



2016

Cross Country Masters Harriers of the Year

Cross Country Running Council

Masters Long Distance Running Committee



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.

2016 Award Selection Events:

USATF National Club Cross Country Championships, Dec. 12, 2015, Golden Gate Pk., San Francisco, CA

USA Cross Country Championships, Feb. 6, 2016, River's Edge GC, Bend, OR

USA Masters 5 km Cross Country Championships, Nov. 6, 2016, Tallahassee, FL

WMA Championships – Non-Stadia, 8k XC, Perry Lakes/Alderbury Reserve, Perth, Australia, Oct. 26, 2016



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 for		
2016	Kathryn Martin	Rick Becker

Runners-up Women: Marisa Sutera Strange, Jo Anne Rowland, Sabra Harvey

Runners-up Men: Kevin Castille, Jacques Sallberg, Tom McCormack, John Barbour, Kristian Blaich, Joe Sheeran

Contact: Bill Quinlisk, USATF Masters LDR, Cross Country Representative
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2015 USATF National Club Cross Country Championships
December 12, 2015
Golden Gate Pk., San Francisco, CA

Masters Women 6k – Age Graded Results (252 finishers)

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Kathryn Martin	F	64	Northport Running Club	24:48	95.64
2	Sabra Harvey	F	66	Houston, TX	26:18	92.63
3	Marisa Sutera Strange	F	52	Athena Track Club-A	22:37	90.55
4	Carmen Ayala-Troncoso	F	56	Team Rogue	24:04	89.16
5	Joannie Siegler	F	58	Golden Valley Harriers-A	24:46	88.75
6	Delcia Litt	F	57	Athletics Boulder-A	24:30	88.63
7	Mo Bartley	F	60	Impala Racing Team-A	25:47	87.39
8	Laura Bruess	F	55	Athletics Boulder-A	24:18	87.26
9	Eileen Brennan-Erler	F	54	Impala Racing Team-A	24:13	86.54
10	Joan Mabe	F	53	Bull City Track Club-A	23:58	86.44

Masters Men 60+ 8k – Age Graded Results (190 finishers)

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Rick Becker	M	61	Club Northwest-A	28:58	90.77
2	John Barbour	M	61	Greater Lowell Road Runners-A	29:04	90.46
3	William Dixon	M	68	Greater Lowell Road Runners-A	31:46	88.31
4	Tom Bernhard	M	64	Excelsior Running Club-A	30:41	88.06
5	Doug Winn	M	65	Bowerman Track Club-A	31:29	86.62
6	Reno Stirrat	M	61	Shore Athletic Club-A	30:29	86.25
7	Mark Rybinski	M	60	Genesee Valley Harriers-A	30:17	86.05
8	Greg Wilson	M	63	San Diego Track Club-A	31:21	85.41
9	John Victoria	M	61	Boulder Road Runners-A	30:48	85.37
10	Doug Steedman	M	60	Asics Aggie Running Club-A	30:35	85.21

Masters Men 40-59 10k – Age Graded Results (416 finishers)

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Kevin Castille	M	43	Lafayette, LA	31:00	91.52
2	Joe Sheeran	M	58	Club Northwest-A	35:35	90.52
3	Ken Ernst	M	54	Cal Coast Track Club-A	34:29	90.15
4	Peter Hammer	M	49	Boston Athletic Association-A	33:10	89.82
5	Mike McManus	M	50	Urban Athletics NYC	33:40	89.23
6	Daniel King	M	56	Athletics Boulder-A	35:31	89.08
7	Gregory Mitchell	M	42	Bowerman Track Club-A	31:36	89.08
8	Nat Larson	M	53	Greater Springfield Harriers-A	34:41	88.86
9	Mike Blackmore	M	53	Bowerman Track Club-A	34:47	88.60
10	Michael Smith	M	57	Club Northwest-A	36:03	88.55

2016 USATF Cross Country Championships
February 6, 2016
River's Edge GC, Bend, OR

Masters Women 6k – Age Graded Results (16 finishers)

Place	Name	S	Age	Team Name	City, St	Percent	Place	Time
1	Jo Anne Rowland	F	67	Impala Racing Team	Concord, CA	76.62	14	33:28
2	Cindy Abrami	F	47	Santa Barbara R/R	Santa Barbara, CA	76.15	2	25:42
3	Kelly Kruell	F	56	Club Northwest	Portland, OR	75.25	7	29:05
4	Grace Padilla	F	44	So Cal Roadrunners	Highland, CA	75.22	1	25:18
5	Sonya Wilkerson	F	46	Team Red Lizard	Portland, OR	74.32	3	26:04
6	Jill Miller-Robinett	F	61	Impala Racing Team	Concord, CA	71.36	13	32:52
7	Betsy Miller	F	57	Team Red Lizard	Dallas, OR	71.29	10	31:07
8	Joanna Harper	F	59	Team Red Lizard	Portland, OR	70.57	11	32:18
9	Donna Chan	F	64	Impala Racing Team	San Francisco, CA	70.15	15	34:55
10	Lynelle Paulick	F	59	Santa Barbara R/R	Santa Barbara, CA	69.88	12	32:37

Masters Men 8k – Age Graded Results (81 finishers)

Place	Name	S	Age	Team Name	City, St	Percent	Place	Time
1	Rick Becker	M	61	Club Northwest	Selah, WA	85.45	27	31:08
2	Carl Combs	M	50	Club Northwest	Cheney, WA	83.49	8	29:02
3	Jacques Sallberg	M	41	Run With Us	Pasadena, CA	82.82	1	27:18
4	Eric Williams	M	51	Bowerman Track Club	Salem, OR	82.61	12	29:35
5	Rusty Snow	M	46	Santa Barbara R/R	Santa Barbara, CA	82.51	5	28:28
6	C. Cushing-Murray	M	48	Cal Coast Track Club	Santa Ana, CA	82.47	7	28:56
7	Mike Blackmore	M	54	Bowerman Track Club	Eugene, OR	81.90	20	30:35
8	David Olds	M	54	Cal Coast Track Club	Los Angeles, CA	81.70	22	30:40
9	Matthew Farley	M	48	Bowerman Track Club	Portland, OR	81.55	9	29:16
10	Gregory Mitchell	M	42	Bowerman Track Club	McMinnville, OR	81.38	2	27:59

USATF 2016 Masters 5 km Cross Country Championships
Sunday, November 6, 2016
Apalachee Regional Pk.
Tallahassee, FL

MASTERS WOMEN 5k - AGE GRADED (31 finishers)

1	Sutera Strange, Marisa	53	Athena Track Club	18:44	91.2
2	Butler, Trish	54	New Balance Tampa Masters	19:21	89.3
3	Cooke, Susan	57	New Balance Tampa Masters	20:28	87.4
4	Friend-Uhl, Sonja	45	Atlanta Track Club	18:13	86.3
5	Wolski, Katherine	50	SoCal	19:12	86.1
6	Sloan, Margaret	57	Unattached	21:21	83.8
7	Hayden, Kathleen	51	Genesee Valley Harriers	20:16	82.5
8	Parker, Kara	47	Run MN	19:29	82.2
9	Allen, Michelle	53	New Balance Tampa Masters	21:03	81.2
10	Lucking, Cynthia	63	Atlanta Track Club	24:11	79.6

MASTERS MEN 5k - AGE GRADED (79 finishers)

1	McCormack, Tom	63	Atlanta Track Club	17:47	92.1
2	Blaich, Kristian	50	Atlanta Track Club	16:26	89.8
3	Greenslit, Craig	46	Unattached	16:37	86.2
4	Stabb, Eric	48	Atlanta Track Club	16:57	85.7
5	Bell, Doug	65	Boulder Road Runners	19:36	85.0
6	Droze, Gary	55	Atlanta Track Club	18:05	84.8
7	Radford, Gary	60	Genesee Valley Harriers	19:01	84.0
8	Nier, Mike	51	Genesee Valley Harriers	17:46	83.7
9	Solano, Alfonso	56	Unattached	18:30	83.6
10	Hubbart, Kyle	60	Boulder Road Runners	19:07	83.5

World Masters Athletic Outdoor Championships
Perth, Australia
October 26, 2016

Non-Stadia 8k Cross Country Team Results

Complete USA results

Men Individual - 5-year age groups

39	Ortiz, Alfredo	M51 United States	40:16.52	59.90%
45	Weiner, Robert	M69 United States	58:16.22	48.13%
16	Cordero, Joe	M78 United States	53:25.06	59.64%

Women Individual - 5-year age groups

9	Key, Latashia	W44 United States	36:19.46	70.02%
1	Newton, Jenny	W46 United States	32:32.94	79.60%
23	Stutzman Faulkner, Julie	W45 United States	48:35.71	52.80%
4	Stuart, Laura	W51 United States	33:48.43	80.98%
9	Pangburn, Julie	W52 United States	35:18.74	78.46%
24	Stewart, Betsy	W53 United States	41:48.05	67.01%
1	Martin, Kathryn	W65 United States	34:36.30	94.57%
12	Frable, Kathleen	W71 United States	49:20.13	72.39%
1	Harada, Mary	W81 United States	59:46.00	71.00%

Women Teams – 5-year age groups with older runners allowed

4	United States W40-44	1:57:29
	Jenny Newton, 46	32:33
	Latashia Key, 44	36:20
	Julie Stutzman Faulkner, 45	48:36
3	United States W50-54	1:50:57
	Laura Stuart, 51	33:49
	Julie Pangburn, 52	35:19
	Betsy Stewart, 53	41:49
4	United States W65-69	2:23:44
	Kathryn Martin, 65	34:37
	Kathleen Frable, 71	49:21
	Mary Harada, 81	59:46

Upcoming Events for the next Cross Country Master Harriers of the Year awards consideration:

2016 USATF National Club Cross Country Championships

Apalachee Regional Park

Tallahassee, FL

December 10, 2016

2017 USA Cross Country Championships

River's Edge GC

Bend, OR

February 4, 2017

2017 USATF Masters 5km Cross Country Championships*

Franklin Park

Boston, MA

October 15, 2017

*Pending bid and contract acceptance

World Masters Athletic (WMA) Indoor Championships

Daegu, South Korea

March 19-25, 2017

NCCWMA Regional Championships

(North and Central America and Caribbean Region of World Masters Athletics)

Juarez, Mexico

July 20-23, 2017

Below: Start of the largest Master Women's Cross Country National Championship race ever. 252 finishers in the 6k race.

2015 USATF National Club XC Championships , Dec. 12, 2015, Golden Gate Park, San Francisco, CA



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Above: Master Women's Champ Sonja Friend-Uhl (#1211, F44, Atlanta TC, 1st overall, 21:59) leads Chris Kimbrough (#1428, F46, Team Red Lizard, 3rd overall, 22:15) and runner-up Janet McDevitt (#1250, F42, Club Northwest, 2nd overall, 22:06) just before the mile mark of the 6k race.
2015 USATF National Club XC Championships , Dec. 12, 2015, Golden Gate Park, San Francisco, CA



Above: Marisa Sutera-Strange (#1203, F52, Athena TC, 8th overall, 1st 50+, 22:37, 3rd age graded at 90.6%) chases Gwen Lapham (#1249, F45, Club Northwest, 7th overall, 22:28) just before the mile mark of the 6k race. 2015 USATF National Club XC Championships , Dec. 12, 2015, Golden Gate Park, San Francisco, CA

Below: Kathy Martin (#1354, F64, Northport RC, 1st F60+, 55th overall, 24:48) was the Master Women's age graded champion with an outstanding 95.6%. 2015 USATF National Club XC Championships , Dec. 12, 2015, Golden Gate Park, San Francisco, CA





Above: Grace Padilla (#511, F44, 25:18) winning the USA Master Women's 6k XC Championships. USA Masters Cross Country Championships, River's Edge GC, Bend, OR, Feb. 6, 2016



Above: Karen Steen (#1254, F51, Club Northwest, 105th overall, 28th F50-54, 26:18) noses out Sabra Harvey (#1464, F66, Houston, TX, 106th overall, 1st F65-69, 26:18). Sabra Harvey was the runner-up in the Master Women's age grading with a great 92.6%.



Above: Master's Men Champion Jacques Sallberg (#577, M41, 27:18) controls the pace in the early going of the 8k race. USA Masters Cross Country Championships, River's Edge GC, Bend, OR, Feb. 6, 2016



Above: Rick Becker (#561, M61, Club Northwest, 27th overall, 1st M60+, 31:08) topped the age-graded men with an 85.5% at the tough River's Edge GC 8k in Bend, OR.

USA Masters Cross Country Championships, River's Edge GC, Bend, OR, Feb. 6, 2016



Above and below: Master Men's Club XC 40-59 10k race Champion and 10k race age grade champ (91.5) Kevin Castille (#2238, M43, Lafayette, LA, 31:00) ran away with his race winning by 36 seconds. 2015 USATF National Club XC Championships, Dec. 12, 2015, Golden Gate Park, San Francisco, CA



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Above: Masters Men 10k runner-up Greg Mitchell (#1884, M42, Bowerman TC, 2nd overall, 31:36) led his M40+ team to the title at the 2015 USATF National Club XC Championships, Dec. 12, 2015, at Golden Gate Park in San Francisco, CA.



Above: Rick Becker (#1539, M61, Club Northwest, 1st overall, 28:58) not only won the M60+ 8k race by 6 seconds but again topped the age-graded master men with his 90.8% while leading his Club Northwest M60+ team to victory. Superman?
2015 USATF National Club XC Championships, Dec. 12, 2015, Golden Gate Park, San Francisco, CA

Below: John Barbour (#1593, M61, Greater Lowell Harriers, 2nd overall, 29:04) runner-up to Rick Becker in the M60+ 8k race and 2nd place age-graded at 90.5%.
2015 USATF National Club XC Championships, Dec. 12, 2015, Golden Gate Park, San Francisco, CA



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Below: USATF Cross Country Council representative Thom Hunt, former World Junior Cross Country Champion, eagerly awaits the first of what would be a record-setting number of Master Men runners at the 2015 USATF Club Cross Country Championships at Golden Gate Park in San Francisco, CA.



2015 USATF National Club XC Championships , Dec. 12, 2015, Golden Gate Park, San Francisco, CA

Thanks to USATF Cross Country Council Chairman Mike Scott for all of our photos.