

# ALL TIME BEST INDIVIDUAL PERFORMANCES

	Athlete	Time	Year	Location
1	Brandon Bethke	14:22	2004	Woodbridge
2	Brandon Bethke	14:30	2003	Woodbridge
	Brandon Bethke	14:30	2004	Irvine Park
	Brandon Bethke	14:30	2004	MSAC
5	Brandon Bethke	14:36***	2004	Woodward Park
	<b>Jordan Senko</b>	<b>14:36</b>	<b>2009</b>	<b>Woodbridge</b>
6	Danny Lee	14:38	1997	Woodbridge
7	Danny Lee	14:41	1997	Irvine HS
8	Brandon Bethke	14:42***	2004	Stanford
9	Brandon Bethke	14:44	2004	MSAC
	<b>Jordan Senko</b>	<b>14:44</b>	<b>2009</b>	<b>Irvine Park</b>
10	Chris McDonald	14:45	2006	Irvine Park
11	Toby Villalva	14:46	2008	Woodward Park
12	Brandon Bethke	14:47	2004	Dana Hills
13	Brandon Bethke	14:48**	2004	Laguna Niguel
14	Marc Hausmaninger	14:50	2006	Woodbridge
15	Chris Mc Donald	14:51	2006	Woodbridge
16	Brandon Bethke	14:52	2003	Dana Hills
	Toby Villalva	14:52	2008	Woodbridge
18	Anthony Masci	14:53	2006	Woodbridge
	Toby Villalva	14:53	2008	Woodward Park
20	Danny Lee	14:55***	1996	Woodward Park
	Brandon Bethke	14:55***	2003	Woodward Park
	Toby Villalva	14:55**	2008	Irvine Park
23	Brandon Bethke	14:56	2003	MSAC
	Anthony Masci	14:56	2006	Irvine Park
	Toby Villalva	14:56	2007	Woodbridge
	Brandon Bethke	14:56***	2003	Woodward Park
	Anthony Masci	14:56***	2006	Stanford
	<b>Kyle Carruthers</b>	<b>14:56</b>	<b>2009</b>	<b>Irvine Park</b>
28	Brandon Bethke	14:58	2003	Irvine Park
	<b>Kris Frey</b>	<b>14:58</b>	<b>2009</b>	<b>Irvine Park</b>
29	Danny Lee	14:59**	1997	Irvine Park
30	Matt Johnson	15:01	2007	Woodbridge
	Brandon Bethke	15:01**	2003	Laguna Niguel
32	Blake Rothschild	15:04	1990	Dana Hills
33	Chris McDonald	15:05***	2006	Stanford
34	Anthony Masci	15:06***	2006	Woodward Park
	<b>Jordan Senko</b>	<b>15:06</b>	<b>2009</b>	<b>Woodward Park</b>
35	Martin Pennell	15:07	1994	Irvine Park

	Athlete	Time	Year	Location
	Danny Lee	15:07	1997	Laguna Hills
	Chris McDonald	15:07	2006	Irvine Park
	<b>Jordan Senko</b>	<b>15:07</b>	<b>2009</b>	<b>Woodward Park</b>
	<b>Kris Frey</b>	<b>15:07</b>	<b>2009</b>	<b>Woodbridge</b>
38	Chris McDonald	15:08	2005	Irvine Park
	Kip Miller	15:08	2005	Trabuco Hills
	<b>Kevin Durham</b>	<b>15:08</b>	<b>2009</b>	<b>Irvine Park</b>
40	Kip Miller	15:10	2006	Irvine Park
41	Matt Cipolla	15:11	2002	Woodbridge
	Kip Miller	15:11	2006	Woodbridge
43	Brian Garbe	15:12	2001	Dana Hills
	Brandon Bethke	15:12	2003	MSAC
	Anthony Masci	15:12	2005	Woodbridge
	Sean Laurino	15:12	2006	Irvine Park
	Matt Johnson	15:12	2007	Woodbridge
	<b>Jordan Senko</b>	<b>15:12</b>	<b>2009</b>	<b>Irvine Park</b>
48	Brandon Bethke	15:13	2003	MSAC
49	Ken McFadden	15:14	1985	Dana Hills
	Danny Lee	15:14	1996	Woodbridge
	Brandon Bethke	15:14	2003	Laguna Hills
	Brandon Bethke	15:14	2004	Laguna Hills
	Danny Lee	15:14*	1996	Irvine Park
54	Rick Matson	15:15	1990	Dana Hills
	Chris Wilcox	15:15	1999	Dana Hills
	Jordan Senko	15:15	2008	Irvine Park
57	Eric Farien	15:16	1982	Dana Hills
	Matt Cipolla	15:16	2002	Irvine Park
	Ryan Wells	15:16	2008	Irvine Park
	Abdow Haji	15:16***	2006	Stanford
61	Nate Mouzis	15:17	2005	Trabuco Hills
	Sean Laurino	15:17***	2006	Woodward Park
	<b>Jordan Senko</b>	<b>15:17</b>	<b>2009</b>	<b>Irvine Park</b>
63	Ken McFadden	15:18	1985	Irvine HS
	Danny Lee	15:18	1996	Irvine Park
	Matt Johnson	15:18	2007	MSAC
	Jordan Senko	15:18	2008	Woodward Park
67	Chris McDonald	15:19	2004	Irvine Park
	Chris McDonald	15:19	2005	MSAC
	Chris McDonald	15:19	2006	Irvine Park
	Jordan Senko	15:19	2008	Woodbridge

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	Athlete	Time	Year	Location
	<b>Kyle Carruthers</b>	<b>15:19</b>	<b>2009</b>	<b>Woodbridge</b>
	<b>Kris Frey</b>	<b>15:19</b>	<b>2009</b>	<b>Woodward Park</b>
	<b>Kyle Carruthers</b>	<b>15:19</b>	<b>2009</b>	<b>Woodward Park</b>
71	Mike Makens	15:20	1982	Dana Hills
	Spencer Allen	15:20	1983	Dana Hills
	Danny Lee	15:20	1995	Irvine Park
	Mark Cipolla	15:20	1999	Dana Hills
	Chris Wilcox	15:20	1999	Woodbridge
	Travis Savala	15:20	2001	Dana Hills
	Matt Cipolla	15:20	2002	Laguna Hills
	Nate Mouzis	15:20	2005	Woodward Park
	Chris McDonald	15:20	2006	MSAC
	<b>Jordan Senko</b>	<b>15:28</b>	<b>2009</b>	<b>Laguna Hills</b>
	80	Eric Farien	15:21	1981
John Serrao		15:21	1984	Laguna Niguel
Toby Villalva		15:21	2008	MSAC
83	Chris Wilcox	15:22	1999	Dana Hills
	Nate Mouzis	15:22	2005	Laguna Niguel
	Toby Villalva	15:22	2008	Irvine Park
86	Spencer Allen	15:23	1983	Irvine Park
	Anthony Masci	15:23	2006	Irvine Park
88	Spencer Allen	15:24	1982	Dana Hills
	Ed Pollick	15:24	1996	Irvine Park
	Rick Matson	15:24***	1990	Woodward Park
	<b>Jordan Senko</b>	<b>15:24</b>	<b>2009</b>	<b>MSAC</b>
	<b>Kris Frey</b>	<b>15:24</b>	<b>2009</b>	<b>Irvine Park</b>
92	Travis Savala	15:25	2001	Woodbridge
	Matt Cipolla	15:25	2002	Mt. SAC
	Chris McDonald	15:25	2005	Trabuco Hills
	Chris McDonald	15:25	2005	Woodward Park
	Toby Villalva	15:25	2008	Irvine Park
	<b>Kris Frey</b>	<b>15:25</b>	<b>2009</b>	<b>MSAC</b>
96	Dave Warn	15:26	1981	Tewinkle Park
	Rob Nelson	15:26	1992	Dana Hills
	Martin Pennel	15:26	1993	Woodbridge
	Chris Wilcox	15:26	1998	Irvine Park
	Jon Mendoza	15:26	2001	Dana Hills
	Matt Cipolla	15:26	2001	Dana Hills
	Matt Cipolla	15:26	2002	Laguna Niguel
	Marc Hausmaninger	15:26	2006	Irvine Park

	Athlete	Time	Year	Location
104	Eric Anderson	15:27	1983	Irvine HS
	John Serrao	15:27	1984	Irvine HS
	Ricky Rehanek	15:27	2000	Dana Hills
	Ricky Rehanek	15:27	2000	Irvine Park
	Anthony Masci	15:27	2005	Standord
109	Eric Anderson	15:28	1983	Tewinkle Park
	Blake Rothschild	15:28	1990	Woodbridge
	Travis Savala	15:28	2001	Laguna Niguel
	Kip Miller	15:28	2005	Woodbridge
	Chris McDonald	15:28	2005	Laguna Niguel
	Kris Frey	15:28	2008	Irvine Park
	Marc Hausmaninger	15:28***	2006	Stanford
	<b>Jordan Senko</b>	<b>15:28</b>	<b>2009</b>	<b>MSAC</b>
<b>Kris Frey</b>	<b>15:28</b>	<b>2009</b>	<b>MSAC</b>	
116	Ken McFadden	15:29	1984	Irvine Park
	Kip Miller	15:29	2005	Laguna Niguel
	Kip Miller	15:29***	2006	Woodward Park
119	Ken McFadden	15:30	1985	Laguna Niguel
	Ken McFadden	15:30	1985	Irvine Park
	Danny Lee	15:30	1997	MSAC
	Matt Cipolla	15:30	2002	Mt. SAC
	Kip Miller	15:30	2005	Irvine Park
	Jordan Senko	15:30	2008	Woodward Park
	Ren Jones	15:30	2008	Woodward Park
	Ren Jones	15:30	2008	Irvine Park
	Martin Pennel	15:30***	1994	Woodward Park
	<b>Ryan Germann</b>	<b>15:30</b>	<b>2009</b>	<b>Irvine Park</b>