

All-Time Top Ten Performers Lists

2013 Season Courses

We've only included courses on which we've raced at least twice.
Because of it's importance, we go 15 deep on the MT SAC lists.
Current athletes shown bold

LEGG LAKE			Tartan Top 7 & Bell Gardens (<i>ital</i>)		
South El Monte, CA			3 miles, flat		
15:04	Ryan Sanchez	2012	17:18	<i>Christy Adamyk</i>	2004
15:05	Jeff Kirwin	2012	17:50	Lauren Justus	2010
15:10	Garrett Hernandez	2012	18:05	Emily Hoey	2012
15:11	Anthony Castro	2010	18:05	Micaela Lamb	2012
15:14	<i>Joey Divizia</i>	2006	18:14	Cori Harrall	2012
15:17	<i>Sean DiFilippo</i>	2002	18:23	Megan Trono	2012
15:24	<i>Thomas Finnigan</i>	2007	18:38	<i>Esmeralda Ortiz</i>	2002
15:31	Kelly Hernandez	2010	18:49	<i>Brianna Cleary</i>	2004
15:32	Mike Duke	2012	18:55	Tori Whitworth	2012
15:33	Oliver Kashyap	2012	19:04	Taylor Butler	2012

Mt SAC - SHORT COURSE			Fastback Shootout		
Walnut, CA			1.92 miles, severe hills		
9:41	Kirwin, Jeff	2013	12:20	Trono, Megan	2013
9:48	Thomas Finnigan	2007	12:22	Hoey, Emily	2013
9:52	Seale, Parker	2013	12:22	Perez, Alyssa	2013
10:14	Joey Divizia	2007	12:29	Arriaga, Chloe	2013
10:24	Johnny, Sam	2013	12:40	Harral, Cori	2013
10:36	Corey Bullock	2007	12:40	Aissa Sanchez	2007
10:42	Kashyap, Oliver	2013	12:55	Lauren Justus	2007
10:46	Duke, Mike	2013	13:04	Johanna Murray	2007
10:46	Stewart McDougall	2007	13:08	Butler, Taylor	2013
10:54	Kidd, Bradford	2013	13:12	Whitworth, Tori	2013

ESTANCIA HS			Woodbridge Invitational		
Costa Mesa, CA			3 miles, flat		
14:26	Kirwin, Jeff	2013	17:04	Lauren Justus	2010
14:52	Anthony Castro	2010	18:05	Alyssa Perez	2013
14:53	Parker Seale	2013	18:06	Cori Harral	2013
15:17	Kelly Hernandez	2010	18:07	Megan Trono	2013
15:23	Ross Brunett	2010	18:08	Chloe Arriaga	2013
15:33	Sam Johnny	2013	18:23	Emily Hoey	2013
15:39	Damon Payne	2013	18:36	Taylor Butler	2013
15:40	Mike Duke	2013	18:48	Tori Whitworth	2013
16:00	Oliver Kashyap	2013	18:58	Allison Mayo	2010
16:08	Bryce Kasamoto	2010	20:02	Maggie Su	2010

The times listed here are for the Estancia HS course only. Although the 2013 course was slightly different, the changes were not significant enough to warrant any time adjustments.

RED HILL PARK			Baseline League Meet		
Rancho Cucamonga, CA			3 miles, 2 long hills, grass		
15:17	Jeff Kirwin	2013	17:51	Lauren Justus	2010
15:19	Ryan Sanchez	2012	18:48	Alyssa Perez	2013
15:30	Anthony Castro	2010	18:54	Cori Harral	2012
15:40	Kelly Hernandez	2010	19:06	Emily Hoey	2012
15:45	Parker Seale	2013	19:11	Chloe Arriaga	2013
15:52	Mike Duke	2012	19:20	Taylor Butler	2012
16:03	Sam Johnny	2012	19:21	Micaela Lamb	2011
16:07	Austin Mendoza	2010	19:25	Megan Trono	2012
16:10	Daniel Castro	2012	19:27	Allison Mayo	2010
16:12	Oliver Kashyap	2012	19:43	Tori Whitworth	2011

WOODWARD PARK**Clovis Invite & Cal State Finals**

Fresno, CA

5000 meters, rolling

15:19	Jeff Kirwin	2013	17:58	Christy Adamyk	2005
15:32	Anthony Castro	2009	18:26	Lauren Justus	2010
15:45	Thomas Finnigan	2007	18:42	Micaela Lamb	2012
15:47	Ryan Sanchez	2012	18:57	Alyssa Perez	2013
15:55	Corey Bullock	2008	19:04	Emily Hoey	2013
15:59	Mike Duke	2012	19:11	Cori Harral	2013
16:00	Parker Seale	2013	19:18	Chloe Arriaga	2011
16:02	Kelly Hernandez	2009	19:23	Megan Trono	2012
16:03	Austin Mendoza	2009	19:32	Taylor Butler	2013
16:13	Oliver Kashyap	2012	19:36	Tori Whitworth	2011

GLEN HELEN PARK**Baseline League Meet**

Devore, CA

3 miles, slightly rolling

15:12	Jeff Kirwin	2013	18:30	Emily Hoey	2013
15:33	Parker Seale	2013	18:48	Cori Harral	2013
16:00	Sam Johnny	2013	18:53	Chloe Arriaga	2013
16:07	Ryan Sanchez	2012	18:54	Alyssa Perez	2013
16:10	Damon Payne	2013	19:07	Micaela Lamb	2012
16:18	Oliver Kashyap	2013	19:13	Tori Whitworth	2013
16:20	Aaron Forburger	2011	19:50	Taylor Butler	2012
16:23	Mike Duke	2013	19:53	Megan Trono	2012
16:24	Garrett Hernandez	2011	20:41	Kayla McGarrell	2013
16:34	Austin Mendoza	2011	20:46	Danielle York	2013

ARCADIA PARK**Apache Invitational**

Arcadia, CA

3 miles, flat, grass & pavement

15:15	Ryan Sanchez	2011	18:21	Emily Hoey	2011
15:25	Garrett Hernandez	2011	18:23	Micaela Lamb	2011
15:38	Aaron Forburger	2011	18:32	Chloe Arriaga	2011
15:51	Mike Duke	2011	18:37	Tori Whitworth	2011
15:58	Brandon Nelli	2011	18:58	Taylor Butler	2011
16:02	Jeff Kirwin	2011	19:13	Cori Harral	2011
16:03	Cameron Bullock	2011	19:20	Kayla McGarrell	2011
16:31	Damon Payne	2011	19:52	Taylor Leech	2011
16:34	Eric Netzeband	2011	20:23	Caitlyn Jansen	2011
16:36	Nick Orozco	2010	20:39	Danielle York	2010

Mt SAC **SGV 1-on-1, MSAC Invite, League Finals, CIF**
Walnut, CA **2.93 miles, severe hills**

15:13	Anthony Castro	2010	17:27	Christy Adamyk	2005
15:16	Thomas Finnigan	2007	17:53	Lauren Justus	2010
15:18	Jeff Kirwin	2013	18:23	Aissa Sanchez	2006
15:28	Joey Divizia	2006	18:35	Cori Harral	2013
15:32	Mike Duke	2012	18:44	Emily Hoey	2013
15:35	Kelly Hernandez	2010	18:48	Micaela Lamb	2012
15:39	Parker Seale	2013	18:59	Alyssa Perez	2013
15:43	Sean Di Filippo	2002	19:00	Cecilia Ramirez	1998
15:44	Austin Goodheart	2009	19:12	Esmerelda Ortiz	2002
15:44	Austin Mendoza	2009	19:13	Tori Whitworth	2011
15:50	Ryan Sanchez	2011	19:16	Megan Trono	2012
15:56	Shin Yamamura	2009	19:19	Taylor Butler	2013
15:57	Corey Bullock	2007	19:28	Junko Kubata	2005
15:58	Bill Brannigan	1989	19:31	Briana Cleary	2004
16:00	Christopher Ramsey	2008	19:32	Bess Walker	2002

Mt SAC Frosh

16:01	Mike Duke	2010	18:03	Christy Adamyk	2003
16:30	Jeff Kirwin	2011	18:24	Aissa Sanchez	2005
16:43	Anthony Castro	2007	18:44	Lauren Justus	2007
17:06	Andrew Rummens	2011	19:21	Micaela Lamb	2011
17:09	Joey Divizia	2004	19:32	Tori Whitworth	2010
17:16	Daniel Castro	2011	19:46	Emily Hoey	2010
17:17	Austin Mendoza	2008	20:08	Chloe Arriaga	2010
17:18	Austin Goodheart	2006	20:20	Christy Nottingham	2004
17:24	Damon Payne	2010	20:23	Taylor Butler	2010
17:30	Bryce Kasamoto	2010	21:04	Savannah Yi	2013