



2020

Cross Country

Masters Harriers of the Year

Report

Cross Country Running Council

Masters Long Distance Running Committee



Cross Country 2020 Masters Harriers of the Year Award

Special announcement:

What a strange year. The Covid-19 pandemic created life-threatening and life-altering changes for all of us. Cross Country running and other sports took a backseat to health issues. First, the 2020 World Masters Athletics (WMA) Outdoor Championships scheduled for Toronto, Ontario, Canada, from July 20th to August 1st were cancelled. Then, the USATF Masters 5km Cross Country Championships scheduled for October 18th at Franklin Park in Boston, MA were also cancelled. Fortunately, we already held two of three National Master Cross Country Championship Harrier of the Year selection events prior to the onset of the pandemic. The USATF Cross Country Council ruled that the 2020 Masters Harriers of the Year awards would proceed based upon the results of the two national cross country championships already held pre-Covid-19.

Award Criteria:

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. 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. 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 Championships, NCCWMA Regional Cross Country Championships, the Can-Am Cross Country Challenge Cup, any World Athletics 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.). 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 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 and the Cross Country Council.

2020 Selection Events:

- 2019 USATF National Club Cross Country Championships
December 14, 2019, Lehigh University, Bethlehem, PA
- 2020 USATF Cross Country Championships
January 20, 2020, Mission Bay Park, San Diego, CA
- ~~World Masters Athletics (WMA) Outdoor Championships, Non-Stadia XC
July 21, 2020, Centennial Park, Toronto, Ontario, Canada
Canceled due to Covid-19 pandemic~~
- ~~2020 USATF Masters 5km Cross Country Championships
October 18, 2020, Franklin Park, Boston, MA
Canceled due to Covid-19 pandemic~~

2021 Proposed Masters Cross Country Championship Schedule

- ~~2020 USATF National Club Cross Country Championships
December 12, 2020, Golden Gate Park, San Francisco, CA
Canceled due to Covid-19 pandemic~~
- 2021 USATF Cross Country Championships
February 6, 2021, Mission Bay Park, San Diego, CA
- 2021 USATF Masters 5k Cross Country Championships
October 17, 2021, Franklin Park, Boston, MA
- 2021 USATF National Club Cross Country Championships
December 11, 2021, Apalachee Regional Pak, Tallahassee, FL

Additional Events

- ~~World Athletics Cross Country World Championships, March, 2021, Bathurst, Australia
Postponed one year due to Covid-19 pandemic~~
- World Masters Athletics (WMA) Outdoor Championships, Including non-stadia XC
Last week of July, 2021, Tampere, Finland
- 2022 USATF National Club Cross Country Championships
December 10, 2022, Golden Gate Park, San Francisco, 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 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 | Sabra Harvey | Rick Becker & Nat Larson |
| 2019 | Marisa Sutera Strange | Nat Larson |
| 2020 | Marisa Sutera Strange | Joe Sheeran |

2020 Women Honorable Mention (ranked order): Jane Treleven, Nora Cary, Carmen Ayala-Troncoso , Jeanette Groesz, Laura Bruess, Tania Fischer, Grace Padilla

2020 Men Honorable Mention (ranked order): Nat Larson and Jacques Sallberg, Craig Goodwin, Peter Hammer, Dan King, Mark Hixson, Dan Johnson, John Barbour, Mark Zamek

Contact: Bill Quinlisk, USATF Masters Cross Country Rep., crosscountry@usatf.org

2019 USATF National Club Cross Country Championships**December 14, 2019****Lehigh University, Bethlehem, PA**

Weather: 52 degrees, low clouds, SW wind 10mph, 85% humidity, light rain

AGE 60+ MASTER MEN 8K AGE GRADED RESULTS

| PLACE NAME | AGE | AFFILIATION | AGE GRADE | TIME |
|-------------------------|-----|-----------------------------|-----------|-------|
| 1 Joe Sheeran | 62 | Club Northwest | 92.44 | 28:42 |
| 2 Daniel Johnson | 62 | Run N Fun | 88.98 | 29:49 |
| 3 John Barbour | 65 | Greater Lowell Road Runners | 88.78 | 30:43 |
| 4 Mark Reeder | 60 | Greater Lowell Road Runners | 88.14 | 29:34 |
| 5 Doug Goodhue | 77 | Ann Arbor Track Club | 87.78 | 36:18 |
| 6 Daniel King | 60 | Athletics Boulder | 87.65 | 29:44 |
| 7 Russell Blatt | 62 | Hartford Track Club | 87.51 | 30:19 |
| 8 Ken Youngers | 63 | Atlanta Track Club | 87.40 | 30:38 |
| 9 Timothy Conheady | 62 | Greater Philadelphia TC | 86.75 | 30:35 |
| 10 Charlie Muse | 63 | Greater Lowell Road Runners | 86.65 | 30:54 |
| 11 George Braun | 66 | Boulder Road Runners | 86.65 | 31:46 |
| 12 Tony Marshall | 75 | San Diego Striders | 86.64 | 35:28 |
| 13 Doug Keller | 61 | Run N Fun | 86.58 | 30:22 |
| 14 Robert Qualls | 67 | River City Rebels | 86.08 | 32:17 |
| 15 Charles Shields, III | 60 | Greater Philadelphia TC | 86.05 | 30:17 |

AGE 40+ MASTER MEN 10K AGE GRADED RESULTS

| PLACE NAME | AGE | AFFILIATION | AGE GRADE | TIME |
|--------------------|-----|------------------------------|-----------|-------|
| 1 Peter Hammer | 53 | Boston Athletic Association | 89.07 | 34:36 |
| 2 Nat Larson | 57 | Greater Springfield Harriers | 88.88 | 35:55 |
| 3 Mark Zamek | 56 | Garden State Track Club NB | 87.61 | 36:07 |
| 4 Jacques Sallberg | 45 | Cal Coast Track Club | 87.58 | 32:55 |
| 5 Jaime Heilpern | 49 | HOKA Aggie Running Club | 87.45 | 34:04 |
| 6 Craig Godwin | 52 | Bowerman Track Club | 86.98 | 35:08 |
| 7 Dave Slavinski | 48 | Unattached | 86.85 | 34:01 |
| 8 Sandu Rebenciuc | 50 | Greater Springfield Harriers | 86.49 | 34:44 |
| 9 Mark Hixson | 54 | Greater Springfield Harriers | 86.47 | 35:57 |
| 10 Mark Yuen | 49 | West Valley Track Club | 86.14 | 34:35 |
| 11 Peter Gilmore | 42 | West Valley Track Club | 85.30 | 33:00 |
| 12 Jeff Devlin | 55 | Downingtown Running Club | 85.22 | 36:48 |
| 13 Alan Evans | 56 | Genesee Valley Harriers | 85.02 | 37:13 |
| 14 Julian Marsh-NC | 46 | West Valley Track Club | 84.99 | 34:12 |
| 15 Eric Loeffler | 42 | Run MN | 84.96 | 33:08 |

AGE 40+ MASTER WOMEN 6K AGE GRADED RESULTS

| PLACE | NAME | AGE | AFFILIATION | AGE GRADE | TIME |
|-------|-----------------------|-----|--------------------------|-----------|-------|
| 1 | Nora Cary | 64 | North Jersey Masters T&F | 90.70 | 26:09 |
| 2 | Marisa Sutera Strange | 56 | Athena Track Club | 89.78 | 23:54 |
| 3 | Carmen Ayala-Troncoso | 60 | Team Rogue | 89.00 | 25:19 |
| 4 | Beth Stalker | 60 | Willow Street AC | 87.05 | 25:53 |
| 5 | Laura Latchford | 51 | Pike Creek Valley RC | 86.97 | 23:17 |
| 6 | Hronn Gudmundsdottir | 54 | Impala Racing Team | 86.42 | 24:15 |
| 7 | Kathi Sleavin | 60 | Club Northwest | 85.62 | 26:19 |
| 8 | Regina Joyce | 62 | Club Northwest | 85.33 | 27:05 |
| 9 | Lorraine Jasper | 58 | Athena Track Club | 85.19 | 25:48 |
| 10 | Laura Bruess | 59 | Athletics Boulder | 84.72 | 26:16 |
| 11 | Sascha Scott | 44 | Syracuse Track Club | 84.07 | 22:26 |
| 12 | Patrice Combs | 62 | Atlanta Track Club | 83.58 | 27:39 |
| 13 | Mary Swan | 58 | Athena Track Club | 83.47 | 26:20 |
| 14 | Tania Fischer | 53 | The Janes Elite Racing | 83.31 | 24:52 |
| 15 | Aeron Arlin Genet | 52 | HOKA Aggie Running Club | 83.08 | 24:39 |



12-14-2019 USATF National Club Cross Country Championships, Lehigh Univ., Bethlehem, PA
 Master Women's 6k race start - won by Sascha Scott, F44, 6k=22:26, in blue singlet - extreme left.

2020 USATF Cross Country Championships**January 18, 2020****Mission Bay Park, San Diego, CA**

Weather: 54-65 degrees, sunny, North wind 0-5 mph, 50% humidity

AGE 40+ MASTERS MEN - AGE GRADED RESULTS

| PLACE NAME | CLUB | AGE | AGE GRADE | TIME |
|----------------------------|------------------------------|-----|-----------|-------|
| 1 Joe Sheeran | Club Northwest | 62 | 86.60 | 30:38 |
| 2 Jacques Sallberg | Cal Coast Track Club | 45 | 85.58 | 26:52 |
| 3 Craig Godwin | Bowerman Track Club | 52 | 85.26 | 28:32 |
| 4 Nat Larson | Greater Springfield Harriers | 57 | 85.08 | 29:50 |
| 5 Daniel King | Athletics Boulder | 60 | 84.61 | 30:48 |
| 6 Iain Mickle | SRA Elite | 59 | 83.81 | 30:49 |
| 7 Chokri Dhaouadi | Sports Warriors Track Club | 48 | 83.75 | 28:07 |
| 8 Mark Hixson | Greater Springfield Harriers | 54 | 83.58 | 29:36 |
| 9 Christian Cushing-Murray | Cal Coast Track Club | 52 | 83.36 | 29:11 |
| 10 Kevin Zimmer | Prado Racing Team | 57 | 83.22 | 30:30 |
| 11 Mbarak Hussein | Sports Warriors Track Club | 54 | 82.61 | 29:57 |
| 12 Matthew Farley | Bowerman Track Club | 52 | 82.38 | 29:32 |
| 13 John Gardiner | Cal Coast Track Club | 47 | 82.26 | 28:24 |
| 14 Mark Tatum | Boulder Road Runners | 59 | 81.78 | 31:35 |
| 15 David Angell | Roanoke Valley Elite | 43 | 81.73 | 27:42 |

AGE 40+ MASTERS WOMEN - AGE GRADED RESULTS

| PLACE NAME | CLUB | AGE | AGE GRADE | TIME |
|-------------------------|------------------------|-----|-----------|-------|
| 1 Jane Treleven | Team Red Lizard | 71 | 87.54 | 29:51 |
| 2 Marisa Sutera Strange | Pleasant Valley NY | 56 | 87.52 | 24:31 |
| 3 Jeanette Groesz | Team Red Lizard | 70 | 86.00 | 29:57 |
| 4 Sharon Gerl | Team Red Lizard | 71 | 80.98 | 32:16 |
| 5 Laura Bruess | Athletics Boulder | 59 | 80.68 | 27:35 |
| 6 Mo Bartley | Impala Racing Team | 64 | 80.63 | 29:25 |
| 7 Lorilynn Bloomer | Bowerman Track Club | 47 | 79.99 | 24:14 |
| 8 Rosalva Bonilla | So Cal Track Club | 57 | 79.50 | 27:19 |
| 9 Grace Padilla | The Janes Elite Racing | 48 | 78.31 | 25:01 |
| 10 Kimberly Hazard | Team Nash | 55 | 77.67 | 27:18 |
| 11 Tania Fischer | The Janes Elite Racing | 53 | 77.40 | 26:46 |
| 12 Nancy Simmons | Impala Racing Team | 60 | 76.81 | 29:20 |
| 13 Nancy Thomas | Impala Racing Team | 50 | 76.58 | 26:09 |
| 14 Jo Anne Rowland | Impala Racing Team | 71 | 76.44 | 34:11 |
| 15 Mary Lynch | The Janes Elite Racing | 53 | 76.35 | 27:08 |



1-18-2020, USA Cross Country Championships, Mission Bay Park, San Diego, CA
Above: Marisa Sutera-Strange, F56, 2nd o'all, 1st 55-59, 6k = 24:31, 2nd age graded 87.52%.
Below: Joe Sheeran, M62, 27th o'all, 1st 60-64, 8k = 30:38, 1st age graded 86.60%.





Above: Master Men begin the 2nd 2k loop at the USA Cross Country Championships at Mission Bay Park in San Diego on January 18, 2020.

Below: Jane Treleven, F71, 31st o'all, 1st 70-74, 6k=29:51, age graded champ 87.54% also in San Diego.





1-18-2020, USA XC, Mission Bay Park, San Diego. Above: Eric Blake, M40, 2nd o'all, 8k=27:35, chased by David Angell, M43, 3rd o'all, 8k=27:42. Below: Grace Padilla, F48, 8th o'all, 6k=25:01.





Above: Marisa Sutera-Strange.
Below: Sascha Scott.





© Michael Scott 2019.

Above: BAA teammates Christopher Magill (#215) and Peter Hammer (#1214), M53, 18th o'all, 10k=34:36, 1st 50-54, 1st age graded 89.07%, navigate a muddy downgrade at Club XC in Bethlehem, PA.
Below: Great to see Masters Hall-of-Famer – Mbarak Hussein (#269) M54, 19th o'all back in action.





© Michael Scott 2019.

Above: Jacques Sallberg, M45, 1st o'all, 10k=32:55, leads Peter Gilmore and Eric Loeffler at the USATF National Club Cross Country Championships at Lehigh Univ., Bethlehem, PA, on Dec. 14, 2019

Below: Bethlehem, PA – Master Men 10k – 444 finishers - the start.



© Michael Scott 2019.

In Memorium:



Our friend, long-time USATF official and leader **Bill Roe** passed away Saturday, February 29, 2020 at age 69 while attending the 2020 Pan-Am Cross Country Cup in British Columbia. He was at the meet supporting the USA teams as a member of the Games Committee and as the acting Masters XC Rep. Bill Roe was always a great supporter and advocate of Masters Cross Country. As USA's representative to the IAAF Cross Country Committee Roe led the charge to include Master cross country runners at IAAF World Cross Country Championships. Bill Roe served as President of USA Track & Field (USATF) for two terms from 2000-2008. The founder in 1972 of Seattle's Club Northwest and in 1973 of the Pacific Northwest Association of USATF, Roe's resume includes work in nearly all capacities of the sport: as a coach, meet director, clinician, official, administrator, and executive. Roe was a member of the founding TAC (later USATF) Board of Directors in 1979 and served on the organization's Board of Directors from 1986 until 2009. He became one of three vice presidents in 1988, re-elected in 1990 to a second two-year term. In 1992 and 1994, he won two-year terms as Secretary, and in 1996 was re-elected to the position of vice president for a four-year term. He was voted to his first term as President in 2000 and re-elected in 2004. Roe was chair of the men's LDR Committee from 2012-16.

The founder and past editor of Northwest Runner magazine, Roe was a member of countless committees and task forces on the local, regional, and national level. During his first term, USATF created a Foundation arm, revised the procedures for the Hall of Fame, created three national club championships, performed both a comprehensive strategic planning exercise for the first time since 1988, and completed a first-ever zero-based budgeting inventory.

Roe coached the men's and women's cross country and distance programs at Western Washington University (WWU) in Bellingham, WA for many years. His athletes set more than 20 school records and earned multiple NAIA and NCAA All-American awards. He was regional cross country coach of the year in 1995 and conference cross country coach of the year in 1997.

He was an international team leader or coach nine times and led the USA team to the 2001 World Cross Country Championships in Ostende, Belgium, the 2002 event in Dublin, Ireland, the 2003 championships in Lausanne, Switzerland, and the 2004 meet in Brussels, Belgium. Roe worked closely with the cross country international teams and was a U.S. delegate to the IAAF World Congress in 2001, 2003, 2005 & 2007. He was a Master official and referee from the time USATF's certification program was founded in 1980. He directed a number of track & field meets, cross country meets and road races each year, including a series of a dozen summer all-comers meets in Seattle he has directed since 1969. Roe was born in Seattle on September 19, 1950 and attended Nathan Hale High School and the University of Washington. In 1985, he moved to Bellingham to pursue an advanced degree in education, and was a graphic designer/desktop publisher for Western's Woodring College of Education from 1989 until mid-2002. Since then, he freelanced in graphics and publishing in Bellingham and Seattle, and in event management throughout the Northwest, while continuing to coach at WWU.

Bill Roe will be greatly missed.



© Michael Scott 2019.

Above: Bill Quinlisk, USATF Masters Cross Country Representative.