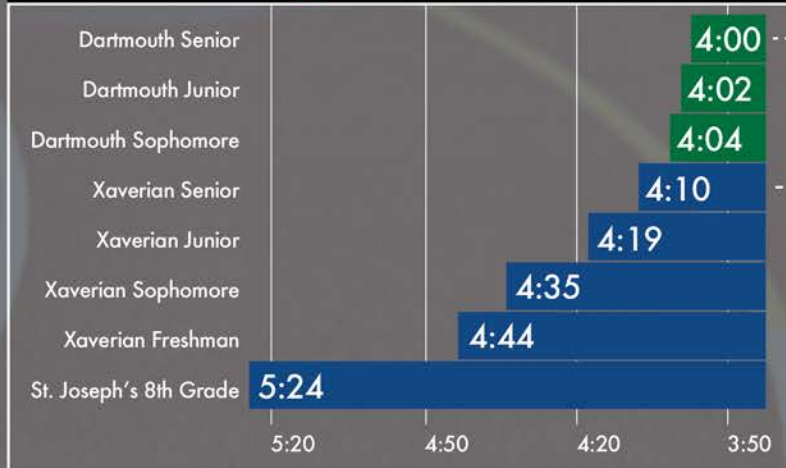




John Bleday
10+ years with Emerging Elites

Mile PR Progress



Mile PR



High School All-American Indoor Mile

Dartmouth College

Cross Country

- 1x NCAA Championship Qualifier
- 2x USTFCCCA All-Academic

Indoor Track

- 1x 3000m Ivy League (HEPS) Champion
- 3000m PR 
- 1x DMR Ivy League (HEPS) Champion

Outdoor Track

- 1x NCAA Division 1 Championship Qualifier
- 3x NCAA Division 1 East Regional Qualifier
- 3x USTFCCCA All-Academic



Ivy League (HEPS) 2x Champion

Xaverian Brothers High School

Cross Country

- 1x MIAA Division 1 Eastern Mass Champion
- Franklin Park Top 100 High School Performance 

Indoor Track

-  High School All-American Indoor Mile
- 2x MIAA All-State Mile Champion
- 2x MIAA Division 1 Mile Champion

Outdoor Track

- 1x MIAA Division 1 2 Mile Champion
- 1x MIAA All-State 2 Mile Champion



MIAA 4x All-State Champion



The Boston Globe 6x All-Scholastic

John Bleday: A Decade of Excellence

2006-2016

emerging elites



Debuts marathon at US Olympic Marathon Trials in Los Angeles

Dartmouth College

Senior

Qualifies for NCAA Cross Country Nationals
 USTFCCCA All-Academic for Cross Country
 Lowers Mile PR to 4:00.69
 Dartmouth DMR wins Ivy League (HEPS) Championship
 Lowers 1500m PR to 3:53.37
 Lowers 5000m PR to 14:04.71
 Debuts at 10000m in 30:17.47
 Qualifies for NCAA D1 Outdoor National Championships, 5000m
 USTFCCCA All-Academic for Outdoor Track

Junior

Lowers Mile PR to 4:02.89
 Lowers 3000m PR to 7:59.33
 Qualifies for NCAA Regionals Outdoor 5000m
 USTFCCCA All-Academic for Outdoor Track

Sophomore

USTFCCCA All-Academic for Cross Country
 Ivy League (HEPS) Champion, 3000m Indoors
 Lowers Mile PR to 4:04.02
 Lowers 3000m PR to 8:03.78
 Lowers 5000m PR to 14:07.89
 Qualifies for NCAA Regionals Outdoor 5000m
 USTFCCCA All-Academic for Outdoor Track

Freshman

Runs first two 5000m races on track and lowers PR to 14:28
 Lowers 1500m PR to 3:54.63

Saint Joseph

As an eighth grader, John starts training with Emerging Elites and sets his goals for high school:

- 1) Break Franklin Park freshman course record
- 2) State champ in mile
- 3) 12 varsity letters in cross country and track
- 4) Break older brother Alec's records
- 5) Set school record at Xaverian in mile

2016

2015

Grad School

2014

Senior

2013

Junior

2012

Sophomore

2011

Freshman

2010

Senior

2009

Junior

2008

Sophomore

2007

Freshman

2006

8th Grade

Post-Grad School

Runs 64:58 at Rock 'n' Roll Philadelphia Half Marathon to qualify for US Olympic Marathon Trials

Boston College

Runs debut half marathon in 68:37 at Potomac Half

Xaverian Brothers High School

Senior

Catholic Conference Cross Country Champion
 Catholic Conference Cross Country MVP, unanimous
 MIAA D1 Eastern Massachusetts Cross Country Champion
 Boston Globe All-Scholastic, Cross Country
 MIAA D1 Indoor Mile Division Champion
 MIAA All-State Indoor Mile State Champion
 Nike Indoor Nationals All-American, Indoor Mile, 4th place
 Boston Globe All-Scholastic, Indoor Track (Mile)
 Xaverian MVP Indoor Track
 League Most Outstanding Performer, Indoor Track
 MIAA D1 Outdoor Two Mile Division Champion
 MIAA All-State Outdoor Two Mile Champion, 9:04
 Xaverian MVP Outdoor Track
 League Most Outstanding Performer, Outdoor Track
 Boston Globe All-Scholastic, Outdoor Track (Two Mile)
 Class of 2010 Xaverian Athlete of the Year

Junior

Catholic Conference Cross Country Champion
 Catholic Conference Cross Country MVP, unanimous
 Boston Globe All-Scholastic, Cross Country
 MIAA D1 Indoor Mile Division Champion
 MIAA All-State Indoor Mile State Champion
 2x Boston Globe All-Scholastic, Indoor Track (Mile & 4x800m)

Sophomore

Xaverian Cross Country Unsung Hero
 Xaverian Outdoor Track Coaches Award

Freshman

MVP Freshman Cross Country
 Outdoor Track Coaches Award
 Xaverian Cross Country Record at Franklin Park