**SPRING LAKE PARK BESTS**

2.0 mile course bests, established in 1987

More info at redwoodempirerunning.com/springlake

**Boys Girls**

 

L-R Luis Luna, Reesey Byers, Erik Olson Julia Stamps

9:40 Erik Olson, **Novato** 2009 10:40 Julia Stamps, **Santa Rosa** 1996

9:44 Jude Devries, **Montgomery** 2022 **10:42 Hanne Thomsen, Montgomery 2022**

9:46 Luis Luna, **Piner** 2011 11:05 Sara Bei, Montgomery 1998

9:51 Luca Mazzanti, **Santa Rosa** 2016 11:09 Jacque Taylor, **Casa Grande** 2009

9:53 Dawit Tesfasilassie, Piner 2003 11:20 Amber Trotter, **Ukiah** 2000

9:53 Brian Schulz, **El Molino** 2016 11:20 Rylee Bowen, **Sonoma Academy** 2014

9:54 Matt Creason, **Eureka** 1993 11:22 Julie Nacouzi, Montgomery 2009

9:54 Ryan Mack, **Ukiah** 1998 11:24 Morgin Coonfield, **McKinleyville** 2015

9:54 Yosef Ghebray, **Logan** 2003 11:25 Trina Cox, Santa Rosa 1997

9:56 Daniel Pride, Santa Rosa 2015 11:25 Gabrielle Peterson, **Healdsburg** 2018

9:56 Russell Sullivan, **Foothill** 2018 (10)

(11) 11:28 Phylis Blanchard, **Rancho Cotate** 2003

9:57 Lucas Chung, **Windsor** 2018 11:30 Natalie White, **Oak Ridge** 2002

9:58 Reesey Byers, Santa Rosa 2009 11:32 Jenny Aldridge, **Maria Carrillo** 2000

9:59 Celedonio Rodriguez, **Elsie Allen** 1998 11:33 Michelle Gallagher, **Sacred Heart Cathedral** 2002

9:59 Steve Laurie, **Maria Carrillo** 1998 11:34 Mary Deeik, **Vintage** 2018

9:59 Jordan Kinley, **Maria Carrillo** 1999 11:38 Shannon Rowbury, Sacred HeartCathedral 2000

9:59 Shaun Lyle, Eureka 1999 11:39 Delaney White, Santa Rosa 2015

10:00 Rory McLeod, Santa Rosa 2008 11:41 Nicole Lane, **EL Molino** 2011

10:00 Emmanuel Guzman, **Vintage** 2018 11:46 Sarah Sumpter, Healdsburg 2007

10:02 Matt Salazar, **Casa Grande** 2014 11:47 Shelby Leland, Ukiah 2002

(20) (20)

10:03 Brian Pruyn, Vintage 1995 11:48 Kelly Rogers, Healdsburg 2000

10:03 Paul Holden, Ukiah 2012 11:49 Nika Horn, Santa Rosa 1991

10:04 Beau Bettinger, **Castro Valley** 2000 11:50 Kate Bowen, Rincon Valley Middle 2015

10:05 Jaime Silva, Piner 2012 11:51 Kim Conley, Montgomery 2003

10:07 Steve Guerrini, Santa Rosa 1990 11:52 Katy Lee, Sonoma Academy 2011

10:07 Alexi Taylor, **Cardinal Newman** 2011 11:57 Amy Robinson, Maria Carrillo 2002

10:08 Blake McDowall, Montgomery 2006 11:58 Sarah Hallas, **Ursuline/CN** 1996

10:09 Nicholas Rauch, Casa Grande 2014 11:59 Pamela Richardson, Montgomery 1994

(28) 12:00 Sarah Bashel, Montgomery 1998

10:10 Juanjo Soriano, Santa Rosa 1991 12:00 Amelie Maltz, **Lick Wilmerding** 2022

10:10 Tomas Garcia, **Watsonville** 1994 (30)

10:10 Adam Grubbs, Eureka 1994 12:01 Lauren Kraus, Maria Carrillo 2010

10:10 Jim Nelson, **Napa** 1995 12:02 Mackenzie Mills, Vintage 2012

10:10 Efren Reyes, Piner 2012 12:02 Seelah Kittelstrom, Montgomery 2022

10:10 Zachery Esponda, Casa Grande 2016 12:03 Lauren Curtin, Maria Carrillo 2007

10:10 Robert Swoboda, Ukiah 2016 12:03 Suzi Rozga, Santa Rosa 2008

10:10 Andre Williams, **Sonoma Academy** 2018 12:04 Ashley Moffett, Casa Grande 2011-12

10:11 Scott Haycock, Napa 1994 12:04 Leah Haley, Montgomery 2018

10:11 Jake Schmitt, **Redwood** 2002 12:04 Renae Searls, **Alhambra** 2021

10:12 Lehrin Morey, Eureka 1999 12:05 Hayley Ballard, **San Domenico** 2021

10:12 Wes Methum, **Rincon Valley Christian** 2016 12:05 Siena Brunetti, Cardinal Newman 2022

10:13 Aria Kiani, Montgomery 2008 12:06 Sara Jakel, **Sonoma Valley** 1993

10:14 Mike Contos, Montgomery 1987 12:07 Celeste Berg, Montgomery 2008

10:14 Zach Price, Windsor 2013 12:07 Isabel Moon, **Novato** 2012

(43) 12:07 Alyssa Hammer, **Rincon Valley Christian** 2018

(44**)**

**Class Records**

Senior 9:40 Erik Olson, Novato 2009 Senior 10:40 Julia Stamps, Santa Rosa 1996

Junior 9:53 Dawit Tesfasilassie, Piner 2003 Junior 10:49 Julia Stamps, Santa Rosa 1995

Sophomore 9:59 Jordan Kinley, Maria Carrillo 1999 Sophomore 10:42 Hanne Thomsen, Montgomery 2022

Freshman 10:24 Jordan Kinley, Maria Carrillo 1998 Freshman 11:07 Julia Stamps, Rincon.Vly. J.H. 1993

Alumni 9:43 Dan Aldridge, Petaluma 1993 Alumni 11:19 Shannon Sweeney, La Sierra 1992