



USATF Cross Country and Masters LDR

2004 Master Harriers of the Year Report

The USATF Cross Country Council's Executive Committee announced its 2004 Master Harriers of the Year award winners on December 3rd at the Annual Meeting in Portland, OR. The winners are **Kathryn Martin** of Northport, NY and **Tom Dalton** of Schenectady, NY. This is Kathryn Martin's 3rd consecutive Master Harrier of the Year award. Tom Dalton has won this award every year since its inception in 2000. This is his 5th consecutive win.

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. The 2003 National Club XC Championships in Greensboro, NC was held on 12/7/2003 after the USATF annual meeting and featured 10k races for both Master Men and Master Women. 2004 saw an additional three separate cross country national championships for Master runners. The USATF Cross Country Championships and World Cup Trials were held in snowy Indianapolis, IN on 2/7/2004 where Master Men and Master Women both raced 6k. There were two 'stand-alone' Master XC Championships in the fall of 2004. Boston, MA hosted the Masters 8k XC event on 11/7/2004 at venerable Franklin Park. Saratoga Springs, NY hosted the Master 5k XC Championships at the challenging Saratoga Spa State Park course. 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.

Kathryn Martin won the age grading at the two east coast championships besting Carmen Ayala-Troncoso and two-time Harrier of the Year Carolyn Smith-Hanna. Carmen Ayala-Troncoso was the top age grader at the Indy event. Regina Joyce was tops at Greensboro. Tom Dalton also won the age grading at the two east coast events while Pete Magill won in Indy and was second to Robert Winn in Greensboro. Dalton topped Magill in head-to-head competition at his home course in Saratoga Springs, NY to claim the Harrier of the Year award for the 5th straight year.

2003 USATF National Club Cross Country Championships
Bryan Park, Greensboro, NC
12/07/2003

Top 10 Women Finishers by Age Grading (10k)

| | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Age Grade</u> |
|----|---------------------|------------|-------------|--------------|------------------|
| 1 | Regina Joyce | 47 | 41:15 | 3 | 80.30 |
| 2 | Kelly Kruell | 44 | 40:40 | 2 | 79.35 |
| 3 | Kate Paddon | 41 | 40:01 | 1 | 78.64 |
| 4 | Carol L'Esperance | 54 | 45:31 | 8 | 77.66 |
| 5 | Michelle Neal | 42 | 41:44 | 4 | 76.68 |
| 6 | Mary Shaver | 62 | 51:44 | 12 | 74.38 |
| 7 | Christina Ashby | 41 | 42:49 | 5 | 73.50 |
| 8 | Carolyn Smith-Hanna | 53 | 47:53 | 11 | 73.11 |
| 9 | Belinda O'Brien | 51 | 47:14 | 9 | 72.72 |
| 10 | Lynn Vocelka | 45 | 45:23 | 7 | 71.72 |

Top 10 Men Finishers by Age Grading (10k)

| | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Age Grade</u> |
|----|------------------|------------|-------------|--------------|------------------|
| 1 | Robert Winn | 45 | 33:16 | 1 | 86.87 |
| 2 | Peter Magill | 42 | 33:17 | 2 | 84.94 |
| 3 | David O'Keeffe | 45 | 34:05 | 5 | 84.79 |
| 4 | David Olds | 42 | 33:20 | 3 | 84.77 |
| 5 | Kenneth Leinbach | 49 | 35:17 | 17 | 84.46 |
| 6 | John Hinton | 41 | 33:46 | 4 | 83.12 |
| 7 | Matt Yeo | 49 | 35:59 | 26 | 82.82 |
| 8 | Tim Minor | 46 | 35:12 | 14 | 82.73 |
| 9 | Paul Hammond | 44 | 34:41 | 10 | 82.72 |
| 10 | Emil Magallanes | 48 | 35:49 | 23 | 82.56 |

2004 USA TF Cross Country Championship
Fall Creek & 16th Park, Indianapolis, IN
02/07/04

Top 10 Women Finishers by Age Grading (6k)

| <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Age Grade</u> | |
|-------------|-----------------------|-------------|--------------|------------------|--------|
| 1 | Carmen Ayala-Troncoso | 44 | 22:36 | 1 | 83.81% |
| 2 | Laurie Decker | 44 | 24:46 | 4 | 76.47 |
| 3 | Kelly Kruell | 44 | 25:24 | 6 | 75.21 |
| 4 | Cheryl Harper | 41 | 24:34 | 2 | 75.18 |
| 5 | Gloria Jansen | 56 | 28:23 | 11 | 74.60 |
| 6 | Sheri Wright | 40 | 24:40 | 3 | 74.26 |
| 7 | C. Gail Hunter | 59 | 29:29 | 14 | 74.12 |
| 8 | Wanda Toro Scheib | 41 | 25:03 | 5 | 73.73 |
| 9 | Karen Murphy | 43 | 25:39 | 7 | 73.22 |
| 10 | Carolyn Benson | 46 | 27:17 | 9 | 70.63 |

Top 10 Men Finishers by Age Grading (6k)

| <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Age Grade</u> | |
|-------------|---------------|-------------|--------------|------------------|--------|
| 1 | Peter Magill | 42 | 18:40 | 1 | 88.81% |
| 2 | David O'Keefe | 45 | 19:25 | 4 | 87.27 |
| 3 | Mike Scannell | 41 | 19:04 | 2 | 86.32 |
| 4 | Lance Denning | 42 | 19:21 | 3 | 85.06 |
| 5 | Dave Parsel | 48 | 20:24 | 13 | 84.99 |
| 6 | Bill Lawrence | 49 | 20:40 | 20 | 84.55 |
| 7 | David Olds | 42 | 19:43 | 5 | 84.08 |
| 8 | Stanley Clark | 49 | 20:51 | 23 | 83.81 |
| 9 | Dave Dooley | 56 | 22:11 | 50 | 83.46 |
| 10 | Andrew Ames | 41 | 19:47 | 6 | 83.19 |

2003 USATF Masters 8K Cross Country Championships
Franklin Park, Boston, MA
11/07/2004

Top 10 Women Finishers by Age Grading (8k)

| | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Age Grade</u> |
|----|-----------------------|------------|-------------|--------------|------------------|
| 1 | Kathryn Martin | 53 | 31:15 | 78 | 88.768 |
| 2 | Carmen Ayala-Troncoso | 45 | 29:17 | 44 | 88.054 |
| 3 | Karen Smyers | 43 | 29:54 | 51 | 84.783 |
| 4 | Brenda Egizi | 45 | 30:30 | 57 | 84.541 |
| 5 | Carolyn Smith-Hanna | 54 | 33:12 | 112 | 84.367 |
| 6 | Barbara Gubbins | 44 | 30:37 | 63 | 83.507 |
| 7 | Carrie Parsi | 65 | 38:43 | 174 | 81.610 |
| 8 | Rebecca Heuer | 40 | 30:24 | 55 | 81.332 |
| 9 | Sidney Letendre | 50 | 33:19 | 116 | 80.920 |
| 10 | Cathy Klim | 55 | 35:08 | 138 | 80.512 |

Top 10 Men Finishers by Age Grading (8k)

| | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Age Grade</u> |
|----|-----------------|------------|-------------|--------------|------------------|
| 1 | Thomas Dalton | 46 | 25:25 | 2 | 90.702 |
| 2 | John Barbour | 50 | 26:32 | 7 | 89.617 |
| 3 | Bill Borla | 64 | 30:24 | 54 | 88.739 |
| 4 | Brian Pope | 41 | 25:08 | 1 | 88.415 |
| 5 | Bill Dixon | 57 | 28:48 | 36 | 87.593 |
| 6 | Bob Carroll | 48 | 27:02 | 11 | 86.597 |
| 7 | Michael Payson | 41 | 25:41 | 4 | 86.522 |
| 8 | Oscar Gonzalez | 40 | 25:33 | 3 | 86.415 |
| 9 | Roger Price | 55 | 28:50 | 38 | 85.948 |
| 10 | Scott Lundquist | 43 | 26:19 | 5 | 85.668 |

2004 USA TF Masters 5K Cross Country Championship
Saratoga Spa State Park, Saratoga Springs, NY
11/17/2004

Top 10 Women Finishers by Age Grading

| | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Age Grade</u> |
|----|---------------------|------------|-------------|------------------|------------------|
| 1 | Kathryn Martin | 53 | 18:23 | 4 th | 92.248 |
| 2 | Sarah Kramer | 44 | 18:10 | 2 nd | 86.018 |
| 3 | Marisa Hanson | 41 | 17:47 | 1 st | 86.018 |
| 4 | Carolyn Smith-Hanna | 54 | 20:12 | 13 th | 84.777 |
| 5 | Patricia Ford | 49 | 19:27 | 7 th | 83.967 |
| 6 | Rebecca Heuer | 40 | 18:20 | 3 rd | 82.436 |
| 7 | Carrie Parsi | 65 | 23:33 | 33 rd | 82.045 |
| 8 | Janice Morra | 46 | 19:39 | 8 th | 80.916 |
| 9 | Wanda Toro-Scheib | 42 | 19:11 | 5 th | 80.096 |
| 10 | Beth Stalker | 45 | 19:43 | 9 th | 79.941 |

Top 10 Men Finishers by Age Grading

| | <u>Name</u> | <u>Age</u> | <u>Time</u> | <u>Place</u> | <u>Age Grade</u> |
|----|---------------|------------|-------------|----------------------|------------------|
| 1 | Thomas Dalton | 46 | 15:12 | 2 nd 40+ | 92.664 |
| 2 | Brian Pope | 41 | 14:54 | 1 st 40+ | 91.119 |
| 3 | Bill Borla | 64 | 18:14 | 1 st 60+ | 90.366 |
| 4 | Peter Magill | 43 | 15:17 | 3 rd 40+ | 90.131 |
| 5 | William Dixon | 57 | 17:07 | 3 rd 50+ | 90.019 |
| 6 | Roger Price | 55 | 17:02 | 2 nd 50+ | 88.875 |
| 7 | Gary Griffin | 43 | 15:35 | 6 th 40+ | 88.396 |
| 8 | Tony Young | 42 | 15:29 | 5 th 40+ | 88.321 |
| 9 | Bob Giambalvo | 55 | 17:10 | 4 th 50+ | 88.184 |
| 10 | Rich Burns | 49 | 16:21 | 14 th 40+ | 88.155 |

Note: There were 3 separate Men's 5k races: 40+, 50+ and 60+.