



Boys – 1600 – Girls

All-Time

Erik Olson	Novato	4:17.28	'09	Cassie Land	Sonora	5:06.01	'15
Danny Thomas	Arroyo	4:18.39	'09	Kendall Derry	Bella Vista	5:06.04	'14
Dan Milechman	Tamalpais	4:18.40	'10	Chloe Hansel	Las Lomas	5:07.28	'15
Derrick Thomas	Arroyo	4:18.43	'08	Grace Taylor	Bishop O'Dowd	5:07.32	'15
Dan Mitchell	Del Campo	4:18.77	'09	Glennis Murphy	Redwood	5:07.83	'15

Seniors

Nicholas Rauch	Casa Grande	4:19.20	'15	Toni Finnane	Campolindo	5:11.78	'15
John Hogan	Lowell	4:20.34	'14	Spencer Moore	St. Mary's	5:12.90	'14
Josh Mercado	Del Campo	4:21.42	'10	Gabriella Nathan Funk	Armijo	5:14.73	'14
James Attarian	Dublin	4:21.93	'08	Maryann Gong	Granada	5:15.11	'13
Roc Johnson	De La Salle	4:23.20	'15	Shaz Breedlove	Maria Carrillo	5:16.88	'15

Juniors

Dan Milechman	Tamalpais	4:18.40	'10	Chloe Hansel	Las Lomas	5:07.28	'15
Roc Johnson	De La Salle	4:22.83	'14	Kaitlin Derry	Bella Vista	5:09.47	'15
Marcus Avila	Bellarmine	4:23.85	'15	Adriana Barich	Casa Grande	5:13.46	'15
Carter Mackey	Castro Valley	4:24.88	'14	Rachel Bordes	Redwood	5:13.80	'15
Robert Pflasterer	Del Campo	4:26.81	'10	Alyssa Byer	Bishop O'Dowd	5:13.82	'14

Sophomores

Parker Deuel	San Ramon Valley	4:23.22	'10	Kendall Derry	Bella Vista	5:06.04	'14
Matthew Richardson	Bellarmine	4:29.45	'15	Grace Taylor	Bishop O'Dowd	5:07.32	'15
Mitch Martin	Half Moon Bay	4:30.01	'10	Glennis Murphy	Redwood	5:07.83	'15
Dilpreet Singh	Mt. Eden	4:30.71	'14	Megan McCandless	Granada	5:12.27	'14
Logan Schaefer	Heritage	4:31.87	'15	Natalie Dimits	Livermore	5:12.80	'10

Freshman

Bret Henkel	Bella Vista	4:32.03	'15	Cassie Land	Sonora	5:06.01	'15
Munir Kabbara	San Rafael	4:33.30	'15	Gillian Wagner	Redwood	5:08.85	'15
Alex Scales	Bellarmine	4:34.04	'15	Sierra Brill	Lowell	5:16.52	'14
Gabe Arias-Sheridan	SJND	4:35.50	'11	Megan McCandless	Granada	5:17.96	'13
Cooper Teare	SJND	4:35.51	'14	Kaitlin Cartwright	Amador Valley	5:20.53	'15

Boys – 800 – Girls

All-Time

Sebastian Sam	Oak Grove	1:54.21	'08	Kendall Derry	Bella Vista	2:12.84	'15
Kevin Griffith	SRV	1:55.21	'10	Tamara Purpura	Lowell	2:17.43	'09
Nick Ratto	SJND	1:55.96	'12	Gillian Wagner	Redwood	2:18.96	'15
Nicholas Rauch	Casa Grande	1:56.17	'15	Megan McCandless	Granada	2:19.08	'15
Kevin Griffith	SRV	1:56.62	'09	Anaya Alexander	Las Lomas	2:19.12	'14

Seniors

Sebastian Sam	Oak Grove	1:54.21	'08	Jena Pianin	Amador Valley	2:19.43	'13
Kevin Griffith	SRV	1:55.21	'10	Carrie Verdon	Campolindo	2:20.13	'12
Nick Ratto	SJND	1:55.96	'12	Carina Novell	Granada	2:20.74	'12
Nicholas Rauch	Casa Grande	1:56.17	'15	Marayne Martin-Fields	Skyline	2:20.84	'14
Sam Kane	Bishop O'Dowd	1:57.38	'12	Emily Fieberling	Bishop O'Dowd	2:21.10	'14

**The results in '08 and '09 did not list grades. If you know of any corrections and or additions, please email coachchriswilliams@yahoo.com.*

Juniors							
Kevin Griffith	SRV	1:56.62	'09	Kendall Derry	Bella Vista	2:12.84	'15
Braeden Kraft	Del Campo	1:58.41	'15	Megan McCandless	Granada	2:19.08	'15
Carl Gracely	Las Lomas	1:59.09	'10	Heidi Fuhrman	Monte Vista	2:20.68	'15
David Phair	College Park	1:59.77	'15	Aimee Holland	Santa Rosa	2:20.75	'15
Thomas Kruetzfeldt	Sonora	1:59.89	'15	Aida Julien	Head Royce	2:21.75	'13
Sophomores							
Benjamin Micallef	Bellarmino	1:57.44	'15	Anaya Alexander	Las Lomas	2:19.12	'14
Ryan Banwarth	Davis	2:00.22	'10	Kendall Derry	Bella Vista	2:21.05	'14
Braeden Kraft	Del Campo	2:01.45	'14	Grace Brown	Athenian	2:22.24	'15
Kevin Anawalt	Los Altos	2:01.50	'14	Glennis Murphy	Redwood	2:22.80	'15
Ricardo Avila	Bellarmino	2:01.58	'13	Sarah Franklin	Granada	2:22.83	'12
Freshman							
Benjamin Micallef	Bellarmino	2:02.41	'14	Gillian Wagner	Redwood	2:18.96	'15
Marcus Avila	Bellarmino	2:04.47	'13	Christine Bayliss	SRV	2:20.70	'12
Ricardo Avila	Bellarmino	2:05.71	'12	Cassie Land	Sonora	2:23.34	'15
Bobby Poynter	California	2:05.99	'15	Sierra Brill	Lowell	2:24.50	'14
Patrick Wiseman	Christian Brothers	2:06.81	'15	Rachel Johnson	Campolindo	2:24.93	'12
Boys – 3200 – Girls							
All-Time							
Steven Sum	Saratoga	9:08.56	'15	Brighie Leach	Campolindo	10:41.59	'15
Fred Huxham	Redwood	9:10.73	'14	Diana George	Livermore	10:49.74	'09
Blair Hurlock	De La Salle	9:11.83	'14	Kelsey Santisteban	Castro Valley	10:52.64	'09
Colin Burke	Bishop O'Dowd	9:12.98	'15	Heather Cerney	Carondelet	10:53.81	'08
Gabe Arias-Sheridan	SJND	9:13.42	'14	Diana George	Livermore	10:54.19	'08
Seniors							
Steven Sum	Saratoga	9:08.56	'15	Brighie Leach	Campolindo	10:41.59	'15
Fred Huxham	Redwood	9:10.73	'14	Mary Orders	Campolindo	10:59.10	'15
Blair Hurlock	De La Salle	9:11.83	'14	Madison Ricks	California	11:04.16	'14
Colin Burke	Bishop O'Dowd	9:12.98	'15	Alexandra Hernandez	Livermore	11:10.16	'14
Gabe Arias-Sheridan	SJND	9:13.42	'14	Mary Oewel	Redwood	11:11.03	'15
Juniors							
Steven Sum	Saratoga	9:19.81	'14	Brooke Starn	Monte Vista	10:55.43	'15
Sean Kurdy	Jesuit	9:20.34	'15	Hana Sun	Campolindo	11:09.95	'15
Matthew Schumann	De La Salle	9:26.27	'14	Helen Guo	Dougherty Valley	11:13.64	'15
Jordan Scobey	Maria Carrillo	9:29.05	'15	Mary Orders	Campolindo	11:14.37	'14
Salem Bouhassoun	Mission	9:29.67	'15	Shelby Nickles	Dublin	11:19.49	'10
Sophomores							
Cooper Teare	SJND	9:23.12	'15	Meredith Corda	Monte Vista	10:57.19	'15
Luis Grijalva	Armijo	9:23.49	'15	Brooke Starn	Monte Vista	11:01.16	'14
Sean Kurdy	Jesuit	9:35.58	'14	Chloe Hansel	Las Lomas	11:04.44	'14
Tre Lockwood	Granite Bay	9:42.85	'15	Kathryn Loken	Del Campo	11:13.29	'15
Isaias De Leon	De La Salle	9:45.54	'15	Kristen Leung	Lowell	11:32.65	'14
Freshman							
Neil Braganza	Dougherty Valley	9:49.91	'14	Brooke Starn	Monte Vista	11:27.03	'13
Meikael Beaudoin-Rousseau	Bellarmino	9:50.43	'15	Chloe Hansel	Las Lomas	11:29.76	'13
Munir Kabbara	San Rafael	9:51.82	'15	Beatrice Levy	St. Joseph Notre Dame	11:29.88	'15
Jackson Mellory	Sonora	9:55.74	'15	Grace Taylor	Bishop O'Dowd	11:35.74	'14
Matt Schumann	De La Salle	9:56.07	'12	Hannah Ruane	Campolindo	11:45.61	'15

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