

USATF MASTERS CHAMPIONSHIPS CONCLUDE WITH 23 WORLD AND 21 AMERICAN RECORDS

WINSTON-SALEM, North Carolina -- American Masters athletes once again demonstrated superior athleticism and inspiring determination on the third and final day of competition at the 2019 USATF Masters Indoor Championships at JDL Fast Track in Winston-Salem, NC. The over 1000 athletes at the meet set a total of 23 world and 21 American Records.

On demand coverage will be available here via [USATF.TV+](#). Click [here](#) for full results.

Another age group world record was set by **Neringa Jakstiene** (Memphis, Tennessee), the former Lithuanian athlete who recently gained U.S. citizenship, now competes as an American and will join Team USATF at the World Masters Indoor Championships in Poland. Jakstiene set her sixth record of the three day competition (four age group world records and two American records) with a women's 55-59 age group world record leap in the triple jump of 10.61m/34-9.75.

94-year-old **Betty Lindberg** (Atlanta, Georgia; Atlanta Track Club) once again stole the show with her third record in her third event of the USATF Masters Indoor Championships. Lindberg crossed the line in the 200m with an American 80-84 age group record time of 1:15.77.

On Saturday, 85-year-old **Ino Cantu** (San Marcos, Texas; Potomac Valley Track Club), the world record holder in the 80-84 indoor mile, set a new world record by more than 45-seconds in the 85-89 age group mile. Cantu returned Sunday to set a new age group American record in the 800m crossing the line in 3:38.62.

During the first two days of competition, **Irene Obera** (Fremont, California; Sierra Gold) set two world age group records and two American records, then she returned on day three and set another American record in the women's 85-89 age group 200m with a time of 53:61.

After narrowly missing out on the American record in the 55-59 age group 400m on Friday, **Sue McDonald** (Santa Barbara, California; T.H.E. Track Team) clocked a new age group American record in the Women's 800m with a time of 2:30.49. McDonald is the reigning outdoor 55-59 age group 400m and 800m champion.

World record holder in the 40-44 age group weight throw and 2010 USATF Masters Hall of Fame inductee, **Oneithea Lewis** (Oakland Gardens, New York; Shore Athletic Club) broke her own 55-59 age group American record in the weight throw with toss of 15.78m/51-9.25.

84-year-old **Christel Donley** (Colorado Springs, Colorado; Colorado Masters TC) set a new age group world record in the Women's 80-84 high jump 0.93m/3-0.50.

After her Women's 70-74 age group American record in the shot put on Friday, **Myrle Mensey** (St. Louis, Missouri; Throwing and Growing) returned to the field Sunday to set a new age group world record in the weight throw with a toss of 14.84m/48-8.25 and then a few hours later set the American record in the super weight throw with a throw of 10.28m/33-8.75

111 teams from across the country competed over the three day competition at JDL Fast Track. Trophies were presented by National Masters chair Rex Harvey to the top three: Atlanta Track Club, Potomac Valley Track Club, and TNT International.

Fans can also follow along with #USATF and #USATFMasters on [Twitter](#), [Instagram](#), and [Facebook](#).

Below is a comprehensive list of the world and American records set at the 2019 USATF Masters Indoor Championships.

World Records (23)

Individual (10)

Competition Date	Last Name, First	Division	Event	Mark
3/1/2019	Obera, Irene	W85	400	2:10.23
3/1/2019	Jakstiene, Neringa	W55	60MH	9.59
3/1/2019	Jakstiene, Neringa	W55	Long Jump	5.00
3/1/2019	Jakstiene, Neringa	W55	Pentathlon	4894
3/2/2019	Obera, Irene	W85	Long Jump	2.04
3/2/2019	Cantu, Ino	M85	Mile	7:46.94
3/2/2019	Lindberg, Betty	W90	Mile	15:15.58
3/2/2019	Star, Johnn	M90	3000m RW	24:38.97
3/3/2019	Jakstiene, Neringa	W55	Triple Jump	10.61
3/3/2019	Mensey, Myrle	W70	Weight	14.84

Relays (13)

Competition Date	Club Name	Division	Event	Mark
3/2/2019	Potomac Valley TC	M45	4x800	12:02.12
3/2/2019	Potomac Valley TC	M55	4x800	12:57.06
3/2/2019	Non-Club	M65	4x800	12:52.24
3/2/2019	Atlanta TC	M75	4x800	18:04.54
3/2/2019	Atlanta TC	W65	4x800	15:41.51
3/2/2019	Non-Club	W80	4x200	3:41.34
3/3/2019	Atlanta TC	M45	4x400	4:58.47
3/3/2019	Greater Philadelphia	M55	4x400	4:24.39
3/3/2019	Non-Club	M65	4x400	4:24.16
3/3/2019	Philadelphia Masters	M75	4x400	8:54.00
3/3/2019	Philadelphia Masters	W45	4x400	5:28.31
3/3/2019	Potomac Valley TC	W55	4x400	8:30.86
3/3/2019	Atlanta TC	W65	4x400	6:55.32

Click [here](#) for full relay results and relay team members.

* Relays include 5-year age group World and American records for the first time due to new WMA and USATF MTF rules.

American Records (21)

Individual (16)

Competition Date	Last Name, First	Division	Event	Mark
3/1/2019	Hewitt, Robert	M85	High Jump	1.12
3/1/2019	Jakstiene, Neringa	W55	High Jump	1.48
3/1/2019	Sousa, Jeferson	M40	Pentathlon	3937
3/1/2019	Swisher, Karen	W65	1 Mile RW	9:46.61
3/1/2019	Daniel, Maryanne	W60	1 Mile RW	8:58.44
3/1/2019	Campbell, Richard	M70	1 Mile RW	9:18.61
3/2/2019	Obera, Irene	W85	60	13.76
3/2/2019	Hewitt, Robert	M85	Long Jump	3.28
3/2/2019	Jakstiene, Neringa	W55	Long Jump	4.95
3/2/2019	Goodhue, Doug	M75	Mile	6:18.03
3/2/2019	Mensey, Myrle	W70	Shot Put	8.83
3/3/2019	Cantu, Ino	M85	800	3:38.62
3/3/2019	McDonald, Sue	W55	800	2:30.49
3/3/2019	Lewis, Oneithea	W55	Weight	15.78
3/3/2019	Lindberg, Betty	W90	200m	1:15.77
3/3/2019	Obera, Irene	W85	200m	53:61

Relays (5)

Competition Date	Club Name	Division	Event	Mark
3/2/2019	Potomac Valley TC	M55	4x200	1:45.54
3/2/2019	Atlanta TC	M65	4x800	14:57.49
3/2/2019	Joy's Jackrabbits	W55	4x200	2:04.55
3/2/2019	Atlanta TC	W65	4x200	3:04.72
3/3/2019	Non-Club	M80	4x400	7:07.88

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