

## REND LAKE TRACK ALL-TIME BEST

### **OUTDOOR**

#### **100**

1. RAYMON PARKER 10.39 (TENN 04,08)
2. JASON CRAIG 10.47 (SEMO 04,04)
3. ELVIS MZAMO 10.53 (TENN 04,08)
4. MARCUS LEWIS 10.56 (IND.ST 04,03)
5. CHARLES HOWELL 10.59 (NATIONALS 05,05)
6. JERRY CLOPTON 10.61 (IND.ST 04,04)
7. DARRYL JENKINS 10.64 (VANDERBILT 04,08)
7. DANTE PHILLIPS 10.64 (IND.ST 04,04)
9. DARREN PATTERSON 10.67 (REGION 05,08)
10. MIKE ISBELL 10.68 (REGION 24 04,04)

#### **200**

1. DARRYL JENKINS 20.86 (JR. OLYMPICS 07,07)
2. JASON CRAIG 20.93 (IND.ST 04,04)
3. RAYMON PARKER 21.12 (TENN 04,08)
4. DARREN PATTERSON 21.20 (REGION 05,08)
5. CEDRIC POWELL 21.40 (SIUE 04,04)
6. MARCUS LEWIS 21.49 (REGION 24 04,03)
7. JERRY CLOPTON 21.51 (IND.ST 04,04)
8. MIKE ISBELL 21.53 (IND.ST 04,04)
9. JUSTIN TERRY 21.61 (NATIONALS 05,07)
10. CHARLES HOWELL 21.71 (IND.ST 04,05)

#### **400**

1. JASON CRAIG 46.33 (NATIONALS 05,05)
2. JUSTIN TERRY 47.22 (BILLY HAYES 05,07)
3. BOAZ LALANG 47.60 (VANDERBILT 04,08)
4. MARCUS WALTON 47.78 (SEMO 04,04)
5. DURAN0 GRIFFITH 48.26 (VANDY 04,06)
6. TRAVIS TAYLOR 48.41 (TENN 04,08)
7. CEDRIC POWELL 48.61 (IND.ST 04,04)
8. ERIC ALBERTER 48.64 (J. ENGLAND 03,05)
9. ANTHONY FLOUNOY 48.69 (BILLY HAYES 05/05)
10. RUSTY MILLENBINE 48.73 (BUTLER 05,03)

#### **800**

1. BOAZ LALANG 1:44.69 (OSTRAVA 06,08)
2. ERIC ALBERTER 1:49.66 (BILLY HAYES 05,06)
3. MARCUS WALTON 1:50.58 (BILLY HAYES 05,05)
4. TRAVIS WHITE 1:51.03 (BILLY HAYES 05,07)
5. PETER SIGILAI 1:51.90 (NATIONALS 05,08)
6. ROB DUNCAN 1:52.04 (BUTLER 05,03)
7. AARON DIXON 1:52.48 (WARRIOR QUALIFIER 05,08)
8. TRAVIS TAYLOR 1:53.20 (AUBURN 04,08)
9. IAN HORNABROOK 1:53.69 (REGION 24 04,03)
10. SHANNON SHERRER 1:53.71 (VANDY 04,06)

- 1500M**
1. BOAZ LALANG 3:37.62 (HILLSDALE, MI 04,08)
  2. IAN HORNABROOK 3:49.22 (BUTLER 05,03)
  3. PETER SIGILAI 3:49.85 (HILLSDALE, MI 04,08)
  4. ELKANAH KIBET 3:53.94 (SIUC 03,07)
  5. CHRIS RENGIFO 3:54.24 (VANDY 04,06)
  6. ROB DUNCAN 3:54.44 (SEMO 04,03)
  7. TIM CLARK 3:56.06 (BUTLER 05,04)
  8. ROBERT KAPSOIYA 3:58.80 (WASH. U 04,07)
  9. RICKY ALVAREZ 4:01.83 (IND.ST 04,04)
  10. AARON DIXON 4:01.98 (REGION 05,08)

- 3000**
1. ELKANAH KIBET 8:10.19 (BILLY HAYES 05,07)
  2. JUSTIN KUNZ 8:44.25 (BILLY HAYES 05,05)
  3. REY ALVAREZ 8:50.82 (BILLY HAYES 05,05)
  4. JEREMY KUNZ 9:04.64 (BILLY HAYES 05,05)
  5. DAVID DIAZ\* 9:13.5 (SEMO 03,01)
  6. DANIEL NALLEY 9:22.8 (SEMO 03,01)
  7. TIM KOCH 9:26.4 (SEMO 03,01)

- 3000SC**
1. IAN HORNABROOK 9:17.44 (REGION 24 04,03)
  2. CORY CURRIE 9:29.70 (VANDY 04,07)
  3. BRAD MIDDLETON 9:33.07 (BILLY HAYES 05,05)
  4. JEREMY WHITACKER 9:42.16 (NATIONALS 05,08)
  5. CHRIS HERREN 9:45.86 (REGION 24 04,04)
  6. TIM CLARK 9:48.23 (REGION 24 04,05)
  7. THOMAS McQUADE 9:49.18 (SIUE 04,03)
  8. BAILEY BUNYAN 9:56.50 (AUBURN 04,08)
  9. ROBERT KAPSOIYA 9:59.50(VANDY 04,07)
  - 10.

- 5000**
1. ELKANAH KIBET 14:20.95 (VANDY 04,07)
  2. IAN HORNABROOK 14:40.53 (ALABAMA 03,02)
  3. THOMAS McQUADE 15:15.02 (SEMO 04,03)
  4. JUSTIN KUNZ 15:18.54 (SEMO 04,04)
  5. CORY CURRIE 15:19.93 (SIUC 03,07)
  6. REY ALVAREZ 15:20.71 (IND.ST 04,04)
  7. DAVID DIAZ 15:27.96 (BUTLER 05,02)
  8. CHRIS RENGIFO 15:31.43 (SIUC 03,06)
  9. WILL SIEMERS 15:32.56 (EIU 04,02)
  10. JUSTIN CRAIN 15:40.76 (BUTLER 05,03)

**10000** 1. ELKANAH KIBET 29:26.89 (WASH. U 04,07)  
2. JUSTIN KUNZ 31:27.25 (REGION 24 04,05)  
3. WILL SIEMERS 31:53.21 (ALABAMA 03,02)  
4. REY ALVAREZ 32:08.75 (REGION 24 04,05)  
5. DANIEL NALLEY 32:16.88 (ALABAMA 03,02)  
6. JEREMY KUNZ 32:42.91 (REGION 24 04,04)  
7. JUSTIN CRAIN 32:46.62 (ALABAMA 03,03)  
8. IAN HORNABROOK 32:49.59 (REGION 24 04,02)  
9. PHIL MEVERT 33:30.78 (WASH. U 04,07)  
10. BAILEY BUNYAN 33:50.07 (TENN 04,08)

**110HH** 1. TYYON NEAL 14.18 (NATIONALS 05,07)  
2. CORY HOLMAN 14.21 (NATIONALS 05,08)  
3. MARCUS LESLEY 14.24 (NATIONALS 05,04)  
4. ANDRE TOWNSEND 14.50 (VANDERBILT 04,08)  
5. HOWARD HARPER 14.66 (REGION 24 04,04)  
6. KARLOS KEMP 14.84 (SEMO 04,05)  
7. JASON BELL 14.85 (REGION 24 04,07)  
8. MIKE MANGERS 15.29 (REGION 24 04,05)  
9. LOUIS JOLLY 15.58 (REGION 24 04,04)  
10. TOMMY BRYAN 16.00 (VANDY 04,06)

**400H** 1. DURAN GRIFFITH 53.44 (BILLY HAYES 05,06)  
2. TYYON NEAL 53.54 (VANDY 04,06)  
3. HOWARD HARPER 54.51 (REGION 24 04,04)  
4. ANDRE TOWNSEND 54.92 (REGION 05,08)  
5. CORY HOLMAN 55.00 (MISSOURI 03,08)  
6. MARCUS LESLEY 55.53 (IND.ST 04,03)  
7. TOMMY BRYAN 55.82 (REGION 24 04,06)  
8. ZACK ODUM 56.45 (BUTLER 05,02)  
9. LOUIS JOLLY 56.50 (REGION 24 04,04)  
10. JERRY MIMS 56.98 (SEMO 04,04)

- 4 x 100** 1. 40.48 (NATIONALS 05,08)  
PATTERSON, JENKINS, MZAMO, PARKER  
2. 40.78 (NATIONALS 05,04)  
LESLEY, CLOPTON, ISBELL, CRAIG  
3. 40.84 (SIUE 04,04)  
LESLEY, CLOPTON, CRAIG, POWELL  
4. 40.96 (BILLY HAYES 05,05)  
BROOKS, WILSON, ROLLE, HOWELL  
5. 41.03 (IND.ST 04,03)  
LESLEY, CLOPTON, ISBELL, LEWIS  
6. 41.15 (IND.ST 04,05)  
BROOKS, DAVIS, WILSON, HOWELL  
7. 41.17 (SEMO 04,04)  
CRAIG, CLOPTON, ISBELL, POWELL  
8. 41.21 (TENN 04,08)  
TOWNSEND, JENKINS, MZAMO, PARKER  
9. 41.23 (NATIONALS 05,03)  
LESLEY, OLIVER, ISBELL, CLOPTON  
10. 41.30 (J. ENGLAND 03,05)  
BROOKS, DAVIS, D. PHILLIPS, CRAIG

- 4 x 200** 1. 1:26.93 (ALABAMA 03,03)  
ISBELL, LESLEY, LEWIS, MIMS

- 4x 400** 1. 3:10.30 (NATIONALS 05,07)  
SHEPHARD, JENKINS, WHITE, TERRY  
2. 3:11.00 (NATIONALS 05,05)  
FLOURNOY, CRAIG, ROLLE, ALBERTER  
3. 3:11.20 (EIU 04,05)  
ALBERTER, CRAIG, M. WALTON, FLOURNOY  
4. 3:11.65 (ALABAMA 03,04)  
WALTON, CRAIG, MIMS, POWELL  
5. 3:13.02 (AUBURN 04,08)  
TERRY, LALANG, JENKINS, TAYLOR  
6. 3:14.09 (IND. ST 04,06)  
SHERRER, FLOURNOY, DURAN GRIFFITH, ALBERTER  
7. 3:14.63 (IND.ST 04,03)  
STAMBAUGH, MILLENBINE, MIMS, OLIVER  
8. 3:15.18 (VANDY 04,06)  
DURANO GRIFFITH, FLOURNOY, SHERRER, ALBERTER  
9. 3:15.64 (BUTLER 05,04)  
WALTON, CLOPTON, POWELL, ISBELL  
10. 3:16.68 (REGION 24 04,06)  
HEIMANN, ALBERTER, FLOURNOY, DURAN GRIFFITH

**4x 800** 1. 7:27.95 (TENN 04,08)  
TAYLOR, WHITE, DIXON, LALANG  
2. 7:36.91 (NATIONALS 05,07)  
RENGIFO, SHEPHARD, WHITE, KAPSOIYA  
3. 7:37.64 (NATIONALS 05,05)  
M. WALTON, CRAIG, CLARK, ALBERTER  
4. 7:39.50 (NATIONALS 05,06)  
HEIMANN, RENGIFO, MIDDLETON, ALBERTER  
5. 7:40.23 (MISSOURI 03,08)  
DIXON, TAYLOR, KIBET, LALANG  
6. 7:42.81 (NATIONALS 05,03)  
MILLENBINE, HORNABROOK, FICKAS, DUNCAN  
7. 7:43.69 (NATIONALS 05,04)  
CLARK, RICKY ALVAREZ, McCOLLUM, WALTON  
8. 7:44.89 (EIU 04,05)  
CLARK, M. WALTON, HEIMANN, ALBERTER  
9. 7:45.09 (REGION 24 04,05)  
CRAIG, M. WALTON, ALBERTER, A. WALTON  
10. 7:46.46 (NATIONALS 05,08)  
TAYLOR, WHITE, KAPSOIYA, LALANG

**4x1500** 1. 16:46.84 (ALABAMA 03,04)  
RICKY ALVAREZ, REY ALVAREZ, JUSTIN KUNZ, CLARK

**SMR** 1. 3:46.18 (ALABAMA 03,04)  
BURROW, BROOKS, COLES, BOONE

**DMR** 1.10:06.07 (ALABAMA 03,03)  
McQUADE, STAMBAUGH, DUNCAN, HORNABROOK  
2. 11:06.08 (ALABAMA 03,04)  
HERREN, ROBSON, FICKAS, JEREMY KUNZ

**HURLDE SHUTTLE** 1. 1:04.00 (IND.ST 04,04)  
LESLEY, PETRONE, JOLLY, HARPER  
2. 1:06.06 (ALABAMA 03,04)  
LESLEY, ROETHLISBERGER, JOLLY, HARPER

**PV** 1. BLAKE BRACHEAR 4.44m 14'06.75 (BUTLER 05,04)  
2. TRAVIS HAYES 4.42m 14'06" (REGION 24 04,02)  
3. TRAVIS ROGERS 3.65m 12'00 (REGION 24 04,05)

- HJ**
1. MIKE PETRONE 2.10m 6;10.75 (IND.ST 04,04)
  2. TODD GREEN 2.07m 6'09.50 (ALABAMA 03,03)
  3. TOMMY BRYAN 2.05m 6'08.75 (BILLY HAYES 05,06)
  3. COREY DOWDEN 2.05m 6'08.75 (IND.ST 04,04)
  5. TRAVIS WHITE 2.03m 6'08.00 (WARRIOR QUALIFIER 05,08)
  6. CORY HOLMAN 2.02m 6'07.50 (AUBURN 04,08)
  7. ELLISON DELVA 1.99m 6'06.25 (NATIONALS 05,05)
  8. GEM FERGESON 1.97m 6'06.00 (REGION 24 04,05)
  9. CALEB TALLEY 1.90m 6'02.75 (ALABAMA 03,02)
  9. JAMES WILSON 1.90m 6'02.75 (SEMO 04,04)

- LJ**
1. RAYMON PARKER 7.63m 25'00.50 (REGION 05,08)
  2. ADRIAN WILTSHIRE 7.43m 24'04.50 (ILLINOIS 04,07)
  3. KYLE SERGENT 7.40m 24'03.50 (IND.ST 04,04)
  4. KEENAN HALL 7.38m 24'02.50 (SIUC 03,07)
  5. COREY DOWDEN 7.33m 24'00.75 (SEMO 04,03)
  6. CALVIN WALLACE 7.23m 23'08.75 (IND. ST 04,06)
  7. RODNEY BURKS 6.95m 22'09.75 (IND.ST 04,05)
  8. RON ROBERT 6.95m 22'09.75 (IND.ST 04,05)
  9. CORY HOLMAN 6.88m 22'07.00 (VANDERBILT 04,08)
  9. MICHAEL BENITEZ 6.88m 22'07.00 (BILLY HAYES 05,05)

- TJ**
1. COREY DOWDEN 15.51m 50'10.75 (NATIONALS 05,04)
  2. MICHAEL BENITEZ 15.11m 49'07.00 (SEMO 04,05)
  3. KEENAN HALL 14.88m 48'10.00 (VANDY 04,07)
  4. KYLE SERGENT 14.48m 47'06.25 (ALABAMA 03,04)
  5. DWAYNE HARRIOTT 14.35m 47'01.00 (VANDY 04,06)
  6. WILL HENDERSON 14.11m 46'03.5 (SEMO 04,04)
  7. JASON BELL 13.80m 45'03.50 (REGION 24 04,06)
  8. TOMMY BRYAN 13.68m 44'10.75 (BILLY HAYES 05,07)
  9. ANDRE TOWNSEND 13.62m 44'08.25 (REGION 05,08)
  10. RODNEY BURKS 13.59m 44'07.00 (IND.ST 04,05)

- SP**
1. SETH MAJOR 15.88m 52'01.25 (VANDY 04,07)
  2. DWAYNE BRISCO 15.19m 49'10.00 (NATIONALS 05,06)
  3. JIMMY FREEMAN 15.00m 49'02.50 (EIU 04,08)
  4. ED COLLINS 14.75m 48'04.75 (NATIONALS 05,05)
  5. MARCUS McCOWN 14.26m 46'09.50 (REGION 05,08)
  6. COURTNEY HAYWOOD 14.00m 45'11.25 (SEMO 04,05)
  7. NICK DIEL 13.91m 45'07.75 (REGION 24 04,04)
  - 8.. MARK MILLEVILLE 13.17m 43'02.50 (BUTLER 05,02)
  - 9.. KYLE OGDEN 13.03m 42'09 (SEMO 04,04)
  10. BEN KIRKPATRICK 38'04.75 11.70m (REGION 24 04,04)

- DISCUS**
1. COURTNEY HAYWOOD 51.67m 169'06.00 (NATIONALS 05,05)
  2. ADAM MAJOR 50.47m 165'07 (NATIONALS 05,07)
  3. ED COLLINS 47.00m 154'02.00 (IND.ST 04,05)
  4. DWAYNE BRISCO 45.93m 150'08.00 (BILLY HAYES 05,07)
  5. MARK MILLEVILLE 45.26m 148'06 (EIU 04,02)
  6. KYLE OGDEN 44.39m 145'08.00 (NATIONALS 05,05)
  7. MARCUS McCOWN 43.17m 141'07 (EIU 04,08)
  8. JIMMY FREEMAN 42.60m 139'09 (VANDERBILT 04,08)
  9. NICK DIEL 38.06m 124'10.25 (SIUE 04,04)
  10. BEN KIRKPATRICK 32.32m 106'00 (IND.ST 04,04)

- HAMMER**
1. DWAYNE BRISCO 53.81m 176'06.00 (NATIONALS 05,06)
  2. COURTNEY HAYWOOD 50.99m 167'03.00 (IND. ST 04,06)
  3. SETH MAJOR 49.65m 162'010 (REGION 24 04,07)
  4. BEN KIRKPATRICK 47.81m 156'10.00 (NATIONALS 05,05)
  5. ED COLLINS 47.40m 155'06 (EIU 04,05)
  6. NICK DIEL 46.71m 153'03 (NATIONALS 05,04)
  7. KYLE OGDEN 46.15m 151'05 (BILLY HAYES 05,05)
  8. MARCUS McCOWN 42.33m 138'10 (REGION 05,08)
  9. JIMMY FREEMAN 35.62m 116'10 (REGION 05,08)
  10. MARK MILLEVILLE 33.24m (REGION 24 04,02)

- JAV.**
1. DWAYNE BRISCO 47.77m 156'09.00 (SEMO 04,06)
  2. MARK MILLEVILLE 45.78m 150'02 (SIUE 04,02)
  3. SETH MAJOR 44.39m 145'08.00 (EIU 04,06)
  4. BLAKE BRACHEAR 41.69m 136'09 (REGION 24 04,04)
  5. DAYNE WILLMORE 39.79m 130'06 (REGION 24 04,03)
  6. BEN KIRKPATRICK 38.80m 127'03 (REGION 24 04,04)
  7. DREW FRAILEY 35.84m 117'07.00 (IND.ST 04,05)
  8. TRAVIS ROGERS 34.91m 114'06 (SEMO 04,05)
  9. TODD GREEN 34.24m 112'04 (REGION 24 04,03)
  10. CHRIS HERREN 33.97m 111'05 (REGION 24 04,04)

**DEC.**

\* UNATTACHED

\*1<sup>ST</sup> # MONTH 2<sup>ND</sup> # YEAR