

**MEDIA COVERAGE OF 2011 USA Masters Track and & Field Championships,
Baldwin Wallace College, Berea, OH July 28-31
(Also, at bottom: addendum to prior WORLDS media coverage)**



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JUL 28 2011 10:30PM ET
Fox 8 News at 10PM

[10:56:44 PM**]** [Preview Clip](#) CHADCHAD NOW A MEMBER OF THE NEW ENGLAND PATRIOTS. US MASTERS. **TRACK AND FIELD CHAMPIONSHIP**. THIS WEEK ABOUT ONE THOUSAND ATHLETES FROM ALL OVER ARE COMPETING. OLDER BETTER LIKE FINE WINE.



THE CLEVELAND PLAIN DEALER

Thursday, July 28, 2011

FEATURE STORY:

Top 'over the hill' athletes prepare for weekend's USA Masters Track and Field Championships in Berea



Marvin Fong, The Plain Dealer At 68, Cleveland Heights' Stephen Robbins, a retired professor, says it's an uphill climb competing against the "kids" in his 65-69 age group.

CLEVELAND, Ohio -- They call themselves the Over the Hill Track Club.

But really, it should be Over the Hills. Every time members crest one hill, they set their sights on the next.

The Cleveland-based OHTC is a collection of masters track athletes -- ages 30 and over; in some cases, way, way over -- many of whom will compete in the USA Masters Outdoor Track and Field Championships, Thursday through Sunday, at Finnie Stadium in Berea.

More than 1,000 athletes ages 30 to 97 are expected, and admission is free.

Masters athletes have an atypical view of aging. Many look forward to their birthday every five years because it means they'll move up an age group (30-34, 35-39, 40-44, and so on), and presumably be more competitive.

Stephen Robbins, a 68-year-old retired professor from Cleveland Heights, said it's an uphill climb competing against the "kids" in his 65-69 age group.

"The first year or two in your group is your window of opportunity," he explained. "I set world [age-group] records in the 100 and 200 meters at 65, and here I am at 68, it's tough.

"I'm looking forward to 2013 and possibly setting some 70 [age-group] records."

Robbins is still holding his own. He won the 100 and 200 and ran on the winning 4x400 relay at the Masters World Championships earlier this month in Sacramento, Calif. He's among numerous champs from that meet headed to Berea, including Khalid Mulazim of Lyndhurst. He won the 200 and 400 (45-49) at Worlds, and anchored a world-record 4x400 at this year's Penn Relays.

John Means Sr., 91, of Richmond Heights, won his age group at Worlds in the 100, 200 and 400. He also is entered in the 4x400 relay Sunday with his sons Scott, 60, and John Jr., 56, and grandson, Patrick Nobles, 39. They'll have to compete in Nobles' age group, 35-39.

"I'm running the anchor leg," Means Sr. said. "My grandson will run first. We're getting together on Friday evening, so we'll be talking about it then and practice with the baton a little bit."

They'll be easy to spot Sunday. They'll be ones wearing specially made T-shirts for the occasion with their motto: "Outlive your opponents."

Another 91-year-old apparently has done that. Decathlete Ralph Maxwell, of Alamo, Texas, often is the lone entrant in a competition whose 10 events include the pole vault, hurdles, discus and 1,500. He more than doubled the previous 90-94 world record with his winning score of 7,069 points at Worlds.

Another notable entrant is distance ace and multiple world-record holder Nolan Shaheed, 62, of Pasadena, Calif. He played trumpet for Count Basie, Stevie Wonder, Aretha Franklin, Diana Ross and Marvin Gaye, and in track circles is known for his unusual diet of one meal a day.

The oldest entrant is San Diego's Leland McPhie, 97, who won gold at Worlds in the high jump, long jump, and triple jump. He's entered in seven events. Charles Ross, 88, is entered in 19 events.

The older some athletes get, the more they have in common.

"If run into somebody at a masters meet and I want to bond with them quickly, I say, 'So, tell me about your injuries.' They'll go on for an hour and I can't get away from them," said Robbins,

laughing. The former University of Arizona sprinter then reeled off a long list of his own injuries and surgeries, most encountered since he resumed his track career as a masters athlete at age 50.

While it sounds like good fun, there's also a serious competitive side to the event. For the first time, masters athletes will be subjected to tests for performance-enhancing drugs by the U.S. Anti-Doping Agency.

"I take a lot of medications, and I don't know what's forbidden, but I think I'll test out OK," Means Sr. said.

Link to Original:

http://www.cleveland.com/sports/index.ssf/2011/07/top_over_the_hill_athletes_pre.html



Shaheed, Maxwell class of the field

August 1, 2011

Paul Heyse

Nolan Shaheen and Ralph Maxwell brought VIP class to an already top-notched event at Saturday's USATF Masters Track and Field Nationals in Berea at Baldwin-Wallace College.

Shaheen and Maxwell were among the elite in the field. The pair shared the 2010 USATF Male Masters Athletes of the Year.

Shaheen is a veteran distance runner. Maxwell's primary event is hurdles, but he has expended his array of talents over the years and now also competes in a wide array of events including the decathlon.

Those that know Shaheen and Maxwell well aren't at all surprised at the honor.

It's Shaheed's third time around for this award. He also won in 2007 and 2008. He set at least five American records in his new age group, including a 4:57.06 indoor mile and a 4:31.93 outdoor 1,500.

The bar was set high for Shaheed at young age. A 1967 graduate of John Muir High School in Pasadena, California, Shaheed was a member of quite a track team in high school.

"We had a 16-2 pole vaulter and a 26-2 long jumper," recalled Shaheed. "We had the Gomez brothers that were running phenomenally. But I really didn't come into my own until I realized that running would help my music. When I realized that I started getting serious with my running."

Shaheed's music career includes playing lead trumpet for Count Basie, Stevie Wonder, Aretha Franklin, Diana Ross and Marvin Gaye.

"I'm one of the luckiest guys in the world," said Shaheed. "I'm one of the few people in the world that can meet all my goals. A lot of people can't set goals. I wanted to be a top studio musician. You can't sell them and expect to be a rock star. You can't sell them and be a great athlete. You have to do whatever they tell you to do. I wanted to be good and ended up being more than good. I'm very blessed."

Shaheed won the M60 10,000 meters on Saturday at B-W with a time of 40:19.63.

"I got tired of feeling out of shape," recalled Maxwell, who started his track and field career at age 74. "I was disgusted with the way that I looked. I decided I wanted to do something about it."

And Maxwell has tried to capitalize and maximize his track and field talents each and every day for the past 17 years. He has become one of the top senior-level track and field athletes in the world.

Maxwell set a M90 world record for pole vault at B-W with a mark of 4-8. He also won the 80-meter hurdles, 100 meters, long jump and shot put this weekend.

One might have to forgive Maxwell for “taking it easy” at the USATF nationals, competing in “only” six events. Maxwell set the M90 world record for the decathlon at the world championships July 6-17 in Sacramento.

Maxwell is No. 1 nationally-ranked M90 outdoors for the 80-meter hurdles, 300 hurdles, long jump, triple jump, shot put as well as the pentathlon. He’s also top-ranked indoors for the 60 meters, 200 meters, 60-meter hurdles, high jump, long jump, triple jump and pentathlon.

So what inspired Maxwell to try the decathlon in his 90s?

“I started the throws when I was 88 and gradually have added events,” said Maxwell. “I figured that since I was doing all of these events that I might as well do the decathlon.”

Not too bad for a guy who translated over golf and tennis.

The Inquirer

Well Being: Hip defects and injury can't stop this champion runner

August 15, 2011 | By Art Carey



She runs with the fluid grace of a gazelle, her stride long, her gait smooth. Her feet seem to strike with the fleeting impact of a gentle kiss.

So it's easy to believe that Janet Lewis, at 39, after donning spikes for the first time in nearly two decades earlier this year, won races in both national and international masters championships last month.

What is hard to believe is that she did so with her body - one seemingly perfect for running but plagued by defect and injury. For example, two muscles in her right leg are *detached*.

"Your doctors are OK with that?" I asked. "I follow doctors' orders, but I do try to push the doctors," she said with a smile. "I can sometimes be hardheaded."

Her father, Craig, a former state senator, uses a different word: "Driven."

"Goal-oriented and determined," says Kareem Lanier, cofounder of TNT International Racing Club, for which Lewis runs. "She's a trouper who can suck it up."

Her athletic gifts showed early. When she was 3, Lewis began doing gymnastics. By 8, she was competing. In junior high, she was the fastest kid in school. At Neshaminy High, where she captained the indoor and outdoor girls' track teams, she sprinted, hurdled and jumped.

At Duke University, she excelled in relays, threw the javelin, specialized in the heptathlon. "I loved challenging myself in a lot of different ways," she said.

But injuries began to hamper her. She had surgery on her shins. Both knees were scoped, cleaned out through arthroscopic surgery. Her track coach wanted her to downshift. She wanted to gear up. Frustrated, she switched to diving. Senior year, she missed the NCAA diving championships by a tenth of a point.

After college, she ran three miles a day for fitness and mental health. She earned a master's in sports administration, then an M.B.A. She ran stadium steps, practiced yoga and taekwondo, climbed rocks. She worked in sports administration, athletic counseling, sports marketing. She lived in different cities and traveled widely, running on six continents. But her body continued to balk. She had an operation to bring her cranky knees into alignment.

In 1999, she ran her first 10k. The course was brutally vertical. Lewis, exhausted, loved it. In 2002, when she moved back to Philadelphia, friends urged her to try the Broad Street Run, and the Philadelphia Distance Run. She began training. The more miles she logged, the more her hips hurt. She was "living on Advil."

Link to Original:

http://articles.philly.com/2011-08-15/news/29889346_1_hip-surgery-taekwondo



Avon Lake's Wirtz wins discus

July 31, 2011

Paul Heyse

BEREA – Nobody told Avon Lake thrower John Wirtz anything about coming back down to earth.

After a pair of second place finishes at the World Masters Athletic Championships in Sacramento July 6-17, one might expect Wirtz to be a little less than sharp for this week's 44th annual USA Masters Outdoor Track and Field Nationals at B-W.

Far from it. Wirtz had his 'A' game.

The 42-year old won Saturday's 40-44 age group discus throw with a season-best throw of 171 feet, three inches as he defeated Easton, Pa.'s Peter Hennigan (133-3).

It was almost six feet further than what Wirtz threw for discus at worlds earlier in the month. It came on Wirtz's first throw in the finals, his fourth of six tosses overall.

"After the 171-3 I knew that I didn't have a better throw in me," said Wirtz. "I thought that I might still have more in the tank (for a better throw), but I didn't. You try to hold together for an hour (for the event) and it just doesn't hold together as much as it use to."

Wirtz fouled his fifth throw and then threw 165-1 on his final throw of the day.

Wirtz is the nation's No. 2-ranked discus thrower and No. 3-rated shot putter in the masters category (age 40 and older). He qualified for the 1992 and '96 Olympic Trials and owns a career-best for discus of 204-3.

"I was so amped on my first couple throws," said Wirtz, who stands 6-foot-3 and weighs 246 pounds. "The discus is such about being in a position to apply power. It's like the sweet spot of a golf swing if you don't find (that day) you're not going to get it.

"The throw in round three (167-4) set me up to be in position. The shot put took so much out of me at worlds. I came back (in discus) and competed against Sergey Lockov (of Russia) who was a 1996 Olympic finalist in Atlanta. Even with today's (discus) throw I would have taken second, but I felt like I competed well in back-to-back events. I'm thrilled. Today was one of the top 50-60 throws of all-time today (for 40 year-old and older).

The former Cal State Berkley discus All-American was second for discus with a toss of 165-5 and second for shot put (53-9) for worlds at Sacramento. He missed the world shot put title by four inches.

"It went back and forth in shot (at worlds). I was really jacked," said Wirtz, a financial adviser for First Merit Bank. "Ninety minutes later I had to throw the discus. For shot, you have to get all that up. The discus is different. It's a much more composed, relaxed event than shot."

Wirtz's won the 40-44 age group shot put at B-W by five feet on Thursday in a downpour with a throw of 48-10.

"The discus is the most technical track and field event next to the pole vault," said Wirtz. "To get the discus out there to 170 feet you have to have done the work and out in the time. Last year

was my first year back (for discus) in 14 years and was my first. I've dropped 60 pounds and worked hard getting back into shape.

"I'm totally pumped about today. It's been a tough year going through a divorce and everything. The timing's been amazing to be able to train like I have and put the effort into it. Who knows what next year's is going to hold?"

It was also quite a day for former North Ridgeville resident Jack Greenwald, who added a gold in the men's 80-84 100 meters (16.42) to his first place from Thursday's 400 meters (1:35.66).

The 83-year old Greenwald, who lived in North Ridgeville from 1971-98 and now lives in Seville, didn't mess around coming out of the blocks.

Greenwald put the race away early as he blew away second place finisher James Stocky of Dickerson, Maryland (17.40). He looked like he might take a tumble to the track when he misstrided at about 60 meters but then righted himself.

"It felt good, sure," said Greenwald. "I didn't hear any feet so I didn't worry, (although) I was worried about crossing the (lane) line. I was getting a little bit close to the edge."

It was a much better day for Bob Kuebler. The Elyria native chalked up a third place finish for a bronze medal in the men's 65-69 10,000 meters with a time of 46:42.03.

"Right now I'm feeling fine, but the heat on the track was hellacious," said Kuebler, a 1964 Elyria Catholic graduate. "I felt that I ran as well as I could. The water stop they had along the track worked fine because we only had 11 runners on the track."

Ron Legg of Beach City, Ohio, won the 65-69 race in 40:52.96. Meadville, PA's James Lombardi was second (46:05.62).

Kuebler had a tougher go at on Thursday for the 5,000, finishing seventh (22:30.30). His expectations were a higher going in based on his seed time (21:52.0), but rains and high humidity made race conditions oppressive.

Gary Patton, 65, of Rock Rapids, Iowa, won the event in 19:17.88. Doug Goodhue, 69, of Milford, Michigan, was second (19:29.42). Avon Lake's Reed Hinman, 69, was sixth (22:25.89).

North Ridgeville's Steve Benesh, 31, finished third in the men's 30-34 5,000 meters on Thursday with a time of 15:53.82. Berea's Tim Budic won the event in a time of 15:42.01. Rick Cahoon, 34 (15:52.97), of Blanchard, Michigan, held off Benesh for second.

Avon's Mike Hackett, age 55, was seventh in Thursday's 55-59 5,000 meters (20:08.50). Toledo's Sam Torres won the event (18:27.70). Amherst's Dale Sherry was 12th in the Friday's 65-69 100 meters (18.14) and didn't advance to the finals (top eight).



Greenwald sweeps sprints

August 1, 2011

Paul Heyse

The Elyria Chronicle-Telegram

BEREA – Things clicked like 1-2-3 for Jack Greenwald at Sunday's 43rd annual USATF National Masters Track and Field Championships.

The 83-year old Greenwald clinched a sweep of his three events when won his third gold medal of the four-day meet with a victory in the men's 80-84 age group 200-meter dash with a time of 35.59.

"I wanted to do it under 36 flat," said Greenwald, who lived in North Ridgeville from 1971-98 and now lives in Seville. "The 200 has always been favorite race if I don't screw up and cross into the other lane.

"Some of the other guys were kidding me about one national meet. It was held at a nine-lane track. I was assigned lane No. 8, but they disqualified me because I lined up in lane nine which happened to be empty."

Greenwald added to wins from the 100 (16.42) on Saturday and the 400 (1:35.66) on Thursday.

Greenwald ran track in high school for Canton Lehman, but then didn't race again until 1987. He won a silver medal in the 400 meters at age 57 at his first Senior Olympics in St. Louis. Greenwald's been a speedster ever since.

"I joined a local swim club when I was in my 50s. One of the members who thought I swam well suggested I try the Senior Olympics," said Greenwald.

That launched his track career.

Greenwald defeated North Bend's Richard Soller, 84 (48.19) for Sunday's 200-meter crown. Just like his other two races this weekend, Greenwald's block-start buried the field.

Some corrections to his form six years have made a huge difference.

“The way I use to run you couldn’t describe my form,” said Greenwald, who stands 5-foot-4 and weighs 135 pounds. “I used to run fairly upright. Chuck Sochor (from Lincoln Lake, Michigan) taught me how to run better with that nice forward lean. It took me two years to develop it.”

Greenwald had just a few health issues. He overcame a triple heart bypass in 2004 and occasionally battles double-vision. He lost his wife of 48 years, Linda, who also died the same year in 2004.

But overall, life remains enjoyable and fun for Greenwald. His track career has a lot to do with it, but he’s enjoyed many other things, too.

Although he never owned aircraft, Greenwald at one time had a pilot’s license.

“The most exciting thing I did to my own self was to fly upside down over Geauga Lake back in the 1980s,” said Greenwald. “It was a thrill and still is a thrill.”

Kuebler, Hinman and Sherry earn medals

Elyria native Bob Kuebler, 65, along with Avon Lake’s Reed Hinman, 69, teamed with Cleveland’s Bill Stross and Bay Village’s Bob Krummert for a second place finish in the men’s 60-69 club 3,200-meter relay (11:57.18). The Southern Cal Track Club won the event in 10:49.29.

“Our anchor (Bob Krummert) just flew,” said Kuebler, who led off with a 2:54 split. “I’ve done relays and have done relays at national meets before, but the last time I did a relay of any type was probably 14 or 15 years ago. I think it was a distance medley at the old Medina Discount Drug Mart meet.”

“Today was a lot of fun,” said Hinman. “I never ran in high school (at Orange High) and didn’t take up running until my 30s. I ran a 4:53 mile in my late 30s and a 16:54 5K when I was 44 or 45. I also ran a 3:02 marathon. I sort of back off racing in my 50s but have come back strong in my 60s.”

Amherst’s Dale Sherry, 68, took home a third place medal as a member of the Cleveland-based Springbok Track Club’s 3,200-meter relay (11:01.03) for the men’s 50-59 age category. He teamed with Craig Stalder, Mike Schipper and William Whitmore. Southern Cal (9:50.61) and Cleveland’s Over The Hill Track Club (10:02.18) finished 1-2.

“I was already scheduled to run the men’s 60-69 1,600 relay for Springbok, but we had a no-show 10 minutes before the event so I got thrown in as a alternate,” said Sherry. “I had to run from the stands over to the starting line. No warm-up, but it was a lot of fun. I still enjoyed it.”

NWI TIMES

SPORTS DIGEST:

August 9, 2011

Senior track and field

COHEN CAPTURES MEDALS IN MASTERS TRACK: Former E.C. Washington football and track standout **Stephen B. Cohen** captured gold in the shot put at the 2011 Wisconsin, Midwest and Illinois Masters' Indoor Championships. He also captured a bronze at the Masters Indoor Championships in Albuquerque, N.M. and won gold in the shot put and discus throws at the 2011 Wisconsin, Michigan, Illinois and Midwest Masters Outdoor Championships.

A member of the USATF Masters Executive Committee, Cohen is also the chair of the Masters Anti-Doping and Substance Abuse Committee.

Link to Original:

http://www.nwitimes.com/sports/recreation/article_fa8002ae-8e64-5c74-8380-abffaf5ea546.html#ixzz1UkCGrFrP



At Baldwin-Wallace College, Berea 3RD DAY RESULTS

MEN

100 meter

30: Danny Tutskey 10.74; **35:** Nelson 10.90; **40:** Eric Prince 11.24; **45:** Kevin Ellis 11.80; **50:** Kenneth Eaton 11.68.

55: Tom Smith 12.23; **60:** Charles Allie 12.24; **65:** Stephen Robbins 12.51; **70:** Robert Lida 13.79; **75:** Robert Whilden 13.67; **80:** Jack Greenwald (Seville) 16.42; **85:** George Riser (Lyndhurst) 17.97; **90:** John Means (Richmond Heights) 18.13. **95:** Leland McPhie 30.86.

800 meter

35: Andrew Hogue 2:03.38; **40:** Mark Gomes 1:58.38; **45:** Landen Summay 2:03.04; **50:** Thomas Cawley 2:08.41; **55:** Robert Scott 2:15.02; **60:** Tom Bernhard 2:17.52; **65:** Gary Patton 2:29.57; **70:** Maurice McDonald 2:34.74; **75:** Charles Rose 2:49.48; **80:** John McMahon 3:55.06; **85:** Craig McMicken 4:53.67; **90:** John Boots 4:57.15.

10,000 meter

35: Paul Mainwaring 33:28.60; **40:** Robert Marchinko 33:34.17; **45:** Kevin Forde 35:27.46; **50:** Brian Pilcher 34:17.04; **55:** Lane Custer 39:01.32; **60:** Nolan Shaheed 40:19.63; **65:** Ronald Legg 40:52.96; **70:** Richard Gauntner 46.34.53.

3,000 steeplechase

30: Timothy Budic 9:55.05; **35:** Thomas Thomasson 11:37.46; **40:** Liam Collins 9:59.11; **45:** Ted Poulos 11:49.10; **50:** William Fain 12:06.29.

2,000 steeplechase

55: Douglas Labar 12:51.55; **60:** William Weigel 8:58.15; **65:** Ross Bolding 8:23.06; **70:** Roland Cormier 10:11.82; **75:** Ken Ogden 12:02.02; **85:** Charles Ross 17:23.43.

Triple jump

70: Roger Vergin 8.44m; **75:** Glen Stone 7.17m; **80:** James Stookey 6.48m; **85:** Denver Smith (Louisville) 6.03m; **95:** Leland McPhie 2.76.

High jump

35: Jeremy Willis 1.73m; **40:** Brian Ashley 1.83; **45:** Steven Johnson 1.78m; **50:** Bruce McBarnette 1.83m; **55:** Donald Watson 1.63; **60:** James Sauers 1.60m; **65:** David Montieth 1.52m.

Pole vault

55: William Jankovich 2.10m; **60:** John Large 3.50m; **65:** Matt Kilpelainen 3.35m

Discus

35: Kunle Lawson 45.11m; **40:** John Wirtz (Avon Lake) 52.20m; **45:** Glenn Thompson 45.43m; **50:** Warren Taylor 48.22m; **55:** Bruce Kennedy 38.97m; **60:** Robert Hume 49.55m; **65:** William Harvey 39.94m.

Weight throw

70: Jerry Harwood 12.15m; **75:** William Gramley 14.43m; **80:** Karlis Ezerins 11.96; **85:** George Roudebush 7.03; **95:** Leland McPhie 4.63.

WOMEN

100 meter

30: Brandi Bernert 12.16; **35:** Turner Cypress 13.32; **40:** Toccata Murphy 13.19; **45:** Terri Rath 14.47; **50:** Kathleen Shook 14.20; **55:** Karla Del Grande 13.71; **60:** Brenda Matthews 14.55; **65:** Kathy Jager 15.27; **70:** Christ. Bortignon 16.16; **75:** Barbara Jordan 16.46; **80:** Magdalena Kuehne 20.00; **85:** Patricia Peterson 22.38.

800 meter

35: Janet Lewis 2:31.04; **40:** Sonja Friend-Uhl 2:10.56; **45:** Lorraine Jasper 2:26.05; **50:** Lynda deBoer 2:39.31; **55:** Alison Suckling 2:48.11; **60:** Coreen Steinbach 2:42.44; **65:** Jolen Steigerwalt 3:53.68; **70:** Madeline Bost 4:06.35; **75:** Mary Harada 4:01.98.

5,000 meter

35: Sheri Kidwell 20:19.54; **40:** Lisa Ryan 18:10.87; **45:** Julie Hankin 19:35.44; **50:** Lynda deBoer 20:36.92; **55:** Kathryn Martin 19:25.83; **60:** Barbara Broad (Pepper Pike) 20:37.54; **75:** Mary Harada 29:19.21

10,000 meter

35: Roxana Wroblewski 42:50.44; **40:** Stephanie Timmer 54:40.30; **45:** Julie Hankin 42:07.73; **50:** Christine Ganz (Broadview Heights) 43:29.73; **55:** Kathryn Martin 41:39.65; **60:** Karen Bowler 44:50.11; **70:** Joynce Hodges-Hite 1:39.30.13.

100 short hurdles

35: Anne Sluder 16.56.

80 short hurdles

40: Lizanne Stephan 14.83; **45:** Christine Roemer 15.05; **55:** Kay Glynn 15.46; **60:** Mary Trotto, dq; **75:** Florence Meiler 19.69.

2,000 steeplechase

35: Danelle Readinger 8:58.26; **40:** Lisa Ryan 7:23.31; **55:** Kathryn Martin 8:18.87; **60:** Ashley Childs 10:24.24; **70:** Jane Simpson 14:28.04; **75:** Florence Meiler 14:03.36.

Triple Jump

30: Amy Russell 8.66m; **35:** Turner Cypress 10.20m; **40:** Tracey Battle 9.29m; **55:** Kay Glynn 8.64m; **60:** Brenda Mathews 7.39m; **65:** Sharada Sarnaik 7.14m; **70:** Christ. Bortignon 6.87m; **75:** Audrey Lary 6.77m; **80:** Magdalena Kuehne 5.78.

Shot put 3k

50: Oneithea Lewis 12.50m; **55:** Ruth Welding 10.15m; **60:** Mary Hartzler (Gahanna) 9.48m; **65:** Cindy Wyatt 10.29m; **70:** Carol Young 7.07.

Shot put 2k

75: Mary Roman 8.83m; **80:** Magdalena Kuehne 6.30m; **85:** Johnnye Valien 6.32m.

Javelin

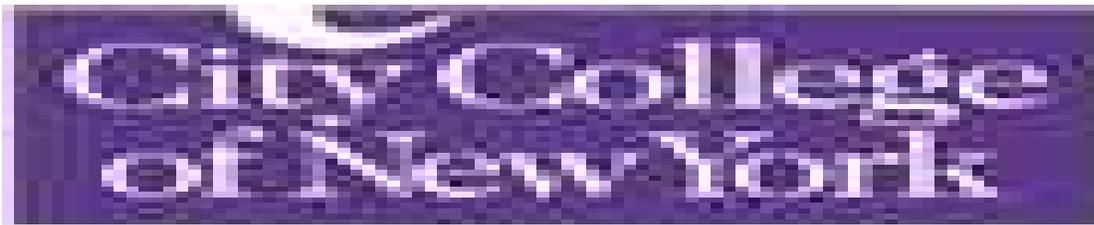
70: Carol Young 17.57m; **75:** Christel Donley 16.10m.

Weight throw

30: Jaime Flynn 5.87m; **35:** Jennifer Stephens 11.75; **40:** Patricia Mosley 9.13m; **45:** Gina Lanier 8.58m; **50:** Oneithea Lewis 16.83m; **55:** Ruth Welding 13.60m; **60:** Mary Hartzler (Gahanna) 14.17; **65:** Georgia Cutler 10.23; **70:** Carol Young 12.73m; **75:** Audrey Lary 9.90m.

Link to Original:

http://www.cleveland.com/sports/index.ssf/2011/07/usa_masters_track_field_champi.html



CROSS COUNTRY/TRACK AND FIELD HEAD MAN HUGH REID REACHES ALL-AMERICAN STATUS AT USATF MASTERS NATIONAL CHAMPIONSHIPS



When City College of New York men's and women's cross country and men's and women's indoor and outdoor track and field head coach Hugh Reid arrived on the CCNY scene in the summer of 2010, he entered the fray with the aspiration of taking six teams and turning them into contenders for conference championships. Over the course of the next nine months, he enjoyed about as much success as a first year coach could, guiding four teams to CUNYAC titles, being named the coach of the year for four different squads, and helping guide City College's women's cross country team to an unlikely third-place at the 2010 cross country championships. The accolades and success continued for Reid this past weekend, when he competed at the 2011 USATF Masters Outdoor Track and Field Championships in Cleveland, Ohio. At that event, he reached All-American status by winning three different events in his age group, including the 400 Meter Dash, the 4x100 Meter Relay, and the 4x400 Meter Relay.

"This truly has been a dream year for me," Reid would say afterwards. "I am blessed and honored to have performed so well at the USATF Masters National Championships. To have won three National titles, with all that I have been dealing with (passing kidney stones) is amazing. This is a true testament that with hard work, dedication, and positive thinking, anything can be accomplished. It is my hope that this is the type of performance that can serve as motivation for all of our student-athletes for the upcoming 2011-2012 athletic year."

On Friday evening, in the M30 group (males competing from ages 30-34), Reid claimed first place in the 400 Meter Dash, finishing that event with a time of 50.08 while claiming All-American status. He also reached that status in the M 30-39 (men aged 30-39) 4x100 Meter Dash, as with teammates Jason Gosa, Nate Sickerson, and Leonidas Watson, he won that event with a time of 43.31, and finally in the M 30-39 (men aged 30-39) 4x400 Meter Dash, he grabbed first along with teammates Calvin Padgett, Carl Owens, and Kanth Ravi Raj, as they finished that event with a time of 3:57.99. Reid also picked up a bronze medal in the M-30 100 Meter Dash, finishing fourth in that event with a time of 11.52.

In the midst of all of his coaching and competition accolades, Reid has managed to accomplish something that not many coaches are able to do: He has established a relationship with his student-athletes where he has not only helped them perform to their

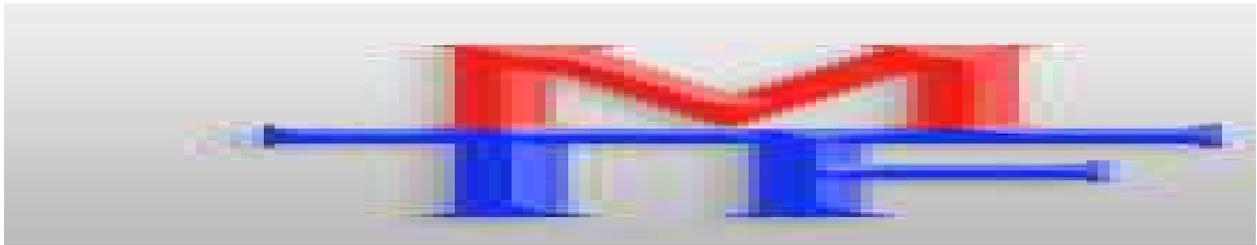
fullest potential, but he has been able to be there for support as a friend while still garnering the respect that a coach demands.

“All of my student-athletes from all of the six teams that I coach know what I preach,” Reid said. “It’s important for all of them to work hard and aspire to perform to the best of their abilities. It’s also crucial that they enjoy themselves while competing and enjoy their college experience, and for them to know that it’s a family atmosphere, meaning that regardless of what the issue might be, there are coaches, student-athletes, and administrators at this institution that care and are here to lend a helping hand. That’s what it’s all about.”

Coach Reid not only does a phenomenal job of motivating and guiding his student-athletes, but he makes it a point to lead by example – just as he did this weekend.

Link to Original:

http://www.ccnathletics.com/news/2011/8/1/MXC_0801111729.aspx



Khalid Mulazim, Thad Wilson, Ralph Maxwell claim WRs at Bereworlds. He already owns



short-hurdle bests.

In his first M60 season, Thad Wilson won worlds (shown) and set WR at Berea.

Here’s how USATF reports Friday’s events:

Mulazim, Maxwell and Wilson set world records at Masters

7/29/2011

CLEVELAND, OHIO — For the second straight day, the USA Masters Outdoor Track & Field Championships began with heavy morning showers. The rain eventually subsided and the clouds parted, allowing many of the masters athletes to shine. Several world records fell during the second day of competition, including one set by Khalid Mulazim of Cleveland, Ohio.

Cleveland man sets world record

Running faster than most runners half his age, Khalid Mulazim of Cleveland, Ohio, set the world record in the M45 400m by posting a time of 50.18 seconds. Mulazim, who competes for Southwest Sprinters TC, broke Fred Sowerby's previous world record of 50.20 seconds set in 1994. Although the 400m is considered a relatively short race, he still managed to gap the rest of the field by nearly five seconds.

When Mulazim was asked how long he thought his world record could stand the test of time, he was quick to respond, "about a month" noting how he plans on running a sub-50 second 400m in the near future.

Best 90+ athlete in the world breaks another record

Perhaps the most inspiring performance of the day was turned in by Ralph Maxwell, 91, of Alamo, Tex. in the pole vault. Maxwell soared over 1.43m/4-8.25 to win his age division and eclipse the previous world record of 1.42m/4-7.75 set by Vic Younger of Australia in 2003. Maxwell's world record performance comes only three weeks after he solidified his status as the best 90+ athlete in the world by winning the 2011 World Masters Athletics Championships in the decathlon with a total of 7069 points.

Having already clinched the victory in the M90 division, he decided to withdraw from the competition after clearing the record setting height. Maxwell, who is also a renowned vocalist and song writer, then demonstrated some of his other talents at the end of the competition when he began singing for fans and reporters.

Wilson hurdles into the record books

Thaddeus Wilson of Oxnard, Calif. won the M60 100m short hurdles with a world record time of 14.37 seconds. He bettered the previous record of 14.62 seconds set by Courtland Gray of the United States in 2004.

In a race where results are so often determined by fractions of a second, Wilson powered over the hurdles and won in dramatic fashion, bettering his nearest competitor by a whopping 2.18 seconds. Wilson who competes for the Pacific Coast Track Club battled a slight headwind of .4 meters per second on his way to setting the world record.

Mulazim was only one of many Ohio residents to earn a national championship title during day two of competition. Other Ohio runners who won gold medals today are:

M30 – Timothy Budic, Berea, Ohio, 3000m steeplechase, 9:55.05
M50 – Charles Greene, Dayton, Ohio, javelin, 52.43m/172-0
M60 – Chris Schmid, Wooster, Ohio, 5000m race walk, 26:05.80
M70 – Grover Coats, Warrensville Heights Ohio, long jump, 4.08m/13-4.75
M70 – John Sloan, Hartville, Ohio, hammer throw, 29.12m/95-6
M85 – George Roudebush, Chardon, Ohio, hammer throw, 19.44m/63-9
M85 – Denver Smith, Louisville, Ohio, pole vault, 1.70m/5-7
M80 – Jack Greenwald, Seville, Ohio, 400m, 1:35.66
M90 – John Means, Richmond Heights, Ohio, 400m, 1:42.69

W50 – Lynn McConnell of Quaker City, Ohio, 5000m race walk, 43:15.76.
W60 – Mary Hartzier, Gahanna, Ohio, discus, 25.30m/83-0
W70 – Rita Matz, Lebanon, Ohio, discus, 18.78m/61-7

Link To Original: <http://masterstrack.com/2011/07/19550/>

Ventura County Star



haddeus

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Wilson



Thadd Wilson sets world record

By [Derry Eads](#)

If the soreness is gone from his left hamstring Sunday, Thaddeus Wilson will go ahead with an attempt to set a world age group record at the USA Masters Outdoor Track and Field Championships in Cleveland.

At the very least, the 60-year-old Oxnard resident will come home with two gold medals.

And a world record performance.

The multi-national champion bettered a nine-year-old 100 low hurdles world record Friday in the men's 60-64 age division with a winning time of 14.37 seconds. Guido Muller of Germany had owned the record since 2002 with a time of 14.42.

Representing the Pacific Coast Track Club, Wilson also won that age division's long jump title, bringing his career total of outdoor national championships to 12.

While the win in the 100 hurdles was not unexpected — Wilson extended his streak of titles in the race to six — becoming an age-group world record holder was.

In moving to the top of the all-time list, Wilson shaved .41 of a second off of his winning performance at the World Masters Championships in Sacramento earlier in the month. At that meet, Wilson also won the 300 hurdles, placed second in the 100 and fourth in the long jump.

"I was locked in," he said. "I had a real good start. It was smooth throughout the race."

In what has become a template of his races this summer, nobody was close enough to challenge him to the finish line. The runner-up was more than two seconds behind.

"I've been running against myself most of the year," Wilson said. "Pretty much after the first or second hurdle, I don't see anybody close."

"There hasn't been a race concerned about a threat. Even at the World Championships, there was only one or two that was on the radar."

Wilson has quickly adapted two changes in the event that come when one graduates from the 55-59 to 60-64 division: The height of the hurdles is lowered from 36 to 33 inches and the distance between the start and first hurdle is one meter longer.

He arrived in Cleveland believing that his best chance for a world record would come in the 300 hurdles.

"I thought I had a chance for it in Sacramento," said Wilson. "I felt that I was one world record pace. People told me that on hurdle No. 6, I took it with my opposite foot."

His timing off, Wilson staggered to regain his form. While still victorious, he had lost time that he couldn't make up.

Another shot at a record in the 300 hurdles could have been lost when Wilson strained his left hamstring in a qualifying race in the 100-meter dash.

Since turning 60 last December, Wilson embarked on his first true training schedule ("I stayed with it about 80 percent of the time," he said) and began eating healthier.

Clearing hurdles

All-time world best performances for the 100 low hurdles in the men's 60-64 age division, according to MastersAthletics.net

14.37 Thaddeus Wilson, Oxnard 2011

14.42 Guido Muller, Germany 2002

14.62	Courtland Gray, U.S.	2004
14.66	Takahashi Masayuki, Japan	2010
14,74	Charles Miller, U.S.	2004

Link to Original:

http://www.vcstar.com/news/2011/jul/30/Wilson_record/

TheUnion.com

Steve Bond: Shook brings home gold for U.S.

By Steve Bond

Al Shook has had an outstanding series of races over the last month and a half against top international age group competition.

On June 18, Shook ran the mile race on the track in the Western States International Invitational at U.C. Davis. His six-minute, 32.46-second time, which won the 70-74 age group (AG), earned him a third place U.S.A. Masters Track & Field ranking in his AG, over 20 seconds under the All American standard, as well as a 79 percent age grading, at the top of Regional Class.

That race was planned all along as a tune-up for the big event, the 2011 World Masters Association Track & Field Championships, with various events held over two weeks in mid July in Sacramento, attracting top AG runners from all over the world.

Shook's first race in that event was the 8K (slightly under five miles) cross country meet on July 6 where he finished 10th out of 25 in the 70-74 AG in 40:00.9. Much more importantly, in the team competition among countries, with the top three for each country scoring, Shook was third man for the U.S., helping his team take first, with the top three bringing home BIG gold medals.

Shook told me that standing on the podium with his teammates, listening to the National Anthem being played, was possibly the proudest moment of his racing career.

But Shook was far from done.

Three days later, on July 9 he finished 10th out of 27 in the 70-74 AG in the 5K on the track in 22:04.96, second American. Shook's time, a National Class 81.4 percent age grading, has him second in the U.S.A. Masters Track & Field rankings, almost a minute and a half under the All American standard.

July 15, Shook was the top American finisher in the 70-74 AG at 1,500 meters in 5:54.24, ninth overall. His time places him second in the U.S.A. Masters Track & Field rankings, more than 35 seconds under the All American standard, as well as giving him an 82.4 percent National Class age grading.

Wow!

Ron Gross ran the 10K on the track in this event on July 13 on a very windy day, and despite that slowing him down, ran his best age graded race this year at a top half of Regional Class 75.8 percent, finishing 13th in the 70-74 AG in 50:55.75. Gross is currently eighth in the U.S.A. Masters Track & Field rankings.

On Monday, Drue Mathies ran the 10K in 48:52.48, finishing 19th in the 60-64 AG (at age 64), earning a Regional Class 71 percent AG along with an eighth place U.S.A. Masters Track & Field ranking.

John Darlington finished the 8K cross country race in 45:40.3 on July 6, 26th and the fifth American in the 65-69 AG.

On June 5 Caitlin Schultheiss finished seventh out of 2,852 finishers in the Fleet Feet Women's Fitness Festival 5K Run/Walk in Sacramento. Her 19:04.7 time was good for second out of 135 in the 20-24 AG and a top half of Regional Class 77.6 age grading.

Gross, Bruce Coury and I competed in the Foot Pursuit 5K Run/Walk in Sacramento on June 18.

I finished sixth out of 34 in the 50-59 AG in 20:00.5, 25th out of 491 overall. (I HAVE to mention how MANY times I've run that time and how aggravating it is to be SO close to breaking 20:00!) My time earned a 76.84 percent age grading, boosting me up to ninth place overall in the yearlong Buzz Oates Run Sac age graded grand prix.

Gross won the 70 and over AG in 25:22.8, 115th overall. His 73 percent age grading moved him up to 78th place in Run Sac, with a lower than normal place at this point due to an injury early in the year now overcome. He will move WAY up!

Coury ran 25:09.2 to finish fifth out of 15 in the 60-69 AG, 108th overall, earning a 65 percent middle of Local Class age grading.

Abby Hunter finished first woman and second overall in the Cool Moon 12 Hour Night Trail Run on July 16, covering a mind-boggling 45 miles.

Congratulations to all the competitors for their efforts and achievements, most especially Al Shook!

Next up in the Gold Country Grand Prix is the sixth of the 10 events, the Bear River Fun Run 5K, on Aug. 6 at Bear River High School. More information can be obtained by contacting Race Director LeeAnn Halleib at 530-308-6959 (lhalleib@yahoo.com), or online at the Sierra

Link to Original:

<http://www.theunion.com/article/20110730/NEWS/110729721/1054&parentprofile=1054>

The News-Herald

By Chris Lillstrung

At 91, he Means business on the track



Anyone who wants the secret to staying active, here's a tip.

Take a trip to Richmond Heights and meet John Means.

Not many people can speak on the subject with the same kind of expertise.

Means is an American record-holding sprinter who has won numerous USA Masters track and field national championships and will look to add to his collection this week when the USA Masters outdoor nationals commence at Baldwin-Wallace College. Here's the kicker:

Means is 91 years old, and perhaps just as impressive, competitive running has only been in the picture for less than half that time.

"I started when I was about 50," said Means on Wednesday outside B-W's Finnie Stadium, at which he will compete this week in the 100- and 200-meter dashes, the 400 and on 4x100 and 4x400 relays in the annual USA Masters event. "I was flying a desk and I figured I needed to exercise, so I started running. I ran some 5Ks and then 10Ks, and that went on for a while.

"And then when I was pushing 70, I had a heart problem, and so my doctor said, 'Don't do distance anymore.' So that's when I took up sprinting."

For the Shaw High School and Western Reserve University graduate, sprinting has been taken up and — fittingly enough considering his division — mastered.

Since 2005, when Means began competing in the 85-and-over division of the USA Masters indoor and outdoor national events, he has earned 20 first-place finishes.

Earlier this year at the USA Masters indoor nationals in Albuquerque, N.M., Means broke the American record in the 90-and-over division of the 400, winning with a time of 1 minute, 46.94 seconds.

"I had pretty good competition, and when that happens, I generally can do better," Means said. "I was just able to stick it out for the 400 and was able to break the record. It was very pleasing to do that."

As has been a fulfilling athletic career that took an unorthodox route to fruition.

In his high school days at Shaw in the 1930s, Means recalls being about 100 pounds and being relegated to the sports in which he was able to compete, such as touch football and other intramurals.

He worked for 35 years as a chemist for Chase Packaging before retiring and later finding rewards athletically in a discipline he may not have initially envisioned. Once an outlet to stay in shape through distance, Means enjoys the challenge that sprint events provide.

"Well, it's over a lot quicker," said Means with a laugh. "It sure is. It's competition — fast, quick. You don't have to run five miles to see how you're doing. You get it over quick."

"I find it's great to compete, to have other men in my age group to compete against. Now that I'm in my 90s, it's difficult to find competition. But that's why I enjoy national meets because I can get competition."

Means' performances have earned him gold medals at meets all over the country and some commendable distinctions.

According to Mastersathletics.net, he is one of only 22 sprinters, including six Americans, in the 85-89 age group to ever break 17 seconds in the 100, running a 16.96 in 2005. A 35.68 recorded in the 200 is the fifth-fastest time ever in the event for an 85-89 athlete, and the second-fastest by an American.

Means' time of 1:31.19 in the 400 in 2007 also ranks in the top 10 worldwide among 85-89 runners, according to the website.

"It takes a lot of training," Means said. "All year round, I train to stay in shape. There's a price you have to pay, so it's very satisfying when it pays off like that and you're ranked up there with some of the best."

Means isn't kidding about his training regimen, which happens under the watchful eye of his wife of 30 years, Gail.

It starts with stretching, a steady diet of situps and pushups and five minutes on the treadmill as a warmup. Then Means runs through his neighborhood in Richmond Heights, sandwiching sprints with walking.

"I do that on a regular basis just to keep in shape," Means said.

And impressively defy the tug of age in the process.

Means was unable to make the trek to Sacramento, Calif. for last year's outdoor nationals meet, but took second in the 100, 200 and 400 during the 2009 edition in Oshkosh, Wis., and swept his age division in those events in 2007 when the meet was contested in Orono, Maine.

For Means, who also finds time with Gail to volunteer for Habitat for Humanity in Geauga County in addition to his athletic pursuit, not having to crisscross the country for outdoor nationals this time around is a huge benefit.

"It's the first time they've had it in Cleveland, and it's terrific because my family gets the chance to come and watch me run, which they can't always do," Means said. "It's going to be a lot of pressure, all these people watching me."

Pressure perhaps, but it's a spotlight well earned for a man who clearly knows the secret to staying active.

"There is definitely a lot of camaraderie, and you do run into the same people at the same meets," Means said. "And that's the fun of it. You know these guys. You know how good they are, and so it's a pleasure to run against them. Whether you win or lose, it's fun.

"I'm blessed. I really am blessed. I'm a strong believer in Christ, and He holds me up and keeps me going. I give him all the credit."

USA Masters Outdoor Track and Field Championships

-- **When:** Thursday through Sunday

-- **Where:** Finnie Stadium, Baldwin-Wallace

-- **Schedule:** For a detailed list of times for each event, separated by age groups, visit:

www.usatf.org/events/2011/USAMastersOutdoorTFChampionships/schedule.asp

-- **For the record:** John Means will compete in the 400 final at 1:15 p.m. on Friday, the 100 final at 11:10 a.m. Saturday and the 200 final at 11:30 a.m. Sunday.

-- **Other area competitors:** Paul Williams, 76, Richmond Heights; John Catalano, 51, Mayfield Heights; Nino Monaco, 60, Mayfield Heights; Sue Isabella, 37, Highland Heights; Cathi Gerson, 61, Lyndhurst; Jeff Gerson, 64, Lyndhurst

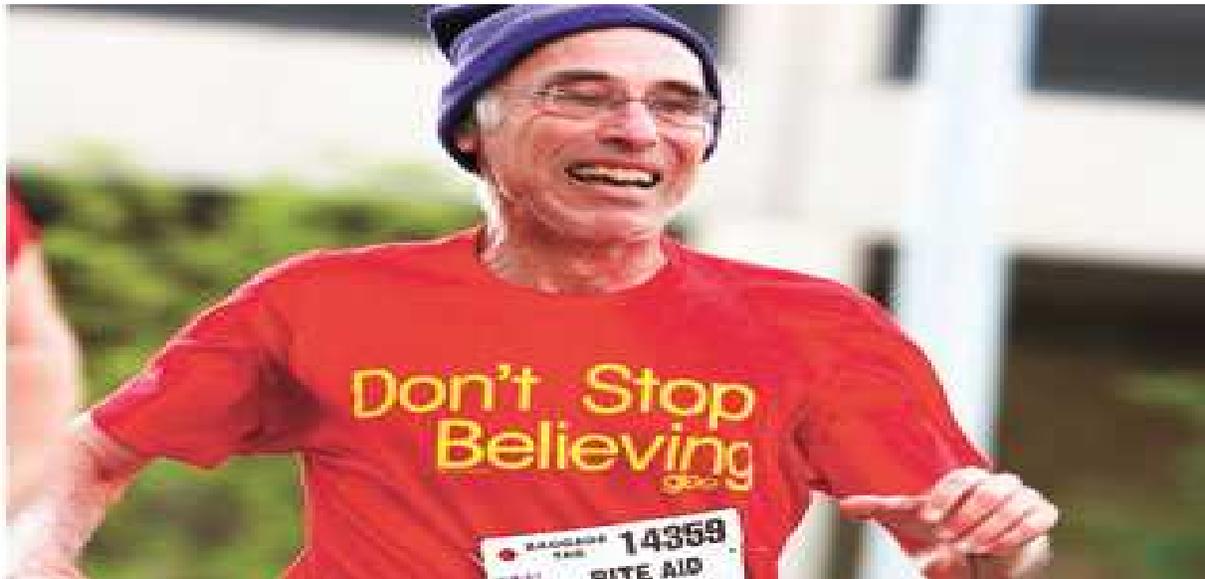
Link to Original:

<http://news-herald.com/articles/2011/07/27/sports/nh4303965.txt?viewmode=fullstory>



by Paul Heyse

Bob Kuebler running strong at 65



Years of wear and tear have changed the frame a bit, but what makes 65-year-old distance runner Bob Kuebler tick has essentially remained the same.

His savvy and street smarts are still intact, and his accomplishments for running — on the track and roads — have continued to grow and become more impressive.

Kuebler took a less-traditional route in getting here.

Elyrian Bob Kuebler, shown running in the 2010 Rite Aid Cleveland 10K, has run in 78 marathons, and won a pair of world masters championships and six national titles during his career. (Brightroom Photography.)

He was born at home on West 29th Street in Lorain, his parents couldn't make it to the hospital in time. The third of six children, he spent most of his years in Lorain County growing up in Elyria Township.

The 1964 Elyria Catholic graduate never ran track in high school, focusing on music education instead. Kuebler didn't begin racing until 29, and his debut was not 5K, 10K or half marathon ... it was the ultimate distance.

His first race was the 1976 Cleveland Western Reserve Marathon where he answered to a starting gun fired by legendary four-time Olympic gold medalist Jesse Owens. He finished in 3:24:21 in the inaugural event, which is now known as the Rite Aid Cleveland Marathon.

The first race wasn't an act of spontaneity — Kuebler planned for it a year in advance after reading about it in the newspaper. He ran the marathon in Cleveland each year through 1997 before switching over to the 10K, which he has done every year since.

Now, more than 35 years later, Kuebler has two world masters championships and six national masters titles to his credit. He has run 78 marathons.

Kuebler puts his mettle on the line again this weekend. He'll be competing in three events at the U.S. National Masters Track and Field Championships in Berea at Baldwin-Wallace College.

Kuebler, who is competing in the men's 65-69 age category, will race in the 5,000 meters Thursday, the 10,000 meters Saturday and be a part of the 3,200-meter relay — in the 60-69 age group — for Northeast Ohio-based Springbok Track Club on Sunday.

He hasn't raced at a national meet since 49, but has stayed sharp since then by running in 6-12 races per year.

Kuebler retired in 2006 from the Cleveland Public Schools after 25 years as a music and reading teacher.

"I'm training 20 miles a week," said Kuebler. "When I was back in my prime, I averaged 50-60 miles a week or higher. I'm older and still working a couple jobs even though I'm retired from teaching."

But he knows nationals aren't about just showing up. When Kuebler steps on the track, he has a goal and a strategy to accomplish it.

"The thing I try to capitalize on is each time that I come out of the turn on the track I try to accelerate," said Kuebler. "I learned that from Rich Oldrieve who use to run for Cornell University (and Bay High). There is strategy in track. It's not just running around continuously and trying to remember what lap you're on. You have to know all the little nuances. When you come out of the turn your body has a tendency to want to slow down. You have to want to get the most out of the track.

“For road races, for example, you have to be aware of where the uphill are and where the downhill are. For track, you need to stay as close to the inside line without stepping on it and getting disqualified. In track, you feel like you’re more on stage than you are when you’re in a road race because more people are watching. There’s some ‘show biz’ element to it.”

His current best times are 21:40 for the 5,000 and 45:50 for the 10,000.

“One of the reasons I’ve been able to remain competitive is that I’ve taken care of myself,” said Kuebler, who stands 5-foot-7 1/2. “I’ve essentially kept the same weight (138 pounds) for the last 35 years. In my heyday, I weighed slightly less (131).”

Kuebler labels his proudest accomplishment as finishing fifth at the 1987 Ultimate Runner masters event in Jackson, Mich., when he was 41. He was one of only 125 runners invited to the all-day pentathlon.

For the day, he ran 35:27 for a 10K road race, 1:07.0 for 400 meters, 15.5 for 100 meters, 5:18 for the mile and capped the day with a 3:17:17 for the marathon. Kuebler earned a \$100 prize check for his efforts.

Kuebler found his competitive edge through music in high school.

He was third chair clarinet in band during his sophomore year before moving up to first chair during his junior and senior years. Kuebler also earned first chair clarinet for the Lorain County 4H Club Band his senior year, an all-star cast from around the county.

“I’m still very competitive,” said Kuebler.

Masters track and field includes athletes still competing in their 90s. How long does Kuebler plan to stay with running?

“Until there are some signs from up above that I should not do it,” said Kuebler. “As long as I’m healthy and competitive for my age, I’ll do it. It only bothers me a little that my times have slowed. It’s natural that your times slow because your heart rate drops and with that your VO2 max drops.”

Link to Original:

<http://chronicle.northcoastnow.com/2011/07/27/bob-kuebler-running-strong-at-65/>



USA Masters Outdoor Track and Field Championships in Cleveland



At the USA Masters Outdoor Track and Field Championships in Cleveland, **Barbara Broad** of Peper Pike (left, with Ryan Hall), Ohio who won the W60 5,000m race in a time of 20:37 and **Sam Torres** of Toledo who claimed gold in the M55 5,000m in 18:27.70. **Beth Simpson** of Conneaut, Ohio sent the hammer flying 27.39m/89-10 to win the W30 hammer throw. **Mary Hartzler** had an outstanding day in the W60 hammer as the resident of Gahanna, Ohio improved her seed mark by more than a meter to win in 36.98m/121-4. George Riser of nearby Lyndhurst won the M85 shot put in 9.04m/29-8.

Link to Original:

<http://ohiorunning.com/?p=951>

AMERICAN Track & Field

CLEVELAND, OHIO -- As the competition on the final day of the 2011 USA Masters Outdoor Track & Field Championships came to a close, so did the high-flying assault on the record books by Johnnye Valien and Paul Babits.

Johnnye rockets to record

Johnnye Valien, of Los Angeles, Calif., set the American record in the W85 high jump with a clearance of .90m/2-11.5. She surpassed her previous record of .84m/2-9 set earlier this month in Sacramento. Training in the searing heat of California, Valien arrived in Cleveland prepared to endure four straight days of intense summer competition.

Valien, who competes for the SC Striders Track Club, capped off a tremendously successful meet that included two additional gold medals in the long jump (1.85m/6-1) and shot put (6.32m/20-9). On day three, in one of the fastest W85 100m finals ever, both Patricia Peterson and Valien broke the previous American record, running 22.38 and 22.82, respectively.

Babits barely misses world record

Paul Babits' second attempt at 4.77m/15-7.75 in the M50 pole vault was the closest he came to bettering his own world record of 4.76m/15-7.25. Babits, of Fort Wayne, Ind., finished the competition with a clearance of 4.60m/15-1 - good enough for gold by more than half a meter.

His illustrious pole vaulting career, which includes an Olympic Trials berth, began as a young child when his father encouraged him to vault over a fence using a bamboo stick. More than 35 years later, Babits has the highest M50 vault in the history of the sport.

Peterson flirts with own American Record

Patricia Peterson, of Albany, N.Y., nearly broke her own pending American record in the W85 200m. Earlier this month in Sacramento, Calif., Peterson ran a time of 51.43 to demolish the previous W85 record of 60.31 held by Carol Peebles.

During today's competition, Peterson ran the W85 200m in 51.73, winning the gold medal and coming incredibly close to her own American record. During her championship heat, Peterson was pulled along by a younger field of runners 10-15 years her junior.

97 year old wins eight golds

Leland McPhie, of San Diego, Calif., put on a one-man show as he won three gold medals today and eight over the four days of competition. He emerged victorious in the M95 long jump (1.012m/3-4.25), shot put (4.96m/16-3.25), weight throw (4.63m/15-2), 100m (30.86), triple jump (2.76m/9-0.75), high jump (.70m/2-3.5), discus (9.76m/32-0) and javelin (8.14m/26-8). McPhie, who competes for the So Cal Track Club, braved the sun and relentless heat to accumulate his haul of gold medals.

American relay records set during day four include:

M70-79 shuttle hurdles – Over The Hill TC 'B'

- Barry Kline (Washington, Pa.), John Sloan (Hartville, Ohio), Charles Bartholomew (Mercer, Pa.) and Grover Coats (Warrensville Heights, Ohio) – 1:10.70

M80-89 4x100m – Over The Hill TC 'E'

- Jack Greenwald (Seville, Ohio), George Riser (Lyndhurst, Ohio), John Means (Richmond Heights, Ohio) and George Roudebush (Chardon, Ohio) – 1:26.38

W30-39 4x100m - Carolinas Track Club 'A'

- Anne Sluder (Pineville, N.C.), Kris Kazebee (Charlotte, N.C.), Melanie Walker (Lawndale, N.C.) and Toccata Murphy (Alexis, N.C.) – 53.52

W30-39 4x400m – Over The Hill TC 'A'

- Belinda McCoy (Cleveland, Ohio), Joslyn Coats (Oakwood Village, Ohio), Susan Isabella (Highland Heights, Ohio) and Mya Sullivan (Garfield Heights, Ohio) – 5:14.52

W50-59 shuttle hurdles – non-club

- Kay Glynn (Hastings, Iowa), Linda Lowery (Decatur, Ga.), Jo Phelps (Chesapeake, Va.) and Kathleen Shook (Zionsville, Ind.) – 1:08.75

Ohio athletes who won national championships on day four of competition:

M30 - Timothy Budic, Berea, Ohio, 1500m, 4:07.03

M35 – Omar Nash, Cincinnati, Ohio, 10,000m race walk, 51:34.50

M45 – Khalid Mulazim, Cleveland, Ohio, 200m, 22.69

M45 – Jonathan Bartos, Waynesville, Ohio, pole vault, 4.35m/14-3.25

M50 – Derek McKinley, Hudson, Ohio, 400m hurdles, 1:04.65

M60 – Chris Schmid, Wooster, Ohio, 10,000m race walk, 52:25.50

M65 – Stephen Robbins, Cleveland Heights, Ohio, 200m, 26.01

M80 – Jack Shuter, Worthington, Ohio, 10,000m race walk, 1:35:08.90

M80 – Jack Greenwald, Seville, Ohio, 200m, 35.59

M85 – George Riser, Lyndhurst, Ohio, discus, 26.78m/87-10

M85 – George Riser, Lyndhurst, Ohio, 200m, 41.27

M85 – Denver Smith, Louisville, Ohio, javelin, 24.12m/79-1

M90 – John Means, Richmond Heights, Ohio, 200m, 41.60

W60 - Barbara Broad, Pepper Pike, Ohio, 1500m, 5:28.70

W60 - Mary Hartzler, Gahanna, Ohio, javelin, 26.98m/88-6

TOP FIVE TEAM SCORES:

1. TNT International Racing Club 674

2. So Cal Track Club 556

3. Over The Hill TC 413.50

4. Atlanta Track Club 326

5. Potomac Valley Track Club 272

Link to Original:

http://www.american-trackandfield.com/read_new/athletes-soar-new-heights-last-day-masters

Young, Casella-Blackburn win marathon

Jefferson County runners Don Young and Michael Casella-Blackburn competed this month at World Masters Track and Field Championships in Sacramento.

Young placed fifth overall in his age group (45-49) and helped the United States team to gold in the group's 32-competitor marathon competition. More than a dozen countries were represented.

Young also won team silver as the No. 2 American finisher (three per team) in the 10K race-walk event of about 19 competitors.

Casella-Blackburn sprinted the last 100 meters to secure a bronze medal for himself and team USA in his 41-runner marathon age group (50-54) event.

Young and Casella-Blackburn have been active members of the Port Townsend Running Club. Young was 10th overall in the 2011 Rhody Run while Casella-Blackburn was 43rd.

Young won individual gold last year in the age 45-49 half-marathon event at Worlds staged in Kamloops, Canada; this was Casella-Blackburn's first Worlds.

Link to Original:

<http://www.ptleader.com/main.asp?SectionID=16&SubSectionID=16&ArticleID=29704>





When City College of New York men's and women's cross country and men's and women's indoor and outdoor track and field head coach Hugh Reid arrived on the CCNY scene in the summer of 2010, he entered the fray with the aspiration of taking six teams and turning them into contenders for conference championships. Over the course of the next nine months, he enjoyed about as much success as a first year coach could, guiding four teams to CUNYAC titles, being named the coach of the year for four different squads, and helping guide City College's women's cross country team to an unlikely third-place at the 2010 cross country championships. The accolades and success continued for Reid this past weekend, when he competed at the 2011 USATF Masters Outdoor Track and Field Championships in Cleveland, Ohio. At that event, he reached All-American status by winning three different events in his age group, including the 400 Meter Dash, the 4x100 Meter Relay, and the 4x400 Meter Relay.

"This truly has been a dream year for me," Reid would say afterwards. "I am blessed and honored to have performed so well at the USATF Masters National Championships. To have won three National titles, with all that I have been dealing with (passing kidney stones) is amazing. This is a true testament that with hard work, dedication, and positive thinking, anything can be accomplished. It is my hope that this is the type of performance that can serve as motivation for all of our student-athletes for the upcoming 2011-2012 athletic year."

On Friday evening, in the M30 group (males competing from ages 30-34), Reid claimed first place in the 400 Meter Dash, finishing that event with a time of 50.08 while claiming All-American status. He also reached that status in the M 30-39 (men aged 30-39) 4x100 Meter Dash, as with teammates Jason Gosa, Nate Sickerson, and Leonidas Watson, he won that event with a time of 43.31, and finally in the M 30-39 (men aged 30-39) 4x400 Meter Dash, he grabbed first along with teammates Calvin Padgett, Carl Owens, and Kanth Ravi Raj, as they finished that event with a time of 3:57.99. Reid also picked up a bronze medal in the M-30 100 Meter Dash, finishing fourth in that event with a time of 11.52.

“All of my student-athletes from all of the six teams that I coach know what I preach,” Reid said. “It’s important for all of them to work hard and aspire to perform to the best of their abilities. It’s also crucial that they enjoy themselves while competing and enjoy their college experience, and for them to know that it’s a family atmosphere, meaning that regardless of what the issue might be, there are coaches, student-athletes, and administrators at this institution that care and are here to lend a helping hand. That’s what it’s all about.”

Coach Reid not only does a phenomenal job of motivating and guiding his student-athletes, but he makes it a point to lead by example – just as he did this weekend.

Link to Original:

http://cunyathletics.com/news/2011/8/2/MTRACK_0802115854.aspx

Sentinel-Standard.com

Serving Ionia County, Michigan

By Andrew Roberts

BELDING, Mich. —

Belding assistant track and field coach John Large has been lifting student athletes to new heights in the pole vault pit for years.

Last weekend, it was his turn to soar.

At the USA Masters Track and Field Championships in Berea, Ohio, Large earned the gold medal in the 60-64 division in the pole vault, clearing 11’ 6”.

Large, a 1967 graduate of Greenville High School, got back into the sport he excelled at in high school thanks to the help of an old friend.

“Bob Banhagel, who used to live in Ionia, called me up and talked me into getting back into pole vaulting,” he said. “I plan on doing it until my body tells me I can’t. “I plan on doing it for a while.”

Banhagel took third in the national championship meet in the 65-69 division. Both he and Large pole vaulted against each other during their high school days.

Large took 41 years off from pole vaulting before actively picking it back up in 2007. In the short time he has returned to competition, he has had quite a bit of success.

Earlier this year, Large cleared 12 feet at both the Grand Ledge Summer Series Championship Meet and the Barry County Fair Street Vault.

Last month, Large took first in his age group at the Grand Haven Beach Vault, clearing 11' 6". It was the fourth-straight year he won his division.

With the continuous training and exercising that goes into keeping his body in shape for pole vaulting, Large said he feels better physically than he did back in his 20s.

"I feel better now than I did 40 years ago," he said. "Now I get up in the morning and am ready to rock n' roll."

This weekend, Large will once again be in competition. He is traveling down to Vermontville to compete in the Moon Vault.

Link to Original:

<http://www.sentinel-standard.com/sports/x242971847/Belding-s-John-Large-takes-gold-at-Masters-national-championship>



August 10, 2011

Kuebler earns two bronze medals

Hudson resident Bob Kuebler received a bronze medal for the men's 10K race in the 65-to-69 age group during the U.S. National Masters track and field meet, which concluded July 30 at Baldwin-Wallace College in Berea.

Kuebler is a member of Springbok Track Club in Cleveland. Springbok finished tied for 27th of 104 teams. Kuebler also received the bronze medal for running the first leg of the 3,200-meter race in the 60-69 age category.

Link to Original:

<http://www.hudsonhubtimes.com/news/article/5078788>

Baldwin-Wallace to host USA Master's Championships

The 2011 USA Master's Outdoor Track and Field Championships will take place through Sunday at Baldwin-Wallace College's Finnie Stadium.

Hosted by the Lake Erie Association of USA Track and Field, Baldwin-Wallace College and the Greater Cleveland Sports Commission, the USA Master's Outdoor Track and Field Championships will feature athletes ages 30-95 in a display of speed, strength

and endurance. Track events will range from 100-meters to 10,000-meters while field events will include the full range of jumps and throws.

There are over 1,000 athletes across the United States, Canada, Great Britain and Australia registered. All track and field events are free and open to the public.

A detailed schedule of events can be seen at www.usatf.org under the Events page.

D8 | Sports

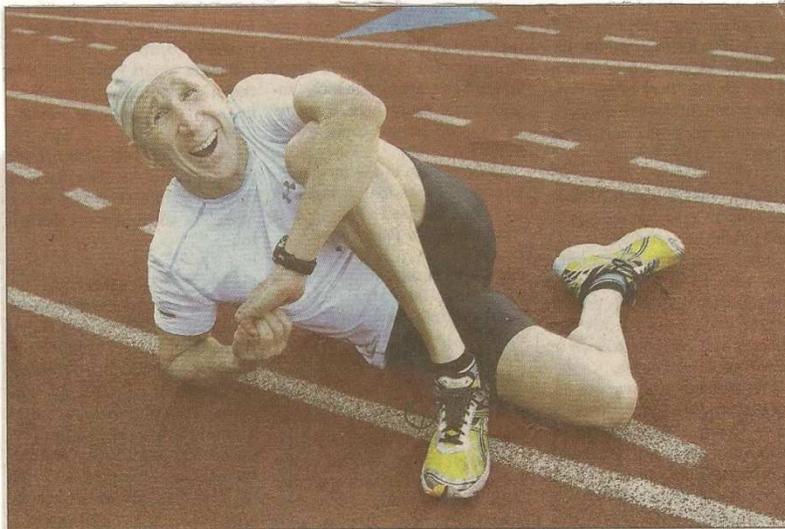
The Plain Dealer | Breaking news:

USA MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Masters athletes not just

running out the clock

Thursday, July 28, 2011



MARVIN FONG | THE PLAIN DEALER

Stephen Robbins stretches after a workout at the Case Western Reserve University track on Wednesday. Robbins is preparing for the USA Masters Outdoor Track and Field Championships, which start today at Baldwin-Wallace College.

With age comes opportunity for veteran competitors

TIM WARSINSKEY
Plain Dealer Reporter

They call themselves the Over the Hill Track Club.

But really, it should be Over the Hills. Every time members crest one hill, they set their sights on the next.

The Cleveland-based OHTC is a collection of masters track athletes — ages 30 and over, in some cases, way, way over — many of whom will compete in the USA Masters Outdoor Track and Field Championships, today through Sunday, at Finnie Stadium in Berea.

More than 1,000 athletes ages 30 to 97 are expected, and admission is free.

Masters athletes have an atypical view of aging. Many look forward to their birthday every five years because it means they will move up an age group (30-34, 35-39, 40-44, and so on), and presumably be more competitive.

Stephen Robbins, a 68-year-old retired professor from Cleveland Heights, said it's an uphill climb competing against the "kids" in his 65-69 age group.

"The first year or two in your group is your window of opportunity," he explained. "I set world [age-group] records in the 100 and 200 meters, at 65, and here I am at 68, it's tough.

"I'm looking forward to 2013 and possibly setting some 70 [age-group] records."

Robbins is still holding his own. He won the 100 and 200 meters and ran on the winning 4x400 relay at the Masters World Championships this month in Sacramento, Calif. He's among numerous champs from that meet headed to Berea, including Khalid Mulazim of Lyndhurst. He won the 200 and 400 (45-49) at Worlds, and anchored a world-

tinyurl.com/pdphotoblog

See a Marvin Fong video of Cleveland Heights resident

Stephen Robbins.

record 4x400 at this year's Penn Relays.

John Means Sr., 91, of Richmond Heights won his age group at Worlds in the 100, 200 and 400. He also is entered in the 4x400 relay Sunday with his sons Scott, 60, and John Jr., 56, and

grandson, Patrick Nobles, 39. They will have to compete in Nobles' age group, 35-39.

"I'm running the anchor leg," Means Sr. said. "My grandson will run first. We're getting together on Friday evening, so we'll be talking about it then and practice with the baton a little bit."

They will be easy to spot Sunday. They will be ones wearing specially made T-shirts for the occasion with their motto: "Outlive your opponents."

USA Masters Track and Field National Championships

What: USA Track's national meet for athletes age 30 and older.

When: Today through Sunday. Competition begins each day at 8 a.m.

Where: George Finnie Stadium, Baldwin-Wallace College, 141 East Bagley Road, Berea.

Admission: Free.

Details: Men's and women's competitions are divided into five-year divisions. There are 1,012 entrants in 22 events. The deadline for entries has passed.

Link: usatf.org/events/2011/USAMastersOutdoorTFChampionships

— Tim Warsinskey

Another 91-year-old apparently has done that. Decathlete Ralph Maxwell, of Alamo, Texas, often is the lone entrant in a competition whose 10 events include the pole vault, hurdles, discus and 1,500. He more than doubled the previous '90-94 world record with his winning score of 7,069 points at Worlds.

Another notable entrant is distance ace and multiple world-record holder Nolan Shaheed, 62, of Pasadena, Calif. He has played trumpet for Count Basie, Stevie Wonder, Aretha Franklin, Diana Ross and Marvin Gaye, and in track circles is known for his unusual diet of one meal a day.

The oldest entrant is San Diego's Leland McPhie, 97, who won gold at Worlds in the high jump, long jump and triple jump. He's entered in seven events. Charles Ross, 88, is entered in 19 events.

The older some athletes get, the more they have in common.

"If I run into somebody at a masters meet and I want to bond with them quickly, I say, 'So, tell me about your injuries.' They'll go on for an hour and I can't get away from them," said Robbins, laughing. The former University of Arizona sprinter then reeled off a long list of his own injuries and surgeries, most encountered since he resumed his track career as a masters athlete at age 50.

While it sounds like good fun, there's also a serious competitive side to the event. For the first time, masters athletes will be subjected to tests for performance-enhancing drugs by the U.S. Anti-Doping Agency.

"I take a lot of medications, and I don't know what's forbidden, but I think I'll test out OK," Means Sr. said.

To reach this Plain Dealer reporter: twarsinskey@pland.com, 216-999-4661

FOR THE RECORD



FOR LATEST SPORTS NEWS AND SCORES GO TO CLEVELAND.COM/SPORTS

Friday, July 29, 2011

Track & Field

USA Masters Track & Field Championship

Berea, Ohio

Men

5000

38: Timothy Bode (Berea) 15:42.81; 35: Barry Owens 15:52.26; 48: Frederic Kleser (Cleveland) 15:25.47; 45: Francis Burdett 15:26.06; 56: Brian Pilcher 16:36.39; 55: Sam Torres (Toledo) 15:27.70; 68: Tom Bernard 17:22.80; 65: Gary Patton 19:17.88; 76: Richard Gaantner 21:31.74; 75: Bill Spencer 23:46.75; 85: Craig McMicken 35:01.73.

SHOT PUT

39: Mike Ristic 15.09; 35: Arvil Hamton 17.28; 46: John Wirtz (Avon Lake) 14.90; 48: Glenn Thompson 14.17; 56: Robert Arfello 14.88; 55: Joseph Myers 14.13; 69: S. Craig Shumaker 14.46; 65: Charles Roll 13.78; 78: Glen Johnson 13.23; 75: William Gramley 10.47; 80: Larry Hodne 10.44; 82: George Riser (Lyndhurst) 9.94; 92: Ralph Maxwell 6.38; 95: Leland McPhee 4.94.

OUTDOOR PENTATHLON

35: Jefferson Souza 2778; 46: Wale Aka-Bashorun 3690; 45: Christopher Bates 3143; 56: Michael January 2942; 55: David Kohls 2942; 66: Stefan Waltermann 2904; 65: Boss Bolding 2517; 76: Steven Wood Sageodah 3581; 75: James Leggett 3697.

Women

5000

35: Sheri Kidwell 20:19.54; 46: Lisa Ryan 18:10.87; 45: Julie Hankin 19:25.44; 56: Lynn Schuler 20:26.57; 55: Kathryn Martin 19:25.83; 66: Barbara Broad (Pepper Pike) 20:37.54; 75: Mary Harada 29:19.21.

DISCUS

35: Isabelle Dierauer (Jamestown) 22.19; 46: Ann Cunningham 28.10; 45: Cindy Smith 28.24; 56: Carol Finrud 41.16.

JAVELIN

76: Carol Young 17.57; 75: Christel Dotley 16.10.

HAMMER THROW

36: Beth Simpson (Coneaut) 27.39; 46: Linda Bump 25.79; 45: Gina Lanier 18.41; 56: Daphne Lewis 33.26; 55: Ruth Weising 37.07; 66: Mary Hartzler (Gahanna) 35.98; 65: Georgita Cutler 25.68; 76: Carol Young 29.66; 75: Florence Meier 19.87.

OUTDOOR PENTATHLON

35: Dawn Kent 1493; 46: Lizzanne Sheehan 1657; 45: Co. Sean-Griffiths 1081; 56: Jo Phelps 1957; 55: Kay Glynn 3574; 66: Ashley Childs 2480; 76: Christ. Bortignon 3348; 75: Florence Meier 3320.

For complete results, go to usatf.org.

FOR THE RECORD

FOR LATEST SPORTS NEWS AND SCORES GO TO CLEVELAND.COM/SPORTS

Saturday, July 30, 2011

Track

USA Masters Track & Field

Championship

Berea

SECOND DAY RESULTS

Men

400 meter

38: Hugh Reid 50.08; 35: Earl Owens 52.48; 46: Eric Prince 50.51; 45: Khalid Muladin 50.18; 50: Benjie James 54.18; 55: Richard Middle 57.96; 60: Charles Alie 55.05; 65: Roger Pierce 1:02.25; 70: Robert Lida 1:03.97; 75: Robert Cozans 1:10.32; 80: Jack Greenwood 1:35.86; 85: Charles Ross 2:22.59; 90: John Means 1:42.69.

5,000 meter

30: Timothy Budic (Team Ohio) 15:42.01; 35: Barry Givens 16:52.06; 40: Frederic Kisser (Team Ohio) 15:25.47; 45: Francis Burcett 15:55.06; 50: Brian Pilcher 16:36.39; 55: Same Torres 18:27.70; 60: Tom Bernhard 17:22.80; 65: Gary Patton 19:17.88; 70: Richard Gauntner 21:11.74; 75: Bill Spencer 23:45.75; 85: Craig McKicken 30:51.73.

110 short hurdles

30: Christopher Ricketts 15.56; 35: Jefferson Souza 15.99; 40: Derek Pyle 14.61; 45: Christopher Bates 16.70; 50: Mark Williamson 15.03; 55: Philip Bujalski 16.11; 60: Thaddeus Wilson 14.37; 65: John Clifford 18.87; 70: Robert Paulsen 14.49; 75: X.

80 short hurdles

75: William Jankovich 19.55; 85: George Roudetski 20.90; Ralph Maxwell 22.23

3,000 meter steeplechase

30: Timothy Budic 9:55.05; 35: Thomas Thomasson 11:37.46; 40: Liam Collins 9:53.11; 45: Tod Prokos 11:49.10; 50: William Fain 12:06.29; 55: Douglas Labar 12:51.55; 60: William Weigel 8:58.15; 65: Ross Bolding 8:23.80; 70: Roland Cormier 10:11.82; 75: Ken Ogden 11:02.02; 85: Charles Ross 17:23.43.

5,000 meter walk

45: Bruce Logan 30:21.97; 50: Damon Clements 28:05.74; 55: Mark Green 25:33.88; 60: Chris Schmid 26:05.89; 65: Norman Frable 03:15.88; 70: Marshall Sanders 33:04.10; 75: Max Green 33:58.89; 80: Jack Shuter 44:40.77.

Long jump

30: Leonidas Watson 7.62m; 35: Clinton Fields 6.59m; 40: Jason Costner 5.98m; 45: Antonio Palacios 6.99m; 50: Greg Petrusian 6.89m; 70: Grover Coats 4.08m; 80: James Stoney 3.21m; 85: Charles Ross 1.45; 90: Ralph Maxwell 2.62m; 95: Leland McPhee 1.02m.

High jump

55: Donald Watson 1.63m; 60: James Sowers 1.90m; 65: David Monteith 1.52m; 70: X; 75: X.

Pole vault

70: Don Isett 3.0m; 75: William Jankovich 2.10m; 80: Jerry Donley 2.10m; 85: Denver Smith 1.70m; 90: Ralph Maxwell 1.43m.

Shot put 4k

35: Arvil Hänggöten 12.28m; 40: John Wirtz 14.90m; 45: Glenn Thompson 14.17m; 50: Robert Arelio 14.88; 55: Joseph Myers 14.13m; 60: Craig Shumaker 14.40m; 65: Charles Roff 13.78m; 70: Glen Johnson 13.23m; 75: William Gramley 10.47m; 80: Larry Hotline 10.44m; 85: George Riser 9.04; 90: Ralph Maxwell 6.38m; 95: Leland McPhee 4.94m.

Javelin throw

35: Jeremy Wylie 46.71m; 40: Daniel Alonzo 56.45; 45: Craig Kieley 49.97m; 50: Charles Green 52.43m; 55: Ricky Eastley 45.89m; 60: Buzz Gagne 53.38; 65: Robert Rice 35.42.

Hammer throw

30: John Malnoske 31.37m; 35: Kuntz Lawson 48.15; 40: Keith Butler 38.91; 45: David Bickel 46.23m; 50: Robert Arelio 58.56m; 55: Tim Morse 45.58; 60: Dennis Cameron 43.91m; 65: George Mathews 46.16; 70: John Sloan 29.12m; 75: William Gramley 34.56m; 80: Karli Ezerias 25.65m; 85: George Roudetski 19.44m.

Outdoor pentathlon

35: Jefferson Souza 2:77.8; 40: Wale Aka-Bashorun 2:08; 45: Christopher Bates 3:143; 50: Michael Janusey 2:542; 55: David Kohls 2:942; 60: Steven Weltermann 2:504; 65: Ross Bolding 2:517; 70: Sherwood Sagedahl 3:581; 75: James Leggett 3:897.

Long jump pentathlon

35: Jefferson Souza 5.69m; 40: Wale Aka-Bashorun 5.99m; 50: Noel Ruebel 5.11; 55: Stephen Jennings 4.83

Javelin throw pentathlon

35: Jefferson Souza 43.44m; 40: Wale Aka-Bashorun 45.06m; 45: Biggie Hill 47.45m; 50: Michael Janusey 49.53; 55: David Kohls 39.83

200 dash pentathlon

35: Jefferson Souza 24.56; 40: Wale Aka-Bashorun 25.88; 45: Raymond Parker 25.25; 50: Michael Janusey 27.85; 55: David Kohls 27.08.

Discus pentathlon

35: Jefferson Souza 31.92; 40: Wale Aka-Bashorun 30.87; 45: Christopher Bates 37.14m; 50: Michael Janusey 36.33m; 55: Richard Watson 33.14m.

1,500 meter pentathlon

35: Jefferson Souza 5:03.99; 40: Chris Sarsony 5:21.16; 45: Steven Chilton 4:58.39; 50: David Hughes 5:59.98; 55: Stephen Jennings 5:34.96.

han 1,653; 45: Ca. Senn-Griffiths 3,801;

50: Jo Phelps 1,957; 55: Kay Glynn 3,574; 60: Ashley Childs 2,488; 70: Christina Bortignon 3,348; 75: Florence Meiler 3,320.

High jump pentathlon

35: Dawn Kent 1.24m; 40: Lizanne Stephan 1.65m; 45: Ca. Senn-Griffiths 1.39m; 50: Jo Phelps 1.21m; 55: Kay Glynn 1.39m; 60: Cholds 1.09m; 70: Christ. Bortignon 1.06m; 75: Florence Meiler 1.96m.

Shot put pentathlon

35: Dawn Kent 6.37m; 40: Lizanne Stephan 7.72m; 45: Ca. Senn-Griffiths 6.88m; 50: Jo Phelps 7.45; 55: Delores Grandison 8.64; 60: Mary Trotto 6.63m; 70: Christ. Bortignon 5.92m; 75: Florence Meiler 6.82m.

Long jump pentathlon

35: Dawn Kent 3.77m; 40: Lizanne Stephan 3.33m; 45: Ca. Senn-Griffiths 3.76m; 50: Jo Phelps 3.81; 55: Kay Glynn 4.24m; 60: Ashley Childs 1.92m; 70: Christ. Bortignon 3.36m; 75: Florence Meiler 2.88m.

800 meter pentathlon

35: Dawn Kent 3:09.04; 40: Lizanne Stephan 3:26.50; 45: Ca. Senn-Griffiths 2:46.86; 50: Jo Phelps 3:09.64; 55: Kay Glynn 3:29.86; 60: Ashley Childs 3:28.21; 70: Christ. Bortignon 3:58.68; 75: Florence Meiler 4:45.

Women

400 meter

30: LEZTilia Silas 57.24; 35: Maurel Wallis 58.74; 40: Vanessa Juarez 12:02.47; 45: Diane Pomeroy 1:06.32; 50: Kathleen Shook 1:05.57; 55: Karla Del Grande 1:06.87; 60: Marcel Hole-Hall 1:13.26; 65: Barbara Leighton 1:30.24; 70: Christina Bortignon 1:25.33; 75: Audrey Lary 1:31.99; 85: Patricia Peterson 2:15.22.

5,000 meter

30: Julie Harkin 19:35.44; 35: Sheri Kidwell 20:19.54; 40: Lisa Ryan 18:10.87; 45: Julie Harkin 19:35.44; 50: Lynda dudner 20:36.52; 55: Kathryn Martin 19:25.83; 60: Barbara Broad 20:37.54; 75: Mary Harada 29:19.21.

100 Short hurdles

35: Anne Sluder 16.56

80 Short hurdles

35: Dawn Kent 22.18; 40: Lizanne Stephan 15:20; 45: Ca. Senn-Griffiths 14.89; 50: Linda Jarjisan 18.60; 55: Kay Glynn 15.70; 60: Ashley Childs 18.32; 70: Christ. Bortignon 20.76; 75: Florence Meiler 24.72.

200 meter steeplechase

35: Danielle Roadinger 8:58.26; 40: Lisa Ryan 7:23.31; 55: Kathryn Martin 8:18.87; 60: Ashley Childs 10:24.24; 70: Jane Simpson 14:28.04; 75: Florence Meiler 14:03.36.

5,000 meter walk

30: Erin Taylor 25:07; 35: DaBeth Monns 40:05.67; 40: Darla Guff 31:29.89; 45: Susie Fassett 31:22.25; 55: Debbie Topham 30:20.42; 60: Marianne Martino 30:34.98; 65: Jolen Steegerwall 35:05.05; 70: Lois Ocker 33:47.77.

Long jump

30: Letitia Silas 5.27m; 35: Anne Sluder 5.10m; 40: Tracey Battle 4.74m; 45: Ca. Senn-Griffiths 3.87m; 50: Jo Phelps 3.31m; 55: Kay Glynn 4.22m; 60: Brenda Matthews 3.52m; 65: Kathy Jager 4.16m; 70: Christina Bortignon 3.47m; 75: Audrey Lary 2.99m; 80: Magdalena Kuehne 2.23m; 85: Johnyee Valen 1.85.

Pole vault

35: Helen Crossell 2.20m; 40: Karen Rieger 2.40m; 50: Linda Jarjisan 1.80m; 55: Kay Glynn 2.65m; 60: Janet Johnston 1.70m; 65: Kathy Jager; 75: Florence Meiler 1.90m.

Shot put

35: Jennifer Stephens 8.86m; 40: Ann Cunningham 10.16m; 45: Cindy Smith 9.51m; 50: Ondithea Lewis 12.50m; 55: Ruth Welding 10.15m.

Discus throw

35: Isabelle Dierauer 22.19; 40: Ann Cunningham 28.10; 45: Cindy Smith 28.24; 50: Carol Finrud 41.16m; 55: Ruth Welding 28.12m; 60: Mary Hartzler 25.30; 65: Cindy Wyatt 24.18m; 70: Rita Matz 18.78m; 75: Frances Moravcsik 18.67m; 80: Magdalena Kuehne 12.37m.

Javelin throw

30: X; 35: X; 40: X; 45: X; 50: X; 55: X; 60: X; 65: X; 70: Carol Young 17.57m; 75: Christel Donley 16.10m.

Hammer throw

30: Beth Simpson 27.39m; 40: Linda Butts 25.79m; 45: Gina Lanier 18.41m; 50: Onelthea Lewis 52.26m; 55: Ruth Welding 37.03m; 60: Mary Hartzler 36.98m; 65: Georgia Cutler 25.68m; 70: Carol Young 29.66; 75: Florence Meiler 19.87m.

Outdoor pentathlon

35: Dawn Kent 1.473; 40: Lizanne Stephan

FOR THE RECORD

FOR LATEST SPORTS NEWS AND SCORES GO TO CLEVELAND.COM/SPORTS

Sunday, July 31, 2011

Track

USA Masters Track & Field Championship Series THIRD DAY RESULTS Men

100 meter
 3R: Danny Tutskey 10.74; 3S: Nelson 10.90; 4R: Eric Prince 11.24; 4S: Kevin Ellis 11.89; 5R: Kenneth Eaton 11.68;
 5S: Tom Smith 12.23; 6R: Charles Allie 12.24; 6S: Stephen Robbins 12.51; 7R: Robert Lida 13.75; 7S: Robert Wallden 13.67; 8R: Jack Greenwald (Seville) 16.42;
 8S: George Riser (Lyndhurst) 17.37; 9R: John Means (Richmond Heights) 18.13;
 9S: Leland McPhie 30.86.
800 meter
 3S: Andrew Hogue 2:03.38; 4R: Mark Comes 1:58.38; 4S: Landon Summay 2:03.04; 5R: Thomas Cawley 2:08.41; 5S: Robert Scott 2:15.02; 6R: Tom Bernhard 2:17.52; 6S: Gary Patton 2:29.57; 7R: Maurice McDonald 2:34.74; 7S: Charles Rose 2:48.48; 8R: John McMahon 2:55.06;
 8S: Craig McMicken 4:53.67; 9R: John Boots 4:57.15.
10,000 meter
 3S: Paul Malinwaring 33:28.60; 4R: Robert Marchinko 33:34.17; 4S: Kevin Forde 35:27.46; 5R: Brian Pitcher 34:17.04; 5S: Lane Gustar 35:01.32; 6R: Nolan Shabed 40:19.61; 6S: Ronald Legg 46:52.96; 7R: Richard Gauntzer 46:34.53.
3,000 steeplechase

3R: Timothy Budic 9:55.05; 3S: Thomas Thomasson 11:37.46; 4R: Liam Collins 9:58.11; 4S: Ted Poulos 11:49.10; 5R: William Falp 12:06.29.
2,000 steeplechase
 5S: Douglas Labar 12:51.55; 6R: William Weigel 8:58.15; 6S: Ross Bolding 8:23.06;
 7R: Roland Cormier 10:11.87; 7S: Ken Oden 12:02.02; 8S: Charles Ross 17:23.43.
Triple jump
 7R: Roger Vergin 8.44m; 7S: Glen Stone 7.17m; 8R: James Stookey 6.48m; 8S: Deriver Smith (Louisville) 6.03m; 9S: Leland McPhie 2.76.
High jump
 3S: Jeremy Willis 1.73m; 4R: Brian Ashley 1.83; 4S: Steven Johnson 1.78m; 5R: Bruce McBarrette 1.83m; 5S: Donald Watson 1.53; 6R: James Sauers 1.60m; 6S: David Montiel 1.52m.
Pole vault
 5S: William Jankovich 2.10m; 6R: John Large 3.59m; 6S: Matt Kijalainen 3.35m
Discus
 3S: Kupie Lawson 45.11m; 4R: John Wirtz (Avon Lake) 52.20m; 4S: Glenn Thompson 45.43m; 5R: Warren Taylor 48.22m; 5S: Bruce Kennedy 38.57m; 6R: Robert Hume 49.55m; 6S: William Harvey 39.94m.
Weight throw
 7R: Jerry Harwood 12.15m; 7S: William Gramley 14.43m; 8R: Karlis Ezerins 11.98; 8S: George Roubesh 7.43; 9S: Leland McPhie 4.63.

Women

100 meter
 3R: Brandi Bernart 12.16; 3S: Turner Cypress 13.22; 4R: Topcata Murphy 13.19; 4S: Terri Raib 14.47; 5R: Kathleen Shook 14.20; 5S: Karla Del Grande 13.71; 6R: Brenda Matthews 14.55; 6S: Kathy Jager 15.27; 7R: Christ Bortignon 16.16; 7S: Barbara Jordan 16.46; 8R: Magdalena Kuehne 20.00; 8S: Patricia Peterson 22.38.
800 meter
 3S: Janet Lewis 2:31.04; 4R: Sonja Friend 2:13.56; 4S: Lorraine Jager 2:25.05; 5R: Lynda deBoer 2:39.31; 5S: Alison Suckling 2:48.11; 6R: Correen Steinbach 2:42.44; 6S: Jolee Steigerwalt 3:53.08; 7R: Madeline Best 4:08.59; 7S: Mary Harada 4:01.98.
5,000 meter
 3S: Sheri Kidwell 20:19.54; 4R: Lisa Ryan 18:10.97; 4S: Julie Hankin 19:35.44; 5R: Lynda deBoer 20:36.92; 5S: Kathryn Martin 19:25.83; 6R: Barbara Broad (Pepper Pike) 20:37.54; 7S: Mary Harada 29:19.21.
10,000 meter
 3S: Roxana Wroblewski 42:50.44; 4R: Stephanie Timmer 54:40.30; 4S: Julie Hankin 42:07.73; 5R: Christine Garz (Broadview Heights) 43:29.73; 5S: Kathryn Martin 41:59.65; 6R: Karen Bowler 44:50.11; 7R: Joyce Hodges-Hite 1:29.30.13.
100 short hurdles
 3S: Anne Sluder 16.56.
80 short hurdles

4R: Lizzane Stephan 14.83; 4S: Christine Roemer 15.05; 5S: Kay Glynn 15.46; 6R: Mary Trotto, dq; 7S: Florence Meller 15.89.
2,000 steeplechase
 3R: Danelle Readinger 8:58.26; 4R: Lisa Ryan 7:23.31; 5S: Kathryn Martin 8:18.87; 6R: Ashley Childs 10:24.24; 7R: Jane Simpson 14:28.04; 7S: Florence Meller 14:03.36.
Triple Jump
 3R: Amy Russell 8.66m; 3S: Turner Cypress 10.20m; 4R: Tracey Battle 9.29m; 5S: Kay Glynn 8.64m; 6R: Brenda Matthews 7.99m; 6S: Sharrada Sarnaik 7.14m; 7R: Christ Bortignon 6.87m; 7S: Audrey Lay 6.77m; 8R: Magdalena Kuehne 5.78.
Shot put 3k
 3R: Cecilia Lewis 12.59m; 6S: Ruth Wolfino 10.15m; 6R: Mary Hartzler (Gahanna) 9.48m; 6S: Cindy Wyatt 10.29m; 7R: Carol Young 7.07.
Shot put 2k
 7S: Mary Roman 8.83m; 8R: Magdalena Kuehne 6.30m; 8S: Johanne Valken 6.32m.
Javelin
 7R: Carol Young 17.67m; 7S: Christel Donley 16.10m.
Weight throw
 3R: Jaime Flynn 5.27m; 3S: Jennifer Stephens 11.75; 4R: Patricia Mosley 9.13m; 4S: Gina Lazier 8.58m; 5R: Onithea Lewis 16.82m; 5S: Ruth Welding 13.60m; 6R: Mary Hartzler (Gahanna) 14.17; 6S: Georgia Cutler 10.23; 7R: Carol Young 12.73m; 7S: Audrey Lay 9.90m.

Metro Monitor News Tracker Report

1. WJW-FOX CLEVELAND-AKRON-CANTON, OH, MARKET RANK: 18
 JUL 28 2011 10:30PM ET
 Fox 8 News at 10PM

Nielsen Audience: 100,989

Calculated Publicity Value: \$3,900

[*10:56:44 PM]** [Preview Clip](#) CHADCHAD NOW A MEMBER OF THE NEW ENGLAND PATRIOTS. US MASTERS. **TRACK AND FIELD CHAMPIONSHIP**. THIS WEEK ABOUT ONE THOUSAND ATHLETES FROM ALL OVER ARE COMPETING. OLDER BETTER LIKE FINE WINE.

Report Generated: 2011/07/29 09:44:37.180 (CT)
 Total Story Count:
 Total Nielsen Audience: 100,989

For Immediate: Tuesday, July 26, 2011

Contact: Bob Weiner, USATF National Masters Media Chair [202-329-1700](tel:202-329-1700) or [202-306-1200](tel:202-306-1200)
weinerpublic@comcast.net or Khurram Abbas [301-283-0821](tel:301-283-0821)

NEW WORLD MASTERS TRACK & FIELD CHAMPIONS HEAD FOR BALDWIN WALLACE COLLEGE, BERA, OH THURS.-SUN. JULY 28-31, USA NATIONAL MASTERS CHAMPIONSHIPS; OVER 1000 WORLD & NATION'S BEST ATHLETES 35-97 TO PROVE LIFETIME FITNESS POSSIBLE;

WORLD CHAMPIONS ENTERED INCLUDE JAZZ GREAT NOLAN SHAHEED (PLAYED LEAD TRUMPET FOR COUNT BASIE, STEVIE WONDER, ARETHA FRANKLIN, DIANA ROSS, MARVIN GAYE); SUB-7 WORLD RECORD STEEPLECHASER LISA RYAN; ALL-TIME GREAT DISTANCE RUNNER KATHY MARTIN; WORLD RECORD HOLDER 90+ DECATHLON CHAMPION RALPH MAXWELL; JOHNNYE VALIEN WITH HER 5 WORLD W85 GOLDS AND USATF'S ATHLETE OF THE WEEK; 97-YEAR OLD LELAND MCPHIE (MEET'S OLDEST, 3 WORLD GOLDS); AND NEW CLEVELAND AREA WORLD CHAMPION SPRINTERS STEVE ROBBINS (BEST SELLING AUTHOR) AND KHALID MULAZIM;

EVENTS 8AM-5 PM DAILY; USA MASTERS TRACK LAUNCHES NATIONAL DRUG TESTING PROGRAM AT THE MEET; USATF PRESIDENT AND OLYMPIANS STEPHANIE HIGHTOWER AND B-W'S HARRISON DILLARD TO WATCH MEET

(Berea, OH)— Thirty-seven newly crowned world masters track and field champions who won gold at the world championships in Sacramento last week will be among over 1000 of the nation's best athletes 35-97 years old competing at Baldwin College in Berea, Ohio, near Cleveland, at the USA National Masters Track & Field Championships, this Thursday through Sunday, July 28-31. The athletes will display speed, strength and endurance demonstrating lifetime fitness for all ages in events ranging from 100 to 10,000 meters, while field events will include the full range of jumps and throws.

Events will be from 8AM-5PM daily at the George Finney Stadium. The media is invited for coverage and interviews, and the public is invited to watch the meet onsite at no cost. The track surface is one of only four of its kind in the world and should encourage numerous world records. The same surface was used at the 2008 Beijing Olympics.

World champions entered include jazz great **Nolan Shaheed** of Pasadena, CA, who played lead trumpet for Count Basie, Stevie Wonder, Aretha Franklin, Diana Ross, and Marvin Gaye; the fastest masters woman ever, **Lisa Ryan** (41) of Albuquerque, NM sub-7 minutes in the 2000 meter

steeplechase; and all-time great masters woman distance runner **Kathy Martin** of Northport, NY, 55, a past Bengay runner of the year and their TV advertising star for lifetime fitness. Other top stars include M90 World Record Decathlete **Ralph Maxwell** of Alto, TX; and **Johnnye Valien**, W85 from Los Angeles, who was named USATF's overall Athlete of the Week after she won five events including WR in pole vault at the World Championships. The World Masters Championships were held July 6-17 in Sacramento, CA, the first time on U.S. soil in 16 years.

Oldest competitor entered: San Diego's **Leland McPhie, 97**, who just won gold at Sacramento worlds in the high jump, long jump, and triple jump.

Two **Cleveland-area** sprinters who just won gold at the world championships are among locals expected to star at the meet this week: best selling textbook author **Steve Robbins**, 68, of Cleveland Heights who won the M65/100 and 200 at worlds, and **Khulad Mulazim**, 45, from Lyndhurst, who won gold in the M45 200 and 400. A detailed chart of all world champions entered and list of Cleveland area star athletes is attached below.

VIP'S IN STANDS: Current USATF President and 1987 Pan Am Games 100 Meter Hurdles Silver Medalist, **Stephanie Hightower**, undefeated in sprint and hurdles races at Ohio State University, will attend the meet. **Harrison Dillard**, who attended Baldwin Wallace, won **four Olympic gold medals** (1948—100 meters and 4X100 relay, 1952-110 meter hurdles and 4x100 relay) and two NCAA titles, will also attend the meet.

U.S.MASTERS LAUNCH DRUG TESTING—The USATF Masters Track & Field Committee launches a national drug testing program for USA masters track and field at the Ohio national championship meet. Testing will be conducted by the US Anti-Doping Agency (USADA).

The detailed daily schedule and athlete entry list is available at <http://www.usatf.org/events/2011/USAMastersOutdoorTFChampionships/>.

For media interviews of athletes or organizers or more information, contact Bob Weiner, National Masters Media Chair, trackside or by cell [202-329-1700](tel:202-329-1700) or [202-306-1200](tel:202-306-1200) or email weinerpublic@comcast.net. Media with credentials will be accommodated.

CLEVELAND AREA ATHLETES ENTERED INCLUDE (information from organizer Jeff Gerson):

- Khalid Mulazim, M45, Lyndhurst, OH, won 200 & 400 at Masters World Championships last week, also anchored World Record 4X400 relay at this year's Penn Relays; entered in 100, 200, 400, 4x100, 4x400
- Steve Robbins, M68, Cleveland Heights, won 100 & 200 at world championship, entered in Berea in 100, 200, 4x400, for Over the Hill Track Club

- John Means, M91, Richmond Heights, OH – holds M90 American record in 400m, will run 100, 200, 400, 4x100. Is running 4x400 relay for Over the Hill with 2 sons and grandson—three generations on relay team!
- Paul Williams, M76, Richmond Heights, 100, 200, 4x100
- John Catalano, M51, Mayfield Heights, 100, 200, 4x100, 4x400
- Nino Monaco, M60, Mayfield Heights, 400, 800, 1500, 5000, 4x100, 4x400
- Sue Isabella, W37, Highland Heights, 2000m steeplechase, 4x100, 4x400
- Cathi Gerson, W61, Lyndhurst, 2000 Steeplechase
- Jeff Gerson, M64, Lyndhurst, 400, 1500, Javelin, Hammer, Weight Throw, 4x100, 4x400, 4x800
- JoAnne Siegel, W52, Cleveland Heights, 1500, 5000
- Lenny Weiss, M64, 400, 1500, Javelin, Hammer, Weight Throw, 4x100, 4x400, 4x800

****CHART OF 37 NEW WORLD CHAMPIONS ENTERED****

16 women, 21 men – click on either link for full chart:

www.weinerpublic.com/20110722.doc or www.weinerpublic.com/20110722.docx

Chart shows USA Master Athletes who are new World Champions at the WMA World Masters Outdoor Track & Field Championships in Sacramento, CA July 6-17, 2011 competing at the USATF National Masters Outdoor Championships in Beria, Ohio July 27-30, 2011

(Chart by Mary Trotto, USATF Masters Active Athletes Chair)

Source: USATF Masters Media Committee and Robert Weiner Associates

USA Master Athletes who are new World Champions at the WMA World Masters Outdoor Track & Field Championships in Sacramento, CA July 6-17, 2011 competing at the USATF National Masters Outdoor Championships in Beria, Ohio July 27-30, 2011 (Chart by Mary Trotto, USA MTF Active Athletes Chair)

Women: (in age order)

Name	Age	Hometown	World Champion events (events in O vary)
Helen Croskell	W35	Houston, TX	Pole Vault
Sonja Friend-Uhl	W40	Brentwood, IN	800m and 1500m
Lisa Ryan	W 40	Sioux City, IA	2000m Steeplechase
Neni (Onethea) Lewis	W 50	Oakland Gardens, NY	Hammer Throw, Weight Throw, Wt. Pent.
Carol Finsrud	W 50	Lockhart, TX	Discus Throw
Linda Cohn	W55	Northridge, CA	Javelin and Triple Jump
Kay Glynn	W55	Hasting, IA	Heptathlon, Pole Vault and High Jump
Kathy Martin	W 55	Northport, NY	10,000m and 2000m Steeplechase
Ruth Welding	W 55	Elk Grove Village,	Hammer Throw
Kathy Jager	W 65	Glendale, AZ	Pole Vault
Christel Donley	W 75	Colorado Springs, CO	High Jump
Barbara Jordan	W 75	Burlington, VT	Short hurdles, Long Hurdles, & Triple Jump
Flo Meiler	W 75	Selburne, VT	Pole Vault, Heptathon, Discus Throw
Magdalena Kuehne	W80	Tajunga, CA	Triple Jump
Pat Peterson	W 85	Albany, NY	100m,200m, and 400m,
Johnnye Valien	W85	LA, CA	Pole Vault, Triple Jump, Discus Throw, Hammer Throw, Javelin

Men:

Name	Age	Hometown	WC events
Mike Godbout	M40	Glenwood, IA	110 (short) Hurdles
Eric Price	M40	Dallas, TX	400m
Khalid Mulazim	M 45	Cleveland, OH	200m and 400m
Robert Arello	M 50	Lakewood Ranch, CA	Weight Throw
Paul Babits	M50	Fort Wayne, IN	Pole Vault
Christopher Bates	M 50	Portland, OR	Decathlon
Bruce McBarnette	M 50	Sterling, VA	High Jump
Michael Sullivan	M50	Gilbert, AZ	200m and 400m

Mark Davis	M 55	Pasadena, CA	400m
Gary Hunter	M55	Fort Wayne, IN	Pole Vault
Nolan Shaheed	M 60	Pasadena, CA	1500
Charlie Allie	M 60	Pittsburg, PA	400m
Seth Bergman	M 60	Glasboro, NJ	5000m
Thaddeus Wilson	M 60	Oxnard, CA	Short Hurdles, Long Hurdles.
Gary Patton	M65	Rock Rapids, IA	800m and 1500m
Steven Robbins	M65	Cleveland Heights, OH	100m and 200m
John Dobroth	M70	Carilo, Ca	High Jump
Robert Lida	M70	Wichita, KS	200m and 400m
Jim Manno	M 90	Gradell, NJ	200m
Ralph Maxwell	M90	Alto, TX	Decathlon
Leland McPhie	M95	San Diego, CA	High Jump, Long Jump and Triple Jump

Additional World Masters Coverage



Willie Banks and Al Joyner at Worlds



World Masters Track Champion Photos with Willie Banks, Al Joyner, and other triple jumpers.

THE COMMERCIAL APPEAL

Sprightly neighbor leaps into international high jump rankings

By [Emily Adams Keplinger](#)

August 10, 2011 at



Eleanor Goodman Gipson, 59, recently earned a silver medal as she competed in the World Masters Track & Field Championship in Sacramento, Calif.

When I say "Jump," you say "How high?"

That was a phrase I heard, er ... let's just say quite a few times, as I was growing up. It was my father's way of trying to get my attention when I was misbehaving.

But the admonishment was said with good intentions in mind, to help me focus on the goal at hand.

Lately, I've heard that phrase said in a different way. My neighbor, Eleanor Goodman Gipson, 59, recently competed in the World Masters Track and Field Championship in Sacramento, Calif. She high-jumped to the winning height of 4 feet, 7 inches at the meet, earning the silver medal.

This is no small feat. For a 59-year-old woman to clear 4 feet 7 inches, is like a woman in her 20s jumping 6 feet, 6 inches, according to the age-grading tables.

In fact, Gipson's jump was the highest in the 55-59 age category. She is currently ranked No. 1 in the United States for the that age category; however, she received a silver medal, due to a miss at a lower height.

For all of her athletic prowess, Gipson wasn't a former track athlete. She didn't compete in high school as a student at Lausanne. In fact she doesn't remember schools in Memphis even having girls track teams at the time. Instead, she found her way onto the track as she was approaching her 50th birthday.

Gipson said, "I was about to turn 50, and had some feelings of trepidation about that landmark birthday. I decided to make a deal with myself, to find something really fun that people over 50 could do."

That "something" turned out to be competing in the Masters Track and Field competitions. Gipson began competing locally at the Tennessee Senior Olympics, and actually set two state records at her second meet -- one for the high jump, and the other for the 100-meter dash.

With those accomplishments behind her, Gipson set her goal even higher -- to establish herself at the top of the national rankings. With a resolute focus on that goal, she has been ranked in the top five women in her age group on the international level ever since she began competing.

Currently Gipson holds the state high jump records for her age category in Tenn., Ark. and Miss. This Friday she will compete in the Wyoming Senior Games, in hopes of gaining another state title.

Link to Original:

<http://www.commercialappeal.com/news/2011/aug/10/sports-sprightly-neighbor-leaps-into-high-jump/>

THE MAUI NEWS—forwarded to MTF Media Committee by Mary Trotto July 20, 2011

SACRAMENTO, Calif. - Dr. Mary Trotto of Kihei ran on runner-up and third-place U.S. relay teams in the World Masters Athletics Track and Field Championships on Sunday at Sacramento State University's A.G. Spanos Sports Complex.

Trotto, 64, ran in the women's 55 division in the 400- and 1,600-meter relays. In the 400 relay, Trotto teamed with Paula Dickson-Taylor, Sharlet Lackey Gilbert and Susan Hill for a time of 1 minute, 9.81 seconds. The team of Great Britain and Northern Ireland won in 1:00.15.

In the 1,600 relay, Trotto, Dickson-Taylor, Kathryn Martin and Mary Hartzler finished third in 5:29.92. Great Britain and Northern Ireland took first place in 4:39.13