**SPRING LAKE PARK BESTS**

2.97 mile course bests, established in 1987

More info at redwoodempirerunning.com/springlake

 **Boys Girls**

  

14:43 *Luis Luna*, Piner #1 2011 16:15 *Julia Stamps*, Santa Rosa #1 1995

14:50 *Ryan Mack*, Ukiah #1 1998 16:31 *Amber Trotter*, Ukiah #1 2001

15:01 Steve Laurie, Maria Carrillo #1 1998 16:43 *Sara Bei*, Montgomery #1 1998

15:01 *Paul Holden*, Ukiah #2 2012 16:51 *Sarah Sumpter*, Healdsburg #1 2007

15:05 Celedonio Rodriguez, Elsie Allen #1 1998 17:04 Trina Cox, Santa Rosa #2 1998

15:05 *Andrew Zellman*, Ukiah #3 2009 17:06 Jenny Aldridge, Maria Carrillo #1 2001

15:05 *Colton Swinth*, Maria Carrillo #2 2019 17:07 *Jacque Taylor*, Casa Grande #1 2008

15:06 Reesey Byers, Santa Rosa #1 2009 17:11 *Gabrielle Peterson*, Healdsburg #2 2018

15:08 *Sterling Lockert*, Petaluma #1 2008 17:17 *Hanne Thomsen*, Montgomery #2 2021

15:09 *Blake McDowall*, Montgomery #1 2006 17:18 *Harper McClain*, St. Helena #1 2019

 (10) (10)

15:13 Jaime Silva, Piner #2 2011 17:24 *Phyliss Blanchard*, Rancho Cotate #1 2003

15:13 *Ryan Anderson*, Maria Carrillo #3 2012 17:24 *Julie Nacouzi*, Montgomery #3 2009

15:14 *Ryan Douglas*, Petaluma #2 2012 17:30 *Nicole Lane*, El Molino #1 2011

15:15 *Rory McLeod*, Santa Rosa #2 2008 17:30 *Delaney White*, Santa Rosa #3 2015

15:15 *Alex Conner*, Sonoma Valley #1 2011 17:36 *Rylee Bowen*, Sonoma Academy #1 2014

15:19 Alexi Taylor, Cardinal Newman #1 2011 17:39 *Amy Robinson*, Maria Carrillo #2 2002

15:20 *Daniel Pride*, Santa Rosa #3 2015 17:40 Sarah Bashel, Montgomery #4 1998

15:21 *Zach Barrett*, Santa Rosa #4 1994 17:46 Kim Conley, Montgomery #5 2003

15:21 *Nicholas Rauch*, Casa Grande #1 2014 17:47 Kim Handel, Montgomery #6 2002

15:21 Rory Smail, Maria Carrillo #4 2019 17:47 Shelby Leland, Ukiah #2 2002

15:21 ***Jacob Donohue***, Maria Carrillo #5 2021 (20)

 (21) 17:54 *Lauren Curtin*, Maria Carrillo #3 2008

15:24 *Hugh Dowdy*, Petaluma #3 2009 17:56 *Mary Deeik*, Vintage #1 2018

15:24 Matt Salazar, Casa Grande #2 2014 17:57 Adria Barich, Casa Grande #2 2015

15:24 *Andre Williams*, Sonoma Academy #1 2018 17:59 Isabel Andrade, Petaluma #1 2008

15:24 Pierce Kapustka, Maria Carrillo #5 2019 18:00 Lauren Kraus, Maria Carrillo #4 2011

15:26 *David Toomey*, Montgomery #2 1993 18:01 *Ashley Moffet*, Casa Grande #3 2010

15:26 Zac West, Maria Carrillo #6 2014 18:05 *Kristin Sanzari*, Maria Carrillo #5 2004

15:26 *Brian Schulz*, El Molino #1 2016 18:06 *Leanne Fogg*, Maria Carrillo #7 2004

15:27 *Matt Fitch*, Montgomery #3 2002 18:06 *Celeste Berg*, Montgomery #8 2008

15:27 Calvin Thigpen, Maria Carrillo #7 2006 18:06 *Sydnie Rivas*, Maria Carrillo #7 2017

15:27 Devin Lockert, Petaluma #4 2008 18:07 *Jacqui Wentz*, Maria Carrillo #8 2005

15:27 *Forrest Shaffer*, Petaluma #5 2010 18:09 *Nika Horn*, Santa Rosa #4 1990

15:27 Efren Reyes, Piner #3 2011 18:09 Jennifer Martindill, Montgomery #9 2005

 18:10 *Rhonda Mazza*, Santa Rosa #5 1991

Italic named runners above were league champions

 **Class Records**

Senior 14:43 Luis Luna, Piner 2011 Senior 16:19 Julia Stamps, Santa Rosa 1996

Junior 14:59 Luis Luna, Piner 2010 Junior 16:15 Julia Stamps, Santa Rosa 1995

Sophomore 15:20 Luis Luna, Piner 2009 Sophomore 16:18 Julia Stamps, Santa Rosa 1994

Freshman 15:42 Matt Salazar, Casa Grande 2012 Freshman 17:09 Sara Bei, Montgomery 1997

 **LEAGUE CHAMPIONSHIP MEET RECORDS**

 North Bay League/Oak

 14:43 Luis Luna, Piner 2011 16:18 Julia Stamps, Santa Rosa 1994

 North Bay League/Redwood

 15:08 Sterling Lockert, Petaluma 2008 16:51 Sarah Sumpter, Healdsburg, 2007