

**BATES COLLEGE WOMEN'S INDOOR TRACK  
ALL-TIME TOP TEN PERFORMANCES**

Updated March 14, 2009

**55 Meter**

7.30	Donna Broadway	1981
7.36	Andrea Kincannon	1985
7.37	Anne Millham	1989
7.39	Tricia Perham	1980
7.54	Kim Brandon	1988
7.62	Meghan Lockwood	1996
7.65	Kris Falvey	1983
7.71	Molly Radis	2008
7.72	Camille McKayle	1985
7.76	Johey Farar	2000

**55 Meter Hurdles**

8.72	Maria Kourebanas	1987
<b>8.81</b>	<b>Tina Tobin</b>	<b>2009</b>
8.82	Bethany Maitland	1986
8.93	Ann Leonard	1987
8.7	Deanna Henderson	1979
8.94	Jennifer Kettle	1980
9.00	Kathleen Nugent	2006
9.03	Shannon Walker	1994
9.14	Sarah Goff	1994
9.15	Karyn Christy	1990

**200 Meter**

25.4	Donna Broadway	1981
25.76	Anne Millham	1988
25.96	Andrea Kincannon	1986
26.12	Renata Cosby	1980
26.26	Molly Radis	2008
26.5	Jennifer Pratt	1985
27.12	Johey Farar	2002
27.24	Kim Brandon	1988
27.32	Christina Rivard	2003
27.37	Camille McKayle	1984
27.37	Angela DeGeorge	1990

**400 Meter**

56.7	Renata Cosby	1980
57.05	Andrea Kincannon	1986
58.35	Molly Radis	2008
59.27	Jennifer Pratt	1984
59.4	Allyson Anderson	1979
59.6	Elizabeth Homans	1987
<b>60.29</b>	<b>Izzy Alexander</b>	<b>2009</b>
60.58	Kelly Frazier	1990
60.67	Megan Lockwood	1996
<b>60.67</b>	<b>Dana Lindauer</b>	<b>2009</b>

**500 Meter**

1:16.25	Izzy Alexander	2007
1:19.42	Kelly Frazier	1991
1:20.39	Jenna Ligor	2007
1:20.61	Leslie Milk	2003
1:20.95	Ashley Wentworth	2005
1:21.04	Dana Lindauer	2008
1:22.76	Jennifer Caban	2005
1:22.82	Barb Tilton	1993
1:23.05	Catherine Crosby	2001
1:24.59	Beth Parker	1998
	Jennifer Kessler	1991

**600 Meter**

<b>1:37.41</b>	<b>Izzy Alexander</b>	<b>2009</b>
1:38.58	Ashley Wentworth	2006
1:39.22	Izzy Alexander	2007
1:40.29	Kelley Puglisi	2003
1:40.44	Jenna Ligor	2007
1:41.62	Leslie Milk	2003
1:41.87	Liz Homans	1985
1:41.63	Kelly Frazier	1991
1:41.6	Ellen Mangan	1983
1:41.96	Dana Lindauer	2008

**800 Meter**

<b>2:13.74</b>	<b>Izzy Alexander</b>	<b>2009</b>
2:15.22	Ashley Wentworth	2006
2:17.43	Jennifer Caban	2007
2:18.49	Kelley Puglisi	2003
2:19.04	Katie Bash	2007
2:18.9	Renata Cosby	1980
2:21.10	Ellen Mangan	1983
2:21.33	Becca Watt	1982
2:21.43	Kim Whipkey	2003
2:21.4	Kathy Leonard	1980
2:21.4	Kari Payne	1987

**1000 Meter**

2:57.68	Kelley Puglisi	2003
<b>3:00.42</b>	<b>Izzy Alexander</b>	<b>2009</b>
3:02.57	Rebecca Watt	1983
3:02.57	Adelia Myrick	1997
3:02.92	Jen Caban	2007
3:03.81	Kathryn Moore	2007
3:03.89	Amy Rosania	2008
<b>3:04.40</b>	<b>Katie Bash</b>	<b>2009</b>
3:04.6	Kari Payne	1986
3:05.1	Nadia White	1987

**Mile**

5:01.81	Kelley Puglisi	2003
5:02.92	Kathryn Moore	2007
5:05.64	Romalda Clark	1990
5:05.72	Rebecca Watt	1985
5:08.64	Adelia Myrick	1996
5:09.4	Janet MacColl	1978
5:12.7	Sue Collins	1981
5:12.86	Sarah White	1994
5:14.13	Kathy Kraemer	1985
5:15.18	Cindy Morse	1981

**Triple Jump**

36-09.75	Jennifer Marino	2008
36-06	Anne Millham	1987
35-04	Camille McKayle	1985
34-06.25	Anne Cole	1987
34-05.75	Anya Belanger	1999
34-05.75	Kirby Sabra	2004
34-05.5	Aisha Bell	2000
34-02.75	Becky Gervais	1985
<b>34-01.50</b>	<b>Abby King</b>	<b>2009</b>
33-10.75	Leah Bassett	1994

**3000 Meter**

9:48.25	Romalda Clark	1989
10:12.31	Kathryn Moore	2006
10:14.80	Amy Jones	1988
10:18.1	Nancy Bell	1982
10:19.05	Kathy Kraemer	1985
10:23.97	Julie Dutton	2004
10:24.37	Sue Collins	1981
10:25.71	Andrea Elder	1990
10:28.7	Karen Palermo	1984
10:30.2	Beth Golden	1987

**High Jump**

5-07.5	Karen Holler	1980
5-06	Sue Simpkins	1981
5-06	Sue MacDougal	1978
5-04.25	Kathy Flaherty	1987
5-04	Suzanne Alley	1980
5-02	Kathleen Nugent	2003
5-02	Meg Randall	
5-01	Evie Eich	1993
5-00.25	Anya Belanger	1999
5	Tied at 5'	

**5000 Meter**

17:19.24	Abigail Anthony	2001
17:27.28	Kathryn Moore	2007
17:27.43	Alexis Steinrauf	1994
17:37.96	Romalda Clark	1990
17:45.2	Nancy Bell	1985
17:47.44	Julie Dutton	2004
17:50.07	Andrea Elder	1992
18:00.5	Karen Palermo	1985
18:01.39	Amy Jones	1988
18:14.69	Jennifer Mitton	2008

**Pole Vault**

11-00	Shannon Walker	1997
10-10	Laura Golitko	2006
10-06.75	Julie Shelkey	2006
9-09	Meghan Schleck	2008
9-00.25	Lily Gordon	2008
8-06	Meghan O'Dowd	2003
8-01	Meredith Anderson	2006
8-00	Aimee Grimmelman	2004
8-00	Izzy Alexander	2007
<b>8-00</b>	<b>Irina Beal</b>	<b>2009</b>

**Long Jump**

18-07	Andrea Kincannon	1985
17-10.50	Anne Millman	1987
17-09	Donna Broadway	1983
17-6.5	Kathleen Nugent	2006
17-02	Karen Holler	1980
17-01.25	Tricia Perham	1983
16-11	Jen Kettle	1981
<b>16-10</b>	<b>Jennifer Marino</b>	<b>2009</b>
16-07.50	Allyson Anderson	1978
16-06	Shannon May	1985

**Shot Put**

53-02.75	Liz Wanless	2004
46-10.25	Keelin Godsey	2006
<b>43-07.75</b>	<b>Vantiel Elizabeth Duncan</b>	<b>2009</b>
<b>36-05.75</b>	<b>Sara Ellen Godek</b>	<b>2009</b>
36-03.75	Erika Bristol	2000
36-01	Lynn Barker	1992
33-11.5	Jody Chumbook	1982
33-09.50	Cassandra Kirkland	2008
33-04.50	Danielle Matteau	2001
33-03.25	Tiffany Tropino	2002

## 20# Weight

65-11.75	Keelin Godsey	2005
57-07	Vantiel Elizabeth Duncan	2008
54-02	Liz Wanless	2003
52-07.50	Erika Bristol	2000
51-08.25	Cassandra Kirkland	2008
48-04.50	Candace Poiss	1992
<b>48-03.50</b>	<b>Sara Ellen Godek</b>	<b>2009</b>
47-10	Jen Strahle	2002
46-11.50	Faye Holmes	1994
46-00	Karissa Carey	2003

## Pentathlon

3220	Kathleen Nugent	2006
3201	Jen Kettle	1981
3180	Karen Holler	1981
3000	Meg Randall	1980
2966	Izzy Alexander	2007
2751	Ellen Draeger	1990
2687	Tracy Penny	1988
2602	Alyson Ewald	1988
2591	Leslie Milk	2001
2565	Lindsey Hescocock	1996

## 4x200 Meter Relay

1:46.99	1984 Andrea Kincannon, Camille McKayle, Jennifer Pratt, Meredith Martin
1:48.0	1979 D. Broadway, K Leonard, R. Cosby, A.
1:48.9	1980 Henderson, Leonard, Kettle, Perham
1:48.7	1979 Holler, Kettle, Perham, Cosby
1:48.54	1992 Kincannon, May, Pratt, McKayle
1:49.64	2003 Milk, Wentworth, Nugent, Rivard
1:50.7	Henderson, M. Hanssen, Perham, Cosby
1:51.07	1986 Maitland, Millhan, Kincannon, Leonard
1:51.1	1981 Leonard, Doughty, Dolan, Broadway
1:51.25	1988 Brandon, Lallen, Messina, Millham

## 4x400 Meter Relay

3:57.19	2008 Izzy Alexander, Dana Lindauer, Molly Radis, Jen Marino
4:00.19	2006 Nugent, Touhey, Alexander, Wentworth
<b>4:01.01</b>	<b>2009 Tobin, Lindauer, Marino, Alexander</b>
4:05.16	2008 Alexander, Rosania, Lindauer, Marino
4:06.70	1990 Frazier, Christy, Kourebanas, Quinby
4:06.92	1990 Kourebanas, Quinby, Frazier, Hall
4:07.59	2003 Rivard, Milk, Nugent, Touhey
4:08.35	2007 Rosania, Shelkey, Marino, Higgins
<b>4:08.97</b>	<b>2009 Radis, Lindauer, Tobin, Marino</b>
<b>4:09.27</b>	<b>2009 Lindauer, Soule, Marino, Alexander</b>

All NE III	1993 Frazier, Stinchfield, J. Kessler, Tilton
	1991 Farr, K. Kessler, Stinchfield, Tilton
	1995 Unger, Holmes, Gill, Walker
	1994 Achenbach, Ozbal, White, Lawler
	2006 Touhey, Higgins, Anderson, Westlake
	2008 Alexander, Radis, Lindauer, Marino
	<b>2009 Lindauer, Tobin, Marino, Alexander</b>

## 4x800 Meter Relay

9:22.77	2007 Izzy Alexander, Katie Bash, Jen Caban, Jenna Ligor
9:39.44	2008 Rosania, Bash, Alberto, Balentine
9:39.7	1980 Hopfe, Dolan, Leonard, Cosby
9:43.67	1990 Quinby, Harper, Elder, Clark
9:45.6	2008 Rosania, Bash, Alberto, Lindauer
9:46.28	2005 Moore, Hamilton, Rosania, Wentworth
9:47.42	2007 Bash, Rosania, Ligor, Caban
9:47.74	1990 Frazier, Harper, Elder, Clark
9:50.15	1984 Kraemer, Ehret, Palermo, Barr
9:52.0	1990 Quinby, Frazier, Elder, Clark
All NE III	1992 Tilton, Gilman, Taormina, Elder
	1991 Elder, Frazier, Tilton, Stinchfield
	1995 White, K. Walker, Phelps, Ballantyne
All Open NE	2007 Alexander, Bash, Caban, Ligor

## Distance Medley Relay

12:03.29	2007 Katie Bash, Izzy Alexander, Caban, Kathryn Moore
12:19.99	2003 Dutton, Nugent, Whipkey, Puglisi
12:32.60	2007 Bash, Rosania, Ligor, Caban
12:33.74	2006 Balentine, Touhey, Bisceglia, Moore
12:37.75	2008 Bash, Lindauer, Alberto, Balentine
12:38.88	2002 Puglisi, Starr, Crosby, Dutton
12:45.6	1981 Hopfe, Dolan, Fesseden, Morse
12:50.02	2007 Balentine, Higgins, Rosania, Maciewicz
12:52.03	2001 Puglisi, Dutton, Crosby, Wallace
<b>12:55.81</b>	<b>2009 Bash, Higgins, Leonhardt, Goldstein</b>
All NE III	2007 Bash, Rosania, Ligor, Caban
ALL AMERICAN	2007 Bash, Alexander, Caban, Moore