



USATF Masters
Long Distance Running

2012 Report
Masters Harriers of the Year Award



USATF Cross Country Masters Harriers of the Year Award

At the Annual Meeting of 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 Cross Country Masters Harriers of the Year Award for the defined award year.

Eligibility:

This award is open to all USATF member 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 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.

2012 Award Selection Events:

USATF National Club Cross Country Championships, Dec. 10, 2011, Seattle, WA

USA Cross Country Championships, Feb. 11, 2012, St. Louis, MO

USA Masters 5 km Cross Country Championships, Oct. 13, 2012, San Diego, CA

¹WMA Indoor Championships, 8k XC, Jyvaskyla, Finland, April 3-8, 2012

Note¹: No US runners competed at WMA 8k XC in Finland.

Note: Nominations will be presented for approval to the Masters LDR Committee and to the Cross Country Council at the USATF Annual Meeting in Daytona Beach, FL on Friday, November 30, 2012.

USATF National Club Cross Country Championships

Seattle, WA

December 10, 2011

Results - Masters Men - 10k Age Graded

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Joe Sheeran	M	54	Club Northwest-A	33:55	93.52
2	Tracy Lokken	M	46	Front Line Racing Team	32:22	91.91
3	Nolan Shaheed	M	62	So Cal Track Club-A	36:59	91.89
4	John Barbour	M	57	Greater Lowell Road Runners-A	35:33	91.53
5	Norm Larson	M	55	Green Mountain Athletic Associ	34:58	91.50
6	Matt Ebner	M	50	Compex Racing-A	33:45	90.98
7	Peter Hammer	M	45	Boston Athletic Association-1	32:38	90.46
8	Terry McCluskey	M	63	Ann Arbor Track Club-A	37:59	90.26
9	David Cannon	M	55	Club Northwest-A	35:32	90.02
10	Ken Ernst	M	50	Compex Racing-A	34:08	89.98

Results - Masters Women - 6k Age Graded

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Libby James	F	75	Boulder Road Runners-A	29:11	100.40
2	Kathryn Martin	F	60	Northport Running Club	24:32	94.26
3	Carmen Ayala-Troncoso	F	52	Rogue Running-1	22:32	92.19
4	Edie Stevenson	F	62	Boulder Road Runners-A	25:50	92.07
5	Jennifer Teppo	F	53	Team Red Lizard-A	23:54	88.01
6	Sara Freitas	F	53	Impala Racing Team-A	23:57	87.83
7	Jeanette Groesz	F	62	Team Red Lizard-A	27:12	87.46
8	Becky Backstrom	F	54	Eastside Runners-A	24:23	87.42
9	Regina Joyce	F	54	Club Northwest-A	24:29	87.11
10	Diana Fitzpatrick	F	53	Impala Racing Team-A	24:21	86.44

USA Cross Country Championships

St. Louis, MO

February 11, 2012

Results - Masters Men - 8k Age Graded

1	662 Kevin Miller	50	OLATHE KS	26:53.2	90.13	KANSAS CITY SMOKE
2	664 John Mirth	49	PLATTEVILLE WI	27:00.2	89.07	UNATTACHED
3	550 Christian Cushing-Murray	44	SANTA ANA CA	26:08.1	88.45	COMPEX RACING
4	568 Matt Ebner	50	COVINA CA	27:29.9	88.13	COMPEX RACING
5	722 Rusty Snow	42	SANTA BARBARA CA	26:11.9	86.90	SANTA BARBARA RUNNING AND RACI
6	771 Keith Mulhollan	42	LAKE GENEVA WI	26:15.8	86.69	UNATTACHED
7	648 Keith Long	54	BEAUMONT KS	28:55.4	86.61	KANSAS CITY SMOKE
8	617 Ignacio Jiminez	62	SANTA BARBARA CA	31:04.5	86.35	SANTA BARBARA RUNNING AND RACI
9	706 Mark Rybinski	56	MANLIUS NY	29:32.2	86.22	GENESEE VALLEY HARRIERS
10	755 Matt Wegenka	47	SPRINGFIELD MO	27:37.7	85.66	KANSAS CITY SMOKE

Results - Masters Women - 8k Age Graded

1	652 Kathryn Martin	60	NORTHPORT NY	33:43.8	92.25	NORTHPORT RUNNING CLUB
2	603 Jody Hawkins	45	BLOOMING GROVE TX	30:20.7	85.19	UNATTACHED
3	562 Sharon Dolan	70	WESTPHALIA MI	42:56.8	84.37	PLAYMAKERS ELITE/NEW BALANCE
4	505 Mary Alico	48	BROOMFIELD CO	31:39.2	84.14	RUNNING REPUBLIC OF BOULDER
5	582 Donna Garcia	43	MARIETTA GA	30:26.5	83.44	UNATTACHED
6	770 Joanna Zeiger	41	BOULDER CO	30:04.3	83.30	RUNNING REPUBLIC OF BOULDER
7	594 Noelle Green	47	ERIE CO	31:48.3	82.85	IN STEP REAL WOMEN REAL FAST
8	600 Joanna Harper	55	PORTLAND OR	35:41.2	81.50	TEAM RED LIZARD
9	541 Cheryl Collins-Gatons	45	GREENSBURG PA	31:44.7	81.43	UNATTACHED
10	734 Nancy Taube	51	COLUMBIA MO	34:23.7	80.29	COLUMBIA TRACK CLUB

USA Masters 5 km Cross Country Championships

San Diego, CA

October 13, 2012

Results - Masters Men - 5k Age Graded

1	Peter Magill	448	51	1/19	M	South Pasadena	16:31	90.08
2	Brian Pilcher	475	56	1/12	M	Ross	17:26	88.93
3	Matt Ebner	445	51	2/19	M	Covina	16:55	87.95
4	David Olds	449	51	3/19	M	Los Angeles	16:56	87.80
5	Ken Youngers	479	56	2/12	M	Decatur	17:55	86.52
6	Ray Knerr	447	52	4/19	M	Ventura	17:22	86.31
7	Timothy Gore	373	43	1/23	M	Oceanside	16:14	86.05
8	Gray Mahvera	376	43	2/23	M	Moreno Valley	16:15	86.01
9	Kevin Broady	443	50	5/19	M	Brea	17:14	85.62
10	James Derick	413	47	1/26	M	Big Flats	16:57	85.02

Results - Masters Women - 5k Age Graded

1	Marie-Louise Michelsohn	536	71	1/9	F	New York	25:32	88.68
2	Melody Ann Schultz	549	71	2/9	F	Ross	25:48	87.78
3	Sonja Friend-Uhl	363	41	1/10	F	Brentwood	17:50	86.33
4	Eileen Brennan-Erler	455	51	1/11	F	San Rafael	19:41	86.20
5	Anne Garrett	552	78	3/9	F	Oceanside	29:47	86.04
6	Jeanette Groesz	509	63	1/11	F	Redmond	23:45	84.11
7	Sharlet Gilbert	508	61	2/11	F	Richmond	23:05	84.04
8	Grace Padilla	365	41	2/10	F	Los Angeles	18:20	83.97
9	Sarah Tabbutt	462	53	2/11	F	Mill Valley	20:48	83.77
10	Suzanne Ray	511	60	3/11	F	Jacksonville	23:06	82.87





Kevin Miller's finish tops the age-grading in St. Louis
Kevin Miller, M50, 26:54, 6th overall, 1st 50-54, 1st age-graded 90.13%
2012 USA Cross Country Championships, 2/11/12, St. Louis, MO, 8k XC
19°, 20mph wind.





Christian Cushing-Murray wins in St. Louis - even the clock was cold - and slow.
Christian Cushing-Murray, M44, 26:09, 1st overall, 1st 40-44, 3rd age-graded 88.45%
2012 USA Cross Country Championships, 2/11/12, St. Louis, MO, 8k XC
19°, 20mph wind.





2012 USATF National Club Cross Country Championships, Seattle, WA, 12/10/11
Eventual winner Malcolm Campbell, M40, 32:13 10k, (#769), Atlanta Track Club, near the front of the pack just past the 2k mark on a great day for cross country in Seattle.





Cold and windy in St. Louis but Kathy Martin tops the age-grading again.
Kathryn Martin, F60, 33:44, 9th overall, 1st 60-64, 1st Age Graded 92.25%
2012 USA Cross Country Championships, 2/11/12, St. Louis, MO, 8k XC
19°, 20mph wind.





Masters Women's 6k Start
2012 USATF National Club Cross Country Championships, Seattle, WA, 12/10/11
152 Master women finishers sets an all-time event record.





USATF Cross Country Masters 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 Cross Country Masters 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	Kathryn Martin	Peter Magill
2012		

Award contact: Bill Quinlisk, USATF Masters LDR, Cross Country Representative
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