

2010 USATF Masters 5 km Cross Country Championships
October 26, 2010
Ft. Vancouver National Historic Site, Vancouver, WA

Master Men 5-Year Age Group Results

Men 40-44

| Name | Age | Team | Finals |
|-----------------------------|-----|---------------------|----------|
| 1 Kern, Charlie | 41 | unattached,Elmhurst | 15:49.60 |
| 2 Sheehy, Kevin | 41 | Greater Bois,Boise, | 16:12.30 |
| 3 Kimple, Bret | 41 | Bowerman A,Portland | 16:21.70 |
| 4 Rozendaal, Alan | 40 | Bowerman A,Portland | 16:46.20 |
| 5 Dickson, Craig | 43 | Guerilla Run,Olympi | 16:49.00 |
| 6 Messiter, Sean | 44 | Club NW A,Bellingha | 16:58.50 |
| 7 McCulloch, David | 40 | Club NW A,Seattle, | 17:00.10 |
| 8 Gill, John | 43 | Bowerman B,Hillsbor | 17:03.80 |
| 9 Julian, Robert | 42 | Bowerman A,Medford, | 17:07.20 |
| 10 Hartmann, Eric | 42 | Bowerman B,Portland | 17:08.80 |
| 11 Schmittel, Scott | 43 | Team Red Lizard,Por | 17:47.40 |
| 12 Miller, Anthony | 42 | Bowerman B,Portland | 17:56.90 |
| 13 Mount, Andrew | 41 | Bowerman Ath,Portla | 17:59.10 |
| 14 Merrifield, Lawrence | 42 | Bowerman B,Portland | 18:08.90 |
| 15 Metcalf, Tate | 42 | unattached,Sisters, | 18:14.80 |
| 16 Farley, Matthew | 42 | Bowerman C,Portland | 18:17.50 |
| 17 Rapaport, Fredrik | 44 | Team Red Lizard,Por | 18:50.30 |
| 18 Johnson, Paul | 43 | Bowerman C,Portland | 18:56.00 |
| 19 Wittrock, Michael | 43 | Club NW A,Seattle, | 18:57.90 |
| 20 Berteau-pavy, Christophe | 44 | Team Red Lizard,Por | 19:08.40 |
| 21 Hawthorne, Jason | 40 | unattached,Albany, | 19:13.50 |
| 22 van der Wart, Frank | 44 | unattached,Portland | 19:16.00 |
| 23 Neiberg, Leonard | 42 | Team Red Lizard,Por | 19:19.90 |
| 24 Brown, Miles | 41 | Bowerman C,West Lin | 19:23.70 |
| 25 Banuelos, Fidel | 43 | Team Red Lizard,Laf | 23:19.80 |

Men 45-49

| Name | Age | Team | Finals |
|----------------------|-----|---------------------|----------|
| 1 Newton, Alan | 47 | unattached | 15:51.30 |
| 2 Young, Tony | 48 | Club Northwe,Redmon | 16:24.00 |
| 3 Blackmore, Mike | 48 | Bowerman A,Eugene, | 16:28.40 |
| 4 Frank, David | 48 | Bowerman A,Portland | 16:31.50 |
| 5 Franek, Dan | 45 | Bowerman A,Portland | 16:54.50 |
| 6 Gonzalez, Daniel | 48 | Bowerman A,Lake Osw | 17:01.60 |
| 7 Bischoff, David | 48 | Genesee Vall,Fairpo | 17:14.10 |
| 8 Terris, David | 46 | Bowerman B,Milwauki | 17:17.30 |
| 9 O'Hearn, John | 48 | Club NW A,Redmond, | 17:20.00 |
| 10 Dudman, Joseph | 46 | Team Red Lizard,Por | 17:24.40 |
| 11 Abdalla, Paul | 49 | Club NW A,Duvall, W | 17:44.70 |
| 12 Wagner, Patrick | 48 | Oregon Track,Eugene | 17:59.90 |
| 13 Miskimens, David | 45 | Hard Core Ru,Ellens | 18:12.70 |
| 14 Clifford, John | 48 | Bowerman C,Sherwood | 18:28.80 |
| 15 Brown, Ian | 48 | Club NW A,Ellensbur | 18:53.00 |
| 16 Quint, Peter | 46 | Oregon Track,Eugene | 18:59.40 |
| 17 LeVangie, Michael | 45 | Nike Fleet F,Elk Gr | 19:09.40 |
| 18 Schieffer, Mitch | 48 | Rogue Runnin,Austin | 19:12.40 |
| 19 Tooley, Bryan | 46 | Bowerman C,Portland | 19:36.10 |
| 20 Mungeam, Frank | 49 | Team Red Lizard,Lak | 19:48.30 |
| 21 Class, Darrin | 45 | Clark County,Ridgef | 22:02.70 |

Men 50-54

| Name | Age Team | Finals |
|-----------------------|--------------------------|----------|
| Results - Men 50-54 | | |
| 1 Sheeran, Joe | 52 Club NW B, Ellensburg | 16:37.60 |
| 2 Cannon, David | 54 Club NW B, Seattle, | 17:09.60 |
| 3 Coats, Chuck | 51 Bowerman D, Sherwood | 17:18.40 |
| 4 Bisignano, Joe | 50 Club NW B, Seattle, | 17:39.90 |
| 5 Paulk, Kevin | 50 Bowerman D, Portland | 17:50.90 |
| 6 Prentice, Ray | 51 Club NW B, Normandy | 18:13.60 |
| 7 Tidd, Steve | 50 Club NW A, Wenatchee | 18:16.40 |
| 8 Vodacek, Anthony | 51 Genesee Valley H, Ro | 18:17.00 |
| 9 Motteler, Frederick | 54 Club NW B, Woodinvil | 18:18.90 |
| 10 Vidales, Eugenio | 50 Bowerman D, Vancouve | 18:24.60 |
| 11 Conradt, Robert | 50 Bowerman D, Portland | 18:45.00 |
| 12 Kessler, Robert | 55 Team Runners, Highla | 18:52.10 |
| 13 Otani, Russell | 51 Eastside Run, Lynnwo | 19:27.70 |
| 14 Pearson, David | 54 Bowerman D, Portland | 19:34.30 |
| 15 Cava, Anthony | 50 Fairhaven Ru, Bellin | 19:41.40 |
| 16 PUNCHES, Richard | 51 Bowerman D, Portland | 19:56.50 |
| 17 Abrams, Scott | 54 Central Oreg, Bend, | 20:22.20 |
| 18 Harding, David | 50 Bowerman D, Lake Osw | 20:27.00 |
| 19 Skinner, James | 52 Clark County, La Cen | 21:06.10 |
| 20 Stirniman, John | 53 Clark County, Vancou | 21:16.00 |
| 21 Troncoso, Ricardo | 51 Rogue Runnin, Austin | 22:41.50 |
| 22 Russell, Richard | 51 Eastside Run, Kirkla | 22:45.70 |
| 23 McIntosh, James | 52 Emde Sports, Spokane | 24:13.90 |

Men 55-59

| Name | Age Team | Finals |
|---------------------|-------------------------|----------|
| 1 Becker, Rick | 55 Club NW B, Selah, WA | 16:56.60 |
| 2 Rybinski, Mark | 55 Genesee Valley H, Ma | 18:07.30 |
| 3 Robinson, James | 56 Genesee Valley H, Ro | 18:31.40 |
| 4 Prather, Bob | 55 Club NW B, Oak Harbo | 19:01.00 |
| 5 Dodge, Brian | 57 Genesee Valley H, Fu | 19:38.80 |
| 6 Wilkins, Bruce | 57 Genesee Valley H, Fa | 20:50.10 |
| 7 Stonkus, Army | 55 Club NW B, Seattle, | 20:55.80 |
| 8 Stickney, Kenneth | 57 Clark County, Vancou | 21:30.10 |
| 9 Satterfield, Jim | 59 Portland Mas, Gresha | 21:37.60 |
| 10 Nelson, Gregory | 57 Clark County, La Cen | 23:21.50 |

Men 60-64

| Name | Age Team | Finals |
|---------------------|-------------------------|----------|
| 1 Winn, Doug | 60 Bowerman E, Portland | 17:55.40 |
| 2 Taylor, David | 60 Bowerman E, Corvalli | 19:14.10 |
| 3 Andersen, Craig | 63 Eastside Runners, Ol | 19:22.00 |
| 4 Kessler, Francis | 60 Bowerman E, Keizer, | 20:11.80 |
| 5 Waters, William | 60 Eastside Runners, Bo | 20:14.60 |
| 6 Abraham, Lawrence | 60 Club NW C, Steilacoo | 20:28.50 |
| 7 Cotner, Tom | 60 Club NW C, Seattle, | 20:41.80 |
| 8 May, Jim | 64 Genesee Valley H, Wi | 20:44.00 |
| 9 Mann, Frazer | 62 Eastside Runners, Cl | 20:54.10 |
| 10 Longmuir, David | 63 Eastside Runners, Wo | 20:55.10 |
| 11 Beck, Alan | 64 Bowerman E, Warrento | 21:09.80 |
| 12 Welch, Philip | 61 Club NW C, Seattle, | 21:10.40 |

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|----|-------------------|----|---------------------|----------|
| 13 | Gingello, Tony | 63 | Genesee Valley H,Ro | 21:14.90 |
| 14 | Osborne, Jake | 63 | Three Rivers,Pendle | 21:21.80 |
| 15 | Ward, Dana | 60 | Three Rivers,Pasco, | 21:42.50 |
| 16 | Lamme, Thomas | 63 | Genesee Valley H,Pe | 21:45.20 |
| 17 | Harris, David | 60 | Club NW C,Edmonds, | 21:46.70 |
| 18 | Crouse, Charles | 64 | Eastside Runners,Wo | 21:48.30 |
| 19 | Yeates, Keith | 63 | Genesee Valley H,Pi | 22:51.50 |
| 20 | Brionez, Armando | 60 | unattached,Bellingh | 22:56.90 |
| 21 | Corroone, Richard | 62 | Eastside Runners,Wo | 23:03.30 |
| 22 | Yamamoto, Osamu | 60 | Eastside Runners,Sa | 23:35.80 |
| 23 | McGill, James | 62 | Eastside Runners,Se | 23:42.20 |
| 24 | Dwyer, Patrick | 64 | Eastside Runners,Se | 25:08.80 |
| 25 | Norman, Jeffrey | 61 | Eastside Runners,Be | 26:40.40 |

Men 65-69

| Name | Age Team | Finals | |
|------|-----------------|------------------------|----------|
| 1 | Talib, Salih | 65 So Cal Track,Bronx, | 20:57.10 |
| 2 | Murray, John | 65 Boise River,Boise, | 21:07.40 |
| 3 | Lieberman, Hal | 67 Central Park,Brookl | 23:59.10 |
| 4 | Pratte, Robert | 66 unattached,Albuquer | 24:48.60 |
| 5 | Peterson, James | 65 Three Rivers,Richla | 29:00.60 |

Men 70-74

| Name | Age Team | Finals | |
|------|---------------------|------------------------|------------------------|
| 1 | Weddle, Thom | 72 Run-N-Fun,Minneapol | 22:37.60 |
| 2 | Misner, William | 70 unattached,Spokane, | 24:12.80 |
| 3 | Leutzinger, Richard | 71 Oregon Track,Eugene | 25:31.90 |
| 4 | Cohen, George | 70 SC Striders,Los Ang | 26:16.20 DQ - Rule 144 |
| 5 | Daly, Denis | 72 unattached,Vancouve | 26:22.50 |
| 6 | Ogden, Ken | 74 unattached,Salem, O | 28:24.60 |

Men 75-79

| Name | Age Team | Finals | |
|------|---------------|------------------------|----------|
| 4 | Grevstad, Ben | 75 Snohomish Tr,Shorel | 25:32.90 |

Master Men Team Scores

Men's 40+ (Score 5/Declare 8)

| | | |
|---------------------------|------------------|----------------|
| 1. Bowerman AC "A" | 19 Points | 1-3-4-5-6-9-11 |
| 1. Bret Kimple | 16:22 | |
| 3. Mike Blackmore | 16:29 | |
| 4. David Frank | 16:32 | |
| 5. Alan Rozendaal | 16:47 | |
| 6. Dan Franek | 16:55 | |
| 9. Daniel Gonzalez | 17:02 | |
| 11. Robert Julien | 17:08 | |

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|--------------------------|------------------|----------------------|
| 2. Club Northwest | 47 Points | 2-7-8-14-16-21-25-27 |
| 2. Tony Young | 16:24 | |
| 7. Sean Messiter | 16:59 | |
| 8. David McCulloch | 17:01 | |
| 14. John O’Hearn | 17:20 | |
| 16. Paul Abdalla | 17:45 | |
| 21. Steve Tidd | 18:17 | |
| 25. Ian Brown | 18:53 | |
| 27. Michael Wittrock | 18:58 | |

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|---------------------------|------------------|-------------------|
| 3. Bowerman AC “B” | 62 Points | 10-12-13-18-19-20 |
| 10. John Gill | 17:04 | |
| 12. Eric Hartmann | 17:09 | |
| 13. David Terris | 17:18 | |
| 18. Anthony Miller | 17:57 | |
| 19. Andrew Mount | 18:00 | |
| 20. Lawrence Merrifield | 18:09 | |

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| 4. Team Red Lizard | 113 Points | 15-17-24-28-29-32-33 |
| 15. Joseph Dudman | 17:25 | |
| 17. Scott Schmittel | 17:48 | |
| 24. Fredrik Rapaport | 18:51 | |
| 28. Christopher Berteau-pavy | 19:09 | |
| 29. Leonard Neiberg | 19:20 | |
| 32. Frank Mungeam | 19:49 | |
| 33. Fidel Banuelos | 23:20 | |

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| 5. Bowerman AC “C” | 132 Points | 22-23-26-30-31 |
| 22. Matthew Farley | 18:18 | |
| 23. John Clifford | 18:29 | |
| 26. Paul Johnson | 18:56 | |
| 30. Miles Brown | 19:24 | |
| 31. Bryan Tooley | 19:37 | |

Men’s 50+ (Score 5/Declare 8)

| | | |
|--------------------------|------------------|--------------------|
| 1. Club Northwest | 19 Points | 1-2-3-5-8-10-14-20 |
| 1. Joe Sheeran | 16:38 | |
| 2. Rick Becker | 16:57 | |
| 3. David Cannon | 17:10 | |
| 5. Joe Bisignano | 17:40 | |
| 8. Ray Prentice | 18:14 | |
| 10. Frederick Motteler | 18:19 | |
| 14. Bob Prather | 19:01 | |
| 20. Arny Stonkus | 20:56 | |

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|-----------------------|------------------|--------------------|
| 2. Bowerman AC | 49 Points | 4-6-11-13-15-17-18 |
| 4. Chuck Coats | 17:19 | |
| 6. Kevin Paulk | 17:51 | |
| 11. Eugenio Vidales | 18:25 | |
| 13. Robert Conradt | 18:45 | |
| 15. David Pearson | 19:35 | |
| 17. Richard Panches | 19:57 | |
| 18. David Harding | 20:27 | |

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| 3. Genessee Valley Harriers | 63 Points | 7-9-12-16-19 |
| 7. Mark Rybinski | 18:08 | |
| 9. Mark Vodacek | 18:17 | |
| 12. James Robinson | 18:32 | |
| 16. Brian Dodge | 19:39 | |
| 19. Bruce Wilkins | 20:51 | |

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|--------------------------------|-------------------|----------------|
| 4. Clark County Runners | 115 Points | 21-22-23-24-25 |
| 21. James Skinner | 21:07 | |
| 22. John Stirniman | 21:16 | |
| 23. Kenneth Stickney | 21:31 | |
| 24. Gregory Nelson | 23:22 | |
| 25. Denis Daly | 26:23 | |

Men's 60+ (Score 3/Declare 5)

| | | |
|-----------------------|-----------------|----------|
| 1. Bowerman AC | 7 Points | 1-2-4-11 |
| 1. Doug Winn | 17:56 | |
| 2. David Taylor | 19:15 | |
| 4. Francis Kessler | 20:12 | |
| 11. Alan Beck | 21:10 | |

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|--------------------------------|------------------|-------------|
| 2. Eastside Runners "A" | 17 Points | 3-5-9-10-18 |
| 3. Craig Andersen | 19:22 | |
| 5. William Waters | 20:15 | |
| 9. Frazer Mann | 20:55 | |
| 10. David Longmuir | 20:56 | |
| 18. Charles Crouse | 21:49 | |

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|--------------------------|------------------|-----------|
| 3. Club Northwest | 25 Points | 6-7-12-17 |
| 6. Lawrence Abraham | 20:29 | |
| 7. Tom Cotner | 20:42 | |
| 12. Philip Welch | 21:11 | |
| 17. David Harris | 21:47 | |

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| 4. Genessee Valley Harriers | 37 Points | 8-13-16-19 |
| 8. Jim May | 20:44 | |
| 13. Tony Gingello | 21:15 | |

16. Thomas Lamme 21:46
 19.Keith Yeates 22:52

5. Three Rivers RC 54 Points 14-15-25

14. Jake Osborne 21:22
 15. Dana Ward 21:43
 25. James Peterson 29:01

6. Eastside Runners "B" 63 Points 20-21-22-23-24

20. Richard Corroone 23:04
 21. Osamu Yamamoto 23:36
 22. James McGill 23:43
 23. Patrick Dwyer 25:09
 24. Jeffrey Norman 26:41

Age Graded Results

Men 40-44

| Name | Age | Team | Time | AG% | |
|-----------------------------|-----|---------------------|-------|--------|-----------------|
| 1 Kern, Charlie | 41 | unattached,Elmhurst | 15:50 | 86.84% | 9 th |
| 2 Sheehy, Kevin | 41 | Greater Bois,Boise, | 16:13 | 84.79 | |
| 3 Kimple, Bret | 41 | Bowerman A,Portland | 16:22 | 84.01 | |
| 4 Rozendaal, Alan | 40 | Bowerman A,Portland | 16:47 | 81.33 | |
| 5 Dickson, Craig | 43 | Guerilla Run,Olympi | 16:49 | 83.05 | |
| 6 Messiter, Sean | 44 | Club NW A,Bellingha | 16:59 | 82.83 | |
| 7 McCulloch, David | 40 | Club NW A,Seattle, | 17:01 | 80.22 | |
| 8 Gill, John | 43 | Bowerman B,Hillsbor | 17:04 | 81.84 | |
| 9 Julian, Robert | 42 | Bowerman A,Medford, | 17:08 | 80.84 | |
| 10 Hartmann, Eric | 42 | Bowerman B,Portland | 17:09 | 80.76 | |
| 11 Schmittel, Scott | 43 | Team Red Lizard,Por | 17:48 | 78.46 | |
| 12 Miller, Anthony | 42 | Bowerman B,Portland | 17:57 | 77.16 | |
| 13 Mount, Andrew | 41 | Bowerman Ath,Portla | 18:00 | 76.39 | |
| 14 Merrifield, Lawrence | 42 | Bowerman B,Portland | 18:09 | 76.31 | |
| 15 Metcalf, Tate | 42 | unattached,Sisters, | 18:15 | 75.89 | |
| 16 Farley, Matthew | 42 | Bowerman C,Portland | 18:18 | 75.68 | |
| 17 Rapaport, Fredrik | 44 | Team Red Lizard,Por | 18:51 | 74.62 | |
| 18 Johnson, Paul | 43 | Bowerman C,Portland | 18:56 | 73.77 | |
| 19 Wittrock, Michael | 43 | Club NW A,Seattle, | 18:58 | 73.64 | |
| 20 Berteau-pavy, Christophe | 44 | Team Red Lizard,Por | 19:09 | 73.46 | |
| 21 Hawthorne, Jason | 40 | unattached,Albany, | 19:14 | 70.97 | |
| 22 van der Wart, Frank | 44 | unattached,Portland | 19:16 | 73.01 | |
| 23 Neiberg, Leonard | 42 | Team Red Lizard,Por | 19:20 | 71.64 | |
| 24 Brown, Miles | 41 | Bowerman C,West Lin | 19:24 | 70.88 | |
| 25 Banuelos, Fidel | 43 | Team Red Lizard,Laf | 23:20 | 59.86 | |

Men 45-49

| | | | | | |
|--------------------|----|---------------------|-------|-------|------------------------|
| 1 Newton, Alan | 47 | unattached | 15:52 | 90.76 | 1 st -\$200 |
| 2 Young, Tony | 48 | Club Northwe,Redmon | 16:24 | 88.52 | 6 th |
| 3 Blackmore, Mike | 48 | Bowerman A,Eugene, | 16:29 | 88.07 | 7 th |
| 4 Frank, David | 48 | Bowerman A,Portland | 16:32 | 87.80 | 8 th |
| 5 Franek, Dan | 45 | Bowerman A,Portland | 16:55 | 83.84 | |
| 6 Gonzalez, Daniel | 48 | Bowerman A,Lake Osw | 17:02 | 85.23 | 10 th |
| 7 Bischoff, David | 48 | Genesee Vall,Fairpo | 17:15 | 84.15 | |
| 8 Terris, David | 46 | Bowerman B,Milwauki | 17:18 | 82.56 | |
| 9 O'Hearn, John | 48 | Club NW A,Redmond, | 17:20 | 83.75 | |
| 10 Dudman, Joseph | 46 | Team Red Lizard,Por | 17:25 | 82.01 | |

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|-----------------------|------------------------|-------|-------|------------------------|
| 11 Abdalla, Paul | 49 Club NW A,Duvall, W | 17:45 | 82.44 | |
| 12 Wagner, Patrick | 48 Oregon Track,Eugene | 18:00 | 80.65 | |
| 13 Miskimens, David | 45 Hard Core Ru,Ellens | 18:13 | 77.86 | |
| 14 Clifford, John | 48 Bowerman C,Sherwood | 18:29 | 78.54 | |
| 15 Brown, Ian | 48 Club NW A,Ellensbur | 18:53 | 76.88 | |
| 16 Quint, Peter | 46 Oregon Track,Eugene | 19:00 | 75.18 | |
| 17 LeVangie, Michael | 45 Nike Fleet F,Elk Gr | 19:10 | 74.00 | |
| 18 Schieffer, Mitch | 48 Rogue Runnin,Austin | 19:13 | 75.54 | |
| 19 Tooley, Bryan | 46 Bowerman C,Portland | 19:37 | 72.81 | |
| 20 Mungeam, Frank | 49 Team Red Lizard,Lak | 19:49 | 73.84 | |
| 21 Class, Darrin | 45 Clark County,Ridgef | 22:03 | 64.32 | |
| Men 50-54 | | | | |
| 1 Sheeran, Joe | 52 Club NW B,Ellensbur | 16:38 | 90.08 | 3 rd -\$100 |
| 2 Cannon, David | 54 Club NW B,Seattle, | 17:10 | 88.74 | 5 th |
| 3 Coats, Chuck | 51 Bowerman D,Sherwood | 17:19 | 85.03 | |
| 4 Bisignano, Joe | 50 Club NW B,Seattle, | 17:40 | 83.49 | |
| 5 Paulk, Kevin | 50 Bowerman D,Portland | 17:51 | 82.63 | |
| 6 Prentice, Ray | 51 Club NW B,Normandy | 18:14 | 81.54 | |
| 7 Tidd, Steve | 50 Club NW A,Wenatchee | 18:17 | 80.67 | |
| 8 Vodacek, Anthony | 51 Genesee Valley H,Ro | 18:17 | 81.31 | |
| 9 Motteler, Frederick | 54 Club NW B,Woodinvil | 18:19 | 83.17 | |
| 10 Vidales, Eugenio | 50 Bowerman D,Vancouve | 18:25 | 80.09 | |
| 11 Conradt, Robert | 50 Bowerman D,Portland | 18:45 | 78.67 | |
| 12 Kessler, Robert | 54 Team Runners,Highla | 18:53 | 80.67 | |
| 13 Otani, Russell | 51 Eastside Run,Lynnwo | 19:28 | 76.37 | |
| 14 Pearson, David | 54 Bowerman D,Portland | 19:35 | 77.79 | |
| 15 Cava, Anthony | 50 Fairhaven Ru,Bellin | 19:42 | 74.87 | |
| 16 Punches, Richard | 51 Bowerman D,Portland | 19:57 | 74.52 | |
| 17 Abrams, Scott | 54 Central Oreg,Bend, | 20:23 | 74.73 | |
| 18 Harding, David | 50 Bowerman D,Lake Osw | 20:27 | 72.13 | |
| 19 Skinner, James | 52 Clark County,La Cen | 21:07 | 70.96 | |
| 20 Stirniman, John | 53 Clark County,Vancou | 21:16 | 71.08 | |
| 21 Troncoso, Ricardo | 51 Rogue Runnin,Austin | 22:42 | 65.49 | |
| 22 Russell, Richard | 51 Eastside Run,Kirkla | 22:46 | 65.30 | |
| 23 McIntosh, James | 52 Emde Sports,Spokane | 24:14 | 61.83 | |
| Men 55-59 | | | | |
| 1 Becker, Rick | 55 Club NW B,Selah, WA | 16:57 | 90.66 | 2 nd -\$150 |
| 2 Rybinski, Mark | 55 Genesee Valley H,Ma | 18:08 | 84.74 | |
| 3 Robinson, James | 56 Genesee Valley H,Ro | 18:32 | 83.63 | |
| 4 Prather, Bob | 55 Club NW B,Oak Harbo | 19:01 | 80.81 | |
| 5 Dodge, Brian | 57 Genesee Valley H,Fu | 19:39 | 79.56 | |
| 6 Wilkins, Bruce | 57 Genesee Valley H,Fa | 20:51 | 74.98 | |
| 7 Stonkus, Army | 55 Club NW B,Seattle, | 20:56 | 73.41 | |
| 8 Stickney, Kenneth | 57 Clark County,Vancou | 21:31 | 72.66 | |
| 9 Satterfield, Jim | 59 Portland Mas,Gresha | 21:38 | 73.50 | |
| 10 Nelson, Gregory | 57 Clark County,La Cen | 23:22 | 66.90 | |
| Men 60-64 | | | | |
| 1 Winn, Doug | 60 Bowerman E,Portland | 17:56 | 89.41 | 4 th |
| 2 Taylor, David | 60 Bowerman E,Corvalli | 19:15 | 83.29 | |
| 3 Andersen, Craig | 63 Eastside Runners,Ol | 19:22 | 85.03 | |
| 4 Kessler, Francis | 60 Bowerman E,Keizer, | 20:12 | 79.37 | |
| 5 Waters, William | 60 Eastside Runners,Bo | 20:15 | 79.18 | |
| 6 Abraham, Lawrence | 60 Club NW C,Steilacoo | 20:29 | 78.28 | |
| 7 Cotner, Tom | 60 Club NW C,Seattle, | 20:42 | 77.46 | |
| 8 May, Jim | 64 Genesee Valley H,Wi | 20:44 | 80.14 | |
| 9 Mann, Frazer | 62 Eastside Runners,Cl | 20:55 | 78.01 | |
| 10 Longmuir, David | 63 Eastside Runners,Wo | 20:56 | 78.66 | |
| 11 Beck, Alan | 64 Bowerman E,Warrento | 21:10 | 78.50 | |
| 12 Welch, Philip | 61 Club NW C,Seattle, | 21:11 | 76.40 | |
| 13 Gingello, Tony | 63 Genesee Valley H,Ro | 21:15 | 77.49 | |

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| 14 | Osborne, Jake | 63 | Three Rivers, Pendle | 21:22 | 77.07 |
| 15 | Ward, Dana | 60 | Three Rivers, Pasco, | 21:43 | 73.83 |
| 16 | Lamme, Thomas | 63 | Genesee Valley H, Pe | 21:46 | 75.65 |
| 17 | Harris, David | 60 | Club NW C, Edmonds, | 21:47 | 73.60 |
| 18 | Crouse, Charles | 64 | Eastside Runners, Wo | 21:49 | 76.17 |
| 19 | Yeates, Keith | 63 | Genesee Valley H, Pi | 22:52 | 72.01 |
| 20 | Brionez, Armando | 60 | unattached, Bellingh | 22:57 | 69.86 |
| 21 | Corroone, Richard | 62 | Eastside Runners, Wo | 23:04 | 70.74 |
| 22 | Yamamoto, Osamu | 60 | Eastside Runners, Sa | 23:36 | 67.94 |
| 23 | McGill, James | 62 | Eastside Runners, Se | 23:43 | 68.80 |
| 24 | Dwyer, Patrick | 64 | Eastside Runners, Se | 25:09 | 66.07 |
| 25 | Norman, Jeffrey | 61 | Eastside Runners, Be | 26:41 | 60.65 |
| Men 65-69 | | | | | |
| 1 | Talib, Salih | 65 | So Cal Track, Bronx, | 20:58 | 79.97 |
| 2 | Murray, John | 65 | Boise River, Boise, | 21:08 | 79.34 |
| 3 | Lieberman, Hal | 67 | Central Park, Brookl | 24:00 | 71.18 |
| 4 | Pratte, Robert | 66 | unattached, Albuquer | 24:49 | 68.23 |
| 5 | Peterson, James | 65 | Three Rivers, Richla | 29:01 | 57.78 |
| Men 70-74 | | | | | |
| 1 | Weddle, Thom | 72 | Run-N-Fun, Minneapol | 22:38 | 79.90 |
| 2 | Misner, William | 70 | unattached, Spokane, | 24:13 | 72.81 |
| 3 | Leutzinger, Richard | 71 | Oregon Track, Eugene | 25:32 | 69.91 |
| - | Cohen, George | 70 | SC Striders, Los Ang | 26:17 | DQ Rule 144 67.09 |
| 4 | Daly, Denis | 72 | unattached, Vancouve | 26:23 | 68.54 |
| 5 | Ogden, Ken | 74 | unattached, Salem, O | 28:25 | 65.57 |
| Men 75-79 | | | | | |
| 1 | Grevstad, Ben | 75 | Snohomish Tr, Shorel | 25:33 | 74.17 |

Master runners in a USA Master Cross Country Championship events are age graded using the Performance-level percentage (PLP) from the **2010 Age-Graded Tables**. Performance-level percentage (PLP) is found by dividing a runner's time into the "age standard" found in the tables. This will provide a percentage value that can be used to compare all runners' results from that race. Care must be taken when considering age-graded results to compare each championship race as a separate event and not to rate one race result against another due to differences in conditions. (e.g. terrain, accuracy of measurement, weather, etc..) It is important to use the actual single year age of each runner.

PLP Achievement levels for Road and Track Events

100% Approximate World Record Level

Over 90% World Class

Over 80% National Class

Over 70% Regional Class

Over 60% Local Class

Note: Cross Country Performances tend to be lower due to differences in terrain and accuracy of course measurement.