

# Ames Tribune

---

Sports

## Master's Track and Field Championships kick off in Ames

By Hayes Gardner Staff Writer [hgardner@amestrib.com](mailto:hgardner@amestrib.com)

Posted Jul 11, 2019 at 12:34 PM

Updated Jul 11, 2019 at 1:04 PM

Slow and steady wins the race, and, in Roy Englert's case, it shattered a world record.

The 96-year old ran 5,000-meters in 42 minutes, 30 seconds on Thursday morning at the United States Masters National Track and Field Championships, held at the Cyclone Sports Complex in Ames. His time not only won the event; he bested the previous age group (95-99) world record by over eight minutes to start the four-day event with a bang.

"He just wants to continue as long as he can, and that's what Master's Track and Field allows him to do," Masters Track and Field media director Bob Weiner said.

Over 900 athletes will participate this weekend in the 30-and-up championships, and it's a smorgasbord of competitors. There are five people over the age of 90, three former Olympians, and even some Ames residents.

Willie Banks, 63, a one-time world record holder in the triple jump and a participant of the 1984 and 1988 Olympics will compete in both the high jump and triple jump, and Michelle Rohl (a racewalker at the 1992, 1996 and 2000 Olympics) and James Barrineau, Jr. (a 1976 Olympian) are also in attendance.

Local residents who are competing include Jodi Smith, Joli Coil and Mike Krapfl, all of Ames.

The field was open for anyone who wanted to compete. Attending the events as a spectator is free.

“The purpose of it is lifetime fitness and health,” Weiner said.

It’s also serious; the USA Masters Track and Field drug tests its athletes, just as they are at international competitions. The United States placed second at the Worlds Masters Indoor Championships in Poland in March, racking up 62 gold medals. Many of those athletes are in Ames this weekend, competing in their various age groups.

One to watch in particular is the 2018 World Masters Athlete of the Year, Charles Allie, 71. Allie has age group world records in both the 200-meter and 400-meter and is known for blowing away his competition. For reference, his time in the 400 (57.26 seconds) would’ve been just four seconds away from qualifying for the 2019 IHSA state track meet.

He’s hopeful to set the over-70 world record in the 100-meter dash, which he’ll run Friday.

“He just blasts away and wins by, a visible domination, I’ll call it,” Weiner said.

“He dominates the field. It’s a lot of fun to watch him run.”

The championships, which last until Sunday, are run just like a standard track meet with throwing, jumping, running and racewalking events. Friday’s competitive day begins with the 5,000-meter racewalk at 8 a.m., and will continue all day, concluding with shuttle hurdle relays at 4 p.m.