

The Most Improved Runner Award - Boys' Cross Country

Year	Recipient
2025	John Heaney '28
2024	Phineas Brown '26
2023	Cy Karlik '24
2022	Lucas Ochis '24
2021	no recipient awarded
2020	no recipient awarded
2019	Alec Finch '22
2018	Danny Lee '19
2017	Trey Ketzner '21
2016	Robin Zhang '19, James Doucette '18
2015	no recipient awarded
2014	???
2013	???
2012	Malcolm Brown '14 and Matt Baldeosingh '16
2011	Alex McIlvaine '14
2010	Dheurs Rodriguez '11
2009	Chaitanya Singhanian '12
2008	no recipient awarded
2007	no recipient awarded
2006	Doug Stuart '09 and Albert Kwak '09
2005	no recipient awarded
2004	David Agia '06
2003	Donny Duffy '04 and David Fowler '06
2002	Richard DeSalvo '04
2000	Nick Kinney '03
1999	Michael Stephens '01
1998	Jamie Cowan '99 and Drew Heckman '99
1997	Ben Harrington '99
1996	Lee Gorny '99
1995	Don Kellogg '98 and Jared Rochester '99
1994	Geoff Carson '97 and Simon Saddleton '97
1993	Logan Greenlee '97
1992	J.R. Parsons '96
1991	Adrian Keevil '93
1990	Charlie Meyer '94 and John Morgan '94
1989	Mike Pignatello '93
1988	Jared Ravich '90
1987	Horace Jones '88
1986	Darron Mills '89
1985	Chuck Panaccione '88

1984	Peter Fallaw '86 and Ross Ellis '87
1983	Max Terry '85
1982	Mark Gilchrist '84 and Ed Hammond '86
1981	Bobby Owens '83
1980	Chris Flint '81
1979	Jason Walker '84
1978	Robbie Colburn '80
1977	no recipient awarded
1976	no recipient awarded
1975	Paul Michael '77