

**Lawrence High School Cross Country
Boy's Top 30 Times Since 1998**

	5 Kilometers	Current	Personal Record	
Rank	Name	PR	Meet	Year
1	Chris Williams	15:34.0	SM West Invitational	1999
2	Roy Wedge	15:41.1	Sunflower League Championships	2009
3	Dylan McClain	15:46.5	Manhattan Regional	2001
4	Jack Ryan	15:51.3	Olathe Twilight	2021
5	Justin Riley	16:00.0	Emporia Invitational	2001
6	Andy Struble	16:00.0	Manhattan Regional	2002
7	Joseph Springer	16:13.2	Lawrence Regional	2009
8	Gavin Fischer	16:14.1	Regionals (Lone Elm Park)	2012
9	Calvin Morgan	16:24.0	Seaman Invitational	2009
10	Ben Wilson	16:25.0	SM West Invitational	2008
11	Dylan Hedges	16:28.3	Shawnee Heights Invitational	2007
12	DJ Hilding	16:31.0	SM West Invitational	1999
13	Zach Andregg	16:34.6	Kansas 6A State Championships	2010
14	Nathan Stringer	16:36.2	Sunflower League Championships	2011
15	Adam Beals	16:40.0	SM West Invitational	2001
16	Nicolas Shump	16:40.0	Seaman Invitational	2009
17	Ruben LittleHead	16:41.3	Sunflower League Championships	2019
18	Ari Pelli-Nilsen	16:42.0	Kansas 6A State Championships	2010
19	John Zehr	16:47.5	Manhattan Regional	2002
20	Matt Riley	16:48.5	Kansas 6A State Championships	2005
21	Simon Fangman	16:55.9	Kansas 6A State Championships	2008
22	Reid Hildenbrand	16:57.9	Sunflower League Championships	2011
23	Brian Collins	16:59.2	KC Metro Meet	2000
24	Harry Swartz	16:59.8	Emporia Regional	2003
25	Nathan Pederson	17:01.2	Regionals (Lone Elm Park)	2013
26	Andrew Grover	17:01.4	SM West Invitational	2006
27	Xavier Klish	17:02.7	Emporia Invitational	2022
28	Brandon Stoker	17:03.1	Sunflower League Championships	2000
29	Garrett Prescott	17:06.2	Carl Owczarzak Classic	2016
30	Edward Roman Nose	17:06.6	Kansas 6A State Championships	2022

*Out 2022

Eli Allen	17:08.6	Regionals (SM Park)	1999
Drew Vogel	17:11.2	Emporia Invitational	2003

**Lawrence High School Cross Country
Girl's Top 30 Times Since 2015**

	5 Kilometers	Current	Personal Record	
Rank	Name	PR	Meet	Year
1	Natalie Kennedy	19:35.7	Olathe Twilight	2021
2	Emma Roman Nose	20:01.3	Emporia Invitational	2022
3	Lucy Hardy	20:02.9	Emporia Invitational	2022
4	Morgan Jones	20:06.8	Lawrence Regional	2015
5	Anna DeWitt	20:13.8	SMNW Regional	2016
6	Diana Messick	20:17.1	Kansas 6A State Championships	2019
7	Evann Seratte	20:42.1	SMNW Regional	2017
8	Madison DeWitt	20:42.6	Olathe North Regional	2020
9	Sophie DeWitt	21:01.9	Junction City Regional	2019
10	Cyrenity Hardy-Billy	21:07.8	Sunflower League Championships	2020
11	Leslie Ostronic	21:08.8	Seaman Invitational	2018
12	Grace Harader-Ellet	21:09.9	Sunflower League Championships	2020
13	Kiikto Thomas	21:19.5	Seaman Invitational	2016
14	Eva Ackley	21:35.8	Sunflower League Championships	2020
15	Ruby Hull	21:40.2	Olathe Twilight	2021
16	Layne Prescott	21:47.7	Seaman Invitational	2018
17	Maike Martinez	21:50.4	Baldwin Invitational	2018
18	Mikayla Herschell	22:20.7	Sunflower League Championships	2015
19	Andie Garrett	22:33.6	Manhattan Invitational	2022
20	Olivia Lemus	22:40.2	SMNW Regional	2016
21	Lacey Greenfield	22:42.1	Haskell Invitational	2017
22	Isabel Klish	22:44.0	Olathe Twilight	2021
23	Jayden Wilson	22:45.9	Sunflower League Championships	2020
24	Katie Ahern	22:54.0	Lawrence Regional	2015
25	Gwen Bannwarth	23:03.6	Seaman Invitational	2021
26	Jocelyn Wilson	23:17.2	Seaman Invitational	2018
27	Xayden Cromedy	23:19.9	Billy Mills Classic	2021
28	Ava Lee	23:20.1	Olathe Twilight	2021
29	Guilia Ventello	23:20.1	Olathe Twilight	2021
30	Eleanor Matheis	23:22.9	Carl Owczarzak Classic	2015

*Out 2022

Cadence Johnson	23:31.3	Free State Invitational	2020
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Lawrence High School Cross Country
Girl's Top 30 Times Since 2003

	4 Kilometers	Current	Personal Record	
Rank	Name	PR	Meet	Year
1	Kelly Renfro	14:46.0	Emporia Invitational	2006
2	Grace Morgan	14:59.5	Seaman Invitational	2012
3	Megan Johnson	15:19.3	Emporia Invitational	2003
4	Sefanie Stuever	15:24.7	Manhattan Invitational	2008
5	Alissa Freeman	15:24.8	Carl Owczarzak Classic	2006
6	Claire Sanner	15:25.8	Seaman Invitational	2012
7	Meg Gentry	15:37.2	Emporia Invitational	2003
8	Shelby Clark	15:54.4	Lawrence Regional	2009
9	Emily McEntire	15:55.6	Seaman Invitational	2012
10	Lucy Daldorph	15:58.0	Seaman Invitational	2009
11	Michala Ruder	16:00.0	Seaman Invitational	2009
12	Adree Shield	16:01.0	Seaman Invitational	2009
13	Leah Gabler	16:01.2	Seaman Invitational	2011
14	Jenni Beasley	16:08.6	Emporia Regional	2003
15	Jennifer Taylor	16:09.4	Seaman Invitational	2007
16	Kristina Taylor	16:12.0	Seaman Invitational	2007
17	Raya Bowden	16:16.3	Emporia Invitational	2003
18	Katie Barnoskie	16:17.3	Emporia Regional	2003
19	Laura Neilsen	16:20.8	Regionals (Lone Elm Park)	2013
20	Adrienne Struble	16:22.9	Carl Owczarzak Classic	2006
21	Alison Greer	16:31.1	Emporia Invitational	2003
22	Kate Rowden	16:35.6	Emporia Invitational	2003
23	Brianna Di Iorio	16:36.0	Topeka West Regional	2005
24	Alexis Scheibler	16:40.7	Seaman Invitational	2010
25	Sue Schwartz	16:43.9	Kansas 6A State Championships	2005
26	Kyleigh Severa	16:46.9	Time Trial	2013
27	Kaela Severa	16:47.5	Seaman Invitational	2007
28	Riley Shook	16:47.9	Time Trial	2013
29	Mallory McFall	16:52.3	Seaman Invitational	2012
30	Emily Davidson	16:53.0	Seaman Invitational	2009