

SC Striders in Sweden

Our SC Striders had a strong showing at the 2024 World Masters Athletics Championships in Gothenburg, Sweden, winning five World championships and setting two World records and two American records!

Ron Stevens (M70) captured the gold and the World Championship in the 100 meters and as was also a part of the 4x100 relay team that set a new World Record with a time of 51.12. Ron also won silver in the 200 meters and 300 meters hurdles, as well as bronze in the 80 meters hurdles. Ron's time of 49.04 in the 300 meters hurdles is a new American record.

Kathy Bergen (W80) won the gold and the World Championship in the 100 meters and took second in the high jump.

Annelies Steekelenburg (W75) won the gold and the World Championship in the high jump.

Cara Black (W65) was part of the 4X100 meters relay team that won gold and set a new American record at 1:02.76. Cara also took 6th in the 100 meters and narrowly missed the finals in the 200 meters, falling just .01 second short!

Rita Hanscom (W70) won bronze medals in the pole vault and in the 200 meters hurdles.

Tina Bowman (W70) was part of the silver-winning 4x400 meters relay and took sixth in the javelin and 200 meters hurdles. Tina a personal best in the 200 meters, but didn't make the final, and also competed in the 400 meters.

Lloyd Hightower (M55) was part of the World Record-setting 4x100 relay team. The team also set a course record with their time of 45.07. Lloyd also took 8th in the 200 meters and 10th in the 100 meters.

Lastly, Linda Cohn was ill while in Sweden and took fourth in the javelin. She has since discovered that she has been competing for the better part of this year with a badly torn rotator cuff! Wishing Linda a speedy recovery.

Well-done to all of our teammates that competed!