

# HONORS AND AWARDS

## Nicky Akande

### ALL-AMERICA HONORS

<b>Indoor</b>		
2013	DMR	2nd
2014	800 Meters	8th
2014 (2nd)	DMR	9th

### NCAA MID-ATLANTIC CHAMPION

2012	Cross Country	20:14
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### ALL-MID ATLANTIC REGION

2011	Cross Country	10th
2012	Cross Country	1st
2013	Cross Country	2nd

### BIG EAST CHAMPION

<b>Indoor</b>		
2012	4x800 Meter Relay	8:38.55
2013	4x800 Meter Relay	8:40.50
2014	4x800 Meter Relay	7:57.01*

\* race was run one lap short due to a technical error during the third leg of the race

### Outdoor

2012	4x800 Meter Relay	8:37.58
2013	4x800 Meter Relay	8:34.23

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2012	4x800 Meter Relay	1st
2012	DMR	2nd
2013	4x800 Meter Relay	1st
2013	DMR	2nd
2014	4x800 Meter Relay	1st
2014	800 Meters	3rd

### Outdoor

2011	4x800 Meter Relay	3rd
2012	4x800 Meter Relay	1st
2012	800 Meters	2nd
2013	4x800 Meter Relay	1st
2013	800 Meters	3rd
2014	800 Meters	2nd

### Cross Country

2011	6000 Meters	12th
2012	6000 Meters	3rd
2013	6000 Meters	12th

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2012	DMR	800	2:04.5
2013	4x800 Meter Relay	3rd	2:04.04
2013	DMR	800	2:04.7
2014	4x800 Meter Relay	3rd	2:05.67
2014	DMR	800	2:04.51
2014	4x1500 Meter Relay	3rd	4:20.4

### USTFCCCA HONORS

#### Mid-Atlantic Region Athlete of the Year

2012	Cross Country
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## Caroline Alcorta

### ALL-AMERICA HONORS

<b>Outdoor</b>		
2019	10000 Meters	5th
2019	5000 Meters	11th

### ALL-MID ATLANTIC REGION

2018	Cross Country	3rd
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### BIG EAST CHAMPION

<b>Outdoor</b>		
2019	5000 Meters	13:51.13
2019	10000 Meters	34:42.28

### Cross Country

2018	6000 Meters	20:12.4
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
2019	5000 Meters	2nd
2019	3000 Meters	3rd

### Outdoor

2019	5000 Meters	1st
2019	10000 Meters	1st

### Cross Country

2018	6000 Meters	1st
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### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2019	4x1500 Meter Relay	3rd	4:28.0

### BIG EAST HONORS

#### BIG EAST Female Athlete of the Week

2018	Cross Country	September 18
2018	Cross Country	October 17

## Olivia Allen

### BIG EAST CHAMPION

<b>Outdoor</b>		
2024	400 Meter Hurdles	59.75
2024	4x400 Meter Relay	3:40.00
2025	400 Meter Hurdles	58.01

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2024	4x400 Meter Relay	3rd
2024	DMR	3rd

### Outdoor

2024	400 Meter Hurdles	1st
2024	4x400 Meter Relay	1st
2025	400 Meter Hurdles	1st
2025	4x400 Meter Relay	2nd

## Roberta Anthes

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 1977

Inducted 2001

## Amelia Arrieta

### ALL-BIG EAST HONORS

<b>Cross Country</b>		
2022 (2nd)	6000 Meters	20th

## Taryn Ashby

### BIG EAST CHAMPION

<b>Outdoor</b>		
2018	Javelin	45.28m
2019	Javelin	43.32m
2021	Javelin	49.89m
2022	Javelin	47.79m

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2018	Javelin	1st
2019	Javelin	1st
2021	Javelin	1st
2022	Javelin	1st

### BIG EAST Women's Field Athlete of the Week

2018	Outdoor	April 9
2018	Outdoor	April 30
2019	Outdoor	March 25
2019	Outdoor	April 1

## Jane Ashton

### BIG EAST CHAMPION

<b>Outdoor</b>		
1983	4x800 Meter Relay	9:09.38
1985	4x800 Meter Relay	9:05.63

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	1000 Meters	3rd

### Outdoor

1983	4x800 Meter Relay	1st
1985	4x800 Meter Relay	1st
1985	800 Meters	3rd

### ECAC CHAMPION

<b>Indoor</b>		
1985	4x800 Meter Relay	8:48.97

### Outdoor

1985	4x800 Meter Relay	8:57.4
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# HONORS AND AWARDS

## Liz Awtrey

### ALL-MID ATLANTIC REGION

2000 Cross Country 15th

### ALL-BIG EAST HONORS

#### Indoor

2000 4x800 Meter Relay 2nd  
2000 DMR 3rd

#### Outdoor

2001 3000 Meter Steeplechase 3rd

#### Cross Country

1999 5000 Meters 7th

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2000	4x1500 Meter Relay	1st	4:26.3

## Sanaä Barnes

### ALL-AMERICA HONORS

#### Indoor

2019 High Jump 4th  
2021 (2nd) High Jump tie-10th

#### Outdoor

2019 High Jump tie-6th  
2021 High Jump 6th  
2022 High Jump 4th

### BIG EAST CHAMPION

#### Indoor

2019 High Jump 1.77m

#### Outdoor

2019 High Jump 1.81m  
2022 High Jump 1.86m

### ALL-BIG EAST HONORS

#### Indoor

2019 High Jump 1st  
2022 High Jump 2nd

#### Outdoor

2019 High Jump 1st  
2021 High Jump 2nd  
2022 High Jump 1st

### USTFCCCA HONORS

#### Mid-Atlantic Region Field Athlete of the Year

2022 Outdoor Track & Field

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Field Performer

2022 Outdoor Track & Field

#### BIG EAST Women's Field Athlete of the Week

2019 Indoor January 29

2019 Outdoor April 29

2021 Outdoor April 26

2022 Outdoor April 25

# HONORS AND AWARDS

## Michelle Bennett

### NCAA CHAMPION

<b>Indoor</b>		
1988	4x800 Meter Relay	8:34.05
1989	4x800 Meter Relay	8:34.54
1990	4x800 Meter Relay	8:31.95

### ALL-AMERICA HONORS

<b>Indoor</b>		
1988	4x800 Meter Relay	1st
1989	4x800 Meter Relay	1st
1989	800 Meters	5th
1990	4x800 Meter Relay	1st
1990	800 Meters	5th
1991	800 Meters	3rd
1991	4x800 Meter Relay	5th

### Outdoor

1989	800 Meters	7th
1990	800 Meters	4th
1991	800 Meters	5th

### BIG EAST CHAMPION

<b>Indoor</b>		
1989	500 Meters	1:11.48
1990	500 Meters	1:11.28
1990	800 Meters	2:08.82
1990	4x800 Meter Relay	8:37.85
1991	500 Meters	1:10.81
1991	800 Meters	2:09.58

### Outdoor

1988	4x400 Meter Relay	3:44.36
1989	200 Meters	24.31
1989	400 Meters	53.18
1991	800 Meters	2:06.57
1991	4x800 Meter Relay	8:41.04

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1988	400 Meters	2nd
1988	4x400 Meter Relay	3rd
1989	500 Meters	1st
1990	500 Meters	1st
1990	800 Meters	1st
1990	4x800 Meter Relay	1st
1991	500 Meters	1st
1991	800 Meters	1st

### Outdoor

1988	4x400 Meter Relay	1st
1988	400 Meters	2nd
1988	200 Meters	3rd
1988	4x100 Meter Relay	3rd
1989	200 Meters	1st
1989	400 Meters	1st
1989	4x100 Meter Relay	3rd
1990	400 Meters	2nd
1990	4x400 Meter Relay	3rd
1991	800 Meters	1st
1991	4x800 Meter Relay	1st

## Michelle Bennett (continued)

### ECAC CHAMPION

<b>Indoor</b>		
1988	4x800 Meter Relay	8:41.73
1988	DMR	11:37.66
1990	500 Meters	1:11.65

### Outdoor

1989	800 Meters	2:05.21
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### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1988	DMR	400	52.9
1989	4x800 Meter Relay	Anchor	2:06.9
1989	DMR	400	52.1
1990	4x800 Meter Relay	2nd	2:06.7
1990	DMR	400	52.0
1991	4x800 Meter Relay	Anchor	2:05.6
1991	DMR	400	52.3

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Performer

1990	Indoor Track & Field
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#### BIG EAST Championships

#### Outstanding Performance

1991	Indoor Track & Field
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1989	Outdoor Track & Field
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### PENN RELAYS WALL OF FAME

#### RELAYS

<u>Year</u>	<u>Event</u>	<u>Time</u>	<u>Inducted</u>
1988	DMR	10:48.38	1999

### INDIVIDUAL

#### Inducted 2013

Cardinal Spellman (N.Y.) High School '87  
Villanova '91

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1991

Inducted 2006

## Eva Marie Berardi

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	5000 Meters	3rd

### Cross Country

1982	5000 Meters	12th
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## Sammy Bockoven

### ALL-AMERICA HONORS

<b>Indoor</b>		
2017 (2nd)	DMR	12th

### BIG EAST CHAMPION

<b>Indoor</b>		
2017	4x800 Meter Relay	8:42.67
2019	4x800 Meter Relay	8:52.97
2019	DMR	11:37.53

### Outdoor

2018	4x800 Meter Relay	8:50.10
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
2016	DMR	2nd
2016	1000 Meters	3rd
2016	4x800 Meter Relay	3rd
2017	4x800 Meter Relay	1st
2017	Mile	2nd
2019	4x800 Meter Relay	1st
2019	DMR	1st

### Outdoor

2016	4x800 Meter Relay	3rd
2018	4x800 Meter Relay	1st
2019	4x800 Meter Relay	2nd

### Cross Country

2016 (2nd)	6000 Meters	19th
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### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2016	4x1500 Meter Relay	2nd	4:22.7

## Mary Bohi

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2014	400 Meter Hurdles	3rd

## Melinda Boykin

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2001	Shot Put	3rd
2002	Hammer	2nd
2002	Discus	3rd

# HONORS AND AWARDS

## Cassy Bradley

### BIG EAST CHAMPION

#### Indoor

1986	4x400 Meter Relay	3:52.02
1987	DMR	11:32.37

#### Outdoor

1986	400 Meter Hurdles	1:02.51
1986	4x400 Meter Relay	3:46.75
1987	400 Meter Hurdles	1:01.80
1987	4x400 Meter Relay	3:46.82

### ALL-BIG EAST HONORS

#### Indoor

1985	4x400 Meter Relay	2nd
1986	4x400 Meter Relay	1st
1987	DMR	1st

#### Outdoor

1986	400 Meter Hurdles	1st
1986	4x400 Meter Relay	1st
1987	400 Meter Hurdles	1st
1987	4x400 Meter Relay	1st

### ECAC CHAMPION

#### Indoor

1986	4x800 Meter Relay	8:57.19
1987	DMR	11:28.75

#### Outdoor

1986	4x800 Meter Relay	8:57.0
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## Patty Bradley

### ALL-AMERICA HONORS

#### Indoor

1983	Two Mile Relay	2nd
1984	800 Meters	2nd
1984	4x400 Meter Relay	5th

#### Outdoor

1983	400 Meter Hurdles	5th
1983	800 Meters	7th
1984	400 Meter Hurdles	3rd
1984	800 Meters	3rd

### BIG EAST CHAMPION

#### Indoor

1983	500 Meters	1:14.47
1983	4x800 Meter Relay	9:10.52

#### Outdoor

1983	100 Meter Hurdles	14.07
1983	800 Meters	2:06.69
1983	Long Jump	5.78m
1983	4x100 Meter Relay	47.38
1983	4x400 Meter Relay	3:46.8
1984	100 Meter Hurdles	14.21
1984	800 Meters	2:05.22
1984	Long Jump	5.92m
1984	4x400 Meter Relay	3:45.72

### ALL-BIG EAST HONORS

#### Indoor

1983	500 Meters	1st
1983	4x800 Meter Relay	1st
1983	50 Meter Hurdles	2nd
1984	55 Meter Hurdles	2nd
1984	500 Meters	2nd
1984	4x800 Meter Relay	2nd
1984	Long Jump	3rd

#### Outdoor

1983	100 Meter Hurdles	1st
1983	800 Meters	1st
1983	Long Jump	1st
1983	4x100 Meter Relay	1st
1983	4x400 Meter Relay	1st
1984	100 Meter Hurdles	1st
1984	800 Meters	1st
1984	Long Jump	1st
1984	4x400 Meter Relay	1st
1984	4x100 Meter Relay	2nd

### ECAC CHAMPION

#### Indoor

1984	800 Meters	2:07.33
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#### Outdoor

1984	100 Meter Hurdles	14.02
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### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1984	DMR	800	2:01.3

## Patty Bradley (continued)

### BIG EAST HONORS

#### BIG EAST Championships

##### Outstanding Performer

1983	Outdoor Track & Field
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#### BIG EAST Championships

##### Outstanding Performance

1983	Outdoor Track & Field
1984	Outdoor Track & Field

### PENN RELAYS WALL OF FAME

#### RELAYS

Year	Event	Time	Inducted
1984	DMR	10:53.97	2017

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 1984

Inducted 1993

## Maureen Breen

### ALL-BIG EAST HONORS

#### Indoor

1986	3000 Meters	2nd
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## Nicole Bridgwood

### ALL-BIG EAST HONORS

#### Indoor

2002	DMR	3rd
2004	DMR	3rd

## Qualitra Brown

### ALL-BIG EAST HONORS

#### Indoor

2013	DMR	2nd
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# HONORS AND AWARDS

## Vickie Brown

### ALL-AMERICA HONORS

<b>Indoor</b>		
1983	Two Mile Relay	2nd

### BIG EAST CHAMPION

<b>Indoor</b>		
1983	4x800 Meter Relay	9:10.52
1983	DMR	11:42.79
1985	DMR	11:50.1

<b>Outdoor</b>		
1983	1500 Meters	4:28.24

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	4x800 Meter Relay	1st
1983	DMR	1st
1985	DMR	1st

<b>Outdoor</b>		
1983	1500 Meters	1st

<b>Cross Country</b>		
1982	5000 Meters	7th
1984	5000 Meters	6th

## Shannon Browne

### BIG EAST CHAMPION

<b>Indoor</b>		
2011	4x800 Meter Relay	8:42.88

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2011	4x800 Meter Relay	1st

<b>Outdoor</b>		
2010	4x800 Meter Relay	3rd

## Bella Burda

### NCAA MID-ATLANTIC CHAMPION

2017	Cross Country	20:01.5
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### ALL-MID ATLANTIC REGION

2015	Cross Country	22nd
2016	Cross Country	17th
2017	Cross Country	1st

### BIG EAST CHAMPION

<b>Outdoor</b>		
2017	5000 Meters	17:51.92

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2017	5000 Meters	2nd
2017	3000 Meters	3rd
2018	5000 Meters	3rd

<b>Outdoor</b>		
2016	5000 Meters	2nd
2017	5000 Meters	1st
2018	10000 Meters	2nd
2019	10000 Meters	3rd

<b>Cross Country</b>		
2015	6000 Meters	4th
2016	6000 Meters	9th
2017	6000 Meters	3rd
2018 (2nd)	6000 Meters	16th

### PENN RELAYS CHAMPION

Championship of America			
Year	Event	Leg	Split
2016	4x1500 Meter Relay	1st	4:29.7
2017	4x1500 Meter Relay	1st	4:33.8

### USTFCCCA HONORS

#### Mid-Atlantic Region Athlete of the Year

2017	Cross Country
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### BIG EAST HONORS

#### BIG EAST Female Athlete of the Week

2017	Cross Country	October 17
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## Olive Burke

### BIG EAST CHAMPION

<b>Indoor</b>		
1988	55 Meter Hurdles	7.99

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1988	55 Meter Hurdles	1st

<b>Outdoor</b>		
1988	4x100 Meter Relay	3rd

## Danielle Burns

### BIG EAST CHAMPION

<b>Indoor</b>		
2018	4x400 Meter Relay	3:42.01

### Outdoor

2017	4x400 Meter Relay	3:44.34
2019	4x100 Meter Relay	46.42
2021	400 Meter Hurdles	1:00.73
2021	4x400 Meter Relay	3:38.86

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2018	4x400 Meter Relay	1st
2018	60 Meter Hurdles	2nd
2019	60 Meter Hurdles	2nd

### Outdoor

2017	4x400 Meter Relay	1st
2017	100 Meter Hurdles	3rd
2018	100 Meter Hurdles	2nd
2018	400 Meter Hurdles	3rd
2018	4x400 Meter Relay	3rd
2019	100 Meter Hurdles	2nd
2019	400 Meter Hurdles	3rd
2019	4x100 Meter Relay	1st
2021	400 Meter Hurdles	1st
2021	4x100 Meter Relay	3rd
2021	4x400 Meter Relay	1st

## Sherian Byam

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2004	100 Meter Hurdles	2nd

## Sofia Calabrese

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2017	Pentathlon	3rd
2019	Pentathlon	2nd

<b>Outdoor</b>		
2016	High Jump	3rd

# HONORS AND AWARDS

## Ann Campbell

### ALL-MID ATLANTIC REGION

2019 Cross Country 4th

### BIG EAST CHAMPION

**Indoor**  
2019 DMR 11:37.53

### ALL-BIG EAST HONORS

**Indoor**  
2019 DMR 1st

**Outdoor**  
2017 5000 Meters 2nd  
2018 1500 Meters 3rd

**Cross Country**  
2018 6000 Meters 8th  
2019 6000 Meters 3rd

## Dolores Carapella

### ALL-BIG EAST HONORS

**Outdoor**  
1986 10000 Meters 2nd  
1986 5000 Meters 3rd  
1987 10000 Meters 3rd

**Cross Country**  
1986 5000 Meters 10th

## Margaret Carroll

### ALL-BIG EAST HONORS

**Indoor**  
2024 DMR 3rd  
2025 DMR 2nd

**Outdoor**  
2025 10000 Meters 3rd

**Cross Country**  
2024 (2nd) 6000 Meters 19th

## Tracey Carter

### BIG EAST CHAMPION

**Indoor**  
1983 400 Meters 56.64  
1983 4x400 Meter Relay 3:52.66

**Outdoor**  
1983 4x100 Meter Relay 47.38

### ALL-BIG EAST HONORS

**Indoor**  
1983 400 Meters 1st  
1983 4x400 Meter Relay 1st

**Outdoor**  
1983 4x100 Meter Relay 1st  
1983 400 Meters 2nd

## Megan Ceppetelli

### ALL-BIG EAST HONORS

**Indoor**  
1989 DMR 2nd  
1990 4x400 Meter Relay 3rd

**Outdoor**  
1989 4x100 Meter Relay 3rd  
1990 4x400 Meter Relay 3rd

### ECAC CHAMPION

**Indoor**  
1990 4x800 Meter Relay 8:47.60

## Kim Certain

### NCAA CHAMPION

**Indoor**  
1989 4x800 Meter Relay 8:34.54  
1990 4x800 Meter Relay 8:31.95

### ALL-AMERICA HONORS

**Indoor**  
1989 4x800 Meter Relay 1st  
1990 4x800 Meter Relay 1st

**Outdoor**  
1989 1500 Meters 4th

### BIG EAST CHAMPION

**Indoor**  
1989 4x800 Meter Relay 8:48.45  
1990 1000 Meters 2:48.01

**Outdoor**  
1989 4x800 Meter Relay 9:07.76

### ALL-BIG EAST HONORS

**Indoor**  
1989 4x800 Meter Relay 1st  
1989 1000 Meters 2nd  
1990 1000 Meters 1st  
1990 Mile 3rd  
1990 4x400 Meter Relay 3rd

**Outdoor**  
1989 4x800 Meter Relay 1st  
1989 800 Meters 2nd

**Cross Country**  
1988 5000 Meters 6th  
1989 5000 Meters 7th

### ECAC CHAMPION

**Indoor**  
1990 4x800 Meter Relay 8:47.60

### PENN RELAYS CHAMPION

Championship of America  
**Year** **Event** **Leg** **Split**  
1989 4x800 Meter Relay 3rd 2:06.0

### OLYMPIAN (Antigua)

**Year** **Location**  
1996 Atlanta

## Courtney Chapman

### ALL-BIG EAST HONORS

**Indoor**  
2012 DMR 2nd



# HONORS AND AWARDS

## Kaley Ciluffo

### ALL-AMERICA HONORS

#### Indoor

2017 (2nd) DMR 12th

### ALL-MID ATLANTIC REGION

2017 Cross Country 13th

### BIG EAST CHAMPION

#### Indoor

2017 4x800 Meter Relay 8:42.67

2017 DMR 11:01.14

2018 4x800 Meter Relay 8:44.25

2018 DMR 11:33.68

#### Outdoor

2018 4x800 Meter Relay 8:50.10

### ALL-BIG EAST HONORS

#### Indoor

2017 4x800 Meter Relay 1st

2017 DMR 1st

2017 800 Meters 2nd

2018 4x800 Meter Relay 1st

2018 DMR 1st

2018 Mile 2nd

#### Outdoor

2017 4x800 Meter Relay 2nd

2018 4x800 Meter Relay 1st

2018 1500 Meters 2nd

#### Cross Country

2017 6000 Meters 7th

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2018	4x1500 Meter Relay	2nd	4:24.2

## Roschell Clayton

### ALL-AMERICA HONORS

#### Indoor

2024 High Jump tie-6th

#### Outdoor

2023 (2nd) High Jump tie-14th

2024 High Jump tie-5th

### BIG EAST CHAMPION

#### Indoor

2024 High Jump 1.85m

2025 High Jump 1.82m

#### Outdoor

2023 High Jump 1.78m

2024 High Jump 1.81m

### ALL-BIG EAST HONORS

#### Indoor

2024 High Jump 1st

2025 High Jumps 1st

#### Outdoor

2021 High Jump tie-3rd

2023 High Jump 1st

2024 High Jump 1st

### PENN RELAYS CHAMPION

#### Individual Championships

2021 High Jump 1.83 Meters

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Field Performer

2025 Indoor Track & Field

#### BIG EAST Women's Field Athlete of the Week

2024 Indoor January 15

2024 Indoor January 29

2024 Indoor February 11

2025 Indoor February 3

2024 Outdoor April 10

## Niki Cleary

### ALL-BIG EAST HONORS

#### Outdoor

2018 Heptathlon 3rd

# HONORS AND AWARDS

## Siofra Cleirigh Buttner

### ALL-AMERICA HONORS

#### Indoor

2015 (HM)	DMR	DQ
2016 (2nd)	800 Meters	9th
2017	Mile	8th
2018	800 Meters	2nd

#### Outdoor

2016 (2nd)	800 Meters	10th
2017 (HM)	800 Meters	20th
2018	800 Meters	4th

### ALL-MID ATLANTIC REGION

2014	Cross Country	17th
2015	Cross Country	17th
2016	Cross Country	7th

### BIG EAST CHAMPION

#### Indoor

2015	4x800 Meter Relay	8:33.94
2017	800 Meters	2:06.63
2017	4x400 Meter Relay	3:42.06
2017	DMR	11:01.14
2018	800 Meters	2:03.89
2018	4x400 Meter Relay	3:42.01

#### Outdoor

2016	800 Meters	2:06.82
2017	1500 Meters	4:28.17
2017	4x400 Meter Relay	3:44.34
2018	800 Meters	2:05.52

### ALL-BIG EAST HONORS

#### Indoor

2015	4x800 Meter Relay	1st
2015	1000 Meters	2nd
2016	DMR	2nd
2017	800 Meters	1st
2017	4x400 Meter Relay	1st
2017	DMR	1st
2018	800 Meters	1st
2018	4x400 Meter Relay	1st

#### Outdoor

2015	1500 Meters	2nd
2015	4x400 Meter Relay	3rd
2016	800 Meters	1st
2016	4x800 Meter Relay	3rd
2017	1500 Meters	1st
2017	4x400 Meter Relay	1st
2018	800 Meters	1st
2018	4x400 Meter Relay	3rd

#### Cross Country

2014	6000 Meters	12th
2015	6000 Meters	9th
2016	6000 Meters	2nd
2017 (2nd)	6000 Meters	18th

## Siofra Cleirigh Buttner (continued)

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2015	4x800 Meter Relay	3rd	2:07.83
2015	DMR	800	2:09.91
2016	4x1500 Meter Relay	Anchor	4:21.7
2017	4x800 Meter Relay	Anchor	2:04.10
2017	DMR	800	2:05.78
2017	4x1500 Meter Relay	Anchor	4:11.6
2018	4x800 Meter Relay	Anchor	2:02.63
2018	DMR	Anchor	4:36.09

### USTFCCCA HONORS

#### Mid-Atlantic Region Track Athlete of the Year

2017	Outdoor Track & Field
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### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Track Performer

2017	Indoor Track & Field
2018	Indoor Track & Field

#### BIG EAST Women's Track Athlete of the Week

2017	Indoor	January 31
2017	Indoor	February 14
2018	Indoor	January 30

2017	Outdoor	May 3
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#### BIG EAST Female Athlete of the Week

2014	Cross Country	October 7
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### PHILADELPHIA HONORS

#### Philadelphia Sports Writers Association

#### Frank Dolson Penn Relays Award

January 15, 2018
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### OLYMPIAN (Ireland)

Year	Location	Events
2020	Tokyo	800

## Summer Cook

### ALL-MID ATLANTIC REGION

2012	Cross Country	14th
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### ALL-BIG EAST HONORS

#### Cross Country

2012	6000 Meters	14th
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### OLYMPIAN (United States)

Year	Location	Events
2020	Tokyo	Triathlon

## Holly Cosnett

### BIG EAST CHAMPION

#### Indoor

2003	4x800 Meter Relay	8:54.61
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#### Outdoor

2003	4x800 Meter Relay	8:46.89
2005	4x800 Meter Relay	8:47.87

### ALL-BIG EAST HONORS

#### Indoor

2003	4x800 Meter Relay	1st
2004	4x800 Meter Relay	3rd

#### Outdoor

2002	4x800 Meter Relay	3rd
2003	4x800 Meter Relay	1st
2005	4x800 Meter Relay	1st

## Malaika Cunningham

### BIG EAST CHAMPION

#### Outdoor

2025	High Jump	1.75m
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### ALL-BIG EAST HONORS

#### Indoor

2025	High Jump	2nd
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#### Outdoor

2024	High Jump	2nd
2025	High Jump	1st

## Kia Davis

### BIG EAST CHAMPION

#### Outdoor

1996	4x400 Meter Relay	3:41.45
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### ALL-BIG EAST HONORS

#### Indoor

1997	4x400 Meter Relay	2nd
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#### Outdoor

1996	4x400 Meter Relay	1st
1997	4x400 Meter Relay	2nd
1997	100 Meter Hurdles	3rd



# HONORS AND AWARDS

## Rebecca Del Rossi

### BIG EAST CHAMPION

<b>Indoor</b>		
2017	4x800 Meter Relay	8:42.67

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2016	4x800 Meter Relay	3rd
2017	4x800 Meter Relay	1st

### Outdoor

2016	4x800 Meter Relay	3rd
2017	4x800 Meter Relay	2nd

## Michelle DiMuro

### NCAA CHAMPION

<b>Indoor</b>		
1987	4x800 Meter Relay	8:24.72
1988	4x800 Meter Relay	8:34.05
1989	4x800 Meter Relay	8:34.54

### ALL-AMERICA HONORS

<b>Indoor</b>		
1986	4x800 Meter Relay	2nd
1987	4x800 Meter Relay	1st
1988	4x800 Meter Relay	1st
1988	800 Meters	3rd
1989	4x800 Meter Relay	1st
1989	800 Meters	4th

### Outdoor

1989	1500 Meters	8th
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### BIG EAST CHAMPION

<b>Indoor</b>		
1986	4x400 Meter Relay	3:52.02
1988	800 Meters	2:06.91
1989	800 Meters	2:10.27

### Outdoor

1986	4x400 Meter Relay	3:46.75
1986	4x400 Meter Relay	3:46.82
1988	4x400 Meter Relay	3:44.36
1989	800 Meters	2:08.97

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1986	4x400 Meter Relay	1st
1986	DMR	2nd
1986	1000 Meters	3rd
1987	1000 Meters	2nd
1988	800 Meters	1st
1988	500 Meters	3rd
1988	4x400 Meter Relay	3rd
1989	800 Meters	1st

### Outdoor

1986	4x400 Meter Relay	1st
1987	4x400 Meter Relay	1st
1987	800 Meters	3rd
1988	4x400 Meter Relay	1st
1988	800 Meters	2nd
1989	800 Meters	1st
1989	4x100 Meter Relay	3rd

### Cross Country

1989	5000 Meters	9th
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### ECAC CHAMPION

<b>Indoor</b>		
1986	4x800 Meter Relay	8:57.19
1986	DMR	11:38.85
1988	4x800 Meter Relay	8:41.73

### Outdoor

1986	4x800 Meter Relay	8:57.0
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## Michelle DiMuro (continued)

### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<b>Year</b>	<b>Event</b>	<b>Leg</b>	<b>Split</b>
1988	4x800 Meter Relay	3rd	2:04.3
1989	4x800 Meter Relay	1st	2:08.6
1989	DMR	800	2:07.5
1989	4x1500 Meter Relay	1st	4:26.3

### BIG EAST HONORS

#### BIG EAST Championships

<b>Outstanding Performance</b>	
1989	Indoor Track & Field

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 1989  
Inducted 2001

## Faith Dismuke

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2012	DMR	2nd

## Gloria Donou

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2020	Triple Jump	3rd

### Outdoor

2019	Triple Jump	3rd
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## Maya Dorer

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2023	800 Meters	3rd
2023	4x800 Meter Relay	3rd

### Outdoor

2022	800 Meters	2nd
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# HONORS AND AWARDS

## Ellen Dougherty

### BIG EAST CHAMPION

<b>Indoor</b>		
2007	4x800 Meter Relay	8:49.04

<b>Outdoor</b>		
2006	4x800 Meter Relay	8:38.88

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2006	4x800 Meter Relay	3rd
2007	4x800 Meter Relay	1st
2007	1000 Meters	2nd
2008	4x800 Meter Relay	2nd
2008	1000 Meters	3rd

<b>Outdoor</b>		
2006	4x800 Meter Relay	1st
2007	4x800 Meter Relay	2nd
2009	4x800 Meter Relay	3rd
2010	1500 Meters	3rd
2010	4x800 Meter Relay	3rd

## Carmen Douma

### NCAA CHAMPION

<b>Indoor</b>		
1998	Mile	4:37.74
2000	Mile	4:39.91

<b>Outdoor</b>		
1998	1500 Meters	4:16.04

### ALL-AMERICA HONORS

<b>Indoor</b>		
1997	DMR	7th
1998	Mile	1st
2000	Mile	1st

<b>Outdoor</b>		
1998	1500 Meters	1st
1999	1500 Meters	6th
2000	1500 Meters	2nd

<b>Cross Country</b>		
1997	5000 Meters	6th
1998	5000 Meters	21st
1999	5000 Meters	24th

### NCAA DISTRICT II CHAMPION

1999	Cross Country	
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### BIG EAST CHAMPION

<b>Indoor</b>		
1997	4x800 Meter Relay	8:49.32
1997	DMR	11:23.40
1998	1000 Meters	2:48.22
1998	4x800 Meter Relay	9:00.76
1998	DMR	11:28.67
2000	Mile	4:45.74

<b>Outdoor</b>		
1997	4x800 Meter Relay	8:52.11
1998	1500 Meters	4:20.97
2000	1500 Meters	4:22.67

<b>Cross Country</b>		
1999	5000 Meters	17:20

## Carmen Douma (continued)

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1997	4x800 Meter Relay	1st
1997	DMR	1st
1998	1000 Meters	1st
1998	4x800 Meter Relay	1st
1998	DMR	1st
1998	Mile	3rd
2000	Mile	1st
2000	1000 Meters	2nd
2000	4x800 Meter Relay	2nd

<b>Outdoor</b>		
1997	4x800 Meter Relay	1st
1998	1500 Meters	1st
1998	800 Meters	2nd
1998	4x800 Meter Relay	3rd
1999	1500 Meters	2nd
2000	1500 Meters	1st

<b>Cross Country</b>		
1996	5000 Meters	8th
1997	5000 Meters	2nd
1999	5000 Meters	1st

### ECAC CHAMPION

<b>Indoor</b>		
1998	Mile	4:37.36
2000	800 Meters	2:08.47

<b>Outdoor</b>		
1998	1500 Meters	4:18.94

### PENN RELAYS CHAMPION

Championship of America			
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1997	4x800 Meter Relay	3rd	2:11.4
1997	4x1500 Meter Relay	1st	4:27.0
2000	4x1500 Meter Relay	Anchor	4:21.2

### OLYMPIAN (Canada)

<u>Year</u>	<u>Location</u>	<u>Events</u>
2004	Athens	1500

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 2000  
Inducted 2015

### VILLANOVA STADIUM TRACK & FIELD WALL OF FAME

Competed 1996-00  
Inducted October 23, 2006

# HONORS AND AWARDS

## Elaine Duck

### BIG EAST CHAMPION

<b>Outdoor</b>		
1988	4x800 Meter Relay	9:04.17

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
1988	4x800 Meter Relay	1st

## Ashley Dunbar

### BIG EAST CHAMPION

<b>Indoor</b>		
2011	DMR	11:16.72

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2011	DMR	1st

## Kristen Erickson

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2017	Shot Put	3rd

<b>Outdoor</b>		
2016	Shot Put	2nd

## Michelle Ezzie

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2003	Pole Vault	2nd
2004	Pole Vault	2nd

<b>Outdoor</b>		
2002	Pole Vault	3rd
2003	Pole Vault	3rd
2004	Pole Vault	3rd

## Katie Fisher

### ALL-MID ATLANTIC REGION

2016	Cross Country	23rd
2017	Cross Country	20th

### ALL-BIG EAST HONORS

<b>Cross Country</b>		
2016 (2nd)	6000 Meters	18th
2017 (2nd)	6000 Meters	20th

## Nancy Fleming

### BIG EAST CHAMPION

<b>Indoor</b>		
1983	4x800 Meter Relay	9:10.52

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	4x800 Meter Relay	1st
1983	1000 Meters	2nd

<b>Outdoor</b>		
1983	1500 Meters	3rd

## Tiera Fletcher

### ALL-AMERICA HONORS

<b>Indoor</b>		
2004	DMR	4th
2005	DMR	2nd
2006	DMR	6th

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2007	4x400 Meter Relay	3rd

### PENN RELAYS CHAMPION

Championship of America				
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>	
2006	DMR	400	53.9	

## Megan Flowers

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
1993	3000 Meters	2nd

<b>Cross Country</b>		
1992	5000 Meters	7th

### PENN RELAYS CHAMPION

Championship of America				
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>	
1993	4x1500 Meter Relay	3rd	4:26.8	

## Kate Fonshell

### ALL-AMERICA HONORS

<b>Outdoor</b>		
1990	5000 Meters	8th

<b>Cross Country</b>		
1990	5000 Meters	25th

### BIG EAST CHAMPION

<b>Indoor</b>		
1990	5000 Meters	16:35.54

<b>Outdoor</b>		
1990	10000 Meters	33:51.96

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1990	5000 Meters	1st
1990	3000 Meters	2nd
1992	5000 Meters	2nd

<b>Outdoor</b>		
1989	10000 Meters	2nd
1989	5000 Meters	3rd
1990	10000 Meters	1st
1990	5000 Meters	2nd
1992	3000 Meters	3rd

<b>Cross Country</b>		
1989	5000 Meters	14th
1990	5000 Meters	3rd

### ECAC CHAMPION

<b>Outdoor</b>		
1990	5000 Meters	16:16.63

<b>Cross Country</b>		
1989 (U)	5000 Meters	17:54.0

(U) = University Division

### PENN RELAYS CHAMPION

Championship of America				
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>	
1992	4x1500 Meter Relay	3rd	4:27.6	

### OLYMPIAN (United States)

<u>Year</u>	<u>Location</u>	<u>Events</u>
1996	Atlanta	10000

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1991  
Inducted 2007

# HONORS AND AWARDS

## Samantha Francis

### BIG EAST CHAMPION

<b>Outdoor</b>		
2012	Triple Jump	12.61m

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2013	Triple Jump	3rd
2015	Triple Jump	3rd

<b>Outdoor</b>		
2012	Triple Jump	1st
2015	Triple Jump	2nd
2015	Long Jump	3rd

## Dominique Franco

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2018	Pole Vault	3rd

## Kathy Franey

### ALL-AMERICA HONORS

<b>Indoor</b>		
1987	Mile	6th
1988	Mile	2nd

<b>Outdoor</b>		
1988	3000 Meters	7th
1990	1500 Meters	5th
1990	3000 Meters	6th

<b>Cross Country</b>		
1989	5000 Meters	12th

### BIG EAST CHAMPION

<b>Indoor</b>		
1987	DMR	11:32.37
1988	Mile	4:44.96
1988	4x800 Meter Relay	8:49.59
1989	4x800 Meter Relay	8:48.45

<b>Outdoor</b>		
1987	4x800 Meter Relay	8:53.33
1989	1500 Meters	4:20.74
1990	1500 Meters	4:23.82
1990	5000 Meters	16:27.04

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1987	DMR	1st
1987	1500 Meters	2nd
1987	3000 Meters	2nd
1988	Mile	1st
1988	4x800 Meter Relay	1st
1988	3000 Meters	2nd
1989	4x800 Meter Relay	1st
1989	Mile	2nd
1989	3000 Meters	2nd

<b>Outdoor</b>		
1987	4x800 Meter Relay	1st
1987	1500 Meters	2nd
1987	3000 Meters	2nd
1988	1500 Meters	2nd
1988	3000 Meters	3rd
1989	1500 Meters	1st
1989	3000 Meters	2nd
1989	5000 Meters	2nd
1990	1500 Meters	1st
1990	5000 Meters	1st
1990	3000 Meters	2nd

<b>Cross Country</b>		
1985	5000 Meters	12th
1987	5000 Meters	3rd
1989	5000 Meters	4th

## Kathy Franey (continued)

### ECAC CHAMPION

<b>Indoor</b>		
1986	DMR	11:38.85
1987	DMR	11:28.75
1988	1000 Meters	2:45.92

<b>Outdoor</b>		
1989	1500 Meters	4:14.73
1990	1500 Meters	4:15.4

### PENN RELAYS CHAMPION

Championship of America			
Year	Event	Leg	Split
1988	4x800 Meter Relay	1st	2:09.2
1988	DMR	1200	3:20.9
1989	DMR	1200	3:22.2
1989	4x1500 Meter Relay	3rd	4:21.3
1990	4x800 Meter Relay	Anchor	2:06.7
1990	DMR	Anchor	4:32.8
1990	4x1500 Meter Relay	Anchor	4:17.2

### BIG EAST HONORS

<b>BIG EAST Championships</b>	
<b>Outstanding Performer</b>	
1990	Outdoor Track & Field

### PENN RELAYS WALL OF FAME RELAYS

Year	Event	Time	Inducted
1988	DMR	10:48.38	1999
1990	4x1500 Relay	17:18.10	2000

### INDIVIDUAL

<b>Inducted 2006</b>	
Massapequa (N.Y.) High School '85	
Villanova '90	
Reebok '84	

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1989
Inducted 2005

## Abigail Freitag

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2015	Javelin	3rd

## Grayce French

### BIG EAST CHAMPION

<b>Outdoor</b>		
2021	Discus	52.35m

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2021	Discus	1st
2021	Shot Put	2nd

# HONORS AND AWARDS

## Colleen Gallagher

### ALL-AMERICA HONORS

#### Indoor

1984	4x800 Meter Relay	3rd
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### BIG EAST CHAMPION

#### Indoor

1984	3000 Meters	9:52.58
1987	DMR	11:32.37

#### Outdoor

1983	4x800 Meter Relay	9:09.38
1984	4x800 Meter Relay	9:00.00
1987	4x800 Meter Relay	8:53.33

### ALL-BIG EAST HONORS

#### Indoor

1984	3000 Meters	1st
1984	1000 Meters	3rd
1987	DMR	1st
1987	1000 Meters	3rd

#### Outdoor

1983	4x800 Meter Relay	1st
1984	4x800 Meter Relay	1st
1987	4x800 Meter Relay	1st

#### Cross Country

1983	5000 Meters	11th
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### ECAC CHAMPION

#### Indoor

1984	4x800 Meter Relay	8:50.28
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#### Outdoor

1984	4x800 Meter Relay	8:55.24
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## Emily Galvin

### ALL-BIG EAST HONORS

#### Outdoor

2022	Hammer	3rd
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## Ariana Gardizy

### ALL-BIG EAST HONORS

#### Outdoor

2023	10000 Meters	2nd
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## Christine Gentile

### ALL-AMERICA HONORS

#### Indoor

1992	4x800 Meter Relay	4th
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#### Outdoor

1992	1500 Meters	9th
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### BIG EAST CHAMPION

#### Indoor

1992	4x800 Meter Relay	8:39.81
1992	DMR	11:25.91
1993	4x400 Meter Relay	3:42.00
1993	4x800 Meter Relay	8:53.27
1993	DMR	11:38.36

#### Outdoor

1991	4x800 Meter Relay	8:41.04
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### ALL-BIG EAST HONORS

#### Indoor

1992	4x800 Meter Relay	1st
1992	DMR	1st
1992	800 Meters	3rd
1993	4x400 Meter Relay	1st
1993	4x800 Meter Relay	1st
1993	DMR	1st
1993	1000 Meters	3rd

#### Outdoor

1991	4x800 Meter Relay	1st
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#### Cross Country

1991	5000 Meters	13th
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### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1992	4x1500 Meter Relay	1st	4:24.7

## Elizabeth Gesel

### ALL-MID ATLANTIC REGION

2002	Cross Country	18th
2003	Cross Country	10th
2004	Cross Country	15th

### BIG EAST CHAMPION

#### Outdoor

2008	3000 Meter Steeplechase	10:17.12
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### ALL-BIG EAST HONORS

#### Outdoor

2007	3000 Meter Steeplechase	2nd
2008	3000 Meter Steeplechase	1st

# HONORS AND AWARDS

## Cheri Goddard

### ALL-AMERICA HONORS

#### Indoor

1991	3000 Meters	2nd
1992	3000 Meters	4th
1992	4x800 Meter Relay	4th
1993	Mile	2nd

#### Outdoor

1990	3000 Meters	7th
1991	3000 Meters	3rd
1992	3000 Meters	2nd

#### Cross Country

1990	5000 Meters	28th
1992	5000 Meters	7th

### BIG EAST CHAMPION

#### Indoor

1990	4x800 Meter Relay	8:37.85
1990	DMR	11:29.55
1991	4x800 Meter Relay	8:37.02
1992	Mile	4:46.64
1993	4x800 Meter Relay	8:39.81
1993	Mile	4:42.53
1993	3000 Meters	9:26.38

#### Outdoor

1991	4x800 Meter Relay	8:41.04
1993	1500 Meters	4:25.55

### ALL-BIG EAST HONORS

#### Indoor

1990	4x800 Meter Relay	1st
1990	DMR	1st
1991	4x800 Meter Relay	1st
1991	1000 Meters	3rd
1992	Mile	1st
1992	4x800 Meter Relay	1st
1992	3000 Meters	2nd
1993	Mile	1st
1993	3000 Meters	1st

#### Outdoor

1990	4x800 Meter Relay	2nd
1990	1500 Meters	3rd
1990	3000 Meters	3rd
1991	4x800 Meter Relay	1st
1991	1500 Meters	3rd
1992	1500 Meters	2nd
1993	1500 Meters	1st
1993	3000 Meters	3rd
1993	4x800 Meter Relay	3rd

#### Cross Country

1989	5000 Meters	5th
1990	5000 Meters	4th
1991	5000 Meters	5th
1992	5000 Meters	4th

## Cheri Goddard (continued)

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1990	4x1500 Meter Relay	3rd	4:21.6
1991	DMR	800	2:12.2
1992	4x1500 Meter Relay	Anchor	4:27.8
1993	4x800 Meter Relay	3rd	2:07.6
1993	4x1500 Meter Relay	Anchor	4:25.3

### PENN RELAYS WALL OF FAME

#### RELAYS

Year	Event	Time	Inducted
1990	4x1500 Relay	17:18.10	2000

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 1993

Inducted 2011

## Sarah-Vance Goodman

### ALL-AMERICA HONORS

#### Indoor

1999	5000 Meters	7th
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#### Cross Country

1998	5000 Meters	12th
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### ALL-BIG EAST HONORS

#### Indoor

1999	5000 Meters	2nd
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#### Outdoor

1999	10000 Meters	2nd
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#### Cross Country

1998	5000 Meters	6th
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## Cuyler Goodwin

### ALL-AMERICA HONORS

#### Indoor

1996	DMR	2nd
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### BIG EAST CHAMPION

#### Indoor

1996	DMR	11:24.44
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#### Outdoor

1996	4x400 Meter Relay	3:41.45
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### ALL-BIG EAST HONORS

#### Indoor

1996	DMR	1st
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#### Outdoor

1996	4x400 Meter Relay	1st
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# HONORS AND AWARDS

## Debbie Grant

### NCAA CHAMPION

Indoor		
1985	4x800 Meter Relay	8:33.60
1987	4x800 Meter Relay	8:24.72

### ALL-AMERICA HONORS

Indoor		
1984	4x400 Meter Relay	5th
1985	4x800 Meter Relay	1st
1985	800 Meters	4th
1986	4x800 Meter Relay	2nd
1987	4x800 Meter Relay	1st

### Outdoor

1986	800 Meters	7th
1987	800 Meters	3rd
1987	1500 Meters	7th

### BIG EAST CHAMPION

Indoor		
1984	500 Meters	1:12.72
1984	4x400 Meter Relay	3:49.88
1985	500 Meters	1:14.32
1986	400 Meters	56.31
1986	800 Meters	2:09.49
1986	4x400 Meter Relay	3:52.02
1987	500 Meters	1:12.1

### Outdoor

1984	400 Meter Hurdles	59.73
1984	4x400 Meter Relay	3:45.72
1985	400 Meter Hurdles	1:01.18
1985	4x400 Meter Relay	3:46.84
1986	4x400 Meter Relay	3:46.75
1987	4x400 Meter Relay	3:46.82

### ALL-BIG EAST HONORS

Indoor		
1984	500 Meters	1st
1984	4x400 Meter Relay	1st
1984	55 Meter Hurdles	3rd
1985	500 Meters	1st
1985	300 Meters	2nd
1985	55 Meter Hurdles	3rd
1986	400 Meters	1st
1986	800 Meters	1st
1986	4x400 Meter Relay	1st
1987	500 Meters	1st
1987	800 Meters	2nd

### Outdoor

1984	400 Meter Hurdles	1st
1984	4x400 Meter Relay	1st
1984	100 Meter Hurdles	2nd
1984	4x100 Meter relay	2nd
1985	400 Meter Hurdles	1st
1985	4x400 Meter Relay	1st
1985	4x100 Meter Relay	3rd
1986	4x400 Meter Relay	1st
1987	4x400 Meter Relay	1st
1987	800 Meters	2nd
1987	1500 Meters	3rd

## Debbie Grant (continued)

### ECAC CHAMPION

Indoor		
1985	500 Meters	1:12.05
1986	800 Meters	2:06.65
1987	800 Meters	2:05.48

### Outdoor

1984	400 Meter Hurdles	58.37
1986	4x800 Meter Relay	8:57.0

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1985	4x800 Meter Relay	2nd	2:06.4
1987	DMR	800	2:04.6

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Performer

1986 Indoor Track & Field

### VILLANOVA UNIVERSITY

### VARSITY CLUB HALL OF FAME

Class of 1987

Inducted 1997

## Shanice Grant

### BIG EAST CHAMPION

Indoor		
2015	60 Meter Hurdles	8.47
2016	60 Meter Hurdles	8.69

### Outdoor

2015	100 Meter Hurdles	13.91
2016	100 Meter Hurdles	13.83

### ALL-BIG EAST HONORS

Indoor		
2015	60 Meter Hurdles	1st
2016	60 Meter Hurdles	1st

### Outdoor

2015	100 Meter Hurdles	1st
2015	200 Meters	2nd
2016	100 Meter Hurdles	1st
2016	100 Meters	3rd
2016	4x100 Meter Relay	3rd

### ECAC CHAMPION

Outdoor		
2015	100 Meter Hurdles	13.56

## Makalia Griffith

### ALL-BIG EAST HONORS

Outdoor		
2007	4x400 Meter Relay	3rd
2008	4x400 Meter Relay	3rd
2009	4x400 Meter Relay	3rd

## Tamieka Grizzle

### ALL-AMERICA HONORS

Indoor		
1997	DMR	7th

### BIG EAST CHAMPION

Indoor		
1997	800 Meters	2:08.65
1998	4x800 Meter Relay	9:00.76
1998	DMR	11:28.67

### ALL-BIG EAST HONORS

Indoor		
1997	800 Meters	1st
1997	4x400 Meter Relay	2nd
1998	4x800 Meter Relay	1st
1998	DMR	1st

### Outdoor

1997	800 Meters	2nd
1997	4x400 Meter Relay	2nd
1998	1500 Meters	2nd

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1997	4x800 Meter Relay	2nd	2:04.7
1997	DMR	800	2:03.8

# HONORS AND AWARDS

## Melissa Grubb

### BIG EAST CHAMPION

<b>Indoor</b>		
1985	4x800 Meter Relay	9:04.40

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1985	4x800 Meter Relay	1st

### Outdoor

1984	10000 Meters	2nd
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### Cross Country

1983	5000 Meters	9th
1984	5000 Meters	7th

### ECAC CHAMPION

<b>Indoor</b>		
1984	DMR	11:30.29
1985	DMR	11:37.68

## Renee Gunning

### ALL-MID ATLANTIC REGION

2000	Cross Country	4th
2001	Cross Country	8th

## Celeste Halliday

### NCAA CHAMPION

<b>Indoor</b>		
1987	4x800 Meter Relay	8:24.72
1988	4x800 Meter Relay	8:34.05

### ALL-AMERICA HONORS

<b>Indoor</b>		
1986	4x800 Meter Relay	2nd
1987	4x800 Meter Relay	1st
1987	1000 Meters	6th
1988	4x800 Meter Relay	1st
1988	800 Meters	2nd

### Outdoor

1987	800 Meters	6th
1988	800 Meters	4th

### BIG EAST CHAMPION

<b>Indoor</b>		
1986	500 Meters	1:13.76
1986	4x400 Meter Relay	3:52.02
1987	400 Meters	55.43
1987	800 Meters	2:12.01
1988	500 Meters	1:12.59
1988	1000 Meters	2:50.51

### Outdoor

1986	4x400 Meter Relay	3:46.75
1987	4x400 Meter Relay	3:46.82
1988	800 Meters	2:05.6
1988	4x400 Meter Relay	3:44.36

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1986	500 Meters	1st
1986	4x400 Meter Relay	1st
1986	300 Meters	3rd
1987	400 Meters	1st
1987	800 Meters	1st
1988	500 Meters	1st
1988	1000 Meters	1st
1988	4x400 Meter Relay	3rd

### Outdoor

1986	4x400 Meter Relay	1st
1986	800 Meters	2nd
1987	4x400 Meter Relay	1st
1987	400 Meters	2nd
1988	800 Meters	1st
1988	4x400 Meter Relay	1st
1988	4x100 Meter Relay	3rd

### Cross Country

1987	5000 Meters	9th
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## Celeste Halliday (continued)

### ECAC CHAMPION

<b>Indoor</b>		
1987	1000 Yards	2:26.97
1988	800 Meters	2:04.69
1988	4x800 Meter Relay	8:41.73

### Outdoor

1986	4x800 Meter Relay	8:57.0
1987	800 Meters	2:05.78

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1987	DMR	400	54.8
1988	4x800 Meter Relay	Anchor	2:07.5
1988	DMR	800	2:04.7

### PENN RELAYS WALL OF FAME

#### RELAYS

<u>Year</u>	<u>Event</u>	<u>Time</u>	<u>Inducted</u>
1988	DMR	10:48.38	1999

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 1988

Inducted 2002

## Caroline Hamilton

### BIG EAST CHAMPION

<b>Outdoor</b>		
2016	Javelin	41.67m
2017	Javelin	44.51m

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2014	Javelin	2nd
2015	Javelin	2nd
2016	Javelin	1st
2017	Javelin	1st

### BIG EAST Women's Field Athlete of the Week

2017	Outdoor	May 3
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# HONORS AND AWARDS

## Alex Harris

### BIG EAST CHAMPION

**Indoor**  
2018 DMR 11:33.68

**Outdoor**  
2018 4x800 Meter Relay 8:50.10

### ALL-BIG EAST HONORS

**Indoor**  
2018 DMR 1st

**Outdoor**  
2018 4x800 Meter Relay 1st  
2018 3000 Meter Steeplechase 2nd

## Sydney Harris

### ALL-MID ATLANTIC REGION

2013 Cross Country 16th

## Trinity Hart

### BIG EAST CHAMPION

**Outdoor**  
2019 4x100 Meter Relay 46.42

### ALL-BIG EAST HONORS

**Outdoor**  
2019 4x100 Meter Relay 1st  
2021 4x100 Meter Relay 3rd  
2022 Long Jump 2nd

## Carol Haux

### BIG EAST CHAMPION

**Indoor**  
1991 DMR 11:32.02

**Outdoor**  
1988 4x800 Meter Relay 9:04.17  
1989 4x800 Meter Relay 9:07.76

### ALL-BIG EAST HONORS

**Indoor**  
1988 DMR 2nd  
1988 800 Meters 3rd  
1989 DMR 2nd  
1991 DMR 1st

**Outdoor**  
1988 4x800 Meter Relay 1st  
1989 4x800 Meter Relay 1st  
1989 10000 Meters 3rd  
1990 10000 Meters 2nd  
1990 4x800 Meter Relay 2nd  
1991 10000 Meters 2nd

**Cross Country**  
1990 5000 Meters 11th  
1991 5000 Meters 9th

### ECAC CHAMPION

**Indoor**  
1988 4x800 Meter Relay 8:41.73  
1990 4x800 Meter Relay 8:47.60

## Sidney Hayes

### ALL-AMERICA HONORS

**Indoor**  
2015 (HM) DMR DQ

### BIG EAST CHAMPION

**Indoor**  
2017 4x400 Meter Relay 3:42.06

### ALL-BIG EAST HONORS

**Indoor**  
2017 4x400 Meter Relay 1st

**Outdoor**  
2015 4x400 Meter Relay 3rd

## Christine Heffernan

### ALL-BIG EAST HONORS

**Outdoor**  
2003 Discus 2nd

## Anna Helwich

### BIG EAST CHAMPION

**Outdoor**  
2021 1500 Meters 4:24.03

### ALL-BIG EAST HONORS

**Indoor**  
2020 Mile 2nd  
2020 4x800 Meter Relay 2nd  
2020 DMR 2nd  
2022 DMR 1st

**Outdoor**  
2021 1500 Meters 1st  
2021 4x800 Meter Relay 2nd  
2022 3000 Meter Steeplechase 2nd  
2023 3000 Meter Steeplechase 3rd  
2023 4x800 Meter Relay 3rd

**Cross Country**  
2020 (2nd) 6000 Meters 20th

### BIG EAST HONORS

BIG EAST Women's Track Athlete of the Week  
2022 Outdoor March 21

## Tara Higgins

### ALL-BIG EAST HONORS

**Indoor**  
1984 1500 Meters 3rd

## Callie Hogan

### ALL-MID ATLANTIC REGION

2007 Cross Country 24th  
2008 Cross Country 11th

### ALL-BIG EAST HONORS

**Indoor**  
2008 4x800 Meter Relay 2nd  
2008 DMR 3rd

### ECAC CHAMPION

**Indoor**  
2008 Mile 4:49.64

**Cross Country**  
2007 5000 Meters 17:47

## Katie HoSang

### ALL-BIG EAST HONORS

**Outdoor**  
2015 Heptathlon 2nd  
2016 4x100 Meter Relay 3rd

# HONORS AND AWARDS

## Vicki Huber

### NCAA CHAMPION

#### Indoor

1987	3000 Meters	9:06.45
1988	Mile	4:31.46
1988	3000 Meters	9:05.67
1989	3000 Meters	8:55.29

#### Outdoor

1987	3000 Meters	8:54.41
1988	3000 Meters	8:47.35
1989	3000 Meters	9:06.96

#### Cross Country

1989	5000 Meters	15:59.86
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### ALL-AMERICA HONORS

#### Indoor

1987	3000 Meters	1st
1988	Mile	1st
1988	3000 Meters	1st
1989	3000 Meters	1st
1989	Mile	2nd

#### Outdoor

1987	3000 Meters	1st
1988	3000 Meters	1st
1989	3000 Meters	1st

#### Cross Country

1987	5000 Meters	9th
1989	5000 Meters	1st

### NCAA DISTRICT II CHAMPION

1986	Cross Country
1987	Cross Country
1989	Cross Country

### BIG EAST CHAMPION

#### Indoor

1986	1500 Meters	4:30.59
1986	4x800 Meter Relay	9:05.56
1987	1500 Meters	4:32.47
1987	3000 Meters	9:24.31
1988	3000 Meters	9:13.11
1988	4x800 Meter Relay	8:49.59
1989	Mile	4:52.42
1989	3000 Meters	9:17.75
1989	4x800 Meter Relay	8:48.45

#### Outdoor

1986	1500 Meters	4:31.12
1986	3000 Meters	9:38.90
1986	4x800 Meter Relay	9:09.15
1987	1500 Meters	4:18.66
1987	4x800 Meter Relay	8:53.33
1988	1500 Meters	4:24.81
1988	3000 Meters	9:10.09
1988	4x400 Meter Relay	3:44.36

#### Cross Country

1986	5000 Meters	16:33
1987	5000 Meters	17:22
1989	5000 Meters	16:35

## Vicki Huber (continued)

### ALL-BIG EAST HONORS

#### Indoor

1986	1500 Meters	1st
1986	4x800 Meter Relay	1st
1986	DMR	2nd
1987	1500 Meters	1st
1987	3000 Meters	1st
1988	3000 Meters	1st
1988	4x800 Meter Relay	1st
1988	Mile	2nd
1989	Mile	1st
1989	3000 Meters	1st
1989	4x800 Meter Relay	1st

#### Outdoor

1986	1500 Meters	1st
1986	3000 Meters	1st
1986	4x800 Meter Relay	1st
1987	1500 Meters	1st
1987	4x800 Meter Relay	1st
1987	3000 Meters	3rd
1988	1500 Meters	1st
1988	3000 Meters	1st
1988	4x400 Meter Relay	1st
1989	1500 Meters	2nd
1989	3000 Meters	3rd

#### Cross Country

1985	5000 Meters	7th
1986	5000 Meters	1st
1987	5000 Meters	1st
1989	5000 Meters	1st

### ECAC CHAMPION

#### Indoor

1986	4x800 Meter Relay	8:57.19
1987	1500 Meters	4:17.85
1987	3000 Meters	9:16.83
1988	Mile	4:32.47
1988	3000 Meters	9:13.22

#### Outdoor

1987	1500 Meters	4:11.26
1988	1500 Meters	4:11.26
1989	3000 Meters	8:54.59

#### Cross Country

1986	5000 Meters	16:38.4
1987	5000 Meters	16:33.0
1988	5000 Meters	16:03.0

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1987	DMR	Anchor	4:34.1
1988	4x800 Meter Relay	2nd	2:4.2
1988	DMR	Anchor	4:29.9
1989	4x800 Meter Relay	2nd	2:07.3
1989	DMR	Anchor	4:31.6
1989	4x1500 Meter Relay	Anchor	4:18.6

## Vicki Huber (continued)

### NATIONAL HONORS

#### NCAA Top Eight Award

1988-89

#### Collegiate Female Athlete of the Year

1988-89

#### Honda Sports Award

1989-90 Cross Country

1987-88 Track & Field

### BIG EAST HONORS

#### BIG EAST Championships

##### Outstanding Performer

1988 Indoor Track & Field

#### BIG EAST Championships

##### Outstanding Performance

1987 Indoor Track & Field

1987 Outdoor Track & Field

1988 Outdoor Track & Field

### OLYMPIAN (United States)

Year	Location	Events
1988	Seoul	3000
1996	Atlanta	1500

### USTFCCCA

### ATHLETE HALL OF FAME

Inducted 2022

### PENN RELAYS WALL OF FAME

#### RELAYS

Year	Event	Time	Inducted
1988	DMR	10:48.38	1999

#### INDIVIDUAL

##### Inducted 1995

Concord (Del.) High School '85

Villanova '89

Nike International

### VILLANOVA UNIVERSITY

### VARSITY CLUB HALL OF FAME

Class of 1989

Inducted 1999

### VILLANOVA STADIUM

### TRACK & FIELD WALL OF FAME

Competed 1985-89

Inducted October 7, 1995

### PHILADELPHIA HONORS

#### Philadelphia Sports Writers Association

##### Outstanding Philadelphia Amateur Athlete

1988

# HONORS AND AWARDS

## Kaleigh Hughes

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2016	DMR	2nd

## Sarah Hunt

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
1998	Discus	3rd
1999	Hammer	3rd
2000	Discus	3rd

## Abby Hunte

### NCAA CHAMPION

<b>Indoor</b>		
1990	4x800 Meter Relay	8:31.95

### ALL-AMERICA HONORS

<b>Indoor</b>		
1990	4x800 Meter Relay	1st
1991	4x800 Meter Relay	5th
1993	4x800 Meter Relay	2nd

<b>Outdoor</b>		
1994	800 Meters	7th

### BIG EAST CHAMPION

<b>Indoor</b>		
1993	800 Meters	2:11.87
1993	4x400 Meter Relay	3:42.00
1993	4x800 Meter Relay	8:53.27

<b>Outdoor</b>		
1994	800 Meters	2:06.56

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1990	800 Meters	3rd
1990	4x400 Meter Relay	3rd
1991	800 Meters	2nd
1991	500 Meters	3rd
1993	800 Meters	1st
1993	4x400 Meter Relay	1st
1993	4x800 Meter Relay	1st

<b>Outdoor</b>		
1993	800 Meters	3rd
1994	800 Meters	1st

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1993	4x800 Meter Relay	Anchor	2:07.9
1994	DMR	800	2:07.0

## Nicole Hutchinson

### ALL-AMERICA HONORS

<b>Indoor</b>		
2017 (2nd)	Mile	14th
2019	DMR	4th
2019 (2nd)	3000 Meters	13th

<b>Outdoor</b>		
2017 (HM)	1500 Meters	18th
2018 (2nd)	5000 Meters	14th

<b>Cross Country</b>		
2018	6000 Meters	40th

### ALL-MID ATLANTIC REGION

2017	Cross Country	17th
2018	Cross Country	5th

### BIG EAST CHAMPION

<b>Indoor</b>		
2017	3000 Meters	9:19.73
2017	DMR	11:01.14
2018	Mile	4:39.13
2018	4x800 Meter Relay	8:44.25
2019	4x800 Meter Relay	8:52.97

<b>Outdoor</b>		
2018	1500 Meters	4:19.87
2018	5000 Meters	16:18.07

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2016	Mile	3rd
2016	4x800 Meter Relay	3rd
2017	3000 Meters	1st
2017	DMR	1st
2018	Mile	1st
2018	4x800 Meter Relay	1st
2019	4x800 Meter Relay	1st
2019	Mile	2nd

<b>Outdoor</b>		
2016	4x800 Meter Relay	3rd
2017	1500 Meters	2nd
2017	4x800 Meter Relay	2nd
2018	1500 Meters	1st
2018	5000 Meters	1st
2019	5000 Meters	3rd

<b>Cross Country</b>		
2017	6000 Meters	5th
2018	6000 Meters	5th

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2016	4x1500 Meter Relay	3rd	4:30.2
2017	4x800 Meter Relay	1st	2:09.03
2017	DMR	1200	3:21.39
2017	4x1500 Meter Relay	3rd	4:23.6
2018	DMR	1200	3:21.86
2018	4x1500 Meter Relay	Anchor	4:17.0
2019	4x1500 Meter Relay	Anchor	4:24.3

## Nicole Hutchinson (continued)

### BIG EAST HONORS

<b>BIG EAST Championships</b>		
<b>Outstanding Track Performer</b>		
2018	Outdoor Track & Field	

### BIG EAST Women's Track Athlete of the Week

2017	Indoor	February 7
2019	Indoor	January 15
2019	Indoor	January 29
2019	Indoor	February 12

2018	Outdoor	March 26
2018	Outdoor	April 2
2018	Outdoor	April 30
2019	Outdoor	April 8

### BIG EAST Female Athlete of the Week

2017	Cross Country	October 3
2018	Cross Country	October 3

### PHILADELPHIA HONORS

<b>Philadelphia Sports Writers Association</b>		
<b>Frank Dolson Penn Relays Award</b>		
January 21, 2019		

## Myonica Jackson

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2024	4x400 Meter Relay	3rd
2025	Distance Medley Relay	2nd

<b>Outdoor</b>		
2024	4x400 Meter Relay	1st
2025	4x400 Meter Relay	2nd

## Erin Jaskot

### BIG EAST CHAMPION

<b>Indoor</b>		
2018	DMR	11:33.68

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2016	4x800 Meter Relay	3rd
2018	DMR	1st



# HONORS AND AWARDS

## Lonyé Johnson

### BIG EAST CHAMPION

<b>Indoor</b>		
1997	4x800 Meter Relay	8:49.32
1998	4x800 Meter Relay	9:00.76

<b>Outdoor</b>		
1997	4x800 Meter Relay	8:52.11

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1997	4x800 Meter Relay	1st
1998	4x800 Meter Relay	1st
2000	4x800 Meter Relay	2nd

<b>Outdoor</b>		
1997	4x800 Meter Relay	1st
1998	4x800 Meter Relay	3rd

## Varonica Johnson

### BIG EAST CHAMPION

<b>Indoor</b>		
2015	200 Meters	24.41

<b>Outdoor</b>		
2015	100 Meters	12.00
2015	200 Meters	24.13

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2014	200 Meters	3rd
2015	200 Meters	1st
2015	60 Meters	2nd

<b>Outdoor</b>		
2014	100 Meters	2nd
2014	200 Meters	2nd
2015	100 Meters	1st
2015	200 Meters	1st

## Sarah Jones

### BIG EAST CHAMPION

<b>Outdoor</b>		
2019	4x100 Meter Relay	46.42

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2020	60 Meter Hurdles	2nd

<b>Outdoor</b>		
2019	4x100 Meter Relay	1st
2019	100 Meter Hurdles	3rd

## Kristine Jost

### NCAA CHAMPION

<b>Indoor</b>		
1997	3000 Meters	9:14.14

### ALL-AMERICA HONORS

<b>Indoor</b>		
1996	DMR	2nd
1997	3000 Meters	1st

<b>Outdoor</b>		
1996	3000 Meters	9th
1997	3000 Meters	2nd

<b>Cross Country</b>		
1995	5000 Meters	26th
1996	5000 Meters	4th

### NCAA DISTRICT II CHAMPION

1996	Cross Country	
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### BIG EAST CHAMPION

<b>Indoor</b>		
1996	4x800 Meter Relay	8:58.13
1996	DMR	11:24.44
1997	DMR	11:23.40

<b>Outdoor</b>		
1997	3000 Meters	9:12.36

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1996	4x800 Meter Relay	1st
1996	DMR	1st
1997	DMR	1st
1997	Mile	3rd

<b>Outdoor</b>		
1997	3000 Meters	1st

<b>Cross Country</b>		
1995	5000 Meters	9th
1998	5000 Meters	7th

### ECAC CHAMPION

<b>Cross Country</b>		
1996	5000 Meters	16:26

### PENN RELAYS CHAMPION

<b>Championship of America</b>		
<u>Year</u>	<u>Event</u>	<u>Leg</u> <u>Split</u>
1997	4x1500 Meter Relay	2nd 4:19.6

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1999  
Inducted 2023

## Carre Joyce

### ALL-MID ATLANTIC REGION

2002	Cross Country	17th
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
2002	DMR	3rd

<b>Outdoor</b>		
2002	3000 Meter Steeplechase	2nd

## Melissa June

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2015	60 Meters	3rd



# HONORS AND AWARDS

## McKenna Keegan

### ALL-AMERICA HONORS

#### Indoor

2017 (2nd)	DMR	12th
2019	DMR	4th
2021	800 Meters	7th
2022	800 Meters	3rd

#### Outdoor

2018 (HM)	800 Meters	20th
2021 (2nd)	800 Meters	13th
2022	800 Meters	2nd

### BIG EAST CHAMPION

#### Indoor

2017	4x400 Meter Relay	3:42.06
2017	DMR	11:01.14
2018	4x400 Meter Relay	3:42.01
2019	800 Meters	2:07.08
2022	800 Meters	2:06.02
2022	DMR	11:26.08

#### Outdoor

2021	800 Meters	2:05.86
2021	4x400 Meter Relay	3:38.86

### ALL-BIG EAST HONORS

#### Indoor

2017	4x400 Meter Relay	1st
2017	DMR	1st
2017	400 Meters	3rd
2018	4x400 Meter Relay	1st
2018	400 Meters	2nd
2019	800 Meters	1st
2022	800 Meters	1st
2022	DMR	1st
2022	4x800 Meter Relay	3rd

#### Outdoor

2021	800 Meters	1st
2021	4x400 Meter Relay	1st
2022	400 Meters	2nd

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2017	4x800 Meter Relay	3rd	2:08.14
2017	DMR	400	54.05
2018	4x800 Meter Relay	3rd	2:04.91
2018	DMR	400	55.71

### USTFCCCA HONORS

#### Mid-Atlantic Region Track Athlete of the Year

2021	Indoor Track & Field
2022	Indoor Track & Field

2021	Outdoor Track & Field
2022	Outdoor Track & Field

### BIG EAST HONORS

#### BIG EAST Women's Track Athlete of the Week

2022	Indoor	February 14
2022	Outdoor	April 4

## Joanne Kehs

### NCAA CHAMPION

#### Indoor

1985	4x800 Meter Relay	8:33.60
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### ALL-AMERICA HONORS

#### Indoor

1983	Two Mile Relay	2nd
1984	4x800 Meter Relay	3rd
1985	4x800 Meter Relay	1st
1985	800 Meters	5th
1986	4x800 Meter Relay	2nd

### BIG EAST CHAMPION

#### Indoor

1983	1000 Meters	2:51.6
1983	4x800 Meter Relay	9:10.52
1983	DMR	11:42.79
1985	4x800 Meter Relay	9:04.40
1986	1000 Meters	2:50.73
1986	4x800 Meter Relay	9:05.56

#### Outdoor

1983	4x400 Meter Relay	3:46.8
1983	4x800 Meter Relay	9:09.38
1984	4x800 Meter Relay	9:00.00
1985	4x400 Meter Relay	3:46.84
1986	800 Meters	2:09.10
1986	4x800 Meter Relay	9:09.15

### ALL-BIG EAST HONORS

#### Indoor

1983	1000 Meters	1st
1983	4x800 Meter Relay	1st
1983	DMR	1st
1984	1000 Meters	2nd
1984	4x800 Meter Relay	2nd
1985	4x800 Meter Relay	1st
1985	800 Meters	2nd
1986	1000 Meters	1st
1986	4x800 Meter Relay	1st
1986	DMR	2nd

#### Outdoor

1983	4x400 Meter Relay	1st
1983	4x800 Meter Relay	1st
1983	800 Meters	3rd
1984	4x800 Meter Relay	1st
1984	800 Meters	2nd
1985	4x400 Meter Relay	1st
1985	800 Meters	2nd
1985	4x100 Meter Relay	3rd
1986	800 Meters	1st
1986	4x800 Meter Relay	1st

### ECAC CHAMPION

#### Indoor

1984	1000 Meters	2:47.63
1984	4x800 Meter Relay	8:50.28
1985	800 Meters	2:08.74
1985	4x800 Meter Relay	8:48.97

#### Outdoor

1985	4x400 Meter Relay	8:57.4
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## Joanne Kehs (continued)

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1985	4x800 Meter Relay	3rd	2:08.4

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 1986  
Inducted 1996

## Katie Kelly

### BIG EAST CHAMPION

#### Indoor

1996	4x800 Meter Relay	8:58.13
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### ALL-BIG EAST HONORS

#### Indoor

1996	4x800 Meter Relay	1st
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## Juliette Kenny

### ALL-MID ATLANTIC REGION

2003	Cross Country	17th
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### BIG EAST CHAMPION

#### Outdoor

2004	4x800 Meter Relay	8:48.91
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### ALL-BIG EAST HONORS

#### Indoor

2004	DMR	3rd
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#### Outdoor

2004	4x800 Meter Relay	1st
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## Jamie Klein

### BIG EAST CHAMPION

#### Outdoor

2014	Javelin	43.33m
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### ALL-BIG EAST HONORS

#### Outdoor

2014	Javelin	1st
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# HONORS AND AWARDS

## Frances Koons

### ALL-AMERICA HONORS

#### Indoor

2006	DMR	6th
2006	3000 Meters	10th
2007	3000 Meters	8th
2009	5000 Meters	2nd
2009	3000 Meters	9th

#### Outdoor

2006	1500 Meters	10th
2008	5000 Meters	12th
2009	5000 Meters	3rd

#### Cross Country

2008	6000 Meters	20th
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### NCAA MID-ATLANTIC CHAMPION

2006	Cross Country	20:02.9
2008	Cross Country	21:11

### ALL-MID ATLANTIC REGION

2005	Cross Country	4th
2006	Cross Country	1st
2008	Cross Country	1st

### BIG EAST CHAMPION

#### Indoor

2007	1000 Meters	2:47.13
2007	Mile	4:52.81
2007	4x800 Meter Relay	8:49.04
2009	5000 Meters	15:59.75

#### Outdoor

2006	1500 Meters	4:18.86
2006	4x800 Meter Relay	8:38.88
2008	1500 Meters	4:19.41
2008	5000 Meters	16:30.13

#### Cross Country

2006	6000 Meters	20:28
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### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 2008  
Inducted 2024

## Frances Koons (continued)

### ALL-BIG EAST HONORS

#### Indoor

2006	Mile	2nd
2006	DMR	2nd
2007	1000 Meters	1st
2007	Mile	1st
2007	4x800 Meter Relay	1st
2009	5000 Meters	1st
2009	3000 Meters	2nd

#### Outdoor

2006	1500 Meters	1st
2006	4x800 Meter Relay	1st
2007	1500 Meters	2nd
2007	4x800 Meter Relay	2nd
2008	1500 Meters	1st
2008	5000 Meters	1st
2009	1500 Meters	2nd
2009	5000 Meters	2nd

#### Cross Country

2005	6000 Meters	7th
2006	6000 Meters	1st
2008	6000 Meters	2nd

### ECAC CHAMPION

#### Outdoor

2009	3000 Meters	9:16.23
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### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
206	DMR	1200	3:23.1

### USTFCCCA HONORS

#### Mid-Atlantic Region Athlete of the Year

2006	Cross Country
2008	Cross Country

#### Mid-Atlantic Region Track Athlete of the Year

2007	Indoor Track & Field
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### BIG EAST HONORS

#### BIG EAST Championships

##### Outstanding Track Performer

2007	Indoor Track & Field
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2008	Outdoor Track & Field
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#### BIG EAST Women's Track Athlete of the Week

2009	Indoor	February 3
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### PHILADELPHIA HONORS

#### Philadelphia Sports Writers Association

##### Most Courageous Award

February 1, 2010

## Virginia LaMacchia

### ALL-BIG EAST HONORS

#### Indoor

2014	Pole Vault	3rd
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#### Outdoor

2014	Pole Vault	2nd
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## Doriane Lambelet

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1979	4x800 Meter Relay	Anchor	2:10.4

## Lori Lancaster

### BIG EAST CHAMPION

#### Outdoor

1985	4x400 Meter Relay	3:46.84
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### ALL-BIG EAST HONORS

#### Indoor

1985	4x400 Meter Relay	2nd
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#### Outdoor

1985	4x400 Meter Relay	1st
1985	400 Meters	2nd
1985	4x100 Meter Relay	3rd

## Brigid Leddy

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1979	4x800 Meter Relay	3rd	2:10.5

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1980  
Inducted 1986

## Hannah Lee

### ALL-BIG EAST HONORS

#### Outdoor

2016	Javelin	3rd
2017	Javelin	3rd

## Jessica Lee

### ALL-BIG EAST HONORS

#### Indoor

2017	Pole Vault	3rd
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# HONORS AND AWARDS

## Ekiah Lewis

### ALL-BIG EAST HONORS

#### Outdoor

2016	Long Jump	2nd
2016	4x100 Meter Relay	3rd

# HONORS AND AWARDS

## Emily Lipari

### NCAA CHAMPION

<b>Indoor</b>		
2011	DMR	10:52.52
2014	Mile	4:33.82

### ALL-AMERICA HONORS

<b>Indoor</b>		
2011	DMR	1st
2012 (2nd)	Mile	12th
2013	DMR	2nd
2013 (2nd)	3000 Meters	14th
2014	Mile	1st
2014 (2nd)	DMR	9th

### Outdoor

2013 (2nd)	1500 Meters	10th
2014	1500 Meters	4th

### Cross Country

2012	6000 Meters	25th
2013	6000 Meters	5th

### NCAA MID-ATLANTIC CHAMPION

2013	Cross Country	19:53
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### ALL-MID ATLANTIC REGION

2010	Cross Country	14th
2011	Cross Country	16th
2012	Cross Country	3rd
2013	Cross Country	1st

### BIG EAST CHAMPION

<b>Indoor</b>		
2011	4x800 Meter Relay	8:42.88
2011	DMR	11:16.72
2012	1000 Meters	2:46.94
2012	4x800 Meter Relay	8:38.55
2013	1000 Meters	2:46.19
2013	4x800 Meter Relay	8:40.50
2014	1000 Meters	2:43.69
2014	4x800 Meter Relay	7:57.01*

\* race was run one lap short due to a technical error during the third leg of the race

### Outdoor

2012	4x800 Meter Relay	8:37.58
2013	1500 Meters	4:24.25
2013	4x800 Meter Relay	8:34.23
2014	800 Meters	2:05.66
2014	4x800 Meter Relay	8:33.36

### Cross Country

2012	6000 Meters	20:45
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## Emily Lipari (continued)

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2011	4x800 Meter Relay	1st
2011	DMR	1st
2011	Mile	2nd
2012	1000 Meters	1st
2012	4x800 Meter Relay	1st
2012	DMR	2nd
2013	1000 Meters	1st
2013	4x800 Meter Relay	1st
2014	1000 Meters	1st
2014	4x800 Meter Relay	1st
2014	DMR	2nd

### Outdoor

2011	4x800 Meter Relay	3rd
2012	4x800 Meter Relay	1st
2013	1500 Meters	1st
2013	4x800 Meter Relay	1st
2014	800 Meters	1st
2014	4x800 Meter Relay	1st

### Cross Country

2010	6000 Meters	11th
2012	6000 Meters	1st
2013	6000 Meters	2nd

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2012	DMR	1200	3:22.9
2013	4x800 Meter Relay	Anchor	2:02.25
2013	DMR	Anchor	4:37.7
2014	4x800 Meter Relay	Anchor	2:03.50
2014	DMR	Anchor	4:33.44
2014	4x1500 Meter Relay	Anchor	4:16.4

### USTFCCCA HONORS

#### Mid-Atlantic Region Athlete of the Year

2013	Cross Country
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#### Mid-Atlantic Region Track Athlete of the Year

2013	Indoor Track & Field
2014	Outdoor Track & Field

### BIG EAST HONORS

#### BIG EAST Championships

##### Outstanding Track Performer

2013	Indoor Track & Field
2014	Indoor Track & Field

#### BIG EAST Women's Track Athlete of the Week

2012	Indoor	January 24
2013	Indoor	January 22
2014	Indoor	February 4
2014	Indoor	February 18
2014	Outdoor	April 29

#### BIG EAST Female Athlete of the Week

2013	Cross Country	October 1
2013	Cross Country	October 8

## Emily Lipari (continued)

### PHILADELPHIA HONORS

#### Philadelphia Sports Writers Association

##### Frank Dolson Penn Relays Award

January 27, 2014

January 26, 2015

## Jane Livingston

### BIG EAST CHAMPION

<b>Indoor</b>		
2023	60 Meters	7.52
2024	60 Meters	7.47
2024	60 Meter Hurdles	8.18

### Outdoor

2022	100 Meter Hurdles	13.47
2024	100 Meters	11.79
2024	100 Meter Hurdles	13.67

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2023	60 Meters	1st
2023	60 Meter Hurdles	2nd
2024	60 Meters	1st
2024	60 Meter Hurdles	1st

### Outdoor

2021	100 Meter Hurdles	2nd
2022	100 Meter Hurdles	1st
2023	100 Meter Hurdles	2nd
2024	100 Meters	1st
2024	100 Meter Hurdles	1st

### BIG EAST HONORS

#### BIG EAST Championships

##### High Point Scorer

2024	Indoor Track & Field
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2024	Outdoor Track & Field
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#### BIG EAST Women's Field Athlete of the Week

2022	Indoor	January 24
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## Ashlyn Llerandi

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2010	Pole Vault	3rd

### Outdoor

2011	Pole Vault	3rd
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### ECAC CHAMPION

<b>Indoor</b>		
2011	Pole Vault	4.00m

# HONORS AND AWARDS

## Ruth Lockbaum

### ECAC CHAMPION

<b>Indoor</b>		
1987	4x800 Meter Relay	8:58.75

## Alyssa Lombardo

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2016	4x100 Meter Relay	3rd

## Nnenna Lynch

### NCAA CHAMPION

<b>Outdoor</b>		
1992	3000 Meters	9:24.59

### ALL-AMERICA HONORS

<b>Indoor</b>		
1991	Mile	4th
1992	Mile	3rd
1992	4x800 Meter Relay	4th

<b>Outdoor</b>		
1991	1500 Meters	10th
1992	3000 Meters	1st

<b>Cross Country</b>		
1991	5000 Meters	12th
1992	5000 Meters	3rd

### BIG EAST CHAMPION

<b>Indoor</b>		
1990	4x800 Meter Relay	8:37.85
1990	DMR	11:29.55
1991	4x800 Meter Relay	8:37.02
1992	4x800 Meter Relay	8:39.81
1992	DMR	11:25.91
1993	DMR	11:38.36

<b>Outdoor</b>		
1991	1500 Meters	4:21.88
1991	4x800 Meter Relay	8:41.04
1992	3000 Meters	9:20.72

<b>Cross Country</b>		
1990	5000 Meters	17:07

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1990	4x800 Meter Relay	1st
1990	DMR	1st
1990	Mile	2nd
1991	4x800 Meter Relay	1st
1991	Mile	2nd
1992	4x800 Meter Relay	1st
1992	DMR	1st
1992	Mile	2nd
1993	DMR	1st
1993	Mile	2nd

<b>Outdoor</b>		
1990	1500 Meters	2nd
1990	4x800 Meter Relay	2nd
1991	1500 Meters	1st
1991	4x800 Meter Relay	1st
1991	3000 Meters	3rd
1992	3000 Meters	1st

<b>Cross Country</b>		
1989	5000 Meters	11th
1990	5000 Meters	1st
1991	5000 Meters	3rd
1992	5000 Meters	6th

## Nnenna Lynch (continued)

### ECAC CHAMPION

<b>Indoor</b>		
1990	Mile	4:45.76

<b>Outdoor</b>		
1991	1500 Meters	4:17.91
1992	3000 Meters	9:09.46

### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<b>Year</b>	<b>Event</b>	<b>Leg</b>	<b>Split</b>
1991	DMR	1200	3:24.0
1991	4x1500 Meter Relay	1st	4:25.8
1992	4x1500 Meter Relay	2nd	4:23.2

### NATIONAL HONORS

**NCAA Woman of the Year**  
1992-93

**NCAA Top Eight Award**  
1992-93

**NCAA Silver Anniversary Award**  
January 17, 2018

### PENN RELAYS WALL OF FAME

<b>RELAYS</b>			
<b>Year</b>	<b>Event</b>	<b>Time</b>	<b>Inducted</b>
1990	4x1500 Relay	17:18.10	2000

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1993  
Inducted 2010

# HONORS AND AWARDS

## Beth Lyons

### BIG EAST CHAMPION

<b>Indoor</b>		
1983	4x400 Meter Relay	3:52.66

### Outdoor

1983	4x800 Meter Relay	9:09.38
1984	4x800 Meter Relay	9:00.00

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	4x400 Meter Relay	1st
1983	500 Meters	3rd
1984	4x800 Meter Relay	2nd
1984	800 Meters	3rd

### Outdoor

1983	4x800 Meter Relay	1st
1984	4x800 Meter Relay	1st

### ECAC CHAMPION

<b>Indoor</b>		
1984	4x800 Meter Relay	8:50.28

### Outdoor

1984	4x800 Meter Relay	8:55.24
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## Marissa Maggio

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1988	55 Meters	3rd

### Outdoor

1988	4x100 Meter Relay	3rd
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### ECAC CHAMPION

<b>Indoor</b>		
1988	DMR	11:37.66

## Kristen Mahon

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2010	500 Meters	3rd

### Outdoor

2008	4x400 Meter Relay	3rd
2009	400 Meter Hurdles	3rd
2009	4x400 Meter Relay	3rd

## Yolanda Malcolm

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2003	60 Meter Hurdles	3rd
2004	60 Meter Hurdles	3rd

### Outdoor

2006	100 Meter Hurdles	3rd
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### ECAC CHAMPION

<b>Indoor</b>		
2003	60 Meter Hurdles	8.55

## Jurga Marcinkeviciute

### ALL-AMERICA HONORS

<b>Outdoor</b>		
1997	800 Meters	5th

### BIG EAST CHAMPION

<b>Indoor</b>		
1997	4x800 Meter Relay	8:49.32

### Outdoor

1997	800 Meters	2:07.48
1997	4x800 Meter Relay	8:52.11

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1997	4x800 Meter Relay	1st
1997	1000 Meters	2nd

### Outdoor

1997	800 Meters	1st
1997	4x800 Meter Relay	1st
1997	1500 Meters	3rd

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1997	4x800 Meter Relay	1st	2:06.6
1997	DMR	1200	3:22.0

## Sharon Margaretha

### BIG EAST CHAMPION

<b>Indoor</b>		
1983	4x400 Meter Relay	3:52.66
1983	DMR	11:42.79

### Outdoor

1983	4x100 Meter Relay	47.38
1983	4x400 Meter Relay	3:46.8

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	4x400 Meter Relay	1st
1983	DMR	1st
1983	300 Meters	2nd

### Outdoor

1983	4x100 Meter Relay	1st
1983	4x400 Meter Relay	1st

## Kelsey Margey

### ALL-AMERICA HONORS

<b>Indoor</b>		
2014 (2nd)	800 Meters	16th

### BIG EAST CHAMPION

<b>Indoor</b>		
2015	4x800 Meter Relay	8:33.94
2018	4x800 Meter Relay	8:44.25

### Outdoor

2013	4x800 Meter Relay	8:34.23
2018	4x800 Meter Relay	8:50.10

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2014	800 Meters	2nd
2015	4x800 Meter Relay	1st
2018	4x800 Meter Relay	1st
2018	800 Meters	3rd

### Outdoor

2013	4x800 Meter Relay	1st
2018	4x800 Meter Relay	1st
2018	800 Meters	2nd

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2013	4x800 Meter Relay	1st	2:07.04
2014	4x800 Meter Relay	1st	2:06.32
2015	4x800 Meter Relay	1st	2:10.28
2018	4x800 Meter Relay	1st	2:06.67
2018	4x1500 Meter Relay	1st	4:29.2

### BIG EAST Women's Track Athlete of the Week

2003	Indoor	January 15
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# HONORS AND AWARDS

## Amanda Marino

### ALL-AMERICA HONORS

<b>Indoor</b>		
2009	5000 Meters	10th

### Outdoor

2009	5000 Meters	8th
2010	5000 Meters	11th

### Cross Country

2008	6000 Meters	35th
2009	6000 Meters	6th
2010	6000 Meters	10th

### ALL-MID ATLANTIC REGION

2009	Cross Country	9th
2010	Cross Country	6th

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2009	5000 Meters	3rd
2010	10000 Meters	2nd

### Cross Country

2008	6000 Meters	9th
2009	6000 Meters	2nd
2010	6000 Meters	3rd

### ECAC CHAMPION

<b>Indoor</b>		
2009	5000 Meters	16:18.28

## Lizzie Martell

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2025	800 Meters	2nd
2025	4x400 Meter Relay	2nd

## Alexis Martin

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2020	DMR	2nd

## Madison Martinez

### BIG EAST CHAMPION

<b>Indoor</b>		
2023	800 Meters	2:05.31

### Outdoor

2021	4x400 Meter Relay	3:38.86
2024	800 Meters	2:04.18
2024	4x400 Meter Relay	3:40.00

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2020	800 Meters	3rd
2022	800 Meters	3rd
2022	4x800 Meter Relay	3rd
2023	800 Meters	1st
2023	4x800 Meter relay	3rd
2024	800 Meters	3rd
2024	4x400 Meter Relay	3rd

### Outdoor

2021	4x400 Meter Relay	1st
2021	800 Meters	3rd
2022	800 Meters	3rd
2024	800 Meters	1st
2024	4x400 Meter Relay	1st

### BIG EAST HONORS

<b>BIG EAST Women's Track Athlete of the Week</b>		
2023	Indoor	February 8

## Arielle Massillon

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2015	400 Meter Hurdles	3rd

## Rachel McArthur

### ALL-AMERICA HONORS

<b>Indoor</b>		
2019	DMR	4th

### NCAA MID-ATLANTIC CHAMPION

2018	Cross Country	21:02.2
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### ALL-MID ATLANTIC REGION

2017	Cross Country	14th
2018	Cross Country	1st

### BIG EAST CHAMPION

<b>Indoor</b>		
2018	4x800 Meter Relay	8:44.25
2019	Mile	4:38.35

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2018	4x800 Meter Relay	1st
2018	800 Meters	2nd
2019	Mile	1st

### Outdoor

2018	800 Meters	3rd
2018	4x400 Meter Relay	3rd
2019	800 Meters	2nd

### Cross Country

2018	6000 Meters	2nd
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### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<b>Year</b>	<b>Event</b>	<b>Leg</b>	<b>Split</b>
2018	4x800 Meter Relay	2nd	2:05.78
2018	DMR	800	2:08.30
2019	4x1500 Meter Relay	2nd	4:18.4

### USTFCCCA HONORS

<b>Mid-Atlantic Region Athlete of the Year</b>	
2018	Cross Country

## Geraldine McCarthy

### ALL-MID ATLANTIC REGION

2000	Cross Country	10th
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
2000	DMR	3rd

### Outdoor

1998	4x800 Meter Relay	3rd
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### Cross Country

2000	5000 Meters	11th
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# HONORS AND AWARDS

## Jessona McDonald

### BIG EAST CHAMPION

<b>Indoor</b>		
2010	DMR	11:11.00

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2010	DMR	1st

<b>Outdoor</b>		
2008	4x400 Meter Relay	3rd

## Kelly McElroy

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2011	4x800 Meter Relay	3rd

## Emma McGill

### ALL-MID ATLANTIC REGION

2023	Cross Country	4th
2024	Cross Country	14th

### BIG EAST CHAMPION

<b>Indoor</b>		
2022	DMR	11:26.08

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2022	DMR	1st
2024	DMR	3rd

### Cross Country

2023	6000 Meters	5th
2024 (2nd)	6000 Meters	12th

### BIG EAST HONORS

<b>BIG EAST Women's Track Athlete of the Week</b>		
2023	Indoor	January 23

## Mary Ellen McGowan

### ALL-AMERICA HONORS

<b>Indoor</b>		
1984	4x800 Meter Relay	3rd

<b>Outdoor</b>		
1984	1500 Meters	4th

<b>Cross Country</b>		
1983	5000 Meters	21st

### BIG EAST CHAMPION

<b>Indoor</b>		
1983	1500 Meters	4:31.62
1983	3000 Meters	9:51.76
1983	DMR	11:42.79
1985	1000 Meters	2:48.87
1985	3000 Meters	9:33.37
1985	DMR	11:50.1

<b>Outdoor</b>		
1983	3000 Meters	9:35.37
1984	1500 Meters	4:23.35
1984	3000 Meters	9:22.16
1985	1500 Meters	4:30.02
1985	3000 Meters	9:23.6
1985	4x800 Meter Relay	9:05.63

<b>Cross Country</b>		
1984	5000 Meters	18:01

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	1500 Meters	1st
1983	3000 Meters	1st
1983	DMR	1st
1984	5000 Meters	2nd
1985	1000 Meters	1st
1985	3000 Meters	1st
1985	DMR	1st

<b>Outdoor</b>		
1983	3000 Meters	1st
1983	1500 Meters	2nd
1984	1500 Meters	1st
1984	3000 Meters	1st
1985	1500 Meters	1st
1985	3000 Meters	1st
1985	4x800 Meter Relay	1st

<b>Cross Country</b>		
1982	5000 Meters	5th
1983	5000 Meters	2nd
1984	5000 Meters	1st

### ECAC CHAMPION

<b>Indoor</b>		
1984	5000 Meters	16:21.40
1984	DMR	11:30.29
1985	1000 Meters	2:48.77

<b>Outdoor</b>		
1984	3000 Meters	9:31.00

## Mary Ellen McGowan (continued)

### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<b>Year</b>	<b>Event</b>	<b>Leg</b>	<b>Split</b>
1984	DMR	1200	3:21.4
1985	4x800 Meter Relay	1st	2:09.1

### BIG EAST HONORS

<b>BIG EAST Championships</b>		
<b>Outstanding Performer</b>		
1983	Indoor Track & Field	
1985	Indoor Track & Field	

### PENN RELAYS WALL OF FAME

<b>RELAYS</b>			
<b>Year</b>	<b>Event</b>	<b>Time</b>	<b>Inducted</b>
1984	DMR	10:53.97	2017

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1985  
Inducted 1995

## Ann McGranahan

<b>NCAA MID-ATLANTIC CHAMPION</b>		
2000	Cross Country	20:32.34

<b>ALL-MID ATLANTIC REGION</b>		
2000	Cross Country	1st

### BIG EAST CHAMPION

<b>Outdoor</b>		
1998	10000 Meters	35:07.54
2000	10000 Meters	36:10.33

<b>Cross Country</b>		
2000	5000 Meters	16:59

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1998	5000 Meters	3rd
2000	5000 Meters	2nd

<b>Outdoor</b>		
1998	10000 Meters	1st
2000	10000 Meters	1st
2000	5000 Meters	3rd
2001	10000 Meters	2nd

<b>Cross Country</b>		
1998	5000 Meters	15th
2000	5000 Meters	1st

### USTFCCCA HONORS

<b>Mid-Atlantic Region Athlete of the Year</b>		
2000	Cross Country	

# HONORS AND AWARDS

## Veronica McIntosh

### ALL-AMERICA HONORS

#### Indoor

1983	Two Mile Relay	2nd
1984	800 Meters	1st
1984	4x400 Meter Relay	5th
1985	4x800 Meter Relay	1st
1985	800 Meters	6th

#### Outdoor

1984	800 Meters	8th
1985	800 Meters	2nd

### BIG EAST CHAMPION

#### Indoor

1983	800 Meters	2:08.89
1983	4x400 Meter Relay	3:52.66
1984	400 Meters	55.87
1984	800 Meters	2:11.32
1984	4x400 Meter Relay	3:49.88
1985	400 Meters	55.55
1985	800 Meters	2:09.29

#### Outdoor

1983	400 Meters	54.72
1983	4x100 Meter Relay	47.38
1983	4x400 Meter Relay	3:46.8
1984	400 Meters	54.77
1984	4x400 Meter Relay	3:45.72
1985	800 Meters	2:07.44
1985	4x400 Meter Relay	3:46.84
1985	4x800 Meter Relay	9:05.63

### ALL-BIG EAST HONORS

#### Indoor

1983	800 Meters	1st
1983	4x400 Meter Relay	1st
1983	400 Meters	2nd
1984	400 Meters	1st
1984	800 Meters	1st
1984	4x400 Meter Relay	1st
1985	400 Meters	1st
1985	800 Meters	1st
1985	4x400 Meter Relay	2nd

#### Outdoor

1983	400 Meters	1st
1983	4x100 Meter Relay	1st
1983	4x400 Meter Relay	1st
1984	400 Meters	1st
1984	4x400 Meter Relay	1st
1984	4x100 Meter Relay	2nd
1985	800 Meters	1st
1985	4x400 Meter Relay	1st
1985	4x800 Meter Relay	1st
1985	4x100 Meter Relay	3rd

### ECAC CHAMPION

#### Indoor

1985	DMR	11:37.68
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#### Outdoor

1984	800 Meters	2:07.01
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## Veronica McIntosh (continued)

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1984	DMR	400	55.7
1985	4x800 Meter Relay	Anchor	2:03.7

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Performer

1984	Indoor Track & Field
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#### BIG EAST Championships

#### Outstanding Performance

1983	Indoor Track & Field
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1985	Outdoor Track & Field
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### PENN RELAYS WALL OF FAME

#### RELAYS

Year	Event	Time	Inducted
1984	DMR	10:53.97	2017

### VILLANOVA UNIVERSITY

### VARSITY CLUB HALL OF FAME

Class of 1985

Inducted 1994

### VILLANOVA STADIUM

### TRACK & FIELD WALL OF FAME

Competed 1981-85

Inducted October 21, 2000

## Arusha McKenzie

### ALL-AMERICA HONORS

#### Indoor

2006	DMR	6th
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### BIG EAST CHAMPION

#### Outdoor

2008	800 Meters	2:07.21
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### ALL-BIG EAST HONORS

#### Indoor

2005	500 Meters	2nd
2007	800 Meters	2nd
2008	800 Meters	2nd

#### Outdoor

2007	800 Meters	2nd
2007	4x400 Meter Relay	3rd
2008	800 Meters	1st
2008	4x400 Meter Relay	3rd

## Emily McMillan

### ALL-BIG EAST HONORS

#### Indoor

2006	4x800 Meter Relay	3rd
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#### Outdoor

2008	4x800 Meter Relay	2nd
2009	4x800 Meter Relay	3rd

## Amanda McNelis

### BIG EAST CHAMPION

#### Outdoor

2018	Pole Vault	3.55m
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### ALL-BIG EAST HONORS

#### Indoor

2018	Pole Vault	2nd
2020	Pole Vault	3rd

#### Outdoor

2018	Pole Vault	1st
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## Kathleen McPhillips

### ALL-BIG EAST HONORS

#### Indoor

2015	Pole Vault	2nd
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#### Outdoor

2015	Pole Vault	1st
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## Sade Meeks

### BIG EAST CHAMPION

#### Indoor

2022	Shot Put	15.07m
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#### Outdoor

2022	Shot Put	15.26m
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### ALL-BIG EAST HONORS

#### Indoor

2022	Shot Put	1st
2022	Weight Throw	2nd

#### Outdoor

2022	Shot Put	1st
2022	Hammer	2nd

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Field Performer

2022	Indoor Track & Field
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#### BIG EAST Women's Field Athlete of the Week

2022	Indoor	January 24
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# HONORS AND AWARDS

## Nikki Merrill

### ALL-BIG EAST HONORS

#### Indoor

2020	4x800 Meter Relay	2nd
2020	DMR	2nd
2022	4x800 Meter Relay	3rd

#### Outdoor

2021	4x800 Meter Relay	2nd
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## Zita Mezei

### BIG EAST CHAMPION

#### Outdoor

2004	4x800 Meter Relay	8:48.91
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### ALL-BIG EAST HONORS

#### Indoor

2004	4x800 Meter Relay	3rd
2006	DMR	2nd

#### Outdoor

2004	4x800 Meter Relay	1st
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## Anne Mielnik

### ALL-BIG EAST HONORS

#### Outdoor

1997	Discus	3rd
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## Bogdana Mimic

### ALL-AMERICA HONORS

#### Indoor

2010	DMR	4th
2011 (2nd)	3000 Meters	11th

#### Outdoor

2011 (2nd)	5000 Meters	11th
2012 (HM)	5000 Meters	17th

#### Cross Country

2009	6000 Meters	22nd
2010	6000 Meters	27th
2011	6000 Meters	6th

### ALL-MID ATLANTIC REGION

2008	Cross Country	5th
2009	Cross Country	5th
2010	Cross Country	5th
2011	Cross Country	3rd

### BIG EAST CHAMPION

#### Indoor

2010	4x800 Meter Relay	8:39.34
2010	DMR	11:11.00
2011	DMR	11:16.72
2012	5000 Meters	16:25.53

### ALL-BIG EAST HONORS

#### Indoor

2010	4x800 Meter Relay	1st
2010	DMR	1st
2010	Mile	2nd
2011	DMR	1st
2012	5000 Meters	1st

#### Outdoor

2012	5000 Meters	2nd
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#### Cross Country

2008	6000 Meters	5th
2009	6000 Meters	4th
2010	6000 Meters	7th
2011	6000 Meters	2nd

### BIG EAST HONORS

#### BIG EAST Female Athlete of the Week

2008	Cross Country	October 23
2011	Cross Country	October 4

## Rebecca Mitchell

### ALL-AMERICA HONORS

#### Indoor

2004	DMR	4th
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### ALL-MID ATLANTIC REGION

2002	Cross Country	16th
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### BIG EAST CHAMPION

#### Indoor

2001	1000 Meters	2:48.28
2003	4x800 Meter Relay	8:54.61

#### Outdoor

2003	4x800 Meter Relay	8:46.89
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### ALL-BIG EAST HONORS

#### Indoor

2001	1000 Meters	1st
2002	1000 Meters	2nd
2002	DMR	3rd
2003	4x800 Meter Relay	1st
2003	1000 Meters	2nd
2003	DMR	2nd
2004	1000 Meters	2nd
2004	4x800 Meter Relay	3rd
2004	DMR	3rd

#### Outdoor

2001	1500 Meters	3rd
2002	1500 Meters	3rd
2002	4x800 Meter Relay	3rd
2003	4x800 Meter Relay	1st
2003	1500 Meters	3rd

# HONORS AND AWARDS

## Meg Moisen

### NCAA CHAMPION

<b>Indoor</b>		
1988	4x800 Meter Relay	8:34.05
1989	4x800 Meter Relay	8:34.54

### ALL-AMERICA HONORS

<b>Indoor</b>		
1988	4x800 Meter Relay	1st
1989	4x800 Meter Relay	1st

### BIG EAST CHAMPION

<b>Indoor</b>		
1986	4x800 Meter Relay	9:05.56
1988	4x800 Meter Relay	8:49.59
1989	4x800 Meter Relay	8:48.45

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1986	4x800 Meter Relay	1st
1986	DMR	2nd
1988	4x800 Meter Relay	1st
1988	1000 Meters	2nd
1988	DMR	2nd
1989	4x800 Meter Relay	1st
1989	DMR	2nd

### Outdoor

1986	1500 Meters	2nd
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### ECAC CHAMPION

<b>Indoor</b>		
1986	DMR	11:38.85
1988	DMR	11:37.66

## Emer Molloy

### ALL-AMERICA HONORS

<b>Indoor</b>		
1994	DMR	7th

### BIG EAST CHAMPION

<b>Indoor</b>		
1994	4x800 Meter Relay	8:56.31
1994	DMR	11:22.88

### Outdoor

1995	4x800 Meter Relay	8:54.08
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
1994	4x800 Meter Relay	1st
1994	DMR	1st

### Outdoor

1993	4x800 Meter Relay	3rd
1995	4x800 Meter Relay	1st

### Cross Country

1993	5000 Meters	14th
1994	5000 Meters	11th

### ECAC CHAMPION

<b>Indoor</b>		
1993	4x800 Meter Relay	8:44.01

### PENN RELAYS CHAMPION

Championship of America			
Year	Event	Leg	Split
1994	4x1500 Meter Relay	3rd	4:29.0
1995	4x800 Meter Relay	1st	2:11.7

## Sharon Moore

### BIG EAST CHAMPION

<b>Indoor</b>		
1990	DMR	11:29.55
1991	DMR	11:32.02

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1990	DMR	1st
1991	DMR	1st

### Outdoor

1989	4x100 Meter Relay	3rd
1990	4x400 Meter Relay	3rd

### ECAC CHAMPION

<b>Indoor</b>		
1990	4x800 Meter Relay	8:47.60

## Lucy Moran

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2025	4x800 Meter Relay	3rd

## Liv Morgan

### BIG EAST CHAMPION

<b>Indoor</b>		
2019	Pentathlon	3,555

### Outdoor

2019	Heptathlon	4,901
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
2019	Pentathlon	1st
2020	Pentathlon	2nd

### Outdoor

2019	Heptathlon	1st
2021	Heptathlon	2nd

<b>BIG EAST Women's Field Athlete of the Week</b>		
2019	Outdoor	April 22

## Monique Morgan

### ALL-AMERICA HONORS

<b>Indoor</b>		
2007	60 Meter Hurdles	8th

### Outdoor

2006	100 Meter Hurdles	8th
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### BIG EAST CHAMPION

<b>Indoor</b>		
2005	60 Meter Hurdles	8.42
2007	60 Meter Hurdles	8.21

### Outdoor

2007	100 Meter Hurdles	13.35
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
2005	60 Meter Hurdles	1st
2006	60 Meter Hurdles	3rd
2007	60 Meter Hurdles	1st

### Outdoor

2006	100 Meter Hurdles	2nd
2006	400 Meter Hurdles	3rd
2007	100 Meter Hurdles	1st

### ECAC CHAMPION

<b>Indoor</b>		
2006	60 Meter Hurdles	8.28

### Outdoor

2007	100 Meter Hurdles	13.35
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# HONORS AND AWARDS

## Sarah Morrison

### BIG EAST CHAMPION

#### Outdoor

2009 3000 Meter Steeplechase 10:12.40

### ALL-BIG EAST HONORS

#### Outdoor

2009 3000 Meter Steeplechase 1st

## Marina Muncan

### ALL-AMERICA HONORS

#### Indoor

2004	DMR	4th
2005	DMR	2nd
2006	Mile	5th

#### Outdoor

2003	1500 Meters	5th
2004	1500 Meters	3rd
2006	1500 Meters	2nd

#### Cross Country

2003	6000 Meters	17th
2004	6000 Meters	6th
2005	6000 Meters	23rd

### ALL-MID ATLANTIC REGION

2002	Cross Country	4th
2004	Cross Country	2nd
2005	Cross Country	3rd

### BIG EAST CHAMPION

#### Indoor

2005	1000 Meters	2:49.13
2005	Mile	4:50.17
2005	4x800 Meter Relay	8:53.34
2006	1000 Meters	2:46.79
2006	Mile	4:45.59

#### Outdoor

2004	800 Meters	2:10.04
2004	4x800 Meter Relay	8:48.91
2005	1500 Meters	4:26.48
2005	4x800 Meter Relay	8:47.87
2006	800 Meters	2:07.22
2006	4x800 Meter Relay	8:38.88

### ALL-BIG EAST HONORS

#### Indoor

2003	DMR	2nd
2005	1000 Meters	1st
2005	Mile	1st
2005	4x800 Meter Relay	1st
2006	1000 Meters	1st
2006	Mile	1st
2006	4x800 Meter Relay	3rd

#### Outdoor

2004	800 Meters	1st
2004	4x800 Meter Relay	1st
2005	1500 Meters	1st
2005	4x800 Meter Relay	1st
2006	800 Meters	1st
2006	4x800 Meter Relay	1st

#### Cross Country

2002	6000 Meters	11th
2003	6000 Meters	10th
2004	6000 Meters	6th
2005	6000 Meters	4th

## Marina Muncan (continued)

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2006	DMR	Anchor	4:31.8

### USTFCCCA HONORS

#### Mid-Atlantic Region Track Athlete of the Year

2006 Indoor Track & Field

### OLYMPIAN (Serbia)

Year	Location	Events
2012	London	1500

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 2006

Inducted 2022

## Ariann Neutts

### NCAA CHAMPION

#### Indoor

2011 DMR 10:52.52

### ALL-AMERICA HONORS

#### Indoor

2010	DMR	4th
2011	DMR	1st

### BIG EAST CHAMPION

#### Indoor

2010	4x800 Meter Relay	8:39.34
2010	DMR	11:11.00
2011	4x800 Meter Relay	8:42.88
2012	4x800 Meter Relay	8:38.55

#### Outdoor

2012 4x800 Meter Relay 8:37.58

### ALL-BIG EAST HONORS

#### Indoor

2010	4x800 Meter Relay	1st
2010	DMR	1st
2011	4x800 Meter Relay	1st
2012	4x800 Meter Relay	1st

#### Outdoor

2011	4x800 Meter Relay	3rd
2012	4x800 Meter Relay	1st

### BIG EAST Women's Track Athlete of the Week

2010 Outdoor April 5



# HONORS AND AWARDS

## Kristen Nicolini

### ALL-AMERICA HONORS

<b>Cross Country</b>		
1998	5000 Meters	17th

### BIG EAST CHAMPION

<b>Indoor</b>		
1998	4x800 Meter Relay	9:00.76
1998	DMR	11:28.67

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1998	4x800 Meter Relay	1st
1998	DMR	1st
2000	Mile	2nd
2000	DMR	3rd

### Outdoor

1998	4x800 Meter Relay	3rd
1999	1500 Meters	3rd
1999	3000 Meters	3rd
2000	3000 Meters	3rd

### Cross Country

1998	5000 Meters	8th
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### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2000	4x1500 Meter Relay	3rd	4:26.1

## Tilly O'Connor

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2025	DMR	2nd

### Outdoor

2025	4x800 Meter Relay	2nd
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## Caelen O'Leary

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2024	DMR	3rd

## Lydia Olivere

### ALL-AMERICA HONORS

<b>Outdoor</b>		
2023 (HM)	3000 Meter Steeplechase	21st

### Cross Country

2019	6000 Meters	29th
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### ALL-MID ATLANTIC REGION

2018	Cross Country	9th
2019	Cross Country	1st
2021	Cross Country	4th
2022	Cross Country	9th

### BIG EAST CHAMPION

<b>Indoor</b>		
2019	DMR	11:37.53

### Outdoor

2021	3000 Meter Steeplechase	9:57.34
2021	5000 Meters	16:10.37

### Cross Country

2019	6000 Meters	21:29.5
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
2019	DMR	1st
2020	3000 Meters	3rd
2022	3000 Meters	2nd
2023	5000 Meters	3rd

### Outdoor

2019	3000 Meter Steeplechase	2nd
2019	4x800 Meter Relay	2nd
2021	3000 Meter Steeplechase	1st
2021	5000 Meters	1st
2022	3000 Meter Steeplechase	3rd
2023	3000 Meter Steeplechase	2nd
2023	4x800 Meter Relay	3rd

### Cross Country

2018	6000 Meters	7th
2019	6000 Meters	1st
2020	6000 Meters	3rd
2021	6000 Meters	2nd

### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2019	4x1500 Meter Relay	1st	4:28.6

### USTFCCCA HONORS

<b>Mid-Atlantic Region Athlete of the Year</b>	
2019	Cross Country

### BIG EAST HONORS

<b>BIG EAST Female Athlete of the Week</b>		
2021	Cross Country	October 4
2022	Outdoor	March 28
2023	Outdoor	April 10

## Taryn O'Neill

### ALL-MID ATLANTIC REGION

2018	Cross Country	15th
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### BIG EAST CHAMPION

<b>Indoor</b>		
2019	4x800 Meter Relay	8:52.97

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2019	4x800 Meter Relay	1st
2019	Mile	3rd

### Cross Country

2018	6000 Meters	6th
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## Amari Onque-Shabazz

### ALL-AMERICA HONORS

<b>Indoor</b>		
2017 (2nd)	DMR	12th
2019	DMR	4th

### BIG EAST CHAMPION

<b>Indoor</b>		
2017	4x400 Meter Relay	3:42.06
2018	4x400 Meter Relay	3:42.01

### Outdoor

2017	4x400 Meter Relay	3:44.34
2021	4x400 Meter Relay	3:38.86

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2017	4x400 Meter Relay	1st
2018	4x400 Meter Relay	1st
2020	4x800 Meter Relay	2nd

### Outdoor

2017	4x400 Meter Relay	1st
2017	400 Meters	2nd
2018	4x400 Meter Relay	3rd
2019	4x800 Meter Relay	2nd
2021	4x400 Meter Relay	1st

# HONORS AND AWARDS

## Sonia O'Sullivan

### NCAA CHAMPION

<b>Indoor</b>		
1991	5000 Meters	15:49.46

### Outdoor

1990	3000 Meters	8:56.27
1991	3000 Meters	8:56.74

### Cross Country

1990	5000 Meters	16:06.00
1991	5000 Meters	16:30.30

### ALL-AMERICA HONORS

#### Indoor

1990	3000 Meters	3rd
1991	5000 Meters	1st
1991	Mile	6th

#### Outdoor

1990	3000 Meters	1st
1991	3000 Meters	1st

#### Cross Country

1990	5000 Meters	1st
1991	5000 Meters	1st

### NCAA DISTRICT II CHAMPION

1990	Cross Country
1991	Cross Country

### BIG EAST CHAMPION

#### Indoor

1990	3000 Meters	9:35.68
1991	Mile	4:42.75
1991	3000 Meters	9:14.57
1991	4x800 Meter Relay	8:37.02

#### Outdoor

1988	4x800 Meter Relay	9:04.17
1989	3000 Meters	9:24.33
1989	4x800 Meter Relay	9:07.76
1990	3000 Meters	9:19.24
1991	3000 Meters	9:18.20
1991	5000 Meters	16:13.22

#### Cross Country

1991	5000 Meters	17:09
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## Sonia O'Sullivan (continued)

### ALL-BIG EAST HONORS

#### Indoor

1990	3000 Meters	1st
1991	Mile	1st
1991	3000 Meters	1st
1991	4x800 Meter Relay	1st

#### Outdoor

1988	4x800 Meter Relay	1st
1988	3000 Meters	2nd
1988	1500 Meters	3rd
1989	3000 Meters	1st
1989	4x800 Meter Relay	1st
1989	1500 Meters	3rd
1990	3000 Meters	1st
1991	3000 Meters	1st
1991	5000 Meters	1st

#### Cross Country

1989	5000 Meters	2nd
1990	5000 Meters	5th
1991	5000 Meters	1st

### ECAC CHAMPION

#### Indoor

1990	3000 Meters	9:16.90
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#### Outdoor

1990	3000 Meters	8:58.31
1991	3000 Meters	8:58.64

#### Cross Country

1990	5000 Meters	16:56.0
1991	5000 Meters	16:00.5

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1989	4x1500 Meter Relay	2nd	4:26.3
1990	4x800 Meter Relay	3rd	2:08.4
1990	DMR	1200	3:18.7
1990	4x1500 Meter Relay	2nd	4:13.5
1991	4x800 Meter Relay	2nd	2:04.4
1991	DMR	Anchor	4:27.5

### NATIONAL HONORS

#### Honda Sports Award

1990-91	Cross Country
1991-92	Cross Country

### BIG EAST HONORS

#### BIG EAST Championships

##### Outstanding Performer

1991	Indoor Track & Field
1991	Outdoor Track & Field

### OLYMPIAN (Ireland)

Year	Location	Events
1992	Barcelona	1500, 3000
1996	Atlanta	1500, 5000
2000	Sydney	5000, 10000
2004	Athens	5000

## Sonia O'Sullivan (continued)

### USTFCCCA

#### ATHLETE HALL OF FAME

Inducted 2023

### PENN RELAYS WALL OF FAME

#### RELAYS

Year	Event	Time	Inducted
1990	4x1500 Relay	17:18.10	2000

### INDIVIDUAL

#### Inducted 2023

Villanova '94

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 1991

Inducted 2007

### VILLANOVA STADIUM

#### TRACK & FIELD WALL OF FAME

Competed 1987-81

Inducted October 7, 1995

## Bridget Owen

### ALL-BIG EAST HONORS

#### Indoor

2016	Pole Vault	tie-3rd
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#### Outdoor

2016	Pole Vault	3rd
2017	Pole Vault	2nd

# HONORS AND AWARDS

## Judy Palmer

### BIG EAST CHAMPION

#### Indoor

1984	4x400 Meter Relay	3:49.88
1985	4x800 Meter Relay	9:04.40
1986	4x800 Meter Relay	9:05.56

#### Outdoor

1983	400 Meter Hurdles	1:02.16
1986	4x800 Meter Relay	9:09.15

### ALL-BIG EAST HONORS

#### Indoor

1984	4x400 Meter Relay	1st
1985	4x800 Meter Relay	1st
1986	4x800 Meter Relay	1st

#### Outdoor

1983	400 Meter Hurdles	1st
1985	400 Meter Hurdles	2nd
1986	4x800 Meter Relay	1st
1986	400 Meter Hurdles	3rd

### ECAC CHAMPION

#### Indoor

1985	4x800 Meter Relay	8:48.97
1986	DMR	11:38.85

#### Outdoor

1984	4x800 Meter Relay	8:55.24
1985	4x800 Meter Relay	8:57.4

## Mary Pat Parducci

### ALL-BIG EAST HONORS

#### Indoor

1985	5000 Meters	2nd
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#### Outdoor

1985	5000 Meters	3rd
1985	10000 Meters	3rd

#### Cross Country

1984	5000 Meters	11th
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## Ioana Parusheva

### ALL-AMERICA HONORS

#### Indoor

2004	DMR	4th
2005	DMR	2nd

#### Cross Country

2003	6000 Meters	19th
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### ALL-MID ATLANTIC REGION

2001	Cross Country	7th
2002	Cross Country	14th
2003	Cross Country	7th
2004	Cross Country	14th

### BIG EAST CHAMPION

#### Indoor

2003	4x800 Meter Relay	8:54.61
2005	4x800 Meter Relay	8:53.34

#### Outdoor

2003	4x800 Meter Relay	8:46.89
2005	3000 Meter Steeplechase	10:15.15
2005	4x800 Meter Relay	8:47.87
2006	3000 Meter Steeplechase	10:14.88
2006	4x800 Meter Relay	8:38.88

### ALL-BIG EAST HONORS

#### Indoor

2002	DMR	3rd
2003	4x800 Meter Relay	1st
2003	DMR	2nd
2005	4x800 Meter Relay	1st
2005	Mile	3rd

#### Outdoor

2002	4x800 Meter Relay	3rd
2003	4x800 Meter Relay	1st
2003	3000 Meter Steeplechase	3rd
2005	3000 Meter Steeplechase	1st
2005	4x800 Meter Relay	1st
2006	3000 Meter Steeplechase	1st
2006	4x800 Meter Relay	1st
2006	1500 Meters	3rd

#### Cross Country

2001	6000 Meters	15th
2002	6000 Meters	8th
2003	6000 Meters	11th
2004	6000 Meters	11th

## Jen Pastore

### ALL-AMERICA HONORS

#### Outdoor

1995	Javelin	7th
1996	Javelin	6th

### BIG EAST CHAMPION

#### Outdoor

1995	Javelin	50.92m
1996	Javelin	52.92m

### ALL-BIG EAST HONORS

#### Outdoor

1995	Javelin	1st
1996	Javelin	1st

### ECAC CHAMPION

#### Outdoor

1996	Javelin	52.82m
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### PENN RELAYS CHAMPION

#### Individual Championships

1996	Javelin	56.16m
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## Alex Patrick

### ALL-BIG EAST HONORS

#### Outdoor

2019	Long Jump	3rd
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## Alex Payne

### BIG EAST CHAMPION

#### Indoor

2025	Weight Throw	19.18m
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### ALL-BIG EAST HONORS

#### Indoor

2024	Weight Throw	3rd
2025	Weight Throw	1st

#### Outdoor

2025	Hammer	2nd
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# HONORS AND AWARDS

## **Katherine Petruzzellis**

### **BIG EAST CHAMPION**

#### **Indoor**

2015	High Jump	1.68m
2015	Pentathlon	3,723

#### **Outdoor**

2015	Heptathlon	4,686
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### **ALL-BIG EAST HONORS**

#### **Indoor**

2015	High Jump	1st
2015	Pentathlon	1st

#### **Outdoor**

2015	Heptathlon	1st
2015	High Jump	2nd
2015	100 Meter Hurdles	3rd

### **BIG EAST HONORS**

#### **BIG EAST Championships**

##### **Outstanding Field Performer**

2015	Indoor Track & Field
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#### **BIG EAST Women's Field Athlete of the Week**

2015	Outdoor	April 28
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# HONORS AND AWARDS

## Angel Piccirillo

### ALL-AMERICA HONORS

#### Indoor

2013	DMR	2nd
2014 (2nd)	DMR	9th
2015	Mile	7th
2015 (HM)	DMR	DQ
2016	Mile	2nd
2016 (2nd)	3000 Meters	13th

#### Outdoor

2014 (2nd)	1500 Meters	12th
2015 (2nd)	1500 Meters	14th

#### Cross Country

2016	6000 Meters	20th
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### ALL-MID ATLANTIC REGION

2013	Cross Country	4th
2015	Cross Country	7th
2016	Cross Country	8th

### BIG EAST CHAMPION

#### Indoor

2013	4x800 Meter Relay	8:40.50
2014	Mile	5:01.87
2014	4x800 Meter Relay	7:57.01*
2015	800 Meters	2:04.98
2015	4x800 Meter Relay	8:33.94
2016	1000 Meters	2:40.82

\* race was run one lap short due to a technical error during the third leg of the race

#### Outdoor

2014	4x800 Meter Relay	8:33.36
2015	800 Meters	2:04.25
2017	800 Meters	2:07.45
2017	4x400 Meter Relay	3:44.34

#### Cross Country

2016	6000 Meters	20:49.6
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## Angel Piccirillo (continued)

### ALL-BIG EAST HONORS

#### Indoor

2013	4x800 Meter Relay	1st
2013	1000 Meters	2nd
2013	DMR	2nd
2014	Mile	1st
2014	4x800 Meter Relay	1st
2014	DMR	2nd
2015	800 Meters	1st
2015	4x800 Meter Relay	1st
2016	1000 Meters	1st
2016	DMR	2nd

#### Outdoor

2013	1500 Meters	3rd
2014	4x800 Meter Relay	1st
2014	1500 Meters	2nd
2015	800 Meters	1st
2015	4x400 Meter Relay	3rd
2017	800 Meters	1st
2017	4x400 Meter Relay	1st

#### Cross Country

2016	6000 Meters	1st
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### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2013	4x800 Meter Relay	2nd	2:04.12
2013	DMR	1200	3:21.8
2014	4x800 Meter Relay	2nd	2:06.00
2014	4x1500 Meter Relay	2nd	4:17.4
2015	4x800 Meter Relay	Anchor	2:04.28
2015	DMR	1200	3:23.25
2017	4x800 Meter Relay	2nd	2:03.62
2017	DMR	Anchor	4:32.76
2017	4x1500 Meter Relay	2nd	4:17.9

### USTFCCCA HONORS

#### Mid-Atlantic Region Track Athlete of the Year

2015	Indoor Track & Field
2016	Indoor Track & Field

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Track Performer

2016	Indoor Track & Field
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#### BIG EAST Women's Track Athlete of the Week

2015	Indoor	January 20
2015	Outdoor	April 28
2017	Outdoor	April 4

#### BIG EAST Female Athlete of the Week

2015	Cross Country	October 6
2016	Cross Country	October 4

## Angel Piccirillo (continued)

### PHILADELPHIA HONORS

#### Philadelphia Sports Writers Association

Frank Dolson Penn Relays Award  
February 1, 2016

#### Philadelphia Sports Writers Association

Special Achievement Award  
January 15, 2018

## Allison Pojanowski

### BIG EAST CHAMPION

#### Indoor

1995	4x800 Meter Relay	9:00.84
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### ALL-BIG EAST HONORS

#### Indoor

1995	4x800 Meter Relay	1st
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## Lisa Polzinetti

### BIG EAST CHAMPION

#### Indoor

1985	5000 Meters	17:41.15
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### ALL-BIG EAST HONORS

#### Indoor

1985	5000 Meters	1st
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#### Outdoor

1984	10000 Meters	3rd
1986	5000 Meters	2nd
1986	10000 Meters	3rd

#### Cross Country

1984	5000 Meters	9th
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# HONORS AND AWARDS

## Ashley Preston

### BIG EAST CHAMPION

<b>Indoor</b>		
2019	Pole Vault	3.85m
2020	Pole Vault	4.05m

<b>Outdoor</b>		
2019	Pole Vault	4.02m
2023	Pole Vault	3.87m

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2019	Pole Vault	1st
2020	Pole Vault	1st
2022	Pole Vault	tie-2nd
2023	Pole Vault	2nd

<b>Outdoor</b>		
2019	Pole Vault	1st
2021	Pole Vault	2nd
2022	Pole Vault	2nd
2023	Pole Vault	1st

### BIG EAST Women's Field Athlete of the Week

2021	Outdoor	April 19
2023	Outdoor	May 8

## Sherese Price

### BIG EAST CHAMPION

<b>Indoor</b>		
2002	60 Meter Hurdles	8.34

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1999	60 Meter Hurdles	3rd
2002	60 Meter Hurdles	1st

<b>Outdoor</b>		
2002	100 Meter Hurdles	2nd

## Gina Procaccio

### NCAA CHAMPION

<b>Indoor</b>		
1987	4x800 Meter Relay	8:24.72

### ALL-AMERICA HONORS

<b>Indoor</b>		
1987	4x800 Meter Relay	1st
1987	1000 Meters	5th

### BIG EAST CHAMPION

<b>Indoor</b>		
1987	1000 Meters	2:45.94

<b>Outdoor</b>		
1987	800 Meters	2:06.62
1987	3000 Meters	9:34.8
1987	4x800 Meter Relay	8:53.33

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1987	1000 Meters	1st
1987	1500 Meters	3rd

<b>Outdoor</b>		
1987	800 Meters	1st
1987	3000 Meters	1st
1987	4x800 Meter Relay	1st

<b>Cross Country</b>		
1986	5000 Meters	2nd

### ECAC CHAMPION

<b>Indoor</b>		
1987	4x800 Meter Relay	8:58.75

### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<b>Year</b>	<b>Event</b>	<b>Leg</b>	<b>Split</b>
1987	DMR	1200	3:22.0

### PENN RELAYS WALL OF FAME

**INDIVIDUAL**  
**Inducted 2015**  
 Sun Valley (Pa.) High School '82  
 Florida '85  
 Villanova '87  
 Sallie Mae TC '94

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1988  
 Inducted 2010

## Jenny Rahn

### BIG EAST CHAMPION

<b>Outdoor</b>		
1986	Javelin	41.28m
1988	Javelin	46.32m

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1985	1500 Meters	3rd
1988	DMR	2nd

<b>Outdoor</b>		
1986	Javelin	1st
1987	Javelin	2nd
1988	Javelin	1st

## Leashia Rahr

### ALL-AMERICA HONORS

<b>Indoor</b>		
1997	DMR	7th

### BIG EAST CHAMPION

<b>Indoor</b>		
1997	DMR	11:23.40
1998	DMR	11:28.67

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1997	DMR	1st
1997	4x400 Meter Relay	2nd
1998	DMR	1st
2000	DMR	23rd

<b>Outdoor</b>		
1997	4x400 Meter Relay	2nd
2000	400 Meter Hurdles	2nd

## Janice Rau

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
1983	10000 Meters	3rd



# HONORS AND AWARDS

## Sheila Reid

### NCAA CHAMPION

<b>Indoor</b>		
2011	DMR	10:52.52

### Outdoor

2011	1500 Meters	4:14.57
2011	5000 Meters	15:37.57

### Cross Country

2010	6000 Meters	20:06.90
2011	6000 Meters	19:41.20

### ALL-AMERICA HONORS

#### Indoor

2010	3000 Meters	3rd
2010	DMR	4th
2011	DMR	1st
2011	3000 Meters	2nd

#### Outdoor

2010	1500 Meters	4th
2011	1500 Meters	1st
2011	5000 Meters	1st
2012 (2nd)	5000 Meters	12th

#### Cross Country

2009	6000 Meters	13th
2010	6000 Meters	1st
2011	6000 Meters	1st

### NCAA MID-ATLANTIC CHAMPION

2009	Cross Country	20:23
2010	Cross Country	19:34
2011	Cross Country	21:32.7

### ALL-MID ATLANTIC REGION

2007	Cross Country	12th
2009	Cross Country	1st
2010	Cross Country	1st
2011	Cross Country	1st

### BIG EAST CHAMPION

#### Indoor

2010	1000 Meters	2:45.02
2010	Mile	4:51.33
2010	4x800 Meter Relay	8:39.34
2011	1000 Meters	2:43.70
2011	4x800 Meter Relay	8:42.88
2011	DMR	11:16.72

#### Outdoor

2010	800 Meters	2:06.38
2011	1500 Meters	4:23.98
2011	5000 Meters	16:13.29

#### Cross Country

2009	6000 Meters	20:46
2010	6000 Meters	20:31
2011	6000 Meters	19:40

## Sheila Reid (continued)

### ALL-BIG EAST HONORS

#### Indoor

2008	DMR	3rd
2009	1000 Meters	2nd
2010	1000 Meters	1st
2010	Mile	1st
2010	4x800 Meter Relay	1st
2011	1000 Meters	1st
2011	4x800 Meter Relay	1st
2011	DMR	1st

#### Outdoor

2009	1500 Meters	3rd
2009	4x800 Meter Relay	3rd
2010	800 Meters	1st
2010	4x800 Meter Relay	3rd
2011	1500 Meters	1st
2011	5000 Meters	1st

#### Cross Country

2007	6000 Meters	7th
2009	6000 Meters	1st
2010	6000 Meters	1st
2011	6000 Meters	1st

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2012	DMR	Anchor	4:40.8

### NATIONAL HONORS

#### Honda Sports Award

2010-11	Cross Country
2011-12	Cross Country

2010-11	Track & Field
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## Sheila Reid (continued)

### USTFCCCA HONORS

#### The Bowerman

2011	Semifinalist	June 21
2010	Watch List	February 9
2011	Watch List	January 13
2011	Watch List	February 10
2011	Watch List	March 3
2011	Watch List	March 17
2011	Watch List	June 2
2012	Watch List	January 11
2012	Watch List	February 2
2012	Watch List	March 1
2012	Watch List	March 15

#### National Athlete of the Year

2010	Cross Country
2011	Cross Country

2011	Outdoor Track & Field
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#### Mid-Atlantic Region Athlete of the Year

2009	Cross Country
2010	Cross Country
2011	Cross Country

#### Mid-Atlantic Region Track Athlete of the Year

2011	Indoor Track & Field
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2011	Outdoor Track & Field
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### BIG EAST HONORS

#### BIG EAST Championships

##### Outstanding Track Performer

2010	Indoor Track & Field
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#### BIG EAST Women's Track Athlete of the Week

2010	Indoor	February 2
2011	Indoor	January 18
2011	Indoor	February 1

2011	Outdoor	April 19
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#### BIG EAST Female Athlete of the Week

2009	Cross Country	October 8
2010	Cross Country	October 21

### OLYMPIAN (Canada)

Year	Location	Events
2012	London	5000

### PHILADELPHIA HONORS

#### Philadelphia Sports Writers Association

##### Outstanding Philadelphia Amateur Athlete

2010
2011

# HONORS AND AWARDS

## **Beverly Reilly**

### **ALL-BIG EAST HONORS**

#### **Outdoor**

1983	10000 Meters	2nd
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## **Bianca Reo**

### **ALL-BIG EAST HONORS**

#### **Indoor**

2014	Pole Vault	2nd
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#### **Outdoor**

2014	Pole Vault	3rd
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## **Adria Retter**

### **BIG EAST CHAMPION**

#### **Outdoor**

2024	Discus	49.73m
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### **ALL-BIG EAST HONORS**

#### **Indoor**

2024	Shot Put	3rd
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#### **Outdoor**

2024	Discus	1st
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2025	Discus	3rd
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### **BIG EAST HONORS**

#### **BIG EAST Women's Field Athlete of the Week**

2025	Outdoor	March 31
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# HONORS AND AWARDS

## Jen Rhines

### NCAA CHAMPION

#### Indoor

1995	5000 Meters	15:41.12
1995	DMR	11:11.98

#### Outdoor

1994	5000 Meters	16:21.60
1995	5000 Meters	15:56.18
1996	5000 Meters	16:05.85

#### Cross Country

1994	5000 Meters	16:31.20
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### ALL-AMERICA HONORS

#### Indoor

1994	5000 Meters	3rd
1995	5000 Meters	1st
1995	DMR	1st
1996	DMR	2nd
1996	5000 Meters	3rd

#### Outdoor

1994	5000 Meters	1st
1995	5000 Meters	1st
1996	5000 Meters	1st

#### Cross Country

1993	5000 Meters	2nd
1994	5000 Meters	1st
1995	5000 Meters	3rd

### NCAA DISTRICT II CHAMPION

1994	Cross Country
1995	Cross Country

### BIG EAST CHAMPION

#### Indoor

1994	3000 Meters	9:25.29
1994	5000 Meters	16:02.67
1995	5000 Meters	16:07.40
1996	3000 Meters	9:13.48
1996	5000 Meters	16:19.05

#### Outdoor

1994	5000 Meters	16:22.28
1995	5000 Meters	16:21.62
1996	5000 Meters	16:25.31

## Jen Rhines (continued)

### ALL-BIG EAST HONORS

#### Indoor

1994	3000 Meters	1st
1994	5000 Meters	1st
1995	5000 Meters	1st
1995	3000 Meters	2nd
1996	3000 Meters	1st
1996	5000 Meters	1st

#### Outdoor

1994	5000 Meters	1st
1994	3000 Meters	2nd
1995	5000 Meters	1st
1995	3000 Meters	2nd
1996	5000 Meters	1st
1996	3000 Meters	2nd

#### Cross Country

1992	5000 Meters	13th
1993	5000 Meters	3rd
1994	5000 Meters	2nd
1995	5000 Meters	2nd

### ECAC CHAMPION

#### Indoor

1995	Mile	4:45.62
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#### Outdoor

1994	3000 Meters	9:10.01
1995	3000 Meters	9:06.66

#### Cross Country

1994	5000 Meters	16:25
1995	5000 Meters	16:34

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1994	4x1500 Meter Relay	2nd	4:23.6
1995	4x1500 Meter Relay	3rd	4:20.0

### NATIONAL HONORS

#### Honda Sports Award

1994-95	Cross Country
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### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Track Performer

1996	Indoor Track & Field
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### OLYMPIAN (United States)

Year	Location	Events
2000	Sydney	10000
2004	Athens	Marathon
2008	Beijing	5000

### VILLANOVA UNIVERSITY

#### VARSITY CLUB HALL OF FAME

Class of 1996  
Inducted 2012

## Jen Rhines (continued)

### VILLANOVA STADIUM

#### TRACK & FIELD WALL OF FAME

Competed 1992-96

Inducted October 2, 1999

## Melanie Rhoden

### ALL-BIG EAST HONORS

#### Indoor

2003	DMR	2nd
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## Emily Robinson

### ALL-MID ATLANTIC REGION

2023	Cross Country	25th
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### ALL-BIG EAST HONORS

#### Indoor

2025	4x800 Meter Relay	3rd
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#### Outdoor

2023	4x800 Meter Relay	3rd
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#### Cross Country

2023 (2nd)	6000 Meters	18th
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## Marlena Robinson

### BIG EAST CHAMPION

#### Outdoor

2000	Triple Jump	13.03m
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### ALL-BIG EAST HONORS

#### Indoor

1998	Long Jump	2nd
1999	Long Jump	3rd

#### Outdoor

2000	Triple Jump	1st
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### ECAC CHAMPION

#### Indoor

2001	Triple Jump	12.99m
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# HONORS AND AWARDS

## Stacy Robinson

### BIG EAST CHAMPION

<b>Indoor</b>		
1993	DMR	11:38.36
1995	4x800 Meter Relay	8:39.81
1992	DMR	11:25.91
1993	4x400 Meter Relay	3:42.00
1993	4x800 Meter Relay	8:53.27

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1993	DMR	1st
1993	800 Meters	3rd
1995	4x800 Meter Relay	1st
1995	DMR	1st
1996	4x800 Meter Relay	1st

### Outdoor

1995	4x800 Meter Relay	1st
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### ECAC CHAMPION

<b>Indoor</b>		
1993	4x800 Meter Relay	8:44.01

## Irene Ruopoli

### ALL-AMERICA HONORS

<b>Indoor</b>		
1991	4x800 Meter Relay	5th
1992	4x800 Meter Relay	4th
1993	4x800 Meter Relay	2nd

### BIG EAST CHAMPION

<b>Indoor</b>		
1991	DMR	11:32.02
1992	4x800 Meter Relay	8:39.81
1992	DMR	11:25.91
1993	4x400 Meter Relay	3:42.00
1993	4x800 Meter Relay	8:53.27

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1990	1000 Meters	3rd
1990	4x400 Meter Relay	3rd
1991	DMR	1st
1991	1000 Meters	2nd
1992	4x800 Meter Relay	1st
1992	DMR	1st
1993	4x400 Meter Relay	1st
1993	4x800 Meter Relay	1st
1993	1000 Meters	2nd

### Outdoor

1990	4x400 Meter Relay	3rd
1992	800 Meters	3rd

### ECAC CHAMPION

<b>Indoor</b>		
1993	4x800 Meter Relay	8:44.01

### Outdoor

1992	800 Meters	2:07.28
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### PENN RELAYS CHAMPION

Championship of America				
Year	Event	Leg	Split	
1991	4x800 Meter Relay	1st	2:10.0	
1993	4x800 Meter Relay	1st	2:09.5	

## Theresa Rush

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2007	4x800 Meter Relay	2nd

## Lauren Ryan

### ALL-MID ATLANTIC REGION

2017	Cross Country	15th
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### BIG EAST CHAMPION

<b>Indoor</b>		
2018	DMR	11:33.68

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2018	DMR	1st
2018	Mile	3rd

### Outdoor

2018	5000 Meters	2nd
2019	1500 Meters	3rd

### Cross Country

2017	6000 Meters	6th
2018 (2nd)	6000 Meters	20th

### PENN RELAYS CHAMPION

Championship of America				
Year	Event	Leg	Split	
2018	4x1500 Meter Relay	3rd	4:25.1	

## Jordan Sarruda

### BIG EAST CHAMPION

<b>Indoor</b>		
2007	4x800 Meter Relay	8:49.04

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2006	DMR	2nd
2007	4x800 Meter Relay	1st
2008	DMR	3rd

### Outdoor

2007	4x400 Meter Relay	3rd
2008	4x800 Meter Relay	2nd
2009	4x400 Meter Relay	3rd

## Stephanie Scalessa

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1998	DMR	2nd

# HONORS AND AWARDS

## Adeline Scelzi

### BIG EAST CHAMPION

<b>Indoor</b>		
2017	Pole Vault	3.60m

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2017	Pole Vault	1st
2019	Pole Vault	tie-2nd

<b>Outdoor</b>		
2017	Pole Vault	3rd

## Nicole Schappert

### ALL-AMERICA HONORS

<b>Indoor</b>		
2010	Mile	13th
2010	3000 Meters	6th

<b>Cross Country</b>		
2009	6000 Meters	39th

<b>ALL-MID ATLANTIC REGION</b>		
2009	Cross Country	12th

### BIG EAST CHAMPION

<b>Indoor</b>		
2010	4x800 Meter Relay	8:39.34
2010	DMR	11:11.00

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2010	4x800 Meter Relay	1st
2010	DMR	1st
2010	1000 Meters	2nd

<b>Outdoor</b>		
2009	4x800 Meter Relay	3rd
2010	1500 Meters	2nd
2010	4x800 Meter Relay	3rd

<b>BIG EAST Women's Track Athlete of the Week</b>		
2010	Indoor	February 9

## Stephanie Schappert

### ALL-AMERICA HONORS

<b>Indoor</b>		
2014 (2nd)	Mile	11th
2015 (2nd)	Mile	9th
2015 (HM)	DMR	DQ

<b>Outdoor</b>		
2015	1500 Meters	6th

### ALL-MID ATLANTIC REGION

2013	Cross Country	8th
2014	Cross Country	14th

### BIG EAST CHAMPION

<b>Indoor</b>		
2012	4x800 Meter Relay	8:38.55
2013	4x800 Meter Relay	8:40.50
2014	4x800 Meter Relay	7:57.01*
2015	Mile	4:41.69
2015	4x800 Meter Relay	8:33.94

\* race was run one lap short due to a technical error during the third leg of the race

<b>Outdoor</b>		
2012	4x800 Meter Relay	8:37.58
2013	4x800 Meter Relay	8:34.23
2014	4x800 Meter Relay	8:33.36

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2012	4x800 Meter Relay	1st
2012	Mile	3rd
2013	4x800 Meter Relay	1st
2013	DMR	2nd
2014	4x800 Meter Relay	1st
2014	DMR	2nd
2014	Mile	3rd
2015	Mile	1st
2015	4x800 Meter Relay	1st

<b>Outdoor</b>		
2012	4x800 Meter Relay	1st
2013	4x800 Meter Relay	1st
2014	4x800 Meter Relay	1st
2015	800 Meters	2nd
2015	4x400 Meter Relay	3rd

### ECAC CHAMPION

<b>Cross Country</b>		
2014	5000 Meters	17:42.4

### PENN RELAYS CHAMPION

Championship of America			
Year	Event	Leg	Split
2014	DMR	1200	3:25.00
2014	4x1500 Meter Relay	1st	4:22.3
2015	4x800 Meter Relay	2nd	2:03.98
2015	DMR	Anchor	4:39.61

## Stephanie Schappert (continued)

### USTFCCCA HONORS

<b>Mid-Atlantic Region Track Athlete of the Year</b>		
2015	Outdoor Track & Field	

### BIG EAST HONORS

<b>BIG EAST Female Athlete of the Week</b>		
2014	Cross Country	September 30

## Veronica Scott

### BIG EAST CHAMPION

<b>Indoor</b>		
2017	4x800 Meter Relay	8:42.67

<b>Outdoor</b>		
2016	400 Meter Hurdles	1:01.26

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2017	4x800 Meter Relay	1st

<b>Outdoor</b>		
2014	Javelin	3rd
2015	400 Meter Hurdles	2nd
2016	400 Meter Hurdles	1st
2016	Javelin	2nd
2017	4x800 Meter Relay	2nd
2017	400 Meter Hurdles	3rd

# HONORS AND AWARDS

## Lauren Searby

### ALL-AMERICA HONORS

<b>Indoor</b>		
1984	1500 Meters	4th

<b>Outdoor</b>		
1984	3000 Meters	12th

### BIG EAST CHAMPION

<b>Indoor</b>		
1984	1500 Meters	4:27.27
1984	5000 Meters	16:43.29
1985	DMR	11:50.1
1987	DMR	11:32.37

<b>Outdoor</b>		
1985	5000 Meters	16:51.69
1986	4x800 Meter Relay	9:09.15
1987	5000 Meters	16:51.96

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1984	1500 Meters	1st
1984	5000 Meters	1st
1985	DMR	1st
1985	1500 Meters	2nd
1987	DMR	1st
1987	3000 Meters	3rd

<b>Outdoor</b>		
1984	1500 Meters	2nd
1984	3000 Meters	2nd
1985	3000 Meters	2nd
1985	5000 Meters	1st
1986	4x800 Meter Relay	1st
1987	5000 Meters	1st

<b>Cross Country</b>		
1983	5000 Meters	10th
1984	5000 Meters	3rd
1985	5000 Meters	2nd
1986	5000 Meters	6th

### ECAC CHAMPION

<b>Indoor</b>		
1984	3000 Meters	9:18.26
1985	DMR	11:37.68
1987	4x800 Meter Relay	8:58.75
1987	DMR	11:28.75

<b>Outdoor</b>		
1985	1500 Meters	4:26.7

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1984	DMR	Anchor	4:34.9

### PENN RELAYS WALL OF FAME

#### RELAYS

<u>Year</u>	<u>Event</u>	<u>Time</u>	<u>Inducted</u>
1984	DMR	10:53.97	2017

## Lauren Searby (continued)

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1987  
Inducted 1998

## Nikki Shaw

### ALL-AMERICA HONORS

<b>Indoor</b>		
1993	4x800 Meter Relay	2nd

### BIG EAST CHAMPION

<b>Indoor</b>		
1993	1000 Meters	2:52.60
1993	4x400 Meter Relay	3:42.00
1994	4x800 Meter Relay	8:56.31

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1993	1000 Meters	1st
1993	4x400 Meter Relay	1st
1994	4x800 Meter Relay	1st

<b>Outdoor</b>		
1993	4x800 Meter Relay	3rd

### ECAC CHAMPION

<b>Indoor</b>		
1993	4x800 Meter Relay	8:44.01

## Rosie Shay

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2025	DMR	2nd

<b>Outdoor</b>		
2025	4x800 Meter Relay	2nd

## Sue Shea

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1979	4x800 Meter Relay	2nd	2:17.1

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1982  
Inducted 1991

## Reilly Siebert

### ALL-MID ATLANTIC REGION

2018	Cross Country	24th
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### BIG EAST CHAMPION

<b>Indoor</b>		
2019	4x800 Meter Relay	8:52.97
2019	DMR	11:37.53

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2019	4x800 Meter Relay	1st
2019	DMR	1st
2019	800 Meters	3rd

<b>Outdoor</b>		
2019	4x800 Meter Relay	2nd

<b>Cross Country</b>		
2018 (2nd)	6000 Meters	13th



# HONORS AND AWARDS

## Sadie Sigfstead

### ALL-AMERICA HONORS

#### Outdoor

2024	(2nd)	10000 Meters	12th
2025	(2nd)	10000 Meters	13th
2025	(HM)	10000 Meters	23rd

#### Cross Country

2024		6000 Meters	15th
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### NCAA MID-ATLANTIC CHAMPION

2023		Cross Country	19:35.5
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### ALL-MID ATLANTIC REGION

2021		Cross Country	9th
2023		Cross Country	1st
2024		Cross Country	3rd

### BIG EAST CHAMPION

#### Indoor

2024		5000 Meters	15:59.11
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#### Outdoor

2023		10000 Meters	34:42.83
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### ALL-BIG EAST HONORS

#### Indoor

2024		5000 Meters	1st
2024		3000 Meters	3rd

#### Outdoor

2023		10000 Meters	1st
2025		5000 Meters	3rd

#### Cross Country

2021		6000 Meters	5th
2023		6000 Meters	4th
2024		6000 Meters	4th

### PENN RELAYS CHAMPION

#### Individual Championships

2025		10000 Meters	32:39.54
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### USTFCCCA HONORS

#### National Athlete of the Week

2024		Cross Country	September 30
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### BIG EAST HONORS

#### BIG EAST Female Athlete of the Week

2023		Cross Country	September 18
2023		Cross Country	October 2
2024		Cross Country	September 30

## Brooke Simpson

### ALL-MID ATLANTIC REGION

2009		Cross Country	15th
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### ALL-BIG EAST HONORS

#### Cross Country

2009		6000 Meters	11th
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## Melanie Sklepko

### BIG EAST CHAMPION

#### Outdoor

1997		Javelin	43.28m
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### ALL-BIG EAST HONORS

#### Indoor

1994		Pentathlon	2nd
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#### Outdoor

1994		Javelin	3rd
1995		4x400 Meter Relay	2nd
1996		400 Meter Hurdles	3rd
1997		Javelin	1st

## Ali Smith

### ALL-AMERICA HONORS

#### Cross Country

2009		6000 Meters	24th
2010		6000 Meters	24th

### ALL-MID ATLANTIC REGION

2007		Cross Country	20th
2009		Cross Country	6th
2010		Cross Country	7th

### BIG EAST CHAMPION

#### Indoor

2010		3000 Meters	9:16.62
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### ALL-BIG EAST HONORS

#### Indoor

2008		1000 Meters	2nd
2008		4x800 Meter Relay	2nd
2010		3000 Meters	1st
2011		3000 Meters	3rd

#### Outdoor

2008		4x800 Meter Relay	2nd
2010		3000 Meter Steeplechase	3rd
2011		5000 Meters	3rd

#### Cross Country

2009		6000 Meters	12th
2010		6000 Meters	5th

### BIG EAST Women's Track Athlete of the Week

2011		Outdoor	April 5
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## Kirsty Smith

### ALL-MID ATLANTIC REGION

2004		Cross Country	21st
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## Maggie Smith

### ALL-MID ATLANTIC REGION

2019		Cross Country	3rd
2021		Cross Country	8th

### BIG EAST CHAMPION

#### Indoor

2022		DMR	11:26.08
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### ALL-BIG EAST HONORS

#### Indoor

2022		DMR	1st
2022		Mile	3rd
2002		4x800 Meter Relay	3rd
2025		4x800 Meter Relay	3rd

#### Outdoor

2021		4x800 Meter Relay	2nd
2025		4x800 Meter Relay	2nd

#### Cross Country

2019		6000 Meters	8th
2021	(2nd)	6000 Meters	14th

### BIG EAST HONORS

#### BIG EAST Female Athlete of the Week

2021		Cross Country	September 20
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## Terri Smith

### BIG EAST CHAMPION

#### Indoor

1988		4x800 Meter Relay	8:49.59
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#### Outdoor

1988		4x800 Meter Relay	9:04.17
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### ALL-BIG EAST HONORS

#### Indoor

1988		4x800 Meter Relay	1st
1988		4x400 Meter Relay	3rd

#### Outdoor

1988		4x800 Meter Relay	1st
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### ECAC CHAMPION

#### Indoor

1988		DMR	11:37.66
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# HONORS AND AWARDS

## Becky Spies

### NCAA CHAMPION

<b>Indoor</b>		
1995	DMR	11:11.98

### ALL-AMERICA HONORS

<b>Indoor</b>		
1994	Mile	3rd
1994	DMR	7th
1995	DMR	1st
1995	Mile	4th

### Outdoor

1994	1500 Meters	6th
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### Cross Country

1993	5000 Meters	7th
1994	5000 Meters	3rd

### BIG EAST CHAMPION

<b>Indoor</b>		
1992	DMR	11:25.91
1993	DMR	11:38.36
1994	1000 Meters	2:48.16
1994	DMR	11:22.88
1995	1000 Meters	2:48.56
1995	DMR	11:24.03

### Outdoor

1994	1500 Meters	4:21.27
1995	1500 Meters	4:23.28
1995	4x800 Meter Relay	8:54.08

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1992	DMR	1st
1993	DMR	1st
1993	Mile	3rd
1994	1000 Meters	1st
1994	DMR	1st
1994	3000 Meters	2nd
1995	1000 Meters	1st
1995	DMR	1st
1995	3000 Meters	3rd

### Outdoor

1993	1500 Meters	2nd
1993	4x800 Meter Relay	3rd
1994	1500 Meters	1st
1995	1500 Meters	1st
1995	4x800 Meter Relay	1st
1995	3000 Meters	3rd

### Cross Country

1992	5000 Meters	10th
1993	5000 Meters	4th
1994	5000 Meters	3rd

### ECAC CHAMPION

<b>Indoor</b>		
1995	1000 Meters	2:45.63

## Becky Spies (continued)

### PENN RELAYS CHAMPION

Championship of America			
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1993	4x1500 Meter Relay	1st	4:30.5
1994	DMR	Anchor	4:40.7
1994	4x1500 Meter Relay	Anchor	4:17.4
1995	4x800 Meter Relay	2nd	2:11.4
1995	DMR	Anchor	4:45.2
1995	4x1500 Meter Relay	Anchor	4:26.0

### VILLANOVA UNIVERSITY

### VARSITY CLUB HALL OF FAME

Class of 1995  
Inducted 2013

## Alex Stasichin

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2023	4x800 Meter Relay	3rd
<b>Outdoor</b>		
2023	4x800 Meter Relay	3rd
2025	4x400 Meter Relay	2nd

## Cathalina Staye

### NCAA CHAMPION

<b>Indoor</b>		
1995	DMR	11:11.98

### ALL-AMERICA HONORS

<b>Indoor</b>		
1994	DMR	7th
1995	DMR	1st

### BIG EAST CHAMPION

<b>Indoor</b>		
1994	DMR	11:22.88

### Outdoor

1996	4x400 Meter Relay	3:41.45
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
1994	DMR	1st

### Outdoor

1995	4x400 Meter Relay	2nd
1996	4x400 Meter Relay	1st

### PENN RELAYS CHAMPION

Championship of America			
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1994	DMR	400	54.9
1995	DMR	400	54.8

## Peggy Stewart

### BIG EAST CHAMPION

<b>Indoor</b>		
1983	High Jump	1.75m

### Outdoor

1983	High Jump	1.75m
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	High Jump	1st

### Outdoor

1983	High Jump	1st
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### VILLANOVA UNIVERSITY

### VARSITY CLUB HALL OF FAME

Class of 1983  
Inducted 2003

# HONORS AND AWARDS

## Krestena Sullivan

### ALL-AMERICA HONORS

<b>Indoor</b>		
1996	DMR	2nd
1996	800 Meters	4th
1997	Mile	5th
1997	DMR	7th

<b>Outdoor</b>		
1997	1500 Meters	5th

<b>Cross Country</b>		
1994	6000 Meters	21st
1995	6000 Meters	20th
1996	6000 Meters	11th

### BIG EAST CHAMPION

<b>Indoor</b>		
1994	4x800 Meter Relay	8:56.31
1995	Mile	4:44.57
1995	4x800 Meter Relay	9:00.84
1995	DMR	11:24.83
1996	4x800 Meter Relay	8:58.13
1996	DMR	11:24.44
1997	4x800 Meter Relay	8:49.32
1997	DMR	11:23.40

<b>Outdoor</b>		
1995	4x800 Meter Relay	8:54.08
1997	1500 Meters	4:18.43
1997	4x800 Meter Relay	8:52.11

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1994	4x800 Meter Relay	1st
1995	Mile	1st
1995	4x800 Meter Relay	1st
1995	DMR	1st
1996	4x800 Meter Relay	1st
1996	DMR	1st
1996	Mile	2nd
1997	4x800 Meter Relay	1st
1997	DMR	1st
1997	Mile	2nd

<b>Outdoor</b>		
1995	4x800 Meter Relay	1st
1995	800 Meters	2nd
1996	800 Meters	2nd
1997	1500 Meters	1st
1997	4x800 Meter Relay	1st

<b>Cross Country</b>		
1994	5000 Meters	9th
1995	5000 Meters	3rd
1996	5000 Meters	6th

### ECAC CHAMPION

<b>Outdoor</b>		
1995	800 Meters	2:08.34

## Krestena Sullivan (continued)

### PENN RELAYS CHAMPION

<b>Championship of America</b>				
<b>Year</b>	<b>Event</b>	<b>Leg</b>	<b>Split</b>	
1995	4x800 Meter Relay	2nd	2:05.3	
1995	DMR	1200	3:22.6	
1995	4x1500 Meter Relay	2nd	4:25.1	
1997	4x800 Meter Relay	Anchor	2:05.0	
1997	DMR	Anchor	4:37.7	
1997	4x1500 Meter Relay	Anchor	4:22.2	

### PENN RELAYS WALL OF FAME

<b>RELAYS</b>	
<b>INDIVIDUAL</b>	
<b>Inducted 2025</b>	
Villanova '97	

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1997
Inducted 2014

## Brynne Sumner

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2020	4x800 Meter Relay	2nd
2020	DMR	2nd
2020	Mile	3rd

<b>Outdoor</b>		
2021	4x800 Meter Relay	2nd

## Connie Sweet

### BIG EAST CHAMPION

<b>Indoor</b>		
1985	Shot Put	13.42m
<b>Outdoor</b>		
1985	Shot Put	13.57m
1985	Discus	40.34m

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1985	Shot Put	1st
<b>Outdoor</b>		
1985	Shot Put	1st
1985	Discus	1st
1985	Javelin	3rd

## Kaitlyn Tallman

### ALL-MID ATLANTIC REGION

2008	Cross Country	13th
2009	Cross Country	9th

### ALL-BIG EAST HONORS

<b>Cross Country</b>		
2008	6000 Meters	7th

## Colleen Taylor

### ALL-AMERICA HONORS

<b>Indoor</b>		
2005	DMR	2nd

### ALL-MID ATLANTIC REGION

2004	Cross Country	16th
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### BIG EAST CHAMPION

<b>Indoor</b>		
2003	4x800 Meter Relay	8:54.61
2005	4x800 Meter Relay	8:53.34

<b>Outdoor</b>		
2003	4x800 Meter Relay	8:46.89
2004	4x800 Meter Relay	8:48.91
2005	4x800 Meter Relay	8:47.87

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2003	4x800 Meter Relay	1st
2004	4x800 Meter Relay	3rd
2004	DMR	3rd
2005	4x800 Meter Relay	1st
2005	800 Meters	2nd

<b>Outdoor</b>		
2002	4x800 Meter Relay	3rd
2003	4x800 Meter Relay	1st
2004	4x800 Meter Relay	1st
2005	4x800 Meter Relay	1st
2005	800 Meters	3rd

## Jada Thomas

### BIG EAST CHAMPION

<b>Indoor</b>		
2020	60 Meter Hurdles	8.52

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2020	60 Meter Hurdles	1st
2022	60 Meter Hurdles	2nd

<b>Outdoor</b>		
2021	100 Meter Hurdles	3rd
2021	4x100 Meter Relay	3rd

# HONORS AND AWARDS

## Ajanae Thompson

### BIG EAST CHAMPION

#### Indoor

2025	60 Meter Hurdles	8.54
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#### Outdoor

2025	100 Meter Hurdles	13.81
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### ALL-BIG EAST HONORS

#### Indoor

2025	60 Meter Hurdles	1st
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#### Outdoor

2024	100 Meter Hurdles	2nd
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2025	100 Meter Hurdles	1st
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## Jul Thomson

### BIG EAST CHAMPION

#### Outdoor

2022	Discus	50.56m
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### ALL-BIG EAST HONORS

#### Outdoor

2021	Discus	3rd
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2022	Discus	1st
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## Kalin Toedebusch

### ALL-MID ATLANTIC REGION

2001	Cross Country	5th
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2002	Cross Country	10th
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### ALL-BIG EAST HONORS

#### Indoor

2002	5000 Meters	3rd
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#### Cross Country

2001	6000 Meters	13th
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# HONORS AND AWARDS

## Carrie Tollefson

### NCAA CHAMPION

<b>Indoor</b>		
1999	3000 Meters	9:15.05
2000	3000 Meters	9:13.68

### Outdoor

1999	3000 Meters	9:26.51
1999	5000 Meters	16:09.61

### Cross Country

1997	5000 Meters	16:29.00
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### ALL-AMERICA HONORS

#### Indoor

1997	3000 Meters	5th
1999	3000 Meters	1st
2000	3000 Meters	1st
2000	5000 Meters	2nd

#### Outdoor

1997	1500 Meters	6th
1999	3000 Meters	1st
1999	5000 Meters	1st
2000	3000 Meters	3rd

#### Cross Country

1995	5000 Meters	7th
1996	5000 Meters	5th
1997	5000 Meters	1st
1998	5000 Meters	11th

### NCAA DISTRICT II CHAMPION

1997	Cross Country
1998	Cross Country

### BIG EAST CHAMPION

#### Indoor

1996	DMR	11:24.44
1997	3000 Meters	9:28.42
2000	3000 Meters	9:28.36
2000	5000 Meters	16:04.05

#### Outdoor

1999	3000 Meters	9:17.86
1999	5000 Meters	16:18.34
2000	3000 Meters	9:24.99
2000	5000 Meters	16:55.96

#### Cross Country

1997	5000 Meters	16:54
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## Carrie Tollefson (continued)

### ALL-BIG EAST HONORS

#### Indoor

1996	DMR	1st
1997	3000 Meters	1st
1997	5000 Meters	2nd
1999	Mile	2nd
1999	3000 Meters	3rd
2000	3000 Meters	1st
2000	5000 Meters	1st
2000	4x800 Meter Relay	2nd

#### Outdoor

1996	1500 Meters	3rd
1997	1500 Meters	2nd
1997	5000 Meters	2nd
1997	3000 Meters	3rd
1999	3000 Meters	1st
1999	5000 Meters	1st
2000	3000 Meters	1st
2000	5000 Meters	1st

#### Cross Country

1995	5000 Meters	6th
1996	5000 Meters	5th
1997	5000 Meters	1st
1998	5000 Meters	4th

### ECAC CHAMPION

#### Outdoor

1997	1500 Meters	4:17.53
1999	1500 Meters	4:19.84
2000	3000 Meters	9:12.03

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1997	4x1500 Meter Relay	3rd	4:20.5
2000	4x1500 Meter Relay	2nd	4:16.8

### NATIONAL HONORS

#### Honda Sports Award

1998-99	Cross Country
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### USTFCCCA HONORS

#### National Athlete of the Year

1997	Cross Country
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### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Track Performer

2000	Indoor Track & Field
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### OLYMPIAN (United States)

<u>Year</u>	<u>Location</u>	<u>Events</u>
2004	Athens	1500

### VILLANOVA UNIVERSITY

### VARSITY CLUB HALL OF FAME

Class of 2000

Inducted 2016

## Carrie Tollefson (continued)

### VILLANOVA STADIUM

### TRACK & FIELD WALL OF FAME

Competed 1995-00

Inducted October 23, 2006

## Kelly Toole

### NCAA CHAMPION

#### Indoor

1985	4x800 Meter Relay	8:33.60
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### ALL-AMERICA HONORS

#### Indoor

1984	4x800 Meter Relay	3rd
1985	4x800 Meter Relay	1st

### BIG EAST CHAMPION

#### Indoor

1985	4x800 Meter Relay	9:04.40
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#### Outdoor

1984	4x800 Meter Relay	9:00.00
1985	4x800 Meter Relay	9:05.63

### ALL-BIG EAST HONORS

#### Indoor

1984	4x800 Meter Relay	2nd
1985	4x800 Meter Relay	1st
1985	800 Meters	3rd

#### Outdoor

1984	4x800 Meter Relay	1st
1984	800 Meters	3rd
1985	4x800 Meter Relay	1st

### ECAC CHAMPION

#### Indoor

1984	4x800 Meter Relay	8:50.28
1984	DMR	11:30.29
1985	4x800 Meter Relay	8:48.97
1986	4x800 Meter Relay	8:57.19
1987	4x800 Meter Relay	8:58.75
1987	DMR	11:28.75

#### Outdoor

1984	4x800 Meter Relay	8:55.24
1985	4x800 Meter Relay	8:57.4

# HONORS AND AWARDS

## Michelle Torelli

### NCAA CHAMPION

<b>Indoor</b>		
1990	4x800 Meter Relay	8:31.95

### ALL-AMERICA HONORS

<b>Indoor</b>		
1990	4x800 Meter Relay	1st
1991	4x800 Meter Relay	5th

### BIG EAST CHAMPION

<b>Indoor</b>		
1990	4x800 Meter Relay	8:37.85
1990	DMR	11:29.55
1991	1000 Meters	2:51.00
1991	4x800 Meter Relay	8:37.02
1991	DMR	11:32.02

<b>Outdoor</b>		
1989	4x800 Meter Relay	9:07.76

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1989	DMR	2nd
1990	4x800 Meter Relay	1st
1990	DMR	1st
1990	1000 Meters	2nd
1991	1000 Meters	1st
1991	4x800 Meter Relay	1st
1991	DMR	1st

<b>Outdoor</b>		
1989	4x800 Meter Relay	1st
1990	4x800 Meter Relay	2nd

<b>Cross Country</b>		
1990	5000 Meters	13th

### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
1990	4x800 Meter Relay	1st	2:08.8
1990	DMR	800	2:06.3
1991	4x800 Meter Relay	3rd	2:09.5

## Micah Trusty

### BIG EAST CHAMPION

<b>Outdoor</b>		
2024	4x400 Meter Relay	3:40.00

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2023	400 Meters	3rd
2023	4x800 Meter Relay	3rd
2024	800 Meters	2nd
2024	4x400 Meter Relay	3rd

<b>Outdoor</b>		
2023	800 Meters	2nd
2024	4x400 Meter Relay	1st

### BIG EAST HONORS

<b>BIG EAST Women's Track Athlete of the Week</b>		
2024	Outdoor	April 10

## Leanne Tucker

### BIG EAST CHAMPION

<b>Outdoor</b>		
2014	4x800 Meter Relay	8:33.36

### ALL-BIG EAST HONORS

<b>Outdoor</b>		
2014	4x800 Meter Relay	1st

## Nikki Vanasse

### ALL-MID ATLANTIC REGION

2024	Cross Country	25th
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## Joanne VanRensselaer

### ALL-AMERICA HONORS

<b>Indoor</b>		
1984	4x400 Meter Relay	5th

### BIG EAST CHAMPION

<b>Indoor</b>		
1984	4x400 Meter Relay	3:49.88
1985	DMR	11:50.1

<b>Outdoor</b>		
1984	4x400 Meter Relay	3:45.72

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1984	4x400 Meter Relay	1st
1985	DMR	1st
1985	4x400 Meter Relay	2nd
1985	500 Meters	3rd

<b>Outdoor</b>		
1984	4x400 Meter Relay	1st
1984	400 Meters	2nd
1984	4x100 Meter Relay	2nd

### ECAC CHAMPION

<b>Indoor</b>		
1984	DMR	11:30.29
1985	DMR	11:37.68



# HONORS AND AWARDS

## Akilah Vargas

### ALL-AMERICA HONORS

<b>Indoor</b>		
2006	DMR	6th

### ALL-MID ATLANTIC REGION

2005	Cross Country	24th
2006	Cross Country	14th

### BIG EAST CHAMPION

<b>Indoor</b>		
2005	4x800 Meter Relay	8:53.34
2007	800 Meters	2:10.94
2007	4x800 Meter Relay	8:49.04
2008	800 Meters	2:09.63

<b>Outdoor</b>		
2007	800 Meters	2:07.63

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2005	4x800 Meter Relay	1st
2006	DMR	2nd
2006	4x800 Meter Relay	3rd
2007	800 Meters	1st
2007	4x800 Meter Relay	1st
2008	800 Meters	1st
2008	4x800 Meter Relay	2nd
2008	DMR	3rd

<b>Outdoor</b>		
2006	800 Meters	2nd
2007	800 Meters	1st
2007	4x800 Meter Relay	2nd
2008	4x800 Meter Relay	2nd

### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2006	DMR	800	2:08.2

## Christie Verdier

### NCAA CHAMPION

<b>Indoor</b>		
2011	DMR	10:52.52

### ALL-AMERICA HONORS

<b>Indoor</b>		
2010	DMR	4th
2011	DMR	1st

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2010	400 Meters	3rd
2011	400 Meters	2nd

<b>Outdoor</b>		
2009	4x400 Meter Relay	3rd

### PENN RELAYS CHAMPION

<b>Championship of America</b>			
<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
2012	DMR	400	52.8

## Emerald Walden

### BIG EAST CHAMPION

<b>Indoor</b>		
2014	60 Meter Hurdles	8.58

<b>Outdoor</b>		
2014	100 Meter Hurdles	14.15

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2014	60 Meter Hurdles	1st
2015	60 Meter Hurdles	2nd

<b>Outdoor</b>		
2013	100 Meter Hurdles	3rd
2014	100 Meter Hurdles	1st
2015	100 Meter Hurdles	2nd

## Catherine Walker

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2016	Pole Vault	2nd

## Charmaine Walker

### ALL-AMERICA HONORS

<b>Indoor</b>		
1998	55 Meter Hurdles	7th
1999	60 Meter Hurdles	6th
2000	60 Meter Hurdles	6th

### BIG EAST CHAMPION

<b>Indoor</b>		
1998	55 Meter Hurdles	7.66
2000	60 Meter Hurdles	8.17
2001	60 Meter Hurdles	8.17

<b>Outdoor</b>		
1998	100 Meter Hurdles	13.39
2000	100 Meter Hurdles	13.01
2001	100 Meter Hurdles	13.49

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1998	55 Meter Hurdles	1st
1999	60 Meter Hurdles	2nd
2000	60 Meter Hurdles	1st
2001	60 Meter Hurdles	1st

<b>Outdoor</b>		
1998	100 Meter Hurdles	1st
1999	100 Meter Hurdles	2nd
2000	100 Meter Hurdles	1st
2001	100 Meter Hurdles	1st

### ECAC CHAMPION

<b>Indoor</b>		
2000	60 Meter Hurdles	8.18

<b>Outdoor</b>		
1998	100 Meter Hurdles	13.36
2000	100 Meter Hurdles	13.29

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 2001  
Inducted 2021

# HONORS AND AWARDS

## Kesha Walley

### BIG EAST CHAMPION

<b>Indoor</b>		
1995	DMR	11:24.03

### Outdoor

1996	4x400 Meter Relay	3:41.45
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
1995	DMR	1st
1997	4x400 Meter Relay	2nd

### Outdoor

1995	4x400 Meter Relay	2nd
1996	4x400 Meter Relay	1st
1997	400 Meter Hurdles	2nd
1997	4x400 Meter Relay	2nd
1997	400 Meters	3rd

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1997	DMR	400	54.5

## Bella Walsh

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2025	Mile	3rd
2025	4x800 Meter Relay	3rd

### Outdoor

2025	4x800 Meter Relay	2nd
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## Shericka Ward

### ALL-AMERICA HONORS

<b>Indoor</b>		
2012	60 Meter Hurdles	7th

### Outdoor

2011 (2nd)	100 Meter Hurdles	13th
2012 (2nd)	100 Meter Hurdles	10th

### BIG EAST CHAMPION

<b>Outdoor</b>		
2010	100 Meter Hurdles	13.55

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2010	60 Meter Hurdles	2nd
2010	200 Meters	2nd
2011	60 Meter Hurdles	2nd
2012	60 Meter Hurdles	2nd

### Outdoor

2010	100 Meter Hurdles	1st
2011	100 Meter Hurdles	2nd
2011	200 Meters	2nd

### ECAC CHAMPION

<b>Indoor</b>		
2012	60 Meter Hurdles	8.18

### Outdoor

2010	100 Meter Hurdles	13.29
2011	100 Meter Hurdles	13.60

### BIG EAST Women's Track Athlete of the Week

2010	Indoor	January 26
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## Alexandra Wasik

### BIG EAST CHAMPION

<b>Indoor</b>		
2014	Pole Vault	3.80m
2015	Pole Vault	4.05m

### Outdoor

2014	Pole Vault	3.77m
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### ALL-BIG EAST HONORS

<b>Indoor</b>		
2012	Pole Vault	2nd
2013	Pole Vault	2nd
2014	Pole Vault	1st
2015	Pole Vault	1st

### Outdoor

2013	Pole Vault	2nd
2014	Pole Vault	1st
2015	Pole Vault	2nd

### ECAC CHAMPION

<b>Outdoor</b>		
2015	Pole Vault	4.06m

### BIG EAST Women's Field Athlete of the Week

2014	Indoor	February 4
2015	Indoor	January 20
2015	Indoor	February 3

## Danielle Wheatley

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2014	Pentathlon	2nd

### Outdoor

2014	100 Meter Hurdles	3rd
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## Jennifer Whitfield

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1979	4x800 Meter Relay	1st	2:09.8

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1982  
Inducted 1992

# HONORS AND AWARDS

## Michaela Wilkins

### ALL-AMERICA HONORS

#### Indoor

2013	DMR	2nd
2014 (2nd)	DMR	9th

### ALL-BIG EAST HONORS

#### Indoor

2013	500 Meters	2nd
2014	DMR	2nd
2015	500 Meters	3rd

#### Outdoor

2014	400 Meters	2nd
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### PENN RELAYS CHAMPION

#### Championship of America

Year	Event	Leg	Split
2013	DMR	400	54.6
2014	DMR	400	54.4
2015	DMR	400	56.3

## Jordan Williams

### ALL-BIG EAST HONORS

#### Outdoor

2024	Shot Put	2nd
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## Trudy-Ann Williamson

### BIG EAST CHAMPION

#### Indoor

2018	60 Meters	7.37
2019	60 Meters	7.42
2019	200 Meters	24.13
2020	60 Meters	7.35

#### Outdoor

2019	100 Meters	11.82
2019	4x100 Meter Relay	46.42

### ALL-BIG EAST HONORS

#### Indoor

2018	60 Meters	1st
2019	60 Meters	1st
2019	200 Meters	1st
2020	60 Meters	1st
2020	200 Meters	2nd

#### Outdoor

2018	100 Meters	2nd
2019	100 Meters	1st
2019	4x100 Meter Relay	1st
2019	200 Meters	2nd
2021	100 Meters	2nd
2021	4x100 Meter Relay	3rd

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Track Performer

2019	Indoor Track & Field
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#### BIG EAST Championships

#### High Point Scorer

2019	Indoor Track & Field
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#### BIG EAST Women's Track Athlete of the Week

2020	Indoor	February 10
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2019	Outdoor	April 15
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## Taylor Woodeshick

### ALL-BIG EAST HONORS

#### Outdoor

2025	High Jump	tie-3rd
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# HONORS AND AWARDS

## Tosha Woodward

### NCAA CHAMPION

<b>Indoor</b>		
1995	DMR	11:11.98

### ALL-AMERICA HONORS

<b>Indoor</b>		
1993	4x800 Meter Relay	2nd
1994	800 Meters	4th
1994	DMR	7th
1995	DMR	1st
1995	800 Meters	3rd

<b>Outdoor</b>		
1994	800 Meters	3rd
1995	800 Meters	2nd

<b>Cross Country</b>		
1994	5000 Meters	23rd

### BIG EAST CHAMPION

<b>Indoor</b>		
1993	4x800 Meter Relay	8:53.27
1994	800 Meters	2:07.55
1994	4x800 Meter Relay	8:56.31
1994	DMR	11:22.88
1995	800 Meters	2:07.03
1995	4x800 Meter Relay	9:00.84

<b>Outdoor</b>		
1993	800 Meters	2:05.03
1995	800 Meters	2:04.70

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1993	4x800 Meter Relay	1st
1994	800 Meters	1st
1994	4x800 Meter Relay	1st
1994	DMR	1st
1995	800 Meters	1st
1995	4x800 Meter Relay	1st

<b>Outdoor</b>		
1993	800 Meters	1st
1994	1500 Meters	2nd
1995	800 Meters	1st
1995	4x400 Meter Relay	2nd

<b>Cross Country</b>		
1994	5000 Meters	4th

### PENN RELAYS CHAMPION

Championship of America

Year	Event	Leg	Split
1993	4x800 Meter Relay	2nd	2:05.8
1994	DMR	1200	3:21.6
1995	4x800 Meter Relay	Anchor	2:03.6
1995	DMR	800	2:02.9
1995	4x1500 Meter Relay	1st	4:22.7

## Tosha Woodward (continued)

### VILLANOVA UNIVERSITY VARSITY CLUB HALL OF FAME

Class of 1994  
Inducted 2013

## Anne Yahiro

### BIG EAST CHAMPION

<b>Indoor</b>		
2014	Triple Jump	12.07m
2016	Triple Jump	12.16m

<b>Outdoor</b>		
2016	Triple Jump	11.89m

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2014	Triple Jump	1st
2016	Triple Jump	1st

<b>Outdoor</b>		
2014	Triple Jump	2nd
2016	Triple Jump	1st

<b>BIG EAST Women's Field Athlete of the Week</b>		
2016	Outdoor	April 26

## Samantha Yeats

### BIG EAST CHAMPION

<b>Outdoor</b>		
2014	High Jump	1.75m

### ALL-BIG EAST HONORS

<b>Indoor</b>		
2014	High Jump	2nd

<b>Outdoor</b>		
2014	High Jump	1st

## Jan Yerkes

### BIG EAST CHAMPION

<b>Indoor</b>		
1983	5000 Meters	17:15.66

### ALL-BIG EAST HONORS

<b>Indoor</b>		
1983	5000 Meters	1st

<b>Cross Country</b>		
1982	5000 Meters	2nd

# HONORS AND AWARDS

## Carole Zajac

### NCAA CHAMPION

#### Outdoor

1993	10000 Meters	34:18.14
1994	10000 Meters	33:32.36

#### Cross Country

1992	5000 Meters	17:01.90
1993	5000 Meters	16:40.30

### ALL-AMERICA HONORS

#### Indoor

1991	5000 Meters	4th
1992	5000 Meters	2nd
1993	5000 Meters	3rd

#### Outdoor

1991	10000 Meters	2nd
1993	10000 Meters	1st
1994	10000 Meters	1st
1994	5000 Meters	2nd

#### Cross Country

1990	5000 Meters	14th
1991	5000 Meters	2nd
1992	5000 Meters	1st
1993	5000 Meters	1st

### NCAA DISTRICT II CHAMPION

1992	Cross Country
1993	Cross Country

### BIG EAST CHAMPION

#### Indoor

1992	5000 Meters	16:11.16
1993	5000 Meters	16:09.40

#### Outdoor

1991	10000 Meters	33:09.67
1993	5000 Meters	16:23.72
1993	10000 Meters	33:34.99
1994	10000 Meters	34:41.25

#### Cross Country

1992	5000 Meters	16:46
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## Carole Zajac (continued)

### ALL-BIG EAST HONORS

#### Indoor

1991	5000 Meters	2nd
1992	5000 Meters	1st
1993	5000 Meters	1st
1993	3000 Meters	2nd

#### Outdoor

1991	10000 Meters	1st
1991	5000 Meters	2nd
1993	5000 Meters	1st
1993	10000 Meters	1st
1994	10000 Meters	1st

#### Cross Country

1990	5000 Meters	2nd
1991	5000 Meters	4th
1992	5000 Meters	1st
1993	5000 Meters	2nd

### ECAC CHAMPION

#### Cross Country

1992	5000 Meters	16:28.2
1993	5000 Meters	16:41.2

### PENN RELAYS CHAMPION

#### Championship of America

<u>Year</u>	<u>Event</u>	<u>Leg</u>	<u>Split</u>
1993	4x1500 Meter Relay	2nd	4:32.9
1994	4x1500 Meter Relay	1st	4:27.5

#### Individual Championships

1992	10000 Meters	32:22.96
1994	10000 Meters	33:05.05

### NATIONAL HONORS

#### Honda Sports Award

1992-93	Cross Country
1993-94	Cross Country

### BIG EAST HONORS

#### BIG EAST Championships

#### Outstanding Track Performer

1993	Outdoor Track & Field
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#### BIG EAST Championships

#### Outstanding Performance

1991	Outdoor Track & Field
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### VILLANOVA UNIVERSITY

### VARSITY CLUB HALL OF FAME

Class of 1994

Inducted 2009

### VILLANOVA STADIUM

### TRACK & FIELD WALL OF FAME

Competed 1990-94

Inducted September 26, 1998