

Quincy Notre Dame
Running Raider Cross Country
Top 10 Individual Bests
Girls - 3 Miles

Jacksonville (2.95)					Monmouth (3.0) (2008 - 2019)				
1	Andrea Edgar	12	18:19	2002	1	Ashley Strieker	11	20:29	2008
2	Amanda Darnell	12	18:42	2008	2	Amanda Darnell	12	20:36	2008
3	Mariel McNay	9	18:50	2003	3	Ella Borrowman	9	20:41	2015
4	Ashley Strieker	11	19:03	2008	4	Sarah Lewis	11	20:55	2014
5	Sarah Lewis	11	19:24	2014	5	Lindsey Ayo	9	21:11	2015
6	Ella Borrowman	9	19:45	2015	6	Reese Terstriep	9	21:22	2019
7	Megan Mackenzie	12	19:59	2002	7	Peyton Oden	11	21:32	2015
8	Holly Dix	12	20:06	2013	8	Teresa Drotar	12	21:48	2021
9	Abby Grawe	11	20:19	2011	9	Holly Dix	12	21:53	2013
10	Lindsey Ayo	9	20:25	2015	10	Teresa Drotar	9	22:01	2018

Canton (3.0)					Macomb (3.0)				
1	Amanda Darnell	11	19:48	2007	1	Andrea Edgar	12	18:38	2002
2	Andrea Edgar	12	19:55	2002	2	Amanda Darnell	11	18:57	2007
3	Ella Borrowman	10	20:48	2016	3	Mariel McNay	9	19:10	2003
4	Mariel McNay	10	20:55	2004	4	Ashley Strieker	11	19:23	2008
5	Sarah Lewis	11	21:12	2014	5	Ella Borrowman	9	19:39	2015
6	Ashley Strieker	10	21:17	2007	6	Sarah Lewis	11	20:08	2014
7	Abby Grawe	9	21:28	2009	7	Abby Grawe	9	20:34	2009
8	Peyton Oden	12	21:56	2016	8	Abigail Genenbacher	11	20:52	2022
9	Teresa Drotar	12	22:12	2021	9	Macy Willer	11	21:04	2010
10	Lindsey Ayo	10	22:26	2016	10	Meghan Spears	9	21:14	2022

Porta (2.93)					QHS (Bob Mays) (3.0)				
1	Ella Borrowman	9	19:36	2015	1	Ashley Strieker	11	19:54	2008
2	Sarah Lewis	11	19:54	2014	2	Sarah Lewis	11	21:13	2014
3	Holly Dix	12	20:13	2013	3	Ella Borrowman	12	21:16	2018
4	Abigail Genenbacher	11	21:05	2022	4	Abigail Genenbacher	11	21:19	2022
5	Abby Grawe	11	21:16	2011	5	Reese Terstriep	9	21:26	2019
6	Peyton Oden	10	21:23	2014	6	Lindsey Ayo	10	21:30	2016
7	Amanda Dreyer	10	21:23	2014	7	Teresa Drotar	12	21:33	2021
8	Erica Frankenhoff	12	21:26	2019	8	Erica Frankenhoff	11	21:48	2018
9	Teresa Drotar	9	21:33	2021	9	Amanda Dreyer	10	22:15	2014
10	Reese Terstriep	9	21:34	2019	10	Jazel Carr	9	22:15	2016

Running Raider / Regional Course (South Park) (3.0)					Liberty (3.0)				
1	Reese Terstriep	9	20:13	2019	1	Amanda Darnell	12	19:02	2008
2	Ella Borrowman	9	20:39	2015	2	Mariel McNay	10	19:25	2004
3	Teresa Drotar	12	21:20	2021	3	Andrea Edgar	12	19:40	2002
4	Amanda Dreyer	10	21:29	2014	4	Ella Borrowman	10	20:03	2016
5	Abigail Genenbacher	11	21:30	2022	5	Ashley Strieker	11	20:05	2008
6	Teresa Drotar	10	21:30	2019	6	Teresa Drotar	12	20:37	2021
7	Abigail Genenbacher	10	21:39	2021	7	Sarah Lewis	11	20:42	2014

