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Media Contacts:

Robert Weiner, MTF Championships Media Director weinerpublic@comcast.net 301-283-0821, 202-306-1200

Sandy Lee Triolo, MTF Communications Chair mtfcommchair@gmail.com 240-258-8226

**NEARLY 900 AT USA MASTERS TRACK CHAMPIONSHIPS IN AMES
TO INCLUDE WORLD AND COUNTRY'S BEST AT IOWA STATE UNIVERSITY July 11-14**

**Public and Media Welcome to Cheer Athletes 30-96 As They Display Lifetime Fitness and Health
at ISU Cyclone Sports Complex, 1022 Welch Ave. Ames IA 50011**

**MEN AND WOMEN AGES 30 TO 96
SEEK WORLD RECORDS AT USA NATIONAL MASTERS OUTDOOR CHAMPIONSHIP**

(Ames, IA) -- The USATF Masters Outdoor Track & Field Championships are set for Iowa State University in Ames, Iowa, Thursday through Sunday, July 11-14.

Almost 900 of the world's best athletes age 30 and up compete in Ames. Participants include Olympians, world record holders, national champions - and perhaps your neighbors, as 37 athletes are from Iowa, 16 from the Ames-Des Moines area. (For a list of Iowa / Ames-Des Moines-area athletes, see <https://tinyurl.com/y5bf9566>)

Iowa masters include Kay Glynn, 66, from Hastings, IA, and Gary Patton, 73, of Rocky Rapids, IA. Glynn is a returning national champion and American record holder in the pole vault, and Patton is a 2017 USATF Masters Hall of Fame inductee and current world record holder in the M70 mile in 5.29.8.

Among the stars at the meet are 116 returning (reigning) outdoor USATF National champions and 92 participants in the recent Indoor World Masters Indoor Championships in Torun, Poland, where Team USATF Masters won 62 gold medals, finishing 2nd on the medal table.

Oldest competitors are Roy Englert, 96, of Springfield, VA, and Thelma Wilson, 89, of New York, NY.

- Englert competes at 5000m and 800m and holds numerous World and USA indoor / outdoor records in distances from 800 meters to 1500 meters. He hopes to set a world record for 5000 meters at the meet this week
- Wilson competes at 100 meter and 200 meter and has won countless races in her age group.

Among other oldest competitors:

- Dixon Hemphill, M94, of Fairfax Station VA, competes at 100m, 1500m, 200m, 800m, and discus throw
- George Roudebush, M94, of Chardon OH, competes at 80m hurdles, discus throw, hammer throw, high jump, javelin throw, long jump, shot put, triple jump, weight throw. He was 2018 USA outdoor champion at Cheney WA, M90-94 80m short hurdles 27" in 1:32.66, M90-94 high jump in 0.75m, and M90-94 triple jump in 1.89m
- Richard Soller, M92, of North Bend OH, competes at 100m, 200m, high jump, long jump

- Betty Stroh, W86, of Auburn CA competes at 100m, 200m, discus throw, javelin throw, long jump; 2018 USA outdoor champion, Cheney WA, W85-89 100m in 23.70, W85-89 200m in 55.15, and W85-89 long jump in 1.69m
- Florence Meiler, W85, of Shelburne VT, competes at 100m, 2000m steeplechase, 80m hurdles, discus throw, hammer throw, high jump, long jump, pentathlon, pole vault, triple jump. She holds USA records in heptathlon, pole vault, hurdles, pentathlon, high jump, long jump, and weight throw, and world records at many of those events
- Christel Donley, W84, of Colorado Springs CO, competes at high jump, javelin throw, pentathlon, shot put, triple jump. She was inducted into USATF Masters Hall of Fame in 1997; holds USA records at 60m hurdles, heptathlon, pentathlon, and triple jump, and 2018 USA outdoor champion at Cheney WA, at hurdles, high jump, javelin throw, and shot put

From Iowa, the oldest woman and man:

- Martha Green, 68, of Des Moines IA, competes at discus throw, hammer throw, javelin throw, shot put, and weight throw
- Gary Patton, 73, followed by Michael Wiggins, 70, of Hawarden IA, competes at 10000m race walk, 5000m race walk. He was 2018 USA outdoor champion in Cheney WA at 10000m race walk in 59:29.84 and M65-69 5000m race walk in 29:25.92

Also competing are three World Masters Association (WMA) Athletes of the Year:

- Charles Allie, M71, Pittsburgh PA (2018)
- Bob Lida, M82, Wichita KS (2017)
- Rita Hanscom, W65, San Diego CA (2009)

In addition, other top world athletes include Derek Pye, M51, Lakewood CA; Neringa Jakstiene, W55, Memphis TN; Carol Finsrud, W62, Lockhart TX; Olympian and world record holder in the triple jump Willie Banks, M63, San Diego CA; Ralph Fruguglietti, M64, Bakersfield CA; Quenton (Doug) Torbert, M67, Redlands CA; Damien Leake, M68, Van Nuys CA; Myrle Mensey, W70, St. Louis MO; and Kathy Bergen, W79, La Canada CA.

Additional Information:

Detailed schedule:

<https://usatf.org/usatf/files/c9/c94eed1-042e-4ebf-82a7-b6137042e8aa.pdf>

Overall meet information:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-Outdoor-Championships.aspx>

Statistics, frequently-asked questions, and lists of athletes by city and state with names and events:

<http://tinyurl.com/y2u2z39p>

Media: Media credential application:

<https://tinyurl.com/y6f7a5we>

**All athletes are subject to drug testing by the United States Anti-Doping Agency

(Source: USATF Masters Communications Committee)

Upcoming events:

NCCWMA World Masters Regional Championship (WMA): 533 USATF masters athletes go on to compete in the North, Central America and Caribbean Regional Outdoor Championships in Toronto, Canada, July 18-21, 2019. Cheer on #TeamUSATF and follow the results on our social media accounts. More info at <https://nccwma2019.com/>

About USATF Masters:

USA Track & Field (USATF) is the national governing body for track and field, long-distance running and race walking in the United States. USATF Masters encompasses its over-30 division whose competitors exemplify lifelong fitness and competition. Visit the USATF website for more information at www.usatf.org

Social Media Links:

<https://www.facebook.com/usatfmasterstrack/>

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<http://Instagram.com/usatfmasters/>

Source: USATF Masters Communications Committee and Robert Weiner Associates