



2018

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 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 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 course 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 Rep. 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.

2018 Selection Events:

- 2017 USATF National Club Cross Country Championships
December 09, 2017, Masterson Station Park, Lexington, KY
- 2018 USATF Cross Country Championships
February 3, 2018, Apalachee Regional Park, Tallahassee, FL
- NCCWMA Regional Championships, (North and Central America and Caribbean Region of World Masters Athletics), Toronto, Canada, August 11-13, 2017 – Non-Stadia events canceled
- 2018 USATF Masters 5km Cross Country Championships and Can-Am Masters XC Challenge
September 23, 2018, Delaware Park, Buffalo, NY
- World Masters Athletics (WMA) Outdoor Championships, Non-Stadia 8k XC
September 5, 2018, Torremolinos Track and Park, Malaga, Spain



USATF Cross Country Masters Harrier of the Year Award

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
2015	Kathryn Martin	Peter Magill
2016	Kathryn Martin	Rick Becker
2017	Marisa Sutera-Strange	John Barbour & Nat Larson
2018 Nominees:	Sabra Harvey	Rick Becker and Nat Larson

- 2018 Honorable Mention Women: Marisa Sutera-Strange, Sonja Friend-Uhl, Trish Butler, Lorraine Jasper, Jeanette Groesz, Cathy Utzschneider, Katherine Wolski, Carmen Ayala-Troncoso, Kris Paaso.
- 2018 Honorable Mention Men: Joe Sheeran, Ken Youngers, Kevin Castille, Peter Hammer, Carl Combs, Mike McManus, Kent Lemme, Mark Hixson, Christian Cushing-Murray, David Angell, Alan Evans, Doug Goodhue

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2017 USATF National Club Cross Country Championships
December 9, 2017
Masterson Station Park, Lexington, KY

60+ Master Men 8k – 110 finishers

Place	Name	City	St	Age	Overall Time	Percent
1	Joe Sheeran	Ellensburg	WA	60	1 29:29	88.39
2	Rick Becker	Selah	WA	63	2 30:32	87.69
3	Ken Youngers	Tucker	GA	61	3 30:38	85.83
4	Matthew Curran	Gloucester	MA	60	4 31:20	83.17
5	James Foster	Chittenango	NY	66	11 33:21	82.53
6	Greg Beyerlein	Mukilteo	WA	64	6 32:54	82.13
7	David Longmuir	Seattle	WA	70	34:56	82.00
8	Donald Porteous	Alameda	CA	71	30 35:35	81.46
9	Len Goldman	Oakland	CA	73	39 36:42	81.14
10	Brian Cummins	Cortland	NY	62	8 32:57	80.52

40+ Master Men 10k – 272 finishers

Place	Name	City	St	Age	Overall Time	Percent
1	Nat Larson	Amherst	MA	55	22 34:13	91.65
2	Peter Hammer	Needham	MA	51	10 33:37	90.13
3	Carl Combs	Cheney	WA	52	25 34:15	89.22
4	Roger Sayre	Golden	CO	59	104 36:29	89.09
5	Mike McManus	Oakland	CA	52	34 34:32	88.49
6	Kent Lemme	Pittsfield	MA	51	26 34:17	88.37
7	Kevin Zimmer	Del Mar	CA	54	62 35:20	87.98
8	John Van Danacker	Rockford	MN	55	87 36:02	87.03
9	Ken Ernst	Mission Viejo	CA	56	99 36:23	86.96
10	Jef Scott	Bowling Green	KY	45	5 33:14	86.75

40+ Master Women 6K -118 Finishers

Place	Name	City	Bib	Age	Overall Time	Percent
1	Sabra Harvey	Houston	TX	68	53 26:15	95.39
2	Marisa Sutera Strange	Pleasant Valley	NY	54	9 23:12	90.34
3	Jeanette Groesz	Redmond	OR	68	70 27:58	89.53
4	Carmen Ayala-Troncoso	Austin	TX	58	27 24:35	89.41
5	Kris Paaso	Menlo Park	CA	46	1 22:04	86.98
6	Suzanne Ray	Jacksonville	OR	65	69 27:46	86.57
7	Aeron Arlin Genet	Los Osos	CA	50	10 23:21	85.76
8	Sonja Friend-Uhl	Boca Raton	FL	46	3 22:23	85.75
9	Joan Mabe	Carrboro	NC	55	31 24:49	85.44
10	Kirsten Leetch	Redondo Beach	CA	51	14 23:42	85.44

2018 USATF Cross Country Championships
February 3, 2018
Apalachee Regional Park, Tallahassee, FL

40+ Masters Men 8k Cross Country - Age Graded – 107 Finishers

	Name	Age	City St	Overall	Time	Percent
1	Kevin Castille	45	Baton Rouge LA	1	24:19	94.56
2	Rick Becker	63	Selah WA	17	29:30	90.76
3	Nat Larson	55	Amherst MA	3	27:39	90.23
4	Kent Lemme	51	Pittsfield MA	2	27:36	87.42
5	Mark Hixson	52	Simsbury CT	6	27:52	87.30
6	Mike McManus	52	Oakland CA	11	28:11	86.32
7	Christian Cushing- Murray	50	Santa Ana CA	5	27:51	85.94
8	Ken Youngers	61	Tucker GA	34	30:51	85.23
9	Jeffery Dundas	59	Conyers GA	28	30:19	85.20
10	Eric Stabb	50	Athens GA	9	28:07	85.12

40+ Masters Women 6k Cross Country – Age Graded – 33 finishers

	Name	Age	City St	Overall	Time	Percent
1	Sabra Harvey	68	Houston TX	13	26:32	94.37
2	Marisa Sutera Strange	54	Pleasant Valley NY	4	23:27	89.37
3	Doreen McCoubrie	56	West Chester PA	9	24:16	88.42
4	Trish Butler	55	Coral Springs FL	8	24:04	88.11
5	Jennifer Bayliss	47	San Ramon CA	1	22:15	87.11
6	Susan Cooke	59	Odessa FL	12	25:40	86.70
7	Sonja Friend-Uhl	46	Boca Raton FL	3	22:33	85.11
8	Catharine Utschneider	62	Chestnut Hill MA	16	27:55	82.78
9	Suzanne Cordes	58	Alamo CA	14	26:38	82.53
10	Maggie Shearer	40	Newbury Park CA	2	22:19	82.22

2018 USATF Masters 5 km Cross Country Championships
September 23, 2018
Delaware Park, Buffalo, NY

MASTERS MEN 40+ 5k XC AGE GRADED RESULTS – 34 finishers

Name	Age	Percent	Time	Overall	City/State
1 David Angell	M41	83.76	16:29	1	Blue Ridge VA
2 Philippe Rolly	M46	82.91	17:16	3	McLean VA
3 Jonathan Frieder	M47	81.18	17:46	7	Rye Brook NY
5 Kirt Komocki	M45	81.05	17:32	6	Rochester NY
6 Jake Stookey	M42	80.53	17:16	4	Clifton Park NY
7 John Stadtlander	M53	79.18	19:04	25	Clifton Park NY
8 Kevin Burke	M45	78.37	18:08	12	Buffalo NY
9 Brian Lombardo	M40	78.33	17:30	5	Williamsville NY
10 Tim Reith	M42	78.12	17:48	8	Rochester, NY

MASTERS MEN 50+ 5k XC AGE GRADED RESULTS – 49 finishers

Name	Age	Percent	Time	Overall	City/State
1 Alan Evans	M55	85.44	17:57	7	Beaver Dams NY
2 Tim Van Orden	M50	85.36	17:17	1	Bennington VT
3 Francis Burdett	M53	84.73	17:49	4	Worcester MA
4 Charles Novak	M51	84.62	17:34	2	Cuyahoga Falls OH
5 Jonathan Kline	M58	84.61	18:34	10	New York NY
6 Jim Park	M52	83.84	17:52	5	Buffalo NY
7 Brad Kelley	M52	83.61	17:55	6	Jackson Heights NY
8 Tim Harte	M50	83.03	17:46	3	Coatesville PA
9 Casey Carlstrom	M59	82.34	19:14	18	Ithaca NY
10 Armando Oliveira	M50	81.50	18:06	8	New York NY

MASTERS MEN 60+ 5k XC AGE GRADED RESULTS – 74 finishers

Name	Age	Percent	Time	Overall	City/State
1 Doug Goodhue	M76	85.16	22:24	25	Milford MI
2 Gene Dykes	M70	83.91	20:49	14	Bala Cynwyd PA
3 Russell Blatt	M61	83.28	19:20	1	Hartford CT
4 Mark Rybinski	M63	82.00	19:58	6	Manlius NY
5 George Buchanan	M60	81.61	19:34	2	Shelton CT
6 Brian Nelson	M61	81.59	19:44	3	Bakersfield CA
7 Kevin Dollard	M63	81.32	20:08	9	Hopewell Junction NY
8 Kevin Clinefelter	M62	80.97	20:03	7	Rochester NY
9 Reno Stirrat	M64	80.68	20:28	12	Rockaway NJ
10 Terry McCluskey	M70	80.56	21:41	19	Vienna OH

ALL MASTERS WOMEN 40+ 5k XC AGE GRADED RESULTS – 60 finishers

Name	Age	Percent	Time	Overall	City/State
1 Sabra Harvey	F69	95.66	21:46	12	Houston TX
2 Marisa Sutera Strange	F55	87.29	20:01	5	Pleasant Valley NY
3 Katherine Wolski	F52	85.23	19:49	4	Knoxville TN

4 Sonja Friend-Uhl	F47	82.72	19:21	1	Boca Raton FL 76
5 Lorraine Jasper	F56	82.41	21:27	9	Birchrunville PA
6 Karyl Sargent	F55	81.08	21:33	11	Lafayette NY
7 Paula Johnson	F57	81.05	22:04	17	Decatur GA
8 Abby Dean	F47	80.91	19:47	3	Philadelphia PA
9 Mary Swan	F56	80.65	21:55	15	Jamesville NY
10 Sharon Moore	F64	78.74	24:45	37	Rochester NY

2018 World Masters Athletics (WMA) Championships, Non-Stadia Cross Country
September 5, 2018, Torremolinos Stadium & Park, Malaga, Spain
Age Grading not available - 9 USA men and 13 USA women finishers

USA Individual Medal Winners:

GOLD	8km W65-69	1 st of 23	Sabra Harvey	USA	34:48
GOLD	6km W80-84	1 st of 4	Eve Pell	USA	44:13

USA Team Medal Winners:

BRONZE	3 rd of 3	F70 6k	2:09:38	Foody, Frable, Pell
BRONZE	3 rd of 6	F50 8k	1:46:17	Ohler, Vollweiler, Klein

Other USA Teams:

6 th of 6	F45 8k	2:06:39	Perth, Key, Faulkner
4 th of 7	M70 6k	1:28:25	Hansen, Keller, Mathies (Utterback)

All USA finishers:

Place in AG	AG	Name	Country	Time	Dist.
13 of 22	F40-44	Rye Palen	USA	33:16	8k
6 of 28	F45-49	Jenny Perth	USA	33:10	8k
17 of 28	F45-49	Latashia Key	USA	37:17	8k
28 of 28	F45-49	Julie Stutzman Faulkner	USA	56:12	8k
na	F50-54	Makie Ohler	USA	33:28	8k
15 of 40	F50-54	Jill Vollweiler	USA	36:00	8k
18 of 40	F50-54	Tina Klein	USA	36:49	8k
13 of 37	F55-59	Inka Mims	USA	36:06	8k
9 of 47	F60-64	Cathy Utzschneider	USA	37:37	8k
1 of 23	F65-69	Sabra Harvey	USA	34:48	8k
14 of 20	F70-74	Terry Foody	USA	41:30	6k
15 of 20	F70-74	Kathleen Frable	USA	43:55	6k
1 of 4	F80-84	Eve Pell	USA	44:13	6k
50 of 54	M50-54	Bob Arnds	USA	40:38	8k
54 of 54	M50-54	Bruce Logan	USA	49:48	8k
47 of 48	M55-59	Mark Cleary	USA	40:28	8k
10 of 59	M60-64	Charlie Muse	USA	30:47	8k
15 of 48	M70-74	Lloyd Hansen	USA	27:24	6k
26 of 48	M70-74	Gordon Keller	USA	29:06	6k
34 of 48	M70-74	Drue Mathies	USA	31:55	6k
36 of 48	M70-74	Arnold Utterback	USA	32:59	6k
11 of 18	M80-84	Elmo Shropshire	USA	37:09	6k



Sabra Harvey (F68, Houston, TX) 53rd overall at the 2017 USATF Club XC Championships at Masterson Station Park in Lexington, KY. Her 6k time of 26:15 won the women master age-grading with a sparkling 95.39%.



2010 and 2016 Master Harrier of the Year **Rick Becker** (M63, Selah, WA) finished 2nd overall and 2nd in the age-grading in the M60+ 8k race at the 2017 Club XC in Lexington, KY. His 30:32 time age-graded at 87.69%.



2017 Master Harrier of the Year #1566 **Nat Larson** (M55, Amherst, MA) settled in with one of the leading packs as usual was 22nd overall in 34:13 in the M40+ 10k race at the 2017 Club XC Championships in Lexington, KY. He was the top age graded performer at 91.65%.



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The lead pack in the M40+ 10k race at the 2017 USATF Club XC Championships in Lexington, KY.



#95 **Sonja Friend-Uhl** (F46, Boca Raton, FL, 22:33, 3rd overall) leads eventual race champion #10 **Jennifer Bayliss** (F47, San Ramon, CA, 22:15) and runner-up #248 **Maggie Shearer** (F40, Newbury Park, CA, 22:19) in the early going at the 2018 USATF Master Women 6k Cross Country Championships. It was a chilly morning at the beautiful Apalachee Regional Park in Tallahassee, FL.



#10 **Jennifer Bayliss** (F47, San Ramon, CA, 22:15) runs to victory over #248 **Maggie Shearer** (F40, Newbury Park, CA, 22:19) and #95 **Sonja Friend-Uhl** (F46, Boca Raton, FL, 22:33) at the 2018 USATF Master Women 6k Cross Country Championships in Tallahassee, FL.



09-23-2018 USATF Masters 5 km XC Championships, Buffalo, NY
#223 **Heather Webster** (F44, Honeoye Falls, NY, Genesee Valley Harriers, 20:29, 6th overall, 2nd 40-44)
leads #84 **Liz Gottlieb** (F43, 20:52, 7th overall, 3rd 40-44, San Rafael, CA, Impala Racing Team) as they
begin the second of two 2500m loops at Buffalo's historic Delaware Park.



09-23-2018 USATF Masters 5 km XC Championships, Delaware Park, Buffalo, NY
 #31 the “Running Professor” **Paul Carlin** (M72, 24:31, 44th overall, 13th M70-74, Indianapolis, IN, Ann Arbor TC) leads #178 Genesee Valley Harriers **Coach Mike Reif** (M69, 24:21, 41st overall, 7th M65-69, Victor, NY, GVH), his teammate #14 **Ron Blackmore** (M65, 24:49, 46th overall, 9th M65-69, Madison, NY, GVH) and #161 **David Peterson** (M70, 24:25, 42nd overall, 11th M70-74, Franklin, TN, Atlanta TC) at the halfway point.



Marisa Sutera-Strange.



Doreen McCoubrie.



Katherine Utzschneider.



Kevin Castille.



David Angell, Christian Cushing-Murray.



Nat Larson (#151) tucked in.



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UTATF Cross Country Council Chairman

Thom Hunt

Thanks to Mike Scott for all photos.