

FMHS Cross Country Top 25 by Class

Boys 5000M

Achieved in 2023

Rank	Time	Senior	Year	Time	Junior	Year	Time	Sophomore	Year	Time	Freshman	Year
1	14:34	Alex Maier	2018	15:01	Alex Maier	2017	14:43	Alex Maier	2016	15:50	Brett Olson	2000
2	14:53	Connor Adams	2009	15:08	Jarrett Kirk	2018	15:02	Jarrett Kirk	2017	16:05	Johnathan Flint	2016
3	15:05	Jarrett Kirk	2019	15:29	Brett Olson	2002	15:14	Brayden Kennedy	2020	16:15	Alex Maier	2015
4	15:10	Jacob Ricks	2020	15:30	Jacob Ricks	2019	15:47	Jacob Ricks	2018	16:17	Riley Nedrow	2019
5	15:16	Thomas Romanow	2019	15:31	Connor Adams	2008	15:53	Owen Cole	2021	16:28	Nick Dawson	2000
6	15:25	Brett Olson	2003	15:44	J.B. Lagos	2004	15:53	Nathan Milles	2004	16:33	Zach Hamstra	2010
7	15:29	J.B. Lagos	2005	15:45	Payton Ash	2016	15:59	Brett Olson	2001	16:38	Nathan Milles	2003
8	15:29	Nathan Milles	2006	15:48	Jonathan Flint	2018	16:02	Jonathan Flint	2017	16:46	Payton Ash	2014
9	15:30	Zachariah Hamstra	2013	15:48	Anthony D'Ambrosio	2004	16:03	Riley Nedrow	2020	16:47	J.B. Lagos	2002
10	15:35	Jonathan Flint	2019	15:49	Owen Cole	2022	16:05	Anthony D'Ambrosio	2003	16:51	Jonathan Wyatt	2007
11	15:37	Avinash Patel	2023	15:49	Wesley Ward	2012	16:06	J.B. Lagos	2003	16:54	Jacob Ricks	2017
12	15:38	Wesley Ward	2013	15:49	Zachariah Hamstra	2012	16:07	Wesley Ward	2011	16:58	Asher Leslie	2018
13	15:42	Marc D'Ambrosio	2005	15:57	Brayden Kennedy	2021	16:11	Zachariah Hamstra	2011	17:01	Jarrett Kirk	2016
14	15:42	Robert Zeller	2009	15:57	Quinn Hirniak	2020	16:20	Payton Ash	2015	17:03	Evan Clark	2017
15	15:42	Jonathan Wyatt	2010	15:58	Thomas Romanow	2018	16:21	Jonathan Wyatt	2008	17:16	Gabe Smith	2019
16	15:44	Carter Moates	2017	15:58	Luke Maddox	2014	16:22	Nicolas Wiederkehr	2022	17:16	Conrad Trezza	2019
17	15:49	Anthony D'Ambrosio	2005	15:58	Marc D'Ambrosio	2004	16:22	Carter Moates	2015	17:20	Hayes Iacomini	2023
18	15:51	Michael Romero	2016	16:00	Jonathan Wyatt	2009	16:29	Thomas Romanow	2017	17:23	Nathan Cole	2023
19	15:56	Nicholas Romanow	2016	16:01	Riley Peninger	2015	16:33	Connor Adams	2007	17:27	Marc D'Ambrosio	2002
20	15:56	Jacob Price	2019	16:06	Gavin Blad	2023	16:33	Drew Sanderson	2012	17:28	Tyler Park	2009
21	15:58	Isaac Qureshi	2010	16:10	Nicolas Wiederkehr	2023	16:35	Michael Romero	2014	17:30	Josh Shemi	2023
22	15:58	Luke Maddox	2015	16:11	Drew McRae	2011	16:41	Drew McRae	2010	17:31	Cameron Jones	2021
23	15:59	Curtis Patton	2008	16:12	Michael Romero	2015	16:43	Logan Culotta	2004	17:32	Drew Sanderson	2011
24	16:02	Colin Lau	2019	16:13	Colin Lau	2018	16:45	Gavin Blad	2022	17:39	Nicolas Wiederkehr	2021
25	16:03	Edward Norvell	2019	16:13	Nathan Milles	2005	16:47	Jacob Milles	2008	17:44	Connor Adams	2006

Girls 5000M

Achieved in 2023

Rank	Time	Senior	Year	Time	Junior	Year	Time	Sophomore	Year	Time	Freshman	Year
1	16:32	Natalie Cook	2021	17:09	Nicole Humphries	2022	17:25	Alexandra Fox	2022	17:03	Natalie Cook	2018
2	16:52	Samantha Humphries	2023	17:11	Samantha Humphries	2022	17:38	Natalie Cook	2019	18:04	Allie Lyda	2017
3	17:19	Anastasya Davis	2018	17:22	Alexandra Fox	2023	17:39	Nicole Humphries	2021	18:18	Anastasya Davis	2015
4	17:37	Laura Fairchild	2017	17:48	Natalie Cook	2020	18:02	Safiya Belbina	2012	18:20	Alexandra Fox	2021
5	17:49	Nicole Humphries	2023	17:54	Safiya Belbina	2013	18:07	Samantha Humphries	2021	18:26	Samantha Humphries	2020
6	17:58	Safiya Belbina	2014	18:03	Anastasya Davis	2017	18:21	Allison Buemi	2019	18:26	Adeline Bennett	2023
7	18:05	Natalie Spangher	2023	18:22	Natalie Spangher	2022	18:22	Rebecca Jacobson	2012	18:28	Allison Buemi	2018
8	18:17	Virginia Knight	2021	18:23	Ava Cole	2023	18:31	Catalina Uriarte	2012	18:38	Nicole Humphries	2020
9	18:18	Rebecca Jacobson	2014	18:28	Grace Graves	2015	18:31	Hannah McLaughlin	2018	18:55	Josephine Knight	2015
10	18:32	Taylor Light	2010	18:29	Virginia Knight	2020	18:33	Mia Hoang	2018	19:03	Emma McLaughlin	2019
11	18:34	Emma Lewis	2015	18:36	Laura Fairchild	2016	18:48	Ava Cole	2022	19:07	Safiya Belbina	2011
12	18:45	Hannah McLaughlin	2020	18:53	Hannah McLaughlin	2019	18:59	Allie Wyatt	2005	19:07	Eliana Rivera	2023
13	18:45	Connor Ward	2010	18:57	Allison Buemi	2020	19:02	Allie Lyda	2018	19:08	Annalise Murray	2022
14	18:48	Miranda Vreeland	2020	19:05	Allie Wyatt	2006	19:05	Laura Fairchild	2015	19:12	Hannah McLaughlin	2017
15	18:56	Grace Graves	2016	19:07	Rebecca Jacobson	2013	19:09	Grace Graves	2014	19:13	Allie Wyatt	2004
16	19:06	Catherine Henderson	2023	19:08	Brittany White	2012	19:15	Eva Hirniak	2021	19:26	Megan Schmidt	2023
17	19:08	Cassidy Allen	2013	19:13	Emi Thomas	2018	19:20	Emma McLaughlin	2020	19:30	Mia Hoang	2017
18	19:11	Allison Buemi	2021	19:18	Katie Kinser	2006	19:21	Emma Arterbury	2016	19:31	Abbey Coberly	2019
19	19:17	Ariel Esposito	2017	19:19	Kirsten Zeller	2011	19:26	Kirsten Zeller	2010	19:37	Ava Cole	2021
20	19:19	Allie Wyatt	2007	19:22	Allie Lyda	2019	19:29	Emma Cheverton	2023	19:46	Natalie Yook	2017
21	19:24	Kirsten Zeller	2012	19:25	Claire Bettencourt	2023	19:29	McKayla Kohutek	2023	19:51	Kylie Brown	2020
22	19:26	Clara Poston	2008	19:26	Bailey Hooley	2022	19:38	Katie Bouton	2010	20:03	Audrey Elggren	2020
23	19:27	Catalina Uriarte	2014	19:26	Jessica Kenney	2011	19:40	Natalie Spangher	2021	20:05	McKayala Kohutek	2022
24	19:28	Michelle Gallegos	2004	19:34	Abbey Coberly	2021	19:41	Madeline Wong	2023	20:09	Emma Arterbury	2015
25	19:29	Brittany White	2013	19:45	Catrina Aguirre	2019	19:43	Abbey Coberly	2020	20:09	Sydney Corbett	2016