

IC4A Individual Champions

Year	Race Name	Distance	Individual Champion		Time
1899-1907 meet held under the auspices of the Intercollegiate Cross Country Association					
1899	Varsity	6 Miles 240 yds	John F. Cregan	Princeton	34:05 2/5
1900	Varsity	6 Miles 240 yds	Alexander (Alex) Grant	Pennsylvania	34:17
1901	Varsity	6 Miles 240 yds	Douglas W. Franchot	Yale	34:20
1902	Varsity	6 Miles 240 yds	Arthur C. Bowen	Pennsylvania	34:20
1903	Varsity	6 Miles	Warren E. Schutt	Cornell	33:15
1904	Varsity	6 Miles	Edmund T. Newman	Cornell	32:52
1905	Varsity	6 Miles	W.J. Hale	Yale	32:53
1906	Varsity	6 Miles	Lloyd P. Jones	Pennsylvania	35:28 2/5
1907	Varsity	6 Miles	Guy Haskins	Pennsylvania	35:09 1/5
I.C.A.A.A. takes over the meet from the disbanded Intercollegiate Cross Country Association					
1908	University	6 Miles	Hobart C. Young	Cornell	34:14
1909	University	6 Miles	Tell S. Berna	Cornell	33:05 1/5
1910	University	6 Miles	John Paul Jones	Cornell	33:24
1911	University	6 Miles	John Paul Jones	Cornell	34:41 3/5
1912	University	6 Miles	John Paul Jones	Cornell	32:29 1/5
1913	University	6 Miles	Robert Boyd	Harvard	34:07
1914	University	6 Miles	D.F. Potter Jr.	Cornell	34:00 3/5
1915	University	6 Miles	John Overton	Yale	33:21 1/5
1916	University	6 Miles	John Overton	Yale	35:30.8
1917	University	6 Miles	Ivan Dresser	Cornell	33:00
1918	Meet not held - WWI				
1919	University	6 Miles	John Simmons	Syracuse	32:55.8
	Freshman	3 Miles	Tom Campbell	Yale	16:07.2
1920	University	6 Miles	John Romig	Penn State	33:01.0
	Freshman	3 Miles	Mal Douglas	Yale	16:30.0
1921	University	6 Miles	Robert Brown	Cornell	32:20.5
	Freshman	3 Miles	Elmer McLane	Pennsylvania	16:02.6
1922	University	6 Miles	Walter Higgins	Columbia	32:21.8
	Freshman	3 Miles	Walton Shipley	Penn State	16:11.1
1923	Freshman	3 Miles	Macauley Smith	Yale	16:22.0
	University	6 Miles	J. Verne Booth	Johns Hopkins	32:10.0
1924	Freshman	3 Miles	George Briggs	Yale	17:31.0
	University	6 Miles	Macauley Smith	Yale	31:24.0
1925	Freshman	3 Miles	Horace Benson	Cornell	15:05.0
	University	6 Miles	Willard Tibbetts	Harvard	30:34.0
1926	Freshman	3 Miles	Robert Swede	Princeton	14:56.2
	University	6 Miles	William Cox	Penn State	30:04.0
1927	Freshman	3 Miles	Richard Detwiller	Penn State	15:22.4
	University	6 Miles	William Cox	Penn State	30:36.8
1928	Freshman	3 Miles	Daniel Dean	Pennsylvania	15:11.0
	University	6 Miles	James Reid	Harvard	30:11.0
1929	Freshman	3 Miles	Joseph McCluskey	Fordham	14:47.0
	University	6 Miles	Francis Lindsay, Harry Richardson	Maine, Maine	30:06.0
1930	Freshman	3 Miles	Frederick Knepper	Manhattan	14:55.0
	University	6 Miles	Clark Chamberlain	Michigan State	30:19.2
1931	Freshman	3 Miles	Frank Crowley	Manhattan	14:13.0
	University	6 Miles	Daniel Dean	Pennsylvania	29:23.6
1932	Freshman	3 Miles	Daniel Smith	Rutgers	14:33.1
	University	6 Miles	George Barker	NYU	28:58.8
1933	Freshman	3 Miles	William Hunnewell	Maine	14:47.0
	University	6 Miles	Thomas Ottey	Michigan State	30:00.0
1934	Freshman	3 Miles	John Sharpe	Columbia	15:38.4
	University	6 Miles	Thomas Ottey	Michigan State	31:54.6
1935	Freshman	3 Miles	Charles (Chuck) Southard	Syracuse	15:51.4
	University	5 Miles	John Edward Bechtold	Michigan State	26:23.6
1936	Freshman	3 Miles	Richard (Dick) Frey	Michigan State	15:32.0
	University	5 Miles	Kenneth Waite	Michigan State	26:26.3
1937	Freshman	3 Miles	William Smith	Cornell	15:55.4
	University	5 Miles	Howard Welch	Cornell	26:54.0

1938	Freshman	3 Miles	Leslie MacMitchell	NYU	15:58.8
	University	5 Miles	William Smith	Penn State	26:33.3
1939	Freshman	3 Miles	Glenn Masten	Colgate	15:54.0
	University	5 Miles	Leslie MacMitchell	NYU	26:28.6
1940	Freshman	3 Miles	Henry Hart	Temple	15:47.2
	University	5 Miles	Leslie MacMitchell	NYU	26:02.8
1941	Freshman	3 Miles	Gerlad Karver	Penn State	15:51.3
	University	5 Miles	Leslie MacMitchell	NYU	26:40.1
1942	Freshman	3 Miles	Robert Farley	Manhattan	16:16.0
	University	5 Miles	Frank Dixon III	NYU	27:08.4
1943	University	5 Miles	Donald Burnham	NYU	28:12.9
	University	5 Miles	Vincent Barry	US Naval Academy	27:34.1
1944	University	5 Miles	John Hanley	NYU	38:21.3
	University	5 Miles	Curtis Stone	Penn State	27:07.9
1945	Freshman	3 Miles	Lawrence (Larry) Ellis	NYU	15:39.5
	University	5 Miles	Robert Black	Rhode Island State	25:37.0
1946	Freshman	3 Miles	William Lucas	Manhattan	15:17.9
	University	5 Miles	Robert Black	Rhode Island State	25:00.4
1947	Freshman	3 Miles	Carl Joyce	Georgetown	15:33.8
	University	5 Miles	Richard (Dick) Shea	Army West Point	25:14.7
1948	Freshman	3 Miles	James Byrne	St. John's	15:39.4
	University	5 Miles	Richard (Dick) Shea	Army West Point	25:21.4
1949	Freshman	3 Miles	Robert Stevens	Yale	16:05.8
	University	5 Miles	Richard (Dick) Shea	Army West Point	24:55.1
1950	Freshman	3 Miles	George King	NYU	14:59.5
	University	5 Miles	Charles Capozzoli	Georgetown	24:30.1
1951	Freshman	3 Miles	Robert Lippemeier	Georgetown	14:43.2
	University	5 Miles	John Kelley	Boston	24:51.7
1952	Freshman	3 Miles	Ronald Delaney	Villanova	14:53.5
	University	5 Miles	George Terry	Boston	24:36.4
1953	Freshman	3 Miles	Peter Close	St. John's	15:07.6
	University	5 Miles	Henry Kennedy	Michigan State	24:30.3
1954	Freshman	3 Miles	Donald Luisi	Fordham	14:28.9
	University	5 Miles	Henry Kennedy	Michigan State	24:01.8
1955	Freshman	3 Miles	George Verdisco	Georgetown	14:56.3
	University	5 Miles	Crawford (Forddy) Kennedy	Michigan State	24:14.8
1956	Freshman	3 Miles	Thomas(Tom) Laris	Dartmouth	14:16.1
	University	5 Miles	Crawford (Forddy) Kennedy	Michigan State	24:21.4
1957	Freshman	3 Miles	Gerald Norman	Penn State	14:30.8
	University	5 Miles	Crawford (Forddy) Kennedy	Michigan State	23:51.8
1958	Freshman	3 Miles	Masati (Steve) Machooka	Cornell	15:24.9
	University	5 Miles	Robert (Bob) Lowe	Brown	24:40.4
1959	Freshman	3 Miles	Thomas(Tom) Sullivan	Villanova	15:44.0
	University	5 Miles	Masati (Steve) Machooka	Cornell	26:02.9
1962	University	5 Miles	Victor (Vic) Zwolak	Villanova	24:47.3
	College	5 Miles	Paul Mineham	La Salle	26:28.1
	University Freshman	3 Miles	Bruce Andrews	Seton Hall	15:32.3
	College Freshman	3 Miles	Fred Judkins	Maine	16:06.3
1963	University	5 Miles	Victor (Vic) Zwolak	Villanova	24:46.8
	College	5 Miles	Paul Mineham	La Salle	26:30.6
	University Freshman	3 Miles	James (Jim) McDermott	Georgetown	15:04.1
	College Freshman	3 Miles	Karl McKusick	Bates	15:38.0
1964	University	5 Miles	Joseph (Joe) Lynch	Georgetown	24:41.8
	College	5 Miles	James(Jim) O'Connell	CCNY	25:35.0
	University Freshman	3 Miles	Charles Messenger	Villanova	14:58.6
	College Freshman	3 Miles	William (Bill) Mahoney	Temple	15:27.4
1965	University	5 Miles	Eamon O'Reilly	Georgetown	24:24.2
	College	5 Miles	James(Jim) O'Connell	CCNY	25:26.3
	University Freshman	3 Miles	Gordon McCusick	Cornell	14:46.4
	College Freshman	3 Miles	John Schilling	Temple	15:30.5

1966	University	5 Miles	Charles (Charlie) Messenger	Villanova	24:15.6
	College	5 Miles	Ambrose Burfoot	Weslayan	24:40.7
	University Freshman	3 Miles	Arthur (Art) Dulong	Holy Cross	14:28.4
	College Freshman	3 Miles	Sebside Mamo	Colby	14:14.4
1967	University	5 Miles	Arthur (Art) Dulong	Holy Cross	24:04.4
	College	5 Miles	Ambrose Burfoot	Weslayan	24:25.4
	University Freshman	3 Miles	Martin (Marty) Liquori	Villanova	14:20.8
	College Freshman	3 Miles	F. Allen Webb	Lafayette	15:30.4
1968	University	5 Miles	Stephen Stageberg	Georgetown	24:32.4
	College	5 Miles	Ron Stonitsch	C.W. Post	25:48.2
	University Freshman	3 Miles	Gregory Fredericks	Penn State	14:49.2
	College Freshman	3 Miles	Timothy Steele	Lehigh	15:42.6
1969	University	5 Miles	Arthur (Art) Dulong	Holy Cross	24:06.8
	College	5 Miles	Ron Stonitsch	C.W. Post	25:03.3
	University Freshman	3 Miles	Phil Banning	Villanova	14:52.4
	College Freshman	3 Miles	Danial (Dan) Moynihan	Wesleyan	15:04.7
1970	University	5 Miles	Donal Walsh	Villanova	24:10.4
	College	5 Miles	Dale Keenan	Lafayette	24:54.8
	University Freshman	3 Miles	Robert Wheeler	Duke	14:24.5
	College Freshman	3 Miles	David Reinhart	American	15:21.5
1971	University	5 Miles	Robert (Bob) Wheeler	Duke	24:27.0
	College	5 Miles	Daniel (Dan) Moynihan	Tufts	25:03.7
1972	University	5 Miles	Michael Keogh	Manhattan	24:03.8
	College	5 Miles	Daniel (Dan) Moynihan	Tufts	24:34.9
1973	University	5 Miles	John Hartnett	Villanova	24:00.0
	College	5 Miles	Charles Duggan	Springfield	24:36.6
	Junior Varsity	5 Miles	Richard Langford	Albany	26:26.0
1974	University	5 Miles	DennisTrujillo	Army West Point	24:20.8
	College	5 Miles	David Moller	Rochester	24:27.2
	Junior Varsity	5 Miles	Leonard Porzio	Bucknell	26:52.6
1975	University	5 Miles	David Merrick	Pennsylvania	23:51.0
	College	5 Miles	Robert Braile	Bucknell	25:11.8
1976	University	5 Miles	Curt Alitz	Army West Point	23:58.1
	College	5 Miles	Frank Richardson	MIT	25:05.8
1977	Championship	5 Miles	John Flora	Northeastern	24:17.0
	University	5 Miles	Paul Steeds	Fairleigh Dickinson	25:06.1
	College	5 Miles	Dom Finelli	Brandeis	25:39.4
1978	University	5 Miles	Mark Kimball	Boston	24:51.5
	College	5 Miles	Charles (Chuck) Wimberly	George Mason	25:06.7
	Championship	5 Miles	Sydney Maree	Villanova	24:04.2
1979	University	5 Miles	Mark Kimball	Boston	25:01.9
	College	5 Miles	Jack Kruse	Glassboro State	25:11.1
	Championship	5 Miles	Sydney Maree	Villanova	23:59.4
1980	University	5 Miles	Fraser Hudgins	William and Mary	25:22.2
	College	5 Miles	Kevin Foley	Haverford	25:35.0
	Championship	5 Miles	Solomon Chebor	Fairleigh Dickinson	24:11.9
1981	University	5 Miles	Gregory (Greg) Cauller	Millersville State	25:08.8
	College	5 Miles	John Bannish	Brandeis	25:34.0
	Championship	5 Miles	Steve Binns	Providence	23:52.5
1982	University	5 Miles	Andy Whitney	William and Mary	24:27.1
	College	5 Miles	Greg Rapp	Glassboro State	24:11.5
	Championship	10,000 Meters	Brendan Quinn	Providence	29:43.0
1983	College	5 Miles	William King	Millersville State	23:55.0
	Championship	10,000 Meters	Richard O'Flynn	Providence	30:05.0
1984	College	5 Miles	Ken Halla	William and Mary	25:07.0
	Championship	10,000 Meters	Richard O'Flynn	Providence	29:49.4
1985	Championship	10,000 Meters	Jean Pierre Ndayisenga	West Virginia	30:39.0
1986	Championship	10,000 Meters	Dean Crowe	Boston	29:55.08
1987	Championship	10,000 Meters	Eric Carter	Penn State	30:34.0
1988	Championship	10,000 Meters	Greg Whiteley	Brown	29:57.0
	University	10,000 Meters	Timothy Dunn	Rhode Island	30:57.0
1989	Championship	10,000 Meters	Kipkoech (Kip/Sammy) Cheruiyot	Mount St. Mary's	29:13.0

1990	Championship	10,000 Meters	Peter Rono	Mount St. Mary's	30:58.0
	University	10,000 Meters			
1991	Championship	10,000 Meters	Terrence Mahon	Villanova	30:17.25
	University	10,000 Meters	Bryan Spoonire	Seton Hall	32:00.0
1992	Championship	10,000 Meters	Louie Quintana	Villanova	29:57.3
	University	10,000 Meters	David McCombs	Liberty	32:05.2
1993	Championship	10,000 Meters	Jason Stewart	Army West Point	29:00.0
	University	10,000 Meters			
1994	Championship	10,000 Meters	Louie Quintana	Villanova	30:12.0
	University	10,000 Meters			
1995	Championship	10,000 Meters	Mark Carroll	Providence	29:24.0
	University	10,000 Meters			
1996	Championship	10,000 Meters	Dan Brown	Army West Point	29:28.0
	University	10,000 Meters	David Robinson	Lafayette	30:51.0
1997	Championship	5 Miles	Tony Barroco	Princeton	24:48.0
	University	5 Miles	Sean Lynch	Manhattan	25:18.6
	Coaches	5 Miles	Jay Wassell	Iona	25:56.1
1998	Championship	5 Miles	Matthew Lane	William and Mary	24:06.3
	University	5 Miles	Paul Bourg	Towson	25:08.0
	Coaches	5 Miles	Paul Morrison	Princeton	25:43.4
1999	Championship	5 Miles	Steven Ondieki	Fairleigh Dickinson	24:24.0
	University	5 Miles	Steve Gourley	Lehigh	25:43.9
	Coaches	5 Miles	Ryan Raffa	Cornell	26:02.2
2000	Championship	5 Miles	Mike Degennaro	Delaware	24:52.4
	University	5 Miles	Michael Nehr	Marist	25:58.7
	Coaches	5 Miles	Gregg Davis	Penn State	25:38.8
2001	Championship	5 Miles	Matt Spring	Manhattan	25:04.6
	University	5 Miles	John Bitok	Syracuse	25:34.0
	Coaches	5 Miles			
2002	Championship	5 Miles	John Bitok	Syracuse	25:05.8
	University	5 Miles	Xavier Deboissezon	Colgate	25:40.5
	Coaches	5 Miles	Eric Heikkila	Bucknell	27:42.0
2003	Championship	5 Miles	Casey Moriarty	Yale	24:57.6
	University	5 Miles	Stephen Meinelt	New Hampshire	24:49.5
	Coaches	5 Miles	Bryan Jarret	Cornell	26:35.0
2004	Championship	5 Miles	Chris Foster	Penn State	24:55.
	University	5 Miles	Robbie Freeman	Albany	25:17.0
2005	Championship	5 Miles	Ryan Sheehan	St. Francis (Pa)	24:58.9
	University	5 Miles	Tyler Raymond	Manhattan	25:24.7
	Coaches	5 Miles	Paul Noone	UMass Amherst	26:29.3
2006	Championship	5 Miles	Charles Moran	James Madison	24:38.1
	University	5 Miles	Jaime Julia - Perez	Adelphi	25:49.8
	Coaches	5 Miles	Benjamin Jacobs	New Hampshire	26:27.1
2007	Championship	5 Miles	Daniel Nunn	Georgetown	25:13.0
	University	5 Miles	Ricardo Estremera	Albany	25:35.0
	Coaches	5 Miles	Kevin Johnson	UMass Amherst	26:29.0
2008	Championship	5 Miles	Josh Eddy	Duquesne	25:11.0
	University	5 Miles	Nicholas Decrescen	New Hampshire	25:31.0
2009	Championship	8,000 Meters	Everett Hackett	George Mason	25:22.1
	University	8,000 Meters	Christian Baumbach	NJIT	25:36.8
	Coaches	8,000 Meters	Mark Del Monaco	La Salle	27:42.27
2010	Championship	5 Miles	Christian Gonzalez	Rider	24:52.7
	University	5 Miles	Mike May	Temple	25:24.8
	Coaches	5 Miles	Kasey Geller	La Salle	26:55.6
2011	Championship	5 Miles	Joe Stilin	Princeton	24:47.0
	University	5 Miles	Julian Saad	Fordham	25:28.0
	Coaches	5 Miles	Ian Barnhill	La Salle	27:03.0
2012	Championship	5 Miles	Bobby Peavey	Georgetown	25:08.5
	University	5 Miles	Christopher Johnson	Colgate	25:28.8
2013	Championship	5 Miles	John Murray	Georgetown	24:56.6
	University	5 Miles	Jonathan Anelli	Fordham	25:33.9
	Coaches	5 Miles	Michael Cassidy	St. Joseph's (Pa)	27:12.2

2014	Championship	5 Miles	Michael Sublette	Princeton	24:57.0
	University	5 Miles	Michael Turi	Fordham	25:46.0
	Coaches	5 Miles	Eddie Owens	Princeton	25:29.9
2015	Championship	5 Miles	Jack Boyle	Columbia	25:21.2
	University	5 Miles	Chad Maloy	Canisuius	25:28.4
	Coaches	5 Miles	Keenan Piper	Columbia	26:45.5
2016	Championship	8,000 Meters	Rob Napolitano	Columbia	25:45.0
	University	8,000 Meters	Paul Duffey	Northeastern	25:41.0
	Coaches	8,000 Meters	Will Sponaugle	St. Joseph's (Pa)	27:55.0
2017	Championship	5 Miles	Marc Steinsberger	Temple	25:10.4
	Coaches	5 Miles	Donovan Meara	Temple	26:53.1
2018	Championship	8,000 Meters	Kristian Holm Jensen	Temple	22:36.0
	Coaches	8,000 Meters	Bryce Hedman	Stony Brook	23:58.0
2019	Championship	5 Miles	Tyler Berg	Columbia	24:52.0
	Coaches	5 Miles	William Whelan	Fordham	26:40.0
2020	Meet Not Held - COVID-19				
2021	Championship	8,000 Meters	Brandon Olden	Siena	25:22.0
2022	Championship	8,000 Meters	Anthony Monte	Princeton	23:52.8
2023	Championship	8,000 Meters	Benjamin Godish	Northeastern	23:55.7
	Coaches	8,000 Meters	Ben Kuhn	Columbia	25:06.2