

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 60m M35

1	Christian Marthinussen	NOR	6.91
2	Mantas Semcenko	LTU	6.94
3	Rondrick Parker	USA	6.95

### 60m M40

1	Francis Obikwelu	POR	6.90
2	Lion Martinez	SWE	6.94
3	Tamunonengiye-Ofori Ossai	GBR	7.02

### 60m M45

1	Jason Carty	GBR	7.01
2	Jeff Laynes	USA	7.22
3	Ciaran Harvey	GBR	7.30

### 60m M50

1	Karnell Vickers	USA	7.29
2	Marios Christoforidis	GRE	7.40
3	Mark Phills	GBR	7.49

### 60m M55

1	André Bancod	FRA	7.42
2	Giulio Morelli	ITA	7.51
3	Donald Brown	GBR	7.60

### 60m M60

1	Charly Perochon	FRA	7.71
2	Güner Güngör	TUR	7.72
3	Mykhailo Ostashevskiy	UKR	7.89

### 60m M65

1	Thomas Jones	USA	7.91
2	Rudolf König	GER	7.99
3	Tetsushi Niida	JPN	8.06

### 60m M70

1	Charles Allie	USA	8.18
2	Vladimir Vybostok	SVK	8.58
3	Trevor Guptill	NZL	8.67

### 60m M75

1	Allan Long	GBR	8.91
2	Ian Foster	GBR	9.14
3	Jozef Jedrusik	POL	9.41

### 60m M80

1	Bob Lida	USA	9.30
2	Adolf Nehren	GER	9.38
3	Karl Schmid	GER	9.50

### 60m M85

1	Hiroo Tanaka	JPN	9.89
2	Herbert E. Müller	GER	11.24
3	William Jankovich	USA	11.63

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## Medalists

Toruń, 24-30 March 2019

### 60m M90

1	Konstantinos Chatziemmanouil	GRE	13.06
2	Dalbir Singh Deol	GBR	14.11
3	James Sinclair	AUS	14.33

### 60m M95

1	Pekka Penttilä	FIN	14.09
2	Jerzy Prejzner	POL	27.25

### 60m W35

1	Esther Dankwah	NED	7.69
2	Aneta Grot	POL	7.91
3	Easter Grant	USA	8.00

### 60m W40

1	Claire Spurway	GBR	7.96
2	Monique Perry	AUS	7.99
3	Anna Björkstедt	SWE	8.02

### 60m W45

1	Heike Martin	GER	7.93
2	Helen Hermundstad	SWE	8.03
3	Joanna Balcerzak	POL	8.04

### 60m W50

1	Emmanuelle Mcgowan	USA	8.28
2	Esther Colas	ESP	8.34
3	Iris Opitz	GER	8.35

### 60m W55

1	Nicole Alexis	FRA	8.37
2	Kirstin King	GBR	8.41
3	Joy Upshaw	USA	8.53

### 60m W60

1	Loles Vives	ESP	8.99
2	Tilly Jacobs	NED	9.03
3	Jane Horder	GBR	9.14

### 60m W65

1	Caroline Powell	GBR	9.01
2	Joylyn Saunders-Mullins	GBR	9.37
3	Ewa Bartosik	POL	9.49

### 60m W70

1	Sheryl Gower	NZL	9.86
2	Ingela Bluhm	DEN	9.87
3	Kristina Hanke	GER	10.23

### 60m W75

1	Christine Waring	NZL	10.30
2	Riet Jonkers-Slegers	NED	10.55
3	Kerstin Nilsson	SWE	10.78

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## Medalists

Toruń, 24-30 March 2019

### 60m W80

1	Christa Bortignon	CAN	10.96
2	Rose Green	USA	11.02
3	Renate Schaden	AUT	12.50

### 60m W85

1	Irene Obera	USA	12.28
2	Emma Maria Mazzenga	ITA	12.48

### 60m W90

1	Marcia Petley	NZL	15.82
2	Elena Pagu	ROU	16.81
3	Elzbieta Kalinowska	POL	25.04

### 60m W100

1	Man Kaur	IND	35.80
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### 200m M35

1	Damien Broothaerts	BEL	22.13
2	Rondrick Parker	USA	22.43
3	Imad Rahoui	FRA	23.25

### 200m M40

1	Lion Martinez	SWE	22.47
2	Gavin Stephens	GBR	22.66
3	Dominic Bradley	GBR	22.70

### 200m M45

1	Michael Coogan	GBR	23.16
2	Marc Ozier	FRA	23.46
3	Mark Giglio	AUS	23.47

### 200m M50

1	Bernd Lachmann	GER	24.00
2	Meinert Möller	GER	24.59
3	Andrew Wilcox	AUS	24.60

### 200m M55

1	Petteri Soini	FIN	24.33
2	Patrice Carnier	FRA	24.66
3	David Pitts	USA	25.03

### 200m M60

1	Gerhard Zorn	GER	25.30
2	Güner Güngör	TUR	25.60
3	Charly Perochon	FRA	25.69

### 200m M65

1	Thomas Jones	USA	26.04
2	Rudolf König	GER	26.42
3	Raoul Prado	FRA	27.45

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## Medalists

Toruń, 24-30 March 2019

### 200m M70

1	Charles Allie	USA	26.11
2	Vincenzo Felicetti	ITA	28.34
3	Trevor Guptill	NZL	28.64

### 200m M75

1	Larry Barnum	USA	29.73
2	Allan Long	GBR	30.10
3	Friedhelm Adorf	GER	30.38

### 200m M80

1	Bob Lida	USA	31.14
2	Guido Mueller	GER	32.67
3	Adolf Nehren	GER	33.43

### 200m M85

1	Hiroo Tanaka	JPN	33.90
2	Herbert E. Müller	GER	39.20
3	William Jankovich	USA	47.40

### 200m M90

1	Marcos Bermejo Garcia	ESP	44.85
2	Konstantinos Chatziemmanouil	GRE	48.33
3	Dalbir Singh Deol	GBR	56.82

### 200m M95

1	Pekka Penttilä	FIN	62.03
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### 200m W35

1	Snezana Bechtina	IRL	25.68
2	Aneta Grot	POL	25.73
3	Easter Grant	USA	26.14

### 200m W40

1	Malgorzata Gasowska	POL	25.99
2	Susie Mcloughlin	GBR	26.11
3	Adina Gheorghiu	ROU	26.57

### 200m W45

1	Joanna Balcerzak	POL	26.28
2	Michelle Thomas	GBR	26.41
3	Helen Hermundstad	SWE	26.62

### 200m W50

1	Emmanuelle Mcgowan	USA	26.80
2	Iris Opitz	GER	27.00
3	Katrin Mertanen	FIN	28.12

### 200m W55

1	Nicole Alexis	FRA	27.80
2	Sigrid Gutierrez Marin	CRC	27.96
3	Joy Upshaw	USA	28.06

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## Medalists

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### 200m W60

1	Anny Undheim	NOR	31.35
2	Tilly Jacobs	NED	31.42
3	Petra Krajan	GER	32.10

### 200m W65

1	Karla Del Grande	CAN	29.73
2	Caroline Powell	GBR	30.61
3	Joylyn Saunders-Mullins	GBR	31.75

### 200m W70

1	Sheryl Gower	NZL	34.13
2	Ingela Bluhm	DEN	35.93
3	Karmella Michlfeit	AUT	36.56

### 200m W75

1	Christine Waring	NZL	37.50
2	Hannelore Venn	GER	38.70
3	Kerstin Nilsson	SWE	39.83

### 200m W80

1	Christa Bortignon	CAN	39.50
2	Rose Green	USA	39.60
3	Lydia Ritter	GER	43.49

### 200m W85

1	Irene Obera	USA	44.18
2	Emma Maria Mazzenga	ITA	44.28
3	Stanislawa Wroniecka	POL	1:54.54

### 200m W90

1	Marcia Petley	NZL	63.52
2	Elzbieta Kalinowska	POL	1:40.53

### 200m W100

1	Man Kaur	IND	3:03.86
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### 400m M35

1	Roman Marenin	USA	50.31
2	Dave Awde	GBR	50.94
3	Jay Stone	AUS	51.09

### 400m M40

1	Ricardo Menéndez González	ESP	49.98
2	Olivier Apatout	FRA	50.15
3	David Brown	GBR	50.36

### 400m M45

1	Gregorio Martinez Funes	ESP	52.04
2	Daniele Biffi	GER	52.07
3	Massimiliano Poeta	ITA	52.16

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## Medalists

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### 400m M50

1	Andrew Wilcox	AUS	53.44
2	Mark Ward	GBR	54.04
3	Dominic Bokor-Ingram	GBR	54.12

### 400m M55

1	Jonathan Tilt	GBR	55.17
2	Michael Sherar	CAN	55.63
3	David Pitts	USA	55.66

### 400m M60

1	Gerhard Zorn	GER	56.39
2	Israel Melo	BRA	57.39
3	Jan Czastka	POL	57.47

### 400m M65

1	Rudolf König	GER	60.68
2	George Haywood	USA	61.89
3	Adrian Essex	GBR	65.07

### 400m M70

1	Charles Allie	USA	1:00.48
2	Vincenzo Felicetti	ITA	1:01.31
3	Roberto Paesani	ITA	1:03.99

### 400m M75

1	John Mac Dermott	IRL	1:07.28
2	Larry Barnum	USA	1:07.54
3	Friedhelm Adorf	GER	1:13.58

### 400m M80

1	Guido Mueller	GER	1:17.79
2	Hermann Beckering	GER	1:17.83
3	Mack Stewart	USA	1:20.19

### 400m M85

1	Radnaa Tseren	MGL	1:20.65
2	Hiroo Tanaka	JPN	1:22.71
3	Herbert E. Müller	GER	1:32.76

### 400m M90

1	Marcos Bermejo Garcia	ESP	1:43.08
2	Konstantinos Chatziemmanouil	GRE	1:56.28
3	Karel Matzner	CZE	2:05.30

### 400m W35

1	Aneta Lemiesz	POL	55.97
2	Snezana Bechtina	IRL	58.14
3	Maria Panagiotidou	GRE	58.62

### 400m W40

1	Cynthia Monteleone	USA	58.17
2	Annette Quaid	IRL	58.90
3	Eleonore Gävsten	SWE	59.35

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### 400m W45

1	LaTrica Dendy	USA	59.74
2	Mireia Gorju Solsona	ESP	60.36
3	Sharon Davis	AUS	62.02

### 400m W50

1	Emmanuelle Mcgowan	USA	61.23
2	Joanna Flowers	GBR	62.82
3	Jacqui Hodgson	GBR	65.12

### 400m W55

1	Virginia Mitchell	GBR	1:03.21
2	Sigrid Gutierrez Marin	CRC	1:04.14
3	Sue Mcdonald	USA	1:04.38

### 400m W60

1	Gunnel Tolfes	SWE	1:09.80
2	Anny Undheim	NOR	1:09.97
3	Edith Caux	FRA	1:10.70

### 400m W65

1	Karla Del Grande	CAN	1:08.39
2	Caroline Powell	GBR	1:08.94
3	Joylyn Saunders-Mullins	GBR	1:12.91

### 400m W70

1	Angela Copson	GBR	1:20.70
2	Sheryl Gower	NZL	1:22.55
3	Paula Moorhouse	AUS	1:28.71

### 400m W75

1	Riet Jonkers-Slegers	NED	1:24.16
2	Christine Waring	NZL	1:32.10
3	Iris Hornsey	GBR	1:41.20

### 400m W80

1	Lydia Ritter	GER	1:37.45
2	Rose Green	USA	1:43.90
3	Carolyn Langenwalter	USA	2:11.14

### 400m W85

1	Emma Maria Mazzenga	ITA	1:51.89
2	Irene Obera	USA	1:58.46
3	Helena Visser	CAN	2:12.13

### 800m M35

1	Aaron Brown	GBR	1:58.70
2	Jeremie Nattes	FRA	1:58.76
3	Artur Mroz	POL	1:59.11

### 800m M40

1	Juan Antonio Gil	ESP	1:58.56
2	Ramon Borente Gonzalez	ESP	1:58.57
3	Octavio Perez Calatayud	ESP	1:58.81

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### 800m M45

1	Antonio Franco	ESP	2:01.01
2	Juan Jose Crespo Rincon	ESP	2:01.05
3	Mark Williams	USA	2:01.33

### 800m M50

1	Mark Symes	GBR	2:02.14
2	Hubert Leineweber	GER	2:03.17
3	Hassan El Azzouzi	ITA	2:04.25

### 800m M55

1	Giuseppe Ugolini	ITA	2:08.02
2	Paul Osland	CAN	2:08.12
3	Michael Sherar	CAN	2:08.26

### 800m M60

1	Jan Czastka	POL	2:18.31
2	Jeff Lindsay	USA	2:18.43
3	Ian Calder	NZL	2:18.69

### 800m M65

1	Joe Gough	IRL	2:22.06
2	Walter Rentsch	GER	2:24.34
3	Kevin Archer	GBR	2:25.52

### 800m M70

1	Allan Mayfield	AUS	2:31.16
2	Hans Smeets	NED	2:32.94
3	Rudolf Frei	ITA	2:32.97

### 800m M75

1	Albert Walter	GER	2:56.40
2	Victor Shirley	GBR	2:58.17
3	Philip Brennan	GBR	3:05.78

### 800m M80

1	Manuel Alonso	ESP	3:04.64
2	Willi Klaus	GER	3:17.73
3	Angel Cano Alcolea	ESP	3:20.13

### 800m M85

1	Hiroo Tanaka	JPN	3:56.21
2	Herbert E. Müller	GER	4:07.70
3	Richard Pitcairn-Knowles	GBR	5:11.04

### 800m M90

1	Marcos Bermejo Garcia	ESP	4:21.01
2	Konstantinos Chatziemmanouil	GRE	4:50.58
3	Karel Matzner	CZE	5:11.65

### 800m W35

1	Aneta Lemiesz	POL	2:10.12
2	Natallia Palonnikava	BLR	2:14.60
3	Nina Howorka	GER	2:19.90



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### 800m W40

1	Judicaëlle Calif	FRA	2:17.57
2	Annette Quaid	IRL	2:20.10
3	Louise Rudd	GBR	2:21.43

### 800m W45

1	Sonja Friend-Uhl	USA	2:17.40
2	Sharon Davis	AUS	2:18.01
3	Minori Hayakari	JPN	2:19.21

### 800m W50

1	Eva Trost	GER	2:26.52
2	Maria Carabante	ESP	2:28.04
3	Antonia Alvarez Ruiz	ESP	2:29.60

### 800m W55

1	Virginia Mitchell	GBR	2:22.34
2	Clare Elms	GBR	2:23.10
3	Sue Mcdonald	USA	2:27.58

### 800m W60

1	Susan Lynn Cooke	USA	2:42.83
2	Lesley Hinz	USA	2:43.14
3	Gunnel Tolfes	SWE	2:44.97

### 800m W65

1	Alison Bourgeois	GBR	2:48.91
2	Rosalind Tabor	GBR	3:00.32
3	Ulla Karneback	SWE	3:00.58

### 800m W70

1	Sabra Harvey	USA	2:50.57
2	Angela Copson	GBR	2:56.36
3	Paula Moorhouse	AUS	3:35.10

### 800m W75

1	Iris Hornsey	GBR	3:55.07
2	Waltraud Bayer	GER	4:05.10
3	Eva Carlsen	NOR	4:21.75

### 800m W80

1	Lydia Ritter	GER	3:57.97
2	Palina Katsuba	BLR	5:33.87
3	Carolyn Langenwalter	USA	5:48.38

### 1500m M35

1	Roger Vila	ESP	4:03.58
2	Adel Hfaiedh	TUN	4:04.16
3	Jeremie Nattes	FRA	4:04.23

### 1500m M40

1	James Edward Thie	GBR	4:07.33
2	Juan Antonio Gil	ESP	4:08.05
3	Octavio Perez Calatayud	ESP	4:08.42

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## Medalists

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### 1500m M45

1	Dean Richardson	GBR	4:05.18
2	Juan Jose Crespo Rincon	ESP	4:06.13
3	Mark O'Shea	IRL	4:06.48

### 1500m M50

1	Mark Symes	GBR	4:17.49
2	David Cowlshaw	GBR	4:19.21
3	Hassan El Azzouzi	ITA	4:19.50

### 1500m M55

1	Guy Bracken	GBR	4:24.43
2	Paul Osland	CAN	4:27.19
3	Xavier Lefay	FRA	4:27.31

### 1500m M60

1	Alfredo Bonetti	ITA	4:48.26
2	Ian Calder	NZL	4:48.31
3	Paul Fletcher	GBR	4:50.27

### 1500m M65

1	Joe Gough	IRL	4:51.39
2	Walter Rentsch	GER	4:53.45
3	Kevin Archer	GBR	4:53.68

### 1500m M70

1	Allan Mayfield	AUS	5:15.50
2	Gary Patton	USA	5:16.78
3	Kevin Solomon	AUS	5:17.23

### 1500m M75

1	Victor Shirley	GBR	6:08.00
2	Albert Walter	GER	6:09.13
3	Paul Simonsson	SWE	6:10.77

### 1500m M80

1	Manuel Alonso	ESP	6:16.34
2	Angel Cano Alcolea	ESP	7:03.60
3	Bruno Baggia	ITA	7:04.23

### 1500m M85

1	Herbert E. Müller	GER	8:49.41
2	Richard Pitcairn-Knowles	GBR	10:09.12

### 1500m W35

1	Anna Rostkowska	POL	4:35.02
2	Soumaya Bousaid	TUN	4:36.47
3	Natallia Palonnikava	BLR	4:43.64

### 1500m W40

1	Zoe Doyle	GBR	4:41.02
2	Mary Leech	IRL	4:43.07
3	Judicaëlle Calif	FRA	4:44.05

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### 1500m W45

1	Minori Hayakari	JPN	4:38.27
2	Sonja Friend-Uhl	USA	4:44.10
3	Miriam Paurat	GER	4:47.45

### 1500m W50

1	Eva Trost	GER	4:50.14
2	Anne Gilshinan	IRL	4:50.17
3	Maria Carabante	ESP	4:59.53

### 1500m W55

1	Clare Elms	GBR	4:54.97
2	M E Esther Pedrosa Carrete	ESP	5:04.42
3	Anne Howie	GBR	5:17.22

### 1500m W60

1	M.Teresa Ruzafa Manchon	ESP	5:29.36
2	Lesley Hinz	USA	5:35.72
3	Susan Lynn Cooke	USA	5:35.79

### 1500m W65

1	Alison Bourgeois	GBR	5:55.65
2	Rosalind Tabor	GBR	6:33.66
3	Ana Giuffra	URU	6:35.77

### 1500m W70

1	Sabra Harvey	USA	5:57.19
2	Angela Copson	GBR	6:03.41
3	Paula Moorhouse	AUS	7:35.95

### 1500m W75

1	Iris Hornsey	GBR	8:04.42
2	Milena Hovorkova	CZE	8:11.67
3	Waltraud Bayer	GER	8:15.70

### 1500m W80

1	Lydia Ritter	GER	8:04.23
2	Ann Woodlock	IRL	8:28.06
3	Janina Rosinska	POL	15:21.72

### 1500m W85

1	Denise Leclerc	FRA	9:10.83
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### 3000m M35

1	Adel Hfaiedh	TUN	8:50.70
2	Artur Kern	POL	8:51.01
3	Andreas Kuhlen	GER	8:51.48

### 3000m M40

1	Manuel Angel Penas Blanco	ESP	8:55.41
2	Luigi Del Buono	ITA	8:58.99
3	Bogdan Dziuba	POL	9:01.06

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### 3000m M45

1	Juan Jose Crespo Rincon	ESP	8:50.31
2	Julio Bardavio Atienza	ESP	8:52.32
3	Mark O'Shea	IRL	8:56.35

### 3000m M50

1	Miguel Molero-Eichwein	GER	9:09.98
2	Peter Van Der Velden	NED	9:10.21
3	Joaquim Figueiredo	POR	9:26.94

### 3000m M55

1	Guy Bracken	GBR	9:15.25
2	Håkan Eriksson	SWE	9:24.94
3	Francisco García López	ESP	9:32.38

### 3000m M60

1	Sergey Polikarpov	KAZ	9:43.11
2	Jukka Kauppila	FIN	9:47.93
3	Thomas Payne	IRL	10:05.69

### 3000m M65

1	Lars Juel Jensen	DEN	10:46.07
2	Cees Stolwijk	NED	10:46.92
3	Luciano Moser	ITA	10:47.22

### 3000m M70

1	Hans Smeets	NED	11:28.78
2	Gary Patton	USA	11:30.11
3	Kevin Solomon	AUS	11:31.07

### 3000m M75

1	Juan Lopez Garcia	ESP	12:18.86
2	Victor Shirley	GBR	12:28.07
3	Paul Simonsson	SWE	12:57.37

### 3000m M80

1	Klemens Wittig	GER	14:13.16
2	Henryk Urtnowski	POL	14:15.83
3	Francisco Terán	MEX	14:17.90

### 3000m M85

1	Herbert E. Müller	GER	18:50.53
2	Richard Pitcairn-Knowles	GBR	18:57.99
3	Georg Dähne	GER	19:24.90

### 3000m W35

1	Barbara Bieganowska	POL	9:54.84
2	Anna Rostkowska	POL	9:55.68
3	Soumaya Bousaid	TUN	9:59.73

### 3000m W40

1	Zoe Doyle	GBR	10:26.40
2	Mary Leech	IRL	10:30.56
3	Maria Jose De Toro Saiz	ESP	10:32.01

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### 3000m W45

1	Marta Camps Galí	ESP	10:18.95
2	Miriam Paurat	GER	10:25.41
3	Carolina Capdevila Gutierrez	ESP	10:28.20

### 3000m W50

1	Nicole Weijling-Dissel	NED	10:25.36
2	Annette Kealy	IRL	10:32.82
3	Antonia Alvarez Ruiz	ESP	10:33.24

### 3000m W55

1	Clare Elms	GBR	10:31.69
2	M E Esther Pedrosa Carrete	ESP	10:54.43
3	Karin Schön	SWE	11:02.18

### 3000m W60

1	M.Teresa Ruzafa Manchon	ESP	11:38.13
2	Christine Adamson	NZL	12:07.38
3	Susan Lynn Cooke	USA	12:08.30

### 3000m W65

1	Rosalind Tabor	GBR	13:20.96
2	Elfriede Ganter	GER	13:28.10
3	Sisko Hiltunen	FIN	14:01.06

### 3000m W70

1	Angela Copson	GBR	12:52.36
2	Gabriele Rost-Brasholz	GER	15:16.17
3	Maria Brigitte Nittel	GER	15:33.32

### 3000m W75

1	Josette Maillard	FRA	15:39.37
2	Hannele Kivistö	FIN	15:44.44
3	Milena Hovorkova	CZE	18:16.09

### 3000m W80

1	Ann Woodlock	IRL	18:11.47
2	Zofia Turosz	POL	19:51.72
3	Pamela Jones	GBR	22:13.57

### 60m Hurdles M35

1	Damien Broothaerts	BEL	7.97
2	Nikos Saisanas	GRE	8.28
3	Florian Vogel	AUT	8.43

### 60m Hurdles M40

1	Jan Schindzielorz	GER	7.94
2	Mensah Elliott	GBR	8.27
3	Paolo Citterio	ITA	8.63

### 60m Hurdles M45

1	Joe Appiah	GBR	8.31
2	Thomas Keller	SUI	8.53
3	Francky Vandecasteele	FRA	8.56

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 60m Hurdles M50

1	Marin Garrigues	FRA	8.53
2	Karnell Vickers	USA	8.55
3	Renzo Romano	ITA	8.66

### 60m Hurdles M55

1	Donald Brown	GBR	9.02
2	Wan Bakx	NED	9.06
3	Neil Tunstall	GBR	9.17

### 60m Hurdles M60

1	Herbert Kreiner	AUT	9.50
2	Wolfgang Richter	GER	9.60
3	Miklós Mester	HUN	9.69

### 60m Hurdles M65

1	Thaddeus Wilson	USA	9.68
2	Ivo Strnad	CZE	10.01
3	Henryk Szymura	POL	10.12

### 60m Hurdles M70

1	Milan Beliansky	SVK	10.15
2	Anthony Wells	GBR	10.31
3	Vesa Mäki	FIN	10.37

### 60m Hurdles M75

1	Rolf Geese	GER	10.68
2	Dietmar Steiner	AUT	10.98
3	John Mac Dermott	IRL	11.58

### 60m Hurdles M80

1	Tony Bowman	GBR	11.77
2	Roger Vergin	USA	12.43
3	Emil Pawlik	USA	12.73

### 60m Hurdles M85

1	Radnaa Tseren	MGL	14.31
2	Ernesto Minopoli	ITA	19.94
3	William Jankovich	USA	21.34

### 60m Hurdles W35

1	Dedeh Erawati	INA	9.00
2	Catriona Pennet	GBR	9.08
3	Emma Valencia Garcia	ESP	9.11

### 60m Hurdles W40

1	Annette Funck	GER	8.80
2	Yannelle Zape	COL	9.00
3	Rachel Guest	USA	9.16

### 60m Hurdles W45

1	Evelin Nagel	GER	9.30
2	Lenore Lambert	AUS	9.55
3	Aafke Van Daalen	NED	9.67

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 60m Hurdles W50

1	Katrin Mertanen	FIN	9.67
2	Kirsti Siekkinen	FIN	9.82
3	Angeles Guerra Hurtado	ESP	9.93

### 60m Hurdles W55

1	Neringa Jakstiene	USA	9.61
2	Joy Upshaw	USA	9.78
3	Susan Frisby	GBR	9.96

### 60m Hurdles W60

1	Jane Horder	GBR	10.03
2	Robyn Suttor	AUS	10.35
3	Ruth Raaflaub-Minnig	SUI	10.57

### 60m Hurdles W65

1	Hildegard Vanhorenbeeck	BEL	11.04
2	Marit Huflåtten	NOR	11.42
3	Ulla Karneback	SWE	12.01

### 60m Hurdles W70

1	Ingeborg Zorzi	ITA	12.38
2	Terhi Kokkonen	FIN	12.86
3	Karin Foerster	GER	13.97

### 60m Hurdles W75

1	Kerstin Nilsson	SWE	15.12
2	Patricia Hill	GBR	16.32

### 60m Hurdles W80

1	Florence Meiler	USA	16.30
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### 60m Hurdles W85

1	Irene Obera	USA	24.06
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### 3000m Racewalk M35

1	Rafal Fedaczynski	POL	12:52.22
2	Andreas Janker	GER	12:56.07
3	Angel Blanco Hidalgo	ESP	12:59.97

### 3000m Racewalk M40

1	Ruben Piñera Alvarez	ESP	13:02.84
2	Grzegorz Grinholc	POL	13:56.37
3	Jose Manuel Rodriguez Jimenez	ESP	14:34.67

### 3000m Racewalk M45

1	Normunds Ivzans	LAT	12:41.45
2	Steffen Borsch	GER	12:53.69
3	Meftah Swaieh	FRA	13:53.64

### 3000m Racewalk M50

1	Philippe Bonneau	FRA	13:24.61
2	Miguel Angel Carvajal Ortega	ESP	13:35.00
3	Steffen Meyer	GER	13:44.34

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 3000m Racewalk M55

1	Miguel Periañez García	ESP	13:41.32
2	Anton Mashkevich	BLR	13:52.32
3	Leanid Semianovich	BLR	14:11.49

### 3000m Racewalk M60

1	Michele De Masis	ITA	15:15.36
2	Pedro Jose Aranda Fernandez	ESP	15:47.66
3	Angel Ruata Martín	ESP	15:50.53

### 3000m Racewalk M65

1	Patrice Brochot	FRA	15:49.57
2	Denis Laflamme	CAN	16:49.09
3	Daniel Siegenfuhr	FRA	17:02.51

### 3000m Racewalk M70

1	Ian Richards	GBR	15:19.64
2	Ettorino Formentin	ITA	16:09.27
3	Mario Fiori	ITA	17:26.06

### 3000m Racewalk M75

1	Marcel Jobin	CAN	19:50.56
2	Vladimir Kansky	CZE	20:30.58
3	Raitis Lerme	LAT	20:36.37

### 3000m Racewalk M80

1	Romolo Pelliccia	ITA	19:42.46
2	Alexis Jordana	FRA	20:00.73
3	Alexis De Coppet	SUI	21:22.21

### 3000m Racewalk M85

1	Ingvar Nilsson	SWE	24:25.47
2	Ivan Pushkin	UKR	24:26.70

### 3000m Racewalk M90

1	Viljo Hyvölä	FIN	24:33.58
2	Günter Ciesielski	GER	24:33.99
3	Matti Tamminen	FIN	28:38.00

### 3000m Racewalk W35

1	María Dolores Marcos Valero	ESP	14:26.18
2	Maria Isabel Perez Belloch	ESP	15:13.64
3	Evane Michoux	CAN	15:55.42

### 3000m Racewalk W40

1	Brit Schröter	GER	14:45.97
2	Gwladys Brusseau	FRA	15:56.44
3	Carolyn Derbyshire	GBR	15:58.50

### 3000m Racewalk W45

1	Sonia Demon	FRA	14:44.58
2	Olga Cabrera Ysas	ESP	14:56.43
3	Ana Macedo	POR	18:57.27



# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 3000m Racewalk W50

1	Nicole Best	GER	15:17.12
2	Katalin Bodorkós Horváth	HUN	15:31.71
3	Valerie Boban	FRA	15:40.49

### 3000m Racewalk W55

1	Carmen Garcia Frontons	ESP	17:02.13
2	Isabel Guerrero Montes	ESP	17:38.10
3	Ma.Angeles Noell Guardiola	ESP	17:53.65

### 3000m Racewalk W60

1	Marie Astrid Monmessin	FRA	15:43.36
2	Nancy Patten	CAN	17:54.99
3	Siu Yin Kwan	HKG	18:36.71

### 3000m Racewalk W65

1	Heather Carr	AUS	18:30.85
2	P. Aurora Alvarez Ordas	ESP	18:34.16
3	Marianne Martino	USA	18:38.30

### 3000m Racewalk W70

1	Antonina Tyshko	UKR	19:12.31
2	Jacqueline Wilson	NZL	19:23.71
3	Rita Del Pinto	ITA	20:31.61

### 3000m Racewalk W75

1	Hannele Kivistö	FIN	21:29.06
2	Gisela Theunissen	GER	22:53.22
3	Vera Grinberte	LAT	22:54.06

### 3000m Racewalk W80

1	Helene Elbing	GER	25:02.07
2	Tami Graf	USA	33:20.25

### 3000m Racewalk W90

1	Elena Pagu	ROU	27:25.90
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### 4 x 200m M35

1	United States	USA	1:31.34
2	Australia	AUS	1:33.25
3	United Kingdom	GBR	1:35.05

### 4 x 200m M40

1	United Kingdom	GBR	1:30.97
2	Portugal	POR	1:33.17
3	Spain	ESP	1:37.07

### 4 x 200m M45

1	United Kingdom	GBR	1:34.75
2	Hungary	HUN	1:36.89
3	Spain	ESP	1:37.06

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 4 x 200m M50

1	Germany	GER	1:37.76
2	Canada	CAN	1:39.57
3	Sweden	SWE	1:41.23

### 4 x 200m M55

1	France	FRA	1:39.40
2	United Kingdom	GBR	1:40.95
3	United States	USA	1:41.27

### 4 x 200m M60

1	Germany	GER	1:46.53
2	Poland	POL	1:50.37
3	United Kingdom	GBR	1:51.70

### 4 x 200m M65

1	United States	USA	1:47.29
2	United Kingdom	GBR	1:51.66
3	Germany	GER	1:51.97

### 4 x 200m M70

1	France	FRA	1:56.83
2	Italy	ITA	1:59.02
3	Germany	GER	2:04.96

### 4 x 200m M75

1	Germany	GER	2:10.42
2	United Kingdom	GBR	2:20.58
3	Italy	ITA	2:40.78

### 4 x 200m M80

1	Germany	GER	2:23.11
2	United States	USA	2:25.56
3	Poland	POL	3:07.57

### 4 x 200m M85

1	Poland	POL	4:07.98
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### 4 x 200m W35

1	Poland	POL	1:42.53
2	Germany	GER	1:45.34
3	United States	USA	1:47.29

### 4 x 200m W40

1	United States	USA	1:46.69
2	United Kingdom	GBR	1:49.88
3	Australia	AUS	1:52.31

### 4 x 200m W45

1	United States	USA	1:49.17
2	France	FRA	1:51.96
3	Germany	GER	1:55.62

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 4 x 200m W50

1	Germany	GER	1:51.51
2	Finland	FIN	1:56.33
3	Italy	ITA	2:01.57

### 4 x 200m W55

1	Germany	GER	1:57.16
2	United States	USA	1:57.70
3	United Kingdom	GBR	2:03.51

### 4 x 200m W60

1	United Kingdom	GBR	2:10.73
2	United States	USA	2:12.01
3	Germany	GER	2:13.46

### 4 x 200m W65

1	United Kingdom	GBR	2:14.86
2	Germany	GER	2:16.04
3	Finland	FIN	2:35.01

### 4 x 200m W70

1	Sweden	SWE	2:57.50
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### 4 x 200m W75

1	Germany	GER	2:50.72
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### 4 x 200m W80

1	United States	USA	3:18.43
2	Poland	POL	4:10.68

### High Jump M35

1	Robert Wolski	POL	2.10
2	Aliaksei Klimau	BLR	2.00
3	Robert Suchodolski	POL	2.00

### High Jump M40

1	Nils Portemer	FRA	2.00
2	Laurent Jobard	FRA	1.95
3	Marcin Kaczocho	POL	1.90

### High Jump M45

1	Gintaras Varanauskas	LTU	1.90
2	William Hickman	USA	1.80
3	Kenneth Hoffmann	USA	1.80

### High Jump M50

1	Ugis Lasmanis	LAT	1.80
1	Jose Escalera	PUR	1.80
3	Adam Young	GBR	1.80
3	Daniele Pagani	ITA	1.80

### High Jump M55

1	Marco Segatel	ITA	1.80
2	Gregory Vidos	USA	1.75
3	Marco Claudio Mastrolorenzi	ITA	1.70

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### High Jump M60

1	Marc Flohr	LUX	1.70
2	Bruce Mcbarnette	USA	1.65
3	Thomas Foley	USA	1.65

### High Jump M65

1	Jaroslav Lorenc	CZE	1.65
2	Eckhard Kunigkeit	GER	1.65
3	Matti Nieminen	FIN	1.60

### High Jump M70

1	James Sauers	USA	1.50
2	Marek Mielcarek	POL	1.50
3	Gerhard Wenzke	GER	1.45
3	Reijo Sundell	FIN	1.45

### High Jump M75

1	Petr Cech	CZE	1.50
2	Reinhold Keller	GER	1.35
3	Jim O'Shea	IRL	1.25

### High Jump M80

1	Carl-Erik Särndal	SWE	1.37
2	Willi Klaus	GER	1.32
3	Emil Pawlik	USA	1.17

### High Jump M85

1	Henry Frede Andersen	DEN	1.17
2	William Jankovich	USA	1.02
3	Jim Blair	NZL	1.02

### High Jump W35

1	Anna Widawska	POL	1.70
2	Mariette Botha	RSA	1.70
3	Miia Uskalinmäki	FIN	1.60

### High Jump W40

1	Irena Vlahinic	CRO	1.55
2	Katja Hautaniemi	FIN	1.50
3	Jennifer Gartmann	GER	1.40
3	Johanna Sirviö	FIN	1.40

### High Jump W45

1	Alison Wood	USA	1.67
2	Laila Petersone	LAT	1.55
3	Linda Van Berkel	NED	1.50

### High Jump W50

1	Petra Koliwer	GER	1.58
2	Petra Bajeat	FRA	1.55
3	Marcela Barrientos	CHI	1.50

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### High Jump W55

1	Wendy Laing	GBR	1.52
2	Neringa Jakstiene	USA	1.48
3	Frauke Viebahn	GER	1.40
3	Ramona Pfeiffer	GER	1.40

### High Jump W60

1	Jutta Pfannkuche	GER	1.34
2	Elisabeth Wisniewski	GER	1.31
3	Teresa Eades	GBR	1.31

### High Jump W65

1	Lluisa Casanovas Gaset	ESP	1.21
2	Sue Yeomans	GBR	1.18
3	Ute Wolf-Schiruska	GER	1.18

### High Jump W70

1	Ingeborg Zorzi	ITA	1.15
2	Marjeta Cad	SLO	1.09
3	Barbara Warren	USA	1.06

### High Jump W75

1	Barbro Gadle	SWE	1.13
2	Erika Springmann	GER	1.10
3	Patricia Hill	GBR	1.01

### High Jump W80

1	Florence Meiler	USA	0.98
2	Renate Schaden	AUT	0.95
3	Giulia Lucia Perugini	ITA	0.95

### Pole Vault M35

1	Manfred Menz	ITA	4.60
2	Marco Chiarello	ITA	4.15
3	Ingo Mühlhöfer	GER	4.15

### Pole Vault M40

1	Adam Kolasa	POL	4.75
2	Thomas Ritte	GER	4.45
3	Gaspar Mateu Carceller	ESP	4.45

### Pole Vault M45

1	Jonas Asplund	SWE	4.35
2	Piotr Nawocki	POL	4.20
3	Aleš Kremser	SVK	3.90

### Pole Vault M50

1	Francisco Javier Hernández Rivero	ESP	4.20
2	Mark Johnson	GBR	4.20
3	Glyn Price	GBR	3.90

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

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### Pole Vault M55

1	Alfred Achtelik	GER	4.00
2	Victor Berezovski	USA	3.65
3	Paul Babits	USA	3.65

### Pole Vault M60

1	Dirk Eckardt	GER	3.35
1	Miroslav Bajner	SVK	3.35
3	Margus Mikkor	EST	3.35

### Pole Vault M65

1	Wolfgang Ritte	GER	3.35
2	Antonin Hadinger	CZE	3.20
2	Ivo Strnad	CZE	3.20

### Pole Vault M70

1	Valdis Cela	LAT	3.10
2	Bogdan Markowski	GER	3.00
3	George Schillinger	AUS	2.80

### Pole Vault M75

1	Howard Booth	USA	2.50
1	Josef Halder	GER	2.50
3	Siegbert Gnoth	GER	2.50

### Pole Vault M80

1	Zoltan Kurunczi	HUN	2.40
2	Walter Mueller	GER	2.20
3	John Arve Johansen	NOR	2.00

### Pole Vault M85

1	Ernesto Minopoli	ITA	1.60
2	William Jankovich	USA	1.50
3	Ed Kent	USA	1.40

### Pole Vault W35

1	Agnieszka Wrona	POL	3.50
2	Marta Cot Cantó	ESP	3.40
3	Caroline Parkinson	GBR	3.20

### Pole Vault W40

1	Ivona Jerkovic	CRO	3.40
2	Jemma Eastwood	GBR	3.20
3	Ida-Marie Strydom	RSA	3.10

### Pole Vault W45

1	Jenny Rosén	SWE	2.70
2	Claudia Cabbage	GBR	2.20

### Pole Vault W50

1	Irie Hill	GBR	3.51
2	Marja Eskelinen	FIN	2.80
3	Alison Murray	GBR	2.80

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

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### Pole Vault W55

1	Carla Forcellini	ITA	2.90
2	Clotilde Lesenechal	FRA	2.40
3	Carin Thornander	SWE	2.30

### Pole Vault W60

1	Teresa Eades	GBR	2.30
1	Rita Hanscom	USA	2.30
3	Anne Nurmi	FIN	2.00

### Pole Vault W65

1	Sue Yeomans	GBR	2.61
2	Ute Ritte	GER	2.40
3	Wilma Perkins	AUS	1.90

### Pole Vault W70

1	Karin Foerster	GER	1.90
2	Mirtha Perez Riquelme	CHI	1.40
3	Barbara Warren	USA	1.10

### Pole Vault W80

1	Florence Meiler	USA	1.45
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### Long Jump M35

1	Hiroto Goto	JPN	6.78
2	Imad Benaïcha Redouane	FRA	6.56
3	Neil Barton	GBR	6.52

### Long Jump M40

1	James Beckford	JAM	7.17
2	Adrian Olszewski	POL	6.68
3	Thierry Henry	FRA	6.67

### Long Jump M45

1	Lee Adkins	USA	6.57
2	Mattias Sunneborn	SWE	6.27
3	Joe Appiah	GBR	6.26

### Long Jump M50

1	Antonio Palacios	USA	6.23
2	Alberto Tifi	ITA	6.19
3	Leos Malenovsky	CZE	6.16

### Long Jump M55

1	Dariusz Krakowiak	POL	5.86
2	Patrick Barbier	FRA	5.64
3	Axel Dimmel	GER	5.61

### Long Jump M60

1	Heiner Lüers	GER	5.32
2	Wieslaw Musial	POL	5.26
3	Marek Grzyb	POL	5.09

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

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### Long Jump M65

1	Adrian Neagu	ROU	5.34
2	Eckhard Kunigkeit	GER	5.12
3	Jan Tomczak	POL	4.91

### Long Jump M70

1	Vesa Mäki	FIN	4.84
2	Valdis Cela	LAT	4.71
3	Pertti Ahomäki	FIN	4.55

### Long Jump M75

1	Eberhard Linke	GER	4.52
2	Jürgen Lamp	EST	4.14
3	Hans-Jürgen Pfeiffer	GER	4.12

### Long Jump M80

1	Adolf Nehren	GER	4.00
2	Willi Klaus	GER	3.75
3	Karl Schmid	GER	3.63

### Long Jump M85

1	William Jankovich	USA	2.62
2	Ronald Gray	USA	2.51
3	Jim Blair	NZL	2.18

### Long Jump M95

1	Pekka Penttilä	FIN	1.80
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### Long Jump W35

1	Anke Kettermann-Lang	GER	5.41
2	Gillian Cooke	GBR	5.36
3	Wendy Visser	NED	5.18

### Long Jump W40

1	Melissa Foster	AUS	5.54
2	Joanne Frost	GBR	5.38
3	Renata Szykulska	POL	5.34

### Long Jump W45

1	Tatjana Schilling	GER	5.24
2	Eva Gadea Solera	ESP	5.07
3	Ulrike Gruendel-Michel	GER	4.88

### Long Jump W50

1	Petra Bajeat	FRA	5.57
2	Renata Novosel	CRO	4.98
3	Kirsti Siekkinen	FIN	4.92

### Long Jump W55

1	Neringa Jakstiene	USA	5.22
2	Melanie Garland	GBR	4.73
3	Joy Upshaw	USA	4.66



# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Long Jump W60

1	Maria Rosa Escribano Checa	ESP	4.58
2	Loles Vives	ESP	4.34
3	Ruth Raaflaub-Minnig	SUI	4.27

### Long Jump W65

1	Ulrike Hiltcher	GER	3.72
2	Christina Friedrich	GER	3.70
3	Toini Nousiainen	FIN	3.65

### Long Jump W70

1	Kristina Hanke	GER	3.31
2	Ingela Bluhm	DEN	3.21
3	Terhi Kokkonen	FIN	3.11

### Long Jump W75

1	Barbro Gadle	SWE	3.15
2	Kerstin Nilsson	SWE	2.90
3	Vroni Lay	GER	2.80

### Long Jump W80

1	Christa Bortignon	CAN	3.28
2	Florence Meiler	USA	2.55
3	Renate Schaden	AUT	2.12

### Long Jump W85

1	Irene Obera	USA	1.92
2	Gloria Krug	USA	1.09

### Triple Jump M35

1	Andreas Beraz	GER	14.57
2	Hiroto Goto	JPN	14.42
3	Janne Harju	FIN	13.92

### Triple Jump M40

1	Adrian Olszewski	POL	14.04
2	Nils Portemer	FRA	13.74
3	Lukasz Sobora	POL	13.62

### Triple Jump M45

1	Robert Michniewski	POL	13.53
2	Lee Adkins	USA	13.48
3	Mario Quintero Estrada	ESP	13.41

### Triple Jump M50

1	Jose Escalera	PUR	13.30
2	Antonio Palacios	USA	13.18
3	Michele Tico	ITA	12.54

### Triple Jump M55

1	Jose Quinaliza	ECU	12.45
2	Alfred Stummer	AUT	12.34
3	Valeri Fedjushin	EST	11.34

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

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### Triple Jump M60

1	Arne Tefre	NOR	11.55
2	Andrzej Rupala	POL	11.26
3	Vladimiro Ntekailo	GRE	11.14

### Triple Jump M65

1	Crescenzo Marchetti	ITA	10.77
2	Slawomir Drag	POL	10.49
3	Ignazio Manfre'	ITA	10.42

### Triple Jump M70

1	Valdis Cela	LAT	10.27
2	Volodymyr Chernyatevych	UKR	10.09
3	Ryszard Adamczewski	POL	10.02

### Triple Jump M75

1	Eberhard Linke	GER	9.46
2	Jürgen Lamp	EST	9.05
3	Antero Markunsalo	FIN	8.39

### Triple Jump M80

1	Roger Vergin	USA	7.63
2	John Arve Johansen	NOR	7.27
3	Josef Vonasek	CZE	6.92

### Triple Jump M85

1	Radnaa Tseren	MGL	6.80
2	William Jankovich	USA	4.83

### Triple Jump W35

1	Lenka Brázdilová	CZE	11.79
2	Linda Holmström	SWE	11.48
3	María Muñoz Cristobal	ESP	11.46

### Triple Jump W40

1	Sandra Kramer	GER	12.42
2	Jaroslava Vaneckova	CZE	11.56
3	Renata Szykulska	POL	11.55

### Triple Jump W45

1	Andrea Szirbucz	HUN	11.66
2	Eva Gadea Solera	ESP	11.20
3	Laila Petersone	LAT	10.61

### Triple Jump W50

1	Kirsi Spooft-Tuomi	FIN	10.12
2	Louise Wood	GBR	9.93
3	Valentyna Krepkina	UKR	9.86

### Triple Jump W55

1	Neringa Jakstiene	USA	11.09
2	Jo Willoughby	GBR	10.52
3	Alicia Hernández	ESP	10.18

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Triple Jump W60

1	Maria Rosa Escribano Checa	ESP	9.77
2	Teresa Eades	GBR	9.20
3	Anna-Liisa Salminen	FIN	9.08

### Triple Jump W65

1	Christina Friedrich	GER	8.60
2	Ewa Bartosik	POL	8.30
3	Marit Hufflätten	NOR	8.15

### Triple Jump W70

1	Terhi Kokkonen	FIN	7.17
2	Margaritha Dähler-Stettler	SUI	7.00
3	Barbara Warren	USA	5.61

### Triple Jump W75

1	Helgard Houben	GER	6.50
2	Iris Holder	GBR	6.25
3	Barbro Gadle	SWE	6.19

### Triple Jump W80

1	Christa Bortignon	CAN	6.62
2	Florence Meiler	USA	5.06
3	Renate Schaden	AUT	5.04

### Triple Jump W85

1	Gloria Krug	USA	2.95
2	Irene Obera	USA	2.80

### Shot Put M35

1	Marcin Gasiorowski	POL	16.15
2	Genro Paas	EST	15.92
3	Dominik Lewin	GER	15.31

### Shot Put M40

1	Andy Dittmar	GER	17.32
2	Sean Breathnach	IRL	17.12
3	Carlos Gerones Sierra	ESP	15.48

### Shot Put M45

1	Ralf Mordhorst	GER	15.02
2	Gintas Degutis	GBR	14.44
3	Krzysztof Kaszuba	POL	13.67

### Shot Put M50

1	Mirosław Witek	POL	15.57
2	Andreas Deuschle	GER	15.30
3	John Nicholls	GBR	15.03

### Shot Put M55

1	Bengt Petersson	SWE	15.54
2	Mieczysław Szpak	POL	14.77
3	Enrico Pyritz	GER	14.59

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Shot Put M60

1	Karri Westerlund	FIN	15.51
2	Ryszard Zglenicki	POL	14.21
3	Saulius Svilainis	LTU	13.85

### Shot Put M65

1	Quenton Torbert	USA	15.07
2	Joseph Myers	USA	13.44
3	Waclaw Krankowski	POL	12.93

### Shot Put M70

1	Arvo Nurm	EST	14.61
2	Stanislav Kukota	UKR	14.50
3	Stipo Knez	CRO	13.18

### Shot Put M75

1	Czeslaw Roszczak	POL	12.04
2	John Kasperski	CAN	11.61
3	Marek Glowacki	CAN	10.95

### Shot Put M80

1	Roland Heiler	GER	13.61
2	Östen Edlund	SWE	12.20
3	Lothar Huchthausen	GER	11.89

### Shot Put M85

1	Anton Laus	EST	9.54
2	Kazimierz Bulczynski	POL	7.84
3	Ed Kent	USA	7.84

### Shot Put M90

1	Franz Gries	GER	9.30
2	Lauri Helle	FIN	7.22
3	Viljo Hyvölä	FIN	6.87

### Shot Put M95

1	Pekka Penttilä	FIN	4.98
2	Jerzy Prejzner	POL	3.79

### Shot Put W35

1	Maria Sløk Hansen	DEN	15.43
2	Jana Kárníková	CZE	14.84
3	Marta Carballo De La Cruz	ESP	10.86

### Shot Put W40

1	Nadine Kant	GER	14.83
2	Tetiana Nasonova	UKR	13.75
3	Vera Yepimashka	BLR	13.27

### Shot Put W45

1	Camille Cayet	FRA	13.12
2	Tatjana Schilling	GER	12.19
3	Dorota Szczepanik	POL	11.85

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Shot Put W50

1	Svitlana Sorochuk	UKR	13.61
2	Marcela Barrientos	CHI	13.59
3	Ellen Weller	GER	12.79

### Shot Put W55

1	Alexandra Marghieva	MDA	13.29
2	Valda Morkuniene	LTU	13.27
3	Janina Lapieniene	LTU	12.87

### Shot Put W60

1	Uta Teuber	GER	11.64
2	Maria Cotelupenco	MDA	11.13
3	Beate Göbe-Blödorn	GER	10.99

### Shot Put W65

1	Mihaela Loghin	ROU	12.18
2	Ināra Rozēna	LAT	11.49
3	Brigitte Bonadt	GER	10.73

### Shot Put W70

1	Mária Terézia Gosztolai	HUN	9.81
2	Birute Kersuliene	LTU	9.60
3	Ludwika Chewinska	POL	9.49

### Shot Put W75

1	Maija Jakobson	LAT	10.45
2	Erika Springmann	GER	9.07
3	Karin Mathes	GER	7.96

### Shot Put W80

1	Rose Marie Von Westerholt	GER	8.49
2	Tserendolgor Tumurbat	MGL	8.25
3	Ingrid Schäfer	GER	6.91

### Shot Put W85

1	Gloria Krug	USA	6.29
2	Irene Obera	USA	5.18
3	Urszula Zglenicka	POL	4.21

### Shot Put W90

1	Elzbieta Kalinowska	POL	2.97
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### Shot Put W100

1	Man Kaur	IND	2.13
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### Weight Throw M35

1	Genro Paas	EST	17.20
2	Jon Dahlin	USA	16.27
3	Zdzislaw Skibicki	POL	14.44

### Weight Throw M40

1	Grégory Bottier	FRA	15.18
2	Jānis Podnieks	LAT	14.81
3	Andrzej Sulinski	POL	13.14

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Weight Throw M45

1	Mariusz Walczak	POL	18.10
2	Pavel Penaz	CZE	16.37
3	Sören Triebel	GER	14.19

### Weight Throw M50

1	Gintautas Misevicius	LTU	19.43
2	Holger Fettke	GER	18.92
3	Grzegorz Pawelski	POL	18.89

### Weight Throw M55

1	Lech Kowalski	POL	19.15
2	Rimvydas Medisaukas	LTU	18.80
3	Onno Heerlien	NED	17.43

### Weight Throw M60

1	Witold Lipowski	POL	20.95
2	Ralf Högnäs	FIN	19.49
3	Gottfried Gassenbauer	AUT	18.95

### Weight Throw M65

1	Andrzej Piaczkowski	POL	16.73
2	Gryc Miloš	CZE	16.45
3	Waclaw Krankowski	POL	16.05

### Weight Throw M70

1	Gerard Guyot	FRA	19.74
2	Arvo Nurm	EST	18.48
3	Jerzy Jablonski	POL	18.30

### Weight Throw M75

1	Heimo Viertbauer	AUT	17.82
2	Robert Cahners	USA	15.85
3	George Mathews	USA	15.83

### Weight Throw M80

1	Antoni Kargol	POL	15.35
2	Peter Speckens	GER	15.31
3	Eero Järvenpää	FIN	14.48

### Weight Throw M85

1	Anton Laus	EST	11.41
2	Jim Blair	NZL	8.28
3	Jose Cesteros	USA	8.08

### Weight Throw M90

1	Sigurdur Haraldsson	ISL	9.35
2	Viljo Hyvölä	FIN	8.42
3	Lauri Helle	FIN	7.36

### Weight Throw W35

1	Maria Sløk Hansen	DEN	14.78
2	Ilona Zeilmaker	NED	10.73
3	Anne Reuschenbach	GER	9.97

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Weight Throw W40

1	Kirsi Koro	FIN	14.79
2	Antonella Chouhal	MLT	13.64
3	Penelope Ingles	USA	10.14

### Weight Throw W45

1	Bettina Schardt	GER	13.84
2	Marzena Ignaczak	POL	13.30
3	Nataliia Radionova	UKR	13.06

### Weight Throw W50

1	Mireille Kosmala	LUX	16.51
2	Claudine Cacaut	FRA	16.46
3	Margret Klein-Raber	GER	16.28

### Weight Throw W55

1	Connie Hodel	SUI	15.15
2	Ingrid Van Dijk	NED	13.68
3	Ines Mikoleiczik	GER	13.38

### Weight Throw W60

1	Mägy Duss	SUI	14.99
2	Liisa Makitorma	FIN	14.70
3	Carol Finsrud	USA	14.60

### Weight Throw W65

1	Margarethe Tomanek	BEL	13.00
2	Elisa Yli-Hallila	FIN	11.50
3	Jarmila Longauerová	SVK	11.03

### Weight Throw W70

1	Eva Nohl	GER	11.67
2	Mária Terézia Gosztolai	HUN	10.79
3	Jadviga Putiniene	LTU	10.73

### Weight Throw W75

1	Elise Marie Wåle	NOR	11.54
2	Käte Scheikowski	GER	11.47
3	Tiia Krutob	EST	11.18

### Weight Throw W80

1	Evaun Williams	GBR	12.75
2	Tserendolgor Tumurbat	MGL	9.63
3	Ewa Frackowiak	POL	9.34

### Weight Throw W85

1	Lieselotte Leiss	GER	7.94
2	Gloria Krug	USA	7.22

### Weight Throw W90

1	Marcia Petley	NZL	5.69
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# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Discus M35

1	Krzysztof Jackow	POL	48.19
2	Sandris Linbergs	LAT	46.77
3	Christoph Bischlager	GER	45.90

### Discus M40

1	Sean Breathnach	IRL	48.26
2	Grégory Bottier	FRA	46.83
3	Alexander Sommer	GER	42.14

### Discus M45

1	Ralf Mordhorst	GER	50.63
2	Jaroslav Smely	CZE	45.18
3	Pavel Penaz	CZE	44.99

### Discus M50

1	Marek Stolarczyk	POL	50.93
2	Iver Hytten	NOR	48.67
3	Grzegorz Pawelski	POL	48.61

### Discus M55

1	Tom Jensen	DEN	47.56
2	Mieczyslaw Szpak	POL	47.46
3	Karsten Schneider	GER	44.72

### Discus M60

1	John Moreland	GBR	54.24
2	Saulius Svilainis	LTU	49.50
3	Karel Hosek	CZE	49.36

### Discus M65

1	Aldis Putns	LAT	45.17
2	Ake Ruus	SWE	45.13
3	Siegfried Greiner	GER	44.05

### Discus M70

1	Vaclav Sosna	CZE	44.37
2	Arvo Nurm	EST	43.63
3	Leszek Bobrzyk	POL	41.97

### Discus M75

1	John Watts	GBR	39.39
2	Czeslaw Roszczak	POL	35.78
3	Joël Ollivier	FRA	31.02

### Discus M80

1	Östen Edlund	SWE	37.44
2	Roland Heiler	GER	36.09
3	Herman Kristoffer Henriksen	NOR	30.34

### Discus M85

1	Anton Laus	EST	24.57
2	Ed Kent	USA	19.69
3	Jim Blair	NZL	18.79



# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Discus M90

1	Sigurdur Haraldsson	ISL	20.20
2	Franz Gries	GER	19.37
3	Lauri Helle	FIN	14.86

### Discus M95

1	Jerzy Prejzner	POL	7.14
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### Discus W35

1	Maria Sløk Hansen	DEN	42.77
2	Jana Kárníková	CZE	38.72
3	Anne Reuschenbach	GER	31.39

### Discus W40

1	Vera Yepimashka	BLR	34.63
2	Antonella Chouhal	MLT	33.39
3	Sandrine Dujardin	FRA	33.15

### Discus W45

1	Joanna Wisniewska	POL	47.86
2	Marzena Ignaczak	POL	41.57
3	Bettina Schardt	GER	40.53

### Discus W50

1	Marcela Barrientos	CHI	37.48
2	Malgorzata Krzyzan	POL	36.96
3	Vita Zarankiene	LTU	36.71

### Discus W55

1	Janina Lapieniene	LTU	39.88
2	Olena Poblichko	UKR	34.98
3	Alexandra Marghieva	MDA	34.57

### Discus W60

1	Carol Finsrud	USA	34.39
2	Maria Cotelupenco	MDA	33.51
3	Elke Herzig	GER	28.48

### Discus W65

1	Ināra Rozēna	LAT	27.60
2	Doreen Garner	CAN	27.32
3	Hermīne Bajāre	LAT	26.03

### Discus W70

1	Mária Terézia Gosztolai	HUN	26.16
2	Jolande Brasser	NED	23.46
3	Irena Baranowska	POL	22.10

### Discus W75

1	Maija Jakobson	LAT	25.17
2	Eva Polakova	SVK	22.76
3	Varpu Holmberg	FIN	19.25

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Discus W80

1	Tserendolgor Tumurbat	MGL	18.97
2	Ingrid Schäfer	GER	14.84
3	Ewa Frackowiak	POL	14.04

### Discus W85

1	Gloria Krug	USA	14.99
2	Lieselotte Leiss	GER	12.87
3	Ruth Baumann	GER	12.59

### Discus W90

1	Elzbieta Kalinowska	POL	5.83
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### Hammer M35

1	Genro Paas	EST	58.17
2	László József Moór	HUN	49.99
3	George Perkins	GBR	47.00

### Hammer M40

1	Jānis Podnieks	LAT	51.18
2	Damian Kozłowski	POL	49.21
3	Marek Rozyczka	POL	45.70

### Hammer M45

1	Mariusz Walczak	POL	59.34
2	Michael Hofer	AUT	52.69
3	Robert Halaj	POL	46.58

### Hammer M50

1	Gareth Cook	GBR	54.46
2	Holger Fettke	GER	52.08
3	Rüdiger Möhring	GER	51.58

### Hammer M55

1	Onno Heerlien	NED	50.22
2	Lech Kowalski	POL	50.01
3	Rimvydas Medisauskas	LTU	50.00

### Hammer M60

1	Gottfried Gassenbauer	AUT	57.06
2	Witold Lipowski	POL	52.17
3	Lucien Noluveau	FRA	48.08

### Hammer M65

1	Andrzej Piaczkowski	POL	45.04
2	Keijo Aaltonen	FIN	43.54
3	Gerhard Heduschke	GER	43.53

### Hammer M70

1	Gerard Guyot	FRA	50.53
2	Jerzy Jablonski	POL	47.22
3	Arvo Nurm	EST	44.84

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Hammer M75

1	Hermann Albrecht	GER	44.72
2	Heimo Viertbauer	AUT	42.75
3	George Mathews	USA	40.54

### Hammer M80

1	Lothar Huchthausen	GER	39.07
2	Östen Edlund	SWE	38.63
3	Antoni Kargol	POL	37.03

### Hammer M85

1	Anton Laus	EST	27.47
2	Jim Blair	NZL	20.10
3	Jose Cesteros	USA	17.72

### Hammer M90

1	Sigurdur Haraldsson	ISL	19.64
2	Viljo Hyvölä	FIN	19.26
3	Lauri Helle	FIN	16.99

### Hammer W35

1	Maria Sløk Hansen	DEN	47.04
2	Anne Reuschenbach	GER	33.75
3	Ilona Zeilmaker	NED	31.31

### Hammer W40

1	Kirsten Hilbig	GER	54.81
2	Kirsi Koro	FIN	45.34
3	Antonella Chouhal	MLT	44.02

### Hammer W45

1	Bettina Schardt	GER	41.51
2	Jana Čapková	CZE	39.37
3	Nataliia Radionova	UKR	39.08

### Hammer W50

1	Claudine Cacaut	FRA	50.50
2	Kirsi Spoof-Tuomi	FIN	45.97
3	Mireille Kosmala	LUX	45.42

### Hammer W55

1	Connie Hodel	SUI	45.07
2	Marzia Zanoboni	ITA	43.61
3	Ingrid Van Dijk	NED	38.01

### Hammer W60

1	Carol Finsrud	USA	41.61
2	Mägy Duss	SUI	40.14
3	Tamara Alegria-Dybvig	USA	37.66

### Hammer W65

1	Jarmila Longauerová	SVK	33.99
2	Margarethe Tomanek	BEL	33.06
3	Elisa Yli-Hallila	FIN	31.36

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Hammer W70

1	Eva Nohl	GER	35.49
2	Margaritha Dähler-Stettler	SUI	34.17
3	Irena Baranowska	POL	23.60

### Hammer W75

1	Tiia Krutob	EST	27.68
2	Elise Marie Wåle	NOR	26.40
3	Oľga Hradecká	SVK	24.48

### Hammer W80

1	Evaun Williams	GBR	33.22
2	Tserendolgor Tumurbat	MGL	24.98
3	Ingrid Schäfer	GER	22.82

### Hammer W85

1	Lieselotte Leiss	GER	20.34
2	Gloria Krug	USA	18.17

### Hammer W90

1	Marcia Petley	NZL	14.28
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### Javelin M35

1	Sandris Linbergs	LAT	62.43
2	Dominik Lewin	GER	55.53
3	Carsten Novak	GER	48.99

### Javelin M40

1	Hubert Goeller	ITA	59.93
2	Libor Bartipan	CZE	57.71
3	Jens Kresalek	GER	57.17

### Javelin M45

1	Robert Teršek	SLO	58.45
2	Tomasz Damszel	POL	57.81
3	Milán Hegedűs	HUN	49.96

### Javelin M50

1	Tommi Huotilainen	FIN	64.68
2	Mirosław Witek	POL	58.97
3	Stefan Petersson	USA	58.56

### Javelin M55

1	Marius Gannsen	NOR	48.04
2	Stephane Hurel	FRA	45.31
3	Kurt Gruenbacher	USA	43.85

### Javelin M60

1	Serhii Havras	UKR	53.97
2	Reinhold Paul	GER	49.51
3	Marek Grzyb	POL	46.95

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Javelin M65

1	Walter Kuehndel	GER	43.81
2	Moldabay Baiturin	KAZ	43.43
3	Mykola Onishchuk	UKR	41.53

### Javelin M70

1	Wojciech Kikowski	POL	42.26
2	Arvo Nurm	EST	40.41
3	Stefan Madej	POL	39.10

### Javelin M75

1	Jouni Tenhu	FIN	41.23
2	Siegbert Gnoth	GER	34.91
3	Ewald Jordan	GER	32.85

### Javelin M80

1	Lothar Huchthausen	GER	37.96
2	Tauno Tukkinen	FIN	31.67
3	Kauno Anttila	FIN	29.75

### Javelin M85

1	Anton Laus	EST	21.64
2	Jim Blair	NZL	21.29
3	Ed Kent	USA	20.14

### Javelin M90

1	Sigurdur Haraldsson	ISL	20.08
2	Viljo Hyvölä	FIN	19.94
3	Franz Gries	GER	16.95

### Javelin W35

1	Mareike Metz	GER	35.86
2	Anne Reuschenbach	GER	33.58
3	Ilona Zeilmaker	NED	30.59

### Javelin W40

1	Lilii Apolosova	UKR	42.18
2	Katja Hautaniemi	FIN	39.23
3	Margreet Takken	NED	34.33

### Javelin W45

1	Andrea Zahn	GER	35.19
2	Iveta Putnina	LAT	34.90
3	Maria Teresa Boza Rodriguez	ESP	33.13

### Javelin W50

1	Durelle Schimek	USA	37.43
2	Gwendelyn Smith	TTO	36.76
3	Ilona Kojalovica	LAT	33.30

### Javelin W55

1	Genowefa Patla	POL	40.75
2	Heli Herlevi-Malila	FIN	39.89
3	Angela Mueller	GER	34.61

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Javelin W60

1	Wiebke Baseda	GER	29.64
2	Tamara Alegria-Dybvig	USA	29.47
3	Irena Stahlova	CZE	28.10

### Javelin W65

1	Riitta Rajamäki	FIN	24.97
2	Marianne Schumacher	GER	24.52
3	Irene Drayss	GER	23.60

### Javelin W70

1	Jarmila Klimesova	CZE	26.08
2	Kristina Hanke	GER	25.07
3	Eva Nohl	GER	20.90

### Javelin W75

1	Christa Helmke	GER	21.19
2	Varpu Holmberg	FIN	20.48
3	Elise Marie Wåle	NOR	17.49

### Javelin W80

1	Evaun Williams	GBR	27.51
2	Tserendolgor Tumurbat	MGL	18.74
3	Rose Marie Von Westerholt	GER	17.53

### Javelin W85

1	Lieselotte Leiss	GER	13.04
2	Gloria Krug	USA	11.46

### Javelin W100

1	Man Kaur	IND	4.01
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### Cross Country M70

1	Kauko Kuningas	FIN	26:58
2	Jean Thomas	FRA	27:01
3	Henryk Ostrykiewicz	POL	27:54

### Cross Country M75

1	Juan Lopez Garcia	ESP	27:28
2	Albert Walter	GER	30:22
3	Gérard Maillard	FRA	30:25

### Cross Country M80

1	Klemens Wittig	GER	32:08
2	Francisco Terán	MEX	32:43
3	Bruno Baggia	ITA	34:02

### Cross Country M85

1	Richard Pitcairn-Knowles	GBR	50:41
2	Michal Stadniczuk	POL	58:12

### Cross Country W70

1	Angela Copson	GBR	30:43
2	Zofia Siennicka	POL	34:16
3	Elisabeth Springer	GER	35:32

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Cross Country W75

1	Hannele Kivistö	FIN	36:59
2	Milena Hovorkova	CZE	43:24
3	Eva Carlsen	NOR	44:55

### Cross Country W80

1	Heide Moebius	USA	42:25
2	Pamela Jones	GBR	50:41
3	Tami Graf	USA	56:42

### Cross Country M35

1	Henadz Verkhavodkin	BLR	27:04
2	Charles Delys	FRA	27:11
3	Christian Wiese	GER	27:14

### Cross Country M40

1	Ihar Tsetserukou	BLR	26:58
2	Matthias Weippert	GER	27:11
3	Rudy Magagnoli	ITA	27:12

### Cross Country M45

1	Davide Figueiredo	POR	27:09
2	Jesu De La Fuente Fernandez	ESP	27:13
3	Mariusz Borychowski	POL	27:39

### Cross Country M50

1	Miguel Molero-Eichwein	GER	27:45
2	Domingos Barros	POR	28:05
3	Shane Healy	IRL	28:18

### Cross Country M55

1	Ben Reynolds	GBR	28:42
2	Marek Dziegielewski	POL	28:50
3	Patrick Van Daele	BEL	28:56

### Cross Country M60

1	Jukka Kauppila	FIN	30:13
2	Thomas Payne	IRL	30:33
3	Roger Sayre	USA	30:37

### Cross Country M65

1	Janusz Ferenc	POL	33:09
2	Luciano Moser	ITA	33:16
3	Justin Gloden	LUX	33:35

### Cross Country W35

1	Volha Krautsova	BLR	30:18
2	Concepcion Hidalgo Barrantes	ESP	31:55
3	Anna Arseniuk	POL	31:59

### Cross Country W40

1	Maria Jose De Toro Saiz	ESP	31:11
2	Ewa Brych-Pajak	POL	33:03
3	Jacqueline Etherington	GBR	33:07

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Cross Country W45

1	Simona Staicu	HUN	33:09
2	Jacqueline Stamp	IRL	33:43
3	Claudia Seel	GER	34:38

### Cross Country W50

1	Annette Kealy	IRL	33:15
2	Susan Mcdonald	GBR	33:17
3	Kathleen Steenhaut	BEL	33:56

### Cross Country W55

1	Clare Elms	GBR	32:51
2	M E Esther Pedrosa Carrete	ESP	33:45
3	Caroline Wood	GBR	35:22

### Cross Country W60

1	M.Teresa Ruzafa Manchon	ESP	35:26
2	Pauline Moran	IRL	35:49
3	Dorotea Sevilla Santamaría	ESP	38:12

### Cross Country W65

1	Hellevi Mankki	FIN	39:16
2	Margret Göttner	GER	39:16
3	Elfriede Ganter	GER	40:15

### Cross Country - Team M35

1	Poland	POL	1:22.54
2	Ireland	IRL	1:27.29
3	Spain	ESP	1:28.46

### Cross Country - Team M40

1	Poland	POL	1:23.07
2	Italy	ITA	1:23.58
3	Czech Republic	CZE	1:25.10

### Cross Country - Team M45

1	Spain	ESP	1:23.49
2	Poland	POL	1:24.28
3	Germany	GER	1:31.49

### Cross Country - Team M50

1	Portugal	POR	1:27.29
2	Ireland	IRL	1:32.00
3	Germany	GER	1:32.42

### Cross Country - Team M55

1	Ireland	IRL	1:32.13
2	Poland	POL	1:32.21
3	United Kingdom	GBR	1:32.27

### Cross Country - Team M60

1	Poland	POL	1:36.45
2	United Kingdom	GBR	1:48.08
3	Germany	GER	1:48.31



# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Cross Country - Team M65

1	Poland	POL	1:43.43
2	United Kingdom	GBR	2:02.26
3	Romania	ROU	2:06.04

### Cross Country - Team M70

1	Finland	FIN	1:26.00
2	United Kingdom	GBR	1:27.34
3	Poland	POL	1:27.55

### Cross Country - Team M75

1	United Kingdom	GBR	1:39.15
2	Germany	GER	1:43.07
3	Italy	ITA	1:45.36

### Cross Country - Team M80

1	Germany	GER	1:57.48
2	Romania	ROU	2:21.35

### Cross Country - Team W35

1	Poland	POL	1:38.42
2	Belarus	BLR	1:46.02
3	Spain	ESP	1:48.16

### Cross Country - Team W40

1	Spain	ESP	1:38.01
2	Poland	POL	1:42.55
3	United Kingdom	GBR	1:47.31

### Cross Country - Team W45

1	United Kingdom	GBR	1:56.07
2	Latvia	LAT	2:10.23
3	Poland	POL	2:13.15

### Cross Country - Team W50

1	United Kingdom	GBR	1:45.21
2	Spain	ESP	1:47.19
3	Poland	POL	1:54.54

### Cross Country - Team W55

1	United Kingdom	GBR	1:43.41
2	Germany	GER	2:05.34
3	Ireland	IRL	2:17.53

### Cross Country - Team W60

1	Germany	GER	1:57.50
2	United Kingdom	GBR	2:02.12
3	Italy	ITA	2:03.37

### Cross Country - Team W65

1	Germany	GER	2:01.16
2	United Kingdom	GBR	2:08.14

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Cross Country - Team W70

1	Germany	GER	1:48.20
2	United Kingdom	GBR	1:52.06
3	United States of America	USA	2:28.14

### 10k M35

1	Henadz Verkhavodkin	BLR	31:12
2	Kamil Makos	POL	31:43
3	Michal Bernardelli	POL	32:03

### 10k M40

1	Manuel Angel Penas Blanco	ESP	31:11
2	Fredrik Uhrbom	SWE	31:17
3	Ihar Tsetserukou	BLR	31:36

### 10k M45

1	Davide Figueiredo	POR	31:52
2	Gregory Mitchell	USA	32:25
3	Henadzi Zhaaronak	BLR	32:42

### 10k M50

1	Peter Van Der Velden	NED	32:09
2	Piotr Poblocki	POL	32:59
3	Joaquim Figueiredo	POR	33:18

### 10k M55

1	Mick Byrne	IRL	34:07
2	Paul Cowhie	IRL	34:45
3	Francisco García López	ESP	34:49

### 10k M60

1	Sergey Polikarpov	KAZ	35:12
2	Stanislaw Lancucki	POL	36:17
3	Rolando Carabajal Lange	ARG	36:49

### 10k M65

1	Lars Juel Jensen	DEN	38:09
2	Janusz Ferenc	POL	38:22
3	Marek Czuk	POL	40:10

### 10k M70

1	Kauko Kuningas	FIN	42:00
2	Salvatore Puglisi	ITA	42:51
3	Ken Bowman	GBR	43:09

### 10k M75

1	Juan Lopez Garcia	ESP	42:33
2	Zygfryd Liban	POL	46:06
3	Vincent Basista	SVK	46:17

### 10k M80

1	Fokke Kramer	GER	46:34
2	Henryk Urtnowski	POL	49:44
3	Francisco Terán	MEX	49:54

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 10k M85

1 Michal Stadniczuk POL 1:30:45

### 10k M90

1 Angelo Squadrone ITA 1:18:45

### 10k W35

1 Ewa Jagielska POL 34:21  
2 Volha Krautsova BLR 35:55  
3 Barbara Zakowiecka POL 38:09

### 10k W40

1 Dawn Grunnagle USA 34:24  
2 Mariola Sudzinska POL 37:35  
3 Aslı Sertcelik TUR 39:34

### 10k W45

1 Miriam Paurat GER 37:01  
2 Simona Prunea ITA 38:05  
3 Dorota Ustianowska POL 38:29

### 10k W50

1 Nicole Weijling-Dissel NED 37:09  
2 Susan McDonald GBR 37:55  
3 Teresa Castro Villaverde ESP 39:13

### 10k W55

1 Sabine Hofer AUT 39:17  
2 Karin Schön SWE 39:59  
3 Elena Fustella ITA 40:02

### 10k W60

1 Christine Adamson NZL 41:55  
2 Pauline Moran IRL 42:13  
3 Christine Sachs GER 43:44

### 10k W65

1 Penelope Forse GBR 45:57  
2 Margret Göttbauer GER 46:28  
3 Eileen Kenny IRL 46:41

### 10k W70

1 Angela Copson GBR 45:47  
2 Emi Vaquero Vanchez ESP 49:01  
3 Gabriele Rost-Brasholz GER 55:02

### 10k W75

1 Josette Maillard FRA 53:36  
2 Barbara Prymakowska POL 54:04  
3 Hannele Kivistö FIN 54:37

### 10k W80

1 Heide Moebius USA 1:00:27  
2 Zofia Turossz POL 1:14:45  
3 Pamela Jones GBR 1:17:32

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Half Marathon M35

1	Tomasz Szymkowiak	POL	1:08:56
2	Zbigniew Kalinowski	POL	1:10:23
3	Jose Manuel Garcia Barragan	ESP	1:10:31

### Half Marathon M40

1	Bogdan Dziuba	POL	1:10:18
2	Kristian Nedregård	NOR	1:10:19
3	Boguslaw Andrzejuk	POL	1:10:26

### Half Marathon M45

1	Davide Figueiredo	POR	1:10:29
2	Simon Baines	GBR	1:10:37
3	Henadzi Zhauronak	BLR	1:11:43

### Half Marathon M50

1	Miguel Molero-Eichwein	GER	1:12:28
2	Piotr Poblocki	POL	1:12:50
3	Ferran De Torres Burgos	ESP	1:15:25

### Half Marathon M55

1	José Cabral	POR	1:15:46
2	Claudio Nottolini	ITA	1:19:09
3	Patrick O'Grady	IRL	1:19:14

### Half Marathon M60

1	Roger Sayre	USA	1:17:49
2	Sergey Polikarpov	KAZ	1:18:07
3	Jukka Kauppila	FIN	1:18:49

### Half Marathon M65

1	Igor Kostiuik	UKR	1:25:29
2	Janusz Ferenc	POL	1:25:47
3	Vasile Harjoc	ROU	1:26:58

### Half Marathon M70

1	Manfred Hartung	GER	1:31:46
2	Kauko Kuningas	FIN	1:34:13
3	Petras Kavaliauskas	LTU	1:35:49

### Half Marathon M75

1	Juan Lopez Garcia	ESP	1:36:05
2	Zygfryd Liban	POL	1:43:16
3	Peter Lessing	GER	1:44:35

### Half Marathon M80

1	Fokke Kramer	GER	1:44:37
2	Klemens Wittig	GER	1:49:13
3	Henryk Urtnowski	POL	1:49:32

### Half Marathon M90

1	Angelo Squadrone	ITA	3:22:30
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# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Half Marathon W35

1	Anna Arseniuk	POL	1:22:12
2	Denise Tappatà	ITA	1:22:43
3	Anastasiya Dashkevich	BLR	1:23:09

### Half Marathon W40

1	Dawn Grunnagle	USA	1:16:25
2	Nicoleta Ciortan	ROU	1:21:57
3	Michelle Clarke	CAN	1:24:35

### Half Marathon W45

1	Ewa Huryn	POL	1:22:40
2	Simona Staicu	HUN	1:25:25
3	Marzena Woszek	POL	1:32:30

### Half Marathon W50

1	Fiona Bayly	USA	1:23:44
2	Susan Mcdonald	GBR	1:23:49
3	Kathleen Steenhaut	BEL	1:24:52

### Half Marathon W55

1	Nadia Dandolo	ITA	1:24:59
2	Sabine Hofer	AUT	1:25:27
3	Karin Schön	SWE	1:26:31

### Half Marathon W60

1	Marcelina Hernaiz	ESP	1:34:16
2	Christine Sachs	GER	1:35:21
3	Noreen Bonner	IRL	1:35:36

### Half Marathon W65

1	Danuta Spychala	POL	1:39:15
2	Margret Göttner	GER	1:42:47
3	Hellevi Mankki	FIN	1:43:30

### Half Marathon W70

1	Marta Mikolajczyk	POL	1:38:53
2	Emi Vaquero Vanchez	ESP	1:49:56
3	Gabriele Rost-Brasholz	GER	2:04:53

### Half Marathon W75

1	Hannele Kivistö	FIN	2:01:00
2	Barbara Prymakowska	POL	2:12:42
3	Bruce Velta	LAT	3:27:01

### Half Marathon W80

1	Heide Moebius	USA	2:22:55
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### Half Marathon Team M35

1	Poland	POL	3:30.51
2	Czech Republic	CZE	3:39.35
3	Spain	ESP	3:50.46

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Half Marathon Team M40

1	Poland	POL	3:35.05
2	Belarus	BLR	3:49.33
3	Italy	ITA	4:01.18

### Half Marathon Team M45

1	Great Britain and Northern Ireland	GBR	3:41.14
2	Poland	POL	3:50.41
3	Portugal	POR	3:56.04

### Half Marathon Team M50

1	Poland	POL	3:48.10
2	Romania	ROU	4:01.23
3	United States of America	USA	4:07.04

### Half Marathon Team M55

1	Spain	ESP	4:03.56
2	Poland	POL	4:07.09
3	Ukraine	UKR	4:17.25

### Half Marathon Team M60

1	Ukraine	UKR	4:08.23
2	Poland	POL	4:09.52
3	Italy	ITA	4:34.12

### Half Marathon Team M65

1	Poland	POL	4:21.08
2	Great Britain and Northern Ireland	GBR	5:16.42
3	Ukraine	UKR	5:28.54

### Half Marathon Team M70

1	Germany	GER	4:58.35
2	Poland	POL	5:11.04
3	Finland	FIN	5:12.01

### Half Marathon Team M75

1	Germany	GER	5:25.51
2	Poland	POL	5:54.40
3	Ukraine	UKR	5:58.40

### Half Marathon Team W35

1	Poland	POL	4:15.46
2	Canada	CAN	4:30.46
3	Romania	ROU	4:55.57

### Half Marathon Team W40

1	Romania	ROU	4:17.32
2	Poland	POL	4:39.51
3	Germany	GER	4:43.04

### Half Marathon Team W45

1	Poland	POL	4:39.28
2	Finland	FIN	5:19.26
3	Germany	GER	6:29.25

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Half Marathon Team W50

1	Spain	ESP	4:44.24
2	Poland	POL	4:47.25
3	Germany	GER	4:52.00

### Half Marathon Team W55

1	Sweden	SWE	4:51.50
2	Poland	POL	5:02.23
3	Great Britain and Northern Ireland	GBR	5:19.53

### Half Marathon Team W60

1	Ireland	IRL	4:53.44
2	Germany	GER	5:13.11
3	Poland	POL	6:02.38

### Half Marathon Team W65

1	Germany	GER	5:16.03
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### Half Marathon Team W70

1	Germany	GER	6:22.06
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### 10k Racewalk M35

1	Rafal Fedaczynski	POL	44:36
2	Andreas Janker	GER	45:29
3	Vincenzo Verde	ITA	46:28

### 10k Racewalk M40

1	Martin Nedvidek	CZE	46:09
2	Ruben Piñera Alvarez	ESP	46:28
3	Grzegorz Grinholc	POL	47:49

### 10k Racewalk M45

1	Claudio Erasmo Vargas Castillo	MEX	44:50
2	Normunds Ivzans	LAT	45:36
3	Steffen Borsch	GER	46:16

### 10k Racewalk M50

1	Philippe Bonneau	FRA	47:05
2	Bachisio Faedda	ITA	47:38
3	Miguel Angel Carvajal Ortega	ESP	47:54

### 10k Racewalk M55

1	Miguel Periañez García	ESP	47:28
2	Anton Mashkevich	BLR	49:50
3	Sergio Ant. Gutiérrez Brenes	CRC	50:13

### 10k Racewalk M60

1	Pedro Jose Aranda Fernandez	ESP	53:52
2	Angel Ruata Martín	ESP	54:06
3	Mirosław Luniewski	POL	55:58

### 10k Racewalk M65

1	Patrice Brochot	FRA	54:39
2	Vincenzo Panico	FRA	56:54
3	Daniel Siegenfuhr	FRA	58:35

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 10k Racewalk M70

1	Ettorino Formentin	ITA	57:59
2	John McMullin	IRL	1:01:37
3	Anatolii Serhienko	UKR	1:01:52

### 10k Racewalk M75

1	Peter Schumm	GER	1:07:40
2	Wolf-Dieter Giese	GER	1:08:19
3	Christoph Höhne	GER	1:09:20

### 10k Racewalk M80

1	Romolo Pelliccia	ITA	1:04:35
2	Alexis Jordana	FRA	1:10:48
3	Alexis De Coppet	SUI	1:14:39

### 10k Racewalk M85

1	Ingvar Nilsson	SWE	1:24:02
2	Ivan Pushkin	UKR	1:24:02

### 10k Racewalk M90

1	Günter Ciesielski	GER	1:23:23
2	Viljo Hyvölä	FIN	1:26:44

### 10k Racewalk W35

1	María Dolores Marcos Valero	ESP	49:30
2	Maria Isabel Perez Belloch	ESP	52:11
3	Kathrin Schulze	AUT	52:23

### 10k Racewalk W40

1	Brit Schröter	GER	51:56
2	Carolyn Derbyshire	GBR	56:16
3	Iwona Grinholc	POL	57:51

### 10k Racewalk W45

1	Sonia Demon	FRA	52:14
2	Olga Cabrera Ysas	ESP	52:56
3	Violaine Bray	FRA	53:02

### 10k Racewalk W50

1	Lisa Kehler	GBR	53:26
2	Katalin Bodorkós Horváth	HUN	54:53
3	Valerie Boban	FRA	56:06

### 10k Racewalk W55

1	Manuela Lucaferro	ITA	59:58
2	Carmen Garcia Frontons	ESP	1:00:39
3	Helen Middleton	GBR	1:01:59

### 10k Racewalk W60

1	Marie Astrid Monmessen	FRA	54:39
2	Siu Yin Kwan	HKG	1:03:52
3	Kin Yung Choi	HKG	1:04:11



# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 10k Racewalk W65

1	P. Aurora Alvarez Ordas	ESP	1:03:19
2	Marianne Martino	USA	1:03:35
3	Heather Carr	AUS	1:03:47

### 10k Racewalk W70

1	Antonina Tyshko	UKR	1:05:52
2	Jacqueline Wilson	NZL	1:06:07
3	Janine Bernier	FRA	1:11:10

### 10k Racewalk W75

1	Joan Purcell	AUS	1:17:08
2	Gisela Theunissen	GER	1:18:00
3	Vera Grinberte	LAT	1:19:58

### 10k Racewalk - Team M35

1	Poland	POL	2:26.48
2	Germany	GER	2:47.57
3	Ireland	IRL	3:09.01

### 10k Racewalk - Team M40

1	Spain	ESP	2:32.39
2	Latvia	LAT	2:37.18
3	Italy	ITA	2:47.11

### 10k Racewalk - Team M45

1	France	FRA	2:28.34
2	Germany	GER	2:30.25
3	Italy	ITA	2:36.02

### 10k Racewalk - Team M50

1	Spain	ESP	2:45.04
2	Italy	ITA	2:46.14
3	Austria	AUT	2:52.18

### 10k Racewalk - Team M55

1	Belarus	BLR	2:35.47
2	Spain	ESP	2:43.23
3	Germany	GER	2:49.37

### 10k Racewalk - Team M60

1	Poland	POL	3:00.27
2	Latvia	LAT	3:07.50

### 10k Racewalk - Team M65

1	France	FRA	2:50.08
2	Germany	GER	3:17.05

### 10k Racewalk - Team M70

1	Italy	ITA	3:05.59
2	Ukraine	UKR	3:19.10
3	France	FRA	3:23.58

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### 10k Racewalk - Team M75

1	Germany	GER	3:25.19
2	Italy	ITA	3:35.28
3	Czech Republic	CZE	3:57.37

### 10k Racewalk - Team W35

1	Spain	ESP	2:45.14
2	Latvia	LAT	3:06.30
3	Austria	AUT	3:18.07

### 10k Racewalk - Team W40

1	Great Britain and Northern Ireland	GBR	2:56.16
2	Germany	GER	2:56.27
3	Italy	ITA	3:00.59

### 10k Racewalk - Team W45

1	France	FRA	2:45.18
2	Spain	ESP	2:55.53
3	Italy	ITA	3:12.25

### 10k Racewalk - Team W50

1	Italy	ITA	3:01.21
2	France	FRA	3:03.20

### 10k Racewalk - Team W55

1	Spain	ESP	3:08.57
2	Italy	ITA	3:16.48

### 10k Racewalk - Team W60

1	France	FRA	3:12.09
2	Hong Kong	HKG	3:14.19

### 10k Racewalk - Team W65

1	France	FRA	3:22.56
2	Spain	ESP	3:34.57
3	United States of America	USA	3:39.55

### 10k Racewalk - Team W70

1	Germany	GER	3:52.31
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### 10k Racewalk - Team W75

1	Germany	GER	4:03.34
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### Indoor Pentathlon M35

1	Michał Chalabala	POL	3733
2	Valiantsin Bautrel	BLR	3420
3	Oleksii Hordiienko	UKR	3328

### Indoor Pentathlon M40

1	Óscar González	ESP	3872
2	Laurent Jobard	FRA	3771
3	Branislav Puvak	SVK	3729

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Indoor Pentathlon M45

1	Mattias Sunneborn	SWE	3812
2	Laurence Ramm	GBR	3793
3	Francky Vandecasteele	FRA	3713

### Indoor Pentathlon M50

1	Thomas Stewens	GER	4272
2	Christopher Schiefermayer	AUT	4163
3	Yvan Lovo	SUI	3953

### Indoor Pentathlon M55

1	Damon Blakemore	USA	4225
2	Salem Saichi	FRA	3925
3	Ian Crawley	GBR	3717

### Indoor Pentathlon M60

1	Wieslaw Musial	POL	4204
2	Heiner Lüers	GER	4035
3	Detlef Döpping	GER	3938

### Indoor Pentathlon M65

1	Heinz Baseda	GER	3990
2	Wojciech Weclawowicz	POL	3942
3	Ivo Strnad	CZE	3656

### Indoor Pentathlon M70

1	Valdis Cela	LAT	4309
2	Dieter Langenbach	GER	3970
3	Vesa Mäki	FIN	3705

### Indoor Pentathlon M75

1	Rolf Geese	GER	4443
2	Dietmar Steiner	AUT	3828
3	John Mac Dermott	IRL	3683

### Indoor Pentathlon M80

1	Willi Klaus	GER	4540
2	Roger Vergin	USA	3335
3	Josef Vonasek	CZE	2779

### Indoor Pentathlon M85

1	William Jankovich	USA	2917
2	Ernesto Minopoli	ITA	2865

### Indoor Pentathlon W35

1	Jodie Albrow	GBR	3433
2	Magdalena Szczepanska	POL	3386
3	Wendy Visser	NED	3327

### Indoor Pentathlon W40

1	Rachel Guest	USA	3636
2	Jennifer Gartmann	GER	3556
3	Renata Szykulska	POL	3447

# VIII WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS

## Medalists

Toruń, 24-30 March 2019

### Indoor Pentathlon W45

1	Tatjana Schilling	GER	4289
2	Catrine Eriksson	SWE	4052
3	Virginie Bonnet	FRA	3291

### Indoor Pentathlon W50

1	Petra Bajeat	FRA	4900
2	Kirsti Siekkinen	FIN	4084
3	Geraldine Finegan	IRL	3969

### Indoor Pentathlon W55

1	Neringa Jakstiene	USA	4520
2	Susan Frisby	GBR	3986
3	Ramona Pfeiffer	GER	3774

### Indoor Pentathlon W60

1	Maria Rosa Escribano Checa	ESP	4648
2	Wiebke Baseda	GER	4388
3	Jillian Roginski	GBR	3987

### Indoor Pentathlon W65

1	Ulrike Hiltcher	GER	4088
2	Toini Nousiainen	FIN	3807
3	Ulla Karneböck	SWE	3800

### Indoor Pentathlon W70

1	Ingeborg Zorzi	ITA	3867
2	Claire Joannes	BEL	3258
3	Margaritha Dähler-Stettler	SUI	3057

### Indoor Pentathlon W75

1	Riet Jonkers-Slegers	NED	4987
2	Varpu Holmberg	FIN	2269
3	Jane Simpson	USA	1301

### Indoor Pentathlon W80

1	Florence Meiler	USA	3033
2	Dorothy McLennan	IRL	1733