

**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**

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|--------------------|------------------------|---------------------|-------------|------------------|
| 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       | Maryland-Eastern Shore |                     | 4/21/18     | 46.55            |
| 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       | Kaitlin Scott          | Hampton Univ.       | 4/20/18     | 14.36            |
| 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            | Kayla Key              | Hampton Univ.       | 4/21/18     | 136-10/41.71m    |
| 800m               | Heather Miller         | Central Park TC     | 4/21/13     | 2:18.16          |