



# Circle Christian School

## Girls Cross Country - 5K Records List

<u>No.</u>	<u>Name</u>	<u>Time</u>	<u>Meet</u>
1.	Denae Chapman	18:38.55	2013 FSU Invitational (Pre-State)
2.	Sinkenesh Parker	18:50.10	2017 Amelia Island Pirate Invitational
3.	Karah Hammontree	19:28.50	2015 Region 3 Championship
4.	Devin Bos	19:29.14	2013 Class 1A State Championships
5.	Brooke McEwen	19:33.52	2016 Class 1A State Championships
6.	Jaden Ault	19:46.00	2014 Foot Locker South Regional
7.	Cassie Ketchum	19:50.00	2010 Holy Trinity Fall Classic
8.	Amber Webb	19:57.00	2012 Foot Locker South Regional
9.	Taylor Melnick	20:03.80	2014 Class 1A State Championship
10.	Camila Murphy	20:04.30	2015 Region 3 Championship
11.	Sarah Fretwell	20:10.36	2009 Holy Trinity Fall Classic
12.	Mulunesh Parker	20:17.04	2016 Class 1A State Championships
13.	Archike Parker	20:40.36	2017 Amelia Island Pirate Invitational
14.	Caroline Spivey	20:57.01	2017 Amelia Island Pirate Invitational
15.	Ansley Bos	21:04.30	2011 Region 2 Championships

### Team Record - Fastest Team Time (Top 5 Scorers)

1.	Sinkenesh Parker, Karah Hammontree, Jaden Ault, Camila Murphy, Brooke McEwen	19:50.64 avg.	2015 Region 3 Championships
2.	Sinkenesh Parker, Brooke McEwen, Mulu Parker, Archike Parker, Caroline Spivey	20:06.40 avg.	2017 Amelia Island Pirate Invitational
3.	Sinkenesh Parker, Brooke McEwen, Jaden Ault, Mulu Parker, Archike Parker	20:07.54 avg.	2016 Region 3 Championships

**District Championships:** Champions (2011, 2013, 2015, 2016); Runners-Up (2012, 2014)

**Regional Championships:** Champions: (2016); Runner-up (2015); 3rd Place Finish (2011-2014)

**State Championships:** Champions (2015)

**State Meet Finishes:** 2009 (18th); 2011 (10th); 2012 (9th); 2013 (10th); 2014 (11th); 2015 (1st); 2016 (2nd)



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## Boys Cross Country - 5K Records List

<u>No.</u>	<u>Name</u>	<u>Time</u>	<u>Meet</u>
1.	Jason McLeod	16:00.69	2008 FLrunners.com Invitational
2.	Jakin Foster	16:25.46	2011 FLrunners.com Invitational
3.	Jordan Foster	16:28.64	2012 Class 1A State Championships
4.	Joseph Ault	17:05.10	2013 FLrunners.com Invitational
5.	Jeffrey Henry	17:08.10	2012 FLrunners.com Invitational
6.	Joshua Wainwright	17:15.22	2011 Disney Classic
7.	Gabriel Curtis	17:19.00	2014 Foot Locker South Region
8.	Michael Winz	17:44.57	2010 Class 1A Region 2 Championships
9.	Tim Fretwell	17:48.37	2007 Disney Classic Invitational
10.	Mitch Zielke	17:49.06	2009 Holy Trinity Fall Classic
11.	Sam Jamerson	17:49.47	2010 Class 1A District 3 Championships
12.	Michael Fretwell	17:53.00	2010 Holy Trinity Fall Classic
13.	Joshua Workowski	17:54.20	2017 West Orange Invitational
14.	Joshua Lusk	17:59.51	2012 Class 1A State Championships
15.	Tim Fretwell	18:07.99	2007 Hagerty Invitational

### Team Record - Fastest Team Time (Top 5 Scorers)

1.	Jakin Foster, Jordan Foster, Joshua Wainwright, Jeffrey Henry, Joseph Ault	17:10.56 avg.	2011 FLrunners.com Invitational
2.	Jakin Foster, Jordan Foster, Joshua Wainwright, Sam Jamerson, Michael Winz	17:28.07 avg.	2010 Class 1A District 3 Championships

**District Championships:** Champions (2011, 2012); Runners-Up (2007, 2010, 2014)

**Regional Championships:** Runners-Up (2013, 2014)

**State Meet Finishes:** 2007 (20th); 2009 (12th); 2010 (6th); 2011 (4th); 2012 (5th); 2013 (12th); 2014 (6th);









