



**Mark J Barron**  
**Class of 1984**

**Wrestling, Cross Country, Track and Field**

A four-year varsity letter winner in cross country, Mark qualified two times for individual state competition at the PIAA meet and ranked high each year in the WPIAL. He was co-captain of the 1983 undefeated and PIM Championship Cross Country team from Seneca Valley. During his middle and long distance running career for Seneca Valley Track and Field, Mark earned three varsity letters. In addition to his success in running, Mark excelled as a wrestler. In 1983 at age 17, Mark won as the State Champion in Greco-Roman wrestling and represented Pennsylvania in the National Greco-Roman Tournament that same year, placing in the top ten. He received the Most Outstanding Wrestler Award for Pennsylvania Freestyle Wrestling in 1983 for the most points earned. Mark was the 1984 Division Wrestling Champion, the 1984 Regional Runner-Up, and placed 5th in the PIAA State Championship meet that same season.