

Cherokee grad Jack Shea of Northern Arizona runs 14:09 for 5,000 at Virginia!

Reuben Frank

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Northern Arizona senior **Jack Shea** of Cherokee closed in 58.23 for his final 400 and 2:02.90 for his final 800 and ran a near-PR 14:09.58 for 5,000 meters Friday evening at the [Virginia Challenge](#) in Charlottesville.

Shea, in his first track 5,000 since the spring of 2019, moved up from 17th to 5th in his section of the 5,000 over the final two laps.

Shea's PR is 14:08.74, which he ran in a meet at Azusa (Calif.) Pacific University in April of 2018.

Shea posted a huge 1,500 PR earlier this month, running 3:51.95 in a meet in Phoenix. That's the equivalent of a 4:10.51 full mile. Shea had a 1,600 PR of 4:19.36 in high school.