



Sarah Witt Leads Maroons to Strong Finish in Liberty Invitational



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LYNCHBURG --- [Sarah Witt](#) led the Maroons with three top-five performances at the Liberty Invitational this weekend in Lynchburg. [AJ Bernstein](#) also had a big day for the men's side during the weekend meet, which featured several Div. I schools.

Witt, a senior captain, ran a season-best time of 15.6 in the 100H to finish fifth overall, first amongst Div. III athletes. Witt followed the 100M Hurdles with a 4th overall in the 400H with a time of 1:05.4, a new personal-best. Witt ended her day with the fastest leg (59.6) of the 1600M Relay. She teamed up with [Hope Flomo](#), [Toni Duvall](#), and [Rachel Dellehunt](#) to finish fifth overall with a time of 4:04.

Flomo led the short sprints with an eighth overall performance in the 100M (12.7). It was the fastest time by any Div. III sprinter at the meet. She also placed 14th overall (2nd Div. III) performance in the 200M (26.4). In the long sprints, [Carmen Graves](#) led all Div. III athletes in the 400M with a time of 58.8, third overall. Not far behind was [Rachel Dellehunt](#), running a collegiate-best time of 1:01.7, third amongst Division III athletes.

[Leigha Schimmoeiler](#) led the women distance runners with a season-best performance in the 1500. She ran 5:14 to finish second among Div. III athletes. [Audra Aldrich](#) tossed a personal-best of 99'2" in the hammer throw.

In the horizontal jumps, [Brittany Cornett](#) and [Meagan Tolley](#) tied to finish eighth and ninth in triple jump. Their jumps of 36'6" is currently ranked 22nd in the nation. Tolley also led the Maroons in the long jump with a 16'7" leap to place 13th overall and first amongst Division III athletes. Graves was not far behind with a jump of 16'5."

On the men's side, the Roanoke squad had some very strong performances. [Tucker Cunningham](#) had two standout performances in the hurdles. In the 110 hurdles, Cunningham crossed the line in 15.51 seconds, seventh overall and the second-best among Division III athletes. Later in the day, he ran 55.72 over the 400 meter intermediate hurdles for a personal-best and a fifth-place finish.

Cunningham joined with [Colton Linton](#), [Trevor Hunt](#) and [Caleb Bledsoe](#) to run the 4 X 100 relay in 44.08 seconds, the best time of the season. The foursome placed ninth, third among Division III teams.

[Peter Foxen](#) led the throws with a 3rd place finish in the Javelin. His toss of 174'10" broke the 14 year old Roanoke College school-

