

# UK Varsity Records - Women

## Indoor

Event	Record Holder	Time/Mark	Year
55 Meters	Michelle Brown	6.75	1997
55m Hurdles	Michelle Williams	7.70	1998
<b>60 Meters</b>	<b>Abby Steiner</b>	<b>7.10</b>	<b>2022</b>
60m Hurdles	Kendra Harrison	7.87	2015
<b>200 Meters</b>	<b>Abby Steiner</b>	<b>22.09 (CR)</b>	<b>2022</b>
<b>300 Meters</b>	<b>Abby Steiner</b>	<b>35.80 (CR) 2021 (2021-22 Season)</b>	
400 Meters	Sydney McLaughlin	50.36	2018
500 Meters	Ariah Graham	1:10.80 (2015-16 Season)	2015
800 Meters	Ariah Graham	2:04.64	2016
Mile	Allison Peare	4:35.14	2014
3,000 Meters	Cally Macumber	8:59.98	2013
5,000 Meters	Valerie McGovern	15:48.17	1990
<b>4x400m Relay</b>	<b>Moss, Steiner, Davis, Holmes</b>	<b>3:25.89</b>	<b>2022</b>
<b>Distance Medley Relay</b>	<b>Gearing, Miles, Schwinghamer, Herman</b>	<b>10:58.81c</b>	<b>2021</b>
Shot Put	Ashley Muffet	57-3.5 / 17.46m	2010
20-lb. Weight	Rebecca Famurewa	70-10.75 / 21.61m	2015
High Jump	Ellen Ekholm	6-3.25 / 1.91m	2020
Long Jump	Sha'Keela Saunders	22-7.75 / 6.90m	2017
Triple Jump	Marie-Josée Ebwea-Bile Excel	45'7.75" / 13.91m	2018
Pole Vault	Olivia Gruver	15'3.75" / 4.67m	2018
Pentathlon	Precious Nwokey	4,185	2011

## Outdoor

Event	Record Holder	Time/Mark	Year
<b>100 Meters</b>	<b>Abby Steiner</b>	<b>10.92</b>	<b>2022</b>
100m Hurdles	Jasmine Camacho-Quinn	12.40	2018
<b>200 Meters</b>	<b>Abby Steiner</b>	<b>21.80 (CR)</b>	<b>2022</b>
400 Meters	Sydney McLaughlin	50.07	2018
400m Hurdles	Sydney McLaughlin	52.75 (CR)	2018
<b>800 Meters</b>	<b>Jenna Schwinghamer</b>	<b>2:03.18</b>	<b>2022</b>
<b>1,500 Meters</b>	<b>Tori Herman</b>	<b>4:14.12</b>	<b>2022</b>
Mile	Cally Macumber	4:37.75	2013
<b>3,000m Steeplechase</b>	<b>Perri Bockrath</b>	<b>9:52.00</b>	<b>2022</b>
5,000 Meters	Valerie McGovern	15:45.72	1990
10,000 Meters	Valerie McGovern	32:50.44	1991
4x100m Relay	Barnes, Camacho-Quinn, Clarke, Gray	42.30	2018
<b>4x400m Relay</b>	<b>Davis, Miles, Steiner, Holmes</b>	<b>3:21.93 (CR)</b>	<b>2022</b>
Shot Put	Nicole Fautsch	55-0 / 16.76m	2019
Discus	Beckie Famurewa	189-4 / 57.71m	2016
Javelin	Cindy Crapper	181-10 / 55.42m	1982
Javelin (post-1985)	Sarah Blake	174-3 / 53.12m	2017
<b>Hammer</b>	<b>Jade Gates</b>	<b>219-11 / 67.05m</b>	<b>2022</b>
High Jump	Raina Turner	6-5 / 1.85m	1993
Long Jump	Sha'Keela Saunders	22-7.25 / 6.89m	2016
Triple Jump	Marie-Josée Ebwea-Bile	45-11.25 / 14.00m	2018
Pole Vault	Olivia Gruver	14-11.00 / 4.55m	2018
Heptathlon	Precious Nwokey	5543	2010

# UK Varsity Records - Men

## Indoor

Event	Record Holder	Time/Mark	Year
55 Meters	Tim Harden	6.06	1996
55m Hurdles	Chuck Peters	7.44	1972
60 Meters	Tim Harden	6.54	1995
60m Hurdles	Daniel Roberts	7.41	2019
<b>200 Meters</b>	<b>Lance Lang</b>	<b>20.32</b>	<b>2022</b>
<b>400 Meters</b>	<b>Dwight St. Hillaire</b>	<b>45.64</b>	<b>2021</b>
800 Meters	David Freeman	1:47.40	2003
Mile	Matt Hillenbrand	3:57.00	2014
3,000 Meters	Jacob Thomson	7:53.87	2018
5,000 Meters	Jacob Thomson	13:41.33	2018
<b>4x400m Relay</b>	<b>Smith, Lang, Williams, St. Hillaire</b>	<b>3:03.61</b>	<b>2021</b>
Distance Medley Relay	Landers, Johnson, Ciurlys, Freeman	9:35.41	2003
<b>Shot Put</b>	<b>Josh Sobota</b>	<b>66-3.25 / 20.20m</b>	<b>2020</b>
35-lb. Weight	David Cline	67-08.75 / 20.64m	2017
High Jump	Eugene Grundy	7-4.50 / 2.24m	1997
Long Jump	Tim Duckworth/Andrew Channer	25-7.25 / 7.80m	2017/1998
<b>Triple Jump</b>	<b>Luke Brown</b>	<b>53-5" / 16.28m</b>	<b>2022</b>
<b>Pole Vault</b>	<b>Matt Peare/Keaton Daniel</b>	<b>18-0.50 / 5.50m</b>	<b>2021/2022</b>
Heptathlon	Tim Duckworth	6188	2018
<b>300 Meters</b>	<b>Dwight St. Hillaire</b>	<b>32.70</b>	<b>2021* (2021-22 Season)</b>

## Outdoor

Event	Record Holder	Time/Mark	Year
100 Meters	Tim Harden	10.05	1995
110m Hurdles	Daniel Roberts	13.00	2019
<b>200 Meters</b>	<b>Lance Lang</b>	<b>20.08</b>	<b>2021</b>
<b>400 Meters</b>	<b>Dwight St. Hillaire</b>	<b>44.55</b>	<b>2018</b>
400m Hurdles	Jeff Ellis	49.96	1999
800 Meters	Keffri Neal	1:46.39	2014
1,500 Meters	Matt Hillenbrand	3:39.84	2014
Mile	Martin Clark	4:01.80	1985
3,000m Steeplechase	Luis Orta	8:42.22	2013
5,000 Meters	Jacob Thomson	13:43.49	2016
10,000 Meters	Mark Nenow	28:32.00	1980
4x100m Relay	Lindsey, Jackson, Williams, Harden	38.81	1995
<b>4x400m Relay</b>	<b>St. Hillaire, Lang, Lightner, Faust</b>	<b>2:59.93</b>	<b>2022</b>
Shot Put	Jeff Chakouian	66-03.00 / 20.19M	2004
Discus	Andrew Evans	217-9 / 66.37M	2014
Javelin	Raymond Dykstra	257-9 / 78.58m	2014
Hammer	Matt Kavanagh	221-4 / 67.46m	1999
High Jump	Grant Lindsey	7-5 / 2.26m	2008
Long Jump	Tim Duckworth	26-4.25 / 8.03m	2018
Triple Jump	Keenan Hall	51-7 / 15.72 m	2011
<b>Pole Vault</b>	<b>Keaton Daniel</b>	<b>18-08.25 / 5.70m</b>	<b>2021</b>
Decathlon	Tim Duckworth	8336	2018