

MID-EASTERN ATHLETIC CONFERENCE

MEACTM



WOMEN'S OUTDOOR TRACK AND FIELD RECORDS BOOK

**THIS RECORDS BOOK IS PART OF AN ONGOING RESEARCH PROJECT OF THE
MEAC AND WILL BE UPDATED AS ADDITIONAL RECORDS ARE LOCATED.**



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*discontinued in 1977, reinstated in 1984, discontinued in 2022
**discontinued in 1983, reinstated in 2014, discontinued in 2022
***discontinued in 1975, reinstated in 1981
****discontinued in 1995

This records book was compiled by the Mid-Eastern Athletic Conference (MEAC) strategic communications staff, with assistance from current and former member institutions' sports information directors. If there is an inaccuracy within these pages, or information that is missing, please feel free to contact the MEAC strategic communications staff (please provide documentation when doing so; the MEAC cannot count unverified information within its records).

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*record book updated as of June 22, 2023



ALL-SPORTS AWARDS

The Mary McLeod Bethune Award, named after the founder of Bethune-Cookman College, awards the top overall women's athletic program during the course of one full academic year. The first Mary McLeod Bethune award was giving in 1987 to Delaware State University. Former member Hampton leads all MEAC schools with 14 women's awards. The men's All-Sports Award is named after the late Talmadge Layman Hill, a former player and coach at Morgan State, and former Chairman of the MEAC Steering and Planning Committee, as well as the conference's first President. Howard University was the recipient of the first Talmadge Layman Hill Award in 1972. Norfolk State holds the men's record with 12 awards.

Talmadge Layman Hill Men's All-Sports Winners

Mary McLeod Bethune Women's All-Sports Winners

Year	School	Year	School
2023	Howard	2023	Howard
2022	Norfolk State	2022	Howard
2021	North Carolina A&T State	2021	North Carolina A&T State
2020	No winner awarded	2020	No winner awarded
2019	North Carolina A&T State	2019	North Carolina A&T State
2018	Bethune-Cookman	2018	North Carolina A&T State
2017	Norfolk State	2017	Florida A&M
2016	Bethune-Cookman	2016	Bethune-Cookman
2015	Bethune-Cookman		Florida A&M
2014	Bethune-Cookman	2015	Hampton
2013	Norfolk State	2014	Hampton
2012	Norfolk State	2013	Hampton
2011	Norfolk State	2012	Hampton
2010	Norfolk State	2011	Hampton
2009	Norfolk State	2010	Hampton
2008	Norfolk State	2009	Hampton
2007	Norfolk State	2008	Hampton
2006	Norfolk State	2007	Hampton
2005	Norfolk State	2006	Hampton
2004	Hampton	2005	Hampton
2003	Hampton	2004	Hampton
2002	Florida A&M*	2003	Hampton
2001	Norfolk State	2002	Hampton
2000	Florida A&M*	2001	Florida A&M*
1999	Hampton	2000	Florida A&M*
1998	Florida A&M*	1999	Florida A&M*
1997	Florida A&M	1998	Florida A&M*
1996	North Carolina A&T State	1997	Florida A&M
1995	Florida A&M	1996	Florida A&M
	North Carolina A&T State	1995	Florida A&M
1994	Florida A&M	1994	Florida A&M
1993	Florida A&M	1993	Florida A&M
1992	Florida A&M	1992	Howard
1991	Florida A&M	1991	South Carolina State
1990	Delaware State	1990	Howard
1989	Florida A&M	1989	Howard
1988	Howard	1988	Howard
1987	Howard	1987	Delaware State
1986	Delaware State		
1985	Delaware State		
1984	South Carolina State		
1983	South Carolina State		
1982	South Carolina State		
1981	South Carolina State		
1980	South Carolina State		
1979	South Carolina State		
1978	South Carolina State		
1977	South Carolina State		
1976	South Carolina State		
1975	South Carolina State		
1974	South Carolina State		
1973	Morgan State		
1972	Howard		

*rescinded by the MEAC for violations



TOP THREE BY EVENT

100-Meter Dash

Name (School)	Time	Event	Year
Cambrea Sturgis (NCAT)	10.74	NCAA Champs	2021
Kayla White (NCAT)	10.95	NCAA Champs	2019
Kayla White (NCAT)	10.96	MEAC Champs	2019

200-Meter Dash

Name (School)	Time	Event	Year
Cambrea Sturgis (NCAT)	22.12	NCAA Champs	2021
Cambrea Sturgis (NCAT)	22.40	NCAA Champs	2019
Cambrea Sturgis (NCAT)	22.51	NCAA Champs	2019

400-Meter Dash

Name (School)	Time	Event	Year
Fran. McCorory (HAM)	50.58	NCAA Champs	2009
Alexandria Spurrill (NCAT)	51.59	NCAA Champs	2009
Jessica Wright (HOW)	52.34	Tom Jones	2023

800-Meter Run

Name (School)	Time	Event	Year
Ce'aira Brown (HAM)	2:02.82	Florida Relays	2016
Martha Bissah (NSU)	2:03.13	MEAC Champs	2019
Martha Bissah (NSU)	2:03.75	NCAA East	2018

1,500-Meter Run

Name (School)	Time	Event	Year
Martha Bissah (NSU)	4:18.78	Florida Relays	2019
Martha Bissah (NSU)	4:19.00	Charlotte Invite	2019
Martha Bissah (NSU)	4:25.89	Gamecock Inv.	2021

3,000-Meter Run

Name (School)	Time	Event	Year
Marta Sterbova (UMES)	10:22.80	MEAC Champs	2001
DeJa Davis (B-CU)	10:13.86	Hurricane Coll.	2017

3,000-Meter Steeplechase

Name (School)	Time	Event	Year
Petra Kubesove (UMES)	10:32.96	IC4A/ECAC	2013
Tia Miles (NSU)	10:53.83	Morgan State	2009
Kadian Dunkley (B-CU)	10:58.10	Florida Relays	2012

5,000-Meter Run

Name (School)	Time	Event	Year
Faith Keitany (HAM)	17:06.62	MEAC Champs	2017
Mercyline Kimaiyo (NSU)	17:14.49	Va. Challenge	2023
Destiny Stanford (HOW)	17:18.54	Seahawk Invite	2021

10,000-Meter Run

Name (School)	Time	Event	Year
Faith Keithany (HAM)	34:52.91	NCAA East	2017
Mercyline kimaiyo (NSU)	36:39.16	Raleigh Relays	2023
DeJa Davis (B-CU)	37:22.99	MEAC Champs	2016

100-Meter Hurdles

Name (School)	Time	Event	Year
Jasmine Benbow (UMES)	12:51		2010
Paula Salmon (NCAT)	12.79	NCAA Prelim	2021
Te. Robinson (NCAT)	12.81	NCAA Prelim	2021

400-Meter Hurdles

Name (School)	Time	Event	Year
Jessica Wright (HOW)	55.81	Tom Jones	2023
Chloe Davis (HAM)	57.42	USTF CCCA	2002
Jessica Wright (HOW)	58.04	NCAA Prelim	2021

4x100-Meter Relay

Name (School)	Time	Event	Year
Florida A&M	42.61		2010
N.C. A&T State	42.92	NCAA Prelim	2021
(Sturgis, Debose-Epps, Darius, Ross)			
N.C. A&T State	42.95	NCAA Champs	2019
(White, Sturgis, Ray, Debose-Epps)			

4x400-Meter Relay

Name (School)	Time	Event	Year
Howard	3:28.39	NCAA Champs.	2022
(Gbai, Saalih, Scott, Wright)			
Howard	3:31.24	Texas Relays	2023
(Wright, Woodruff, Pittman, Lawson)			
Howard	3:31.40	MEAC Champs.	2022
(Gbai, Saalih, Scott, Wright)			

High Jump

Name (School)	Dist.	Event	Year
Deandra Daniel (CSU)	1.87m	Morgan State	2015
Kenady Wilson (NCAT)	1.79m	MEAC Champs	2021
Q. Morrison (B-CU)	1.79m	NCAA East	2018

Pole Vault

Name (School)	Height	Event	Year
Morgan Knight (NCAT)	3.89m	MEAC Champs	2018
Morgan Knight (NCAT)	3.80m	Duke Invitational	2019
Morgan Knight (NCAT)	3.80m	NCAT Aggie	2019

Long Jump

Name (School)	Dist.	Event	Year
M. Akobundu (NCAT)	6.31m	UF Tom Jones	2017
Tianna Goldring (NSU)	6.29m	MEAC Champs	2004
Champagne Bell (NSU)	6.21m	NSU Relays	2013

Triple Jump

Name (School)	Dist.	Event	Year
Yvette Lewis (HAM)	13.34m	NCAA	2007
Kimona Smith (NCAT)	13.01m		2008
Anisa Topping (NCAT)	12.99m	NCAA East	2018

TOP THREE BY EVENT



Shot Put

Name (School)	Dist.	Event	Year
Vanessa Henry (UMES)	16.48m	Patriot Open	2012
Loren James (NCAT)	16.07m	USC Open	2021
Catoria Sirmon (B-CU)	15.85m	Mt. SAC Relays	2017

Discus

Name (School)	Dist.	Event	Year
Allison Randall (MSU)	52.65m	NCAA East	2010
Taylor Gorum (FAMU)	51.69m	MEAC Champs	2018
Kiara Howell (NSU)	48.25m	Penn Relays	2015

Javelin

Name (School)	Dist.	Event	Year
Kiara Howell (NSU)	43.58m	MEAC Champs	2015
Leslie Young (NSU)	39.67m	MEAC Champs	2023
S. Rothmiller (SCSU)	39.29m	Florida Relays	2010

Hammer Throw

Name (School)	Dist.	Event	Year
Mikyla Rodgers (HOW)	56.96m	Tom Jones	2023
Erin Hatcher (HOW)	55.64m	MEAC Champs	2023
Andrea Aaron (FAMU)	54.37m	MEAC Champs	2017

Heptathlon

Name (School)	Points	Event	Year
Khemani Roberts (CSU)	5,038	Morgan State	2017
Catherine Glenn (DSU)	5,011	MEAC Champs	2023
Tiara Williams (B-CU)	4,797		2018

NOTE: If you have names for the relay squads listed above, please contact MEAC media relations and provide documented proof.

MEAC CHAMPIONSHIP RECORDS

Event	Record Holder (School)	Record	Year
100m	Kayla White (NCAT)	10.96	2019
200m	India Brown (NCAT)	22.52	2019
400m	Francena McCorory (HAM)	50.58	2009
800m	Ce'aira Brown (HAM)	2:02.82	2016
1,500m	Martha Bissah (NSU)	4:27.12	2017
3,000m	Marta Sterbova (UMES)	10:22.80	2001
3,000mSC	Petra Kubesove (UMES)	10:32.96	2013
5,000m	Faith Keitany (HAM)	17:06.62	2017
10,000m	Faith Keitany (HAM)	34:52.91	2017
100m hurdles	Jasmine Benbow (UMES)	12.51	2010
400m hurdles	Chloe Davis (HAM)	57.42	2002
4x100m relay	Florida A&M	42.61	2010
4x400m relay	Howard	3:31.04	2022
High Jump	Deandra Daniel (CSU)	1.87m	2015
Pole Vault	Morgan Knight (NCAT)	3.89m	2018
Long Jump	Champagne Bell (NSU)	6.63m	2011
Triple Jump	Yvette Lewis (HAM)	13.34m	2007
Shot Put	Vanessa Henry (UMES)	16.48m	2012
Discus	Taylor Gorum (FAMU)	51.69m	2018
Javelin	Unknown	49.40m	--
Hammer	Erin Hatcher (HOW)	55.64m	2023
Heptathlon	Khemani Roberts (CSU)	5,038 points	2017
Individual Points	Yvette Lewis (HAM)	58 points	2006
Team Points	North Carolina A&T	290 points	2021

NOTE: Records are only for the MEAC Outdoor Track & Field Championship meet.

ALL-TIME CHAMPIONS



Year	Champion	Outstanding Performer	Outstanding Coach
2023	Howard	Mercyline Kimaiyo (NSU) - Runner Leslie Young (NSU) - Field	David Oliver (HOW)
2022	Howard	Jada Banks (SCSU) - Runner Leslie Young (NSU) - Field	David Oliver (HOW)
2021	North Carolina A&T State	G'Jasmyne Butler (NCAT) - Runner Loren James (NCAT) - Field	Duane Ross (NCAT)
2020	N/A*		
2019	North Carolina A&T State	Taylor Gorum (FAMU) - Field Kayla White (NCAT) - Runner	Duane Ross (NCAT)
2018	Florida A&M	Taylor Gorum (FAMU) - Field Kayla White (NCAT) - Runner	Darlene Moore (FAMU)
2017	North Carolina A&T State	Andrea Aaron (FAMU) - Field Faith Keitany (HAM) - Runner	Duane Ross (NCAT)
2016	Florida A&M	Andrea Aaron (FAMU) - Field Ce'aira Brown (HAM) - Runner	Darlene Moore (FAMU)
2015	Florida A&M	Kiara Howell (NSU) - Field Ce'aira Brown (HAM) - Runner	Darlene Moore (FAMU)
2014	Hampton	Kiara Howell (NSU) - Field Ce'aira Brown (HAM) - Runner	Maurice Pierce (HAM)
2013	Hampton	Ranita Mealer (MSU) Kiara Howell (NSU) - Field	Maurice Pierce (HAM)
2012	Hampton	Petra Kubesova (UMES) - Runner Shamire Rothmiller (SCSU) - Field	Maurice Pierce (HAM)
2011	Norfolk State	Cynthia Anais (UMES) - Runner Shamire Rothmiller (SCSU) - Field	Rhonda Berard (NSU)
2010	Hampton	Shanneka Claiborne (NSU) - Runner Shamire Rothmiller (SCSU) - Field	Maurice Pierce (HAM)
2009	Hampton	Racquel Vassell (HAM) - Runner Natoya Baird (CSU)	Maurice Pierce (HAM)
2008	Hampton	Racquel Vessel (HAM)	Maurice Pierce (HAM)
2007	Hampton	Yvette Lewis (HAM)	Maurice Pierce (HAM)
2006	Hampton	Yvette Lewis (HAM)	Maurice Pierce (HAM)
2005	Morgan State	Yvette Lewis (HAM)	Neville Hodge (MSU)
2004	Hampton	Ashley Horn (MSU)	Maurice Pierce (HAM)
2003	Hampton	Nadine Clarke (B-CU)	Maurice Pierce (HAM)
2002	Hampton	Agatha Gitunda (NSU)	Mamie Rallins (HAM)
2001	Norfolk State	Severine Tanic (MSU)	Laverne Sweat (NSU)
2000	Florida A&M	Eva Lustigova (NSU)	Donya Little (FAMU)
1999	Florida A&M	Shaunta Pelham (FAMU)	Bobby Lang (FAMU)
1998	Florida A&M	Ayanna Mackin (HOW)	Bobby Lang (FAMU)
1997	Florida A&M	Nicole Carty (B-CU)	Bobby Lang (FAMU)
1996	Coppin State	Michelle Burke (HAM)	Ernest Barrett (CSU)
1995	North Carolina A&T State	Helena Renee (UMES)	Ruth Morris (NCAT)
1994	Florida A&M	Laquita Thrower (SCSU)	Bobby Lang (FAMU)
1993	Florida A&M	Dana Kaigler (FAMU)	Bobby Lang (FAMU)
1992	Maryland Eastern Shore	Dana Kaigler (FAMU)	Neville Hodge (MSU)
1991	Florida A&M	Kanyon Singletary (FAMU)	Bobby Lang (FAMU)
1990	Morgan State	Tiffany Daughtry (FAMU)	Leonard Braxton (MSU)
1989	Florida A&M	Tiffany Daughtry (FAMU)	Bobby Lang (FAMU)
1988	South Carolina State	Cordelia Wilson (SCSU)	Robert Johnson (SCSU)
1987	Florida A&M	Cordelia Wilson (SCSU)	Bobby Lang (FAMU)
1986	South Carolina State	Colette Williams (SCSU)	Robert Johnson (SCSU)
1985	South Carolina State	Christella Bradley (SCSU)	Robert Johnson (SCSU)
1984	South Carolina State	Natalie Anderson (UMES)	Robert Johnson (SCSU)
1983	South Carolina State	Angela Carson (SCSU)	Robert Johnson (SCSU)
1982	South Carolina State	St. Dorcas Turner (DSU)	Robert Johnson (SCSU)
1981	Delaware State	Sherice Shaw (DSU)	Ron Woods (HOW)
1980	Howard	Carolina Delancy (HOW)	Ron Woods (HOW)

*championship not held due to COVID-19 pandemic



ALL-AMERICANS

As named by the United States Track & Field and Cross Country Coaches Association (USTFCCCA)

*denotes NCAA champion

FIRST TEAM

Year	Name	School	Event
2022	Jessika Gbai	Howard	4x400
	Ameenah Saalih	Howard	4x400
	Ozioma Scott	Howard	4x400
	Jessica Wright	Howard	4x400
2021	Madeleine Akobundu	North Carolina A&T	100h
	Symone Darius	North Carolina A&T	4x100
	Kamaya Debose-Epps	North Carolina A&T	4x100
	TeJyrica Robinson	North Carolina A&T	100h
	Jonah Ross	North Carolina A&T	4x100
	Cambrea Sturgis	North Carolina A&T	100m*, 200m*, 4x100
	Kiara Grant	Norfolk State	100m
2019	Kamaya Debose-Epps	North Carolina A&T	4x100
	Tori Ray	North Carolina A&T	4x100
	Cambrea Sturgis	North Carolina A&T	200m, 4x100
	Kayla White	North Carolina A&T	100m, 200m, 4x100
	Martha Bissah	Norfolk State	800m
	Lenora Guion-Firmin	Maryland Eastern Shore	400m
	Francena McCorory	Hampton	400m*
2010	Francena McCorory	Hampton	400m
2009	Loreal Smith	North Carolina A&T	100h
	Alexandria Spruiel	North Carolina A&T	400m
2008	Landria Buckley	Howard	100h
2007	Yvette Lewis	Hampton	Triple Jump*, 100h
2006	Yvette Lewis	Hampton	Triple Jump
2004	Tianna Goldring	Norfolk State	Long Jump
2002	Chloe Davis	Hampton	400h

SECOND TEAM

Year	Name	School	Event
2023	Darci Khan	Howard	100h
	Jessica Wright	Howard	400h
2022	Jessika Gbai	Howard	4x400
	Jessica Wright	Howard	4x400
2021	Kamaya Debose-Epps	North Carolina A&T	100m
	Jonah Ross	North Carolina A&T	200m
	Paula Salmon	North Carolina A&T	100h
	Martha Bissah	Norfolk State	800m
	Tori Ray	North Carolina A&T	400m
2019	Cambrea Sturgis	North Carolina A&T	100m
	India Brown	North Carolina A&T	4x100
	Tori Ray	North Carolina A&T	4x100
	Taliyah Townsend	North Carolina A&T	4x100
	Kayla White	North Carolina A&T	100h, 4x100
2016	Jailah Mason	Morgan State	High Jump
2015	Jailah Mason	Morgan State	High Jump
2014	Ce'aira Brown	Hampton	800m
2013	Ashley Ivey	Florida A&M	4x100

ALL-AMERICANS



2012	Dynasty Jones	Florida A&M	4x100
	Nakia Linson	Florida A&M	200m, 4x100
	Jasmine Smith	Florida A&M	4x100
	Benita Taylor	Hampton	800m
	Amara Jones	Savannah State	400m

HONORABLE MENTION

Year	Name	School	Event
2023	Cathrina Morris	Howard	4x400
	Tiffani Rae Pittman	Howard	4x400
	Aniya Woodruff	Howard	4x400
	Jessica Wright	Howard	4x400
2021	Jessika Gbai	Howard	4x400
	Ameenah Saalih	Howard	4x400
	Melanie White	Howard	4x400
	Jessica Wright	Howard	4x400
	Symone Darius	North Carolina A&T	4x400
	Kamaya Debose-Epps	North Carolina A&T	200m
	Delecia McDuffie	North Carolina A&T	4x400
	Jonah Ross	North Carolina A&T	4x400
	Payton Russell	North Carolina A&T	4x400
	Kenady Wilson	North Carolina A&T	High Jump
2019	Monae Nichols	Bethune-Cookman	Long Jump
	Madeleine Akobundu	North Carolina A&T	100h
	Kristoni Barnes	North Carolina A&T	4x400
	Kamaya Debose-Epps	North Carolina A&T	200m
	Nilaja Florence	North Carolina A&T	4x400
	Tori Ray	North Carolina A&T	4x400
	Sun-Sara Williams	North Carolina A&T	4x400
	Jonina Brinson	Bethune-Cookman	4x100
	Sade McCreath-Tardie	Bethune-Cookman	4x100
	Quamecha Morrison	Bethune-Cookman	4x100
2018	Monae Nichols	Bethune-Cookman	4x100
	India Brown	North Carolina A&T	100m, 200m
	Tristie Johnson	Bethune-Cookman	100m
	Ce'aira Brown	Hampton	800m
	India Brown	North Carolina A&T	100m
	Tristie Johnson	Bethune-Cookman	100m
	Le'Quisha Parker	Hampton	200m
	Tristie Johnson	Bethune-Cookman	100m, 200m
	Le'Quisha Parker	Hampton	200m
	Gayon Evans	Maryland Eastern Shore	100m, 200m
2017	Nakia Linson	Florida A&M	100m
	Emmy Fraenk	Hampton	4x400
	Malekah Holland	Hampton	4x400
	Le'Quisha Parker	Hampton	200m, 4x400
	Benita Taylor	Hampton	4x400
	Charisma Green	Morgan State	4x100
	Teyanna Green	Morgan State	4x100
	Ekundayo Sogbesan	Morgan State	4x100
	Britney Wattley	Morgan State	4x100
	Champagne Bell	Norfolk State	Long Jump
2012	Claudia Calder	Hampton	4x400
	Emmy Fraenk	Hampton	4x400



ALL-AMERICANS

Cassandra Jones	Hampton	4x400
Benita Taylor	Hampton	800m, 4x400
Vanessa Henry	Maryland Eastern Shore	Shot Put
Charisma Green	Morgan State	4x100
Teyanna Green	Morgan State	4x100
Ekundayo Sogbesan	Morgan State	4x100
Britney Wattley	Morgan State	4x100

OLYMPIANS



Year	Name	School	Country	Medal
1980	Roberta Bell	Morgan State	USA	N/A (4x400)
1984	Wendy Vereen	Morgan State	USA	N/A (4x100)
1988	Ethlyn Tate	Morgan State	Jamaica (W.I.)	N/A (100m) N/A (4x100)
1992	Rochelle Stevens Ethlyn Tate	Morgan State Morgan State	USA Jamaica (W.I.)	Gold (4x400) N/A (100m) N/A (4x100)
1996	Eldece Clarke Phillippa Arnett	Hampton Morgan State	Bahamas Bahamas	Silver (4x100) N/A (200m) Silver (4x100)
	Ameerah Bello	Morgan State	U.S. Virgin Islands	N/A (200m) N/A (400m) N/A (4x100)
	Jilma Patrick Rochelle Stevens	Morgan State Morgan State	U.S. Virgin Islands USA	N/A (4x100) Silver (4x400)
2000	Eldece Clarke Jean Cumming Chandra Sturru	Hampton Morgan State Norfolk State	Bahamas St. Vincent (W.I.) Bahamas	Gold (4x100) N/A (LJ) Gold (4x100) N/A (100m)
2004	Chandra Sturru	Norfolk State	Bahamas	N/A (100m) N/A (4x100)
2008	Chandra Sturru	Norfolk State	Bahamas	N/A (100m)
2012	Francena McCorory Kellie Wells Allison Randall	Hampton Hampton Morgan State	USA USA Jamaica	Gold (4x400) Bronze (100H) N/A (Discus)
	Chandra Sturru Francena McCorory	Norfolk State Hampton	Bahamas USA	N/A (4x100) Gold (4x400)
2016				