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**SIXTH CLASS TO BE INDUCTED INTO THE NORTH CAROLINA  
HIGH SCHOOL TRACK & FIELD AND CROSS COUNTRY HALL OF FAME  
10 headline the sixth Hall of Fame class**

**WINSTON-SALEM, NORTH CAROLINA** – The sixth class of the North Carolina High School Track & Field and Cross Country Hall of Fame will honor athletes, coaches and officials who have significantly impacted the sports on the high school level and beyond.

Elected to the sixth class: 1969 World Games bronze medalist, 2-time NCAA All-American and 5-time state champion in hurdles, **Jeff Howser** (Myers Park High, Charlotte); Two-time Track & Field News All-American, 1991 NC Gatorade Track Athlete of the Year and 5-time state champion in jumps, **Brian Ellis** (North Rowan High, Spencer); 1973 US Junior 100-meter Champion, World Junior record holder, and 6-time state sprint champion, **Carter Suggs** (Tarboro High School); 21-time state champion and 4-time state meet MVP, **Marlene Poole** (Grimsley and Dudley High Schools, Greensboro); 2017 US Junior Cross Country team member who helped the US win the Great Edinburgh Cross Country International Challenge in Edinburgh, England, 2015 National champion, 3-time All-American and 10-time state champion, **Nevada Mareno** (Leesville Road, Raleigh); 2-time NC Gatorade Track & Field Athlete of the Year and 16-time state champion who holds the state record in the 800 meters, **Mackenzie Pierce Wartenberger** (Forsyth Country Day School, Lewisville); High School All-American, 5-time state champion, 3-time NCAA All-American, Big 10 Champion and coach of 7 Paris Olympians, **Stephen Haas** (North Mecklenburg High School, Huntersville).

Also inducted were coaches, **Nick Mangum** (Cardinal Gibbons, Raleigh), who has coached 17 state championship teams and 12 runner-ups, 40 individual state champions, has coached two teams to Nike Cross Country Nationals and been named NC Coach of the Year four times; **Conrad Hall** (Cary Academy), who has coached 8 state championship teams, 72 individuals to state titles and was instrumental in helping start the state indoor meet for private schools; **David Shannon and Craig Longhurst** (JDL Fast Track owner/manager), both single-handedly saved high school indoor track in North Carolina when JDL opened in 2012 after the sport faced extinction, and since then have provided thousands of high school, college and pro athletes opportunities to thrive in North Carolina.

A statewide committee of 22 track and field and cross country current and former coaches, officials and media representatives who cover the sport extensively nominated and elected the class.

The induction ceremony will be Feb. 1, 2025, in Winston-Salem during the Mondo Elite High School Invitational at the JDL Fast Track. Each elected class has been honored at the meet, which is the premier indoor meet in North Carolina each season.

“High school track and field has existed in North Carolina for more than 100 years, with the first outdoor state championship held in 1913, the first indoor track meet in 1922, and the first high school cross country meet held in 1929, and North Carolina has a strong history of national success, dating to the 1930s when High Point High competed at cross country nationals in New Jersey. It is our goal to honor those who have helped make this sport so great in our state, and these first six classes are representative of showcasing the talent that has come through North Carolina.” Brett Honeycutt, N.C. High School Track & Field and Cross Country Hall of Fame Founder.

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**NORTH CAROLINA HIGH SCHOOL TRACK & FIELD  
AND CROSS COUNTRY HALL OF FAME CLASS OF 2024**

**BRIAN ELLIS, NORTH ROWAN**

**\*2-time Track & Field News All-American**

**\*1991 N.C. Gatorade Boys' Athlete of the Year**

\*Led nation in 1991 in the triple jump (53-2.75), at the time was the 2nd-best in N.C. history (it is still No. 3 all-time in N.C. history)

**\*1991 NC Indoor Championships Meet MVP**

**\*5-time state champion (all jumps), setting state meet record 4 of those 5 times**

**--3-time Indoor All-Class State Champion**

1991 Long Jump state champion, setting state meet record of 23-9.75

1990, 1991 Triple Jump state champion, setting state meet record of 49-8.25

**--2-time Outdoor 3A State Champion**

1990 & 1991 Triple Jump state champion, setting a state meet record each time with the last, 52-1.5, which still stands today.

**\*Inducted into the Salisbury-Rowan Hall of Fame, 2012**

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**JEFF HOWSER, MYERS PARK**

**\* His 13.6 120yd high hurdles led the nation in 1966**

**\* 5-time state champion (setting 3 state meet records)**

\*1965, 1966, 120-yard high hurdles, setting state meet records each year

\*1965, 1966, 180-yard low hurdles

\*1965 880-yard relay, setting a state meet record of 1:30.1

\*Set National Junior Olympics 120-yard high hurdles mark, 14.1 (1966)

\*Won N.C. Junior Olympics 120-yard high hurdles and 180-yard low hurdles, 1966

\*Won Southeastern Junior Track & Field Championships in Atlanta, 120-yard high hurdles and 180-yard low hurdles, 1966 (setting a record of 19.4 in the 180-yard low hurdles)

\*Most Outstanding at Southeastern Junior Track & Field Championships, Atlanta, 1966

\*Invited to prestigious Golden West Invitational, 1966 (this was considered the best meet in the country and you had to be invited to compete)

**COLLEGE (at Duke)**

**--Ran for legendary Duke coach, Al Buehler (had outstanding career there)**

\*ACC's top 50 track athletes of all time

\*6-time ACC Champion

**POST-COLLEGIATE**

\*Ranked 15th in the world in the 110-meter high hurdles, 1969

\*1969 World Games bronze medalist, 110-meter high hurdles

\*1968 United States Olympic Team alternate

\*Ran track on the international level, 1968-82

\*4-time U.S. Olympic Trials qualifier

\*2-time U.S. Olympic Trials finalist

Coached at Florida (1971-74), N.C. State (1974-77), Duke (1977-79 & 1989-90) and North Carolina (1979-80) and UCLA

\*USA Track & Field Elite Athlete Coach

**--Later ran internationally for Puma**

--Also opened the Pheidippides franchise in Raleigh which is believed to be the first specialty running store in the triad.

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### **CARTER SUGGS, TARBORO**

**\*U.S. Junior Champion in the 100 meters in 1973**

**\*Equaled the national record in the 100-yard dash (9.3)**

**\*Runner-up in voting for Track & Field News Athlete of the Year, 1973**

**\*Won 6 state 4A individual/relay titles (4 meet records) & 2 team titles**

--2 in the 100-yard dash in 9.3 (equaled national record) 1973 & 9.5 in 1974

--2 in the 220-yard dash in 21.1, 1973; and 21.0, 1974 (both meet records)

--1 in the long jump, 23-feet, 1 inch, 1974

--1 in Mile Relay, 3:18.5, meet record, 1974

--2 NCHSAA team titles (1973 & 1974)

**\*2 golds (100, 220-yards) at All-American Championships, Des Moines, Iowa**

**\*Ran on US Junior team that tied and later broke the World Junior record in the 4x100-meter relay**

**\*5 golds, 1 Silver for US Junior team** in meets against West Germany, Poland and Russia.

—2 golds, 100 meters and 4x100-meter relay against West Germany (relay tied World Junior Record, 39.9 seconds)

—1 gold, 1 silver, 100 meters silver and 4x100-meter relay gold against Poland (relay broke the World Junior Record, running 39.6 seconds)

—2 golds, 100 meters and 200 meters against Russia

**\*Voted Most Outstanding at meet vs Russia**

**\*His impact on North Carolina was so great, that the NC General Assembly penned a joint resolution** in 1973, when he was only a junior in high school, proclaiming him as “one of the outstanding native sons” of the state, and also **the town of Tarboro declared Aug. 1, 1973, “Carter Suggs Day”.**

**\*At East Carolina, he was MVP of the indoor & outdoor Southern Conference Championship meets in 1975**, while winning 5 Southern Conference titles at the 1975 outdoor meet, and helped the Pirates to 3 conference titles.

**\*Inducted into the East Carolina Athletics Hall of Fame, 2013**

**\*Inducted into Tarboro High Hall of Fame’s first class, 2015**

**\*Inducted into Twin County Museum and Hall of Fame, 2016**

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### **NEVADA MARENO, LEESVILLE ROAD**

**\*3-time All-American (2 in cross country; 1 in track)**

**\*2016 Foot Locker Nationals Runner-up (All-American); 2015 Foot Locker Nationals 3rd place (All-American)**

**\*2016 Track & Field News All-American (3,200 meters)**

**\*2015 National Champion (mile, indoors)**

**\*2016 N.C. 4A State Meet MVP**

**\*10-time North Carolina state champion**

**\*U.S. Junior team member (ran at 2017 BUPA Great Edinburgh Cross Country International Challenge, Edinburgh, England)..US vs. Great Britain vs. Europe**

--led U.S. to win

--top U.S. finisher (3rd overall in the 4K race in 14:08, 2 seconds off runner-up and 12 seconds from winning)

**\*2016 Foot Locker South Champion (only 5 North Carolina girls have ever won the meet in it’s 43-year history)**

\*No. 1 All-Time in 3 events in North Carolina (1,500 indoors,4:25.34; and outdoors, 4:18.48; 3,200 meters outdoors, 9:56.96)

\*No. 2 all-time in the 1,000 meters and 1,600 meters (indoors);

\*No.3 all-time in the 3,000 meters (outdoors, 9:22.62)

\*No. 5 all-time in 800 (2:08.51) and 1600 (4:41.69)

**\*10-time N.C. state champion**

(2 Cross Country State Titles):

--2015 N.C. 4A Champion

--2016 N.C. 4A Champion

(4 Outdoor State Titles):

--2016 N.C. 4A 800-meter state champion (2:08.51, setting state meet record that lasted until 2021)

--2016 N.C. 4A 1600-meter state champion (4:51.57, running 2nd fastest in state meet history at the time)

--2016 N.C. 4A 3,200-meter state champion (10:17.70, running all-class state meet record that still stands)

--2016 N.C. 4A 4x800-meter relay, 9:06.82 (2nd fastest in state meet history only behind the 9:06.17 set in 2011 by Cary)

(4 Indoor State Titles):

--2014 and 2015 N.C. 4A 1,000-meter indoor state champion, setting all-class state meet records each time and a record (2:53.81 still stands)

--2015 N.C. 4A 1600-meter indoor state champion, setting all-class record of 4:57.77 that stood until 2022.

--2015 N.C. 4A 4x800-meter relay champion in all-class state meet record 9:25.42 that stood until 2022

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**MCKENZIE PIERECE WARTENBERGER, FORSYTH COUNTRY DAY**

**\*2-time North Carolina Gatorade Track & Field Athlete of the Year (2003, 2004)**

**\*Holds North Carolina record for outdoor 800 meters (2:06.67), which has stood for 20 years (set in 2003).**

**\*Had wide range, from 400-1600, holding PRs of 55.14 (400), 2:06.67 (800), 2:53.85 (1,000) and 4:56.76 (1,600)**

**\*16-time State Champion**

--2004, 2005 State Champion, 200 meters, setting state meet record in 2005

--2001, 2002, 2003, 2004, 2005 State Champion, 400 meters, setting state meet record each of last 4 years (55.32)

--2001, 2002, 2003, 2004, 2005 State Champion, 800 meters, setting a state meet record of 2:14.60 that stood for 10 years

--2000, 2003, 2004 State Champion, 1600 meters

--2002 State Champion, 4x400 relay

\*Graduated No. 1 in North Carolina history in:

--indoor 500 meters (1:14.63)

--indoor 800 meters (2:12.39)

--outdoor 800 (2:06.67)

--indoor 1,000 meters (2:53.85)

(and graduated No. 5 in the outdoor 400 meters (55.14); No. 6 in the 1600 meters (4:56.76);

(now is No. 14 in the 500, No. 4 in the indoor 800 meters; and No. 5 in the 1,000 meters; Now top 32 in the 400)

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## **MARLENE POOLE, GREENSBORO GRIMSLEY/DUDLEY**

**\*4-time 4A state meet MVP**, 1987, 1988 (with Grimsley), 1989, 1990 (with Dudley)

**\*21-time state champion** (13 individual titles, 8 relay titles)

**---13-time outdoor champion**, setting 2 state meet records (100 meters, 1987, 1988, 1989, 1990; 200 meters, 1987, 1988, 1989, 1990; 4x100 relay, 1989; 4x200 relay, 1987, 1989; 4x400 relay, 1987, 1990);

**---8-time indoor champion, setting 7 state meet records** (60-yard dash, 1988, 1989; 300-yard dash, 1988, 1989; 600-yard run, 1990; 4x400-meter relay, 1987, 1988, 1989)

**\*Set a total of 9 state meet records** (indoor and outdoor)

**\*Helped teams to 8 state titles** (1987, 1988 indoor and outdoor, with Grimsley; 1989, 1990, indoor and outdoor, with Dudley)

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## **STEPHEN HAAS, NORTH MECKLENBURG HIGH**

**Has had success at every level – high school, college, and post-collegiately (as a pro runner and as a coach & agent for pros)**

### **HIGH SCHOOL**

**\*Foot Locker National All-American**

**\*Foot Locker qualifier**

**\*5-time State Champion**

--NCHSAA 4A Cross Country Champion (2000)

--NCHSAA All-Class 1,600-meter Indoor Champion (all-class meet record, 4:18.31, 2001)

--NCHSAA All-Class 3,200-meter Indoor Champion (2001)

--NCHSAA 4A 1,600-meter Outdoor Champion (4:16.29, 2001)

--NCHSAA 4A 3,200-meter Outdoor Champion (9:28.44, 2001)

--Led North Mecklenburg to the 2000 NCHSAA 4A Cross Country title

### **COLLEGE**

**\*3-time All-American at Indiana**

**\*Broke legendary Bob Kennedy's school record in the 3,000 meters and 5,000 meters at Indiana**

**\*Big 10 Champion**

**\*Qualified for NCAA Cross Country nationals all 4 years**

### **POST-COLLEGIATE (PRO RUNNER, PRO COACH, AGENT):**

**\*Coached 7 Paris Olympians**

**\*Ran professionally for 6 years, sponsored by New Balance**

**\*Started working for Total Sports in 2011, became an agent 2012.**

**\*Began coaching while still running in Bloomington, Indiana, in 2008; coached athletes with Team Indiana Elite before moving to Flagstaff, Arizona in 2015.**

**\*First coaching success was Desean Turner who made US team in steeple at Moscow World championships.**

**\*Began coaching a few more athletes without a group, including Ed Cheserek.**

**\*Currently coach 20 athletes, all sponsored by Under Armour. Has had the group structure for the past Olympic cycle and last summer in Paris had 7 Olympians, 5 who finished in the top 10.**

**\*Greatest achievements since coaching:**

-- Sharon Lokedi winning the NY City Marathon and her 4th place finish in the Paris Olympics (she wasn't highly recruited out of college but has really developed into one of the best female marathoners in the world).

--Weini Kelati has really established herself as one of the best US distance runners, she has won multiple US titles on the track and on the road. She also just won the U.S. Olympic Trials in the 10,000-meters this past summer. She also broke the U.S. record in the half marathon last January in her debut half.

--On the men's side, has had good middle distance success, as well. Coached 3 milers who have run 3:50 or under (Neil Gourley, 3:47; Ed Cheserek, 3:49; Vince Ciattei, 3:50 last indoor season).

--Have also had back-to-back women run 3:56 for 1,500 meters in the past two seasons (Katie Snowden in the 2023 World Champs final and Susan Enjore in the Paris Olympic final).  
--Another athlete who has had some really great success is Matt Wilkinson, who came out of school without a contract and one year later made the Paris Olympic team in the steeplechase.

**Coached the following Paris Olympians:**

--Edwin Kurgat- 8th place finish in the 5,000 meters  
--Matt Wilkinson- Steeplechase  
--Neil Gourley- 10th place finish in the 1,500 meters  
--Weini Kelati- 7th place finish in the 10,000 meters  
--Regan Yee- Steeplechase  
--Susan Enjore- 6th place finish in the 1,500 meters  
--Sharon Lokedi- 4th place finish in the Marathon.

**As an agent, has worked with a lot of great athletes (recent highlights):**

--Jessica Hull- Olympic Silver medalist, 1500m, Multiple Aussie Records  
--Molly Seidel- Olympic Bronze Medalist, Marathon  
--Alicia Monson- US record holder- 5k/10k/2 miles, Multiple time US champion  
--Weini Kelati- US Half Marathon record holder, Multiple time US champion  
--Sharron Lokedi- NYC marathon Champion, 2nd at Boston, 4th at the Olympics  
--George Beamish- World Indoor Champion, 1500m, World Championship finalist, steeple, NZL record holder  
--Neil Gourley- European Indoor Silver medalist, 1500m, World Championship and Olympic Finalist  
--Edward Cheserek, 205 Marathoner, 59 min half marathon

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**DAVID SHANNON AND CRAIG LONGHURST, JDL FAST TRACK**

\*Have single-handedly saved and at the same time elevated indoor track and field in North Carolina, especially for high school athletes in North Carolina.

The NCHSAA threatened to end the sport several times, before and during one of the renovations to UNC's indoor facility, but then in 2012 when David built JDL and Craig began managing it, the mere presence of the facility staved off any notion of killing the sport, while also giving thousands of student-athletes in the state and in surrounding states, the opportunity to compete indoors.

For those who don't remember, there were a limited number of meets at UNC's indoor facility (only one for a long time before the state meet began in 1987), but JDL has given numerous weekend and weekday opportunities that have helped the sport explode. The sport has grown so much, that instead of having only one classification (an all-class state meet), there are now 3 classifications for the state meet. It is a testament to everything that David and Craig have done for the sport in North Carolina.

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**CONRAD HALL, CARY ACADEMY**

**\*Coached teams to 8 state titles (over more than 20-year span, so prolonged success)**

**\*Coached 72 individuals to state titles**

**\*8 State Team titles**

--Boys cross country, 2015, 2016, 2024  
--Girls cross country, 2005, 2012, 2015, 2016  
--Girls track & field, 2012

**\*72 individual state titles**

--Coached 34 individual boys to state titles in track & field  
--Coached 31 individual girls to state titles in track & field  
--Coached 7 individual boys' champions in cross country  
--Coached 3 individual girls' champions in cross country

\*Coached two of the top-10 NC All-Time cross country runners, Kavi Gibson (14:42) NC #3 All-Time and Thomas Graham (14:52) NC #10 All-Time (Mt. Tabor is the only other school with two runners on North Carolina's All-Time Top-10 rankings: Ian Milder (NC #7 / 14:49), coached by Patrick Cromwell, and Matt DeBole (NC #9 / 14:49.2), coached by Hall of Fame coach Mike Esposito).

\*Collaborating with many others, spearheaded the initiative to bring Indoor Track & Field to the NCISAA, leading to formal recognition of Indoor Track & Field by the NCISAA; served as founding meet director of the NC independent schools Indoor Track & Field state championship meet.

\*Continues to provide opportunities for student-athletes in the Cary/Durham/Chapel Hill area, as well as all of North Carolina, during the indoor and outdoor seasons, hosting meets and starting the Cary Invitational for outdoor track as well as an area Polar Bear Championship meet for the private schools in the Triangle area.

\* President, NCISAA Track & Field and Cross Country Coaches Association, 2019-present

\* Vice-President, NCISAA Track & Field and Cross Country Coaches Association, 2016-2018

### **AS AN ATHLETE AT DURHAM ACADEMY**

**\*Inducted into Durham Academy's Athletic Hall of Fame, 2017**

**--5-time NCISAA state champion**

**\*1988 NCISAA cross country champion**

**\*Swept 1600-meter and 3200-meter state titles at 1988 and 1989 NCISAA All-Class State Championships**

**--2-time Durham City-County Champion**

**--Helped Durham Academy to 7 state titles (3 in cross country and 4 in track and field)**

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### **NICK MANGUM, CARDINAL GIBBONS/ENLOE**

#### **CROSS COUNTRY**

**\*2 Nike Nationals Team qualifiers (2017 girls, 2024, girls)**

**\*2 Nike Southeast Team Champions (2017 girls, 2024, girls)**

**\*17 NCHSAA state titles & 12 runner-up finishes**

**—15 cross country titles (since taking over at Cardinal Gibbons in 2009)**

**--11 Girls titles (1 runner-up)**

**3A titles:** 2010, 2011, 2012, 2013, 2014

**4A titles:** 2015, 2016, 2017, 2018, 2023, 2024

**4A Runner-up:** 2022

**--4 Boys' titles (& 8 runner-up finishes)**

**3A titles:** 2011, 2012, 2014

**4A titles:** 2020

**3A Runner-ups:** 2009, 2013

**4A Runner-ups:** 2007 (Enloe); 2019 (Cardinal Gibbons)

**\*Coached athletes to 5 individual state cross country titles**

**Connor Lane (2016); Steven Phillips (2011); Mary Grace Doggett (2012, 2013); Sarah Rapp (2010)**

#### **INDOOR TRACK**

**—2 NCHSAA Indoor Track State Team titles**

**—2 NCHSAA Indoor Track Runner-up team finishes**

**\*2012 NCHSAA 1A/2A/3A boys title**

**\*2011 NCHSAA 1A/2A/3A girls' title**

**\*NCHSAA 3A Girls Indoor Team Runner-Up (2014, 2015)**

**\*Coached 18 individual/relay titles (boys & girls)**

#### **OUTDOOR TRACK**

**\*Coached 17 individual/relay titles (boys & girls)**

**\*Runner-Up Team:** NCHSAA 3A Girls Team Runner-Up (2011)

#### **OTHER**

**--4-time Coach of the Year**

**\*2015, 2016, 2017 U.S. Track & Field and Cross Country Coaches Association North Carolina Coach of the Year**

**\*2017-18 NFHS Coaches Association/NCHSAA Girls Cross-Country Coach of the Year**

**--2005-Present:** coached Athletes to 53 All-State Honors in Cross-Country

--Coached 3 National Cross-Country Individual Qualifiers

\*Connor Lane – 2016 Foot Locker Finalist (8th at the National Meet)

\*Katharine Priu – 2018 Nike Cross-Country National Individual Qualifier

\*Hannah Rae Shaffer – 2022 and 2023 Nike Cross-Country National Individual Qualifier

**\*Penn Relays 3,000m Champion (Connor Lane 2017)**

**\*Coached 2016 North Carolina Gatorade Track & Field Runner of the Year, Connor Lane**

**\*3 Track & Field All-Americans**

--Mary Grace Doggett – 2014 New Balance Indoor National 5000m

--Connor Lane – 2017 New Balance Indoor Nationals 2-Mile

--Hannah Rae Shaffer – 2023 New Balance National 5000m Champion

**\*North Carolina State Records**

--Connor Lane – Indoor 3200m (8:50.50)

#### **AS AN ATHLETE AT CARDINAL GIBBONS**

**—1998 Foot Locker Nationals Qualifier**

**--6-time NCISAA state event champion**

**—4 NCISAA team titles**

**\*1998 NCISAA 3A Cross Country Champion**

**\*1600, 1999 (set meet record that stood for 11 years)**

**\*3200, 1998, 1999**

**\*4x800-meter relay, 1998, 1999 (set meet record in 1998)**

**\*helped Gibbons to 1996, 1997 and 1998 NCISAA 3A cross country team titles and 1999 NCISAA all-class track team title**

#### **AT NC STATE:**

**—2-time All-ACC (2004 indoors, 3k; outdoors, 5k)**