



2010 USATF Masters Cross Country Report

& USATF Master Cross Country Harrier of the Year Award Nominees



Carmen Ayala Troncoso (#82) at Club XC, Lexington, KY
12/12/2009



USATF Master Cross Country Harrier of the Year Award

At the Annual Meeting of USA Track and Field (USATF), the Cross Country Council, in conjunction with the Masters Long Distance Running (LDR) Committee, shall select one male and one female athlete to receive the USATF Master Cross Country Harrier of the Year Award for the defined award year.

Eligibility:

This award is open to all registered USATF master athletes (ages 40+) who have competed in at least one of the USATF National Master Cross Country Championships in the defined award year. The award year shall be defined as that period of time between Annual Meetings of the USATF.

Criteria:

Selection shall be based on the age-graded results of all the USATF National Master Cross Country Championships held between USATF Annual Meetings. Results from other World, National and Regional Cross Country Championships may be considered at the discretion of the Cross Country Council and the Masters LDR Committee. Care must be taken when considering age-graded results to compare each championship race as a separate event and not to rate one race's results against another due to differences in conditions. (i.e., terrain, accuracy of measurement, weather, etc...)

Selection and Award:

Nominations and age-graded results from the USATF National Master Cross Country Championships being considered shall be provided to the Cross Country Council Executive Committee and to the Masters LDR Committee by the Masters LDR Cross Country Representative. Selection shall be made by a majority vote of the USATF Cross Country Council Executive Committee. The award winners must then be approved by a majority vote of the Masters LDR Executive Committee. An appropriate award shall be presented to each of the male and female winners from the Masters LDR Committee.



2010 Masters Harrier of the Year Results Data

2009 USATF National Club Cross Country Championships 12/12/2009, Lexington, KY

Master Women 6km Age-Graded Top 10

Place	Name	Age	Hometown/Team	Percent	Time	Place
1	Carmen Ayala-Troncoso	50	Austin, TX	92.24%	22:11	2
2	Kathryn Martin	58	Northport, NY	91.96%	24:43	23
3	Sabra Harvey	60	Houston, TX	91.02%	25:40	38
4	Regina Joyce	52	Lynnwood, WA	86.63%	24:13	15
5	Laura Haefeli	42	Del Norte, CO	85.66%	21:57	1
6	Alyssa Tower	47	Vancouver, WA	84.91%	23:14	5
7	Patty Murray	44	Boulder, CO	84.24%	22:42	3
8	Laurie Porter	48	Brush Prairie, WA	83.56%	23:53	11
9	Karen Steen	45	Olympia, WA	83.25%	23:11	4
10	Sarah Tabbutt	50	Mill Valley, CA	82.96%	24:40	19

Master Men 10km Age-Graded Top 10

Place	Name	Age	Hometown/Team	Percent	Time	Place
1	Peter Magill	48	South Pasadena, CA	93.17%	32:26	4
2	John Barbour	55	Gloucester, MA	91.13%	35:06	57
3	Tracy Lokken	44	Marquette, MI	91.07%	32:10	1
4	Paul Aufdemberge	44	Redford, MI	90.19%	32:29	5
5	Simon Gutierrez	43	Alamosa, CO	90.18%	32:14	2
6	Danny Martinez	47	Alhambra, CA	90.12%	33:16	12
7	Norm Larson	53	Burlington, VT	89.98%	34:58	48
8	Joe Sheeran	52	Ellensburg, WA	89.81%	34:45	42
9	Mike Scannell	47	Grand Blanc, MI	89.37%	33:32	15
10	Rick Becker	55	Selah, WA	89.29%	35:50	76



2010 USA Cross Country Championships
02/13/2010, Spokane, WA

Masters Women 8 km Age-Graded Top 10

Place	Name	Age	Hometown/Team	Percent	Time	Place
1	Colleen DeReuck	45	RR of Boulder	94.17%	27:27	1
2	Kathryn Martin	58	Northport RC	93.91%	32:14	6
3	Laura Haefeli	42	FF Boulder, Real W	86.34%	29:13	2
4	Laura Bruess	49	RR of Boulder	85.56%	31:30	5
5	Lisa Goldsmith	45	FF Boulder, Real W	82.65%	31:17	4
6	C. Gail Hunter	66	Boulder RR	82.55%	41:12	19
7	Karen Steele	52	Tamalpa Runners	82.38%	33:57	10
8	Judith Smythe	72	Boulder RR	81.04%	46:13	20
9	Jennifer Cubillas	40	FF Boulder, Real W	80.02%	31:06	3
10	Kelly Kruell	50	Club NW	79.80%	34:12	11

Masters Men 8 km Age-Graded Top 10

Place	Name	Age	Hometown/Team	Percent	Time	Place
1	Rick Becker	55	Club NW	94.05%	26:51	6
2	David Cannon	53	Club NW	91.31%	27:12	10
3	Joe Sheeran	52	Ellensburg, WA	90.79%	27:08	9
4	Tracy Lokken	44	Marquette, MI	90.14%	25:39	1
5	Mike Blackmore	48	Bowerman AC	89.62%	26:37	3
6	Andrew Ames	47	FF Boulder	88.03%	26:53	7
7	Mark Billett	56	Club NW	87.87%	28:59	19
8	Darren DeReuck	44	RR of Boulder	86.58%	26:42	4
9	Carl Combs	44	Cheney, WA	86.43%	26:45	5
10	Daniel Rooney	49	US Air Force	85.58%	27:01	12



2010 USA Masters 5 km Cross Country Championships
10/23/2010, Vancouver, WA

Masters Women 5 km Age-Graded Top 10

Place	Name	Age	Hometown/Team	Percent	Time	Place
1	Carmen Ayala-Troncoso	51	Austin, TX	91:06%	18:38	2
2	Kathryn Martin	59	Northport, NY	90.20%	20:55	23
3	Liz McCullough	52	Portland, OR	86.93%	19:46	7
4	Jennifer Teppo	52	Vancouver, WA	86.13%	19:57	9
5	Suzanne Ray	58	Team Red Lizard	85.91%	21:39	28
6	Regina Joyce	53	Club NW	85.87%	20:17	14
7	Jeanette Groesz	61	Team red Lizard	84.96%	22:50	39
8	Lyudmila Vasilyeva	41	Club NW	84.29%	18:15	1
9	Sarah Tabbutt	51	Impala Racing	84.13%	20:10	12
10	Katherine MacTavish	47	Covallis	82.86%	19:33	4

Masters Men 5 km Age-Graded Top 10

Place	Name	Age	Hometown/Team	Percent	Time	Place
1	Alan Newton	47	Unattached	90.76%	15:52	2
2	Rick Becker	55	Club NW	90.66%	16:57	12
3	Joe Sheeran	52	Club NW	90.08%	16:38	8
4	Doug Winn	60	Portland, OR	89.41%	17:56	29
5	David Cannon	54	Seattle, WA	88.74%	17:10	19
6	Tony Young	48	Club NW	88.52%	16:24	5
7	Mike Blackmore	48	Eugene, OR	88.07%	16:29	6
8	David Frank	48	Portland, OR	87.80%	16:32	7
9	Charlie Kern	41	Elmhurst	85.23%	15:50	1
10	Daniel Gonzalez	48	Bowerman AC	85.23%	17:02	15



USATF Cross Country Master Harrier of the Year Award Winners

<u>Year</u>	<u>Master Women's Winner</u>	<u>Master Men's Winner</u>
2000	Carolyn Smith-Hanna	Tom Dalton
2001	Carolyn Smith-Hanna & Joan Ottaway	Tom Dalton
2002	Kathryn Martin	Tom Dalton
2003	Kathryn Martin & Shirley Matson	Tom Dalton & Robert Winn
2004	Kathryn Martin	Tom Dalton
2005	Carmen Ayala-Troncoso	David O'Keeffe
2006	Kathryn Martin	David O'Keeffe
2007	Kathryn Martin	Peter Magill
2008	Kathryn Martin	Peter Magill
2009	Carmen Ayala-Troncoso	Simon Gutierrez
2010		

2011 USATF Master Cross Country Championship Schedule

12/11/2010	USATF National Club Cross Country Championships, Charlotte, NC Master Women 6 km, Master Men 10 km
02/05/2011	USA Cross Country Championships, San Diego, CA Master Women & Master Men 8km
10/22/2011	USA Masters 5 km Cross Country Championships, Rochester, NY Master Women & Master Men 5 km
12/10/2011	USATF National Club Cross Country Championships, Seattle, WA Master Women 6 km, Master Men 10 km

Submitted by Bill Quinlisk, USATF Masters LDR, Cross Country Representative



Master Men's 5k Finishers at Ft. Vancouver National Historic Site, 10/23/2010.



More Finishers at Vancouver, WA 5k, 12/23/2010



Kathy Martin at Lexington, KY



Masters Men 10k XC Start, Lexington, KY 12/12/2009.