

# San Luis Obispo to Avila Beach All-Time List

1993-2009 9.51 miles, 2010-2011 9.75, 2012-Present 9.68

Name	Time	Grade	Year	Mile Ave	Name	Time	Grade	Year	Mile Ave.
Hagen Reedy	60:34	11	2011	6:12	CJ Albertson	52:30	12	2011	5:23
Lauren Saylor	59:23	11	2005	6:14	Kenin Barnard	53:31	12	2010	5:29
<b>Corie Smith</b>	<b>60:32</b>	<b>10</b>	<b>2017</b>	<b>6:15</b>	Tom Pritsky	53:25	11	2014	5:31
Lauren Saylor	59:47	12	2006	6:17	CJ Albertson	53:58	11	2010	5:32
<b>Meagen Lowe</b>	<b>60:58</b>	<b>11</b>	<b>2017</b>	<b>6:17</b>	Kyle Alcorn	52:58	12	2002	5:34
Hagen Reedy	61:29	10	2010	6:18	Cody Brazeal	53:59	12	2012	5:34
<b>Sydney Fox</b>	<b>61:25</b>	<b>12</b>	<b>2017</b>	<b>6:20</b>	Josh Orosco	54:40	12	2011	5:36
Hannah Beniot	61:33	12	2014	6:21	Brandon Geis	53:42	12	2005	5:38
Hannah Beniot	61:42	11	2013	6:22	Casey Burchill	53:45	12	2001	5:39
Meagen Lowe	61:43	10	2016	6:22	Kyle Alcorn	54:12	11	2001	5:41
Maddy Nikkel	62:37	12	2013	6:28	Jacob Williams	55:15	12	2013	5:42
Skylar Steenburg	62:39	11	2016	6:28	Jonathan Sanchez	54:20	12	2008	5:42
<b>Coach Bartosch</b>	<b>63:19</b>		<b>2017</b>	<b>6:32</b>	Adam Delton	54:28	12	2008	5:43
Katie Nili	63:48	11	2016	6:35	<b>Hayden Hansen</b>	<b>55:38</b>	<b>12</b>	<b>2017</b>	<b>5:44</b>
Lauren Saylor	63:05	10	2004	6:38	Jonathan Sanchez	54:43	10	2006	5:45
Hagen Reedy	64:14	12	2012	6:38	Coach Lienau	54:44	1	2006	5:45
Coach Bartosch	64:27		2016	6:39	Fernando Cabada	54:45	12	1999	5:45
Taylor Gonzales	64:42	11	2015	6:41	Jonathan Sanchez	54:48	11	2007	5:45
Macy Bricks	65:15	12	2010	6:41	Heath Reedy	54:49	10	2007	5:45
Miranda Kennedy	64:47	12	2014	6:41	Tom Pritsky	55:53	12	2015	5:46
Mackenzie Mora	65:04	11	2015	6:43	Hayden Hansen	56:07	11	2016	5:47
Justice Hinjosa	65:05	12	2013	6:43	Trevor Voth	56:09	11	2013	5:48
Taylor Gonzales	65:07	12	2016	6:43	Danny Vartanian	55:12	12	2008	5:48
Katie Neil	65:26	10	2015	6:45	<b>Ryan Toto</b>	<b>56:13</b>	<b>12</b>	<b>2017</b>	<b>5:48</b>
Josie Frye	65:44	12	2014	6:47	Dustin Beauchamp	55:20	12	1999	5:49
Jessica Laslovich	64:37	11	2002	6:47	Stewart Fernandez	56:26	11	2015	5:49
Macy Bricks	64:38	11	2009	6:47	Stewart Fernandez	56:29	12	2016	5:50
Chelsea Janzen	64:39	12	2009	6:47	Jacob Williams	56:30	11	2012	5:50
Hagen Reedy	64:45	9	2009	6:48	Hayden Hansen	56:44	10	2015	5:51
Jessica Laslovich	64:51	12	2003	6:49	Carter Duerksen	56:56	12	2012	5:52
Josie Frye	66:27	11	2013	6:51	Trevor Voth	56:56	12	2014	5:52
Corie Smith	66:35	9	2016	6:52	Casey Burchill	55:58	11	2000	5:53
Clare Hernandez	66:39	11	2016	6:53	Josh Orosco	57:25	11	2010	5:53
Maddi Nikkel	67:31	10	2011	6:55	Stewart Fernandez	57:02	10	2014	5:53
Justice Hinjosa	67:10	11	2012	6:56	Chris Kolar	57:03	12	2015	5:53
Hannah Beniot	67:12	10	2012	6:56	Ryan Anderson	56:7	12	2000	5:54
Kathrine Holm	67:16	12	2012	6:56	Adam Delton	56:12	11	2007	5:54
Taylor Gonzales	67:19	10	2014	6:57	<b>Kelly Brewer</b>	<b>57:22</b>	<b>10</b>	<b>2017</b>	<b>5:55</b>
Miranda Kennedy	67:32	10	2012	6:58	Cameron Burford	56:22	12	2007	5:55
Sue Choi	66:27	10	2006	6:59	Heath Reedy	56:26	11	2008	5:56
Kelli Vanderburg	66:30	12	2000	6:59	Tom Pritsky	57:33	10	2013	5:56
Ellie Nardella	67:44	11	2015	6:59	CJ Albertson	56:35	9	2008	5:57
Katie Neil	68:02	9	2014	7:01	Taylor Farnsworth	56:39	10	2004	5:57
Mackenzie Mora	68:06	10	2014	7:02	Danny Vartanian	56:41	10	2006	5:57
Clare Hernandez	68:07	10	2015	7:02	Cody Brazeal	58:12	10	2010	5:58
Sue Choi	67:03	11	2007	7:03	Dimitri Kecskes	58:12	11	2010	5:58
Chelsea Janzen	67:04	10	2007	7:03	Brandon Geis	56:49	11	2004	5:58
Kristen Kirby	67:15	12	2006	7:04	Cameron Burford	56:54	11	2006	5:58

## San Luis Obispo to Avila Beach All-Time List

1993-2009 9.51 miles, 2010-2011 9.75, 2012-Present 9.68

Name	Time	Grade	Year	Mile Ave	Name	Time	Grade	Year	Mile Ave.
Noelle Jenzen	67:31	11	2005	7:05	Cameron Morales	58:22	12	2011	5:59
Danielle Layous	67:31	11	2005	7:05	Chris Kolar	58:00	11	2014	5:59
Vanesa Zuzuarregui	67:31	11	2005	7:05	Carson Keller	57:05	11	2007	6:00
Sue Choi	67:40	9	2005	7:06	Danny Suvanto	57:19	10	2007	6:01
Whitney Russell	67:40	9	2005	7:06	Logan Fraser	58:23	12	2016	6:01
Myliegh Bricks	69:27	11	2011	7:07	Kevin Barnard	57:29	11	2009	6:02
Kelsey Smith	67:48	11	2007	7:07	Eric Heely	57:50	12	1999	6:04
Macy Bricks	68:32	9	2007	7:12	Jacob Williams	59:19	10	2011	6:05
Kathrine Holm	70:16	11	2011	7:12	James McCurley	58:11	12	2004	6:07
Alyssa DeStacio	69:48	11	2016	7:12	Billy Hurd	58:12	12	1996	6:07
Chelsea Janzen	68:36	11	2008	7:12	Marcel Bustos	58:14	11	2009	6:07
Hailey Fernandez	69:50	12	2015	7:12	Carson Keller	58:20	12	2008	6:08
Macy Bricks	68:37	10	2008	7:12	Daniel Lillibridge	58:28	11	2005	6:08
<b>Katie Nili</b>	<b>69:51</b>	<b>12</b>	<b>2017</b>	<b>7:12</b>	Max Martinez	58:31	11	2009	6:09
<b>Alyssa DeStasio</b>	<b>69:55</b>	<b>12</b>	<b>2017</b>	<b>7:13</b>	Freddie Funston	58:32	12	2001	6:09
Coach Jauregui	69:00	6	2004	7:15	Matt Melton	58:41	10	2006	6:10
Vanesa Zuzuarregui	69:02	10	2004	7:15	Carter Duerksen	60:19	11	2011	6:11
Danielle Layous	69:02	10	2004	7:15	Max Martinez	58:52	10	2008	6:11
Noelle Janzen	69:06	10	2004	7:15	Kyle Cirricione	58:59	12	2000	6:12
Eilli Nardella	70:24	10	2014	7:16	Derek Guthery	59:02	11	2008	6:12
Cathryn Saylor	69:20	11	2007	7:17	Ryan Smithhart	59:04	10	1996	6:12
Cathryn Saylor	69:27	10	2006	7:18	Freddie Funston	59:06	11	2000	6:12
Mary Hallissey	69:35	11	2004	7:19	Daniel Sternweis	59:08	12	2008	6:13
Kelsey Smith	69:37	10	2006	7:19	Logan Fraser	60:13	11	2015	6:13
Kelsey Smith	69:40	12	2008	7:19	Derek Guthery	59:14	12	2009	6:13
Whitney Russell	69:44	11	2007	7:19	Dustin Bauer	59:19	12	2000	6:14
Mikayla Prah	70:59	12	2015	7:19	<b>Andrew Goff</b>	<b>60:25</b>	<b>12</b>	<b>2017</b>	<b>6:14</b>
Prahbjot Kaur	71:03	12	2015	7:20	Jonathan Sanchez	59:23	9	2005	6:14
Hailey Fernandez	71:04	11	2014	7:20	B. J. Leonard	59:25	10	1996	6:14
Megan Barnard	69:52	11	2006	7:20	Chris Kolar	60:36	10	2013	6:15
Chelsea Janzen	69:53	9	2006	7:20	Danny Suvanto	59:34	11	2008	6:15
Emily Varney	71:15	11	2016	7:21	Carson Keller	59:35	10	2006	6:15
Mikayla Prah	71:18	10	2013	7:21	Taylor Mearns	59:37	12	2008	6:16
Lexis Kincade	71:22	11	2013	7:22	<b>Max Erl</b>	<b>60:41</b>	<b>11</b>	<b>2017</b>	<b>6:16</b>
Megan Barnard	70:09	12	2007	7:22	Taylor Mearns	59:42	11	2007	6:16
Julianne Jacques	72:19	12	2010	7:25	Mark Hales	59:44	12	2007	6:16
Ellie Nardella	71:50	12	2016	7:25	Mark Hales	59:47	11	2006	6:17
Dana Schmalzel	72:22	12	2010	7:25	Dimitri Kecskes	59:50	9	2007	6:17
Elisha Mora	72:26	12	2010	7:25	John Hales	59:50	12	2008	6:17
Kori Smith	70:46	10	2007	7:26	Mike Green	59:51	12	2004	6:17
Sami Lynes	72:08	11	2016	7:27	Jacob Williams	61:27	9	2010	6:18
Sydney Fox	72:12	10	2015	7:27	Coach Beauchamp	61:34		2010	6:18
Myliegh Bricks	72:53	10	2010	7:28	Cameron Morales	61:41	11	2010	6:19
Valeria Delgado	71:16	11	2001	7:29	Kevin Godfrey	60:10	12	2005	6:19
Jessica Laslovich	71:20	10	2001	7:30	James Kellogg	60:14	11	2006	6:20
Mary Hallissey	71:20	10	2003	7:30	Taylor Mearns	60:15	10	2006	6:20
Emily Varney	72:57	10	2015	7:32	Mackynzee Balcuas	62:00	12	2011	6:21
Morgan James	73:05	11	2015	7:33	Will Pleasant	61:34	11	2014	6:21

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1993-2009 9.51 miles, 2010-2011 9.75, 2012-Present 9.68

Name	Time	Grade	Year	Mile Ave	Name	Time	Grade	Year	Mile Ave.
Nora Norvell	71:49	10	2006	7:33	Heath Reedy	60:31	9	2006	6:21
Kathrine Holm	73:39	10	2010	7:33	A. J. Skains	60:35	9	2006	6:22
Karis Wilson	71:56	11	2001	7:33	Anthony Sassano	61:42	12	2013	6:22
Kieran Devere	73:19	10	2013	7:34	Fernando Cabada	60:44	10	1997	6:23
Noelle Janzen	72:03	12	2006	7:34	Cameron Burford	60:49	10	2005	6:23
<b>Amanda Dolberg</b>	<b>73:35</b>	<b>10</b>	<b>2017</b>	<b>7:36</b>	Billy Cornelison	61:00	12	2001	6:24
Cathryn Saylor	72:35	9	2005	7:37	Matt Polifka	61:04	12	2004	6:25
Sue Choi	72:54	12	2008	7:39	Josh Orosco	61:11	10	2009	6:26
Kori Smith	72:56	11	2008	7:40	Ryan Anderson	61:12	11	1999	6:26
Brianna Nino	74:15	12	2012	7:40	Taylor Gillis	61:16	11	2007	6:26
Whitney Russell	73:00	12	2008	7:40	<b>Dustyn McKenney</b>	<b>62:24</b>	<b>11</b>	<b>2017</b>	<b>6:26</b>
Katie Cruz	73:11	12	2007	7:41	Brandon Geis	61:20	10	2003	6:26
Kelsey Smith	73:19	9	2005	7:42	Tony Gonzales	62:35	10	2016	6:27
Katie Cruz	73:27	11	2006	7:43	Danny Suvanto	61:32	9	2006	6:28
Megan Westersund	73:29	11	2001	7:43	Danny Suvanto	61:32	12	2009	6:28
Justice Hinjosa	75:21	10	2011	7:43	Patrick Carner	61:33	10	2001	6:28
Karis Wilson	73:31	12	2002	7:43	Leo Baranda	61:34	12	2009	6:28
Kim Van Noort	73:35	12	1999	7:44	Matt Polifka	61:53	11	2003	6:30
Brianna Nino	75:30	11	2011	7:44	Josh Meyer	63:01	12	2013	6:30
Katie Cruz	73:54	10	2005	7:46	Dustin Bauer	61:58	11	1999	6:30
Sunny Arada	73:55	12	2001	7:46	Tim Claybaugh	61:58	11	1999	6:30
Miranda Kennedy	75:56	9	2011	7:47	<b>Thor Swanson</b>	<b>63:10</b>	<b>12</b>	<b>2017</b>	<b>6:31</b>
Nora Norvell	74:06	9	2005	7:47	Marciel Bustos	62:04	10	2008	6:31
Natalie Garcia	74:13	12	2000	7:48	Kevin Barnard	62:12	10	2008	6:32
Valeria Delgado	74:15	10	2000	7:48	Andrew Lovejoy	62:28	12	1995	6:34
Carrie Lovejoy	74:17	12	2000	7:48	Sam Ryan	63:35	12	2012	6:34
Rachel Bauer	74:18	12	1997	7:48	Andrew Lovejoy	62:33	11	1994	6:34
Kristy Chaffee	74:18	12	1997	7:48	John Hales	62:33	11	2007	6:34
<b>Rebecca Lee</b>	<b>75:53</b>	<b>10</b>	<b>2017</b>	<b>7:50</b>	Jack Bowker	63:41	11	2016	6:34
Mikayla Prah	75:56	11	2014	7:50	Coach Beauchamp	64:11		2011	6:34
<b>Mia Jauregui</b>	<b>75:56</b>	<b>10</b>	<b>2017</b>	<b>7:50</b>	Billy Hurd	62:37	10	1994	6:35
Emily Norvell	74:39	11	2002	7:50	Dominic Cabada	62:40	11	2008	6:35
Victoria Nardella	76:12	9	2015	7:52	<b>Ethan Juarez</b>	<b>63:50</b>	<b>11</b>	<b>2017</b>	<b>6:35</b>
Megan Barnard	74:55	10	2005	7:52	Aaron Goldstein	62:43	11	2001	6:35
Clare Hernandez	76:19	9	2014	7:53	Evan Wright	62:54	12	2002	6:36
Lexis Kincade	76:56	9	2011	7:53	Dustyn McKenney	64:04	10	2016	6:37
Josie Frye	76:57	9	2011	7:53	Matthew Melton	62:57	9	2005	6:37
Sydney Fox	76:31	9	2014	7:54	<b>Coach Beauchamp</b>	<b>64:09</b>		<b>2017</b>	<b>6:37</b>
Emily Norvell	75:14	12	2003	7:54	Anthony Sassano	64:10	11	2012	6:37
Ashley Frost	76:48	9	2012	7:56	Cameron Burford	63:05	9	2004	6:38
Dana Schmalzel	75:47	11	2009	7:58	Dominic Prandini	64:14	11	2013	6:38
Julianne Jacquez	75:51	11	2009	7:58	Taylor Mearns	63:16	9	2005	6:39
Emma McHatten	75:52	12	2009	7:58	<b>Matt Battaion</b>	<b>64:34</b>	<b>12</b>	<b>2017</b>	<b>6:40</b>
Bella Aradondo	75:56	12	2009	7:59	Kevin Godfrey	63:28	11	2004	6:40
Rachel Bauer	75:59	11	1996	7:59	Daniel Alarcon	64:42	11	2015	6:41
Tiffany Heilbut	75:59	11	1996	7:59	Aaron Goldstein	63:36	12	2002	6:41
Jocelyn Keller	75:59	12	1996	7:59	Dominic Prandini	64:47	12	2014	6:41
Elisha Mora	76:00	11	2009	7:59	Billy Hurd	63:43	11	1995	6:42

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1993-2009 9.51 miles, 2010-2011 9.75, 2012-Present 9.68

Name	Time	Grade	Year	Mile Ave	Name	Time	Grade	Year	Mile Ave.
Anna Hernandez	77:22	9	2014	7:59	Anthony Sassano	65:23	10	2011	6:42
Kori Smith	76:03	9	2006	7:59	Alejandro Buenrostro	65:23	12	2011	6:42
<b>Ashley Rowland</b>	<b>77:37</b>	<b>10</b>	<b>2017</b>	<b>8:01</b>	Taylor Gillis	64:02	12	2008	6:44
Lui Perez	76:19	12	2001	8:01	Trevor Voth	65:12	10	2012	6:44
Emily Varney	77:52	9	2014	8:02	John Hales	64:04	10	2006	6:44
Corina Cabada	77:07	10	2005	8:06	Adam Delton	64:11	10	2006	6:44
Sunny Arada	77:13	11	2000	8:07	Miles Beal	65:22	10	2015	6:45
Lokelani Lindsay	77:15	10	2007	8:07	Coach Beauchamp	65:27		2015	6:45
Emma McHatten	77:16	9	2006	8:07	Billy Cornelison	64:30	11	2000	6:46
Emma McHatten	77:21	10	2007	8:08	AJ Skains	64:36	12	2009	6:47
Karis Wilson	77:47	10	2000	8:10	Brenden Lowe	65:47	10	2016	6:47
Brittany Mearns	77:50	10	2008	8:11	Jake Grout	65:49	10	2013	6:47
Brittany Mearns	78:02	9	2007	8:12	David Richards	64:44	12	2009	6:48
Victoria Nardella	79:29	10	2016	8:12	Chase Pafford	65:57	10	2016	6:48
Kori Smith	78:30	12	2009	8:15	Coach Beauchamp	64:49	1	2009	6:48
Patti Saul	78:37	12	2001	8:16	Andrew Lovejoy	64:54	10	1993	6:49
Tiffany Heilbut	78:53	10	1995	8:17	Roman Gonzalez	64:54	11	1993	6:49
Kristy Chaffee	78:56	11	1996	8:18	Ryan McNeil	64:57	12	1995	6:49
<b>Victoria Nardella</b>	<b>80:23</b>	<b>11</b>	<b>2017</b>	<b>8:18</b>	Logan Fraser	66:15	10	2014	6:50
Kayla Hara	79:14	9	2005	8:19	Michael Goertzen	65:11	12	2009	6:51
Tiffany Heilbut	79:15	12	1997	8:20	Ryan Smith	65:13	12	2008	6:51
Aimee Spray	79:41	12	2001	8:22	Michael Goertzen	65:16	11	2008	6:51
Breanna Smith	79:56	12	2005	8:24	Coach Beauchamp	66:29		2013	6:52
Alex Andreotti	79:57	11	2005	8:24	Derek Guthery	65:22	9	2006	6:52
Christina Freeman	80:26	9	2003	8:27	Ricardo Argueta	65:35	12	1995	6:53
Sarah Mills	80:42	10	2002	8:29	James Kellogg	65:46	10	2005	6:54
Pattie Saul	80:55	11	2000	8:30	Trevor Voth	67:27	9	2011	6:55
Loui Perez	80:55	11	2000	8:30	Anthony Faulks	67:02	10	2016	6:55
Deanna Sweet	81:06	11	2002	8:31	Taylor Gillis	65:54	10	2006	6:55
Meredith Heilbut	81:17	11	1999	8:32	Daniel Alarcon	67:17	10	2014	6:57
Leanne Mott	81:51	10	2003	8:36	Lemin Chan	67:22	11	2015	6:57
Rachel Bauer	81:54	10	1995	8:36	Tony Gonzales	67:25	9	2015	6:57
Danielle Nelson	82:13	10	2003	8:38	Dustin Beauchamp	66:15	11	1997	6:57
Patricia Saul	82:17	10	1999	8:39	Dominic Prandini	67:27	10	2012	6:58
Mary Davis	82:56	10	2001	8:43	Marc Haroutunian	67:36	10	2016	6:59
Heather Ryan	83:00	12	1995	8:43	Ryan Smith	66:28	11	2007	6:59
Amanda Burchill	83:47	10	2001	8:48	Coach Beauchamp	67:40		2012	6:59
<b>Arianna Decker</b>	<b>85:33</b>	<b>10</b>	<b>2017</b>	<b>8:50</b>	Ricardo Argueta	66:33	11	1994	6:59
Aimee Spray	84:12	11	2000	8:51	Marcel Bustos	66:33	9	2007	6:59
Corrine Atkins	84:13	11	1995	8:51	Aaron Esquibel	68:18	12	2010	7:00
Jessica Laslovich	84:19	9	2000	8:51	Kevin Barnard	66:44	9	2007	7:01
Lilly Melgar	85:50	12	2014	8:52	Andres Cisneros	67:56	12	2015	7:01
Jaime Thompson	84:34	12	1997	8:53	Roman Gonzalez	66:52	12	1994	7:01
Haley Zander	86:26	10	2015	8:55	<b>Chase Pafford</b>	<b>68:15</b>	<b>11</b>	<b>2017</b>	<b>7:03</b>
Amanda Burchill	84:59	12	2003	8:56	Josh Duren	67:19	12	2005	7:04
Sam Cherrington	85:09	11	2001	8:57	Andrew Goff	68:32	11	2016	7:04
Alyssa DeStasio	86:45	10	2015	8:57	Mark Hales	67:21	10	2005	7:04
Sam Cherrington	85:15	9	1999	8:57	Jay Ybarra	68:00	9	1999	7:09

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1993-2009 9.51 miles, 2010-2011 9.75, 2012-Present 9.68

Name	Time	Grade	Year	Mile Ave	Name	Time	Grade	Year	Mile Ave.
Aimee Spray	85:18	10	1999	8:58	Christian Barrett	69:19	12	2015	7:09
Audrey Goral	85:26	11	2001	8:59	Freddie Funston	68:06	10	1999	7:09
Maddi Nickel	87:53	9	2010	9:00	Nick Brusenback	69:52	11	2011	7:09
Brianna Nino	87:53	10	2010	9:00	Daniel Rivera-Lopez	69:23	12	2016	7:10
Justice Hinjosa	87:53	9	2010	9:00	Ethan Juarez	69:30	10	2016	7:10
Brandee Urrutia	85:54	12	1997	9:01	Evan Wright	68:25	11	2001	7:11
Prabhjot Kaur	87:29	9	2012	9:02	Coach Gonzalez	68:38	5	2001	7:13
Ana Rusk-Ferreira	87:34	9	2015	9:02	Josh Cinq-Mars	68:45	11	1994	7:13
Lisa Ford	87:02	11	1995	9:09	Ethan Doyle	70:14	9	2015	7:15
Corrine Atkins	87:31	10	1994	9:12	James McCurley	69:00	10	2002	7:15
Jocelyn Keller	87:31	10	1994	9:12	Nathan Ewy	69:15	12	2008	7:16
Heather Ryan	87:31	11	1994	9:12	Anthony Sassano	71:12	9	2010	7:18
Shelly Syvertsen	87:31	12	1994	9:12	Andrew Goff	70:46	10	2015	7:18
Tiffany Heilbut	87:31	9	1994	9:12	Jeremy Douglas	69:33	11	1993	7:18
Carissa Camenson	89:57	10	2011	9:13	Chase Pafford	70:48	9	2015	7:18
Carissa Camenson	90:15	11	2012	9:19	Carson Keller	69:35	9	2005	7:19
Audrey Goral	89:30	9	1999	9:24	John Green	69:40	10	2005	7:19
Sunny Arada	89:30	10	1999	9:24	Walter Miller	69:47	12	1995	7:20
Deanna Sweet	90:09	12	2003	9:28	John Green	69:51	9	2004	7:20
Audrey Goral	90:28	10	2000	9:30	Jason Cinq-Mars	69:55	11	1994	7:21
Katie Lockhart	90:55	12	2000	9:33	Jonah Villegas	71:13	11	2013	7:21
Jennifer Robertson	91:26	12	1995	9:36	Taylor Gillis	70:10	9	2005	7:22
Monique Mitchell	92:32	12	1999	9:43	Brian Rowe	70:19	10	1996	7:23
Sabrina Huber	92:56	9	1995	9:46	Matt Battaion	71:37	10	2015	7:23
Cherene Douglas	93:20	9	1995	9:48	Dustyn McKenney	71:54	9	2015	7:25
Mikayla Prael	97:29	9	2012	10:04	Brian Rowe	70:47	10	1997	7:26
Michelle Rayford	97:05	12	1995	10:12	Ryan Smith	70:55	10	2006	7:27
Kristy Chaffee	97:11	10	1995	10:13	Sam Clark	70:57	11	2009	7:27
Christina Ferguson	98:04	11	1999	10:18	Ryan Smithhart	71:03	9	1995	7:28
Elisha Mora	100:34	10	2008	10:34	David Reynders	71:05	10	2001	7:28
Julianne Jacquez	100:34	10	2008	10:34	AJ Skains	71:18	8	2005	7:29
Amanda Laslovich	100:54	12	2000	10:36	Jeff Mills	71:21	10	1996	7:30
Mary Davis	101:29	9	2000	10:40	Jeff Torres	71:21	9	1996	7:30
Emily Norvell	101:39	9	2000	10:41	Nathaniel Lachuk	71:27	12	2003	7:30
Megan Westersund	102:45	9	1999	10:48	Kevin Luke	71:37	12	1994	7:31
Katie Hanks	103:06	10	1999	10:50	Nathan Ewy	71:40	11	2007	7:32
Marisa Rodriquez	103:31	11	1999	10:53	Josh Cinq-Mars	71:44	12	1995	7:32
Amanda Laslovich	104:28	11	1999	10:59	Dustin Kilpartick	71:47	10	2005	7:32
Dana Schmalzel	106:26	10	2008	11:11	Nathan Ewy	71:52	9	2005	7:33
					James Kellogg	71:58	9	2004	7:34
					Jake Grout	73:39	9	2012	7:36
					Danny Vartanian	72:22	9	2005	7:36
					Fernando Caboda	72:24	9	1996	7:36
					David Richards	72:39	11	2008	7:38
					Tim McShay	74:03	12	2012	7:38
					Will Pleasant	74:07	9	2012	7:39
					Andre Bautista	72:49	10	2006	7:39
					Chris Kolar	74:14	9	2012	7:40

## San Luis Obispo to Avila Beach All-Time List

1993-2009 9.51 miles, 2010-2011 9.75, 2012-Present 9.68

Name	Time	Grade	Year	Mile Ave	Name	Time	Grade	Year	Mile Ave.
					Ramon Gomez	73:15	12	1996	7:42
					Tim McShay	75:09	11	2011	7:42
					Patrick Lingigan	75:15	12	2011	7:43
					Estevan Medina	73:25	12	2003	7:43
					Ryan Chaussee	73:26	12	2003	7:43
					Leo Baronda	73:32	11	2008	7:43
					Brandon Hurtado	73:35	11	1999	7:44
					Ryan Smith	73:42	9	2005	7:44
					Zack Hansen	73:47	9	2008	7:45
					Kevin Luke	73:48	11	1993	7:45
					Travis Keller	73:48	11	1993	7:45
					Kevin Godfrey	73:53	10	2003	7:46
					Zach Difuria	75:21	10	2013	7:47
					Adam Perry	74:06	11	1997	7:47
					Justin Dunworth	74:18	12	1995	7:48
					Michael Cruz	74:28	11	2006	7:49
					James McCurley	74:33	11	2003	7:50
					Ricardo Argueta	75:18	10	1993	7:55
					Jeff Bogdanof	75:25	11	2001	7:55
					James Hunter	75:46	9	2009	7:58
					Keith Wernsing	75:59	10	1996	7:59
					David Richards	76:00	9	2006	7:59
					Matt Polifka	76:01	9	2001	7:59
					David Richards	76:07	10	2007	8:00
					Javier Melendez	76:29	11	1996	8:02
					Brentan Malan	76:50	11	2007	8:04
					Brentan Malan	76:55	10	2006	8:05
					Ryan McNeil	76:56	11	1994	8:05
					Walter Miller	77:21	10	1993	8:08
					John Hales	77:21	9	2005	8:08
					Josh Cinq-Mars	77:26	10	1993	8:08
					Benson Gage	77:31	12	2007	8:09
					Chris Butler	77:46	12	1995	8:10
					Kevin Voth	79:25	9	2014	8:12
					Justin Dunworth	78:05	11	1994	8:12
					Miles Beal	79:30	11	2016	8:12
					Miles Beal	79:35	9	2014	8:13
					Randy Price	78:47	9	2003	8:17
					Justin Gullihur	78:48	9	1996	8:17
					Sky Matsuhashi	79:02	11	1994	8:18
					Shawn Arnett	79:05	12	1999	8:18
					Jason Cinq-Mars	79:06	10	1993	8:19
					Dustin Beauchamp	79:09	9	1996	8:19
					Andy Perry	79:15	10	1997	8:20
					Nathan Lachuk	79:35	10	2001	8:22
					Michael Cruz	79:50	10	2005	8:23
					Jonah Villegas	81:29	10	2012	8:25
					Justin Gullihur	80:10	10	1997	8:25

