

# 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
60m Hurdles	Masai Russell	7.75 (CR)	2023
200 Meters	Abby Steiner	22.09 (CR)	2022
300 Meters	Abby Steiner	35.80 (CR) 2021 (2021-22 Season)	
400 Meters	Sydney McLaughlin	50.36	2018
500 Meters	Ariah Graham	1:10.80 (2015-16 Season)	2015
<b>800 Meters</b>	<b>Sydney Steely</b>	<b>2:03.53</b>	<b>2024</b>
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
4x400m Relay	Moss, Steiner, Davis, Holmes	3:25.89	2022
<b>Distance Medley Relay</b>	<b>Steely, Miles, Schwinghamer, Herman</b>	<b>10:53.45</b>	<b>2023</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	Annika Williams	4,346	2023

## Outdoor

Event	Record Holder	Time/Mark	Year
100 Meters	Abby Steiner	10.92	2022
100m Hurdles	Masai Russell	12.36 (CR)	2023
200 Meters	Abby Steiner	21.80 (CR)	2022
400 Meters	Sydney McLaughlin	50.07	2018
400m Hurdles	Sydney McLaughlin	52.75 (CR)	2018
<b>800 Meters</b>	<b>Sydney Steely</b>	<b>2:02.19</b>	<b>2024</b>
1,500 Meters	Tori Herman	4:14.12	2022
Mile	Cally Macumber	4:37.75	2013
3,000m Steeplechase	Perri Bockrath	9:52.00	2022
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
4x400m Relay	Davis, Miles, Steiner, Holmes	3:21.93 (CR)	2022
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
Hammer	Jade Gates	219-11 / 67.05m	2022
<b>High Jump</b>	<b>Charity Hufnagel</b>	<b>6-0.75 / 1.85m</b>	<b>2024</b>
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
<b>Heptathlon</b>	<b>Charity Hufnagel</b>	<b>5914</b>	<b>2024</b>

# 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
200 Meters	Lance Lang	20.32	2022
<b>300 Meters</b>	<b>Kennedy Lightner</b>	<b>32.45</b>	<b>2024</b>
400 Meters	Dwight St. Hillaire	45.64	2021
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
4x400m Relay	Smith, Lang, Williams, St. Hillaire	3:03.61	2021
Distance Medley Relay	Landers, Johnson, Ciurlys, Freeman	9:35.41	2003
Shot Put	Josh Sobota	66-5.75/20.26m	2022*
<b>35-lb.Weight</b>	<b>Dennis Ohene-Adu</b>	<b>73-6/22.40m</b>	<b>2024</b>
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>55-1.50" / 16.80m</b>	<b>2024</b>
<b>Pole Vault</b>	<b>Keaton Daniel</b>	<b>19'0.25" / 5.80m</b>	<b>2024</b>
Heptathlon	Tim Duckworth	6188	2018

## Outdoor

Event	Record Holder	Time/Mark	Year
100 Meters	Tim Harden	10.05	1995
110m Hurdles	Daniel Roberts	13.00	2019
200 Meters	Lance Lang	20.08	2021
400 Meters	Dwight St. Hillaire	44.55	2018
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
<b>4x100m Relay</b>	<b>Bascus, Muunga, Jones, Lightner</b>	<b>38.66</b>	<b>2024</b>
<b>4x400m Relay</b>	<b>St. Hillaire, Lang, Lightner, Faust</b>	<b>2:59.93</b>	<b>2022</b>
Shot Put	Joshua Sobota	67-00.00 / 20.42M	2023
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	Jordan Turner	26-4.50 / 8.04m	2023
<b>Triple Jump</b>	<b>Luke Brown</b>	<b>54-1.00/16.48m</b>	<b>2024</b>
<b>Pole Vault</b>	<b>Keaton Daniel</b>	<b>18-08.25 / 5.70m</b>	<b>2021</b>
Decathlon	Tim Duckworth	8336	2018