

Sir Walter Miler - 8/4/2023**Meredith College****Results****Women 1500 Meter Run en Route**

Name	Year School	Finals
Finals		
1 Gear, Krissy	Hoka Naz Elite	4:09.82
2 Boreman, Madie	Oiselle	4:09.83
3 Nichols, Abby	Hoka Naz Elite	4:10.01
4 Wasserman, Katie	Hoka Naz Elite	4:10.31
5 Barton, Laurie	Brooks Beasts TC	4:11.14
6 Randall, Jenn	Tracksmith /	4:11.49
7 Camarena, Katie	Unattached	4:11.93
8 Parsons, Stefanie	Unattached	4:15.19
9 DeGenero, Micaela	Puma	4:16.03
10 Jolly, Logan	Asics	4:17.03
11 Werner, Taylor	Puma / Puma Elite	4:18.38
12 McNamara, Gina	Grc / New Balance	4:24.32
13 Berman, Lauren	Tracksmith	4:26.65
-- Leather, Ellie	Under Armour	DNF

Women 1 Mile Run Championship

Name	Year School	Finals
NC State: \$ 4:21.89 8/5/2022 Nikki Hiltz, lululemon		
1 Nichols, Abby	Hoka Naz Elite	4:26.80
1:07.711 (1:07.711)	2:14.565 (1:06.854)	3:22.461 (1:07.897) 4:26.800 (1:04.339)
2 Gear, Krissy	Hoka Naz Elite	4:27.51
1:08.026 (1:08.026)	2:15.671 (1:07.645)	3:22.955 (1:07.284) 4:27.510 (1:04.555)
3 Boreman, Madie	Oiselle	4:27.71
1:07.304 (1:07.304)	2:14.197 (1:06.894)	3:22.055 (1:07.858) 4:27.706 (1:05.652)
4 Barton, Laurie	Brooks Beasts TC	4:28.37
1:08.231 (1:08.231)	2:15.929 (1:07.698)	3:23.542 (1:07.614) 4:28.369 (1:04.827)
5 Wasserman, Katie	Hoka Naz Elite	4:28.89
1:08.212 (1:08.212)	2:15.141 (1:06.929)	3:22.774 (1:07.633) 4:28.886 (1:06.113)
6 Camarena, Katie	Unattached	4:29.75
1:08.982 (1:08.982)	2:16.745 (1:07.763)	3:24.412 (1:07.668) 4:29.744 (1:05.332)
7 Randall, Jenn	Tracksmith /	4:30.23
1:08.497 (1:08.497)	2:16.686 (1:08.189)	3:24.216 (1:07.530) 4:30.221 (1:06.005)
8 Parsons, Stefanie	Unattached	4:34.09
1:08.746 (1:08.746)	2:16.501 (1:07.755)	3:24.800 (1:08.299) 4:34.086 (1:09.287)
9 Jolly, Logan	Asics	4:34.28
1:08.869 (1:08.869)	2:17.299 (1:08.430)	3:27.600 (1:10.302) 4:34.274 (1:06.674)
10 DeGenero, Micaela	Puma	4:34.36
1:08.486 (1:08.486)	2:16.340 (1:07.854)	3:25.065 (1:08.725) 4:34.351 (1:09.287)
11 Werner, Taylor	Puma / Puma Elite	4:40.35
1:08.009 (1:08.009)	2:15.402 (1:07.394)	3:24.584 (1:09.182) 4:40.347 (1:15.764)
12 McNamara, Gina	Grc / New Balance	4:44.57
1:09.199 (1:09.199)	2:17.715 (1:08.517)	3:29.715 (1:12.000) 4:44.564 (1:14.849)
13 Berman, Lauren	Tracksmith	4:53.58
1:08.319 (1:08.319)	2:16.222 (1:07.904)	3:26.126 (1:09.904) 4:53.577 (1:27.452)
-- Leather, Ellie	Under Armour	DNF
1:07.076 (1:07.076)	2:13.975 (1:06.899)	

Sir Walter Miler - 8/4/2023**Meredith College****Results****Men 1500 Meter Run en Route**

Name	Year School	Finals
1 Kemboi, Amon	Puma / Puma Elite	3:43.45
2 Hunt, Jesse	Unattached	3:43.91
3 Allen, Ben	Empire Elite	3:44.09
4 Adams, Ryan	Furman Elite	3:44.27
5 Schaffer, Dan	Zap Endurance	3:44.43
6 Bayer, Andy	On	3:44.47
7 Holt, Eric	Empire Elite	3:44.70
8 Smith, Miles	Peninsula Di	3:44.80
9 Nowak, Craig	Unattached	3:45.12
10 Pinho, Jack	Baa	3:45.66
11 Hill, Billy	Garden State	3:53.37
-- Stanovsek, Mick	Puma / Puma Elite	DNF

Men 1 Mile Run Championship

Name	Year School	Finals
NC State: \$ 3:53.34 8/5/2022 Yared Nuguse, On Athletics		
1 Kemboi, Amon	Puma / Puma Elite	3:57.84
1:01.334 (1:01.334)	2:00.407 (59.074)	3:01.282 (1:00.875) 3:57.840 (56.558)
2 Allen, Ben	Empire Elite	3:58.19
1:01.152 (1:01.152)	2:00.261 (59.109)	3:01.214 (1:00.953) 3:58.190 (56.977)
3 Schaffer, Dan	Zap Endurance	3:58.57
1:01.710 (1:01.710)	2:00.746 (59.037)	3:01.614 (1:00.868) 3:58.564 (56.950)
4 Hunt, Jesse	Unattached	3:58.93
1:01.532 (1:01.532)	2:00.522 (58.990)	3:01.387 (1:00.865) 3:58.925 (57.538)
5 Adams, Ryan	Furman Elite	3:59.44
1:01.606 (1:01.606)	2:00.597 (58.992)	3:01.651 (1:01.054) 3:59.439 (57.788)
6 Bayer, Andy	On	3:59.54
1:01.837 (1:01.837)	2:00.960 (59.123)	3:01.415 (1:00.455) 3:59.532 (58.118)
7 Nowak, Craig	Unattached	4:00.76
1:01.907 (1:01.907)	2:00.929 (59.022)	3:01.485 (1:00.557) 4:00.760 (59.275)
8 Smith, Miles	Peninsula Di	4:01.08
1:02.186 (1:02.186)	2:00.851 (58.665)	3:01.707 (1:00.857) 4:01.076 (59.369)
9 Holt, Eric	Empire Elite	4:02.37
1:00.984 (1:00.984)	2:00.095 (59.112)	3:01.059 (1:00.964) 4:02.362 (1:01.304)
10 Pinho, Jack	Baa	4:03.24
1:02.006 (1:02.006)	2:00.400 (58.394)	3:01.086 (1:00.687) 4:03.239 (1:02.153)
11 Hill, Billy	Garden State	4:12.57
1:02.311 (1:02.311)	2:01.565 (59.254)	3:04.372 (1:02.808) 4:12.567 (1:08.195)
-- Stanovsek, Mick	Puma / Puma Elite	DNF
1:00.319 (1:00.319)	1:59.407 (59.089)	

Mixed 1 Mile Run Coaches Clas

Name	Year School	Finals
1 Ordonez, Erasmo	M Louisburg College	4:44.63
1:14.520 (1:14.520)	2:22.873 (1:08.354)	3:34.378 (1:11.505) 4:44.626 (1:10.248)
2 Berger, Richard	M Leesville HS	4:47.55
1:14.381 (1:14.381)	2:22.588 (1:08.208)	3:34.767 (1:12.179) 4:47.547 (1:12.780)
3 Surface, Tim	M Nrca	4:48.85
1:15.288 (1:15.288)	2:27.580 (1:12.292)	3:40.256 (1:12.677) 4:48.847 (1:08.592)

Sir Walter Miler - 8/4/2023**Meredith College****Results****...Mixed 1 Mile Run Coaches Clas**

4 Sink, Justin	M East David HS	4:55.35			
1:14.957 (1:14.957)	2:26.242 (1:11.285)	3:41.408 (1:15.167)	4:55.341 (1:13.933)		
5 Baddour, Alan	M East David HS	5:14.28			
1:17.180 (1:17.180)	2:36.562 (1:19.383)	3:57.045 (1:20.483)	5:14.272 (1:17.228)		
6 Cozzarelli, Andie	W Run4ACozz	5:15.28			
1:20.118 (1:20.118)	2:39.396 (1:19.278)	3:59.382 (1:19.987)	5:15.280 (1:15.898)		
7 Van Veen, Jim	M Ravenscroft	5:20.64			
1:20.603 (1:20.603)	2:39.706 (1:19.103)	4:00.582 (1:20.877)	5:20.636 (1:20.054)		
8 Baskin, Hana	W East Chapel HS	5:21.76			
1:19.998 (1:19.998)	2:39.602 (1:19.604)	4:01.081 (1:21.479)	5:21.753 (1:20.673)		
9 Rodriguez, Tracie	W Run4ACozz	5:33.64			
1:20.868 (1:20.868)	2:42.897 (1:22.029)	4:08.258 (1:25.362)	5:33.635 (1:25.377)		
10 Kennedy, Kelly	W Cape Fear Academy	5:36.37			
1:22.590 (1:22.590)	2:46.162 (1:23.573)	4:12.015 (1:25.853)	5:36.361 (1:24.347)		
11 Sigmon, Alan	M Bunker Hill	6:58.74			
1:45.257 (1:45.257)	3:35.542 (1:50.285)	5:24.860 (1:49.318)	6:58.736 (1:33.877)		

Mixed 4x400 Meter Relay

School	Finals
1 Laboratory Run Club 'A'	3:49.38
2 Runologie TC 'A'	3:50.53
3 Fleet Feet Raleigh 'A'	4:04.48
4 Nog Run Club 'A'	4:17.16
5 Bull City Track Club 'A'	4:22.31
6 Triangle Run Smart 'A'	4:23.92
7 Team Ponyrun 'A'	4:26.63
8 Pace Yourself Holly Springs 'A'	4:27.36
9 Crunk Crank Arm Running 'A'	4:28.99
10 Raleigh Brewing 'A'	4:29.82
11 Run Raleigh / Brick 'A'	4:37.55
12 Raleigh Distance Project 'A'	4:38.90
13 Pelagic Run Club 'A'	4:39.82
14 Bond Brothers 'A'	4:44.02
15 Ncrc 'A'	4:45.45