

## Liberty's All-Time Top 10 Performers

*Last updated 1/21/18*

### *Notes:*

-- Each athlete is only listed once per event, indicating their top performance in a Liberty uniform in that event.

-- Some events include fewer than 10 performers, where insufficient information exists to create an accurate Top 10 list.

-- If you notice any errors or omissions in the following lists, please email [pjcarmany@liberty.edu](mailto:pjcarmany@liberty.edu).

-- **Current Liberty student-athletes are highlighted in bold.**

-- Code: c - converted from yards, h - hand time, w - wind aided

### ***Men's Indoor***

#### **55m**

1) Jacob Swinton	6.20	2/17/95	UNC
2) Gerald Mosley	6.27	2/16/90	VT
3) Tony Beckles	6.1h	12/11/81	LC
t4) Pete McFadden	6.36	12/5/97	Fork Union
t4) Don Wood	6.36	12/10/04	LC
6) Willie Parker	6.37	1/24/87	VT

#### **60m**

1) Jacob Swinton	6.73	2/16/96	Clemson
t2) ConRoy Smith	6.85	1/19/13	Winston-Salem
t2) Jacey Bailey	6.85	12/4/08	Liberty
4) Ravanno Ferguson	6.88	2/18/06	Liberty
5) Stephen Racanelli	6.89	3/1/14	VT/Big South
t6) Roderick Spruel	6.91	12/1/12	Liberty
t6) Don Wood	6.91	2/26/05	Liberty
8) Durell Cull	6.92	3/1/08	Clemson/Big South
9) Guifaly Christolin	6.94	2/16/02	VT/Big South
t10) Ryan Davis	6.95	2/25/17	Winston-Salem/Big South
t10) Markus Greenleaf	6.95	2/17/07	Clemson/Big South
t10) Alonzo Phillips	6.95	2/19/05	VT/Big South
t10) Sam Brunt	6.95	2/21/04	VT/Big South

**55m Hurdles**

1) Sean Keys	7.53	2/20/93	GMU
2) Marlon Tanner	7.54	12/11/98	LC
3) Gerald Swann	7.55	2/22/88	VT
4) Charles McCray	7.56	2/11/89	VT
5) Greg Benhase	7.59	12/11/98	LC

**60m Hurdles**

<b>1) Jovaine Atkinson</b>	<b>7.75</b>	<b>1/19/18</b>	<b>VMI</b>
2) Ken Howell	8.08	2/21/99	Big South
3) Matt Parker	8.09	Twice in 2009	
4) Greg Benhase	8.22	2/21/99	Big South
5) Marlon Tanner	8.24	2/12/99	VT
6) Ryan Davis	8.26	Two times	
7) Jeff Ferris	8.30	12/1/07	Liberty
8) Tim O'Donnell	8.31	1/27/07	Liberty
t9) Chris Herbst	8.32	2/27/10	Clemson/Big South
t9) Lauren Williams	8.32	2/22/03	VT/Big South

**200m**

1) Mike Decker	21.23	3/5/00	Boston/IC4A
2) Stephen Racanelli	21.38	3/9/14	Boston/IC4A
3) Jeremy Wagner	21.47	3/6/03	Boston/IC4A
4) Alonzo Phillips	21.54	3/5/05	Boston/IC4A
5) Gerald Mosley	21.4h	2/22/91	VT
6) Pete McFadden	21.78	2/21/98	VT/Big South
7) Leonard Robbins	21.79	2/25/12	VT/Big South
8) Scott Queen	21.98	2/24/90	VT
9) Carlton McDuffie	21.99	1/17/97	VT
10) Jacob Swinton	22.03	2/11/95	GMU

**300m**

1) Willie Parker	33.40c	1/16/87	ETSU
2) Gerald Swann	34.4h	2/27/88	VT
3) Andre Washington	34.79	1/21/11	VT
4) Gerald Mosley	34.6h	2/29/92	VT
5) Stephen Racanelli	34.94	1/23/15	VT
6) Kelvin Edwards	35.14	2/21/87	GMU
7) Jacey Bailey	35.35	1/22/10	VT
8) Trevor Strachan	35.3h	2/27/88	VT

**400m**

1) Mike Decker	46.33	3/10/01	Ark./NCAA I
2) Stephen Racanelli	47.29	3/6/16	Boston/IC4A
3) Gerald Swann	47.88	3/12/88	S.D./NCAA II
4) Carlton McDuffie	48.06	3/3/96	Harvard/IC4A
5) Willie Parker	47.9h	2/7/87	VT
6) Phil Leineweber	48.26	1/12/08	VT
7) Ravanno Ferguson	48.30	3/5/05	Boston/IC4A
8) Gerald Mosley	48.1h	2/22/92	VT
9) Kyle Gill	48.46	3/3/12	Boston/IC4A
10) Andre Washington	48.54	3/3/12	Boston/IC4A

**500m**

1) Taylor Courtney	1:01.96	3/6/11	Boston/IC4A
2) Mike Decker	1:02.05	2/12/99	VT
3) Johnny Prettyman	1:02.7h	2/29/92	VT
4) Phil Leineweber	1:02.97	3/4/07	Boston/IC4A
5) Mike Reed	1:03.07	3/5/95	Princeton/IC4A
6) Hosein Burch	1:03.51	2/8/97	GMU
7) Paul Arslain	1:03.52	3/3/13	Boston/IC4A
8) Gerald Swann	1:03.8h	1/31/87	VMI

**800m**

1) Johnny Prettyman	1:50.7h	2/22/92	VT
t2) Chris Lyons	1:51.25	3/6/04	Boston/IC4A
<b>t2) Colin Schultz</b>	<b>1:51.25</b>	<b>2/4/17</b>	<b>Penn State</b>
4) John Sherret	1:51.44	2/13/15	Birmingham
<b>5) Michael Todd</b>	<b>1:52.43</b>	<b>2/27/16</b>	<b>VT/Big South</b>
6) Scott Evans	1:52.3h	2/25/84	VT
7) Isaac Wendland	1:52.79	2/4/12	Penn State
8) Ray McClanahan	1:53.11	1/22/88	ETSU
<b>9) Andrew Crowell</b>	<b>1:53.67</b>	<b>2/27/16</b>	<b>VT/Big South</b>
t10) Travis Campbell	1:54.20	3/5/05	Boston/IC4A
t10) Phil Leineweber	1:54.20	1/13/07	VT

**1000m**

<b>1) Colin Schultz</b>	<b>2:23.01</b>	<b>3/5/17</b>	<b>Boston/IC4A</b>
2) Isaac Wendland	2:24.74	3/6/11	Boston/IC4A
3) Jarred Cornfield	2:25.94	3/5/11	Boston/IC4A
4) Chuck Lyngaas	2:27.64	3/6/98	Cornell/IC4A
5) Damien Bates	2:27.72	3/6/93	Harvard/IC4A
6) Chris McGregor	2:28.27	3/20/95	Princeton/IC4A
7) John Sherret	2:28.40	1/17/15	Liberty
8) Ray McClanahan	2:28.5h	2/20/88	VT
<b>9) Bradley Prentice</b>	<b>2:28.87</b>	<b>1/19/18</b>	<b>VMI</b>
10) Jacob Onifer	2:29.06	2/19/16	VT

**1500m**

1) Curt Kreft	3:55.0h	3/15/85	N.D./NCAA II
2) Ray McClanahan	3:59.5h	2/27/88	VT
3) Johnny Engelhardt	4:00.70	2/4/83	VMI
4) Ivan Solero	4:01.21	2/26/83	GMU

**1 Mile**

1) Josh McDougal	4:01.63	2/18/06	Liberty
2) Sam Chelanga	4:03.84	1/21/11	Virginia Tech
3) Curt Kreft	4:07.58	3/9/85	MTSU
4) Chris McGregor	4:09.08	3/7/98	Cornell/IC4A
5) Caleb Edmonds	4:10.56	3/1/14	VT/Big South
6) Dan Rabe	4:11.34	3/5/04	Boston/IC4A
<b>7) Colin Schultz</b>	<b>4:11.62</b>	<b>2/26/17</b>	<b>Winston-Salem/Big South</b>
8) Jarvis Jelen	4:12.60	3/4/06	Boston/IC4A
<b>9) Cameron Francis</b>	<b>4:14.48</b>	<b>1/21/17</b>	<b>Liberty</b>
10) Josiah Melly	4:15.31	2/22/03	VT/Big South

**3000m**

1) Sam Chelanga	7:48.24	2/5/11	Boston
2) Josh McDougal	7:53.16	3/4/06	Boston/IC4A
3) Caleb Edmonds	8:03.39	3/3/13	Boston/IC4A
<b>4) Azaria Kirwa</b>	<b>8:12.03</b>	<b>3/5/17</b>	<b>Boston/IC4A</b>
5) Josh Cox	8:15.94	3/7/98	Cornell/IC4A
6) Jordan McDougal	8:16.58	2/17/07	Clemson/Big South
7) Stanley Langat	8:18.07	3/5/17	Boston/IC4A
8) Josh MacDonald	8:18.38	1/24/14	VT
9) Stephen Githuka	8:18.76	2/27/99	VT
10) Chris McGregor	8:19.50	2/14/97	Clemson

**5000m**

1) Sam Chelanga	13:19.79	2/13/09	Arkansas
2) Josh McDougal	13:37.32	3/4/07	Boston/IC4A
3) Evans Kigen	14:05.92	3/9/08	Boston/IC4A
4) Josh MacDonald	14:10.33	3/2/13	Boston/IC4A
<b>5) Azaria Kirwa</b>	<b>14:11.36</b>	<b>3/4/17</b>	<b>Boston/IC4A</b>
6) Josh Edmonds	14:12.61	3/6/11	Boston/IC4A
7) Jordan McDougal	14:15.06	3/9/08	Boston/IC4A
8) Jarvis Jelen	14:22.15	12/1/07	Liberty
9) Bruce Kite	14:23.50	3/4/01	Boston/IC4A
10) Caleb Edmonds	14:29.20	1/19/13	VT

### **4x400m Relay**

- 1) Jahquez Durham (49.7), Michael Todd (47.5), Jeff Jacobs (48.3), Stephen Racanelli (47.5) 3:13.18 3/4/17 Boston/IC4A
- 2) Carlton McDuffie (47.9), Dennis Johnson (49.3), Cedric Pollard (48.9), Hosein Burch (48.2) 3:13.42 3/3/96 Harvard/IC4A
- 3) Ravanno Ferguson, Josh Gilreath, Travis Campbell, Alonzo Phillips 3:13.65 3/5/05 Boston/IC4A
- 4) Phil Leineweber, Travis Campbell, Josh Gilreath, Tim O'Donnell 3:13.70 3/3/07 Boston/IC4A
- 5) Kyle Gill, Leonard Robbins, Paul Arslain, Taylor Courtney 3:13.81 3/3/12 Boston/IC4A
- 6) Scott Queen (49.8), Henry Elliott (49.0), Trevor Strachan (48.7), Gerald Swann (46.4) 3:13.9h 2/20/88 Virginia Tech
- 7) Willie Parker (48.2), Trevor Strachan (49.0), Brett Lawler (48.6), Gerald Swann (48.1) 3:14.15 3/14/87 S.D./NCAA II
- 8) Brian Pitt (50.1), Carlton McDuffie (47.7), Cedric Pollard (48.3), Hosein Burch (48.2) 3:14.3h 1/17/97 VT
- 9) Leonard Robbins, Andre Washington, Kyle Gill, Taylor Courtney 3:14.65 2/11/12 Boston
- 10) Jon Debogory (47.60), Guifaly Christolin (48.80), Erick Beck (49.20), Jeremy Wagner (49.13) 3:14.73 3/7/03 Boston/IC4A

### **4x800m Relay**

- 1) Jacob Onifer (1:54.5), Colin Schultz (1:51.5), Trevor Hope (1:52.8), John Sherret (1:50.4) 7:29.15 3/8/14 Boston/IC4A
- 2) Andrew Crowell (1:52.78), Colin Schultz (1:52.59), Bradley Prentice (1:53.55), Michael Todd (1:51.60) 7:30.50 3/6/16 Boston/IC4A
- 3) Andrew Crowell (1:56.18), Jacob Onifer (1:53.16), Trevor Hope (1:51.28), John Sherret (1:50.41) 7:31.01 3/8/15 Boston/IC4A
- 4) Drew Ellenburg (1:56.2), Chris McGregor (1:54.0), Chuck Lyngaas (1:53.5), Andrew Prantner (1:56.0) 7:37.44 3/3/96 Harvard
- 5) Brett Honeycutt (1:56.4), Brent Squires (1:57.2), Damien Bates (1:56.5), Johnny Prettyman (1:49.9) 7:37.58c 1/25/92 ETSU
- 6) Paul Arslain, Drew Edwards, Jordan Bright, Isaac Wendland 7:42.87 3/6/10 Boston/IC4A
- 7) Brett Lawler (1:55.9), Dave Fouse (1:58.7), Doug Holliday (1:55.2), Ray McClanahan (1:54.4) 7:44.2h 2/14/87 VT
- 8) Damien Bates, Brent Squires, Mark Szolnik, Brett Honeycutt 7:45.82 3/7/92 Princeton/IC4A
- 9) Chris McGregor, Chris Poluikis, Brian Kiprono, Chuck Lyngaas 7:46.33 2/14/98 GMU
- 10) Paul Arslain, Jordan Bright, Joel Terry, Sam Chelanga 7:51.24 1/22/10 VT



### **Pole Vault**

1) Ken Howell	17-5	3/6/99	Boston/IC4A
2) Todd Pettyjohn	17-4.75	3/5/94	Princeton/IC4A
3) Kolby Shepherd	17-1	1/21/12	VT
<b>4) Carson Waters</b>	<b>17-0.75</b>	<b>Two times</b>	
5) Ken Ritchey	16-8.75	2/12/16	Liberty
6) Michael Prettyman	16-4.75	3/3/96	Harvard/IC4A
7) Jeff Juhala	16-0.5	1/19/91	VT
8) Greg Benhase	16-0	2/21/99	VT/Big South
9) Jeremy Parker	15-11.5	2/12/94	VT
10) Alex Geniesse	15-11.25	2/26/16	VT/Big South

### **Long Jump**

1) James McKnight	25-0.5	2/5/94	VMI
2) Kevin Coley	24-8.25	3/2/96	Harvard/IC4A
3) Chad Wilson	24-7	1/19/01	LC
<b>4) Darrel Jones</b>	<b>24-3.5</b>	<b>2/5/16</b>	<b>Penn State</b>
5) Kevin Octave	24-2.25	2/8/03	CNU
6) Gerald Swann	24-1.5	2/27/88	VT
7) Lewis Seals	23-11	12/10/99	LC
8) Nick Anderson	23-10.75	12/8/00	LC
9) Sam Brunt	23-10.25	1/18/02	LC
10) Anthony Bryant	23-8.75	1/29/11	Liberty

### **Triple Jump**

<b>1) Darrel Jones</b>	<b>50-9.25</b>	<b>1/21/17</b>	<b>Liberty</b>
2) Clarence Powell	50-6	1/22/10	VT
3) Anthony Bryant	50-2.75	3/6/11	Boston/IC4A
4) Aklesso Agama	50-2	2/27/15	Winston-Salem/Big South
5) Andre Wright	48-10	1/21/17	Liberty
6) Chad Wilson	48-5.75	2/21/04	VT/Big South
<b>7) Jonny Saintil</b>	<b>48-2.75</b>	<b>2/12/16</b>	<b>Liberty</b>
8) Lauren Williams	48-1.75	2/22/03	VT/Big South
t9) Chris Johnson	48-0.5	2/5/11	Penn State
t9) L.G. Parrish	48-0.5	1/23/89	VT

**Shot Put**

1) Clendon Henderson	61-10.5	1/12/08	VT
2) Ryan Smith	60-1.75	2/25/12	VT/Big South
3) Fred Fulton	59-4.25	3/9/14	Boston/IC4A
4) Dan Royal	58-1.5	2/26/05	Liberty
5) Jon Hart	56-1.25	3/9/08	Boston/IC4A
6) Bill Gillespie	55-10.5	2/26/82	K.C./NAIA
7) Jacob DeValve	55-0.25	3/9/14	Boston/IC4A
8) David Scouten	53-10.5	2/27/16	VT/Big South
9) Scott Haynes	53-1.5	2/10/90	VT
10) Andrew Bartels	52-10.25	2/26/09	Clemson/Big South

**35 lb Weight**

1) Jon Hart	66-6.5	3/1/08	Clemson/Big South
2) Ryan Smith	64-4	1/26/13	Liberty
3) Fred Fulton	63-10.5	2/28/14	VT/Big South
4) Clendon Henderson	63-4	3/8/08	Boston/IC4A
5) Dan Royal	63-2	2/26/05	Liberty
6) David Scouten	62-9.5	3/8/14	Boston/IC4A
7) John Talbert	57-4.75	2/27/09	Clemson/Big South
8) Tyler Biggins	55-8.25	2/21/04	VT/Big South
9) Trevor VanAsselt	54-7.5	2/27/15	Winston-Salem/Big South
10) Eric Cabbell	52-7	12/1/84	VMI

**Pentathlon**

1) James Johnson	3,873	3/6/99	IC4A
2) Greg Benhase	3,827	3/6/99	IC4A
3) Ryan Werner	3,782	3/6/93	Harvard/IC4A
4) Ramsey Moore	3,777	3/2/01	Boston/IC4A
5) Ken Howell	3,668	3/6/99	Boston/IC4A
6) Josh Jones	3,626	3/4/00	Boston/IC4A
7) Eric Carroll	3,591	2/16/91	VT
8) Brian Ballard	3,575	2/23/00	VCU
9) Toby Fifer	3,547	2/5/94	VMI
10) Jon Debogory	3,447	2/9/02	CNU



### Heptathlon

1) Brandon Hoskins	5,383	3/1/08	Clemson/Big South
2) Daniel Newell	5,346	1/24/09	Liberty
3) Zach Davis	5,259	3/4/17	Boston/IC4A
4) Geren Woodbridge	5,182	3/6/11	Boston/IC4A
5) Tevan McIntire	5,169	2/14/15	Liberty
<b>6) Markus Ballengee</b>	<b>5,152</b>	<b>3/4/17</b>	<b>Boston/IC4A</b>
7) Matt Parker	5,100	12/4/08	Liberty
8) Cody Bingham	5,027	3/2/13	Boston/IC4A
9) Taylor Schmidt	4,972	3/6/11	Boston/IC4A
10) Zach Gilroy	4,827	3/1/14	VT/Big South

## *Men's Outdoor*

### **100m**

1) Jacob Swinton	10.20	5/21/94	GMU/IC4A
2) Pete McFadden	10.32w	4/20/96	Liberty
3) ConRoy Smith	10.45	5/1/14	Liberty
t4) Carlton McDuffie	10.47w	4/19/97	UMBC/Big South
t4) Ravanno Ferguson	10.47w	3/17/06	UNCC
6) Jeremy Wagner	10.50	5/15/99	Liberty
7) Don Wood	10.51	5/6/04	Liberty
t8) Gerald Mosley	10.52w	5/23/92	NE/IC4A
t8) Markus Greenleaf	10.52	5/12/06	IC4A
t10) Guifaly Christolin	10.57	4/5/03	LC
t10) Alonzo Phillips	10.57	4/2/05	Liberty

### **200m**

1) Jacob Swinton	20.64	6/18/94	Ft. Lauderdale, Fla.
2) Carlton McDuffie	20.81	4/5/97	UVa
3) Mike Decker	21.00	4/21/01	Liberty/Big South
4) Pete McFadden	21.03w	4/20/96	Liberty
5) Willie Parker	21.10	5/7/88	Salisbury, Md.
6) Gerald Mosley	21.12	5/23/92	NE/IC4A
7) Jeremy Wagner	21.18	4/21/01	Liberty/Big South
8) Alonzo Phillips	21.20	4/2/05	Liberty
9) Guifaly Christolin	21.22	5/9/02	Liberty
10) Scott Queen	21.24	5/11/91	UNC

### **400m**

1) Mike Decker	45.59	6/1/00	Duke/NCAA
2) Carlton McDuffie	46.11	5/25/97	GMU/IC4A
3) Willie Parker	46.50	5/14/88	UVa
4) Hosein Burch	47.15	5/18/96	GMU/IC4A
5) Mike Reed	47.24	4/1/95	UVa
6) Gerald Mosley	47.25	3/27/92	Raleigh Relays
t7) Ravanno Ferguson	47.32	5/5/05	Liberty
t7) Chad Wilson	47.32	4/7/01	Liberty
9) Leonard Robbins	47.37	4/21/12	CCU/Big South
10) Stephen Racanelli	47.43	5/12/16	Liberty/Big South

**800m**

<b>1) Michael Todd</b>	<b>1:49.56</b>	<b>4/21/17</b>	<b>Virginia</b>
2) Chuck Lyngaas	1:49.60	5/16/97	Liberty
3) Isaac Wendland	1:50.22	4/29/10	Liberty
<b>4) Bradley Prentice</b>	<b>1:50.38</b>	<b>4/21/17</b>	<b>Virginia</b>
5) Scott Evans	1:50.77	5/23/84	S.E. Mo./NAIA
6) Johnny Prettyman	1:50.82	5/8/93	Liberty
7) John Sherret	1:50.92	5/1/14	Liberty
8) Brett Lawler	1:51.05	5/17/86	N.C. State
9) Travis Campbell	1:51.37	4/21/07	Liberty/Big South
10) Ray McClanahan	1:51.48	4/2/88	Duke

**1500m**

1) Isaac Wendland	3:43.91	5/25/13	N.C. A&T/NCAA Prelim
2) Josh McDougal	3:44.56	5/13/07	Princeton/IC4A
3) Chris McGregor	3:45.97	6/28/98	Montreal, Quebec
4) Caleb Edmonds	3:48.32	5/1/13	Liberty
5) Stephen Githuka	3:49.02	5/15/98	Liberty
6) Sam Chelanga	3:49.69	4/18/09	Radford/Big South
7) Curt Kreft	3:49.82	5/25/85	Cal. St./NCAA II
<b>8) Cameron Francis</b>	<b>3:50.18</b>	<b>5/4/16</b>	<b>Liberty</b>
9) Josh Cox	3:50.32	5/15/98	Liberty
10) Jordan McDougal	3:50.72	4/23/06	CCU/Big South

**1 Mile**

1) Josh McDougal	3:57.46	3/31/07	Liberty
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**3000m**

1) Caleb Edmonds	8:23.83	4/6/13	Liberty
2) Stephen Githuka	8:24.05	4/3/99	VT
3) Josh Cox	8:26.28	3/15/97	Charlotte
4) Dave McCombs	8:30.25	7/15/90	FSU
<b>5) Cameron Francis</b>	<b>8:31.57</b>	<b>3/19/16</b>	<b>Coastal Carolina</b>
6) Bruce Kite	8:33.40	5/1/99	GMU
7) Ray McClanahan	8:33.4h	3/10/90	UNC Wilmington

**3000m Steeplechase**

1) Evans Kigen	8:43.77	6/13/08	Drake/NCAA
2) Josh MacDonald	8:49.14	5/10/13	Princeton/IC4A
3) Chris McGregor	8:52.61	5/24/98	GMU/IC4A
4) Terry Burwell	8:56.66	5/24/92	N.E./IC4A
5) Jordan McDougal	8:58.84	4/18/08	Winthrop/BSC
6) Jarvis Jelen	9:03.69	5/4/08	Duke
7) Brian Kiprono	9:05.12	4/16/99	Big South
8) Dan Bentley	9:08.0h	4/6/96	Virginia
9) Josh Showalter	9:11.20	4/22/16	Virginia
10) Ivan Solero	9:12.07	3/18/81	Duke

**5000m**

1) Josh McDougal	13:20.43	4/13/07	Mt. SAC Relays
2) Sam Chelanga	13:28.31	5/2/09	Stanford
3) Caleb Edmonds	13:57.09	3/29/13	Stanford
4) Jordan McDougal	14:00.14	4/26/07	Penn Relays
<b>5) Azaria Kirwa</b>	<b>14:00.29</b>	<b>4/22/17</b>	<b>Virginia</b>
6) Josh MacDonald	14:05.87	3/28/14	Raleigh Relays
7) Evans Kigen	14:06.90	5/14/10	Princeton/IC4A
8) Stanley Langat	14:12.06	4/22/17	Virginia
9) Josh Edmonds	14:19.36	3/26/10	Raleigh Relays
10) Bruce Kite	14:22.31	5/18/01	Princeton/IC4A

**10000m**

1) Sam Chelanga	27:08.39	5/1/10	Stanford
2) Josh McDougal	28:27.65	4/29/07	Stanford
<b>3) Azaria Kirwa</b>	<b>29:05.57</b>	<b>3/24/17</b>	<b>Raleigh Relays</b>
4) Evans Kigen	29:16.12	4/24/08	Penn Relays
5) Jordan McDougal	29:36.53	4/13/07	Mt. SAC Relays
6) Josh Edmonds	29:39.68	5/1/10	Stanford
7) Josh Cox	29:57.06	5/22/98	GMU/IC4A
8) Josh MacDonald	29:57.64	3/29/13	Stanford
9) Stephen Githuka	30:04.72	4/22/99	Penn Relays
10) Johnnie Engelhardt	30:27.89	3/26/83	N.C. State

**Marathon**

1) Johnnie Engelhardt	2:25:19	1983	Charleston, W.Va.
2) Brian Olling	2:36:40	1983	Roanoke
3) Gary Darnell	2:42:29	1980	

**110m Hurdles**

<b>1) Jovaine Atkinson</b>	<b>13.93</b>	<b>5/26/17</b>	<b>Kentucky/NCAA Prelim Rd.</b>
2) Greg Benhase	14.20	5/12/98	Liberty
3) Matt Parker	14.26w	5/1/08	Liberty
4) Tim O'Donnell	14.35	3/24/07	LC
5) Ken Howell	14.41w	4/16/99	Big South
t6) Marlon Tanner	14.44	3/20/98	FSU
t6) Henry Elliott	14.44	4/16/88	Hampton
8) Sean Keys	14.49w	5/21/94	GMU/IC4A
9) Eric Carroll	14.54	4/15/89	Hampton
t10) Ryan Davis	14.55	5/12/17	CSU/Big South
t10) Chris Herbst	14.55w	4/3/10	Liberty

**400m Hurdles**

1) Mike Reed	50.52	5/21/95	GMU/IC4A
2) Ryan Davis	51.23	5/16/15	High Point/Big South
t3) Marlon Tanner	51.32	5/23/98	GMU/IC4A
t3) Gerald Swann	51.32	5/20/88	Angelo,Tx/NCAA II
5) Tim O'Donnell	51.35	4/18/09	Radford/Big South
6) Andre Washington	51.95	4/20/13	Liberty/Big South
7) Taylor Courtney	52.46	4/7/12	Liberty
8) Sean Keys	52.60	5/15/93	UNC
9) Ryan Werner	52.70	4/22/95	Towson/ Big South
10) Brandon Hoskins	52.77	4/16/05	VMI/Big South

### **4x100m Relay**

- 1) Pete McFadden, Jacob Swinton, Carlton McDuffie, John Marriott  
39.86 5/18/96 GMU/IC4A
- 2) Pete McFadden, Jacob Swinton, Carlton McDuffie, Cedric Pollard  
40.43 5/24/97 GMU/IC4A
- 3) Pasquale Vescio, Pete McFadden, Carlton McDuffie, Cedric Pollard  
40.44 5/10/97 UNC
- 4) Grover Gaddy, Mike Decker, Guifaly Christolin, Jeremy Wagner  
40.46 4/21/01 LU/Big South
- 5) Brian Sale, Michael Decker, Marlon Tanner, Jeremy Wagner  
40.49 5/23/99 IC4A
- 6) Roderick Spruel, Leonard Robbins, Tarell Williams, Anthony Settje  
40.65 4/21/12 CCU/Big South
- t7) Roderick Spruel, Andre Washington, Kevin Fogg, Jacey Bailey  
40.73 5/15/10 Princeton/IC4A
- t7) Grover Gaddy, Jeremy Wagner, Brannan Duncan, Mike Decker  
40.73 3/16/00 FSU Relays
- t9) Roderick Spruel, Leonard Robbins, Tarell Williams, Maxwell Asante  
40.74 5/13/12 Princeton/IC4A
- t9) Mike Reed, Jacob Swinton, Randy Bishop, James McKnight  
40.74 4/23/94 Liberty

### **4x200m Relay**

- 1) Chad Wilson, Mike Decker, Guifaly Christolin, Jeremy Wagner  
1:24.23 4/28/01 Penn Relays
- 2) Chad Wilson, Jeremy Wagner, Brannan Duncan, Mike Decker  
1:24.66 3/15/00 FSU
- 3) Grover Gaddy, Mike Decker, Brannan Duncan, Jeremy Wagner  
1:25.02 4/28/00 Penn Relays
- 4) Marlon Tanner, Jacob Swinton, Carlton McDuffie, Cedric Pollard  
1:25.67 3/21/97 FSU
- 5) Maxwell Asante, Kyle Gill, ConRoy Smith, Lachaddrick Ellis  
1:25.80 3/31/12 Raleigh Relays
- 6) Leonard Robbins, Maxwell Asante, Roderick Spruel, ConRoy Smith  
1:25.82 4/28/12 Penn Relays
- 7) Leonard Robbins, Roderick Spruel, Tarell Williams, Andre Washington  
1:25.83 3/30/13 Texas Relays
- 8) Pete McFadden, Kevin Coley, Cedric Pollard, Carlton McDuffie  
1:26.16 3/16/96 FSU
- 9) Jacob Swinton, Mike Reed, James McKnight, Randy Bishop  
1:26.67 3/18/94 FSU
- 10) Robert Udugba, Scott Queen, Gerald Mosley, Eric Carroll  
1:26.70 3/30/91 N.C. State

### **4x400m Relay**

- 1) Carlton McDuffie (46.1), Marlon Tanner (48.1), Cedric Pollard (46.7), Hosein Burch (46.1) 3:07.28 3/21/97 FSU
- 2) Johnny Prettyman (47.8), Robert Udugba (46.8), Gerald Mosley (47.2), Scott Queen (45.7) 3:07.5h 5/11/91 UNC
- 3) Cedric Pollard, Carlton McDuffie, Jacob Swinton, Hosein Burch 3:07.80 3/29/97 N.C. St.
- 4) Willie Parker (46.6), Scott Queen (47.2), Henry Elliott (48.0), Gerald Swann (45.8) 3:07.81 4/30/88 Penn Relays
- 5) Marlon Tanner (48.5), Cedric Pollard (46.6), Dennis Johnson (47.5), Hosein Burch (45.6) 3:08.38 5/18/96 GMU/IC4A
- 6) Brett Lawler, Henry Elliott, Scott Queen, Gerald Swann 3:08.72 3/18/89 FSU
- 7) Trevor Strachan, Scott Queen, Willie Parker, Gerald Swann 3:10.02 3/19/88 FSU
- 8) Johnny Prettyman, Brett Lawler, Scott Queen, Gerald Swann 3:10.17 3/17/89 FSU
- 9) Josh Gilreath, Phil Leineweber, Travis Campbell, Tim O'Donnell 3:10.85 4/21/07 Liberty/Big South
- 10) Brannan Duncan, Josh Jones, Sam Brunt, Mike Decker 3:10.98 4/29/00 Penn Relays

### **4x800m Relay**

- 1) Christian Nichols (1:54.9), Travis Campbell (1:53.1), Dan Rabe (1:51.5), Chris Lyons (1:51.9) 7:31.60 5/16/04 Yale/IC4A
- 2) Travis Campbell, Christian Nichols, Chris Lyons, Dan Rabe 7:35.77 5/14/05 Princeton/IC4A
- 3) Drew Ellenburg (1:54.4), Andrew Prantner (1:56.1), Stephen Githuka (1:53.8), Chuck Lyngaas (1:51.4) 7:35.98 5/24/97 GMU/IC4A
- 4) Drew Ellenburg, Chris Poluikis, Brian Kiprono, Chuck Lyngaas 7:36.10 5/23/98 GMU/IC4A
- 5) Chuck Lyngaas (1:52.7), Drew Ellenburg (1:55.3), Andrew Prantner (1:54.4), Chris McGregor (1:53.8) 7:36.15 4/26/97 Penn Relays
- 6) Ray McClanahan (1:54.0), Scott Pooch (1:55.0), Brett Honeycutt (1:53.1), Brett Lawler (1:54.6) 7:36.98 4/28/90 Penn Relays
- 7) Ray McClanahan, Scott Pooch, John Woods, Trevor Strachan 7:38.00 3/26/88 Raleigh
- 8) John Sherret (1:54.32), Jacob Onifer (1:55.09), Trevor Hope (1:53.15), Colin Schultz (1:55.62) 7:38.16 4/25/15 Penn Relays

#### **4x1500m Relay**

- 1) Dan Orr (4:00.20), Brian Kiprono (3:53.10), Bruce Kite (3:59.50), Stephen Githuka (3:52.90)                      15:45.70                      3/19/99                      FSU Relays
- 2) Dan Bentley (3:59.80), Chuck Lyngaas (4:00.80), Stephen Githuka (4:00.90), Josh Cox (3:50.0)                      15:51.70                      3/28/97                      N.C. St.
- 3) Ray McClanahan (3:55.40), Steve Hurst (4:06.10), Kirk Halloway (4:00.90), Damien Bates (4:00.60)                      16:03.0h                      3/30/90                      N.C. St.
- 4) Clint Jackson, Evan Falat, Christian Nichols, Dan Rabe                      16:10.12                      3/17/05                      FSU Relays
- 5) Mark Szkolnik (3:56.40), Brent Squires (4:06.00), Dave McCombs (4:08.70), Damien Bates (4:02.30)                      16:13.62                      3/29/91                      N.C. St.

#### **4 x 1 Mile Relay**

- 1) Josh Cox (4:08.9), Stephen Githuka (4:11.3), Chuck Lyngaas (4:13.1), Chris McGregor (4:07.0)                      16:40.57                      4/25/98                      Penn Relays

#### **Sprint Medley Relay**

- 1) Jacob Swinton (21.3), Pasquale Vescio (22.2), Hosein Burch (46.8), Chuck Lyngaas (1:51.6)                      3:22.19                      3/22/97                      FSU
- 2) Scott Queen (21.6), Willie Parker (20.8), Gerald Swann (46.6), Ray McClanahan (1:53.3)                      3:22.54                      3/18/88                      FSU
- 3) Pete McFadden (21.6), Cedric Pollard (21.3), Marlon Tanner (48.1), Chuck Lyngaas (1:51.9)                      3:23.07                      3/20/98                      FSU
- 4) Paul Hackworth, Scott Queen (42.9), Gerald Swann (46.4), Brett Lawler (1:53.7)                      3:23.24                      3/17/89                      FSU
- 5) Brian Sale, Jeremy Wagner, Mike Decker, Chris Poluikis                      3:23.63                      3/19/99                      FSU Relays
- 6) Alonzo Phillips, Josh Gilreath, Ravanno Ferguson, Travis Campbell                      3:23.93                      3/17/05                      FSU Relays



### **Distance Medley Relay**

- 1) Chris McGregor (2:56.6), Marlon Tanner (47.7), Chuck Lyngaas (1:51.3), Josh Cox (4:07.7)      9:42.98      3/20/98      FSU
- 2) Jordan McDougal, Phil Leineweber, Travis Campbell, Josh McDougal      9:46.44      3/15/07      Coastal Carolina
- 3) Chris McGregor (2:58.1), Cedric Pollard (49.4), Chuck Lyngaas (1:52.9), Josh Cox (4:11.4)      9:52.07      4/24/98      Penn Relays
- 4) Jordan McDougal (3:07.3), Phil Leineweber (48.3), Christian Nichols (1:53.7), Josh McDougal (4:04.6)      9:54.06      4/28/06      Penn Relays
- 5) Chuck Lyngaas (3:05.0), Hosein Burch (47.1), Drew Ellenburg (1:54.3), Chris McGregor (4:07.7)      9:54.32      3/21/97      FSU
- 6) Scott Evans (1:53.9), J. Jordan (50.3), Curt Kreft (3:02.4), Johnnie Engelhardt (4:11.0)      9:57.57      4/2/83      Mary Washington
- 7) Jarred Cornfield (3:06.19), Ryan Davis (50.49), Colin Schultz (1:53.48), Caleb Edmonds (4:07.99)      9:58.14      4/25/14      Penn Relays
- 8) Scott Evans, Jeff Saul, Curt Kreft, Johnnie Engelhardt      9:58.6h      3/16/84      FSU

### **Shuttle Hurdle Relay**

- 1) Ken Howell, Josh Jones, Marlon Tanner, Greg Benhase      58.75      4/22/99      Penn Relays
- 2) Ryan Davis, Markus Ballengee, Samson Moore, Jovaine Atkinson      58.98      5/3/17      Liberty
- 3) Marlon Tanner, Gabriel Caldwell, Micah Gaudio, Leroy Sears      59.22      4/25/97      Penn Relays
- 4) Henry Elliott, Eric Carroll, Gerald Swann, Charles McCray      59.34      3/17/89      FSU
- 5) Micah Brinkley, Jeremy Graves, Mike Hagen, Jordan Crawford      60.08      4/24/04      Penn Relays

### **Long Jump**

- 1) Chad Wilson      25-6.75      5/15/04      Yale/IC4A
- 2) Kevin Coley      25-5.5      4/8/95      UT
- t3) Nick Anderson      24-11      5/11/00      Liberty
- t3) Kevin Octave      24-11      5/14/05      Princeton/IC4A
- 5) Sam Brunt      24-10.25w      5/4/00      Liberty
- 6) James McKnight      24-10      5/21/94      GMU/IC4A
- 7) Clarence Powell      24-9.75w      4/3/10      Liberty
- 8) Oronde Vassell      24-5.5      4/29/10      Liberty
- 9) Anthony Bryant      24-5      5/27/10      N.C. A&T
- 10) Aaron Johnson      24-2.5w      4/29/10      Liberty

### Triple Jump

1) Clarence Powell	52-1.25	5/29/10	N.C. A&T
2) Anthony Bryant	52-0	4/18/09	Radford/Big South
<b>3) Darrel Jones</b>	<b>51-3w</b>	<b>4/21/17</b>	<b>Virginia</b>
4) Aklesso Agama	50-8.25	5/12/16	Liberty/Big South
5) Chris Johnson	50-2.75w	5/1/13	Liberty
6) Chad Wilson	50-0	5/16/04	Yale/IC4A
7) Jeremy Howe	49-0.25	5/15/98	Liberty
8) James McKnight	48-11.75	4/16/94	Liberty
9) L.G. Parrish	48-3.75	3/18/89	Florida State
10) Eric Lundy	48-3.5	4/16/05	VMI/BSC

### High Jump

t1) Matt Parker	7-1	5/17/09	Princeton/IC4A
t1) Kyle Wheeler	7-1	4/20/12	CCU/Big South
3) Anthony Bryant	7-0.5	4/17/09	Radford/Big South
4) Zach Davis	7-0.25	5/1/14	Liberty
t5) Mike Connell	7-0	5/1/93	LC
t5) Mike Reid	7-0	3/24/84	E.C. Glass
7) Kevin Coley	6-11.5	5/20/96	GMU/IC4A
t8) Clarence Powell	6-10.75	4/10/10	LC
t8) James Johnson	6-10.75	3/11/00	CCU
10) James Wilson	6-10.25	5/20/88	NCAA II

### Pole Vault

1) Kolby Shepherd	17-8.5	6/8/12	Drake/NCAA I
2) Todd Pettyjohn	17-6.5	5/23/93	W&M/IC4A
3) Michael Prettyman	17-1.75	5/25/97	GMU/IC4A
4) Ken Howell	17-0.75	3/19/99	FSU Relays
5) Micah Gaudio	16-11	5/24/97	GMU/IC4A
<b>6) Carson Waters</b>	<b>16-10.75</b>	<b>Two times</b>	
7) Ryan Werner	16-8.75	6/1/95	UT/NCAA I
8) Ken Ritchey	16-6.75	4/18/15	Campbell
9) Jeff Juhala	16-6	5/23/91	UNC
10) Greg Benhase	16-5.25	5/15/98	Liberty

### Shot Put

1) Clendon Henderson	61-3	4/5/08	Texas Relays
2) Ryan Smith	60-6	4/19/13	Liberty/Big South
3) Fred Fulton	58-8	3/21/15	Virginia
4) Jon Hart	57-7.5	3/17/07	CCU
5) Jacob DeValve	56-3.25	5/1/14	Liberty
6) Bill Gillespie	55-8.5	5/21/83	UT
7) Dan Royal	54-6.75	5/15/05	Princeton/IC4A
8) Andrew Bartels	53-0	3/14/09	CCU
9) David Scouten	52-10.75	4/7/12	Liberty
10) Tyler Biggins	52-7.25	4/17/03	Radford/Big South

### Discus

1) Clendon Henderson	204-3	4/4/08	Texas Relays
2) John Talbert	191-9	4/4/09	Liberty
3) Fred Fulton	184-7	5/15/15	High Point/Big South
4) Dan Royal	177-6	4/29/05	Penn Relays
5) Elliot Galeone	174-6	4/8/11	Texas Relays
6) Henry Elliott	171-0	5/16/87	N.C. State
7) Tim Abbott	170-7	5/1/14	Liberty
8) Ryan Smith	169-11	4/21/12	CCU/Big South
9) David Scouten	168-0	5/6/15	Duke
10) Mike Lucas	166-6	4/20/96	Liberty/Big South

### Javelin

1) Steve Feister	234-11	5/12/16	Liberty/Big South
<b>2) Denzel Pratt</b>	<b>232-0</b>	<b>5/12/17</b>	<b>CSU/Big South</b>
3) Elliot Galeone	229-5	4/21/11	VMI/Big South
<b>4) Samuel Arter</b>	<b>220-1</b>	<b>5/12/17</b>	<b>CSU/Big South</b>
5) Daniel Klase	219-1	5/18/14	Princeton/IC4A
6) Ryan Bell	217-10	4/16/09	Radford/Big South
7) Shad Bolen	216-1	3/18/89	FSU
<b>8) Alexander Hoffsmith</b>	<b>213-7</b>	<b>4/29/17</b>	<b>Penn Relays</b>
9) Ryan Werner	211-8	5/19/96	GMU/IC4A
10) Tim Harrell	208-11	5/19/96	GMU/IC4A

**Hammer**

1) Jon Hart	222-4	5/17/08	Princeton/IC4A
2) Mark Winyard	197-0	5/23/86	Cal St.,L.A./NCAA II
3) Ryan Smith	195-11	3/28/13	Texas Relays
4) Fred Fulton	195-7	4/10/15	Duke
5) Dan Royal	194-6	5/15/05	Princeton/IC4A
6) Clendon Henderson	192-8	5/1/08	Liberty
7) David Scouten	191-5	5/10/16	Liberty/Big South
8) John Talbert	181-0	4/16/09	Radford/Big South
9) Ryan Utz	179-1	5/21/85	NCAA II
10) Trevor VanAsselt	177-4	4/29/15	Liberty

**Decathlon**

1) Brandon Hoskins	7,800	4/3/08	Texas Relays
2) Ryan Werner	7,662	6/1/95	UT/NCAA I
3) James Johnson	7,522	3/19/99	FSU Relays
4) Henry Elliott	7,481	6/3/89	Provo, Utah/ NCAA I
5) Ken Howell	7,409	3/19/99	FSU Relays
6) Greg Benhase	7,406	4/10/99	Liberty
7) Todd Pettyjohn	7,403	5/20/94	IC4A
8) Josh Jones	7,391	4/8/00	Liberty
9) Daniel Newell	7,302	6/11/09	Ark./NCAA I
10) Ramsey Moore	7,250	4/7/01	Liberty
<i>Other 7,000-point scorers:</i>			
11) Micah Gaudio	7,213	5/23/97	George Mason/IC4A
12) Tevan McIntire	7,182	5/15/15	High Point/Big South
13) Zach Davis	7,171	5/15/15	High Point/Big South
14) Michael Prettyman	7,136	5/23/97	George Mason/IC4A
15) Jon Debogory	7,122	5/8/03	Liberty
16) Geren Woodbridge	7,112	4/3/10	Liberty

***Top marks within a decathlon competition***

**100m**

1) Brandon Hoskins	10.71	3/31/06
2) Daniel Newell	10.74w	6/10/09
3) Jon DeBogory	10.85	5/15/03
4) Josh Jones	10.88	5/31/00
5) Brian Ballard	11.00w	4/9/99

**Long Jump**

1) Zach Davis	23-10.25w	4/3/15
2) James Johnson	23-9.75	4/6/00
3) Josh Jones	23-7	4/6/00
4) Brandon Hoskins	22-11.5	3/31/06
5) Ramsey Moore	22-7.25	3/17/99

**Shot Put**

1) Jacob DeValve	49-4.5	4/19/12
2) Henry Elliott	48-7.25	4/25/89
3) Ryan Werner	45-11.5	5/31/95
4) Brandon Hoskins	45-9.75	5/11/07
5) James Johnson	45-1.75	3/17/99

**High Jump**

1) Zach Davis	6-10.75	5/16/14
2) James Johnson	6-8.75	3/17/99
3) Mark Manley	6-8	4/15/00
t4) Jordan Crawford	6-6.75	4/15/04
t4) Daniel Newell	6-6.75	4/16/09

**400m**

1) Brandon Hoskins	47.74	5/11/07
2) Jon DeBogory	48.09	3/16/03
3) Todd Pettyjohn	48.21	4/27/94
4) Josh Jones	48.35	6/1/00
5) Ryan Werner	48.45	5/18/95

**110m Hurdles**

1) Greg Benhase	14.20	5/12/98
2) Ken Howell	14.61	3/18/99
3) Henry Elliott	14.67	6/3/89
4) Josh Jones	14.69	6/1/00

**Discus**

1) Henry Elliott	161-4	6/3/89
2) James Johnson	145-3	5/21/99
3) Tevan McIntire	143-4	5/15/15
4) Brandon Hoskins	142-7	4/3/08
5) Ryan Werner	138-2	4/24/96

**Pole Vault**

1) Todd Pettyjohn	17-0.75	3/17/93 & 6/5/93
2) Micah Gaudio	16-11	5/22/97
3) Michael Prettyman	16-10.75	5/19/95
4) Ryan Werner	16-8.75	6/1/95
5) Ken Howell	16-6.5	3/18/99

**Javelin**

1) Ryan Werner	209-0	5/20/96
2) Zach Davis	202-2	5/15/15
3) Brandon Hoskins	200-9	4/3/08
4) Jacob DeValve	196-1	4/20/12
5) Eric Vreugdenhil	193-5	5/20/94

**1,500m**

1) Drew Edwards	4:16.02	4/16/10
2) Ryan Werner	4:19.76	6/1/95
3) Todd Pettyjohn	4:19.79	5/22/93
4) Josh Jones	4:27.57	3/18/99
5) Ramsey Moore	4:28.57	3/22/01