



2015

Cross Country Masters Harriers of the Year

Masters Long Distance Running Committee

Cross Country Running Council



Cross Country Masters 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 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 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, et cetera).

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.

2015 Award Selection Events:

USATF National Club Cross Country Championships, Dec. 13, 2014, Lehigh Univ., Bethlehem, PA

USA Cross Country Championships, Feb. 7, 2015, Flatirons GC, Boulder, CO

USA Masters 5 km Cross Country Championships, October 18, 2015, Saratoga Spa State Park, Saratoga Springs, NYWMA
WMA Championships – Non-Stadia, 8k XC, Lyon, France Costa Rica, August 21, 2014



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	Carmen Ayala-Troncoso	Peter Magill & Ray Pugsley
2014	Kathryn Martin	Simon Gutierrez
2015	Kathryn Martin	Peter Magill
Nominees		

Also considered Women: Libby James, Marisa Sutera Strange, Carmen Ayala-Troncoso, Lyn Walker

Also considered Men: Rick Becker, Francis Burdett, Simon Gutierrez, Peter Hammer, Mike McManus, Joe Sheeran

Contact: Bill Quinlisk, USATF Masters LDR, Cross Country Representative
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2014 USATF National Club XC Championships
Goodman Campus XC Course, Lehigh Univ., Bethlehem, PA
December 13, 2014

MASTERS WOMEN 6k - AGE GRADED

PLACE	NAME	AGEGROUP	TEAM	AGE GRADE	TIME
1	Kathryn Martin	F60-64	1 Northport, NY	97.67	18:19
2	Lyn Walker	F70-74	1 Greater Springfield Harriers,	94.24	18:59
3	Carmen Ayala-Tronco	F50-59	1 Team Rogue	92.25	19:23
4	Marisa Sutera Strange	F50-54	1 Athena Track Club	91.83	19:29
5	Heide Moebius	F70-79	1 Rosemont Running Club	90.20	19:50
6	Doreen McCoubrie	F50-54	2 Athena Track Club	89.22	20:03
7	Chris Kimbrough	F40-49	1 Team Rogue	89.17	20:03
8	Bonnie Boyer	F50-59	2 Rosemont Running Club	89.11	20:04
9	Tania Fischer	F40-49	2 The Janes Elite Racing	88.38	20:15
10	Sandra Folzer	F70-79	2 Greater Philadelphia TC	87.62	20:25

MASTERS MEN 10k - AGE GRADED

PLACE	NAME	AGEGROUP	TEAM	AGE GRADE	TIME
1	Joe Sheeran	M50-59	1 Club Northwest	93.52	28:43
2	Peter Hammer	M40-49	1 Boston Athletic Association	91.22	29:27
3	Peter Magill	M50-54	1 Cal Coast Track Club	91.01	29:30
4	Mark Reeder	M50-59	2 Greater Lowell Road Runners	90.96	29:32
5	Kristian Blaich	M40-49	2 Atlanta Track Club	90.81	29:35
6	Jeff Devlin	M50-54	2 Downingtown Running Club	90.42	29:42
7	Eric Williams	M50-54	3 Whirlaway Racing Team	90.15	29:48
8	Ken Youngers	M50-59	3 Atlanta Track Club	89.70	29:56
9	Dave Slavinski	M40-44	1 Team Pearl Izumi - Mid Atlanti	89.50	30:01
10	Michael Smith	M50-59	4 Club Northwest	89.50	30:00

Next Year:
 2015 USATF National Club Cross Country Championships
 Golden Gate Park, San Francisco, CA
 December 12, 2015

**2015 USA Cross Country Championships
 Ranked by Age Graded Percentile
 Flatirons Golf Course, Boulder, CO
 February 7, 2015**

MASTERS WOMEN 6k - AGE GRADED

Place	Name	Affiliation	Hometown	Age	Time	AG%
1.	Libby James	Boulder Road Runners	Fort Collins CO	78	31:45	91.63%
2.	Kathryn Martin	Northport Running Club	Northport NY	63	26:12	89.35%
3.	Colleen De Reuck	Colorado Racing Club	Boulder CO	50	22:26	89.28%
4.	Laurie Rugenstein	Boulder Road Runners	Boulder CO	67	29:54	82.61%
5.	Dianne Gates	Boulder Mntn. Warriors	Boulder CO	50	24:17	82.50%
6.	Laura Bruess	Athletics Boulder	Boulder CO	54	25:27	82.39%
7.	Melody Fairchild	Boulder Mntn. Warriors	Boulder CO	41	22:29	82.10%
8.	Delcia Litt	Athletics Boulder	Erie CO	56	26:16	81.69%
9.	Laura Haefeli	Boulder Mntn. Warriors	Del Norte CO	47	23:46	81.56%
10.	Tania Fischer	The Janes Elite Racing	Santa Monica CA	48	24:05	81.37%

MASTERS MEN 8k - AGE GRADED

Place	Name	Affiliation	Hometown	Age	Time	AG%
1.	Simon Gutierrez	Boulder Run.Co./adidas	Colorado Sprgs.CO	48	27:00	87.22%
2.	Rick Becker	Club Northwest	Selah WA	60	30:24	85.77%
3.	Francis Burdett	Gr. Springfield	Worcester MA	50	28:17	84.62%
4.	Peter Magill	Cal Coast Track Club	South Pasadena CA	53	29:06	84.34%
5.	David Litoff	Athletics Boulder	Louisville CO	53	29:09	84.20%
6.	Spyros Barres	Mohegan Striders	Mystic CT	52	28:57	84.08%
7.	Daniel King	Athletics Boulder	Boulder CO	55	29:43	83.99%
8.	Brian Pilcher	Tamalpa Runners, Inc.	Ross CA	58	30:30	83.98%
9.	Dan Spale	Athletics Boulder	Lakewood CO	58	30:37	83.65%
10.	Jacques Sallberg	Unattached	Pasadena CA	40	26:29	83.57%
11.	Rusty Snow	Santa Barbara Run.&Race	Goleta CA	45	27:34	83.42%

Next Year:
 2016 USA Cross Country Championships
 Flatirons Golf Course, Boulder, CO
 February 6, 2016

USATF 2015 Masters 5 km Cross Country Championships
Sunday, October 18, 2015
Saratoga Spa State Park, Saratoga Springs, New York

MASTERS WOMEN 5k - AGE GRADED

Place	Name	Age	City	Club	Time	Agegrd%
1	Kathryn Martin	64	Northport, NY	Northport Running Club	19:57	97.69
2	Marisa Sutera Strange	52	Pleasant Val., PA	Athena Track Club	17:54	94.36
3	Nancy Simmons	56	Belvedere, CA	Tamalpa Runners, Inc.	19:44	89.58
4	Mo Bartley	60	Auburn, CA	Impala Racing Team	21:00	88.27
5	Fiona Bayly	48	New York, NY	Urban Athletics NYC	18:24	87.89
6	Emily Bryans	48	Schenectady, NY	Willow Street AC	18:40	86.64
7	Janet McDevitt	42	Bainbridge Is., WA	Club Northwest	17:44	86.60
8	Marilyn Caulfield	53	Sayville, NY	Northport Running Club	19:55	85.76
9	Nora Cary	60	Morristown, NJ	Unnatached	21:40	85.56
10	Lorraine Jasper	54	Birchrunville, PA	Athena Track Club	20:14	85.38

MASTERS MEN 8k - AGE GRADED

Place	Name	Age	City	Club	Time	Agegrd%
1	Mike McManus	50	West Linn, OR	Urban Athletics NYC	15:52	92.98
2	Nat Larson	53	Amherst, MA	Unnatached	16:23	92.15
3	William Dixon	68	Brattleboro, VT	Gr.Lowell Road Runners	18:40	91.61
4	Mark Hixson	50	Simsbury, CT	Hartford Track Club	16:19	90.41
5	Mike Nier	50	Rochester, NY	Genesee Valley Harriers	16:25	89.86
6	Mark Zamek	52	Allentown, PA	Garmin Runners	16:42	89.70
7	Chad Newton	46	Pisgah Forest, NC	Atlanta Track Club	16:01	89.38
8	Matt Chaston	47	New York, NY	Urban Athletics NYC	16:15	88.75
9	Greg Putnam	45	Stoneham, MA	Central Mass Striders	16:02	88.64
10	Tim Van Orden	47	Bennington, VT	Central Mass Striders	16:18	88.48

Next Year:

2016 USA Masters 5km Cross Country Championships

Apalachee Regional Park, Tallahassee, FL

Date to be announced - probably between October 15 and November 6, 2016

**World Masters Athletic Championships
Lyon, France
August, 4-16, 2015**

Non-Stadia 8k Cross Country **Team Results**

M50 - 8k

7. USA	1:37:09
Daniel King	31:20
Donald Young	31:50
David Jackson	33:59

M55 - 8k

5. USA	1:30:31
Daniel King	27:59
Brian Pilcher	28:12
Michael Cassella-Blackburn	34:20

M70 - 8k

6. USA	2:06:41
Przemyslaw Nowicki	39:25
Roland Cormier	41:39
John Kuhl	45:37

W40 - 8k

5. USA	2:10:13
Latashia Key	34:53
Angela Heung	44:33
Julie Stutzman-Faulkner	50:47

W55 - 8k

1. USA	1:39:25
Carmen Ayala-Troncoso	31:35
Inka Mims	33:12
Elena Shemyakina	34:38

W65 - 8k

5. USA	2:54:58
Kathleen Frable	57:41
Mary Harada	58:28
Kay Carmines	58:49

Next Year:

2016 WMA Championships
Perth, Australia
October 26 - November 6, 2016

World Masters Athletic Championships

Lyon, France

August, 4-16, 2015

Non-Stadia 8k Cross Country Individual Results

W35-54 8k Run CC

Name	Age	Team	Time	Age Gr	Top 10	
Results - Women 35-54						
1	2451	Graziani, Zohra	W49	France	28:44,00	
27	7985	Ohler, Makie	W53	United State	32:22,00	84.0% 9 50-54
39	8094	Vollweiler, Jill	W47	United State	34:11,00	76.5
41	7905	Key, Latashia	W42	United State	34:53,00	71.8 9 40-44
93	7867	Heung, Angela	W44	United State	44:33,00	57.1
100	8066	Stutzman Faulkner,	W44	United State	50:47,00	50.1

W55-84 8k Run CC

Name	Age	Team	Time	Age Gr.	Top 10	
Results - Women 55-84						
1	6132	Ophorst-Marrewijk,	W56	Netherlands	31:06,00	
3	7701	Ayala-Troncoso, Ca	W56	United State	31:35,00	92.1% 3 55-59
7	7961	Mims, Inka	W55	United State	33:12,00	86.5 6 55-59
12	8043	Shemyakina, Elena	W56	United State	34:38,00	84.0 9 55-59
85	7883	Hurrell, Lynne	W81	United State	48:46,00	87.0 2 80-84
104	7820	Frable, Kathleen	W69	United State	57:41,00	60.1
105	7853	Harada, Mary	W80	United State	58:28,00	71.0 4 80-84
106	7756	Carmines, Kay	W69	United State	58:49,00	58.9

M35-59 8k Run CC

Name	Age	Team	Time	Age Gr.	Top 10	
Results - Men 35-59						
1	6887	Blanco Quevedo, Jo	M40	Spain	24:59,00	
57	7906	King, Daniel	M56	United State	27:59,00	89.9% 5
64	8001	Pilcher, Brian	M58	United State	28:12,00	90.8 7
94	8030	Santoro, Clint	M40	United State	29:29,00	75.0
136	7907	King, Daniel	M52	United State	31:20,00	77.6
144	8117	Young, Donald	M51	United State	31:50,00	75.8
171	7884	Jackson, David	M53	United State	33:59,00	72.2
174	7758	Cassella-Blackburn	M57	United State	34:20,00	73.9
186	7768	Cleary, Mark	M56	United State	35:43,00	70.4
203	7987	Ortiz, Alfredo	M50	United State	39:07,00	61.1

M60-94 8k Run CC

Name	Age	Team	Time	Age Gr.	Top 10	
Results - Men 60-94						
1	6854	Aragon Muñoz, Fran	M60	Spain	28:18,00	
82	7722	Bergmann, Seth	M65	United State	35:20,00	77.2
117	7940	Mathies, Drue	M68	United State	38:46,00	72.4
122	7979	Nowicki, Przemysla	M70	United State	39:25,00	72.6
135	7772	Cormier, Roland	M75	United State	41:39,00	73.7
152	7916	Kuhi, John	M71	United State	45:37,00	63.5



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Above: Greg Mitchell (M41) wins 2014 Club XC in 31:59 at Lehigh University and leads his Bowerman AC M40+ team to a 10 point win over the Atlanta TC.

Below: Joe Sheeran (M57) finished first in overall Master Men's Age Grading (93.52%), won the M55-59 title in 34:48 and led his Bowerman AC M50+ team to victory the 2014 Club XC at Lehigh University - pretty good day Joe.



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Above: Peter Magill at 2014 National Club XC at Lehigh Univ., Bethlehem, PA.



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Above: Start of Women's Master race at 2014 Nat'l Club XC at Lehigh Univ.



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Above: Kathy Martin (in white, bib # xx74) at 2014 Nat'l Club XC at Lehigh Univ.



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Above: Simon Guitierrez at 2015 USA XC in Boulder, CO. Below: Master Men's start.



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