



DUQUESNE

TRACK & FIELD

MEN'S OUTDOOR RECORD BOOK

UPDATED 3.27.25



100M	Isaac Elliott	10.22	2022	SPRINT MEDLEY RELAY	Ian Thrush	3:19.15	2022	
110M HURDLES	Ryan Ellison	14.41	May 7, 2023		Isaac Elliott			
200M	Isaac Elliott	20.74	2022		Matt Busche			
400M	Mohamed Cisse	47.40	2016		Collin Ebling			
400M HURDLES	Kyle Trinch	52.10	2016	4X800M	Mark Bucklaw	7:27.75	2011	
800M	Collin Ebling	1:47.88	2022		Oliver Dugas			
1500M	Jim Spisak	3:48.01	2012		Adam Shrawder			
3000M	Rico Galassi	8:21.95	2017		Dave Farina			
3000M STEEPLECHASE	Tom Slosky	8:43.39	2007	DISTANCE MEDLEY RELAY	Gary Malinko	9:56.81	2006	
5000M	Jim Spisak	13:50.44	2012		Ed Guelfi			
10000M	Jim Spisak	29:02.09	2014		Tim Majewski			
4X100M	Ryan Marcella	40.49	2022		Zack Dorman			
	David Williams			4X1500M	Zack Dorman	15:50.93	2006	
	Ian Thrush				Tom Slosky			
	Isaac Elliott				Derek Dutille			
4X200M	Andrew George	1:28.58	2018		Gary Malink			
	Robert Norman			HIGH JUMP	Mike Murawski	2.04m	2005	
	David O'Such				Mark Saylor	4.70m	2010	
	Isaac Elliott			POLE VAULT	Ian Welch	7.65m	2015	
4X400M	Isaac Elliott	3:13.42	2018		LONG JUMP	Ian Welch	7.65m	2015
	David O'Such				TRIPLE JUMP	Ian Welch	15.48m	2015
	Preston Hogue				SHOT PUT	Tyler Bishop	16.71m	2021
	Kenny Baurle				DISCUS	Chuck Mohan	171-6	2005
					HAMMER	Chuck Mohan	52.27m	2005
					JAVELIN	Alex Gladysiewski	204-1	2014
					DECATHLON	Mike Murawski	6140	2007

**100M**

Isaac Elliott	10.22	2022
Ian Thrush	10.57	2022
Shakeil Carter	10.64	2014
Paul Blinn	10.69	2011
Jalin Cooper	10.70	Apr. 29, 2023

110M HURDLES

<i>Ryan Ellison</i>	<i>14.41</i>	<i>May 7, 2023</i>
Matthew Hurley	14.69	2021
Kyle Trinch	14.99	2017
Jared Horne	15.22	2015
Luchin Lee	15.39	2005

200M

Isaac Elliott	20.74	2022
Ian Thrush	21.27	2022
Shakeil Carter	21.45	2014
Joey Borsuk	21.57	2015
Mike Bryk	21.73	2015

400M

Mohammed Cisse	47.40	2016
David O'Such	47.48	2015
<i>David Williams</i>	<i>47.61</i>	<i>May 5, 2024</i>
Collin Ebling	47.64	2022
Cedric Love	47.89	2010

400M HURDLES

Kyle Trinch	52.10	2016
<i>Ian Baughman</i>	<i>52.93</i>	<i>Mar. 22, 2025</i>
Preston Hogue	53.24	2018
Matt DeMatteo	53.61	May 14, 2023
Frank Dallago	54.51	2016
Ken Bauerle	54.55	2018

800M

Collin Ebling	1:47.88	2022
Matt Busche	1:50.10	2021
Tim Majewski	1:50.90	2009
Chris Culley	1:52.76	2015
Joe O'Such	1:52.90	2015

1500M

Jim Spisak	3:48.01	2012
Tom Slosky	3:48.37	2007
Rico Galassi	3:48.96	2014
Gary Malinko	3:49.20	2006
Jeff Van Kooten	3:49.43	2018

3000M STEEPLECHASE

Tom Slosky	8:43.39	2007
Derek Dutille	8:52.44	2009
Evan Gomez	9:02.95	2013
Bob Gasior	9:06.62	2013
Dino Andrade	9:08.13	2017

5000M

Jim Spisak	13:50.44	2012
Tom Slosky	14:08.38	2007
Rico Galassi	14:14.89	2017
Josh Eddy	14:15.40	2009
Mike Stolar	14:24.53	2011

10000M

Jim Spisak	29:02.55	2014
Mike Stolar	29:35.91	2010
Alex Woodrow	29:44.50	2013
Josh Eddy	29:50.76	2009
Chuck Lockwood	30:01.71	2014



4X100M

Ryan Marcella	40.49	2022
David Williams		
Ian Thrush		
Isaac Elliott		
Andrew George	40.66	2018
Robert Norman		
David O'Such		
Isaac Elliott		
Andrew George	41.09	2021
Isaac Elliott		
Ian Thrush		
Matthew Hurley		
Antonio Pitts	41.27	Apr. 13, 2023
Jalin Cooper		
David Williams		
Matt DeMatteo		
Ian Welch	41.43	2015
Joe Borsuk		
Mike Bryk		
Shakeil Carter		

4X800M

Mark Bucklaw	7:27.75	2011
Oliver Dugas		
Adam Shrawder		
Dave Farina		
Mark Bucklaw	7:30.26	2010
Adam Shrawder		
Cole Klinchock		
Dave Farina		
Mark Bucklaw	7:30.43	2009
Kyle Reeping		
Kyle Dorman		
Dave Farina		
Mark Bucklaw	7:31.39	2012
Evan Gomez		
Brandon Krszal		
Adam Shrawder		
Bryan Culley	7:31.43	2015
Brandon Krszal		
Joe O'Such		
Bob Gasior		

4X400M

Isaac Elliott	3:13.42	2018
David O'Such		
Preston Hogue		
Kenny Bauerle		
Dedric Love	3:14.35	2011
Oliver Dugas		
Mike Strein		
Aaron Fitzpatrick		
David O'Such	3:15.30	2016
Joe Borsuk		
Mike Bryk		
Mohamed Cisse		
Dillon Carrington	3:15.99	2017
Kenny Bauerle		
Preston Hogue		
David O'Such		
David O'Such	3:16.01	2016
Kyle Trinch		
Franke Dallago		
Mohamed Cisse		



HIGH JUMP

Mike Murawski	2.04m	2005
Vincent Rupp	2.01m	Apr. 27, 2024
John Clifford	1.98m	2007
Harvey Kane	1.95m	2018
Jared Horne	1.94m	2016

POLE VAULT

Mark Saylor	4.70m	2010
Jon Dorph	4.67m	2013
Ryan Wotus	4.60m	2005
Boom Nuanual	4.35m	2011
Bryan Stepancic	4.35m	2012

LONG JUMP

Ian Welch	7.65m	2015
Jared Horne	7.26m	2015
VJ DeFreitas	7.18m	2012
Harvey Kane	7.07m	2018
Nehari Crawford	7.04m	2017

TRIPLE JUMP

Ian Welch	15.48m	2015
Logan Williamson	15.28m	2021
Cam Mbalo	15.06m	May 7, 2023
Alex Long	14.70m	2018
Brandon Stanback	14.63m	2017
VJ DeFreitas	14.63m	2012

SHOT PUT

Tyler Bishop	16.71m	2021
Bob Healy	15.97m	2006
Chuck Mohan	15.19m	2003
Matt Dombrowski	15.28m	2017
Gabe Spurlock	15.03m	2019

DISCUS

Chuck Mohan	52.27m	2005
Bob Healy	48.96m	2006
Tyler Bishop	47.01m	2019
Ryan Miller	45.95m	2007
Brian Uhrinek	44.86m	2010

HAMMER

Chuck Mohan	56.06m	2005
Drew Hofbauer	51.87m	2011
Tim Criss	49.85m	2018
Ryan Miller	49.07m	2008
Bob Healy	45.59m	2006

JAVELIN

Alex Gladysiewski	62.20m	2014
Louie Liberatore	56.44m	Mar. 22, 2025
Brian Uhrinek	55.26m	2011
Kevin Yacker	53.98m	2015
Joe Maker	51.41m	2003

DECATHLON

Mike Murawski	6140	2007
Christian Cupp	5914	May 4-5, 2024
Sean King	5187	2014
Jake DeVries	5184	2012

**MOST OUTSTANDING TRACK PERFORMER**

Issac Elliot	2022
Isaac Elliot	2021

MOST OUTSTANDING FIELD PERFORMER

Chuck Mohan	2005
-------------	------

MOST OUTSTANDING ROOKIE PERFORMER

Issac Elliot	2018
--------------	------

COACH OF THE YEAR

Bryan Delsite	2005
Bryan Delsite	2004

STUDENT ATHLETE OF THE YEAR

Bob Healy	2006
Ryan Bender	2005

ATLANTIC 10 ACADEMIC ALL-CONFERENCE

David Williams	2023
Isaac Elliot	2022
Colin Ebling	2022
Tyler Bishop	2021
Colin Ebling	2021
Noah Ball	2019
Isaac Elliot	2019
Kyle Trinch	2017
Kyle Trinch	2016
Aaron Wilkinson	2016
Evan Gomez	2015
Alex Gladysiewski	2014
Jim Spisak	2014
Jim Spisak	2012
Alex Federinko	2011
Justin Gunter	2007
Mike Murawski	2007
Eric Robertson	2007
Kevin Borrelli	2006
Bob Healy	2006
Ryan Bender	2005
Chuck Mohan	2005
Mike Murawski	2005
Ryan Bender	2004
Ryan Bender	2003
Pat McGuire	2003
Brian Blackburn	2002
Sam Shea	2002

Brian Blackburn	2001
Sam Shea	2001

COACH OF THE YEAR

Bryan Delsite	2002
Bryan Delsite	2005

PERFORMER OF THE WEEK

Jalin Cooper	5/2/2023
Collin Ebling	4/28/2022
Isaac Elliott	3/30/2021
Isaac Elliott	4/14/2021
Isaac Elliott	4/28/2021
David O'Such	4/24/2018
Ian Welch	4/20/2015
Jim Spisak	4/14/2014
VJ DeFreitas	4/02/2012
Derek Dutille	4/27/2009
Tom Slosky	3/31/2008
Tom Slosky	4/9/2007
Tom Slosky	3/27/2006
Chuck Mohan	3/21/2005
Chuck Mohan	5/2/2005

ROOKIE OF THE WEEK

Isaac Elliott	4/17/2018
Isaac Elliott	4/24/2018
Harvey Kane	5/1/2018
Shakeil Carter	4/2/2012
Alex Gladysiewski	4/16/2012
Josh Eddy	3/27/2006
Derek Dutille	4/24/2006
Ryan Shaver	4/4/2005
Tom Slosky	4/18/2005
E.J. Robertson	4/26/2004
Gary Malinko	4/28/2003



COSIDA ACADEMIC ALL-AMERICA

Isaac Elliot	2nd Team - 2021-22
Kyle Trinch	3rd Team - 2017
Jim Spisak	1st Team - 2014
Alex Federinko	2nd Team - 2011
Bob Healy	2nd Team - 2006
Ryan Bender	1st Team - 2005
Ryan Bender	2nd Team - 2004
Ryan Bender	3rd Team - 2003

COSIDA ACADEMIC ALL-DISTRICT

Nick Fetzer	2023
Anthony Litrenta	2023
Casey Padgett	2023
Sam Snodgrass	2023
David Williams	2023
Isaac Elliott	2021-22
Tyler Bishop	2020-21
Noah Ball	2018-19
Kyle Trinch	2016-17
Kyle Trinch	2015-16
Jim Spisak	2013-14
Alex Federinko	2010-11
Eric Robertson	2007
Bob Healy	2006
Ryan Bender	2005
Ryan Bender	2004
Ryan Bender	2003
Brian Blackburn	2002
Sam Shea	2002