



## USATF Cross Country and Masters LDR

### 2003 Master Harriers of the Year Report

The USATF Cross Country Council's Executive Committee announced its 2003 Master Harriers of the Year award winners on December 6<sup>th</sup> at the Annual Meeting in Greensboro, NC. There were co-winners for both Master Men and Master Women. The winners are **Kathryn Martin** of New York and **Shirley Matson** of California for the Master Women and **Tom Dalton** of New York and **Robert Winn** of Massachusetts for the Master Men. This is Kathryn Martin's 2<sup>nd</sup> consecutive Master Harrier of the Year award and the first for Shirley Matson. Tom Dalton has won this award every year since its inception in 2000. This is his 4<sup>th</sup> consecutive win and the first win for Robert Winn. 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 four national Master Cross Country Championships between annual meetings. The 2002 National Club XC Championships at Sierra College in windy Rocklin, CA on 12/14/2002. 2003 saw an additional three separate cross country national championships for Master runners. The USATF Cross Country Championships (Winter Nationals) were held at Buffalo Bayou Park in Houston, TX on 2/15/2003 where Master Men and Master Women both raced 6k. There were two 'stand-alone' Master XC Championships in the fall of 2003. Rochester, NY hosted the Masters 8k XC event on 11/2/2003 at Black Creek Park where the 160m ski slope challenged all. Holmdel, NJ hosted the Master 5k XC Championships at hilly Holmdel Park on 11/23/2003. 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 while Shirley Matson was 2<sup>nd</sup> age grade in Houston behind AG champ Carmen Ayala-Troncoso on her home course. The Committee considered a West Regional event where Matson topped the age grading. Regina Joyce was age graded best in Greensboro with a small Master Women's field.

Tom Dalton also won the age grading at the two east coast events while Robert Winn topped the age grading at both events west of the Mississippi. They never met head-to-head.

**2003 USA Masters  
10K Cross Country Championships  
Sierra College, Rocklin, CA  
12/14/2002**

**Top 10 Women Finishers by Age Grading**

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Age Grade</u>
1	Shirley Matson	W62	45:11	25	85.17%
2	Kathryn Martin	W51	42:40	11	80.50%
3	Sara Freitas	W44	40:20	2	80.01%
4	Regina Joyce	W45	40:44	6	79.90%
5	Carolyn Smith-Hanna	W52	43:42	17	79.35%
6	Jenny Teppo	W44	40:41	5	79.32%
7	Kim Rupert	W47	41:50	8	79.18%
8	Kathleen Aragon	W43	40:34	4	78.88%
9	Meghan Arbogast	W41	40:29	3	77.74%
10	Eve Pell	W65	51:17	46	77.73%

**Top 10 Men Finishers by Age Grading**

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Age Grade</u>
1	Leonard Hill	M50	35:27	17	84.73%
2	Bob Winn	M44	33:59	2	84.42%
3	John Barbour	M48	35:25	16	83.50%
4	Tim Minor	M44	34:51	7	83.32%
5	David Olds	M41	33:46	1	83.12%
6	Ken Leinbach	M47	35:41	22	82.23%
7	Daniel Gonzalez	M40	34:00	3	81.96%
8	Matt Yeo	M47	35:49	24	81.93%
9	Mark Billett	M49	36:25	38	81.83%
10	Marvin Rowley	M63	41:18	131	81.69%

**2003 USATF Cross Country Championships**  
**Buffalo Bayou Park, Houston, TX**  
**2/15/2003**

**Top 10 Women Finishers by Age Grading**

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Age Grade</u>
1	Carmen Ayala-Troncoso	W43	23:49	1	78.852%
2	Shirley Matson	W62	30:16	14	74.664
3	Kelly Kruell	W43	25:34	3	73.455
4	Laura Bruess	W42	25:29	2	73.078
5	Jennifer Teppo	W44	25:58	5	72.940
6	Meghan Arbogast	W41	25:34	4	72.238
7	Donna Moore	W43	27:13	7	69.002
8	Martha Buttner	W47	28:33	11	68.099
9	C. Gail Hunter	W59	32:11	22	67.897
10	Gloria Jansen	W55	31:00	18	67.606

**Top 10 Men Finishers by Age Grading**

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Age Grade</u>
1	Robert Winn	M44	22:06	2	76.111%
2	David Olds	M41	21:42	1	75.845
3	Bill Lawrence	M48	23:04	8	75.164
4	Ronnie Parks	M41	22:10	3	74.248
5	Joe Fabris	M45	23:00	6	73.676
6	Lance Denning	M41	22:27	4	73.311
7	Thom Weddle	M64	27:27	36	72.775
8	Daniel Skarda	M43	22:57	5	72.760
9	Kirk Udovich	M42	23:02	7	71.971
10	Tim Newell	M43	23:13	9	71.924

**2003 USA Masters 8K Cross Country Championships**  
**Black Creek Park, Rochester, NY**  
**11/2/2003**

**Top 10 Women Finishers by Age Grading**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Age Grade</u>
1 Martin, Kathryn	W52	31:07	1	88.33%
2 Michelsohn, Marie-Louise	W62	36:20	11	83.98%
3 Morris-Allen, Debra	W41	32:13	2	77.40%
4 Sharp, Gillian	W42	32:39	3	77.01%
5 Ford, Patti	W48	34:39	6	76.45%
6 Myette, Suzanne	W46	34:12	5	76.08%
7 Shaver, Mary	W62	40:15	22	75.80%
8 Vanderwood, Karen	W41	33:31	4	74.42%
9 Balander, Audrey	W47	36:08	9	72.65%
10 Franck, Zsafia	W50	37:30	16	71.93%

**Top 10 Men Finishers by Age Grading**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Age Grade</u>
1 Dalton, Tom	M45	26:15	2	87.20%
2 Borla, Bill	M63	31:36	48	84.54%
3 Bagley, Scott	M40	26:12	1	84.23%
4 O'Keefe, David	M44	27:07	4	83.76%
5 Price, Roger	M54	29:24	17	83.63%
6 Egle, Mike	M41	27:02	4	82.20%
7 Hoebeke, Rick	M54	29:58	27	82.02%
8 Glover, Pat	M57	30:59	40	81.46%
9 Irving, Gerald	M52	29:46	25	81.21%
10 McMullen, Tim	M50	29:18	15	81.19%

**2003 USA Masters 5K Cross Country Championships**  
**Holmdel Park, Holmdel, NJ**  
**11/23/2003**

**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	52 F	19:22	2	86.8%
2.Marie Lou Michelsohn	62 F	22:09	18	84.3%
3.Catherine Stone-bork	41 F	19:14	1	79.2%
4.Alicia Kelly	42 F	19:27	3	79.0%
5.Patti Ford	48 F	20:36	7	78.6%
6.Janice Morra	45 F	20:22	5	77.4%
7.Janice Reilly	42 F	19:55	4	77.2%
8.Erika Campbell	54 F	22:27	23	76.3%
9.Carolyn Smith-Hanna	53 F	22:14	19	76.3%
10.Imme Dyson	66 F	25:46	44	76.0%

**Top 10 Men Finishers by Age Grading**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Age Grade</u>
1.Tom Dalton	45 M	15:57	1 40+	87.7%
2.Roger Price	54 M	17:46	3 50+	84.5%
3.Chris Webber	51 M	17:21	1 50+	84.4%
4.Bill Borla	63 M	19:37	1 60+	83.2%
5.Tim McMullen	50 M	17:37	2 50+	82.5%
6.Terry Delph	58 M	18:53	15 50+	82.4%
7.Mike Kohlbrenner	45 M	17:01	6 40+	82.2%
Harry Nolan	56 M	18:35	11 50+	82.2%
9.Steven Calidonna	48 M	17:27	19 40+	82.0%
10.Conor O'Driscoll	42 M	16:42	3 40+	81.9%
Scott Brown	41 M	16:36	2 40+	81.9%

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