 17:28.1 | 2016 |
| Laurel Burdick, Fayetteville-Manlius | 17:29.0 | 2001 |
| Molly Malone, Fayetteville-Manlius | 17:29.0 | 2008 |
| Phoebe Cseresnyes, Westdale, Ont. | 17:29.6 | 2010 |
| Laney Studebaker, Centerville, OH | 17:29.9 | 2015 |
| Alexis Lake, Horseheads | 17:31.0 | 1988 |
| Marta McLaughlin, East Aurora | 17:31.7 | 2010 |
| Kate Rossettie, Corning | 17:31.8 | 2008 |
| Mackenzie Carter, Fayetteville-Manlius | 17:32.5 | 2008 |
| Claire Brown, Villa Maria, Erie, PA | 17:32.5 | 2015 |
| Hannah Reale, Shenendehowa | 17:32.6 | 2017 |
| Bonnie Gleeson, Baldwinsville | 17:33.0 | 1984 |
| Jenny Rhines, Liverpool | 17:34.0 | 1991 |
| Aileen Doyle, Sweet Home | 17:34.2 | 2012 |
| Sam Levy, Fayetteville-Manlius | 17:34.3 | 2014 |
| Carolyn Hopkins, Williamsville South | 17:34.4 | 2012 |
| Rachel Garn, Marcellus | 17:34.7 | 2012 |
| Terry Mero, Baldwinsville | 17:35.0 | 1984 |
| Jenna Hulton, East Aurora | 17:35.0 | 2007 |
| Sammy Watson, Rush-Henrietta | 17:35.4 | 2015 |
| Hayleigh Palotti, Livonia | 17:35.5 | 2015 |
| Heather Cappello, Starpoint | 17:35.9 | 1997 |
| Kim Trawitz, Fairport | 17:36.0 | 1986 |
| Bernadette Prichard, Villa Maria, Erie, PA | 17:36.1 | 2012 |

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| Sam Peterman, Sweet Home | 17:36.4 | 2015 |
| Ally Ortega, Sweet Home | 17:36.5 | 2012 |
| Carly Benson, West Genesee | 17:36.5 | 2014 |
| McKenna Coughlin, Johnson City | 17:36.8 | 2008 |
| Elizabeth McMahon, West Genesee | 17:37.0 | 2005 |
| Livia Chase, Starpoint | 17:37.5 | 2012 |
| Hannah Cole, Honeoye Falls-Lima | 17:38.2 | 2010 |
| Erika Schwartz, Webster Thomas | 17:38.3 | 1985 |
| Julia Zachgo, Shenendehowa | 17:38.6 | 2015 |
| Naomi Wistner, Williamsville North | 17:38.7 | 2015 |
| Faith DeMars, Ballston Spa | 17:38.7 | 2017 |
| Cerian Shepherd, Markham, Ont. | 17:39.0 | 1995 |
| Alana Pearl, Fayetteville-Manlius | 17:39.3 | 2013 |
| Valarie Palermo, Webster Schroeder | 17:40.6 | 2012 |
| Danielle Orié, Nardin Academy, Buffalo | 17:40.9 | 2016 |
| Rachel Hosmer, Brighton | 17:41.0 | 1987 |
| Natalie Marra, East Syracuse-Minoa | 17:41.0 | 2015 |
| Megan Hulton, East Aurora | 17:41.3 | 2010 |
| Ansku Jalonen, Burnt Hills | 17:41.8 | 1998 |
| Patty Wiegand, Canastota | 17:42.0 | 1986 |
| Meaghan Gregory, Burnt Hills | 17:42.0 | 2005 |
| Katie Sischo, Fayetteville-Manlius | 17:42.1 | 2008 |
| Mary Liz McCurdy, Bay Shore | 17:43.0 | 2004 |
| Emily Fung, Greenwich, NY | 17:43.4 | 2004 |
| Karli O'Neill, Churchville-Chili | 17:43.4 | 2012 |
| Charlotte Hartman, Shenendehowa | 17:43.8 | 2017 |
| Brianna Shook, Seneca East, Attica, OH | 17:44.0 | 1984 |
| Jennifer Mather, Thousand Islands SS, Ont | 17:44.0 | 1984 |
| Kiersten Kral, Monroe-Woodbury | 17:44.2 | 2015 |
| Jessica Thatcher, Elmira | 17:44.7 | 2014 |
| Amanda Moreland, Honeoye Falls-Lima | 17:44.9 | 2009 |
| Sarah Perrotti, Clinton, NY | 17:45.0 | 1989 |

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BOYS TOP 150 TIMES (Including 2018))

(All at 3.0 miles, starting in 1975 at G.V. Pk.)

| | | |
|---|---------|------|
| Noah Affolder, Carlisle, PA | 14:12.7 | 2016 |
| Mickey Burke, Rush-Henrietta | 14:25.0 | 2013 |
| Andrew Marston, Conestoga (PA) | 14:31.3 | 2014 |
| Ben Petrella, Liverpool | 14:32.9 | 2015 |
| Bryce Millar, Fayetteville-Manlius | 14:33.3 | 2014 |
| Tom Witkowicz, All Saints, Mississauga, Ont. | 14:33.9 | 2017 |
| Tyler Berg, Burnt Hills | 14:34.9 | 2018 |
| Stephane Hetherington, St. Michael's, Toronto | 14:35.0 | 2002 |
| Shea Weilbaker, Saratoga Springs | 14:35.2 | 2018 |
| Ryan Manahan, Marcellus | 14:36.9 | 2012 |
| Sibby Hanson, Arlington, NY | 14:38.4 | 2012 |
| Ron Markezich, Williamsville North | 14:40.0 | 1984 |

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| Silas Derfel, Ithaca | 14:40.4 | 2017 |
| Kerry Fly, Lockport | 14:40.7 | 1986 |
| Henok Lechebo, West Toronto S.S., Ont. | 14:42.0 | 2003 |
| Marty Beauchamp, Tupper Lake | 14:42.8 | 1980 |
| Paul Challen, Ancaster, Ont. | 14:43.0 | 1984 |
| John Gill, Cardinal Leger, Brampton, Ont. | 14:43.8 | 1985 |
| Alex Peinkofer, Baldwinsville | 14:44.2 | 2012 |
| Kurt Benninger, Walkerton S.S., Ont. | 14:45.0 | 2002 |
| Kyle Barber, Fayetteville-Manlius | 14:45.3 | 2014 |
| Frank Lara, Strake Jesuit, Houston, TX | 14:45.3 | 2012 |
| Miles Irish, Burnt Hills | 14:45.7 | 1982 |
| Matt Hughes, Msgr.Dwyer, Oshawa, Ont | 14:46.0 | 2007 |
| Evan Brennan, Burnt Hills | 14:46.0 | 2018 |
| Chris Rauber, Central Cath., Pittsburgh | 14:46.2 | 1985 |
| Ian Russ, East Aurora | 14:46.5 | 2016 |
| Dan Dracup, Ithaca | 14:46.8 | 2014 |
| Brian Hesson, Caldwell, OH | 14:47.0 | 1991 |
| Peter Meindl, Orchard Park | 14:47.4 | 2001 |
| Shannan Ritchie, Walsh Jesuit, Stow, OH | 14:48.0 | 1982 |
| Otis Ubriaco, Burnt Hills | 14:48.1 | 2010 |
| Josh Dyrland, Irondequoit | 14:48.2 | 2013 |
| Zach Rivers, Victor | 14:49.0 | 2007 |
| Chris Stogsdill, Marcellus | 14:49.0 | 2008 |
| Kenny Vasbinder, East Aurora | 14:49.0 | 2015 |
| Ben Preisner, Bishop Reding, Milton, Ont. | 14:49.4 | 2012 |
| Cal Puskar, Orchard Park | 14:49.4 | 2017 |
| Mike McGowan, St. Michael's, Toronto | 14:50.0 | 1984 |
| Dan McKenna, Liverpool | 14:50.0 | 2002 |
| Joshua Zelek, Stratford S.S. (Ont.) | 14:50.1 | 2018 |
| Ryan Smathers, North East, Pa. | 14:50.5 | 2012 |
| Kyle Heath, Victor | 14:51.0 | 2003 |
| T.J. Hornberger, Lake Shore, Angola, NY | 14:51.0 | 2012 |
| Nathan Lawler, Pittsford Mendon | 14:51.1 | 2016 |
| Cole Stark, Dana Hills (CA) | 14:51.9 | 2018 |
| Randy Haas, Blue Mt. H.S. (PA) | 14:52.0 * | 1979 |
| Owen Kimple, Fayetteville-Manlius | 14:52.0 | 2005 |
| Connor Buck, Liverpool | 14:52.0 | 2014 |
| Steve Lawrence, E. Northumberland, Ont | 14:52.5 | 1995 |
| Dan Garrett, Clarence | 14:53.0 | 1983 |
| Andrew Whitbeck, East Rochester | 14:53.0 | 2002 |
| Willie Wiley, Cloverleaf, Lodi, OH | 14:53.0 | 1986 |
| Stevie Schulz, Liverpool | 14:53.0 | 2016 |
| Ed Hayfron, Birchmount Park, Ont | 14:53.1 | 2015 |
| Cody Pelliccioni, Morgantown, WVA | 14:53.2 | 2009 |
| Sam Affolder, Carlisle, PA | 14:53.3 | 2016 |
| Bill McLaughlin, East Aurora | 14:54.0 | 1982 |
| Derek Holland, St. Michael's, Toronto | 14:54.0 | 1995 |
| Tommy Gruenewald, Fayetteville-Manlius | 14:54.0 | 2006 |
| Geoff Coco, Binghamton | 14:54.8 | 1985 |
| Todd Lindsley, Penn Yan | 14:55.0 | 1980 |
| Jason Bunston, Westdale, Hamilton, Ont. | 14:55.0 | 1986 |
| Mike Koch, Copley, OH | 14:55.0 | 1986 |
| Andrew Berge, Fayetteville-Manlius | 14:55.2 | 2013 |

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| Conor Lundy, Fordham Prep | 14:55.3 | 2014 |
| Cole Townsend, Canisius, Buffalo | 14:55.4 | 2010 |
| Jeff Antolos, Notre Dame, Batavia | 14:55.7 | 2012 |
| Bob Donker, Georgetown, Ont. | 14:56.0 | 1989 |
| Joe Whelan, Hamburg | 14:56.0 | 2007 |
| Tyler Ranke, Hilton | 14:56.0 | 2013 |
| Alex Hatz, Fayetteville-Manlius | 14:56.2 | 2008 |
| Colin Water, Arlington | 14:56.7 | 2018 |
| Josh Ritchie, Walsh Jesuit, Stow, OH | 14:57.6 | 1991 |
| Kevin Christiani, Neil McNeil, Toronto | 14:58.0 | 1991 |
| Noel Bateman, Aquinas | 14:58.0 | 2005 |
| Adam Hunt, Fayetteville-Manlius | 14:58.0 | 2014 |
| Andrew Alexander, Neil McNeil, Toronto | 14:58.5 | 2016 |
| Sam Webb, Pennsbury (PA) | 14:58.7 | 2014 |
| Carrick Denker, Dana Hills (CA) | 14:58.7 | 2018 |
| Steve Mangan, Honeoye Falls-Lima | 14:58.8 | 2009 |
| Brian Brennan, Walsh Jesuit, Stow, OH | 14:58.9 | 2012 |
| John Horkheimer, Pittsford | 14:59.0 | 1988 |
| Aaron Emery, Beaver River | 14:59.0 | 1998 |
| Adam Hortian, Bluevale, Waterloo, Ont. | 14:59.0 | 2001 |
| Marty Dolan, Niskayuna | 14:59.0 | 2018 |
| Alex Deir, Honeoye Falls-Lima | 14:59.1 | 2009 |
| Parker Stokes, Maine-Endwell | 14:59.3 | 2018 |
| Jeff Stone, Turner Fenton, Brampton, Ont | 14:59.4 | 2009 |
| Scott McClennan, Sir. W. Churchill, Ont. | 15:00.0 | 1995 |
| Nick Ciolkowski, McQuaid Jesuit | 15:00.3 | 2013 |
| Peter Rindfuss, Hamburg | 15:00.4 | 2015 |
| Sam Lawler, Pittsford Mendon | 15:00.8 | 2018 |
| Shawn Mackay, East Elgin, Ont. | 15:01.0 | 1989 |
| Andy Carling, Spencer-Van Etten | 15:01.0 | 1995 |
| Corey Wefing, Maple Grove, Bemus Pt. | 15:01.7 | 2012 |
| Kyle Fulk, Norwood-Norfolk, NY | 15:01.7 | 2016 |
| Dan Huben, Clarence | 15:01.8 | 2013 |
| Mike Fadil, Liverpool | 15:02.0 | 1980 |
| Brian Clas, Union-Endicott | 15:02.0 | 1989 |
| Tyler Senall, Penfield | 15:02.1 | 2017 |
| Jay Boychuk, Pickering, Ont. | 15:02.2 | 2009 |
| Noah DeFreyne, Simcoe Composite, Ont | 15:02.2 | 2015 |
| Beau Hatcher, Upper Canada, Toronto | 15:02.5 | 1985 |
| Armani Merlino, Lancaster | 15:02.5 | 2018 |
| Ty Brownlow, Liverpool | 15:02.7 | 2016 |
| Paul Dellinger, Brighton | 15:02.7 | 2016 |
| Tom Hollis, Rush-Henrietta | 15:03.0 | 1978 |
| Jacob Mays, Buffalo Traditional | 15:03.0 | 1986 |
| Trevor Cable, Frewsburg, NY | 15:03.0 | 2000 |
| Cal Michaels, Vestal | 15:03.4 | 2010 |
| Nick Neamtu, Webster Thomas | 15:03.6 | 2014 |
| Sean Phillips, East Aurora | 15:03.7 | 2012 |
| Kevin Moshier, Corning | 15:03.9 | 2016 |
| Bob Anderson, Clarence | 15:04.0 | 1983 |
| Steve Repko, East Aurora | 15:04.0 | 1980 |
| Dan Muldoon, Liverpool | 15:04.0 | 2014 |
| Tommy Appenheimer, Cardinal O'Hara | 15:04.2 | 2018 |

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| Colin Savage, Liverpool | 15:04.7 | 2009 |
| John Wassenaar, St. Michael's, Toronto | 15:04.9 | 1991 |
| Colin McClive, Williamsville South | 15:05.0 | 1976 |
| Rick Dean, Greece Olympia | 15:05.0 | 1980 |
| Ben White, Liverpool | 15:05.0 | 2005 |
| Jeff Pajak, Annandale, VA | 15:05.0 | 1986 |
| Jeff Eggleston, Greece Arcadia | 15:05.0 | 2002 |
| Peter Dauenhauer, St. Xaver, Cinc'y, OH | 15:05.6 | 2017 |
| Sam Williams, N.E. Bradford, PA | 15:05.8 | 2012 |
| John Kralisz, East Aurora | 15:06.0 | 1984 |
| Nate Ruder, Fairport | 15:06.0 | 1990 |
| Jon Pierce, Canton, NY | 15:06.0 | 2001 |
| Xavier King, Pickering, Ont. | 15:06.5 | 2009 |
| Conor Gordon, Franklin Acad., Malone | 15:06.6 | 2012 |
| Behailu Bekele-Arcuri, Warwick Valley | 15:06.7 | 2017 |
| Scott Paterson, McQuaid Jesuit | 15:06.9 | 1985 |
| Pat Picciano, Auburn | 15:07.0 | 1983 |
| Thady Blundell, St. Michael's, Toronto | 15:07.0 | 1982 |
| Dan Schneider, Cathedral Prep, Erie, PA | 15:07.0 | 1983 |
| Andy Weilacher, Eisenhower, Russell, PA | 15:07.0 | 2000 |
| Geoff King, Fayetteville-Manlius | 15:07.0 | 2006 |
| Shaun Thompson, Baldwinsville | 15:07.0 | 2008 |
| Dawson Bathgate, East Rochester | 15:07.2 | 2015 |
| Eric Sucharski, Cathedral Prep, Erie, PA | 15:07.3 | 1985 |
| Sam Chauvin, Corning | 15:07.7 | 2013 |
| John Tuttle, Alfred-Almond | 15:08.0 | 1976 |
| Mike Tonkin, Cameron City, PA | 15:08.0 | 1984 |
| Frank Wolfe, St. Michael's, Toronto | 15:08.0 | 1988 |
| Matt Penza, Girard, PA | 15:08.0 | 1985 |
| Matt Brunsting, Quinte Christian, Ont. | 15:08.0 | 2004 |
| Brian Rhodes-Devey, Guilderland | 15:08.0 | 2005 |
| Pat Dupont, Fairport | 15:08.0 | 2007 |
| Jordan Hamm, Canisius, Buffalo | 15:08.0 | 2008 |
| Andris Goncarovs, Ithaca | 15:08.0 | 2009 |

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- **Randy Haas (14:52), Blue Mt. H.S.,(PA), in '79 was the first runner to break 15:00 for 3.0 miles at G.V. Pk. In the 38 meets since then, only 83 other runners have done that, an average of less than three per year.**