

Girls All-Time MSHSAA State Meet Fastest 5K 1980-2016

Overall

Overall				Class 4/4A Top 10 Fastest Individual Times							
Name,School	Class	Gr.	Year	Time	Name,School	Class	Gr.	Year	Time		
Taylor Werner,Ste. Genevieve	3	SR	2015	17:14.22	Hannah Long,Eureka	4	SR	2014	17:38.29		
Taylor Werner,Ste. Genevieve	3	SO	2013	17:31.30	Anna West,Lafayette (Wildwood)	4	SR	2015	17:46.72		
Hannah Long,Eureka	4	SR	2014	17:38.29	Hannah Long,Eureka	4	JR	2013	17:46.82		
Anna West,Lafayette (Wildwood)	4	SR	2015	17:46.72	Merideth Snow,Eureka	4	SR	2005	17:51.40		
Hannah Long,Eureka	4	JR	2013	17:46.82	Emily Sisson,Parkway Central	4	SR	2009	17:56		
Merideth Snow,Eureka	4	SR	2005	17:51.40	Emily Sisson,Parkway Central	4	JR	2008	17:57		
Emily Sisson,Parkway Central	4	SR	2009	17:56	Samantha Nightingale,Blue Springs S	4	JR	2010	17:59.64		
Emily Sisson,Parkway Central	4	JR	2008	17:57	Sarah Nicholson,Lafayette (Wildwood)	4	SR	2015	18:01.56		
Samantha Nightingale,Blue Springs South	4	JR	2010	17:59.64	Mikayla Reed, Washington	4	JR	2016	18:02.26		
Jamie Kempfer,Festus	3	SR	2013	17:59.90	Samantha Nightingale,Blue Springs S	4	SR	2011	18:05.51		
					Class 3/3A Top 10 Fastest Individual Times						
					Taylor Werner,Ste. Genevieve	3	SR	2015	17:14.22		
Sarah Nicholson,Lafayette (Wildwood)	4	SR	2015	18:01.56	Taylor Werner,Ste. Genevieve	3	SO	2013	17:31.30		
Mikayla Reed, Washington	4	JR	2016	18:02.26	Jamie Kempfer,Festus	3	SR	2013	17:59.90		
Samantha Nightingale,Blue Springs South	4	SR	2011	18:05.51	Taylor Werner,Ste. Genevieve	3	FR	2012	18:19.88		
Hannah Long,Eureka	4	SO	2012	18:06.91	Taylor Werner,Ste. Genevieve	3	JR	2014	18:20.76		
Victoria Findley,Blue Springs South	4	SO	2015	18:07.18	Mia Jerman,Ste. Genevieve	3	SR	2015	18:33.54		
Sophia Racette,Nerinx Hall	4	SR	2014	18:09.01	Brittani Johnson,West Plains	3	SO	2005	18:42.48		
Jessica Jackson,Neosho	4	SR	2010	18:09.49	Sarah Jacobsen,Potosi	3	SR	2012	18:44.47		
Hannah Pierson,Marquette	4	JR	2014	18:13.14	Lesley Dugan,Herculaneum	1A-3A	SR	1983	18:44.9		
Grace Klausen,Blue Springs South	4	SR	2014	18:15.45	Rachel York,St. Clair	3	SR	2005	18:53.28		
Megan Thompson,Hazelwood Central	4A	SR	1989	18:16.80	Class 2/2A Top 10 Fastest Individual Times						
					Kaitlyn Fischer,Herculaneum	2	SR	2012	18:40.97		
					Brianna Haller,Fatima	2	SO	2015	18:49.37		
Taylor Werner,Ste. Genevieve	3	FR	2012	18:19.88	Amber Warren,Lutheran (St. Peters)	2	JR	2003	19:01.34		
Anna West,Lafayette (Wildwood)	4	JR	2014	18:20.06	Anna Massman,Fatima	2	JR	2015	19:05.21		
Jill Whitman,Cor Jesu	4	SR	2013	18:20.22	Courtney Rogers,Lutheran (St. Peters)	2	FR	2010	19:06.20		
Susan Bliss,Francis Howell	4A	SR	1987	18:20.48	Jessica Bollinger,Ste. Genevieve	2	JR	2005	19:08.71		
Tori Findley,Blue Springs South	4	FR	2014	18:20.67	Ashley Sanders,Clinton	2	SR	2001	19:10.47		
					Katherine Hoffman,Notre Dame de Sion	2A	JR	1998	19:12.1		
Taylor Werner,Ste. Genevieve	3	JR	2014	18:20.76	Terry Phillips,St. Mary's (Independence)	2	SR	2006	19:13.33		
Allison Medlin,Carthage	4A	SO	1995	18:20.97	Allison Smith,Pembroke Hill	2	JR	2000	19:16.15		
Sarah Nicholson,Lafayette (Wildwood)	4	JR	2014	18:21.81	Class 1/1A Top 10 Fastest Individual Times						
Colleen Quigley,Nerinx Hall	4	SR	2010	18:25.14	Claire Workman,Summit Prep	1	SR	2016	19:00.60		
Victoria Findley,Blue Springs South	4	JR	2016	18:27.62	Claire Workman,Summit Prep	1	JR	2015	19:21.80		
					Mackenzie Weis,Cass Midway	1	JR	2010	19:24.91		
Hannah Long,Eureka	4	FR	2011	18:29.71	Meagan Hudson,Crystal City	1	SR	2005	19:30.24		
Ann Campbell,St. Teresa's	4	SR	2014	18:30.19	Claire Workman,Summit Prep	1	SO	2014	19:34.73		
Melissa Menghini,Rockwood Summit	4	SR	2015	18:30.39	Emily Beaver,College Heights Christian	1	SR	2008	19:41		
Chelsey Phoebus,Lee's Summit West	4	SR	2010	18:31.40	Claire McCune,Summit Prep	1	SO	2016	19:47.76		
Maddy Brown,Parkway West	4	JR	2013	18:32.96	Katie McCune,Summit Prep	1	SR	2016	19:48.48		
					Emily Beaver,College Heights Christian	1	SO	2006	19:56.79		
					Jordan Esry,Hamilton Penney	1	SO	2005	19:58.13		

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Top Seniors

Name,School	Class	Gr.	Year	Time
Taylor Werner,Ste. Genevieve	3	SR	2015	17:14.22
Hannah Long,Eureka	4	SR	2014	17:38.29
Anna West,Lafayette (Wildwood)	4	SR	2015	17:46.72
Merideth Snow,Eureka	4	SR	2005	17:51.40
Emily Sisson,Parkway Central	4	SR	2009	17:56

Jamie Kempfer,Festus	3	SR	2013	17:59.90
Sarah Nicholson,Lafayette (Wildwood)	4	SR	2015	18:01.56
Samantha Nightingale,Blue Springs South	4	SR	2011	18:05.51
Sophia Racette,Nerinx Hall	4	SR	2014	18:09.01
Jessica Jackson,Neosho	4	SR	2010	18:09.49

Grace Klausen,Blue Springs South	4	SR	2014	18:15.45
Megan Thompson,Hazelwood Central	4A	SR	1989	18:16.80
Jill Whitman,Cor Jesu	4	SR	2013	18:20.22
Susan Bliss,Francis Howell	4A	SR	1987	18:20.48
Colleen Quigley,Nerinx Hall	4	SR	2010	18:25.14

Ann Campbell,St. Teresa's	4	SR	2014	18:30.19
Melissa Menghini,Rockwood Summit	4	SR	2015	18:30.39
Chelsey Phoebus, Lee's Summit West	4	SR	2010	18:31.40
Andrea Fischer,Hannibal		SR	1980	18:33.5
Mia Jerman,Ste. Genevieve	3	SR	2015	18:33.54

Top Juniors

Hannah Long,Eureka	4	JR	2013	17:46.82
Emily Sisson,Parkway Central	4	JR	2008	17:57
Samantha Nightingale,Blue Springs South	4	JR	2010	17:59.64
Mikayla Reed, Washington	4	JR	2016	18:02.26
Hannah Pierson,Marquette	4	JR	2014	18:13.14

Anna West,Lafayette (Wildwood)	4	JR	2014	18:20.06
Taylor Werner,Ste. Genevieve	3	JR	2014	18:20.76
Sarah Nicholson,Lafayette (Wildwood)	4	JR	2014	18:21.81
Victoria Findley,Blue Springs South	4	JR	2016	18:27.62
Maddy Brown,Parkway West	4	JR	2013	18:32.96

Megan Yohe,Liberty	4	JR	2008	18:34
Megan Thompson,Hazelwood Central	4A	JR	1988	18:38.85
Chelsea Drum,Jackson	4	JR	2014	18:39.53
Rebekah Geddes,Platte Co,	4	JR	2016	18:44.66
Ann Campbell,St. Teresa's	4	JR	2013	18:47.29

Sarah Haskins,Parkway South	4A	JR	1997	18:49.0
Brigitte Caruthers,Branson	4	JR	2011	18:49.14
Jennifer Harper,West Plains	4	JR	2003	18:52.29
Merideth Snow,Eureka	4	JR	2004	18:52.90
Danielle Hotalling, Blue Springs South	4	JR	2016	18:54.36

Top Sophomores

Name,School	Class	Gr.	Year	Time
Taylor Werner,Ste. Genevieve	3	SO	2013	17:31.30
Hannah Long,Eureka	4	SO	2012	18:06.91
Victoria Findley,Blue Springs South	4	SO	2015	18:07.18
Allison Medlin,Carthage	4A	SO	1995	18:20.97
Sarah Nicholson,Lafayette (Wildwood)	4	SO	2013	18:33.67

Merideth Snow,Eureka	4	SO	2003	18:34.69
Taylor Hynes, Lee's Summit North	4	SO	2008	18:36
Mikayla Reed,Washington	4	SO	2015	18:38.06
Diane Robison,Parkway Central	4	SO	2007	18:39
Madelynn Hill,Liberty	4	SO	2016	18:41.64

Brittani Johnson,West Plains	3	SO	2005	18:42.48
Madison Leigh,Francis Howell	4	SO	2014	18:42.59
Lesley Dugan,Herculaneum	1A-3A	SO	1983	18:44.9
Claire Ayers,Washington	4	SO	2016	18:47.71
Brianna Haller,Fatima	2	SO	2015	18:49.37

Laura Kennedy,Lafayette (Wildwood)	4A	SO	1998	18:50.1
Sophia Racette,Nerinx Hall	4	SO	2012	18:52.31
Melissa Sapa,Oakville	4A	SO	1995	18:52.40
Jill Kingsbury,Washington		SO	1980	18:53.8
Brigitte Caruthers,Branson	4	SO	2010	18:54.19

Top Freshmen

Taylor Werner,Ste. Genevieve	3	FR	2012	18:19.88
Tori Findley,Blue Springs South	4	FR	2014	18:20.67
Hannah Long,Eureka	4	FR	2011	18:29.71
Claire Ayers,Washington	4	FR	2015	18:58.77
Alexandra Hamre	4	FR	2016	19:00.37

Samantha Nightingale,Blue Springs S	4	FR	2008	19:03
Mary Goldkamp,McCluer North	4	FR	2003	19:05.08
Kiersten West, Lee's Summit West	4	FR	2010	19:06.05
Courtney Rogers,Lutheran (St. Peters)	2	FR	2010	19:06.20
Nicole Graham,Blue Springs	4A	FR	1998	19:06.2

Sarah Nicholson,Lafayette (Wildwood)	4	FR	2012	19:06.74
Sophia Racette,Nerinx Hall	4	FR	2011	19:11.18
Addy Brow,Rolla	4	FR	2013	19:11.23
Jasmine Crawford,Park Hill South	4	FR	2013	19:11.83
Sarah White,Potosi	3	FR	2007	19:14

Shannon Leinert,Eureka	3	FR	2001	19:14.29
Rebekah Geddes,Platte County	4	FR	2014	19:14.55
Andra Staicu,Eureka	4	FR	2013	19:14.83
Emma Evans,Winnetonka	4	FR	2013	19:15.32
Ashley Coonfield,Kearney	4	FR	2012	19:15.41