

DOWNINGTOWN RUNNING COMPANY



OPEN RACING TEAM

Mark Stallings

Mark attended Great Valley High School (1995-1999) where he was 2nd in the PIAA All-District Championship 5K in 15:38 and 3rd in the PIAA All-State Championship 3200 in 9:25. At Millersville University (1999-2003) is where Mark really started to blossom, 5 time NCAA Division 2 All-American; 2 in cross country and 3 in track. He continues today running and challenging himself to new PR's on the roads, cross country and track.

Post College

Track PRs:

5K 14:12

10K 29:13

Road PRs

Race Against Racism	14:53	5K
Subaru 4 Mile Chase	19:19	4 miles
U.S.A. 8K Championship	23:49	8K
Tim Kennard 5 Miler	24:04	5 miles
Guidant Heart of Summer 10K	30:29	10K
Lilac Bloomsday 12 K	36:53	12K
New Milford 8 Miler	41:03	8 miles
Berwick Run for the Diamonds	45:25	9 miles
U.S.A. 15K Championship	45:42	15K
U.S.A. 10 Mile Championship	49:06	10 miles
U.S.A. 20K Championship	1:04:19	20K
Phila. ½ Marathon (debut)	1:07:22	½ marathon

Career Highlights

2004 Boston 8K mayor's Cup	24:20	6 th Place
Hillsdale 10K Midwest Distance Solution Meet	29:13	2 nd Place
U.S.A. 2004 12K Cross Country Championship	36:50	24 th Place
U.S.A. 15K Championship	45:42	16 th Place
U.S.A. 10 Mile Championship	49:06	13 th Place
Philadelphia ½ Marathon (debut)	1:07:22	22 nd Place

College Accomplishments

Track PRs

5K 14:19

10K 29:29

Collegiate Career Highlights

-5 time NCAA Division 2 All-American: 2 in cross country and 3 in track

-3 time East Regional Athlete of the Year- 2 in cross country and 1 in track

-2 time Most Valuable Athlete (MVA) in track