

**ALL-TIME CERRITOS COLLEGE  
TRACK AND FIELD STATE CHAMPIONS**

**MEN**

YEAR	NAME	EVENT	MARK
1961	Norm McMillen	Pole Vault	14' 6"
1963	Kerry Wright	400 Meters	48.1
1978	Houston McTear	100 Meters	10.32
1981	Del Miller	Pole Vault	17' 1"
1997	Bryant Hargrove	High Jump	6' 10"
2000	Justin Anderson	100 Meters	10.25
2001	Andrew Phillips	Decathlon	6643
2001	Emanuel Marshall	400-Meter Relay	40.20
	Darnell Anderson		
	Charles Allgood		
	Frantz Valbona		
2002	Justin Anderson	400-Meter Relay	39.88
	Darnell Anderson		
	Derek Brown		
	Ruben Smith		
2003	Carchell Wright	400-Meter Relay	40.13
	Travon Lee		
	Chris Hardiman		
	Thomas Hunter		
2003	Brandon Brisco	1600-Meter Relay	3:10.32
	Antoine Woodard,		
	Chris Hardiman,		
	Travon Lee		
2004	Christopher Richardson	Decathlon	6632
2005	Christopher Richardson	Decathlon	6980
2006	Joshua Muwwakkil	Long Jump	24' 4½"
2008	Kristen Joseph	Long Jump	24' 9¾"



*Qualaun Reed  
1,500 meter, steeplechase and cross country*

**WOMEN**

YEAR	NAME	EVENT	MARK
1980	Vernecia Smith	400 Meters	54.89
1981	Sonya Briscoe	400-Meter Hurdles	1:01.40
1981	Susan Medina	1600-Meter Relay	3:46.30
	Dimitri Fuller		
	Sonya Briscoe,		
	Vernica Smith		
1982	Deon Villa	High Jump	5' 7"
1984	Sheila Frye	Long Jump	19' 2"
1994	Erika Spence	Javelin	143' 4"
2001	Melissa Allen	1600-Meter Relay	3:49.23
	Shakela Wilson		
	June Martinez		
	Aisha Harris		
2002	Antares Vice	High Jump	5' 6"
2002	Antares Vice	Triple Jump	39' 1.5"
2002	April Brown	100 Meters	11.41
2003	April Brown	100 Meters	11.63
2003	April Brown	200 Meters	24.09
2003	Toshica Gaines	400-Meter Relay	45.90
	April Brown		
	Cora Diggins		
	Lorraine Weldon		
2005	Tyrene Webb	800 Meters	2:14.03
2006	Yasmin Webb	400 Meter Hurdles	1:02.27
2006	Jacqueline Taylor	Heptathlon	4499
2008	Whitney Ashley	Discus	147' 2"
2008	Jessica Barfield	Triple Jump	40' 1½"



*April White  
400-meter hurdles*

**CERRITOS COLLEGE MEN'S  
TRACK AND FIELD RECORDS**

<b>NAME (YEAR)</b>	<b>EVENT</b>	<b>TIME/DISTANCE</b>
<b>Houston McTear</b> (1978)	100 Meters	10.24
<b>Jimmy Wilson</b> (1981)	200 Meters	20.94
<b>Antionious Dotson</b> (1991)	400 Meters	47.02
<b>Ivan Guillory</b> (1989)	800 Meters	1:52.13
<b>Ralph Kolthoff</b> (1980)	1500 Meters	3:53.64
<b>Daniel Clifford-Sorenson</b> (2007)	3000 Meter Steeplechase	9:20.47
<b>Daniel Clifford-Sorenson</b> (2008)	5000 Meters	15:01.61
<b>Daniel Clifford-Sorenson</b> (2007)	10,000 Meters	31:20.84
<b>Keith Pouncey</b> (1991)	110 High Hurdles	14.39
<b>Alonzo Wiggins</b> (1995)	400 Meters IH	52.04
<b>Dell Miller</b> (1981)	Pole Vault	17' 1"
<b>Pat Kelso</b> (1962)	Shot Put	56' 2"
<b>Gary Ordway</b> (1963)	Discus	172' 5"
<b>Alex Murray</b> (1998)	Javelin	199' 6"
<b>Frank Covelli</b> (1962)	Javelin (Old Javelin)	235" 10"
<b>Armando Ramirez</b> (2005)	Hammer	163' 5"
<b>Chris Richardson</b> (2005)	Long Jump	24' 7"
<b>Andre Cobbs</b> (1984)	Triple Jump	51' 1"
<b>Dean Sears</b> (1979)	High Jump	6' 11"
<b>Chris Richardson</b> (2005)	Decathlon	6980
<b>Carchell Wright, Bennie Robinson, Charles Allgood, Burnell Jordan</b> (2002)	400-Meter Relay	39.64
<b>Darnell Anderson,</b>	800-Meter Relay	1:24.68
<b>Derek Brown, Frantz Valbona, Ruben Smith</b> (2000)		
<b>Brandon Brisco,</b>	1600-Meter Relay	3:10.32
<b>Antoine Woodard, Chris Hardiman, Travon Lee</b> (2003)		
<b>Art Ponce, Kevin Lizardi, Gil Acedo, Jeff English</b> (1975)	3200-Meter Relay	7:43.34
<b>Aaron Polk,</b>	Sprint Medley Relay	3:24.22
<b>Thomas Hunter, Chris Hardiman, Jon Collins</b> (2004)		
<b>Gil Acedo, Kevin Lizardi, Art Ponce, Jeff English</b> (1975)	Distance Medley Relay	10:03.7

**CERRITOS COLLEGE WOMEN'S  
TRACK AND FIELD RECORDS**

<b>NAME (YEAR)</b>	<b>EVENT</b>	<b>TIME/DISTANCE</b>
<b>April Brown</b> (2003)	100 Meters	11.62
<b>April Brown</b> (2003)	200 Meters	23.91
<b>Vernecia Smith</b> (1981)	400 Meters	54.78
<b>Tyrene Webb</b> (2005)	800 Meters	2:12.53
<b>Jenessa Botello</b> (2005)	1500 Meters	4:41.21
<b>Penny Miller</b> (1983)	3000 Meters	10:26.14
<b>Lynette Thompson</b> (2005)	3000 Meter Steeplechase	11:48.63
<b>Meryl Follosco</b> (2006)	5000 Meters	18:19.86
<b>Jenessa Botello</b> (2005)	10,000 Meters	38:16.79
<b>Toshica Gaines</b> (2004)	100 High Hurdles	14.51
<b>Yasmin Webb</b> (2008)	400 Meters LH	61.15
<b>Jennifer Espinoza</b> (2006)	Pole Vault	11' 0"
<b>Stephanie Baker</b> (1984)	Shot Put	44' 11?"
<b>Whitney Ashley</b> (2008)	Discus	150' 1"
<b>Antares Vice</b> (2002)	Javelin	133' 11"
<b>Erika Spence</b> (1994)	Javelin (Old Javelin)	143' 4"
<b>Vanessa Feula</b> (1997)	Hammer	162' 5"
<b>Sheila Frye</b> (1983)	Long Jump	19' 5?"
<b>Jessica Barfield</b> (2008)	Triple Jump	40' 1?"
<b>Deon Villa</b> (1982)	High Jump	5' 8"
<b>Jacqueline Taylor</b> (2006)	Heptathlon	4499
<b>Veronica Hill, April Brown, Cora Diggins, Kelly Smith</b> (2002)	400-Meter Relay	45.50
<b>Toshica Gaines, April Brown, Cora Diggins, Lorraine Weldon</b> (2003)	800-Meter Relay	1:38.73
<b>Dominique White Kimiah Hudson, Tiffany Wright, Tyrene Webb</b> (2004)	1600-Meter Relay	3:45.97
<b>Julie Tison, Denise Rodriguez, Linda Thomas, Mila Lopez</b> (1982)	3200-Meter Relay	9:35.44
<b>Toshica Gaines, April Brown, Cora Diggins, Lorraine Weldon</b> (2003)	Sprint Medley Relay	1:44.29
<b>Linda Thomas, Denise Rodriguez, Julie Tison, Penny Miller</b> (1982)	Distance Medley Relay	12:34.4

**CERRITOS COLLEGE TOP FIVE MEN'S MARKS**

**100 Meters**

10.21 w	Justin Anderson	1999
10.24	Houston McTear	1978
10.31 w	Thomas Hunter	2004
10.33	Frantz Valbona	2001
10.39 w	Travon Lee	2003

**400 Meters**

47.02	Antionius Dotson	1991
47.23	Jimmy Wilson	1981
47.37	Kenyon Stewart	2006
47.42	Travon Lee	2003
47.54	Len VanHofwegen	1967

**1500 Meters**

3:53.64	Ralph Kolthoff	1980
3:56.84	Stan Madrid	1983
4:01.60	Daniel Clifford-Sorenson	2008
4:06.31	Edward Giles	2005
4:06.54	Jonathan Dillard	2007

**5,000 Meters**

15:01.61	Daniel Clifford-Sorenson	2008
15:04.04	Bob Ridley	1979
15:17.64	Melchor Lopez	1986
15:18.44	John Carrasco	1981
15:19.89	Brandon Johnson	2006

**110 Meter High Hurdles**

14.39	Keith Pouncey	1991
14.43	Alonzo Wiggins	1995
14.47	Jeff Correia	1995
14.58	Jay Young	1996
14.63	Paul Pargen	1979

**400 Meter Relays**

39.64	Carchell Wright Bennie Robinson Charles Allgood Burnell Jordan	2002
39.87	Justin Anderson Darnell Anderson Derek Brown Ruben Smith	2000
40.13	Carchell Wright Travon Lee Chris Hardiman Thomas Hunter	2003
40.20	Emanuel Marshall Darnell Anderson Charles Allgood Frantz Valbona	2001
40.28	Deandre Burke Thomas Hunter Chris Hardiman Aaron Polk	2004

**200 Meters**

20.94	Jimmy Wilson	1981
21.97 w	Thomas Hunter	2004
21.04	Keith McCoy	1984
21.04	Antionius Dotson	1991
21.08	Travon Lee	2003

**800 Meters**

1:52.13	Ivan Guillory	1989
1:52.24	Les Fendia	1964
1:52.24	Gil Acedo	1976
1:52.38	Jon Collins	2004
1:52.46	Omar Naranjo	1992

**3,000 Meter Steeplechase**

9:15.38	Daniel Clifford-Sorenson	2007
9:26.64	Ralph Kolthoff	1979
9:32.44	David Rivera	1984
9:41.60	Tony Sanchez	1989
9:46.14	Melchor Lopez	1986

**10,000 Meters**

31:20.84	Daniel Clifford-Sorenson	2007
31:29.64	David Rivera	1986
32:11.36	Vince Rojas	2006
32:40.89	Aurilio Trujillo	1987
32:42.84	John Carrasco	1981

**400 Meter Intermediate Hurdles**

52.04	Alonzo Wiggins	1995
52.44	Kirk Ayers	1990
52.76	Jay Young	1996
52.84	Tony Amezcua	1979
52.84	Rod Lewis	1979

**1600 Meter Relays**

3:10.32	Brandon Brisco Antoine Woodard Chris Hardiman Travon Lee	2003
3:10.50	Charles Allgood Antoine Woodard Bennie Robinson Travon Lee	2002
3:10.63	Charles Allgood Marco Brown Trannseau Johnson Darnell Anderson	2001
3:11.40	Michael Peters Antionius Dotson Byron Scott John Anthony	1991
3:12.42	Thomas Hunter Transeau Johnson Omari Hinkson Chris Hardiman	2004



*William English  
100-meter & 200-meter*

**CERRITOS COLLEGE TOP FIVE MEN'S MARKS**

**Javelin**

235' 10"	*Frank Covelli	1962
199' 6"	Alex Murray	1998
191' 1"	Chris Richardson	2005
188' 8"	Andrew Phillips	2001
182'	David Thomas	2008

**\*Old Javelin**

**Hammer**

163' 5"	Armando Ramirez	2005
145' 11"	Chris Wright	1992
145' 1"	Kayne Pedrick	1992
143' 2"	Chris Cerda	2006
143' 2"	Chris Cerda	2006

**Long Jump**

25' 11/2" w	Derrick Anderson	2001
24' 9 3/4"	Kristen Joseph	2008
24' 7"	Chris Richardson	2005
24' 6 1/2"	John Anthony	1990
24' 5" w	Michael Bragg	2002
24' 4 1/2"	Josh Muwakkil	2006
24' 1"	Jeff Clingan	1977

**Triple Jump**

51' 1"	Andre Cobbs	1984
49' 4"	Jeff Clingan	1977
48' 8 1/4"	Tony Turner	1999
48' 6 1/4"	Derrick Anderson	2001
48' 5"	Lyndon Wyse	2006

**Shot Put**

56' 1/2"	Pat Kelso	1962
55' 10"	Brodie Dunn	1966
54' 23/4"	Mike Bolden	1982
53' 1/2"	Pat Rose	1964
52' 21/2"	Glenn Klein	1974

**Discus**

172' 5"	Gary Ordway	1963
166' 8"	Brodie Dunn	1977
166' 8"	Troy Stricklin	1994
165' 6"	Mike Murphy	1979
164' 7"	Kevin Johnson	1970

**High Jump**

6' 11"	Dean Sears	1979
6' 10 1/2"	Josh Muwakkil	2006
6' 10"	Paul Struber	1962
6' 10"	Bryant Hargrove	1997
6' 10"	Michael Bragg	2002
6' 9"	Nicholas Armstrong	2008
6' 9"	Randy Powell	1975
6' 9"	Randy Foss	1979
6' 8 3/4"	Marty Cowan	1982

**Pole Vault**

17' 1"	Dell Miller	1981
16' 3"	Dan Tapia	1993
16'	Clark Elliot	1980
15' 8"	Neil Chapman	1971
15' 3"	Andrew Phillips	2001

**Decathlon**

6980	Chris Richardson	2005
6789	Marty Cowan	1982
6643	Andrew Phillips	2001
6315	Cody Lewis	2008
6124	Pat McDermott	1982

**CERRITOS COLLEGE TOP FIVE WOMEN'S MARKS**

11.40	April Brown	2002	23.91	April Brown	2003
11.88 w	Veronica Hill	2002	24.20	Vernecia Smith	1981
11.91	Sherrelle Dilworth	2006	24.45	Sherrelle Dilworth	2006
11.97	Tanisha Cole	2000	24.61	Lorraine Weldon	2003
12.02	Tammy Ortiz	1984	24.66	Orenda Talton	2001

**400 Meters**

54.78	Vernecia Smith	1981
55.32	Lorraine Weldon	2003
55.69	Loretta Jordan	1983
56.325	Sade' Williams	2008
56.46	Orenda Talton	2001

**1500 Meters**

4:41.21	Jenessa Botello	2005
4:45.64	Meryl Follosco	2006
4:49.44	Pat Lopez	1981
4:53.64	Esther Cuellar	1987
4:53.83	Penny Miller	1982

**5000 Meters**

18:18.86	Meryl Follosco	2006
18:24.10	Jenessa Botello	2005
18:33.63	Shannon Simpson	2008
18:40.17	Lucy Beuster	2008
18:58.04	Antonia Avendano	1993

**100 Meter High Hurdles**

14.51	Toshica Gaines	2004
14.66	Patrice Hall	1990
14.68	Natalie Martin	1995
14.72	Yasmin Webb	2008
14.91	Jacqueline Taylor	2006

**400 Meter Relay**

45.74	Veronica Hill, April Brown, Cora Diggins, Kelly Smith	2002
45.90	Toshica Gaines, April Brown Cora Diggins, Lorraine Weldon	2003
45.98	Shatoia Williams, April Brown Veronica Hill, Kelly Smith	2002
47.00	Dimitri Fuller, Susan Medina Vernecia Smith, Sonya Briscoe	1981
47.04	Toshica Gaines, Tiffany Wright, Brittany Marshall, Dominique White	2004

**800 Meters**

2:12.53	Tyrene Webb	2005
2:14.95	Susie Moreno	1980
2:15.92	Jenessa Botello	2005
2:16.67	Lea MacFarlane	1987
2:16.90	Aisha Harris	2001

**3,000 Meter Steeplechase**

11:48.63	Lynette Thompson	2004
12:35.78	Alana Atkins	2005
12:49.32	Mercy Wedi	2003
12:54.15	Karen Espinoza	2002
13:09.40	Jessica Arzate	2006

**10,000 Meters**

38:16.79	Jenessa Botello	2005
38:23.64	Meryl Follosco	2006
38:46.62	Shannon Simpson	2008
39:06.85	Lucy Beuster	2008
41:17.94	Bindya Bhakta	2004

**400 Meter Low Hurdles**

61.15	Yasmin Webb	2008
61.40	Sonya Brisco	1981
63.33	Kelly Smith	2002
63.63	Barbara Guterac	1989
63.72	Cathy Ledesma	1982

**1600 Meter Relay**

3:45.97	Dominique White, Kimiah Hudson Tiffany Wright, Tyrene Webb	2004
3:46.29	Cora Diggins, Melissa Dixon April Brown, Lorraine Weldon	2003
3:46.30	Susan Medina, Dimitri Fuller Sonya Briscoe, Vernica Smith	1981
3:46.64	Sarah Scott, Dimitri Fuller Cathy Ledesma, Loretta Jordan	1982
3:48.62	Melissa Allen, Shakela Wilson June Martinez, Aisha Harris, Javelin	2001



*Aundrea Stovall  
triple jump, long jump & pole vault*

**CERRITOS COLLEGE TOP FIVE WOMEN'S MARKS**

**Javelin**

133' 11"	Antares Vice	2002
132' 4"	Rachel Butler	2008
131' 3"	Karen Guravska	2008
127' 7"	Kendra Lilly	2004
126' 2"	Jacqueline Taylor	2006

**Hammer**

162' 5"	Vanessa Feula	1997
143' 10"	Whitney Ashley	2008
141' 11"	Jarvina McClain	2008
141' 11"	Maria Rodriguez	2008
140' 5"	Kendra Lilly	2005

**Long Jump**

19' 5 <sup>3</sup> / <sub>4</sub> "	Sheila Frye	1983
18' 4 <sup>1</sup> / <sub>4</sub> "	Jessica Barfield	2008
18' 4 <sup>1</sup> / <sub>4</sub> "	Stacey Cobb	1994
18' 4"	Allison Sarell	2006
18' 4"	Willicia Miller	2004
18' 1"	Lei Richardson	2006

**Triple Jump**

40' 1 <sup>1</sup> / <sub>2</sub> "	Jessica Barfield	2008
39' 3 <sup>3</sup> / <sub>4</sub> "	Antares Vice	2000
38' 1 <sup>1</sup> / <sub>2</sub> "	Allison Sarell	2006
37' 11 <sup>1</sup> / <sub>2</sub> "	Tatyanna Ricks	2006
37' 1"	Jacqueline Taylor	2006
36' 10"	Cora Diggins	2002

**Shot Put**

44' 11 <sup>3</sup> / <sub>4</sub> "	Stephanie Baker	1984
43' 10"	Celeste Carrington	1983
42' 7 <sup>3</sup> / <sub>4</sub> "	Kendra Lilly	2005
42' 5"	Whitney Ashley	2008
42' 3 <sup>1</sup> / <sub>4</sub> "	Maria Rodriguez	2007

**Discus**

150' 1"	Whitney Ashley	2008
146' 6"	Kendra Lilly	2005
138' 8"	Jarvina McClain	2008
132' 10"	Wendy Bryant	1994
130' 5"	Ileen Le'au	2001

**High Jump**

5' 8"	Deon Villa	1982
5' 6"	Antares Vice	2002
5' 5"	Tatyanna Ricks	2006
5' 5"	Sharon Gilbert	1987
5' 5"	Michelle Mitchell	1987
5' 4"	Katie Black	2006
5' 4"	Kelly Black	1997
5' 4"	Jennifer Mercer	1983
5' 4"	Debbie Zuniga	1980

**Pole Vault**

11'	Jennifer Espinoza	2006
10'	Veronica Singh	2000
9' 6 <sup>1</sup> / <sub>4</sub> "	Myra Gutierrez	2004
9' 6"	Lisa David	2008
9' 1 <sup>1</sup> / <sub>2</sub> "	Rocio Estevez	2005
9'	Lily Perez	2001

**Heptathlon**

4499	Jacqueline Taylor	2006
4316	Tatyanna Ricks	2006
4022	Katie Black	2006
4007	Sharon Gilbert	1987
3726	Jessica Barfield	2008

**Old Javelin Records**

143' 4"	Erika Spence	1994
140' 7"	Celeste Carrington	1983
136' 8"	Ellie Itkoff	1987
135' 2"	Tippy Borrego	1979