

# SPRING LAKE PARK BESTS

2.97 mile course bests, established in 1987

More info at [redwoodempirerunning.com/springlake](http://redwoodempirerunning.com/springlake)

## Boys



## Girls



14:43	<i>Luis Luna, Piner #1</i>	2011
14:50	<i>Ryan Mack, Ukiah #1</i>	1998
15:01	<i>Steve Laurie, Maria Carrillo #1</i>	1998
15:01	<i>Paul Holden, Ukiah #2</i>	2012
15:05	<i>Celedonio Rodriguez, Elsie Allen #1</i>	1998
15:05	<i>Andrew Zellman, Ukiah #3</i>	2009
15:05	<i>Colton Swinth, Maria Carrillo #2</i>	2019
15:06	<i>Reese Byers, Santa Rosa #1</i>	2009
15:08	<i>Sterling Lockert, Petaluma #1</i>	2008
15:09	<i>Blake McDowall, Montgomery #1</i>	2006
	(10)	
15:13	<i>Jaime Silva, Piner #2</i>	2011
15:13	<i>Ryan Anderson, Maria Carrillo #3</i>	2012
15:14	<i>Ryan Douglas, Petaluma #2</i>	2012
15:15	<i>Rory McLeod, Santa Rosa #2</i>	2008

16:15	<i>Julia Stamps, Santa Rosa #1</i>	1995
16:31	<i>Amber Trotter, Ukiah #1</i>	2001
16:43	<i>Sara Bei, Montgomery #1</i>	1998
16:51	<i>Sarah Sumpter, Healdsburg #1</i>	2007
17:04	<i>Trina Cox, Santa Rosa #2</i>	1998
17:06	<i>Jenny Aldridge, Maria Carrillo #1</i>	2001
17:07	<i>Jacque Taylor, Casa Grande #1</i>	2008
17:11	<i>Gabrielle Peterson, Healdsburg #2</i>	2018
17:17	<i>Hanne Thomsen, Montgomery #2</i>	2021
17:18	<i>Harper McClain, St. Helena #1</i>	2019
	(10)	
17:24	<i>Phylliss Blanchard, Rancho Cotate #1</i>	2003
17:24	<i>Julie Nacouzi, Montgomery #3</i>	2009
17:30	<i>Nicole Lane, El Molino #1</i>	2011
17:30	<i>Delaney White, Santa Rosa #3</i>	2015

15:15	<i>Alex Conner</i> , Sonoma Valley #1	2011	17:36	<i>Rylee Bowen</i> , Sonoma Academy #1	2014
15:19	Alexi Taylor, Cardinal Newman #1	2011	17:39	<i>Amy Robinson</i> , Maria Carrillo #2	2002
15:20	<i>Daniel Pride</i> , Santa Rosa #3	2015	17:40	Sarah Bashel, Montgomery #4	1998
15:21	<i>Zach Barrett</i> , Santa Rosa #4	1994	17:46	Kim Conley, Montgomery #5	2003
15:21	<i>Nicholas Rauch</i> , 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	<i>Jacob Donohue</i> , Maria Carrillo #5	2021	(20)		
	(21)		17:54	<i>Lauren Curtin</i> , Maria Carrillo #3	2008
15:24	<i>Hugh Dowdy</i> , Petaluma #3	2009	17:56	<i>Mary Deeik</i> , Vintage #1	2018
15:24	Matt Salazar, Casa Grande #2	2014	17:57	Adria Barich, Casa Grande #2	2015
15:24	<i>Andre Williams</i> , 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	<i>David Toomey</i> , Montgomery #2	1993	18:01	<i>Ashley Moffet</i> , Casa Grande #3	2010
15:26	Zac West, Maria Carrillo #6	2014	18:05	<i>Kristin Sanzari</i> , Maria Carrillo #5	2004
15:26	<i>Brian Schulz</i> , El Molino #1	2016	18:06	<i>Leanne Fogg</i> , Maria Carrillo #7	2004
15:27	<i>Matt Fitch</i> , Montgomery #3	2002	18:06	<i>Celeste Berg</i> , Montgomery #8	2008
15:27	Calvin Thigpen, Maria Carrillo #7	2006	18:06	<i>Sydney Rivas</i> , Maria Carrillo #7	2017
15:27	Devin Lockert, Petaluma #4	2008	18:07	<i>Jacqui Wentz</i> , Maria Carrillo #8	2005
15:27	<i>Forrest Shaffer</i> , Petaluma #5	2010	18:09	<i>Nika Horn</i> , Santa Rosa #4	1990
15:27	Efren Reyes, Piner #3	2011	18:09	Jennifer Martindill, Montgomery #9	2005
			18:10	<i>Rhonda Mazza</i> , 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