



Maxwell Hamlyn, M65, leads a group down the back stretch in the hot and humid 5k at the Southeastern Masters, Bob Boal Classic. Hamlyn was the M65 winner in 26:04.00.

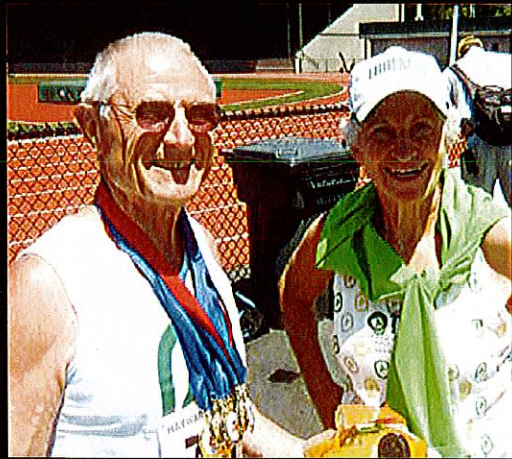
Photo by Eric Braschwitz



Lynda Deboer, W50, was a triple winner at the Southeastern Masters - Bob Boal Classic. Deboer won the 800 in 2:42:30, the mile in 5:59.64 and the 3000 in 11:56.98. Here she accepts the Tom Hare award for the best age graded 3000 meter run. The award was named for a North Carolina State professor who ran well under 20:00 for the 5k in his 50s and was still running under 22:00 a year before he passed away from cancer. The award is presented by AB Harris, 76, and a NC State professor himself and a top 3000 runner as well. Photo by Eric Braschwitz



Major Rob Nesbit, M45 and in the orange top, chases Christopher Gassner, M45 and in the white top, in the 1500 meter run. Nesbit, who is between deployments for the U.S. Army, would win in 4:45.96 with Gassner next in 4:49.05. Photo by Janelle Nesbit



Two great all around athletes share a relaxing moment and some food at the Hayward Classic. Bob Golly, M75, did 10 events in the meet. He did the 100 meter dash in 15.58, the 200 in 33.65, 400 in 1:28.51, 800 in 3:41.23, 1500 in 7:42.75, he did the 80 meter hurdles in 20.69, the 300s in 1:08.33, he high jumped 1.14, long jumped 3.42 and triple jumped 6.11. Becky Sisley, W70, is no stranger to doing a lot of events well in a meet. Coming back from injuries since she earned three gold medals at the World Indoor Championships she high jumped 1.02 and threw the javelin 22.68. Photo by Dave Wilkins

# TRACK SCENE

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## AROUND THE TRACK

By Gary Snyder USATF Masters Chair

Gary Snyder is on vacation this month and will return with

**AROUND THE TRACK** in the September 2010 issue.

## TRACK HIGHLIGHTS

By Randy Sturgeon

### Southeastern Masters Celebrates 40 Years Of Excellence

Bob Boal Classic  
Raleigh, North Carolina

Submitted by Eric Braschwitz  
President of USA Track & Field - North Carolina

One of the biggest regions masters meets attracted 260 athletes from 36 states, Canada and the Ivory Coast. Forty one clubs scored in the team championship competition with the Atlanta Track Club topping the women and the Carolinas Track and Field Club dominating the men's competition. Twenty three performance bertered 90% on the age graded scale and 65 more beat 85%. Hot weather helped sprinters and hurdlers, throwers and jumpers score excellent marks.

On Friday and Saturday, June 11 & 12, 2010, Southeastern Masters Track & Field Association hosted its 40<sup>th</sup> Annual Bob Boal Masters Meet at North Carolina State. Bob Boal was the founder of the meet in 1971 with help from the City of Raleigh. His daughter continues a family tradition by serving on the board of Southeastern Masters. The meet is the longest continuously conducted

annual masters track & field meet in the USA, except for the USA Masters Championships. In 2010, the meet also served as the Southeast Region and North Carolina Association Masters championships.

Friday morning's start saw 78 degree temperature with 62% humidity. It just kept getting hotter reaching 91 by 5 pm. Skies were clear but humidity was still noted. Not quite a repeat of Charlotte 2006, but memories were in the air with several athletes making analogies. Fortunately, no one was taken to the hospital. Throughout both days, the meet was graced by the presence of nationally renowned announcer Peter Taylor, who was at his usual best. Notable observations of each event follow.

**Day 1.** The Weight Pentathlon was the first event. Carol Young of Marietta, Georgia was the outstanding performer, setting an American record for W70 Weight Throw of 11.73 meters within her pentathlon. Carol also broke the meet record with a total of 4,423 points. She had plenty of company as 14 athletes completed this event. The Pentathlon was next starting just after noon on Friday, but the heat took its toll with none of the 13 competitors achieving 3,000 points.

Runners lined up for the 3,000 meters at 2 pm. Lynda DeBoer W50, set a torrid pace leading from start to finish in 11:56.98 (82.02%

## Track & Field ALL AMERICANS

<b>W35</b>			<b>TERRANCE PARKS</b>		
<b>DEBORAH KOVACS</b>			400m Dash	55.91	06-10
200m Dash	27.51	01-09	<b>M50</b>		
400m Dash	1:03.28	01-09	<b>GREGORY DAVIS</b>		
60m Dash	8.45	03-09	Javelin	43.85	06-10
<b>SUSAN SARN</b>			<b>JOHN F. GORGOL</b>		
800m Run	2:28.3	2009	3000m Steeplechase	13:18.71	06-10
<b>W50</b>			<b>BRUCE ANTHONY LONG</b>		
<b>NANA BELLERUD</b>			60m Hurdles	9.75	03-10
1 Mile Race Walk	8:54.19	06-10	<b>GARY A. PLANK</b>		
<b>W60</b>			1500m Run	4:44.55	05-10
<b>NANCY NEVIN-NELSON</b>			<b>M55</b>		
High Jump	1.01	05-10	<b>GILBERT VASQUEZ</b>		
Triple Jump	6.22	06-10	Shot Put	12.12	06-10
<b>LAURIE RUGENSTEIN</b>			<b>M60</b>		
1500m Run	6:03.90	08-09	<b>STEVE WILSON</b>		
<b>M35</b>			400m Dash	64.81	06-10
<b>JON COLLETTI</b>			<b>DALE I. WINTERS</b>		
800m Run	2:03.78	06-10	Throws Pentathlon	3146	06-10
<b>M40</b>			<b>M65</b>		
<b>STEVE HARRISON</b>			<b>FRED DILLEMUTH</b>		
Discus	39.59	05-10	Decathlon	5504	05-10
<b>EDDIE ODOMS</b>			Pole Vault	2.44	05-10
Long Jump	5.97	06-10	<b>M70</b>		
Triple Jump	12.78	06-10	<b>JOHN WESLEY KING</b>		
<b>M45</b>			Discus	37.56	06-10
<b>KEVIN BIGGERS</b>			<b>NEIL SALING</b>		
Long Jump	5.8	05-10	Discus	39.24	04-10
<b>LES FERMAN</b>			<b>JURIS TERAUDS</b>		
800m Run	2:11	05-10	Javelin	39.85	10-09
			Javelin	38.55	06-10

age-graded). Lesley Chaplin-Swann of McDonough, Georgia continued her comeback following in 13:10.53. Margie Stoll, 69, from Nashville, Tennessee ran 14:02.42 (92.12% age-graded). DeBoer was one of 3 Canadians participating from the Etobicoke Track & Field Club in Toronto. During their stay, certain Southeastern board members began an informal tradition to provide lodging and entertainment to Canadian athletes during their stay. Once again, this proved very educational with ideas shared, gear exchanged, Earl Fee books donated as prizes and a boost to local retailers

(interestingly, shopping appears to be as big a draw as the meet itself). A good time was had by all.

Also during Friday afternoon, the Superweight Throw saw Carol Young set her second American record of the day with a heave of 7.30 meters. Next up were 16 entrants in the 1,500 Meters Race Walk. The highlight for the women was a W50 Canadian record set by Nanci Sweazey with a time of 8:02.97. Nanci also participated in the 300 Meter Hurdles and 2,000

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# TRACK HIGHLIGHTS

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Meter Steeplechase as part of the Etobicoke contingent. At 5 pm, 8 men and Lena Hollmann, W55, from Cary, North Carolina lined up for the 10,000 Meters. Hollman survived the heat and humidity to run a season leading 56:58.43 as did Charlie Ross, M85, with 1:23:33.42 and Jim Thorton, M55, 41:26.68.

**Day 2.** The next morning, 16 hours later at 9 am, 6 of these men and Lena completed the 5,000 meters, all presumably vying for the best age-graded combined performances. Thornton of Seaford, Virginia came back with a 20:00.00 to get the highest score for the 2 events combined at 152.12%. Hollmann W55 won the \$150 women's distance award with her 26:53.62. Temperatures of 90 degrees slowed the field considerably.

Bright and early Saturday morning at 7:30, 15 Race Walkers took to the track for the 5,000 meters. Andrew Smith M60, stole the men's show with a 26:51.03. Rebecca Garson W45, of Afton, Virginia, led all women and 2 other W45 ladies from Virginia in 32:40.05. By 9 am, temperatures were beginning to soar to their high of 94 later in the day. But that did not stop Margie Stoll, 69 from churning out a 24:14.85 (91.03%) for the 5,000 Meter Run. As for the men, 17 ran a spirited heat. Steve Chantry M55, Williamsburg, Virginia topped all in time and age-graded with a 17:18 (86.87%) kicking in a good final half mile to pass leader Ahunuar Huerta, 23 from Shelbyville, Kentucky.

The straight hurdles had some notable performances. Ty Brown M65 of Washington, DC, blazed down the track in the 100 meter hurdles with a time of 15.85 (97.85%). This broke Jim Stookey's 12 year old meet record by a whopping 1.28 seconds. In the M50, Mark Williamson of Durham, North Carolina recorded a 15.02 (90.68%). Finally, 26 year old Jermaine Baker did a 14.72 for the 110 Meter Hurdles. Next up was the Mile Run with 10 women and 16 men showing up. Jeanne Daprano, 73, had the run of her life and highest age-graded track performance of the meet with 7:01.29 (100.29%). Peter Taylor enjoyed calling this one. For the men, John Hosner of Blacksburg, Virginia set an M85 American record with a sterling time of 8:22.59.

By this time it was high noon

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when the USA National Anthem was sung by Southeastern Masters President Don Lein. Immediately following was a wonderful rendition of "O Canada!" by Nanci Sweazey and Katherine Willis of Toronto. Southeastern Masters had success with their first ever Distance Medley Relay competition. Joan Nesbit Mabe, 1996 Olympian in the 10,000 meters, coaches a group of masters women (seejanerun) in Chapel Hill, North Carolina. Her club also ran the 4 x 100 and 4 x 400 relays at the meet. Joan anchored their distance medley relay team. There were 2 men's teams as well, so they ran together in the same heat. The splits for the seejanerun were:

<b>Terri Bennett, 43</b> 1,200 meters	4:41
<b>Kelly Porco, 46</b> 400 meters	1:17
<b>Mimi O'Grady, 45</b> 800 meters	2:54
<b>Joan Nesbit Mabe, 48</b> 1,600 meters	5:41

A local Raleigh team won the race in 13:06.85 with Colonial Road Runners Steve Chantry, Richard Smaha, James Thornton and Robert Wilson close behind in 13:19.11.

The morning also had the throws events, with the Javelin Throw going late into the afternoon. Jesse Doty M29 of Mebane, North Carolina won the Hammer Throw with a heave of 66.92 meters (77.15%). In the Shot Put, there were 7 women and 30 men competing. The outstanding field performance of the meet came here with Glenn Sasser of Wrightsville Beach, North Carolina breaking Jerry Vaughn's M65 meet record with a put of 14.44 meters (98.16%). Craig Shumaker of Glenmoore, Pennsylvania had a mark of 14.3 meters (84.07%) to top the M60 group. In the Discus Throw, there were 7 women and 35 men competing. Larry Pratt from Newark, Delaware threw 45.23 meters to win the M65 division.

Mike Brown of Jacksonville, Florida was the class of the Javelin field setting a new world record for M55 with a throw of 66.11 meters (just shy of 217 feet). With 26 competitors in the men's Javelin field, there was plenty of excitement as Mike went through his attempts early Saturday afternoon.

The Weight toss concluded the throws events on Day 2. While not matching her new American record

of 11.73 meters set the previous day, Carol Young came close with meet record 11.21 meters.

A stellar field of 17 high jumpers appeared at the pit mid-morning. Linda Lowery of Decatur, Georgia was the class of the women with a W55 clearance of 1.20 meters (80.00%). Bruce McBarnette of Sterling, Virginia was pushed by Mark Williamson in M50 to break his own 2009 meet record by .01 meter clearing 1.90 meters (96.94%). Williamson was close behind with 1.80 meters (91.84%). The long jump field totaled 20 participants. Audrey Lary W75 of Frederick, Maryland jumped 3.02 meters (79.47%) to lead the women. In the afternoon, the triple jump had 11 entrants. Audrey Lary was again tops among the women with a hop, skip and jump of 6.90 meters (89.73%). Regina Richardson W45, of Clayton, North Carolina just barely missed the meet record (10.55 meters by Phil Raschker in 1995) by 2 centimeters with a leap of 10.53 meters. Ty Brown M65 jumped 10.25 meters (85.06%).

In the running events as temperatures reached 94 degrees, Latrica Dendy W35 of New York City led off the afternoon in the 400 Meter Hurdles with a scorching time of 1:01.53 (87.44%). Michael Jones M50 of Durham, North Carolina led the men with a 1:03.73 (91.17%). Interestingly, to illustrate the strength of 40 years of meet records, this performance did not break the 25 year old meet record of 1:02.04 set by Ovidio De Jesus in 1985. The 100 Meters began at 1 pm and the 200 Meters was at 3:40 pm. Many participants doubled in these 2 events with 38 in the 100 and 37 in the 200. Loretta Woodward W55 of Austell, Georgia led the women doing both events in 90% plus age-graded performances. In the space of the afternoon, Loretta ran 14.25 (90.60%) in the 100 and 29.25 (91.90%) in the 200. The men had a very close contest in the combined 100 and 200 Meters age-grading contest. Oscar Peyton M55 of Accokeek, Maryland blazed 11.91 (96.39%) in the 100 and 23.47 (98.62%) in the 200. Then, Charles Allie M60 of Pittsburg, Pennsylvania dashed 12.44 (95.18%) in the 100 and 24.74 (98.26%). In the 400 Meters, Charles Allie continued his hot afternoon performances with a 55.71 (96.09%). Jeanne Daprano did a 1:27.19 (88.46%) for the women. The field was very strong with 31 runners reporting to the start line.

The Steeplechase saw two fairly competitive heats. David Renneisen, 54 years old from Goose Creek, South Carolina was trying his first 3,000 Meter Steeplechase race since his college days over 30 years ago. David went out at an enthusiastic pace with Rick Edwards, 58, of Wrightsville Beach, North Carolina following 30 meters back. With 2 laps to go, Edwards began closing the gap and eventually passed Renneisen. Edwards closed in 12:24.21 with Renneisen about 6 seconds behind.

In the 2,000 Meter Steeplechase heat, Canadian Nanci Sweazey gave USATF Masters Media guru Bob Weiner all he could handle. In the heat of the day, Weiner came home in 10:30.76 with Sweazey about 16 seconds back. The 800 Meters was the last individual event conducted just before the 4 x 100 and 4 x 400 relays. Mary Richards W55 of Atlanta, Georgia broke the 25 year old meet record with a 2:46.50 (82.58%).

Finally, there was a heat in each of the 4x1 and 4x4 Relays. The Atlanta Track Club fielded a 4 x 100 W50 team of Linda Lowery, Clovis Clark, Lesley Chaplin-Swann and Loretta Woodward which completed the lap in 1:01.59 with flawless stick handling. Giving close pursuit was the W40 seejanerun club in 1:06.61. The 4 x 400 saw the Colonial Road Runners field a M50 team that finished in 4:47.48, breaking the previous meet record by about 5 seconds. The Chapel Hill club seejanerun gave pursuit with a 5:16.60.

## Still A Classic, Hayward Meet Shines With Spirit And Competition

Hayward Track Classic

Eugene, Oregon  
June 26 - 27, 2010

The Hayward Classic is more than another masters meet, and it is more than just a tradition. It is an event, one that many masters look forward to for a variety of reasons. They look forward to it because it is an excellently run meet with great facilities and great competition. Then, we really, also look forward to it because of the setting. A legendary track, in a legendary track town where track and running history echoes out of every corner. For many of us, it is an event that brings