

# Selected Press Coverage Of 2010 Usa National Masters Track And Field Indoor Championships

Boston, March 26-28, 2010



Sunday, March 28, 2010

## Banks cashing in on triple crown

By JOE REARDON

### U.S. MASTERS TRACK

He is no longer the greatest hop-step-and-jump guy in the world.

But Willie Banks is just as entertaining to watch as during his heyday on the runway more than two decades ago, when he was a world record-holder for 10 years in the triple jump.

"Now, it's a bit different because I'm not the best out here," Banks said at the U.S. Masters Indoor Track & Field Championships at the Reggie Lewis Center. "It's the same goal, really. If you've seen me compete, it's me going out, having fun and doing the best I can. No one wants to get beat."

And nobody gives the crowd a show — win or lose — the way Banks does, dating back to his time as a two-time U.S. Olympian (1984 and '88).

Even though Banks eclipsed the triple jump world record with a leap of 58 feet, 11½ inches in June of



CHRIS KALAFARSKI PHOTO COURTESY OF USA TRACK AND FIELD

**BAR EXAM: Hall of Famer Willie Banks, 54, clears the bar in the high jump yesterday at the U.S. Masters Championships at the Reggie Lewis Center.**

1985 (a mark that endured until July 1995), he was known before and after as track's "Bouncing Barrister" because of his law degree from UCLA and his ability to inject energy into audience at any event. Banks was known for clapping his hands overhead during a high-energy buildup to his

sprint down the runway toward the hop ... the skip ... and the jump. And then on to the medal podium, or history.

"Right now," he said, "I hang up my masters medals higher than my world championship medals."

Yesterday, he settled for silver behind Bruce McBar-

nette in the men's 50-55 year-old high jump.

Today, however, it's on to his speciality. And he's looking forward to it, just as the Hub crowd should be.

"This place is pretty spectacular," Banks said. "It's different for me. We don't have indoor track on the West Coast."

## TODAY'S REGGIE LEWIS CENTER SCHEDULE

### TRACK EVENTS

#### MORNING

9:30: men (75) 200m, 1st round  
9:35: men (70) 200m, 1st round  
9:40: men (65) 200m, 1st round  
9:45: women (60) 200m, 1st round  
9:48: men (60) 200m, 1st round  
9:55: women (55) 200m, 1st round  
10:00: men (55) 200m, 1st round  
10:08: men (50) 200m, 1st round  
10:16: women (45) 200m, 1st round  
10:21: men (45) 200m, 1st round  
10:31: women (40) 200m, 1st round  
10:35: men (40) 200m, 1st round  
10:40: women (35) 200m, 1st round  
10:43: men (35) 200m, 1st round  
10:50: women (65-84) 800m, final  
10:55: men (75-99) 800m, final  
11:05: men (70) 800m, final  
11:10: men (65) 800m, final  
11:18: women (55-64) 800m, final  
11:23: men (60) 800m, final  
11:32: men (55) 800m, final  
11:40: women (50) 800m, final  
11:48: men (50) 800m, final  
11:56: women (45) 800m, final

#### AFTERNOON

12:00: men (45) 800m, final  
12:07: men (40) 800m, final  
12:14: women (30-44) 800m, final  
12:16: men (35) 800m, final  
12:20: men (30) 800m, final  
12:25: men (90) 200m, final  
12:30: men (85) 200m, final  
12:34: women (75-84) 200m, final  
12:37: men (80) 200m, final  
12:39: men (75) 200m, final  
12:41: women (70) 200m, final  
12:43: men (70) 200m, final  
12:45: women (65) 200m, final  
12:47: men (65) 200m, final  
12:49: women (60) 200m, final  
12:51: men (60) 200m, final

12:53: women (55) 200m, final  
12:56: men (55) 200m, final  
12:59: women (50) 200m, final  
1:02: men (50) 200m, final  
1:05: women (45) 200m, final  
1:08: men (45) 200m, final  
1:11: women (40) 200m, final  
1:14: men (40) 200m, final  
1:17: women (35) 200m, final  
1:20: men (35) 200m, fin.  
1:23: women (30) 200m, fin.  
1:26: men (30) 200m, fin.  
RACE WALKING:  
1:35: women (30-84) 3000m, final  
2:00: men (65-89) 3000m, final  
2:25: men (55-64) 3000m, final  
2:50: men (30-54) 3000m, final  
3:15: women (30-89) 4x400m relay, fin.  
3:20: men (30-89) 4x400m relay, fin.

### FIELD EVENTS

#### MORNING

9:00: women (60-94) super weight, fin.  
10:00: women (60-79) high jump, final  
10:00: women (30-59) high jump, final  
10:00: men (75-99) triple jump, final  
10:00: men (50) triple jump, final  
10:15: women (30-59) super weight, fin.  
11:00: men (70) triple jump, final  
11:00: men (40-49) triple jump, final  
11:15: men (80-99) super weight, fin.

#### AFTERNOON

12:00: men (60-69) triple jump, final  
12:00: men (30-39) triple jump, final  
12:00: men (70-99) high jump, final  
12:00: men (70-79) super weight, fin.  
12:35: men (60-69) super weight, fin.  
1:00: men (55) triple jump, final  
1:15: women (30-59) triple jump, final  
1:35: men (50-59) super weight, final  
2:00: women (60-79) triple jump, fin.  
2:40: men (30-49) super weight, final

(Subject to change)

Link to article: [http://bostonherald.com/sports/other\\_sports/general/view.bg?articleid=1242905](http://bostonherald.com/sports/other_sports/general/view.bg?articleid=1242905)

# The Boston Globe

Sunday, March 28, 2010

## What they were thinking?

**Ralph Maxwell, 90, of Alamo, Texas, doing the long jump during the pentathlon competition at the National Masters Indoor Championships at the Reggie Lewis Center, March 26, 2010** -- "This started when I was 74. I heard about the North Dakota Senior Olympics and thought, 'Well, maybe I'll try it.' I tried the long jump and came away with a bronze ribbon and I thought, 'Hey, there might be a future in this for me.' So here I am 16 years later doing a pentathlon. I hope to prevail, mainly because I'm the only one in my age category for most of the events. When I did the [60-meter] hurdles, I was very gratified that I shaved almost two seconds off the world record. When I'm jumping, I'm thinking, 'I hope I don't hurt my shoulder.' In the air, it's such a brief period

for me. I thought, 'This is a pretty good jump for me [2.68 meters].' I was content with my performance. I was airborne for a fraction of a second. I'd like to think, 'Not bad for 90.'"



Link to article: [http://www.boston.com/sports/other\\_sports/gallery/02\\_13\\_08\\_grossfeld\\_thinking\\_well?pg=2](http://www.boston.com/sports/other_sports/gallery/02_13_08_grossfeld_thinking_well?pg=2)



Monday, March 29, 2010

## Trish Porter still jumping for joy

By Joe Reardon / **Masters Track**

Trish Porter never fathomed she'd be back in the high jump pit, competing in the event that earned her a berth on the 1988 Olympic team, where she once cleared 6 feet, 5 inches. But 11 years on the sidelines after sustaining a horrific neck injury in a trampoline accident, Porter did some soul searching and decided to give the sport another try.

She found the competitive fires to be burning just as strong as they were more than 20 years ago.

Now 47, Porter has three world masters championship gold medals, world and American indoor records in the high jump and a gaudy seven national championships in the 40-44 age division. What the Albuquerque, N.M., resident is most proud of is bettering her high school and college best with a 5-9 at age 43.

This after her physical-education teacher in the eighth grade told her to stay clear of the event.

“Don’t ever become a high jumper because you’ll never be any good,” Porter remembers the teacher telling her.

Porter made her gym teacher eat his words yet again yesterday in the final day of competition at the U.S. Masters Indoor Track & Field Championships at the Reggie Lewis Center. She picked up yet another title, clearing 4-9 to capture the 45-49 division.

Twenty minutes later, Porter was on the Reggie Lewis Center infield cheering on Stacey Nieder of Anchorage, Alaska, as she broke Porter’s American record for 40-year-olds with her 5-5 effort.

“Records are made to be broken,” said Porter with a shrug. “She’s a sweetheart. It’s nice having new people come up in the sport.”

Nieder, who attended the University of Idaho on a volleyball scholarship but continued competing in the high jump, was looking for a solid performance and had no specific height in mind as a goal.

“I just came to jump well,” Nieder said. “I’m very excited. It makes all that training worth it.”

With the record and gold medal in hand, Nieder intends to reassess her training and strategy in the pit.

“I compete once or twice a year because I live in Alaska,” she said. “I had the usual nerves. I tapered and knew I was ready. I’m going to pick my heights based on the records for now on.”

For complete results, go to [www.usatf.org](http://www.usatf.org).

Link to article: [http://bostonherald.com/sports/other\\_sports/general/view.bg?articleid=1243087](http://bostonherald.com/sports/other_sports/general/view.bg?articleid=1243087)



## DAYBOOK

March 26 - 28. USA TRACK AND FIELD CHAMPIONSHIPS — The USA Track and Field National Masters Indoor Championships are held in Boston, with what organizers say is perhaps the best field ever, including 47 new world champions from the World Masters Championships held earlier this month in Canada.

Location: Reggie Lewis Track, 1350 Tremont St., Boston

Contact: Bob Weiner (USATF), 202-306-1200

Notes: Finals begin 3PM Friday and 9AM Saturday and Sunday



# The Boston Globe

Saturday, March 27, 2010

## Results: USA Masters Track at Reggie Lewis

(Ran Aggregate of all age group winners in all events –  
Now available at [www.usatf.org](http://www.usatf.org).)

# The Gazette

Colorado Springs

March 28, 2010

## Track and Field

At Boston: Jerry Donley of Colorado Springs cleared 3 feet, 7 1/4 inches to win the men's 80 division of the high jump at the USA Masters Indoor Track & Field Championships.

Link to article: <http://www.gazette.com/sports/mammoth-96324-everett-clancy.html>



Ventura, CA

## Local briefs: Wilson, Speed place at Masters indoor meet

March 28, 2010

### TRACK AND FIELD

## Wilson, Speed place at Masters indoor meet

Thaddeus Wilson and John Speed placed at the U.S. Masters Track and Field Indoor Championships last weekend at the Reggie Lewis Center in Boston.

Wilson was second in the men's 55-59 age group 60-meter hurdles in 9.82 seconds and third in the long jump at 16 feet, 6 inches.

Speed won the 400-meter run in the men's 45-49 age group with a time of 52.18. He was fourth in the 60-meter dash in 7.42 and anchored the winning 4x200 relay.

Link to article: <http://www.vcstar.com/news/2010/mar/28/Sb3FClocalbriefs290TH-fc/>

# PressRepublican

Plattsburgh, NY

March 29, 2010

## Sports Shorts: ESPOSITO FOURTH AT MASTERS NATIONALS

BOSTON, Mass. — Mike Esposito, of the Peru Track Club, finished in fourth place in both the mile run and 800 meters at this past weekend's United States Masters Track & Field Nationals, held at the Reggie Lewis Center.

Esposito, who is 47-years-old, ran a 4:44.75 in Saturday's mile and a 2:04.076 in Sunday's 800.

He ran especially well in the 800 where he missed medaling by half a second.

John Hinton, the world-record holder in the Masters for the 1500 meters, won both the mile (4:31.65) and 800 (2:01.96).

Link to article: [http://www.pressrepublican.com/0301\\_sports\\_shorts/local\\_story\\_087232545.html](http://www.pressrepublican.com/0301_sports_shorts/local_story_087232545.html)



Herald Tribune

Sarasota, FL

AREA WRAPUP

## Area Masters win at nationals

*Tuesday, March 30, 2010*

**Three area Masters track and field athletes returned from the USATF indoor meet in Boston with national championships.**

Sarasota High track coach Kim Sheffield won the mile run for women ages 40-44, posting a time of 5 minutes, 11.93 second.

Jim Broun was tops in the men's age 55-59 60-meter hurdles with a time of 9.27 seconds. Brown, who trains hurdlers from several area high schools and helps out with the Booker High track team, won the World Championship earlier this year in a time of 9.07.

Lakewood Ranch resident Robert Arello won the men's age 50-54 super weight throw with a winning toss of 8.77 meters. He was also second in the shot put with a throw of 14.83 meters.

Gary Dixon was eighth in the pentathlon with 2,308 points and eighth in the shot (11.19 meters).

Link to article: <http://www.heraldtribune.com/article/20100330/ARTICLE/3301067/2050/SPORTS?Title=Area-Masters-win-at-nationals>



Turlock, CA

## Former coach wins national track title

March 31, 2010

**By Chhun Sun**

Longtime Turlock teacher and retired coach James Hollister won the indoor title at the National Masters Pentathlon Championship at Reggie Lewis Track and Athletic Center in Boston in the 65-age group last weekend. Hollister amassed 4,011 points, 443 shy of the world record.

In the 60-meter high hurdles, Hollister ran it in 9.99 seconds, accumulating 1,085 points for his effort. Then in the long jump, he had a mark of 14 feet, 11 1/2 inches (835 points). He also threw the 14-pound shot put at 28 feet, 11 inches for 665 points and earned a high jump mark of 4 feet, 2 inches (670 points) before running the 1,000 meters in 3 minutes, 44.15 seconds (756 points).

Later, in the open 60-meter high hurdles, Hollister took second with a time of 9.62, which was .05 off of the world record. But in that race, Ty Brown of Washington D.C. set a world record for 65-year-old men in 9.17 seconds.

Hollister also took first in the triple jump with a jump of 31 feet, 3 1/2 inches and third in the long jump (15-2 1/4).

Link to article: <http://www.turlockjournal.com/news/article/3530/>

## STAR-GAZETTE

Elmira, NY

March 29, 2010

### Elmira runner second in national 800 meters

BOSTON -- Jeffrey Naylor of Elmira was the national runner-up in the 800-meter 35-39 age group race during the 2010 USA Masters Indoor Track & Field Championships.

The Sunday meet was held at the Reggie Lewis Track & Athletic Center on the campus of Roxbury Community College.

Naylor's time of 2 minutes 5.09 seconds was .19 of a second behind 800-meter winner Kyle Lanier.

Naylor, 39, also earned All-American status by finishing fifth in the one-mile run for his age group with a time of 4 minutes 37.13 seconds on Saturday.

More than 850 athletes from around the country, ranging in age from 30 to 96, competed in the championships.

Link to article: <http://www.stargazette.com/article/20100329/SPORTS/3290376/1119/Elmira-runner-second-in-national-800-meters>



For additional coverage, see: [masterstrack.com](http://masterstrack.com) published by Ken Stone

**DAILY SUMMARIES by Tom Surber USATF (and many thanks) as arranged by Media Committee:**

### ***Record performances headline USA Masters Indoor Championships***

03-26-2010

BOSTON - With distance races, combined events, pole vaulting and weight throwing leading off the festivities, the first day of the 2010 USA Masters Indoor Track & Field Championships featured a wide variety of world and American age-group records.

More than 850 athletes, ranging from age 30 to 90-plus, will compete in the Championships. The meet runs through Sunday at the Reggie Lewis Track & Athletic Center on the campus of Roxbury Community College.

All-time masters great Nolan Shaheed, who earlier this month won M60 titles in the 400m, 800m, mile, and 3,000m at the World Indoor Masters Championships in Kamloops, British Columbia, Canada, became the first American ever to break the 10-minute barrier in the indoor 3,000 meters with his time of 9:55.03. Shaheed's effort bettered the listed American record of 10:01.96 by Dan Conway from 1999. Shaheed was featured in the Faces in the Crowd section of the latest edition of *Sports Illustrated*.

Also in 3,000m competition, 92-year old Orville Rogers of Dallas, Tex., bettered his own pending M90 American record of 22:57.41, set earlier this month in Kamloops, with his time this afternoon of 21:52.38.

Men's 3,000m winners included Thomas Thomasson of West Deptford, Mass. (M30 - 10:14.61), Joshua Gordon of Boston (M35 - 9:00.46), Andrew Duncan of Bethesda, Md. (M40 - 8:49.71), Chris Chisholm of Farmington, Ct. (M45 - 8:49.71), Craig Fram of Plaistow, N.H. (M50 -



9:22.26), Stephen Chantry (M55 - 9:53.40), Thomas Jennings (M65 - 11:28.79), Thom Weddle of Minneapolis (M70 - 12:35.47) and Dennis Branham of Providence, R.I. (M75 - 14:11.96).

Winners in women's 3,000m competition were Latashia Key of Indianapolis (W35 - 11:13.33), Lisa Valle of Albuquerque, N.M. (W40 - 10:07.10), Sheryl Miller of Coralville, Iowa (W45 - 10:54.46), Rebecca Marvil of Houston, Texas (W50 - 11:24.98), Kathryn Martin of Northport, N.Y. (11:18.99) and Joy Oakey of Media, Pa. (W60 - 13:59.05).

In women's pole vault competition, Florence Meiler of Shelburne, Vt., set the world masters W75 record twice within ten minutes this afternoon. Her best clearance of 1.88 meters/6 feet 2 inches easily won the competition.

Additional women's pole vault winners were Helen Croskell of Houston, Tex. (W35 - 2.30m/7-6.50); Karen Rieger of Indianapolis (W45 - 2.50m/8-2.50), Liz Johnson of Charlotte, N.C. (W50 - 1.50m/4-11), Kay Glynn of Hastings, Iowa (W55 - 2.80m/9-2.25) and Hillen Von Maltzahn of Troy, N.Y. (W60 - 2.60m/8-6.25).

The women's weight throw was highlighted by a world age-group record by Carol Young of Marietta, Ga., who won the W70 competition with a heave of 12.30m/40-4.25, which bettered the listed world record of 11.68m/38-4 by Sigrun Kofink of Germany in 2008.

Other women's weight throw winners were Jennifer Stephens of Fairfax, Va. (W35 - 10.14m/33-3.25), Cindy Latham of West Haven, Ct. (W40 - 8.24m/27-0), Oneithea Lewis of Oakland Gardens, N.Y. (W45 - 14.20m/46-7.25), Ruth Welding of Elk Grove Village, Ill. (W50 - 12.06m/39-7), Katherine Wetenhall of Sylvania, Ohio (W55-11.40m/37-5), Roslyn Katz of Flushing, N.Y. (W65 - 9.34m/30-7.75), Audrey Lary of Frederick, Md. (W75 - 9.16m/30-0.75) and Betty Jarvis of Aberdeen, N.C. (W90 - 5.09m/16-8.50).

Men's weight throw nationals champions included Carl Wallin of Lebanon, N.H. (M65 - 17.59m/57-8.50), Donald Trimble of North Conway, N.H. (M70 -12.73m/41-9.25), Gerald Wojcik of Eugene, Ore. (M80 - 13.30m/43-7.75), Richard Mulkern of Sheffield, Iowa (M85 - 10.04m/32-11.25) and Leland McPhie of San Diego, Calif. (M95 - 5.38m/17-08).

Winners in men's pentathlon competition included Ralph Maxwell of Alamo, Texas, who tallied 4,594 points. His time of 15.84 seconds in the 60m hurdles is a new M90 world record bettering the previous standard of 17.56.

Other men's pentathlon winners and their point totals included Nathan Lasche of Boston (M30 - 2,928 points), James Barr of Arlington, Va. (M40 - 3,067 points), Damon Blakemore of Houston, Texas (M45 - 3,287), Mark Williamson of Durham, N.C. (M50 - 3,539 points), William Murray (M55 - 3,288 points), Ivan Black of New York City (M60 - 2,929 points), James Hollister of Turlock, Calif. (M65 - 4,011 points), Emil Pawlik of Jackson, Miss. (M70 - 3,619 points) and James Leggitt of Levelland, Tex. (M75 - 3,265 points).

Winners in women's heptathlon action included Danelle Readinger of Terre Haute, Ind. (W30 - 2,207 points), Susan Wiemer of Freeport, Maine (W40 - 2,550 points), Caryl Senn-Griffiths of Massapequa Park, N.Y., (W45 - 3,338 points), Ginny Richburg of Randolph Center, Vt. (W50 - 3,104 points), Mary Trotto of Hihei, Hawaii (W60 - 3,658 points), Jane Simpson of Chico, Calif. (W-65 - 1,352 points) and Florence Meiler of Shelburne, Vt. (W75 - 3,687 points)

For more information on the 2010 USA Masters Indoor Championships in Boston, including the complete results, visit [www.usatf.org](http://www.usatf.org)

**Link:** [http://www.usatf.org/news/view.aspx?DUID=USATF\\_2010\\_03\\_26\\_16\\_53\\_30](http://www.usatf.org/news/view.aspx?DUID=USATF_2010_03_26_16_53_30)

## ***Sprinters blister the track at USA Masters Indoor Championships***

03-27-2010

BOSTON - An impressive total of five records were set during the 60m finals, and numerous records were set in other events Saturday at the 2010 USA Masters Indoor Track & Field Championships in Boston.

More than 850 athletes, ranging from age 30 to 96, will compete in the Championships. The meet runs through Sunday at the Reggie Lewis Track & Athletic Center on the campus of Roxbury Community College.

The 60m records were highlighted by Kathy Bergen's (La Canada, Calif.) world masters record in the W70 age-group. Bergen crossed the line in 9.21 seconds, which bettered the listed WMA record in that age-group of 9.29, which was set by Bergen on February 14, 2010 in Colorado Springs, Colo.

Audry Lary of Frederick, Md., set an American record in the W75 age-group in winning the national title in 10.97 seconds, which bettered the listed AR of 11.08 set by Mary Holland in 2000. Another American record was set in the W45 age-group when Rene Henderson of Merchantville, N.J., won her race in 7.86 seconds, faster than the listed AR of 8.02 set by all-time masters great Phil Raschker set in 1995.

Men's sprinters setting records on Saturday included a world masters age-group record by Leland McPhie of San Diego, Calif., who captured the men's M95 national title with his time of 15.21, which greatly improved upon the previous listed world record of 16.96 set by Everett Hosack in 1997.

Ralph Maxwell, who set a world record on Friday in his age group (M90) in the 60m hurdles of 15.84 seconds, set an American record this morning in the men's 60m. Maxwell's time of 11.63 shattered the listed AR of 11.84 by Ted Hatlen set in Boston in 2001.

Additional men's 60m winners included Jason Gosa of Wales, Wis. (M30 - 7.02), Alfy Pettes of Omaha, Neb. (M35 - 7.06), Don Drummond of Lawrenceville, Ga. (M40 - 7.27), Chris Faulknor of Los Angeles, Calif. (M45 - 7.35), Lovell Butler of Wernersville, Pa. (M50 - 7.32), Bill Collins of Houston, Texas (M55 - 7.56), Charles Allie of Pittsburgh, Pa. (M60 - 7.88), Donald Neidig of Las Cruces, N.M., (M65 - 8.07), Robert Lida of Wichita, Kansas (M70 - 8.53), Dick Richards of Encinitas, Calif. (M75 - 9.07) and Raou Rodriques of Milldale, Ct. (M85 - 11.23).

Women's 60m champions this morning were Jamie Moody of Randolph, Mass. (W30 - 8.42), Latrica Dendy of New York, N.Y. (W35 - 8.17), Lisa Daley of White Plains, N.Y. (W40 - 8.05), Leslee Superchi of Sedalia, Colo. (W50 - 8.87), Lore Woodward (W55 - 8.99), Phil Raschker of Marietta, Ga. (W60 - 9.27) and Marilyn Mitchell of New York, N.Y. (W65 - 10.97).

**Meiler snags WR in 60H; Lary gets 400 record**

Florence Meiler of Shelburne, Vt., shattered the 60m hurdles world record in the W75 age-group when she crossed the finish line this afternoon in 13.70 seconds. Her performance easily bettered the previous listed world record of 14.68 seconds by Asta Larsson of Sweden, who ran 14.68 in 2008.

Other women's hurdles national champions include Kimberly Touya of Patchogue, N.Y. (W30 - 10.93), Jill Cypress Turner of Lancaster, Pa. (W35 - 10.37), Laura Barre of West Lebanon, N.H. (W40 - 9.41), Charlene Landrum of East Elmhurst, N.Y. (W45 - 9.45), Leslee Superchi of Sedalia, Colo. (W50 - 10.80), Kay Glynn of Hastings, Iowa (W55 - 12.15) and Phil Raschker of Marietta, Ga. (W60 - 10.91),

Ty Brown of Washington, D.C., posted a new masters world record in the M65 age-group when he finished first in the 60m hurdles in 9.17 seconds. His performance improved greatly upon the listed world record of 9.43 set by Sweden's Jan Soderstrom from 2009. Additionally, Derek Pye of Long Beach, Calif., posted a new American 60m hurdles record in the M40 age-group with his time of 8.09 seconds, which bettered the previous standard of 8.22 posted by Glen Patterson (2003) and Rod Jett (2008).

Additional men's 60m hurdles winners were Brendon Falconer of Newburgh, Ind. (M30 - 8.90), Michael Jackson of Red Lion, Pa. (M35 - 9.79), Howard Lindsay of New York, N.Y. (M45 - 9.28), Kenneth Herald of Atlanta, Ga. (M50 - 8.65), James Broun of Sarasota, Fla. (M55 - 9.27), Frederick Johnston of Pleasanton, Calif. (M60 - 10.62), Emil Pawlik of Jackson, Miss. (M70 - 10.80), William Clark of Sicklerville, N.J. (M75 - 12.27), and George Roudebush of Chardon, Ohio (M80 - 24.53).

The women's 400m finals were highlighted by a world masters record by National Masters Hall of Famer Audrey Lary, who won the W75 age group in 1:27.58, which shattered the listed world record of 1:41.15 by Louise Adams in 1997.

Women's 400m winners included Danelle Readinger of Terre Haute, Ind. (1:03.62), Latricia Dendy of New York, N.Y. (W35 - 57.49), Lisa Daley of White Plains, N.Y. (W40 - 59.08), Renee Henderson of Merchantville, N.J. (W45 - 1:00.59), Julie Hayden of Auburn, Va. (W50 - 1:07.80), Paula Dickson-Taylor of West Orange, N.J. (W55 - 1:10.67), Bev Wills of Austin, Texas (W65 - 1:26.82), Phil Raschker of Marietta, Ga. (W60 - 1:14.33) and Jeanne Daprano of Fayetteville, Ga., (W70 - 1:23.53).

The men's 400m competition was headlined by Don Neidig's American record in the M65 age group. His time of 59.01 gave the Las Cruces, N.M., resident the national title and the American record, bettering the previous standard of 59.35 by Larry Colbert in 2002. Another American record was set by Earl Fee in the M80 age group. Fee, of Mississauga, Ohio, crossed the finish line in 1:12.47, which bettered the listed AR of 1:15.58 by Roderick Parker set in 1979.

Additional men's 400m national champions include Antwon Dussett of Peoria, Ill. (M30 - 48.97), Rawle Delisle of New York, N.Y. (M35 - 50.47), Richard Winslow of Montoursville, Pa. (M40 - 51.17), Johnny Speed of Oxnard, Calif. (M45 - 52.81), Ben James of Honeoye Falls, N.Y. (M53 - 55.65), Bill Collins of Houston, Texas (M55 - 56.05), Gary Sims of Paradise, Calif. (M70 - 1:07.32), James Ware of Indianapolis (M75 - 1:16.68) and Orville Rogers of Dallas, Texas (1:54.91).

**Donley tosses SP AR**

The women's shot put competition was highlighted by a record-setting performance by Christel Donley of Colorado Springs, Colo. Donley won the W75 competition with a best toss of 7.16m/23-6, which bettered the listed American record of 6.94m/22-9.25 set by Gloria Krug in 2008.

Other women's shot put winners included Amy Shedrick of Waterbury, Vt. (W30 - 6.26m/20-6.50), Jennifer Stephens of Fairfax, Va. (W35 - 9.38m/30-9.25), Susan Wiemer of Freeport, Maine (W40 - 9.45m/31-0); Oneithea Lewis of Oakland Gardens, N.Y., (W45 - Oakland Gardens, N.Y.), Karen Reardon of Saco, Maine (W50 - 10.53m/34-6.75), Rita Hanscom of San Diego, Calif. (W55 - 9.29m/30-5.75), Mary Trotto of Kihei, Hawaii, who won the pentathlon yesterday in her age group (W60 - 7.20m/23-7.50), Karen Huff-Pawlik of Jackson, Miss. (W65 - 6.85m/22-5.75), Mary Roman of Norwalk, Ct. (W70 - 7.39m/24-3) and Betty Jarvis of Aberdeen, N.C. (W90 - 3.69m/12-1.25).

The men's high jump competition featured the M50 duel between all-time masters great and American indoor record holder in this age group Bruce McBarnette of Sterling, Va., versus National Track & Field Hall of Famer and two-time Olympian in the men's triple jump, Willie Banks of Carlsbad, Calif. In the end, it was McBarnette emerging as the victor with his best clearance of 1.90m/6-2.75, with Banks, using only a three-step run up, finishing as the runner-up with a best of 1.85m/6-0.75.

Other men's high jump winners were Sean Earle of Easton, Mass. (M30 - 1.80m/5-10.75), Daniel Murdock of Brookville, Pa. (M35 - 1.50m/4-11), Karl Hawke of New York, N.Y. (M40 - 1.75m/5-8.75), Igor Agaev of New York, N.Y. (M45 - 1.75m/5-8.75), Donald Watson of Danville, Calif. (M55 - 1.65m/5-5), David Montieth of Ridgefield, Ct. (M60 - 1.55m/5-1) and Joe Johnston of Apopka, Fla. (M65 - 1.45m/4-9).

The men's pole vault competition was highlighted by Kirk Bentz of San Pedro, Calif., who set a new American record with his clearance of 4.13m/13-6.50. His performance bettered the previous AR of 4.12m/13-6.25 set in 2008 by Jeff Kingstad.

Additional men's pole vault national champions crowned Saturday afternoon were Daniel Holton of Evanston, Ill. (M40 - 4.20m/13-9.25), Jonathan Bartos of Waynesville, Ohio (M45 - 4.05m/13-3.50), Robert Banhagel of Buckeye Lake, Ohio (M60 - 3.20m/10-6), Howard Booth of Gregory, Mich. (M65 - 3.10m/10-2), Don Isett of Dallas, Texas (M70 - 3.00m/9-10), Deke Conklin of Stoddard, N.H. (M75 - 2.30m/7-6.50) and Jerry Donley of Colorado Springs, Colo. (M80 - 2.30m/7-6.50).

Winners in the men's shot put were Carlton Shedrick of Waterbury, Vt. (M30 - 11.22m/36-9.75), Richard Harrison of Nashua, N.H. (M35 - 15.80m/51-10), Keith Butler of Levittown, N.Y. (M40 - 13.39m/43-11.25), Scott Hannay of Westerlo, N.Y. (M45 - 12.91m/42-4.25), Paul Ossmann of Alpharetta, Ga. (M50 - 15.55m/51-0.25), Joseph Myers of Cuba, N.Y. (M55 - 13.12m/43-0.50), Charles Roll of Fanwood, N.J. (14.55m/47-9), Glenn Sasser of Wrightsville Beach, N.C. (M65 - 13.61m/44-8), Glen Johnson of Bristol, Tenn. (M70 - 13.92m/45-8), Leonard Rosen of Salem, N.H. (M75 - 10.63m/34-10.50), Phillip Brusca of Maryland Heights, Mo. (M80 - 10.26m/33-8), Richard Mulkern of Sheffield, Iowa (M85 - 8.46m/27-9.25), Champion Goldy of Haddonfield, N.J. (M90 - 7.05m/23-1.75) and Leland McPhie of San Diego, Calif. (M95 - 6.25m/20-6.25).

Men's long jump winners were Brendon Falconer of Newburgh, Ind. (M30 - 6.45m/21-2), Alfy Pettes of Omaha, Neb. (M35 - 6.45m/21-2), Brian Rowles of Acton, Mass. (M40 - 5.76m/18-10.75), Chris Faulknor of Los Angeles, Calif. (M45 - 6.11m/20-0.50), Brian Hankerson of Hollywood, Fla. (M50 - 6.20m/20-4.25), William Murray of Birmingham, Ala. (M55 - 5.23m/17-

2), Rufus Morris, Jr. of Stevenson Ranch, Calif. (M60 - 4.81m/15-9.50); Ty Brown of Washington, D.C. (M65 - 5.02m/16-5.75), Emil Pawlik of Jackson, Miss. (M70 - 4.05m/13-3), Dick Richards of Encinitas, Calif. (M75 - 4.10m/13-5.50), James Stookey of Dickerson, Md. (M80 - 1.23m/4-0.50), Raoul Rodriques of Milldale, Ct. (M85 - 2.81m/9-2.75), Ralph Maxwell of Alamo, Texas (M90 - 2.85m/9-4.25) and Leland McPhie of San Diego, Calif. (1.54m/5-0.75).

### **More winners**

Women's long jump winners were Christine Kloiber of Boston (W30 - 4.92m/16-1.75), Jill Durner Cypress of Lancaster, Pa. (W35 - 4.86m/15-11.50), Laura Barre of West Lebanon, N.H. (W40 - 5.24m/17-2.25), Regina Richardson of Clayton, N.C. (W45 - 4.67m/15-4), Ginny Richburg of Randolph Center, Vt. (W50 - 3.81m/12-6), Kay Glynn of Hastings, Iowa (W55 - 4.36m/14-3.75), Phil Raschker of Marietta, Ga. (W60 - 3.99m/13-1.25), Jane Simpson of Chico, Calif. (W65 - 1.93m/6-4), Barbara Jordan of S. Burlington, Vt. (W70 - 2.87m/9-5) and Florence Meiler of Shelburne, Vt. (W75 - 3.04m/9-11.75).

In men's mile action on Saturday, winners included Scott Weeks of Cortland, N.Y. (M35 - 4:28.44), Charlie Kern of Elmhurst, Ill. (M40 - 4:21.56), John Hinton of Chapel Hill, N.C. (M45 - 4:31.65), Thomas Cawley of Hazlet, N.J. (M50 - 4:41.68), Stephen Chantry of Williamsburg, Va. (M55 - 4:54.89), Nolan Shaheed of Pasadena, Calif. (M60 - 5:16.40), Paul Perry of Orland Park, Ill. (M65 - 5:21.13), Sid Howard of New York, N.Y. (M70 - 6:09.90), Dennis Branham of Providence, R.I. (M75 - 7:11.47) and Orville Rogers of Dallas, Texas (M90 - 10:56.66).

National champions in the women's mile were Kimberly Chula-Maguire of Cumberland, R.I. (W30 - 5:19.36), Kim Sheffield of Sarasota, Fla. (W40 - 5:11.93), Marisa Hanson of Pleasant Valley, N.Y. (W45-5:14.86), Cheryl Bellaire of St. Davids, Pa. (W50 - 5:48.38), Kathryn Martin of Northport, N.Y. (W55 - 5:38.38) and Joy Oakey of Media, Pa. (W60 - 7:15.88).

In men's weight throw action, winners included David Destafano of Berkley, Mass. (M35 - 14.71m/48-03.25), David Bickel of Scottsdale, Ariz. (M40 - 15.44m/50-8) and William Cotter of Hope Valley, R.I. (M45 - 11.82m/38-9.50).

For more information on the 2010 USA Masters Indoor Championships in Boston, including the complete results, visit [www.usatf.org](http://www.usatf.org)

**Link:** [http://www.usatf.org/news/view.aspx?DUID=USATF\\_2010\\_03\\_27\\_16\\_25\\_41](http://www.usatf.org/news/view.aspx?DUID=USATF_2010_03_27_16_25_41)

## ***Great performances bring USA Masters Indoor Championships to a close***

03-28-2010

BOSTON - All-time great athletes and a slew of record setting performances took center stage Sunday on the final day of the 2010 USA Masters Indoor Track & Field Championships, held at the Reggie Lewis Track & Athletic Center on the campus of Roxbury Community College. More than 850 athletes from around the country, ranging from age 30 to 96, were on hand to compete in the Championships.

The final track event of the meet, the 4x400m relays, provided three world records on the women's side. Non Club 'A' consisting of Lisa Daley, Shemayne Williams, Maurelhena Walles and Latricia Dendy, set the world masters record in the 30-39 age-group with their time of 4:06.97.



The Athena Track Club 'A' quartet of Kathleen Shook, Maryline Roux, Joan Hunter and Charmaine Roberts set the world masters W40-49 4x400m relay record with their clocking of 4:09.13, and Non Club 'E' set the W70-70 world 4x400m relay record with their time of 7:21.74. The quartet was made up of Mary Harada, Elizabeth Szawlowski, Catherine Parisi and Sandra Hayes.

### **Bergen posts another world record**

After setting a masters world record in the 60m on Saturday, Kathy Bergen of La Canada, Calif., set another world masters record in the W70 age-group on Sunday with her 200m time of 32.31, which bettered the previous WR of 33.11 by Joan Ogden of Great Britain from 1998.

### **Nieder sets HJ mark**

The women's high jump competition was highlighted by an American record by Stacey Nieder of Anchorage, Alaska. Neider cleared 1.67m/5-5.75 in winning the W40 age-group and bettering the previous listed AR of 1.66m/5-5.25 set by Olympian Trish Porter in 2006. Now a competitor in the W45 age-group, Porter, a resident of Albuquerque, N.M., won her age group with a clearance of 1.45m/4-9.

Additional women's high jump winners included Jennifer Stephens of Fairfax, Va. (W35 - 1.40m/4-7), Clovis Clark of Ellenwood, Ga. (W50 - 1.17m/3-10) and Kay Glynn of Hastings, Iowa (W55 - 1.35m/4-5).

### **Shaheed keeps winning; Grant grabs an AR**

After already winning M60 titles in the 3,000m in which he set an American record, and the mile, Nolan Shaheed of Pasadena, Calif., also won the 800m on Sunday in 2:21.0. Additional men's 800m winners included Horace Grant of Houston, Texas, who set an American M55 age group record with his winning time of 2:07.05.

Additional men's 800m winners included Napoleon Griffin of Indianapolis (M30 - 2:00.26), Kyle Lanier of Lincoln University (M35 - 2:04.85), Nicholas Berra of Enola, Pa. (M40 - 1:56.26), John Hinton of Chapel Hill, N.C. (M45 - 2:01.96), Anselm LeBourne of Maplewood, N.J. (M50 - 2:03.86),

### **Lary leads 200**

Also in the women's 200m, Audrey Lary of Frederick, Md., set the W75 American record with her time of 39.16, greatly improving the previous standard of 40.59 by Mary Holland set in 1999. Lary on Saturday had set an American record in the 60m.

After already winning national titles in the 60m and 400m, Bill Collins of Houston added the 200m crown to his trophy chase with this time of 23.69 seconds. Collins, who usually wins races by wide margins, faced a strong challenge from Oscar Peyton of Accokeek, Md., who finished as the runner-up in 23.85.

Additional men's 200m winners included Ralph Maxwell of Alamo, Texas, who earlier this week captured national M90 indoor titles in the pentathlon and 60 meters. On Sunday, he added wins in the 200m (43.92) and high jump (1.05m/3-5.25).

Also winning 200 titles were American record holder Antwon Dussett of Peoria, Ill. (M30 - 21.95), Rawle Delisle of New York, N.Y. (M35 - 22.43), Robert Thomas of Grand Prairie, Texas (M40 - 23.13), David Jones of Bellaire, Texas (M45 - 23.60), Charles Allie (M60 - 24.85), Donald Neidig of Las Cruces, N.M. (M65 - 25.47) Everad Samuels of Boston, Mass. (M50 - 23.58), Harry Brown of Wauconda, Ill. (M80 - 31.23), Robert Lida of Wichita, Kansas (M70 - 27.83), Dennis Melanson of Westwood, Mass. (M75 - 31.50), Tom Patsalis of Alhambra, Calif. (M85 - 50.54),

Phil Raschker of Marietta, Ga., was a double winner on Sunday, taking the W60 200m in 30.38 seconds along with the triple jump (8.32m/27-3.75). Earlier in the meet she won national titles in the pole vault, 60m, 400m and long jump. Additional women 200m winners included Danelle Readinger of Terre Haute, Ind. (W30 - 27.42), Latricia Dendy of New York, N.Y. (W35 - 25.59), Lisa Daley of White Plains, N.Y. (W40 - 26.13), Renee Henderson of Merchantville, N.J. (W45 - 25.74), Leslee Superchi of Sedalia, Colo. (W50 - 29.28), Sharon Warren of New York, N.Y. (W55 - 30.27),

An American record was equaled in the men's high jump by Doug Spainhower of Fruit Heights, Utah, who won the M75 age-group with a clearance of 1.34m/4-4.75, which equaled the AR first set by Bill Wambach in 2001. Other winners were Don Issett of Dallas, Texas (M70 - 1.35m/4-5), Jerry Donley of Colorado Springs, Colo., (1.10m/3-7.25), Raoul Rodriques of Milldale, Ct. (M85 - 0.85m/2-9.50) and Leland McPhie of San Diego, who earlier won national titles in the 60m and long jump (M95 - 0.74m/2-5).

Women's 800 winners on Sunday included Kimberley Chula-Maguire of Cumberland, R.I. (W30 - 2:21.55), Aeron Arlin Genet of Los Osos, Calif. (W40 - 2:17.19), Zof Wieciorkowska of Stratford, Ct. (W45 - 2:20.77), Cheryl Bellaire of St. Davids, Pa. (W50 - 2:33.19),

In the men's triple jump, national champions were won by Jonathan Choate of Southborough, Mass. (M35 - 37-2.25), Brian Rowles of Acton, Mass. (M40 - 11.99m/39-4), William Bergthold of Robert, Wis. (M45 - 11.04m/36-2.75), Ivan Black of New York, N.Y. (M50 - 9.68m/31-9.25), Donald Watson of Danville, Calif. (M55 - 11.21m/36-9.50), James Hollister of Turlock, Calif. (M65 - 9.44m/30-11.75), Roger Vergin of Poulsbo, Wash. (M70 - 8.34m/27-4.50)

Women's triple jump winners today were Jill Cypress Turner of Lancaster, Pa. (W35 - 10.94m/35-10.75), Tracey Berryman of Silver Spring, Md. (W40 - 9.96m/32-8.25), Regina Richardson of Clayton, N.C. (W45 - 10.53m/34-6.75), Clovis Clark of Ellenwood, Ga. (W50 - 6.63m/21-9); Barbara Jordan of South Burlington, Vt. (W70 - 6.03m/19-9.50), Flo Meiler of Shelburne, Vt., who earlier this week won national titles in the pole vault, pentathlon, 60m and long jump (W75 - 5.94m/19-6) and Kay Glynn of Hastings, Iowa (W55 - 8.38m/27-6).

In super weight throw action today, women's winners included Jennifer Stephens of Fairfax, Va. (W35-5.99m/19-8), Gina Lanier of Lincoln University (W40 - 4.94m/16-2.50), Oneitha Lewis of Oakland Gardens, N.Y. (W45 - 9.37m/30-9), Ruth Welding of Elk Grove, Ill. (W50 - 8.57m/28-1.50), Katherine Wetenhall of Sylvania, Ohio (8.81m/28-11).

Men's winners in the super weight throw were Jonathan Gray of Northfield, N.H. (M35 - 9.20m/30-2.25), David Bickel of Scottsdale, Ariz. (M40 - 9.54m/31-3.75), James Burgoyne of Tewksbury, Mass. (M45 - 6.92m/22-8.50), Robert Arello of Bradenton, Fla. (M50 - 8.77m/28-9.25), James Wetenhall of Sylvania, Ohio (M55 - 9.35m/30-8.25), Robert Sager of Willsall, Mt. (M60 - 7.12m/23-5.50), George Mathews of Hayden Lake, Idaho (M65 - 8.99m/29-6), Edmund Joyce of East Northport, N.Y. (M70 - 6.34m/20-9.75), Pay Carstensen of Spring Hill, Fla. (M75 - 6.32m/20-9)

Individual titles were won in the 3,000m race walk by Erin Taylor of Johnson City, N.Y. (W30 - 15:15.61), Rebecca Garson of Afton, Va. (W45 - 18:59.36), Maryanne Daniel of Clinton, Ct. (W50 - 18:07.54), Debbie Topham of Mayville, Mich. (W55 - 18:08.27), Panseluta Geer of Hazlet, N.J. (W60 - 19:09.23), Jolene Steigerwalt of San Diego, Calif. (W65 - 19:55.84), Miriam Gordon of Hollywood, Fla. (W80 - 25:30.41).

Men's race walk national champions for 2010 include Dave Talcott of Johnson City, N.Y. (M45 - 14:17.04), Donald Lawrence of Loudonville, N.Y. (M50 - 15:49.48), Peter Blank of Annandale, Va. (M55 - 18:51.55), Chris Schmid of Wooster, Ohio (M60 - 14:20.64), Leon Jassionowski of East China, Mich. (M65 - 16:44.57), James Beckett of Vacaville, Calif. (M70 - 17:42.96), John Starr of Wallingford, Pa. (M80 - 20:08.03) and Charles Boyle of Annapolis, Md. (M85 - 23:11.86).

On Saturday, world relay bests were set by Non Club 'A' in the 4x800m relay in the W40 age-group by Lisa Valle, Christine Olen, Terry Ballou and Aerin Arlin Ganet (9:25.49), and the same team set the W50 world best of 10:43.50 with the quartet of Julie Hayden, Kathryn Martin, Cheryl Bellaire and Coreen Steinbach.

### **Final Team Standings - (Top 10)**

1. Mass Velocity Track Club - 363 points
2. TNT International Racing - 343
3. Southern California Track Club - 339.50
4. Potomac Valley Track Club - 220
5. Florida Athletic Club - 157
6. Twilight Throwers & Central Park Track Club- 141
8. Philadelphia Masters - 114
9. Houston Elite & Shore Athletic Club - 108
11. Southwest Sprinters Track Club - 107

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## **PRESS RELEASE BY MASTERS MEDIA COMMITTEE:**

For Release: March 23, 2010

Contact: Bob Weiner, USA Masters Media Chair 301-283-0821/202-306-1200

[weinerpublic@comcast.net](mailto:weinerpublic@comcast.net) or Rebecca Vander Linde 301-283-0821

**USA MASTERS TRACK IN BOSTON MARCH 26-28 INCLUDES *WILLIE BANKS*, PRESIDENT OF U.S. OLYMPIANS & FORMER WORLD RECORD TRIPLE JUMPER; *47 NEW WORLD CHAMPIONS* AMONG 800+ IN MEET WITH AGES 30-96**

**REGGIE LEWIS TRACK, 1350 TREMONT STREET;  
FINALS 3-6PM FRI., 9AM-5PM SAT-SUN.; SPECTATORS FREE, MEDIA WELCOME**

**(Boston, MA)—The USA Track and Field National Masters Indoor Championships** are set to be held in **Boston March 26-28** for the 13<sup>th</sup> time since 1975 with perhaps the best field ever -- including **47 new world champions coming to Boston from the WMA Championships held earlier this month** (March 1-6) in Kamloops, BC Canada.

Entered for the first time in an indoor masters meet is **Willie Banks**, 54, the beloved two-time Olympian (1984, 88) and former world triple jump record holder, of Carlsbad, California. Banks is **PRESIDENT of the U.S. OLYMPIANS**, the 6000 past and present Americans who've competed in summer and winter Olympics. The former UCLA star held the world record in the triple jump for 10 years (17.97 meters/58-11½). He'll compete in the high jump against current World Champion and American record holder Bruce McBarnette. Banks is also a member of the USA Track & Field Board of Directors and is the masters representative. He and all the athletes are available for media interviews at the meet. Banks will be available for interviews at the opening of the meet's running finals (3PM Friday) and following his own high jump (11:15 AM Saturday).

Finals begin 3PM Friday and 9AM Saturday and Sunday at Boston's Reggie Lewis Track, 1350 Tremont Street. "The message and mission of masters track is lifetime fitness and health through ongoing training and competition," say Banks and other athletes.

Also entered: **Two-time Sullivan Award Finalist, Philippa Raschker**, 63, is entered in ten events. Raschker was the first-ever masters athlete in any sport to be a Finalist -- one of the top five athletes -- for the Sullivan Award for America's top amateur athlete and she's done it twice in the last five years; other finalists included LeBron James, Apolo Anton Ohno, Michael Phelps, and Tim Tebow. She won seven Golds in this month's World Championships, plus two silvers and a bronze. Raschker, of Marietta, Georgia, has set more than 200 U.S. and world records.

**Other stars entered: Nolan Shaheed**, acclaimed jazz musician/trumpeter who's played with **Aretha Franklin, Marvin Gaye, Stevie Wonder, Diana Ross, Phil Collins, Anita Baker and Natalie Cole** -- and in January set a new indoor world record in the M60 mile; and **Kathryn Martin**, (W55), a BENGAY Athlete of the Year and Nike TV ad star who won gold in four distance races at Kamloops.

**Over 800** top competitors ages 30 to 90+ are entered in the meet. The event occurs at Boston's Reggie Lewis Track, 1350 Tremont Street. Finals are 3-6PM Friday, 9-5 Saturday, and 9:30-2 Sunday. Spectators are free.

**Olympians entered at Boston in addition to Willie Banks:**

**Lorna Forde**, 57, of New York. A 1970s Long Island University star and Penn Relays "Wall of Famer," she ran for Barbados in the 1972 Olympics (4x400 relay) and 1976 Olympics (100 and 400). In 1977, she set a world indoor record of 53.8 for the 440-yard dash in College Park, Md. In 1978, she set a world indoor record for 1:10.5 for 500 meters at the Dartmouth Relays. She went on to become a respiratory therapist at the Brooklyn Hospital Center.

**Patricia "Trish" Porter**, 47, of Albuquerque, N.M. A former Oregon standout, she cleared 1.84 meters (6-0 1/2) in the 1988 Olympics, competing as Patricia Morley King. Her all-time best is 1.96 (6-5). A four-time masters world champion and W40 world record holder (1.76/5-9 1/4), Porter is the mother of two and author of the recently published book, "Rekindle Your Dreams."

**Christopher Faulknor** of Jamaica, M 45, entered in dashes. Member of Jamaica's 4 x 100 team at the Seoul Olympics (1988).

#### **Top New England entrants at Boston include:**

M50 **Everad Samuels** of Boston (60, 200). National champion and listed world record holder in the M50 outdoor 200 (22.53 seconds).

M65 **Roger Pierce** of Essex, Mass (60, 200, 400). Holds many national and world masters titles. In 2008 was inducted into the USATF Masters Hall of Fame.

W70 **Barbara Jordan** of South Burlington, Vt. (60, 60 hurdles, long jump, triple jump). Hold many national titles and American records. In 2005 was inducted into the USATF Masters Hall of Fame.

W75 **Mary Harada** of West Newbury, Mass. (mile, 3000). Many national titles and several world and American distance records. In 2009 was inducted into the USATF Masters Hall of Fame.

W75 **Flo Meiler** of Shelbourne, Vt. (60, 60 hurdles, 200, high jump, pole vault, long jump, triple jump, shot put, weight throw, pentathlon). Pole vault and hurdle specialist with many American records and two world records in the pole vault.

#### **Other stars to watch from around the country:**

W40 **Aeron Arlin-Genet**, San Luis Obispo, CA, unofficially has broken the listed W40 outdoor record for 1500 (FAT timing), won the invitational masters 1500 at the 2009 open nationals in Eugene, and won the Hartshorne Mile in January 2010. Will be making her debut in a masters indoor or outdoor national championship. Aeron, who was a star at Cal Poly-San Luis Obispo, still lives in California and will be running the 800 at Boston.

W45 **Renee Henderson** of Merchantville, N.J. This season she set an American records in the 60 (7.89) and world indoor record in the 200 (25.47). World champion at Lahti worlds in the 100 and 200, where she set an American record in the 200.

M45 **David O'Meara** of Sarasota, Fla. Famed for running dozens of sub-5-minute miles in national road-race journeys in 2008 and 2009. In 2009, his 27 mile runs totaled under 2 hours, 11 minutes. He's the author of several books the latest being "Creating Amazement: The O'Meara Process at Work."

M50 **Bruce McBarnette** of Sterling, VA. Recently inducted into the USATF Masters Hall of Fame at the young age of 52. High jump specialist (a Fosbury flopper) with an all-time best of 7-feet-1. Owns eight world masters titles including Kamloops and 21 USA national masters championships. Had a 2009 best of 1.93 meters (6-feet-4), best in the world and an American record. One of world's best masters jumpers in history. Lawyer, professional actor, philanthropist.

M55 **Bill Collins** of Houston. World record holder at 100 and 200 in various age groups, he won the world masters indoor triple (60-200-400) for the third time at Kamloops. He's a former IAAF World Masters Athlete of the Year.

W55 **Rita Hanscom** of San Diego. Was the 2009 IAAF World Masters Athlete of the Year after winning five gold medals and setting a world record in the heptathlon at the August 2009 world masters meet in Lahti, Finland. She added five medals (three gold) at Kamloops.

M65 **Don Neidig** of Las Cruces, N.M. Retired astrophysics professor set world indoor records this



year in the 60 (7.98) and 200 (25.54).

W70 **Kathy Bergen** of La Canada, Calif. This season, the Masters Hall of Famer has set world records in the 60 (9.29) and high jump (1.29 meters/ 4-2 3/4).

W 75 **Audrey Lary**, of Frederick, Maryland, broke the superweight (American) and 400 (world) records last Saturday in the same meet. At Senior Games in California last year Audrey crushed the world mark in 400 for W75 by running 1:25.50, unofficial because meet was unsanctioned.

**Oldest entrants** are M95 **Leland McPhie (96)** of San Diego and **Frank Levine** of suburban Philadelphia, who between them are entered in 10 separate events. The oldest woman is Masters Hall of Famer **Betty Jarvis, 94**, of Aberdeen, N.C., entered in the shot put, weight throw and superweight (20-pound) throw -- events in which she holds many records.

**47 Boston entrants (33 men and 14 women) won gold medals in individual events at the World Masters Indoor Championships this month in Kamloops, Canada (Boston events noted)**

M35 Alf Pettes (60, 200, LJ)  
M40 Nicholas Berra (800, mile)  
M40 Don Drummond (60, 60 hurdles)  
M40 Robert Thomas (200, 400)  
M45 Francis Burdett (mile, 3000)  
M45 Aaron Thigpen (60, 200)  
M50 David Cannon (800, mile, 3000)  
M50 Kenneth Eaton (60, 60 hurdles)  
M50 Brian Hankerson (high jump, long jump, triple jump)  
M50 Ken Jansson (weight throw)  
M50 Jeff Lindsay (800)  
M50 Bruce McBarnette (high jump)  
M55 Kirk Bentz (high jump, long jump, triple jump, pole vault)  
M55 James Broun (60 hurdles)  
M55 Stephen Chantry (800, mile, 3000)  
M55 Bill Collins (60, 200, 400)  
M55 William Murray (60 hurdles, high jump, long jump, pentathlon)  
M60 Frederick Johnston (60 hurdles)  
M60 Roger Price (mile, 3000)  
M60 Nolan Shaheed (400, 800, mile, 3000)  
M65 Howard Booth (long jump, pole vault)  
M65 Robert Cahners (weight throw, superweight throw)  
M65 Joe Johnston (60 hurdles, 200, high jump, pole vault, triple jump)  
M65 Roger Pierce (60, 200, 400)  
M70 Sid Howard (800, mile)  
M75 William Clark (60, 60 hurdles, 200, 400)  
M75 Ray Feick (shot put, weight throw, superweight throw)  
M75 Dick Richards (60, long jump)  
M80 William Daprano (60 hurdles, long jump, pole vault)  
M80 Jerry Donley (high jump, pole vault)  
M80 Gerald Wojcik (shot put, weight throw, superweight throw)  
M80 John Starr (3000 racewalk)  
M90 Orville Rogers (60, 200, 400, 800, mile, 3000)

W35 Helen Croskell (pole vault)  
W35 Latrica Dendy (60, 200, 400)  
W40 Lisa Daley (60, 200, 400)  
W45 Sheryl Miller (mile, 3000)  
W45 Patricia Porter (high jump)  
W50 Julie Hayden (400, 800)

W55 Rita Hanscom (60, 60 hurdles, 200, 400, high jump, long jump, pole vault, shot put)  
W55 Kathryn Martin (800, mile, 3000)  
W60 Phil Raschker (60, 60 hurdles, 200, 400, high jump, long jump, triple jump, pole vault)  
W70 Jeanne Daprano (200, 400, 800, mile)  
W70 Mary Harada (mile, 3000)  
W70 Mary Roman (60, 200, shot put, weight throw, superweight throw)  
W75 Christel Donley (60 hurdles, high jump, long jump, shot put)  
W80 Sumi Onodera-Leonard (60, 200, 400, 800)

*Meet schedule and details of entrants:*

<http://www.usatf.org/events/2010/USAMastersIndoorTFChampionships/index.asp>

*Media Contact onsite and for athlete interviews: Bob Weiner, USA Masters Media Chair 202-306-1200 or 301-283-0821 [weinerpublic@comcast.net](mailto:weinerpublic@comcast.net)*

Link: <http://weinerpublic.com/20100320.doc>

## **To Boston 2010 National Masters Athletes**

### **\*\*\*ATHLETE'S OWN CALL TO MEDIA FOLLOWING YOUR EVENT\*\*\***

***After your event, especially if you medal, help the Masters T&F Movement Grow by calling your local Newspaper or TV or Newsradio Switchboard and Ask for Sports, then for sports editor or reporter... Ask his/her first name...***

**"Hi \_\_\_\_\_ (first name), This is \_\_\_\_\_ from (your hometown) but right now I'm in Boston at the National Masters Indoor Track and Field Championships:**

**"I'd like to let you know that I just won a (Gold First Place) (Silver Second Place) (Bronze Third Place) (or Placed 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>) here at the National Championship in the (Event/Age Group) (and if true... also won a \_\_\_\_\_ or placed \_\_\_\_\_ in the (second and third events).)**

**(If true: "Also, I set an American/World Record in...")**

**"It would be great if you could let folks at home know with a little blurb."**

**"Here are some more details if you need them (your time, distance, who beat you in first place if true...)."**

**(Then be businesslike, end the call, and say:)**

**"I really appreciate your doing this – see you at home soon. Bye..."**

*(You may find that they ask you to do a more detailed interview with color on your race or even the meet as a whole, maybe even to come in when you get back, etc. This may open the door for your becoming a media star and an emissary for masters track!*

*Or they may be very curt and politely take your information and that is that – and then surprise you with a nice write-up anyway. Do not be dismayed by the possibility of short personalities – they are on deadline. Sports writers and editors are as human as all of us.)*

If you need help with your presentation or contact, see us on the track or around the facility (we have book with all national media contacts by city) or call us at the meet here on cell (202-306-1200); and if you need a cell, we'll lend you ours. Or call us after the meet (but sooner is better, here at the meet).

**GIVE IT A SHOT! GOOD LUCK! 😊**

**Bob Weiner, USA National Masters Media Chair**