



Nominee Eligibility:

- There is no time frame of when a candidate's athletic or coaching year is over before they are eligible for possible selection to the HOF but focus should be more on candidates retired or near the end of their career.
- **NATIVE**- Those from the Philadelphia area (born in the vicinity of Phila area) who have made a noteworthy contribution to the sport of distance running from the sport of cross country and/or track & road racing) Candidates either at Belmont Plateau , CC venues used for cross country prior to Belmont Plateau (1963) and/or at the national /international level. Segments of the candidate's career can be reviewed (i.e. High School career) where they were strongest, to be used for consideration. Local candidates who ran in Philadelphia cross country venues (Belmont Plateau) or on local track and road will be considered as well as their career competing outside the Philadelphia area. Candidates who may have had a stronger career on the track and/or road, but competed in cross country locally will be considered. Candidates careers to be considered can come out of athletics, coaching (or combined coach/athlete), officiating or administration or other areas that helped promote the sport of distance running (XC, track and road).
- **NON NATIVE**- A member of a local team in at the high school, college or open level who was born outside the Philadelphia area but who's has competed in distance running from the world of cross country/track/road racing for a local high school, college, or club and has made the Philadelphia area their home for all or most of their career. The candidates may have had stronger accomplishments during their track/road career, and many of their outstanding races may have been outside the Philadelphia area.
- **OUTSTANDING TEAM**- A prominent cross country team from the Philadelphia area (i.e.. youth, high school, college, Club) who showed superior excellence in one season at the local, state, and/or national level. The Club President may also present a special award occasionally (not every year) to an individual from the following categories and honored on at the HOF ceremony.
- **MEMORABLE PERFORMANCE**- A one-time memorable performance by an individual athlete at Belmont Plateau from local or outside the Philadelphia area. This memorable performance would be by an individual who has run a record time, pure domination in one meet over the competition or a race finish that was a close and exciting finish that was memorable. The first year, this will be chosen by the BPCCHOF President. Please submit 1 memorable performance for the 2017 Class.
- **HONORABLE MENTION**- Any individual within or outside athletics who brought prestige and notoriety to the sport of Cross Country in Philadelphia and/or Belmont Plateau Park. This will not be awarded every year, but will be awarded if a worthy candidate is brought to the attention of the committee and voted upon or selected by the president. The first year (2016) this will be chosen by the BPCCHOF President.

** Below are a list of candidates I have researched and think are noteworthy to be considered in 2018 to the Belmont Plateau Cross Country Hall of Fame. I am sure with your vast experience you can come up with many more to be considered for future years. I ask each person on the committee to review my list below and add at least 2 of their own to be added to this list for 2019. Next year we will have more time to come up with more additions to the list submitted by the Expert Committee.

INDUCTION PROCESS:

- Once a completed list of worthy candidates are completed for the year, each committee member will have 15 votes to submit (at least five (5) must be used for local athletes). Each candidate's total career is combined if they have a considerable contribution as an athlete and a coach. Each member will also have one (1) selection each for the TEAMS Category. Committee members shall not vote for themselves if they are listed as a candidate for selection to the HOF
- The top 3 local and the top 3 non local candidates who receive the most votes from the committee will be elected to the Hall of Fame in 2018.. The top "Team" with the most votes will be elected into the Hall of Fame If a candidate does not receive any votes for 3 years in a row, they will be left of the ballot until their name is nominated by the committee.



2018 NOMINEES

PG 1

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VIC ZWOLAK (Athlete) Non Native

- Graduated Salesianum HS (Delaware)
- Villanova University's only individual Men's NCAA Cross Country Champion (1963) leading his team to a 9th place finish. Finished 4th (team 2nd) in 1962, and 14th (1961) in the NCAA National Cross Country Championship
- 2x IC4A Cross Country Champion (1962, 1963)
- Won the IC4A 3 mile in a meet record time and came back 33 minutes later to win the IC4A 3000 meter steeplechase in 1964
- Finished 3rd (1963) and 8th (1964) in the NCAA Championship 6 mile.
- Won the NCAA 3000 meter steeplechase in 1963 and 1964 (MR of 8:42.0) and was also USA Olympian for the 3000 meter steeplechase in 1964
- Named to the Delaware Sports Hall of Fame
- He competed at a high level of competition in cross country, road and track from the 1960s to 2010 setting many age group records in the process and still holds many Delaware State age group records from mile to the marathon.

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BROTHER GEDEON LUKE (Charles Tuppeny), CFC (COACH) Local Native

- He was a Christian Brother, teacher and coach of cross country and track and field for West Catholic and La Salle High school for over 40 years
- He led the "Burrs" of West Catholic High School to ten (10) straight Philadelphia Catholic League Championships from 1948 to 1957.
- Led the West Catholic Cross Country team to 8 Philadelphia City Championships over the Public League from 1948 to 1957.
- Coached field events at La Salle College high school during the 1970s.
- Brother of Coach James Tuppeny (Long time Coach of Univ of Penn and Penn Relays)

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JOHN HARTNETT (ATHLETE) Non Native

- Born and raised in Ireland Villanova University (1969-1971)
- World Junior Cross Country Champion in 1970
- Competed in three NCAA National Cross Country Championships. Finished 168th (Team where NCAA Champions) in 1970, 129th in 1971 (team finished 4th) and 16th in 1972 (no team).
- All American in Cross Country for Villanova (1972)
- NCAA Indoor 2 Mile Champion in 1974
- IC4A Cross Country Champion (1973) and overall a 6x IC4A Champion.
- Finished 3rd in the NCAA 5,000 in 1972 (13:43.40) and 8th in NCAA 5,000 in 1973 (13:37.4)
- Named the "Most Outstanding Performer" at the 1973 Penn Relays (next page)

(John Hartnett Cont)

PAGE 2

- 5x Penn Relays "Championship of America" winning teams in the (3x was the Anchor Leg on winning DMR teams)
- Ran a sub 4 minute mile 4x with a best time of 3:54.70 (1973)
- Set Irish National Records in the 1500 and 5,000 meters and he was the Irish 10,000 meter champion
- Competed in the 1972 Olympics in Munich for Ireland.

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GINA PROCACCIO (Athlete/Coach) Local native

- Grew up in Drexel Hill and ran for Sun Valley HS (1982)
- Finished 2nd in PIAA State Championships (to future Olympic Bronze medalist Kim Gallagher) in the 800 meters (1981) and won the PIAA State Championship in the 800 meters (1982) in 2:10.53
- Competed for the University of Florida and Villanova University in college
- Competed in two NCAA Cross Country National Championship finishing 88th (no team) for the University of Florida and in her senior year at Villanova finished 45th (team 13th).
- While at Villanova, ran the leadoff leg on a US National Record breaking team in the 4 x 800 meters(8:24.77) that won the NCAA Indoor National Championship (1987). Also part of team that set a US National Record in the Distance Medley Relay (11:00.76)
- 5th Place in the 1000 meter at NCAA Track & Field Indoor Championship (1987)
- Placed 3rd in the US National Cross Country Championship (1992)
- Placed 5th at 1992 US Olympic Trials (1500), placed 3rd in US Nationals (1500) earning a spot in the IAAF World Championship.
- 6x Penn Relays Individual Champion (5 in the mile/1989,90,91,92,94) and 1x in 5,000
- 1995, was the USA National 5000 meter champion, and competed in the IAAF World Track & Field Championship (1995)
- In 1995, she finished the Track & Field season being ranked No. 1, 2, and 5 in the 3000, 5,000, and 1500 meters respectively.

As Head Coach at Villanova University (2000 – present)

- 13 NCAA Team appearances in National Cross Country Championship
- 2x NCAA National Cross Country Team Championships (2009 & 2010)
- Coached 2 Individual NCAA National Champions in Cross Country
- Coached 11 NCAA All Americans in Cross Country
- Coached 4x Mid Atlantic Cross Country Team Champions (2009, 2010, 2011, 2013)
- Coached 8x Individual NCAA East Region Individual Champions in Cross Country
- Coached 4x NCAA Regional Cross Country Team Championships
- 2x USTFCCCA National Coach of the Year
- Served as Assistant Coach at Villanova for 5 seasons when Villanova won 2 NCAA Cross Country (1994 & 1998)

DAVE MERRICK (Athlete) Non native

- Lincoln-Way HS, Illinois (1972) University of Pennsylvania (1976)
- Ran a personal best on the track in HS of 4:05.40
- Ran the fastest time ever recorded on the Belmont Plateau 5.2 Classic Course in a time of 24:44 in the 1975 Big 5 Championship. He also holds the Van Cortlandt Park (Bronx,NY) 5 Mile College record of 23:51 set in 1975.
- Competed in two NCAA Cross Country Championships. He Finished 9th in the 1975 NCAA National Cross Country Championship (29:05) and 18th (Team was 3rd) in 1971.
- Finished 6th in the 1976 NCAA Track & Field Championship in the 10,000 meter (28:49.2)

CHRISTINE KANE (O'Connell) (Athlete) Local native

- Grew up in the Drexel Hill area
- Archbishop Prendergast HS (1996) Saint Joseph University (2001)
- Multiple Philadelphia Catholic League "All Catholic" Honors for Archbishop Prendergast
- At Saint Joseph University, competed in three NCAA National Cross Country Championships, placing 57th (no team) in 2000, 76th (no team) in 1999 and 73rd (no team) in 1998.
- 2x Atlantic 10 Cross Country Champion (1999, 2000)
- Was Atlantic 10 Individual Champion 9x in cross country & on the track
- In ECAC Cross Country Championships, placed 3rd (1999), 3rd (2000), and 10th (1998)
- 2x qualifier in track for the NCAA National Track & Field Championship
- Named Atlantic 10 "Outstanding Performer" 4x in her career
- Set a total of 4 school records on the track
- Named to the Saint Joseph University Athletics Hall of Fame (2014)

BILL CLARK (Athlete) Local Native

- Cardinal Dougherty HS (1957-1961) and Notre Dame University (1961-1965)
- Philadelphia Catholic League 800 Meter Outdoor Champion (Meet record 1:55.4) in 1961
- Competed in three NCAA National Cross Country Championships finishing 2nd (team 5th) in 1964, 13th (team 3rd) in 1963, and 28th (team 11th) in 1962.
- Finished 7th in NCAA 5,000 (14:11.0)
- Finished 27th (First American) at the 1968 IAAF World Cross Country Championships in Scotland.
- Finished 11th (First American) at the 1969 IAAF World Cross Country Championships
- Finished 1st in the first 1968 Olympic Trials, but finished 9th in the 2nd 10k trials in 1968. Competed in the 1972 Olympic Trials in the Marathon.
- Finished 6th (1966), 4th (1967) and 2nd (1968) in the 10,000 in the USA National Track & Field Championship
- Finished 5th in 10,000 meters at the 1972 Olympic Trials (29:57). In the same Olympic Trials in 1972, finished 11th in the marathon (2:25.10)
- Broke course record (2:24:23) winning the Philadelphia Marathon in 1967
- Finished 2nd (1968/2:22:49), 9th (1970/2:22:17), and 10th (1971/2:26:19) in the Boston Marathon

FRANK CARVER (Athlete) Local Native

- Grew up in Philadelphia and attended Cardinal Dougherty HS (1956-1960) and Notre Dame University (1960-1964)
- Philadelphia Catholic League Cross Country Champion in 1958 on the Strawberry Mansion 2.3 mile course in a CR (11:53)
- Philadelphia Catholic Outdoor Mile Champion in 1960 (4:26.6)
- Competed in three NCAA Cross Country National Championships finishing 16th (team 3rd) in 1963, 9th (team 11th) in 1962, and 42nd (no team) in 1961.
- After college, competed and dominated the cross country and road racing in the Philadelphia for Penn and Philadelphia Athletic Club.

PAUL MINEHAN (Athlete/Coach) Local Native

- Grew up in the Philadelphia area
- Cardinal Dougherty HS (1960) La Salle University (1964)
- Earned multiple "All Catholic" honors in cross country & track in the Philadelphia Catholic League
- At La Salle University, he was the 2x Middle Atlantic Conference and the IC4A (college division) cross country champion (1963 & 1964)
- Captain of the team that won the MAC Cross Country Championship in 1963.
- 2x Middle Atlantic Conference Champion in the Mile (1963 & 1964) and was the MAC 2 Mile Champion (1964)
- Named to the La Salle University Athletics Hall of Fame
- As a Coach: Led Bishop McDevitt High School to the Philadelphia Catholic League Team Championship in Cross Country & Track and Field in the same year (1970)

GARY FANELLI (Athlete) Local Native

- Grew up in Oreland area just outside Philadelphia and attended Bishop McDevitt HS
 - Led the Olympic Trials Marathon in 1980 for over half the race (1:04:39 at 13.1 miles) before finishing in 2:16:49 and the 1984 Olympic Trials (marathon/23rd place in 2:18:53) Personal best in marathon (2:14:17)
 - Finished 6th in the 1987 Boston Marathon
 - Represented American Samoa in the 1988 Olympic games in the marathon
 - Best known nationally and internationally as a high level runner who entertained the crowd by running races at a high level of speed as various characters (Elmwood Blues, Ghostbuster ghost, Mets player, Chef Ronzini, Abe Lincoln, Gary Wallstreet, and many others).
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MIKE SYRNICK (Athlete) Local Native

- Raised in Philadelphia and attended Central High School (2004) Penn State Univ (2008)
 - 3x Philadelphia Public League Champion in Cross Country (2001,2002,2003) leading his Central High School team to 3 consecutive team championships at Belmont Plateau. (Finished 4th in the Public League Cross Country Championships helping his team to the team Championship.
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JOHN JENNINGS (Athlete) Local Native

- Born Philadelphia (Lawndale Neighborhood)
 - Cardinal Dougherty HS (1973)
 - 2x Philadelphia Catholic League Cross Country Champion 1971 and 1972 setting a Belmont Plateau Course record for the 2.3 mile course (12:41) in 1972.
 - Was a key member (running the 800 and the mile, and relays) in 3 Philadelphia Catholic League Track & Field Championships while at Cardinal Dougherty (1971,1972, 1973), Won the 800 and the Mile in the Philadelphia City Title Meet against Overbrook.
 - He holds the oldest T & F Coaches Association "Meet of Champs" Indoor Record. Ran a 4:17.90 (1972 at the Univ of Delaware)
 - Competed for Allegheny JC, Seton Hall University, and Southeast Louisiana University during his college cross country & Track career
 - While at Allegheny JC, competed on the Junior College National Cross Country Championship Team, finishing 24th place individually earning JC All American.
 - Placed 26th place at the Junior National Cross Country Championships in 1974 (team 4th)
 - Placed 26th at the 1977 NCAA Div 2 National Cross Country Championship
 - Best time of 25:14 on the Van Cortlandt 5 Mile Cross Country Course
 - While at Seton Hall University, Placed 3rd in 5,000 meters (14:04) at the 1976 IC4A Track and Field Championship. (Winner was world class runner, Eamonn Coughlin (Villanova), 2nd place was World XC Champion/Olympic silver medalist, John Treacy (Providence))
 - Ran a personal best time of 14:00.01 to place 6th in a 5,000 meter heat at the 1976 NCAA Track and Field Championships. Run in front of his home town crowd at Franklin Field, Philadelphia.
 - Placed 3rd in the 10,000 meters at the Texas Relays 10,000 with a time of 29:17
 - Finished in the top 20 in the 1981 Philadelphia Distance Run (13.1 mile) with a time of 1:08:44
 - Personal best times on the track of 3:48 (1500), 4:11 (mile), 14:00.01 (5,000), 29:17 (10,000)
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FRED ROSENFELD (Coach) Local Native

- Grew up in West Philadelphia and graduated Overbrook HS (1963)
- Head Coach of Overbrook HS 1972-1990
- Coached 20 Philadelphia Public League Championship teams while teaching/coaching Overbrook (10 Cross Country & 10 Track & Field)
- In 1988, Overbrook placed 5 in the top 5 at the Philadelphia Public League Cross Country Championship (CONT NEXT PAGE)

- Head Coach of Cross Country & Track and Field at Central HS (1994-2005) where he led the Boys team to 6 Philadelphia Public League Cross Country Titles and also coached the Girls team to 5 Philadelphia Public League Cross Country Championships.
- During his High School Coaching career led 14 teams to Philadelphia Public League Track & Field Championships.
- Oversaw the management of the Briarwood Summer Cross Country Camp in Buckingham, Pa
- Named "Coach of the Year" by the Pennsylvania High School Track and Field Coaches Association in 1989 and 1998 and named to the PFTCA Hall of Fame in 2004.
- Long time USATF Official and starter of man local meets including the Penn Relays.

KEVIN QUINN (Athlete/Coach) Local Native

- Havertown, Pa
- Saint Joseph University (1962)
- As an Athlete, he was 2x Middle Atlantic Conference Cross Country Champion and was the first American across the line in the ICAAAA Cross Country Championship in 1961
- 2x MAC Mile Champion (1961 & 62) and held the MAC mile record
- School record holder in the mile and 2 mile and 2x NCAA qualifier in the mile.
- Won the famed Berwick "Run for the Diamonds" 8 mile race in 1962
- Selected to the MAC "100 Cross Country Century Team" in 2012
- As a Coach at Saint Joseph University, he led the Men's Cross Country & Track team for 22 years (1966-1988) and the Women's Cross Country & Track team for 30 years (1985-2015)
- He won 2x Big Five Cross Country Titles (Men), and the Women's team won the Atlantic 10 Cross Country Title in 1993 and 2000. Named Atlantic 10 Women Coach of the Year 2x (1993 and 2000)
- Had a total of 40 NCAA qualifiers, 9 NCAA All Americans, and 1 NCAA Champion in Cross Country and Track and Field
- Coached 10 IC4A/ECAC Individual Champions in Cross Country and Track & Field
- In 1997, the Women's Track & Field team broke 10 school records and was the first SJU team to win a Penn Relays Championship of America (4x 800 Relay) at Penn Relays.
- Past President of the ICAAAA/ECAC and selected to the SJU "Hall of Fame"

PETE DOUGHERTY (Athlete) Local Native

- La Salle University (1966)
 - 3x Middle Atlantic Cross Country Champion (1963, 1964, 1965)
 - He set La Salle records for the cross country courses at Cobbs Creek Park and at Belmont Plateau Park
 - Middle Atlantic Conference Champion in the Mile and the 880 in 1966
 - A member of multiple relay teams on the track that set La Salle school records
 - Named to the Mid Atlantic Conference top 100 Cross Country runners list
 - Named to the La Salle University Athletics Hall of Fame
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BILL MAHONEY (Athlete) Local Native

- Grew up in Bensalem, Pa
- Temple University (1964-1968)
- MAC Conference Cross Country Champion 3x (1965, 1966, 1967)
- Competed in one NCAA Cross Country National Championship earning All American honors (5th place in the College Division in 1967). Team was 10th place in college division.
- 2nd place in the IC4A Cross Country Championship (1965) and 3rd place at IC4A (1966)
- Named to the MAC Conference "100 Men's Cross Country Team" in 2012

KEVIN MCGARRY (Athlete) Local Native

- Grew up in the Warminster Area
- Archbishop Wood HS (1973) Maryland University
- While at Archbishop Wood HS set state records in the 2 mile 3x with his best time of 9:02.6 run in 1973. Record stood for 10 years
- Ran best time of 4:10.6 in the mile (1973) which stood as the #3 best time ever run in the state of Pennsylvania
- At the University of Maryland, finished 98th (team 18th) in the 1974 NCAA National Cross Country Championship
- After college, scored highly in local races and ran sub 50 minutes for 10 miles in the Nike Cherry Hill 10 Mile and the Broad Street Run in the 1970s
- Named to the Pennsylvania High School Track & Field Hall of Fame in 2008.

TRAVIS MAHONEY (Athlete) Non Native

- Grew up in The Old Bridge, Pa Temple University (2013)
- Competed in one NCAA National Cross Country Championship where he earned All American honors (37th place)
- Earned two All American honors in Track & Field (3,000 meter Steeplechase)
- NCAA Mid Atlantic Regional Cross Country Champion (2012)
- 7x Atlantic 10 Champion (cross country & track) and 3x Atlantic 10 " Performer of the Year"
- Course Record Holder of the current Liberty Bell 8,000 meter Cross Country Course at Belmont Plateau. He set the record at the 2012 Atlantic 10 Conference Championship (25:16.5)
- Qualified for the 2012 and 2016 US Olympic Trials in the 3,000 meter Steeplechase

TERRANCE MAHON (Athlete /Coach) Non Native

- Villanova University (1993)
- Competed in four NCAA National Cross Country Championship (1 for Oregon as a freshmen and 3 for Villanova). In 1989, finished 27th (team-2nd for Oregon), 36th (no team) in 1990, 65th (no team) in 1991, and his senior year finishing 26th (team 4th) in 1992.
- All American in Cross Country for Villanova in 1992. Overall an 8x NCAA All American
- IC4A Cross Country Champion 1991
- Big East Cross Country Champion in 1991
- After graduating Villanova, he won the US 20k Road Championship.
- Ran his best time in the marathon was 2:13:02 in the Chicago Marathon
- Qualified for the US Olympic Trials in both the 10,000 meter and the marathon
- Personal records of 4:05.9 (mile) 13:33.2 (5,000) 28:31.10 (10,000)

As a Coach

- Coached mostly in Mammoth Lakes, Ca. and Team Running USA and later the Boston Athletic Association, and UK Athletics of England. Some of the runners he has coached or guided where Jen Rhines (his wife, and Villanova graduate), along with Olympians Deena Kastor, and Anna Pierce. He has also coached USA multiple marathon champion, Ryan Hall, Morgan Uceny (achieved #1 ranking in the world in the 1500), and Alistair Cragg (set new Irish record in the 5,000). Credited with guiding 8 Olympic distance runners in his coaching career. Overall has coached numerous top 10 ranked athletes in the world from the 800 meters to the marathon

GERRY O'REILLY (Athlete) Non Native

- Born and raised in Ireland and attended Villanova University
- Competed in three NCAA National Cross Country Championships placing 33rd (team 14th) in 1983, 48th (no team) in 1985, and 152nd (no team) in 1986.
- NCAA District 2 Cross Country Champion (1983 & 1986)
- Big East Cross Country Champion (1986)
- 6x Big East Champion on the track in the 1500, 3000, and Distance Medley (1986-87)
- Competed in the 1988 Olympic Games for Ireland
- Best time in the mile is 3:54.63 and competed on the Grand Prix Track Circuit and US Indoor Track Circuit after college.

CAROL ZAJACK (Athlete) Non Native

- Grew up in the Pittsburgh, Pa area and was PIAA Class AAA Cross Country Champion in 1988 and 1989 for Baldwin HS and placed 1st at the Kinney Eastern Regional Cross Country Meet.
- National Champion in the 3200 meters and 2x PIAA Champion in both the 1600 and 3200 meters.
- Placed 1st in the High School Championship of America 3000 meter at the Penn Relays
- Villanova University (1990-1994)
- Competed in four NCAA National Cross Country Championships and also 4x All American
- 2 x Individual National Champion in Cross Country in 1992 and 1993 for Villanova and finished 14th in 1991 as a freshmen and 2nd in 1992 (to teammate Sonia O'Sullivan)
- Was a team member of 4 National Cross Country Championship teams while at Villanova University (1990, 1991, 1992, 1993)
- Big East Cross Country Champion in 1992.
- 2x NCAA District 2 Cross Country Champion (1992, 1993)
- 2x ECAC Cross Country Champion (1992, 1993)
- Set a National record in the 10,000 meters on the track as a sophomore in 32:22.
- 2x NCAA National Champion in the 10,000 meters
- Finished 4th (1994) and 8th (1996) in 10,000 meters on the track in USA Nationals
- In conjunction with it's 25th Anniversary of women's cross country championships, the NCAA selected Carol Zajac as it's "Most Outstanding Cross Country Athlete" in 2005

SHEILA REID (Athlete) Non Native

- Villanova University (2007-2012)
 - Competed in four NCAA National Cross Country Championships
 - 2x Individual NCAA Cross Country Champion (2010 & 2011), and finished 13th in 2009.
 - Was a member of the 2009 and 2010 NCAA National Cross Country Championship teams, with the Villanova team placing 3rd in the Nationals when she won in 2011. Finished 148th in NCAA Champs as a freshmen
 - 3x NCAA Mid Atlantic Regional Champion (2009, 2010, 2011).
 - 3x Big East Cross Country Champion (2009, 2010, 2011)
 - 5x NCAA Individual Champion (2x Cross Country, 3x on the track) and 12x All American
 - NCAA Champion in both the 1500 and the 5,000 meter (first women to win this double in NCAA history) at the 2011 Track & Field Championship
 - Anchored the Villanova team to the Distance Medley Penn Relay "Championship of America" (2012)
 - Represented Canada (5000 meters) in the 2012 Olympic Games
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SEAMUS MCELLIGOT (ATHLETE) Local Native

- La Salle High School (1982-1987) Haverford College (1987-1991)
- 4x Philadelphia Catholic League Champion in the Indoor/Outdoor mile and 2 mile (1986)
- At Haverford College, won the Div 3 NCAA National Cross Country Championship in 1990 and then came back to days later to gain All American status in the Div 1 Championship with a 35th place finish. (last athlete ever to achieve this accomplishment). Haverford finished 8th place as a team in 1990.
- Competed in two other NCAA Div. 3 National Cross Country Championships finishing 2nd in 1989 (team was 10th) and 24th place in 1987 (team was 15th).
- 4 x All American (3 for Div 3 and 1 for Div 1) in Cross Country
- Won both the 5,000 & 10,000 meters in consecutive NCAA Div III National Track & Field Championships (1990 & 1991)
- Earned 14 NCAA All American Certificates while at Haverford College
- Won the 5,000 meters at the Indoor NCAA National Track and Field Championship
- Represented the US at the 1996 IAAF World Cross Country Championships in South Africa
- Qualified for the 1992 Olympic Trials finals for the 10,000 meters
- Inducted into the USTFCCA Div III Track & Field Hall of Fame (2013)

STEVE HALLINAN (ATHLETE) Local Native

- Born in Philadelphia
 - Cardinal O'Hara High School (2000-2004) American University (2004-2008)
 - Became one of only 2 athletes to win the Philadelphia Catholic League Cross Country Championship 3X. Champion in 2001, 2002, and 2003 breaking the 5,000 meter course record at Belmont Plateau (15:44). He led his team to two PCL Cross Country Championships in 2001 and 2002
 - Philadelphia Catholic League mile champion in 2004 breaking the MR in 4:14.08 and the 800 meters (1:55.60) leading his team to the PCL Track & Field Championship
 - Competed in four NCAA National Cross Country Championships while at American University placing 103rd(team 20th), 154th (team 30th), 155th (team 26th) and 153rd (no team) in 2004,2005, 2006, and 2007.
 - Qualified for the 2016 US Olympic Trials in the Marathon
 - Personal Bests of 3:44 (1500), Mile (4:02), 5,000 (14:01), 49:12 (10 mile), 1:04:35(Half Marathon)
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EAMONN COGLAN (Athlete) Non Native

- Grew up in Dublin, Ireland Villanova University (1976)
- Competed in one NCAA National Cross Country Championship and placed 186th (no team) in 1974.
- Competed in 2x Big Five Cross Country Championships at Belmont Plateau
- 4x NCAA National Champion in the Indoor Mile (1975 & 1976) and Outdoor Mile (1975 & 1976)..
- Member of 9x "Championship of America" winning teams at the Penn Relays in the Distance Medley, 4 x 1 Mile/1500, and 4 x 800)
- Won the Penn Relays Olympic Development 10,000 meters (1986)
- 8x IC4AAAA Individual Champion in the mile and 5,000
- 7x Champion of the Wanamaker Mile at the Milrose Games, where he was known as "Chairman of the Boards".
- 4x member of the Irish Olympic Team (1976, 1980, 1984, and 1988) where he finished 4th place in three different Games in the 1500 and 5,000.
- Ran on the Irish National team and finished in 70th Place in the IAAF World Cross Country Championships (Limerick, Ireland) helping his team win a Silver Medal.
- World Champion in the 5,000 at the IAAF World Track & Field Championship (1981)
- First athlete to break the 3:50 mile barrier indoors and the first Master Runner to break the 4 minute barrier (1994). Broke the " Sub 4" barrier 85xs.
- Only runner to break the Sub 50 minute mark at the Waterhouse Byrne Baird Shield 10 Mile Cross Country Championship in Ireland.
- Broke the World Record in the Indoor Mile 3x and the 2000 meters.
- Ran a 2:25:13 Marathon at the New York City Marathon (1991)
- Personal Bests of 3:49.78 (mile indoor) 13:19.3 (5,000) 28:19 (10,000) 2:25.13 Mar

CHARLES TORPEY (COACH) Non Native

- Attended Keene State College, NH
- Before Coaching La Salle University, led University of Maryland (1981-1988), where he produced 12 All Americans and 13 ACC track & field champions
- Head Coach of Men and Women Cross Country and Track and Field at La Salle University for 17 years (1994-2011)
- 7x Men's Atlantic 10 Cross Country Team Championships (1999,2001-2004,2006, 2007)
- 6x Women's Atlantic 10 Cross Country Team Championships (2001,2002, 2004-2007)
- Coached Nine Individual Atlantic 10 Champions (Sheila Klick, Rachel Pappin, Todd Witzleben, Sean Quigley)
- La Salle's men and women's cross country program was ranked in the NCAA East Region every year from 1998-2011.
- At La Salle, in cross country, he coached 41 All District Runners, 9 NCAA Qualifiers, and 2 All Americans.
- In Track & Field at La Salle, coached 2 Atlantic 10 Team Championships, 300 runners won individual championships, 20 Atlantic 10 "Outstanding Performers", 7 All Americans, and 51 NCAA regional qualifiers.

FRANK MURPHY (Athlete) Non Native

- Born in Ireland and attended Villanova University (1968-1972)
- Competed in one NCAA National Cross Country Championship and placed 47th and a member of the National Championship team of 1968.
- NCAA Champion in the Indoor 800
- 5x NCAA All American in 800,1500 and Relays and 1x IC4A Champion in the 1000 meter.
- Anchored 2 NCAA Championship winning Distance Medley relays in 1968 & 1969
- A Member of 8x winning "Championship of America" relays at the Penn Relays and nominated to Penn Relay "Wall of Fame"
- Silver Medalist in the 1500 at the 1969 European Championships and best time in the mile of 3:58.10
- A Member of Ireland's Olympic team in 1968 and 1972.

JULIO PIAZZA (ATHLETE/COACH) Non Native

- Brooklyn Tech High School (NY) University of Pennsylvania (1972)
- Competed in two NCAA Cross Country National Cross Country Championships placing 148th (Team 22nd) in 1970 and finishing 46th (Team 3rd) in 1970. 3rd Place finish by Penn was best ever team placing.
- 8x All Ivy League in Cross Country & Track
- After graduating Penn, was a strong runner on the road and cross country in the Philadelphia area, placing 57th in the 1976 National AAU Cross Country Championship held at Belmont Plateau Park.
- He was the winner of the Inaugural World Famous "Philadelphia Distance Run" (13.1) in a time of 1:07.35
- As a Coach, was Head coach Women Cross Country at University of Pennsylvania(1984-86) and Head Coach of the Men's and Women's Cross Country Program at Lafayette College for 27 years.
- Named "Coach of the Year" in the Patriot League 7xs with his women's team winning the Patriot Cross Country Title in 1993 and Track and Field title 3x.
- Named the "Honorary Women's Referee" at the 2016 Penn Relays and presented with a gold watch.

KATHY FRANEY (ATHLETE) Non Native

- Born in Brooklyn and ran for Massapequa HS (1986) Villanova University (1990)
- In HS she was 7x NY State Champion in cross country/track
- Won the Penn Relays 1500 and also the Millrose Games Mile in HS
- At Villanova, competed in 2 NCAA National Cross Country Championships, finishing 55th (no team) in 1987 and captained her team to their first NCAA National Title (1989) and finished in 12th place. (CONTINUED ON NEXT PAGE)

(KATHY FRANEY-CONT)

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- Ran leadoff leg (1200) on the DMR team that set a world record at the 1988 Penn Relays
 - 7x NCAA All American in 1500/3000/cross country
 - After college, finished 3rd in the USA National Cross Country Championship (behind Lynn Jennings and Deena Kastor) in 1987. She represented the USA on a team that won the bronze medal in the IAAF World Cross Country Championship in Morocco, by finishing 26th place overall.
 - Ranked in the top 10 in the USA in the 1500 meter 5x and the 3000 4x.
 - USA National Indoor 3000 champion in 1994
 - Won the Millrose Games Women's Mile Run in 1996 and is the only runner ever to win it as a high schooler and later on as an invited open mile.
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PAUL VANDERGRIFT (Athlete) Local Native

- Grew up in Conshohocken, Pa Archbishop Kennedy HS (1987) William and Mary (1991)
 - All American in Cross Country in HS (1987)
 - PIAA (AA) Cross Country Individual State Champion 2x (1985 & 1986) for Archbishop Kennedy HS
 - As a senior in HS, broke both the Pa AA State Record in the 1600 (4:03.22) and the 800 (1:51.96) on the same day. He also won both State Titles as a junior in 1986 and held the Pa State Record AA for 3200 (9:04.09)
 - In his last high school meet, broke the Pennsylvania State Record in the 800 meters by running 1:48.80 at the Pa Coaches Meet of Champions held at Franklin Field (1987)
 - Pa State AA Champion in the Indoor Mile and the 1,000 Meters
 - Won the Penn Relays HS 1500 in 1986 and 1987 and top rated high school miler his senior year
 - While at William & Mary, he finished 20th (team 15th) in the NCAA National Cross Country Championship earning All American.
 - At William and Mary, earned All American honors on the track on a 4 x 800 team NCAA winning team (7:24.30)
 - 7x NCAA All American in cross country and track with a 2nd place finish in the 1500 Outdoor in 1991
 - 2nd on the William & Mary All-time list for the 1500 (3:38.21), 1,000 (2:21.98)
 - Finished 4th in USATF 1500 after college (1992) and competed on the European Grand Prix Circuit in the 1500 and 5000.
-

RON DELANY (Athlete) Non Native

- Raised in Dublin, Ireland and attended Villanova University (1954-1959)
- In Cross Country, he won the IC4A Freshmen Championship (1954) placed 2nd in IC4A Championships at Van Cortlandt Park in 24:53 for the 5 mile in 1955.
- 4x NCAA Individual Champion on the track in the 880 and the Mile (1957-58)
- Olympic Gold Medal Winner (1956) at the Melbourne Games for Ireland. Winning time of 3:41.2 for the 1500 meters. (CONT ON NEXT PAGE)

- 9x Winner on "Championship of America" relay teams at the Penn Relays
- 9x ICAAAA Champion in the 880 or mile
- 4x AAU Champion in the 800 , 1000, and 1500
- 3x World Record holder in the Indoor mile
- 4x Irish National Record holder on the track
- 4x Wanamaker Mile Champion at the Milrose Games
- 4x Champion at the Philadelphia Inquirer Indoor Games

KATE FONSHELL (Athlete) Local Native

- Penncrest HS (1987)
- PIAA State Champion in the indoor mile (1987)
- Villanova University (1987-1992)
- Competed in two NCAA National Championships. Placed 83rd (Team was National Champions) in 1989 and placed 25th (Team was National Champions) in 1990.
- ECAC Cross Country Champion (1989)
- Won the 1996 USA Olympic Trials in the 10,000 meters to represent the US in the Olympic Games in Atlanta (9th in her heat at OG)
- 8th in USA National Cross Country Championship in 1994
- Qualified for the US Olympic Trials in the Marathon (2:40.55)
- Personal best times of 32:18 (10,000), 15:37 (5,000), and 4:35.64 (mile)

DONAL WALSH (Athlete) Non Native

- Villanova University (1968-1971)
 - Competed in three NCAA National Cross Country Championships. Finished 11th (Team 2nd) in 1969, 2nd (Team was National Champions) in 1970, and 25th (team was 4th) in 1971. *His 2nd place finish in 1970 was to Steve Prefontaine by 8 seconds.
 - 3x All American in Cross Country for Villanova (1969, 1970, 1971)
 - IC4A Cross Country Champion (1970) leading his team to the IC4A Team Championship
 - Finished 6th (1969), 8th (1970), and 3rd (1972) NCAA Championship 6 mile with PR of 28:53
 - Finished 47th in the IAAF World Cross Country Championship in Limerick, Ireland to help the Irish National Team finish win a Silver Medal.
 - Was a member of Republic of Ireland Olympic Team in 1972
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MARTY LIQUORI (Athlete) Non Native

- Essex Catholic HS , NJ Villanova University (1968-1971)
- Broke Tom Donnelly's Van Cortlandt Park record by running 12:23.2 for the HS 2.5 mile course . He also won the Eastern States High School Championship
- Ran 3:59.8 to become the 3rd High School Athlete to break the 4 minute Mile barrier (accomplished in the same race that Jim Ryan broke the World Record in Compton, Ca)
- Competed in three NCAA National Cross Country Championships. Finished 73rd (team 2nd) in 1969, 9th (team was National Champions) in 1970, and 30th (team was 4th) in 1971 . All American in Cross Country.
- Six IC4A individual titles, 5 Outdoor AAU titles,
- Won 9x "Championship of America" Races at the Penn Relays
- As a 19 year old, made it into the final in the 1968 Olympic Games in the 1500 meters
- 3x NCAA Champion in the 1500 meters outdoor (1969,1970,1971)
- Won the gold medal in the 1500 at the Pan Am Games in 1971
- 2x USA National Champion in the Outdoor 1500/mile (1969, 1971)
- 3x USA National Champion in the Outdoor 5,000 meter (1975, 1977, 1978)
- Won the 1971 "Dream Mile" over Jim Ryan at Franklin Field running 3:54.6 (1971)
- Ranked #1 in the World in the 1500/mile in 1969 and 1971.
- *Finished 62nd in the National AAU Cross Country Championship held at Belmont Plateau in 1976.
- Ranked #1 in the World in the 5,000 and set US Record (13:15.10) in the 5,000 meter in 1977
- Inducted to the US National Track & Field Hall of Fame
- Personal best times of 3:52.2 (mile) , 8:17 (2 mile), 13:15.10 (5,000) 29:08 (10,000)

KIM GALLAGHER (ATHLETE) Local Native

Born in Philadelphia /grew up in Oreland, Pa Upper Dublin HS (1981)

- Competed for the Olympic Track Club from Ambler, Pa
- Won 12 PIAA Gold Medals in Cross Country and Track & Field. Cross Country Individual Champion for PIAA (AAA) in 1978,1979,1981
- National Record Holder in the 800 meters (2:00.07) and the 1500 (4:16.60)
- Set PIAA HS State individual records on the track by running 2:05.47 (800), 4:41.08 (1600) and on National Record HS 4 x 800 team (8:58.29)
- Won the Penn Relays HS mile 2x (1979 and 1981)
- Earned a Silver medal in the 1984 Olympic Games(Los Angeles) by running a 1:58.63 and a Bronze Medal in the 1988 Olympic Games (Seoul) with a time of 1:56.91.
- In HS, ran a personal best of 4:16.6 (1500), 4:36.94 (mile) and 16:34.7 (5,000)
- Member of both the Pennsylvania Track & Field Coaches Association Hall of Fame and the Penn Relays Hall of Fame

JOHN BURNS (Athlete) Local Native

- La Salle High School (1971-75) Villanova University (1979)
- Philadelphia Catholic League Cross Country Champion (1974) setting a new course record for the 2.9 mile course at Belmont Plateau Park. He set nine (9) cross country course records in an undefeated senior year and was also the Philadelphia Catholic League Mile Champion (1974). Personal bests in HS where 4:13 (mile), 9:17 (2 mile) and 1:57 (800)
- 1976 US Junior National Champion in the 1500 meters, finishing 2nd in international meets against Germany and the USSR
- At Villanova, competed in two NCAA National Cross Country Championships finishing 201st (team 21st) in 1976 and 114th (team 15th) in 1978. Member of 3 IC4A team championships for Cross Country (1977, 1978, 1979). 5th place individual in IC4A with a time of 24:32 at Van Cortlandt Park.
- 3x NCAA All American in track and was Co-Captain of the 1979 Villanova team that won the NCAA National Indoor Track & Field Championships. Member of 3rd place distance medley team.
- A Member of 3x "Championship of America" winning teams (1978 and 1979) and finished 4th (Villanova took the top 4 spots) in the 1500 at the 1978 ICAAAA Outdoor Track & Field Championships.

KARL THORNTON (ATHLETE) Non Local

- Born in New York State University of Pennsylvania (1972)
- Competed in three NCAA National Cross Country Championships placing 91st (team 8th) in 1969, 56th (team 22nd) in 1970 and 81st (team 3rd) in 1971. * Best finish by a Penn Team for Cross Country.
- One of two University of Pennsylvania athletes to break the 4 minute mile barrier in the early 1970s.

MIKE GLAVIN (Athlete/Coach) Local Native

- Grew up in the local South Jersey area Paul VI (1974) Saint Joseph University (1978)
- Competed in two NCAA National Cross Country Championships placing 151st (no team) in 1976 and 125th (no team) in 1977.
- He holds the Saint Joseph University cross country record of the best time for a SJU runner at Belmont Plateau Classic 5.2 mile course (25:36). He set that SJU record in winning the East Coast Conference Individual Championship in 1976.
- He set school records in the mile, 2 mile, 3 mile and 5k and was named to the Saint Joseph University Hall of Fame in 1983 (CONT. ON NEXT PAGE)

- As a Coach, had a stellar high school career at Paul VI (NJ) leading the boy's cross country team to a 110-0 conference duel meet record in his 10 seasons. *His team's streak was part of an overall win streak of 250-0 from 1979-2007. He led the team to 3x Parochial State Championships in cross country(1984, 1985, and 1988), 4x South Jersey Champs in track and 1 state champion in track & field
- Has coached the Men's Cross Country and Track and Field team for the past 26 years (as of 2016). At SJU, his men have won the Atlantic 10 Cross Country Championship 5x (1992, 1998,2000, 2009, 2016) and runner up 8x. Named the Atlantic 10 "Coach of the Year" 5xs
- Since taking over as head coach at SJU, the XC/Track & Field program has produced 183 Atlantic 10 , 14 ICAAAA champions and 7 NCAA qualifiers. Continues to coach today.

CHARLIE MESSENGER (Athlete) Non Native

- Villanova University (1964-1967)
- Competed in three NCAA National Cross Country Championships. Finished 12th (No team) but DQd for cutting the course in 1965, 8th (team was National Champions) in 1966, and 10th (team was National Champions) in 1967.
- IC4A Cross Country Champion (1966) leading his team to the IC4A Team Championship

ED "Monk" ULMER (Coach/Athlete) Local Native

- Born in Philadelphia (Swampoodle neighborhood) Cardinal Dougherty(1961) Saint Joseph(1966)
- Best time on the Strawberry Mansion (2.3 miles) was 13:32
- Cardinal Dougherty HS (1956-1961) Saint Joseph College (1961-1966)
- Competed in cross country & track for both Cardinal Dougherty and Saint Joseph's
- As a Coach: Started the Cross Country & Track & Field program at Archbishop Ryan HS in 1966 and was the only men's head coach from 1966 to 2016 (50 years). Took over the women's program in 1980 and was the head coach of the program until 2016 (36 years). Combined 52 years of coaching Cross Country (2 as an assistant with Cardinal Dougherty HS)
- Coached in every Philadelphia Catholic Cross Country Championship since the PCL started hosting their championship at Belmont Plateau (1965)
- Won a combined 29 Philadelphia Catholic League Titles with 6x Men's Cross Country Titles (5 won in the 1970s). He coached Ryan to a 108 streak for cross country in meets in the 1970s.
- Led Archbishop Ryan Boys to 3 straight Pa. State Indoor Track & Field Championships (1976, 1977, 1978) and coached 2 Boys DMR Relays to HS National Championship (1976 & 2008)

CHRIS MASON (Athlete) Non Native

- Born in England Villanova University (1971)
- Competed in three NCAA National Cross Country Championships. Finished 36th (Team was National Champions) in 1968, 36th (team was 2nd place) in 1969, and 23rd (Team was National Champions) in 1970
- Finished 7th (1969) in the NCAA Championship 1500 (4:02.8) and 8th (1970) in 4:04.0, and 5th in 1971 (All won by his teammate Marty Liquori) (CONT. ON NEXT PAGE)

- Was on 8 “Championship of America” Relays at the Penn Relays (with 3 coming in 1969 and 3 more in 1970). Competed on 4x800, Distance Medley and 4 x 1 mile Relays.
- Finished 4th in the mile at the 1971 AAU National Track & Field Championship
- Resides in the Philadelphia area and has competed strongly in various road races in the city after college
- 6th runner from Villanova to break the 4:00 mile barrier (3:59.9 in 1970)

DICK BUERKLE (Athlete) Non Native

- Born in Rochester, New York Villanova University (1970)
- He is known as being one of the most successful “walk ons” in the history of American Collegiate running due to him having a Personal HS record of 4:28, earning a scholarship his junior year and improving to achieving All American status , national titles and a world record.
- Competed in two NCAA Cross Country Championships. Finished 63rd (Team was National Champions) in 1967 and 22nd (Team was National Champions) in 1968
- All American in Cross Country for Villanova (1968)
- Broke Villanova 2 Mile record 8:46.20 (1969)
- Finished 3rd in the NCAA 5,000 (1970) in 13:27.80
- Won the 1976 Olympic Trials 5,000 meters (13:26.60) and competed in the 1976 Olympic Games in Montreal. Finished 2nd in Olympic Trials 5,000 (1980)
- Broke both the World Indoor Mile record (3:54.93) and US National 2 Mile Record (8:21.76) in the 1970s
- One of a few Villanova University runners to make the cover of “Sports Illustrated”
- Best Times on the Track are 3:54.93 (indoor mile), 8:21.76 (2 mile), 13:23.20 (5,000), and 28:25 (10,000)

DAVE PATRICK (Athlete) Non Native

- Born in Baltimore, Maryland
 - Villanova University (1964-1968)
 - Competed in three NCAA National Cross Country Championships. Finished 17th (no team) in 1965, 39th (Team was National Champions) in 1966, and 34th (Team was National Champions) in 1967
 - NCAA Champion in the Mile (4:02.1) in 1968 and 1500 (3:39.9) in 1968 . 2x NCAA Indoor 880 yard Champion (1967, 1968)
 - Ran on 7 “Championship of America” Relay teams at the Penn Relays (DMR, 4 x800, 4x mile, Sprint Medley)
 - 6x IC4A Mile Indoor/Outdoor Champion (1966, 1967, 1968)
 - Member of the US Olympic team for 1968 in the 1500 meters
 - One of a few Villanova University runners to make the cover of “Sports Illustrated”
 - Broke the 4 min mile 3x with a best time of 3:56.80
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PAT TRAYNOR (Athlete) Local Native

- Grew up in Ardmore, Pa Monsignor Bonner HS (1959) Villanova (1963)
- Philadelphia Catholic League Cross Country Champion in 1957. Won the race on the Strawberry Mansion 2.3 mile course in 11:54.
- Philadelphia Catholic League Outdoor Mile Champion (4:26.3) in 1959
- While at Villanova, competed in two NCAA National Cross Country Championships. Finished 2nd (team 2nd) in 1962, 82nd (no team) in 1961.
- NCAA 3,000 Steeplechase champion (1962) in MR (8:48.6). He was 2nd in 1961
- Finished 4th place in NCAA 5,000 meters in 1962 (14:01.8) and 3rd place in the 5,000 in 1963 (14:31.6)
- Held the 3,000 Meter Steeplechase record (8:32.4)
- USA National Champion in the 3000 meter Steeplechase in 1966 and 1967

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HERB LORENZ (Athlete) Local Native

- Born in 1940 in Frankford, Germany, but grew up, settled in South Jersey area and competed often in Philadelphia/South Jersey area
- Trenton State (1962). Best times in college where 49.7 (400), 4:12 (mile) and 9:30 (2 mile). Went on to have a personal record in the mile (4:02) in 1966.
- 2x Member of the US National Cross Country Team that competed in the World Cross Country Championships
- Finished 14th in the Boston Marathon (1975) for Penn AC at the age of 35.
- One of the most dominate runner in the 1960s and 1970s in the Mid Atlantic region winning multiple AAU Championships at every long distance (5 mile to marathon on the road and cross country races in the area including at Cobbs Creek and Belmont Plateau.
- Ran a 2:17 marathon at the age of 34 and finishing 3rd to Frank Shorter and Kenny Moore in Pan Am Games qualifier in 1974
- Won the famed Berwick "Run for the Diamonds" race in 1969, placed 14th in the Boston Marathon at the age of 36 (1975), and won the famous Long Beach Island 18 Miler (1975).
- He is most known for his dominant career as a Master Runner on the roads and cross country, holding American Master Records in the 10k (30:41), 15k (Road and Track), 20k, Half Marathon (1:07.54) and the 25k.
- Coached High School Cross Country as well at Holy Cross and Lenape)
- Elected to the Road Runners "Hall of Fame" (1989) and was a 3x winner of the Pavo Nurmi Award, presented by Runners World Magazine.

LOUIE QUINTANA (Athlete) Non Native

- Villanova University (1990-1995)
- Competed in three NCAA National Cross Country Championships. Finished 4th (team was 4th) in 1992, finished 14th (no team) in 1993, and finished 16th team finished 9th) in 1994.
- 3 x All American in Cross Country for Villanova (1992, 1993, 1994)
- 2x IC4A Cross Country Champion (1992, 1994)
- 2x NCAA District 2 Cross Country Champion (1992, 1994)
- Ran on "Championship of America" 4 x 800 (1992) and 4 x 1500 (1993) winning teams at the Penn Relays

MARTY "Uncle Marty" STERN (Coach) Local Native

- Born in York but raised in Upper Darby, Pa.
- Coached at the high school and college level for 43 years at Interboro HS, Malvern Prep, Saint James, Central Bucks East and Central Bucks West, (where he led team to 3 Pennsylvania High School State Track & Field Championships), and Delaware Valley College.
- He was Head Women's Cross Country and Track & Field Coach at Villanova (1984-1994), and the Villanova Head Men's Cross Country and Track & Field Coach (1990-94).
- Led Villanova Women's Cross Country Team to five NCAA National Cross Country Championships (1989, 1990, 1991, 1992, 1993), 23 Big East Championships in Cross Country & Track.
- He produced 142 NCAA All Americans in Cross Country & Track, 16 Individual and 5 NCAA Relay Champions.
- While at Villanova, he coached 3 Olympians (Vicki Huber/USA, Sonia O'Sullivan/Ireland, and Salaam Gariba/Ghana), 12 World Record holders, 4 World Champions
- Was named to the coaching team of the 1988 USA Olympics in Seoul, Korea
- Competed for Upper Darby HS and was a Hall of Fame Athlete for West Chester University in the 1950s
- Was an owner of "Uncle Marty's Sneaker Barn and produced numerous tapes and books on coaching

SYDNEY MAREE (Athlete) Non Native

- Born and raised in South Africa. (Later gained USA citizenship)
- Villanova University (1976-1981)
- Competed in two NCAA National Cross Country Championships. Finished 7th (team finished 7th) in 1979 and 82nd (team finished 9th) in 1980
- All American in Cross Country for Villanova (1979)
- 2x IC4A Cross Country Champion (1978,1979)
- 2nd best time ever run on the Belmont Plateau 5.2 Mile (Classic Course), 25:01 (1979)
- Eight time NCAA All American in cross country (1x), indoor (3x) and and outdoor (4x) track
- 2x NCAA Champion in the 1500 (1978 &79), 5000 meter (1979) and 2x champion in distance medley. (CONT. ON NEXT PAGE)

(SYDNEY MAREE –CONT.)

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- Current NCAA 1500 record holder (3:35.30) and the 5,000 (13:20.6)
- Broke the 1500 meter world record (held by Steve Ovett) in 3:31.24 (1983) and later set the US 1500 record of 3:29.77 (1985)
- Broke the US 5,000 meter record by running 13:01.15 (1984). He also set US records in the 2000 and 3,000 meters.
- Finished 11th in the 1987 IAAF World Track Championship (1987) and 5th place finish in the 5,000 meters in the 1988 Olympic Games
- Winner of the Inaugural Fifth Avenue Mile in a time of 3:47.52
- Personal records on the track of 3:48.83 (mile), 13:01.15 (5,000) and 28:21.46 (10,000)

ERIN DONAHUE (ATHLETE) Local Native

- Born in Philadelphia, grew up in Haddonfield, NJ area
 - Haddonfield Memorial HS (1997-2001) North Carolina (2001-2005)
 - Finished 2nd in Manhattan Eastern States Championship at Van Cortlandt Park (2000)
 - Won the New Jersey Meet of Champions Meet at Holmdel Park and 17th in National Foot Locker (1999)
 - 2x National Scholastic Outdoor Mile Champion, setting the national high school and meet record of 4:42 (2001) & was also twice runner up in the javelin
 - Won the High School "Championship of America" Mile (2001)
 - Named NJ Athlete of the Year (2001) and Nike Indoor HS Mile Champion (2001)
 - While at North Carolina University, competed in three NCAA National Cross Country Championships finishing 91st (team 21st) in 2002, 31st (team 8th) in 2003, and 44th (team 10th) in 2004.
 - Finished 2nd (2004) and 3rd (2003) in the NCAA Southeast Region Cross Country Championship.
 - Finished 4th in the 1500 at the NCAA Outdoor Track & Field Championship (2005)
 - NCAA East Region and ACC Outdoor Champion in the 1500 meters (2005)
 - Member of the 2003 NCAA Champion Distance Medley team that set an American Record (10:59.76) in the process. Also member of winning 4 x 800 and 4 x 1500 for North Carolina (2003).
 - Represented the USA at the 2008 Olympic Games in the 1500 meters and also competed in 2012 and 2016 Olympic Trials. (800 and 1500)
 - Finished 6th in the 1500 at the IAAF Indoor Track and Field Championships (2010)
 - Silver Medalist in the 1500 at the USA Outdoor Track and Field Championship
 - 3rd Place finish at the 2010 "Fifth Avenue Mile"
 - 2x Penn Relays Open Mile Champion at the Penn Relays (2006 & 2007)
 - Holds the Belmont Plateau Park 6,000 meter cross country course record by running 21:31.80 (2015) at the Jack Saint Clair Memorial
 - Personal best on track 2:01.12 (800), 4:05.55 (1500), 4:28.99 (mile)
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JEN RHINES (ATHLETE) Non Native

- 2x Footlocker Cross Country Finalist at Liverpool HS.(NY) Villanova University (1996)
 - Competed in three NCAA Cross Country Championships.3x All American in Cross Country
 - NCAA Individual National Cross Country Champion in 1994 (team was National Champions), 2nd place (to her teammate Carol Zajac) in 1993 (team was National Champions), and 98th in 1992 (team was National Champions)
 - 2x NCAA District 2 Champion in Cross Country (1994,1995)
 - 2x ECAC Cross Country Champion (1994, 1995)
 - 4 x NCAA Champion in 5,000 meters (1x Indoor and 3x Outdoor) on the track
 - 3x member of the USA Olympic Team (2000/10,000), (2004/marathon), 2008 (5,000 meter)
 - Multiple times finished in the top 3 in USA National Championship in track in 5k/10k
 - Finished 12th in the 2002 World Cross Country Championships (Team finished 2nd)
 - Finished 7th in the World Track & Field Championships in 5,000 meters
 - Finished 9th in the World Track & Field Championship in 10,000 (2011)
 - Personal records of 14:54 (5,000), 31:17 (10,000), and 2:29:32 (marathon)
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CARRIE TOLLEFSON (Athlete) Non Native

- Born and raised in Dawson, Minnesota. Attended Dawson-Boyd HS (1994)
 - In High School, she won 13 state championships, setting a national record of winning 5 consecutive individual state cross country championships and 8 state championships on the track.
 - Villanova University (1994-1999)
 - Competed in four NCAA National Cross Country Championships.
 - Individual NCAA Cross Country Champion in 1997 (no team). Finished 7th (team 3rd) in 1995, finished 5th (team 2nd) in 1996, and 11th (team was National Champions) in 1998.
 - 4 x All American in Cross Country and 5x NCAA Champion in Cross Country & Track
 - 2x NCAA District 2 Champion in Cross Country and Big East Cross Country Champion in 1997.
 - Named NCAA Indoor Track & Field" Athlete of the Year" in 1998 and was the first in NCAA history to win the 3,000 & 5000 meter double indoors.
 - 8x Big East Champion in cross country & track
 - 2x ECAC Champion in the 1500 meters (1997 & 1999)
 - 3x USA National Champion on the Track in 1500 meters and ranked #1 in 1500 in 2004
 - USA National Champion in the 4k Cross Country Championship
 - Won the US Olympic Trials in the 1500 in 2004 and represented the US in Athens, Greece
-

SEAN QUIGLEY (Athlete) Non Native

- Raised in Braintree, Ma. La Salle University (2007)
- 7x All American for La Salle (2x Cross Country & 5x for Track & Field)
- Earned 2x All American honors in Cross Country finishing 29th (2005) and 15th (2006)
- He won a total of nine Atlantic 10 Individual Championships in Cross Country (2x) & Track & Field (8x) and led La Salle Cross Country team to 3x Atlantic 10 Cross Country Titles
- Named the A 10 “Performer of the Year” 4x and won 10 A10 Individual Titles and 7 LS records, running 3:43 (1500), 13:30 (5,000) and 28:03 (10,000) while at La Salle.
- Placed 5th (2014) and 14th (2013) at the US National Cross Country Championship
- Qualified for the 2008 US Olympic Trials in the 10,000 meters
- Ran the fastest US time in the 10,000 meters in 2008
- Won the Mayors Cup Cross Country Championship in Franklin Park, Boston, Ma
- Won USATF National Road 20k Championship
- Placed 16th in the marathon in the 2012 Olympic Trials (2:14.12)
- Top American (7th overall) in prestigious Bolder Boulder 10k (2014) in Colorado
- Personal best track times of 4:01.3 (mile), 13:27.17 (5,000), 27:50.71 (10k) and 2:13.30 (Mar)

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JACK PYRAH (COACH) Local Native

- Born in Philadelphia and attended Germantown HS (1937)
- Head Cross Country & Track Coach for the Philadelphia Shanahan Catholic Club from 1945 to 1965. Shanahan Catholic Club was located in West Philadelphia and founded in 1895 for local boys youth, grew to be a national power in running during the early 1900s to 1960s. The club organized many nationally known distance races in the Cobbs Creek Park including the Philadelphia Marathon. Pyrah was “summer coach” to Olympians Ron Delany and Browning Ross.
- Named assistant cross country and track & field coach by Villanova Head Coach Elliot in 1966. Remained at Villanova until formal retirement in 1991. Also assisted Head Coaches Charlie Jenkins, John Marshall and Marcus O’Sullivan in his tenure as assistant
- As an assistant at Villanova, had his hand in recruiting and working with 58 “Championship of America” Champs, 50 Individual and 7 team NCAA Champions, 148 Individual and 31 ICAAAA team champs, 184 individual and 9 team Big East Champs and 16 Olympians (men). Also worked helping the female team program.
- Was known to be a top recruiter, keen mind for statistics, and was labeled “the soul of the Villanova program”. Recruited walk on Dick Buerkle, who later became an Olympian.
- Served as head coach for a brief time in 1981 (following Coach Elliot’s passing) and led team to 3 Penn ‘Championship Relays” and a Big East Track & Field Title.
- Named “Coach Emeritus” at Villanova from 1991 for the rest of his life. (CONT NEXT)

- Named Atlantic 10 "Outstanding Performer" 2x (2002, 2003)
- Competed in one NCAA National Cross Country Championship (2003)
- First Philadelphia finisher in the Broad Street 10 mile run (57:56) in 2009

PETE HEESSEN (ATHLETE) Local Native

- Grew up in suburbs of Philadelphia and attended Bishop McDevitt HS (1973)
- Finished 14th (1970), 4th (1971) and 7th (1972) in the Philadelphia Catholic League Cross Country Championship.
- Attended East Stroudsburg University (1977) where he was 2x Div 2 NCAA All- American in Cross Country (1975, 1976)
- He was 2x NCAA Div 2 National Champion in the 3,000 meter Steeplechase (1976 & 1977) and All American in track & field 3x (1975, 1976, 1977)
- After college, competed a few decades on the track, road and in cross country and was a solid performer in the Mid Atlantic area during the 1970s and 1980s. Ran personal bests of 8:49.2 (2 mile), 14:08 (5k road), 14:10 (5k track), 29:20 (10k track), 48:30 (10 miles) and 2:20:05 for the marathon.
- Placed high among National Class runners Nike New Jersey 10 Miler (1986) in a time of 48:30.
- In Kutztown, Pa Road Race Ran a 14:08 5k in beating World Class runners Steve Spence (3rd in World Championship Marathon) and Marcus O'Sullivan.
- According to the Book "Only the Hill", has the fastest recorded time ever run by a Pennsylvania resident at the World Famous Mount Washington 8 Mile Run.
- Won the Colonial Relays 10,000 meters (1986) and at the time has the fastest 10k time of the year in "Track & Field News" national rankings.

AMY KELLY (Athlete) Local Native

- Grew up in the Northeast Philadelphia area
 - St Hubert HS (2000-2004) North Carolina State
 - 3x Philadelphia Catholic League Cross Country Champion (2001,2002, 2003) running 18:58 on the 5,000 course in the PCL Champs her senior year. She also ran Personal bests in the mile (4:52.68) and the 3,000 (9:57.86).
 - 3 x Philadelphia Catholic League Champion in the Outdoor mile (2002, 2003, 2004)
 - For North Carolina State, she qualified for two NCAA National Cross Country Championships finishing 95th (team 12th) in 2004 and 131st (team 19th) in 2006.
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COACH JOHN MCSHAY (COACH) Local Native

- Coached the Cardinal O'Hara Girls Cross Country and Track & Field program from 1986 to 2015
- Led the Cardinal O'Hara girls cross country team to 17 Philadelphia Catholic League Cross Country Championships.
- Coached the Cardinal O'Hara Girls cross country and track & field programs to a total of 28 Philadelphia Catholic League Championships.

RACHEL PAPIN (Athlete) Local Native

- Grew up in the Northeast Philadelphia area
- Saint Hubert HS (2003) La Salle University (2007)
- Finished 2nd in the Philadelphia Catholic League Cross Country Championship (1st was 3x PCL Champ Amy Kelly of Saint Hubert)
- Philadelphia Catholic League 3200 meter champion (2003) and also finished 2nd in the mile in the same meet
- At La Salle University, was the Atlantic 10 Cross Country Champion 3x (2004, 2005, 2006) and named "Outstanding Performer of A10" 3x (2004, 2005, 2006)
- She won a total of 10 Atlantic 10 Individual Championships (3x Cross Country and 7x Track)
- Qualified for three NCAA National Cross Country Championships finishing 100th (2005), 72nd (2006) and 115th (2007).
- Led her team to 4 Atlantic 10 Cross Country Titles (2004-2007)
- Set 3 school records in the 3,000, 5,000 and 10,000 meters
- Set 2 Atlantic 10 records in the 5,000 and 10,000 meters
- Inducted into the La Salle University "Athletic Hall of Fame" in 2014

TOM PARLAPIANO (ATHLETE) Local Athlete

- He grew up in Honeybrook, Pa Saint Pius X HS (1999) Villanova University (2004)
- PIAA Pa. State Champion 2x in Cross Country (AA) in 1997 and 1998 for Saint Pius X
- At Villanova University, he competed in three NCAA Cross Country Championships. Finished 39th (team 6th) in 2000, 54th (team 8th) in 2001, and 163rd (team 12th) in 2002.
- 2 x Big East Champion in the 1500 meters (2002 & 2003) and the 5,000 meters (2004)
- Anchored the Distance Medley team to 3rd place finish in the 2004 NCAA Indoor Track & Field Championship
- 10th in NCAA Regional Cross Country Championship (2002)
- Competed in the 1500 Final (11th) at the NCAA National Track & Field Championship

CHERI GODDARD (ATHLETE) Non Native

- While running for Saratoga Springs HS (1989), won the NY cross country State Championship and NY state champion in the 3,000 meters. She was a member of multiple state cross country team champions at Saratoga Springs
 - While at Villanova University (1993), she competed in four NCAA National Cross Country Championships finishing 56th (1989), 28th (1990), 31st (1991), and 7th (1992) and her team was National Champions in Cross Country all four seasons that she was on the team!
 - Member of multiple 4 x 800 Big East Championship teams as well as multiple Penn Relay winning relays
 - Won the Big East mile/1500 3xs and finished in the top 5 in the NCAA National Track & Field Championships in the 1500/3000 meters.
 - After graduating Villanova, 15th in the USA National Cross Country Championship (1994)
 - Finished 4th in the USA National Cross Country Championship (1996)
 - Finished 3rd in the USA National Cross Country Championship and 59th in the IAAF World Cross Country Championship (2001)
 - Ranked in the top 8 in US in the 3000/5000 from 1995-2003
 - Won the Nationally Famed Freihofers 5k Road Race (1999)
 - Best times of 4:09.16 (1500), 4:31.10 (mile), 8:52.41 (3000), 15:10.50 (5000), 32:55.43 (10k)
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DON PAIGE (Athlete) Non Native

- CW Baker HS (NY) Villanova University (1980)
 - At CW Baker HS, finished 7th overall in NY State Cross Country Championship
 - Competed the NCAA Cross Country National Championship and placed 94th (team 7th) in 1979.
 - 6x NCAA Track & Field Champion
 - Pulled off a rare NCAA Championship 800/1500 double by winning the 800 meters only 35 minutes after winning the 1500 meters at the National Championship.
 - 2x USA Champion in the 1,000 meter
 - Set 5 World Record, 2 American Records and 1 NCAA Record
 - Pan American Gold Medal winner in the 1500 (1979)
 - Won the 800 meter at the 1980 Olympic Trials and named to US Olympic team. *He was the only athlete to defeat the Olympic Champion Seb Coe in the 800 meters in 1980. Ranked #1 in the 800 in the world in 1980. He was ranked #1 in the US for 1000 meters for 5 straight years.
 - Personal best times of 3:54.6 (mile), 1:44.29 (800), 2:20.3 (1000)
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JAN YERKES (ATHLETE) LOCAL

- Born in 1957, grew up and still resides in Buckingham, Pa
- Jan did not compete in high school and began serious running in 1979 at the age of 22.
- Competed shortly for Villanova University, placing 46th in the 1982 NCAA National Cross Country Championship (no team place) and 1st in the Big East Championship in the 5,000 (17:15)
- Best career performances were in road racing, winning or placing high in many local and national road races. Between 1978-1987, she placed in the top 5 in 15 of the 16 marathons she competed in with 7 marathon victories during that time in the Orange Bowl (3x), Philadelphia (CONT. NEXT PAGE)

- Independence (2x in 1981 & 1982), and the Marine Corp Marathon in Washington (1981)
- 8.4 Mile Schuylkill River Loop Run- 1st place in 1982 and current record holder of the longest running (started in 1970) road race in Philadelphia in a time of 47:02 (5:36 per mile)
- 5th Place in the New York City Marathon (1981) in 2:35:39
- 2x Winner of Philadelphia Independence Marathon (1981 & 1982) in 2:39:11
- 3rd in Falmouth (1981), Ma. (11k) in 39:08
- Ceasar Rodney Half Marathon winner in 1981
- 1st in the L'eggs 10k (New York City) in 1981 (35:11) and the Philadelphia Bar 10k (1981)
- Broad Street 10 Mile Run winner in 1990 (56:50)
- 2x Winner of the Philadelphia Distance Run – 1st place in 1981 (1:13:33) and 1990 (1:17:56) and 5th place in 1983 (1:17:26).
- Penn Relays 20k Champion (1991) in a time of 1:15:36)
- Qualified and competed in the 1984 Olympic Trials (Marathon)
- Ranked 6th best Road Runner in the USA by Track & Field News in 1981 and 10th best Road Runner in the USA in 1982.
- Personal Records : 16:54 (5k), 34:10 (10k), 56:25 (10 mile), 1:13:33 (Half Mar), 2:34:28 (Mar)

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ELAINE VAN BLUNK (MCGILLIAN) ATHLETE (LOCAL)

- Born 1965 in Drexel Hill, Pa Graduated : Archbishop Prendergast (1982) Saint Joseph University (1986)
- Finished 3rd (1981) and 4th (1980) for Archbishop Prendergast in the Philadelphia Catholic League Cross Country Championship at Belmont Plateau. Ran 15:58 for the 2.9 mile XC course.
- Finished first and broke the Philadelphia Catholic League Championship record in the 3200 meter (11:09.1) in 1982 PCL Outdoor Track & Field Championship
- While at Saint Joseph University, finished 63rd in the 1985 NCAA National Cross Country Championship
- Finished 6th in the mile at the NCAA National Indoor Track & Field Championship (1986) and 11th in the 1500 at the NCAA National T & F Championship
- 1st Place in the 1500 ECAC Indoor Track & Field Championship (1986)
- She set 8 Saint Joseph University Track & Field Records and NCAA All American in T & F.
- After college, finished 1st in the 3,000 meter at the USA National Indoor T & F Championship (1989)
- She was a member of the USA National team at the IAAF World Championships in 1993, in the 10,000 meters (finished 21st place in 33:42.85)
- 2x Penn Relays Champion in the Olympic Development 10,000 meters in 1990 (31:49) and 1992 (32:48)
- Winner of a number of local elite road races, 2x winner of the Tim Kerr 10k (1989 and 1990)
- 2x Winner of the Broad Street 10 Mile Run (1993/53:15) and 1997 (54:45)

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RICH DiSEBASTIAN (ATHLETE / LOCAL)

- Born 1951, in Drexel Hill, Pa Graduated from Monsignor Bonner HS and Drexel University
- Was the 3rd runner of the Philadelphia Catholic/ City Championship Cross Country Team for Monsignor High School. He finished 3rd overall in Philadelphia City Title Race vs Bartram HS
- While at Drexel University, he held all records in cross country and track events from the mile-5,000 meters. His best time on the Belmont Plateau Classic 5.2 course was 26:44 (CR for Drexel)
- He finished 15th in the IC4A (College Div) Championship at Van Cortlandt Park (25:51). (CONT)

- Post college cross country career included winning the 1976 Mid Atlantic AAU Championship (33:23) on the Belmont Plateau 10,000 meter Cross Country course and 129th in the National AAU Cross Country Championship on the same Belmont Plateau Park course (1976) with a time of 32:27
- On the road, he finished in the top 10 at the Philadelphia Distance Run (13.1 mile) 2x with a best of 1:06.40. He also was a local road champion for a number of years in the 1970s and 1980s winning a number of iconic Philadelphia races such as the Schuylkill River Loop Run, The Philadelphia Bar-Diabetes 10k, the Media 5 Miler, the Radnor Run and the Philadelphia Corporate Challenge 5k.
- 2x Champion of the Philadelphia Marathon (1977 & 1978) running 2:22:38 in 1978.
- Finished 24th at the Boston Marathon in 1982 (2:20:02) and 43rd (2:21:52) in 1978 (4x total in career)
- Finished 63rd place in New York City Marathon (2:22.38) and ran it 4x in his career
- Competed in the 1980 and the 1984 Olympic Trials in the Marathon with best finish of 2:23:42 (87th)
- His entire Elite Post Collegiate Cross Country and Road Race career was done while he worked full time in the Banking profession.

Other Athletes to consider in the future: Moses Mayfield (Local), Tom Osler (Local), Lou Coppens (Local), Bobby Curtis (Non Local), Pat Tiennan (Non Local), Sarah Simonetti (Local), Jason Di Joseph (Local), Coach Patrick Devine (Local), Coach John Sharp (Local), Coach Tom O'Hora (Local), Coach Tom Kennedy (Local), Holly Murray (Local).

OUTSTANDING PERFORMANCE BY A TEAM

There has been many great teams from high school, college and club level that have come out of the Philadelphia area over the years. The outstanding teams are memorable not just for winning a championship, but are special because of the make up the team and the dominance it has shown in one memorable race performance or the outstanding performance is a result of dominance over the course of one season. Below are 6 Teams from my memory that fits the description of Outstanding Performance over the course of a season and also because of the special athletes that on those teams. For the 2018 Class, please pick 1 from the list below, and send me a few teams from your memory bank of outstanding teams or 1 time outstanding performance by a team in a season.

THE 1958 CARDINAL DOUGHERTY BOY'S TEAM

Only 2 years after opening up as a high school in the Olney section of Philadelphia, Coach Jack Saint Clair, Jr led his men's Cross Country team to the Eastern States Interscholastic High School Championship in Van Cortlandt Park (Bronx, NY). This race was a huge high school invitational hosted by Fordham and was generally regarded as the East Coast High School Championship because of all of the best quality programs invited to this race. The team was led by Philadelphia Catholic League Champion, Frank Carver, who went on to have a strong career for Notre Dame University. The team also was Philadelphia Catholic League Champions. It was reported in stories that the Cardinal Dougherty JV team won the "B" race that same day with 15 points!

THE 2012 CARDINAL O'HARA BOYS TEAMS

Coach Tom Kennedy assembled a strong and vibrant team that dominated regular meets during the year. In 2012, his Cardinal O'Hara Boys team won the PCL Championship with an unbelievable winning score of 17 points over a strong La Salle and Saint Joseph team that year. The scoring team of Dan Savage (1), Ernie Pitone (2), Kevin James (3), Matt Hayes (5) and Chris Pastore scored the low of 17 points! This team then went up to Hershey, Pa to run in the PIAA State Championship meet. The team tied West Chester Henderson with 69 points for the Championship, but lost it on the 6th man tie breaker. (FYI-Coach Kennedy came back with 3 new scorers in 2013 to win the PCL championship again with 16 points!)

THE 1971 LA SALLE HIGH SCHOOL BOYS TEAM

Coach Tom Donnelly returned to his alma mater in 1970 after leading the Archbishop Wood team to their first Philadelphia Catholic League Cross Country team Championship. Within a year, he put together the strongest team in the State of Pennsylvania and the East Coast. The 1971 team of Pat Hannon, Dave McKee, Jim Zurbach, Mike McMonagle, and Mark Daniele led a team that was dominate all season. They won every league race, the Manhattan Invitational "A" Race over all the strong New York teams, the Catholic War Vets (Unofficial State Championship Race), the Philadelphia Catholic League Championship, and finished the season by winning the City of Philadelphia Championship with a shutout (the top 5 runners finished within 5 seconds of each other) win vs Overbrook High School at Belmont Plateau. This would have been a favorite to win the PIAA State Championship, but PCL did not compete in the PIAA at the time.

THE 1989 VILLANOVA WOMEN'S TEAM

This was the first Villanova women's cross country team to win a NCAA National Championship team. The top 6 runners continued on to have stellar careers after college and this team was a "dream team" of great runners assembled by Coach Marty Stern. Vicki Huber (SR) won the NCAA championship (later a world record holder, 6th in the 3000 at the Olympics in 1988,) Kathy Franey finished 12th as a SR, went on to be USA national champion in the 3,000 and Millrose Mile winner). Sonia O'Sullivan was a junior in 1989 and later went on to win the NCAA XC, 4x Olympian for Ireland, 2x World Champ in Cross Country and World Track Champ in 5,000). 4th Runner for the Wildcats was Kim Certain, JR, who finished 50th and later make the Olympic team for the country of Antiqua & Bachuda in 1996. Cheri Goddard was a freshmen and finished 56th overall and the fifth runner for Villanova. Goddard later qualified for the Olympic Trials and was ranked first in the US in the 5,000 in 1999). The sixth runner for this stacked team was Junior, local runner, Kate Fonshell, who went on to win the Olympic Trials marathon in the 10,000 and represent the US in the Olympics in Atlanta in 1996.

THE 2016 CARDINAL O'HARA GIRLS TEAM

Led by Olivia Arizon's 13th place finish, the 2016 Cardinal O'Hara Girls team became the first team (boy or girl) and compete at Belmont Plateau, to come back to Philadelphia with the PIAA (AAA-Large School) Pennsylvania State Championship in Cross Country. Arizon was followed by Elizabeth Mancini (19), Eleanor Mancini (41), Christine Mancini (48), and Sarah Hayes (70) to lead Cardinal O'Hara to the State Title with 107 points. A few weeks earlier the team had scored a total of 19 points (1-2-3-5-8) to dominate the Philadelphia Catholic League and win the PCL Title. The top 4 runners on the team ran under 19:40 that day on the 5,000 meter CC Course at Belmont Plateau. The team were also declared City Champions by winning the District 12 (Phila) meet.

THE 2017 LA SALLE HIGH SCHOOL BOYS TEAM

This La Salle High School Boys team became the first Boys team ever from the Philadelphia area and compete at Belmont Plateau to win the PIAA (AAA-Large School) Pennsylvania State Championship in Cross Country. The team was led by Evan Addison (11) on the Hershey course and was followed by Bradley Koors (37), Ethan Maher (53), Paul Ghantous (54), Sean Egan (72) to score 130 points. The team tied with Council Rock for 1st place and the Championship was decided by the 6th runner for the LS team who was Vince Twomey who broke the tie with a 82nd place finish in the 5,000 meter race. This dominant La Salle team had won the Philadelphia Catholic League Championship a few weeks earlier by winning the PCL Championship at Belmont in a shutout (1-2-3-4-5) and the 6th runner placing 7th. The team was also declared City of Philadelphia Champion by winning the District 12 meet at Belmont Plateau. This team was coached by Greg Bilecki, who had ran for La Salle High and for Haverford College, who was coached by Belmont Plateau Cross Country Hall of Famer, Tom Donnelly.