

# Bates College Women's Outdoor Track

## All-Time Top 10 Performances

Updated May 24, 2008

### 100m Dash

Anne Millham	1988	12.50
Meghan Lockwood	1996	12.60
Kim Brandon	1989	12.88
Jennifer Pratt	1983	12.91
Camille McKayle	1985	12.9
Johanna Farrar	2000	13.21
Margaret Herrick	2001	13.28
Nicole Abdula	1996	13.32
Kristie Stinchfield	1991	13.40
Faye Holmes	1993	13.41

### 100m Hurdles

Izzy Alexander	2007	15.79
Kathleen Nugent	2006	15.81
Shannon Walker	1994	16.02
Anne Leonard	1985	16.08
Lindsey Hescoek	1996	16.34
Bethany Maitland	1986	16.45
Erika Bristol	1999	16.51
Sarah Goff	1993	16.69
Kathryn Ramer	1999	16.80
Kelly Frazier	1991	16.80

### 200m Dash

Anne Millham	1989	25.59
Christina Rivard	2003	26.65
Kim Brandon	1988	26.56
Kathleen Nugent	2006	26.87
Izzy Alexander	2007	26.95
Johanna Farrar	2000	26.98
Jennifer Pratt	1983	26.9
Kristie Stinchfield	1991	27.31
Ashley Wentworth	2004	27.48
Danielle Touhey	2003	27.73

### 400m

Sarah Dominick	1994	59.02
Ashley Wentworth	2006	59.42
Jennifer Pratt	1984	59.75
<b>4. Dana Lindauer</b>	<b>2008</b>	<b>1:00.00</b>
<b>5. Izzy Alexander</b>	<b>2008</b>	<b>1:00.43</b>
Danielle Touhey	2006	1:00.67
Lisa Hartung	2007	1:00.81
Angela DiGeorge	1993	1:01.22
Christina Rivard	2002	1:01.55
Kim Hall Couture	1990	1:01.80

### 400m Hurdles

<b>1. Izzy Alexander</b>	<b>2008</b>	<b>1:01.91</b>
Kelly Frazier	1991	1:03.99
Leslie Milk	2003	1:07.25
Maria Kourebanas	1987	1:07.69
Allison Quinby	1989	1:08.4
Barbara Tilton	1993	1:08.52
Camille McKayle	1984	1:08.69
Tracy Lyford	1998	1:08.72
Shannon Walker	1997	1:10.34
Cathy Pendergast	1989	1:10.58

### 800m

Jennifer Caban	2007	2:14.28
Sarah Dominick	1992	2:14.49
Ashley Wentworth	2006	2:16.43
<b>4. Izzy Alexander</b>	<b>2008</b>	<b>2:17.62</b>
Kelley Puglisi	2003	2:18.06
Adelia Myrick	1997	2:20.05
Liz Homans	1984	2:20.17
<b>8. Amy Rosania</b>	<b>2008</b>	<b>2:21.52</b>
Christine Ballantyne	1996	2:22.34
Katie Bash	2007	2:22.95

### 1500m

Kelley Puglisi	2003	4:31.91
Sarah Dominick	1992	4:39.10
Kathryn Moore	2007	4:40.25
Jennifer Caban	2007	4:46.93
Kari Payne	1989	4:47.5
Adelia Myrick	1996	4:48.94
Becky Jones	1984	4:49.6
Vita Taormina	1993	4:49.60
Meaghan Lynch	2005	4:51.61
Katie Bash	2007	4:52.67

### 3000m

Sarah Dominick	1995	10:14.43
Karen Palermo	1984	10:14.7
Kathy Kraemer	1984	10:24.8
Kim Walker	1994	10:26.71
Andrea Elder	1992	10:28.30
Vita Taormina	1993	10:28.84
Amy Jones	1987	10:31.7
Nancy Bell	1983	10:32.5
Abigail Anthony	2001	10:39.99
Sarah White	1994	10:42.74

### 3000m Steeplechase

Kathryn Moore	2007	10:33.20
Julie Dutton	2002	11:37.38
Beth Pagnotta	2002	11:41.55
<b>4. Esther Kendall</b>	<b>2008</b>	<b>11:53.22</b>
Meaghan Lynch	2005	11:56.81
Aimee Grimmelmann	2002	12:01.02
Kaitlyn McElroy	2004	12:14.14
<b>8. Rachel Vaivoda</b>	<b>2008</b>	<b>12:27.12</b>
Amethyst Hamlin	1996	12:34.02
Jessie Gagne-Hall	2004	12:39.36

### 5000m

Kathryn Moore	2006	17:33.49
Nancy Bell	1983	17:33.84
Karen Palermo	1984	17:38.7
Romalda Clarke	1989	17:40.8
Abigail Anthony	2001	17:54.19
Amy Jones	1987	18:07.29
Kathy Kraemer	1987	18:10.30
Abby Phelps	1998	18:11.56
Andrea Elder	1990	18:19.2
<b>10. Molly Balentine</b>	<b>2008</b>	<b>18:23.75</b>

### 10000m

Abigail Anthony	2001	36:21.81
Karen Palermo	1984	37:32.0
Alexis Steinrauf	1994	37:42.00
Abby Phelps	1998	38:07.45
Julie Dutton	2004	38:21.83
Kathy Kraemer	1984	38:52.0
Aviva Goldstein	2006	38:59.93
Leigh Johnson	2001	39:05.08
Kate Kenoyer	2000	39:14.57
Sue Flynn	1984	39:16.0

### Long Jump

<b>1. Jennifer Marino</b>	<b>2008</b>	<b>17-04</b>
Amy Taylor	1997	17-03.50
Kathleen Nugent	2005	16-11.75
Izzy Alexander	2007	16-09.75
Gillian Casey	1997	16-06.25
Anne Millham	1987	16-04.75
Aisha Bell	2000	16-04
Ann Cole	1985	15-10.50
Meredith Anderson	2007	15-08.75
Becky Gervais	1986	15-07

### Triple Jump

<b>1. Jennifer Marino</b>	<b>2008</b>	<b>36-09.75</b>
Aisha Bell	2000	35-07.5
Anne Millham	1986	35-06
Anya Belanger	2002	35-03
Kirby Sabra	2004	35-01.25
Lisa Waldron	1998	33-06.50
Lindsey Hescocock	1996	33-05.50
Jennifer Kessler	1993	33-04.50
Becky Farr	1988	33-03
Amy Taylor	1997	33-01.25

### High Jump

Anya Belanger	2002	5-02.50
Kathy Flaherty	1985	5-02
Lindsey Hescocock	1996	5-02
Tracey Donahue	1989	5-02
Sarah Tressel	2004	5-01.75
Jennifer Yablonski	1994	5-01
Kathleen Nugent	2006	5-01
Tracy Penny	1988	5-00
Billie Bradeen	1993	5-00
Amy Arnold	1990	5-00

### Pole Vault

Shannon Walker	1995	11-00
Julie Shelkey	2007	10-09
Laura Golitko	2006	10-06
<b>4. Lily Gordon</b>	<b>2008</b>	<b>9-02.25</b>
Malinda Gilbert	2000	8-01
Meredith Anderson	2005	8-00.50
Meghan O'Dowd	2004	8-00
<b>7. Meghan Schleck</b>	<b>2008</b>	<b>8-00</b>
Tiffany Carter	2002	7-07
Sarah King	2002	7-07

### Javelin

Heather Bumps	1996	144-07
Molly Metcalf	1998	113-04
Carol Ann Yanchuck	1989	109-05
Heather McGee	1991	107-09
Tracy Zordon	1984	106-06
Kathryn Moore	2004	103-04
Keelin Godsey	2005	101-09
Beth Pagnotta	2004	99-07
<b>9. Sara Ellen Godek</b>	<b>2008</b>	<b>99-01</b>
Kate Osborne	1997	97-00

### Hammer Throw

Keelin Godsey	2006	206-05
<b>2. Vantiel Elizabeth Duncan</b>	<b>2008</b>	<b>165-07</b>
Karissa Carey	2005	161-03
Faye Holmes	1994	151-04
Jen Strahle	2002	149-11
Erika Bristol	2000	148-07
<b>6. Cassandra Kirkland</b>	<b>2008</b>	<b>148-07</b>
Jennifer Winslow	2000	144-07
Cami Wood	2001	139-02
Candace Poiss	1992	135-11

### Shot Put

Liz Wanless	2004	53-01
Keelin Godsey	2006	47-05
<b>3. Vantiel Elizabeth Duncan</b>	<b>2008</b>	<b>46-07.25</b>
Erika Bristol	2000	36-09
Lynn Barker	1990	35-08
<b>6. Sara Ellen Godek</b>	<b>2008</b>	<b>35-01.25</b>
Faye Holmes	1994	34-06
<b>8. Cassandra Kirkland</b>	<b>2008</b>	<b>33-02.50</b>
Danielle Matteau	2000	32-08
Ellen Draegert	1991	32-02.25

### Discus

Keelin Godsey	2005	166-06
Liz Wanless	2004	132-05
Tiffany Tropino	2003	126-04
<b>4. Vantiel Elizabeth Duncan</b>	<b>2008</b>	<b>115-08</b>
Jennifer Winslow	2000	114-01
Brooke Miller	2007	113-09
<b>7. Cassandra Kirkland</b>	<b>2008</b>	<b>112-02</b>
Beth Clark	1985	109-03
Danielle Matteau	2000	107-09
Lynn Barker	1990	107-03

### Heptathlon

Kathleen Nugent	2006	4129
Izzy Alexander	2007	3932
Katie King	2002	3314
Ellen Draegert	1991	3242
Anya Belanger	2000	3162
Kate Osborne	1999	3071
Kathleen Pendergast	1990	2979
Tracey Penny		2690
Meg Helms	2001	2614
Jessica Caron	2000	2335

#### **4x100m relay**

50.79 Kim Brandon, Anne Millham, Donna Messina, Anne Cole 1988  
50.80 Angela DiGeorge, Kristie Stinchfield, Jen Kessler, Kelly Frazier 1991  
51.81 Kim Brandon, Erin Lydon, Anne Millham, Allison Quimby 1989  
51.96 Leslie Milk, Kathleen Nugent, Danielle Touhey, Christina Rivard 2003  
51.8 Kim Brndon, Allison Quinby, Becky Farr, Ann Millham 1989  
52.16 Kristie Stinchfield, Angela DiGeorge, Kelly Frazier, Faye Holmes 1993  
52.46 Danielle Touhey, Meredith Anderson, Rebecca Westlake, Julie Shelkey 2006  
52.56 Becca Westlake, Tara Higgins, Sarah Buss, Meredith Anderson 2007  
52.61 Gillian Casey, Maggie Doben, Amy Taylor, Sara Gill 1997  
52.75 Bethany Maitland, Ann Millham, Ann Cole, Ann Leonard 1986

#### **4x400m relay**

4:00.40 Danielle Touhey, Kathleen Nugent, Izzy Alexander, Ashley Wentworth 2006  
4:04.44 Lisa Hartung, Amy Rosania, Tara Higgins, Izzy Alexander 2007  
**3. 4:04.84 Dana Lindauer, Amy Rosania, Izzy Alexander, Jen Marino 2008**  
4:06.27 Anne Millham, Kim Hall, Dawn Timmons, Kim Brandon 1989  
4:06.4 Kristie Stinchfield, Angela DiGeorge, Kelly Frazier, Barbara Tilton 1993  
**6. 4:07.48 Dana Lindauer, Lisa Hartung, Izzy Alexander, Jen Marino 2008**  
4:08.24 Danielle Touhey, Kathleen Nugent, Tara Higgins, Ashley Wentworth 2006  
4:09.26 Kelley Puglisi, Kim Whipkey, Leslie Milk, Christina Rivard 2003  
4:09.30 Barb Tilton, Faye Holmes, Kristi Stinchfield, Kelly Frazier 1993  
4:09.36 Izzy Alexander, Danielle Touhey, Tara Higgins, Ashley Wentworth 2006

#### **4x800m relay**

9:20.5 Sarah Dominick, Andrea Elder, Vita Taormina, Sarah White 1992  
9:25.9ht Kathryn Moore, Katie Bash, Izzy Alexander, Jen Caban 2007  
9:30.62 Kathryn Moore, Katie Bash, Amy Rosania, Jen Caban 2007  
9:40.28 Sarah Dominick, Sia Gilman, Sarah White, Vita Taormina 1993  
9:40.62 Andrea Elder, Wendy Harper, Grace Murphy, Kari Payne 1989  
9:46.17 Jen Caban, Amy Rosania, Ashley Wentworth, Kathryn Moore 2005  
9:46.51 Liz Homans, Kathy Kraemer, Kerry O'Leary, Sue Pappalardo 1986  
9:46.82 Katie Bash, Lisa Hartung, Molly Balentine, Jen Caban 2007  
9:50.38 Kathryn Moore, Amy Rosania, Molly Balentine, Andie Bisceglia 2006  
9:51.02 Lyford, Burakowski, Skarbek, Humphrey 1999