

## Stan Linton Running Statistics

### High School Accomplishments

8<sup>th</sup> Place – FHSAA State XC Meet

7<sup>th</sup> Place – FHSAA State Track - 3200m Final

High School Personal Bests

#### **XC**

5K – 16:11

#### **Track**

1600m – 4:37

3200m – 9:50

### College Accomplishments

19<sup>th</sup> Place – ACC XC Championships (All ACC)

14<sup>th</sup> Place – D1 NCAA South Regional XC Championships (All South Region)

107<sup>th</sup> Place – D1 NCAA XC Championships

Collegiate Personal Bests

#### **XC**

8K – 24:13

10K – 31:00

#### **Track**

3000m – 8:25

5000m – 14:27

10,000m – 29:56

### Post-Collegiate Accomplishments

23<sup>rd</sup> Place – USATF XC Championships (2020)

91<sup>st</sup> Place – Olympic Marathon Trials (2020)

Post-Collegiate Personal Bests

5,000m – 14:18 (May 2021, Santa Cruz Time Trial)

10,000m – 29:23 (May 2021, Portland Track Festival)

Half Marathon – 1:04:31 (January 2021, Las Vegas Gold Half)

Full Marathon – 2:18:45 (June 2019, Grandma's Marathon)

## **Stan Linton Running Bio**

Stan Linton started running competitively as a sophomore at Wakulla High School in Crawfordville, Florida. He went out for the track team, not to run track, but to improve his fitness and speed to beat a Junior ROTC mile-and-a-half conditioning record. He thoroughly enjoyed the sport and decided to pursue cross country in the fall of 2010.

Entering his senior year of cross country, he trained extensively over the summer. During the season, he dropped a minute off his previous personal record, then took second at the regional cross country meet after being 34th the year before. For the first time, he qualified for the state meet, where he finished eighth in 2A.

Upon graduation from Wakulla High School, he decided to enroll at Florida State University with the goal of walking on to the Cross Country and Track teams at Florida State. To do this, Linton would have to run 15 minutes or better in the 5000m on the track.

Linton's personal goal that summer as he entered his freshman year at FSU was to break the 16-minute barrier for his 5k. He briefly joined the Seminoles' club team, then decided he would be better off running with Gulf Winds Track Club and creating his own workouts. Without an adequate knowledge of the sport, Linton started reading "Jack Daniels Running Formula" to learn more about training and devise his own training plans.

Time passed by, nearly two years of college, all the while Linton kept going. He ran well over 50 road races. He competed in the open races in FSU cross country and track invites, running in front of the FSU Coaching Staff. In March of 2014, Linton ran 15:04 in the FSU Relays, which earned him a spot on the FSU roster.

During his time running for the Seminoles, Linton transformed from local high school standout, to one of the best runners in the South Region. In his senior year, Linton picked up All-ACC and All-South Region honors in Cross Country, helping the Seminoles win the D1 South Region Championship and advancing to the NCAA Division 1 XC Championships.

After his time at Florida State, Linton switched venues and started racing exclusively on the roads. His first Navy assignment brought him to Des Moines, Iowa where he trained exclusively with Runablaze, a USA Track & Field Development Club for elite runners in the state of Iowa.

In June 2019, Linton ran 2:18:45 at the Grandma's Marathon in Duluth, MN. Linton's 27-minute personal best at Grandma's earned him a spot at the 2020 Olympic Marathon Trials. He would go on to place 91<sup>st</sup> at the Olympic Trials despite not being ranked in the top 200. Since the Olympic Trials, he has set personal bests in the 800m, 5K, 10K and Half-Marathon. In 2022, he set a new course record of 1:05:08 at the Tallahassee Half-Marathon. Later in the fall of 2022, he placed 14<sup>th</sup> at the U.S 20K Championship in New Haven, CT.

His most recent performances include winning the St. Jude Half Marathon in a time of 1:06:56 and a top-20 performance at the Houston Marathon, running 2:21:48.