

Mid-Atlantic Quarterly

THE NEWSLETTER OF USATF MID-ATLANTIC

SECOND QUARTER / JUNE 2010



Hammer Record, 200 Meters Highlight Championships

Throwing events star Oneithea “Neni” Lewis added to her string of world records in one of the highlights of the Mid-Atlantic USATF Outdoor Open and Masters Championships on June 12.

Lewis, 50, threw the hammer 53.14 meters to set an outdoor world record for the women’s 50-54 age group, shattering the record of 51.73 meters held by Australian M.-Leena Parviainen in 1998.

Lewis, who lives in Oakland Gardens, N.Y., and competes for the Shore Athletic Club, already owns the world hammer throw record, along with the records for weight throw and throws

pentathlon, in the 40-44 and 45-49 age groups. She also holds several American records in the shot put and throw events. She was described in a New York Times story in 2003 as “the unchallenged queen of her athletic realm.”

Another hammer thrower, Ashley Harbin, 24, qualified for the U.S. Olympic Trials, winning the visitor’s gold medal with a throw of 62.64 meters.

The championships, sanctioned by Mid-Atlantic USATF and hosted by the Philadelphia Masters Track & Field Association, were staged at Widener

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ON THE WEB

www.mausatf.org

Jamaican star Edino Steele, left, and NCAA record-holder Eric Woodruff set a scorching pace in the 200 meters at the MAUSATF Outdoor Championships June 12 at Widener University. Steele won the visitor’s gold medal, edging Woodruff, who took the MAUSATF gold.



A Mid-Atlantic Sweep

MAUSATF Members Dominate At Valley Forge

“The footing was really atrocious. I loved it. I really like cross-country; you’re one with the mud.”

~ Lynn Jennings
after winning
the 1984 cross-
country nationals



FROM LEFT: Martinson, Fasulo and Ward pose with Revolutionary War re-enactor.



FROM LEFT: Howard, Pritz and McCoubrie on the stand.

USATF Mid-Atlantic members took the top three places among both the men and the women at the fifth annual Valley Forge Revolutionary Five-Mile Run on April 18.

Jonathan Fasulo of Ardmore, Pa., won the men’s division in 25:23. Ross Martinson of Conshohocken, Pa., came second and Patrick Ward of Philadelphia was third.

The top women’s finisher was Molly Pritz of Williamsport, Pa., in 28:02, more than two minutes ahead of second-place Samantha Howard of Lancaster, Pa., and third-place Doreen McCoubrie of Malvern, Pa.

Photos by **US CANDIDS**
/ www.uscandids.com

Competition Heating Up

Grand Prix Series

2010 has proven to be the most competitive year for clubs since the inception of the Club Challenge.

The lead has changed four times since the start of the year. Here are the standings after four races:

CLUB CHALLENGE

1. South Jersey Athletic Club	1,600
2. Downingtown RC	1,584
3. Runaway Success	1,580
4. Greater Philadelphia TC	1,572
5. Pike Creek Valley RC	1,563
6. Bryn Mawr Running Club	1,551
7. Pineland Striders	1,414
8. Athena Track Club	1,193
9. Moorestown Distance Running Project	1,181
10. Rosemont Running Club	1,107
11. TNT Racing International	716
12. Breakneck Track Club	347

INDIVIDUAL STANDINGS

Male

1. Scott Lebo	340
2. Greg Vitali	320
3. Peter Bittinger	312
4. Robert Ferrante	306
5. Brian Sullivan	305
6. Daniel Simmons	301
7. Ben Nicholson	298
8. Mark Frazza	296
9. Terry Kelly	296
10. Tom Jennings	295

Female

1. Carolyn Bujak	337
2. Samantha Howard	318
3. Julie Hankin	317
4. Deborah Compton	309
5. Amy Weiner	298
6. Robin Jefferis	294
7. Mary Matthews	289
8. Doreen McCoubrie	264
9. Dawn Kempton	260

LONG DISTANCE RUNNING NEWS

Robin Jefferis

Off-Road Series

The Greater Philadelphia Track Club leads the Off-Road Series after four events. The next event is the Double Trouble 15K Trail Run on June 27. The race starts at 9 a.m. at French Creek State Park in Morgantown, Pa. Here are the standings after four events:

CLUB CHALLENGE

1. Greater Philadelphia Track Club
2. Pike Creek Valley Running Club
3. Wissahickon Wanderers
4. Rosemont Running Club
5. Pineland Striders

INDIVIDUAL STANDINGS

Open Female

Polly Jensen	6
Tara Haung	5
Sharon Schmidt-Mongrain	5

Masters Female

Julie Deery	10
Missy Wietlisbach	5
Lorri Fancer	3
Roberta Brown	3
Joan Hunter	3

Grand Masters Female

Bonnie Stoeckl	10
Jean Lizzio	7
Melanie Marinaccio	5
Shelley Hill	5

Seniors Female

Diane Hardies	15
Deborah Compton	5

Open Male

Daryl Weaver	13
Josh Loren	9
Dennis O'Connor	5

Masters Male

Tom Jermyn	11
Scott Brochett	10
Jim Rayburn	8

Grand Masters Male

Jeff Hayes	15
Jay Miers	11
Tom Steenkamer	5

Seniors Male

Fred Shufflebarger	15
Randolph Clever	8
Ted Hardies	6

“The race is not always to either the swift or the strong, but to the clever, the skillful, and the constantly wary.”

~Arthur Lydiard



Continued on next page

Turnout Down At Indoor Meet

As reported in the Mid-Atlantic Quarterly in December, it was necessary this year (due to facility non-availability) to conduct the MAUSATF Open/Masters Indoor Championship Meet at three locations on three dates.

The field events were contested March 7 at Albright College, the track events March 21 at Glen Mills Schools, and the racewalk in February at the MAUSAT-NJ Championships.

It was anticipated that this would result in lower attendance – and that is what happened. Overall, on an events-contested basis (not an athlete count, but a sum of events competed in by the aggregate group of athletes) participation fell 40 percent – from 298 in 2009 to 180 this year.

Normally the breakdown of MAUSATF vs. visiting athletes is close to 50-50, but this year the split was about 75-25. Although we don't have the breakdown for 2009, the best guess is a 10-15 percent decline in attendance by MAUSATF athletes this year and a 70-80 percent fall among visiting athletes. Also, the percentage decline was greater among Open athletes (down 58 percent) than among Masters (down 36 percent).

HIGH PERFORMANCE NEWS

Joel Dubow

There was a noticeable difference in the declines by event types:

Track (excluding racewalk): Down 38%

Jumps: Down 75%

Throws: Down 4%

It appears that the jumps, especially the long jump and triple jump, suffered for not being scheduled together with the track events; but the throws hardly suffered at all. Among the track events, the hurdles declined the most, 72 percent (from 11 competitors to three); but the 3000m had only one runner less (15 vs. 16), for a decline of only 6 percent.

For the race walk, 2009 saw nine athletes compete when the event was held at Ursinus College, but only one was a MAUSATF athlete. Two MAUSATF members contested the event in 2010 with its move to being nested into the NJ meet.

The meet results will be available at the Philadelphia Masters Track Association website: www.pmtf.net.

"It's a strange feeling to break a world record and still lose."

~Glenn Cunningham,

after his 3:48.0 1500, losing to Bill Bonthron by one-tenth of a second



Long Distance Running News

Continued from previous page

Cross Country Schedule

The USATF Mid-Atlantic second annual Cross Country Race Series will have four events and once again will offer cash prizes. Here is the schedule. Dates for the third and fourth races have not yet been announced.

Aug. 22: West Chester XC Races, 5K, Westtown School.

Sept. 18: Chestnut Hill School XC, 3 miles, Chestnut Hill School.

September: Saint Clair Memorial XC, women 6,000 meters, men 5 miles, Belmont Plateau.

October: Philadelphia Catholic League Open, 5,000 meters, Belmont Plateau.

For more information on these races, go to home.comcast.net/~maher/html/mid-atlantic-ldr.htm

LOGIN VIES IN WORLD CUP

We can be very proud of our world-class race walker, Solomiya Login of the Southeastern Pennsylvania Athletic Club, who competed in the IAAF World Race Walk Cup in Mexico last month after finishing second in the U.S. trials.

In 90-plus degrees and high humidity, at an altitude of 4,642 feet in the city of Chihuahua, Login finished 47th out of the 66 racers who represented the world's best.

Her time was 1 hour, 47 minutes and 43 seconds in the 20-kilometer race on a 2k loop course through the city streets. This was the best finish by an American woman in any World Games event since the 2008 Olympic Games.

The cup is the only world race walk competition in the Americas this year. The competition featured athletes from more than 60 countries, including the world record holders from Russia and Australia.

On April 11, Login placed second in the American women's open division at the USA team race walking trials on Long Island in Ronkonkoma, N.Y. Her time in the 20-kilometer race was 1:44:04 – a personal best. This was the second time she was selected for the U.S. team and the fifth time that a SEPAC athlete



Photo by Jeff Salvage

SOLOMIYA LOGIN passes a Spanish racer in the World Race Walk Cup in May.

RACE WALKING NEWS

Ed Richardson

has been selected as a U.S. team member in the past four years.

In March, Login won a 20km event in Houston in a time of 1:46:32 – apparently the fastest to that point in the year by an American woman.

Login was the Mid-Atlantic Association's 2009 athlete of the year.

Race Walker On U.S. Team

Jose Moncada, another SEPAC member, is one of two male athletes selected last week to the U.S. under-23 team that will compete July 11 in the North America Central America Caribbean Athletic Association Championship race in Miramar, Fla. The 20k race will feature the top athletes from the 12 member nations.

In May, Moncado won the open division 5k race held during the Masters 15k national championship race walk at Fairmount Park in Riverside, Calif. He won the 5k in an outstanding time of 22:26. Moncado, 21, is an incoming sophomore at La Salle University.

“The problem with big kickers is they often lose to other big kickers.”

~Harry Groves
Penn State coach



PHILADELPHIA TRACK PENTATHLON AND THROWS TRIATHLON

You Want Me To *What?*

(But really, don't all those road races run together in your mind?)

Are you brave enough – or crazy enough – to run five races in a single day?

Or, if you've always seen yourself as a javelin thrower, did you ever wonder if you could mix it up with the shot putters and discus throwers? Do you dream of beating the young, fast track star who leaves you in the dust in your local 5k? And, women, do you ever wonder what it would be like to out-kick all the men?

If the answer to any of these questions is yes, Philadelphia Athletic Charities in cooperation with the Greater Philadelphia Track Club has the competition for you: The Philadelphia Track Pentathlon and Throws Triathlon, a USATF-sanctioned meet.

Runners will compete in five track events, starting with the 3000 meters, followed (in the order listed) by the 800, the 200, the 1500 and the 400. Throwers will take a turn at the shot put, javelin and discus.

Since runners compete in five events, and throwers in three, everyone has a chance to excel in some events – and be

PHILADELPHIA ATHLETIC CHARITIES

Diane McManus

humbled in others. But since it's all events or none, your competition faces the same ups and downs.

The running events are 35 minutes apart, and the throwers receive four throws per implement (please bring your own implements). Points are calculated for each event, and awards are determined by total score for five events for runners or three events for throwers.

Think you have no chance against the youngsters? Think again! The competition is age graded, with cash prizes of \$100, \$75, \$50, \$25 going to the top four cumulative age-graded scores, and award certificates to the top 15, in both the Track Pentathlon and Throws Triathlon.

Thus, if you're 70, it's conceivable that you could beat your 35-year-old "kid," especially if the latter doesn't realize that you've secretly trained like Rocky. If you're female and you want a chance to show the men who's really the champ, the age-graded scoring will be your friend, since it factors in gender as well as age, and you are measured according to how close you are to the standard for your age/gender, allowing for a men vs. women competition. So let the battle of the sexes begin!

Both competitions will be held Aug. 15 at Gwynedd Mercy Academy High School (Larry Wilson Stadium) in Gwynedd Valley, Pa., starting at 8 a.m.

But don't wait! Entry is by preregistration

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"I will even try eating worms and caterpillar fungus. It might improve my jogging, and for sure it will improve my flossing."

**~Scott Ostler
San Francisco
Chronicle sports
columnist**

More Information

For more information or to register, visit www.fastcatsports.com or contact Kyle Mecklenborg: krmeck@verizon.net; 215-393-1382.

For questions about the throws triathlon, contact Ray Feick: rayfeick@dejazzd.com; 610-754-6007.

For information on Philadelphia Athletic Charities and other Fast Cat Sports timed events, contact Dave Thomas: thomasd611@yahoo.com; phone 215-487-0770.

Youth Program Goes Green

After many years of enduring long lines for advancement to the next level of the Junior Olympic series, the USATF Youth Division has developed an online entry system for the 2010 season.

"It is only fitting for the governing body of track and field to get with the times," said Lionel Leach, national youth chairman.

Parents and coaches will no longer wait in long lines after each meet to advance to the next round of the Junior Olympic series. After a meet, parents and coaches have 24 to 48 hours to advance athletes from home. The program even allows for move-ups if an athlete meets the special qualifying standard.

YOUTH NEWS

Celeste Battle

The youth division accepted bids from companies to develop an online system that is user friendly and meets the rules of the USATF Junior Olympic program. Coach "O" Registration got the job.

"I feel strongly that once our parents and coaches use the system, they will clearly understand our commitment to customer service," Leach said.

To enter the 2010 Junior Olympics, go to www.mausatf.org.

U.S. Record Set At Throw-a-Thon

The 10th annual Throw-a-Thon and Ultra-Weight Pentathlon was held at Albright College in Reading, Pa., on June 5 and 6. The competition included the Eastern Regional Championship for the throws weight pentathlon and the ultra weight pentathlon, and a super weight event.

The Throw-a-Thon, which involves 15 implements per athlete and 45 throws, drew 17 contestants. There were 16 in the East Regional Weight Throws Pentathlon and 16 in the East Regional Ultra Weight Pentathlon, with weights from 8.8 to 300 pounds. Twelve contestants threw individual implements as a single competition by age and sex.

THROWING NEWS

Ray Feick

Jim Wetenhall set an American record in the male-55 age level, throwing the 56-pound super weight 10.31 meters. Several other records were tentatively recorded but are awaiting recomputation.

Len Olson and Pay Carstensen, master throwers for 40 and 35 years, respectively, were honored at the meet. Volunteers from the TNT International Racing Club and the Greater Philadelphia Track Club assisted at the meet.

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only and is capped at 54 for runners and 32 for throwers.

Athletes will have first-class facilities, including a rubberized all-weather track and runway (1/4" spikes or flats only) and medical support. In addition, no one gets shut out of t-shirts, and extra shirts will

be available for sale as well. Timing chips? Who needs them? Since the field size is limited, you won't be fighting crowds and can run your goal pace from the start. The Ambler Olympic Club will provide concessions. All this for an entry fee of \$35, which helps support maintenance and signage of that classic cross-country racing site, Belmont Plateau.

"Road racing is rock 'n roll. Track is Carnegie Hall."

~Marty Liquori

***“Bid me run,
and I will
strive with
things
impossible.”***

**~Shakespeare
Julius Caesar**



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University in Chester, Pa., on Friday night and Saturday.

Another highlight was the duel between two world-class sprinters in the Open 200 meters. Jamaican Edino Steele won the visitor's gold medal in a time of 21.05 seconds, just ahead of Moravian College junior Eric Woodruff, who took the MAUSATF gold in 21.28 seconds.

Steele, 23, was on Jamaica's silver medal 4 x 400 relay team at the IAAF World Indoor Championships in 2008, and in March he placed fourth in a 400-meter semi-final at the World Indoor Championships.

Woodruff, 20, who attended Pius X and Pleasant Valley, is a two-time 200-meter NCAA Division III champion and set an NCAA meet record of 20.85 while qualifying this year.

LEFT: Mendissa Marshall of George Mason University took the women's pole vault gold.

BELOW: Matt Opilo won the MAUSATF gold, throwing the javelin 51.53 meters.



Photo by Yilmaz Satar

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 Class of 1982.*

To read the story, please click or copy and paste this link:

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

250 Compete At Junior Olympics

The 2010 USATF Mid-Atlantic Association Junior Olympic Championships were held June 19 at Swarthmore College in Pennsylvania. Over 250 athletes competed for the title of Mid-Atlantic Association Champion, with the top four qualifying to move forward to the Region 2 Junior Olympic Championships at Stockton College in Pomona, N.J., on July 8-11.

It was a hot day on the track and field, but everyone successfully and safely put forth their best efforts in competition. A special thank you goes to all the officials, volunteers and youth committee members who helped to make the event a success.

Best of luck to our Region 2 qualifiers at the July championships, where they will compete against the New Jersey, Three Rivers and Niagara Associations for a shot at Nationals. I know they will represent their families, teams, coaches and the association well as they go for top three in the Region.

The top three athletes out of the Region 2 Championship qualify to compete at the National Junior Olympics on July 27-Aug. 1 in Sacramento, Calif., against athletes from all over the country.

YOUTH NEWS

Celeste Battle

The USATF Junior Olympic Track & Field Championships is the most visible youth athletic development program in the world. Many of today's Olympic stars began their track and field careers competing in the USATF National Junior Olympic Track & Field Championships. For more information online, visit

www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships/.

As the Outdoor Junior Olympic Season comes to a close, stay tuned to www.mausatf.org for the 2010 USATF Mid-Atlantic Association Cross Country Junior Olympic Championships, which are tentatively set for Saturday, Nov. 6, in Philadelphia, at a location to be announced.

KEY TO CLUBS:

IH: Ivy Hill **NP:** Norristown PAL **SW:** Southwest
JE: Judah Elite **PO:** Pa Olivet **TC:** Tri County
JV: Juventus **RR:** Running Rebels **US:** United Stars
ND: Next Dimension **SL:** St. Luke Spirit **No code:** Unattached

MID-ATLANTIC JUNIOR OLYMPIC CHAMPIONSHIPS RESULTS

SUB-BANTAM GIRLS

100 Meter Dash

1 Jesikah Boykin, US 16.60
 2 Taylor Thomas, JV 17.79

200 Meter Dash

1 Jesikah Boykin, US 35.03
 2 Taylor Thomas, JV 36.94
 3 Kalise Mack, US 38.25

4 Jeramiya May-Woodfolk, SL 45.24

400 Meter Dash

1 Jesikah Boykin, US 01:21.3
 2 Kalise Mack, US 01:26.8
 3 Madison Wells, SL 01:32.0

4 Jeramiya May-Woodfolk, SL 01:44.4

800 Meter Dash

1 Madison Wells, SL 03:38.6
 2 Jeramiya May-Woodfolk, SL 03:46.3

Long Jump

1 Madison Wells, SL 1.67m

BANTAM GIRLS

100 Meter Dash

1 Jayana Webb, NP 14.21
 2 Jasmin Jones 14.21

3 Lindsey Wall 15.50
 4 Rickette Savior, NP 15.78

200 Meter Dash

1 Jasmin Jones 29.92
 2 Siani Sanders, NP 29.93

3 Selah Dixon, US 30.74
 4 Lindsey Wall 31.70

400 Meter Dash

1 Selah Dixon, US 01:09.3
 2 Charity Guy, NP 01:11.4
 3 Camille Kerrin, US 01:13.3

4 Dahliyah Culbreath, NP 01:14.9

800 Meter Run

1 Rebecca Wusinich, US 02:54.0
 2 Kaira Mack, US 02:56.6

3 Dahliyah Culbreath, NP 02:59.1
 4 Ashley Miles, SL 03:00.0

1500 Meter Run

1 Rebecca Wusinich, US 05:50.4
 2 Madison Cooper, NP 07:01.2

4x100 Meter Relay

1 Norristown PAL 58.55
 Lorraine Boggs

Dahliyah Culbreath

Siani Sanders

Jayana Webb

4x400 Meter Relay

1 Norristown PAL 05:09.9

Lorraine Boggs

Charity Guy

Siani Sanders

Jayana Webb

2 United Stars 05:11.2

Selah Dixon

Camille Kerrin

Kaira Mack

Saramichele Williams

Long Jump

1 Jasmin Jones 3.81m

2 Ashley Miles, SL 3.47m

Shot Put 6 lb.

1 Jessica Slagus 5.19m

MIDGET GIRLS

100 Meter Dash

1 Nya Boone, NP 13.63

2 Alexis Patterson, NP 14.93

3 Ariana Ruffin, US 16.15

200 Meter Dash

1 Nya Boone, NP 28.02

2 Alexis Patterson, NP 30.32

3 Ariana Ruffin, US 30.54

4 Martayja Hill, US 31.23

400 Meter Dash

1 Nya Boone, NP 01:04.3

2 Alexis Patterson, NP 01:11.2

3 Destiny Woods, US 01:11.6

800 Meter Run

1 Gabrielle Wilkinson, US 02:28.2

2 Lindsey Reina, NP 02:58.3

3 Tiarra Miles, SL 02:58.4

1500 Meter Run

1 Rachele St-Fleur, JV 05:20.1

2 Lindsey Reina, NP 05:49.5

3000 Meter Run

1 Kyra Carroll, US 11:05.7

2 Rachele St-Fleur, JV 11:12.5

4x400 Meter Relay

1 United Stars 05:00.1

Kyra Carroll

Martayja Hill

Ariana Ruffin

Gabrielle Wilkinson

4x800 Meter Relay

1 United Stars	11:21.8
Kyra Carroll	
Martayja Hill	
Gabrielle Wilkinson	
Destiny Woods	

Long Jump

1 Lindsey Reina, NP	3.70m
2 Tiarra Miles, SL	2.98m

YOUTH GIRLS**100 Meter Dash**

1 Jenny Bellefleur, JV	12.92
2 Leslie Alston, SL	13.44
3 Taryn Milbourne, SL	13.59
4 Briana Hall	13.77

200 Meter Dash

1 Jenny Bellefleur, JV	26.71
2 Braxton Spriggs, US	27.38
3 Briana Hall	28.68
4 Leslie Alston, SL	28.90

400 Meter Dash

1 Braxton Spriggs, US	01:00.3
2 Bria Ransom, US	01:00.5
3 Lyric Debro, US	01:04.0
4 Taryn Milbourne, SL	01:06.2

800 Meter Run

1 Amanda Tredway	02:31.4
2 Kanae Taylor, JV	02:32.9
3 Tiffani Belton, US	02:33.0
4 Alysa Hughes, NP	02:48.9

1500 Meter Run

1 Danae Colston, US	05:06.2
2 Kanae Taylor, JV	05:11.8
3 Lindsey Kane, US	05:12.3

3000 Meter Run

1 Danae Colston, US	10:48.7
2 Lindsey Kane, US	11:08.9

100 Meter Hurdles

1 Briana Hall	17.79
2 Stephanie Hedin, TC	22.40
3 Abena Asare, JE	25.50

200 Meter Hurdles

1 Abena Asare, JE	32.54
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4x100 Meter Relay

1 Norristown PAL	55.32
Kierra Carter	
Ashi Graves	
Alysa Hughes	
Kalyn Ramsey	

2 St Luke Spirit	55.90
Leslie Alston	
Aigner Bookard	
Taryn Milbourne	
Briyana Miles	

4x400 Meter Relay

1 United Stars	04:17.4
Tiffani Belton	
Danae Colston	
Lyric Debro	
Bria Ransom	

4x800 Meter Relay

1 United Stars	10:38.6
Tiffani Belton	
Danae Colston	
Lyric Debro	
Lindsey Kane	

High Jump

1 Briana Hall	1.45m
2 Abena Asare, JE	1.30m
3 Gabrielle Gieringer	1.10m

Long Jump

1 Gabrielle Gieringer	4.63m
2 Allison Lewis	4.59m
3 Leslie Alston, SL	4.49m
4 Aigner Bookard, SL	4.40m

Triple Jump

1 Gabrielle Gieringer	9.31m
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Shot Put 6lb.

1 Shai Gordon, JV	6.17m
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Discus Throw 1kg

1 Alysa Hughes, NP	20.60m
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Javelin Throw 600g

1 Alysa Hughes, NP	15.51m
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INTERMEDIATE GIRLS**100 Meter Dash**

1 Makenzie Wall	12.89
2 Zayna Milligan, NP	13.05
3 Sarah Larkin	13.21
4 Natasha Dorsica-Archil, PO	13.29

200 Meter Dash

1 Shanae Gee, US	26.18
2 Makenzie Wall	26.38
3 Zayna Milligan, NP	27.03
4 Natasha Dorsica-Archil, PO	27.31

400 Meter Dash

1 Kenesha Brown, US	58.78
2 Shanae Gee, US	58.93
3 Damirah Graham, US	01:02.1
4 Khalya Williams, US	01:02.4

800 Meter Run

1 Genevieve Gerhard	02:24.0
2 Rebecca Askins-Gast, US	02:26.8
3 Khalya Williams, US	02:28.4
4 Keila Mack, US	02:29.9

1500 Meter Run

1 Andrea Brown, JV	05:16.9
2 Rebecca Askins-Gast, US	05:29.5

3000 Meter Run

1 Andrea Brown, JV	11:36.0
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100 Meter Hurdles

1 Quieterrua Gross	16.02
2 Mikela Vann, JE	20.43

400 Meter Hurdles

1 Mikela Vann, JE	01:22.8
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4x400 Meter Relay

1 United Stars	04:11.7
Rebecca Askins-Gast	
Kenesha Brown	
Shanae Gee	
Arielle Latourette	

4x800 Meter Relay

1 United Stars	10:14.1
Rebecca Askins-Gast	
Kenesha Brown	
Shanae Gee	
Arielle Latourette	

Long Jump

1 Ashton Boyarsky	5.05m
2 Taylor Bynum-Bain, JV	5.04m
3 Savannah Britt, ND	4.37m
4 Quieterrua Gross	4.26m

Triple Jump

1 Taylor Bynum-Bain, JV	12.20m
2 Ashton Boyarsky	9.78m

Shot Put 4kg

1 Keyarah Jones, ND	9.78m
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2 Tiereney Tubbs	9.72m
3 Jennifer Slagus	9.55m
4 Jai-Lynn Williams, ND	7.41m

Discus Throw 1kg

1 Jennifer Slagus	34.90m
2 Keyarah Jones, ND	34.53m
3 Jai-Lynn Williams, ND	22.56m
4 Rachel Hoffing, ND	21.96m

Javelin Throw 600g

1 Tara Daniels	34.82m
2 Tiereney Tubbs	20.51m
3 Rachel Hoffing, ND	15.85m
4 Natalie Liles, ND	14.62m

YOUNG WOMEN**100 Meter Dash**

1 Danielle Smith, US	12.59
2 Haleima Hearne, JE	13.28
3 Dorothea Towson, PO	13.34
4 Christal Watkins, US	13.38

200 Meter Dash

1 Michelle Davis-Timothy, US	25.99
2 Rachel Chernaskey, TC	26.28
3 Dorothea Towson, PO	27.13
4 Christal Watkins, US	27.67

400 Meter Dash

1 Michelle Davis-Timothy, US	58.00
2 Elyse Wilkinson, US	58.77
3 Danielle Smith, US	59.44
4 Dorothea Towson, PO	59.76

800 Meter Run

1 Elyse Wilkinson, US	02:15.8
2 Kasia Taylor, JV	02:43.4

1500 Meter Run

1 Feleisha Wright, JV	05:08.1
2 Kristin Greenwood, US	05:36.4

3000 Meter Run

1 Feleisha Wright, JV	10:47.2
2 Kristin Greenwood, US	11:59.6

100 Meter Hurdles

1 Kaelie Johnson, ND	19.58
2 Frances Amparo, US	20.96
3 Jade Jefferson, ND	23.84

400 Meter Hurdles

1 Kaelie Johnson, ND	01:17.5
2 Frances Amparo, US	01:18.6

4x400 Meter Relay

1 United Stars	03:57.2
Yamira Bell	
Dominique Best	
Alyssa Cardillo	
Michelle Davis-Timothy	

High Jump

1 Jade Jefferson, ND	1.55m
2 Rachel Chernaskey, TC	1.50m

Pole Vault

1 Christina Pollick	2.75m
2 Devan Kerecman	2.45m

Long Jump

1 Rachel Chernaskey, TC	5.28m
2 Christal Watkins, US	4.75m

Triple Jump

1 Kirsten Schulte, TC	10.31m
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Shot Put 4kg

1 Brionn Holland-Milligan, NP	5.75m
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Javelin Throw 600g

1 Brionn Holland-Milligan, NP	14.43m
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SUB-BANTAM BOYS**100 Meter Dash**

1 Julian Talley, NP	16.14
2 Tremarr Williams, NP	16.88
3 Thomas Lofton, SL	17.74
4 Nicholas Waller	19.53

200 Meter Dash

1 Jaylin Miller, NP	34.18
2 Jordan McMichael, JE	39.00
3 Kyle Washington, SL	39.55
4 Nicholas Waller	41.16

400 Meter Dash

1 Stanley St-Fleur, JV	01:11.9
2 Kevin Lewis-Stevens, NP	01:21.5
3 Jordan McMichael, JE	01:23.8
4 Amir Price, SW	01:35.6

800 Meter Run

1 Stanley St-Fleur, JV	02:41.5
2 David Bellefleur, JV	02:47.5
3 Steven St-Fleur, JV	02:52.7
4 David Watson, NP	03:09.2

1500 Meter Run

1 David Bellefleur, JV	05:13.3
2 Steven St-Fleur, JV	05:47.9

4x100 Meter Relay

1 Norristown PAL	01:09.1
Jaylin Miller	
Julian Talley	
David Watson	
Tremarr Williams	

4x400 Meter Relay

1 Norristown PAL	05:48.9
Kevin Lewis-Stevens	
Jaylin Miller	
Julian Talley	
David Watson	

Long Jump

1 Thomas Lofton, SL	2.80m
2 Jordan McMichael, JE	2.48m
3 Kevin Lewis-Stevens, NP	2.39m

Shot Put

1 Tremarr Williams, NP	6.11m
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BANTAM BOYS**100 Meter Dash**

1 Myles Talley, NP	14.77
2 Robert Bush, JE	17.21
3 Andrew Maitski	18.47

200 Meter Dash

1 David Brown, NP	30.91
2 Ahmad Stone, NP	33.59
3 Kofi Asare, JE	34.77
4 Zachary Kardos	35.32

400 Meter Dash

1 Solomon Cooper, SW	01:16.9
2 Zachary Kardos	01:20.8
3 Lamar Hughes, NP	01:22.4
4 Andrew Maitski	01:26.6

800 Meter Run

1 Jerry Noel, JV	02:44.7
2 Shon Nelson, SW	03:01.7

1500 Meter Run		Shot Put 6lb.		400 Meter Dash		Javelin Throw 800g	
1 Jerry Noel, JV	05:16.1	1 Ean Beasley, SL	10.25m	1 Jordan May, SL	51.20	1 Cole Proffitt	43.25m
2 Daniel Cooper, NP	05:22.7	2 Malcolm Walker, NP	8.87m	2 Kenneth Lewis, ND	51.94	2 Brandon McCleese, ND	43.09m
3 Shon Nelson, SW	06:02.5	3 Andrew Lofton, SL	7.54m	3 Logan Bowman	52.20	3 Ethan Robinson, ND	19.54m
4x100 Meter Relay		Discus Throw 1kg		4 Lucas Benton	53.46		
1 Norristown PAL	58.84	1 Malcolm Walker, NP	21.60m	800 Meter Run		YOUNG MEN	
David Brown		Javelin Throw		1 Courtney Subero, NP	02:19.9	100 Meter Dash	
Gabriel Randall		1 Malcolm Walker, NP	33.21m	2 Mikal Fraser, SL	02:20.3	1 Tyler Smith	12.19
Ahmad Stone		2 Malik Rush, RR	23.64m	3 Christopher Koellner, ND	02:23.9	200 Meter Dash	
Myles Talley		3 Joshua Austin, RR	14.25m	1500 Meter Run		1 Keith Griffith, JV	22.17
4x400 Meter Relay		YOUTH BOYS		1 Brendan Shearn	04:31.3	2 Tyler Smith	22.57
1 Norristown PAL	05:01.4	100 Meter Dash		2 Khalil Taylor, JV	04:57.2	3 Eric Talford, PO	24.24
David Brown		1 Derek Piechota, TC	12.66	3000 Meter Run		4 Malik Gray, SL	26.54
Gabriel Randall		2 Kwadir Mack, US	13.30	1 Brendan Shearn	09:48.5	400 Meter Dash	
Ahmad Stone		200 Meter Dash		2 Khalil Taylor, JV	10:40.3	1 Keith Griffith, JV	48.31
Myles Talley		1 Derek Piechota, TC	26.05	400 Meter Hurdles		2 Colby Kutz, PO	51.41
Long Jump		2 Kwadir Mack, US	26.50	1 Tamir Jones, IH	01:05.3	3 Drew Hedin, TC	51.72
1 Kofi Asare, JE	3.41m	3 Devin Washington, SL	33.95	2 Dominique Irons, ND	01:08.6	800 Meter Run	
2 Gabriel Randall, NP	3.18m	400 Meter Dash		3 Christopher Koellner, ND	01:16.5	1 Harold Lamour, JV	02:09.4
3 Robert Bush, JE	2.85m	1 Kwadir Mack, US	01:02.8	4x100 Meter Relay		2 Drew Hedin, TC	02:11.6
Shot Put 6 lb.		2 Devin Washington, SL	01:23.5	1 Ivy Hill 'A'	44.23	3 Fady Bibaoui, ND	02:29.4
1 Tyrone Burroughs, JE	5.73m	800 Meter Run		Lindon Caesar		1500 Meter Run	
2 Tonne Ellis, NP	5.69m	1 Logan Miller	02:21.9	Donnell Morris		1 Khari Bowen, JV	04:24.0
3 Lamar Hughes, NP	5.58m	1500 Meter Run		Daryl Worley		2 Harold Lamour, JV	04:24.5
Javelin Throw		1 Stephen Garrett	04:40.6	Keith Young		3 Terrell Richardson, JV	04:48.9
1 Christopher Giles, RR	24.04m	2 Demond Brunache, JV	04:48.0	2 Ivy Hill 'B'	48.11	4 Eric Grego	04:57.3
2 Tonne Ellis, NP	18.27m	3 Logan Miller	05:11.9	Justin Broadwater		5000 Meter Run	
3 Lamar Hughes, NP	17.77m	3000 Meter Run		James Keith		1 Khari Bowen, JV	15:51.0
4 Tyrone Burroughs, JE	17.72m	1 Stephen Garrett	09:57.1	Tyrief Melfah		2 Jacob Kanavy	16:04.3
		2 Demond Brunache, JV	10:19.8	Brandon Smith		3 Aaron Wilkinson	16:28.4
MIDGET BOYS		100 Meter Hurdles		4x400 Meter Relay		4 Jordan Siddons	17:09.0
100 Meter Dash		1 Raheem Twyman	16.86	1 Ivy Hill 'A'	03:31.2	110 Meter Hurdles	
1 Nicholas Dillon, NP	14.14	2 Gerald Tench, ND	20.02	Maurice Broadwater		1 Darren McCluskey, ND	14.88
2 Christian Waller	14.46	200 Meter Hurdles		James Keith		2 Seth Robinson, ND	14.89
3 Brian Matunda	14.80	1 Raheem Twyman	28.39	Corey Kelley		3 Jordan Harris, ND	15.38
4 Christopher Maitski	14.97	2 Gerald Tench, ND	34.80	Daryl Worley		4 Donald House, ND	15.74
200 Meter Dash		High Jump		2 Ivy Hill 'B'	03:35.6	400 Meter Hurdles	
1 Christian Waller	29.30	1 Jordan Hamilton	1.55m	Lindon Caesar		1 Diamere Nabinett, JV	54.84
2 Charles Sanders, NP	30.24	2 Gerald Tench, ND	1.40m	Calvin Ellis		2 Jordan Harris, ND	56.00
3 Brian Matunda	30.63	Long Jump		Hakeem Ellis		3 Donald House, ND	56.14
4 Christopher Maitski	30.80	1 Craig Stanley	4.77m	Keith Young		4 Seth Robinson, ND	56.35
400 Meter Dash		2 Raheem Twyman	4.72m	4x800 Meter Relay		4x400 Meter Relay	
1 Shannon Carnard, NP	01:04.9	3 Devin Washington, SL	3.83m	1 Ivy Hill	08:52.3	1 Juventus 'A'	03:31.3
2 Christian Waller	01:06.5	Triple Jump		Maurice Broadwater		Khari Bowen	
3 Brian Matunda	01:08.0	1 Craig Stanley	10.22m	Calvin Ellis		Erick Brundidge	
4 Antonio Dandridge, JE	01:11.1	Shot Put 4kg		Hakeem Ellis		Keith Griffith	
800 Meter Run		1 Christian Butts, JE	9.78m	Corey Kelley		Jarrett James	
1 Khary Mauras, NP	02:27.8	2 Michael Silverstein, ND	9.44m	High Jump		2 Pa Olivet	03:49.2
2 Joshua Austin, RR	03:20.1	3 Matthew Slagus	7.04m	1 Cole Proffitt	1.55m	Darnell Graham	
1500 Meter Run		Discus Throw		Long Jump		Alexander Gregro	
1 Michael Flanagan	04:59.8	1 Michael Silverstein, ND	28.11m	1 Lindon Caesar, IH	6.43m	Colby Kutz	
3000 Meter Run		2 Christian Butts, JE	27.32m	2 Dominique Irons, ND	5.76m	Darryl Sweeper	
1 Michael Flanagan	10:37.7	3 Matthew Slagus	20.53m	3 Justin Broadwater, IH	5.49m	High Jump	
2 Malik Rush, RR	14:15.8	Javelin Throw		4 Brandon Smith, IH	5.32m	1 Jarrett James, JV	1.80m
80 Meter Hurdles		1 Gerald Tench, ND	28.40m	Triple Jump		2 Alexander Gregro, PO	1.80m
1 Antonio Dandridge, JE	16.55	2 Michael Silverstein, ND	27.44m	1 Jason Simonovich	12.03m	3 Darnell Graham, PO	1.75m
4x100 Meter Relay		INTERMEDIATE BOYS		2 Dominique Irons, ND	11.85m	Long Jump	
1 Norristown PAL	54.85	100 Meter Dash		Shot Put 12 lb.		1 Darryl Sweeper, PO	6.16m
Shannon Carnard		1 Joseph Smith, NP	11.55	1 Brandon McCleese, ND	12.45m	2 Donald House, ND	5.99m
Nicholas Dillon		2 Jordan May, SL	11.65	2 Bryan Pearson	11.85m	3 Alexander Gregro, PO	5.87m
Khary Mauras		3 Kenneth Lewis, ND	11.68	3 Andrew Romeo	11.06m	4 Tyrek Edwards, IH	5.80m
Charles Sanders		4 Nigel Waugh, SL	12.00	4 Ethan Robinson, ND	10.68m	Triple Jump	
4x400 Meter Relay		200 Meter Dash		Discus Throw 1.6kg		1 Jarrett James, JV	13.48m
1 Norristown PAL	04:41.0	1 Jordan May, SL	23.06	1 Bryan Pearson	41.69m	2 Tyrek Edwards, IH	13.45m
Shannon Carnard		2 Joseph Smith, NP	23.41	2 Kyle Davis	38.41m	3 Alexander Gregro, PO	12.29m
Nicholas Dillon		3 Kenneth Lewis, ND	23.43	3 Andrew Romeo	37.71m	4 Sean Stanley	12.09m
Khary Mauras		4 Logan Bowman	23.85	4 Brandon McCleese, ND	37.69m	Shot Put 12 lb.	
Charles Sanders						1 Tyler Bauer	12.54m
Long Jump						Javelin Throw 800g	
1 Andrew Lofton, SL	3.83m					1 Tyler Bauer	47.96m

MID-ATLANTIC ASSOCIATION NOTES

Patrick Nutt, 80, of Kennett Square, Pa., greets a Revolutionary War re-enactor after completing the Valley Forge Revolutionary 5-Mile Run in 55:01 on April 18. Cecily Tynan of Philadelphia, center, won the 40-44 female age group in 31:12. A total of 1,181 runners completed the race through Valley Forge National Historical Park.

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MID-ATLANTIC**

PO Box 662
Southeastern, PA
19399-0662

UPCOMING MID-ATLANTIC MEETINGS

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.

ACKNOWLEDGMENT

The quotations highlighted in this newsletter are from "The Quotable Runner," edited by Mark Will-Weber and published by Breakaway Books.

About the USATF Mid-Atlantic Association

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; the State of Delaware; and our membership in New Jersey.

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USATF Mid-Atlantic

PO Box 662

Southeastern, PA 19399-0662