

# Pope & Troncoso Repeat at 5k XC

By Bill Quinlisk

10/15/06 – Saratoga Springs, NY - For the 3<sup>rd</sup> consecutive year the USA Master's 5 km Cross Country Championships were held at historic Saratoga State Park. The results were very familiar to those who watched the 2005 event. Brian Pope (1<sup>st</sup>, 15:25, M43, Oxford, MS) and Carmen Ayala-Troncoso (1<sup>st</sup>, 17:19, F47, Austin, TX) successfully defended their titles and once again turned in the top times of the meet. Pope pushed the pace early and had enough at the end to pull away to a 3 second win over Michael Payson (2<sup>nd</sup>, 15:28, M43, Oxford, ME). Payson led his Diringo RC team (48 pts) to a convincing win in the M40+ team competition over the defending champion Genesee Valley Harriers (76 pts.). According to the men's age-graded champ (91.7%), David O'Keefe (4th, 15:42, M47, Orchard Park, NY, 2<sup>nd</sup> M45-49) "the race really started going up the first steep hill just before the one mile mark when Brian charged and forced everyone to either go with him or be left behind. Only five of us went with him but one-by-one he gapped us. He was just too strong." Ayala-Troncoso also pushed the pace early and by the 2 mile mark, reached in 11:28, she was away and clear of the women's field. 2004 race champion Marisa Hanson (2<sup>nd</sup>, 17:57, F43, Pleasant Valley, NY) was the only other woman to break 18 minutes as the course proved slower than in previous years due to a coating of new gravel on several of the trail hills dumped a week prior to the event by an over-zealous state park employee. Kathryn Martin (9<sup>th</sup>, 19:11, F55, Northport, NY, 1<sup>st</sup> F55-59) finished in a virtual dead-heat with Carmen Ayala-Troncoso in the battle for the women's age-graded championship between previous USATF Master's Harriers-of-the-Year winners. Troncoso at 94.2% edged out Martin at 94.1% for the title. However, Martin has the advantage in the 2006 Harrier-of the-Year battle as she was the top age-graded finisher at the Masters 8k XC race in NYC last February where Ayala-Troncoso ran in the women's open race.

The Women's 40+ team competition proved the closest of the meet as the Shore AC of NJ (20 pts.) edged the Finger Lakes RC (21 pts.) by one point for the title. And the 3<sup>rd</sup> place squad from the Willow Street AC (28 pts.) narrowly squeezed by the Westchester TC (29 pts.) again by one point to take the bronze medals. The Shore AC threesome with team places 5, 7 and 8 was led by Jill Evarts (7<sup>th</sup>, 19:07, F41, Middletown, NJ). Finger Lakes RC placed 3, 6 and 12 in the team scoring and was led by Suzanne Myette (5<sup>th</sup>, 19:02, F49, Endicott, NY).

In the separate Men's 50+ race, defending champ Jim Robinson (6<sup>th</sup>, 16:55, M52, Rochester, NY) did not even medal in the very competitive 50-54 age division. According to Robinson, race champion Tom "Ryan (1<sup>st</sup>, 16:25, M51, Cape Elizabeth, ME) likes to run very aggressively right from the first step off the line". Ryan had his hands full as seven veteran runners broke the 17 minute barrier and kept the pressure on Ryan the entire race. In the end Ryan was too strong for them all. Robinson had some

consolation as he led his Genesee Valley Harrier team (73 pts.) to a ten point win in defending their team title over their neighbors from the Finger Lakes RC (83 pts.).

In the final race of the day, the Men's 60+ event, the ageless Bill Borla (1<sup>st</sup>, 18:44, M66, Torrington, CT) ran stride for stride with youngster Robert Baker (2<sup>nd</sup>, 18:45, M60, Loudon, TN) down the quarter mile homestretch before finding an extra gear in the final 50 meters to garner another national title. Both runners won their 5-year age divisions. John Camelio (5<sup>th</sup>, 19:10, M60, Sandgate, VT) led his Greater Springfield Harriers (15 pts.) teammates to the Men's 60+ team title past the gracious host team from the Adirondack AC (27 pts.). Adirondack was led by Pat Glover (4<sup>th</sup>, 18:56, M60, Clifton Park, NY). Ever inspiring Bob Matteson (37:10, M90) took home the Men's 90-94 title.

There were 280 total finishers in the 4 races.

Other national champions include:

M40-44, Brian Pope, M43, Oxford, MS, 15:25  
M45-49, Todd Coffin, M45, Freeport, ME, 15:34  
M50-54, Tom Ryan, M51, Cape Elizabeth, ME, 16:25  
M55-59, Roger Price, M57, Piscataway, NJ, 17:27  
M60-64, Robert Barber, M60, Loudon, TN, 18:45  
M65-69, Bill Borla, M66, Torrington, CT, 18:44  
M70-74, Bill Spencer, M70, Litchfield, NH, 21:11  
M75-79, Richard Sullivan, M78, Buffalo, NY, 26:27  
M85-89, Bill Tribou, M85, Granby, CT, 28:48  
M90-94, Bob Matteson, M90, Bennington, VT, 37:10

M40+, Diringo RC, 48 pts.  
M50+, Genesee Valley Harriers, 73 pts.  
M60+, Greater Springfield Harriers, 15 pts.  
M70+, Gate City Striders, 9 pts.

W40-44, Marisa Hanson, F43, Pleasant Valley, NY, 17:57  
W45-49, Carmen Ayala-Troncoso, F47, Austin, TX, 17:19  
W50-54, Audrey Balander, F50, Cortland, NY, 21:03  
W55-59, Kathryn Martin, F55, Northport, NY, 19:11  
W60-64, Judith Tripp, F60, New York, NY, 23:25  
W65-69, Lenis Tucker, F68, Baldwinsville, NY, 25:25  
W70-74, Mary Harada, F71, West Newbury, MA, 26:53  
W75-79, Regina Tumidajewicz, F79, Amsterdam, NY, 40:20

F40+, Shore AC of NJ, 20 pts.  
F50+, Finger Lakes RC, 10 pts.  
F60+, Liberty AC, 6 pts.