TRACK & FIELD
Highlights

The 2012 Greater Philadelphia Runners Pentathlon

Fort Washington, Pennsylvania
August 12, 2012

Greater Philadelphia Wins Inaugural Team Pentathlon / Jasper Dominates Runners Pentathlon

by Chuck Shields

On August 12, the 2012 Greater Philadelphia Runners Pentathlon was held at Carey Stadium and Athletic Complex on the campus of Germantown Academy. The competition was a USATF sanctioned event produced by the Greater Philadelphia Track Club. Runners competed in five events, 3000m, 200m, 1500m, 100m (in order) with the final event being the option of the 400m or 800m. New for 2012 was a team competition where three-person teams competed in the same 5 events, but in separate heats. The scoring was age-graded with cash prizes for the top five individuals. All participants received award certificates proclaiming that they were "Still Alive after Five !". The winning team also received a cash prize.

Here is a brief explanation of how the meet works:

Each runner will compete in 5 track races (3000m – 200m – 1500m – 100m – 400m/800m), with a minimum of 30 minutes recovery time in between. Athletes will choose either the 400m or the 800m for their fifth event (400m and 800m heats will alternate). With an equal mix of sprints and distance events (order as above), this challenging (but fun!) competition pits sprinter against distance runner to determine the best all-around track runner. Races will be timed using the fully automatic Finish Lynx Timing System. Runners will be seeded based on their most recent Mile and 400m times. Due to the unique format of this meet, the field is limited to 54 runners.

Scoring will be age-graded using the World Masters Association's 2006 age/gender-graded tables. Points are tabulated for each race (the age/gender-graded percentage), and awards are based on the cumulative percentages for the five races. Champions trophy to the overall individual winner and trophies to the top three teams. Teams will follow the same rules as the runners in the individual pentathlon, with the added stipulation of one member per race and each member must enter at least one race.

Lorraine Jasper (F50), of Athena Track Club, led from the first event, 3000, and was never seriously challenged after placing close 2nd in the two

previous years. She opted to change up her strategy by selecting the 400 in lieu of her specialty race, the 800. The following four places were **Chuck Shields** (M53), **Delvin Dinkins** (M40), All Greater Philadelphia TC) and **Duncan Smith** (M53), Philadelphia Masters.

The team race was very close as **Athena Pacers** (**Doreen McCoubrie**, **Wendi Glassman**, **Cheryl Bellaire**) went to the early lead but **Greater Philadelphia TC** (**Nick Berra**, **Carl Stocking**, **Wayne Foulke**) ultimately claimed the team prize. Eight teams competed including **Gotham Spark** from New York City, who would have factored in the team championship had they not missed the first event. Gotham will be back!

Lorraine Jasper (#26) leads Duncan Smith (#27) and others in the 1500 meter run of the Runners Pentathlon. *Photo by John Tran*

The meet director was **Kyle Mecklenborg**. **Pete Taylor** came up from Virginia for announcing duties. Volunteers were from Greater Philadelphia TC. Pete Taylor was heavily involved in an earlier incarnation of this type of meet. It's been a labor of love for Kyle Mecklenborg to bring this type of competition back to Philly where runners of all ages can see where they stand on a level playing field. The youngest competitor was 14 while the oldest was 74 years old.

Catching Up With The Winner:

Lorraine Jasper is an accomplished middle distance runner, who has won world and national championships. However, how does one prepare for a "Runner's Pentathlon?" We caught up with Lorraine to ask her a few questions about her experience.

What were your goals coming into this event?

I wanted to race each event off of the strength that

I acquired through training for Nationals. I needed to run at an effort where it was hard, but not so hard that it could cause injury.

Do you have a strategy for running each event or do you just go for it in each race?

My strategy was fairly simple.....treat this like the marathon....stay in control the whole time ...use good form and smart pace.

Did your races go to plan?   Yes!

Did you do any special training for the event?

No, I just believed in my regular training program to pull me through.

What do you do between each event?

Take a small amount of recovery liquids and light dynamic stretches.

Do you do one warm-up or warm-up for each event?

I do one warm-up and then before next event some light dynamic warm ups.

What time did the first event start and did you change your morning pre-race routine?

First event started at 8am. I treated this event like any other early morning race so, no, I did not change anything.

USA Takes 81 Golds At NCCWMA Championships

Saint John, Canada
August 9-12, 2012

The United States brought home 81 gold medals in the final major international meet of 2012. Leading the way with six gold medals was **Norman Hough**, M65, followed by **Mary Roman** and **Khalid Mulazim** with five. Hough took gold in the pentathlon, 3058 points, javelin, 37.12 (121' 9 1/2"), 100 meter hurdles, 19.75, weight throw, 13.15, pole vault, 2.80 (9' 2 1/4") and the throws pentathlon with 3430 points. Roman captured gold medals in the javelin, 11.57 (37'11 1/2"), discus, 13.37 (43' 10 1/4"), shot put, 8.11 (26' 7 1/4"), hammer, 24.02 (78" 9 3/4") and the throws pentathlon, 3079 points. Mulazim earned five golds by winning every sprint race and running on two gold medal relay teams. Mulazim took the 400 in 51.40, 100 in 11.78 and the 200 in 23.60. He ran the second leg of the M40 4 x 100 relay with **Mohamed Ali** leading off, **Kerry Sloan** second and **Mark Warren** anchoring for a 46.99 and in the 4 x 400 Mulazim running third, with Sloan leading off again, **Carlos Valle** running second and Ali anchoring a 3:45.25 win.

Winning four golds were **Bob Osterhoudt**, M70, and **Gary Patton**, M65. Osterhoudt took the hammer, 39.27 (128' 10"), 80 meter hurdles, 14.46, the weight throw, 13.98 (45' 10 1/4") and the throws pentathlon, 3605 points. Patton won all four distance events, the 5k in 19:40.21, the 800 in 2:33.81, 10k in 41:36 and the 1500 in 5:13.50. Among those earning three was sprint triple medal winner **Roger Pierce**, M65. Pierce won the 400