



Abrial (Hayes) Gorman '98 is one of the most decorated distance runners in Greenville High School history, excelling in track, cross country and basketball before continuing her career at the Division I level.

At Greenville, Abrial was a four-year letter winner in track and a three-year letter winner in both cross-country and basketball.

She was named the Most Outstanding Track and Field Athlete all four years at GHS — the first freshman ever to win the award — and the Most Outstanding Cross-Country Athlete in each of her three seasons.

Abrial won multiple District 10 titles in events ranging from the 800m to the 3200m, and she earned three medals at the state cross-country meet and three more at the state track meet. She was named to the Mercer County all-conference teams in both cross-country and track and was a Mercer County All-Star in basketball. A meet record holder at the Oil City, Lakeview and MCAC invitationals, she also held the GHS school records in the 800m, 1600m and 3200m as well as the cross-country course record. Her 1600m record stood for more than 20 years.

Abrial was a key member of Greenville's first Cross-Country team to win a District 10 title (her senior year) and the first GHS basketball team to capture an MCAC championship. She was named Record-Argus Athlete of the Week in three different sports — cross-country, basketball and track — won the basketball defense award her junior and senior seasons, and received the Bittel and Company Ambassador Award for outstanding sportsmanship and team spirit. Off the field, Abrial was a member of the National Honor Society, Student Council, GHS honors chorus and homecoming court, was crowned prom queen, and earned scholar-athlete honors all four years.

After graduation, Abrial competed as a Division I track and cross-country athlete at East Carolina University, lettering all four years in cross-country and indoor/outdoor track and field. She was named Outstanding Freshman in cross-country, served as senior captain of the cross-country team, and remains a member of the school record-holding indoor 4x800-meter relay team. She was also the first female athlete to run the steeplechase at East Carolina. Abrial graduated summa cum laude with a degree in exercise and sports science, finishing top in her class for her department and receiving the Outstanding Senior Award.

Abrial has 23 years of coaching experience across multiple sports, including volleyball, basketball, track, softball and lacrosse, and was named Middle School Coach of the Year for Johnston County, NC Public Schools in 2017 after leading her volleyball and track teams to conference championships. Abrial currently is a Health and Physical Education Teacher at Clayton HS in Clayton, North Carolina where she resides with her husband, Paul, and their daughters, Mira and Zaida.