

# YOUNG WOMEN

1. Records in 10ths are hand timed.
2. Any mistakes or changes please let us know.
3. Meets must be from State, Regional and National Junior Olympics or big invitationals
4. The Greensboro Pacesetters started in 1979.

## 100

TERESA WOODBERRY 11.4 80  
ADRIENNE FERGUSON 11.7  
Portia Baker 12.07 03  
TERI LEBLANC 12.07 84  
PRISCILLA COLEMAN 11.9 81  
KIKI COLLINS 12.22 99  
ROBIN CREMEDY 12.1 81  
FELECIA CARTER 12.1 81

## 200

TERESA WOODBERRY 23.86 80  
Portia Baker 24.11 03  
ADRIENNE FERGUSON 24.40 86  
PRISCILLA COLEMAN 24.2 81  
KIKI COLLINS 24.50 99  
TERI LEBLANC 24.7 83  
BECKY CORTS 24.84 79  
ROBIN CREMEDY 24.7 82

## 400

APRIL COOK 55.6 83  
Porita Baker 55.80 03  
SONYA THOMAS 56.14 86  
KAREN BURT 57.6 81  
JAIME CATHCART 58.16 80  
TONIA MALLOY 58.95

## 800

MIA RICHARDSON 2:13.85 92  
TONIA MALLOY 2:14.29 90  
JAIME CATHCART 2:16.8 81  
KATHY ORMSBY 2:18.8 82  
Mason Kepley 2:22.86 2014  
NATALIE LEW 2:23.26 84  
Kristen Dunn 2:23.68 2010

## 1500

Blair Ramsey 4:32.12 2015 9<sup>th</sup> place finals of the USATF Junior  
Championships Eugene  
Blair Ramsey 4:34.84 2014 53 first 300, 1:14.4, 1:15.3, 1:12.04 last  
lap 7<sup>th</sup> place finals of the USATF Junior Championships Eugene  
KATHY ORMSBY 4:37.22 83  
MIA RICHARDSON 4:45.37 92  
Leslie Jimison 4:50.74-01  
LESLIE JIMISON 4:53.24 00  
PIPER LESESNE 4:56.4  
Gabby Merritt 4:48.01 2013  
MARGI RUBIERA 4:58 92  
JOY NICHOLSON 4:59 84  
Kristen Dunn 5:01.36 2010  
Laura Brentnell 5:01.67 06

## 1600/Mile High school times when part of club workouts

Blair Ramsey 4:50.90 mile 2016 10<sup>th</sup> place New Balance Meet  
Blair Ramsey 4:57.12 1600  
Blair Ramsey 4:58.37 mile 2014

## 3000

Sara Platek 9:49.74 2015 New Balance  
Caroline Yarbrough 9:52.11 2015 New Balance  
Sara Platek 9:56.85 2016 USATF Junior Nationals CA 8<sup>th</sup> place  
PIPER LESESNE 10:30.83 86  
Gabby Merritt 10:36.67 2013  
JOY NICHLOSON 10:36.9 84  
CHARLOTTE MCCALL 10:45 82  
Addie Bracey 10:57.13 05  
Laura Brentnell 11:08.12 06  
Carmen Davis 11:09.12 2013

Gabby Merritt 11:14.59 2012  
JENNIFER SALLEZE 11:15.1 83  
Liana Blue 11:16.72 05  
MAIA CARTER 11:17.4 93  
Alex Apple 11:21.33 2015 State JO meet  
Tess Wynn 11:21.07 2010  
Leslie Jimison 11:24.96-00  
Carmen Davis 11:25.62 2013  
Sarah Johnson 11:32.705-00  
Alex Apple 11:41.87 2014  
LEAH WALKER 11:47.16 91

## **3200/2 Mile High school times when part of club workouts/while part of the club**

Caroline Yarbrough 10:26.61 2015 Arcadia 12<sup>th</sup> place  
Sara Platek 10:29.80 2016 New Balance 2 miles  
Sara Platek 10:32.84 2015 3200 meters NC runners tune up  
Bridgette Harrell 10:47.10 2013 3200 meters indoors state HS champs  
Blair Ramsey 10:54.06 2013 3200 meters  
Tori Churchill 10:54.62 2013 3200 meters  
Gabby Merritt 11:17.00 2013 3200 meters

## **100 HURDLES**

CLARA HAIRSTON 13.62 81  
KIM JONES 13.77 99  
PAM DOGGETT 13.84 84  
TERI LEBLANC 13.89 84  
ROBIN CREMEDY 14.31 82  
TRACEY BRISTON 14.3 81

## **400 HURDLES**

APRIL COOK 1:00.1 83  
CLARA HAIRSTON 1:01.51 81  
SONYA THOMAS 1:01.85 86  
CASANDRA FORBES 1:04.9 80  
Sara Bowen 1:05.98 07  
CANDICE WARD 1:05.9  
KATHY BADEL 1:08.1 84

Tori Martin 1:09.99      2017 State JO meet

## Steeplechase

Gabby Merritt	7:11.22	2013
Frances Daugherty	7:43.95	2009
Frances Daugherty	7:45.86	2010
Tess Wynn	7:46.06	2010
Laura Brentnell	7:50.60	2006
Carmen Davis	8:01.00	2013
Liana Blue	8:02.54	2005
Tess Wynn	8:05.36	2009
Tori Martin	8:06.19	2017 State JO meet
Tori Martin	8:06.90	2016 National JO meet 15 place
Frances Dougherty	8:13.30	2008
Gabby Merritt	8:18.53	2012
Mercie Fantroy	8:42.10	2008

## 4X100

HAIRSTON, CREMEDY, COLEMAN, BRISTON

46.66 81  
46.69 86  
47.07 80  
47.9 85

## 4X400

COOK, HAIRSTON, BURT, CATHCART

3:47.1 81  
3:55.9 82  
3:56.1 85  
4:03.3 80  
4:04.85 91

## 4X800

ORMSBY, COOK, BRYANT, MCCALL

9:35.1 82  
9:52.25 91  
9:53.9 92  
10:06.83 00      Jimison, Bailey, Martin, Johnson  
10:26.83-01  
10:23.37-00

## **LONG JUMP**

KIM JONES 20'3"3/4 99  
KIM JONES 19'11 1/2" 98  
CLARA HAIRSTON 19'6 81  
PAM DOGGETT 19'5 3/4 86  
TAHNYA CARTER 19'4 86  
FELECIA CARTER 18'11 3/4 82  
CAROL WILLIAMS 18'8 1/2  
TWANA NORMAN 18'4 3/4 95  
STEPANIE JESSUP 18'4 1/2 86

## **TRIPLE JUMP**

CAROL WILIAMS 39'4 81  
STEPHANIE JESSUP 38'5 81  
KIM JONES 38'2" 98  
CLARA HAIRSTON 37'8 81  
WHITNEY ALLEN 36' 1/4 91  
NICOLE CREWS 35'10 91

## **HIGH JUMP**

TERI LEBLANC 5'9 1/4 84  
APRIL COOK 5'8 1/4 83  
Libby Florence 5'7" 2013  
WENDY RAY 5'6 79  
EMILY GREENE 5'6 96  
Libby Florence 5' 3.75" 2012  
NATALIE LEW 5'1 84  
WHITNEY ALLEN 5'1 91  
Dejanell Mittman 5' 1" 07

## **SHOT PUT**

FAYE STROTHERS 44'6 3/4 81  
LISA GRAY 42'11 80  
PAM DOGGETT 37'9 1/2 84  
Geneva Yarborough 37' 7 3/4"-01  
Cori Goins 34' 5 3/4" 07  
MICHELLE CLAYTON 33'3 1/4 93  
NATALIE LEW 33'11 1/4 84  
KIM SMITH 33'6 1/2 97  
CHRISTI HARRIS 33'5 3/4 85

## **DISCUS**

LISA GRAY 133'11 1/2 79  
FAYE STROTHERS 124'1 81  
PHYLLIS YOCUM 117'5 85  
Geneva Yarborough 113' 5"-01  
MICHELLE CLAYTON 112'4 93  
Cori Goins 106' 2" 07  
CHRISTI HARRIS 90'6 85  
ROBIN WHEELER 82' 83

## **JAVELIN**

CINDA MENTZER 128'7 84  
PAM DOGGETT 128'3 85  
NATALIE LEW 123'3 84  
Geneva Yarborough 107' 1/2 "-01  
PHYLLIS YOCUM 101'10 85  
CHRISTI HARRIS 97'3 85

## **Pole Vault**

Arielle Dawkins 9' 5 1/4 " 04

## **HEPTATHLON**

CINDA MENTZER 5140 84  
TERI LEBLANC 5124 84  
NATALIE LEW 4964 84  
PAM DOGGETT 4884 84  
WHITNEY ALLEN 3498 91