

## Top 50 Performances (All-time): Seneca Park 5k Course

### Girls 5000m Run - Seneca Park 5k Course

1	18:33.59	Sarah Michels	10/31/2015	Region 4-AAA Championship
2	18:42.23	Sydney Larkin	10/31/2015	Region 4-AAA Championship
3	18:48.49	Allison Riedling	11/8/2008	Region 4-AAA Championship
4	18:57.40	Hillary Raidt	10/20/2007	Academy Meet
5	19:07.10	Laura Hamilton	10/21/2003	Academy Meet
6	19:10.05	Sara Davis	11/8/2008	Region 4-AAA Championship
7	19:13.80	Allison Riedling	10/25/2008	Academy Meet
8	19:14.52	Jessica Byrd	10/29/2013	Greater Louisville JV Regional
9	19:14.70	Ellen Daly	10/26/2005	Academy Meet
10	19:15.00	Sara Davis	10/25/2008	Academy Meet
11	19:15.80	Kyndel Guyton	10/30/2012	Jefferson County JV Regional
12	19:16.40	Meghan Carrico	10/31/2015	Region 4-AAA Championship
13	19:17.30	Ellen Daly	10/21/2006	Academy Meet
14	19:18.60	Jessica Byrd	10/30/2012	Jefferson County JV Regional
15	19:20.57	Hillary Raidt	11/8/2008	Region 4-AAA Championship
16	19:20.84	Jessica Byrd	11/1/2011	Jefferson County JV Regional
17	19:21.10	Kathryn Long	10/26/2005	Academy Meet
18	19:31.50	Ellen Daly	10/20/2007	Academy Meet
19	19:34.10	Adrienne Curtis	10/20/2007	Academy Meet
20	19:34.30	Laura Armstrong	10/26/2005	Academy Meet
21	19:35.83	Lisi Spence	10/29/2013	Greater Louisville JV Regional
22	19:36.02	Maggie Kaelin	10/29/2013	Greater Louisville JV Regional
23	19:37.00	Laura Hamilton	10/22/2002	Academy Meet
24	19:41.00	Sara Davis	10/20/2007	Academy Meet
25	19:43.32	Madison Browning	10/29/2013	Greater Louisville JV Regional
26	19:43.45	Sophie Beavin	10/31/2015	Region 4-AAA Championship
27	19:45.20	Lauren Hayden	10/30/2012	Jefferson County JV Regional
28	19:45.66	Amy Stamon	11/8/2008	Region 4-AAA Championship
29	19:46.30	Allison Riedling	10/21/2006	Academy Meet
30	19:46.80	Brittany Renfro	9/15/2001	Valkyrie Invitational
31	19:49.50	Hillary Raidt	10/25/2008	Academy Meet
32	19:50.10	Kyndel Guyton	11/1/2011	Jefferson County JV Regional
33	19:53.90	Adrienne Curtis	10/21/2006	Academy Meet
34	19:56.10	Nicole Haworth	10/27/2001	Regional Championship
35	19:57.94	Abbie Wright	11/1/2011	Jefferson County JV Regional
36	19:58.20	Ellen Daly	10/25/2008	Academy Meet
37	19:58.30	Allison Riedling	10/20/2007	Academy Meet
38	19:59.80	Hillary Raidt	10/26/2005	Academy Meet
39	20:00.22	Laura Hamilton	11/2/2002	Regional Championship
40	20:02.00	Laura Armstrong	10/27/2004	Academy Meet

41	20:02.10	Nicole Haworth	11/1/2004	Region 3-AAA Championship
42	20:02.30	Amy Stamon	10/25/2008	Academy Meet
43	20:03.50	Kathryn Long	10/21/2003	Academy Meet
44	20:03.80	Kathryn Long	10/27/2004	Academy Meet
45	20:04.60	Meredith Cahill	10/30/2012	Jefferson County JV Regional
46	20:04.80	Nicole Haworth	10/27/2004	Academy Meet
47	20:07.27	Laura Armstrong	11/2/2002	Regional Championship
48	20:08.13	Sophie Beavin	10/29/2013	Greater Louisville JV Regional
49	20:08.70	Nicole Haworth	10/16/2001	Academy Meet
50	20:08.80	Lauryn Grady	10/31/2015	Region 4-AAA Championship