

SC Striders Take on the World

Several SC Striders were crowned as World Champions in Gainesville, Florida during the WMA 2025 Indoor World Championships held from March 23 through March 30, 2025.

Rita Hanscom, competing in the women's 70-74 age group, was the big winner, with gold medals in the pentathlon (3,876 points) and high jump (1.23 meters). Rita also won silver in the pole vault with a height of 2.2 meters and bronze in the long jump with her leap of 3.47 meters.

Ron Stevens was well-adorned with medals, winning the gold as a part of the Mixed 4X200 relay. Competing in the Men's 70-74 age group, Ron also won silver in the 60 meters (8.05) and 200 meters (26.86), bronze in the 60 meter hurdles (10.06), and a fifth-place finish in the long jump (4.18 meters).

Damien Leake continued his winning ways in the 60 meters, placing first with a time of 7.97 seconds.

Karen Maxwell won the gold in the women's 65-69 60-meter hurdles with a time of 11.11. Karen also placed sixth in the 60 meters with a time of 9.79.

Annelies Steekelenburg, competing for the Netherlands in the women's 75-79 age group, won the high jump with a height of 1.07 meters.

Other medal winners, included our newest Strider, Kristin Terpening, who took home 4 bronze medals with her impressive comeback from injury. Competing in the women's 65-69 age division, Kristin placed third in the javelin (23.52), shot put (9.46), weight throw (12.25), and discus (22.71). Kristin also placed fourth in the hammer with a throw of 31.45 meters.

Several Striders won two medals each, including Donna Beard, Juaquita Gray, Joy Flynn, and Debby von Winckelmann. Beard, competing in the women's 60-64 age group, took second in the weight throw (15.87 meters) and the hammer throw (45.51 meters). Donna also took fifth in the shot put (10.94) and 10th in the javelin throw (19.61 meters). Gray, also competing in the women's 60-64 age group, took home bronze medals in the triple jump (8.73) and the women's 4X200 relay. Juaquita also took fourth in the long jump with a leap of 3.86 meters. Flynn, competing in the women's 75-79 age group, won a silver in the high jump (1.02 meters) and a bronze in the triple jump (5.97). Joy also placed fourth in the long jump with a mark of 2.79 meters. Von Winckelmann won silver medals in the high jump (1.22) and triple jump (6.98) in the women's 65-69 age group. Debby also placed fourth in the long jump (3.27) and sixth in the javelin (22.06).

Rounding out our medal winners, Carole Rhodes took second in the women's 75-79 pole vault with a height of 1.3 meters. Pat Kelly, competing for Ireland in the women's 75-79 age group, won bronze in the 60 meters with a time of 11.32.

The Striders were well-represented by Suzette Lee, Lin Dunton, Sani Withers, and Carole Jackson in the women's throws. Dunton and Withers both competed in the 65-69 age group, with Dunton taking fifth in the shot put (8.85) and javelin (22.86), sixth in the hammer (29.94), and eight in the weight throw (10.39) and discus (19.05). Withers took seventh in the javelin (21.38), ninth in the discus (18.88), 10th in the shot put (7.76), and 11th in both the weight throw (9.45) and hammer (21.88). Jackson, competing in the 70-74 age group took sixth in both the weight throw (9.37) and

the hammer throw (24.3), and placed eighth in the shot put (6.43). Lee, competing in the 60-64 age group, placed 12th in both the hammer throw (26.88) and the shot put (8.32). Suzette also placed 14th in the javelin (16.56) and the weight throw (10.55).

Dan Flynn competed in the 75-79 age group and took eighth place in the triple jump (6.29) and 10th in the long jump (3.01).