

# Mid-Atlantic Quarterly



NEWSLETTER OF USATF MID-ATLANTIC  
1ST QUARTER / MARCH 2010



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## ON THE WEB

[www.mausatf.org](http://www.mausatf.org)



Norman Green, left, a USATF Masters Hall of Famer since 1996, welcomes the newest member of the hall, Ray Feick, at the MAUSATF awards lunch in January in King of Prussia.

## INTO THE MASTERS

# HALL OF FAME

At 78, And Still Throwing Strong, Ray Feick Joins The Select Few

By **ROSEMARIE ROSS**  
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from The Mercury

GILBERTSVILLE — It came as no surprise to anybody versed in track and field, except to the man himself, that Gilbertsville resident and former Pottstown School District superintendent Ray Feick was among the select few chosen for the 2009 USA Track & Field Masters Hall of Fame.

"It's quite an honor, I'm really happy about that and just really pleased," Feick said. "After 30 years of Masters track, that's just the icing on the cake."

Each year, only 10 inductees are chosen from across the United States. "It was just a big surprise," Feick said.

Feick, 78, has long been one of the top Masters throwers in the world. He is equally adept in all of his events — the hammer throw, shot put, discus, javelin and 16- and 35-pound weights.

Norman Green, treasurer of the Mid-Atlantic Association, presented Feick with a plaque at the association's Jan. 23 awards luncheon. At the next national championships, USATF will host a dinner

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# Grand Prix Off To A Fast Start

*“Somewhere  
in the world,  
someone is  
training when  
you are not.  
When you race  
him, he will win.”*

*~ Tom Fleming,  
Boston Marathon  
training sign*



The Caesar Rodney Half Marathon begins in Wilmington on March 21.

USATF Mid-Atlantic LDR kicked off the Grand Prix season with a spectacular race weekend featuring sunny skies, warm temperatures and fast running.

We had 193 members participate in either the Adrenaline 5K on March 20 in Haddonfield, N.J., or the Caesar Rodney Half Marathon on March 21 in Wilmington, Del.

The Adrenaline 5K was won by local Olympians Adrian Blincoe of Ardmore, Pa., and Erin Donohue of Haddonfield, N.J.

The Caesar Rodney Half Marathon was won by Joe Halin of Haddonfield, N.J., and Heidi Peoples of Scranton, Pa.

– Robin Jefferis

## CLUB CHALLENGE:

Bryn Mawr Running Club started the season out in first place and is closely followed by Moorestown Distance Project. Ten clubs scored in this first weekend of racing.

Bryn Mawr Running Club	419.265
Moorestown Distance Project	416.334
South Jersey AC	409.269
Runaway Success	405.322
Downingtown Running Club	404.856
Greater Philly Track Club	403.435
Pike Creek Valley	
Running Club	397.868
Athena Track Club	392.656
Pineland Striders	370.855
Rosemont Running Club	353.646

## INDIVIDUAL STANDINGS: The leaders after combined scoring for two races:

### WOMEN

Doreen McCoubrie	89.927
Carolyn Bujak	84.226
Mary Braverman	83.938
Lorraine Jasper	83.080
Elizabeth Litten	82.511
Samantha Howard	81.618
Julie Hankin	81.453
Joy Hampton	80.891
Deborah Compton	80.165
Maria Demuro	89.927

### MEN

Bob Schwelm	90.375
Charles Boatwright	88.661
Pat Mellea	87.955
David James	86.000
Jeffery Hayes	85.769
Greg Watson	85.019
Sean McKinney	84.039
Scott Lebo	83.946
Reinaldo Reyes	83.835
Mark Vilardo	83.168

## 'Nova Star Represents Mid-Atlantic National Athlete Development Program Taps Fasulo

Jonathan Fasulo, an All-American track and field and cross country runner at Villanova University and president of Villanova Elite Running Club, was selected to represent the Mid-Atlantic Association at the USATF National Half-Marathon Championships in Houston. He had a terrific race and ran a personal best of 1:06:13.

Jonathon was selected as part of the USATF National Athlete Development Program (ADP).

The ADP's goal is to assist in the development of the next generation of great American distance runners. The program provides athletes with a \$150 travel stipend, a shared room for two nights, ground transportation, meals and waived entry to selected U.S. championship races.

The Long Distance Running Committee would like acknowledge the Broad Street Run, a longtime supporter of the Mid-Atlantic ADP program, for providing an additional cash stipend.

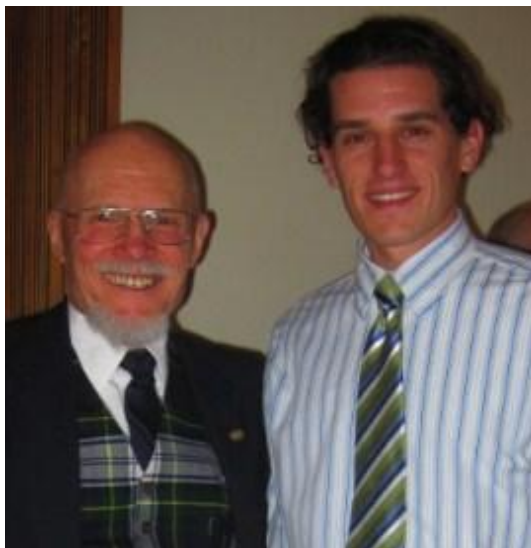
**WANT TO KNOW MORE?:** For more information on the Athlete Development Program, please contact Robin Jefferis at [jefferisr@mindspring.com](mailto:jefferisr@mindspring.com).

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### LONG DISTANCE RUNNING NEWS

*Robin Jefferis*

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Jonathan Fasulo, right, accepts the Male Athlete of the Year award from Rev. Norman Green at the MAUSATF awards luncheon in January.

*"You know who I look up to? I look up to the five-minute milers.*

*Because they don't get any of the good things I get. They're out there running just as hard. They're the guys with guts."*

*~ Mark Belger  
Villanova  
star, 1971*




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## The Ugly Mudder: It's As Ugly As Ever

The 2010 Off-Road Series started the year in memorable fashion with the Ugly Mudder on Feb. 28 in Reading.

The epic race was completed by 672 runners, including 54 Mid-Atlantic Association members. Five Mid-Atlantic clubs entered teams and are vying for the top spots in the series.

### CLUB CHALLENGE:

Here are the standings after one event.

Greater Philadelphia TC	247.565
Pike Creek Valley RC	241.433
Rosemont Running Club	231.097
Wissahickon Wanderers	215.767
Pineland Striders	207.533

For photos, please see next page.

*“Running is the greatest metaphor for life, because you get out of it what you put into it.”*

*~ Oprah Winfrey*



## Once Again, A Well-Named Race



The Ugly Mudder was a historic event again, like the memorable ice year in 2006. Runners equipped themselves with everything from spikes and snowshoes to Yaktrax and homemade screw shoes in hopes of making this adventure easier. With 672 runners marching like a conga line through an unforgiving 8-12 inches of snow (sometimes as deep as 28 inches plus), it was very difficult, if even possible, to pass. The leaders attempted to jump from footprint to footprint, eventually packing down a path for the following mass of runners.

**– Derek Schultz, Mid-Atlantic member**

**ABOVE:** Daryl Weaver slogs his way to second place among the men.

**BELOW:** Julie Deery, in blue jersey, finished first among the women.



# Get Set For Junior Olympics

Stay tuned for the 2010 USATF Mid-Atlantic Junior Olympic Championship Series on June 5 and 19, respectively.

Athletes can attend any of the three preliminary qualifiers, which will be in Philadelphia, northeast Pennsylvania and Delaware on June 5. The top six in each event will qualify for the Association Championship at Swarthmore on June 19.

The top four athletes in each event at Swarthmore will qualify for the Region 2 Championship hosted by the New Jersey Association ([www.usatfnj.org](http://www.usatfnj.org)) July 8-11 at Richard Stockton College of New Jersey in Pomona.

Finally, the top three athletes in the region will compete in the USATF national championships July 27-Aug. 1 in Sacramento, Calif.

This year, registration and advancement will be conducted online for the association through championship levels.

Registration and meet entry details for

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## YOUTH NEWS

**Celeste Battle**

the preliminary and association championships will be posted soon at [www.mausatf.org](http://www.mausatf.org). More details are available on the web at [www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships](http://www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships).

Volunteers and sponsors are always welcome to come out and help our youth. Please contact Celeste Battle, youth chair, at [cebattle@msn.com](mailto:cebattle@msn.com) if you wish to volunteer or sponsor youth this summer.

## Meet Draws 140 Athletes

On Jan. 3, our youth competed in an afternoon developmental championship at Swarthmore College.

More than 140 athletes came from the Delaware Valley and Maryland for an awesome day of competition. The results are on Pages 11-12.

***“Talk to me  
not of time and  
place; I owe  
I’m happy in  
the chase.”***

***~ William  
Shakespeare,  
epistle to  
David Garrick,  
Esq.***




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## Open/Masters Championships Set For June 11-12

The High Performance Committee has scheduled the MAUSATF Open/Masters Championship Meet for June 11 and 12, from Friday evening through Saturday afternoon, at Widener University.

Athletes 14-18 may also compete in the Open division, but those competing in the hurdles and throwing events will be required to use the same hurdle heights and implement weights as the Open athletes.

There will also be a Pre-Championship

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## HIGH PERFORMANCE NEWS

**Joel Dubow**

Meet at Widener University on Saturday morning, May 29, for athletes 14 and older.

Meet details are being worked out. They will be available after April 15 at the Association website ([www.mausatf.org](http://www.mausatf.org)) and the Philadelphia Masters website ([www.pmtf.net](http://www.pmtf.net)).

## THE 2009 MAUSATF AWARDS

## AND THE WINNERS ARE ...



The Mid-Atlantic Association's annual awards were presented at a luncheon Jan. 23 at American Baptist Churches in King of Prussia. **Celeste Battle**, above right, chair of Youth Athletics for the association, was honored with the Jesse Owens Award for meritorious service, the association's most prestigious honor. Race walker **Solomiya Login**, at right, received the Frank Percival Award for outstanding athlete of the year, presented by **Ed Richardson**. The Scott Mills Memorial Award for official of the year went to **A. Monique White**, MAUSATF president, above left. And the Jack Milne Award for outstanding club was given to Juventus.



**FAR LEFT: Mike Hemsley**, MAUSATF vice president, received one of four President's Awards, along with **Norm Green**, **Ken Yerger** and **Paul Spencer**.

**LEFT: Joel Dubow**, left, presents **Frank Levine** with the Masters Athlete of the Year award.

## THE 2009 MAUSATF AWARDS

# THE ATHLETES OF THE YEAR

## High Performance

### Masters

Masters Female Cheryl Bellaire  
Masters Male Frank Levine

### Excellence in Track & Field

Female: Male:  
Jill Cypress-Turner Ray Feick  
Zafirah Green Champion Goldy  
Gloria Krug Nathan Irvin  
Lorraine Jasper Kyle Lanier  
Heather Scanlon Ray Parker  
Lizanne Stephan Tom Rice

### Honorable Mention

Michael Jackson Tom Jennings  
Kareem Lanier Art Lebofsky



Gabriel Randall



Siana Sanders



Brandon Outlaw



Malcolm Brown



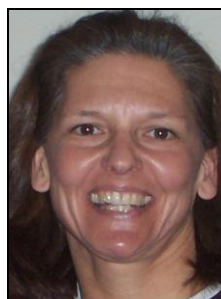
Faleesha Dowe



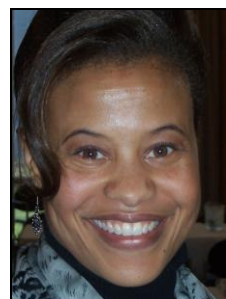
Jim Flanagan

## Long Distance Running

Open Female Molly Pritz  
Open Male Jonathan Fasulo  
Masters Female Doreen McCoubrie  
Masters Male Matthew Sandercock  
Race Walking Solomiya Login



Doreen McCoubrie



Jill Cypress-Turner



Jonathan Fasulo

## Youth Athletics

### Young Men and Women (age 17 and 18)

Girl's Track Marielle Hall, Juventus  
Girl's Field Laura Loht, Unattached  
Boy's Track Alfredo Santana, Juventus  
Boy's Field Andrew Beers, Vertical Assault

### Intermediate (age 15 and 16)

Girl's T&F Emily Cable, Tri-County Exp  
Girl's Field Vanessa Munley, Vertical Assault  
Boy's Track Donald House, Next Dimension  
Boy's Field Kyle Felpel, Long & Strong Throwers

### Youth (age 13 and 14)

Girl's Track Faleesha Dowe, South Jersey Rising Stars  
Girl's Field Tara Daniels, South Jersey Rising Stars  
Boy's Track Henry Brown, Wilmington TC  
Boy's Field Shamsiddin Little, Unattached  
Boy's XC Brendan Shearn, Unattached

### Midget (age 11 and 12)

Girl's Track Jenny Bellefleur, Juventus  
Boy's Track Saleem Little, Unattached  
Boy's Field Bradley Bieski, Unattached

### Bantam (age 9 and 10)

Girl's Track Gabrielle Wilkinson, United Stars  
Girl's Field Daysha Shamlin, Wilmington TC  
Girl's XC Terri Turner, Unattached  
Boy's Track Brandon Outlaw, Willingboro TC  
Boy's Field Malcolm Brown, South Jersey Rising Stars

### Sub-Bantam (age 8 and under)

Girl's Track Siani Sanders, Norristown PAL  
Boy's Track Gabriel Randall, Norristown PAL  
Boy's Field Nicholas Chatman, Wilmington TC  
Boy's XC Stanley St-Fleur, Juventus

## THE 2009 MAUSATF AWARDS

# GRAND PRIX CIRCUIT AWARDS

## Age-Graded Winners

### Female

1 Doreen McCoubrie  
2 Carolyn Bujak  
3 Kyra McGrath  
4 Amy Weiner  
5 Julie Deery  
6 Mary Matthews  
7 Joy Hampton  
8 Shelley Hill  
9 Lisa Valeriani  
10 Dawn Kempton

### Male

1 David James  
2 Thomas Jennings  
3 Jim Sery  
4 Greg Vitali  
5 Jim Flanagan  
6 Kent Prizer  
7 Robert Bezgin  
8 Steve Sawyer  
9 Ian Stevenson  
10 Terry Kelly

## Age Group Awards

### Age   Female

15-19   1 Katharine Celata

20-24   1 Hilary Dykes  
2 Laura Onderko  
3 Molly Pritz

25-29   1 Kristy Seymour

30-34   1 Bianca Simpson  
2 Erin Gill  
2 Kelly Horowitz

35-39   1 Dawn Deitch  
2 Denise Dahlhoff  
3 Kristina Fox

40-44   1 Amy Weiner  
2 Julie Deery  
3 Jennifer Ropka

45-49   1 Doreen McCoubrie  
2 Mary Braverman  
3 Mary Matthews

### Male

1 Andrew Herzog  
2 Drew Kopicki  
3 Scott Biddle

1 Francis Coyne  
2 Joseph Dare  
3 Ralph Harris

1 Mark Hamersly  
2 Karl Savage  
3 Micheal Didio  
3 Mark Stallings

1 Greg Prosser  
2 Mike Carriglito  
3 Bruce Barker

1 Terry Kelly  
2 Ben Nicholson  
3 Michael Kimmel

1 Matt Sandercock  
2 Phil Sundin  
3 Brandon Hamilton

1 Jim Sery  
2 John Carroll  
3 Thomas Jermyn  
3 Michael Precopio  
3 Matt Wilson

50-54   1 Kyra McGrath  
2 Shelley Hill  
3 Carole Feole

55-59   1 Carolyn Bujak  
2 Jean Lizzio

60-64   1 Joy Hampton  
2 Deborah Compton  
3 Diane Hardies

65-69   1 Ann Warsing  
2 Ronnie Levy

70-74   1 Rita Alles  
2 Gloria Jenkins

75-79

80-84   1 Shirley Simmers

1 Greg Vitali  
2 Epi Camacho  
3 Jeffrey Painter

1 David James  
2 Jim Berger  
3 Kent Prizer

1 Daniel Simmons  
2 Rory McManus  
3 Gene Dykes

1 Thomas Jennings  
2 Louis Coppens  
3 Bob Taggart

1 Jim Flanagan  
2 Jim Durkin  
3 Bruce Gilbert

1 Patrick Nutt  
1 John Schultz

1 Joseph Havlick

## 10-Event Participants

Carolyn Bujak  
Dean Coffin  
Shelley Hill  
David James  
Terry Kelly

Dawn Kempton  
Doreen McCoubrie  
Robert Schuler  
Ian Stevenson  
Gregory Vitali

## 7- to 9-Event Participants

Eleanor Beason (8)  
Robert Bezgin (8)  
Michael Bizal (7)  
Julie Deery (8)  
Dawn Deitch (7)  
Jim Flanagan (8)  
Mark Hamersly (7)  
Joy Hampton (7)  
Thomas Jennings (8)  
Edward Maher (8)  
Kevin Matthews (8)  
Mary Matthews (8)  
Tom McGinley (7)

Kyra McGrath (8)  
Michael McGrath (8)  
Rory McManus (8)  
Ben Nicholson (7)  
Kent Prizer (9)  
Chantal Reme' (7)  
Jennifer Ropka (8)  
Donna Ruberti (8)  
Steve Sawyer (9)  
Jim Sery (8)  
Daniel Simmons (7)  
Dirk Sweigart (7)  
Lisa Valeriani (9)

## THE 2009 MAUSATF AWARDS

## OFF-ROAD, CROSS COUNTRY, CLUB CHALLENGE

## Off-Road Series

	<u>Female</u>	<u>Male</u>
Open	1 Helen Cheung 2 Barbara Mongiovi 3 Sharon Schmidt-Mongrain	1 Daryl Weaver 2 Joshua Loren 3 Derek Schultz
Masters	1 Lorri Fencer 2 Julie Deery 3 Bonnie Stoeckl 3 Anne Hessel	1 Jeffrey Hayes 2 Scott Brockett 2 Mike Dolan
Senior	1 Diane Hardies	1 Fred Shufflebarger 2 Gene Dykes 3 Ted Hardies 3 Daniel Simmons
All-Event Certificate		Tom Jermyn

## USATF Masters LDR Phidippides Gold Awards

Brian Kunz	Wendy Mastropolitto
David McCorquodale	Sharon Ruth

## Cross-Country Series

<u>Female</u>	<u>Male</u>
Phyllis Yester Colleen Forshee Cheryl Bellaire Linda Hawke Breezy Sweeney Gabrielle Coco Diane McManus	Chuck Shields Bob Rimkis Bob Torchia Bruce Gilbert Steve Sawyer John Carroll Jeff Hayes Paul Reilly

## Club Challenge

<u>Grand Prix</u>	
South Jersey Athletic Club (\$1000)	3,996.402
Runaway Success (\$700)	3,970.985
Pike Creek Valley RC (\$500)	3,863.500
Downingtown Running Club (\$300)	3,815.515
Greater Philadelphia TC (\$200)	3,783.950
Pineland Striders (\$100)	3,544.970

<u>Off-Road Series</u>	
Rosemont Running Club (\$500)	2,302.961
Pike Creek Valley RC (\$350)	2,248.085
Pineland Striders (\$250)	1,988.135
Greater Philadelphia TC (\$150)	1,350.079
Wissahickon Wanderers (\$100)	908.819



Steve Clarke, left, and other Rosemont Running Club members celebrate their Club Challenge victory.

## LOOKING BACK: THE CLASS OF 1982

*Pennsylvania high school track and field has never seen anything quite like it – a remarkable year of competition and a remarkable quartet of female athletes who produced records that still stand today. In a three-part series, **NEELY SPENCE** – herself a world-class cross-country runner – looks back on the beginnings of the Class of 1982. To read the story, please click or copy and paste this link:*

**<http://pa.milesplit.us/articles/15899>**





# Feick Enters Masters Hall Of Fame

Continued from **Page 1**

to honor the new awardees.

Feick was previously inducted into the Tri-County Chapter of the Pennsylvania Sports Hall of Fame (1989) and into the Albright Athletics Hall of Fame (1998).

Feick played sports in high school, college and the Army, coached in the 1960s, and has competed in Masters-level track and field for 30 years.

Feick has competed all over the world, from China to South Africa, Norway, Germany, England, Canada, Finland, Australia, Switzerland and Japan.

The list of his throwing accomplishments goes on and on. Twelve World Games titles, 18 total World Games medals; 33 gold, 10 silver, six bronze WMAN (World Masters Association) American/Caribbean medals; 12 National Masters Championships and seven American records.

Feick has additionally served as a USATF Masters-level official in South Africa, Australia, Mexico, Canada, Puerto Rico, the Penn Relays and more than a dozen high-profile college meets, and has been a PIAA official in a number of sports for 20 years.

Sports has been part of life from the time he could walk and toss a ball.

"I enjoy competition," he said. "I went into a diet contest one time and they said I'm so competitive, I would cut my arm off to make sure to win. I like a challenge and I work at it in order to do my best, whatever it is. I've just been competitive all my life.

"I grew up with seven brothers and two sisters, so we had a lot of competition right in the family. My brother Roy won the 1956 mile on the state level with a 4:31. ... Every one of my brothers had some kind of an athletic ability, and we all went out for sports."

A 1949 Birdsboro High School graduate, Feick played soccer, basketball and baseball in high school. He was drafted in 1952 during the Korean War and played basketball and baseball in the First Army in the New York area.

He attended Albright College from 1955-58, where he switched to track and field and instantly became a standout, coming fifth in the javelin and sixth in the

discus at the Mid-Atlantic Championships, qualifying for the IC4A Championship meet.

After graduating, he became the Pottstown High School cross-country head coach from 1958-63, interrupted by a year to earn a master's degree in mathematics from Ohio University in 1961. During his tenure, Pottstown won 32 of 33 dual meets, three Ches-Mont League titles, two District 1 championships and placed sixth at states. He also coached track and field at Albright College for three years.

Feick left the area for a few years, serving as an assistant professor at Moravian College from 1963-66, where he again coached cross country. He returned to Pottstown in 1966, this time as assistant superintendent. He was named superintendent in 1970 and served in that post until he retired in 1991.

"From '66 until 1980, I was really out of sports officiating because I was a superintendent," he said. "You put 60, 65 hours a week in when you're an administrator — at least I did — so I gave up officiating,"

But he didn't give up sports, finding racquetball in the 1970s. "That was a favorite sport of mine. I loved racquetball," he said.

Feick's Masters throwing career started when a friend invited him to compete in a Masters meet at Muhlenberg High School in 1981. Feick threw the shot put and javelin and did well.

Someone told him about a Hammer Throw-A-Thon in Illinois and he went. Hammer throwing was new to him, but he liked it and again instantly did well.

"Some people spin three times, Feick said. "But because of my discus (background), I guess, I spin one time with the hammer. It's just kind of a natural thing for me. I love the hammer. I have the national record for the hammer when I was 75 and still hold it."

He had his right knee replaced a year ago and took a few months off to heal before coming back and throwing like his old self. And he has no intention of slowing down.

In March alone, Feick entered four championship meets, including the World Masters Association Indoor Championship in Kamloops, Canada. He entered 14 events altogether and won 14 medals — 10 gold, three silver and one bronze.

# Indoor Developmental Championship Results

Here are the results of the 2010 USATF Mid-Atlantic Association's Indoor Developmental Championship, held Jan. 3 at Swarthmore College.

## SUB-BANTAM GIRLS

### 55 Meter Dash

1	Amari Boddie, Southwest	10.5
2	Nyashia Cooper, Unattached	10.8
3	Jera May-Woodfolk, St. Luke's Spirit	13.1
4	Najah Gueye, Oaklane	13.2

### 200 Meter Dash

1	Amari Boddie, Southwest	41.0
2	Jera May-Woodfolk, St. Luke's Spirit	48.9
3	Najah Gueye, Oaklane	56.8
4	Amirah Ali, Oaklane	57.2

### 400 Meter Dash

1	Azaria Luckey, Oaklane	1:35.6
2	Aaliyah Ingram, Oaklane	1:40.4
2	Miala Mikell, Oaklane	1:40.4
4	Amari Boddie, Southwest	1:49.0
5	Nyashia Cooper, Unattached	1:55.6
6	Alaysia McIntosh, Oaklane	2:03.3

### 800 Meter Run

1	Azaria Luckey, Oaklane	3:30.6
2	Miala Mikell, Oaklane	3:31.2
3	Alaysia McIntosh, Oaklane	4:22.5

### 4x200 Meter Relay

1	Oaklane: Amirah Ali, Assamaou Gakou, Aaliyah Ingram, Alaysia McIntosh	3:00.0
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### Long Jump

1	Nyashia Cooper, Unattached	1.97m
2	Nyla Richards, Oaklane	1.59m

## BANTAM GIRLS

### 55 Meter Dash

1	Jada Durham, Fast Cats	8.9
2	Rodnay Woodland, Fast Cats	9.1
3	Tanyi Tann-Forbes, Fast Cats	9.7
4	Kashay Fogle, Southwest	9.8
5	Natalie Holland, Unattached	10.0
6	Imani Wyatt, Wyatts Winners	11.3

### 200 Meter Dash

1	Jada Durham, Fast Cats	34.3
2	Janaiah Jackson, Fast Cats	35.3
3	Tanyi Tann-Forbes, Fast Cats	36.0
4	Kashay Fogle, Southwest	38.4
5	Assamaou Gakou, Oaklane	45.8
6	Imani Wyatt, Wyatts Winners	46.5
7	Kana Gueye, Oaklane	47.1

### 400 Meter Dash

1	Rodnay Woodland, Fast Cats	1:23.3
2	Janaiah Jackson, Fast Cats	1:26.4
3	Sydney Dickerson, Fast Cats	1:26.6
4	Jame May-Woodfolk, St. Luke's Spirit	1:28.8

5	Kashay Fogle, Southwest	1:43.0
6	Kana Gueye, Oaklane	2:10.8

### 800 Meter Run

1	Sydney Dickerson, Fast Cats	3:18.3
2	Jame May-Woodfolk, St. Luke's Spirit	3:26.7

### 4x200 Meter Relay

1	Fast Cats: Sydney Dickerson, Jada Durham, Janaiah Jackson, Rodnay Woodland	2:37.5
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### High Jump

1	Natalie Holland, Unattached	1.04m
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### Long Jump

1	Natalie Holland, Unattached	3.25m
2	Tanyi Tann-Forbes, Fast Cats	2.76m

## MIDGET GIRLS

### 55 Meter Dash

1	Jasne Wilmer, Fast Cats	8.8
2	Carola Pellegrino, Unattached	9.4
2	Shamirah Grady, Southwest	9.4
4	Stenasia Grady, Southwest	11.2

### 200 Meter Dash

1	Jasne Wilmer, Fast Cats	31.6
2	Deja Woodard, Fast Cats	36.0
3	Yasmeen Ali, Oaklane	37.2
4	Shamirah Grady, Southwest	38.0
5	Stenasia Grady, Southwest	38.9

### 400 Meter Dash

1	Yasmeen Ali, Oaklane	1:29.7
2	Stenasia Grady, Southwest	1:38.2
3	Shamirah Grady, Southwest	1:39.0

### Long Jump

1	Carola Pellegrino, Unattached	3.14m
2	Deja Woodard, Fast Cats	2.95m

### Shot Put 6 lb.

1	Jasne Wilmer, Fast Cats	7.36m
2	Deja Woodard, Fast Cats	5.72m

## YOUTH GIRLS

### 55 Meter Dash

1	Johnasia Lewis, Fast Cats	7.9
2	Leslie Alstonii, St. Luke's Spirit	7.9
3	Tajanae Boone, Fast Cats	8.0

### 200 Meter Dash

1	Johnasia Lewis, Fast Cats	28.3
2	Leslie Alstonii, St. Luke's Spirit	29.9
3	Tane Chavis-Lusby, Fast Cats	33.5

### 400 Meter Dash

1	Gionni Jackson, Fast Cats	1:13.0
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2	Katharin Hastings, Fast Cats	1:14.3
3	Tane Chavis-Lusby, Fast Cats	1:26.1

### 1500 Meter Run

1	Katharin Hastings, Fast Cats	5:18.3
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### 55 Meter Hurdles

1	Gionni Jackson, Fast Cats	9.6
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### 4x200 Meter Relay

1	Fast Cats: Tajanae Boone, Taneisha Chavis-Lusby, Gionni Jackson, Johnasia Lewis	2:16.2
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### Shot Put 6 lb.

1	Tajanae Boone, Fast Cats	8.10m
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## SUB-BANTAM BOYS

### 55 Meter Dash

1	Daishain Womack, Fast Cats	9.7
2	Kevin Shields, Unattached	10.3
2	Dontrae Maddox, Fast Cats	10.3
4	Thomas Shields, Elite Runners	10.4
5	Daquan Jackson, Southwest	10.8
6	Thomas Lofton, St. Luke's Spirit	11.2

### 200 Meter Dash

1	Daishain Womack, Fast Cats	36.6
2	Kevin Shields, Unattached	40.0
2	Daquan Jackson, Southwest	40.0
4	Thomas Lofton, St. Luke's Spirit	40.2
5	Thomas Shields, Elite Runners	41.1
6	Dontrae Maddox, Fast Cats	41.9
7	Dominic Newman, Southwest	45.8
8	Bryce Prior, Oaklane	47.0
9	Dominique Wyatt, Wyatts Winners	58.8
10	Tymir Barnes, Southwest	1:12.7

### 400 Meter Dash

1	Dylan Vella, Elite Runners	1:32.6
2	Amiel Joe, Fast Cats	1:34.0
3	Daquan Jackson, Southwest	1:34.7
4	Dominic Newman, Southwest	1:43.2
5	Devon Green, Fast Cats	1:56.3
6	Bryce Prior, Oaklane	1:57.0

### 800 Meter Run

1	Dylan Vella, Elite Runners	3:25.3
2	Markee Hamilton, Fast Cats	3:51.4
3	Amiel Joe, Fast Cats	3:51.5

### 1500 Meter Run

1	Markee Hamilton, Fast Cats	7:05.3
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### 4x200 Meter Relay

1	Fast Cats: Devon Green, Markee Hamilton, Amiel Joe, Daishain Womack	2:58.5
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## Indoor Developmental Championship Results (continued)

Long Jump		4x200 Meter Relay		7 Malik Rush, Running Rebe 6:40.9	
1 Kevin Shields, Unattached	2.34m	1 Fast Cats: Jalen Bailey, Jordan Berry, Makhi Swanson, Tayjeem Woodland	2:33.6	8 Taahir Moore, Fast Cats	6:58.2
2 Dontrae Maddox, Fast Cats	1.78m	Long Jump		55 Meter Hurdles	
<b>BANTAM BOYS</b>		1 Matias Pellegrino, Unattached	3.83m	1 Dale Womack, Fast Cats	10.9
55 Meter Dash		2 Akeem Cooper, Unattached	3.70m	2 Dahmir Pearson, Fast Cats	11.8
1 Brandon Laraque, Elite Runners	8.0	3 Chase Shields, Unattached	3.54m	3 Taahir Moore, Fast Cats	12.5
2 Akeem Cooper, Unattached	8.1	4 Isaiah Gibson, Fast Cats	2.47m	4 Kelly Deleon, Unattached	12.6
3 Matias Pellegrino, Unattached	8.4	5 Erik Ashley, Fast Cats	2.10m	4x200 Meter Relay	
4 Jordan Berry, Fast Cats	8.5	Shot Put 6 lb.		1 Fast Cats: Jonathan Bailey, Kyleir Bell, Dahmir Pearson, Dale Womack	2:15.6
5 Chase Shields, Unattached	8.8	1 Nasir Johnson, Fast Cats	4.65m	High Jump	
6 Nasir Johnson, Fast Cats	9.0	2 Kerrieum Price, Fast Cats	4.57m	1 Kelly Deleon, Unattached	1.07m
200 Meter Dash		<b>MIDGET BOYS</b>		Long Jump	
1 Matias Pellegrino, Unattached	32.5	55 Meter Dash		1 Jonathan Bailey, Fast Cats	3.17m
2 Akeem Cooper, Unattached	32.7	1 Jonathan Bailey, Fast Cats	8.4	2 Holland Toler, Unattached	3.12m
3 Chase Shields, Unattached	32.9	2 Christopher Wells, Southwest	8.5	3 Taahir Moore, Fast Cats	3.02m
4 Brian Santana, Elite Runners	33.9	3 Andrew Loftonjr, St. Luke's Spirit	9.1	4 Malik Rush, Running Rebe	2.95m
4 Erik Ashley, Fast Cats	33.9	4 Isaiah Ruffin, Southwest	9.6	Shot Put 6 lb.	
6 Nasir Johnson, Fast Cats	34.6	5 Justice Smith, Fast Cats	10.6	1 Nyjere Hodges, Fast Cats	4.92m
7 Joshua Moorehead, Elite Runners	35.4	6 Jordan Jackson, Elite Runners	10.8	2 Holland Toler, Unattached	4.81m
8 Shon Nelson, Southwest	35.9	200 Meter Dash		3 Justice Smith, Fast Cats	4.78m
9 David Hall, Elite Runners	37.7	1 Rashad Woodland, Fast Cats	31.3	4 Deandre Wilson, Fast Cats	4.65m
10 Kwaseem Grady, Southwest	38.5	2 Dale Womack, Fast Cats	31.9	5 Kelly Deleon, Unattached	4.45m
400 Meter Dash		3 Christopher Wells, Southwest	33.0	<b>YOUTH BOYS</b>	
1 Markus Bagley, Elite Runners	1:18.2	4 Andrew Loftonjr, St. Luke's Spirit	34.8	55 Meter Dash	
2 Trey Rogers, Elite Runners	1:20.0	5 Isaiah Ruffin, Southwest	36.3	1 Solomon Lee, Fast Cats	10.3
3 Jalen Bailey, Fast Cats	1:21.5	6 Deandre Wilson, Fast Cats	37.0	200 Meter Dash	
4 Lawerance Prior, Oaklane	1:21.8	7 Jordan Jackson, Elite Runners	43.7	1 Bryant Roberts, Oaklane	26.6
5 Brandon Laraque, Elite Runners	1:22.3	400 Meter Dash		2 Solomon Lee, Fast Cats	28.0
6 Shon Nelson, Southwest	1:24.4	1 Dahmir Pearson, Fast Cats	1:10.2	3 Duane Grimes, Fast Cats	30.0
7 David Benoit, Elite Runners	1:25.5	2 Christopher Wells, Southwest	1:19.2	400 Meter Dash	
8 Erik Ashley, Fast Cats	1:26.5	2 Sabur Tonic, Fast Cats	1:19.2	1 Duane Grimes, Fast Cats	1:11.4
9 Makhi Swanson, Fast Cats	1:31.7	4 Nyjere Hodges, Fast Cats	1:21.3	2 Khadeir Hamilton, Fast Cats	1:25.6
10 Joshua Moorehead, Elite Runners	1:33.5	5 Andrew Loftonjr, St. Luke's Spirit	1:28.6	800 Meter Run	
11 Kwaseem Grady, Southwest	1:35.0	6 Isaiah Ruffin, Southwest	1:30.7	1 Bryant Roberts, Oaklane	2:21.5
800 Meter Run		800 Meter Run		2 Anthony Mercoli, Unattached	2:38.5
1 Markus Bagley, Elite Runners	2:50.1	1 Keith Gray, Elite Runners	2:51.4	3 Samuel Mercoli, Unattached	2:40.8
2 Tahjeem Woodland, Fast Cats	2:58.3	2 Kyleir Bell, Fast Cats	2:55.3	4 Rahdeein Dixon, Fast Cats	2:41.0
3 Trey Rogers, Elite Runners	2:59.7	3 Rashad Woodland, Fast Cats	3:00.7	5 Tejeswar Tadi, Elite Runners	3:04.9
4 Isaiah Gibson, Fast Cats	3:00.0	4 Ryan Minor, Elite Runners	3:04.9	6 Xavier Gibson, Fast Cats	3:21.6
5 David Benoit, Elite Runners	3:00.2	5 Dante Wyatt, Wyatts Winners	3:07.6	1500 Meter Run	
6 Lawerance Prior, Oaklane	3:00.5	6 Malik Rush, Running Rebe	3:09.8	1 Samuel Mercoli, Unattached	5:10.6
7 Asim Richards, Oaklane	3:04.5	7 Sabur Tonic, Fast Cats	3:16.7	2 Rahdeein Dixon, Fast Cats	5:15.0
8 Makhi Swanson, Fast Cats	3:21.4	8 Joshua Austin, Running Rebe	3:34.0	3 Andrew Shaw, Unattached	5:20.2
9 Joseph Gibardi, Elite Runners	3:33.9	1500 Meter Run		4 Anthony Mercoli, Unattached	5:30.1
1500 Meter Run		1 Keith Gray, Elite Runners	5:48.5	5 Tejeswar Tadi, Elite Runners	6:16.3
1 Isaiah Gibson, Fast Cats	5:53.8	2 Kyleir Bell, Fast Cats	5:53.9	6 Xavier Gibson, Fast Cats	6:30.0
2 Asim Richards, Oaklane	5:54.6	3 Dandre Pagan, Fast Cats	5:56.6	55 Meter Hurdles	
3 Jalen Bailey, Fast Cats	5:59.7	4 Ryan Minor, Elite Runners	5:57.3	1 Khadeir Hamilton, Fast Cats	11.3
4 Joseph Gibardi, Elite Runners	6:38.2	5 Holland Toler, Unattached	6:02.7	Long Jump	
		6 Dante Wyatt, Wyatts Winners	6:33.6	1 Solomon Lee, Fast Cats	4.21m
				2 Rahdeein Dixon, Fast Cats	3.86m
				Shot Put 4kg	
				1 Khadeir Hamilton, Fast Cats	5.99m

MID-ATLANTIC ASSOCIATION NOTES

**NORM, NORM and DELORES:** Norm Green, longtime emcee of the MAUSATF annual awards, poses with himself (a cardboard cutout, actually), and his wife Delores at this year's awards luncheon in January. Norm has stepped down as Long-Distance Running chair after two decades, but continues as treasurer and membership chair.



**USATF  
MID-ATLANTIC**  
PO Box 662  
Southeastern, PA  
19399-0662

**UPCOMING MID-ATLANTIC MEETINGS**

- May 26, Executive Committee: Villanova University, 7:30 p.m.
- June 16, Association Quarterly Meeting: Villanova University, 7:30 p.m.
- Aug. 25, Executive Committee: Villanova University, 7:30 p.m.
- Nov. 17: Executive Committee, Villanova University, 7:30 p.m.
- Dec. 15: Association Quarterly Meeting, Villanova University, 7:30 p.m.

**USATF Mid-Atlantic Executive Committee**

- |  |   |
|--|---|
| <b>A. Monique White</b> – President        | <b>Mike Hemsley</b> – Law/Legislation         |
| <b>Mike Hemsley</b> – Vice President       | <b>Bob Delambily</b> – Budget/Finance         |
| <b>Mary Braverman</b> -Financial Secretary | <b>Norman Green</b> – Membership              |
| <b>Ken Yerger</b> – Secretary, Officials   | <b>Celeste Battle</b> – Youth                 |
| <b>Norman Green</b> -- Treasurer           | <b>Ray Feick</b> – High Performance           |
| <b>Ed Callahan</b> – Past President        | <b>Robin Jefferis</b> - Long-Distance Running |

**About USATF Mid-Atlantic**

Mid-Atlantic is the local association for USA Track & Field (USATF), which is the National Governing Body for track and field, long-distance running and race walking in the United States.

USATF Mid-Atlantic serves the State of Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon, and Bedford counties, and the State of Delaware, as well as our membership in New Jersey.

We're on the Web!  
See us at  
[www.mausatf.org](http://www.mausatf.org)

