

Equinox Marathon - Oldies but Goodies

"Les Eminences Grises" of the Equinox Marathon

The Equinox Marathon is a race for participants of all ages. If you look at the results and the graphs of the winning times and ages of the winners, you can see that the "prime" of a runner's career, in most cases, is from the mid-to-late 20's to the mid-to-late 30's.

However, a cursory inspection of the data also reveals that there have been several outstanding results by runners 40 years of age and over, the age group generally regarded as "Masters". Below are the performance records of the best of the "Oldies but Goodies" group, from age 40 on.

Among women, there can be no doubt that Marcie Trent is the "Grand Dame" of the Equinox Marathon. From age 50 on, she had three victories (at ages 52, 55 and 58), two second-place finishes, and four third-place finishes. Jane Lanford is probable the second most prolific quality runner, with four top 5's and seven top 10's from age 41 through age 50. This year Laura McDonough became the oldest runner not named Marci Trent to win the race, with her 3:50:50 - her 6th top 10 past age 40. Dorli McWayne (4th in 2006) and Maryellen Laberge (five top 10's), Susan Faulkner (four top 10's each) round out a pretty clear "top six" women. Faulkner is the second-oldest woman to have won the race other than Marcie Trent, setting a course record of 3:18:16 at age 43 in 2002. Other 40+ winners are Tina Devine (41 in 2003), Bobbi Fyten (40 in 1990), and Dolly Lefever (42 in 1988).

For the men, things aren't quite so clear cut. Bob Murphy is the only man to have won the race in his 40's, with a 3:01:21 victory in 1994 at age 42. The next year he was runner-up in 2:58:28, when he became only the 2nd 40+ runner in Equinox Marathon history to break 3:00:00 (Frank Bozanich ran 2:58:01 at age 44 in 1988). "Murph" has had three top 10's and four top 15's after turning 40.

Andy Holland, Rocky Reifentuhl and Jim Decur all have something in common - each has run the last eleven Equinox Marathons (all after turning 40), posting outstanding times for their ages. Holland has three top 5's, six top 10's, and eight top 15's in those nine races; Reifentuhl, 10th in 2006 at age 54, has two top 5's, six top 10's (seven top 11's), eight top 15's and three age records (50-51-54); Decur has one top 10, seven top 15's, did not finish lower than 17th from 1997 through 2005, and owns age records for ages 53-55-56-57-59.

Wayde Leder posted his first top-10 finish in 2000 at age 43. Since then he has never finished lower than 7th, and has been in the top five four times. He paced his way to a 7th-place finish and the 50+ Age Record this year. He owns the age 45, 48 and 49 records.

John Weddleton was added to this list this year. He has run his last four Equinox Marathons (2003-05-06-07) under 3:30 and never finished lower than 12th at ages 45-47-48-49. That's consistency.

Other items worthy of note among the male runners:

- * Six-time Champion Stan Justice had two 2nd-place finishes in his forties, at ages 40 and 42
- * Richard Burton's age 60 time of 3:32:44 is head and shoulders above all the other 60+ times; this performance placed him 16th overall, the best finish ever by anyone 60 or over
- * Wade Leder is the oldest 5th-place finisher, doing so at age 48 in 2005
- * Rocky Reifentuhl is the oldest 4th-place finisher (age 48 in 2000)
- * Frank Bozanich (44 in 1988) and Wayde Leder (44 in 2001) are the oldest runners-up
- * Ron Noel ran two outstanding times at ages 46 and 48, and still holds the age 46 record, set in 1982
- * Race founder Nat Goodhue finished 5th at age 47 in 1987

There are many more nuggets in the data below. Enjoy!

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Female Runners									
<u>Runner</u>	<u>Year</u>	<u>Age</u>	<u>Time</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>Other</u>
Tina Devine	2002	40	3:36:47					5	
	2003	41	3:40:48	1					
Susan Faulkner	1999	40	3:39:48				4		
	2000	41	3:36:21			3			
	2001	42	3:34:06					5	
	2002	43	3:18:16	1					
Bobbi Fyten	1990	40	3:41:36	1					
	1991	41	3:43:37			3			
	1995	45	3:56:42						7
	1997	47	4:30:58						24
Georgia Gustafson	1989	43	3:46:22			3			
	1990	44	3:49:08		2				
Maryellen Laberge	1990	41	3:51:02			3			
	1993	44	3:59:58		2				
	1995	46	3:52:35					5	
	1997	48	4:01:35						8
	1998	49	4:08:51						12
	1999	50	4:00:08						8
Jane Lanford	1995	40	4:06:29						10
	1996	41	4:14:57					5	
	1997	42	3:50:22				4		
	1998	43	3:51:37					5	
	1999	44	4:01:14						9
	2001	46	3:44:55						7
	2002	47	4:05:12						13
	2003	48	3:41:51			3			
	2005	50	3:51:25						6
2007	52	4:07:28						19	
Laura McDonough	2001	40	3:40:59						6
	2002	41	3:39:59						7
	2003	42	3:43:17				4		
	2004	43	3:54:01						8
	2005	44	3:43:48			3			
	2006	45	3:50:50	1					
	2007	46	3:59:19						12

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<u>Runner</u>	<u>Year</u>	<u>Age</u>	<u>Time</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>Other</u>
Dorli McWayne	1993	41	4:13:56			3			
	1999	46	4:04:24						12
	2000	47	3:57:17						11
	2003	50	3:54:12					5	
	2004	51	3:59:47						9
	2005	52	4:05:45						10
	2006	53	4:04:04				4		
	2007	54	3:59:45						14

<u>Runner</u>	<u>Year</u>	<u>Age</u>	<u>Time</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>Other</u>
Marcie Trent	1970	52	4:40:03	1					
	1971	53	4:45:28			3			
	1972	54	4:21:14			3			
	1973	55	4:15:22	1					
	1974	56	4:14:20		2				
	1976	58	4:24:51	1					
	1977	59	4:11:43			3			
	1978	60	4:04:41		2				
	1979	61	4:08:05			3			
	1981	63	4:10:52				4		
	1986	68	4:46:46						16

Male Runners

<u>Runner</u>	<u>Year</u>	<u>Age</u>	<u>Time</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>Other</u>
Richard Burton	1997	53	3:44:26						21
	1998	54	3:51:06						35
	2000	56	3:44:43						20
	2002	58	3:35:48						23
	2004	60	3:32:44						16

<u>Runner</u>	<u>Year</u>	<u>Age</u>	<u>Time</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>Other</u>
James Decur	1997	49	3:31:46						13
	1998	50	3:25:03						17
	1999	51	3:26:40						16
	2000	52	3:27:09						11
	2001	53	3:18:52						8
	2002	54	3:24:02						12
	2003	55	3:32:55						14
	2004	56	3:27:20						11
	2005	57	3:31:04						11
	2006	58	3:39:31						26
	2007	59	3:40:41						27

<u>Runner</u>	<u>Year</u>	<u>Age</u>	<u>Time</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>Other</u>
Nat Goodhue	1981	41	3:10:25						6
	1987	47	3:15:10					5	
	2000	60	4:13:42						56

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Andy Holland	1997	41	3:18:04			3			
	1998	42	3:05:01						6
	1999	43	3:13:23						8
	2000	44	3:14:25			3			
	2001	45	3:08:48				4		
	2002	46	3:26:00						13
	2003	47	3:23:17						7
	2004	48	3:39:25						23
	2005	49	3:31:34						13
	2006	50	3:44:50						32
2007	51	3:42:49						30	
Stan Justice	1989	40	3:03:16		2				
	1991	42	3:02:46		2				
Wayde Leder	1999	42	3:56:36						41
	2000	43	3:22:40						7
	2001	44	3:02:41		2				
	2002	45	3:05:26				4		
	2003	46	3:20:48					5	
	2004	47	3:15:48						7
	2005	48	3:12:45					5	
	2006	49	3:09:48				4		
	2007	50	3:14:29						7
Bob Murphy	1994	42	3:01:21	1					
	1995	43	2:58:28		2				
	1999	47	3:25:02						12
	2003	51	3:36:53						18
	2004	52	3:16:14						8
Ron Noel	1982	46	3:12:10						9
	1984	48	3:16:08						9
Rocky Reifentuhl	1997	45	3:22:02					5	
	1998	46	3:19:17						11
	1999	47	3:22:08						9
	2000	48	3:19:08				4		
	2001	49	3:18:40						7
	2002	50	3:19:30						11
	2003	51	3:53:13						34
	2004	52	3:32:01						15
	2005	53	3:22:10						6
	2006	54	3:20:40						10
	2007	55	4:07:12						58
John Weddleton	2001	43	3:37:01						25
	2003	45	3:27:05						10
	2005	47	3:29:32						10
	2006	48	3:21:22						11
	2007	49	3:26:09						12