

ZACH LONG HONORED WITH 2018 COACH CHUCK ROHE LEADERSHIP AWARD



Zach Long, a native of Rutledge, Tennessee, is the 2018 recipient of the Coach Chuck Rohe Leadership Award. The local Vol has served as a team captain of the distance group and enjoyed his best year of competition as a junior in 2017-18. He set the indoor program record in the 3000 meters (7:59.15) and the outdoor record in the 5000 meters (13:39.22). During the outdoor season, he took third in the 1500m at the SEC Outdoor Championships 1500 with a time of 3:47.53. In fall 2017, he also earned Cross Country NCAA South Regional honors and placed 10th at the SEC meet.

According to director of track & field/cross country Beth Alford-Sullivan: "It was great for Zach Long to receive the Chuck Rohe Leadership Award for his leadership in the 2018 season. Zach has stepped in to the role of not only being a strong team leader and example but also a great athlete who has produced SEC and NCAA and school-record caliber performances. Zach leads with great integrity, great passion, and great ambition to give his all to Tennessee whenever he suits up in the Orange and White. He represents Coach Rohe's legacy to the fullest."

Zach Long's Athletic Accomplishments



HONORS

- 2018 USTFCCCA Outdoor Honorable Mention All-America - 5000m
- 2018 All-SEC Second Team
- 2017 USTFCCCA NCAA Division I Cross Country All-Region
- 2017 All-SEC Cross Country Men's Second Team
- 2017 USTFCCCA Outdoor Second Team All-America - 5000m
- Recipient of the Alf Holmberg Scholarship Endowment and the Ed Murphey Men's Track/Cross Country Athletic Endowed Scholarship

2017-18 TRACK & CROSS COUNTRY

Cross Country

- Ran a 31:30.80 10K and finished 21st at NCAA South Regional (11/10)
- Earned All-SEC status with 10th-place showing at SEC Championships (10/27), finishing in 24:06.20

Indoor

- Placing fourth at the SEC meet in the 5000m (13:56.12) and sixth in the 3000m (8:03.92)
- Broke Glenn Morgan's 1990 school record and became the first Vol to run a sub-eight-minute indoor 3000m at Clemson's Bob Pollock Invitational, clocking 7:59.15

Outdoor

- Placed 23rd at the NCAA Outdoor Championships in the 5000m, at 14:28.97

- Finished third at the SEC Outdoor Championships (5/11) in the 1500m in a time of 3:47.53 and 13th in the 5000m with a 14:33.66 mark
- Ran a personal best while placing fourth in the 1500m time at the National Relays (4/27), with a time of 3:45.46
- Set a school record and claimed a win in the 5000m at the Stanford Invite (3/30) in a time of 13:39.22

2016-17 TRACK & CROSS COUNTRY

Cross Country

- Ran his fastest 10K at the 2016 NCAA South Regional competition with a mark of 30:56.0
- Finished in 26th place and led the Vols at the SEC Championship 8K race, marking 25:10.0

Indoor

- Scored two points for the Vols as he set a personal best in the mile with a time of 4:06.17 at the SEC Indoor Championship
- Notched a 3000m PR by nearly 20 seconds as he finished 26th out of 90 with a time of 8:11.79 at the Husky Classic

Outdoor

- Finished in 12th place at the NCAA Championship with a time of 14:42.94 as he earned Second Team All-America honors and became the Vols' first All-American in the event since 1995
- Lowered his 5K personal best by almost a minute as he took fourth place at the SEC Championship with a time of 13:54.49 and scored five points for the Vols

2015-16 TRACK & CROSS COUNTRY

Cross Country

- Finished the NCAA South Regional 10K race with a personal best of 32:54.45
- Was the first Vol to cross the line at the SEC Championships clocking in at 24:56.90

Indoor

- Ran first leg on the distance medley relay team that posted a 11th place finish at the SEC Indoor Championships with a time of 9:57.42
- Finished 21st at the SEC Indoor Championships in the 1600 meters with a personal best time of 4:14.53

Outdoor

- Finished 26th in the 5000 meters at the SEC Outdoor Championships (14:53.11)
- Finished 12th in the 1500 meters at the SEC Outdoor Championships