

**Lindsey Wilson College
Women's Outdoor Track & Field Records**

Updated: 6/15/11

Event	Athlete	Result	Date
100 meters	Brandy Garth	12.60	4/27/99
200 meters	Sherria Hester	25.42	4/23/10
400 meters	Sherria Hester	57.32	4/24/10
800 meters	Kamila Bocian	2:12.91	5/27/05
1,500 meters	Alvi Bejleri	4:44.50	4/16/05
3,000 meters	Tara Henshaw	10:45.50	4/17/04
5,000 meters	Sharon Ronoh	17:20.10	5/28/11
10,000 meters	Sharon Ronoh	35:37.41	5/26/11
Half-Marathon	Britt Rodgers	1:39:32.00	4/23/04
Marathon	N/A	No Record	N/A
100/110 meters Hurdles	Ruth Olson	15.56	5/14/11
400 meters Hurdles	Ruth Olson	1:06.61	5/14/11
3,000 meters Steeplechase	Natasha Hale	11:43.17	5/3/03
3,000 meters Race Walk	Amanda Johnson	15:29.00	5/8/09
5,000 meters Race Walk	Megan Nicole Furnish	25:18.98	3/29/10
10,000 meters Race Walk	Chelsea Conway	56:54.00	4/10/11
4x100 meters Relay	Omni Morgan Ruth Olson Kristina Wimsatt Sherria Hester	48.93	5/29/10
4x200 meters Relay	Erin Bomgardner Brandy Garth Jennings Jackie Clayton	1:53.06	2/6/99
4x400 meters Relay	Amber Cannon Meagan Crouse Alvi Bejleri Kamila Bocian	4:07.62	4/9/05
4x800 meters Relay	Meagan Crouse Grace Korir Cassie Niersel Stellah Sang	9:52.73	4/14/07
Sprint Medley Relay	McKaylee Gilmore Ashlee Steele Meagan Crouse Tara Henshaw	2:02.68	4/3/04
High Jump	Kindra Ewing	5-0.25 feet 1.53 meters	4/23/04
Long Jump	Kristina Wimsatt	18-4.25 feet 5.59 meters	4/29/06
Triple Jump	LaShauna Cunningham	35-9.50 feet	5/5/01

		10.91 meters	
Pole Vault	N/A	No Record	N/A
Shot Put	Elizabeth Amponsah	36-9.75 feet 11.22 meters	4/24/10
Discus	Katie Hartney	116-4 feet 35.46 meters	4/2/11
Hammer	Tiarra Cecil	122-4 feet 37.29 meters	4/17/04
Javelin	Lorna Heaton	117-6 feet 35.68 meters	4/25/09
Decathlon / Heptathlon	N/A	No Record	N/A

