

# ALL TIME BEST INDIVIDUAL PERFORMANCES

Rank	Athlete	Time	Note	Year	Location
1	Brandon Bethke	14:22		2004	Woodbridge
2	<b>Kevin Durham</b>	<b>14:25</b>		<b>2010</b>	<b>Woodward Park</b>
3	Brandon Bethke	14:30		2003	Woodbridge
	Brandon Bethke	14:30		2004	Irvine Park
	Brandon Bethke	14:30		2004	MSAC
6	Brandon Bethke	14:36	***	2004	Woodward Park
	Jordan Senko	14:36		2009	Woodbridge
8	Danny Lee	14:38		1997	Woodbridge
9	Danny Lee	14:41		1997	Irvine HS
10	Brandon Bethke	14:42	***	2004	Stanford
11	Brandon Bethke	14:44		2004	MSAC
	Jordan Senko	14:44		2009	Irvine Park
13	Chris McDonald	14:45		2006	Irvine Park
	<b>Kevin Durham</b>	<b>14:45</b>		<b>2010</b>	<b>Estancia HS</b>
15	Toby Villalva	14:46		2008	Woodward Park
16	Brandon Bethke	14:47		2004	Dana Hills
17	Brandon Bethke	14:48	**	2004	Laguna Niguel
18	Marc Hausmaninger	14:50		2006	Woodbridge
	<b>Juan Gonzalez</b>	<b>14:50</b>		<b>2010</b>	<b>Irvine Park</b>
20	Chris Mc Donald	14:51		2006	Woodbridge
	<b>Spencer Allen</b>	<b>14:51</b>		<b>2010</b>	<b>Irvine Park</b>
22	Brandon Bethke	14:52		2003	Dana Hills
	Toby Villalva	14:52		2008	Woodbridge
	<b>Kevin Durham</b>	<b>14:52</b>		<b>2010</b>	<b>Irvine Park</b>
25	Anthony Masci	14:53		2006	Woodbridge
	Toby Villalva	14:53		2008	Woodward Park
	<b>Kevin Durham</b>	<b>14:53</b>		<b>2010</b>	<b>Woodward Park</b>
	<b>Juan Gonzalez</b>	<b>14:53</b>		<b>2010</b>	<b>Irvine Park</b>
29	Danny Lee	14:55	***	1996	Woodward Park
29	Brandon Bethke	14:55	***	2003	Woodward Park

Rank	Athlete	Time	Note	Year	Location
	Toby Villalva	14:55		2008	Irvine Park
	<b>Kevin Durham</b>	<b>14:55</b>		<b>2010</b>	<b>MSAC Rain Course</b>
33	Brandon Bethke	14:56		2003	MSAC
	Brandon Bethke	14:56	***	2003	Woodward Park
	Anthony Masci	14:56		2006	Irvine Park
	Anthony Masci	14:56	***	2006	Stanford
	Toby Villalva	14:56		2007	Woodbridge
	Kyle Carruthers	14:56		2009	Irvine Park
	<b>Kevin Durham</b>	<b>14:56</b>		<b>2010</b>	<b>Irvine Park</b>
	Brandon Bethke	14:58		2003	Irvine Park
40	Kris Frey	14:58		2009	Irvine Park
	Danny Lee	14:59	**	1997	Irvine Park
42	<b>Juan Gonzalez</b>	<b>14:59</b>		<b>2010</b>	<b>Irvine Park</b>
	Brandon Bethke	15:01	**	2003	Laguna Niguel
44	Matt Johnson	15:01		2007	Woodbridge
	<b>Tim Bergstrom</b>	<b>15:01</b>		<b>2010</b>	<b>Irvine Park</b>
	<b>Juan Gonzalez</b>	<b>15:02</b>		<b>2010</b>	<b>Woodward Park</b>
47	Blake Rothschild	15:04		1990	Dana Hills
48	Chris McDonald	15:05	***	2006	Stanford
49	Anthony Masci	15:06	***	2006	Woodward Park
	Jordan Senko	15:06		2009	Woodward Park
	<b>Juan Gonzalez</b>	<b>15:06</b>		<b>2010</b>	<b>Estancia HS</b>
	<b>Spencer Allen</b>	<b>15:06</b>		<b>2010</b>	<b>Irvine Park</b>
50	<b>Jake Schwartz</b>	<b>15:06</b>		<b>2010</b>	<b>Irvine Park</b>
	Martin Pennell	15:07		1994	Irvine Park
	Danny Lee	15:07		1997	Laguna Hills
55	Chris McDonald	15:07		2006	Irvine Park

\*\* League Champion \*\*\* 5000 Meters

# ALL TIME BEST INDIVIDUAL PERFORMANCES

Rank	Athlete	Time	Note	Year	Location
	Jordan Senko	15:07		2009	Woodward Park
	Kris Frey	15:07		2009	Woodbridge
60	Chris McDonald	15:08		2005	Irvine Park
	Kip Miller	15:08		2005	Trabuco Hills
	Kevin Durham	15:08		2009	Irvine Park
63	Kip Miller	15:10		2006	Irvine Park
64	Matt Cipolla	15:11		2002	Woodbridge
	Kip Miller	15:11		2006	Woodbridge
	<b>Kevin Durham</b>	<b>15:11</b>		<b>2010</b>	<b>MSAC</b>
67	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
	Jordan Senko	15:12		2009	Irvine Park
	<b>Spencer Allen</b>	<b>15:12</b>		<b>2010</b>	<b>Irvine Park</b>
74	Brandon Bethke	15:13		2003	MSAC
75	Ken McFadden	15:14		1985	Dana Hills
	Danny Lee	15:14		1996	Woodbridge
	Danny Lee	15:14	*	1996	Irvine Park
	Brandon Bethke	15:14		2003	Laguna Hills
	Brandon Bethke	15:14		2004	Laguna Hills
80	Rick Matson	15:15		1990	Dana Hills
	Chris Wilcox	15:15		1999	Dana Hills
	Jordan Senko	15:15		2008	Irvine Park
	<b>Kevin Durham</b>	<b>15:15</b>		<b>2010</b>	<b>MSAC</b>
84	Eric Farien	15:16		1982	Dana Hills
	Matt Cipolla	15:16		2002	Irvine Park
	Abdow Haji	15:16	***	2006	Stanford
	Ryan Wells	15:16		2008	Irvine Park

Rank	Athlete	Time	Note	Year	Location
88	Nate Mouzis	15:17		2005	Trabuco Hills
	Sean Laurino	15:17	***	2006	Woodward Park
	Jordan Senko	15:17		2009	Irvine Park
	<b>Tim Bergstrom</b>	<b>15:17</b>		<b>2010</b>	<b>Irvine Park</b>
92	Ken McFadden	15:18		1985	Irvine HS
	Danny Lee	15:18		1996	Irvine Park
	Matt Johnson	15:18		2007	MSAC
96	Jordan Senko	15:18		2008	Woodward Park
	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
	Kyle Carruthers	15:19		2009	Woodbridge
	Kris Frey	15:19		2009	Woodward Park
103	Kyle Carruthers	15:19		2009	Woodward Park
	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
	112	Eric Farien	15:21		1981
John Serrao		15:21		1984	Laguna Niguel
Toby Villalva		15:21		2008	MSAC
115	Chris Wilcox	15:22		1999	Dana Hills
	Nate Mouzis	15:22		2005	Laguna Niguel
	Toby Villalva	15:22		2008	Irvine Park

\*\* League Champion \*\*\* 5000 Meters

# ALL TIME BEST INDIVIDUAL PERFORMANCES

Rank	Athlete	Time	Note	Year	Location
118	Spencer Allen	15:23		1983	Irvine Park
	Anthony Masci	15:23		2006	Irvine Park
	<b>Spencer Allen</b>	<b>15:23</b>		<b>2010</b>	<b>Woodward Park</b>
	<b>Tim Bergstrom</b>	<b>15:23</b>		<b>2010</b>	<b>Woodward Park</b>
	<b>Ryan Germann</b>	<b>15:23</b>		<b>2010</b>	<b>Irvine Park</b>
123	Spencer Allen	15:24		1982	Dana Hills
	Rick Matson	15:24	***	1990	Woodwark Park
	Ed Pollick	15:24		1996	Irvine Park
	Jordan Senko	15:24		2009	MSAC
	Kris Frey	15:24		2009	Irvine Park
	<b>Tim Bergstrom</b>	<b>15:24</b>		<b>2010</b>	<b>Woodward Park</b>
129	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
	Kris Frey	15:25		2009	MSAC
	<b>Juan Gonzalez</b>	<b>15:25</b>		<b>2010</b>	<b>Woodward Park</b>
	<b>Spencer Allen</b>	<b>15:26</b>		<b>2010</b>	<b>Irvine Park</b>
136	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
	<b>Spencer Allen</b>	<b>15:26</b>		<b>2010</b>	<b>Irvine Park</b>

Rank	Athlete	Time	Note	Year	Location
	<b>Tim Bergstrom</b>	<b>15:26</b>		<b>2010</b>	<b>Estancia HS</b>
	<b>Jake Schwartz</b>	<b>15:26</b>		<b>2010</b>	<b>Woodward Park</b>
	<b>Ryan Germann</b>	<b>15:26</b>		<b>2010</b>	<b>Irvine Park</b>
148	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
153	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
	Marc Hausmaninger	15:28	***	2006	Stanford
	Kris Frey	15:28		2008	Irvine Park
	Jordan Senko	15:28		2009	Laguna Hills
	Jordan Senko	15:28		2009	MSAC
	Kris Frey	15:28		2009	MSAC
<b>Juan Gonzalez</b>	<b>15:28</b>		<b>2010</b>	<b>MSAC</b>	
164	Ken McFadden	15:29		1984	Irvine Park
	Kip Miller	15:29		2005	Laguna Niguel
	Kip Miller	15:29		2006	Woodward Park
167	Ken McFadden	15:30		1985	Laguna Niguel
	Ken McFadden	15:30		1985	Irvine Park
	Martin Pennell	15:30	***	1994	Woodward 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

\*\* League Champion \*\*\* 5000 Meters

Updated: 21-Dec-10

# ALL TIME BEST INDIVIDUAL PERFORMANCES

Rank	Athlete	Time	Note	Year	Location
	Ryan Germann	15:30		2009	Irvine Park