

# Central Arizona College Women's Top Ten List

## 100 Meters

11.34	Elva Goulbourne	2001
11.52	Angelique Smith	<b>2006</b>
11.54	Peta-Gay Barrett	1997
11.59	Nadine Palmer	2003
11.64	Sherry Fletcher	2005
11.74	Melocia Clark	1999
11.74	Maria Darden	2002
11.83	Seynabou Ndiaye	2000
11.84	Sharesa Turner	1999
11.84	Reshundra Smiley	2002

## 3000 Meters

10:00.03	Janet Rono	2001
10.22.4	Linah Tallum	2002
10:24.37	Rose Kurui	1998
10:32.70	Natalie Ryan	1997
10:35.30	Kellie O'Conner	2000
10:40.01	Araceli Ortega	1997
10:41.65	Cynthia Ramirez	1998
11:00.00	Hollie Green	1997
11:08.80	Natasha Beaumont	1998
11:14.24	Kris Billie	1999

## Long Jump

22-6.25	Elva Goulbourne	2001
20-5.5	Cameal Rhule	2001
20-3.5	Patricia Sylvester	2004
19-10.75	Sharesa Turner	1999
19-9	Nicole Smith	<b>2006</b>
19-7	Sheree Francis	2005
18-10.5	Corinne Kuklovsky	2004
18-8.25	Melocia Clarke	1999
18-5	Jessica Dewitt	1999
18-3.75	Arnetta Simpson	1999

## Discus

183-4	Ilona Rutjes	2001
163-5	Charlotte Turner	1999
163-0.5	Robin Lyons	1997
159-09	Barbara Sugar	2002
153-11.25	Jennifer Moon	1999
147-0	Charlene Hawthorne	2000
146-1.25	Ashley Stough	2001
144-11	Kheri Farris	2005
138-11	Georgina German	1997
135-7	Toni Kee	2004

## 200 Meters

23.41	Angelique Smith	<b>2006</b>
23.51	Elva Goulbourne	2001
23.70	Nadine Palmer	2003
23.76	Peta-Gay Barrett	1997
23.86	Sharesa Turner	1999
23.95	Sherry Fletcher	2005
23.98	Melocia Clark	1999
24.00	Yolanda Cofield	2003
24.08	Hazel Ann Regis	2002
24.10	Maria Darden	2002

## Steeplechase

11:37.90	Rebecca Wiseman	2003
12:08.22	Tiffany Kinnibrugh	2001
12:17.00	Teresa Brown	2001
12:34.10	Cindy Conover	2003

## High Jump

6-.50	Sheree Francis	2005
5-11.25	Patricia Sylvester	2004
5-8.75	Nicole Smith	<b>2006</b>
5-6	Mahea Enos	1997
5-6	Khadigah Mohamed	2002
5-6	NaOnka Mixon	2002
5-5	Shawna Bailey	2005
5-4.5	Meaghan Ryan	<b>2006</b>
5-4.25	Jamie Pew	1999
5-4	Beth Brown	2000

## Hammer

198-0	Barbara Sugar	2002
176-0	Sara Vigil	2003
173-6	Charlene Hawthorne	2001
172-4	Mikaela Johansson	<b>2006</b>
170-6	Charlotte Turner	2000
170-1	Jaimee Troth	2004
166-5	Anna-Karin Larsson	2005
165-6	Robin Lyons	1998
153-6	Ashley Stough	2001
145-9	Jade Furnas	2005

## 400 Meters

51.84	Hazel Ann Regis	2001
52.79	Tanya Jarrett	1997
53.99	Petagay Gayle	1999
54.00	Neisha Bernard Thom:	2002
54.24	Jacki-Ann Morain	2003
54.94	Natasha Foreman	2000
54.99	Bridgette Williams	2005
55.05	Jeavon Benjamin	<b>2006</b>
55.08	April Brough	2005
55.09	Elricia Francis	1999

## 5000 Meters

17:52.68	Naumy Bor	2005
17:53.00	Rose Kurui	1999
17:53.61	Linah Tallum	2003
18:05.17	Rebecca Wiseman	2003
18:18.20	Janet Rono	2001
18:21.21	Cynthia Ramirez	1999
18:22.60	Hollie Green	1997
18:26.69	Irene Jeptolo	2005
18:53.00	Araceli Ortega	1997
18:57.00	Natalie Ryan	1997

## Triple Jump

41-5	Cameal Rhule	2001
40-3.5	Nicole Smith	<b>2006</b>
40-3	Shaquina Mosely	2004
40-2.75	Petagay Gayle	1999
40-2.75	S'Dori Sims	2000
40-2	Patricia Sylvester	2004
39-6	NaOnka Mixon	2002
37-6	Lovie Mathis	2000
37-5	Heather Madril	2004
37-0	Beth Brown	2000

## Shot Put

48-2.5	Tierra Hubbard	<b>2006</b>
48-0	Jennifer Moon	1999
46-11	Stephanie Tietjen	2001
46-3	Ilona Rutjes	2001
45-10	Jaimee Troth	2004
45-9	Kheri Farris	2005
44-8.25	Charlotte Turner	2000
44-1	Sara Vigil	2003
43-4	Mikaela Johansson	2005
42-3.25	Robin Lyons	1997

## 800 Meters

2:06.78	Fanice Chepkorir	2002
2:09.69	Neisha Bernard Thom:	2002
2:11.34	Danielle Abraham	<b>2006</b>
2:13.98	Bobbete Stewart	1998
2:14.01	Jeavon Benjamin	<b>2006</b>
2:14.28	Natasha Beaumont	1997
2:14.77	Tanya Jarrett	1997
2:15.18	Andrea Austin	2002
2:15.66	Monique Young	2000
2:15.68	Janet Rono	2000

## 10,000 Meters

38:50.80	Cynthia Ramirez	1999
39:12.70	Rose Kurui	1999
40:05.63	Everlyne Matonyei	<b>2006</b>
40:21.70	Araceli Ortega	1998
40:46.00	Hollie Green	1997
40:55.04	Naumy Bor	2005
40:59.74	Irene Jeptolo	2005
42:00.00	Tiffany Kinnibrugh	2000
42:48.22	Leandra Thomas	<b>2006</b>

## Pole Vault

10'2	Frankie Jo Olmos	1999
10'0	Aracelli Palma	2000

## Javelin

165-0	Cassie Morelock	1997
155-10	Tracy Morrison	<b>2006</b>
148-9	Ilona Rutjes	2002
145-1	Andrea Morrow	2002
133-6	Frankie Jo Olmos	1999
130-6.75	Jennifer Kelliher	1997
127-5	Sara Ossana	1998
125-6	Georgina German	1997
123-7	Toni Kee	2003
121-5.5	Mikaela Johansson	<b>2006</b>

## 1500 Meters

4:23.92	Fanice Chepkorir	2002
4:31.92	Janet Rono	2001
4:41.80	Vanessa Hernandez	2005
4:42.98	Linah Tallum	2003
4:44.58	Bobbete Stewart	1998
4:45.04	Kellie O'Conner	2000
4:45.80	Naumy Bor	2005
4:48.45	Natalie Ryan	1997
4:48.66	Rose Kurui	1998
4:49.99	Natasha Beaumont	1998

## 400 M Intermediate Hurdles

56.54	Tanya Jerret	1997
57.77	Petagay Gayle	1999
60.18	Natasha Foreman	2000
60.29	Jacki-Ann Morain	2003
60.50	Yvonne Ntini	2000
61.48	Kellie Pew	1997
62.37	Meaghan Ryan	<b>2006</b>
63.32	Tanicka Ward	2005
63.75	Zalanka Jones	2000
64.48	Nadja Bell	2003

## 110 Meter High Hurdles

13.78	Cameal Rhule	2001
13.93	Kellie Pew	1997
14.00	Jennifer Kelliher	1997
14.01	Mahea Enos	1997
14.43	NaOnka Mixon	2002
14.44	Natasha Foreman	2001
14.44	Corinne Kuklovsky	2004
14.54	Petagay Gayle	1998
14.60	Jamie Pew	2000
14.61	Vicki Howard	2004

## Thrower's Pentathlon

3047	Barbara Sugar	2002
2657	Mikaela Johansson	2005
2603	Charlene Hawthorne	2001
2476	Sara Vigil	2003
2363	Ashley Stough	2001
<b>201b Weight Throw</b>		
60-04	Barbara Sugar	2002
54-2	Charlene Hawthorne	2001
51-03	Sara Vigil	2003
49-0	Mikaela Johansson	2005

## 400 Meter Relay

44.98	Goulbourne, Ndiaye Regis, Rhule	2001
45.21	Simpson, Francis Clark, Turner	1999
45.27	Williams, Fletcher Brough, Smith	2005
45.37	Turner, Barrett Gayle, Jarrett	1998
45.68	Burnett, Clarke Shippy, Smith	<b>2006</b>

## 1600 Meter Relay

3:39.35	Benjamin, Burnett Clarke, Smith	<b>2006</b>
3:39.85	Morain, Smith Bernard-Thomas, Regis	2002
3:40.82	Regis, Bernard-Thom: Goulbourne, Dunno	2001
3:41.78	Barrett, Beaumont Gayle, Jarrett	1998
3:43.75	Cofield, Morain Smith, Palmer	2003

## 3200 Meter Relay

9:09.84	Stewart, Beaumont Payne, Ellis	1998
9:17.8	Tallum, Montano Bernard-Thomas, Chepkorir	2002
9:26.84	Brooks, Rono, Young, Bernard	2001
9:27.00	Peacock, Ryan Beaumont, Jarrett	1997
9:36.74	Ramirez, Ellis Kurui, Stewart	1999

## Heptathlon

4967	Jamie Pew	2000
4684	Meaghan Ryan	<b>2006</b>
4665	Jennifer Kelliher	1998
4605	Frankie Jo Olmos	1998
4592	Mahea Enos	1997
4303	Corinne Kuklovsky	2004
4158	Kellie Pew	1997
4134	Audra Smith	2004
4029	Tasha Judie	2002
3972	Precious White	<b>2006</b>