

HONORS AND AWARDS

COACHING HONORS

Harry Coates

Penn Relays Champion

Freshman Mile Relay..... 1
1932
(Frank Gleason, Alexander Kramer,
Jim Elliott, Dick Womer)

Robert Regan

Penn Relays Champion

Individual..... 1
Triple Jump (1933 – Carl Hickey)

HONORS AND AWARDS

COACHING HONORS: JUMBO ELLIOTT

NCAA Team Titles (4)	NCAA Event Titles (62)	Penn Relays Champions (96)
Indoor..... 3 1968 1971 1979	Indoor..... 28 21 Individual 7 Relays	Championship of America..... 77 Distance Medley Relay (21) Sprint Medley Relay (13) Mile Relay (10) 4xMile Relay (10) Two Mile Relay (9) 4x800 Meter Relay (5) 4x1500 Meter Relay (5) 4x200 Yard Relay (2) 4x120 Shuttle Hurdles Relay (1) 4x400 Meter Relay (1)
Outdoor..... 1 1957	Outdoor..... 33 31 Individual 2 Relays	Freshman Mile Relay..... 6 Freshman Mile Relay (6)
BIG EAST Team Titles (1) Outdoor..... 1 1981	Cross Country..... 1 1 Individual	Individual..... 13 3000 Meter Steeplechase (3) Pole Vault (3) 110 Meter Hurdles (2) 120 Yard Hurdles (1) 440 Yard Hurdles (1) High Jump (1) Discus (1) Javelin (1)
IC4A Team Titles (31) Indoor..... 17 1957 1958 1960 1962 1963 1964 1965 1967 1968 1969 1970 1971 1974 1977 1978 1979 1980	All-Americans (154) Indoor..... 71 46 Individual 25 Relays	Sub-Four Minute Milers (17) Ron Delany (1956) Dave Patrick (1967) Marty Liquori (1967) Frank Murphy (1968) Pat Traynor (1968) Chris Mason (1970) John Hartnett (1973) Dick Buerkle (1973) Eamonn Coghlan (1975) Ken Schappert (1976) Sydney Maree (1976) Don Paige (1978) Phil Kane (1978) Dean Childs (1978) Amos Korir (1979) Ross Donoghue (1979) Mark Belger (1979)
Outdoor..... 13 1957 1958 1960 1961 1962 1963 1964 1967 1968 1970 1971 1978 1979	Outdoor..... 78 76 Individual 2 Relays	
Cross Country..... 1 1962	Cross Country..... 5 5 Individual	
	BIG EAST Champions (15) Indoor..... 8 6 Individual 2 Relays	
	Outdoor..... 7 6 Individual 1 Relay	
	All-BIG EAST Performers (26) Indoor..... 12 9 Individual 3 Relays	
	Outdoor..... 14 12 Individual 2 Relays	
	IC4A Champions (220) Indoor..... 102 80 Individual 22 Relays	
	Outdoor..... 116 103 Individual 13 Relays	
	Cross Country..... 2 2 Individual	

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COACHING HONORS: JACK PYRAH

NCAA Team Titles (4)

Cross Country..... 4

1966
1967
1968
1970

IC4A Team Titles (8)

Cross Country..... 8

1966
1967
1968
1969
1970
1971
1978
1979

All-Americans (14)

Cross Country..... 14

14 Individual

All-BIG EAST Performers (6)

Cross Country..... 6

6 Individual

IC4A Champions (5)

Cross Country..... 5

5 Individual

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COACHING HONORS: CHARLES JENKINS

BIG EAST Team Titles (8)	BIG EAST Champions (82)
<i>Indoor</i> 3	<i>Indoor</i> 35
1983	27 Individual
1985	8 Relays
1986	
<i>Outdoor</i> 4	<i>Outdoor</i> 45
1983	32 Individual
1984	13 Relays
1985	
1986	
<i>Cross Country</i> 1	<i>Cross Country</i> 2
1983	2 Individual
IC4A Team Titles (5)	All-BIG EAST Performers (202)
<i>Indoor</i> 3	<i>Indoor</i> 91
1983	68 Individual
1985	23 Relays
1986	
<i>Outdoor</i> 1	<i>Outdoor</i> 94
1984	73 Individual
	21 Relays
<i>Cross Country</i> 1	<i>Cross Country</i> 17
1983	17 Individual
NCAA District II Team Titles (2)	IC4A Champions (36)
<i>Cross Country</i> 2	<i>Indoor</i> 21
1983	13 Individual
1986	8 Relays
NCAA Event Titles (5)	<i>Outdoor</i> 15
<i>Indoor</i> 5	12 Individual
2 Individual	3 Relays
3 Relays	
All-Americans (42)	Penn Relays Champions (7)
<i>Indoor</i> 21	<i>Championship of America</i> 7
15 Individual	4x800 Meter Relay (3)
6 Relays	4x1500 Meter Relay (2)
	4x400 Meter Relay (1)
<i>Outdoor</i> 20	Sprint Medley Relay (1)
17 Individual	
3 Relays	
<i>Cross Country</i> 1	Sub-Four Minute Milers (5)
1 Individual	Marcus O'Sullivan (1983)
	John Keyworth (1984)
	Gerry O'Reilly (1986)
	Sean O'Neill (1987)
	Jan Friedli (1988)

HONORS AND AWARDS

COACHING HONORS: MARTY STERN

BIG EAST Team Titles (1)

Cross Country..... 1
1993

NCAA District II Team Titles (1)

Cross Country..... 1
1992

All-Americans (14)

Indoor..... 3
1 Individual
2 Relays

Outdoor..... 8
8 Individual

Cross Country..... 3
3 Individual

BIG EAST Champions (28)

Indoor..... 17
14 Individual
3 Relays

Outdoor..... 9
9 Individual

Cross Country..... 2
2 Individual

All-BIG EAST Performers (70)

Indoor..... 36
29 Individual
7 Relays

Outdoor..... 24
21 Individual
3 Relays

Cross Country..... 10
10 Individual

IC4A Champions (11)

Indoor..... 6
4 Individual
2 Relays

Outdoor..... 3
3 Individual

Cross Country..... 2
2 Individual

Penn Relays Champions (4)

Championship of America..... 3
4x800 Meter Relay (2)
4x1500 Meter Relay (1)

Individual..... 1
Decathlon (1)

Sub-Four Minute Milers (1)

Louie Quintana (1993)

HONORS AND AWARDS

COACHING HONORS: JOHN MARSHALL

IC4A Team Titles (1)

Cross Country..... 1
1996

NCAA District II Team Titles (1)

Cross Country..... 1
1996

All-Americans (12)

Indoor..... 5
4 Individual
1 Relay

Outdoor..... 4
4 Individual

Cross Country..... 3
3 Individual

BIG EAST Champions (17)

Indoor..... 7
6 Individual
1 Relay

Outdoor..... 10
8 Individual
2 Relays

All-BIG EAST Performers (56)

Indoor..... 23
17 Individual
6 Relays

Outdoor..... 23
19 Individual
4 Relays

Cross Country..... 10
10 Individual

IC4A Champions (8)

Indoor..... 3
1 Individual
2 Relays

Outdoor..... 4
3 Individual
1 Relay

Cross Country..... 1
1 Individual

Sub-Four Minute Milers (3)

Ken Nason (1995)
Brad Sumner (1995)
Stephen Howard (1997)

HONORS AND AWARDS

COACHING HONORS: MARCUS O'SULLIVAN

BIG EAST Team Titles (16)	All-Americans (97)	Penn Relays Champions (13)
<i>Indoor</i> 6	<i>Indoor</i> 37	<i>Championship of America</i> 10
2014	25 Individual	Distance Medley Relay (5)
2015	12 Relays	4xMile Relay (4)
2016		4x800 Meter Relay (1)
2018	<i>Outdoor</i> 42	
2019	42 Individual	<i>Individual</i> 3
2020		400 Meter Hurdles (1)
<i>Outdoor</i> 3	<i>Cross Country</i> 18	5000 Meters (1)
2014	18 Individual	Long Jump (1)
2015		
2019	BIG EAST Champions (190)	Sub-Four Minute Milers (23)
<i>Cross Country</i> 7	<i>Indoor</i> 90	Adrian Blincoe (2002)
2002	58 Individual	Ryan Hayden (2002)
2011	32 Relays	Tom Parlapiano (2004)
2013	<i>Outdoor</i> 89	Jason Jabaut (2006)
2014	77 Individual	Bobby Curtis (2007)
2019	12 Relays	Michael Kerrigan (2007)
2022	<i>Cross Country</i> 11	Carl Mackenzie (2010)
2024	11 Individual	Matthew Gibney (2011)
		Sam McEntee (2012)
NCAA Mid-Atlantic Team Titles (8)	All-BIG EAST Performers (545)	Rob Denault (2013)
<i>Cross Country</i> 8	<i>Indoor</i> 234	Jordy Williamsz (2013)
2001	179 Individual	Dusty Solis (2016)
2002	55 Relays	Ben Malone (2016)
2003		Patrick Tiernan (2017)
2013	<i>Outdoor</i> 216	Casey Comber (2019)
2014	180 Individual	Charlie O'Donovan (2020)
2019	36 Relays	Sean Dolan (2021)
2022		Liam Murphy (2022)
2024	<i>Cross Country</i> 95	Marco Langon (2023)
	95 Individual	Evan Addison (2024)
NCAA Event Titles (5)	Cross Country Mid-Atlantic All-Region Performers (107)	Sean Donoghue (2024)
<i>Indoor</i> 3	<i>Cross Country</i> 107	Devon Comber (2024)
1 Individual	107 Individual	Bailey Habler (2025)
2 Relays		
<i>Outdoor</i> 1	IC4A Champions (3)	
1 Individual	<i>Outdoor</i> 3	
<i>Cross Country</i> 1	3 Individual	
1 Individual		