



## USATF Cross Country and Masters LDR

### 2005 Master Harriers of the Year Report

The USATF Cross Country Council's Executive Committee announced its 2005 Masters Harrier of the Year award winners on December 2<sup>nd</sup> at the Annual Meeting in Jacksonville, FL. The winners, both aged 46 and both winning for the first time, are **Carmen Ayala-Troncoso** of Austin, TX and **David O'Keeffe** of Orchard Park, NY.

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. A unique variation in the championship schedule this year led to four Master XC Championships instead of the usual three: Portland, OR (12/04/04), Vancouver, WA (02/12/05), Saratoga Springs, NY (10/16/05) and Rochester, NY (11/19/05). The Club XC Championships (12/4/2004) were held after the 2004 USATF Annual Meeting so the results were included in the 2005 Harriers of the Year determination. The 2005 Club XC Championships in Rochester, NY (11/19/2005) were held at the earliest date in decades and thus prior to the 2005 USATF Annual Meeting. Thus, their results were also included in the 2005 Harriers of the Year determination. Selection was based on the age-graded results of these four Championships. Care must be taken when considering age-graded results in cross country. Be sure to compare each championship race as a separate event and not to rate one race's results against another due to differences in conditions like weather, terrain and accuracy of measurement.

Carmen Ayala-Troncoso dominated the 2005 national women's cross country scene as she not only age-graded on top in three of the four races, but won all four races. She was topped in age-graded results only at the Portland 6k by Kathryn Martin. David O'Keeffe age-graded on top at the 5k at Saratoga Springs, was 2<sup>nd</sup> at Rochester and 7<sup>th</sup> at Vancouver in the three events he participated.

Missing from the award platform is 5-timer winner Tom Dalton who suffered from a bout of Lyme Disease this past summer and did not return to top form, although he did run well at Saratoga Springs and Rochester.

### Masters Harrier 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<br>and Joan Ottaway | Tom Dalton                    |
| 2002        | Kathryn Martin                          | Tom Dalton                    |
| 2003        | Kathryn Martin<br>and Shirley Matson    | Tom Dalton<br>and Robert Winn |
| 2004        | Kathryn Martin                          | Tom Dalton                    |
| 2005        | Carmen Ayala-Troncoso                   | David O'Keeffe                |

### USATF National Club XC Championships – Portland, OR

December 4, 2004

### Masters Men's 10k Age-Graded Results

#### TOP 10

|                      |    |                       |       |        |
|----------------------|----|-----------------------|-------|--------|
| 1. Hill, Leonard     | 23 | M52 Oregon Track      | 38:03 | 81.99% |
| 2. Becker, Rick      | 11 | M50 unattached        | 37:31 | 81.82% |
| 3. Sandoval, Anthony | 20 | M50 unattached        | 37:54 | 80.99% |
| 4. Shaheed, Nolan    | 60 | M55 SO Cal Track Club | 39:46 | 80.43% |
| 5. Pope, Brian       | 1  | M42 SO Cal Track Club | 36:04 | 79.96% |
| 6. Barbour, John     | 29 | M50 Greater Lowe      | 38:24 | 79.94% |
| 7. Magill, Peter     | 3  | M43 Team Runners High | 36:29 | 79.65% |
| 8. Borschel, Thomas  | 13 | M47 unattached        | 37:38 | 79.64% |
| 9. Reyes, Tony       | 7  | M43 SO Cal Track Club | 36:58 | 78.61% |
| 10. Parsel, Dave     | 40 | M49 Team Runners High | 38:51 | 78.38% |

## USATF Masters Men 8k XC Championships - Vancouver, WA

February 12, 2005

### Masters Men's 8k Age-Graded Results

#### Top 10

|     |                 |    |     |                    |       |       |
|-----|-----------------|----|-----|--------------------|-------|-------|
| 1.  | Danny Martinez  | 1  | M42 | Alhambra, CA       | 84.1% | 26:36 |
| 2.  | Rick Becker     | 14 | M50 | Selah, WA          | 83.9% | 28:22 |
| 3.  | Peter Magill    | 4  | M43 | South Pasadena, CA | 83.8% | 26:55 |
| 4.  | Brian Pope      | 2  | M42 | Oxford, MS         | 83.7% | 26:45 |
| 5.  | Daniel Gonzalez | 3  | M42 | Mountain View, CA  | 83.4% | 26:50 |
| 6.  | Lance Denning   | 5  | M43 | Boulder, CO        | 83.1% | 27:08 |
| 7.  | David O'Keefe   | 9  | M46 | Orchard Park, NY   | 82.9% | 27:50 |
| 8.  | Odis Sanders    | 8  | M45 | Eugene, OR         | 82.3% | 27:48 |
| 9.  | Andy DiConti    | 6  | M42 | Monrovia, CA       | 81.5% | 27:29 |
| 10. | Chuck Coats     | 12 | M45 | Forest Grove, OR   | 81.4% | 28:06 |

## USATF Masters Men 5k XC Championships – Saratoga Springs, NY

October 16, 2005

### Masters Men's 5k Age-Graded Results

#### Top 10

|     |                |    |     |    |   |       |        |
|-----|----------------|----|-----|----|---|-------|--------|
| 1.  | David O'Keefe  | 4  | 40+ | 46 | M | 15:38 | 91.40% |
| 2.  | Brian Pope     | 1  | 40+ | 42 | M | 15:11 | 91.26% |
| 3.  | Thomas Dalton  | 5  | 40+ | 47 | M | 15:47 | 91.24% |
| 4.  | Kevin Haas     | 6  | 40+ | 47 | M | 15:52 | 90.76% |
| 5.  | James Robinson | 1  | 50+ | 51 | M | 16:28 | 90.29% |
| 6.  | Terry Permar   | 2  | 50+ | 51 | M | 16:33 | 89.84% |
| 7.  | John Hinton    | 3  | 40+ | 43 | M | 15:33 | 89.78% |
| 8.  | Eric Morse     | 2  | 40+ | 40 | M | 15:18 | 89.21% |
| 9.  | David Long     | 4  | 50+ | 51 | M | 16:46 | 88.67% |
| 10. | Jerry Learned  | 10 | 50+ | 57 | M | 17:42 | 88.30% |

Note: There were 3 separate races, M40+, M50+ and M60+.

## USATF National Club XC Championships – Rochester, NY

November 19, 2005

### Masters Men's 10k Age-Graded Results

#### Top 10

|    |                |    |     |                    |       |       |
|----|----------------|----|-----|--------------------|-------|-------|
| 1. | John Tuttle    | 3  | M47 | Villa Rica, GA     | 91.3% | 32:49 |
| 2  | David O'Keefe  | 6  | M46 | Orchard Park, NY   | 90.3% | 32:57 |
| 3  | Peter Magill   | 1  | M44 | South Pasadena, CA | 89.4% | 32:46 |
| 4  | Douglas Martyn | 11 | M45 | North Andover, MA  | 88.0% | 33:32 |
| 5  | Scott Bagley   | 2  | M42 | Pittsford, NY      | 88.0% | 32:46 |
| 6  | Thomas Dalton  | 15 | M47 | Schenectady, NY    | 88.0% | 34:04 |
| 7  | Michael Payson | 4  | M42 | Falmouth, ME       | 87.8% | 32:51 |
| 8  | Mark Billett   | 46 | M52 | Shoreline, WA      | 87.7% | 35:35 |
| 9  | Brian Pope     | 5  | M42 | Oxford, MS         | 87.7% | 32:53 |
| 10 | David Olds     | 10 | M44 | Los Angeles, CA    | 87.4% | 33:31 |

## USATF National Club XC Championships – Portland, OR

December 4, 2004

### Masters Women 6k Age-Graded Results

#### TOP 10

|    |                        |    |     |                    |       |        |
|----|------------------------|----|-----|--------------------|-------|--------|
| 1  | Martin, Kathryn        | 8  | W53 | Northport, NY      | 26:53 | 78.98% |
| 2  | Ayala-Troncoso, Carmen | 1  | W45 | unattached         | 25:11 | 76.64% |
| 3  | Joyce, Regina          | 3  | W47 | Club Northwest     | 25:59 | 75.88% |
| 4  | Joyce, Monica          | 4  | W46 | Tortoise & H       | 26:03 | 74.86% |
| 5  | Teppo, Jennifer        | 7  | W46 | Bowerman AC        | 26:21 | 74.00% |
| 6  | Steen, Karen           | 2  | W40 | Club Northwest     | 25:20 | 73.16% |
| 7  | Freitas, Sara          | 10 | W46 | Impala Racing Team | 26:59 | 72.27% |
| 8  | Paddon, Kate           | 5  | W42 | Adidas Woodr       | 26:09 | 71.89% |
| 9  | Halgren, Sandi         | 28 | W52 | Fairhaven Runners  | 29:12 | 71.80% |
| 10 | Bellan, Patricia       | 6  | W41 | YMCA Team Idaho    | 26:19 | 70.87% |

## USATF Masters Women 8k XC Championships - Vancouver, WA

February 12, 2005

### Masters Women 8k Age-Graded Results

#### Top 10

|    |                       |    |                     |       |       |
|----|-----------------------|----|---------------------|-------|-------|
| 1  | Carmen Ayala-Troncoso | 1  | 45F Austin, TX      | 85.4% | 30:13 |
| 2  | Jeanette Groesz       | 10 | 55F Redmond, OR     | 79.6% | 35:34 |
| 3  | Katie Courtwright     | 2  | 40F Santa Fe, NM    | 77.2% | 32:02 |
| 4  | Kelly Kruell          | 4  | 45F Portland, OR    | 76.3% | 33:48 |
| 5  | Denise Foote          | 5  | 45F Aloha, OR       | 75.4% | 34:13 |
| 6  | Laura Caldwell        | 12 | 52F Lake Oswego, OR | 74.9% | 36:40 |
| 7  | Audrey O'Brien        | 6  | 45F Portland, OR    | 74.4% | 34:40 |
| 8  | Helene Hutchinson     | 3  | 40F Portland, OR    | 74.3% | 33:18 |
| 9  | Karen Murphy          | 7  | 44F Lakewood, CO    | 73.4% | 34:50 |
| 10 | Lauren Binder         | 16 | 57F Portland, OR    | 73.2% | 39:29 |

## USATF Masters Women 5k XC Championships – Saratoga Springs, NY

October 16, 2005

### Masters Women 5k Age-Graded Results

#### Top 10

|    |                        |    |      |       |        |
|----|------------------------|----|------|-------|--------|
| 1  | Carmen Ayala-Troncoso  | 1  | 46 F | 17:12 | 93.80% |
| 2  | Carrie Parsi           | 43 | 66 F | 23:30 | 89.93% |
| 3  | Marisa Hanson          | 2  | 42 F | 17:22 | 89.54% |
| 4  | Carolyn Smith-Hanna    | 18 | 55 F | 20:16 | 89.06% |
| 5  | Lenis Tucker           | 50 | 67 F | 25:16 | 84.96% |
| 6  | Barbara Gubbins        | 6  | 45 F | 18:54 | 84.48% |
| 7  | Mary Evans             | 7  | 46 F | 19:06 | 84.47% |
| 8  | Sylvie Kimche          | 36 | 58 F | 22:26 | 83.80% |
| 9  | Catherine Stone-Borman | 4  | 43 F | 18:52 | 83.13% |
| 10 | Belinda O'Brien        | 25 | 53 F | 21:10 | 83.07% |

# USATF National Club XC Championships – Rochester, NY

November 19, 2005

## Masters Women's 6k Age-Graded Results

### Top 10

|    |                       |    |                       |        |       |
|----|-----------------------|----|-----------------------|--------|-------|
| 1  | Carmen Ayala-Troncoso | 1  | 46F Austin, TX        | 89.72% | 21:44 |
| 2  | Regina Joyce          | 2  | 48F Lynnwood, WA      | 87.69% | 22:45 |
| 3  | Carrie Parsi          | 45 | 66F Gloucester, MA    | 86.55% | 29:30 |
| 4  | Carolyn Smith-Hanna   | 19 | 55F Pittsford, NY     | 83.90% | 25:59 |
| 5  | Mary Shaver           | 46 | 64F Geneva, NY        | 83.86% | 29:32 |
| 6  | Lenis Tucker          | 54 | 67F Baldwinsville, NY | 81.98% | 31:38 |
| 7  | Dorothy Little        | 52 | 66F Hopewell, NJ      | 81.53% | 31:19 |
| 8  | Karen Steen           | 3  | 41F Olympia, WA       | 81.44% | 22:54 |
| 9  | Sarah Krakoff         | 4  | 40F Boulder, CO       | 80.76% | 22:57 |
| 10 | Kelly Kruell          | 8  | 46F Portland, OR      | 80.75% | 24:09 |



Above: Not only did Carmen Ayala-Troncoso win the 2005 Masters 5k XC Championships at the historic Saratoga Spa State Park course in Saratoga Springs, NY but she was also the Age Graded champion.



Above: Marisa Hanson finishes 2<sup>nd</sup> in the 2005 Masters 5k XC Championships at the historic Saratoga Spa State Park course in Saratoga Springs, NY. She finished 3<sup>rd</sup> in the Age Graded results.



Above: Brian Pope wins the M40+ race at the 2005 Masters 5k XC Championships at the historic Saratoga Spa State Park course in Saratoga Springs, NY. Brian finished 2<sup>nd</sup> to David O'Keefe in the combined Master Men's Age Graded results.

Note: A very young Masters XC Rep., Championships Referee Bill Quinlisk, holds the finish tape (l) along with Adirondack Association Race Walking Chair Don Lawrence (r).





Above: Jim Robinson wins the M50+ race at the 2005 Masters 5k XC Championships at the historic Saratoga Spa State Park course in Saratoga Springs, NY. Jim finished 5<sup>th</sup> in the combined Master Men's Age Graded results.