

Note: USATF Masters XC Rep., Bill Quinlisk was unable to attend the 2010 USATF Cross Country Championships on February 13, 2010 at Plantes Ferry Sports Complex in Spokane, WA due to an east coast blizzard that cancelled flights.

The timing company was unable to produce any age graded results on site so the USATF national office staff emailed results to me and I calculated the age graded results at my home in Syracuse, NY and sent them back in time for the awards' ceremony.

The original team scores were incorrect. I re-did the team scores and the amended version is listed below.

2010 USA Cross Country National Championships  
February 13, 2010  
Plantes Ferry Sports Complex, Spokane, WA

### Men's Masters Teams Results

#### Masters Male 8K (40+)

<b>1 Emde Sports</b>	<b>Points:15</b>	<b>Total Time: 2:30:20.000</b>
PL Name	Time	
1 Chris MORLAN	27:51.5	
2 Stan HOLMAN	29:11.6	
3 Thomas FUCHS	29:57.6	
4 Keith COMES	30:59.0	
5 John TOWNLEY	32:20.3	
(6) Ken MULVANIA	33:26.3	
(7) Larry TAYLOR	35:50.3	

#### Masters Male 8K (50+)

<b>1 Club Northwest</b>	<b>Points: 15</b>	<b>Total Time: 2:23:28.600</b>
PL Name	Time	
1 Rick BECKER	26:51.4	
2 David CANNON	27:12.2	
3 Mark BILLETT	28:58.6	
4 David RICHARD	30:04.1	
5 Robinson HOWELL	30:22.3	
(6) Jerry ZYSKOWSKI	31:46.2	

#### Masters Male 8K (60+)

<b>1 Emde Sports</b>	<b>Points: 9</b>	<b>Total Time: 1:40:51.700</b>
PL Name	Time	
1 Rick RILEY	32:56.1	
3 Jerry GRAHAM	33:23.1	
5 Joe MACHALA	34:32.5	
(8) Don KARDONG	36:57.5	
(10) Daniel BONOGOFSKI	37:48.9	

#### 2 Boulder Road Runners A

<b>Points: 12</b>	<b>Total Time: 1:42:40.300</b>
PL Name	Time

2	Bob COOPER	33:14.1
4	Jeffrey DUMAS	34:11.6
6	Richard CASTRO	35:14.6

**3 Boulder Road Runners B Points: 32 Total Time: 1:57:39.900**

PL	Name	Time
7	Charles LOWRIE	35:36.9
11	Bruce ZIMMERMAN	38:46.0
14	Richard VALENT	43:17.0
(15)	Roger WITTNER	46:17.7

**4 Three Rivers Road Runners Points: 34 Total Time: 2:00:33.500**

PL	Name	Time
9	Jake OSBORNE	37:02.1
12	James PETERSON	41:21.2
13	Bill VOILAND	42:10.2

**Master Male 8K (70+)**

**1 Snohomish Track Club Points: 6 Total Time: 2:10:22.600**

PL	Name	Time
1	Ben GREVSTAD	41:36.0
2	David PITKETHLY	43:24.4
3	Melvin PREEDY	45:22.2

**Masters Male 8K (80+)**

**1 Boulder Road Runners A Points: 6 Total Time: 2:51:40.200**

PL	Name	Time
1	William SMYTHE	46:43.9
2	Bill TURLEY	58:12.8
3	Kenneth WRIGHT	1:06:43.5

# 2010 USA Cross Country Championships

Saturday, February 13, 2010

Plantes Ferry Sports Complex, Spokane, WA

## Masters Male 8K Age Graded Results 40-59

1	332 LOKKEN, Tracy	44 MARQUETTE MI USA	25:39	90.14%	4 <sup>th</sup> - \$300
2	335 MULHOLLON, Keith	40 BADGERLAND RACING TEAM	26:19	85.24%	
3	345 BLACKMORE, Mike	48 BOWERMAN ATHLETIC CLUB	26:37	89.62%	5 <sup>th</sup> - \$150
4	327 DE REUCK, Darren	44 RUNNING REPUBLIC OF BOULDER	26:42	86.59%	8 <sup>th</sup>
5	326 COMBS, Carl	44 CHENEY WA USA	26:45	86.43%	9 <sup>th</sup>
6	371 BECKER, Rick	55 CLUB NORTHWEST	26:51	94.05%	1 <sup>st</sup> - \$1000
7	343 AMES, Andrew	47 FLEET FEET- BOULDER	26:53	88.03%	6 <sup>th</sup>
8	342 WASSON, Mike	44 U.S. AIR FORCE	27:01	85.58%	
9	368 SHEERAN, Joe	52 ELLENSBURG WA USA	27:08	90.79%	3 <sup>rd</sup> - \$450
10	361 CANNON, David	53 CLUB NORTHWEST	27:12	91.31%	2 <sup>nd</sup> - \$600
11	334 MORLAN, Chris	42 EMDE SPORTS	27:52	81.71%	
12	353 ROONEY, Daniel	49 U.S. AIR FORCE	28:00	85.87%	10 <sup>th</sup>
13	348 BURSELL, John	46 JUNEAU AK USA	28:04	83.66%	
14	346 BRAY, William	45 U.S. NAVY	28:07	82.87%	
15	340 TOWNE, Gary	42 CHICO CA USA	28:18	80.46%	
16	347 BRENNAND, Bob	48 CLUB NORTHWEST	28:26	83.89%	
17	362 GREER, Daniel	50 RUNNING REPUBLIC OF BOULDER	28:41	84.50%	
18	339 SALAZAR, Daniel	44 SEATTLE RUNNING CLUB	28:53	80.05%	
19	372 BILLETT, Mark	56 CLUB NORTHWEST	28:59	87.87%	7 <sup>th</sup>
20	350 FERREIRA, Mike	45 U.S. NAVY	29:03	80.21%	
21	330 HOLMAN, Stan	44 EMDE SPORTS	29:12	79.18%	
22	336 PICL, Blandon	41 U.S. NAVY	29:13	77.35%	
23	358 WAGNER, Patrick	48 OREGON TRACK CLUB MASTERS	29:28	80.95%	
24	408 ROYCE, Hogue	46 SPOKANE WA USA	29:35	79.37%	

25	344 BANOVIĆ, Tony	47 BIG SKY DISTANCE PROJECT	29:42	79.68%
26	365 HUBBART, Kyle	53 BROOMFIELD CO USA	29:44	83.53%
27	328 FUCHS, Thomas	44 EMDE SPORTS	29:58	77.15%
28	351 MASUOKA, Loren	47 U.S. NAVY	30:03	78.75%
29	375 RICHARD, David	57 CLUB NORTHWEST	30:04	85.42%
30	360 BRUESS, Rick	50 RUNNING REPUBLIC OF BOULDER	30:09	80.39%
31	364 HOWELL, Robinson	51 CLUB NORTHWEST	30:22	80.46%
32	357 TOWNSEND, Kendall	48 SEDRO WOOLLEY WA USA	30:38	77.87%
33	356 THOMAS, Jeff	49 HELENA MT USA	30:44	78.23%
34	373 HELGERSON, Jay	55 PORTLAND OR USA	30:51	81.86%
35	369 WADE, Steven	51 FAIRHAVEN RUNNERS	30:55	79.03%
36	349 COMES, Keith	46 EMDE SPORTS	30:59	75.79%
37	338 ROSS, Dave	42 MOUNTAIN HOME ID USA	31:00	73.45%
38	329 HEIKKILA, John	42 QUINCY WA USA	31:21	72.63%
39	331 HUNTER, Edward	44 THREE RIVERS ROAD RUNNERS	31:44	72.86%
40	376 ZYSKOWSKI, Jerry	57 CLUB NORTHWEST	31:46	80.85%
41	370 YOST, Cory	51 EMDE SPORTS	32:19	75.61%
42	341 TOWNLEY, John	42 EMDE SPORTS	32:20	70.43%
43	409 FAWCETT, Brian	55 Oregon Track Club	32:31	77.66%
44	363 HAFER, Craig	53 COLORADO SPRINGS CO USA	32:59	75.30%
45	352 MULVANIA, Ken	48 EMDE SPORTS	33:26	71.35%
46	74 KRUEGER, Mark	56 THREE RIVERS ROAD RUNNERS	34:00	74.90%
47	359 ABRAMS, Scott	53 CENTRAL OREGON RUNNING	34:18	72.41%
48	355 TAYLOR, Larry	49 EMDE SPORTS	35:50	67.10%
49	366 MCINTOSH, James	51 EMDE SPORTS	40:57	59.67%

## Masters Male 8K Age Graded Results 60+

1	388 RILEY, Rick	61 EMDE SPORTS	32:56	80.74%
2	378 COOPER, Bob	61 BOULDER ROAD RUNNERS	33:14	80.14%
3	394 GRAHAM, Jerry	66 EMDE SPORTS	33:23	83.33%
4	389 RODRIGUEZ, Arturo	60 SANTA CRUZ CA USA	34:01	77.49%
5	380 DUMAS, Jeffrey	64 BOULDER ROAD RUNNERS	34:12	79.87%
6	396 MACHALA, Joe	68 EMDE SPORTS	34:33	82.04%
7	377 CASTRO, Richard	62 BOULDER ROAD RUNNERS	35:15	76.11%
8	384 MANN, Frazer	62 EASTSIDE RUNNERS	35:28	75.64%
9	397 PRATTE, Robert	65 ALBUQUERQUE NM USA	35:34	77.50%
10	395 LEMIRE, Tom	66 BOULDER ROAD RUNNERS	35:35	78.18%
11	383 LOWRIE, Charles	62 BOULDER ROAD RUNNERS	35:37	75.33%
12	387 PURNELL, Micks	60 BOULDER ROAD RUNNERS	35:41	73.87%
13	379 CROUSE, Charles	63 EASTSIDE RUNNERS	36:16	74.64%
14	382 KARDONG, Don	61 EMDE SPORTS	36:58	71.93%
15	385 OSBORNE, Jake	62 THREE RIVERS ROAD RUNNERS	37:02	72.44%
16	402 WEDDLE, Thom	71 MINNEAPOLIS MN USA	37:43	77.75%
17	393 BONOGOFSKI, Daniel	65 EMDE SPORTS	37:49	72.89%
18	390 SIMPSON, Duane	63 KELLER WA USA	38:20	70.62%
19	399 ZIMMERMAN, Bruce	65 BOULDER ROAD RUNNERS	38:46	71.11%
20	400 BRENNAND, John	74 SANTA BARBARA ATHLETIC ASSN	39:24	77.72%
21	386 PETERSON, James	64 THREE RIVERS ROAD RUNNERS	41:21	66.06%
22	403 GREVSTAD, Ben	75 SNOHOMISH TRACK CLUB	41:36	74.86%
23	392 VOILAND, Bill	62 THREE RIVERS ROAD RUNNERS	42:10	63.62%
24	391 VALENT, Richard	64 BOULDER ROAD RUNNERS	43:17	63.11%
25	401 PITKETHLY, David	73 SNOHOMISH TRACK CLUB	43:24	69.47%
26	404 PREEDY, Melvin	76 SNOHOMISH TRACK CLUB	45:22	69.89%
27	398 WITTNER, Roger	66 BOULDER ROAD RUNNERS	46:18	60.09%
28	405 SMYTHE, William	80 BOULDER ROAD RUNNERS	46:44	73.91%
29	406 TURLEY, Bill	80 BOULDER ROAD RUNNERS	58:13	59.33%
30	407 WRIGHT, Kenneth	80 BOULDER ROAD RUNNERS	1:06:44	51.76%

# 2010 USATF Cross Country National Championships Masters Men 5- Year Age Group Results

Saturday, February 13, 2010

## Division: Masters Male 40-44

PL	No	Name	Age	Representing	Time
1	332	LOKKEN, Tracy	44	MARQUETTE MI USA	25:39
2	335	MULHOLLON, Keith	40	BADGERLAND RACING TEAM	26:19
3	327	DE REUCK, Darren	44	RUNNING REPUBLIC OF BOULDER	26:42
4	326	COMBS, Carl	44	CHENEY WA USA	26:45
5	342	WASSON, Mike	44	U.S. AIR FORCE	27:01
6 (1)	334	MORLAN, Chris	42	EMDE SPORTS	27:52
7	340	TOWNE, Gary	42	CHICO CA USA	28:18
8	339	SALAZAR, Daniel	44	SEATTLE RUNNING CLUB	28:53
9 (2)	330	HOLMAN, Stan	44	EMDE SPORTS	29:12
10	336	PICL, Blandon	41	U.S. NAVY	29:13
11 (3)	328	FUCHS, Thomas	44	EMDE SPORTS	29:58
12	338	ROSS, Dave	42	MOUNTAIN HOME ID USA	31:00
13	329	HEIKKILA, John	42	QUINCY WA USA	31:21
14	331	HUNTER, Edward	44	THREE RIVERS ROAD RUNNERS	31:44
15 (4)	341	TOWNLEY, John	42	EMDE SPORTS	32:20

## Division: Masters Male 45-49

PL	No	Name	Age	Representing	Time
1	345	BLACKMORE, Mike	48	BOWERMAN ATHLETIC CLUB	26:37
2	343	AMES, Andrew	47	FLEET FEET SPORTS RACING - BOULDER	26:53
3	353	ROONEY, Daniel	49	U.S. AIR FORCE	28:00
4	348	BURSELL, John	46	JUNEAU AK USA	28:04
5	346	BRAY, William	45	U.S. NAVY	28:07
6 (1)	347	BRENNAND, Bob	48	CLUB NORTHWEST	28:26
7	350	FERREIRA, Mike	45	U.S. NAVY	29:03
8	358	WAGNER, Patrick	48	OREGON TRACK CLUB MASTERS	29:28
9	408	ROYCE, Hogue	46	SPOKANE WA USA	29:35
10	344	BANOVICH, Tony	47	BIG SKY DISTANCE PROJECT	29:42
11	351	MASUOKA, Loren	47	U.S. NAVY	30:03
12	357	TOWNSEND, Kendall	48	SEDRO WOOLLEY WA USA	30:38
13	356	THOMAS, Jeff	49	HELENA MT USA	30:44
14	349	COMES, Keith	46	EMDE SPORTS	30:59
15 (2)	352	MULVANIA, Ken	48	EMDE SPORTS	33:26
16 (3)	355	TAYLOR, Larry	49	EMDE SPORTS	35:50

## Division: Masters Male 50-54

PL	No	Name	Age	Representing	Time
1	368	SHEERAN, Joe	52	ELLENSBURG WA USA	27:08
2 (1)	361	CANNON, David	53	CLUB NORTHWEST	27:12
3	362	GREER, Daniel	50	RUNNING REPUBLIC OF BOULDER	28:41
4	365	HUBBART, Kyle	53	BROOMFIELD CO USA	29:44
5	360	BRUESS, Rick	50	RUNNING REPUBLIC OF BOULDER	30:09
6 (2)	364	HOWELL, Robinson	51	CLUB NORTHWEST	30:22
7	369	WADE, Steven	51	FAIRHAVEN RUNNERS	30:55
8 (3)	370	YOST, Cory	51	EMDE SPORTS	32:19
9	363	HAFER, Craig	53	COLORADO SPRINGS CO USA	32:59
10	359	ABRAMS, Scott	53	CENTRAL OREGON RUNNING KLUB (CORK)	34:18
11 (4)	366	MCINTOSH, James	51	EMDE SPORTS	40:57

## Division: Masters Male 55-59

PL	No	Name	Age	Representing
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1 (1)	371	BECKER, Rick	55	CLUB NORTHWEST	26:51
2 (2)	372	BILLET, Mark	56	CLUB NORTHWEST	28:59
3 (3)	375	RICHARD, David	57	CLUB NORTHWEST	30:04

PL	No	Name	Age	Representing	Time
4	373	HELGERSON, Jay	55	PORTLAND OR USA	30:51
5 (4)	376	ZYSKOWSKI, Jerry	57	CLUB NORTHWEST	31:46
6	409	FAWCETT, Brian	55	Oregon Track Club	32:31
7	374	KRUEGER, Mark	56	THREE RIVERS ROAD RUNNERS	34:00

### Division: Masters Male 60-64

PL	No	Name	Age	Representing	Time
1 (1)	388	RILEY, Rick	61	EMDE SPORTS	32:56
2 (2)	378	COOPER, Bob	61	BOULDER ROAD RUNNERS A	33:14
3	389	RODRIGUEZ, Arturo	60	SANTA CRUZ CA USA	34:01
4 (3)	380	DUMAS, Jeffrey	64	BOULDER ROAD RUNNERS A	34:12
5 (4)	377	CASTRO, Richard	62	BOULDER ROAD RUNNERS A	35:15
6	384	MANN, Frazer	62	EASTSIDE RUNNERS	35:28
7 (5)	383	LOWRIE, Charles	62	BOULDER ROAD RUNNERS B	35:37
8	387	PURNELL, Micks	60	BOULDER ROAD RUNNERS B	35:41
9	379	CROUSE, Charles	63	EASTSIDE RUNNERS	36:16
10 (6)	382	KARDONG, Don	61	EMDE SPORTS	36:58
11 (7)	385	OSBORNE, Jake	62	THREE RIVERS ROAD RUNNERS	37:02
12	390	SIMPSON, Duane	63	KELLER WA USA	38:20
13 (8)	386	PETERSON, James	64	THREE RIVERS ROAD RUNNERS	41:21
14 (9)	392	VOILAND, Bill	62	THREE RIVERS ROAD RUNNERS	42:10
15 (10)	391	VALENT, Richard	64	BOULDER ROAD RUNNERS B	43:17

### Division: Masters Male 65-69

PL	No	Name	Age	Representing	Time
1 (1)	394	GRAHAM, Jerry	66	EMDE SPORTS	33:23
2 (2)	396	MACHALA, Joe	68	EMDE SPORTS	34:33
3	397	PRATTE, Robert	65	ALBUQUERQUE NM USA	35:34
4 (3)	395	LEMIRE, Tom	66	BOULDER ROAD RUNNERS A	35:35
5 (4)	393	BONOGOFSKI, Daniel	65	EMDE SPORTS	37:49
6 (5)	399	ZIMMERMAN, Bruce	65	BOULDER ROAD RUNNERS B	38:46
7 (6)	398	WITTNER, Roger	66	BOULDER ROAD RUNNERS B	46:18

### Division: Masters Male 70-74

PL	No	Name	Age	Representing	Time
1	402	WEDDLE, Thom	71	MINNEAPOLIS MN USA	37:43
2	400	BRENNAND, John	74	SANTA BARBARA ATHLETIC ASSN.	39:24
3 (1)	401	PITKETHLY, David	73	SNOHOMISH TRACK CLUB	43:24

### Division: Masters Male 75-79

PL	No	Name	Age	Representing	Time
1 (1)	403	GREVSTAD, Ben	75	SNOHOMISH TRACK CLUB	41:36
2 (2)	404	PREEDY, Melvin	76	SNOHOMISH TRACK CLUB	45:22

### Division: Masters Male 80-84

PL	No	Name	Age	Representing	Time
1	405	SMYTHE, William	80	BOULDER ROAD RUNNERS	46:44
2	406	TURLEY, Bill	80	BOULDER ROAD RUNNERS	58:13
3	407	WRIGHT, Kenneth	80	BOULDER ROAD RUNNERS	1:06:44