



IN THIS ISSUE

HIGH PERFORMANCE

Athena sets two U.S. records, TNT 2nd at nationals. **Page 3**

Open sprints highlight championships. **Page 4**

List of Mid-Atlantic medalists. **16-17**

JUNIOR OLYMPICS

1,700 turn out at Regionals. **Page 6**

XC Championship set for Nov. 3. **Page 6**

Nationals: Youth bring home 7 golds. **Page 7**

List of Mid-Atlantic medalists. **12-15**

OFF-ROAD SERIES

Rosemont catching up to GPTC. **Page 8**

CROSS COUNTRY

Championship to be on the Plat. **Page 9**

GRAND PRIX

Bryn Mawr club still on top. **Page 10**

Discount on race entry fees. **Page 10**

MEMBERSHIP

Application **Page 19**

ON THE WEB

www.mausatf.org

Officers Up for Election

The Mid-Atlantic Association will elect the association's officers at the Annual Meeting on Sept. 19 at 7 p.m. at the Holiday Inn in Fort Washington, PA.

Under the association bylaws, the membership will elect a president, vice president, treasurer, secretary and financial secretary. The two-year terms of each office commence on Jan. 1, 2013.

As required by the bylaws, the Nominating Committee has prepared a slate of nominees for the elections.

The nominees include: **Cynthia Young** for president, **Michael C. Hemsley** for vice president, **Rogers Glispy** for treasurer and **Annette White** for financial secretary. The committee also nominated **Doreen McCoubrie** for chair of the Membership Committee, by practice an elected position in the association.

The committee has confirmed that each nominee is a current member of the association and has consented to the nomination.

The committee could not identify a qualified candidate willing to serve as secretary, and is soliciting the interest of anyone willing to serve who can fulfill the responsibilities of that office.

The Nominating Committee consists of association Vice President **Michael C. Hemsley**, Treasurer **Norm Green**, **Carl Grossman** from the High Performance and LDR Committees, and **Cynthia Young** from the Youth Committee.

Candidates may also be nominated by a petition signed by three association members and delivered to the secretary by Sept. 4. To submit a nomination, please e-mail **Ken Yerger** at kyerger@yahoo.com. Nominations will
(Continued on page 2)

Discounted USATF Membership

For the remainder of 2012, membership in USATF will be offered at the discounted fee of \$10 for memberships that are processed directly online.

Paper/mailed-in applications will continued to be charged the regular fees of \$20 for youth or \$30 for adults.

Either way, you can read about the many benefits of USATF membership at www.usatf.org/membership/benefits/.

Save the Date for Awards

The 2013 Mid-Atlantic Award Luncheon will be on Jan. 26 at noon at the Central Baptist Church in Wayne (the same location as last year).

Tickets for the luncheon will go on sale later this year, and a notice will be posted on the website.



Hall of Famer

Kim Gallagher, the legendary Olympic 800-meter medalist who died at age 39, will be inducted into the Montco Sports Hall of Fame. **Page 2**

PENNSYLVANIA SPORTS HALL OF FAME

Kim Gallagher To Be Honored

In commemoration of her celebrated achievements, legendary track star **Kim Gallagher** will be inducted posthumously to the Montgomery County chapter of the Pennsylvania Sports Hall of Fame in September.

Gallagher, who died in 2002, was an Upper Dublin High School student-athlete who later earned international acclaim as a silver and bronze medal winner in the 800-meter run at the 1984 and 1988 Olympic Games, respectively.

Kim was a track star from childhood. At age 8, she set a national record in the mile. In high school, she earned 12 PIAA state gold medals and set state and national records, including a time of 2:00.07 in the 800 meters – still the national high school record.

At the 1988 Olympics in Seoul, she was the only U.S. athlete to win an individual medal in any event longer than 400 meters.

Gallagher battled cancer-related afflictions for 14 years before her death after a stroke at the age of 39. As late as 1992 she competed in the Olympic trials.

She received the Mid-Atlantic Lifetime Achievement Award in 1998. She has also been inducted in Halls of Fame established by the Pennsylvania Track and Field Coaches, Upper Dublin High and the Penn Relays.



The Hall of Fame's Class of 2012 includes eight other inductees – **William Bartle** (swimming), **Bob Bloss** (sports writing and announcing), **Hank King** (baseball), **John King** (football, baseball, basketball), **Chad Levitt** (football), **Richard Ritting** (multiple sports and volunteer work), **Bonnie Smith Taylor** (field hockey and swimming), and **Wally Triplett** (football).

Last year's inductees included the boxer **Joe Frazier**, who accepted the award less than two months before his death. Induction into a local chapter is the first step to possible induction into the PA Sports Hall of Fame.

The Montgomery County chapter's third annual induction banquet dinner will be on Tuesday, Sept.

25, at the Radisson Hotel Valley Forge, 1160 First Ave., King of Prussia. The doors will open at 6 p.m., and the induction dinner begins at 7:30.

Tickets, at \$60 each, can be ordered through Chapter President **David Ritting** at 610-256-0300. He can also be reached by email at daveritting@verizon.net. Checks and money orders can be issued to PSHoF-Montco Chapter and mailed to the Pennsylvania Sports Hall of Fame Montco Chapter, 476 Brookwood Road, Wayne, PA 19087.

(Continued from page 1)

also be allowed from the floor on the night of the election.

The candidates must be association members and at least 18 years old as of Jan. 1, 2013.

The candidates' names will be listed alphabetically on the ballot. The voting will be by secret ballot, except for uncontested elections. Voters must have been association members as of July 31. There are no mail, phone or proxy votes.

A panel of at least three individuals, including at least one athlete, will count the ballots. If no candidate receives a majority vote, there will be additional bal-

lots, each time eliminating the candidate with the fewest votes, until one candidate wins a majority.

The membership at the Annual Meeting will also elect delegates to the USATF Annual Meeting, which will be Nov. 28 to Dec. 2 in Daytona Beach, Fla. Nominations will be made from the floor during the Annual Meeting.

The full report of the Nominating Committee is posted on the association website at www.mausatf.org.

The complete election procedures are described in Article 8 of the bylaws, which are posted at www.mausatf.org/pdf/mabylaws.pdf.

2012 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

More Athena Records; TNT 2nd

The Athena Track Club set U.S. records in two relay events for women aged 50-59 and the TNT International Racing Club placed second in the team results at the 2012 USA Masters Outdoor Track & Field Championships Aug. 2-5 at Benedictine University in Lisle, IL.

Athena teammates **Kathy Haubrich**, **Kathleen Shook**, **Cheryl Bellaire** and **Debra Hoffman** ran the 4x400-meter relay in 4:40.38, and the team of **Haubrich**, **Cheryl Bellaire**, **Terri Cassel** and **Lorraine Jasper** ran 10:45.23 in the 4x800-meters to set American records.

Led by sprinter/jumper **Jill Cypress** and a trio of women's pentathletes, TNT racked up 473 points to place second in the team standings. TNT is a Mid-Atlantic member club based at Lincoln University.

The Southern California Track Club came first with 655 points, retaking the top perch it had held before being knocked off by TNT last year.

The much smaller Athena Track Club, another Mid-Atlantic member, placed eighth with 133 points.

TNT: 'Still Very Proud'

"TNT came up short in our team title defense, but we are still very proud of our success in the short period of time we have been around," said **Kyle Lanier**, the club's president.

Formed only in 2009, TNT rose quickly through the standings each year to win the outdoor championship last year and the indoor championship earlier this year – "not too bad of a team resume," Lanier said.

"We know we have 34 weeks and counting down that we have an indoors team championship title to defend in Landover, Md. If we remember the taste of victory which drew a smile onto our faces, we'll prepare properly in our defense," Lanier said.

Cypress, 40, was the high scorer for TNT in Lisle, winning the 100 meters, the 80- and 400-meter hurdles, the long jump and the triple jump in the women's 40-44 age group. She also ran on the 4x400-meter



TNT's Larry Nolly long jumps.

relay team that won in the women's 30-39 division – one of four winning TNT relay teams.

The women's pentathletes who took home gold medals were **Dawn Kent** (35-39 age group), **Christine Roemer** (45-49) and **Delores Grandison** (55-59). Kent also won the shot put and weight throw in her division, and Grandison won the 300-meter hurdles.

TNT's other multiple-gold winners included **Joy Oakey** (60-64) in the 300 meter hurdles and 5,000 meters and **Jaime Flynn** (30-34) in the hammer throw, javelin and weight throw.

Athena Dominates W50

In addition to Athena's two U.S. records, the all-female club once again took home a high proportion of gold medals relative to its numbers.

Coreen Steinbach won all three middle-distance races in the W60 group. Athena women almost swept the running events in the W50 group, with **Debra Hoffman** winning the 200 and 400 meters, **Lorraine Jasper** first in the 800 and 1,500 meters, **Kathleen Shook** first in the 300-meter hurdles and **Cheryl Bellaire** winning the 2,000-meter steeplechase.

Greater Philadelphia: 2 Golds for Berra

Nicholas Berra of the Greater Philadelphia Track Club won the 1,500 meters in the M40 group. He also ran, along with **Scott Weeks**, **Lance Elliot** and GPTC teammate **Charlie Kern**, on a non-club team that won the 4x800-meter relay in the M40-49 division.

Unattached Medalists

Several unattached Mid-Atlantic members also brought home gold medals:

- ▶ **Robert Paulen** won the 80- and 300-meter hurdles and the long jump in M75.
- ▶ **Leonard Olson** won the M80 shotput and discus.
- ▶ **Christy Peterson** won the W35 1,500 meters.
- ▶ **Jeffrey Horick** ran on a non-club team that won the 4x100-meter relay in M60-69.

2012 USATF MID-ATLANTIC OPEN/MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Sprinters Go Down to the Wire

Tight Finishes Highlight A Smooth Meet

The 2012 USATF Mid-Atlantic Open/Masters Outdoor Track & Field Championships in June featured strong performances by athletes old and young, highlighted by extremely close finishes in the 100- and 200-meter sprints.

The women's open competition included three duels between **Latifah Porter** and **Zafirah Green**, who run for the Colonial Track Club.

In the first sprint event in the morning, Porter won the 100 meters by one-twentieth of a second, running 12.63 seconds to Green's 12.68. In the afternoon, Green came out ahead, winning the 200 meters in 25.44 to Porter's 25.66. The two also competed in the 400 meters, with Green coming first and Porter second.

The two 22-year-olds were teammates at Holy Family University, setting school records in the 4x200 and 4x400 relays and winning the 4x400 event at the Penn Relays in April.

Her 100- and 200-meter times were both personal bests for Porter, who graduated from Holy Family with a biochemistry degree this year.

The men's open division also produced a razor's-edge finish, with **Kemuel Wright** taking the 100 meters in 10.82, ahead of **Clinton Johnson** at 10.88. Wright, 25, who is a student at Cheyney University, also won the 200 meters in 22.35.

A Beautiful Day

The championships drew 177 athletes to Widener University in



Photo by Tony Mieu

Zafirah Green, left, and Latifah Porter in the Open 200 meters. Green won the race, less than a quarter-second ahead of her teammate.

MID-ATLANTIC MEDALISTS

Complete list on Pages 16-17.

Chester, PA, on June 9, a beautiful day. The turnout was "bigger than we expected," but the meet went off with no problems, said **Rogers Glispy**, chair of the Mid-Atlantic High Performance Committee, which organized the event.

"We were just elated and pleased with how everything went," Glispy said – especially the officiating. "The officials were amazing in terms of keeping everything on task and on time. Even with the craziness of setting the hurdles, they were completely on top of it."

Glispy also credited Widener coach **Kevin Cunningham** for run-

ning a "smooth and professional" meet. Next year, the High Performance Committee hopes that a member club will step up to host the meet. The committee also recommends that both the indoor and outdoor championships take place before the national championships.

Masters Men

At the other end of the age spectrum from the young sprinters, three runners in the 75-79 masters division put on performances that beat the all-American standard:

► **William Bittner**, 75, sprinted 100 meters in 14.54, almost 1½ seconds under the All-American standard.

(Continued on page 5)

2012 USATF MID-ATLANTIC OPEN/MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS



TOP: And they're off in the 65-plus 100 meters. ABOVE: Not just the races are close. RIGHT Jeff Horick, 66, wins the M65 200 meters in 29.81. He also won the 100 in 14.41. FAR RIGHT: Genevieve Gerhard, 17, wins the open 800 meters in 2:23.5.

All photos by Tony Mieu

Good Performances at Both Ends of Age Spectrum

(Continued from page 4)

► **Robert Paulen**, 75, ran the 300-meter hurdles in 1:00.8, or 14.2 seconds under the standard.

► **Bruce Gilbert**, 76, ran the 1,500 in 7:08.0, 8 seconds under the standard.

The well-known middle-distance runner **Kevin Forde**, 48, ran the fastest 800 meters (2:09.8) and 1,500 meters (4:23.8) among the masters runners.

In the throws events, standouts included **Nick Price**, 31, with 17.41 meters in the shot put; **Michael**

Scalpito, 50, 46.96 meters in the javelin; **Len Garza**, 55, 47.98 meters in the javelin; and **Lew Overbeck**, 76, with 28.61 in the discus and 28.78 meters in the hammer. **Ray Feick**, 80, beat the All-American standard in the javelin, shot put and hammer.

Masters Women

Among the masters women, **Kathy Haubach** ran strongly in the 200 meters (32.68) and 400 meters (1:13.2).

The 1,500 meters was also a

high-achievement race – **Christy Peterson**, 37, ran 5:07.6; **Lorraine Jasper**, 50, 5:13.1; and **Joy Oakey**, 63, 6:25.1.

Two women demolished the All-American standard for the 5,000 meters – Peterson in 18:53.5 and **Susie Snyder**, 50, in 21:28.0.

Cheryl Bellaire ran the 2,000-meter steeplechase in 8:53.6, more than a minute under the standard.

A standout hurdler was **Christine Roemer**, 47, who ran 15.12 in the 80-meter hurdles and 1:23.0 in the 400-meter hurdles.

JUNIOR OLYMPICS ASSOCIATION AND REGION 2 CHAMPIONSHIPS

Regional Meet Draws 1,700 Youth

For young athletes in the Mid-Atlantic area, the path to the Junior Olympics National Championships began with two preliminary meets – one at Glasgow High School on June 2, the other at Lincoln High School on June 3. More than 500 athletes attended each meet.

The qualifiers moved on to the Association Championships at West Chester University on June 16, which drew more than 750 athletes for the first time in years.

Then on July 5-8, the Mid-Atlantic Association hosted the Region 2 Championships at the University of Delaware. The regional pits athletes from four associations – Mid-Atlantic, New Jersey, Three Rivers and Niagara.

More than 1,700 athletes took part in the four-day competition, which included decathlon, heptathlon, pentathlon and triathlon events on the first two days.

A regional Junior Olympics event is a huge organizational challenge, with a large number of out-of-area athletes, high stakes for places in the national championships, and the complex multi events.

MEDALISTS: Complete list on Pages 16-17.



Remember when all it took to run a track meet was a clipboard and some hurdles? Here's the nerve center of the 2012 Junior Olympics Mid-Atlantic Championships.

"The meet was a success due to the hard work of the Youth Committee," said **Nelson Berrios**, committee chair. "The weather was great for a track meet, except on Saturday it went over 100 degrees."

The meet experienced a few issues, Berrios said. Several teams arrived at the check-in tent after the deadline, some athletes did not show up for events, and a coach called a national officer to complain because his team was disqualified for false starts.

"A special thanks goes out to the Youth Committee for a job well done," association President **A. Monique White** said.

JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIP

Next Up: XC Champs To Be Run Nov. 3

The 2012 USATF Mid-Atlantic Association Junior Olympic Cross Championships will be held on Saturday, Nov. 3, at the Belmont Plateau in Philadelphia.

The race distance ranges from 2 kilometers for runners born 2004 or later up to 5 kilometers for those born in 1997 or earlier. The course has a variety of up-and-down hill loops, and the 4k and 5k courses run through a wooded area with grassy, paved and rocky terrain.

The entry deadline is 9 p.m. on Oct. 27, and no exceptions will be made. All entries must be done



online at http://usatfregistration.com/meet/entry/pa_usaxcyouth08/. The entry fee is \$10 per athlete.

Here is an important note on entry requirements: Runners must be current USATF members, and their birthdate must be verified in advance. For verification, the Mid-

Atlantic membership chair must receive each athlete's "Proof of Birth" by Oct. 19 either by email or fax.

Proof of Birth may include a copy of the birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification. Anyone who does not meet this requirement by the deadline will not be eligible to compete.

The address for the Mid-Atlantic membership chair is: **Doreen McCoubrie**, PO Box 662, Southeastern, PA 19399-0662. The fax number is 484-320-8878, and

(Continued on page 7)

JUNIOR OLYMPICS NATIONAL CHAMPIONSHIPS

Seven Golds for Young Mid-Atlantic Stars

Christina Hillman Sets Shot Put Record; Eliza Brooks Wins Sprints

Mid-Atlantic members won seven gold medals at the Junior Olympics national championships in July, including a record-setting shot put performance by Delaware native **Christina Hillman**.

The other national champions are **Eliza Brooks** in the midget girls 100 and 200 meters, **Megan McCloskey** in the intermediate girls high jump, **Gabrielle Wilkinson** in the youth girls 800 meters, **Stanley St-Fleur** in the bantam boys 800 meters and **David Bellefleur** in the bantam boys 1,500 meters.



Hillman

A record field of 8,000 young athletes participated in the 2012 USA Track & Field National Junior Olympic Championships held July 23-29 in Baltimore on the Morgan State University campus.

Hillman's throw of 16.41 meters (53 feet, 10¼ inches) was almost two feet longer than the record for women 18 and under set in 2003 by **Michelle Carter**, who went on to compete in the 2008 and 2012 Olympics. The throw was almost two meters further than her nearest competitor's.

Two weeks earlier, Hillman finished fourth in the finals of the women's shot put at the IAAF World Junior Track and Field Championships in Barcelona, Spain.

"It was an amazing day," Iowa State throws coach **Grant Wall** said after her Barcelona performance. "Christina narrowly missed a medal and finished fourth in the world. She stepped up on the biggest stage."

Hillman, 18, was the 2011 New Balance Indoor National High School Champion in the shot put and the 2011 Penn Relays shot put champion. She was

also the youngest female shot putter at the U.S. Olympic Trials, where she finished 15th.

A graduate of St. Thomas More Academy in Magnolia, DE, Hillman is now a student at Iowa State University.

Another Delaware native, Eliza Brooks of the Second Chance Track Club in Wilmington, is the national midget girls champion (ages 11 and 12) in both the 100 and 200 meter sprints. She won the 100-meter final in 12.58 and the 200 meters in 24.89.

Eliza, 12, was featured in a story in the News Journal of Delaware earlier this month. "I was real happy with the places I got last year because I was on the podium," said Eliza, who took fourth in the 400 and fifth in the 100 at last year's AAU Nationals. "But I wanted a better place, which was first."

The New Journal said her times at the Junior Olympics would have ranked her in the top five among high school sprinters in Delaware.

In the bantam boys division (ages 9 and 10), Mid-Atlantic runners finished one-two in both the 800 meters and the 1,500 meters. Stanley St-Fleur won the 800 in 2:21.60, just ahead of David Bellefleur. Both are members of Juventus Track Club.

The following day, Bellefleur won the 1,500 meters in 4:53.07, followed by **Andrew Avila**, an unaffiliated Mid-Atlantic member, in second place.

Stanley and David also teamed up with Juventus clubmates **Isaac White** and **Payton Tavares** to place second in the 4x400-meter relay in 4:14.93.

Other gold medalists from Mid-Atlantic included:

► Gabrielle Wilkinson, who won the 800 meters in 2:12.89 in the youth girls division (ages 13-14).

► Megan McCloskey, who jumped 1.7 meters (5 feet, 7 inches), to win the intermediate girls high jump (ages 15-16).

(Continued from page 6)

her email address is doreencoubs@aol.com.

Also, every entrant must present their proof of online registration and their completed and signed waiver document at the registration table before the race. The parent or guardian of each athlete must print,

sign and bring waiver to this meet.

Medals will be awarded to the top 10 finishers in each age division. The top 25 individuals and the top three teams in each age group will advance to the USATF Region 2 Championships to be held Nov. 17. The top 20 athletes and top three teams at the regional will

qualify for the National Championships Dec. 8 in Albuquerque, NM.

For more information such as the schedule, team entries, directions, parking, volunteers and advancement, please visit our website at www.mausatf.org. You may contact **Nelson Berrios**, the meet director, at nberriosr@comcast.net.

OFF-ROAD SERIES



The field sets off on the Wissahickon Trail, but only one returns first — Rosemont Running Club member Joshua Emory.

Rosemont Narrows Gap With GPTC

The Greater Philadelphia Track Club, which led the scoring in each of the first three races of the Off-Road Series, now has a narrower lead after strong performances by the Rosemont Running Club in the fourth and fifth races.

Wissahickon Trail Classic

The Wissahickon 10K Trail Classic was held on June 2, and the runners were treated to an absolutely beautiful morning. The course features three tough climbs, the first one coming in the first mile and the last one in the last mile, as well as the usual rocks and roots. It is a well-run event with great post-race food and interesting prizes.

Mid-Atlantic members swept the top five places. Rosemont member **Joshua Emory** won the race in 40:25, 22 seconds ahead of fellow club member **Scott Lebo**. Another Rosemont runner, **James Stoltzfus**, finished fifth; teammate **Kristin Zielinski** finished third among the women; and **Mark Frazza** was first among men aged 60-69.

Their high age-graded scores also put the Rosemont team in a virtual tie for most points from the race in the Club Challenge, less than a half-point behind Greater Philadelphia. The Club Challenge is

based on each club's five best age-graded scores.

Greater Philadelphia's top age-graded scorers were **Jeff Hayes**, who was ninth overall and first in the 50-59 group, and **Mary Braverman**, who finished first in the 40-49 women's age group.

The third-place team, the Pike Creek Valley Running Club, included third-place finisher **Enos Benbow**, fourth-place **Josh Loren** and **Carol Giampietro**, first in the 50-59 women's group. Other notable Mid-Atlantic finishers included **Laura Onderko**, who finished second overall, and **Diane Hardies** of the Pineland Striders, first in the 60-69 women's group.

Exactly 500 runners completed the course, including 43 Mid-Atlantic members. The event is organized by the Wissahickon Restoration Volunteers and the Wissahickon Wanderers Running Club for the benefit of the volunteer group, a non-profit organization that works to enhance the native flora in Wissahickon Park.

Double Trouble 15K

On July 8, Rosemont bested Greater Philadelphia for the first time this season, outscoring the se-

(Continued on page 9)

CROSS COUNTRY

Championship To Be Run on 'The Plat'

The Mid-Atlantic Association Cross-Country Championship will be run on a new course this year – on the challenging fields and trails at the Belmont Plateau in Philadelphia's Fairmount Park.

The race on Sept. 8 will be part of the 4th annual Quad XC Open 5K, organized by the Bryn Mawr Running Co. The 5K will also be the second race in the Mid-Atlantic Cross Country Series. The first race was in West Chester on Aug. 7.

"I am really excited to partner with Bryn Mawr Running Company on this race," said **Robin Jefferis**, chair of the Mid-Atlantic Long Distance Running Committee. "**Bob Schwelm** (the company's owner) really puts on a fun event."

The course through the park – which offers a breathtaking view of the city skyline – will consist of one outer loop around the baseball fields, then into the woods for the remaining portion of the course. Course maps will be provided on the day of race.

"Our goal is to grow this race to become the largest cross country race in the Philadelphia area and to promote cross country beyond high school competition," the company said.

Separately from the Mid-Atlantic championship and Cross Country Series, the race will offer prize

money for post-collegiate athletes who place as individuals or on the winning team division.

In addition, there will be overall age group prizes: 29 and under, 30-39, 40-49, 50-59 and 60-plus. The race will benefit the Fairmount Park Conservancy.

For additional details and the registration form, go to www.brynmawrrunningco.com.

XC Series Schedule

Here is the schedule for the following three races in the Mid-Atlantic Cross Country Series:

Saturday, Oct. 6: Saint Clair Memorial: Women's 6,000 meters at noon. Men's 5 Miles at 1 p.m. Belmont Plateau. Race director: **Dave Thomas**, 215-487-0770. www.fastcatsports.com.

Saturday, Oct. 20, 1 p.m.: Philadelphia Catholic League Open, 5,000 meters, Belmont Plateau. Race director: **Dave Thomas**, 215-487-0770. www.fastcatsports.com.

Saturday, Nov. 24, 11 a.m.: Delaware Open Cross Country Championship, Brandywine Creek Park in Wilmington, DE. Race director: **Jim Walsh**, 301-892-2829. www.delawarerunningclub.com.

A brochure with additional details on the series is available at www.mausatf.org.

Also, the 2012 USA Masters 5 km Cross Country Championships will be held at Balboa Park in San Diego on Oct. 13.



(Continued from page 8)

ries leader by 331 points to 324 in the Double Trouble 15K Trail Run through French Creek State Park in Morgantown, PA.

Again the weather cooperated. The course features some very runnable stretches (meaning less rocks and roots on a reasonably level path). Still, its length makes it tough. There were 302 finishers, of which 45 were Mid-Atlantic runners.

Rosemont's top finishers included Stoltzfus in second place in 1:00:55, **Ryan Bair** in third, Emory in fourth, and Zielinski, the first female finisher in 1:15:07. The club's highest age-graded scorer was **Tim Schuler**, who was sixth overall.

Hayes and Braverman again led GPTC and finished first in their respective age groups, along with **Gene Dykes** in the M60-64 group and **Kristina Victoreen** in F50-59.

Other notable performers included Benbow, fifth overall; **Ted Hardies** of the Pineland Striders, first in M65-plus; and **Joy Hampton** of the South Jersey Athletic Club, first in F60-plus.

With three more races to go, Greater Philadelphia leads the series with 1,691 points, followed by Rosemont with 1,656.

The complete results for Mid-Atlantic members are posted at www.mausatf.org.

GRAND PRIX CIRCUIT

Bryn Mawr Running Club Still on Top

The Grand Prix Circuit will resume in October after the summer break, with the Bryn Mawr Running Club maintaining the lead in the Club Challenge after the first five races.

After scoring the most points in the first four races, and coming close in the fifth event, Bryn Mawr has an overall total of 2,104 points, ahead of the Greater Philadelphia Track Club with 2,047. The South Jersey Athletic Club – which has dominated the Club Challenge for 10 years – is in third with 2,007.

In the individual standings, **Doreen McCoubrie** maintains a wide lead among the women with 450 points – averaging just under 90 points per race – followed by **Kyra McGrath** and **Kristi Motyka**. In the

men's standings, **Greg Watson**, **Jim Sery** and **Thomas Jennings** are at the top of the table.



The series resumes on Oct. 7 with the 30th running of the Delaware Distance Classic 15k Road Race, which is sponsored by the Pike Creek Valley Running Club. The race begins at 8:30 a.m. at Frawley Stadium on Wilmington's riverfront. Last

year, the race drew 344 finishers – the largest turnout in over 10 years. Runners can download the entry form at the Mid-Atlantic website, www.mausatf.org.

The Grand Prix is based on age-graded scores, which account for each runner's age and gender. In the Club Challenge, a club's score is the total of its top five age-graded scores, including at least one female runner.

Broad Street Run

The Bryn Mawr club had a great showing at the 10-mile Broad Street Run on May 6, with three club members finishing in the first 25 in the record field of about 34,000 runners. **Michael McKeeman** came sixth in 49:39, **Zach Miller** was 18th and **Kyle Brightbill** was 23rd.

In the Grand Prix scoring, Bryn Mawr had two 90-plus scorers – club co-founder **Bob Schwelm** with

Remember Your Discount

USATF Mid-Atlantic members get a \$2 discount when registering online for Grand Prix races. The [Grand Prix page](#) on the [USATF Mid-Atlantic web site](#) lists what should be used to get the discount for each race. It is as follows for the remaining races:

- ▶ Delaware Distance Classic 15K (Oct. 7): Current USATF membership number
- ▶ Penn Medicine at Radnor 5 Mile (Oct. 28): USATF (all caps)
- ▶ Norcross-Cooper Bridge Challenge 10K (Nov. 4): USATFMA
- ▶ Rothman 8K/Philadelphia Marathon/Half Marathon (Nov. 17-18): Current USATF membership number

91.8 and McKeeman with 90.5. The Athena Track Club also had two 90-plus scorers – McCoubrie (92.9) and **Nancy Smith** (91.9) – and the second highest point total.

Other high age-graded scorers were **Matthew Sandercock** (89.3) of the Downingtown Running Club, **Sandra Folzer** (89) of the Greater Philadelphia Track Club and **Joy Hampton** (88.2) of the South Jersey club.

Scott Coffee 8K

A month after Broad Street, Bryn Mawr runners dominated the Scott Coffee Moorestown Rotary Race through the tree-lined streets of Moorestown, NJ, taking three of the top 10 places. Brightbill won the race in 26:08, Watson came fifth and **Matt Flynn** was sixth. Also, **Cecily Tynan** finished second overall among the women in a time of 30:23.

But the Pike Creek Valley club came out ahead in the age-graded scoring with 417 points. The big difference was 87-year-old **Hugh Campbell**, who is both the newest and the oldest member of the club. He finished the course in 48:24 – ahead of more than 300 runners in a field of 868 – for an age-graded score of 88.8. The only other runner with a higher score was Folzer, with 89.4.

LONG DISTANCE RUNNING: THE SCOREBOARD

GRAND PRIX CLUB CHALLENGE STANDINGS

CLUB	ADR	ROD	VFR	BRD	MOR	TOTAL
Bryn Mawr	427	405	421	441	411	2,104
Greater Phila	420	400	402	420	406	2,047
South Jersey	412	397	379	408	412	2,007
Pike Creek Valley	411	388	394	388	417	1,999
Downingtown	414	362	402	427	370	1,976
Pineland Striders	388	343	363	376	335	1,805
Athena		389	403	428	411	1,631
Moorestown	380	378		394	389	1,542
TNT	364		344		382	1,091
Keystone			367	399		767

GRAND PRIX AGE-GRADED TOP 10

WOMEN		MEN	
1 Doreen McCoubrie (5)	450	1 Greg Watson (5)	430
2 Kyra McGrath (5)	397	2 Jim Sery (5)	418
3 Kristi Motyka (5)	348	3 Thomas Jennings (5)	407
4 Joy Hampton (4)	341	4 Kenneth Kondracki (5)	401
5 Diane McManus (5)	338	5 Steve Sawyer (5)	390
6 Cecily Tynan (4)	334	6 Daniel Simmons (5)	377
7 Julie Hankin (4)	328	7 Rory McManus (5)	344
8 Leslee Hoey (4)	327	8 Jeffrey Painter (4)	325
9 Donna Ruberti (5)	324	9 Seth Bergmann (4)	319
10 Joy Oakey (4)	319	10 Peter Bittinger (4)	317

OFF-ROAD CLUB CHALLENGE STANDINGS

CLUB	UM	TA	3C	Wiss	DT	TOTAL
Greater Phila	306	361	367	332	324	1,691
Rosemont	294	358	341	332	331	1,656
Pike Creek Valley	282	349	347	316	293	1,587
Pineland Striders	266	317	318	284	256	1,441

OFF-ROAD SERIES AGE GROUP LEADERS

WOMEN		MEN	
19-39 age group		19-39 age group	
Kristin Zielinski	13	James Stoltzfus	7
Francesca Magri	6	Joshua Emory	6
Donna Palisca	5	Matthew Byrne	5
Laura Onderko	5	Nick Suter	5
		Thomas Devlin	5
40-49 age group		40-49 age group	
Mary Braverman	15	Scott Brackett	11
Julie Deery	14	Paul Randolph	6
50-59 age group		50-59 age group	
Diane Grim	16	Jeff Hayes	15
Kristina Victoreen	11	Bob Rimkis	11
Bonnie Stoeckl	5	Barry Lewis	5
60-plus age group		60-plus age group	
Diane Hardies	21	Mark Frazza	13
Joy Hampton	10	Ted Hardies	7
		Tom Grim	6

GRAND PRIX AGE GROUP LEADERS

WOMEN		MEN	
15-19 age group		15-19 age group	
Chelsea McCoubrie	18	Joseph Petty	5
Erin Mullican	5	Chris Steenkamer	5
20-24 age group		20-24 age group	
Sophia Downey	13	Nicholas Angelina	3
Mary Kate Kelly	5	Tony Mieu	6
Brittini Bradley	5	Matt Grey	5
Crystal Burnick	5	Sean Stetler	5
25-29 age group		25-29 age group	
Samantha Howard	8	Zach Miller	9
Kathleen Roach	8	Darryl Brown	8
Kristi Motyka	7	Matt Flynn	8
30-34 age group		30-34 age group	
Sarah Rusk	10	Mike Digennaro	10
Sayard Tanis	8	Tom Parlapiano	8
Donna Palisca	5	Phillip Gause	6
Gladys Asiba	5	35-39 age group	
35-39 age group		Michael McKeeman	13
Joanne Flynn	11	Kyle Brightbill	9
Erin Patterson Gill	6	Thomas Elliott	6
Christy Peterson	5	Joe Tornambe	6
Kimberly Dietrick	5	40-44 age group	
Lynn Knothe	5	Matthew Sandercock	10
40-44 age group		Brandon Hamilton	8
Cecily Tynan	20	Oleg Aliferov	8
Leslee Hoey	14	45-49 age group	
Sheri Herrmann	3	Greg Watson	25
Tara Smith	3	Peter Bittinger	7
45-49 age group		Jay Coughenour	6
Julie Hankin	16	50-54 age group	
Mary Braverman	10	Bob Schwelm	10
Julie Deery	7	Jim Sery	10
50-54 age group		55-59 age group	
Doreen McCoubrie	25	Thomas Pellechio	12
Lorraine Jasper	6	Robert Cannava	10
Carole Feole	3	Paul Hines	6
Lorri Fencer	3	60-64 age group	
Gretchen Cooney	3	Seth Bergmann	16
55-59 age group		Steve Sawyer	10
Kyra McGrath	21	Mark Frazza	7
Beth Howlett	9	65-69 age group	
Nancy Smith	5	Thomas Jennings	25
60-64 age group		Louis Coppens	6
Joy Oakey	20	David McCorquodale	6
Diane McManus	14	70-74 age group	
Deborah Compton	3	James Flanagan	10
65-69 age group		Victor Zwolak	3
Joy Hampton	20	James Durkin	1
Diane Hardies	6	75-79 age group	
Barbara Leighton	5	John Schultz	15
70-74 age group		80-84 age group	
Sandra Folzer	15	Joseph Havlick	5
Margaret Hoey	9	85-89 age group	
Rita Alles	2	Hugh Campbell	5

2012 JUNIOR OLYMPICS MID-ATLANTIC ASSOCIATION CHAMPIONSHIPS

Here are the Mid-Atlantic Association members who won medals in their age groups at the Junior Olympics Mid-Atlantic Association Championships on June 16 at West Chester University. Participants in the association championships had qualified at two preliminary meets, which were attended by more than 800 athletes. The complete results are posted at www.mausatf.org.

SUB-BANTAM GIRLS			400 Meter Dash			800 Meter Run			Shot Put 6 lb.		
100 Meter Dash			1 Jordan Obrien	CO	1:14.37	1 Arianna Wallace	ME	2:33.53	1 Jordan Wilson	ME	10.29m
1 Kaleaha Reeves	SC	15.65	2 Dahneen Leonard	PH	1:17.46	2 Holly Harbeck	AO	2:33.92	2 Nyasia Burson	SC	8.90m
2 Jada Alston	WC	16.16	3 Arianna Johns	SJ	1:18.47	3 Lindsey Crawford	ME	2:39.61	3 Anyiah Alston	SL	7.82m
3 Kennedi Avent	SJ	16.25	800 Meter Run			1500 Meter Run			Discus Throw 1kg		
200 Meter Dash			1 Taylor Thomas	JU	2:45.85	1 Chanel Parkin	JU	5:27.94	1 Jordan Wilson	ME	22.53m
1 Kaleaha Reeves	SC	32.52	2 Jillian Bale	--	2:53.60	2 Daelin Brown	AO	5:46.88	2 Anyiah Alston	SL	14.44m
2 Jada Kinlaw	WI	34.15	3 Maliyah Mathews	IH	2:58.77	3 Naomi Dawkins	--	5:54.93	3 Ta'Nya Webb	GN	13.89m
3 Kennedi Avent	SJ	34.37	1500 Meter Run			3000 Meter Run			Javelin Throw 300g		
400 Meter Dash			1 Taylor Thomas	JU	5:38.94	1 Chanel Parkin	JU	11:06.95	1 Lauryn Sykes	PH	21.04m
1 Kaleaha Reeves	SC	1:20.88	2 Jillian Bale	--	5:55.25	2 Naomi Dawkins	--	12:45.66	2 Heather Schmieding	JV	17.94m
2 Morgan Fuller	PH	1:23.12	3 Alaina McGonigle	--	5:58.96	80 Meter Hurdles			3 Ta'Nya Webb	GN	16.34m
3 Nyjah Smarr	WB	1:24.86	4x100 Meter Relay			1 Jaiann McDaniels	JE	57:36.0			
800 Meter Run			1 South Jersey Rising		1:04.97	2 India Norman	SJ	36:00.0			
1 Morgan Fuller	PH	3:11.83	Stars 'A'			4x100 Meter Relay					
2 Sky Corcimiglia	WC	3:27.50	Taylor Gary, Arianna Johns,			1 Greater Norristown		53.99	100 Meter Dash		
3 Naki Cobb	IH	3:28.65	Jade Oshodi,			PAL 'A'			1 Chanel Brissett	AO	12.63
1500 Meter Run			2 Philadelphia Express 'A'		1:06.50	Lorraine Boggs, Tivonna Davis,			2 Ni'Asia Williams	IH	12.86
1 Justice Sheaffer	JV	7:05.43	Kamiyah Christian, Dejah Hall,			Charity Guy, Siani Sanders			3 Quiara Mayes	SC	12.99
2 Eva Littrean	JE	8:11.37	Dahneen Leonard, Dayana Thomas			2 Ambler Olympic 'A'		56.21	200 Meter Dash		
4x100 Meter Relay			3 Lawnside Lightning 'A'		1:07.75	Danielle Baines, Holly Harbeck,			1 Chanel Brissett	AO	25.23
1 Cambria Youth 'A'		1:12.18	Kennedy Banks, Jeniyah Eure,			Alaina Swift, Christina Warren			2 Ni'Asia Williams	IH	25.72
Masa Donzo, Shaniye Kelley,			Anaya Higgs, Jannah Shakir			3 Lawnside Lightning 'A'		57.99	3 Quiara Mayes	SC	26.43
Dyerra Moragne, Naila Sudan			High Jump			Adonista Bob-Grey, Morgan Bull,			3 Daija Lampkin	WI	26.50
2 Southwest 'A'		1:29.29	1 Kiana Sechler	JV	1.15m	Manajah Harmon, Ashley Turner			400 Meter Dash		
Joi Loveless, A'Lesia Mendez,			Long Jump			4x400 Meter Relay			1 Brooklynn Broadwater	IH	57.10
Saniah Muir, Nyjah Smarr			1 Kiana Sechler	JV	3.85m	1 Morris Estate 'A'		4:23.93	2 Najah Garrett	LL	59.39
4x400 Meter Relay			2 Averie' Wilson	SJ	3.53m	Lindsey Crawford, Shynera Dorin,			3 Taliah Cintron	WI	59.96
1 Willingboro 'A'		6:04.45	3 Alexis Walker	IH	3.36m	Mikaela Mosley, Arianna Wallace			800 Meter Run		
Joi Loveless, A'Lesia Mendez,			Shot Put 6 lb.			2 Greater Norristown		4:30.03	1 Gabrielle Wilkinson	MA	2:18.22
Saniah Muir, Nyjah Smarr			1 Paige Gould	SJ	4.67m	PAL 'A'			2 Brooklynn Broadwater	IH	2:27.61
2 Cambria Youth 'A'		6:47.25	2 Jessica Merena	LS	3.85m	Lorraine Boggs, Tivonna Davis,			3 Amber Owens	--	2:29.85
Angel Brown-Comer, Jaylah			3 Shaniya Patterson	GN	3.75m	Charity Guy, Siani Sanders			1500 Meter Run		
Gaskins, Jennah Gaskins,			Javelin Throw 300g			3 South Jersey Rising		4:45.24	1 Gabrielle Wilkinson	MA	4:58.44
Jazelle Minor			1 Alyssa Lynch	JV	14.58m	Stars 'A'			2 Danielle Martin	--	5:35.41
Long Jump			2 Shaniya Patterson	GN	10.04m	Tanija Jackson, Brielle Maiden,			3 Emily Martin	--	5:41.76
1 Kennedi Avent	SJ	3.30m	3 Nijiyah Wilson	LS	9.92m	India Norman, Karli Rose			3000 Meter Run		
2 Jada Kinlaw	WI	3.14m	MIDGET GIRLS			4x800 Meter Relay			1 Paige Kupsky	--	11:09.85
3 Jada Alston	WC	2.86m	100 Meter Dash			1 Morris Estate 'A'		10:48.50	2 Rachelle St-Fleur	JU	12:05.88
Javelin Throw 300g			1 Eliza Brooks	SC	12.82	Lindsey Crawford, Shynera Dorin,			3 Tara Kupsky	--	12:43.45
1 Angel Brown-Comer	CY	10.00m	2 Alyssa Armor	SC	13.42	Mikaela Mosley, Arianna Wallace			100 Meter Hurdles		
2 Quinn Holmes	LS	8.91m	3 Tiffany Oliver	WI	13.46	High Jump			1 Taliah Cintron	WI	15.80
3 Justice Sheaffer	JV	6.08m	200 Meter Dash			1 Sarah Wyant		1.30m	2 Tiaja Jackson	SJ	16.80
BANTAM GIRLS			1 Eliza Brooks	SC	25.27	2 Sarah Myers	JV	0.95m	3 Brittany Preston	IH	16.97
100 Meter Dash			2 Tiffany Oliver	WI	26.25	Long Jump			200 Meter Hurdles		
1 Aaliyah Ingram	ME	15.15	3 Alyssa Armor	SC	26.68	1 Marissa Hsu	AO	4.37m	1 Taliah Cintron	WI	29.15
2 Kiana Sechler	JV	15.50	400 Meter Dash			2 Karli Rose	SJ	4.23m	2 Brittany Preston	IH	30.19
3 Alexis Walker	IH	16.17	1 Eliza Brooks	SC	58.64	3 Saani Edwards	SC	4.12m	3 Emma Iacobucci	WC	30.86
200 Meter Dash			2 Tiffany Oliver	WI	59.73	REGIONAL/NATIONAL RESULTS: Results are posted at					
1 Aaliyah Ingram	ME	30.79	3 Alyssa Armor	SC	1:02.95	www.usatf.org for the Region 2 Championships held July					
2 Jada Peoples	ME	31.22	REGIONAL/NATIONAL RESULTS: Results are posted at								
3 Averie' Wilson	SJ	32.03	www.usatf.org for the Region 2 Championships held July								
						5-8 at the University of Delaware and the National Cham-					
						pionships held July 23-29 in Baltimore.					

2012 JUNIOR OLYMPICS MID-ATLANTIC ASSOCIATION CHAMPIONSHIPS

4x100 Meter Relay

1 Ivy Hill 'A'	51.03
Brooklynn Broadwater, Avani Dorsey-Burnette, Ama-Paulina Kwashie, Brittany Preston	
2 Ambler Olympic 'A'	54.20
Samantha Bennett, Chanel Brissett, Kennedy Clark, Chance Levy	
3 Southwest 'A'	54.59
Bayyinah Irby, Joelle Lara, Agnes Richards, D'Mea Stroud	

4x400 Meter Relay

1 Willingboro 'A'	4:23.78
Danyelle Bembridge, Tanasia Calhoun, Jordan McCray-Ross, Donyae Shelton	
2 Southwest 'A'	5:05.68
Taylor Gardner, Brittany Gayot, Berlyn Johnson, Shantae' Saunders	
3 CSC 'A'	5:06.83
Olivia Bethel, Briah Kennedy, Camryn Morris, Cobi Morris	

High Jump

1 Hannah Sexton	AO	1.45m
2 Tanasia Calhoun	WB	1.40m
3 Kennedy Clark	AO	1.40m

Pole Vault

1 Erin Miller	2.74
---------------	------

Long Jump

1 Hannah Sexton	AO	4.67m
2 Samantha Bennett	AO	4.59m
3 Taliah Cintron	WI	4.46m

Triple Jump

1 Stephanie Laudien	--	9.61m
2 Micaiah Dendy	--	9.19m
3 Margaret Duffy	TC	8.59m

Shot Put 6 lb.

1 Emily Stauffer	--	13.35m
2 Jocelen Ruth	--	12.42m
3 Emily Johns	--	11.37m

Discus Throw 1kg

1 Emily Johns	--	24.13m
2 Emily Stauffer	--	23.21m
3 Jennifer McAneney	AO	22.24m

Javelin Throw 600g

1 Jocelen Ruth	--	32.67m
2 Emily Johns	--	27.71m
3 Madison Harding	--	23.37m

INTERMEDIATE GIRLS

100 Meter Dash

1 Taylor Williams	FF	12.16
2 Maiya Dendy	--	12.28
3 Taylor Chapman	AO	12.57

200 Meter Dash

1 Taylor Williams	FF	24.65
2 Maiya Dendy	--	24.79
3 Taylor Chapman	AO	25.85

400 Meter Dash

1 Maiya Dendy	--	58.52
2 Thaila Cooper	SJ	59.29
3 Melanie Edwards	LL	1:00.16

800 Meter Run

1 Thaila Cooper	SJ	2:24.22
2 Megan Bernotas	TC	2:25.73
3 Anna ChiodoOrtiz	AO	2:26.76

1500 Meter Run

1 Kara Fitch	TC	6:00.16
2 Megan Bernotas	TC	6:07.86

100 Meter Hurdles

1 Cassidy Jenkins	--	15.64
2 Jada Wilson	ME	16.80
3 Ariana Przybylowski	AO	20.04

400 Meter Hurdles

1 Cassidy Jenkins	--	1:07.54
2 Shante Dorin	ME	1:09.65
3 Stephanie Hedin	TC	1:11.79

4x100 Meter Relay

1 Ambler Olympic 'A'	49.46
Nicole Burke, Taylor Chapman, Anna ChiodoOrtiz, Khaleema Major	
2 Morris Estate 'A'	51.68
Shante Dorin, Meghan Forsythe, Ambria Johnson, Turquoise Lee-Claxton	

4x400 Meter Relay

1 Morris Estate 'A'	4:15.17
Shante Dorin, Meghan Forsythe, Ambria Johnson, Jada Wilson	

High Jump

1 Katrina Przybylowski	AO	1.50m
------------------------	----	-------

Pole Vault

1 Ashley Bailey	FS	3.45m
-----------------	----	-------

Long Jump

1 Lynne Mooradian	--	5.21m
2 Leslie Alston	SL	5.11m
3 Ariana Przybylowski	AO	4.95m

Triple Jump

1 Dionne Anderson	IH	10.04m
2 Julia Reeves	GN	9.74m
3 Justine Morgan	AO	9.28m

Shot Put 4kg

1 Taylor Hojnacki	AO	10.90m
2 Victoria Waddington	AO	10.55m
3 Ayanna Wright	LL	10.48m

Discus Throw 1kg

1 Taylor Hojnacki	AO	36.67m
2 Victoria Waddington	AO	27.72m
3 Devon Player	AO	26.02m

Hammer Throw

1 Victoria Waddington	AO	21.61m
2 Justine Morgan	AO	16.40m

Javelin Throw 600g

1 Devon Player	AO	35.10m
2 Victoria Waddington	AO	29.48m
3 Madilyn Mansell	JV	25.43m

YOUNG WOMEN

100 Meter Dash

1 Jewel Wilson	LL	12.53
2 Rowanna Watson	GN	12.55
3 Dazmonique Carr	LL	12.64

200 Meter Dash

1 Alexis Bell	GN	25.67
2 Rowanna Watson	GN	25.79
3 Dazmonique Carr	LL	25.81

400 Meter Dash

1 Zayna Milligan	GN	59.72
2 Dazmonique Carr	LL	59.75
3 Alexis Bell	GN	1:00.50

800 Meter Run

1 Brietta Wilson	JU	2:26.65
2 Aleah Mason	CS	2:28.64
3 Genevieve Gerhard	--	2:29.24

1500 Meter Run

1 Andrea Brown	JU	5:11.74
2 Brietta Wilson	JU	5:19.31

3000 Meter Run

1 Andrea Brown	JU	11:43.49
2 Brittany Finn	AO	11:49.94

100 Meter Hurdles

1 Emily Miller	--	16.81
2 Mikela Vann	JE	20.56

400 Meter Hurdles

1 Chanel Coleman	WI	1:15.76
2 Adrienne Thompson	CS	1:19.24
3 Mikela Vann	JE	1:21.21

4x100 Meter Relay

1 Ambler Olympic 'A'	53.41
Katie Gross, Casey Harewood, Sydnee Jacques, Chloe Johnson-Hyde	

4x400 Meter Relay

1 CSC 'A'	4:14.32
Rameea Green, Aleah Mason, Akkyah Pierre, Amirah Pierre	
2 First State Destroyers 'A'	4:25.18
Cionna Keys, Mylezia King, Cheryl Lloyd, Tiandra Watkins	

4x800 Meter Relay

1 CSC 'A'	10:39.16
Rameea Green, Aleah Mason, Akkyah Pierre, Amirah Pierre	

High Jump

1 Emily Miller	--	1.60m
2 Casey Harewood	AO	1.55m
3 Katie Gross	AO	1.45m

Pole Vault

1 Kiana Gough	--	3.04m
2 Brittany Plummer	--	2.59m

Long Jump

1 Jewel Wilson	LL	4.89m
2 Taylor Bynum-Bain	SL	4.85m
3 Junei' Mosley	--	4.64m

Triple Jump

1 Noni Davis	--	10.12m
2 Jewel Wilson	LL	10.11m
3 Junei' Mosley	--	9.63m

Shot Put 4kg

1 Keyarah Jones	ND	9.46m
2 Tierney Tubbs	AO	8.72m
3 Chanel Coleman	WI	8.09m

Discus Throw 1kg

1 Keyarah Jones	ND	32.09m
2 Rachel Hoffing	ND	25.39m
3 Pauline Gould	SJ	24.38m

Hammer Throw

1 Keyarah Jones	ND	28.38m
2 Rachel Hoffing	ND	23.28m
3 Natalie Liles	ND	20.83m

Javelin Throw 600g

1 Tierney Tubbs	AO	24.17m
2 Rachel Hoffing	ND	21.99m
3 Pauline Gould	SJ	14.03m

KEY TO CLUBS: AOC: Ambler Olympic Club CO: Conshohocken Track Club CSC: CSC Track and Field CY: Cambria Youth Association EA: Eagleville Elite FF: Force Fields FS: First State GN: Greater Norristown PAL IH: Ivy Hill JE: Judah Elite JV: Juniata Valley KD: Kappa's Diamond Dashers LL: Lawnside Lightning LS: Lickity-Split MA: Mt Airy ME: Morris Estate ND: Next Dimension PH: Philadelphia RR: Running Rebels SC: Second Chance SJ: South Jersey SL: St. Luke Spirit SW: Southwest TC: Tri County Express US: United Stars WB: Willingboro WC: West Chester WI: Wilmington. No code: Unattached.

2012 JUNIOR OLYMPICS MID-ATLANTIC ASSOCIATION CHAMPIONSHIPS

SUB-BANTAM BOYS			BANTAM BOYS			Javelin Throw 300g			High Jump		
100 Meter Dash			100 Meter Dash			1 Tre'Marr Williams	GN	20.30m	1 Lawrence Prior	IH	1.35m
1 Gaven Williams	CO	15.15	1 Blake Murray	CY	14.48	2 Cole Kyle	KD	19.73m	2 Lance Miller	JV	1.25m
2 Jsun Hampton-Miller	GN	15.21	2 Johnny Martin	LL	14.64	3 Jaden Vaughters	JE	18.20m	3 Kofi Asare	JE	1.20m
3 Tyson Green	PH	16.17	3 John Adams	CY	14.70	1500 Meter Race Walk			Long Jump		
200 Meter Dash			200 Meter Dash			1 Nikolas Toocheck	--	9:14.17	1 David Brown	GN	4.35m
1 Jsun Hampton-Miller	GN	32.25	1 Malcolm Folk	WC	27.81	MIDGET BOYS			2 Nevan Lambert	--	4.17m
2 Mekhi Rodgers	IH	33.85	2 Johnny Martin	LL	29.19	100 Meter Dash			3 Tyrae Bussey-Jacques	AO	4.03m
3 Machi Smith	CO	33.98	3 Blake Murray	CY	29.39	1 Armonte Paulk	IH	12.98	Shot Put 6 lb.		
400 Meter Dash			400 Meter Dash			2 Keith Jenkins	SW	13.19	1 La'Mar Hughes	GN	8.73m
1 Gaven Williams	CO	1:10.36	1 Malcolm Folk	WC	1:02.87	3 Frank Dalton	GN	13.21	2 Tonne' Ellis	GN	8.65m
2 Jsun Hampton-Miller	GN	1:18.74	2 Stanley St-Fleur	JU	1:04.08	200 Meter Dash			3 Zahmir McNeil	SL	7.71m
3 Jermaine Anderson	SC	1:21.24	3 Devon Bembridge	WB	1:07.29	1 Armonte Paulk	IH	26.35	Discus Throw 1kg		
800 Meter Run			800 Meter Run			2 Lawrence Prior	IH	26.63	1 La'Mar Hughes	GN	18.19m
1 Gaven Williams	CO	2:48.53	1 Stanley St-Fleur	JU	2:29.93	3 Frank Dalton	GN	27.33	2 Tonne' Ellis	GN	16.52m
2 Fazl Oshodi	SJ	3:03.06	2 David Bellefleur	JU	2:30.14	400 Meter Dash			3 Tyler Wellman	WI	14.08m
3 Legacy Bailey	PH	3:04.03	3 Isaac White	JU	2:32.01	1 Lawrence Prior	IH	1:00.42	Javelin Throw 300g		
1500 Meter Run			1500 Meter Run			2 Brian Brown	WB	1:01.49	1 Justin Jacobs	JV	28.23m
1 Fazl Oshodi	SJ	6:01.91	1 David Bellefleur	JU	4:57.77	3 Vincent Brown	WB	1:02.38	2 La'Mar Hughes	GN	27.53m
2 Daniel Tulloch	--	6:28.09	2 Andrew Avila	--	4:58.21	800 Meter Run			3 Tonne' Ellis	GN	22.61m
3 Othello Adjepong	SL	6:35.30	3 Isaac White	JU	5:08.37	1 Brian Brown	WB	2:30.57	YOUTH BOYS		
4x100 Meter Relay			4x100 Meter Relay			2 Dayan Barriner	SW	2:33.56	100 Meter Dash		
1 Kappas Diamond		1:03.94	1 Cambria Youth 'A'		58.59	3 Paul Brown	LL	2:38.52	1 Michael Mills	FS	12.22
Dashers 'A'			John Adams, Jordan Brown, Glenn DeLee, Blake Murray			1500 Meter Run			2 Kameron Hammond-	WC	12.42
Davin Barnett, Mark Butler, Yazeed Haynes, Quincy Pauling			2 Lawnside Lightning 'A'			1 Joseph Cahill	AO	5:15.13	Green		
2 Philadelphia Express 'A'		1:08.36	Eldridge Lee, Johnny Martin, Ernest Merriweather, Javon Solomon			2 Andrew Martin	--	5:22.05	3 Aaron Smith		
Legacy Bailey, Marc Cobbs, Taj Dyches, Mason Green			3 Ambler Olympic 'A'			3 Amir Cabbage	IH	5:23.93	JV		
3 West Chester 'A'		1:14.88	Frank Campbell, Michael Eldridge, Robert Moore, John Steven Warren			3000 Meter Run			24.37		
Bryce Cooper, Myles Davis, Daimon Jacobs, Dayshawn Jacobs			4x400 Meter Relay			1 Joseph Cahill	AO	10:53.39	2 Michael Mills		
4x400 Meter Relay			1 Juventus 'A'			2 Samuel Harris	--	11:27.06	FS		
1 Kappas Diamond		5:40.54	David Bellefleur, Stanley St-Fleur, Steven St-Fleur, Payton Tavares			80 Meter Hurdles			24.73		
Dashers 'A'			2 Willingboro 'A'			1 Kofi Asare	JE	15.13	3 Malcolm Moore		
Davin Barnett, Mark Butler, Yazeed Haynes, Quincy Pauling			Devon Bembridge, Joshua Jean-Baptiste, Rahmier Maxwell-Patterson, Amiri Owens			2 Michah Williams	JE	17.14	LL		
Long Jump			3 Cambria Youth 'A'			3 Lance Miller	JV	18.75	24.88		
1 Mekhi Rodgers	IH	3.35m	John Adams, Jordan Brown, Glenn DeLee, Jordan Minor			4x100 Meter Relay			400 Meter Dash		
2 Yazeed Haynes	KD	3.30m	High Jump			1 Southwest 'A'		55.73	1 Nathaniel Fogle		
3 Machi Smith	CO	3.23m	1 Demetric Denson	KD	1.15m	Dayan Barriner, Solomon Cooper, Aaron Jenkins, Keith Jenkins			--		
Shot Put 2k			2 Nikolas Toocheck	--	1.05m	2 Kappas Diamond		56.13	54.81		
1 Rhyshon Thompson	CY	5.46m	3 Cole Kyle	KD	1.00m	Dashers 'A'			54.97		
2 George Rodgers	JE	5.33m	Long Jump			Jordan Cheaton, Shawn Harris, Justin McGriff, Taji Redd			55.52		
3 Saleem McArthur	PH	5.19m	1 Malcolm Folk	WC	4.03m	4x400 Meter Relay			800 Meter Run		
Javelin Throw 300g			2 Evan Serafin	--	3.81m	1 Willingboro 'A'		4:46.46	1 Jay Ciccolini		
1 Josiah Sechler	JV	15.18m	3 Demetric Denson	KD	3.78m	Vincent Brown, Brandon Carter, Christian Cisse, Issac Jean-Baptiste			JV		
2 Martice Williams	GN	14.38m	Shot Put 6 lb.			2 Lawnside Lightning 'A'		5:15.71	2:14.94		
3 Rhyshon Thompson	CY	13.95m	1 Tre'Marr Williams	GN	8.78m	Paul Brown, Cameron Kee, Jason Scott, Bashir Shakir			2:15.02		
Javelin Throw 300g			2 Nile Walker	WI	7.34m	4x800 Meter Relay			2:16.77		
1 Josiah Sechler			3 Jaden Vaughters	JE	6.45m	1 Willingboro 'A'		10:48.67	1500 Meter Run		
2 Martice Williams			High Jump			Brian Brown, Vincent Brown, Christian Cisse, Issac Jean-Baptiste			4:28.65		
3 Rhyshon Thompson			1 Demetric Denson	KD	3.78m	4x400 Meter Relay			4:37.61		
1 Mekhi Rodgers			2 Nikolas Toocheck	--	1.05m	1 Willingboro 'A'			4:53.63		
2 Yazeed Haynes			3 Cole Kyle	KD	1.00m	2 Willingboro 'A'			3000 Meter Run		
3 Machi Smith			Long Jump			1 Michael Flanagan			9:38.25		
1 Mekhi Rodgers			1 Malcolm Folk	WC	4.03m	2 Jeffrey Kirshenbaum			9:49.76		
2 Yazeed Haynes			2 Evan Serafin	--	3.81m	3 David Hall			10:22.70		
3 Machi Smith			3 Demetric Denson	KD	3.78m	100 Meter Hurdles			17.93		
1 Mekhi Rodgers			Shot Put 6 lb.			1 Markevis Robinson			19.30		
2 Yazeed Haynes			1 Tre'Marr Williams	GN	8.78m	2 Evan Heimbach			19.44		
3 Machi Smith			2 Nile Walker	WI	7.34m	3 Raysean Brotherton			28.48		
1 Mekhi Rodgers			3 Jaden Vaughters	JE	6.45m	200 Meter Hurdles			29.70		
2 Yazeed Haynes			High Jump			1 Maxwell Dickens			30.43		
3 Machi Smith			1 Demetric Denson	KD	3.78m	2 Ja'saan Cunningham			28.48		
1 Mekhi Rodgers			2 Nikolas Toocheck	--	1.05m	3 Antonio Dandridge			29.70		
2 Yazeed Haynes			3 Cole Kyle	KD	1.00m	3000 Meter Run			30.43		
3 Machi Smith			Long Jump			1 Michael Flanagan			9:38.25		
1 Mekhi Rodgers			1 Malcolm Folk	WC	4.03m	2 Jeffrey Kirshenbaum			9:49.76		
2 Yazeed Haynes			2 Evan Serafin	--	3.81m	3 David Hall			10:22.70		
3 Machi Smith			3 Demetric Denson	KD	3.78m	100 Meter Hurdles			17.93		
1 Mekhi Rodgers			Shot Put 6 lb.			1 Markevis Robinson			19.30		
2 Yazeed Haynes			1 Tre'Marr Williams	GN	8.78m	2 Evan Heimbach			19.44		
3 Machi Smith			2 Nile Walker	WI	7.34m	3 Raysean Brotherton			28.48		
1 Mekhi Rodgers			3 Jaden Vaughters	JE	6.45m	200 Meter Hurdles			29.70		
2 Yazeed Haynes			High Jump			1 Maxwell Dickens			30.43		
3 Machi Smith			1 Demetric Denson	KD	3.78m	2 Ja'saan Cunningham			28.48		
1 Mekhi Rodgers			2 Nikolas Toocheck	--	1.05m	3 Antonio Dandridge			29.70		
2 Yazeed Haynes			3 Cole Kyle	KD	1.00m	3000 Meter Run			30.43		
3 Machi Smith			Long Jump			1 Michael Flanagan			9:38.25		
1 Mekhi Rodgers			1 Malcolm Folk	WC	4.03m	2 Jeffrey Kirshenbaum			9:49.76		
2 Yazeed Haynes			2 Evan Serafin	--	3.81m	3 David Hall			10:22.70		
3 Machi Smith			3 Demetric Denson	KD	3.78m	100 Meter Hurdles			17.93		
1 Mekhi Rodgers			Shot Put 6 lb.			1 Markevis Robinson			19.30		
2 Yazeed Haynes			1 Tre'Marr Williams	GN	8.78m	2 Evan Heimbach			19.44		
3 Machi Smith			2 Nile Walker	WI	7.34m	3 Raysean Brotherton			28.48		
1 Mekhi Rodgers			3 Jaden Vaughters	JE	6.45m	200 Meter Hurdles			29.70		
2 Yazeed Haynes			High Jump			1 Maxwell Dickens			30.43		
3 Machi Smith			1 Demetric Denson	KD	3.78m	2 Ja'saan Cunningham			28.48		
1 Mekhi Rodgers			2 Nikolas Toocheck	--	1.05m	3 Antonio Dandridge			29.70		
2 Yazeed Haynes			3 Cole Kyle	KD	1.00m	3000 Meter Run			30.43		
3 Machi Smith			Long Jump			1 Michael Flanagan			9:38.25		
1 Mekhi Rodgers			1 Malcolm Folk	WC	4.03m	2 Jeffrey Kirshenbaum			9:49.76		
2 Yazeed Haynes			2 Evan Serafin	--	3.81m	3 David Hall			10:22.70		
3 Machi Smith			3 Demetric Denson	KD	3.78m	100 Meter Hurdles			17.93		
1 Mekhi Rodgers			Shot Put 6 lb.			1 Markevis Robinson			19.30		
2 Yazeed Haynes			1 Tre'Marr Williams	GN	8.78m	2 Evan Heimbach			19.44		
3 Machi Smith			2 Nile Walker	WI	7.34m	3 Raysean Brotherton			28.48		
1 Mekhi Rodgers			3 Jaden Vaughters	JE	6.45m	200 Meter Hurdles			29.70		
2 Yazeed Haynes			High Jump			1 Maxwell Dickens			30.43		
3 Machi Smith			1 Demetric Denson	KD	3.78m	2 Ja'saan Cunningham			28.48		
1 Mekhi Rodgers			2 Nikolas Toocheck	--	1.05m	3 Antonio Dandridge			29.70		
2 Yazeed Haynes			3 Cole Kyle	KD	1.00m	3000 Meter Run			30.43		
3 Machi Smith			Long Jump			1 Michael Flanagan			9:38.25		
1 Mekhi Rodgers			1 Malcolm Folk	WC	4.03m	2 Jeffrey Kirshenbaum			9:49.76		
2 Yazeed Haynes			2 Evan Serafin	--	3.81m	3 David Hall			10:22.70		
3 Machi Smith			3 Demetric Denson	KD	3.78m	100 Meter Hurdles			17.93		
1 Mekhi Rodgers			Shot Put 6 lb.			1 Markevis Robinson			19.30		
2 Yazeed Haynes			1 Tre'Marr Williams	GN	8.78m	2 Evan Heimbach			19.44		
3 Machi Smith			2 Nile Walker	WI	7.34m	3 Raysean Brotherton			28.48		
1 Mekhi Rodgers			3 Jaden Vaughters	JE	6.45m	200 Meter Hurdles			29.70		
2 Yazeed Haynes			High Jump			1 Maxwell Dickens			30.43		
3 Machi Smith			1 Demetric Denson	KD	3.78m	2 Ja'saan Cunningham			28.48		
1 Mekhi Rodgers			2 Nikolas Toocheck	--	1.05m	3 Antonio Dandridge			29.70		
2 Yazeed Haynes			3 Cole Kyle	KD	1.00m	3000 Meter Run			30.43		
3 Machi Smith			Long Jump			1 Michael Flanagan			9:38.25		
1 Mekhi Rodgers			1 Malcolm Folk	WC	4.03m	2 Jeffrey Kirshenbaum			9:49.76		
2 Yazeed Haynes			2 Evan Serafin	--	3.81m	3 David Hall			10:22.70		
3 Machi Smith			3 Demetric Denson	KD	3.78m	100 Meter Hurdles			17.93		
1 Mekhi Rodgers			Shot Put 6 lb.			1 Markevis Robinson			19.30		
2 Yazeed Haynes			1 Tre'Marr Williams	GN	8.78m	2 Evan Heimbach			19.44		
3 Machi Smith			2 Nile Walker	WI	7.34m	3 Raysean Brotherton			28.48		
1 Mekhi Rodgers			3 Jaden Vaughters	JE	6.45m	200 Meter Hurdles			29.70		
2 Yazeed Haynes			High Jump			1 Maxwell Dickens			30.43		
3 Machi Smith			1 Demetric Denson	KD	3.78m	2 Ja'saan Cunningham			28.48		
1 Mekhi Rodgers			2 Nikolas Toocheck	--	1.05m	3 Antonio Dandridge			29.70		
2 Yazeed Haynes			3 Cole Kyle	KD	1.00m	3000 Meter Run			30.43		
3 Machi Smith			Long Jump			1 Michael Flanagan			9:38.25		
1 Mekhi Rodgers			1 Malcolm Folk	WC	4.03m	2 Jeffrey Kirshenbaum			9:49.76		
2 Yazeed Haynes			2 Evan Serafin	--	3.81m	3 David Hall			10:22.70		
3 Machi Smith			3 Demetric Denson	KD	3.78m	100 Meter Hurdles			17.93		
1 Mekhi Rodgers			Shot Put 6 lb.			1 Markevis Robinson			19.30		
2 Yazeed Haynes			1 Tre'Marr Williams	GN	8.78m	2 Evan Heimbach			19.44		
3 Machi Smith			2 Nile Walker	WI	7.34m	3 Raysean Brotherton			28.48		
1 Mekhi Rodgers			3 Jaden Vaughters	JE	6.45m	200 Meter Hurdles			29.70		
2 Yazeed Haynes			High Jump			1 Maxwell Dickens			30.43		
3 Machi Smith			1 Demetric Denson	KD	3.78m	2 Ja'saan Cunningham			28.48		
1 Mekhi Rodgers			2 Nikolas Toocheck	--	1.05m	3 Antonio Dandridge			29.70		
2 Yazeed Haynes			3 Cole Kyle	KD	1.00m	3000 Meter Run			30.43		
3 Machi Smith			Long Jump			1 Michael Flanagan			9:38.25		
1 Mekhi Rodgers			1 Malcolm Folk	WC	4.03m	2 Jeffrey Kirshenbaum			9:49.76		
2 Yazeed Haynes			2 Evan Serafin	--	3.81m	3 David Hall			10:22.70		
3 Machi Smith			3 Demetric Denson	KD	3.78m	100 Meter Hurdles			17.93		
1 Mekhi Rodgers			Shot Put 6 lb.			1 Markevis Robinson			19.30		
2 Yazeed Haynes			1 Tre'Marr Williams	GN	8.78m	2 Evan Heimbach			19.44		
3 Machi Smith			2 Nile Walker	WI	7.34m	3 Raysean Brotherton			28.48		
1 Mekhi Rodgers			3 Jaden Vaughters	JE	6.45m	200 Meter Hurdles			29.70		
2 Yazeed Haynes			High Jump			1 Maxwell Dickens			30.43		
3 Machi Smith			1 Demetric Denson	KD	3.78m	2 Ja'saan Cunningham			28.48		
1 Mekhi Rodgers			2 Nikolas Toocheck	--							

2012 JUNIOR OLYMPICS MID-ATLANTIC ASSOCIATION CHAMPIONSHIPS

4x100 Meter Relay

1	West Chester 'A'	49.38
	Keron Butcher, Ed Clark, Myles Cooper, Kameron Hammond-Green	
2	Lawnside Lightning 'A'	50.08
	Raysean Brotherton, Maxwell Dickens, Malcolm Moore, Nadir Shakir	
3	Ambler Olympic 'A'	53.44
	Tariq Baines, Josiah Gaskin, Kyle Mattison, Eric Parker	

4x400 Meter Relay

1	Willingboro 'A'	4:01.76
	Kedar Beacham, Amir Harper, Robert Hawkins, Isaiah Jean-Baptiste	
2	Lawnside Lightning 'A'	4:07.95
	Raysean Brotherton, Maxwell Dickens, Malcolm Moore, Nadir Shakir	

4x800 Meter Relay

1	Willingboro 'A'	9:33.36
	Amir Harper, Robert Hawkins, Isaiah Jean-Baptiste, Jonathan Lovette	

High Jump

1	Myles Cooper	WC	1.45m
2	Gregory Biddle	--	1.35m
3	Jonathan Vaughters	JE	1.30m

Long Jump

1	Ja'saan Cunningham	SC	5.67m
2	Malik Sechler	JV	5.60m
3	Myles Cooper	WC	5.11m

Triple Jump

1	Malik Sechler	JV	11.04m
2	Malik Rush	RR	8.92m

Shot Put 4kg

1	Matthew Rochon	--	10.27m
2	Aaron Smith	JV	9.80m
3	Robert Erwin	TC	9.39m

Discus Throw 1kg

1	Andrew Rochon	--	32.34m
2	Matthew Rochon	--	30.09m
3	Malcolm Brown	ND	24.58m

Javelin Throw 600g

1	Jamie Bailey	SJ	24.77m
2	Malcolm Brown	ND	24.75m
3	Nicholas Marino	AO	22.24m

INTERMEDIATE BOYS**100 Meter Dash**

1	Christian Brissett	AO	11.36
2	Trevor Chew	AO	11.49
3	Devon Lewis	WB	11.50

200 Meter Dash

1	Mikhail Micheaux	LL	22.58
2	Christian Brissett	AO	22.81
3	Devon Lewis	WB	23.22

400 Meter Dash

1	John Lewis	AO	50.27
2	Mikhail Micheaux	LL	50.80
3	Andrew Dillon	GN	52.29

800 Meter Run

1	John Lewis	AO	2:02.40
2	Brook Wilson	--	2:03.27
3	Maxamill Hilton-Lovette	WB	2:05.30

1500 Meter Run

1	Kobe Baker	FS	4:37.12
2	Ernest Nguatem	FS	4:38.25
3	Jahmeik Parkin	JU	4:46.59

3000 Meter Run

1	Jahmeik Parkin	JU	10:14.17
---	----------------	----	----------

110 Meter Hurdles

1	Gavin O'Donnell	--	16.03
2	Qadir Haqq	AO	16.91
3	Chester Anuszewski	--	16.94

400 Meter Hurdles

1	Gavin O'Donnell	--	1:02.15
2	Qadir Haqq	AO	1:06.84
3	Chester Anuszewski	--	1:10.88

4x100 Meter Relay

1	Ambler Olympic 'A'	43.78
	Christian Brissett, Trevor Chew, Luke DiGangi, Keiko Martin	
2	First State 'A'	46.07
	Oluwaseun Akinmoladun, Joseph Johnson, Roger Louisaire, Mark Mellette	

4x400 Meter Relay

1	Ambler Olympic 'A'	3:39.88
	Oliver Boucher, Tabriz Bumpas, Kyle Davis, Jonathan Eldridge	
2	First State 'A'	3:40.19
	Oluwaseun Akinmoladun, Roger Louisaire, Ernest Nguatem, Adrian Spaulding	

4x800 Meter Relay

1	First State 'A'	9:27.71
	Oluwaseun Akinmoladun, Kobe Baker, Andrew Crossman, Ernest Nguatem	

High Jump

1	Alexander McCord
2	Brett Fenstermacher
3	Chester Anuszewski

Pole Vault

1	Brandon Stacy
2	Jared McHenry
3	Connor Rydland

Long Jump

1	Mikhail Micheaux
2	Devon Lewis
3	Roger Louisaire

Triple Jump

1	Gavin O'Donnell	--	11.90m
2	Andrew McNutt	AO	11.88m
3	Michael Black	LL	11.57m

Shot Put 12 lb.

1	Vincent Santarsario	ND	11.89m
2	Titus Green	AO	11.82m
3	Connor Astemborski	--	11.58m

Discus Throw 1.6kg

1	Vincent Santarsario	ND	38.37m
2	Connor Astemborski	--	36.04m
3	Matthew Holcombe	AO	28.68m

Hammer Throw

1	Michael Silverstein	ND	29.03m
2	Vincent Santarsario	ND	26.73m
3	Titus Green	AO	18.45m

Javelin Throw 800g

1	Jhett Janis	--	47.51m
2	Michael Silverstein	ND	29.66m
3	Connor Astemborski	--	23.98m

YOUNG MEN**100 Meter Dash**

1	Kaschif Miller	LL	11.20
2	Shacor Hamilton	SL	11.31
3	Joe Vedilago		11.40

200 Meter Dash

1	Shacor Hamilton	SL	22.27
2	Tyrone Leach	GN	22.38
3	Joe Vedilago		22.52

400 Meter Dash

1	Jordan May	SL	49.62
2	Joe Vedilago		50.29
3	Tyrone Leach	GN	50.57

800 Meter Run

1	Derrell Manhertz	SJ	1:58.09
2	Jordan Boothe	--	1:58.71
3	Cristian Hunter	SL	1:59.18

1500 Meter Run

1	Jordan Boothe	--	4:20.39
2	Kedar Salih	FS	4:28.41
3	Khalil Taylor	JU	4:37.03

3000 Meter Run

1	Dylan Livingston	SJ	10:40.17
---	------------------	----	----------

110 Meter Hurdles

1	Ryan Heimbach	TC	15.60
2	Austin Moore	SJ	15.84
3	Kevin Hagamin	JE	16.10

400 Meter Hurdles

1	Ryan Heimbach	TC	57.88
2	Kevin Hagamin	JE	59.33
3	Austin Moore	SJ	59.77

4x100 Meter Relay

1	Lawnside Lightning 'A'	43.06
	Julian Feggins, Dominique Irons, Christopher Koellner, Kenneth Lewis	

2	St Luke Spirit 'A'	43.49
	Savon Davis, Mikal Fraser, Shacor Hamilton, Avery Hunter-Brooks	

3	First State 'B'	44.72
	Arkorteh Addy, Ke'Eric Drayton, Deauntra Thompsom-Smith, Jerod Villines	

4x400 Meter Relay

1	St Luke Spirit 'A'	3:27.61
	Savon Davis, Mikal Fraser, Shacor Hamilton, Cristian Hunter	

2	First State 'A'	3:34.29
	Arkorteh Addy, Anthony Watkins, Argo Batts, Robert Richardson	

3	Lawnside Lightning 'A'	3:36.73
	Julian Feggins, Dominique Irons, Christopher Koellner, Kenneth Lewis	

4x800 Meter Relay

1	First State 'A'	8:47.73
	Argo Batts, Shaheem Davis, Robert Richardson, Kedar Salih	

High Jump

1	Deauntra Thompson-Smith	FS	1.75m
2	Marcus Disbrow	--	1.60m

Pole Vault

1	Ernest Fogle	--	3.96m
2	Andrew McGinty	AO	3.81m

Long Jump

1	Elijah Brooks	SC	6.64m
2	Wilmer Johnson	FS	6.34m
3	Deauntra Thompson-Smith	FS	6.09m

Triple Jump

1	Dominique Irons	LL	14.21m
2	Wilmer Johnson	FS	13.22m
3	Elijah Brooks	SC	13.12m

Shot Put 12 lb.

1	Jason Coon	--	15.45m
1	Julian Feggins	LL	15.45m
3	Johnnie Jackson	ND	13.64m

Discus Throw 1.6kg

1	Johnnie Jackson	ND	44.99m
2	Crail Sherman	FS	39.13m
3	Brandon McCleese	ND	38.71m

Hammer Throw

1	Johnnie Jackson	ND	40.37m
2	Brandon McCleese	ND	39.31m
3	Shane Grady	ND	26.00m

Javelin Throw 800g

1	Cole Proffitt	--	57.25m
2	Spencer Moser	--	51.77m
3	Brandon McCleese	ND	51.00m

MID-ATLANTIC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Here are the Mid-Atlantic Association members who won medals in their age groups at the Open/Masters Championships June 9 at Widener University in Chester, PA. The results are divided by age, with the Open Division (age 14-29) listed first, followed by the five-year age groups for the Masters Division. Complete results, including those for visiting athletes, are posted at www.mausatf.org.

MEN'S RESULTS

Name	Age	Result	Medal	Name	Age	Result	Medal	Name	Age	Result	Medal
100 METERS				110-METER HURDLES							
Kemuel Wright	25	10.82	Gold	Junior Hyman	40	54.52	Gold	Claudio Delli Carpini	21	14.69	Gold
Clinton Johnson	22	10.88	Silver	Robert Schwartz	42	57.40	Silver	Devan Owens	18	18.19	Silver
Lamar Moore	23	11.59	Bronze	Jeff Robinson	51	58.07	Gold	300-METER HURDLES			
La Roi Thompson	32	12.19	Gold	Byron Friene	53	1:02.3	Silver	Robert Paulen	75	1:00.8	Gold
Etroy Nelson	38	11.35	Gold	John Patterson	50	1:02.9	Bronze	4x100-METER RELAY			
Mohamed Ali	42	12.06	Silver	Fred Cassaday	64	1:10.1	Gold	Force Fields Track Club		51.04	Gold
Delvin Dinkins	40	12.14	Bronze	James Vash	60	1:13.8	Silver	3,000-METER STEEPLECHASE			
Jeffrey Grier	45	12.44	Gold	Jim Durkin	74	1:26.1	Gold	Tony Mieu	20	13:28.3	Gold
Lovell Butler	52	12.52	Gold	Bruce Gilbert	76	1:30.8	Silver	5,000-METER RACEWALK			
Jeff Robinson	51	13.28	Silver	800 METERS				John Kostenbauder	57	38:16.1	Gold
Duncan Smith	53	15.51	Bronze	Rashon Howard	24	2:09.3	Gold	LONG JUMP			
Joachim Acolatse	64	14.18	Gold	Tony Mieu	20	2:42.1	Silver	David Ash	41	4.53m	Gold
Stephan McDermott	60	14.77	Silver	Rich Di Giacomo Jr	25	2:46.8	Bronze	Ray Parker	50	4.74m	Gold
James Vash	60	15.75	Bronze	Kevin Forde	48	2:09.8	Gold	Dave Marovich	69	3.09m	Gold
Jeff Horick	66	14.41	Gold	Chuck Shields	53	2:23.4	Gold	Burr Daly	73	2.83m	Gold
Burr Daly	73	16.49	Gold	Dan Fannon	54	2:25.3	Silver	Tom Rice	84	2.40m	Gold
Jim Durkin	74	18.45	Silver	John Patterson	50	2:32.5	Gold	HIGH JUMP			
William Bittner	75	14.54	Gold	Jim Durkin	74	3:29.2	Gold	Clinton Fields	40	4'11"	Gold
Bob Keegan	79	16.67	Silver	1,500 METERS				John Patterson	50	4'0"	Gold
Tom Rice	84	20.29	Gold	Tony Mieu	20	5:25.9	Gold	Ross Donolow	57	3'10"	Gold
Rev. Champ Goldy	95	32.41	Gold	Brent Wright	35	4:30.6	Gold	Richard Holt	66	4'2"	Gold
200 METERS				Kevin Forde	48	4:23.8	Gold	Tom Rice	84	2'11.5"	Gold
Kemuel Wright	25	22.35	Gold	Ed Chan	45	5:18.0	Silver	POLE VAULT			
Lamar Moore	23	23.82	Silver	Chuck Shields	53	4:49.2	Gold	John Patterson	50	10'6"	Gold
Charles Ivey	19	23.88	Bronze	Ray Parker	50	5:03.0	Silver	Michael Scaltrito	50	8'0"	Silver
Bruce Sobers	34	25.41	Gold	Duncan Smith	53	5:15.1	Bronze	Carl Grossman	65	5'6"	Gold
Etroy Nelson	38	23.07	Gold	Bill Shralow	50	5:39.6	Bronze	TRIPLE JUMP			
Junior Hyman	40	24.21	Gold	John Kostenbauder	57	7:24.2	Gold	Dave Marovich	69	6.44m	Gold
Mohamed Ali	42	24.32	Silver	Seth Bergmann	62	5:43.6	Gold	Burr Daly	73	5.71m	Gold
Nick Damalas	43	24.98	Bronze	Jim Durkin	74	7:04.6	Gold	Tom Rice	84	4.65m	Gold
Brandon Newell	49	25.96	Gold	Bruce Gilbert	76	7:08.0	Gold	JAVELIN			
Ulrick Exantus	47	26.94	Silver	5,000 METERS				Vincent DuVernois	21	68.80m	Gold
Joachim Acolatse	64	29.64	Gold	Tony Mieu	20	21:24.8	Gold	Robert Dowd	21	55.33m	Silver
Fred Cassaday	64	31.58	Silver	Kareem Lanier	39	18:12.3	Gold	Nicholas Kapsimalis	20	52.18m	Bronze
James Vash	60	32.90	Bronze	Chris Caroll	41	18:24.4	Gold				
Jeff Horick	66	29.81	Gold	Gene Tung	46	17:57.8	Gold				
Burr Daly	73	37.89	Gold	Rick McGarry	47	18:41.9	Silver				
Jim Durkin	74	38.06	Silver	Ed Chan	45	20:17.5	Silver				
400 METERS				Jim Serry	51	17:41.9	Gold				
Charles Ivey	19	51.95	Gold	John Kostenbauder	57	24:30.9	Silver				
Girard Delaney	16	55.21	Silver	Seth Bergman	62	19:45.8	Gold				
Rich Di Giacomo Jr.	25	1:02.9	Bronze	Dennis Mellish	61	20:47.1	Silver				
Bruce Sobers	34	56.60	Gold								

MID-ATLANTIC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

MEN'S RESULTS (continued)

Name	Age	Result	Medal
JAVELIN (continued)			
Michael Scaltpito	50	46.96m	Gold
Ray Parker	50	37.74m	Silver
Eric Schad	51	36.07m	Bronze
Len Garza	55	47.98m	Gold
Pat Goode	55	31.92m	Silver
Fred Cassaday	64	35.37m	Gold
Gerry Schatzer	63	32.75m	Silver
Dave Marovich	69	23.10m	Gold
Tom Rice	84	19.30m	Gold
Ray Feick	80	19.22m	Silver
Rev. Champ Goldy	95	10.27m	Gold

SHOT PUT

Marc-Alain Pierre	19	11.98m	Gold
Francois			
Daniel Jordan	19	11.33m	Silver
Russell Bragg	22	8.78m	Bronze
Nick Price	31	17.41m	Gold
Eric Schad	51	9.73m	Gold
Dave Marovich	69	8.64m	Gold
Richard Oakey	70	5.99m	Gold
Ray Feick	80	9.16m	Gold
Rev. Champ Goldy	95	5.96m	Gold

DISCUS

Russell Bragg	22	26.13m	Gold
Peter Hennigan	42	40.09m	Gold
Ross Ellis	50	38.31m	Gold
Ray Parker	50	29.99m	Silver
John Kalnar	56	37.10m	Gold
Dav Marovich	69	30.62m	Gold
Lew Overbeck	76	28.61m	Gold
Ray Feick	80	21.40m	Gold
Rev. Champ Goldy	95	14.09m	Gold

HAMMER

Johnnie Jackson	17	47.43m	Gold
Brandon McCleese	16	39.63m	Silver
Daniel Jordan	19	35.62m	Bronze
Dave Marovich	69	30.90m	Gold
Lew Overbeck	76	28.78m	Gold
Ray Feick	80	21.93m	Gold
Lev Mozhaev	86	11.14m	Gold

WOMEN'S RESULTS

Name	Age	Result	Medal
100 METERS			
Latifah Porter	22	12.63	Gold
Zafirah Green	22	12.68	Silver
Lane Kane	72	19.90	Gold
200 METERS			
Zafirah Green	22	25.44	Gold
Latifah Porter	22	25.66	Silver
Kathy Haubach	52	32.68	Gold
Lana Kane	72	44:66	Gold
400 METERS			
Zafirah Green	22	57.40	Gold
Latifah Porter	22	1:00.0	Silver
Devon Towell	17	1:01.2	Bronze
Kath Haubrich	52	1:13.2	Gold
Barb Leighton	67	1:34.4	Gold
800 METERS			
Genevieve Gerhard	17	2:23.5	Gold
Sophia Downey	24	2:43.2	Silver
Iyanna Crawley	20	2:46.2	Bronze
Kathy Haubrich	52	3:01.0	Gold
Barb Leighton	67	3:50.6	
1,500 METERS			
Devon Towell	17	4:51.0	Gold
Sophia Downey	24	5:28.8	Silver
Iyanna Crawley	20	5:51.2	Bronze
Christy Peterson	37	5:07.6	Gold
Lorraine Jasper	50	5:13.1	Gold
Susie Snyder	50	5:46.3	Silver
Joy Oakey	63	6:25.1	Gold
5,000 METERS			
Sophia Downey	24	21:17.0	Gold
Christy Peterson	37	18:53.5	Gold
Susie Snyder	50	21:28.0	Gold
80-METER HURDLES			
Kristine Longshore	44	17.37	Gold
Christine Roemer	47	15.12	Gold
Linda Jarjisian	52	19.36	Gold
300-METER HURDLES			
Joy Oakey	63	1:20.9	Gold
400-METER HURDLES			
Kristine Longshore	44	1:34.6	Gold
Christine Roemer	46	1:23.0	Gold
2,000-METER STEEPLECHASE			
Cheryl Bellaire	53	8:53.6	Gold
HIGH JUMP			
Linda Jarjisian	52	3'4"	Gold
POLE VAULT			
Linda Jarjisian	52	5'0	Gold
JAVELIN			
Sarah Firestone	17	38.33m	Gold
Lana Kane	72	16.62m	Gold
SHOT PUT			
Tina Hillman	18	14.33m	Gold
Lizanne Stephan	45	8.01m	Gold
Lana Kane	72	5.50m	Gold
DISCUS			
Patricia Mosley	45	22.85m	Gold
Christine Roemer	46	17.23m	Gold
HAMMER			
Natalie Liles	16	29.12m	Gold
Victoria Tench	20	38.62m	Silver
Patricia Mosley	45	22.80m	Gold
Christine Roemer	46	14.68m	Silver

USA MASTERS CHAMPIONSHIPS RESULTS: Complete results from the 2012 USA Masters Outdoor Track & Field Championships Aug. 2-5 in Lisle, IL, are posted at www.usatf.org/events/2012/USAMastersOutdoorTFChampionships/index.asp.

USATF Mid-Atlantic Association
P.O. Box 662
Southeastern, PA 19399-0662