

**CHRISTOPHER NEWPORT UNIVERSITY'S  
POMOCO STADIUM/IRWIN BELK TRACK  
FACILITY RECORDS**

**Men**

<u>Event</u>	<u>Athlete</u>	<u>Affiliation</u>	<u>Date</u>	<u>Record</u>
100m	Aziz Zakari	Unattached	5/7/11	10.27
200m	Joshua Washington	Richard Bland CC	4/18/15	20.86
400m	Terrance Burton	Hampton Univ.	2006	46.84
800m	Alan Webb	South Lakes H.S.	4/8/00	1:50.41
1500m	John Muller	William & Mary	4/20/13	3:46.22
1600m	Alan Webb	South Lakes H.S.	4/10/99	4:13.7
3000m	Bryan Dunn	William & Mary	4/30/94	8:34.1
3200m	Bryce Ruiz	Jamestown H.S.	4/13/02	9:11.46
5000m	Matt Lane	Unattached	4/26/97	14:27.1
10,000m	Tim Billo	Williams Coll.	4/1/95	31:17.4
110m Hurdles-42"	Dominic Berger	Unattached	5/7/11	13.58
110m Hurdles-39"	Gemayel Hazzard	Bethel H.S.	4/7/01	14.34
300m Hurdles	Jerel Williams	Menchville H.S.	4/1/93	37.98
400m Hurdles	Elhadji Mbow	Essex CC	5/7/11	51.18
2000m Steeplechase	Evan Fabish	Christopher Newport	4/16/16	6:11.79
3000m Steeplechase	Jason Dunn	William & Mary	4/29/95	9:09.6
4x100m Relay	Christopher Newport University		5/3/08	40.89
4x400m Relay	Hampton HS		1995	3:14.48
4x800m Relay	Lafayette H.S.		4/1/93	7:59.9
High Jump	Joseph Owens	CNU Alumni	5/9/09	7-2.25/2.19m
Pole Vault	Derek O'Connell	William & Mary	4/16/16	16-10.75/5.15m
Long Jump	Curtis Porter	Virginia Union Univ.	4/17/97	24-11/7.59m
	Darris Shelton	Unattached	4/17/10	24-11/7.59m
Triple Jump	Alonzo Moore	Unattached	4/18/15	50-6.75/15.41m
Shot Put - 16 lb	Taylor Frenia	William & Mary	4/15/17	58-7.25/17.86m
Shot Put - 12 lb	Taylor Frenia	Kempsville HS	4/6/13	58-4.25
Discus - 2 kg	Taylor Frenia	William & Mary	4/15/17	176-0/53.66m
Discus - 1.6 kg	DJ Patterson	Fork Union Mil. Acad.	4/8/98	167-6
Hammer	Jesse Doty	Syracuse Chargers	5/9/09	224-4/68.39m
Javelin	Brian Kollar	Unattached	4/25/98	213-1/(64.96m)
Decathlon	Richard Roethel	CNU Alumni	4/18/16	7,393pts
100m	Ryan Scott	Christopher Newport	5/6/16	10.85
Long Jump	Richard Roethel	CNU Alumni	4/16/16	22-9.75/6.95m
Shot Put	Richard Roethel	CNU Alumni	4/17/15	44-2/13.46m
High Jump	Richard Roethel	Christopher Newport	5/8/10	6-9/2.06m
400m	Richard Roethel	CNU Alumni	4/17/15	49.66
110m Hurdles	Ryan Scott	Christopher Newport	5/7/16	14.82
Discus	Richard Roethel	CNU Alumni	4/16/16	130-6/39.79m
Pole Vault	Richard Roethel	CNU Alumni	4/16/16	14-11.5/4.56m
Javelin	Richard Roethel	CNU Alumni	4/18/15	189-0/57.62m
1500m	Tyler Grant	Washington & Lee	5/9/10	4:35.83

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**Women**

<u>Event</u>	<u>Athlete</u>	<u>Affiliation</u>	<u>Date</u>	<u>Record</u>
100m	Ara Towns	Bethel HS	2001	11.94
200m	Kanika Beckles	Essex CC	5/7/11	23.95
400m	Marie Giles	Bethel H.S.	4/8/00	54.46
800m	Teneisha Davis	Essex CC	5/7/11	2:12.77
1500m	Marisa Ruskan	Univ. of Richmond	4/15/17	4:23.85
1600m	Jennifer Boyd	Hickory H.S.	4/5/03	4:57.40
3000m	Molly McKenna	William & Mary	4/15/17	9:47.07
3200m	Krystin Shiring	North Stafford H.S.	4/13/02	10:59.00
5000m	Danielle Kramer	Bloomsburg Univ.	4/5/03	17:33.72
10,000m	Aimee Gibbs	Christopher Newport	4/6/02	37:04.86
100m Hurdles	Bridget Cochran	Christopher Newport	5/2/98	13.79
300m Hurdles	Tonya Williams	Norview H.S.	1992	42.10
400m Hurdles	Zandra Berry	Lincoln (PA) Univ.	4/1/00	1:01.05
2000m Steeplechase	Kelly Bailey	Univ. of Richmond	4/16/16	7:15.29
3000m Steeplechase	Ashlyn Sinclair	Unattached	4/30/05	11:23.05
4x100m Relay	Western Branch HS		4/2/10	46.91
4x400m Relay	Menchville H.S.		4/9/94	3:47.16
4x800m Relay	Western Branch HS		4/4/14	9:16.60
High Jump	Crystal Jones	Colonial Forge HS	4/4/14	5-9/(1.75m)
Pole Vault	Nicole Kazuba	William & Mary	5/9/09	12-11.5/3.95m
Long Jump	Casey Taylor	Christopher Newport	5/1/99	19-11.25/(6.07m)
Triple Jump	Camelia Morman	East Carolina Univ.	4/19/08	42-0/12.80m
Shot Put	Angela Bertholdt	Unattached	4/24/04	50-1.5/(15.27m)
Discus	Amy Brown	Unattached	4/25/98	166-2/(50.66m)
Hammer	Leia Mistowski	William & Mary	4/15/17	200-1/61.00m
Javelin	Ann Crouse	Unattached	4/25/98	156-0/(47.56m)
Heptathlon	Heather Miller	Central Park TC	4/21/13	5,440pts
100m Hurdles	Heather Miller	Central Park TC	4/20/13	14.58
High Jump	Taylor Superior	USC-Beaufort	5/6/17	5-5.75/1.67m
Shot Put	Briana Sutton	Christopher Newport	5/6/17	39-7.25/12.07m
200m	Heather Miller	Central Park TC	4/20/13	25.05
Long Jump	Heather Miller	Central Park TC	4/21/13	18-11.25/5.77m
Javelin	Briana Sutton	Christopher Newport	4/15/17	131-7/40.11m
800m	Heather Miller	Central Park TC	4/21/13	2:18.16