

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**

**Women's Masters Teams Results**

**Masters Women 8K (40+)**

**1 Fleet Feet Boulder, Real Women, Real Fast  
Points:9**

	PL Name	Time	
2	Laura Haefeli	29:13	45
3	Jennifer Cubillas	31:06	40
4	Lisa Goldsmith	31:17	45

**2 Running Republic of Boulder  
Points:12**

	PL Name	Time	
1	Colleen DeReuck	27:27	45
5	Laura Breuss	31:30	49
6	Lydia Dissly	33:36	42

**3 Emde Sports  
Points:24**

	PL Name	Time	
7	Jan Janke	35:21	48
8	Robin DeRuwe	39:40	46
9	Francie Hankins	40:58	45

**Masters Women 8K (50+)**

**No Complete Teams**

**Masters Women 8K (60+)**

**1 Boulder Road Runners  
Points:6**

	PL Name	Time	
1	C.Gail Hunter	41:12	66
2	Betty Valent	46:54	69
3	Joyce Lemire	66:51	66

## Masters Women 8K (70+)

### 1 Boulder Road Runners

Points: 6

	PL Name	Time	
1	Judith Smythe	46:13	72
2	Lois Calhoun	50:23	74
3	vici Dehaan	57:18	74

## Masters Women Age Graded Results

### Masters Female 8K Age Graded Results

1	437	DE REUCK, Colleen	45 RUNNING REPUBLIC OF BOULDER	27:27.0	94.17%	1st = \$1000
2	430	HAEFELI, Laura	42 FLEET FEET BOULDER. REAL	29:12.3	86.34%	3 <sup>rd</sup> = \$450
3	427	CUBILLAS, Jennifer	40 FLEET FEET BOULDER. REAL WOMEN	31:05.9	80.02%	9 <sup>th</sup>
4	439	GOLDSMITH, Lisa	45 FLEET FEET BOULDER. REAL WOMEN	31:16.6	82.65%	5 <sup>th</sup> = \$150
5	436	BRUESS, Laura	49 RUNNING REPUBLIC OF BOULDER	31:29.9	85.56%	4 <sup>th</sup> = \$300
6	444	MARTIN, Kathryn	58 NORTHPORT RUNNING CLUB	32:13.7	93.91%	2 <sup>nd</sup> = \$600
7	435	UMILE, Janicka	41 MOUNTAIN WEST TRACK CLUB	32:23.8	77.32%	
8	433	REASER, Christine	44 SO CAL TRACK CLUB	32:51.5	77.96%	
9	428	DISSLY, Lydia	42 RUNNING REPUBLIC OF BOULDER	33:35.4	75.07%	
10	443	STEELE, Karen	52 TAMALPA RUNNERS INC	33:56.8	82.38%	7 <sup>th</sup>
11	442	KRUJELL, Kelly	50 CLUB NORTHWEST	34:11.3	79.80%	10 <sup>th</sup>
12	440	JANKE, Jan	48 EMDE SPORTS	35:20.5	75.36%	
13	441	TORO, Wanda	47 LOMPOC CA USA	35:33.7	74.10%	
14	431	HOLLINGSWORTH, Nancy	43 U.S. NAVY	37:07.9	68.41%	
15	432	OVERBAY, Shannon	40 SPOKANE MERCURY ATHLETIC CLUB	39:06.2	63.63%	
16	426	BLUME-MICHELS, Lauriea	43 BLOOMSDAY ROAD RUNNERS CLUB	39:21.8	64.53%	
17	438	DERUWE, Robin	46 EMDE SPORTS	39:39.9	65.76%	
18	472	HANKINS, Francie	45 Emde Sports	40:57.2	63.12%	
19	446	HUNTER, C Gail	66 BOULDER ROAD RUNNERS A	41:11.1	82.55%	6 <sup>th</sup>
20	451	SMYTHE, Judith	72 BOULDER ROAD RUNNERS A	46:12.6	81.04%	8 <sup>th</sup>
21	448	VALENT, Betty	69 BOULDER ROAD RUNNERS A	46:53.3	76.03%	
22	449	CALHOUN, Lois	74 BOULDER ROAD RUNNERS A	50:22.8	76.95%	
23	445	SPANNAUS, Barbara	62 EXCELSIOR MN USA	53:51.6	59.48%	
24	450	DEHAAN, Vici	74 BOULDER ROAD RUNNERS A	57:17.1	67.67%	
25	447	LEMIRE, Joyce	66 BOULDER ROAD RUNNERS A	1:06:51.0	50.86%	

# Master Women 5-Year Age Group Results

Saturday, February 13, 2010

## Division: Masters Female 40-44

PL	No	Name	Age	Representing	
1	430	HAEFELI, Laura	42	FLEET FEET BOULDER. REAL WOMEN. RE...	29:12
2	427	CUBILLAS, Jennifer	40	FLEET FEET BOULDER. REAL WOMEN. RE...	31:06
3	435	UMILE, Janicka	41	MOUNTAIN WEST TRACK CLUB	32:24
4	433	REASER, Christine	44	SO CAL TRACK CLUB	32:52
5	428	DISSLY, Lydia	42	RUNNING REPUBLIC OF BOULDER	33:35
6	431	HOLLINGSWORTH, Nancy	43	U.S. NAVY	37:08
7	432	OVERBAY, Shannon	40	SPOKANE MERCURY ATHLETIC CLUB	39:06
8	426	BLUME-MICHELS, Lauriea	43	BLOOMSDAY ROAD RUNNERS CLUB	39:22

## Division: Masters Female 45-49

PL	No	Name	Age	Representing	
1	437	DE REUCK, Colleen	45	RUNNING REPUBLIC OF BOULDER	27:27
2	439	GOLDSMITH, Lisa	45	FLEET FEET BOULDER. REAL WOMEN. RE...	31:17
3	436	BRUESS, Laura	49	RUNNING REPUBLIC OF BOULDER	31:30
4	440	JANKE, Jan	48	EMDE SPORTS	35:21
5	441	TORO, Wanda	47	LOMPOC CA USA	35:34
6	438	DERUWE, Robin	46	EMDE SPORTS	39:40
7	472	HANKINS, Francie	45	Emde Sports	40:57

## Division: Masters Female 50-54

PL	No	Name	Age	Representing	
1	443	STEELE, Karen	52	TAMALPA RUNNERS INC.	33:57
2	442	KRUELL, Kelly	50	CLUB NORTHWEST	34:11

## Division: Masters Female 55-59

PL	No	Name	Age	Representing	
1	444	MARTIN, Kathryn	58	NORTHPORT RUNNING CLUB	32:14

## Division: Masters Female 60-64

PL	No	Name	Age	Representing	
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## Division: Masters Female 65-69

PL	No	Name	Age	Representing	
1	446	HUNTER, C Gail	66	BOULDER ROAD RUNNERS A	41:11
2	448	VALENT, Betty	69	BOULDER ROAD RUNNERS A	46:53
3	447	LEMIRE, Joyce	66	BOULDER ROAD RUNNERS A	1:06:51

## Division: Masters Female 70-74

PL	No	Name	Age	Representing	
1	451	SMYTHE, Judith	72	BOULDER ROAD RUNNERS A	46:13
2	449	CALHOUN, Lois	74	BOULDER ROAD RUNNERS A	50:23
3	450	DEHAAN, Vici	74	BOULDER ROAD RUNNERS A	57:17