

Bates College Women's Outdoor Track All-Time Top 10 Performances

Updated 2010

100m Dash

Anne Millham	1988	12.50
Meghan Lockwood	1996	12.60
Kim Brandon	1989	12.88
Jennifer Pratt	1983	12.91
Lizzy Carleton	2010	12.97
Ansley Flanagan	2010	13.07
Dana Lindauer	2009	13.11
Camille McKayle	1985	12.9
Romina Istratii	2010	13.15
Johanna Farrar	2000	13.21

100m Hurdles

Tina Tobin	2009	15.38
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
Abby King	2010	16.52
Sarah Goff	1993	16.69

200m Dash

Anne Millham	1989	25.59
Dana Lindauer	2010	25.87
Kim Brandon	1988	26.56
Ansley Flanagan	2010	26.59
Christina Rivard	2003	26.65
Lizzy Carleton	2010	26.69
Kathleen Nugent	2006	26.87
Izzy Alexander	2007	26.95
Johanna Farrar	2000	26.98
Jennifer Pratt	1983	26.9

400m

Dana Lindauer	2010	57.96
Sarah Dominick	1994	59.02
Ashley Wentworth	2006	59.42
Izzy Alexander	2009	59.71
Jennifer Pratt	1984	59.75
Lisa Hartung	2010	1:00.33
Danielle Touhey	2006	1:00.67
Angela DiGeorge	1993	1:01.22
Christina Rivard	2002	1:01.55
Kim Hall Couture	1990	1:01.80

400m Hurdles

Izzy Alexander	2009	1:01.78
Kelly Frazier	1991	1:03.99
Tina Tobin	2010	1:05.33
Leslie Milk	2003	1:07.25
Maria Kourebanas	1987	1:07.69
Lindsay Soule	2010	1:08.48
Allison Quinby	1989	1:08.4
Barbara Tilton	1993	1:08.52
Camille McKayle	1984	1:08.69
Tracy Lyford	1998	1:08.77

800m

Izzy Alexander	2009	2:13.42
Jennifer Caban	2007	2:14.28
Sarah Dominick	1992	2:14.49
Ashley Wentworth	2006	2:16.43
Kelley Puglisi	2003	2:18.06
Adelia Myrick	1997	2:20.05
Lisa Hartung	2010	2:20.11
Liz Homans	1984	2:20.17
Amy Rosania	2008	2:21.52
Christine Ballantyne	1996	2:22.34

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
Katie Bash	2010	4:48.63
Adelia Myrick	1996	4:48.94
Becky Jones	1984	4:49.6
Vita Taormina	1993	4:49.60
Meaghan Lynch	2005	4:51.61

3000m Steeplechase

Kathryn Moore	2007	10:33.20
Esther Kendall	2010	11:31.05
Julie Dutton	2002	11:37.38
Beth Pagnotta	2002	11:41.55
Meaghan Lynch	2005	11:56.81
Amanda Solch	2010	12:01.23
Aimee Grimmelmann	2002	12:01.02
Kaitlyn McElroy	2004	12:14.14
Rachel Vaivoda	2008	12:27.12
Amethyst Hamlin	1996	12:34.02

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
Molly Balentine	2008	18:23.75

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

Jennifer Marino	2008	17-04
Amy Taylor	1997	17-03.50
Kathleen Nugent	2005	16-11.75
Izzy Alexander	2007	16-09.75
Taylor Piers	2010	16-09.25
Gillian Casey	1997	16-06.25
Anne Millham	1987	16-04.75
Aisha Bell	2000	16-04
Ann Cole	1985	15-10.50
Erin Augulewicz	2010	15-10.25

Triple Jump

Jennifer Marino	2009	38-00
Aisha Bell	2000	35-07.50
Anne Millham	1986	35-06
Anya Belanger	2002	35-03
Kirby Sabra	2004	35-01.25
Abby King	2010	34-11
Taylor Piers	2010	34-09.75
Erin Augulewicz	2010	33-11.50
Lisa Waldron	1998	33-06.50
Lindsey Hescoock	1996	33-05.50

High Jump

Anya Belanger	2002	5-02.50
Kathy Flaherty	1985	5-02
Lindsey Hescoock	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
Megan Schleck	2009	9-03
Lily Gordon	2008	9-02.25
Lauren Farnsworth	2010	9-02.25
Gwyn Johnson	2010	8-09
Irina Beal	2010	8-06.25
Malinda Gilbert	2000	8-01
Meredith Anderson	2005	8-00.50

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
Sara Ellen Godek	2010	105-01
Kathryn Moore	2004	103-04
Keelin Godsey	2005	101-09
Beth Pagnotta	2004	99-07
Andrea Remec	2010	99-04

Hammer Throw

Keelin Godsey	2006	206-05
Vantiel Elizabeth Duncan	2009	180-11
Karissa Carey	2005	161-03
Sara Ellen Godek	2010	157-05
Faye Holmes	1994	151-04
Jen Strahle	2002	149-11
Erika Bristol	2000	148-07
Cassandra Kirkland	2008	148-07
Jennifer Winslow	2000	144-07
Laura Smith	2010	144-03

Shot Put

Liz Wanless	2004	53-01
Keelin Godsey	2006	47-05
Vantiel Elizabeth Duncan	2010	47-01.75
Sara Ellen Godek	2009	38-09
Erika Bristol	2000	36-09
Lynn Barker	1990	35-08
Faye Holmes	1994	34-06
Cassandra Kirkland	2008	33-02.50
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
Vantiel Elizabeth Duncan	2010	124-11
Jennifer Winslow	2000	114-01
Brooke Miller	2007	113-09
Cassandra Kirkland	2008	112-02
Beth Clark	1985	109-03
Danielle Matteau	2000	107-09
Lynn Barker	1990	107-03

Heptathlon

Kathleen Nugent	2006	4129
Izzy Alexander	2007	3932
Andrea Remec	2010	3519
Katharine Collet	2010	3342
Katie King	2002	3314
Ellen Draegert	1991	3242
Anya Belanger	2000	3162
Kate Osborne	1999	3071
Kathleen Pendergast	1990	2979
Tracey Penny		2690

4x100m relay

49:50 Kristen Poulin, Ansley Flanagan, Erin Augulewicz, Lizzy Carleton 2010

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 Brandon, 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

4x400m relay

3:58.47 Lizzy Carleton, Ansley Flanagan, Tina Tobin, Dana Lindauer 2010

3:58.82 Lizzy Carleton, Dana Lindauer, Tara Higgins, Izzy Alexander 2009

3:59.50 Lizzy Carleton, Ansley Flanagan, Lisa Hartung, Dana Lindauer 2010

4:00.40 Danielle Touhey, Kathleen Nugent, Izzy Alexander, Ashley Wentworth 2006

4:02.37 Lisa Hartung, Ansley Flanagan, Tina Tobin, Dana Lindauer 2010

4:02.90 Jen Marino, Dana Lindauer, Tara Higgins, Izzy Alexander 2009

4:04.44 Lisa Hartung, Amy Rosania, Tara Higgins, Izzy Alexander 2007

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

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

9:28.97 Lisa Hartung, Elizabeth Arens, Katie Bash, Lisa Reedich 2010

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

9:45.08 Elizabeth Arens, Amanda Solch, Katie Bash, Lisa Reedich 2010

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