



USATF Cross Country and Masters LDR

2006 Master Harriers of the Year Report

The USATF Cross Country Council Executive Committee announced its 2006 Master Harriers of the Year award winners on December 1st at the Annual Meeting in Indianapolis, IN. This year's winners **Kathryn Martin**, 54, of Northport, NY and **David O'Keeffe**, 47, of Orchard Park, NY are both previous winners of the award.

The award is open to all registered USATF master athletes (ages 40+) who have competed in at least one of the USATF National Master Cross Country Championships between Annual Meetings. There were only two Master XC Championships to consider: the 8k race in New York City's famous Van Cortlandt Park on February 18, 2006 and the 5k event in historic Saratoga State Park in Saratoga Springs, NY held on October 15, 2006. Selection was based on the age-graded results of these two Championships. This anomaly was due to the early date for the 2005 Club XC Championships, 11/19/2005, in Rochester, NY, which was included as part of the 2005 Harriers of the Year Report. The 2006 Club XC Championships is scheduled for San Francisco on December 9, 2006 after the 2006 annual meeting and will be part of the 2007 report. Age-grading should only be used to compare performances of runners of all ages in a particular race.

Kathryn Martin was the top age-graded female runner at the 8k and virtually tied for the top at the 5k. She was USATF National Champion for the Women's 50-54 age division at both events. Kathryn won the Masters HOY Award in 2002 and 2004 and tied for the award with Shirley Matson in 2005. Two-time MHOY award winner Carolyn Smith-Hanna was the only other female runner to age-grade in the top 10 of both events. She was 3rd in both.

David O'Keeffe, who won the MHOY last year, was the top age-graded male runner at the 5k and was 4th at the 8k this year. Oddly enough, O'Keeffe was not the men's 45-49 National age group champion at the 5k as he was edged out by Todd Coffin, 45 of Freeport, ME by 8 seconds and one place. But Coffin finished behind O'Keeffe in the age-grading, 91.72% to 91.08%. The only other male runner to age-grade in the top 10 at both events was 5-time award winner Tom Dalton who was 5th at the 8k and 6th at the 5k.

Master Harriers of the Year Award Winners

<u>Year</u>	<u>Women's Winner</u>	<u>Men's Winner</u>
2000	Carolyn Smith-Hanna	Tom Dalton
2001	Carolyn Smith-Hanna and Joan Ottaway	Tom Dalton
2002	Kathryn Martin	Tom Dalton
2003	Kathryn Martin and Shirley Matson	Tom Dalton and Robert Winn
2004	Kathryn Martin	Tom Dalton
2005	Carmen Ayala-Troncoso	David O'Keeffe
2006	Kathryn Martin	David O'Keeffe

**2006 USATF Masters 5k Cross Country Championships
Saratoga State Park, Saratoga Springs, NY
October 15, 2006**

Top 10 Age-Graded Men

Place	Name	Age	S	Time	Adjusted	PLP
=====	=====	====	=	=====	=====	=====
1	David O'Keeffe	47	M	15:42	14:04	91.722%
2	Todd Coffin	45	M	15:34	14:10	91.076
3	Tom Ryan	51	M	16:25	14:15	90.565
4	Brian Pope	43	M	15:25	14:15	90.561
5	Bill Borla	66	M	18:44	14:17	90.363
6	Thomas Dalton	48	M	16:04	14:17	90.339
7	Michael Payson	43	M	15:28	14:17	90.269
8	Rich Burns	51	M	16:31	14:20	90.017
9	Roger Price	57	M	17:27	14:25	89.562
10	Christopher Webber	54	M	17:04	14:27	89.289

Top 10 Age-Graded Women

Place	Name	Age	S	Time	Adjusted	PLP
=====	=====	====	=	=====	=====	=====
1	Carmen Ayala-Troncoso	47	F	17:19	15:43	94.225%
2	Kathryn Martin	55	F	19:11	15:44	94.092
3	Carolyn Smith-Hanna	55	F	20:28	16:47	88.192
4	Suzanne Myette	49	F	19:02	16:51	87.828
5	Marisa Hanson	43	F	17:57	16:57	87.372
6	Sylvie Kimche	59	F	22:12	17:15	85.811
7	Lenis Tucker	68	F	25:25	17:15	85.836
8	Mary Harada	71	F	26:53	17:22	85.245
9	Charlotte Rizzo	44	F	18:38	17:26	84.884
10	Coreen Steinbach	55	F	21:18	17:29	84.742

**2006 USATF Masters 8k Cross Country Championships
 Van Cortlandt Park, New York City, NY
 February 18, 2006**

Top 10 Age-Graded Men

Place	Name	Age	S	Time	Adjusted	PLP		
1	Patrick Fuller	40	M	24:52	23:30	90.208	%	Eugene, OR
2	Peter Magill	44	M	25:40	23:32	90.081		S. Pasadena, CA
3	Danny Martinez	44	M	25:57	23:47	89.097		Alhambra, CA
4	David O'Keefe	47	M	26:35	23:48	89.025		Orchard Park, NY
5	Thomas Dalton	47	M	26:39	23:52	88.802		Schenectady, NY
6	Sean Wade	40	M	25:18	23:54	88.663		Houston, TX
7	Tony Reyes	44	M	26:07	23:56	88.528		Chino, CA
8	Andrew Ames	43	M	26:04	24:05	88.022		Boulder, CO
9	Oscar Gonzalez	42	M	25:52	24:05	87.976		New Haven, CT
10	David Olds	44	M	26:17	24:05	87.967		Los Angeles, CA
11	Lance Denning	44	M	26:19	24:07	87.856		Boulder, CO
12	Brian Pope	43	M	26:10	24:10	87.686		Oxford, MS

Top 10 Age-Graded Women

Place	Name	Age	S	Time	Adjusted	PLP		
1	Kathryn Martin	54	F	31:35	26:14	91.768	%	Northport, NY
2	C. Gail Hunter	62	F	38:29	28:37	84.106		Longmont, CO
3	Carolyn Smith-Hanna	55	F	34:58	28:40	83.985		Pittsford, NY
4	Barbara Gubbins	46	F	31:40	29:02	82.947		Southampton, NY
5	Catriona Dowling	47	F	32:13	29:13	82.411		Boulder, CO
6	Jean Stemm	46	F	32:09	29:29	81.700		New York, NY
7	Kelly Kruell	46	F	32:26	29:44	80.987		Portland, OR
8	Carol Kane	60	F	39:05	29:55	80.469		Weston, CT
9	Judith Moir	63	F	40:56	30:00	80.252		Nederland, CO
10	Judith Tripp	59	F	38:42	30:03	80.146		New York, NY



Above: 02-18-2006, Van Cortlandt Park, New York City, David O’Keeffe, 1st M45-49, 12th overall, 4th Age Grading.

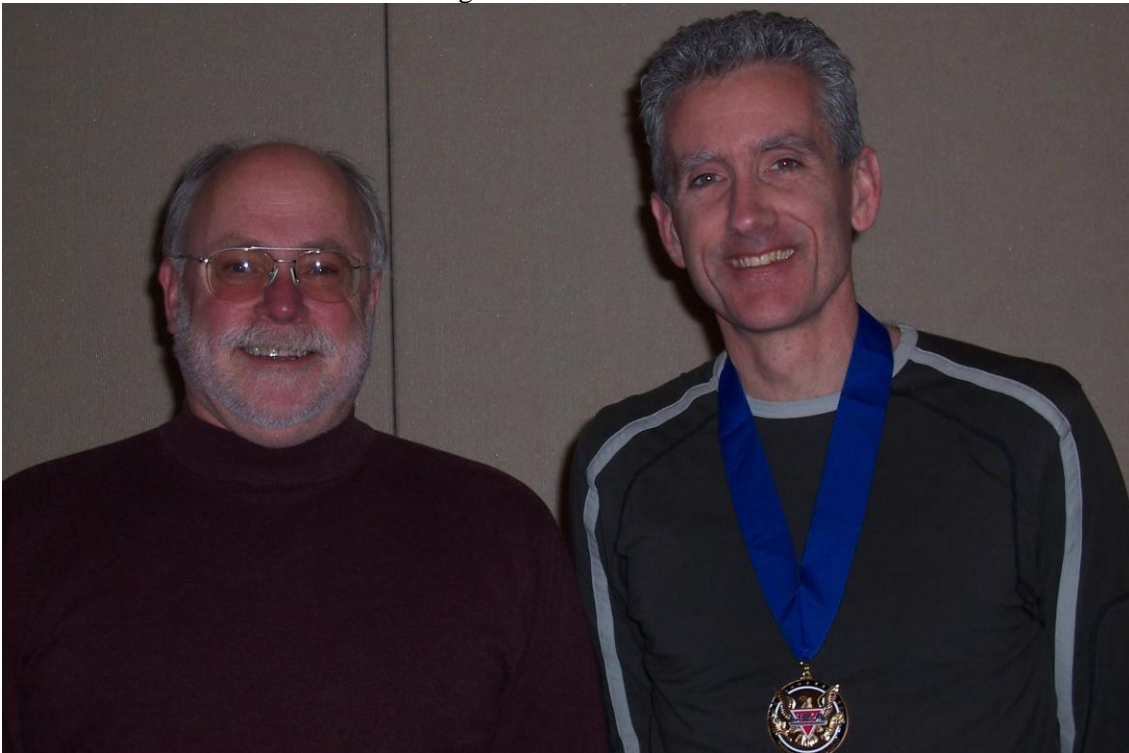
Below: Peter Magill, 3rd 40-44, 3rd overall, 2nd Age Grading





Above: Tom Dalton, #830, 2nd 45-49, 13th overall, 5th Age Grading outkicks Kevin Kelly #869.

Below: USATF President Bill Roe congratulates Harrier of the Year Dave O'Keeffe.





Above: Master Women's start. Van Cortlandt Park - that's Broadway in the background.

Below: Kathryn Martin – Harrier of the Year.

