

FMHS Cross Country Team School Records

Course	Boys	Year	Time
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5K			
Bakersfield Park Flower Mound, TX	Wesley Ward	2012	83:21
	Drew McRae		
	Zach Hamstra		
	Drew Sanderson		
	Matthew Schleder		

Bear Branch Sports Complex. Spring, TX	Wesley Ward	2012	81:33
	Zach Hamstra		
	Drew McRae		
	Matthew Schleder		
	Drew Sanderson		

Bob Woodruff Park Plano, TX	J.B. Lagos	2004	81:19
	Marc D'Ambrosio		
	Anthony D'Ambrosio		
	Nathan Milles		
	Logan Culotta		

Bowman Park Arlington, TX	Brett Olson	2002	83:16
	Jason Penland		
	Jeff Grassley		
	Nick Dawson		
	Danny Harvot		

Copperas Branch Park Highland Village, TX	Jonathan Wyatt	2010	82:34
	Jacob Milles		
	Isaac Qureshi		
	Drew McRae		
	Cole Atchison		

Decatur High School Decatur, TX	Connor Adams	2008	83:41
	Curtis Patton		
	Mike Winklejohn		
	Jonathan Wyatt		
	Robert Zeller		

Duncanville 9th Grade Duncanville, TX	Brett Olson	2002	86:24
	Jason Penland		
	Jeff Grassley		
	Nick Dawson		
	Mark Furnas		

Erwin Park McKinney, TX	Brett Olson	2000	88:36
	Nick Dawson		
	Chris Tiemann		
	Tim Henry		
	Brad White		

Gerault Park Flower Mound, TX	Jonathan Wyatt	2010	83:32
	Isaac Qureshi		
	Jacob Milles		
	Michael Teeple		
	Cameron Blocker		

Harrington Park Duncanville, TX	Nathan Milles	2006	85:21
	Logan Culotta		
	Jack Ramstad		
	Ben Hicks		
	James Rodriguez		

Girls	Year	Time
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2 Mile		
Kelsey Skinner	2005	65:51
Megan Frenette		
Ashley Bird		
Nicole Gonzales		
Andrea Roberts		

Clara Poston	2006	71:20
Chelsea Nuanes		
Jayne Ditsworth		
Andrea Roberts		
Jenine Abedrabbo		

Michelle Gallegos	2004	60:28
Allie Wyatt		
Brooke Ninowski		
Augusta Wise		
Ashley McDaniel		

Michelle Gallegos	2002	65:16
Amanda Barth		
Ashley McDaniel		
Lindsay Deal		
Megan Deal		

Connor Ward	2010	58:40
Taylor Light		
Katarina Bouton		
Kirsten Zeller		
Kelsey Viertel		

Clara Poston	2008	63:28
Kristen Moore		
Connor Ward		
Jenine Abedrabbo		
Kelsey Vietel		

Michelle Gallegos	2002	64:12
Ashley McDaniel		
Amanda Barth		
Lindsay Deal		
Lauren Jagers		

Amanda Barth	2000	76:12
Lauren Jagers		
Melissa Barnhill		
Nicole Pardo		
Amanda Marcott		

Alicia Pico	2009	67:14
Jenine Abedrabbo		
Erica Dubek		
Samantha Kelling		
Shelby Wiedrich		

Michelle Gallegos	2004	62:36
Allie Wyatt		
Augusta Wise		
Ashley McDaniel		
Brooke Ninowski		

Girls	Year	5K
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5K		
Safiya Belbina	2012	96:45
Catalina Uriarte		
Rebecca Jacobson		
Kirsten Zeller		
Brittany White		

Safia Belbina	2012	95:17
Catalina Uriarte		
Rebecca Jacobson		
Kristen Zeller		
Brittany White		

Taylor Light	2010	98:05
Connor Ward		
Katie Bouton		
Kirsten Zeller		
Ashley Waterman		

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	5K		

Hidden Cove Park The Colony, TX	Wesley Ward	2012	83:38
	Drew McRae		
	Zach Hamstra		
	Matthew Schleder		
	Drew Sanderson		

Indian Springs Middle School. Keller, TX	Brett Olson	2003	84:07
	Anthony D'Ambrosio		
	Allen May		
	J.B. Lagos		
	Nick Dawson		

Jasper High School Plano, TX	Connor Adams	2009	82:16
	Jonathan Wyatt		
	Robert Zeller		
	Isaac Qureshi		
	Brandon Thomas		

Keller Parks and Rec Keller, TX	Jeff Grassley	2001	84:18
	Brett Olson		
	Nick Dawson		
	Tim Henry		
	Charlie Nasworthy		

Kelly Park Ft. Worth, TX	Brett Olson	2001	83:15
	Jeff Grassley		
	Tim Henry		
	Nick Dawson		
	Charlie Nasworthy		

Lewisville Lake Park Lewisville, TX >>> 5K <<<	Connor Adams	2009	80:40
	Robert Zeller		
	Jonathan Wyatt		
	Jesse Vigil		
	Isaac Qureshi		

Lewisville Lake Park Lewisville, TX >>> 3 Miles <<<	Brett Olson	2003	77:59
	Anthony D'Ambrosio		
	J.B. Lagos		
	Nick Dawon		
	Nathan Milles		

Mae Simmons Park Lubbock, TX >>> 3 Miles <<<	Zach Hamstra	2013	79:37
	Wesley Ward		
	Luke Maddox		
	Dmitry Nechiporenko		
	Drew Sanderson		

Meadowmere Park Grapevine, TX	Connor Adams	2009	81:11
	Robert Zeller		
	Jonathan Wyatt		
	Jesse Vigil		
	Isaac Qureshi		

Mountain Creek Lake Grand Prairie, TX	Jeff Grassley	2001	79:18
	Dustin Goodwin		
	Nick Dawson		
	Charlie Nasworthy		
	Christian Toepfer		

Girls	Year	Time
2 Mile		

Katie Bouton	2011	64:04
Brittany White		
Allison Esposito		
Martha Adams		
Alana Bittner		

Michelle Gallegos	2003	61:58
Ashley McDaniel		
Alex Delvaux		
Tiffany Pena		
Lindsay Deal		

Connor Ward	2009	60:50
Kristen Moore		
Dana Ramstad		
Taylor Light		
Ashley Waterman		

Micah Stevens	2001	62:57
Amanda Barth		
Lindsay Deal		
Lauren Jagers		
Ashley McDaniel		

Amanda Barth	2001	61:47
Ashley McDaniel		
Michelle Gallegos		
Lindsay Deal		
Lauren Jagers		

Safiya Belbina	2010	58:14
Jessica Kenney		
Cassidy Allen		
Catalina Uriarte		
Kirsten Zeller		

Connor Ward	2010	58:46
Taylor Light		
Kirsten Zeller		
Katie Bouton		
Kelsey Viertel		

Kristen Moore	2009	60:50
Connor Ward		
Taylor Light		
Alex Vigil		
Dana Ramstad		

Micah Stevens	2001	66:01
Amanda Barth		
Lindsay Deal		
Lauren Jagers		
Ashley McDaniel		

Girls	Year	5K
5K		

Rebecca Jacobson	2014	100:48
Grace Graves		
Catalina Uriarte		
Jessica Marosy		
Ariel Esposito		

Ariel Esposito	2014	115:60
Erin Moore		
Shelby Stockton		
Alexis Osborne		
Paige Seifert		

Safiya Belbina	2012	95:19
Rebecca Jacobson		
Kirsten Zeller		
Brittany White		
Cataline Uriarte		

Safiya Belbina	2014	91:17
Rebecca Jacobson		
Grace Graves		
Jessica Marosy		
Erin Moore		

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Course	Boys	Year	Time
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5K			
Myers Park McKinney, TX	Luke Maddox	2014	85:25
	Payton Ash		
	Drew Sanderson		
	Riley Peninger		
	Nicholas D'Ambrosio		

Norbuck Park Dallas, TX	Brett Olson	2002	81:52
	Jason Penland		
	Jeff Grassley		
	Mark Furnas		
	Allen May		

North Lakes Park Denton, TX >>> 5K <<<	Zach Hamstra	2012	81:25
	Wesley Ward		
	Drew McRae		
	Matthew Schleder		
	Drew Sanderson		

North Lakes Park Denton, TX >>> 3 Miles <<<	Brett Olson	2003	79:10
	J.B. Lagos		
	Anthony D'Ambrosio		
	Nathan Milles		
	Nick Dawson		

Old Settlers Park Round Rock, TX	J.B. Lagos	2004	80:13
	Anthony D'Ambrosio		
	Nathan Milles		
	Marc D'Ambrosio		
	Logan Culotta		

Richland College Richardson, TX	Brett Olson	2000	85:21
	Nick Dawson		
	Charlie Nasworthy		
	Tim Henry		
	Brad White		

Seagoville High Seagoville, TX	J.B. Lagos	2005	77:02
	Marc D'Ambrosio		
	Anthony D'Ambrosio		
	Ben Hicks		
	Jack Ramstad		

TCC Northeast Campus Hurst, TX	Wesley Ward	2011	82:31
	Drew McRae		
	Zach Hamstra		
	Cole Atchison		
	Tyler Park		

UNT Golf Course Denton, TX	Curtis Patton	2007	83:18
	Jonathan Wyatt		
	Jordan Sinclair		
	James Rodriguez		
	Connor Adams		

Vandergriff Park Arlington, TX	Brett Olson	2002	81:44
	Jeff Grassley		
	Jason Penland		
	J.B. Lagos		
	Mark Furnas		

Veterans Park Arlington, TX	Brett Olson	2003	84:10
	Nick Dawson		
	Allen May		
	J.B. Lagos		

Girls	Year	Time
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2 Mile		
Connor Ward	2009	62:42
Alex Vigil		
Kirsten Zeller		
Ashley Waterman		
Dana Ramstad		
Safiya Belbina		

Safiya Belbina	2011	58:02
Catalina Uriarte		
Jessica Kenney		
Cassidy Allen		
Kirsten Zeller		

Connor Ward	2010	58:54
Taylor Light		
Katie Bouton		
Kirsten Zeller		
Alana Bittner		
Amanda Barth		

Amanda Barth	2000	72:02
Melissa Barnhill		
Lauren Jagers		
Megan Sykes		
Angie Garcia		
Allie Wyatt		

Allie Wyatt	2004	62:15
Tiffany Pena		
Alex Delvaux		
Augusta Wise		
Brooke Ninowski		
Safiya Belbina		

Safiya Belbina	2011	58:23
Kirsten Zeller		
Jessica Kenney		
Cassidy Allen		
Rebecca Jacobson		
Allie Wyatt		

Allie Wyatt	2007	62:00
Dana Ramstad		
Clara Poston		
Augusta Wise		
Connor Ward		
Allie Wyatt		

Allie Wyatt	2005	61:44
Alex Delvaux		
Augusta Wise		
Tiffany Pena		
Ashley Bird		
Michelle Gallegos		

Michelle Gallegos	2003	64:17
Ashley McDaniel		
Alex Delvaux		
Tiffany Pena		
Allie Wyatt		

Girls	Year	5K
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5K		
Safiya Belbina	2014	97:31
Rebecca Jacobson		
Grace Graves		
Jessica Marosy		
Erin Moore		
Safiya Belbina		

Safiya Belbina	2012	93:29
Rebecca Johnson		
Catalina Uriarte		
Brittany White		
Kirsten Zeller		
Safiya Belbina		

Safiya Belbina	2014	97:48
Rebecca Johnson		
Jessica Marosy		
Erin Moore		
Catalina Uriarte		
Safiya Belbina		

Jessica Marosy	2013	109:51
Allison Esposito		
Symantha Lawrence		
Shelby Stockton		
Sarah Park		
Jessica Marosy		

FMHS Cross Country Team School Records

Course	Boys	Year	Time
	5K		
	Nathan Milles		

Girls	Year	Time
	2 Mile	
Megan Deal		

Girls	Year	5K
		5K

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Course	Boys	Year	Time
	5K		

Warren Park Frisco, Texas	Nathan Milles	2006	83:15
	Ben Hicks		
	Jack Ramstad		
	Logan Culotta		
	James Rodriguez		

Girls	Year	Time
2 Mile		

Clara Poston	2006	69:56
Jayne Ditsworth		
Dana Ramstad		
Ashley Bird		
Jenine Abedrabbo		

Girls	Year	5K
5K		

Allie Wyatt	2005	104:10
Alex Delvaux		
Augusta Wise		
Tiffany Pena		
Kayla Chitester		