

2011 USATF Cross Country Championships
February 5, 2011 at Mission Bay Park, San Diego, CA

Results - Masters Women - Overall

Place	NAME	AGE	GENDER	TEAM/CITY	Finish	Pace
1.	Colleen De Reuck	46	F	Running Republic of Boulder	28:47	5:43
2.	Joanna Zeiger	40	F	Running Republic of Boulder	30:21	6:02
3.	Tania Fischer	44	F	The Janes Elite Racing	30:36	6:05
4.	Carmen Ayala-Troncoso	51	F	Austin, Tx	31:15	6:13
5.	Beth Ellickson	44	F	Glendale, Az	32:05	6:22
6.	Laura Stuart	45	F	Encinitas, Ca	32:21	6:26
7.	Lisa Goldsmith	46	F	Fleet Feet Boulder - Real Women	32:52	6:32
8.	Rosalva Bonilla	48	F	Big Bear City, Ca	33:05	6:34
9.	Kathryn Martin	59	F	Northport, NY	33:39	6:41
10.	Linda Vigil	42	F	Carlsbad, Ca	33:48	6:43
11.	Karen Kantor	40	F	Morrison, CO	33:50	6:43
12.	Sue Davis	48	F	Costa Mesa, Ca	34:04	6:46
13.	Terry Luzader	50	F	Murrieta, Ca	34:16	6:48
14.	Ellen Hart	52	F	Fleet Feet Boulder - Real Women	34:22	6:50
15.	Lesia Atkinson	44	F	Fleet Feet Boulder - Real Women	34:27	6:51
16.	Christine Reaser	45	F	Dayton, Me	34:36	6:52
17.	Laura Bruess	50	F	Running Republic of Boulder	34:44	6:54
18.	Lydia Dissly	43	F	Running Republic of Boulder	34:50	6:55
19.	Joannie Siegler	53	F	Davis, Ca	35:20	7:01
20.	Kelly Kruell	51	F	Portland, Or	35:35	7:04
21.	Roseann Parry	44	F	San Diego Track Club	35:37	7:04
22.	Marcella Teran	55	F	San Diego Track Club	35:41	7:05
23.	Lisa Davis	45	F	Track West	35:57	7:08
24.	Eddie Stevenson	61	F	Boulder Road Runners	36:01	7:09
25.	Tamara Tabeek	50	F	San Diego Track Club	36:08	7:11
26.	Patti Stewart-Garbrec	49	F	BSK/Running Center/FLEXR	36:19	7:13
27.	Marguerite Mogul	41	F	Pensacola Fl	36:43	7:18
28.	Lianne Gurfield	41	F	San Diego Track Club	36:55	7:20
29.	Mary Mosier	46	F	Running Republic of Boulder	37:18	7:24
30.	Debbie Lee	54	F	So Cal Track Club	37:25	7:26
31.	Kimberlee Rouse	55	F	San Diego, Ca	37:30	7:27
32.	Linda Powers	53	F	San Diego Track Club	37:46	7:30
33.	Linda Fradkin	46	F	Solana Beach, Ca	38:03	7:33
34.	Marianne Fullove	54	F	Track West	38:03	7:34
35.	Lana Stevenson	51	F	San Diego, CA	38:10	7:35
36.	Patricia Contreras	52	F	So Cal Track Club	38:40	7:41
37.	Deborah Shea	56	F	San Diego Track Club	38:48	7:42
38.	Yvonne-Robin Paine	60	F	San Diego Track Club	39:09	7:46
39.	Sheli Lachel	46	F	San Diego Track Club	39:29	7:51
40.	Luanne Burke	49	F	Westminster, Co	40:35	8:03
41.	Deborah Conley	45	F	Fleet Feet Boulder - Real Women	40:35	8:04
42.	Jaye Morris	46	F	Oceanside, Ca	40:54	8:07
43.	Anne Marie Lunsman	42	F	Track West	41:12	8:11
44.	Willie Mundt	62	F	San Diego Track Club	41:36	8:16
45.	C Gail Hunter	66	F	Boulder Road Runners	41:57	8:20
46.	Nancy Antos	60	F	Boulder Road Runners	42:33	8:27
47.	Debra Moore	58	F	Louisville, Ky	42:41	8:29
48.	Tina Breen	55	F	Spring Valley, Ca	43:14	8:35
49.	Anne Garrett	77	F	San Diego Track Club	45:04	8:57
50.	Ann Hirn	65	F	Portsmouth, Va	45:13	8:59
51.	Dorothy Little	71	F	San Diego Track Club	46:13	9:11
52.	Connie Harmon	57	F	Boulder Road Runners	47:01	9:20
53.	Patricia Tolleson	62	F	Boulder Road Runners	47:29	9:26
54.	Lynette Zeckua	60	F	Chula Vista, Ca	48:21	9:36
55.	Judith Smythe	73	F	Boulder Road Runners	52:11	10:22

56. Pamela Albu	62 F	Waconia, Mn	52:29	10:25
57. Lois Calhoun	75 F	Boulder Road Runners	52:32	10:26
58. Eileen Pue	71 F	San Diego Track Club	52:40	10:27
59. Lorraine Green	58 F	Boulder Road Runners	54:40	10:51
60. Vici DeHaan	75 F	Boulder Road Runners	1:02:17	12:22

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Results - Masters Women - 5-Year Age Groups

WOMEN AGE DIVISION: 40 - 44

Place	NO.	NAME	AGE	TEAM/CITY	Finish	Pace
1.	102	Joanna Zeiger	40	Running Republic of Boulder	30:21	6:02
2.	107	Tania Fischer	44	The Janes Elite Racing	30:36	6:05
3.	108	Beth Ellickson	44	Glendale, Az	32:05	6:22
4.	110	Linda Vigil	42	Carlsbad, Ca	33:48	6:43
5.	161	Karen Kantor	40	Morrison, CO	33:50	6:43
6.	101	Lesia Atkinson	44	Fleet Feet Boulder - Real Women	34:27	6:51
7.	103	Lydia Dissly	43	Running Republic of Boulder	34:50	6:55
8.	106	Roseann Parry	44	San Diego Track Club	35:37	7:04
9.	109	Marguerite Mogul	41	Pensacola Fl	36:43	7:18
10.	105	Lianne Gurfield	41	San Diego Track Club	36:55	7:20
11.	160	Anne Marie Lunsman	42	Track West	41:12	8:11

WOMEN AGE DIVISION: 45 - 49

Place	NO.	NAME	AGE	TEAM/CITY	Finish	Pace
1.	114	Colleen De Reuck	46	Running Republic of Boulder	28:47	5:43
2.	119	Laura Stuart	45	Encinitas, Ca	32:21	6:26
3.	113	Lisa Goldsmith	46	Fleet Feet Boulder - Real Women	32:52	6:32
4.	121	Rosalva Bonilla	48	Big Bear City, Ca	33:05	6:34
5.	120	Sue Davis	48	Costa Mesa, Ca	34:04	6:46
6.	123	Christine Reaser	45	Dayton, Me	34:36	6:52
7.	122	Lisa Davis	45	Track West	35:57	7:08
8.	111	Patti Stewart-Garbrec	49	BSK/Running Center/FLEXR	36:19	7:13
9.	115	Mary Mosier	46	Running Republic of Boulder	37:18	7:24
10.	125	Linda Fradkin	46	Solana Beach, Ca	38:03	7:33
11.	117	Sheli Lachel	46	San Diego Track Club	39:29	7:51
12.	124	Luanne Burke	49	Westminster, Co	40:35	8:03
13.	112	Deborah Conley	45	Fleet Feet Boulder - Real Women	40:35	8:04
14.	118	Jaye Morris	46	Oceanside, Ca	40:54	8:07

WOMEN AGE DIVISION: 50 - 54

Place	NO.	NAME	AGE	TEAM/CITY	Finish	Pace
1.	133	Carmen Ayala-Troncoso	51	Austin, Tx	31:15	6:13
2.	134	Terry Luzader	50	Murrieta, Ca	34:16	6:48
3.	126	Ellen Hart	52	Fleet Feet Boulder - Real Women	34:22	6:50
4.	127	Laura Bruess	50	Running Republic of Boulder	34:44	6:54
5.	132	Joannie Siegler	53	Davis, Ca	35:20	7:01
6.	135	Kelly Kruell	51	Portland, Or	35:35	7:04
7.	129	Tamara Tabeek	50	San Diego Track Club	36:08	7:11
8.	130	Debbie Lee	54	So Cal Track Club	37:25	7:26
9.	128	Linda Powers	53	San Diego Track Club	37:46	7:30
10.	159	Marianne Fullove	54	Track West	38:03	7:34
11.	162	Lana Stevenson	51	San Diego, CA	38:10	7:35
12.	131	Patricia Contreras	52	So Cal Track Club	38:40	7:41

WOMEN AGE DIVISION: 55 - 59

Place	NO.	NAME	AGE	TEAM/CITY	Finish	Pace
1.	142	Kathryn Martin	59	Northport, NY	33:39	6:41
2.	138	Marcella Teran	55	San Diego Track Club	35:41	7:05
3.	143	Kimberlee Rouse	55	San Diego, Ca	37:30	7:27
4.	139	Deborah Shea	56	San Diego Track Club	38:48	7:42
5.	141	Debra Moore	58	Louisville, Ky	42:41	8:29
6.	140	Tina Breen	55	Spring Valley, Ca	43:14	8:35
7.	136	Connie Harmon	57	Boulder Road Runners	47:01	9:20
8.	137	Lorraine Green	58	Boulder Road Runners	54:40	10:51

WOMEN AGE DIVISION: 60 - 64

Place	NO.	NAME	AGE	TEAM/CITY	Finish	Pace
1.	144	Edie Stevenson	61	Boulder Road Runners	36:01	7:09
2.	148	Yvonne-Robin Paine	60	San Diego Track Club	39:09	7:46
3.	147	Willie Mundt	62	San Diego Track Club	41:36	8:16
4.	146	Nancy Antos	60	Boulder Road Runners	42:33	8:27
5.	145	Patricia Tolleson	62	Boulder Road Runners	47:29	9:26
6.	150	Lynette Zeckua	60	Chula Vista, Ca	48:21	9:36
7.	149	Pamela Albu	62	Waconia, Mn	52:29	10:25

WOMEN AGE DIVISION: 65 - 69

Place	NO.	NAME	AGE	TEAM/CITY	Finish	Pace
1.	151	C Gail Hunter	66	Boulder Road Runners	41:57	8:20
2.	152	Ann Hirn	65	Portsmouth, Va	45:13	8:59

WOMEN AGE DIVISION: 70 - 74

Place	NO.	NAME	AGE	TEAM/CITY	Finish	Pace
1.	154	Dorothy Little	71	San Diego Track Club	46:13	9:11
2.	153	Judith Smythe	73	Boulder Road Runners	52:11	10:22
3.	155	Eileen Pue	71	San Diego Track Club	52:40	10:27

WOMEN AGE DIVISION: 75 - 79

Place	NO.	NAME	AGE	TEAM/CITY	Finish	Pace
1.	158	Anne Garrett	77	San Diego Track Club	45:04	8:57
2.	156	Lois Calhoun	75	Boulder Road Runners	52:32	10:26
3.	157	Vici DeHaan	75	Boulder Road Runners	1:02:17	12:22

**2011 USATF Cross Country Championships
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Results - Masters Women - Team Scores

Women 40+ - Team Scores

Place	Score	TEAM	(Total, Average, Pack Times)
1.	9	Running Republic of Boulder	(1:33:51, 31:16.79, 5:58)
	1	Colleen De Reuck	28:47
	2	Joanna Zeiger	30:21
	6	Laura Bruess	34:44
	(7)	Lydia Dissly	34:50
	(11)	Mary Mosier	37:18
2.	12	Fleet Feet Boulder - Real Women Real Fast	(1:41:41, 33:53.35, 1:35)

	3	Lisa	Goldsmith	32:52
	4	Ellen	Hart	34:22
	5	Lesia	Atkinson	34:27
	(14)	Deborah	Conley	40:35
3.	31	San Diego Track Club		(1:51:59, 37:19.62, 3:53)
	8	Roseann	Parry	35:37
	10	Lianne	Gurfield	36:55
	13	Sheli	Lachel	39:29
4.	36	Track West		(1:55:11, 38:23.59, 5:15)
	9	Lisa	Davis	35:57
	12	Marianne	Fullove	38:03
	15	Anne Marie	Lunsman	41:12

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USA TRACK & FIELD CROSS COUNTRY NATIONAL CHAMPIONS

MISSION BAY PARK SAN DIEGO, CALIFORNIA FEBRUARY 5, 2011 Master Women 50+ - Team Scores

Place Score TEAM (Total, Average, Pack Times)

1.	6	San Diego Track Club		(1:49:34, 36:31.10, 2:05)
	1	Marcella	Teran	35:41
	2	Tamara	TabEEK	36:08
	3	Linda	Powers	37:46
	(4)	Deborah	Shea	38:48
2.	18	Boulder Road Runners		(2:29:09, 49:42.82, 7:39)
	5	Connie	Harmon	47:01
	6	Patricia	Tolleson	47:29
	7	Lorraine	Green	54:40

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USA TRACK & FIELD CROSS COUNTRY NATIONAL CHAMPIONS

MISSION BAY PARK SAN DIEGO, CALIFORNIA FEBRUARY 5, 2011 Master Women 60+ - Team Scores

Place Score TEAM (Total, Average, Pack Times)

1.	10	Boulder Road Runners		(2:00:30, 40:09.83, 6:33)
	1	Edie	Stevenson	36:01
	4	C Gail	Hunter	41:57
	5	Nancy	Antos	42:33
2.	11	San Diego Track Club		(2:09:04, 43:01.30, 9:13)
	2	Yvonne-Robin	Paine	39:09
	3	Willie	Mundt	41:36
	6	Lynette	Zeckua	48:21

Master Women 70+ - Team Scores

Place Score TEAM (Total, Average, Pack Times)

1.	8	San Diego Track Club		(2:23:56, 47:58.41, 7:36)
	1	Anne	Garrett	45:04
	2	Dorothy	Little	46:13
	5	Eileen	Pue	52:40
2.	13	Boulder Road Runners		(2:47:00, 55:39.75, 10:06)
	3	Judith	Smythe	52:11
	4	Lois	Calhoun	52:32
	6	Vici	Dehaan	1:02:17

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Results - Masters Women - Age Graded

Place	Name	Age	Gender	Team or City/State	Finish	Pct	%
1.	Kathryn Martin	59	F	Northport, NY	33:39	92.17%	
2.	Anne Garrett	77	F	San Diego Track Club	45:04	92.09%	
3.	Colleen De Reuck	46	F	Running Republic of Boulder	28:47	91.26%	
4.	Carmen Ayala-Troncoso	51	F	Austin, Tx	31:15	89.23%	
5.	Eddie Stevenson	61	F	Boulder Road Runners	36:01	88.61%	
6.	Tania Fischer	44	F	The Janes Elite Racing	30:36	84.17%	
7.	Marcella Teran	55	F	San Diego Track Club	35:41	82.30%	
8.	Joanna Zeiger	40	F	Running Republic of Boulder	30:21	82.24%	
9.	Ellen Hart	52	F	Fleet Feet Boulder - Real Women Rea	34:22	82.17%	
10.	C Gail Hunter	66	F	Boulder Road Runners	41:57	82.00%	
11.	Rosalva Bonilla	48	F	Big Bear City, Ca	33:05	81.20%	
12.	Joannie Siegler	53	F	Davis, Ca	35:20	80.97%	
13.	Dorothy Little	71	F	San Diego Track Club	46:13	80.71%	
14.	Terry Luzader	50	F	Murrieta, Ca	34:16	80.37%	
15.	Yvonne-Robin Paine	60	F	San Diego Track Club	39:09	80.36%	
16.	Laura Stuart	45	F	Encinitas, Ca	32:21	80.36%	
17.	Beth Ellickson	44	F	Glendale, Az	32:05	80.26%	
18.	Lisa Goldsmith	46	F	Fleet Feet Boulder - Real Women Rea	32:52	79.90%	
19.	Laura Bruss	50	F	Running Republic of Boulder	34:44	79.28%	
20.	Sue Davis	48	F	Costa Mesa, Ca	34:04	78.89%	
21.	Kelly Kruell	51	F	Portland, Or	35:35	78.37%	
22.	Kimberlee Rouse	55	F	San Diego, Ca	37:30	78.33%	
23.	Willie Mundt	62	F	San Diego Track Club	41:36	77.85%	
24.	Debbie Lee	54	F	So Cal Track Club	37:25	77.46%	
25.	Deborah Shea	56	F	San Diego Track Club	38:48	76.70%	
26.	Tamara Tabeeck	50	F	San Diego Track Club	36:08	76.23%	
27.	Marianne Fullove	54	F	Track West	38:03	76.16%	
28.	Lois Calhoun	75	F	Boulder Road Runners	52:32	76.13%	
29.	Linda Powers	53	F	San Diego Track Club	37:46	75.76%	
30.	Christine Reaser	45	F	Dayton, Me	34:36	75.14%	
31.	Linda Vigil	42	F	Carlsbad, Ca	33:48	74.92%	
32.	Ann Hirn	65	F	Portsmouth, Va	45:13	74.91%	
33.	Patti Stewart-Garbrec	49	F	BSK/Running Center/FLEXR	36:19	74.89%	
34.	Lesia Atkinson	44	F	Fleet Feet Boulder - Real Women Rea	34:27	74.75%	
35.	Judith Smythe	73	F	Boulder Road Runners	52:11	73.96%	
36.	Nancy Antos	60	F	Boulder Road Runners	42:33	73.93%	
37.	Karen Kantor	40	F	Morrison, CO	33:50	73.78%	
38.	Lydia Dissly	43	F	Running Republic of Boulder	34:50	73.27%	
39.	Lana Stevenson	51	F	San Diego, CA	38:10	73.07%	
40.	Patricia Contreras	52	F	So Cal Track Club	38:40	73.03%	
41.	Lisa Davis	45	F	Track West	35:57	72.31%	
42.	Roseann Parry	44	F	San Diego Track Club	35:37	72.31%	
43.	Debra Moore	58	F	Louisville, Ky	42:41	71.67%	
44.	Eileen Pue	71	F	San Diego Track Club	52:40	70.83%	
45.	Mary Mosier	46	F	Running Republic of Boulder	37:18	70.42%	
46.	Linda Fradkin	46	F	Solana Beach, Ca	38:03	69.02%	
47.	Marguerite Mogul	41	F	Pensacola Fl	36:43	68.43%	
48.	Patricia Tolleson	62	F	Boulder Road Runners	47:29	68.19%	
49.	Lianne Gurfield	41	F	San Diego Track Club	36:55	68.08%	
50.	Tina Breen	55	F	Spring Valley, Ca	43:14	67.94%	
51.	Luanne Burke	49	F	Westminster, Co	40:35	67.04%	
52.	Sheli Lachel	46	F	San Diego Track Club	39:29	66.52%	
53.	Lynette Zeckua	60	F	Chula Vista, Ca	48:21	65.06%	
54.	Jaye Morris	46	F	Oceanside, Ca	40:54	64.22%	
55.	Vici DeHaan	75	F	Boulder Road Runners	62:17	64.22%	
56.	Connie Harmon	57	F	Boulder Road Runners	47:01	64.17%	
57.	Deborah Conley	45	F	Fleet Feet Boulder - Real Women Rea	40:35	64.07%	
58.	Pamela Albu	62	F	Waconia, Mn	52:29	61.69%	
59.	Anne Marie Lunsman	42	F	Track West	41:12	61.45%	
60.	Lorraine Green	58	F	Boulder Road Runners	54:40	55.96%	