

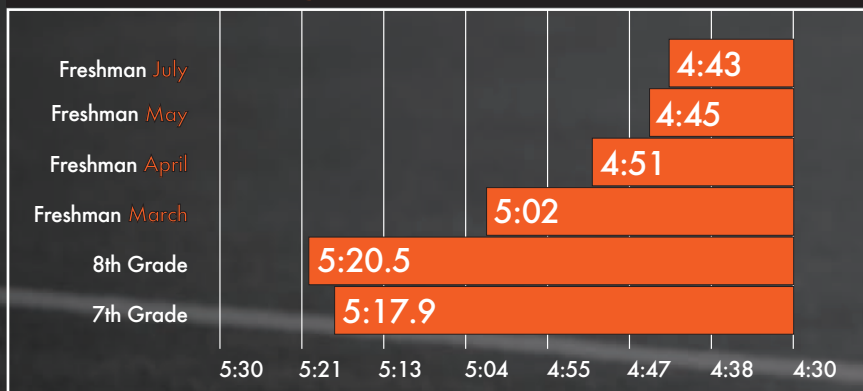


5000m NATIONAL CHAMPION
NSAF Outdoor Nationals
Hayward Field, Eugene, Oregon

National Freshman Record, breaking Kim Gallagher's
 42-year freshman class record of 16:34.7h in 1979
 Age 15 National 5000m age group record
 Hayward Field facility record
 #2 All-time Massachusetts
 #3 All-time New England
 #2 All-time at NSAF Outdoor Nationals
 #12 All-time High School Outdoor 5000m

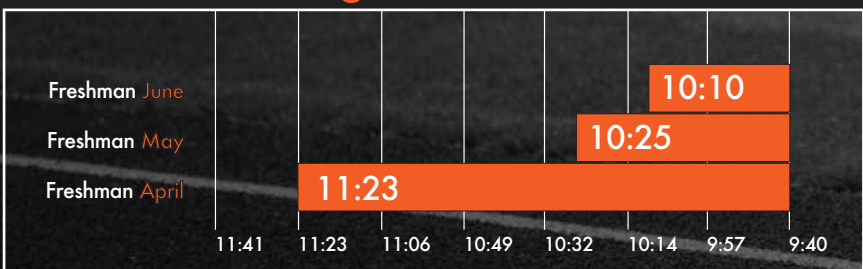
Mile PR Progress

Massachusetts Freshman Record
 #7 All-time US Freshman Mile



2 Mile PR Progress

Massachusetts State Record
 #2 All-time US Freshman 2 Mile



Mile



#1 All-time Massachusetts Freshman
#7 All-time US Freshman

3000m



#2 All-time Massachusetts
#3 All-time US Freshman

2 Mile



#1 All-time Massachusetts
#2 All-time US Freshman

5000m



#2 All-time Massachusetts
#1 All-time US Freshman



🇺🇸 5000m National Champion, 16:10.42
🇺🇸 5000m National Freshman Record Holder
🇺🇸 NSAF All-American



adidas
Dream Girls Mile
3rd Place, 4:45.42



Brooks PR
Invitational
5th Place, 4:43.73

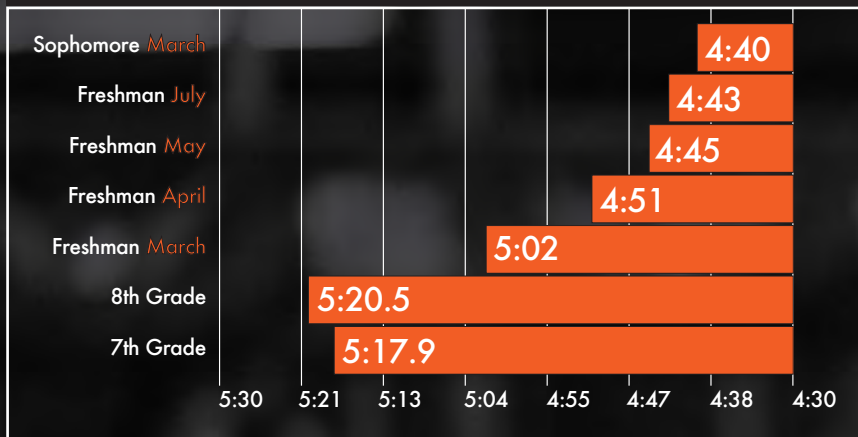


Gatorade
Massachusetts
2021 Runner of the Year



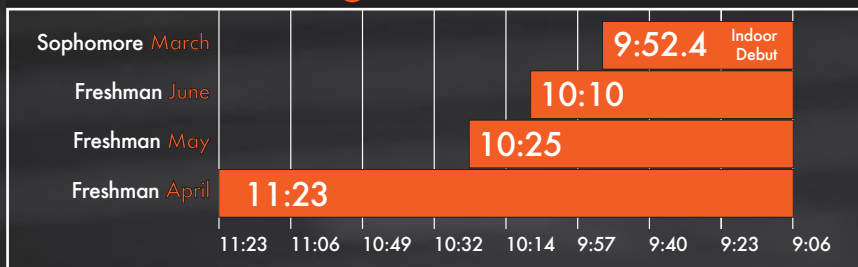
Mile PR Progress

National Sophomore Record



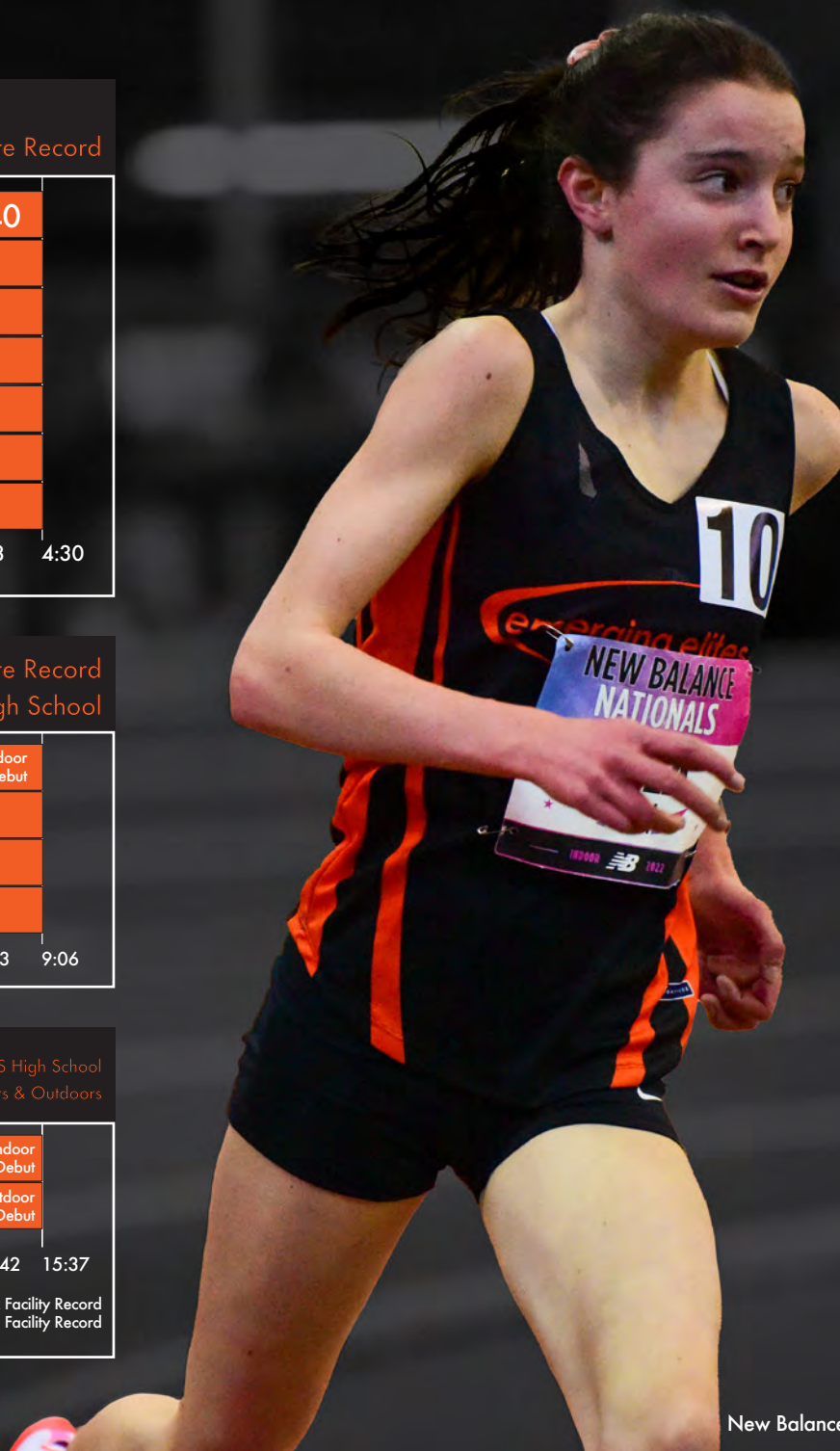
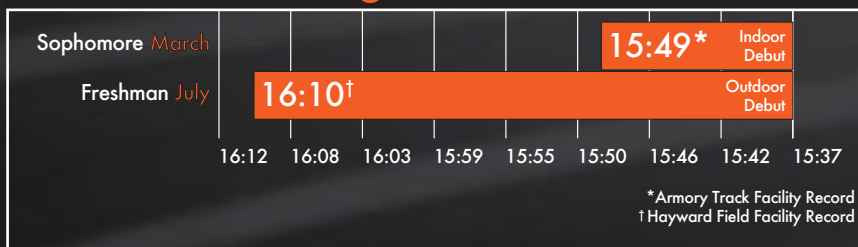
2 Mile PR Progress

National Sophomore Record
#6 All-time US High School



5000m PR Progress

#2 All-time US High School
#8 All-time US High School Indoors & Outdoors



Indoor 2022

800m

PR of 13 seconds



1500m

National Sophomore Record
#10 All-Time US High School
PR of 27 seconds



Mile

National Sophomore Record
#10 All-Time US High School
🇺🇸 NBNI All-American, 4th Place
PR of 3 seconds



3000m

#2 All-time US Sophomore
#6 All-time US High School
Massachusetts State Record by 22 seconds
PR of 22 seconds



2 Mile

National Sophomore Record
#6 All-Time US High School
Massachusetts State Record by 18 seconds
🇺🇸 NBNI All-American, 🏆 2nd Place
PR of 18 seconds



5000m

🇺🇸 NBNI National Champion, 🏆 1st Place
#2 All-Time US High School
Massachusetts State Record by 51 seconds
Armory High School 5000m Facility Record
🇺🇸 NBNI All-American
PR of 21 seconds





USATF - New England Cross Country Championships



Boston, MA

6K @ Franklin Park
4th Place
21:37

- Season Opener
- Debut at 6K XC



Champs Cross Country Northeast Championships



Bronx, NY

5K @ Van Cortlandt Park
1st Place
17:10.7

- 5th fastest all-time at VCP
- MA record at VCP by 12.6s
- 8th MA Champion at Regionals



Champs Cross Country National Championships



San Diego, CA

5K @ Balboa Park
2nd Place
16:55.1

- 1 of 12 athletes to break 17 minutes all-time at Balboa Park
- 16:55.1 would have won 18 of prior 20 editions
- MA record at Balboa Park by 34 seconds



USATF U20 Cross Country Championships



Richmond, VA

6K @ Pole Green Park
2nd Place
19:47.5

- Qualified for Team USA for World Cross
- First-time sub-20 min for 6K XC
- One of 2 athletes to run sub-20 min for 6K

Ellie Shea's Historic Cross Country Season 2022-2023

emerging elites



World Athletics U20 Cross Country Championships



Bathurst, NSW, Australia

6K @ Mount Panorama
10th Place
21:48

- Top runner for Team USA
- Top 10 finisher at World Cross
- Led Team USA to first ever team medal (bronze) at U20 World Cross



World Athletics U20 Cross Country Championships, Bathurst, 21:48 6K XC

Indoor 2023

1000m



#10 All-Time US High School
Massachusetts state record by 1 second
BU Facility Record
PR of 15 seconds

1500m



SB at NBNI en route

Mile



🇺🇸 NBNI All-American, 🏆 3rd Place
SB at NBNI

3000m



#2 All-time US High School
Second-fastest U18 3000m indoors in the world in 2023
Lowered own Massachusetts State Record by 6 seconds
BU Facility Record

2 Mile



🇺🇸 NBNI National Champion, 🏆 1st Place, All-American
#4 All-Time US High School
Lowered own Massachusetts State Record by 3 seconds
Fastest U18 and U20 2 Mile in the world in 2023
The TRACK at New Balance Facility Record
PR of 3 seconds

5000m



🇺🇸 NBNI National Champion, 🏆 1st Place, All-American
National Junior Class Record
#2 All-Time US High School
Lowered own Massachusetts State Record by 3 seconds
Only US High School Girl to run 2 sub-15:50 5000m indoors or outdoors
Fastest U18 5000m indoor in the world in 2023
The TRACK at New Balance Facility Record
PR of 3 seconds





B.A.A. Pro Mile



Boston, MA

Road Mile @ Boston
10th Place
4:52.00

- 2nd Consecutive Top 10 Finish (2022 and 2023)
- Only HS athlete invited to Pro Mile

TRACK NIGHT NYC

Trials of Miles Track Night NYC



New York, NY

Pro 1500m @ Icahn Stadium
9th Place
4:17.41

- Season Opener at 1500m
- Only HS athlete invited to Pro 1500m



Battle Road Twilight Series #3



Waltham, MA

Co-ed Mile @ Bentley University
1st Place (Female)
4:37.22

- Personal Record
- Faster than MA HS record and junior class record



The Adrian Martinez Classic



Concord, MA

Pro 1500m @ Emerson Field
3rd Place
4:14.24

- Personal Record
- Broke her own MA state record by 0.11s



Brooks PR Invitational



Seattle, WA

HS 2 Mile @ Renton
1st Place
9:56.36

- Personal Record
- MA State Record
- Fastest Outdoor 2 Mile in 2023



La Classique d'Athlétisme de Montréal



Montréal, Canada

Pro 1500m @ Complexe Sportif Claude-Robillard
7th Place
4:18.14

- Tune up for USA Outdoors
- Only HS athlete invited to Pro 1500m



Eugene, OR



USATF Toyota Outdoor Championships

Senior 1500m Prelim @ Hayward Field
27th Place

4:20.11

Qualified for
NACAC U23



- Youngest competitor in Senior 1500m Prelim



USATF U20 Outdoor Championships

1500m Final @ Hayward Field
1st Place

4:19.58 

Qualified for
Pan Am U20



3000m Final @ Hayward Field
1st Place

9:46.56 

Qualified for
Pan Am U20



- Captured U20 1500m and 3000m titles in 67 minutes



NACAC U23
Costa Rica

1500m @ Estadio Nacional
2nd Place

4:14.90 

- 2nd sub-4:15 1500m of the season
- Youngest 1500m competitor (age 17)



Pan Am U20
Puerto Rico

Pan American U20 1500m
1st Place

4:16.61 

- 2nd fastest in Pan Am U20 history

Pan American U20 3000m
1st Place

9:05.78 

- Pan Am U20 meet record
- 2nd fastest U.S. HS 3000m outdoor

1st athlete in 26 years and the only U.S. female to win the Pan American U20 distance double

