Coach Murphy's athletic career began at the age of 11 when he competed in the Hershey Track & Field games regional meet and finished 2nd in a photo finish. The winner went on to compete in the national event hosted by Hershey Chocolate in Hershey PA. This result lit a fuse that took him to the highest levels of national and international competition and dreams of the Olympic Games.

Since that time his athletic journey continued at Boston College High School, where he excelled in track and field. In 1993, he set a school record in the 800 meters with a time of 1:52.25, and a state & NE record in the 1000y of 2:12.6. Both are records that still stand today.

He is 2x 1000y MA state champ. 3x 2nd place in the 1000y and 800m. In 2004 he elected into the schools hall of fame

HS personal bests:

|  |  |
| --- | --- |
| 200 | 23.5 |
| 400 | 49.5 (48 relay) |
| 600y (indoor) | 1:11.0 |
| 800m | 1:52.2 |
| 1000y (indoor | 2:12.6 |
| mile | 4:20 |
| 2 mile | 9:45 |
| Long Jump | 21'1" |

He was a three-time All-American at 800 meters and set the indoor school record in that race with a time of 1:47.65 in 1997, a mark that still stands today. His outdoor PR is 1:46.86 at the IC4A Championships at George Mason, VA. A seven-time conference champion, Murphy still holds the indoor record at the America East Championships with his time of 1:48.37 in 1998.

In the summer of 1995 he qualified for the US National Championships in the 800 finishing 7th. That result put him on the US Olympic Development Team that sent him and 5 other mid-distance runners to Europe to race against world-class competition. It was through this experience that he realized he could race with the worlds best.

He followed that up with a qualification to the '96 US Olympic trials in Atlanta where he finished 8th in his heat. Despite a disappointing result he used the experience to note that he should find a post-collegiate team to train with.

[His BU HOF Bio](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgoterriers.com%2Fhonors%2Fboston-university-athletic-hall-of-fame%2Fkevin-murphy%2F264&data=05%7C02%7C%7Ce7e272f9f78e4db844dd08dddf720605%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638912402998827501%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=X%2BOY50afiF4fbT6RYNJv3SiqnKCAOjuEEYgBZKXT4uU%3D&reserved=0)

College PR's

|  |  |
| --- | --- |
| 400m | 48.6 (47 Relay) |
| 800m | 1:46.86 |
| 1000m | 2:23 |
| mile | 4:02 |
| 5k | 14:50 |

Post-collegiately, Murphy joined the Reebok Enclave, a professional track and field team based in Washington, D.C. As a member of this elite group, he competed in various national and international meets. Notably, at the 2000 New Balance Indoor Grand Prix, Murphy was part of the 4x800 meters relay team that secured second place with a time of 7:14.78. The winning team won narrowly by less than a second. Outdoors that year he recorded a time of 1:48.86 in the 800 meters at the New Balance/Boston High Performance Meet II.

Since retiring from competition in 2000, he used his graduate degree in teaching to become a teacher and coach at Ithaca HS. In his time there he developed many team and individual league champions, state meet qualifiers in the 800 and mile, and a state champ in the pole vault. His cross-country teams competed at NY Federations and NY State Championships multiple times.

Wanting to get into college coaching, in 2007 Coach Murphy received his Level 1 USATF Coaching Cert. He then traveled to Colby-Sawyer College to become an assistant coach. He then took that experience to start the cross country program at Wells College in Aurora, NY.

In 2018 he moved his family (wife and 2 kids) back to the Boston area eventually setting in Hingham.