

2009 USATF Cross Country Championships
February 7, 2009
Agricultural History Farm Park, Derwood, MD

Master Women 5-Year Age Groups

40-44

1	180 Lisa Goldsmith	44 Nederland CO	Fleet Feet Boulder	30:40
2	216 Susan Gray	40 Greencastle PA	Howard County Striders	31:21
3	150 Christine Reaser	43 Dayton ME	Dirigo RC	32:17
4	179 Lesia Atkinson	42 Boulder CO	Fleet Feet Boulder	32:31
5	165 Rosalind Sheppard	41 Bowie MD	Falls Road Running	32:49
6	162 Denise Knickman	40 Baltimore MD	Falls Road Running	33:25
7	230 Darcy Strouse	44 Frederick MD	Lightning Running Club	33:39
8	96 Connie Glueck	44 Williamsburg VA	Colonial Road Runners	35:07
9	219 Janelle McIntyre	43 Ellicott City MD	Howard County Striders	36:09
10	464 Tamara Utne	41 Bristow VA	Falls Road Running	36:16
11	511 Heidi McKenna	41 Birmingham AL	US Air Force	37:18
12	270 Jennifer Lazio	40 Alexandria VA	Potomac Valley Track Club	38:08
13	98 Cheryl Lager	43 Newport News VA	Colonial Road Runners	39:29

45-49

1	289 Carmen Ayala-Troncoso	49 Austin TX	Rogue Running	30:10
2	103 Laura Shannon	46 Williamsburg VA	Colonial Road Runners	33:05
3	236 Cindy Conant	47 Kensington MD	Montgomery County Road Ru	33:14
4	89 Kelly Kruell	49 Portland OR	Club Northwest	33:23
5	206 Colleen Forshee	45 North Wales PA	Greater Philadelphia Trac	33:28
6	224 Patricia Wilkerson	49 Columbia MD	Howard County Striders	34:47
7	274 Win Persina	48 Washington DC	Potomac Valley Track Club	34:48
8	237 Patricia Zerfas	46 Kensington MD	Montgomery County Road Ru	34:56
9	462 Wanda Toro	46 Lompoc CA	unattached	35:16
10	161 Sheryl Kline	46 Arnold MD	Falls Road Running	35:22
11	182 Nancy Hobbs	48 Colorado Springs CO	Fleet Feet Boulder	35:37
12	478 Jane Wikman	46 Germantown MD	unattached	36:36

50-54

1	215 Dorothy Beckett	51 Columbia MD	Howard County Striders	38:50
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55-59

1	260 Kathryn Martin	57 Northport NY	Northport Running Club	32:32
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60-64

1	97 Ann Hirn	63 Portsmouth VA	Colonial Road Runners	45:12
2	449 Barbara Spannaus	61 Excelsior MN	unattached	50:54

65-69

1	406 Marie-Louise Michelso	67 New York NY	unattached	42:07
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70-74

1	447 Judith Smythe	71 Boulder CO	unattached	47:30
2	369 Tami Graf	72 Lusby MD	unattached	51:23

Master Women Team Scores

40+

1. Fleet Feet Boulder
 1 3 10 = 14
 Lisa Goldsmith 44, Lesia Atkinson 42, Nancy Hobbs 48
2. Falls Road Running
 4 6 9 (12) = 19
 Rosalind Sheppard 41, Denise Knickman 40, Sheryl Kline 46,
 Tamara Utne, 41
3. Howard County Striders
 2 7 11 (13) = 20
 Susan Gray 40, Patricia Wilkerson 49, Janelle McIntyre 43, Dorothy
 Beckett 51
4. Colonial Road Runners
 5 8 14 (15) = 27
 Laura Shannon 46, Connie Glueck 44, Cheryl Lager 43, Ann Hirn 63

Master Women Age Graded

Place	Num	Name	Ag	Hometown	Time	Percent
1	260	Kathryn Martin	57	Northport NY	32:32	92.74
2	289	Carmen Ayala-Troncoso	49	Austin TX	30:10	90.19
3	180	Lisa Goldsmith	44	Nederland CO	30:40	83.99
4	406	Marie-Louise Michelso	67	New York NY	42:07	82.95
5	89	Kelly Kruell	49	Portland OR	33:23	81.51
6	236	Cindy Conant	47	Kensington MD	33:14	79.90
7	216	Susan Gray	40	Greencastle PA	31:21	79.60
8	103	Laura Shannon	46	Williamsburg VA	33:05	79.42
9	150	Christine Reaser	43	Dayton ME	32:17	79.08
10	447	Judith Smythe	71	Boulder CO	47:30	78.54
11	224	Patricia Wilkerson	49	Columbia MD	34:47	78.20
12	179	Lesia Atkinson	42	Boulder CO	32:31	77.87
13	206	Colleen Forshee	45	North Wales PA	33:28	77.64
14	274	Win Persina	48	Washington DC	34:48	77.23
15	165	Rosalind Sheppard	41	Bowie MD	32:49	76.56
16	230	Darcy Strouse	44	Frederick MD	33:39	76.56
17	182	Nancy Hobbs	48	Colorado Springs C	35:37	75.44
18	237	Patricia Zerfas	46	Kensington MD	34:56	75.21
19	162	Denise Knickman	40	Baltimore MD	33:25	74.67
20	462	Wanda Toro	46	Lompoc CA	35:16	74.49
21	161	Sheryl Kline	46	Arnold MD	35:22	74.28
22	369	Tami Graf	72	Lusby MD	51:23	73.84
23	96	Connie Glueck	44	Williamsburg VA	35:07	73.36
24	97	Ann Hirn	63	Portsmouth VA	45:12	72.70
25	215	Dorothy Beckett	51	Columbia MD	38:50	71.83
26	478	Jane Wikman	46	Germantown MD	36:36	71.79
27	219	Janelle McIntyre	43	Ellicott City MD	36:09	70.61
28	464	Tamara Utne	41	Bristow VA	36:16	69.27
29	511	Heidi McKenna	41	Birmingham AL	37:18	67.35
30	270	Jennifer Lazio	40	Alexandria VA	38:08	65.45
31	98	Cheryl Lager	43	Newport News VA	39:29	64.65
32	449	Barbara Spannaus	61	Excelsior MN	50:54	62.68