



## Alumni Records

### Women's

Event	Mark	Athlete	Site	Year
1,500	4:10.47	Heather Zealand	Sacramento	2004
5,000	16:47.28	Rebekah Ricksecker	Raleigh, N.C.	2012
½ Marathon	1:18:30	Carol Smith	Philadelphia	2015
25K	1:34:15	Carol Smith	Grand Rapids, Mich.	2009
Marathon	2:39:45	Carol Smith	Sacramento	2014
100 Hurdles	13.80	Danielle McNaney	Eugene, Ore.	2008
Hammer	210-5	Jocelyn Williams	High Point, N.C.	2016
Javelin	145-9	Danielle McNaney	Indianapolis	2006
Pentathlon	4,018	Danielle McNaney	Lynchburg	2005
Heptathlon	5,688	Danielle McNaney	Eugene, Ore.	2009

### Men's

Event	Mark	Athlete	Site	Year
200	20.83	Gerald Mosley	Virginia	1994
800	1:49.90	Isaac Wendland	Durham, N.C.	2015
1,500	3:43.97	Chris McGregor	Canada	1999
Mile	4:02.90	Sam Chelanga	Falmouth, Mass.	2014
3,000	7:45.21	Sam Chelanga	Boston	2014
Steeplechase	8:37.6	Chris McGregor	Canada	1999
5,000	13:04.35	Sam Chelanga	Boston	2014
5K (Road)	13:43	Sam Chelanga	Boston	2012
10,000	27:29.82	Sam Chelanga	Stanford, Calif.	2012
10K (Road)	28:11	Sam Chelanga	Boston	2014
10 Miles	46:47	Sam Chelanga	Minneapolis, Minn.	2015
½ Marathon	1:00:37	Sam Chelanga	Houston	2018
Marathon	2:13:50	Josh Cox	Houston	2012
50K	2:43:45	Josh Cox	Phoenix	2011
50 Miles	5:59:52	Jordan McDougal	Washington, D.C.	2011
Discus	197-11	Clendon Henderson	Lynchburg, Va.	2010

*Cox's 50K time is the American record.*