



USATF Lake Erie Association 2011 Fall Newsletter

USATF Lake Erie Association

State of Ohio counties of Erie, Huron, Richland, Lorain, Ashland, Geauga, Cuyahoga, Lake, Medina, Summit, Wayne, Holmes, Stark, Tuscarawas, Harrison, Jefferson, Carroll, Columbiana, Mahoning, Portage, Trumbull, and Ashtabula.

2011 - 2013 Officers

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[JoAnn Kitchen](#) (330) 336- 4875

Welcome to the Early Fall 2011 USATF Lake Erie Association Newsletter! It is my intent to help keep our members updated on USATF and USATF Lake Erie events with the hope of a better turnout at the events! Also check the website at www.lakeerie.org Please send newsworthy information to me at pillin@zoominternet.net. Phil Pillin

The 2012 U.S. Olympic Team Trials – Marathon will be held in Houston, Texas on January 14, 2012. The Olympic Trials will be held the day before the 40th anniversary of the Chevron Houston Marathon. This will be the first time in the history of the marathon trials that the men's and women's events will be held in the same location, providing a unique opportunity for media exposure and fan support for the event.

Future Events:

Lake Erie Association JO, Open and Master Cross Country Championship will be held November 12, 2011. Watch the Web Site for the site location (TBD) and Application Details.

Future Events for Masters:

Over The Hill Track Club 5km Cross Country Meet September 25, 2011. 11:00 start at University School 2785 S.O.M. Center Road Hunting Valley, Ohio \$8.00 by September 21. \$10 day of race. Mail to: Jeff Gerson 5091 Hickory Dr. Lyndhurst, Ohio 44124 or call Jeff for details: (440) 473-0636

October 1, 2011 Columbiana (Ohio) 5km Clipper Fall Cross Country Meet See: http://www.columbiana.k12.oh.us/track/race_apps_page.htm for more details.

The 2012 USATF Indoor Meet is in Bloomington, Indiana while the Outdoor meet in 2012 is in Lisle, Illinois.

The 2013 National Senior Olympics is in Cleveland, Ohio. See <http://www.nsga.com> for more details.

Other News:

Thanks to all of the officials that made the Masters National Championship meet great! A special thanks to all of our Lake Erie Association Officials who came out to work the event!

Attached is a photo of Kandace Thomas first in the 100 meter dash with a time of 11.52 from the Cleveland Express TC.

Our LEA Annual Meeting was held on Saturday August 27 at the Independence Library at 6361 Selig Dr. Independence OH 44131 (Off route 21) at 1:00PM. The minutes will be posted on the web site soon.

Results:

From the USATF Championship Meet in Eugene, Oregon:

Lashaute Moore 4th 100m 11.04 USA SR Championship
6th 200m 22.58 USA SR Championship

Emily Infield 5th 1500m USA SR Championship
2nd 5000m 15:38.23 NCAA Championship

Bridget Franek 2nd 3000SC USA SR Championship

Jessica Beard 4th 400m 51:06 USA SR Championship
1st 400m 51:10 NCAA Championship outdoor
1st 400m 50.79 NCAA Championship indoor

Finalists for the Bowerman Award

From the USATF Masters Outdoor track and Field Championships held July 28- 31 at Baldwin Wallace College:

M70-79 Meter Shuttle Hurdle

- 1 Over The Hill TC 'B' 1:10.70 **NATIONAL RECORD**
1) 480 Kline, Barry 71 2) 832 Sloan, John 71
3) 41 Bartholomew, Charles 71 4) 174 Coats, Grover 72

M50-59 Meter Shuttle Hurdle

- 1) 588 McKinley, Derek 50 2) 959 Webb, Sam 53
3) 36 Barnes, Tim 51 4) 875 Stephens, Christopher 54

M60-69 4x800 Meter Relay CLUB

- 4 Over The Hill TC 'B' 12:23.02
1) 909 Thomas, Norman 61 2) 311 Gerson, Jeffrey 64
3) 612 Monaco, Nino 60 4) 598 Means, Scott 60

M50-59 4x800 Meter Relay CLUB

- 2 Over The Hill TC 'A' 10:02.18
1) 391 Hawkins, Walter 56 2) 531 Liscynesky, Roman 57
3) 908 Thomas, Bob 56 4) 946 Walls, Vincent 52

M60-69 4x400 Meter Relay CLUB

- 3 Over The Hill TC 'D' 5:19.45
1) 909 Thomas, Norman 61 2) 612 Monaco, Nino 60
3) 311 Gerson, Jeffrey 64 4) 68 Biacofsky, John 66

M40-49 4x400 Meter Relay CLUB

- 3 Over The Hill TC 'B' 4:41.80 2
1) 949 Walters, Robert 47 2) 531 Liscynesky, Roman 57
3) 147 Catalano, Jon 54 4) 36 Barnes, Tim 51

M30-39 4x400 Meter Relay CLUB

- 4 Over The Hill TC 'A' 5:54.82 2
1) 645 Nobles, Patrick 39 2) 598 Means, Scott 60
3) 597 Means Jr, John 56 4) 1015 Means, John 91

M80-89 4x100 Meter Relay CLUB

- 1 Over The Hill TC 'E' 1:26.38#
1) 344 Greenwald, Jack 83 2) 743 Riser, George 87
3) 1015 Means, John 91 4) 758 Roudebush, George 86

M70-79 4x100 Meter Relay CLUB

1 Over The Hill TC 'D' 1:11.94
1) 174 Coats, Grover 72 2) 832 Sloan, John 71
3) 979 Williams, Paul 76 4) 480 Kline, Barry 71

M60-69 4x100 Meter Relay CLUB

2 Over The Hill TC 'C' 59.97
1) 68 Biacofsky, John 66 2) 717 Ragon, Donald 64
3) 744 Robbins, Stephen 68 4) 311 Gerson, Jeffrey 64

M50-59 4x100 Meter Relay CLUB

2 Over The Hill TC 'B' 51.90 2
1) 985 Wilson, Rodney 52 2) 588 McKinley, Derek 50
3) 959 Webb, Sam 53 4) 147 Catalano, Jon 54

M40-49 4x100 Meter Relay CLUB

4 Over The Hill TC 'A' 53.64 2
1) 949 Walters, Robert 47 2) 875 Stephens, Christopher 54
3) 919 Tinsman, Thomas 58 4) 946 Walls, Vincent 52

M70 Outdoor Pentathlon Coats, Grover M72 Over The Hill 2445

M60 Outdoor Pentathlon 1 Ragon, Donald M64 Over The Hill 2201

M85 Weight Throw 1 Roudebush, George M86 Over The Hill 7.03m

M60 Weight Throw 4 Gerson, Jeffrey M64 Over The Hill 7.93m

M85 Hammer Throw 1 Roudebush, George M86 Over The Hill 19.44m

M70 Hammer Throw 1 Sloan, John M71 Over The Hill 29.12m
4 Sheinker, Abraham M71 Over The Hill 20.21m

M65 Hammer Throw 6 Kelly, Gene M68 Over The Hill 25.48m

M60 Hammer Throw 6 Gerson, Jeffrey M64 Over The Hill 16.34m

M80 Javelin Throw 400G 4 Bredenbeck, Rudolp M80 Over The Hill 17.38m

M60 Javelin Throw 600G 9 Gerson, Jeffrey M64 Over The Hill 22.15m

M50 Javelin Throw 700G 8 Wilson, Rodney M52 Over The Hill 34.61m

M85 Discus Throw 1 Riser, George M87 Over The Hill 26.78m

3 Roudebush, George M86 Over The Hill 17.40m

M80 Discus Throw 3 Bredenbeck, Rudolph M80 Over The Hill 23.84m

M40 Discus Throw 1 Wirtz, John M42 Over The Hill 52.20m

M85 Shot Put 3K 1 Riser, George M87 Over The Hill 9.04m
2 758 Roudebush, George M86 Over The Hill 7.16m

M80 Shot Put 3K 2 Bredenbeck, Rudolph M80 Over The Hill 9.29m

M40 Shot Put 7.26K 1 Wirtz, John M42 Over The Hill 14.90m

M70 Pole Vault 2 Sloan, John M71 Over The Hill 2.30m

M60 Pole Vault 6 Ragon, Donald M64 Over The Hill 2.70m

M85 High Jump 3 Roudebush, George M86 Over The Hill 1.05m

M70 High Jump 1 Kline, Barry M71 Over The Hill 1.35m

M50 High Jump 6 Finley, Lawrence M53 Over The Hill 1.43m

M70 Triple Jump 2 Coats, Grover M72 Over The Hill 8.36m

M50 Triple Jump 2 Lycan, Kelly M52 Over The Hill 10.66m

M70 Long Jump 1 Coats, Grover M72 Over The Hill 4.08m
3 Bartholomew, Charles M71 Over The Hill 3.99m

M55 Long Jump 5 Tinsman, Thomas M58 Over The Hill 4.21m

M35 Long Jump 3 Nobles, Patrick M39 Over The Hill 4.29m

M50 3000 Meter Steeplechase 2 Barnes, Tim M51 Over The Hill 12:17.73

M50 400 Hurdles 33" 1 McKinley, Derek M50 Over The Hill 1:04.65

M45 400 Hurdles 36" 4 Walters, Robert M47 Over The Hill 1:15.28

M70 80 Short Hurdles 30" 3 Kline, Barry M71 Over The Hill 16.51
4 Bartholomew, Charles M71 Over The Hill 16.70

M70 10000m 3 Bixler, Jon M73 Over The Hill 49:13.59

M50 10000m 4 Boyer, Michael M53 Over The Hill 36:59.18

M70 5000m 4 Bixler, Jon M73 Over The Hill 23:10.52

M50 5000m 10 Boyer, Michael M53 Over The Hill 18:43.01

M75 1500m 7 Harwick, John M78 Over The Hill 10:56.08

M70 1500m 5 Bixler, Jon M73 Over The Hill 6:16.12

M60 1500m 6 Monaco, Nino M60 Over The Hill 5:19.39

M55 1500m 8 Means Jr, John M56 Over The Hill 5:39.31

M50 1500m 15 Barnes, Tim M51 Over The Hill 5:01.36

M60 800m 7 Monaco, Nino M60 Over The Hill 2:30.57

14 Thomas, Norman M61 Over The Hill 2:57.88

M55 800m 5 Thomas, Bob M56 Over The Hill 2:22.94

7 Hawkins, Walter M56 Over The Hill 2:28.49

9 Liscynesky, Roman M57 Over The Hill 2:48.89

M50 800m 8 Walls, Vincent M52 Over The Hill 2:21.95

M90 400m 1 Means, John M91 Over The Hill 1:42.69

M80 400m 1 Greenwald, Jack M83 Over The Hill 1:35.66

M60 400m (Prelims) 9 Monaco, Nino M60 Over The Hill 1:07.13

14 909 Thomas, Norman M61 Over The Hill 1:13.42

15 311 Gerson, Jeffrey M64 Over The Hill 1:21.69

M55 400m 3 Hawkins, Walter M56 Over The Hill 1:00.24

M50 400m (Prelims) 10 Stephens, Christopher M54 Over The Hill 1:07.42

M90 200m

1 Means, John M91 Over The Hill 41.60

M85 200m

1 Riser, George M87 Over The Hill 41.27

M80 200m 1 Greenwald, Jack M83 Over The Hill 35.59

M70 200m 3 Bartholomew, Charles M71 Over The Hill 31.14

M65 200m 1 Robbins, Stephen M68 Over The Hill 26.01

M50 200m 7 Clinkscale, David Over The Hill 28.85
8 Catalano, Jon Over The Hill 29.27

M90 100m 1 Riser, George M87 Over The Hill 17.97

M80 100m 1 Greenwald, Jack M83 Over The Hill 16.42

M75 100m 7 Williams, Paul M76 Over The Hill 18.00

M70 100m 4 Bartholomew, Charles M71 Over The Hill 14.70

M65 100m 1 Robbins, Stephen M68 Over The Hill 12.51

M50 100m 4 Clinkscale, David M50 Over The Hill 12.60
5 Catalano, Jon M54 Over The Hill 13.63
7 959 Webb, Sam M53 Over The Hill 14.17

W30-39 4x400 Meter Relay CLUB

1 Over The Hill TC 'A' 5:14.52#
1) 581 McCoy, Belinda 51 2) 175 Coats, Joslyn 33
3) 422 Isabella, Susan 37 4) 890 Sullivan, Mya 39

W30-39 4x100 Meter Relay CLUB

3 Over The Hill TC 'A' 57.94
1) 581 McCoy, Belinda 51 2) 175 Coats, Joslyn 33
3) 422 Isabella, Susan 37 4) 890 Sullivan, Mya 39

W60 10000 Meter Race Walk 6 Prohaska, Joyce W60 Over The Hill 1:07:36.70

W55 Outdoor 3 Orosz, Patsy W58 Over The Hill 2132

W50 Javelin Throw 500G 5 Ward, Penny W54 Over The Hill 12.88m

W40 Discus Throw 1 Cunningham, Ann W43 Over The Hill 28.10m

W40 Shot Put 4K 1 Cunningham, Ann W43 Over The Hill 10.16m

W40 High Jump 3 Cunningham, Ann W43 Over The Hill 1.35m

W35 Long Jump 6 Sullivan, Mya W39 Over The Hill 3.50m

W60 5000 Meter Race Walk 5 Prohaska, Joyce W60 Over The Hill 32:35.78

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|-----------------------------|----|------------------|--------------------------|----------|
| W60 2000 Meter Steeplechase | 2 | Gerson, Cathi | W61 Over The Hill | 11:57.72 |
| W35 2000 Meter Steeplechase | 2 | Isabella, Susan | W37 Over The Hill | 10:17.62 |
| W35 100 Short Hurdles 33" | 4 | Sullivan, Mya | W39 Over The Hill | 20.99 |
| W50 5000m | 6 | Siegel, Joanne | W52 Over The Hill | 23:51.26 |
| W45 5000m | 2 | Franek, Rosalie | W48 Unattached | 19:57.44 |
| W50 1500m | 4 | Siegel, Joanne | W52 Over The Hill | 6:12.17 |
| W55 200m | 6 | Orosz, Patsy | W58 Over The Hill | 33.80 |
| W50 200m | 2 | McCoy, Belinda | W51 Over The Hill | 30.47 |
| W30 200m | 2 | Coats, Joslyn | W33 Over The Hill | 28.21 |
| W50 100m | 2 | McCoy, Belinda | W51 Over The Hill | 14.54 |
| | 7 | Ward, Penny | W54 Over The Hill | 25.49 |
| W30 100m | 3 | Coats, Joslyn | W33 Over The Hill | 13.41 |
| W45 1500m | 4 | Kalapos, Beth | W46 Springbok Tr | 5:55.59 |
| W50 10000m | 3 | Brell, Joanna | W50 Springbok Tr | 48:11.90 |
| W40 400 Long Hurdles 30" | 2 | Banks, Patty | W43 Springbok Tr | 1:15.09 |
| M65 100m | 12 | Sherry, Dale | M68 Springbok Tr | 18.14 |
| M70 100m | 9 | Lekan, Dennis | M70 Springbok Tr | 21.15 |
| M60 200m | 8 | Myers, Robert | M62 Springbok Tr | 39.26 |
| M50 800m | 7 | Stalder, Craig | M51 Springbok Tr | 2:19.60 |
| M80 800m | 3 | Norris, Matthew | M83 Springbok Tr | 5:00.24 |
| M45 5000m | 4 | Blackford, Damon | M45 Team Ohio | 17:00.74 |
| | 5 | Ryan, Michael | M45 Springbok Tr | 17:14.91 |
| | 9 | Stahl, Steven | M47 Team Ohio | 18:00.54 |
| | 11 | Pillin, Phillip | M49 Eastern Buckeye T.C. | 19:52.75 |
| M65 5000m | 6 | Hinman, Reed | M69 Springbok Tr | 22:25.89 |

7 Kuebler, Bob M65 Springbok Tr 22:30.30

M45 10000m 2 Ryan, Michael M45 Springbok Tr 35:38.24

M50 10000m 8 Oldrieve, Richard M52 Eastern Buckeye T.C. 42:34.96
9 Schipper, Mike M50 Springbok Tr
44:32.50

M60 10000m 3 Stross, William M62 Springbok Tr 51:12.64

M65 10000m 3 Kuebler, Bob M65 Springbok Tr 46:42.03

M60-69 4x400 Meter Relay CLUB

4 Springbok Track Club 'A' 6:01.83
1) 814 Sherry, Dale 68 2) 518 Lekan, Dennis 70
3) 635 Myers, Robert 62 4) 886 Stross, William 62

M50-59 4x800 Meter Relay CLUB

3 Springbok Track Club 'A' 11:01.03
1) 866 Stalder, Craig 51 2) 789 Schipper, Mike 50
3) 969 Whitmore, William 54 4) 814 Sherry, Dale 68

M60-69 4x800 Meter Relay CLUB

3 Springbok Track Club 'B' 11:57.18
1) 494 Kuebler, Bob 65 2) 405 Hinman, Reed 69
3) 886 Stross, William 62 4) 493 Krummert, Robert 66

W60 1500m 1 Broad, Barbara W60 Southeast Runners 5:28.70

W60 5000m 1 Broad, Barbara W60 Southeast Runners 20:37.54

M40 1500m 2 Kieser, Frederic M40 Team Ohio 4:06.50
5 Lee, Kam M42 Southeast Runners 4:24.22
6 Porter, William M41 Team Ohio 4:24.63

M55 10000m 3 Ubersax, Jeffery M55 Southeast Runners 41:54.73

M60 100m 16 Hathcock, Lloyd M64 Team Ohio Tr 14.81

M60 200m 14 Hathcock, Lloyd M64 Team Ohio Tr 31.05

M40 400m 4 Wright, Phillip M41 Team Ohio Tr 54.17

M30 1500m 1 Budic, Timothy M31 Team Ohio 4:07.03

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|-----------------------------|---|------------------|------------------|----------|
| M45 1500m | 6 | Blackford, Damon | M45 Team Ohio | 4:31.65 |
| M30 5000m | 1 | Budic, Timothy | M31 Team Ohio | 15:42.01 |
| | 3 | Benesh, Stephen | M31 Team Ohio | 15:53.82 |
| M40 5000m | 1 | Kieser, Frederic | M40 Team Ohio | 15:25.47 |
| | 2 | Porter, William | M41 Team Ohio | 16:34.49 |
| | 3 | Hopple, John | M43 Team Ohio | 17:10.42 |
| M30 3000 Meter Steeplechase | 1 | Budic, Timothy | M31 Team Ohio | 9:55.05 |
| M60 Outdoor Pentathlon | 4 | Daniels, Michael | M62 Team Ohio Tr | 1989 |
| M85 100m | 2 | Smith, Denver | M85 Unattached | 19.30 |
| M65 Pole Vault | 4 | Angus, William | M68 Unattached | 2.50m |
| M85 100m | 2 | Smith, Denver | M85 Unattached | 19.30 |
| M85 Triple Jump | 1 | Smith, Denver | M85 Unattached | 6.03m |
| M85 High Jump | 1 | Smith, Denver | M85 Unattached | 1.10m |
| M85 Pole Vault | 1 | Smith, Denver | M85 Unattached | 1.70m |
| M85 Discus Throw | 2 | Smith, Denver | M85 Unattached | 21.60m |
| M85 Javelin Throw 400G | 1 | Smith, Denver | M85 Unattached | 24.12m |
| M60 Long Jump | 8 | Boswell, Jerry | M64 Unattached | 4.49m |
| M60 Triple Jump | 6 | Boswell, Jerry | M64 Unattached | 8.79m |
| M40 Shot Put 7.26K | 2 | Ragland, John | M43 Unattached | 13.14m |
| M45 Shot Put 7.26K | | Conroy, Brian | M49 Unattached | 10.01m |
| M65 Shot Put 5K | 6 | Strader, Randy | M68 Unattached | 8.78m |
| W30 Hammer Throw | 1 | Simpson, Beth | W32 Unattached | 27.39m |