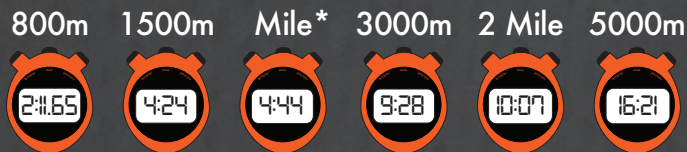




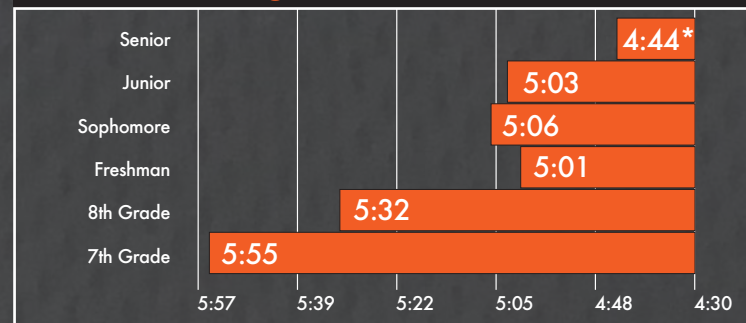
# Margot Appleton

## 4 years of PRs with Emerging Elites



\*Converted from 1500m

## Mile PR Progress



\*Converted from 1500m



Foot Locker  
National  
Cross Country  
Finalist



NSAF  
All-American  
5000m Outdoors



Brooks PR  
Invitational  
2021 Invitee



Gatorade  
Rhode Island  
Runner of the Year



NEPSTA XC  
2x Champion



The Boston Globe  
3x All-Scholastic

## Portsmouth Abbey, RI

### Cross Country

- Foot Locker XC Nationals Finalist
- New England Prep XC Champion Division 3
- Eastern Independent League XC Champion
- Franklin Park #3 All-Time Fastest High School Performance
- Van Cortlandt Park Foot Locker Northeast Regionals

### Outdoor Track

- NSAF Outdoor Nationals 5000m, 3rd Place
- NEPSTA Division 3 Runner-up 800m
- NEPSTA Division 3 Runner-up 1500m
- Eastern Independent League 800m Champion
- Eastern Independent League 1500m Champion
- NBNO Freshman Mile, 2nd Place

## Rhode Island State Records



- Rhode Island State Record Holder 1500m (4:24)
- Rhode Island State Record Holder 3000m (9:28)
- Rhode Island State Record Holder 2 Mile (10:07)
- Rhode Island State Record Holder 5000m Outdoors (16:21)

