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75-year-old woman smashes three world age-group records

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Jeannie Rice shattered the women's 75-79 world records in the 1,500m, 5,000m and 10,000m at the USATF Masters Track and Field National Championships



PAUL BASWICK JULY 24, 2023

A 75-year-old has shattered the women’s 75-79 world records in the 1,500m, 5,000m and 10,000m with a series of scorching finishes in her debut at the USATF Masters Track and Field National Championships in Greensboro, N.C. [Jeannie Rice](#) of Mentor, Ohio, kicked off the trio of jaw-dropping performances with her 22:41.46 finish in the 5,000m on Thursday, crossing the finish line nearly four minutes ahead of her closest competitor. Her time beats the 22:53.55 record set by British runner [Angela Copson](#) last year, and slices more than four minutes off previous U.S. masters record (26:55.11)

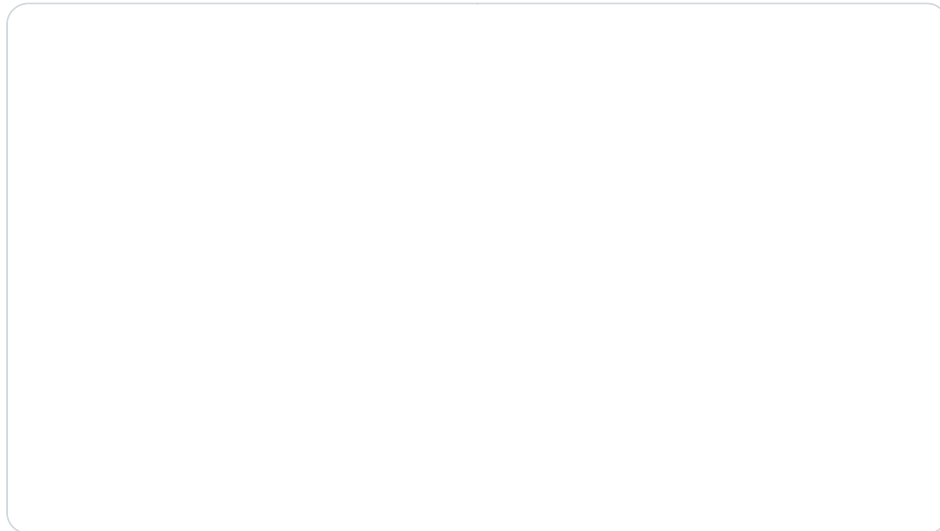
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This inspiration Jeannie Rice!! 75 years young -Broke 3 World Records(pending ratification) Thursday she ran- 5000m(22:41) 10000(46:53)Saturday Today she ran the 1500m-in 6:14.88. i need to put her picture on my refrigerator- the next time i want to complain. i shut my mouth



3:11 PM · Jul 23, 2023 from North Carolina, USA



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minute barrier, taking more than three minutes off the former world record (50:00.93) set by Germany's **Melitta Czerwenka-Nage** in 2005 and more than eight minutes off the previous U.S. record (55:26.70).



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Rice's finale came Sunday with her 6:14.88 in the 1,500m, which again sent the age group's world (6:20.93, also held by Copson) and U.S. (6:41.88) records tumbling.

All three of Rice's records are pending ratification.



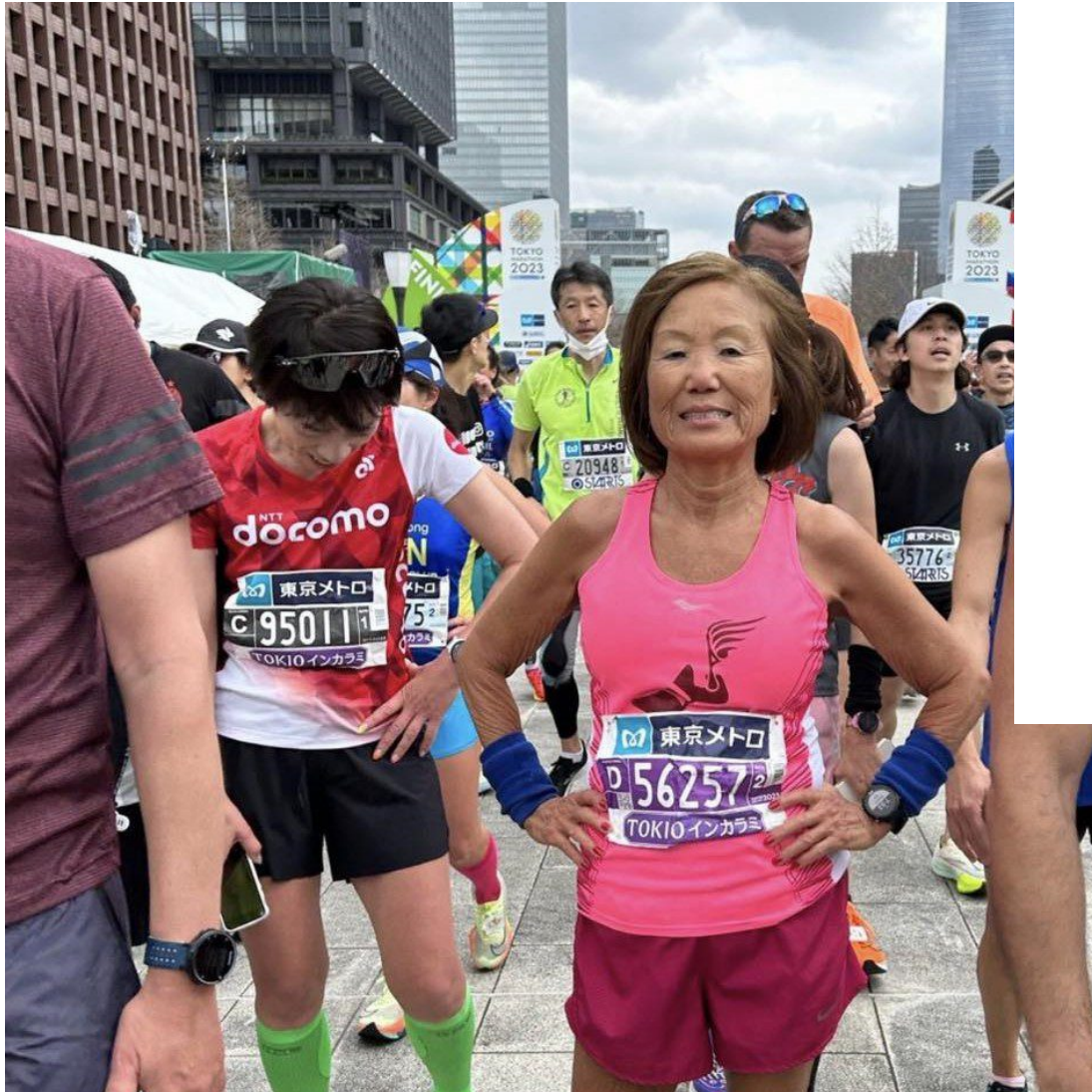
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In addition to her record-breaking times, Rice placed first in her age group's 400m final (1:26.68) and 800m final (3:15:22) at the [USATF](#) masters championships.

While her results in recent days have shown Rice is a force to be reckoned with on the track, the runner has long been turning heads with her success as a road racer. In April, three days after her 75th birthday, Rice set the



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Just six weeks before she ran Boston—and before her 75th birthday—Rice won the women’s 70+ age category at the Tokyo Marathon in 3:31:22 to receive her six-star finisher medal, awarded to runners who have completed all six [Abbott World Marathon Majors](#).