



USATF Masters

Long Distance Running

2013

Masters Harriers of the Year Award Report



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.

2013 Award Selection Events:

USATF National Club Cross Country Championships, Dec. 8, 2012, Masterson Station Pk., Lexington, KY
USA Cross Country Championships, Feb. 12, 2013, Forest Park, St. Louis, MO
USA Masters 5 km Cross Country Championships, Oct. 20, 2013, Deer Path Park, Flemington, NJ
WMA XX World Athletics Championships – Non-Stadia, 8k XC, Porto Alegre, Brazil, October 16-27, 2013

Note: Nominations will be presented for approval to the Masters LDR Committee and to the Cross Country Council at the USATF Annual Meeting in Indianapolis, IN on Friday, December 6, 2013.

USATF National Club Cross Country Championships
Masterson Station Park, Lexington, KY
December 8, 2012

Results - Masters Men - 10k XC - Age Graded

Place	Name	Sex	Age	Affiliation	Age%	Time
1	Simon Gutierrez	M	46	Team Colorado	90.40	32:54
2	Tracy Lokken	M	47	Marquette, MI		90.07 33:17
3	Matt Ebner	M	51	Cal Coast Track	88.85	34:51
4	David Olds	M	51	Cal Coast Track	87.88	35:14
5	Michael Smith	M	54	Club Northwest	87.50	36:15
6	Daniel King	M	53	Colorado Racing	87.48	35:57
7	Raymond Pugsley	M	43	Baltimore Washington RC	87.34	33:17
8	Francis Burdett	M	47	Greater Springfield	87.34	34:19
9	Malcolm Campbell	M	41	Atlanta Track Club	87.28	32:48
10	Mark Hixson	M	47	Hartford Track Club	86.99	34:27

Results - Masters Women - 6k XC - Age Graded

Place	Name	Sex	Age	Affiliation	Age%	Time
1	Christine Kennedy	F	57	Team RunCoach	92.88	23:52
2	Carmen Ayala-Troncoso	F	53	Team Rogue Running	88.35	23:49
3	Nancy Stewart	F	56	Atlanta Track Club	88.19	24:49
4	Sara Freitas	F	54	Impala Racing	86.10	24:46
5	Eileen Brennan-Erler	F	51	Impala Racing	84.47	24:18
6	Kelly Kruell	F	53	Club Northwest	84.35	24:57
7	Gwen Lapham	F	42	Club Northwest	83.96	22:18
8	Kirsten Leetch	F	46	The Janes Elite	83.53	23:12
9	Gail Hall	F	53	Club Northwest	83.52	25:12
10	Suzanne Myette	F	55	The Finger Lakes RC	83.21	25:57

USA Cross Country Championships
Forest Park, St. Louis, MO
February 2, 2013

Results - Masters Men - 8k XC - Age Graded

Place	Name	Sex	Age	Affiliation	Age%	Time
1	Jon Mirth	M	50	Platteville, WI	89.09	27:13
2	Ignacia Jiminez	M	63	Santa Barbara RR	88.44	30:37
3	Raymond Pugsley	M	43	Baltimore-Washington AC	88.12	26:03
4	William Moore	M	51	Dallas, TX	88.06	27:45
5	Rusty Snow	M	43	Santa Barbara RR	87.76	26:10
6	Ahrlin Bauman	M	40	Bowerman AC	86.41	25:58
7	Mark Rybinski	M	57	Genesee Valley Harriers	86.10	29:50
8	Jan Frisby	M	68	Boulder Road Runners	85.95	33:00
9	Bobby Williams	M	60	St. Louis TC	85.84	30:43
10	Keith Mulhollon	M	42	Lake Geneva, WI	85.81	26:32

Results - Masters Women - 6k XC - Age Graded

Place	Name	Sex	Age	Affiliation	Age%	Time
1	Carmen Ayala-Troncoso	F	53	Rogue Running	91.00	23:07
2	Jody Hawkins	F	46	So Cal Track Club	86.08	22:30
3	Catherine Utzschneider	F	57	Chestnut Hill, MA	83.39	26:35
4	Linda Frisby	F	65	Grand Junction, CO	82.57	30:07
5	Ruth Thelen	F	68	Playmakers Elite/NB	82.03	31:46
6	Cindy Blakely-Cameron	F	48	Kansas City Smoke	82.01	24:08
7	Ena Weinstein	F	53	Atlanta TC	81.99	25:40
8	Liz Kryger	F	53	Oldfield, MO	78.24	26:53
9	Tracy Bennett	F	57	Niwot, CO	77.97	28:26
10	Pamela Campbell	F	54	St. Louis TC	76.81	27:46

USA Masters 5 km Cross Country Championships

Deer Path Park, Flemington, NJ

October 20, 2013

Results - Masters Men - 5k Age Graded

Place	Name	Affiliation	State	Age	Sex	Time	AG %
1.	Peter Magill	Cal Coast TC	CA	52	M	15:57	94.03%
2.	Thomas McCormack	Jonesboro, TN	TN	60	M	17:17	92.83%
3.	Kristian Blaich	Atlanta TC	GA	47	M	15:41	91.90%
4.	Ken Youngers	Atlanta TC	GA	57	M	17:05	91.50%
5.	Chad Newton	Atlanta TC	NC	44	M	15:31	90.74%
6.	Steve Kartalia	Baltimore-Washington TC	MD	48	M	16:05	90.30%
7.	Brian Crowley	Garmin Runners	NJ	49	M	16:16	89.95%
8.	Greg Watson	Bryn Mawr RC	PA	47	M	16:01	89.93%
9.	Mark Hixson	Hartford TC	CT	48	M	16:10	89.79%
10.	Michael Dolan	Unattached	PA	46	M	15:59	89.45%

Results - Masters Women - 5k Age Graded

Place	Name	Affiliation	State	Age	Sex	Time	AG%
1.	Kathryn Martin	Northport RC	NY	62	F	19:46	99.60%
2.	Sylvie Kimche	Central Park TCNB	NY	66	F	22:54	91.26%
3.	Nancy Simmons	Tamalpa Runners	CA	54	F	19:42	89.59%
4.	Marisa Sutera Strange	Athena TC	NY	50	F	18:44	89.57%
5.	Barbara Byrne	Central Park TCNB	NY	61	F	21:40	89.54%
6.	Sandra Folzer	Greater Philadelphia TC	PA	74	F	26:52	88.72%
7.	Charlotte Rizzo	Westchester TC	NY	51	F	19:44	86.07%
8.	Cindy Ingalls	Genesee Valley Harriers	NY	62	F	22:58	85.74%
9.	Mary Swan	Athena TC	PA	52	F	20:05	85.59%
10.	Carolyn Smith-Hanna	Genesee Valley Harriers	NY	63	F	23:31	84.92%

XX World Masters Athletics Non-Stadia Championships, 8 km Cross Country

Porto Alegre, Brazil

October 16-27, 2013

USA Master Men's Age Graded Results, 8k XC

1.	Lloyd Hansen	65	32.01	86.10%
2.	Paul Chidossi	45	27.50	83.71%
3.	Hans Schmidt	70	35.00	82.76%
4.	Barry Givens	35	28.13	76.76%
5.	Mark Cleary	55	33.25	75.56%
6.	Joe Cordero	75	42.47	72.77%
7.	Arturo Rodriguez	60	36.57	71.31%

USA Master Women's Age Graded Results, 8k XC

1.	Debbie Lee	55	35.06	82.86%
2.	Cathy Utzschneider	55	35.32	81.85%
3.	Jill Voilweier	45	34.23	75.18% - 3 rd place W45-49
4.	Roxana Wroblewski	40	36.17	68.58%
5.	Kathy Frable	65	54.11	61.80%



Carmen Ayala-Troncoso, 2012 USATF National Club Cross Country Championships
12/08/12, Masterson Station Park, Lexington, KY, 6k XC
F53, Team Rogue Running, Houston, TX, 9th overall, 23:49, 2nd age grade, 88.35%
57°, 94% humidity, 10mph wind.



Tracy Lokken, M47, Unattached, Marquette, MI, 4th overall, 33:16.3, 2nd age graded 90.07% holds off Raymond Pugsley, M43, Baltimore-Washington Running Cub, 5th overall, 33:16.8, 7th age graded 87.34% at the 2012 USATF National Club Cross Country Championships 12/08/12, Masterson Station Park, Lexington, KY, 10k XC 57°, 94% humidity, 10mph wind.



Start of the Master Women's 6k at the 2012 USATF National Club Cross Country Championships
Winner was Gwen Lapham, (10th from the left) F42, Club Northwest, 1st overall, 22:18, 7th age graded
83.96% who led her Club Northwest W40+ team to 1st place.
12/08/12, Masterson Station Park, Lexington, KY, 6k XC, 91 finishers
57°, 94% humidity, 10mph wind.



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 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	Kathryn Martin	Matt Ebner
2013		

Contact:

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