

Mark Jones Racing Resume



Road Running

2Mile	10:57	(1 st overall APFT Test 2012- /300+)
5K	16:18	(1 st Military 6 th overall Paris Island Triathlon 2013-)
5Mile	27:44	(1 st Overall CIOR Testing VT 2012-)
10K	35:15	(2 nd Overall Hilton Head Turkey Trot 2013)
11K(30#Ruck Run)	49:22	(1 st OA 2014, 2015, 2016 Camp Johnson, VT)
10Mile	57:35	(Army 10miler DC 2011)
Half Marathon	1:17:48	(3 rd age group St. Lukes Half Allentown, PA 2012-)
Marathon	2:55:16	(3 rd age group Lincoln, NE 2012-)
6hr Track (400m)	6:00:00	(1 st Overall Transcendence run Ontario 2016 45miles)

Obstacle Racing

Merrell Mud Run	40:30	(2 nd overall 10k 2010)
Tough Mudder	10miler	(2 nd overall Finisher Raceway Park, NJ 2011)
Brave Soldier	2 Events	(1 st Overall Clemson, SC 2013)
Spartan Ultra Beast	50k	(3 rd Overall Killington, VT 2016)
EPIC 24	24hr	(4 th overall New York City, NY 2014)
Toughest	8hr	(5 th overall Las Angeles, CA 2017 40 miles)
Toughest	8hr	(4 th overall Philly, PA 2017 40miles)
WTM	24hr	(1 st Team 2014(WPST)/3 rd 2016 (Mayhem) Las Vegas)

Trail Running

Half Marathon	1:49:28	(3 rd age group Half Wit 2011-)
Snowshoe Half	2:29	(1 st overall Pittsfield, VT 2014)
30K	3:03:41	(1 st age group Rothrock Challenge 2011-)
50K	3:54:23	(3 rd overall Dirty German 2011-)
50Mile	8:18:30	(2 nd overall Stone Mill "50"-Actual 57mi 2011-)
88k	21hr	(Carried 45# on a 30% finish rate course 2015)
24HR	22hrs	(6 th Overall Delirium 24hr Ultra 2013-, 101.7miles)
150Mile	40:18	(1 st Overall, Current record holder Viaduct 2013 PA)

Triathlon

Sprint	54:20	(1 st Military -6 th overall Paris Island, SC 2013,)
Olympic	2:10:09	(1 st age group 5 th overall Black Bear PA 2012- -)
Half Iron	4:46:38	(Syracuse 70.3 2011)
	3:52:05	(Pocono 70.3 2011 *No swim *Worlds Qualification)

Adventure Racing

10k Bucket Carry	2:53:23	(Fastest known time 2015)
Gut Check Challenge	3:13	(1 st overall San Diego 2013, 2 nd OA 2014)
The Suck	15hr+	(1 st OA NE '13/1 st OA SE '13/1 st OA NE 1 st '15)
The Ultimate Suck	36hrs	(1 st overall Cuba, IL 2014/2016/2 nd OA 2013)
Team USA CIOR	3Days	(1 st overall Gold Medal Novice Div. Denmark 2012)
Winter Death Race	24+hrs	(2 nd overall Pittsfield, VT 2014)
Traveling Death Race	24+hrs	(1 st overall Mexico 2014)
Team Death Race	50+hrs	(1 st overall, 2013 only one to complete entire course)
Death Race	48+hrs	(2 nd Overall Pittsfield, VT 2014, Finisher 2011)

Bataan Death March 4:47:53 (3rd overall White Sands, NM 2012- Heavy Div)
Go Ruck Selection 48hrs (DNF 2013/Med Drop 2014 FL/DNF 2015 MT)
SERE Urban 12+hrs (Team Leader and Top Team Atlanta, GA 2013)
Texas Water Safari 260miles (52hr Finish 2016)

Crossfit

3333 Reps (3rd Overall Birmingham, AL 2013)
Devins 5k/WOD 24:46 (1st Overall Rx, Hilton Head, SC 2013)
Pickaxe(Miies WOD) 36:59 (FKT 2015)
4000 Ways (JWWOD)5:47:59 (FKT 2015)

Sponsors

Jamis Backyard -2012-2013
Army National Guard Marathon Team-2011-2013
Endurance Multisport Extreme Team 2011-2013
Honey Badger-2013-Present
Carbo Pro-2015-Present
Yancy Camp 2016-Present
MudGear 2016-Present
Endurance Tap 2017-Present

Upcoming Races and Events

Ultimate Suck Assistant RD 2017
CBS/TMX Invitational first year short course 2017
Toughest Chicago 2017
WTM 2017

Additional

SISU Iron Director of Athlete Morale 2017-2018
First and Only 3X Winner of Vermont Remembers Ruck Run (2014,2015,2016)
First and Only 2X Ultimate Suck Winner (2014, 2016)
Killington race to the top 5k current record holder 2015
Bucket Carry Fastest Known Time 2015 (2x50#buckets for 10k)
Pick Axe Fastest Known Time 2015
4000 Ways to fuck up a 10miler Fastest Known Time 2015
Death Race Series Champion 2014
Crossfit Endurance Coach 2013-2014
Viaduct 150 Ultramarathon Course Record Holder 2013
Ironman Half World Championship 2012 Qualifier/Finisher
Team USA Military Gold Medalist 2012
ACE Certified Personal Trainer 2012-2014
Operation Enduring Warrior Team Member 2012-2014
Boston Marathon Qualifier/Finisher 2011
Extreme Team Leader/Coach for Endurance Multisport-2011-2013
United States Marine Corps/Army National Guard Combat Veteran 2000-Present
Grin and Bear It Course Record Holder 2011