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	Floot F	eet Boulder, Real	Women Beal	Fact
	fieet f	eet boulder, Real	women, Real	rast
EC	JIIICS. J	DI Nama	Time	
	0	PL Name	-	4 -
			29:13	
	3	Jennifer Cubillas	31:06	40
	4	Lisa Goldsmith	31:17	45
2	Running	Republic of Bould	ler	
	oints:12	-	-	
		PL Name	Time	
	1	Colleen DeReuck	27:27	45
	5	Laura Breuss	31:30	49
	6	Lydia Dissly	33:36	42
3	Emde Sp	orts		
Po	oints: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

o			
	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 rd = \$450
3	427	CUBILLAS, Jennifer	40 FLEET FEET BOULDER. REAL WOMEN	31:05.9	80.02%	9 th
4	439	GOLDSMITH, Lisa	45 FLEET FEET BOULDER. REAL WOMEN	31:16.6	82.65%	5 th = \$150
5	436	BRUESS, Laura	49 RUNNING REPUBLIC OF BOULDER	31:29.9	85.56%	4 th = \$300
6	444	MARTIN, Kathryn	58 NORTHPORT RUNNING CLUB	32:13.7	93.91%	2 nd = \$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 th
11	442	KRUELL, Kelly	50 CLUB NORTHWEST	34:11.3	79.80%	10 th
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 th
20	451	SMYTHE, Judith	72 BOULDER ROAD RUNNERS A	46:12.6	81.04%	8 th
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

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Divi	sion:	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
Divi	sion:	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
		· · · · · · · · · · · · · · · · · · ·		
Divi	sion:	Masters Female 50-54		
PL	No	Name	Age Representing	
1	113	STEELE Karen		33.27
1	443 442	STEELE, Karen KRUELL Kelly	52 TAMALPA RUNNERS INC.	33:57 34·11
2	442	KRUELL, Kelly	52 TAMALPA RUNNERS INC. 50 CLUB NORTHWEST	33:57 34:11
2	442			
2	442	KRUELL, Kelly		
2 Divi PL	442 sion: No	KRUELL, Kelly Masters Female 55-59 Name	50 CLUB NORTHWEST Age Representing	34:11
2 Divi	442 sion:	KRUELL, Kelly Masters Female 55-59	50 CLUB NORTHWEST	
2 Divi PL	442 sion: No 444	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn	50 CLUB NORTHWEST Age Representing	34:11
2 Divi PL 1 Divi	442 sion: No 444	KRUELL, Kelly Masters Female 55-59 Name	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB	34:11
2 Divi PL 1 Divi PL	442 sion: No 444 sion: No	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name	50 CLUB NORTHWEST Age Representing	34:11
2 Divi PL 1 Divi PL	442 sion: No 444 sion: No	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB	34:11
2 Divi PL 1 Divi PL	442 sion: No 444 sion: No	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB	34:11
2 Divi PL 1 Divi PL Divi PL	442 sion: No 444 sion: No sion: No	KRUELL, Kelly Masters Female 55-59 MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing	34:11 32:14
2 Divi PL 1 Divi PL Divi PL 1	442 sion: No 444 sion: No sion: No 446	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name HUNTER, C Gail	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing 66 BOULDER ROAD RUNNERS A	34:11 32:14 41:11
2 Divi PL 1 Divi PL Divi PL 1 1 2	442 sion: No 444 sion: No sion: No 446 448	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name HUNTER, C Gail VALENT, Betty	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing 66 BOULDER ROAD RUNNERS A 69 BOULDER ROAD RUNNERS A	34:11 32:14 41:11 46:53
2 Divi PL 1 Divi PL 1 2 3	442 sion: No 444 sion: No sion: No 446 448 447	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name HUNTER, C Gail VALENT, Betty LEMIRE, Joyce	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing 66 BOULDER ROAD RUNNERS A	34:11 32:14 41:11
2 Divi PL 1 Divi PL 1 2 3	442 sion: No 444 sion: No sion: No 446 448 447	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name HUNTER, C Gail VALENT, Betty	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing 66 BOULDER ROAD RUNNERS A 69 BOULDER ROAD RUNNERS A	34:11 32:14 41:11 46:53
2 Divi PL 1 Divi PL 1 2 3	442 sion: No 444 sion: No sion: No 446 448 447	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name HUNTER, C Gail VALENT, Betty LEMIRE, Joyce	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing 66 BOULDER ROAD RUNNERS A 69 BOULDER ROAD RUNNERS A	34:11 32:14 41:11 46:53
2 Divi PL 1 Divi PL Divi PL 1 2 3 Divi PL	442 sion: No 444 sion: No sion: No 446 448 447 sion: No	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name HUNTER, C Gail VALENT, Betty LEMIRE, Joyce Masters Female 70-74 Name	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing 66 BOULDER ROAD RUNNERS A 69 BOULDER ROAD RUNNERS A 66 BOULDER ROAD RUNNERS A 66 BOULDER ROAD RUNNERS A 67 BOULDER ROAD RUNNERS A	34:11 32:14 41:11 46:53 1:06:51
2 Divi PL 1 Divi PL 1 2 3 Divi PL 1 2 3 Divi PL 1 1 2 3 Divi 1 1 2 3 Divi 1 1 2 3 Divi 1 2 3 Divi 1 2 1 1 2 1 1 2 1 1 1 2 1 1 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1	442 sion: No 444 sion: No sion: No 446 448 447 sion: No 446 448 447 sion: No 446 448 447 447 446 448 447 446 448 447 446 448 447 446 448 447 446 447 446 447 447 446 447 447	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name HUNTER, C Gail VALENT, Betty LEMIRE, Joyce Masters Female 70-74 Name SMYTHE, Judith	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing 66 BOULDER ROAD RUNNERS A 72 BOULDER ROAD RUNNERS A	34:11 32:14 41:11 46:53 1:06:51 46:13
2 Divi PL 1 Divi PL Divi PL 1 2 3 Divi PL	442 sion: No 444 sion: No sion: No 446 448 447 sion: No	KRUELL, Kelly Masters Female 55-59 Name MARTIN, Kathryn Masters Female 60-64 Name Masters Female 65-69 Name HUNTER, C Gail VALENT, Betty LEMIRE, Joyce Masters Female 70-74 Name	50 CLUB NORTHWEST Age Representing 58 NORTHPORT RUNNING CLUB Age Representing Age Representing 66 BOULDER ROAD RUNNERS A 69 BOULDER ROAD RUNNERS A 66 BOULDER ROAD RUNNERS A 66 BOULDER ROAD RUNNERS A 67 BOULDER ROAD RUNNERS A	34:11 32:14 41:11 46:53 1:06:51