

# Susan Stone



*Susan Stone - Longboat XC Champion in 2019*

Susan Stone has had two Longboat careers, one in the 1980's when she was a National Champion at 10 km, and a winner of a major U.S. marathon, and another from 2018 to the present when she has set 15 AG club records on the road and the track. In between she ran enough spectacular races to earn her own Wikipedia page. As Casey Stengel said, you could look it up. Susan burst onto the marathon scene in 1985 when, with Timo Uksulainen as her coach, she entered and won the prestigious Gandma's Marathon in Duluth, Minnesota in 2:39:45. She was so unknown that when she tried to enter the hall where the victory celebrations were being held, she was denied entry until a red-faced official

familiar with the facts let her in. Later that same year she ran the Chicago Marathon, finishing 13th in 2:38:48. Both of these times still stand as Club Records as she had a birthday in between them! Susan left the Club for a couple of decades to run under other colours for a time and then to devote her time to her family and high school teaching career. To everyone's delight she is now with us again.



*Susan Stone, Michelle Clarke, Maria Weber at Torun in 2019 - photo by Doug Clarke*

She hasn't stopped competing in national and international events: in 2023 she competed at the World Masters Games in Torun, Poland, finishing 4th in the W60-5 Half Marathon (1:37:23) and being a member of the W30-9 team with Maria Weber and Michelle Clarke which won a silver medal.

Susan says her proudest moment came early in her running career when she won the Avon Half Marathon in

Central Park, NY. She had lunch with Katherine Switzer, the Boston glass-ceiling breaker, and was referred to in a NY newspaper as “poetry in motion”.

Here is a list of some of Susan’s most outstanding results as a Longboat member:

**Road**

Grandma’s Marathon	2:39:46	1st
Chicago Marathon	2:38:48	13th
Around the Bay 30 km	1:51:37	1st
Around the Bay 30 km	1:53:23	1 <sup>st</sup>
Avon Half Marathon, Central Park, NY	1:17:15	1st
20 km Avon Women’s Chp	1:12:08	3rd
10 miles	56:06	
15 km	54:35	
10 km	34:11	
8 km	27:30	
5 km	16:53	

**Track**

1500 m	4:43.4
2000 m	6:36.0
3000 m	9:48.2
5000 m	16:44.0
10,000 m	34:29.0

**By Bert de Vries**



*Susan Winning the Avon Half Marathon*