



Charlie Lawrence

PERSONAL BEST

- 5k - 14:29 (02/16)
- 8k XC - 24:15 (10/15)
- 10k XC - 30:25 (11/15)
- Half Marathon - 1:04:14 (6/18)
- Marathon - 2:16:10 (12/18)

CAREER HIGHLIGHTS

Professional

- 20th at the USATF Marathon Championships
- 18th at the USATF 20k Championships
- 10th at Gary Bjorklund Half Marathon

College

- 2017 and 2018 Cross Country and Track & Field Captain
- 2016 Fred O. Watson Award Recipient (Cross Country MVP)
- 2016 Cross Country All - Big Ten (9th)
- 103rd at the 2015 NCAA Cross Country Championships - Team 16th
- NCAA Cross Country Midwest All Region (2015, 2016)

High School

- Two - Time Minnesota State Class A 3200 meter Champion (2012, 2013)
- 2013 State Track and Field Team Champions
- Three - Time All - State in Cross Country (24th, 3rd, 2nd)
- Six - Time All - State in Track & Field (3 - 1600, 2 - 3200, 1 - 4x400 meter relay)
- Foley High School Record Holder (800, 1600, 3200)

Hansons 2019

Charlie Lawrence

Focus: 5k - Marathon

D.O.B: 03.24.95

Height: 5'10"

Hometown:

Foley, MN



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College Degree: Sports Management and Business Double Major

Masters Degree: Sports Management