

Sir Walter Miler - 8/2/2024

Meredith College

Results

Event 1 Women 1 Mile Run Championship

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NC State: \$ 4:21.89 8/5/2022 Nikki Hiltz, lululemon						
Name	Year	School	Finals			
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Finals						
1 Ewoi, Dorcus		Puma / Puma Elite	4:19.71\$			
1:05.301 (1:05.301)	2:10.646 (1:05.345)	3:16.723 (1:06.077)	4:19.710 (1:02.987)			
2 Hurta-Kleckler, Sage		Oac	4:19.89\$			
1:04.959 (1:04.959)	2:10.382 (1:05.423)	3:16.347 (1:05.965)	4:19.887 (1:03.540)			
3 MacLean, Heather		New Balance	4:20.41\$			
1:04.303 (1:04.303)	2:09.807 (1:05.504)	3:16.142 (1:06.335)	4:20.405 (1:04.263)			
4 Fulton, Eleanor		Unattached	4:24.87			
1:04.716 (1:04.716)	2:10.147 (1:05.431)	3:17.049 (1:06.902)	4:24.867 (1:07.818)			
5 Aragon, Christina		Nike / Bowerman TC	4:27.74			
1:05.529 (1:05.529)	2:11.481 (1:05.952)	3:20.087 (1:08.606)	4:27.735 (1:07.648)			
6 Randall, Jenn		Oregon Track Club	4:28.18			
1:06.448 (1:06.448)	2:14.571 (1:08.123)	3:23.671 (1:09.100)	4:28.172 (1:04.501)			
7 Nichols, Abby		Hoka Naz Elite	4:30.59			
1:06.916 (1:06.916)	2:14.138 (1:07.222)	3:23.066 (1:08.928)	4:30.583 (1:07.517)			
8 Buchalski, Allie		Brooks Beasts TC	4:30.68			
1:07.701 (1:07.701)	2:14.411 (1:06.710)	3:23.287 (1:08.876)	4:30.672 (1:07.385)			
9 Butler, Lindsey		Unattached	4:31.95			
1:06.708 (1:06.708)	2:14.804 (1:08.096)	3:24.219 (1:09.415)	4:31.945 (1:07.726)			
10 Asekol, Flomena		Unattached	4:32.70			
1:05.563 (1:05.563)	2:13.231 (1:07.668)	3:23.224 (1:09.993)	4:32.697 (1:09.473)			
11 Teubel, Alexina		Unattached	4:37.35			
1:06.932 (1:06.932)	2:14.213 (1:07.281)	3:24.576 (1:10.363)	4:37.350 (1:12.774)			
12 Tynnismaa, Amaris		Unattached	4:39.75			
1:07.720 (1:07.720)	2:15.940 (1:08.220)	3:27.414 (1:11.474)	4:39.748 (1:12.334)			
13 McGorty, Jessica		Puma / Puma Elite	4:47.16			
1:08.306 (1:08.306)	2:19.974 (1:11.668)	3:34.378 (1:14.404)	4:47.153 (1:12.775)			
-- Mitchell, Kate		New Balance Boston	DNF			
1:04.093 (1:04.093)	2:09.588 (1:05.495)					

Event 2 Men 1 Mile Run Championship

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NC State: \$ 3:53.34 8/5/2022 Yared Nuguse, On Athletics						
Name	Year	School	Finals			
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1 Suliman, Waleed		Brooks Beasts TC	3:51.89\$			
58.665 (58.665)	1:57.522 (58.858)	2:56.215 (58.693)	3:51.885 (55.671)			
2 Lagat, Festus		Under Armour	3:52.63\$			
58.936 (58.936)	1:57.725 (58.789)	2:56.436 (58.712)	3:52.625 (56.190)			
3 Gilman, Sam		New Balance Boston	3:52.81\$			
59.637 (59.637)	1:58.408 (58.771)	2:57.031 (58.624)	3:52.804 (55.773)			
4 McGorty, Sean		Nike / Bowerman TC	3:53.00\$			
59.368 (59.368)	1:58.160 (58.792)	2:56.478 (58.319)	3:52.993 (56.515)			
5 Ryan, Paul		adidas	3:53.57			
59.890 (59.890)	1:58.690 (58.801)	2:57.321 (58.631)	3:53.563 (56.242)			
6 Knevelbaard, Kasey		Under Armour	3:53.64			
59.864 (59.864)	1:58.870 (59.007)	2:57.735 (58.865)	3:53.633 (55.899)			
7 Anstey, Jack		Under Armour	3:53.84			
1:00.073 (1:00.073)	1:59.058 (58.985)	2:57.528 (58.470)	3:53.838 (56.310)			
8 Engels, Craig		Nike / Nike	3:53.99			
59.137 (59.137)	1:57.916 (58.780)	2:56.666 (58.750)	3:53.990 (57.325)			

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9 Stanovsek, Mick	Puma / Puma Elite	3:54.11		
1:00.317 (1:00.317)	1:59.245 (58.929)	2:58.144 (58.899)	3:54.108 (55.965)	
10 Kioko, Athanas	On	3:56.09		
59.679 (59.679)	1:58.484 (58.805)	2:58.515 (1:00.031)	3:56.084 (57.570)	
11 Kemboi, Amon	Puma / Puma Elite	3:58.94		
59.214 (59.214)	1:58.022 (58.809)	2:56.875 (58.854)	3:58.937 (1:02.062)	
12 Holt, Eric	Puma / Empir	4:02.13		
59.512 (59.512)	1:58.375 (58.864)	2:57.143 (58.768)	4:02.130 (1:04.988)	
13 Haughton, Tim	Unattached	4:03.97		
1:00.571 (1:00.571)	1:59.452 (58.881)	2:59.460 (1:00.008)	4:03.967 (1:04.508)	
14 Maier, Tanner	Minnesota Di	4:05.50		
1:00.048 (1:00.048)	1:58.859 (58.811)	2:59.865 (1:01.007)	4:05.500 (1:05.635)	
-- Nagel, Ben	Team Sova	DNF		
58.389 (58.389)	1:57.155 (58.766)			

Event 3 Women 1500 Meter Run en Route

Name	Year School	Finals
1 MacLean, Heather	New Balance	4:02.73
2 Hurta-Kleckler, Sage	Oac	4:02.83
3 Ewoi, Dorcus	Puma / Puma Elite	4:02.90
4 Fulton, Eleanor	Unattached	4:06.11
5 Aragon, Christina	Nike / Bowerman TC	4:09.79
6 Randall, Jenn	Oregon Track Club	4:11.05
7 Buchalski, Allie	Brooks Beasts TC	4:12.00
8 Nichols, Abby	Hoka Naz Elite	4:12.78
9 Asekol, Flomena	Unattached	4:13.51
10 Butler, Lindsey	Unattached	4:13.90
11 Teubel, Alexina	Unattached	4:17.12
12 Tynismaa, Amaris	Unattached	4:20.29
13 McGorty, Jessica	Puma / Puma Elite	4:27.40
-- Mitchell, Kate	New Balance Boston	DNF

Event 4 Men 1500 Meter Run en Route

Name	Year School	Finals
1 Suliman, Waleed	Brooks Beasts TC	3:37.44
2 Gilman, Sam	New Balance Boston	3:37.53
3 Lagat, Festus	Under Armour	3:37.66
4 McGorty, Sean	Nike / Bowerman TC	3:37.72
5 Engels, Craig	Nike / Nike	3:38.35
6 Anstey, Jack	Under Armour	3:38.42
7 Knevelbaard, Kasey	Under Armour	3:38.56
8 Ryan, Paul	adidas	3:38.69
9 Stanovsek, Mick	Puma / Puma Elite	3:39.33
10 Kemboi, Amon	Puma / Puma Elite	3:40.41
11 Kioko, Athanas	On	3:40.59
12 Holt, Eric	Puma / Empir	3:42.74
13 Haughton, Tim	Unattached	3:45.04
14 Maier, Tanner	Minnesota Di	3:46.72
-- Nagel, Ben	Team Sova	DNF

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Results

Event 5 Mixed 1 Mile Run CoachesClash

Name	Year	School	Finals
1 Domenech, Pol		M Wingate University	4:22.32
1:05.047 (1:05.047)	2:12.748 (1:07.701)	3:20.539 (1:07.791)	4:22.311 (1:01.772)
2 Topoly, Drew		M Thales Acade	4:23.52
1:04.396 (1:04.396)	2:10.930 (1:06.534)	3:19.360 (1:08.430)	4:23.519 (1:04.159)
3 Johnson, Tommy		M Woods Charte	4:41.27
1:06.780 (1:06.780)	2:17.676 (1:10.896)	3:30.768 (1:13.092)	4:41.265 (1:10.497)
4 Surface, Tim		M North Raleigh	4:45.38
1:12.161 (1:12.161)	2:23.589 (1:11.428)	3:37.127 (1:13.538)	4:45.379 (1:08.252)
5 Mills, Conner		M Cary Christi	4:46.62
1:12.441 (1:12.441)	2:22.321 (1:09.880)	3:34.601 (1:12.280)	4:46.617 (1:12.016)
6 Berger, Richard		M Leesville Ro	4:48.26
1:11.134 (1:11.134)	2:20.658 (1:09.524)	3:34.223 (1:13.565)	4:48.257 (1:14.034)
7 Wiggan, Omar		M Trinity Acad	4:49.84
1:12.667 (1:12.667)	2:25.199 (1:12.532)	3:39.202 (1:14.003)	4:49.833 (1:10.631)
8 Sink, Justin		M East Davidso	4:50.53
1:12.844 (1:12.844)	2:23.612 (1:10.768)	3:36.840 (1:13.228)	4:50.521 (1:13.681)
9 Ordonez, Mo		M Louisburg College	4:56.79
1:12.254 (1:12.254)	2:23.404 (1:11.150)	3:38.255 (1:14.851)	4:56.789 (1:18.534)
10 Charles, Ericka		W Durham Schoo	5:14.32
1:16.142 (1:16.142)	2:37.617 (1:21.475)	3:59.888 (1:22.271)	5:14.314 (1:14.426)
11 Tohak, Kevin		M Panther Cree	5:18.01
1:19.523 (1:19.523)	2:42.410 (1:22.887)	4:04.331 (1:21.921)	5:18.002 (1:13.671)
12 Spreitzer, Bryan		M Green Hope H	5:19.42
1:20.187 (1:20.187)	2:41.990 (1:21.803)	4:02.995 (1:21.005)	5:19.417 (1:16.422)
13 Baddour, Allen		M East Davidso	5:20.33
1:18.418 (1:18.418)	2:38.911 (1:20.493)	4:00.247 (1:21.336)	5:20.326 (1:20.079)
14 Baskin, Hana		W East Davidso	5:20.61
1:18.975 (1:18.975)	2:39.874 (1:20.899)	4:01.571 (1:21.697)	5:20.609 (1:19.038)
15 Scruggs, Paul		M Panther Cree	5:27.68
1:20.151 (1:20.151)	2:42.594 (1:22.443)	4:04.884 (1:22.290)	5:27.674 (1:22.790)
16 Taylor, Erin		W Without Limi	5:34.18
1:20.429 (1:20.429)	2:43.792 (1:23.363)	4:10.219 (1:26.427)	5:34.172 (1:23.953)
17 Kennedy, Kelly		W Cape Fear Academy	5:39.12
1:20.514 (1:20.514)	2:43.203 (1:22.689)	4:10.726 (1:27.523)	5:39.119 (1:28.393)
18 Sigmon, Alan		M Bunker Hill	7:16.61
1:52.411 (1:52.411)	3:46.340 (1:53.929)	5:39.132 (1:52.792)	7:16.602 (1:37.470)

Event 6 Mixed 4x400 Meter Relay

School	Finals
1 Runologie TC 'A'	3:42.85
2 Laboratory TC 'A'	3:50.41
3 Panther Creek Run Club 'A'	4:04.16
4 Pink Panthers TC 'A'	4:06.64
5 Without Limits Triangle 'A'	4:07.05
6 Bull City Track Club 'A'	4:10.18
7 Nog Run Club 'A'	4:19.33
8 Triangle Run Smart 'A'	4:26.67
9 NC Road Runners 'A'	4:32.89
10 Bond Brothers Run Club 'A'	4:33.45
11 Fortnight Brewing Run Club 'A'	4:37.08
12 Pace Yourself Run Co 'A'	4:38.60

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....Event 6 Mixed 4x400 Meter Relay

13 Raleigh Brewing Run Club 'A'	4:40.71
14 Fleet Feet Morrisville 'A'	4:45.23
15 Pace Of Me 'A'	4:50.55
16 Breakfast Club 'A'	4:55.64
17 House of Hops Run Club 'A'	5:03.00
18 Triangle Turtles and Hares 'A'	5:04.47