

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

Master Women 5-Year Age Group Results

Women 40-44

Name	Age Team	Finals
1 Vasilyeva, Lyudmila	41 Club NW D,Redmond,	18:14.80
2 Tervo, Jos	41 Bowerman F,Portland	19:54.00
3 Pappalardo, Susan	44 Eastside Runners,Ki	20:00.10
4 Scholte, Karen	44 Bowerman F,Portland	20:19.70
5 O'Donnell, Lynne	43 Bowerman F,Beaverto	20:22.50
6 Cruzan, Amber	42 Seattle Runn,Chehal	20:24.10
7 Lindbo, Angela	40 Team Red Lizard,Por	20:28.30
8 Nugent, Heather	44 Seattle Runn,Renton	21:50.50
9 Brennan, Jennifer	43 Bowerman F,Eugene,	22:03.10
10 Curtis, Tami	40 Eastside Runners,Is	22:47.30
11 Rozler, Jennifer	40 Eastside Runners,Se	24:21.90

Women 45-49

Name	Age Team	Finals
1 O'Neil, Deanna	45 Bowerman F,Canby, O	19:10.10
2 MacTavish, Katherine	47 unattached,Corvalli	19:33.00
3 Steen, Karen	46 Club NW D,Olympia,	19:34.80
4 Miller, Sheryl	47 Houston Elit,Coralv	19:41.20
5 Porter, Laurie	49 Club NW D,Brush Pra	20:04.50
6 Tylor, Lisa	47 Eastside Runners,Pu	20:11.60
7 Ashby, Christina	47 Club NW D,Bellingha	20:25.40
8 Howard, Janet	49 unattached,Clackama	20:26.80
9 Hanna, Mary	49 Seattle Runn,Maple	20:40.10
10 Redding, Becky	46 Bowerman F,Beaverto	21:04.20
11 Sexton, Shannon	46 Team Red Lizard,Por	22:04.00
12 Jacobson, Julie	46 Team Red Lizard,Por	22:24.60
13 Rogers, Sharon	49 Oregon Track,Noti,	23:00.60
14 Toro, Wanda	48 unattached,Lompoc,	23:09.60

Women 50-54

Name	Age Team	Finals
1 Ayala-Troncoso, Carmen	51 Rogue Runnin,Austin	18:37.90
2 McCullough, Liz	52 Bowerman G,Portland	19:45.70
3 Teppo, Jennifer	52 Team Red Lizard,Van	19:56.50
4 Tabbutt, Sarah	51 Impala Racin,Mill V	20:09.10
5 Joyce, Regina	53 Club NW E,Lynnwood,	20:16.70
6 O'Brien, Audrey	50 Bowerman G,Portland	20:52.90
7 Brim Snodgrass, Elizabet	50 Bowerman G,West Lin	20:55.80
8 Kruell, Kelly	51 Club NW E,Portland,	21:02.40
9 Hall, Gail	50 Club NW E,Bothell,	21:10.00
10 Westfall, Theresa	52 Club NW E,Bellingha	21:34.80
11 Sellers, Madeleine	52 unattached,Stevenso	22:00.20
12 Seth, Betsy	52 unattached,Dallas,	22:00.90
13 Kindley, Claire	50 Seattle Runn,Renton	22:08.90
14 Dougherty, Deeann	52 Bowerman G,Portland	22:09.70
15 McVee, Amy	52 Club NW D,Seattle,	26:44.60

16 Schieffer, Shelly	52 Rogue Runnin,Austin	27:24.70
17 Mastrangelo, Francine	54 Rogue Runnin,Austin	28:47.80

Women 55-59

Name	Age Team	Finals
1 Martin, Kathryn	59 Northport Ru,Northp	20:55.00
2 Ray, Suzanne	58 Team Red Lizard,Jac	21:38.90
3 Prather, Sherri	56 Club NW E,Oak Harbo	27:08.20
4 Hall, Patricia	57 unattached,Gladston	29:27.70

Women 60-64

Name	Age Team	Finals
Results - Women 60-64		
1 Groesz, Jeanette	61 Team Red Lizard,Red	22:49.40
2 Spannaus, Barbara	62 unattached,Excelsio	32:11.60

**2010 USA Masters 5 km Cross Country Championships
October 26, 2010
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Women's 40+ (Score 3/Declare 5)

1. Club Northwest **10 Points** 1-3-6-11-21

1. Lyudmila Vasilyeva	18:15
3. Karen Steen	19:35
6. Laurie Porter	20:05
11. Christina Ashby	20:26
21. Amy McVee	26:45

2. Bowerman AC **14 Points** 2-4-8-9-14

2. Deanna O'Neil	19:11
4. Jos Tervo	19:54
8. Karen Scholte	20:20
9. Lynne O'Donnell	20:23
14. Becky Redding	21:05

3. Eastside Runners **31 Points** 5-7-19-20

5. Susan Pappalardo	20:01
7. Lisa Tylor	20:12
19. Tami Curtis	22:48
20. Jennifer Rozler	24:22

4. Seattle Running Club **38 Points** 10-13-15

10. Amber Cruzan	20:25
13. Mary Hanna	20:41
15. Heather Nugent	21:51

5. Team Red Lizard **47 Points** 12-17-18

12. Angela Lindbo	20:29
17. Shannon Sexton	22:04
18. Julie Jacobson	22:25

Master Women Team Scores

Women's 50+ (Score 3/Declare 5)

1. Bowerman AC **13 Points** 2-5-6-11

2. Liz McCullough	19:46
5. Audrey O'Brien	20:53
6. Elizabeth Brim Snodgrass	20:56
11. Deann Dougherty	22:10

2. Club Northwest **19 Points** 4-7-8-9-13

4. Regina Joyce	20:17
7. Kelly Kruell	21:03
8. Gail Hall	21:10
9. Theresa Westfall	21:35
13. Sherri Prather	27:09

3. Team Red Lizard **25 Points** 3-10-12

3. Jennifer Teppo	19:57
10. Suzanne Ray	21:39
12. Jeanette Groesz	22:50

4. Rogue Runners **30 Points** 1-14-15

1. Carmen Ayala-Troncoso	18:38
14. Shelly Schieffer	27:25
15. Francine Mastrangelo	28:48

Master Women Age Graded Results

Women 40-44

Name	Age	Team	Time	AG%	
1 Vasilyeva, Lyudmila	41	Club NW D,Redmond,	18:15	84.29%	8th
2 Tervo, Jos	41	Bowerman F,Portland	19:54	77.30	
3 Pappalardo, Susan	44	Eastside Runners,Ki	20:01	78.60	
4 Scholte, Karen	44	Bowerman F,Portland	20:20	77.38	
5 O'Donnell, Lynne	43	Bowerman F,Beaverto	20:23	76.61	
6 Cruzan, Amber	42	Seattle Runn,Chehal	20:25	75.92	
7 Lindbo, Angela	40	Team Red Lizard,Por	20:29	74.69	
8 Nugent, Heather	44	Seattle Runn,Renton	21:51	72.01	
9 Brennan, Jennifer	43	Bowerman F,Eugene,	22:04	70.77	
10 Curtis, Tami	40	Eastside Runners,Is	22:48	67.11	
11 Rozler, Jennifer	40	Eastside Runners,Se	24:22	62.79	

Women 45-49

1 O'Neil, Deanna	45	Bowerman F,Canby, O	19:11	82.80	
2 MacTavish, Katherine	47	unattached,Corvalli	19:33	82.86	10 th
3 Steen, Karen	46	Club NW D,Olympia,	19:35	81.87	
4 Miller, Sheryl	47	Houston Elit,Coralv	19:42	82.23	
5 Porter, Laurie	49	Club NW D,Brush Pra	20:05	82.49	
6 Tylor, Lisa	47	Eastside Runners,Pu	20:12	80.20	
7 Ashby, Christina	47	Club NW D,Bellingha	20:26	79.28	
8 Howard, Janet	49	unattached,Clackama	20:27	81.01	
9 Hanna, Mary	49	Seattle Runn,Maple	20:41	80.10	
10 Redding, Becky	46	Bowerman F,Beaverto	21:05	76.05	
11 Sexton, Shannon	46	Team Red Lizard,Por	22:04	72.66	
12 Jacobson, Julie	46	Team Red Lizard,Por	22:25	71.52	
13 Rogers, Sharon	49	Oregon Track,Noti,	23:01	71.98	
14 Toro, Wanda	48	unattached,Lompoc,	23:10	70.65	

Women 50-54

1 Ayala-Troncoso, Carmen	51	Rogue Runnin,Austin	18:38	91.06	1 st -\$200
2 McCullough, Liz	52	Bowerman G,Portland	19:46	86.93	3 rd -\$100
3 Teppo, Jennifer	52	Team Red Lizard,Van	19:57	86.13	4 th
4 Tabbutt, Sarah	51	Impala Racin,Mill V	20:10	84.13	9 th
5 Joyce, Regina	53	Club NW E,Lynnwood,	20:17	85.87	6 th
6 O'Brien, Audrey	50	Bowerman G,Portland	20:53	80.29	
7 Brim Snodgrass, Elizabet	50	Bowerman G,West Lin	20:56	80.10	
8 Kruell, Kelly	51	Club NW E,Portland,	21:03	80.60	
9 Hall, Gail	50	Club NW E,Bothell,	21:10	79.21	
10 Westfall, Theresa	52	Club NW E,Bellingha	21:35	79.61	
11 Sellers, Madeleine	52	unattached,Stevenson	22:01	78.05	
12 Seth, Betsy	52	unattached,Dallas,	22:01	78.05	
13 Kindley, Claire	50	Seattle Runn,Renton	22:09	75.70	
14 Dougherty, Deeann	52	Bowerman G,Portland	22:10	77.52	
15 McVee, Amy	52	Club NW D,Seattle,	26:45	64.24	
16 Schieffer, Shelly	52	Rogue Runnin,Austin	27:25	62.67	
17 Mastrangelo, Francine	54	Rogue Runnin,Austin	28:48	61.23	

Women 55-59

1 Martin, Kathryn	59	Northport Ru,Northp	20:55	90.20	2 nd -%150
2 Ray, Suzanne	58	Team Red Lizard,Jac	21:39	85.91	5 th
3 Prather, Sherri	56	Club NW E,Oak Harbo	27:09	66.67	
4 Hall, Patricia	57	unattached,Gladston	29:28	62.27	

Women 60-64

1 Groesz, Jeanette	61 Team Red Lizard,Red	22:50	84.96	7 th
2 Spannaus, Barbara	62 unattached,Excelsio	32:12	61.13	

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.

