

# EMMANUEL COLLEGE

## CROSS COUNTRY / TRACK & FIELD

### RECORDS

#### Women

#### CROSS COUNTRY:

3K	Betsy Suda	13:43	Elms College Invitational	9/28/02
2 Mile	Brittany Sorice	13:42	Emmanuel / Wheelock Dual	9/5/09
5K	Cathryn Lariviere	18:32	Pop Crowell Invite	10/04/08
	Fr. Christine Gasper	19:50	Conn College Inv.	9/10/05
6K	Betsy Suda	23:30	NCAA Regional (Westfield)	11/16/02
6K	Fr. Christine Gaspar	24:42	ECAC (Conn College)	11/5/05

#### INDOOR

#### Women

55m	Simone Ford	7.62	USM Invitational	1/30/10
60m	Simone Ford	8.22	Harvard Open	12/12/09
55m H	Shannon McCabe	9.58	Reggie Poyau Invite	1/16/10
60m H	Liz Weaver	10.51	GBTC Invitational	1/19/03
200m	Simone Ford	27.54	Carsella Invite (NU)	12/5/09
400m	Katasi Kulubya	62.61	USM Invitational	1/30/10
500m	Brittany Sorice	1:25.48	Harvard Open	12/12/09
600m	Brittany Sorice	1:43.30	USM Invitational	1/30/10
800m	Cathryn Lariviere	2:32.14	Smith Tartan Invitational	2/7/09
1000m	Cathryn Lariviere	3:21.59	Brandeis Invitational	1/19/08
1500m	Dorothy Shanahan	5:42.65	Tufts Invite #1	1/14/06
1 Mile	Cathryn Lariviere	5:28.02	USM Coed Invitational	1/31/09
3000m	Cathryn Lariviere	10:59.82	Tufts Invite #1	1/17/09
5000m	Betsy Suda	18:31.20	N.U. Husky Invitational	12/7/02
4 X 200m	Kulubya, Limlengco, Victoria, Ford,	1:49.02	USM Invitational	1/30/10
4 X 400m	Kulubya, Lynch, Limlengco, Sorice	4:18.87	MIT Coed Invite	2/13/10
4 X 800m	Lariviere, Sorice, Cole, Kellett,	11:06.89	Smith Tartan Invitational	2/7/09
DMR	Gaspar, Lynch, McCaffrey, Lariviere	13:42.80	New England D 3 Champ	2/23/08
Shot Put	Laura Mason	34'10.50"	Coast Guard Acad. Inv.	2/5/05
Weight Throw	Laura Mason	43'2.50"	MIT Coed Invite	2/11/06
Long Jump	Simone Ford	17' 6"	Harvard Open	12/12/09
Triple Jump	Kellie Folsom	32'0"	Brandeis Invitational	1/11/03
High Jump	Ariana Nelson	5'1"	Harvard Open	12/12/09
	Sarah Soldano	5'1"	Harvard Invitational	12/10/07
	Ashley Dion	5'1"	Harvard Invitational	12/10/05

## OUTDOOR

### Women

100m	Irene Limlengco	13.19	NU Spring Open	3/20/10
200m	Irene Limlengco	27.39	Brown Invitational	4/25/10
400m	Katasi Kulubya	61.07	New England D3 Champ	5/1/10
800m	Katasi Kulubya	2:28.99	UMass Dart. Corsair Classic	4/10/10
1500m	Cathryn Lariviere	5:04.00	Brown Invitational	4/26/09
3000m	Joslyn DelSignore	12:18.89	Brown Invitational	4/25/10
3K Steeple	Emily McCaffrey	12:29.23	Brown Invitational	4/27/08
5000m	Cathryn Lariviere	18:41.46	Fitchburg Spring Invite	4/18/09
10000m	Betsy Suda	39:33.69	Rhode Island College Inv.	4/3/04
100m H	Shannon McCabe	17.49	NU Spring Open	3/20/10
400m H	Keelyn Blanchfield	77.02	Tufts Hillside Relays	4/8/06
Triple Jump	Jessica Sehovich	32'10.25"	Tufts Snowflake Classic	4/1/06
Long Jump	Sarah Soldano	16'1.50"	Fitchburg Sheehan Memorial	4/5/08
Shot Put	Laura Mason	35'5.25"	Brown Invitational	4/30/06
Discus	Laura Mason	114'10"	MIT Coed Invitational	4/23/05
Javelin	Brittany Bushman	120' 2"	MIT Coed Invitational	4/21/07
High Jump	Ashley Dion	5'2.50"	New England D 3 Champ	5/7/05
4 X 100m	Victoria, Limlengco, Brandao, Kulubya	51.95	NU Spring Open	3/20/10
4 X 400m	Kulubya, Young, Victoria, Sorice	4:13.94	New England D3 Champ	5/1/10
4 X 800m	Sorice, Cole, LaFlamme, Kellett	11:05.86	Fitchburg Spring Invite	4/18/09

### Men

#### CROSS COUNTRY:

5K	Ben Mattson	18:37	Mayor's Cup	10/22/06
4.8 Miles	Carlos Escobar	26:58	Rivier Invitational	9/30/05
8K	Stephen Armstrong	27:06	Mass. Maritime Invitational	9/13/08
4.8 Fr.	TJ Griffis	27:31	GNAC's (Rivier)	10/30/04
8K Fr.	Stephen Armstrong	27:06	Mass. Maritime Invitational	9/13/08

## INDOOR

### Men

55m	James Ferdenzi	6.83	Reggie Poyau Invite	1/16/10
60m	Rob Allen	7.39	Harvard Invitational	12/9/06
55m H	Chris Conway	7.72	New England D3 Champ	2/21/09
60m H	Chris Conway	8.39	USATF NE Champ	2/22/09
200m	Serghino Rene	22.97	GBTC Invitational	1/02
400m	Benjamin Cleveland	52.20	Smith Tartan Invitational	2/7/09
500m	Benjamin Cleveland	1:08.67	Harvard Open	12/13/08
600m	Wesley Cowles	1:28.11	MIT Coed Invite	2/13/10
800m	Wesley Cowles	2:03.94	Harvard Open	12/12/09
1000m	TJ Griffis	2:43.43	Wesleyan Cardinal Invitational	2/10/07
Mile	TJ Griffis	4:33.84	USM Invitational	1/28/06
3000m	Carlos Escobar	9:38.12	Husky NB Invitational	12/2/06
5000m	Stephen Armstrong	16:28.80	Carsella Invite (NU)	12/5/09
Long Jump	Rob Allen	21'0.75"	N.U. Husky Invitational	12/3/05
Triple Jump	Michael Thurnauer	39'8"	Tufts Stampede	2/12/05

Updated 5/3/2010

High Jump	Jordan Coulombe	5'11.25"	MIT Coed Invite	2/13/10
Shot Put	Brett Adell	36' 7"	Harvard Invitational	12/9/06
Weight Throw	Brett Adell	29'8.75"	Wesleyan Cardinal Invitational	2/10/07
4X 200m	Conway, Heath, O'Brien, D'Amato	1:39.11	Wesleyan Invitational # 1	12/6/08
4 X 400m	Thurnauer, Littleton, Hickey, Allen	3:34.22	New England D 3 Champ	2/23/08
4 X 800m	Escobar, Hickey Chviruk, Griffis	8:45	USM Invitational	1/28/06
Dist Medley	Escobar, Thurnauer, Hickey, Griffis	11:16.25	Brandeis Invitational	1/21/06
Pentathlon	Jordan Coulombe	2651 points	MIT Alumni	1/9/10

## OUTDOOR

### Men

100m	Benjamin Cleveland	11.03	UMass Dart. Corsair Classic	4/11/09
200m	Benjamin Cleveland	22.63	Tufts Snowflake Classic	3/28/09
400m	Benjamin Cleveland	49.69	New England D3 Champ	5/2/09
800m	Matt Hickey	2:02.17	Brown Invitational	4/29/07
1500m	Carlos Escobar	4:13.87	Brown Invitational	5/1/05
3000m	Maurizio Turco	9:32.23	Brown Invitational	4/25/10
3k Steeple	Justin Clements	11:30.21	N.U. Solomon Invitational	4/20/02
5000m	Stephen Armstrong	16:36.52	Tufts Snowflake Classic	3/28/09
10000m	Stephen Armstrong	34:24.72	NU Husky Spring Open	3/21/09
110m H	Chris Conway	15.18	ECAC Championship	5/2/09
400m H	Michael Thurnauer	59.09	Silfen Invitational	4/19/08
Triple Jump	Jairus Oxendine	44'3.5"	N.U. Snowflake Classic	3/27/04
Long Jump	Rob Allen	21'2"	New England D 3 Champ	5/7/05
High Jump	Jordan Coulombe	6' 0"	Jerry Gravel Classic	3/27/10
	Jairus Oxendine	6'0"	N.U. Snowflake Classic	3/27/04
Shot Put	Ryan Maher	34'5.75"	MIT Spring Invite	4/17/10
Discus	Brian Anderson	105' 8"	Fitchburg Spring Invite	4/18/09
Hammer	Doug Gillum	85' 8"	Fitchburg Sheehan Memorial	4/3/10
Javelin	Curtis Abram	163' 11"	Brown Invitational	4/25/10
4 X 100m	Thurnauer, Littleton, Maher, Allen	44.72	UMass Dart. Corsair Classic	4/12/08
4 X 400m	Heath, Cowles, Coulombe, Cleveland	3:28.53	New England D3 Champ	5/1/10
4 X 800m	Cowles, Armstrong, Turco, Cleveland	9:11.55	Fitchburg Sheehan Memorial	4/4/09