

USA TRACK & FIELD NEWS



Team USATF Masters win 161 medals at WMA Championships

Team USATF Masters athletes brought home 161 medals from the WMA Championships in Malaga, Spain, September 4-16, 2018. Among the highlights were three world records: one by **Charles Allie** (M70) in the 400m (57.26 in his first round heat) and the others by the W55 4x100m relay team of **Sandy Triolo, Adriene Allen, Kathleen Shook, and Joy Upshaw**, who ran 54.05, and the W80 4x400m relay team of **Rose Green, Jeanne Daprano, Carolyn Langenwalter, and Lynne Hurrell**, who ran a time of 7:59.18. Other highlights were **Carol Finsrud's** four individual gold medals (W60 hammer, weight, discus, and throws pentathlon), **Charles Allie's** five golds in M70 (100m, 200m, 400m, 4x100m relay, and 4x400m relay), and **Rose Green's** five golds in the same events in W80, including an American record in the 400m. Other American record setters included **Elsbeth Padia** in the W80 hammer, **LaTrica Dendy** in the W45 long hurdles, **Charles Allie** again in the W70 200m, **Emmanuelle McGowan** in the W50 400m, **Ray Sharp** in the M90 5000m race walk and 10,000m race walk, the W40 4x100m relay team of **Cynthia Monteleone, Rachel Guest, Lisa Edwards, and Cynthia McNamee** who turned in a time of 49.38, and the M65 4x400m relay team of **David Ortman, Charles Allie, Howard Clark, and George Haywood** who ran a time of 4:04.78.

The next WMA World Championships will be indoors in Torun, Poland, March 24-30, 2019, followed by the 2020 outdoor championships in Toronto, Canada, the 2021 indoor championships in Edmonton, Canada, and the 2022 outdoor championships in Gothenburg, Sweden.

USATF Masters 5 km Cross Country Championships

The **USATF Masters 5 km Cross Country Championships** will be held on September 23 in Buffalo, NY, and will also serve as the Can-Am International Challenge Race. All finishing runners will be included in the scoring of the Challenge. This series has been inactive for a few years. Canada led the series 18-12 when it was suspended. Home course advantage is in our favor and we hope to narrow Canada's lead.

As usual, national championships are also contested, both team and individual; the race counts towards the Masters Grand Prix.

USATF Masters 15 km Championships

The **USATF Masters 15 km Championships** will be hosted this fall as part of the Tulsa Federal Credit Union Tulsa Run on Saturday, October 27. Come enjoy Downtown Tulsa before and after the race. It is one of the most welcoming races on the circuit, with a complimentary catered pasta dinner the evening before, a restricted-entry Masters Elite warmup area, and a 5-minute head start before the Community Mass Participation Race. Downtown hotels are convenient to the start and finish, with the host hotel adjacent to the post-race festival area. A new course layout has been announced; it is less hilly and provides a starting line even more convenient for the USATF Masters Championships. Come and race for glory as we honor and celebrate the 41st running of the Tulsa Run!

Entry Information: <http://www.usatf.org/Events---Calendar/2018/USATF-Masters-15km-Championships/Entry-Info.aspx>

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114371>

USATF Annual Meeting in Columbus, OH

The USATF Annual Meeting will take place at the Hyatt Regency Hotel in Columbus, Ohio, from November 28 through December 2, 2018. This is a "rules year," so rules changes will be discussed and voted upon. Other significant issues affecting Masters Track and Field and Masters LDR will also be discussed in MTF

and MLDR Committee meetings. For more details, visit the Annual Meeting website [here](#).

World Masters Marathon Championship

World Masters Athletics (WMA) has announced there will be a stand-alone **World Masters Marathon Championships** this fall at the Scotiabank Toronto Waterfront Marathon on Sunday, October 21, 2018. Gold, silver and bronze medals will be awarded to the first three male and first three female finishers in each age group from M35 and W35, with age group based on athletes' age the day of the race. These athletes will be the 2018 WMA Marathon Champions and are eligible for records using gun time. You must be a USATF member and a U.S. citizen to represent Team USATF. The special access code for those wishing to run for Team USATF in this meet is: **WMA2018YYZ**

All competitors are subject to drug testing and must comply with IAAF/Masters Competition Rules throughout the race. All athletes in the WMA Marathon must compete as able-bodied; no wheelchair nor Nordic poles allowed.

There are no team medals. **Registration closes October 2, 2018.**

To register, please visit: <http://www.torontowaterfrontmarathon.com/register>

- Click on the box for 'International Runners' and scroll down to the section titled, "World Masters Athletics Marathon Championships." Click on the 'I have an Access Code' box and enter the code given above. That gets you to the correct registration section where you enter your individual information. **Online registration only.**
- For questions on registration, contact the organizers at: support@raceroster.com Phone: (1)-855-969-5515 (From North America Only)

For any other questions, please contact **Mary Rosado**, Masters LDR Chair, at: mvrosadoesq@prodigy.net

USATF Masters 5 km Championships

The **USATF Masters 5 km Championship** was hosted for the first time by the Atlanta Track Club with the Atlanta's Finest 5K race on Saturday, August 18. **Laurie Knowles** emerged from a pack of top Masters runners to take her first national road race championship as a Masters athlete in 17:29, followed by **Molly Watcke** and **Jennifer Bayliss**. **David Angell** took his third Road Race National Championship of the year, outlasting **John Gardiner** by 6 seconds to take the win in 15:45. **Nat Larson**, 56, took third place, followed by **Tim Meigs** in fourth. The Men's Age-Grading podium included: **Nat Larson** 94.26% **Tom McCormack**, 64 17:53 92.33% and **Rick Becker** 63 17:50 90.81%. The Women's podium: **Fiona Bayly** 51 18:20 91.11% **Carmen Ayala-Troncoso** 59 20:10 90.81% and **Doreen McCoubrie** 56 19:41 89.80%. In addition to **Angell** 40-44, **Gardiner** 45-49, **Larson** 55-59, **Sayre** 60-64, Men's National Age Division Championships were won by: **Tim Meigs** 50-54, **Kirk Larson** 65-69; **Gene Dykes** 70-74, **Doug Goodhue** 75-79, **Sid Davis** 80-84. In addition to **Knowles** 40-44, **Watcke** 45-49, **Bayly** 50-54; **McCoubrie** 55-59, Women's National Age Division Championships were won by **Patrice Combs** 60-64, **Victoria Crisp** 65-69, **Susan Aderhold** 70-74, **Catherine Radle** 75-79, **Tami Graf** 80-84. Victorious teams included for the Men: 40+ *Atlanta Track Club*, 50+ *Greater Springfield Harriers*, 60+ *Atlanta Track Club*, 70+ *Ann Arbor Track Club*, and for the Women: 40+ *Atlanta Track Club*, 50+ *Athena Track Club*, 60+ *Atlanta Track Club*, 70+ *Atlanta Track Club*.

USATF Masters 1 Mile Road Championships

The **USATF Masters 1 Mile Road Championships** were held the evening of Friday, August 24 in Flint Michigan, hosted by the Michigan Mile of the HAP Crim Festival of Races. **Doreen McCoubrie** and **Jeannie Rice** ran the fastest American Road Miles for their respective age divisions, 55-59 and 70-74. Unless someone runs faster between now and then, McCoubrie's 5:33 and Rice's 6:37 will be submitted as the fastest pending marks to be approved at the USATF Annual Meeting in December. Prior to this race, there had been no American Record listed, pending or otherwise, for Women 80-84. **Tami Graf** rectified that by running 11:31 and will also be on the list for approval of her record at the USATF Annual Meeting. The Overall Women's race was won by **Molly Watcke** in 5:25, followed by **Melissa Gacek**, **Doreen McCoubrie**, and **Tammy Nowik**. **Alan Black** took his first Masters Road Race National Championship in 4:43, followed by **Charles Novak** and **Chuck Schneekloth**. The Men's Age-Grading Podium included: **Alan Wells** (55) 4:58 88.98% **Charles Novak** (50) 4:47 88.67% and **Ken Youngers** (62) 5:20 88.03%. The record smashers were at the top of the Women's Age-Grading podium: **Jeannie Rice** (70) 6:38 100.73%

Doreen McCoubrie (56) 5:34 96.90% and **Marisa Sutera Strange** (55) 5:39 94.17%. In addition to **Black 40-44**, **Novak 50-54** **Wells 55-59**, Men's Age Division National Championships went to **Roger Sayre 60-64**, **Peter Mullin 65-69**, **Lloyd Hansen 70-74**, **Doug Goodhue 75-79**, and **C. Christopher Rush 80-84**. In addition to **Gacek 40-44**, **Watcke 45-49**, **McCoubrie 55-59**, and **Rice 70-74**, Women's Age Division National Championships were won by **Lisa Veneziano 50-54**, **Mary Richards 60-64**, **Cindy Lucking 65-69**, **Catherine Radle 75-79** and **Tami Graf 80-84**. Men's Team Championships were won by: 40+ *Garden State Track Club-New Balance*, 50+ *Atlanta Track Club*, 60+ *Boulder Road Runners*, 70+ *Ann Arbor Track Club*, and Women's Championships by 40+ *Genesee Valley Harriers*, 50+ *Checkers AC*, 60+ *Atlanta Track Club*, 70+ *Atlanta Track Club*.

Elite Performance Medals

The Masters LDR Committee awards **Elite Performance Medals** at each National Championship Road Race. Gold Medals are awarded for performances age graded at 90% and above; Silver Medals for performances at 85% or above but below 90%; Bronze Medals for performances at 80% or above but below 85%. Some athletes have not collected their medals at past Championships. **The Committee will bring the remaining medals to Tulsa for the Masters 15K Championships. They will be available at Packet Pickup** . Please ask the USATF Officials at Packet Pickup for your medal from a past championship if you earned one and did not collect it. If you cannot be there, you may ask a teammate or another athlete to pick it up for you. If so, you should send them an email to that effect that they can display on their mobile device or print off and bring with them. And one last thing-if you earn an Elite Performance Medal at the 15K Championship, please be sure to collect it at the Awards Ceremony. The Committee wants to be sure that all athletes receive the awards they have earned through their hard work and successful racing.

2018 Club and Individual Masters Grand Prix Awards

The Club and Individual Masters Grand Prix Awards for 2018 will be presented at the USATF Club Cross Country Championships in Spokane, Washington on December 8, 2018.

The USATF Masters LDR Committee takes this opportunity to remind all Masters runners, teams, and clubs that the 2018 Grand Prix season ends with the last Masters Championship event **before** the Club Cross Country Championships. Points earned at Spokane will count **only** for the 2019 Masters Grand Prix contests.

2018 Masters Grand Prix Standings

Seven of the nine events on the **2018 Masters Grand Prix** circuit are in the books with the final two events to be held in September and October. The 2018 Grand Prix Awards will be presented at a ceremony to be held at the Club Cross Country Championships in Spokane, WA, the weekend of December 8, 2018.

Current leaders include:

Individual M40 **David Angell**; M45 **Jonathan Frieder**; M50 **Kent Lemme**; M55 **Nat Larson**; M60 **Roger Sayre**; M65 **Kirk Larson**; M70 **Dave Glass**; M75 **Robert Hendrick** ; M80 **Sid Davis/Tom Markley/William Riley/C. Christopher Rush** (tie); M85 **Al Ray**; M90 **Richard Soller**; W40 **Kathy Wiegand**; W45 **Jennifer Bayliss**; W50 **Michelle Simonaitis**; W55 **Doreen McCoubrie**; W60 **Cynthia Williams**; W65 **Cynthia Lucking**; W70 **Carol Rhodes**; W75 **Madeline Bost**; W80 **Tami Graf**; W85 **Anny Stockman**; W90 **Betty Lindberg**. Team: M40+ *Garden State Track Club-New Balance*; M50+ *Greater Springfield Harriers*; M60+ *Atlanta Track Club*; M70+ *Ann Arbor Track Club/Genesee Valley Harriers* (tie); M80+ *New England 65 Plus Runners Club*; W40+ *Genesee Valley Harriers*; W50+ *Athena Track Club*; W60+ *Atlanta Track Club*; W70+ *Atlanta Track Club*.

Complete standings can be accessed at:

<http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix.aspx> and <http://www.usatf.org/MGPresults.aspx>

Remaining 2018 Masters Grand Prix Schedule

2018

Sep	23	Masters 5 km Cross Country Championships	Buffalo NY*
Oct	27	Tulsa Federal Credit Union Tulsa Run 15K	Tulsa OK

*Can/Am Challenge. Every runner participating will score for her/his country.

Other Related Events

Sep	4-16	WMA Outdoor Championships	Malaga, Spain
Oct	21	WMA Masters Marathon-Scotiabank Toronto	Waterfront Marathon
Dec	8	2018 Masters Grand Prix Awards	Spokane WA

Tentative 2019 Masters Grand Prix Schedule

2018

Dec	08	Masters Club Cross Country Championships	Spokane WA
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2019

Feb	02	USATF Cross Country National Championships	Tallahassee FL
Mar	16	Shamrock Marathon/Towne Bank 8K	Virginia Beach VA
Apr	28	James Joyce Ramble 10K	Dedham MA Flint MI
Aug	23	HAP Crim Fitness Festival of Races- Michigan Mile	

The Masters LDR Committee is open to expressions of interest from any race that might be interested in bidding on a Masters National Championship for the 5K and the Marathon. Please contact Mary Rosado, Chair at mvrosadoesq@prodigy.net.

Plan Ahead

Mark your calendars for the following future events:

[2018 USATF Mid America Region Masters Outdoor Track & Field Championships](#)

Fort Collins, Colorado
September 29-30, 2018

[2018 USATF Open and Masters 30 km Race Walk Championships](#)

Hauppauge, New York
October 21, 2018

[2018 USATF Annual Meeting](#)

Hyatt Regency Hotel
Columbus, Ohio
November 28 - December 2, 2018

2019 USATF Southeast Region Indoor Track & Field Championships

JDL Fast Track
Winston-Salem, North Carolina
January 20, 2019

2019 USATF Masters Indoor Combined Events Championships

Carthage College
Kenosha, Wisconsin
January 26-27, 2019

[2019 USATF Masters Indoor Track & Field Championships](#)

JDL Fast Track
Winston-Salem, North Carolina
March 1-3, 2019

[2019 WMA Indoor Championships](#)

Torun, Poland
March 24-30, 2019

2019 USATF Masters Outdoor Track & Field Championships

Iowa State University
Ames, Iowa
July 11-14, 2019

[2019 NCCWMA Championships](#)

Toronto, Ontario, Canada
July 18-21, 2019 ****New Dates****

2019 National Masters Throws Championships

Benedictine University
Lisle, Illinois
August 3-4, 2019

2020 USATF Masters Indoor Track & Field Championships

Louisiana State University
Baton Rouge, Louisiana
March 13-15, 2020

2020 USATF Masters Outdoor Track & Field Championships

North Carolina A&T University
Greensboro, North Carolina
July 9-12, 2020

[2020 WMA Outdoor Championships](#)

Toronto, Ontario, Canada
July 20-August 1, 2020