

Everything you need to know about...

# Charlie McMullen

Everything you need to know about **Charlie McMullen**'s running career is made available courtesy of his Univ. of Missouri teammate, Richard Cotter, now living in Auckland, New Zealand. Also, thanks to Tim McMullen, Mike Platt and Bill Quinlisk. This information was collected in the Fall of 2003.

## CHARLES LEWIS McMULLEN - "A RUNNER'S RUNNER"

### 35+ YEARS OF CHAMPIONSHIP RUNNING EXCELLENCE

1951-2003

\*\*\*\*\* Notes Outstanding Achievements

#### Section I - RECORDS

\*\*\*\*\* - RECORD HOLDER: 3 NJCAA INSTITUTION RECORDS, STILL HELD/CO-HELD  
880 YARDS/800 METERS  
1 MILE/1600 METERS  
SPRINT MEDLEY RELAY (ANCHOR)  
**SUNY at COBLESKILL**

\*\*\*\*\* - RECORD HOLDER: 4 NCAA INSTITUTION RECORDS, STILL HELD/CO-HELD  
1 MILE  
1500 METERS  
DISTANCE MEDLEY RELAY (ANCHOR)  
4 x 1 MILE RELAY (ANCHOR)  
**UNIVERSITY of MISSOURI**

\*\*\*\*\* - UNIVERSITY OF MISSOURI:  
FIRST RUNNER TO RUN A SUB-4 MINUTE MILE  
2ND MILER EVER TO SUB-4 IN STATE OF MICHIGAN, MSU'73  
NCAA THIRD FASTEST EVER 4 x 1 MILE RELAY, ANCHOR & FASTEST SPLIT

\*\*\*\*\* - RECORD HOLDER: STATE OF IOWA MARATHON ALL-COMERS, 2:15:19, still held  
DRAKE RELAYS MARATHON \*\*Race discontinued after 1993, annual running 1969-1993.

\*\*\*\*\* - RECORD OUTDOOR MILE ALL-COMERS: BOSTON/MASSACHUSETTS/NEW ENGLAND\*  
20TH FASTEST ALL TIME USA MILER AT THE TIME.  
Fastest ever winning time by a NY State High School Alumni when run, 3:56.9 '74

Note: \*New England Record Held from 1974 to 1998, Boston/Mass still held.  
(The new N.E. record is 0:00.08 of a second faster, 2nd best retained.)

\*\*\*\*\* - FIRST EVER USA RUNNER TO RUN: SUB-4 MILE and SUB-2:16 MARATHON  
1st OF ONLY 15 USA ATHLETES TO ACHIEVE HIS MIDDLE AND LONG DISTANCE STANDARD,  
ACHIEVED AT LEAST 2 TIMES IN BOTH EVENTS

## Section II - HIGH SCHOOL

### Spencerport High School '69, Spencerport, NY

\*\*\*\*\* - 1968 NYSPHSAA STATE HIGH SCHOOL CHAMPION, CLASS B: CROSS COUNTRY  
NYSPHSAA SECTION V 1968 ALL-STAR: CROSS COUNTRY

## Section III - JUNIOR COLLEGE

### SUNY at Cobleskill, Cobleskill, NY

\*\*\*\*\* - NJCAA ALL-AMERICAN: CROSS COUNTRY 1969  
\*\*\*\*\* - NJCAA 4 TIME NATIONAL QUALIFIER; 2 Times X-C, 2 Times Track  
\*\*\*\*\* - NJCAA CROSS COUNTRY NATIONALS: 8TH PLACE FINISHER IN 1969  
20TH PLACE FINISHER IN 1970  
\*\*\*\*\* - NJCAA REGION III CHAMPIONSHIPS: 4 TIME TOP 4 FINISHER  
(2 TIME EVENT WINNER)  
(1 TIME EVENT RUNNER-UP)  
\*\*\*\*\* - NJCAA SET AND HELD NUMEROUS X-C COURSE RECORDS  
- NJCAA REGION III CHAMPION TEAM MEMBER: CROSS COUNTRY  
- NJCAA REGION III CHAMPION TEAM MEMBER: TRACK

## Section IV - UNIVERSITY

### University of Missouri

\*\*\*\*\* - NCAA 3 TIME ALL-AMERICAN\*\*\*: X-COUNTRY AND IN/OUTDOOR TRACK  
ACHIEVED IN 2&1/2 YEARS AT NCAA LEVEL  
(NOTE: BASED UPON TODAY'S CRITERIA IT  
WOULD TOTAL AT LEAST 5 TIMES ALL-AMERICAN  
IN JUST 5 SEMESTERS.)  
\*\*\*\*\* - NCAA DIV. 1 CHAMPIONSHIP WINNER: Dist. Medley Relay- Anchor  
\*\*\*\*\* - NCAA DIV. 1 INDIVIDUAL CHAMPIONSHIP FINALIST: 3 TIMES, 1 MILE  
\*\*\*\*\* - NCAA DIV. 1 NATIONAL X-COUNTRY CHAMPIONSHIP RACE: 13TH PLACE  
FINISHED AHEAD OF THE ENTIRE OREGON TEAM,  
RACED WITH ONLY 1 SHOE ON, MUDDY COURSE  
\*\*\*\*\* - CENTRAL COLLEGIATE CHAMPION: 1973 OUTDOOR 1 MILE RUN  
\*\*\*\*\* - BIG EIGHT INDIVIDUAL CHAMPION: 3 TIMES in 1973 and 1974  
1974 OUTDOOR 1 MILE RUN

1974 INDOOR 1 MILE RUN

1973 OUTDOOR 1 MILE RUN

- BIG EIGHT MULTIPLE HIGH PLACE RESULTS: X-C and TRACK

\*\*\*\*\* - CHAMPION DISTANCE MEDLEY RELAY TEAM ANCHOR:

WINNERS AT THE DRAKE (2), KANSAS & TEXAS RELAYS AND NCAA FINALS

\*\*\*\*\* - 10 TIMES ANCHORED TOP 3 FINISHES AT MAJOR RELAYS DISTANCE EVENTS

INCLUDING THE DRAKE, KANSAS, TEXAS RELAYS AND NCAA INDOOR FINALS

NOTE: \*\*\*=> The All-American criteria for Track & Field in this era was only the Top 3 USA Finishers received the Honors. Using today's criteria of Top 8 USA Finishers, 5 Times All-American Honors would be achieved.

## Section V - OPEN/MASTERS DIVISIONS

\*\*\*\*\* - WINNER OF MILE RUN AT BOSTON COLLEGE July 20, 1974 3:56.9

\*\*\*\*\* - WINNER OF 1978 DRAKE RELAYS MARATHON- Des Moines 2:15:19

\*\*\*\*\* - WINNER OF 1979 WALKER & LEE MARATHON- Orange, CA 2:15:45

\*\*\*\*\* - RUNNER-UP 1979 AAU SP 25k CHAMPIONSHIP- Ventura 1:17:40

\*\*\*\*\* - RUNNER-UP 1985 PRESIDIO 10 MILE- San Francisco 49:14

\*\*\*\*\* - WINNER OF 1990 MOUNTAIN GOAT RUN Open Division Age 39

\*\*\*\*\* - TWO MILE RUN 1992 9:12.5 M40+ AGE 41, Reported to be a Record

\*\*\*\*\* - ONE MILE RUN 1993 4:21.0 M40+ AGE 42, Indoor at Cornell Univ.

\*\*\*\*\* - WINNER OF 1996 CATS ATH. CLUB HALF MARATHON Open Div. Age 44

\*\*\*\*\* - WINNER OF 1996 HIGH FALLS 5k Open Division, Age 45

\*\*\*\*\* - WINNER OF CORNELL UNIVERSITY HARTSHORNE INDOOR MASTERS MILE:

3 TIMES WINNER 1992, 1994, 1996

3 TIMES RUNNER-UP 1993, 1997, 1998

\*\*\*\*\* - USATF MASTERS DIVISION: 1999 NATIONAL CHAMPION FALL X-C M45+

2000 NATIONAL RUNNER-UP FALL X-C M45+

\*\*\*\*\* Charlie McMullen continued to run in years 2001/2002 after diagnosis and treatment of bowel cancer. In April 2003 word was received from Charlie's Doctors that the cancer had spread to other locations, the prognosis was that this was terminal. As in running, Charlie gave his fullest effort over a tough course and through the 'home stretch'. Charles Lewis McMullen passed away at home on August 4, 2003. R.I.P.

## Section VI - HONORS

- GREATER ROCHESTER (New York) TRACK CLUB: HALL OF FAME

- STATE UNIVERSITY OF NEW YORK at COBLESKILL: ATHLETIC HALL OF FAME

- NYSPHSAA SECTION V: TRACK HALL OF FAME (To be awarded)

- NYSPHSAA SECTION V: CROSS COUNTRY HALL OF FAME

- SPENCERPORT HIGH SCHOOL: ATHLETIC HALL OF FAME

- SPECIAL OLYMPICS: LIFETIME ACHIEVEMENT AWARD FOR VOLUNTEER COACHING AND OTHER CONTRIBUTIONS

## Section VI - DETAILS OF CAREER ACCOMPLISHMENTS & HIGHLIGHTS

### A. HIGH SCHOOL

\*\*\*\*\*New York State H. S. X-C State Meet: Individual Champion 1968

Time- 13:01, Sunken Meadow State Park

Class B School Section State Champion

NYSPHSAA Section V All-Star

Spencerport High School

### B. JUNIOR COLLEGE - SUNY at COBLESKILL

\*\*\*\*\* NJCAA All-American: X-Country 1969, Top 10 Place at Nat'l Champs.

\*\*\*\*\*NJCAA Institution Records:

State University of New York at Cobleskill

Holds three school records, 30+ years later

880 Yards/800 Meters

Mile Run/1600 Meters

Sprint Medley Relay (anchor)

Holder of 4.5 Mile X-C Course Record and

School Record at Home Course

NJCAA PB's Track,(Spring '70 only, Age 18)

440 Yards- Sub-50 seconds

880 Yards- 1:55.7 (SR),

1:52+ Relay Split\*\*

1 Mile Run- 4:18.14 (SR)

2 Mile Run- <<<unavailable>>>

Sprint Medley Relay- 3:22.0\*\*\*

(SR, Anchor\*\*)

\*\*\*\*\*Four Times NJCAA National Qualifier F'69, S'70, F'70

Four Times Region III Top 4 Finisher ----"----

\*\*\*\*\* NJCAA National Championships Individual Results:

8th Place 1969 NJCAA X-C Nat'ls, 24:57

Run on snow covered course at

Allegheny Community College

20th Place NJCAA 1970 X-C Nat'ls, no time

Vincennes, Indiana

\*\*\*\*\* NJCAA Region III Championships- Individual Results:

1st Place 2x's at 1970 Track Regionals

1st 880 Yard Run

1st Mile Run

Qualified, but did not attend  
Track Nationals\*.

2nd Place 1970 NJCAA X-C Regionals

4th Place 1969 NJCAA X-C Regionals  
Fell on the course, retained  
course record set earlier in  
the season.

#### NJCAA Region III & National Championships- Team Results:

1969 NJCAA Region III Champion Team X-C  
1969 NJCAA Nationals 3rd Place Team X-C\*

1970 NJCAA Region III Champion Team Track  
Team won 12 out of 17 Events\*

1970 NJCAA Region III Runner-up Team X-C

#### \*\*\*\*\* NJCAA Individual Cross Country Season Results & Highlights

Record Holder of SUNY-Cobleskill Course  
Record Holder of Mohawk Valley CC Course  
Record Holder of Hudson Valley CC Course  
(Other Records set but details unavailable)

Winner of the Viking Invitational HVCC:  
2 Times Winner, 1969 & 1970

\*Note:1)1969 X-C Nationals, SUNY-Cobleskill placed 3rd,  
an All-American team member was spiked early in  
the race, finished but required 22 stitches. The  
No. 2 runner fell in snow covered sand trap.  
Race run in 6-8 inches of snow.

2)1970 Track Nationals, SUNY-Cobleskill did not  
participate due to extensive travel requirements  
and cost to Garden City, Ks venue for the meet.  
(Team won 12 out of 17 events at Regionals)

\*\*\*3)Fastest Junior College Qualifying time for the  
1970 Penn Relays.

C. UNIVERSITY - University of MISSOURI

\*\*\*\*\* NCAA All-American: Three Times in 2&1/2 Years Eligibility,  
University of Missouri, 1972-1974  
Including X-C, Indoor & Outdoor Track

\*\*\*\*\* NCAA Champions: Indoor Distance Medley Relay, Anchor Leg  
9:44.9 at Indoor Finals 3/9/74  
4:01.0 Split  
All-American Honors

\*\*\*\*\* NCAA Finalist: 4th Outdoor Mile 1974 (4:02.4)  
6th Indoor Mile 1973  
8th Outdoor Mile 1973 (3:59.6)

All-American Honors: 1974

\*\*\*\*\* NCAA X-C 1972 National Championships: 13th Place\*- Individual  
29:08-6 mile, Houston 11/20/1972

All-American Honors

\* Muddy course & lost 1 shoe early  
in the race, finished barefoot.

Finished ahead of Gordon Minty, EMU and  
also the entire Oregon Team. Field-250.

\*\*\*\*\* First Sub-4 Mile at Missouri: 3:59.7 Michigan State, 5/26/1973  
Central Collegiate Champion  
2nd ever Sub-4 in Michigan  
56th US Sub-4 Miler

\*\*\*\*\* Champion Distance Medley Relay: Team member (Missouri) and Anchor  
Winners at Drake, Texas, and Kansas Relays.

DRAKE 9:30.6 1972  
DRAKE 9:41.8 1973 (4:04.6)  
KANSAS 9:43.2 1973 (4:02.6)  
NCAA-Indoor 9:44.9 1974 (4:01.0)  
TEXAS 9:38.2 1974 (4:01.4)

Top 3 Results at Major Distance Relay Events- Anchor

Texas 4x1 Mi. 2nd 1973 (4:01.2)  
Drake 4x1 Mi. 3rd 1973 (4:00.2)  
Kansas 4x1 Mi. 3rd 1974

Kansas Dist M 3rd 1974 (4:03.6)

Drake Dist M 2nd 1974 (4:03.4)

\*\*\*\*\* Big-8 Championships: Indoor and Outdoor Mile; Indoor 1000 Yards

1st Outdoor Mile 1974

1st Indoor Mile 1974

1st Outdoor Mile 1973

2nd Indoor Mile 1973

3rd Indoor 1000 1974

3rd Indoor 1000 1973

NCAA Third Fastest\* 4 x One Mile Relay- Anchor, Fastest Split

\* Third fastest in NCAA history at the time  
this was recorded; Texas Relays 4/14/1973

Time: 16:23.0; Anchor Split: 4:01.2

\*\*\*\*\*University Of Missouri RECORDS HELD:

OUTDOOR

EVENT	TIME	YEAR	STATUS
1500m	3:41.6	1973	Still Held
1 Mile	3:59.6	1973	Still Held
4x1 Mile, 16:23.0 Anchor 4:01.2		1973	Still Held TEXAS Relays
Dist. Mdly, 9:30.6 (Anchor)		1972	Still Held DRAKE Relays

INDOOR

Dist. Mdly 9:44.9 1974\* Top 5 Today  
Anchor 4:01.0 NCAA Finals

1 Mile 4:04.7\*\* 1973 5th Today

\*Record until 1998; \*\*2nd all-time when run

D. OPEN DIVISION ACCOMPLISHMENTS

\*\*\*\*\*FASTEST MILE- 7/20/1974 Boston 3:56.9\* 1st Place Age 23  
College

\*adjusted per ATFS by + 0.5 sec,

race time= 3:56.4. Race deemed  
3 yards short over 1 mile.

Lead Race Start to Finish.

New England outdoor record until 1998.  
20th Fastest Miler in USA History at  
that point in time.

Note: Took 2 years off from competition, distance training.

\*\*\*\*\*1978 DRAKE MARATHON- 4/22/78 2h15m19s\* 1st Place Age 27

\*1st ever Sub-4 Mile & Sub-2h16m Marathon,  
only 15 USA Athletes on the list per  
Marty Post-Runner's World, August 2003.

Set Iowa State All-Comers Marathon Record.

Lead Race Start to Finish, won by 5 min.  
Broke Meet Record by 3 min. & 39 sec.

Time faster than all 1970's US Marathon  
Championships except 1976; Crowley, La.

\*\*\*\*\*1978 Cazenovia, NY Around the Lake- 15k 1st 50:36 (N.Y.)  
Open Div.

1978 Steamboat Classic Open Div.- 15k 3rd 49:39 (Peoria)

1978 Quaker 100% Natural Open Div.- 10k 3rd 31:12 (LA, Ca.)

\*\*\*\*\*1979 AAU SP Championship Open Div.- 25k 2nd 1:17:40 (Calf.)  
Ventura, Calf. Course

\*\*\*\*\*1979 Walker&Lee Marathon Open Div.- Mara. 1st 2:15:45 (Calf.)

1985 Presidio SanFran, Ca Open Div.- 10mi. 2nd 49:14 Age-34

1988 Rochester Shamrock Open Div.- 5mi. 2nd 24:03 Age-37  
(2nd by 0:03 to 23 year old  
NCAA-III 3:41 1500m champ.)

1990 Boilermaker Utica Open Div.- 15k <<awaiting info >>Age-39

\*\*\*\*\*1990 Mountain Goat Run Open Div.- 10mi. 1st time not Age-39  
available

1991 Track 10,000 Meters Open Div.- 10000m 1st 30:52 Age-39  
(Paced 2nd place runner to Nat'l qualifying time)

E. MASTERS DIVISION (40+) ACCOMPLISHMENTS

1992 Steamboat Classic, IL 19:22 - 4mi. 3rd M40+ 41

\*\*\*\*\*1996 Cats Ath. Club, NY 1:12:50 - Half 1st Open 44  
Mara. 1st M35+  
1st M40+

1996 Riedman Lilac, NY 33:08 - 10k 1st M40+ 44

1996 Run for Hospice, NY 15:52 - 5k 5th Open 45  
1st M40+  
1st M45+

1996 Festival of Races, NY 15:55 - 5k 1st M40+ 45  
1st M45+

\*\*\*\*\*1996 Rosati High Falls, NY 16:15 - 5k 1st Open 45  
1st M35+  
1st M40+  
1st M45+

1996 Race with Grace, NY 33:34 - 10k 2nd Open 45  
1st M35+  
1st M40+  
1st M45+

1997 Lilac 10k, NY 33:20 - 10k 14thOpen 45  
2nd M35+  
2nd M40+  
1st M45+

1997 Run for Hospice, NY 16:08 - 5k 7th Open 46  
2nd M35+  
2nd M40+  
1st M45+

\*\*\*\*\*1997 Elkhart Grt. Race 1:15:23 - Half 1st M40+ 46  
Mara. 1st M45+

1998 Bermuda International 35:20 - 10k 17thOpen 47  
1st M40+  
1st M45+

\*\*\*\*\*1998 Orange Classic, NY 33:37 - 10k 1st m40+ 47  
1st M45+

1998 Race with Grace, NY 33:44 - 10k 4th Open 47  
 2nd M40+  
 1st M45+

1999 Lilac 10k, NY 33:39 - 10k 16thOpen 47  
 2nd M40+  
 1st M45+

1999 Arbor Day Race, Fl. 16:12 - 5k 3rd Open 48  
 2nd M40+  
 1st M45+

1999 Run for Hospice, NY 16:27 - 5k 13thOpen 48  
 3rd M40+  
 1st M45+

1999 Race with Grace, NY 34:20 - 10k 14thOpen 48  
 2nd M40+  
 1st M45+

\*\*\*\*\* 1999 Jingle Bells Run, NY 16:18 - 5k 3rd Open 48  
 1st M35+  
 1st M40+  
 1st M45+

\*\*\*\*\*1999 USATF Fall X-C Masters - 5k 1st M45+ 48  
 National Championship

2000 Shamrocks Run, NY 27:41 - 5mi 13thOpen 48  
 2nd M40+  
 1st M45+

2000 Run for Hospice, NY 16:21 - 5k 17thOpen 49  
 1st M45+

\*\*\*\*\*2000 USATF Fall X-C Masters - 5k 2nd M45+ 49  
 National Championship 33:40 - 10k 4th M45+ 49

Great Race Auburn, NY Road Race - 10k  
 (lead leg of a multi-sport relay)

YEAR	TIME	DISTANCE	PLACE	AGE
1989	31:18	- 10k	6th Open	38
1990	31:48	"	8th "	39
1991	32:25	"	1st M40+	40
1992	---	---	-----	--
*****1993	31:37	"	1st M40+	42
1994	33:13	"	2nd M40+	43
1995	33:00		2nd M40+	44
1996	32:55	"	1st M45+	45
			1st M40+	
1997	34:40	"	1st M45+	46
			1st M40+	

1998	34:41	"	1st M45+	47
			2nd M40+	
1999	34:45	"	1st M45+	48
			2nd M40+	

\*\*\*\*\*Hartshorne (Cornell University) Indoor Masters Mile

1st Place-	1992	4:22.9	1st M40+	41
	1994	4:21.8	1st M40+	43
	1996	4:29.3	1st M40+	45
2nd Place-	1993	4:21.0	2nd M40+	42
	1997	4:32.0	2nd M40+	46
	1998	4:35.8	2nd M40+	47

\*\*\*\*\*Two Mile Masters Times Outdoor - Club Races (Age 21 Time 9:08  
Club Race in Mo.)

YEAR	TIME	AGE
1990	9:19.1	39
1992	9:12.5**	41
1993	9:17.6	42

\*\* Reported to have been new  
Masters Record for this event

54) One Mile Masters Times Outdoor - Club Races (Age 18 Time 4:18)

1992	4:23.9	41
1993	4:25.8	42
1999	4:37.96	48

Above Club Races were often run after training sessions that day.

NOTE:-THE TIMES & PLACE(S) HAVE COME DIRECTLY FROM THE RESULTS OF RACES OR CLUB WEBPAGES, ANY PRINT MEDIA INFORMATION HAS BEEN DOUBLE CHECKED.  
-NCAA/NJCAA NATIONALS RESULTS HAVE BEEN VERIFIED BY THEIR HQ OFFICES.  
-MARATHON RECORDS HAVE BEEN VERIFIED BY THIRD PARTY DATA BASES AS HAVE DATES FOR INDIVIDUALS HAVING SUB-4 MILE & SUB-2:16 MARATHON TIMES.  
-RESOURCES HAVE INCLUDED ARRS, ATFS, UNIVERSITY AND OTHER WEBSITES.  
-INFORMATIONAL ASSISTANCE FROM: M. CLARK, F. KOLKHORST, M. ROBERTS, S. TILLAPPAUGH, K. YOUNG, SUNY-COBLESKILL, U of MISSOURI and OTHERS.  
-YEAR OF BIRTH: 1951.

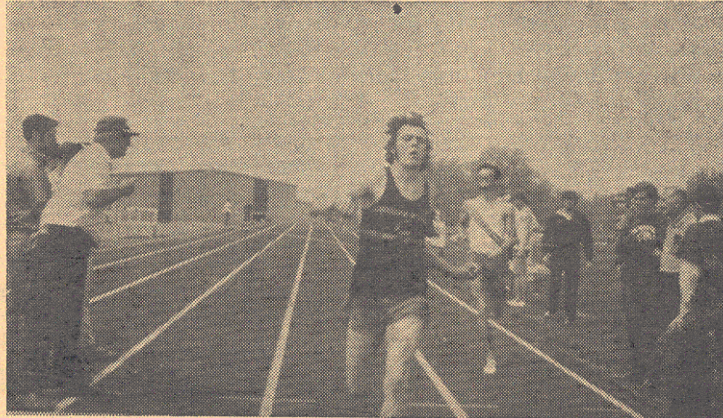
Amazing CHARLIE McMULLEN  
Re: 1978 DRAKE RELAYS MARATHON  
From: Bruce Mortenson  
Date: Tue, 23 Sep 2003 10:21:33 -0400

Dave Coyne forwarded your email to me regarding the 1978 Drake Relays Marathon. This was the same course that I originally ran in 1970-1973 and then again in 1976-1978. Take my word this was not an easy course. There was a section of long uphill for about two miles early in the race and then rolling hills followed by a very tough hill at 21. Overall I believe there was a net elevation gain. Also, quite a few turns. Compared to most courses now I always thought Drake was several minutes slow. The thing I remember about the '78 race is that Charlie just took off from the start. We thought he was crazy and thought he would come back especially knowing he was a miler. I last remember seeing him at about three miles going up the long hills. We never saw him again he was so far ahead. He broke the record by about four minutes. Knowing myself and the other runners I think we all ran a good race and up to our capabilities but he had a GREAT race. I can't remember the weather but it must have been good because I know I am not a good heat runner and would not have run that well. (2:22:55) I will try and see if I still have information on the weather in my records.

Bruce



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Chuck McMullen finishing the  $\frac{1}{2}$  mile race at Hudson Valley C.C. during the Region III Track and Field Championship.



