

Bergen County track star blasts second-fastest mile in N.J. history at national meet

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Luke Pash of Ridgewood competes in the boys 800 meter final run during the track and field Bergen County Group Championships at Old Tappan High School in Old Tappan, NJ on Saturday May 10, 2025. Duncan Williams | For NJ Advance Media

By [Corey Annan | NJ Advance Media for NJ.com](#)

Already one of the fastest milers in state history, Ridgewood senior Luke Pash took a major leap forward in the state's all-time leaderboard on Saturday night.

Competing at the RunningLane Track Championships in Huntsville, Ala., Pash blasted a N.J. No. 2 all-time 4:03.02, smashing the previous Bergen County record of 4:05.69, set by Pascack Valley's Ben Malone in 2013.

Pash finished third at the national meet behind Michigan's TJ Hansen (3:59.02) and New Mexico's Corbin Coombs (3:59.23), who both broke the meet record of 4:00.76. Both runners became the 23rd and 24th runners in U.S. history to break four minutes in the mile (in outdoor track).

Pash's time ranks just behind Marty Liquori—a former Essex Catholic star and Olympian—on the state's all-time mile list. Liquori clocked a 3:59.8 back in 1967.

Known for his powerful closing speed, Pash jumped from 11th to third place in the final lap, outkicking some of the nation's best distance runners. Pash ran 59.62 over the final 409 meters of the race (the one mile run is roughly 1609 meters).

By the time he got to the homestretch, Pash was leading the chase pack behind Hansen and Coombs.

Pash previously was No. 6 in state history after running a 4:04.49 to win the 1600 meter run at the 2024 Meet of Champions, which converts to 4:05.91 for the mile. That historic time of 4:04.49 shattered the MOC record.

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