



**USATF Masters**

**Long Distance Running Committee**

**Cross Country Running Council**

**2014**

**Cross Country Master Harriers of the Year**



## **Cross Country Master Harriers of the Year Award**

At the Annual Meeting of USATF, the Cross Country Council shall select one male and one female athlete to receive the USATF Cross Country Master 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 WMA World and Regional Cross Country Championships and USATF 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 will then be announced to the USATF Masters LDR Committee. An appropriate award shall be presented to each of the male and female winners from the USATF Masters LDR Committee.

### **2014 Award Selection Events:**

USATF National Club Cross Country Championships, Dec. 14, 2013, River's Edge GC, Bend, OR  
USA Cross Country Championships, Feb. 15, 2014, Flatirons GC, Boulder, CO  
USA Masters 5 km Cross Country Championships, Nov. 8, 2014, Northview Church, Carmel, IN  
WMA NCAC Championships – Non-Stadia, 8k XC, San Jose, Costa Rica, August 21, 2014



## USATF Cross Country Master 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 Ebiner
2013	Carmen Ayala-Troncoso	Peter Magill & Ray Pugsley
2014	Kathryn Martin	Simon Gutierrez

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**USATF National Club Cross Country Championships**  
**River's Edge Golf Course, Bend OR**  
**December 14, 2013**

Results - Masters Men – 10k XC - Age Graded

Place	Name	S Ag Team Name	City, St	Percent	Overall Time
1	Simon Gutierrez	M 47 Boulder Running Company/Adidas	Colorado Spring, CO	85.40	8 35:06
2	Jeff Ambos	M 52 Cal Coast Track Club	Riverside, CA	85.09	36 36:41
3	Doug Winn	M 63 Bowerman Athletic Club	Portland, OR	84.90	145 40:23
4	Lee Troop	M 40 Boulder Track Club	Boulder, CO	84.54	1 33:37
5	David Olds	M 52 Cal Coast Track Club	Los Angeles, CA	84.50	39 36:56
6	Tracy Lokken	M 48 Playmakers Elite/New Balance	Marquette, MI	84.49	14 35:46
7	Joe Sheeran	M 56 Club Northwest	Ellensburg, WA	84.13	77 38:20
8	Chad Newton	M 44 Atlanta Track Club	Pisgah Forest, NC	83.90	5 34:55
9	Carl Combs	M 48 Spokane Distance Project	Cheney, WA	83.77	24 36:05
10	Michael Smith	M 55 Club Northwest	Renton, WA	83.67	73 38:14

Results - Masters Women – 6k XC - Age Graded

Place	Name	S Ag Team Name	City, St	Percent	Overall Time
1	Kathryn Martin	F 62 Northport Running Club	Northport NY	85.32	41 28:11
2	Melody Ann Schultz	F 72 Tamalpa Runners, Inc.	Ross, CA	80.98	95 34:47
3	Sara Freitas	F 55 Impala Racing Team	Nevada City, CA	80.68	21 27:02
4	Carmen Ayala-Troncoso	F 54 Team Rogue	Austin, TX	80.63	19 26:42
5	Jennifer Teppo	F 55 Team Red Lizard	Vancouver, WA	79.91	24 27:17
6	Diana Fitzpatrick	F 55 Impala Racing Team	Larkspur, CA	79.87	25 27:18
7	Tania Fischer	F 47 The Janes Elite Racing	Santa Monica, CA	78.59	4 25:06
8	Sarah Tabbutt	F 54 Impala Racing Team	Mill Valley, CA	78.13	33 27:33
9	Lisa Nye	F 45 Central Oregon Running Klub	Bend, OR	78.01	2 24:45
10	Gwen Lapham	F 43 Club Northwest	Seattle, WA	77.13	1 24:35

USA Cross Country Championships  
**Flatirons Golf Course, Boulder, CO**  
**February 15, 2014**

Results - Masters Men – 8k XC - Age Graded

Place	Name	Affiliation	Hometown	Age	Time	AG%
1.	Simon Gutierrez	Boulder Running Company/adidas	Colorado Springs CO	47	27:13	86.96%
2.	Andrew Ames	Colorado Running Club	Boulder CO	51	28:37	85.41%
3.	Rusty Snow	Santa Barbara Running and Racing	Goleta CA	44	27:06	85.35%
4.	Paul Thompson		Peekskill NY	48	27:58	85.29%
5.	Mike Blackmore	Bowerman Athletic Club	Eugene OR	52	28:56	85.14%
6.	Doug Bell	Boulder Road Runners	Greeley CO	63	31:53	84.91%
7.	Johannes Rudolph		Boulder CO	48	28:11	84.67%
8.	David Litoff		Louisville CO	52	29:22	83.93%
9.	Gregory Mitchell	Adidas	McMinnville OR	40	26:55	83.37%
10.	Christian Cushing-Murray	Cal Coast Track Club	Santa Ana CA	46	28:13	83.24%

Results - Masters Women – 6k XC - Age Graded

Place	Name	Affiliation	Hometown	Age	Time	AG%
1.	Libby James	Boulder Road Runners	Fort Collins CO	77	31:33	96.33%
2.	Kathryn Martin		Northport NY	62	25:48	92.23%
3.	Colleen Dereuck	Colorado Racing Club	Boulder CO	49	22:46	87.95%
4.	Edie Stevenson	Revolution Running	Boulder CO	64	28:40	85.47%
5.	Nuta Olaru		Longmont CO	43	22:23	84.31%
6.	Laura Bruess	Athletics Boulder	Boulder CO	53	24:59	84.26%
7.	Sheila Geere		Colorado Springs CO	50	24:21	83.20%
8.	Melody Fairchild		Boulder CO	40	22:28	82.25%
9.	Ellen Hart	Heart & Sole Harriers	Denver CO	55	26:36	81.22%
10.	Noelle Green	Athletics Boulder	Erie CO	49	24:40	81.15%

**USA Masters 5 km Cross Country Championships**  
**Northview Church, Carmel, IN**  
**November 8, 2014**

Results - Masters Men – 5k XC - Age Graded

Place	Name	Usatf Club	City	Ag	Time	Age %
1	Peter Magill	Cal Coast Track Club	South Pasadena, CA	53	16:54	89.50
2	Joe Sheeran	Club Northwest	Ellensburg, WA	56	17:28	88.82
3	Tom McCormack	Atlanta Track Club	Jonesborough, TN	61	18:20	88.31
4	Ken Youngers	Atlanta Track Club	Tucker, GA	58	17:56	87.94
5	Kristian Blaich	Atlanta Track Club	Decatur, GA	48	16:37	87.44
6	Doug Goodhue	Ann Arbor Track Club	Milford, MI	72	20:42	87.43
7	Frederic Kieser	Team Ohio	Cleveland, OH	43	16:02	87.16
8	Christian Cushing-Murray	Cal Coast Track Club	Santa Ana, CA	47	16:36	86.79
9	Jerome Vermeulen	Cal Coast Track Club	Simi Valley, CA	47	16:38	86.60
10	Robert Arsenault	Cal Coast Track Club	Riverside, CA	48	16:50	86.24

**Results - Masters Women – 5k Age Graded**

Place	Name	Usatf Club	City	Ag	Time	Age %
1	Kathryn Martin	Northport RC	Northport, NY	63	21:08	94.50
2	Jane Treleven		Gig Harbor, WA	65	23:12	88.75
3	Marisa Sutera Strange		Pleasant Valley, NY	51	19:28	87.17
4	Sonja Friend-Uhl	Atlanta Track Club	Brentwood, TN	43	18:23	84.98
5	Rachel Kinsman	Dave's Racing Team	Archbold, OH	40	18:37	82.19
6	Lucie Mays-Sulewski		Westfield, IN	44	19:09	82.17
7	Angelica Guerrero	Fleet Feet/nike	Chicago, IL	52	20:57	82.07
8	Debbie Kilpatrick	Team Ohio	Strongsville, OH	51	20:42	82.00
9	Sharon Moore	Genesee Valley Harriers	Rochester, NY	60	23:36	81.09
10	Julie Mercado	Runners Plus Elite	Springboro, OH	41	19:00	80.97

**Also:**

**North, Central American and Caribbean World Masters Athletics Non-Stadia Championships,**  
**8 km Cross Country**  
**San Jose, Costa Rica**  
**August, 21, 2014**

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

1/2 F75-79    Mary Harada    52:23    81.12%





Nuta Olaru (F43, Longmont, CA, 1<sup>st</sup> overall, 22:23, 84.31%, bib #40) leads in the early going of the 2014 USA Masters Cross Country Championships at the Flatirons Golf Course in Boulder, CO on Feb. 15<sup>th</sup>. Also challenging are Melody Fairchild (F40, 2<sup>nd</sup> overall, 22:28, 82.25%, hidden), Colleen DeReuck (F49, 3<sup>rd</sup> overall, 22:46, 87.95%, bib #8) and Joanna Zeiger (F43, 4<sup>th</sup> overall, 23:19, 80.94%, bib #59). They all finished in the top 11 age graded results but the age graded title was taken home by the ageless Libby James (F77, 31:33, Ft. Collins, CO) at 96.33% - incredible!





Kathryn Martin (F63, 1<sup>st</sup> 60-64, 21:08, 1<sup>st</sup> AG 94.50%) on the deceptively difficult Northview Church course at the 2014 USA Masters 5 km Cross Country Championships in Carmel, IN on November 8<sup>th</sup>.





Marisa Sutera-Strange (F51, 5<sup>th</sup> overall, 1<sup>st</sup> 50-54, 19:28, 3<sup>rd</sup> AG 87.17%) closing in on the finish line on the Northview Church course at the 2014 USA Masters 5 km Cross Country Championships in Carmel, IN on November 8<sup>th</sup>.









Previous Page: Simon Gutierrez (M47, 35:06/10k, 8<sup>th</sup> overall, 1<sup>st</sup> 45-49, 1<sup>st</sup> AG = 85.40%)  
Simon Gutierrez is bloodied after a fall but still racing to the age graded championships at the 2013 USATF National Club XC Championships on December 14, 2013 on River's Edge Golf Course in Bend, OR. Photo by Mike Scott.

This page: Kathryn Martin (F62, 28:11/6k, 41<sup>st</sup> overall, 1<sup>st</sup> 60-64, 1<sup>st</sup> AG = 85.32%)  
Racing on the tough River's Edge Golf Course in Bend, OR. Photo by Mike Scott.





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Previous page: Simon Gutierrez (#135, M47, 4<sup>th</sup> overall, 1<sup>st</sup> 45-49, 27:13, 1<sup>st</sup> AG = 86.96%) and Arlin Bauman (# 83, M41, 3<sup>rd</sup> overall, 27:13) charging to the finish at the 2014 USA Cross Country Championships at Flatirons Golf Course in Boulder, CO on February 15, 2014. Photo by Mike Scott.

This page: A focused Melody Fairchild (F40, 2<sup>nd</sup> overall, 22:28) leading Colleen DeReuyck (F49, 3<sup>rd</sup> overall, 22:46) at the 2014 USA Cross Country Championships at Flatirons Golf Course in Boulder, CO on February 15, 2014. Photo by Mike Scott.