

SAL ALLAH BREAKS WORLD RECORD IN M45 800 METERS

Sal Allah of Piscataway set an M45 age division 800 meter world record at the East Region Track & Field Championship on Saturday, July 2, 2005 at Stockton College in Pomona New Jersey.

Allah sought out the meet so that he could run with open athletes in the anticipation of being able to drop below the time set by Anselm LeBourne of Maplewood New Jersey on June 26th at Randalls Island at the Metropolitan Association's Championship meet. At that meet Allah was only a fraction of a second behind LeBourne whose time 1:55.13 with his own clocking in 1:55.18. Both times were under the World Record for M45.

Prior to the start of the 800 at the East Region meet, all eyes were on Allah as the announcer singled him out and told the fans and other athletes that he would be attempting to set the World Record. Allah, wearing a solid red track suit, was easy to follow as the gun sent the field on their way. Staying tucked in with the leaders Allah was hand timed going through 400 meters in 54.2 by some and 54.5 by others.

Knowing the second lap would be the most difficult Allah had confided to the other 800 meter athletes his concerns and they responded with encouragement as they headed for the finish.

With the crowd of excited onlookers actively cheering for his success Allah crossed the finish line in an FAT time of 1:54.18, a new World Record.

Allah will be competing next at the USATF-New Jersey Masters Championship on Sunday July 10th at Shore Regional High School. He plans to aim for the M45 400 meter record and has also entered the 800 meter run taking place later in the day.