

SUB FOUR MINUTE MILERS

Villanova University and the Sub-Four Minute Mile

Name	First Career	Fastest Mile	Fastest 1500 Meters
Evan Addison	3:59.57 (1.20.2024)U	3:59.57 (1.20.2024)U	
Mark Belger	3:58.4 (7.9.1979)	3:57.37 (1.26.1980)	3:39.39 (9.19.1979)
Adrian Blincoe	3:58.19 (2.9.2002)	3:54.40 (9.7.2003)	3:35.5 (8.28.2005)
Dick Buerkle	3:58.0 (6.4.1973)	3:54.93 (1.13.1978)	3:39.8 (1.13.1978)**
Dean Childs	3:42.10 (7.4.1978)*		3:42.10 (7.4.1978)
Eamonn Coghlan	3:56.2 (5.10.1975)	3:49.78 (2.27.1983)	3:35.6 (2.20.1981)
Casey Comber	3:57.80 (2.9.2019)	3:51.92 (2.11.2024)	3:34.24 (6.17.2023)
Devon Comber	3:41.32 (4.13.2024)*		3:39.70 (4.18.2025)
Bobby Curtis	3:57.2 (5.14.2007)	3:57.2 (5.14.2007)	3:40.25 (5.13.2008)
Ron Delany	3:59.0 (6.1.1956)	3:57.5 (8.6.1958)	3:41.49 (12.1.1956)
Rob Denault	3:59.39 (3.2.2013)	3:58.25 (1.31.2015)	3:39.71 (5.17.2017)
Sean Dolan	3:57.20 (3.12.2021)	3:56.39 (2.11.2022)	3:38.60 (4.10.2021)
Ross Donoghue	3:58.0 (6.23.1979)	3:55.26 (5.13.1984)	3:36.95 (4.28.1984)
Sean Donoghue	3:58.86 (1.26.2024)	3:58.07 (2.9.2024)	3:41.02 (4.13.2024)
Jan Friedli	3:42.08 (5.28.1988)*		3:42.08 (5.28.1988)*
Matthew Gibney	3:58.12 (2.12.2011)	3:58.12 (2.12.2011)	3:38.34 (7.1.2011)
Bailey Habler	3:42.15 (4.18.2025)*		3:42.15 (4.18.2025)
John Hartnett	3:58.3 (5.12.1973)	3:54.7 (6.20.1973)	3:38.1 (6.22.1974)
Ryan Hayden	3:58.27 (5.18.2002)	3:58.27 (5.18.2002)	3:39.78 (6.27.2004)
Stephen Howard	3:58.8 (5.14.1997)	3:58.8 (5.14.1997)	
Jason Jabaut	3:59.07 (5.4.2006)	3:57.26 (6.2.2007)	3:40.59 (6.23.2005)
Phil Kane	3:59.37 (7.3.1978)	3:55.77 (8.25.1982)	3:39.06 (7.6.1978)
Michael Kerrigan	3:59.60 (5.14.2007)	3:59.60 (5.14.2007)	
John Keyworth	3:59.43 (7.14.1984)	3:59.43 (7.14.1984)	3:41.78 (5.11.1985)
Amos Korir	3:59.3 (1.12.1979)	3:59.3 (1.12.1979)	
Marco Langan	3:58.82 (4.21.2023)U	3:54.60 (1.25.2025)	3:33.38 (3.27.2025)
Marty Liquori	3:59.8 (6.23.1967)	3:52.2 (5.17.1975)	3:36.0 (7.1.1971)
Carl Mackenzie	3:41.99 (5.10.2010)*		3:41.99 (5.10.2010)
Ben Malone	3:39.82 (6.18.2016)*	3:58.90 (2.9.2019)	3:39.82 (6.18.2016)
Sydney Maree	3:57.9 (12.15.1976)	3:48.83 (9.9.1981)	3:29.77 (8.25.1985)
Chris Mason	3:59.9 (5.30.1970)	3:59.9 (5.30.1970)	
Sam McEntee	3:57.86 (1.28.2012)	3:57.05 (7.16.2018)	3:36.81 (5.14.2012)
Frank Murphy	3:58.6 (6.10.1968)	3:58.1 (6.7.1969)	3:38.5 (6.14.1972)
Liam Murphy	3:59.63 (1.29.2022)	3:53.85 (1.26.2024)	3:33.02 (3.27.2025)
Ken Nason	3:58.91 (4.1.1995)	3:58.09 (6.24.1995)	3:40.34 (7.8.1996)
Charlie O'Donovan	3:58.95 (2.15.2020)	3:54.16 (2.10.2024)	3:36.84 (7.24.2024)
Sean O'Neill	3:38.86 (6.6.1987)*	3:58.42 (7.7.1987)	3:38.86 (6.6.1987)
Gerry O'Reilly	3:54.63 (6.14.1986)	3:54.63 (6.14.1986)	3:37.40 (7.10.1987)
Marcus O'Sullivan	3:58.84 (1.22.1983)	3:50.94 (2.13.1988)	3:33.61 (8.10.1996)
Don Paige	3:58.10 (5.7.1978)	3:54.19 (5.16.1982)	3:37.33 (6.17.1979)
Tom Parlapiano	3:41.59 (5.14.2004)*		3:41.59 (5.14.2004)
Dave Patrick	3:59.3 (2.17.1967)	3:56.8 (6.10.1968)	3:39.9 (6.15.1968)
Louie Quintana	3:40.37 (5.23.1993)*		3:40.37 (5.23.1993)
Ken Schappert	3:42.00 (4.24.1976)*		3:42.00 (4.24.1976)
Dusty Solis	3:39.32 (5.16.2016)*		3:39.32 (5.16.2016)
Brad Sumner	3:59.11 (4.29.1995)	3:59.11 (4.29.1995)	
Patrick Tiernan	3:57.59 (7.18.2017)	3:56.82 (2.13.2021)	3:38.64 (5.29.2021)
Pat Traynor	3:59.0 (8.10.1968)	3:59.0 (8.10.1968)	
Jordy Williamsz	3:58.7 (4.27.2013)R	3:56.84 (2.15.2014)	3:36.30 (9.2.2018)

NOTES

List is sorted alphabetically for ease of identifying each athlete; see next page for a list sorted in chronological order of first career sub-four minute mile

All athletes who competed for Villanova are listed, regardless of whether they ran a sub-four minute mile before, during or after their collegiate careers

First Career = date of first career sub-four minute mile or first career equivalent 1500 meters time (latter is denoted by an asterisk)

Fastest Mile = lifetime PR in the the mile if time is below four minutes; no listing if only sub-four minute race was an equivalent 1500 meters time

Fastest 1500 Meters = lifetime PR in the 1500 meters only if time is equivalent to a sub-four minute mile (time lower than 3:42.20)

List includes times recorded on oversized indoor tracks

R = a relay split; this time is included as Williamsz' first career sub-four minute time since he later posted a faster time anyway in an open mile race

U = mark was recorded while a current Villanova athlete was competing as an unattached runner

* = metric equivalent time in 1500 meters

** = a time which was measured en route to the Mile

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Marty Liquori	3:59.8 (6.23.1967)	3:52.2 (5.17.1975)	3:36.0 (7.1.1971)
Frank Murphy	3:58.6 (6.10.1968)	3:58.1 (6.7.1969)	3:38.5 (6.14.1972)
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John Keyworth	3:59.43 (7.14.1984)	3:59.43 (7.14.1984)	3:41.78 (5.11.1985)
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