

Gathings Sets School Record in 60-Meter Dash

Her time of 7.72 seconds surpasses the previous best record of 7.75, also held by Gathings

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LYNCHBURG, VA. - Freshman Mytoia Gathings set a new school record in the 60-meter dash for the second consecutive weekend en route to claiming first place overall in the event at the Liberty Quad Meet on Friday evening.

Gathings' time of 7.72 is an improvement upon her time of 7.75 seconds that she recorded last weekend at the Virginia Tech Elite Meet.

Senior Nicole Castronuova placed first in the 200-meter dash with a time of 25.30 seconds, while Molly Binder finished first overall in the 800-meter run. Rounding out the first-place finishes for the Deacs was junior Anna Nosenko, who finished in the top position in the one mile run.

Wake Forest will return to the track next weekend when they travel to Blacksburg, Va. for the Virginia Tech Challenge.

Following is an event-by-event breakdown of how the Deacs performed at the Liberty Quad Meet on Friday.

60-Meter Dash Finals

Freshman Mytoia Gathings set a new school record with her time of 7.72 seconds in the finals. Her previous school-record time of 7.75 seconds was set last weekend in Blacksburg, Va. Myesha Barr achieved a new personal-best time of 7.77 to place second overall, and Nicole Castronuova placed sixth in a time of 8.06. Sophomore Anneve Waithe finished in 8.12 to place eighth.

60-Meter Hurdles

Four Deacons competed in the preliminary round, with Erika Martin placing third to lead the way. Martin advanced to the finals, where she finished third overall in 9.17 seconds. Allison Johnson placed fifth in a time of 9.24, and sophomore Maddy Ricco finished seventh in 9.62. Freshman Julie McCauley ran a time of 10.37 in the preliminary round but did not advance to the finals.

200-Meter Dash

Nicole Castronuova finished first overall with a solid time of 25.30 seconds, followed by Mytoia Gathings in second place (25.69) and Myesha Barr in third (26.21). Erika Martin finished in 27.09 to place 11th, and Jordyn Glaser ran a time of 27.34 to finish directly behind Martin in 12th place. Rounding out the event for Wake Forest was Anneve Waithe in 13th place (27.68) and Julie McCauley in 16th place (27.94).

400-Meter Dash

Maddy Ricco led the way in the 400-meter dash, finishing in fourth overall with a time of 59.44. Jordyn Glaser followed in sixth place (59.58), and Allison Johnson finished 12th overall (1:01.47).

800-Meter Run

Top 800-runner Molly Binder claimed first place in her specialty event with a time of 2:16.27.

1,000-Meter Run

Junior Casey Fowler placed third in the 1,000-meter run on Friday, as she crossed the line in 3:14.52.

One Mile Run

Anna Nosenko led a host of Deacon runners in the one mile run, finishing in first place overall with a time of 4:47.32. Casey Fowler finished behind Nosenko in second place, crossing the line in 5:05.33. Wake Forest runners claimed the next three spots, with Allison Homer in third (5:06.71), Cate Berenato in fourth (5:11.97), and Melanie Powers in fifth place (5:13.19). Junior Katy Swain finished in seventh place with a time of 5:17.63.

5,000-Meter Run

Senior Marley Burns was the lone competitor in this distance event for the Deacs, and she placed second overall in a time of 18:03.69.

4x400-Meter Relay

The relay team of Myesha Barr, Allison Johnson, Mytoia Gathings, and Jordyn Glaser crossed the line in a time of 4:05.68 to place third.

High Jump



Mytoia Gathings set a new school record in the 60-meter dash for the second consecutive weekend

The Deacs had two competitors in the high jump, and junior Samantha Howell led the way with a second place finish by clearing a height of 5-03.00 (1.60 meters). Erika Martin finished close behind in fourth place with a jump of 5-01.00 (1.55 m).

Pole Vault

Madison Kocher was the lone Demon Deacon in the pole vault, and she finished in second place with a clearance height of 10-10.00 (3.30 m).

Shot Put

As she has consistently done all season, Sarah Brobeck led the Deacons in the shot put, finishing in third with a toss of 41-01.50 (12.53 m). Carmen Green finished in eighth place with a mark of 33-07.25 (10.24 m), and Erika Martin placed 11th overall with a toss of 28-00.00 (8.53 m).

Weight Throw

Carmen Green led the Deacs in the weight throw, as she finished with a mark of 47-09.25 (14.56 m) to place third overall. Sarah Brobeck threw for a distance of 36-08.25 (11.18 m) to claim tenth place.

Long Jump

Junior Erin Brooks was the top jumper of the evening for the Deacs, finishing in third place with a mark of 17-11.0 (5.46 m). Julie McCauley placed sixth with a jump of 16-02.25 (4.93 m).

Triple Jump

Erin Brooks and freshman Phoebe Kershaw were the lone competitors in the triple jump for the Deacs, and Brooks finished second overall with a jump of 38-00.75 (11.60 m). Kershaw finished close behind in fifth place, jumping 36-11.75 (11.27).