

Sir Walter Miler - 8/2/2024

Meredith College

Results

Event 1 Women 1 Mile Run Championship

NC State: 4:19.71 \$ 8/2/2024 Dorcus Ewoi

Name	School	Finals
Finals		
1 Morris, Gracie	Puma / Puma	4:23.74
1:07.001 (1:07.001)	2:13.123 (1:06.123)	3:20.118 (1:06.995)
4:23.737 (1:03.619)		
2 McArthur, Rachel	Asics	4:23.98
1:07.302 (1:07.302)	2:13.846 (1:06.544)	3:20.783 (1:06.938)
4:23.975 (1:03.192)		
3 Piccirillo, Angel	Puma / Puma	4:25.13
1:08.258 (1:08.258)	2:14.720 (1:06.462)	3:21.101 (1:06.382)
4:25.128 (1:04.028)		
4 Aragon, Christina	Nike Swoosh	4:25.30
1:07.692 (1:07.692)	2:14.417 (1:06.725)	3:21.336 (1:06.919)
4:25.293 (1:03.958)		
5 Butler, Lindsey	Unattached	4:25.85
1:07.241 (1:07.241)	2:14.111 (1:06.870)	3:21.505 (1:07.394)
4:25.846 (1:04.342)		
6 Markezich, Olivia	On Athletics	4:26.82
1:07.847 (1:07.847)	2:14.510 (1:06.663)	3:20.991 (1:06.482)
4:26.815 (1:05.824)		
7 Engelhardt, Sadie	New Balance	4:27.13
1:08.005 (1:08.005)	2:14.246 (1:06.242)	3:21.127 (1:06.882)
4:27.121 (1:05.994)		
8 Gear, Krissy	HOKA	4:28.94
1:08.122 (1:08.122)	2:15.660 (1:07.538)	3:23.745 (1:08.085)
4:28.932 (1:05.188)		
9 Barton, Laurie	Atlanta Trac	4:29.65
1:06.826 (1:06.826)	2:12.907 (1:06.082)	3:21.868 (1:08.962)
4:29.642 (1:07.774)		
10 McGorty, Jessica	Puma / Puma	4:30.90
1:08.467 (1:08.467)	2:15.405 (1:06.938)	3:24.796 (1:09.392)
4:30.898 (1:06.103)		
11 Quigley, Colleen	lululemon /	4:32.94
1:08.722 (1:08.722)	2:15.131 (1:06.409)	3:22.925 (1:07.794)
4:32.932 (1:10.008)		
12 Wilson, Allie	Nike Swoosh	4:39.17
1:07.483 (1:07.483)	2:14.821 (1:07.338)	3:25.148 (1:10.328)
4:39.161 (1:14.013)		
13 Ballowe, Hannah	adidas	4:43.72
1:08.906 (1:08.906)	2:15.935 (1:07.029)	3:27.778 (1:11.844)
4:43.720 (1:15.942)		
--- Boone, Grace	Pro Bike & R	DNF
1:06.552 (1:06.552)	2:11.918 (1:05.367)	

Event 2 Men 1 Mile Run Championship

NC State: 3:51.89 \$ 8/2/2024 Waleed Suliman

Name	School	Finals
Finals		
1 Robinson, Ky	On Athletics	3:50.80\$
59.002 (59.002)	1:57.237 (58.235)	2:54.202 (56.965)
3:50.797 (56.595)		

2 Hoare, Olli	On Athletics	3:50.96\$
58.065 (58.065)	1:56.309 (58.244)	2:54.425 (58.116)
3:50.954 (56.529)		
3 McGorty, Sean	Nike Swoosh	3:52.39
59.190 (59.190)	1:57.386 (58.196)	2:55.219 (57.833)
3:52.383 (57.164)		
4 Reniewicki, John	Under Armour	3:52.81
58.815 (58.815)	1:57.076 (58.261)	2:56.232 (59.156)
3:52.807 (56.575)		
5 Prakes, Sam	adidas	3:53.12
58.670 (58.670)	1:56.874 (58.204)	2:56.629 (59.755)
3:53.119 (56.490)		
6 Williams, Carson	Furman Elite	3:53.61
59.803 (59.803)	1:58.014 (58.211)	2:56.983 (58.969)
3:53.608 (56.625)		
7 Sado, Yasin	Asics	3:53.80
59.615 (59.615)	1:57.787 (58.172)	2:56.553 (58.766)
3:53.792 (57.239)		
8 Garcia Romo, Mario	On Athletics	3:56.12
59.397 (59.397)	1:57.564 (58.167)	2:56.406 (58.842)
3:56.117 (59.711)		
9 Holt, Eric	Puma/ Empire Eli	3:57.63
58.265 (58.265)	1:56.543 (58.278)	2:54.966 (58.423)
3:57.626 (1:02.660)		
10 Gilman, Sam	Nike / Wcap	3:59.15
58.461 (58.461)	1:56.672 (58.211)	2:57.013 (1:00.341)
3:59.148 (1:02.135)		
11 VanDyke, Clayton	ChicknLegs	3:59.37
1:00.011 (1:00.011)	1:58.317 (58.306)	2:57.973 (59.656)
3:59.370 (1:01.397)		
12 Spragley, Michael	ChicknLegs	4:09.14
1:00.246 (1:00.246)	1:58.698 (58.452)	3:01.622 (1:02.924)
4:09.132 (1:07.510)		
--- Tuohy, Patrick	NC State	DNF
57.850 (57.850)	1:56.100 (58.250)	

Event 3 Women 1500 Meter Run en Route

NC State: 4:02.73 \$ 8/2/2024 Heather MacLean

Name	School	Finals
Finals		
1 Morris, Gracie	Puma / Puma	4:06.23
2 McArthur, Rachel	Asics	4:06.34
3 Piccirillo, Angel	Puma / Puma	4:07.35
4 Butler, Lindsey	Unattached	4:08.35
5 Engelhardt, Sadie	New Balance	4:08.49
6 Markezich, Olivia	On Athletics	4:08.70
7 Aragon, Christina	Nike Swoosh	4:08.89
8 Barton, Laurie	Atlanta Trac	4:11.19
9 Gear, Krissy	HOKA	4:11.32
10 McGorty, Jessica	Puma / Puma	4:13.29
11 Quigley, Colleen	lululemon /	4:13.84
12 Wilson, Allie	Nike Swoosh	4:18.72
13 Ballowe, Hannah	adidas	4:23.30
--- Boone, Grace	Pro Bike & R	DNF

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Meredith College

Results

Event 4 Men 1500 Meter Run en Route

NC State: 3:37.44 \$ 8/2/2024 Waleed Suliman

Name	School	Finals
Finals		
1 Robinson, Ky	On Athletics	3:35.48\$
2 Hoare, Olli	On Athletics	3:35.75\$
3 McGorty, Sean	Nike Swoosh	3:36.97\$
4 Reniewicki, John	Under Armour	3:37.65
5 Prakes, Sam	adidas	3:37.81
6 Sado, Yasin	Asics	3:38.17
7 Williams, Carson	Furman Elite	3:38.43
8 Holt, Eric	Puma/ Empire Eli	3:39.00
9 Garcia Romo, Mario	On Athletics	3:39.36
10 VanDyke, Clayton	ChicknLegs	3:42.08
11 Gilman, Sam	Nike / Wcap	3:42.92
12 Spragley, Michael	ChicknLegs	3:50.48
--- Tuohy, Patrick	NC State	DNF

Event 5 Mixed 1 Mile Run

NC State: 4:22.32 \$ 8/2/2024 Pol Domenech

Name	School	Finals
Finals		
1 Johnson, Ian	M Without Limi	4:40.30
1:10.736 (1:10.736)	2:21.226 (1:10.490)	3:33.552 (1:12.326)
4:40.292 (1:06.740)		
2 Mills, Conner	M Chomp City T	4:42.59
1:10.171 (1:10.171)	2:18.835 (1:08.664)	3:29.182 (1:10.347)
4:42.583 (1:13.401)		
3 Post, Christopher	M Without Limi	4:48.57
1:10.454 (1:10.454)	2:20.231 (1:09.777)	3:35.937 (1:15.706)
4:48.569 (1:12.632)		
4 Boucher, Kyle	M Raleigh Brew	4:50.69
1:14.043 (1:14.043)	2:24.741 (1:10.698)	3:36.931 (1:12.190)
4:50.684 (1:13.753)		
5 Boyers, Thomas	M Gibbons TC	4:52.36
1:13.584 (1:13.584)	2:27.019 (1:13.435)	3:42.712 (1:15.693)
4:52.358 (1:09.646)		
6 DiSerafino, Joey	M Crank Arm Ru	5:01.42
1:15.343 (1:15.343)	2:32.377 (1:17.034)	3:51.397 (1:19.020)
5:01.415 (1:10.018)		
7 Rowley, Isaiah	M Oak City Run	5:04.93
1:17.355 (1:17.355)	2:34.084 (1:16.729)	3:52.235 (1:18.151)
5:04.930 (1:12.695)		
8 Wiggan, Omar	M NCRC	5:05.88
1:16.714 (1:16.714)	2:34.400 (1:17.686)	3:52.034 (1:17.634)
5:05.875 (1:13.841)		
9 Merna, Maddie	W Lothar Run C	5:12.18
1:17.196 (1:17.196)	2:34.918 (1:17.722)	3:53.349 (1:18.431)
5:12.176 (1:18.827)		
10 Hunsaker, Jordan	M Crank Arm Ru	5:17.39
1:15.546 (1:15.546)	2:33.542 (1:17.996)	3:55.772 (1:22.230)
5:17.389 (1:21.617)		
11 Peters, Clare	W Crank Arm Ru	5:18.07
1:18.514 (1:18.514)	2:39.329 (1:20.815)	3:59.561 (1:20.232)
5:18.061 (1:18.500)		

12 Petrides, Kylie	W Without Limi	5:23.91
1:17.649 (1:17.649)	2:36.803 (1:19.154)	4:00.217 (1:23.414)
5:23.908 (1:23.691)		
13 Delk, Hank	M Without Limi	5:27.58
1:20.218 (1:20.218)	2:43.669 (1:23.451)	4:08.641 (1:24.972)
5:27.576 (1:18.935)		
14 Kennedy, Kelly	W Without Limi	5:34.41
1:21.646 (1:21.646)	2:44.015 (1:22.369)	4:09.220 (1:25.205)
5:34.409 (1:25.189)		
15 Donato, Kate	W Bond Brother	5:42.02
1:22.889 (1:22.889)	2:50.240 (1:27.351)	4:18.168 (1:27.928)
5:42.017 (1:23.849)		
16 Lazzari, Julianna	W Crank Arm Ru	5:43.86
1:22.704 (1:22.704)	2:50.025 (1:27.321)	4:18.001 (1:27.976)
5:43.852 (1:25.851)		
17 Rumsey, Kevin	M Poets	6:26.86
1:31.522 (1:31.522)	3:09.586 (1:38.064)	4:50.913 (1:41.327)
6:26.854 (1:35.941)		
18 Duren, Jonathan	M Dead Whales	6:30.35
1:32.086 (1:32.086)	3:15.291 (1:43.205)	4:58.943 (1:43.652)
6:30.341 (1:31.398)		
19 Kiehle, Sarah	W Nog Run Club	6:33.51
1:29.709 (1:29.709)	3:02.706 (1:32.997)	4:47.392 (1:44.686)
6:33.503 (1:46.111)		
20 Sigmon, Alan	M Bunker Hill	7:09.53
1:49.819 (1:49.819)	3:41.250 (1:51.431)	5:32.469 (1:51.219)
7:09.528 (1:37.059)		

Event 6 Mixed 4x400 Meter Relay

NC State: 3:42.85 \$ 8/2/2024 Runologic TC

Team	Relay	Finals
Finals		
1 Runologic	A	4:08.73
2 Raleigh Brewing	A	4:19.68
3 Bull City TC	A	4:32.84
4 Crank Arm Run Cl	A	4:34.18
5 Bond Brothers	A	4:34.26
6 Fortnight Run Club	A	4:34.45
7 Pelagic Run Club	A	4:41.82
8 Poets	A	4:53.96
9 Wolves on the Run	A	4:57.14
10 Run Club Apex	A	4:58.05
11 Nog Run Club	A	4:58.43
12 Triangle Run Smart	A	5:01.77
13 Triangle Turtles	A	5:05.68
14 Flying Sauce	A	5:10.01
15 Crank Arm Ru	A	5:16.54
16 Nacho Averag	A	5:31.39