



# NCAA Division I Southeast Regional

Winthrop Farm Meadows  
Rock Hill, SC - Hosted by Winthrop University  
November 15, 2024



## Results Men 10k

TEMPERATURE  
60 °

HUMIDITY  
73%

CONDITIONS  
M SUNNY

PI	Athlete Name	Affiliation	1.6k	5k	8k	Time	Pts
1	George Couttie	SO Virginia Tech	4:39.9 (12) ▲6	15:17.2 (6) ▼2	24:25.2 (8) ▲7	29:41.7	1
2	Justine Kipkoech	FR Eastern Kentucky	4:40.0 (14) ▲6	15:17.3 (8) ▲5	24:24.0 (3) ▲1	29:44.3	2
3	Dylan Schubert	SR Furman	4:39.4 (2) ▼4	15:17.2 (6) ▲5	24:23.9 (1) ▼2	29:49.8	3
4	Collins Kiprop Kipngok	FR Kentucky	4:41.4 (36) ▲18	15:18.2 (18) ▲12	24:24.8 (6) ▲2	29:51.3	4
5	Ethan Strand	SR North Carolina	4:39.4 (2) ▲1	15:16.9 (1) ▼3	24:24.2 (4) ▼1	29:53.6	5
6	Parker Wolfe	SR North Carolina	4:39.5 (4) ▲2	15:17.0 (2) ▲1	24:23.9 (1) ▼5	29:53.6	6
7	Geoffrey Kirwa	FR Louisville	4:40.8 (26) ▲15	15:17.5 (11) ▲4	24:24.9 (7) —	29:59.2	7
8	Gary Martin	JR Virginia	4:40.0 (14) ▲12	15:17.0 (2) ▼3	24:24.7 (5) ▼3	30:00.3	8
9	Will Anthony	JR Virginia	4:39.9 (12) —	15:17.6 (12) ▲3	24:29.2 (9) —	30:00.6	9
10	Joseph O'Brien	SO Wake Forest	4:40.5 (23) ▲5	15:18.2 (18) ▲7	24:31.0 (11) ▲1	30:01.7	10
11	Charlie Sprott	SO Wake Forest	4:41.1 (32) ▲28	15:17.1 (4) ▼6	24:30.4 (10) ▼1	30:02.1	11
12	Carson Williams	SR Furman	4:39.8 (9) ▲5	15:17.1 (4) ▼9	24:31.3 (13) ▲1	30:04.0	12
13	Brett Gardner	SR NC State	4:39.8 (9) ▼1	15:17.4 (10) ▼4	24:32.2 (14) ▲1	30:06.6	13
14	Nicholas Kipchirchir	FR Virginia Tech	4:39.6 (5) ▼3	15:17.3 (8) ▼4	24:31.1 (12) ▼2	30:12.8	14
15	Luke Tewalt	SR Wake Forest	4:40.9 (27) ▲7	15:18.3 (20) ▲4	24:33.4 (16) ▲1	30:14.2	15
16	Sawyer Dagan	SR Clemson	4:42.5 (49) ▲28	15:18.6 (21) ▲4	24:35.2 (17) ▲1	30:19.4	16
17	Andrew Jones	JR Virginia	4:41.3 (35) ▲23	15:17.6 (12) ▼7	24:45.4 (19) ▲2	30:27.3	17
18	Maddon Muhammad	JR Charlotte	4:41.8 (42) ▲19	15:19.0 (23) ▲5	24:45.3 (18) —	30:28.8	18
19	Nathan Mountain	JR Virginia	4:41.6 (40) ▲10	15:24.6 (30) ▲2	24:56.7 (28) ▲9	30:30.0	19
20	Taha Er Raouy	SO Eastern Kentucky	4:40.9 (27) ▼2	15:23.8 (26) ▲3	24:53.7 (26) ▲6	30:32.2	20
21	Colton Sands	JR North Carolina	4:39.6 (5) ▼21	15:19.8 (26) ▲4	24:49.8 (22) ▲1	30:32.8	21
22	Will Coogan	JR North Carolina	4:39.7 (8) ▼6	15:17.7 (14) ▼9	24:50.2 (23) ▲1	30:33.1	22
23	Gidion Sigei	SR Norfolk State	4:40.0 (14) ▼14	15:21.5 (28) ▲1	24:53.9 (27) ▲4	30:35.0	23
24	Mohammed Jouhari	JR Eastern Kentucky	4:46.9 (79) ▲52	15:21.3 (27) ▲2	24:53.4 (25) ▲1	30:37.1	24
25	Edward Bird	SO Kentucky	4:40.0 (14) ▼3	15:18.1 (17) ▼3	24:46.9 (20) ▼5	30:37.5	25
26	Wes Porter	SR Virginia	4:41.4 (36) ▲21	15:17.9 (15) ▼6	24:49.5 (21) ▼5	30:37.8	26
27	Nicholas Kiprotich	SR Liberty	4:39.6 (5) ▼19	15:19.1 (24) —	24:50.8 (24) ▼3	30:40.5	27
28	William Winter	FR Virginia Tech	4:41.2 (34) ▲3	15:27.1 (31) —	25:01.1 (31) ▲3	30:43.6	28
29	Tomas Vega	JR Eastern Kentucky	4:49.3 (101) ▲62	15:33.7 (39) ▲10	24:59.4 (29) —	30:50.0	29
30	Mario Priego	JR Eastern Kentucky	4:49.4 (103) ▲63	15:36.2 (40) ▲7	25:10.5 (33) ▲3	30:52.5	30
31	Patrick Anderson	JR North Carolina	4:39.8 (9) ▼16	15:19.7 (25) ▼5	24:59.7 (30) ▼1	30:54.1	31
32	Declan Rymer	JR Virginia Tech	4:41.4 (36) —	15:31.3 (36) ▼1	25:15.7 (37) ▲5	30:57.3	32
33	Nathan Moore	SR Liberty	4:51.5 (112) ▲56	15:42.4 (56) ▲13	25:20.7 (43) ▲10	30:58.5	33



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34	German Vega	JR	Eastern Kentucky	4:49.0 (99)	▲56	15:37.4 (43)	▲9	25:12.7 (34)	—	30:59.6	34
35	Tristian Merchant	SO	Liberty	4:51.7 (114)	▲56	15:43.2 (58)	▲13	25:20.9 (45)	▲10	31:00.1	35
36	Toby Gualter	SR	NC State	4:52.8 (117)	▲69	15:40.5 (48)	▲12	25:14.9 (36)	—	31:00.4	36
37	Colin Eckerman	FR	Furman	4:42.2 (47)	▲13	15:31.2 (34)	▼4	25:16.3 (38)	▲1	31:00.7	37
38	Joe Sapone	FR	North Carolina	4:40.6 (24)	▼14	15:32.9 (38)	▼1	25:17.4 (39)	▲1	31:02.8	38
39	Christopher Knight	FR	Furman	4:40.2 (20)	▼12	15:31.0 (32)	▼8	25:19.7 (40)	▲1	31:03.0	39
40	JoJo Jourdon	FR	Wake Forest	4:40.2 (20)	▲4	15:18.0 (16)	▲1	24:33.2 (15)	▼25	31:04.9	40
41	Jack Stanley	SR	Duke	4:46.3 (73)	▲22	15:40.7 (51)	▲7	25:20.8 (44)	▲3	31:04.9	41
42	Wesley Bond	SR	George Mason	4:40.9 (27)	▼7	15:31.2 (34)	▼1	25:13.4 (35)	▼7	31:08.5	42
43	Paul Kiprotich	FR	UNC-Asheville	4:48.1 (90)	▲36	15:41.4 (54)	▲13	25:20.0 (41)	▼2	31:15.7	43
44	Calbert Guest	SR	App State	4:47.5 (86)	▲24	15:44.0 (62)	▲9	25:33.2 (53)	▲9	31:17.1	44
45	Brian Rotich	SR	Norfolk State	4:42.4 (48)	▲1	15:39.0 (47)	▼1	25:22.5 (48)	▲3	31:17.3	45
46	Raphael Kitur	SR	Norfolk State	4:40.1 (18)	▼4	15:18.8 (22)	▼10	25:08.5 (32)	▼14	31:17.4	46
47	Ryan Motondo	SO	NC State	4:45.3 (65)	▲2	15:44.7 (63)	▲13	25:31.7 (50)	▲3	31:17.5	47
48	Alden Keller	FR	Duke	4:47.0 (83)	▲33	15:40.6 (50)	▲3	25:22.3 (47)	▼1	31:18.2	48
49	Jack Cottrell	SR	Liberty	4:51.7 (114)	▲56	15:43.2 (58)	▲12	25:21.2 (46)	▼3	31:19.8	49
50	Evan Guzman	SR	Furman	4:42.1 (46)	▲14	15:31.0 (32)	▼10	25:20.5 (42)	▼8	31:20.6	50
51	Jacob Laney	FR	North Carolina	4:41.1 (32)	▼10	15:36.6 (42)	▼10	25:32.3 (52)	▲1	31:21.7	51
52	Ryan Banko	JR	Duke	4:48.3 (92)	▲23	15:49.0 (69)	▲14	25:34.6 (55)	▲3	31:24.6	52
53	Benjamin Reynolds	SO	Virginia Tech	4:44.3 (58)	▼22	15:54.3 (80)	▲10	25:49.2 (70)	▲17	31:25.8	53
54	Biruk Beardsley	FR	George Mason	4:48.5 (94)	▲15	15:53.2 (79)	▲23	25:35.0 (56)	▲2	31:26.3	54
55	Noah Valyo	FR	NC State	4:45.4 (67)	▲19	15:40.5 (48)	▼3	25:31.8 (51)	▼4	31:28.5	55
56	Jack Eliason	SR	Virginia	4:42.7 (50)	▲5	15:38.5 (45)	▼4	25:26.6 (49)	▼7	31:29.6	56
57	Jackson Watts	SR	Kentucky	4:43.0 (52)	▼1	15:41.2 (53)	▼4	25:35.7 (57)	—	31:30.9	57
58	Gavin Ehlers	SO	Wake Forest	4:40.7 (25)	▼36	15:43.4 (61)	▲7	25:34.1 (54)	▼4	31:31.2	58
59	Adam Hessler	SR	UNC-Asheville	4:41.4 (36)	▼30	15:47.8 (66)	▲4	25:42.7 (62)	▲3	31:31.9	59
60	Arnav Tikhe	SR	Virginia Tech	4:44.3 (58)	▲17	15:36.5 (41)	▼23	25:43.3 (64)	▲4	31:32.7	60
61	Jackson O'Hara	SR	Charlotte	4:41.8 (42)	▼35	15:52.8 (77)	▲17	25:42.2 (60)	▼1	31:32.9	61
62	Hunter Jones	SO	Wake Forest	4:39.3 (1)	▼36	15:32.7 (37)	▼32	25:48.4 (69)	▲7	31:34.0	62
63	Luke Thompson	FR	Duke	4:46.7 (77)	▲5	15:49.3 (72)	▲14	25:37.9 (58)	▼5	31:34.1	63
64	Duncan Miller	SR	Duke	4:46.5 (74)	▲5	15:49.0 (69)	▲10	25:40.1 (59)	▼5	31:35.5	64
65	Bryce Anderson	JR	Charlotte	4:43.4 (54)	▼15	15:49.0 (69)	▲2	25:47.6 (67)	▲2	31:37.9	65
66	Victor Jumo	JR	Norfolk State	4:40.9 (27)	▼46	15:49.5 (73)	▲5	25:47.7 (68)	▲2	31:39.3	66
67	Wesley Larson	JR	NC State	4:45.8 (69)	▲14	15:41.6 (55)	▼11	25:44.2 (66)	▼1	31:39.9	67
68	Luke Taylor	SO	Furman	4:46.5 (74)	▲17	15:43.1 (57)	▼6	25:42.8 (63)	▼5	31:41.1	68
69	Ethan Lipham	JR	App State	4:40.1 (18)	▼28	15:38.8 (46)	▼15	25:42.5 (61)	▼8	31:42.5	69



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70	Matthew Farrell	SR	Duke	4:48.5 (94)	▲12	15:55.5 (82)	▲5	25:58.2 (77)	▲7	31:43.0	70
71	Gavin Mogck	SO	George Mason	4:45.0 (63)	▼5	15:48.8 (68)	▲3	25:43.6 (65)	▼6	31:44.4	71
72	Paul Specht	SO	Wake Forest	4:41.9 (44)	▼21	15:47.5 (65)	▼8	25:50.4 (73)	▲1	31:46.7	72
73	Nicholas Goldstein	SR	Furman	4:49.6 (104)	▲23	15:54.8 (81)	▲3	25:59.1 (78)	▲5	31:47.4	73
74	Sam Hubert	SR	Virginia Tech	4:42.0 (45)	▼30	15:51.1 (75)	▲3	25:49.6 (72)	▼2	31:48.1	74
75	Gavin Stevens	SO	High Point	4:50.4 (107)	▲31	15:52.3 (76)	▲6	25:49.2 (70)	▼5	31:50.3	75
76	Gustav Bendsen	SO	Louisville	4:47.5 (86)	▲19	15:48.6 (67)	▼13	26:01.6 (80)	▲4	31:55.2	76
77	Caleb Kenyon	JR	Charleston Southern	4:48.1 (90)	▲2	16:02.4 (88)	▲6	26:03.0 (82)	▲5	31:56.1	77
78	Cruz Hesling	FR	Charlotte	4:43.5 (56)	▼22	15:53.0 (78)	▲2	25:57.9 (76)	▼2	31:56.9	78
79	Garrett Brown	FR	Clemson	4:56.2 (133)	▲47	16:02.0 (86)	▲5	26:01.9 (81)	▲2	31:58.3	79
80	Hayes Trapp	FR	William & Mary	4:40.4 (22)	▼52	15:50.3 (74)	▼1	25:56.5 (75)	▼5	32:01.1	80
81	Tarek Benlamkaddem	FR	George Mason	4:49.1 (100)	▲6	16:04.7 (94)	▲9	26:06.5 (85)	▲4	32:04.7	81
82	Colton O'Hara	JR	Northern Kentucky	4:58.5 (153)	▲48	16:11.3 (105)	▲17	26:10.7 (88)	▲6	32:04.9	82
83	Chase Atkins	JR	Bellarmine	4:43.8 (57)	▲5	15:40.9 (52)	▼22	25:50.7 (74)	▼9	32:05.4	83
84	Thomas Wlazlowski	FR	App State	4:47.3 (84)	▲1	15:56.3 (83)	▼1	26:05.1 (84)	—	32:10.6	84
85	Alex Deroussel	SO	George Mason	4:48.9 (98)	▲6	16:04.5 (92)	▼8	26:19.6 (100)	▲15	32:12.7	85
86	Matthew Bogdan	SO	NC State	4:45.9 (70)	▼30	16:07.1 (100)	▼4	26:21.9 (104)	▲18	32:12.8	86
87	Jason Thomson	SR	High Point	4:41.6 (40)	▼45	16:00.7 (85)	▼10	26:16.3 (95)	▲8	32:13.5	87
88	Grahm Breiter	SR	Davidson	4:46.9 (79)	▼14	16:04.6 (93)	▲2	26:15.2 (91)	▲3	32:14.5	
89	Kevin Shank	SO	VMI	4:57.6 (142)	▲38	16:11.1 (104)	▲3	26:19.7 (101)	▲12	32:14.7	88
90	Trey Sullivan	SO	Clemson	4:56.8 (136)	▲48	16:02.4 (88)	▲3	26:06.5 (85)	▼5	32:16.3	89
91	Alex Sawyer	SR	East Carolina	4:58.6 (154)	▲51	16:09.5 (103)	▲14	26:11.1 (89)	▼2	32:16.5	
92	Drew Zink	JR	Western Carolina	4:58.0 (147)	▲23	16:19.2 (124)	▲15	26:27.0 (109)	▲17	32:17.9	90
93	Martin Iriondo	FR	Charleston Southern	4:47.8 (88)	▼12	16:07.1 (100)	▲8	26:15.5 (92)	▼1	32:18.9	91
94	Jeff Wedding	JR	Charleston Southern	4:53.9 (122)	▲16	16:11.4 (106)	▲8	26:18.5 (98)	▲4	32:19.4	92
95	Alex Alston	SO	Kentucky	4:46.1 (71)	▼19	16:03.2 (90)	—	26:14.0 (90)	▼5	32:20.2	93
96	Jan Badia	SR	Eastern Kentucky	4:51.1 (109)	▲12	16:05.9 (97)	▼2	26:18.9 (99)	▲3	32:20.8	94
97	Evan Taylor	JR	Elon	5:09.6 (191)	▲43	16:30.6 (148)	▲35	26:30.2 (113)	▲16	32:21.0	95
98	John Malach	SR	NC State	4:44.5 (61)	▼2	15:44.7 (63)	▼33	26:16.8 (96)	▼2	32:21.6	96
99	Ethan Turner	JR	App State	4:46.9 (79)	▼5	15:57.2 (84)	▼3	26:08.7 (87)	▼12	32:21.9	97
100	Justin Wachtel	JR	Virginia	4:43.1 (53)	▲9	15:37.8 (44)	▼39	26:03.7 (83)	▼17	32:22.6	98
101	Ethan Meyer	SR	Louisville	4:53.8 (121)	▲9	16:14.6 (112)	▲6	26:24.8 (106)	▲5	32:23.0	99
102	Jack Pendergast	SR	Kentucky	4:42.7 (50)	▼57	16:11.6 (107)	▲5	26:20.0 (102)	—	32:23.0	100
103	Samuel Pritchard	SR	William & Mary	4:46.9 (79)	▼20	16:06.6 (99)	▲5	26:16.1 (94)	▼9	32:23.5	101
104	Henry Stark	FR	App State	4:51.5 (112)	▼5	16:16.9 (112)	▲5	26:30.1 (112)	▲8	32:24.0	102
105	Spenser Wolf	SO	Louisville	4:49.6 (104)	▲8	16:05.6 (96)	▲3	26:15.6 (93)	▼12	32:26.7	103



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106	Jan Malek	SO	UNC-Asheville	5:01.8 (170)	▲57	16:15.1 (113)	▼1	26:30.9 (114)	▲8	32:28.2	104
107	Hunter Steinau	SR	High Point	4:41.0 (31)	▼27	15:43.2 (58)	▼21	26:01.4 (79)	▼28	32:28.9	105
108	Andrew Schultz	FR	Liberty	4:57.9 (145)	▲18	16:20.2 (127)	▲22	26:24.2 (105)	▼3	32:29.6	106
109	Henry Haase	JR	Richmond	4:55.4 (129)	▲4	16:19.7 (125)	▲14	26:28.4 (111)	▲2	32:30.0	
110	Miles Brush	SO	Kentucky	4:43.4 (54)	▼41	16:04.8 (95)	▼13	26:26.8 (108)	▼2	32:32.1	107
111	Colin Keck	SR	UNC-Greensboro	5:04.8 (179)	▲38	16:25.4 (141)	▲24	26:32.7 (117)	▲6	32:34.2	108
112	Brendan DiStefano	SO	William & Mary	4:46.6 (76)	▼34	16:13.0 (110)	▲3	26:25.3 (107)	▼5	32:35.6	109
113	Josh Meiman	SR	Bellarmine	4:53.6 (120)	▲22	16:06.2 (98)	▼5	26:21.0 (103)	▼10	32:36.3	110
114	Peyton Fairchild	SR	Morehead State	4:58.4 (151)	▲13	16:24.1 (138)	▲18	26:34.6 (120)	▲6	32:38.3	111
115	Nolan Hester	SR	Bellarmine	4:48.4 (93)	▼22	16:16.1 (115)	▼9	26:36.7 (124)	▲9	32:38.5	112
116	Alex Hooten	SO	Bellarmine	4:48.0 (89)	▼13	16:08.6 (109)	▼17	26:34.5 (119)	▲3	32:38.7	113
117	Asrael Cabusoa	FR	Radford	4:55.2 (127)	▼6	16:22.3 (133)	▲12	26:35.3 (121)	▲4	32:39.8	114
118	Zack Wedding	JR	Charleston Southern	4:45.2 (64)	▼23	16:02.3 (87)	▼10	26:17.8 (97)	▼21	32:40.1	115
119	Maxton Sowers	JR	Radford	4:56.4 (134)	▲15	16:17.3 (119)	▲9	26:27.5 (110)	▼9	32:41.8	116
120	Quinn Jacquez	JR	UNC-Asheville	4:53.3 (119)	▼13	16:21.8 (132)	▲1	26:43.1 (131)	▲11	32:42.4	117
121	Alex Justus	SR	Kentucky	4:45.3 (65)	▼46	16:13.7 (111)	▼4	26:31.5 (115)	▼6	32:42.9	118
122	Travis Albon	FR	George Mason	4:49.3 (101)	▼7	16:12.0 (108)	▼14	26:35.8 (122)	—	32:45.1	119
123	Avery Crowell	SO	High Point	4:55.3 (128)	▼6	16:22.5 (134)	▲6	26:39.2 (128)	▲5	32:46.1	120
124	Sam Waldin	SR	Charleston Southern	4:44.4 (60)	▼31	16:03.6 (91)	▼25	26:31.8 (116)	▼8	32:46.4	121
125	Paul Maguire	SO	Clemson	4:57.7 (143)	▲25	16:17.1 (118)	▼8	26:37.8 (126)	▲1	32:48.6	122
126	Christian Mariner	SO	Charleston Southern	4:54.9 (125)	▲3	16:18.8 (122)	▼12	26:47.5 (134)	▲8	32:49.9	123
127	Nate Jennings	SR	William & Mary	4:55.9 (132)	▲12	16:18.4 (120)	▼7	26:38.8 (127)	—	32:51.7	124
128	Zack Ericksen	SR	William & Mary	4:47.3 (84)	▼53	16:24.0 (137)	▲5	26:46.4 (132)	▲4	32:51.9	125
129	Will Nobbe	SO	Bellarmine	4:57.4 (140)	▲13	16:20.2 (127)	▼3	26:41.6 (130)	▲1	32:53.5	126
130	Ryan Richendollar	FR	Morehead State	4:59.7 (158)	▲23	16:22.8 (135)	▲12	26:36.3 (123)	▼7	32:54.3	127
131	Beck Wittstadt	SR	Duke	4:46.2 (72)	▼49	16:18.7 (121)	▼17	26:55.6 (138)	▲7	32:55.7	128
132	Jacob Vogelpohl	SR	Morehead State	5:03.8 (175)	▲36	16:24.2 (139)	▲21	26:33.5 (118)	▼14	32:55.8	129
133	Logan Gullett	SO	Western Carolina	5:01.6 (168)	▲32	16:22.9 (136)	—	26:49.4 (136)	▲3	32:57.4	130
134	Sam Shimanskiy	JR	USC Upstate	5:02.6 (172)	▲21	16:32.8 (151)	—	27:01.1 (151)	▲17	32:58.3	131
135	Daren Hinds	JR	Winthrop	5:00.3 (160)	▲51	16:12.1 (109)	▼16	26:37.1 (125)	▼10	32:59.3	132
136	Evan Pena	JR	UNC-Greensboro	5:09.1 (188)	▲25	16:41.9 (163)	▲17	26:59.2 (146)	▲10	32:59.9	133
137	Stephen Ferneti	FR	Charlotte	4:50.7 (108)	▼21	16:20.4 (129)	▼4	26:47.2 (133)	▼4	33:01.2	134
138	Jack Stansell	SR	Louisville	4:53.1 (118)	▼13	16:21.3 (131)	▲2	26:40.1 (129)	▼9	33:01.8	135
139	Luke Ellwood	JR	William & Mary	4:55.6 (130)	▼13	16:27.1 (143)	▼7	27:00.8 (150)	▲11	33:03.1	136
140	Jackson Gawarecki	SR	Bellarmine	4:48.8 (97)	▼26	16:19.1 (123)	▼14	26:51.8 (137)	▼3	33:03.6	137
141	Nathaniel Verska	JR	Clemson	4:58.6 (154)	▲5	16:31.2 (149)	▲10	26:55.7 (139)	▼2	33:05.7	138



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142	Adam Groves	SO	Coastal Carolina	4:58.1 (148)	▲1	16:29.8 (147)	▲4	26:58.3 (143)	▲1	33:05.8	
143	Luke Ward	JR	UNC-Greensboro	5:05.2 (181)	▲19	16:41.5 (162)	▲18	26:58.7 (144)	▲1	33:05.9	139
144	Jack Kane	FR	Elon	5:10.2 (197)	▲38	16:40.3 (159)	▲14	26:59.1 (145)	▲1	33:06.9	140
145	Caden Strickland	JR	Elon	5:09.6 (191)	▲37	16:37.1 (154)	▲20	26:47.5 (134)	▼11	33:08.7	141
146	Josiah Hortin	FR	Louisville	4:54.6 (124)	▼16	16:24.5 (140)	—	26:55.9 (140)	▼6	33:13.9	142
147	Cole Dawson	SO	VCU	5:01.1 (163)	▼3	16:45.1 (166)	▲10	27:10.2 (156)	▲9	33:15.0	
148	Jonas Roach	SO	UNC-Asheville	5:02.2 (171)	▲21	16:32.2 (150)	▲8	26:57.6 (142)	▼6	33:16.2	143
149	Luke Armentrout	FR	Charlotte	4:51.1 (109)	▼43	16:34.0 (152)	▼1	27:02.8 (153)	▲4	33:16.5	144
150	Zach Mickler	JR	Charleston Southern	4:45.5 (68)	▼77	16:27.9 (145)	▼12	27:13.5 (157)	▲7	33:17.7	145
151	Will Jefferson	JR	Liberty	4:58.2 (150)	▲20	16:21.2 (130)	▼18	27:00.3 (148)	▼3	33:18.6	146
152	Lawson Mecom	SO	Western Carolina	5:01.6 (168)	▲4	16:42.2 (164)	▲9	27:06.5 (155)	▲3	33:19.1	147
153	Benjamin Goulet	SR	Longwood	4:57.5 (141)	▼17	16:40.1 (158)	▲4	27:06.0 (154)	▲1	33:21.6	148
154	Kyle Harkabus	SR	Liberty	4:57.8 (144)	▼54	17:09.8 (198)	▲36	27:17.5 (162)	▲8	33:22.8	149
155	Henry Lyon	JR	East Carolina	4:56.9 (138)	▼6	16:27.4 (144)	▲3	26:56.2 (141)	▼14	33:23.1	
156	Jake Tarosky	SR	High Point	4:44.8 (62)	▼64	16:19.9 (126)	▼26	27:02.6 (152)	▼4	33:23.2	150
157	Carson Rackley	FR	William & Mary	4:55.6 (130)	▼16	16:28.5 (146)	▼1	26:59.8 (147)	▼10	33:23.4	151
158	Nathan Mars	JR	Elon	5:10.1 (195)	▲20	16:51.6 (175)	▲17	27:14.5 (158)	—	33:24.0	152
159	Brady Barber	FR	Richmond	4:59.8 (159)	▲4	16:37.4 (155)	▼6	27:17.2 (161)	▲2	33:26.8	
160	John Davis	SR	Western Carolina	5:06.1 (183)	—	17:01.5 (183)	▲17	27:26.1 (166)	▲6	33:28.2	153
161	Graham Ferguson	SR	High Point	4:50.3 (106)	▼36	16:26.0 (142)	▼7	27:00.5 (149)	▼12	33:30.5	154
162	Sterling Sellier	SO	Coastal Carolina	5:10.5 (198)	▲25	16:50.6 (173)	▲9	27:18.4 (164)	▲2	33:35.8	
163	Logan Ruffner	FR	UNC-Greensboro	5:13.7 (208)	▲26	17:00.7 (182)	▲17	27:26.0 (165)	▲2	33:36.4	155
164	Saad Khan	SR	Longwood	5:10.6 (199)	▲29	16:49.0 (170)	▲10	27:16.7 (160)	▼4	33:36.6	156
165	DK Schnieders	SR	Bellarmine	4:48.7 (96)	▼60	16:39.1 (156)	▼7	27:17.9 (163)	▼2	33:39.6	157
166	Emmanuel Paddyfote	JR	N.C. Central	5:00.7 (162)	▲9	16:34.7 (153)	▼6	27:15.9 (159)	▼7	33:42.5	
167	Stetson Childress	SR	Northern Kentucky	5:06.8 (185)	—	17:02.6 (185)	▲10	27:38.9 (175)	▲8	33:51.5	158
168	Ryan Harris	JR	Davidson	4:56.6 (135)	▼37	16:50.2 (172)	▲3	27:31.6 (169)	▲1	33:52.0	
169	Aiden Morrison	SR	High Point	4:54.2 (123)	▼44	16:45.4 (167)	▼1	27:31.4 (168)	▼1	33:52.1	159
170	Robert DiMedio	SO	Col. of Charleston	5:16.1 (218)	▲34	17:02.3 (184)	▲10	27:37.9 (174)	▲4	33:53.2	160
171	Dylan Ellis	FR	Murray State	5:05.7 (182)	▲11	16:49.9 (171)	—	27:32.1 (171)	—	33:54.7	161
172	Tyler Niloff	SO	UNC-Greensboro	5:06.5 (184)	▼5	17:04.1 (189)	▲16	27:37.6 (173)	▲1	33:55.8	162
173	Hudson Barth	JR	VCU	5:01.1 (163)	▼6	16:47.4 (169)	▼3	27:33.6 (172)	▼1	34:00.7	
174	Caleb Roesch	FR	Charlotte	4:51.3 (111)	▼46	16:39.7 (157)	▼10	27:29.4 (167)	▼7	34:03.0	163
175	Patrick Lowry	SO	VMI	5:07.3 (186)	▲12	16:51.1 (174)	▼12	27:55.2 (186)	▲11	34:07.5	164
176	Nate Sullivan	SO	UNC-Asheville	5:09.4 (190)	▼3	17:08.6 (193)	▲10	27:52.3 (183)	▲7	34:11.4	165
177	Kyler Stewart	SR	Morehead State	5:08.3 (187)	—	17:03.2 (187)	▲6	27:49.3 (181)	▲4	34:12.5	166





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178	Clay Kelly	JR	Radford	4:58.9 (156)	▼21	16:53.5 (177)	—	27:41.8 (177)	▼1	34:13.4	167
179	Nathan Ruth	FR	Northern Kentucky	4:58.4 (151)	▼10	16:40.7 (161)	▼9	27:31.7 (170)	▼9	34:14.0	168
180	Kendall Phillips	SR	VCU	5:01.3 (167)	—	16:45.4 (167)	▼9	27:40.5 (176)	▼4	34:15.3	
181	Basil Koech	SO	Norfolk State	4:58.1 (148)	▼31	16:55.2 (179)	▼11	28:04.8 (190)	▲9	34:15.3	169
182	Jarod Willis	SR	Murray State	5:04.7 (178)	▼8	17:02.8 (186)	▲2	27:52.4 (184)	▲2	34:15.9	170
183	Gabe Russell	SO	Murray State	5:03.9 (177)	▼1	16:54.3 (178)	—	27:43.9 (178)	▼5	34:18.2	171
184	Ryan Sula	JR	Clemson	5:00.6 (161)	▼15	16:52.1 (176)	▼3	27:45.3 (179)	▼5	34:21.2	172
185	Noah Woodbury	SR	Winthrop	5:13.4 (206)	▲5	17:17.3 (201)	▲10	28:06.1 (191)	▲6	34:24.4	173
186	Joshua Driscoll	FR	Elon	5:10.8 (201)	▲11	17:05.3 (190)	▲8	27:50.9 (182)	▼4	34:25.5	174
187	Tadiyos Sloan-Westmor	SO	UNC-Asheville	5:03.8 (175)	▼5	16:55.8 (180)	—	27:45.5 (180)	▼7	34:26.0	175
188	Alex Thole	FR	Davidson	4:55.0 (126)	▼55	16:59.5 (181)	▼6	27:57.2 (187)	▼1	34:30.5	
189	Patrick Kiernan	SR	VMI	5:14.5 (210)	▲6	17:19.9 (204)	▲11	28:09.1 (193)	▲4	34:30.9	176
190	Dylan McTigue	SR	Col. of Charleston	5:21.0 (231)	▲17	17:30.5 (214)	▲18	28:15.0 (196)	▲6	34:31.4	177
191	Chase Burrell	JR	App State	4:56.8 (136)	▼55	17:06.2 (191)	▲6	27:54.3 (185)	▼6	34:31.7	178
192	Gabe Herron	SR	USC Upstate	5:10.0 (193)	▼1	17:09.0 (194)	▲6	28:01.9 (188)	▼4	34:32.7	179
193	Jason Krell	SR	Winthrop	5:04.8 (179)	▼21	17:11.7 (200)	▲8	28:07.5 (192)	▼1	34:33.5	180
194	Matthew Womack	SO	Western Carolina	5:09.3 (189)	▼6	17:09.6 (195)	▲6	28:03.0 (189)	▼5	34:38.2	181
195	Jackson Geisendaffer	FR	VMI	5:15.1 (213)	▲6	17:23.9 (207)	▲10	28:15.7 (197)	▲2	34:44.1	182
196	Colin Crenshaw	SO	VMI	5:15.1 (213)	▼10	17:35.4 (223)	▲25	28:19.5 (198)	▲2	34:44.3	183
197	Cameron Moors	FR	USC Upstate	5:17.0 (224)	▲22	17:18.6 (202)	—	28:23.9 (202)	▲5	34:46.0	184
198	Jason Heusinger	FR	USC Upstate	5:17.0 (224)	▲18	17:21.6 (206)	▲5	28:23.7 (201)	▲3	34:50.6	185
199	Andrew Hamilton	JR	UNC-Greensboro	5:13.4 (206)	▲10	17:09.7 (195)	▲1	28:11.6 (195)	▼4	34:52.7	186
200	Charlie Dance	SO	Radford	4:52.2 (116)	▼76	17:06.7 (192)	▼14	28:26.1 (206)	▲6	34:52.9	187
201	Evan Mitchell	SO	Col. of Charleston	5:21.0 (231)	▲15	17:30.9 (216)	▲16	28:21.7 (200)	▼1	34:53.4	188
202	Dylan Payer	FR	Coastal Carolina	5:10.6 (199)	—	17:10.4 (199)	▲5	28:09.4 (194)	▼8	34:53.5	
203	Clinton Clancy	SO	Longwood	5:10.8 (201)	▼17	17:31.6 (218)	▲9	28:29.0 (209)	▲6	34:59.9	189
204	Ian Johnson	FR	Elon	5:18.0 (228)	▲21	17:23.9 (207)	▼4	28:31.5 (211)	▲7	35:00.8	190
205	Andrew Catapano	FR	Col. of Charleston	5:16.1 (218)	▲9	17:24.7 (209)	▼4	28:32.5 (213)	▲8	35:01.8	191
206	Nick Brooks	FR	USC Upstate	5:22.2 (234)	▲13	17:33.4 (221)	▲14	28:27.5 (207)	▲1	35:03.9	192
207	Eric Perry	SO	USC Upstate	5:18.6 (229)	▲12	17:31.4 (217)	▲12	28:25.8 (205)	▼2	35:05.0	193
208	Daniel Schalk	JR	Murray State	5:13.1 (205)	▼6	17:26.9 (211)	▲7	28:24.8 (204)	▼4	35:05.8	194
209	Jacob Messer	JR	Northern Kentucky	5:03.5 (173)	▼32	17:20.4 (205)	▼7	28:31.6 (212)	▲3	35:06.8	195
210	Justin Hayes	JR	Western Carolina	5:01.2 (165)	▼23	17:03.5 (188)	▼11	28:20.8 (199)	▼11	35:07.3	196
211	Benjamin Hagerich	JR	VMI	5:12.0 (203)	▼7	17:25.6 (210)	▲2	28:28.9 (208)	▼3	35:09.3	197
212	Braden Anthes	JR	Elon	5:19.0 (230)	▲8	17:33.8 (222)	▲8	28:35.7 (214)	▲2	35:13.3	198
213	Nathan Quinn	SR	Murray State	5:13.7 (208)	▼11	17:31.9 (219)	▲4	28:39.6 (215)	▲2	35:20.6	199



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214	Eric Scully	SO	Richmond	5:01.2 (165)	▼31	17:09.7 (196)	▼14	28:31.4 (210)	▼4	35:22.7	
215	Jackson Reid	SR	Col. of Charleston	5:16.3 (220)	▲17	17:19.7 (203)	—	28:24.3 (203)	▼12	35:23.5	200
216	Javier Roldan	JR	Longwood	5:15.3 (215)	▼5	17:32.0 (220)	▲4	28:41.7 (216)	—	35:25.1	201
217	Samsun Weldemichael	FR	Northern Kentucky	5:03.5 (173)	▼39	17:30.2 (212)	▼8	28:58.0 (220)	▲3	35:34.3	202
218	Benjamin Ashmore	SO	Col. of Charleston	5:16.4 (221)	▲8	17:30.4 (213)	▼4	28:47.6 (217)	▼1	35:39.8	203
219	Ivan Diaz	SO	Winthrop	5:15.8 (216)	▼8	17:42.0 (219)	▲5	28:57.9 (219)	—	35:43.8	204
220	Keghan Thompson	SO	Morehead State	5:17.8 (227)	▲13	17:30.5 (214)	▼4	28:52.9 (218)	▼2	35:47.4	205
221	Jackson Custer	SO	Murray State	5:23.4 (236)	▲4	17:59.5 (232)	▲10	29:09.8 (222)	▲1	35:47.8	206
222	Carter Sexton	SR	USC Upstate	5:15.9 (217)	▼10	17:49.2 (227)	▲4	29:15.3 (223)	▲1	35:50.0	207
223	Kellen Hottell	SO	Murray State	5:23.2 (235)	▲2	18:01.6 (233)	▲8	29:17.8 (225)	▲2	35:54.4	208
224	Ethan Pettyjohn	SR	Longwood	5:15.0 (212)	▼14	17:48.0 (226)	▲5	29:08.8 (221)	▼3	35:57.8	209
225	Misha Wiley	SR	Longwood	5:16.9 (223)	▼5	17:53.7 (228)	▲4	29:17.0 (224)	▼1	36:07.1	210
226	Logan Hamilton	FR	Radford	5:14.6 (211)	▼18	17:54.2 (229)	▲1	29:24.4 (228)	▲2	36:10.5	211
227	Aidan Whitsell	SO	Morehead State	5:16.5 (222)	▼3	17:44.4 (225)	▼4	29:25.7 (229)	▲2	36:12.9	212
228	Nathan Hallar	SO	Col. of Charleston	5:21.8 (233)	▲3	17:54.5 (230)	▲3	29:24.0 (227)	▼1	36:13.3	213
229	Garrett West	SO	Morehead State	5:10.1 (195)	▼36	17:55.6 (231)	▲5	29:21.1 (226)	▼3	36:33.6	214
230	Liam McDonald	JR	Radford	5:12.8 (204)	▼32	18:14.2 (236)	▲6	29:52.3 (230)	—	36:49.2	215
231	Summit Northrup	JR	Northern Kentucky	5:10.0 (193)	▼41	18:02.2 (234)	▲3	29:54.9 (231)	—	37:00.7	216
232	Nolan Weisdorfer	JR	Winthrop	5:17.6 (226)	▼9	18:13.9 (235)	▲3	30:04.7 (232)	—	37:10.6	217
233	Jacob Smith	FR	Presbyterian	5:57.8 (238)	▲1	19:05.4 (237)	▲4	30:40.7 (233)	—	37:46.0	
234	David Harner	FR	Presbyterian	6:05.1 (240)	▲2	19:43.1 (238)	▲4	31:59.2 (234)	—	38:54.1	
235	Samuel Wall	JR	Presbyterian	5:59.0 (239)	—	19:50.6 (239)	▲4	32:38.1 (235)	—	40:18.8	
--	Natnael Weldemichael	JR	Northern Kentucky	4:46.8 (78)	▼87	16:42.8 (165)				DNF	
--	Robert Jenkins	SO	George Mason	4:57.2 (139)	▼21	16:40.6 (160)				DNF	
--	Alec Daniel	SR	Longwood	5:29.5 (237)						DNF	
--	Chase Thurber	SO	Western Carolina	4:59.1 (157)	▲43	16:15.9 (114)				DNF	
--	Innocent Ntwali	SO	Louisville	4:57.9 (145)	▲29	16:16.3 (116)				DNF	



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## Men 10k Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	<b>Virginia</b> <i>Total Time: 2:31:36.00</i> <i>Average: 30:19.20</i>	79	8	9	17	19	26	56	98
2	<b>North Carolina</b> <i>Total Time: 2:31:47.20</i> <i>Average: 30:21.44</i>	85	5	6	21	22	31	38	51
3	<b>Eastern Kentucky</b> <i>Total Time: 2:32:36.10</i> <i>Average: 30:31.22</i>	105	2	20	24	29	30	34	94
4	<b>Virginia Tech</b> <i>Total Time: 2:33:01.20</i> <i>Average: 30:36.24</i>	128	1	14	28	32	53	60	74
5	<b>Wake Forest</b> <i>Total Time: 2:32:54.10</i> <i>Average: 30:34.82</i>	134	10	11	15	40	58	62	72
6	<b>Furman</b> <i>Total Time: 2:33:18.10</i> <i>Average: 30:39.62</i>	141	3	12	37	39	50	68	73
7	<b>NC State</b> <i>Total Time: 2:35:32.90</i> <i>Average: 31:06.58</i>	218	13	36	47	55	67	86	96
8	<b>Liberty</b> <i>Total Time: 2:36:28.50</i> <i>Average: 31:17.70</i>	250	27	33	35	49	106	146	149
9	<b>Duke</b> <i>Total Time: 2:36:57.31</i> <i>Average: 31:23.46</i>	268	41	48	52	63	64	70	128
10	<b>Kentucky</b> <i>Total Time: 2:36:42.90</i> <i>Average: 31:20.58</i>	279	4	25	57	93	100	107	118
11	<b>George Mason</b> <i>Total Time: 2:38:36.61</i> <i>Average: 31:43.32</i>	333	42	54	71	81	85	119	
12	<b>Norfolk State</b> <i>Total Time: 2:39:04.30</i> <i>Average: 31:48.86</i>	349	23	45	46	66	169		
13	<b>Charlotte</b> <i>Total Time: 2:38:37.70</i> <i>Average: 31:43.54</i>	356	18	61	65	78	134	144	163
14	<b>App State</b> <i>Total Time: 2:39:56.10</i> <i>Average: 31:59.22</i>	396	44	69	84	97	102	178	
15	<b>Louisville</b> <i>Total Time: 2:39:45.90</i> <i>Average: 31:57.18</i>	420	7	76	99	103	135	142	





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16	<b>Clemson</b> Total Time: 2:40:28.30 Average: 32:05.66	444	16	79	89	122	138	172	
17	<b>UNC-Asheville</b> Total Time: 2:41:14.40 Average: 32:14.88	466	43	59	104	117	143	165	175
18	<b>Charleston Southern</b> Total Time: 2:42:00.90 Average: 32:24.18	496	77	91	92	115	121	123	145
19	<b>High Point</b> Total Time: 2:42:42.00 Average: 32:32.40	537	75	87	105	120	150	154	159
20	<b>William &amp; Mary</b> Total Time: 2:42:43.81 Average: 32:32.76	539	80	101	109	124	125	136	151
21	<b>Bellarmine</b> Total Time: 2:42:52.40 Average: 32:34.48	544	83	110	112	113	126	137	157
22	<b>UNC-Greensboro</b> Total Time: 2:46:12.20 Average: 33:14.44	697	108	133	139	155	162	186	
23	<b>Western Carolina</b> Total Time: 2:46:40.80 Average: 33:20.16	701	90	130	147	153	181	196	
24	<b>Elon</b> Total Time: 2:46:26.10 Average: 33:17.22	702	95	140	141	152	174	190	198
25	<b>Morehead State</b> Total Time: 2:48:28.30 Average: 33:41.66	738	111	127	129	166	205	212	214
26	<b>VMI</b> Total Time: 2:50:21.50 Average: 34:04.30	793	88	164	176	182	183	197	
27	<b>Radford</b> Total Time: 2:50:38.40 Average: 34:07.68	795	114	116	167	187	211	215	
28	<b>Northern Kentucky</b> Total Time: 2:50:51.50 Average: 34:10.30	805	82	158	168	195	202	216	
29	<b>USC Upstate</b> Total Time: 2:52:11.50 Average: 34:26.30	871	131	179	184	185	192	193	207
30	<b>Murray State</b> Total Time: 2:52:55.20 Average: 34:35.04	895	161	170	171	194	199	206	208
31	<b>Longwood</b> Total Time: 2:53:21.00 Average: 34:40.20	903	148	156	189	201	209	210	
32	<b>Winthrop</b> Total Time: 2:54:51.60 Average: 34:58.32	906	132	173	180	204	217		



# NCAA Division I Southeast Regional

Winthrop Farm Meadows  
Rock Hill, SC - Hosted by Winthrop University  
November 15, 2024



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33	Col. of Charleston	916	160	177	188	191	200	203	213
	<i>Total Time: 2:53:43.30</i>								
	<i>Average: 34:44.66</i>								
--	Coastal Carolina	DNF							
--	Davidson	DNF							
--	East Carolina	DNF							
--	N.C. Central	DNF							
--	Presbyterian	DNF							
--	Richmond	DNF							
--	VCU	DNF							

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