

Mary A Harada (West Newbury, MA)

Track Female Born: 6/17/35 Age Group Records: F60, 70 Competed: 1985-2009

A mid-distance athlete successful from 400m to 10kXC.

USATF Champion: 800m (5); 3000m (6); 5000m (4); 400m (2); 1500m (2); Mile (3); 5kXC (1); 6kXC (1); 8kXC (1); 10kXC (1)

Event	AG	Age	Yr	Mark	Rec	%
4X800M	F60	68	04	13:42.73	WR	n/a
4x400m	F60	70	06	6:28.80	AR	n/a
1 Mile	F70	70	05	7:24.45	AR	90.20
3000m	F70	70	05	14:41.60	AR	89.54
1 Mile – In	F70	70	06	7:12.59	WR	92.67
4x400m	F70	72	07	6:26.99	AR	n/a

WMA World Championship Titles: **F65** 3rd 1500m '03; **F70** 3rd 1500m '05; 1st 4x400m; 2nd 4x100m '09

WMA World Indoor Championship Titles: **F70** 2nd 1500m, 3rd 800m '06; 3rd 3000m '08

WMA Regional Championship Titles: **F60** 1st 8kXC, 5000m '98; **F65** 2nd 5000m '00; **F70** 1st 5000m, 2nd 400m, 800m, 1500m '08

USA T&F Indoor Championship Titles: **F60** 2nd 3000m, 3rd Mile '99; 3rd Mile, 3000m '00; **F65** 1st 800m '01; 1st 3000m, 3rd 800m '02; 1st 800m, Mile, 3000m '03; 1st 3000m '04; 1st 3000m, 2nd 800m, Mile '05; **F70** 1st Mile '06; 1st 800m, 2nd Mile '07; 1st 800m, 3000m '08; 1st mile, 3000m, 2nd 800m '09

USA T&F Championship Titles: **F60** 2nd 5000m '98; **F65** 3rd 800m '00; 1st 1500m, 2nd 5000m, 3rd 800m '02; 1st 5000m, 2nd 1500m '03; 1st 5000m, 2nd 800m, 1500m '04; **F70** 1st 400m, 5000m, 2nd 800m, 1500m '05; 1st 400m, 800m, 1500m '06; 1st 5000m, 2nd 1500m '07

USA LDR Championship Titles (1st): **F55** 8kXC '93; **F65** 10kXC '00; 6kXC '01, '04; **F70** 6kXC '05; 5kXC '06

National Senior Games: **F70** 1st 1500m, 3rd 800m '07

Masters Track Age-Group Athlete of the Year: **F70** 2006

Other Accomplishments: President of the Liberty Athletic Club since 2000, she received the Fred Brown Cup for service to the running community in 2007 from the North Medford Club. She was elected to the New England 65+ Running Club's Hall of Fame in 2007.