

GIRLS TOP TIMES (Including 2019))
(All at 3.0 Miles, starting in 1981 at G.V. Pk.)

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
Savannah Roark, Beaver creek, OH	16:56.3	2019
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
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
Jodi Pierce, Beavercreek, OH	17:31.8	2019
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
Juliann Williams, Beavercreek, OH	17:33.9	2019
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
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
Tori Mariano, Shaker	17:38.9	2019
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 Orie, 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

(130)

BOYS TOP 150 TIMES (Including 2019))

(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
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
Sam Lawler, Pittsford Mendon	14:54.7	2019

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
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
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
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

(153)

- 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 40 meets since then, only 89 other runners have done that, an average of less than three per year.