

BREAKING NEWS: ALTAR GIRLS OUTNUMBER BOYS IN THE VATICAN

- NEWS
- Daily News
- Top Stories
- Breaking News
- World
- Politics
- Business
- Growth Minute
- Health
- Food & Wine
- Women
- Women in Business
- Opinion
- Letters to the Editor
- High Tech
- Sports
- Horoscope
- Entertainment
- Entertainment Goss
- Music
- Features
- Books
- Poetry
- Movie Reviews
- Home & Garden
- Industry
- States
- UFOs
- Environment
- Education
- SupportOurTroops
- Middle East
- South Asia
- Cartoons
- Video Releases
- Most Read
- WIRES
- Worldwire
- Marketwire
- GlobeNewswire
- PRNewswire
- Send2Press
- Marketwire Canada
- 24-7 Pressrelease
- Newswise
- PR.com
- Realwire
- ACNNewswire
- Business Wire
- NewsBlazeWire
- Spanish Releases
- Movers/Shakers
- OTHER
- About Us
- Contact Us
- Feedback
- Writers
- Bookmarks
- Link to Us
- Advertise
- Sitemap
- TECHNOLOGY
- RFID
- Supply Chain
- Text to Speech
- Voice Over IP
- Wi-Fi
- Games
- iPod
- Biotech
- NEWSPAPERS
- Sacramento News
- Folsom News
- Orange County News
- East Minnesota
- Boca Raton News
- St Augustine News
- Vero Beach News
- Sebastian News

Published: August 11, 2010

Send to a friend

SoCal Track Club Wears Out the Competition in the USA Masters Track & Field Championships

Everything Track & Field

Your track & field super source! Free Shipping for all of 2010.

EverythingTrackandField.com

Youth Track And Field Training

Find Local Track & Field Coaches, iSport - Connecting You To Sports!

track.isport.com

Buy Discus- Track Outlet

Aluminum, Steel, Brass, Outdoor/Ind Discount Track & Field Equipment!

www.TrackOutlet.com

Training Track Sprinters

Discover how to set personal bests for every sprinter from 55m to 400m

www.CompleteSpeedTraining2.com

MISSION VIEJO, Calif., Aug. 11 /PRNewswire/ -- The SoCal Track Club won the USA Masters Track & Field Championships in Sacramento July 22nd -25th (held at Sacramento State University). This was the third straight year in a row that SoCal Track Club took the National Team honors.

Like

vote now



It was a hard fought battle against the local Sacramento team Golden West Athletics, the only other team to score over 700 points. SoCal Track Club reigned supreme with 752 points, and was followed by Golden west Athletics with 726.5 points, SC Striders 287, Atlanta Track Club 244, TnT

International 200, Potomac Valley T.C. 173, Mass Velocity 149, Houston Elite 127, Southwest Sprinters 124, Club Northwest 99 & Florida Athletic Club 99. In all there were over 180 Clubs from all over the United States represented at these championships. The meet was a two team race for the Championship that came down to the relays on Day 4, where SoCal Track Club won all but one of its head to head competitions with the second place team Golden West athletics.

Coach Mark Cleary commented, "It was a tremendous team effort to be sure, but even individually our athletes are a force to be reckoned with." SoCal Track Club had the oldest competitor in the Track meet Leland McPhie (San Diego) age 96 who set an American record for 100m with a time of 37.16. Leland also won 6 other events (Long Jump, Triple Jump, Shot Put, Discus, Javelin & Hammer Throw. Lisa Valle age 44 set a World record in the 2k Steeplechase smashing the old record of 7:01.61 with a time of 6:51.92. Lisa was also the winner of the 1500m and the 800m.

SoCal Track Club had several National Champions Sy Lampert (Irvine) was a multiple National Champion in the Hammer Throw, Shot Put, Discus and Javelin M-90-94. Nolan Shaheed (Pasadena) age 60 was National Champion in the 800m & 1500m. Barry Givens (Irvine) won the 3k Steeplechase and the 1500m for M-35-39. Thom Patsalis (Alhambra) won the Triple Jump and Long Jump for M-85-89. Fred Lindsley (Grand Terrace) won the M-65-69 5,000m. Terrance Spann (Panorama City) won the M-35-39 400m. Jolene Stiegerwalt (Rancho Bernardo) was a double National Champion winning both the 5k and 10k race walks in the 65-69 division. Derek Pye (Long Beach) won the M-40-44 110 hurdles. Mike Ranis (San Clemente) won the M-30-34 Shot Put. Tiffany Rector (San Bernardino) won the W-35-39 Hammer Throw and Shot Put. Ralph Fruguglietti (Shafter, CA) won the M-55-59 Discus. Kirk Bentz (San Pedro) won the M-55-59 Long Jump. Greg Mimm (Mission Viejo) won the M-60-64 Long Jump. Alf Pettes (Omaha, NE) won the M-35-39 Long Jump. Scott Jensen (Fullerton) won the M-35-39 Triple Jump. John Doroth (Camarillo) won the M-65-69 High Jump. Dena Birade (Bellingham, WA) W-35-39 won the 100m National Champion. Laurent Birade (Bellingham, WA) won the 400 Hurdle M-40-44 National Champion.

SoCal Track Club is the top adult track club in the country, winning 8 of 12 possible National Team Titles to date. The club is sponsored by Kool&Fit and Brooks Sports. Interested athletes are welcome to try out and can find information on the website www.socaltrackclub.com or call Coach/Founder Mark Cleary at (949) 589-0242. SoCal Track Club also offers a Cross Country program. Coach and founder Mark Cleary has been coaching High School, College and Open athletes privately for 30 years.

SOURCE SoCal Track Club



Blazing Angels Walkthroughs

Walkthrough and Guides For Blazing Angels for \$9.99/mo For Cheats. All-Game-secrets.com



Lose 32 Lbs Per Month

Eat These 2 Simple Foods And Lose 32 Lbs Per Month Effortlessly. AphroditeWomensHealth.com



"Van Halen Story: The Early Years" DVD

"Van Halen Story - The Early Years DVD - only \$12.95. www.vanhallenstore.com

Chitika | Select

Explore Content

Field Championships Gatorade Player Girls Track Record Hold
Girls Volleyball Top Adult Track Club Chanelle Price USA Masters Track
Gatorade National Player Girls Soccer Girls Basketball

GO BACK TO SCHOOL. GET AHEAD IN LIFE. REGISTER to win our \$10,000 Fall Scholarship. REGISTER NOW. scholarships4moms.net

OXYGEN FOR SERIOUS ATHLETES

MAXIMIZE EXPLOSIVENESS
INCREASE ENDURANCE
MINIMIZE RECOVERY TIME
OPTIMIZE PERFORMANCE

OXYGEN 4 ENERGY .COM

oxygen4energy.com Ads by Google

Recent Visitors

Click to Get FEEDJIT

Popular Pages Today

1. A Look At Funky Fashion 16.67%
2. Trafficking of Teen Ignites Wild Ride Through Novel, Erebus: Nightmare of a Social Worker by Sam Saladino 11.67%
3. New Wig It iPhone Application by Appdicted in Top 115 Paid Apps in iTunes 10.00%
4. Lady Gaga's Semi-Nude Crowd Surfing At Lollapalooza Festival Causes Uproar 10.00%
5. Tea Party Express Fights Back Against Attacks on Tea Party Movement 10.00%
6. Lady Smashes McDonald's Window: They Were Out of

[SoCal Track Club](#) [National Champions](#) [Sy Lampert](#) [National Letter](#)
[National Player](#) [Field Athlete](#)

Comment on this story, by email comment@newsblaze.com

[Click here to get NewsBlaze News in your email](#)

Copyright © 2010, PRNewswire

Copyright © 2010, NewsBlaze, [Daily News](#)

Tags: [,SPT,SSE,CA-SoCalTrackClubWear](#)

Search

- 7. [REI to Open New Store in Santa Barbara and Relocate Santa Ana Store](#) 8.33%
- 8. [SoCal Track Club Wears Out the Competition in the USA Masters Track & Field Championships](#) 8.33%
- 9. [Obama Praises Media Expert Michael Levine](#) 8.33%
- 10. [Hilton Brings Waterfront Luxury to Dallas](#) 8.33%

[Click to Get](#) [FEEDJIT](#)

[Top 5](#)

[Re-En](#)

[\[Spon](#)

[Alexar](#)

[U.S. G](#)

[New b](#)

[Stay C](#)

[Chang](#)

[New](#)
[New](#)
[New](#)
[Co](#)

[S](#)

[W](#)

[Help New](#)
[news, in](#)
[Home ar](#)
[The Envi](#)
[NewsBlaz](#)

[R](#)

NewsBlaze

Copyright © 2004-2010 NewsBlaze LLC

Use of this website is subject to our [Terms of Service](#) and [Privacy Policy](#) [Support](#) [Press Room](#)