

**2013
USA CROSS COUNTRY
CHAMPIONSHIPS**

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Forest Park, St. Louis, MO February 2, 2013

**MASTERS WOMEN'S 6K
Presented by the Running Center of Saint Louis**

Place No.	Name	Age	Finish	Pace	Affiliation
1 539	JODY HAWKINS	46	22:30.0	6:03	SO CAL TRACK CLUB
2 526	CARMEN AYALA- TRONCOSO	53	23:06.9	6:12	UNATTACHED
3 528	CINDY BLAKELEY- CAMERON	48	24:07.5	6:29	KANSAS CITY SMOKE
4 552	KELLY VANDERMAIDEN	40	24:16.7	6:31	UNATTACHED
5 537	AMY FRULAND-SMOCK	40	25:06.7	6:45	ST. LOUIS TRACK CLUB
6 534	PAMELA DI GUISEPPE	45	25:21.0	6:48	ST. LOUIS TRACK CLUB
7 553	ENA WEINSTEIN	53	25:39.2	6:53	ATLANTA TRACK CLUB
8 532	CANDACE CAVENY	43	25:44.0	6:55	ST. LOUIS TRACK CLUB
9 540	DEBBIE KERBER	48	25:49.0	6:56	ST. LOUIS TRACK CLUB
10 543	JENNIFER MEYER	48	26:29.0	7:07	ST. LOUIS TRACK CLUB
11 551	CATHERINE UTZSCHNEIDER	57	26:35.0	7:08	UNATTACHED
12 541	LIZ KYGER	53	26:53.0	7:13	UNATTACHED
13 542	TERRI MENGHINI	47	27:01.2	7:15	BIG RIVER RUNNING COMPANY
14 529	DANIELLE BRUNNORTH	43	27:29.7	7:23	ST. LOUIS TRACK CLUB
15 531	PAMELA CAMPBELL	54	27:45.2	7:27	ST. LOUIS TRACK CLUB
16 554	CHRISTINE WILLIAMS	47	28:13.8	7:35	ST. LOUIS TRACK CLUB
17 527	TRACEY BERNETT	57	28:25.7	7:38	UNATTACHED
18 544	MARY NAEGER	50	28:28.2	7:39	ST. LOUIS TRACK CLUB
19 555	CAROL WRIGHT	53	28:29.0	7:39	ST. LOUIS TRACK CLUB
20 550	JANE TOMPKINS	55	29:29.5	7:55	UNATTACHED
21 530	LORI BUFKA	51	30:02.5	8:04	PLAYMAKERS ELITE/NEW BALANCE
22 536	LINDA FRISBY	65	30:07.0	8:05	UNATTACHED
23 549	STEPHANIE TODD	56	30:12.0	8:07	ST. LOUIS TRACK CLUB
24 533	LORI CLITHERO	52	30:19.7	8:09	ST. LOUIS TRACK CLUB
25 548	RUTH THELEN	68	31:45.5	8:32	PLAYMAKERS ELITE/NEW

					BALANCE
26	547	DONNA SWANSON	60	32:58.0	8:51 PLAYMAKERS ELITE/NEW BALANCE
27	545	ELLEN NITZ	72	37:18.0	10:01 PLAYMAKERS ELITE/NEW BALANCE
28	535	TERRY FOODY	64	39:06.7	10:30 BLUEGRASS RUNNERS
29	546	JUDITH SMYTHE	75	41:04.3	11:01 UNATTACHED
30	538	SARA GRANT	47	42:02.5	11:17 BLUEGRASS RUNNERS

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**MASTERS WOMEN'S - 6KM
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AGE GROUP AWARDS LIST

FEMALE AGE GROUP 40 - 44

Place	O'All	Name	Age	City	Time	Affiliation
1	7	KELLY VANDERMAIDEN	40		24:16.7	UNATTACHED
2	8	AMY FRULAND-SMOCK	40		25:06.7	ST. LOUIS TRACK CLUB
3	11	CANDACE CAVENY	43		25:44.0	ST. LOUIS TRACK CLUB
4	18	DANIELLE BRUNNWORTH	43		27:29.7	ST. LOUIS TRACK CLUB

FEMALE AGE GROUP 45 - 49

Place	O'All	Name	Age	City	Time	Affiliation
1	2	JODY HAWKINS	46		22:30.0	SO CAL TRACK CLUB

2	6	CINDY BLAKELEY-CAMERON	48	24:07.5	KANSAS CITY SMOKE
3	9	PAMELA DI GUISEPPE	45	25:21.0	ST. LOUIS TRACK CLUB
4	12	DEBBIE KERBER	48	25:49.0	ST. LOUIS TRACK CLUB
5	13	JENNIFER MEYER	48	26:29.0	ST. LOUIS TRACK CLUB
6	16	TERRI MENGHINI	47	27:01.2	BIG RIVER RUNNING COMPANY
7	20	CHRISTINE WILLIAMS	47	28:13.8	ST. LOUIS TRACK CLUB
8	34	SARA GRANT	47	42:02.5	BLUEGRASS RUNNERS

FEMALE AGE GROUP 50 - 54

Place	O'All	Name	Age	City	Time	Affiliation
1	4	CARMEN AYALA-TRONCOSO	53		23:06.9	UNATTACHED
2	10	ENA WEINSTEIN	53		25:39.2	ATLANTA TRACK CLUB
3	15	LIZ KYGER	53		26:53.0	UNATTACHED
4	19	PAMELA CAMPBELL	54		27:45.2	ST. LOUIS TRACK CLUB
5	22	MARY NAEGER	50		28:28.2	ST. LOUIS TRACK CLUB
6	23	CAROL WRIGHT	53		28:29.0	ST. LOUIS TRACK CLUB
7	25	LORI BUFKA	51		30:02.5	PLAYMAKERS ELITE/NEW BALANCE
8	28	LORI CLITHERO	52		30:19.7	ST. LOUIS TRACK CLUB

FEMALE AGE GROUP 55 - 59

Place	O'All	Name	Age	City	Time	Affiliation
1	14	CATHERINE UTZSCHNEIDER	57		26:35.0	UNATTACHED
2	21	TRACEY BERNETT	57		28:25.7	UNATTACHED

3	24	JANE TOMPKINS	55	29:29.5	UNATTACHED
4	27	STEPHANIE TODD	56	30:12.0	ST. LOUIS TRACK CLUB

FEMALE AGE GROUP 60 - 64

Place	O'All	Name	Age	City	Time	Affiliation
1	30	DONNA SWANSON	60		32:58.0	PLAYMAKERS ELITE/NEW BALANCE
2	32	TERRY FOODY	64		39:06.7	BLUEGRASS RUNNERS

FEMALE AGE GROUP 65 - 69

Place	O'All	Name	Age	City	Time	Affiliation
1	26	LINDA FRISBY	65		30:07.0	UNATTACHED
2	29	RUTH THELEN	68		31:45.5	PLAYMAKERS ELITE/NEW BALANCE

FEMALE AGE GROUP 70 - 74

Place	O'All	Name	Age	City	Time	Affiliation
1	31	ELLEN NITZ	72		37:18.0	PLAYMAKERS ELITE/NEW BALANCE

FEMALE AGE GROUP 75 - 79

Place	O'All	Name	Age	City	Time	Affiliation
1	33	JUDITH SMYTHE	75		41:04.3	UNATTACHED

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MASTERS WOMEN'S 6K - AGE GRADED RESULTS
Presented by the Running Center of Saint Louis

Place No.	Name	Age	Finish	Agegrade	Affiliation
1 526	CARMEN AYALA-TRONCOSO	53	23:06.9	91.00	UNATTACHED
2 539	JODY HAWKINS	46	22:30.0	86.08	SO CAL TRACK CLUB
3 551	CATHERINE UTZSCHNEIDER	57	26:35.0	83.39	UNATTACHED
4 536	LINDA FRISBY	65	30:07.0	82.57	UNATTACHED
5 548	RUTH THELEN	68	31:45.5	82.03	PLAYMAKERS ELITE/NEW BALANCE
6 528	CINDY BLAKELEY-CAMERON	48	24:07.5	82.01	KANSAS CITY SMOKE
7 553	ENA WEINSTEIN	53	25:39.2	81.99	ATLANTA TRACK CLUB
8 541	LIZ KYGER	53	26:53.0	78.24	UNATTACHED
9 527	TRACEY BERNETT	57	28:25.7	77.97	UNATTACHED
10 531	PAMELA CAMPBELL	54	27:45.2	76.81	ST. LOUIS TRACK CLUB
11 540	DEBBIE KERBER	48	25:49.0	76.63	ST. LOUIS TRACK CLUB
12 552	KELLY VANDERMAIDEN	40	24:16.7	76.13	UNATTACHED
13 534	PAMELA DI GUISEPPE	45	25:21.0	75.68	ST. LOUIS TRACK CLUB
14 543	JENNIFER MEYER	48	26:29.0	74.70	ST. LOUIS TRACK CLUB
15 545	ELLEN NITZ	72	37:18.0	74.58	PLAYMAKERS ELITE/NEW BALANCE
16 555	CAROL WRIGHT	53	28:29.0	73.85	ST. LOUIS TRACK CLUB
17 537	AMY FRULAND-SMOCK	40	25:06.7	73.61	ST. LOUIS TRACK CLUB
18 532	CANDACE CAVENY	43	25:44.0	73.32	ST. LOUIS TRACK CLUB
19 550	JANE TOMPKINS	55	29:29.5	73.19	UNATTACHED

20 549	STEPHANIE TODD	56	30:12.0	72.46	ST. LOUIS TRACK CLUB
21 542	TERRI MENGHINI	47	27:01.2	72.42	BIG RIVER RUNNING COMPANY
22 546	JUDITH SMYTHE	75	41:04.3	71.34	UNATTACHED
23 544	MARY NAEGER	50	28:28.2	71.13	ST. LOUIS TRACK CLUB
24 547	DONNA SWANSON	60	32:58.0	70.12	PLAYMAKERS ELITE/NEW BALANCE
25 554	CHRISTINE WILLIAMS	47	28:13.8	69.31	ST. LOUIS TRACK CLUB
26 529	DANIELLE BRUNNORTH	43	27:29.7	68.62	ST. LOUIS TRACK CLUB
27 533	LORI CLITHERO	52	30:19.7	68.47	ST. LOUIS TRACK CLUB
28 530	LORI BUFKA	51	30:02.5	68.30	PLAYMAKERS ELITE/NEW BALANCE
29 535	TERRY FOODY	64	39:06.7	62.60	BLUEGRASS RUNNERS
30 538	SARA GRANT	47	42:02.5	46.54	BLUEGRASS RUNNERS

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**MASTERS WOMEN'S 6K
Presented by the Running Center of Saint Louis**

SPLIT TIMES

Place No.	Name	Age	-2k-	-4k-	Finish
1 539	JODY HAWKINS	46	7:27	7:27	7:36 15:02 7:29 22:30.0
2 526	CARMEN AYALA-TRONCOSO	53	7:38	7:38	7:46 15:24 7:44 23:06.9
3 528	CINDY BLAKELEY-CAMERON	48	7:57	7:57	8:12 16:08 8:00 24:07.5

4 552 KELLY VANDERMAIDEN	40	8:00	8:00	8:08	16:07	8:10	24:16.7
5 537 AMY FRULAND-SMOCK	40	8:07	8:07	8:40	16:46	8:22	25:06.7
6 534 PAMELA DI GUISEPPE	45	8:18	8:18	8:38	16:56	8:26	25:21.0
7 553 ENA WEINSTEIN	53	8:27	8:27	8:42	17:08	8:32	25:39.2
8 532 CANDACE CAVENY	43	8:14	8:14	8:48	17:01	8:43	25:44.0
9 540 DEBBIE KERBER	48	8:23	8:23	8:46	17:09	8:41	25:49.0
10 543 JENNIFER MEYER	48	8:27	8:27	9:02	17:28	9:02	26:29.0
11 551 CATHERINE UTZSCHNEIDER	57	8:48	8:48	9:00	17:48	8:48	26:35.0
12 541 LIZ KYGER	53	8:43	8:43	9:13	17:55	8:59	26:53.0
13 542 TERRI MENGHINI	47	9:02	9:02	9:06	18:07	8:55	27:01.2
14 529 DANIELLE BRUNNWORTH	43	8:56	8:56	9:28	18:24	9:07	27:29.7
15 531 PAMELA CAMPBELL	54	9:09	9:09	9:20	18:29	9:18	27:45.2
16 554 CHRISTINE WILLIAMS	47	9:07	9:07	9:42	18:48	9:26	28:13.8
17 527 TRACEY BERNETT	57	9:29	9:29	9:36	19:05	9:22	28:25.7
18 544 MARY NAEGER	50	9:30	9:30	9:36	19:06	9:23	28:28.2
19 555 CAROL WRIGHT	53	9:28	9:28	9:39	19:06	9:23	28:29.0
20 550 JANE TOMPKINS	55	9:46	9:46	9:56	19:42	9:49	29:29.5
21 530 LORI BUFKA	51	9:58	9:58	10:07	20:04	9:59	30:02.5
22 536 LINDA FRISBY	65	9:45	9:45	10:18	20:03	10:05	30:07.0
23 549 STEPHANIE TODD	56	9:55	9:55	10:11	20:06	10:07	30:12.0
24 533 LORI CLITHERO	52	9:48	9:48	10:24	20:11	10:09	30:19.7
25 548 RUTH THELEN	68	10:18	10:18	10:50	21:07	10:39	31:45.5

26 547	DONNA SWANSON	60	10:50	10:50	11:11	22:01	10:58	32:58.0
27 545	ELLEN NITZ	72	12:12	12:12	12:30	24:42	12:37	37:18.0
28 535	TERRY FOODY	64	13:04	13:04	13:10	26:13	12:55	39:06.7
29 546	JUDITH SMYTHE	75	13:47	13:47	13:50	27:37	13:28	41:04.3
30 538	SARA GRANT	47	13:55	13:55	14:21	28:16	13:47	42:02.5

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MASTERS MEN'S 8K
 Presented by Toolen's Running Start

40+ DIVISION TEAM RESULTS

1.	24	SANTA BARBARA RUNNING AND RACI	(27:56	2:19:36	2:57)
=====						
1	1	RUSTY SNOW	43	26:10		
2	3	TODD BOOTH	43	27:27		
3	5	STEVE HARDING	40	28:05		
4	6	JOE DEVREESE	45	28:47		
5	9	MIKE SWAN	42	29:07		
6	(20)	IGNACIO JIMENEZ	63	30:37		
7	(34)	MICKS PURNELL	63	38:19		
2.	62	ST. LOUIS TRACK CLUB	(29:41	2:28:23	1:30)
=====						
1	8	JEFF NEUSCHWANDER	48	29:02		
2	10	GLENN LEGROS	42	29:21		
3	12	MIKE BARRO	44	29:40		
4	13	JEFFREY COOPER	40	29:48		
5	19	LAWRENCE WANG	41	30:32		
6	(26)	JUAN ARIAS	44	31:19		
7	(30)	ANDREW KNUDSEN	48	31:45		
8	(32)	STEPHEN YATES	42	32:40		
9	(35)	DAVID WELSH	57	41:00		
3.	65	ATLANTA TRACK CLUB	(29:24	2:26:59	4:24)
=====						
1	2	ROBIN ROGERS	44	27:15		
2	4	STEVE WILCOX	42	27:47		
3	11	SAM MARTINEZ	47	29:30		
4	21	ROB BLASZKIEWICZ	48	30:48		
5	27	JEFFREY RUMBAUGH	42	31:39		

4.	77	COLUMBIA TRACK CLUB	(30:03	2:30:14	2:01)
=====						
1	7	TIMOTHY LANGEN	44	28:47		
2	14	WILLIAM STOLZ	41	29:50		
3	16	MARC KEYS	50	30:18		
4	18	DAN EDIDIN	44	30:31		
5	22	THOMAS MAY	46	30:48		
6	(29)	ANDY EMERSON	44	31:45		
=====						
5.	104	MISSOURI RUNNING CO. - CAPE GI	(30:43	2:33:34	1:21)
=====						
1	15	KEVIN HAMMES	47	29:52		
2	17	CARLTON TOWNSEND	47	30:30		
3	23	MATTHEW WINDEKNECHT	45	30:55		
4	24	MARK HAHN	49	31:04		
5	25	PAUL SCHELL	43	31:13		
6	(28)	KEVIN BRAMLETT	51	31:44		
7	(31)	DOUGLAS AMBLER	42	32:15		
8	(33)	JEROME SCHMITTZEHE	49	33:45		

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MASTERS MEN'S 8K
Presented by Toolen's Running Start

50+ DIVISION TEAM RESULTS

1.	26	ST. LOUIS TRACK CLUB	(31:23	2:36:55	4:24)
=====						
1	1	BLAIR PORTER	50	29:28		
2	3	RONALD CHISOLM	51	30:13		
3	6	BOBBY WILLIAMS	60	30:43		
4	7	LOUIS STEPHENSON	52	32:39		
5	9	BOB ALEXANDER	52	33:52		
6	(11)	STEPHEN COOPER	52	35:04		
7	(13)	HARRY JONES	55	35:59		
8	(14)	CRAIG LINDGREN	52	37:34		
9	(15)	JOSEPH SHEA	56	37:45		
=====						
2.	29	GENESEE VALLEY HARRIERS	(31:45	2:38:41	5:12)
=====						
1	2	MARK RYBINSKI	57	29:50		
2	4	DAVID BISCHOFF	50	30:14		
3	5	GARY RADFORD	56	30:41		
4	8	TIM MCMULLEN	60	32:54		
5	10	RON BLACKMORE	59	35:02		
6	(12)	PATRICK WROBEL	60	35:06		
7	(16)	DAVID BOWEN	60	37:56		

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MASTERS MEN'S 8K
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60+ DIVISION TEAM RESULTS

1.	23	ATLANTA TRACK CLUB	(34:25	2:52:02	3:48)
=====						
1	1	KIRK LARSON	61	32:29		
2	3	MIKE WIEN	61	33:19		
3	4	JERRY LEARNED	64	34:12		
4	7	WES WESSELY	64	35:45		
5	8	VASAN NEOVAKUL	62	36:17		
6	(11)	SAM BENEDICT	66	39:28		
=====						
2.	32	ANN ARBOR TRACK CLUB	(36:09	3:00:43	5:38)
=====						
1	2	WALLY HAYES	61	33:18		
2	5	DAVE MINIER	64	35:07		
3	6	JAMES O'BRIEN	61	35:20		
4	9	DOUG GOODHUE	70	38:02		
5	10	MITCHELL GARNER	63	38:56		

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MASTERS MEN'S 8K
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70+ DIVISION TEAM RESULTS

1.	6	ATLANTA TRACK CLUB	(41:47	2:05:20	0:52)
=====						
1	1	JIM DUGUAY	74	41:26		
2	2	KERMITT BOWEN	71	41:36		
3	3	DAVID TURNER	73	42:18		
=====						
2.	15	ANN ARBOR TRACK CLUB	(48:07	2:24:21	6:13)
=====						
1	4	HARLAN VAN BLARICUM	72	44:15		
2	5	PHILLIP KROLL	71	49:38		
3	6	DAVID SCARLIN	70	50:28		
4	(7)	MALCOLM COHEN	71	55:33		

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MASTERS MEN'S 8K
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80+ DIVISION TEAM RESULTS

1. 6 BOULDER ROAD RUNNERS (49:14 2:27:41 7:47)

=====
1 1 VERNE CARLSON 80 46:38
2 2 MIKE FENERTY 81 46:38
3 3 WILLIAM SMYTHE 83 54:25
4 (4) DONALD HAYES 81 1:02:01
5 (5) KENNETH WRIGHT 83 1:19:21