



2019

Cross Country

Masters Harriers of the Year

Report

Cross Country Running Council

Masters Long Distance Running Committee



Cross Country Masters Harriers of the Year Award

No later than 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 selection events 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 USATF National Master Cross Country Championships held between USATF Annual Meetings. Results from WMA World Cross Country XC Championships, NCCWMA Regional Cross Country Championships, the Can-Am Cross Country Challenge Cup, any IAAF sanctioned international Masters Cross Country races and any 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 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 selection events 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.

2019 Selection Events:

- 2018 USATF National Club Cross Country Championships
December 08, 2018, Plantes Ferry Park, Spokane, WA
- 2019 USATF Cross Country Championships
February 2, 2019, Apalachee Regional Park, Tallahassee, FL
- World Masters Athletics (WMA) Indoor Championships, Non-Stadia 8k XC
March 24-31, 2019, Turun, Poland
- NCCWMA Regional Championships, (North and Central America and Caribbean Region of World Masters Athletics), Centennial Park, Toronto, Canada, July 21, 2019
- 2019 USATF Masters 5km Cross Country Championships, October 12, 2019, Mission Bay Park, San Diego, CA



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 Ebner
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	Sabra Harvey	Rick Becker & Nat Larson
2019	Marisa Sutera Strange	Nat Larson

- 2019 Honorable Mention Women (in order): Carmen Ayala-Troncoso , Jeanette Groesz, Sabra Harvey, Jane Treleven, Jennifer Teppo, , Patricia Belan, Katherine Wolski
- 2019 Honorable Mention Men (in order): Joe Sheeran, Roger Sayre, Jacques Sallberg, Mark Blackmore, Peter Hammer, Andy Gardiner, Jacob Nur, Doug Goodhue, Carl Combs

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2018 USATF National Club Cross Country Championships**December 08, 2018****Plantes Ferry Sports Complex, Spokane, WA**

Weather: 39 degrees, low clouds, east wind 3mph, 86% humidity

Master Men's 60+ 8k Age Graded Results – 128 finishers

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Rick Becker	M	64	Club Northwest-A	29:37	91.23
2	Joe Sheeran	M	61	Club Northwest-A	28:55	90.93
3	Jacob Nur	M	63	River City Rebels-A	29:58	89.35
4	Roger Sayre	M	60	Boulder Road Runners-A	29:28	88.44
5	Michael Smith	M	60	Club Northwest-A	29:38	87.94
6	Daniel Johnson	M	61	Run N Fun-A	30:17	86.82
7	Doug Goodhue	M	76	Ann Arbor Track Club-A	36:07	86.59
8	Doug Winn	M	68	Bowerman Track Club-A	32:30	86.32
9	Ken Youngers	M	62	Atlanta Track Club-A	30:50	86.04
10	Monty Schafer	M	64	Bowerman Track Club-A	31:49	84.92

Master Men's 40+ 10k Age Graded Results – 248 finishers

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Nat Larson	M	56	Greater Springfield Harriers,	35:01	90.36
2	Peter Hammer	M	52	Boston Athletic Association-A	34:09	89.48
3	Andy Gardiner	M	53	Boston Athletic Association-A	34:43	88.77
4	Carl Combs	M	53	Club Northwest-A	34:58	88.14
5	Tony Young	M	56	Club Northwest-A	36:02	87.81
6	Jaime Heilpern	M	48	HOKA Aggie Running Club-A	33:50	87.32
7	Mark Zamek	M	55	Garmin Runners	36:16	86.47
8	Eric Williams	M	54	Bowerman Track Club-A	35:59	86.39
9	Mark Hixson	M	53	Greater Springfield Harriers,	35:45	86.21
10	John Gardiner	M	46	Cal Coast Track Club-A	33:51	85.86

2018 USATF National Club Cross Country Championships
December 08, 2018
Plantess Ferry Park, Spokane, WA (Continued)
Master Women's 6k Age Graded Results – 157 finishers

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Carmen Ayala-Troncoso	F	59	Unattached	25:00	89.02
2	Jennifer Teppo	F	60	Team Red Lizard-A	25:32	88.25
3	Jeanette Groesz	F	69	Team Red Lizard-A	29:00	87.56
4	Patricia Bellan	F	55	HOKA Aggie Running Club-A	24:27	86.73
5	Regina Joyce	F	61	Club Northwest-A	26:21	86.59
6	Kate Landau	F	42	Tacoma City Running Club	21:29	86.48
7	Joannie Siegler	F	61	Golden Valley Harriers	26:35	85.83
8	Sara Freitas	F	60	Impala Racing Team-A	26:20	85.56
9	Shannon Teslow	F	54	The Janes Elite Racing-A	24:36	85.20
10	Kirsten Leetch	F	52	The Janes Elite Racing-A	24:07	84.92



2-2-2019 – #463, 2017 Master Women's Harrier of the Year **Marisa Sutera Strange** (F55, 1st overall, 23:31, 2nd age grading, 90.17%) wins the Master Women's 6k 8k race at the 2019 USATF Cross Country Championships at Apalachee Regional Park in Tallahassee, FL over Braley, Bosley and Barber.



12-8-2018 - #1068 - **Carmen Ayala-Troncoso** (F59, 33rd overall, 25:00, 2nd 55-59 age group, 1st age graded, 89.02%) racing in the Master Women's 6k just ahead of Danielle Henty at the 2018 USATF Club Cross Country Championships at Plantes Ferry Sports Complex in Spokane, WA. Carmen was the Master Women's Harrier of the Year four times in the past – 2005, 2009, 2010 and 2013.

2019 USATF Cross Country Championships**February 2, 2019****Apalachee Regional Park, Tallahassee, FL**

Weather: 59 degrees, overcast, east wind 9mph, 90% humidity

Master Men 8k Age Graded Results – 107 finishers

Name	Age	City, St	Teamname	Time	Percent
1 Nat Larson	56	Amherst, MA	Greater Springfield Harriers	27:50	90.42
2 Mike Blackmore	57	Beaverton, OR	Bowerman Track Club	28:12	90.01
3 Joe Sheeran	61	Ellensburg, WA	Club Northwest	29:18	89.74
4 Norm Larson	63	Burlington, VT	Green Mountain AA	30:20	88.27
5 Ken Youngers	62	Tucker, GA	Atlanta Track Club	30:15	87.70
6 Roger Sayre	60	Golden, CO	Boulder Road Runners	29:47	87.50
7 Mark Tatum	59	Colorado Springs, CO		29:50	86.58
8 Christian Cushing-Murray	51	Santa Ana, CA	Cal Coast TC	27:57	86.33
9 Jacques Sallberg	44	Pasadena, CA	Cal Coast TC	26:33	85.93
10 Kent Lemme	52	Pittsfield, MA	Greater Springfield Harriers	28:40	84.87

Master Women 6k Age Graded Results – 48 finishers

Name	Age	City, St	Teamname	Time	Percent
1 Sabra Harvey	69	Houston, TX	Houston Striders	26:27	96.00
2 Marisa Sutera Strange	55	Pleasant Valley, NY	Athena Track Club	23:31	90.17
3 Susan Cooke	60	Odessa, FL	New Balance Tampa Masters	25:55	86.94
4 Jeanette Groesz	69	Redmond, OR	Team Red Lizard	29:32	85.97
5 Sharon Gerl	70	Springfield, OR	Team Red Lizard	30:04	85.67
6 Michelle Allen	55	Fleming Island, FL	New Balance Tampa Masters	25:12	84.14
7 Lorraine Jasper	57	Birchrunville, PA	Athena Track Club	26:08	83.09
8 Mary Swan	57	Jamesville, NY	Athena Track Club	26:45	81.18
9 Mireille Silva	59	Marietta, GA	Atlanta Track Club	27:37	80.58
10 Nancy Thomas	49	San Francisco, CA	Impala Racing Team	24:40	80.29

**2019 World Masters Athletics (WMA) Indoor Championships
Non-Stadia Cross Country, March 25, 2019, Rudelka Park, Turun, Poland**

Weather: 9am – 49 degrees, overcast, wind SW 3mph, 79% humidity.

Men and Women ages 35-69 run 8k

Men and Women ages 70+ run 6k

Total USA runners = 4 women and 3 men

USA Individual Medal Winners:

GOLD	6km W80-84	1 st of 4	Heide Moebius	USA	42:25	71.01%
BRONZE	6km W80-84	3 rd of 4	Tami Graf	USA	56:42	53.12%
BRONZE	8km M60-64	3 rd of 33	Roger Sayre	USA	30:37	85.88%

USA Team Medal Winners:

BRONZE	6km W70-74	3 rd of 3	Moebius, Frable, Graf	USA	2:28:14
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Other USA Individual Finishers:

17 th of 23	8km W50-54	Tina Klein	USA	42:12	67.25%
11 th of 11	6km W70-74	Kathleen Frable	USA	49:06	55.64%
6 th of 42	8km M50-54	Mike McManus	USA	29:08	84.31%
33 rd of 33	8km M60-64	Robert Rutter	USA	90:09	29.97%

**2019 North and Central America and Caribbean Region of World Masters Athletics (NCCWMA)
Regional Championships**

Non-Stadia Cross Country , July 21, 2019, Centennial Park, Toronto, Ontario, Canada

Weather: 77 degrees rising to 85, 65% humidity, Wind W15mph

Men and Women ages 35-69 run 8k

Men and Women ages 70+ run 6k

Total USA runners = 8 women and 14 men

USA Results - 8k Master Men and Master Women, ages 35 to 69, 51 total finishers

Overall	Bib	Name	Gun Time	Division	DivPl	Gender	Team	Age Grade %
1	419	Alejandro Alcaraz	27:32	M40-44	1	M	MEXICO	na
2	846	Thomas Knowles	28:51	M40-44	2	M	UNITED STATES	78.47%
6	618	Justin Bishop	31:07	M35-39	2	M	UNITED STATES	na
7	928	Charlie Muse	31:23	M60-64	1	M	UNITED STATES	85.31%
9	694	Thomas Danielson	31:51	M50-54	2	M	UNITED STATES	76.39%
10	777	John Hale	32:10	M60-64	2	M	UNITED STATES	81.74%
13	989	Jo Rupp	32:35	F45-49	1	F	UNITED STATES	79.52%
15	975	Timothy Riccardi	32:55	M60-64	3	M	UNITED STATES	79.88%
16	658	Roger Cawkwell	33:20	M55-59	2	M	UNITED STATES	77.49%
20	696	Carlo Deason	34:41	M45-49	1	M	UNITED STATES	68.45%
21	776	John Hadcock	34:46	M60-64	4	M	UNITED STATES	75.63%
22	717	Elliott Drumright	35:04	M60-64	5	M	UNITED STATES	75.66%
23	838	Euleen Josiah-Tanner	35:13	F45-49	2	F	UNITED STATES	72.87%
25	1037	Mary Swan	35:43	F55-59	1	F	UNITED STATES	82.45%
32	821	David Jackson	37:02	M55-59	6	M	UNITED STATES	68.54%
33	845	Tina Klein	37:19	F50-54	2	F	UNITED STATES	76.06%
35	642	Gary Burak	40:31	M60-64	7	M	UNITED STATES	64.89%
37	1145	Aysha Mirza	41:05	F35-39	1	F	UNITED STATES	na
39	842	Latashia Key	41:20	F45-49	3	F	UNITED STATES	63.32%
44	721	Winston Paul Dunn	43:09	M40-44	6	M	UNITED STATES	52.87%
48	719	Caroline Dunn	50:34	F40-44	1	F	UNITED STATES	50.75%

USA Results - 6k Master Men and Master Women, ages 70+, 11 total finishers

Overall	Bib	Name	Gun Time	Division	DivPl	Gender	Team	Age Grade %
1	891	Terry McCluskey	26:03	M70-74	1	M	UNITED STATES	82.21%
2	968	Doc Rappole	28:12	M70-74	2	M	UNITED STATES	75.04%
9	909	Robert Milan	37:34	M70-74	6	M	UNITED STATES	56.33%
10	760	Tami Graf	52:35	F80-84	1	F	UNITED STATES	61.27%
11	785	Mary Harada	55:15	F80-84	2	F	UNITED STATES	59.91%



12-8-2018 - **Joe Sheeran** (M61, 1st overall, 28:55, 1st M60-64 age group, 2nd age graded, 90.93%) wins the M60+ 8k race at the 2018 USATF Club Cross Country Championships at Plantes Ferry Sports Complex in Spokane, WA. Joe maybe the best and most consistent age graded runner never to have won Master Harrier of the Year.

2019 USATF Masters 5km Cross Country Championships

October 12, 2019

Mission Bay Park, San Diego, CA

Weather: 69 degrees, sunny, no wind, 21% humidity, it's San Diego!

Master Men 5k XC – 186 finishers

Place	Name	Age	Div Pl	Affiliation	Time	AgeGrade%
1	JACQUES SALLBERG	45	1/14	Cal Coast TC	15:54	89.38
2	JOE SHEERAN	61	1/35	Club Northwest	18:18	87.98
3	DOUG GOODHUE	77	1/7	Ann Arbor TC	22:06	87.95
4	NEVILLE DAVEY	44	1/23	West Valley TC	16:06	87.63
5	IVAN LIEBEN	50	1/29	West Valley TC	16:58	86.95
6	ADAM DAILEY	43	2/23	boom RUNNING	16:08	86.81
7	TONY MARSHALL	75	2/7	San Diego Striders	21:37	86.72
8	MARK YUEN	48	2/14	West Valley TC	16:47	86.58
9	DANIEL KING	60	2/35	Athletics Boulder	18:29	86.39
10	KEVIN ZIMMER	56	1/25	Prado Racing	17:59	85.96

Master Women 5k XC – 102 finishers

Place	Name	Age	Div Pl	Affiliation	Time	AgeGrade%
1	MARISA SUTERA STRANGE	56	1/18	Athena TC	19:31	90.57
2	JANE TRELEVEN	70	1/13	Gig Harbor WA	23:49	88.64
3	CARMEN AYALA-TRONCOSO	60	1/8	Team Rogue	21:08	87.72
4	KATHERINE WOLSKI	53	1/15	So Cal TC	19:34	87.30
5	JEANETTE GROESZ	70	2/13	Team Red Lizard	24:19	86.81
6	HRONN GUDMUNDSDOTTI	54	2/15	Impala Racing	20:15	85.31
7	LORILYNN BLOOMER	47	1/10	Bowerman TC	18:57	84.47
8	KARA PARKER	50	3/15	Run MN	19:44	83.73
9	LAURA BRUESS	58	2/18	Athletics Boulder	21:39	83.59
10	CELESTINE ARAMBULO	49	2/10	Prado Racing	19:38	83.25



12-8-2018 - **Nat Larson** (M56, Greater Springfield Harriers, 42nd overall, 1st M55-59, 35:01, 1st Age Graded 90.36%) in action at the 2018 Club XC at Plantes Ferry Sports Complex in Spokane, WA. Nat shared the Master Men's Harrier of the Year award in 2017 and 2018.



10-12-2019 Start of the 2019 Master Men's 5k Cross Country Championships at Mission Bay Park in San Diego, CA.



12-8-2018 - **USATF XC Council Chair Thom Hunt** (M60, Prado Racing Team, 14th overall, 14th M60-64 32:03, 23rd A.G. 80.31%) competing in the Men's 60+ 8k race at the 2018 Club XC at Plantes Ferry Sports Complex in Spokane, WA.

Thom Hunt won the 1977 World Junior Cross Country Championships (7.5k, 23:15) leading the US Junior team to victory. Arizona State Senior Thom Hunt finished 5th in 29:08 at the 1979 NCAA D1 XC Championships on the Lehigh Univ. 10k course. Henry Rono and Al Salazaar went 1-2. At the 1978 NCAA's Thom was third to Salazaar and Mike Musyoki in Madison, WI.

Thanks to USATF LDR Division Chair Mike Scott for most of the photos.