

Richmond Track & Field All-Time Records

Women's Indoor

Event	Time/Mark	Name	Year
55 Meters	6.81	Jessica Young	2007
60 Meters	7.42	Jessica Young	2007
200 Meters	24.13	Jessica Young	2006
300 Meters	40.01	Mary Allen	2013
400 Meters	54.19	Jessica Young	2006
500 Meters	1:13.58	Tamika Williams	2001
600 Meters	1:31.10	Josephine White	1982
800 Meters	2:04.81	Josephine White	1982
1,000 Meters	2:42.90	Josephine White	1981
1,500 Meters	4:16.03	Josephine White	1982
1 Mile	4:31.12	Josephine White	1983
3,000 Meters	9:32.20	Nicol Traynor	2012
5,000 Meters	16:35.38	Nicol Traynor	2012
55 Meter Hurdles	8.11	Ashley Bell	2005
60 Meter Hurdles	8.78	Ashley Bell	2003
High Jump	1.67m	Cathleen Campbell	2000
Long Jump	5.93m	Julee Wilson	2003
Triple Jump	12.50m	Ashley Bell	2003
Pole Vault	3.45m	Grace Gibson/Sarah Timko	2013/16
Shot Put	13.84m	Lindsey Smith	2006
Weight Throw	16.43m	Beth Crocus	2006
4x400 Meter Relay	3:50.27	Mary Allen Amber Young Deborah Fajuyigbe Jade Gregory	2013
4x800 Meter Relay	8:57.30	Taylor Clevinger Alyson McGonigle Stephanie Paradis Alli Mannon	2012
Distance Medley Relay	11:23.61	Taylor Clevinger Mary Allen Alyson McGonigle Jill Prentice	2013
Pentathlon	3,199 pts.	Meghan Hart	2013

Men's Indoor

Event	Time/Mark	Name	Year
55 Meters	6.12	Jesse Williams	1981
60y	6.12	Jesse Williams	1981
60 Meters	6.93	Rashad Smith	2003
200 Meters	22.33	Clement Johnson	2004
300 Meters	37.58	Adedayo Oladejo	2005
400 Meters	48.70	Carl Wood	1970
440y	49.00	Carl Wood	1970
500 Meters	1:03.70	Philip Norgate	1981
600y	1:10.40	Carl Wood	1969
600 Meters	1:17.56	Edwin Koech	1983
800 Meters	1:50.10	Barnabas Kipkorir	1982
880y	1:52.00	Julian Spooner	1981
1,000y	2:06.93	Henry Kimallel	1982
1,000 Meters	2:23.79	Julian Spooner	1982
1,500 Meters	3:43.00	Jim McKeon	1984
1 Mile	3:58.62	Jim McKeon	1985
3,000 Meters	8:02.74	Sosthenes Bitok	1980
2 Miles	8:33.10	Sosthenes Bitok	1980
3 Miles	13:01.40	Sosthenes Bitok	1982
5,000 Meters	13:41.20	Sosthenes Bitok	1980
55 Meter Hurdles	7.30	Jim Detwiler	1974
60y Hurdles	8.15	unknown	--
High Jump	2.03m	Jeff Wilburn	2002
Long Jump	7.16m	Norman Williams	1972
Triple Jump	14.44m	Joe Mallory	2005
Pole Vault	4.42m	Jim Tucker	1976
Shot Put	16.57m	Rafe Wilkinson	1986
Weight Throw	15.57m	Chris Gooch	1979
4x440y Relay	3:20.90	Walker Gillette Larry Chowning Chuck Hunsicker Carl Wood	1970
4x880y Relay	7:23.09	Barnabas Kipkorir Edwin Koech Sosthenes Bitok Julian Spooner	1982
Distance Medley Relay	9:47.10	Barnabas Kipkorir Edwin Koech Sosthenes Bitok Julian Spooner	1982

Richmond Track & Field All-Time Records

Women's Outdoor

<i>Event</i>	<i>Time/Mark</i>	<i>Name</i>	<i>Year</i>
100 Meters	11.70	Jessica Young	2007
200 Meters	23.50	Jessica Young	2006
400 Meters	52.47	Jessica Young	2007
800 Meters	2:04.40	Josephine White	1981
1,500 Meters	4:19.36	Amy VanAlstine	2011
1 Mile	4:34.00	Josephine White	1982
3,000 Meters	9:29.54	Amy VanAlstine	2011
5,000 Meters	16:06.15	Amy VanAlstine	2011
10,000 Meters	34:50.43	Julie Rechel	2011
100 Meter Hurdles	14.41	Ashley Bell	2004
400 Meter Hurdles	1:02.17	Amber Young	2013
High Jump	1.70m	Megan Ney	2008
Long Jump	6.15m	Janel Francis	2015
Triple Jump	12.02m	Megan Ney	2010
Pole Vault	3.50m	Sarah Timko	2015
3,000 Meter Steeplechase	10:02.94	Nicol Traynor	2011
Shot Put	14.21m	Kristen Crawford	2007
Discus	49.86m	Monica Howard	2011
Javelin	48.08m	Heather Roush	2011
Hammer Throw	57.03m	Meaghan McGovern	2012
4x100 Meter Relay	46.14	Monique Hawkins Jasmine Major Jasmine Cottle Jessica Young	2007
4x200 Meter Relay	1:38.87	Mary Allen Deborah Fayugbe Amber Young Janel Francis	2014
4x400 Meter Relay	3:48.71	Jade Gregory Mary Allen Alyson McGonigle Amber Young	2013
4x800 Meter Relay	8:49.19	Alyson McGonigle Marisa Ruskan Stephanie Hughes Taylor Clevinger	2015
4x1,500 Meter Relay	17:58.28	Amy VanAlstine Nicol Traynor Jenn Ennis Alli Mannon	2011
Dist. Med. Relay	11:37.40	Melissa Mullett Betsy Spillman Patty Thoman Josephine White	1982
Sprint Med. Relay	3:57.00	Mary Allen Amber Young Jade Gregory Alyson McGonigle	2013
Heptathlon	4,436 points	Cathleen Campbell	2003

Men's Outdoor

<i>Event</i>	<i>Time/Mark</i>	<i>Name</i>	<i>Year</i>
100 Meters	10.24	Jesse Williams	1978
200 Meters	21.20	Robert Crute	1965
400 Meters	46.70	Edwin Koech	1982
800 Meters	1:46.10	Edwin Koech	1984
1,500 Meters	3:39.07	Sosthenes Bitok	1982
1 Mile	3:57.70	Sosthenes Bitok	1982
3,000 Meters	7:50.50	Sosthenes Bitok	1982
5,000 Meters	13:33.60	Hillary Tuwei	1979
10,000 Meters	28:25.80	Hillary Tuwei	1980
110 Meters Hurdles	14.00	Jim Detwiler	1974
400 Meters IM Hurdles	49.70	Carl Wood	1969
3,000 Meter Steeplechase	8:22.50	Hillary Tuwei	1980
High Jump	1.98m	Brett Walton	2005
		Peter Rae	1997
		Winston October	1994
		Shannon Elswick	1975
		Doug Armstrong	1975
		Jim Livesay	1968
Pole Vault	4.50m	Devin Cassels	2012
Long Jump	7.65m	Norman Williams	1971
Triple Jump	14.86m	Joe Mallory	2002
Shot Put	16.24m	Justin McElfish	2001
Discus	49.60m	Pierre Turner	2008
Hammer Throw	52.83m	Chris Gooch	1979
Modern Javelin	60.60m	Chris Eccleston	2010
Javelin	65.13m	Woodrow Clark	1935
4x110y Relay	41.00	Dave Smith Ted Bisterfield Rod Camden Robert Crute	1967
4x220y Relay	1:27.80	Dave Smith Ted Bisterfield Rod Camden Robert Crute	1967
4x100 Meter Relay	41.20	Tremayne Graham Justin Rogers Seth Williams Jordan Mitchell	2009
4x400 Meter Relay	3:10.40	Edwin Koech Barnabas Kipkorir Philip Norgate Julian Spooner	1981
4x800 Meter Relay	7:12.80	Henry Kimalel Philip Norgate Sosthenes Bitok Edwin Koech	1982
4x1,500 Meter Relay	15:24.40	Philip Norgate Henry Kimalel Sosthenes Bitok Julian Spooner	1981
Mile Relay	16:42.40	Philip Norgate Henry Kimalel Sosthenes Bitok Julian Spooner	1981
Sprint Med. Relay	3:22.30	Dave Smith Robert Crute Ted Bisterfield Allen Seville	1967
Dist. Med. Relay	9:29.20	Edwin Koech Henry Kimalel Philip Norgate Sosthenes Bitok	1980
Shuttle Hurdles	1:01.20	Walker Gillette Tom Winfree Ed Bischoff Carl Wood	1968