

UK FRESHMAN RECORDS - WOMEN

INDOOR

Event	Record Holder	Time/Mark	Year
55 Meters	Passion Richardson	6.78	1994
55-Meter Hurdles	Michelle Williams	7.83	1998
60 Meters	Sharmelle Holmes	7.24	2025
60-Meter Hurdles	Masai Russell/Emmi Scales	8.18	2019/2024
200 Meters	Sydney McLaughlin	22.68	2018
300 Meters	Sydney McLaughlin	36.12	2017
400 Meters	Sydney McLaughlin	50.36	2018
800 Meters	Vanice Kerubo Nyagisera	2:01.14	2026
Mile	Doricah Minsari Isoe	4:35.71	2026
3,000 Meters	Lisa Breiding	9:07.66	1986
5,000 Meters	Ann Lemirisho	16:11.62	2026
Shot Put	Ashley Muffet	52-4 / 15.95m	2006
20 lb. Weight	Kate Powers	68-3.00 / 20.80m	2024
High Jump	Kemarah Howard	6-1.5 / 1.87m	2026
Long Jump	Ola Sesay	20-7.25 / 6.28m	1998
Triple Jump	Marie-Josée Ebwea-Bile	42-0.75 / 12.82m	2016
Pole Vault	Olivia Gruver	13-9.75 / 4.21m	2016
Pentathlon	Annika Williams	4346	2023

OUTDOOR

Event	Record Holder	Time/Mark	Year
100 Meters	Anthaya Charlton	11.11	2023
100-Meter Hurdles	Jasmine Camacho-Quinn	12.69	2016
200 Meters	Sydney McLaughlin	22.39	2018
400 Meters	Sydney McLaughlin	50.07	2018
400-Meter Hurdles	Sydney McLaughlin	52.75	2018
800 Meters	Janet Jepkemboi Amimo	2:00.36	2025
1,500 Meters	Doricah Minsari Isoe	4:10.34	2026
Mile	Patricia Padorno	4:48.04	1987
3,000m Steeplechase	Amy Hansen	10:32.73	2014
5,000 Meters	Ann Lemirisho	15:59.52	2026
10,000 Meters	Lynne Segreti	36:45.76	1986
Shot Put	Ashley Muffet	54-2.50	2006
Discus	Rebecca Famurewa	187-4 / 57.09m	2013
Javelin	Cindy Crapper	161-4 / 49.17m	1981
Javelin (Post 1985)	Sarah Blake	163-8/49.90m	2016
Hammer	Kate Powers	215-7/65.72m	2024
High Jump	Kemarah Howard	6-2.75 / 1.90m	2026
Long Jump	Sha'Keela Saunders	21-1.25 / 6.43m	2014
Triple Jump	Sophie Galloway	42-9 / 13.04m	2022
Pole Vault	Olivia Gruver	14-1.25 / 4.30m	2016
Heptathlon	Danielle Sampley	5377	2008



UK FRESHMAN RECORDS - MEN

INDOOR

Event	Record Holder	Time/Mark	Year
55 Meters	Tim Harden	6.26	1993
55-Meter Hurdles	Reggie Payton	7.47	1994
60 Meters	Jordan Anthony	6.55	2023
60-Meter Hurdles	Tai Brown	7.85	2019
200 Meters	Langston Jackson	20.58	2020
300 Meters	Dwight St. Hillaire	32.83	2017
400 Meters	Dwight St. Hillaire	46.20	2018
800 Meters	James Doaty	1:47.93	2001
Mile	Collins Kiprop Kipngok	4:00.27	2025
3,000 Meters	Collins Kiprop Kipngok	7:55.30	2025
5,000 Meters	Collins Kiprop Kipngok	13:58.61	2024
Shot Put	Jeff Chakouian	65-10.5 / 20.07m	2001
35 lb. Weight	Matt Kavanagh	64-4 / 19.60m	1997
High Jump	Michael Mason	7-2.25 / 2.19m	2005
Long Jump	Derrick Locke	25-5.25 / 7.75m	2008
Triple Jump	Luke Brown	53-05 / 16.28m	2022
Pole Vault	Matt Peare/Charles Moushey	16-10 / 5.13m	2018/2014
Heptathlon	Tim Duckworth	5454	2015

OUTDOOR

Event	Record Holder	Time/Mark	Year
100 Meters	Jordan Anthony	10.16	2023
110-Meter Hurdles	Tai Brown	13.57	2019
200 Meters	Lance Lang	20.51	2021
400 Meters	Dwight St. Hillaire	44.55	2018
400-Meter Hurdles	Jeff Ellis	50.39	1998
800 Meters	David Freeman	1:48.44	2001
1,500 Meters	Collins Kiprop Kipngok	3:42.63	2025
Mile	Kendall Muhammad	4:03.28	2016
3,000m Steeplechase	Collins Kiprop Kipngok	8:22.67	2025
5,000 Meters	Ed Bird	13:51.24	2024
10,000 Meters	Dave Bensema	30:12.00	1978
Shot Put	Jeff Chakouian	66-0.50 / 20.12m	2001
Discus	Colin Boevers	181-4 / 55.27m	2008
Javelin	Raymond Dykstra	247-5 / 75.41m	2012
Hammer	Logan Coles	208-01 / 63.43m	2022
High Jump	Grant Lindsey	7-5 / 2.26m	2008
Long Jump	Jordan Turner	26-4.50 / 8.04m	2023
Triple Jump	Dwight Phillips	50-7.50 / 15.43m	1997
Pole Vault	Keaton Daniel	18-08.25 / 5.45m	2021
Decathlon	Tim Duckworth	7156	2015

