



USATF Masters

Long Distance Running

Harriers of the Year Award

2011 Summary and Report



USATF Masters Cross Country Harriers of the Year Award

At the Annual Meeting of the 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 Masters Cross Country “Harriers 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. 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 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 USATF Masters LDR Executive Committee. An appropriate award shall be presented to each of the male and female winners from the USATF Masters LDR Committee.

Selection Events:

- 1. USATF National Club Cross Country Championships, Dec. 11, 2010, Charlotte, NC**
- 2. USA Cross Country Championships, Feb. 5, 2011, San Diego, CA**
- 3. USA Masters 5 km Cross Country Championships, Oct. 22, 2011, Fairport, NY**
- 4. WMA World T&F Championships, 8 km Cross Country Event, July 6-7, 2011, Sacramento, CA**

Nominations will be presented for approval to the Masters LDR Committee and to the Cross Country Council at the USATF Annual Meeting in St. Louis on Friday, December 2, 2011.

USATF National Club Cross Country Championships

Charlotte, NC

December 11, 2010

Results - Masters Men - 10k Age Graded

PLACE	NAME	AGE	TEAM	GRADE	TIME
1	Rick Becker	56	Club Northwest	50+	93.75 34:24
2	Peter Magill	49	Compex Racing	40+	93.41 32:36
3	Doug Bell	60	Boulder RR	60+	93.30 35:47
4	Norm Larson	54	Green Mounta		91.92 34:31
5	Joe Sheeran	53	Club Northwest	50+	91.84 34:15
6	John Tuttle	52	Atlanta TC	50+	91.40 34:09
7	David Shafer	54	Balt/Wash AC	50+	90.70 34:59
8	David Cannon	54	Club Northwest	50+	90.68 34:59
9	Tony Young	48	Club Northwest	40+	90.66 33:20
10	Mike Livingston	45	Asics Aggie RC	40+	89.80 32:53

Results - Masters Women - 6k Age Graded

PLACE	NAME	AGE	TEAM	GRADE	TIME
1	Carmen Ayala-Troncoso	51	Rogue Running		92.07 22:17
2	Lynette Walker	70	Greater Sprin		91.70 29:21
3	Nancy Stewart	54	Atlanta TC	50+	88.49 24:06
4	Lori Kingsley	44	Willow Stree		87.29 21:48
5	Catherine Wides	61	Carolina God		86.84 26:59
6	Sharon Dolan	68	Playmakers R		86.42 30:09
7	Lyudmila Vasilyeva	41	Club Northwest	40+	85.93 21:39
8	Joan Mabe	48	The Janes	40+	85.69 23:06
9	Carrie Parsi	71	Liberty AC	60+	85.68 31:56
10	Emily Bryans	43	Willow Stree		85.23 22:09

USA Cross Country Championships

San Diego, CA

February 5, 2011

Results - Masters Men - 8k Age Graded

Place	Name	Age	Gender	Team or City/State	Finish	Pct	%
1.	Peter Magill	49	M	Compex Racing -B	26:17	91.50%	
2.	Joe Sheeran	53	M		28:01	88.69%	
3.	Mike Blackmore	49	M		27:20	88.01%	
4.	Jeff Ambos	49	M	Compex Racing	27:37	87.08%	
5.	Daniel King	51	M	Running Republic of Boulder	28:06	86.96%	
6.	Danny Martinez	48	M		27:28	86.89%	
7.	David Olds	49	M		27:43	86.79%	
8.	Ken Ernst	49	M	Compex Racing	27:50	86.43%	
9.	Andrew Ames	48	M	Fleet Feet Sports Boulder Racing Te	27:42	86.12%	
10.	Christian Cushing-Murray	43	M	Compex Racing	26:46	85.72%	

Results - Masters Women - 8k Age Graded

Place	Name	Age	Gender	Team or City/State	Finish	Pct	%
1.	Kathryn Martin	59	F	Northport, NY	33:39	92.17%	
2.	Anne Garrett	77	F	San Diego Track Club	45:04	92.09%	
3.	Colleen De Reuck	46	F	Running Republic of Boulder	28:47	91.26%	
4.	Carmen Ayala-Troncoso	51	F	Austin, Tx	31:15	89.23%	
5.	Edie Stevenson	61	F	Boulder Road Runners	36:01	88.61%	
6.	Tania Fischer	44	F	The Janes Elite Racing	30:36	84.17%	
7.	Marcella Teran	55	F	San Diego Track Club	35:41	82.30%	
8.	Joanna Zeiger	40	F	Running Republic of Boulder	30:21	82.24%	
9.	Ellen Hart	52	F	Fleet Feet Boulder - Real Women Rea	34:22	82.17%	
10.	C Gail Hunter	66	F	Boulder Road Runners	41:57	82.00%	

USA Masters 5 km Cross Country Championships

Fairport, NY

October 22, 2011

Results - Masters Men - 5k Age Graded

1	1	Bottomley, Pete	50	Dirigo R.C.	17:33.51	15:21.51	84.00%
2	2	Carlstrom, Casey	52	Finger Lakes RC	18:04.69	15:33.49	82.88%
3	1	Rybinski, Mark	56	Genesee Valley	18:44.32	15:35.89	82.72%
4	1	McCluskey, Terry	63	Ann Arbor TC	19:58.54	15:38.70	82.43%
5	7	Tuttle, John	53	Atlanta Track Club	18:23.24	15:41.73	82.21%
6	1	Derick, James	46	Genesee Vall	17:27.35	15:45.55	81.83%
7	2	Giambalvo, Bob	62	unattached	20:02.96	15:50.58	81.47%
8	5	Rooney, Daniel	51	St. Louis Tr	18:16.24	15:51.10	81.37%
9	2	Hixson, Mark	46	Hartford Track Club	17:35.72	15:53.11	81.18%
10	1	Kern, Charlie	42	unattached	17:03.94	15:53.29	81.16%

Results - Masters Women - 5k Age Graded

1	1	Martin, Kathryn	60	Northport Ru	21:10.31	16:12.68	91.32%
2	1	Samuelson, Joan	54	Livestrong	20:20.67	16:54.50	87.49%
3	1	McCoubrie, Doreen	49	Athena	19:43.93	17:28.49	84.72%
4	2	Myette, Suzanne	54	The Finger L	21:09.90	17:35.42	84.10%
5	1	Harrison, Grace	65	Playmakers Racing	25:47.89	18:20.86	80.69%
6	3	Steele, Karen	54	Tamalpa Runners	22:05.04	18:21.25	80.60%
7	2	Steinbach, Coreen	60	Niagara Unattached	24:11.89	18:31.72	79.90%
8	1	Parsi, Carrie	72	Liberty Athl	29:32.41	18:45.31	78.93%
9	2	Dolan, Sharon	69	Playmakers Racing	28:15.80	18:52.12	78.43%
10	1	Utzschnieder, Catherine	56	Liberty Athl	23:19.01	18:52.22	78.41%

2011 WMA World Championships, 8 km Cross Country Results, Granite Regional Park, Sacramento, CA

July 6, 2011 – All Women and Men 65+, Sunny, 82 degrees at 10am, 87 degrees at 11am

July 7, 2011 – All Men 40-64, Sunny, 74 degrees at 9am, 79 degrees at 10am

RESULTS - USATF MASTER MEN'S 8k XC AGE GRADED

1	2	50-54 Cannon, David	M54	United States	27:56.9	89.63%
2	3	50-54 Pilcher, Brian	M54	United States	28:02.0	89.36%
3	3	60-64 McCluskey, Terry	M62	United States	30:14.1	88.75%
4	1	50-54 King, Daniel	M52	United States	27:48.8	88.57%
5	4	55-59 Becker, Rick	M56	United States	29:16.2	87.01%
6	7	60-64 Price, Roger	M62	United States	31:22.0	85.55%
7	2	45-49 Ernst, Ken	M49	United States	28:07.0	85.54%
8	7	50-54 Munoz, Rudy	M53	United States	29:14.9	84.91%
9	8	55-59 Howard, Jim	M56	United States	30:06.9	84.56%
10	6	55-59 Mansoor, John	M55	United States	29:55.1	84.40%
11	4	75-79 Iffrig, William	M77	United States	38:21.2	84.26%

RESULTS - USATF MASTER WOMEN'S 8k XC AGE GRADED

1	1	55-59 Martin, Kathryn	W59	United States	32:52.5	93.33%
2	2	50-54 Siegler, Joannie	W54	United States	32:19.9	88.77%
3	1	50-54 Shemyakina, Elena	W52	United States	31:36.1	88.50%
4	4	45-49 Bonilla, Rosalva	W48	United States	31:32.1	84.46%
5	4	50-54 Eipper, Valerie	W51	United States	33:43.9	81.87%
6	3	60-64 Rowland, Jo Anne	W63	United States	39:54.4	81.44%
7	9	50-54 Lee, Debbie	W54	United States	35:27.7	80.93%
8	7	45-49 Miller, Sheryl	W48	United States	33:03.3	80.57%
9	8	50-54 Grinstead, Susan	W53	United States	35:20.0	80.19%
10	1050-54	Harms, Tena	W54	United States	35:58.3	79.79%



Terry McCloskey, 3rd M60-64
2011 WMA World T&F Championships, 8k XC
Sacramento, CA
July 7, 2011



Pete McGill, M49
USATF Masters Harrier of the Year 2007, 2008
8k XC, 26:17, 91.50% AG
1st overall, 1st M45-49
USA Cross Country Championships
February 5, 2011



Kathy Martin, F59

USATF Masters Harrier of the Year 2003, 2004, 2006, 2007, 2008

1st AG 92.17%, 9th Overall, 33:39

1st W55-59, 8k XC

USA Cross Country Championships

February 5, 2011

San Diego, CA



San Diego in February 2011
Carmen Ayala-Troncoso, F51
USATF Masters Harrier of the Year 2005, 2009, 2010
4th Overall and 4th AG, 31:15, 89.23%
1st W50-54, 8k XC
USA Cross Country Championships
February 5, 2011
San Diego, CA



Hot with hills
Kathy Martin, F59, takes charge at 3k mark
32:52.5, 8k XC, 1st W55-59
2011 WMA World T&F Championships, 8k XC
Sacramento, CA, July 7, 2011



USATF Masters Cross Country Harrier of the Year Award

The USATF Cross Country Council shall select one male and one female athlete at the Annual Meeting to receive the *USATF Masters Cross Country Harrier of the Year Award* for that year.

Past Award Winners

<u>Year</u>	<u>Women's Winner</u>	<u>Men's Winner</u>
2000	Carolyn Smith-Hanna	Tom Dalton
2001	Carolyn Smith-Hanna & Joan Ottaway	Tom Dalton
2002	Kathryn Martin	Tom Dalton
2003	Shirley Matson & Kathryn Martin	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	Carmen Ayala-Troncoso	Rick Becker
2011		

Awards contact: Bill Quinlisk, USATF Masters LDR, Cross Country Rep.
billqxc@verizon.net