

High School Course Records by Donegal Runners

Donegal	New HS Course	Micah Brydon(2024)	16:32	Molly Myers(2024)	19:38
	Old HS Course	Paul Halterman	16:23	Jessica McDonald	19:35
	Chickies Park	Jeremy Del Rossi	17:06	Amanda McNece	22:24
Annville	Old HS1	Tim Monaghan	16:31	Katie Heisey	19:57
	Old HS2	Cole Rinehart	17:52	Sami Stoner	20:21
	New	Brock Overlander	17:22	Myra Naqvi	20:27
Ben Bloser Invite at Big Spring	Old HS	Jeremy Del Rossi	17:29	Christine Kassab	23:05
	New	Micah Brydon	16:54.0	Molly Myers	19:53.8
Carlisle Invitational		Jeremy Del Rossi	16:48	Alayna De Bruin	19:57
Cedar Crest		Austin Burkholder	17:56	Alayna De Bruin	21:01
Cocalico		Brock Overlander	17:49	Myra Naqvi	21:07
Columbia		Austin Drager	17:25	Elise Keener	22:40
Conestoga Valley		Allen Rutherford	16:22	Jessica McDonald	19:51
ELCO		Brock Overlander	16:55	Sami Stoner	20:24
Elizabethtown		Steve Gault	17:36	Molly Myers	21:21
Ephrata		Jeremy Del Rossi	17:06	Molly Myers	19:42
Garden Spot		Micah Brydon	16:44.20	Molly Myers	19:48.70
Gettysburg Invite		Silas Buckwalter	16:59	Molly Myers	19:50.9
Hempfield	Centerville	Paul Halterman	15:58	Emily DeVitry	22:36
	Landisville	Jeremy Del Rossi	17:09	Amanda McNece	21:44
	A. Herr Park	Zach Miller	18:46	Katelyn Deibler	20:55
Hershey-Shenk Park		Jeremy Del Rossi	18:14	Sarah Reheard	23:51
Hershey PIAA Foundation 5K		Brandon Marcelo	19:15	Kathryn Fernald	20:51
Kutztown Invitational		Jeremy Del Rossi	17:10	Amanda McNece	23:15
Lebanon		Rick McBride	17:05	Katelyn Deibler/Sami Stoner	20:09
Lebanon Valley Invite (3.2m)		Aaron Spoonhour	18:40	Jessica McDonald	22:07
Lampeter-Strasburg		MiCah Brydon	16:52	Molly Myers	19:20
Lancaster Catholic	Old HS	Duane Koser	16:42	Christine Kassab	22:23
	County Park	Austin Burkholder	18:08	Alayna De Bruin	21:12
	New	Zach Miller	17:52	Katelyn Deibler	20:25
Lancaster Mennonite		Silas Buckwalter	16:56	Jessica McDonald	20:06
McCaskey	HS course	Mike Collier	16:46	Steph Mason	21:21
	County Park	Austin Burkholder	18:38	Alayna DeBruin	21:25

Manheim	Old HS	Greg Musser	17:20	Jessica McDonald	20:46	
Central	Rapho Park	Hunter Gehman	18:43	Myra Naqvi	20:49	
Manheim	Old HS	Austin Drager	17:37	Sarah Reheard/ Elise Keener	21:50	
Township	Overlook Park	Aaron Spoonhour	16:30		Jen Ensminger	22:57
	New HS	Zach Miller	17:17		Katelyn Deibler	19:53
Northern Lebanon		Tim Monaghan	17:11	Sami Stoner	20:42	
Octorara		Sam Rothstein	17:30	Kathryn Fernald	21:03	
Penn Manor		Nate King	17:47	Sami Stoner	20:44	
Solanco	Old	Jeremy Del Rossi	17:37	Elise Keener	21:14	
	New	Cole Rinehart	18:57	Katie Heisey	21:45	
Warwick	Old	Tim Monaghan	17:02	Katie Heisey	20:55	
	New	Michael Hiestand	17:59	Sami Stoner	22:03	

Post Season

All-League Meet-Ephrata		Silas Buckwalter	16:53	Jessica McDonald	19:40
All-League Meet-South Hills		Micah Brydon	16: 24.80	Molly Myers	18:53.20
District 3 Championships					
Big Spring HS		Brock Overlander	16:17.20	Katelyn Deibler	19:56
Parkview Course		Austin Burkholder	17:46	Jessica McDonald	20:22
State Meet					
Parkview Course		Brock Overlander	17:27	Jessica McDonald	20:23

Retired Post-season Records

District Meet-Old Milton Hershey		Duane Koser	16:02.5(CR)	Desiree Fisher	20:57
District Meet New Milton Hershey		Austin Drager	16:33.64		
District Meet-Senior Hall		Jeremy Del Rossi	17:22	Sarah Reheard	21:22.97
State Meet-Indiantown Gap					
State Meet-PSU White Course		Paul Halterman	15:51.5		
State Meet-PSU Blue Course		Greg Musser	16:39.4		
State Meet-PSU Blue Course		Paul Halterman	16:27	Desiree Fisher	20:42.6
State Meet-Lehigh U.		Duane Koser	16:09.6		
State Meet-Sr Hall Hershey		Jeremy Del Rossi	17:08		
State Meet Bucknell U.		Jeremy Del Rossi	18:25.2	Sarah Reheard	21:38