

2005 USATF Masters 5 km Cross Country Championships

October 16, 2005

Saratoga Spa State Park - Saratoga Springs, N.Y.



Carmen Ayala-Tronco (F45)
'05 USA Masters 5 km XC Champ.



James Robinson (M50)
'05 USA Masters 5 km XC Champ.

David O'Keefe of Orchard Park, N.Y., and Carmen Ayala-Troncoso of Austin, Tex. notched the top performances at the USA Masters 5 km Cross Country Championships in Saratoga, N.Y. on October 16.

O'Keefe (46) ran 15 minutes, 38 seconds to win the men's 45-49 title and Ayala-Troncoso (46) won the women's 45-49 title in 17:12. Ayala-Troncoso's time was the fastest time turned in by all women. Brian Pope (42) of Oxford, Miss., had the fastest time of the day on the men's side in winning the 40-44 title in 15:11.

Other national champions crowned for the men were: James Robinson (50-54) from Rochester, N.Y. in 16:28; Jerry Learned (55-59), from Hopkinton, Mass., in 17:42; Terry Delph (60-64)

from Coopersburg, Penn., in 18:32; James Leitz (65-69) from Bayonne, N.J., in 21:00; Jack Meegan (70-74) from Buffalo, N.Y., in 21:30; Richard Sullivan (75-79) from Buffalo, N.Y., in 26:19; Bob Matteson (85-89) from Bennington, Vermont in 43:45.

Other national champions crowned for the women were: Marisa Hanson (40-44) from Pleasant Valley, N.Y., in 17:22; Patricia Ford (50-54) from Lafayette, N.Y., in 21:03; Carolyn Smith-Hanna (55-59) from Pittsford, N.Y., in 20:16; Regina Wright (60-64) from Marshfield, Mass., in 26:29; Carrie Parsi (65-69) from Gloucester, Mass., in 23:30; Elizabeth Szawlowsk (70-74) from Sugar Hill, N.H., in 29:13.

Men's Team champions were: Genesee Valley Harriers (Niagara) - M40; Genesee Valley Harriers (Niagara) - M50; Raritan Valley Road Runners (New Jersey) - M60; and Belle Watling (Niagara) - M70.

Women's Team champions were: Westchester TC (Metropolitan) - W40; Genesee Valley Harriers (Niagara) - W50; and Liberty AC (New England) - W60.

Complete Master Results

Master Men 5 Year Age Groups

Men 40-44

1	1 Brian Pope	42 Oxford	MS	15:11
2	2 Eric Morse	40 Berlin	VT	15:18
3	3 John Hinton	43 Chapel Hill	NC	15:33
4	7 Gary Griffin	44 Rochester	NY	16:03
5	8 Michael Platt	43 Syracuse	NY	16:04
6	9 Scott Brown	42 Hartsdale	NY	16:11
7	11 Alan Evans	42 Beaver Dams	NY	16:18
8	13 Kieran Stack	42 Poughkeepsie	NY	16:23
9	14 Carl Johnston	40 Ontario	NY	16:25
10	15 John Cunningham	40 Bedford Hills	NY	16:26
11	18 Ron Lombardi	41 Brimfield	MA	16:36
12	20 David Bischoff	43 Fairport	NY	16:49
13	21 Robert Bolton	44 Richland	NY	16:50
14	23 Rodney Furr	41 Florence	MA	16:54
15	25 David Hettrich	41 Delmar	NY	17:07
16	29 Adam Prince	42 Philadelphia	PA	17:21
17	30 Robert Rimkis	44 West Chester	PA	17:25
18	33 Robert Love	41 Greenfield Center	NY	17:30
19	34 Kent Kroemer	44 Rochester	NY	17:32
20	35 Daniel Rohnke	40 Rochester	NY	17:32
21	36 Martin Fitzgerald	42 Cortlandt Manor	NY	17:35
22	37 Bryan Carr	43 Wilmington	DE	17:37
23	40 Alan Macdougall	40 Branford	CT	17:42
24	42 Mark Mellea	43 Manchester	NJ	18:01
25	43 Chuck Racey	43 Clifton Park	NY	18:08
26	44 Daniel Cantwell	44 Albany	NY	18:10
27	45 Gregory Green	41 Philadelphia	PA	18:13
28	46 Keith Scott	43 Leroy	NY	18:17
29	47 Daniel Kumlander	40 Saratoga Springs	NY	18:30
30	49 Frederick Kenney	44 Philadelphia	PA	19:09

31	50	Steven Cummings	40	Ballston Spa	NY	19:19
32	51	Edward Lindo	44	Fulton	NY	19:27

Men 45-49

1	4	David O'Keefe	46	Orchard Park	NY	15:38
2	5	Thomas Dalton	47	Schenectady	NY	15:47
3	6	Kevin Haas	47	St. Louis Park	MN	15:52
4	10	Charles Shields	46	Abington	PA	16:15
5	12	Jeffery Hayes	46	Phila	PA	16:20
6	16	Bob Nugent	45	Binghamton	NY	16:28
7	17	Derrick Staley	47	Ballston Lake	NY	16:31
8	19	Robert Underwood	45	Kattskill Bay	NY	16:42
9	22	John Noonan	46	Ballston Spa	NY	16:53
10	24	Keith Davies	46	Wilmington	DE	17:01
11	26	Tim Dwyer	45	Rochester	NY	17:08
12	27	Anthony Vodacek	46	Rochester	NY	17:09
13	28	James Harkins	47	Marlton	NJ	17:15
14	31	James Cuono	46	Port Carbon	PA	17:25
15	32	Paul Fendler	49	Rye	NY	17:27
16	38	Michael Jordan	45	Ballston Spa	NY	17:38
17	39	Gary Radford	48	Cicero	NY	17:38
18	41	Frederick Kitzrow	49	Delmar	NY	18:01
19	48	Christopher Murphy	48	Scotia	NY	19:08
20	52	Ricardo Troncoso	46	Austin	TX	19:37
21	53	Barry Auskern	45	Bernardston	MA	19:58

Men 50-54

1	1	James Robinson	51	Rochester	NY	16:28
2	2	Terry Permar	51	Perkasie	PA	16:33
3	3	Rich Burns	50	Saugus	CA	16:44
4	4	David Long	51	Louisville	KY	16:46
5	5	Stephen Chantry	50	Williamsburg	VA	16:50
6	6	Dave Clingan	51	Portland	OR	16:56
7	7	Geary Daniels	51	Dudley	MA	16:57
8	8	Steven Calidonna	50	Cortlandt Manor	NY	17:05
9	9	Mark Rybinski	50	Manlius	NY	17:19
10	13	Thomas Hartshorne	51	Ithaca	NY	17:50
11	14	Daniel Delaney	51	Patterson	NY	17:54
12	15	Paul Bazanchuk	50	Amherst	MA	17:56
13	16	Dennis Fillmore	53	Ballston Spa	NY	17:58
14	18	Edward Sparkowski	50	Simsbury	CT	18:06
15	19	Tim McMullen	52	Churchville	NY	18:11
16	21	Scott Mosenthal	52	Briarcliff	NY	18:17
17	23	Robert Hintermeister	50	Avon	CO	18:21
18	24	William Scholl	54	Neptune	NJ	18:22
19	25	Brian Dodge	52	Fulton	NY	18:23
20	26	Rob Picotte	52	Slingerlands	NY	18:24
21	29	Robert Haithcock	50	Middletown	NJ	18:27
22	30	Gary Pierce	53	Wayside	NJ	18:29
23	31	William Pine	53	Fitzwilliam	NH	18:33
24	34	Dave Hoch	50	East Brunswick	NJ	18:38
25	35	Celio Hernandez	52	Wilbraham	MA	18:40
26	36	Tony Plaster	53	Neptune	NJ	18:42
27	37	Richard Henderson	53	Philadelphia	PA	18:49
28	38	Ramon Alicea	54	Holyoke	MA	18:49
29	40	Robert Colborn	51	Niskayuna	NY	18:58
30	41	David Bowen	53	Port Byron	NY	19:00

31	42	Kevin Leach	53	Greenfield	MA	19:04
32	44	Richard Clark	51	Feeding Hills	MA	19:19
33	47	Ken Gallant	53	Pittsford	NY	19:49
34	48	Roger Nasatka	53	Westford	MA	19:50
35	51	Vicente Rojas	52	Holyoke	MA	20:18
36	53	Mitch Moore	51	Rochester	NY	20:28
37	56	Gary Steinel	52	White Plains	NY	20:38
38	58	Chester Tumidajewic	51	Amsterdam	NY	20:47
39	60	Richard Rybinski	53	Manlius	NY	21:43
40	63	Alex Ashlock	50	Natick	MA	24:10

Men 55-59

1	10	Jerry Learned	57	Hopkinton	MA	17:42
2	11	Dale Keenan	55	Selkirk	NY	17:43
3	12	Roger Price	56	Piscataway	NJ	17:46
4	17	Harold Nolan	58	Navesink	NJ	18:03
5	20	Philip Jessen	57	Hartford	NY	18:15
6	22	Kenneth Briell	55	Lake Desolation	NY	18:20
7	27	Scott Abercrombie	55	Yorktown Heights	NY	18:25
8	28	Patrick Glover	59	Clifton Park	NY	18:25
9	32	Joseph Porcaro	56	Putnam Valley	NY	18:33
10	33	Frank Rucki	56	Chicopee	MA	18:35
11	39	Stephen Perks	59	Poughkeepsie	NY	18:57
12	43	Bob Hermesch	55	Croton-on-Hudson	NY	19:17
13	45	Robert Kulwicki	56	Hilton	NY	19:22
14	46	Jim May	59	Williamson	NY	19:47
15	49	Richard Morse	55	Round Lake	NY	20:04
16	50	Larry Zygo	55	Rochester	NY	20:16
17	52	Roger Howe	57	Rochester	NY	20:21
18	54	Ernie Paquin	59	Gansevoort	NY	20:30
19	55	Walter MacGowan	58	Spring Lake	NJ	20:34
20	57	Michael Reif	56	Victor	NY	20:39
21	59	Breton Gaetan	57	Rock Forest	QU	21:25
22	61	Edward Powers	55	Schaghticoke	NY	22:11
23	62	Neil Fitzpatrick	57	Tarrytown	NY	23:11
24	64	Peter Stasz	58	Holyoke	MA	28:48

Men 60-64

1	1	Terry Delph	60	Coopersburg	PA	18:32
2	2	Salih Talib	60	New York	NY	18:58
3	3	Rich Myers	60	Vorheez	NJ	19:07
4	4	Ron Kita	60	Hollis	NH	19:14
5	5	Arthur Roberts	61	Springfield	MA	19:26
6	6	Herbert Engman	60	Ithaca	NY	19:39
7	7	Douglas Brown	60	East Brunswick	NJ	19:56
8	8	William Hagman	62	Morris Plains	NJ	20:09
9	9	Frank Handelman	60	New York	NY	20:18
10	10	Harry Masterton	60	Shutesbury	MA	20:42
11	11	David Hayes	62	Niskayuna	NY	20:49
12	12	Peter Szawlowski	63	Sugar Hill	NH	20:56
13	16	John Kuhl	61	Oakhurst	NJ	21:21
14	17	Hugh Sweeny	61	Jersey City	NJ	21:28
15	19	Dan French	60	Ballston Spa	NY	21:45
16	20	Stanley Westhoff	61	Ganesvoort	NY	21:50
17	22	Edward Bown	64	Broadalbin	NY	22:07
18	24	Steve Moland	62	Litchfield	NH	22:25
19	26	Hector Roche	62	Parlin	NJ	22:59

20	27	David Kaplan	60	Ocean Grove	NJ	23:11
21	28	Richard Colasuonno	64	Old Bridge	NJ	23:38
22	32	Raymond Lee	63	Halfmoon	NY	24:42
23	33	PAUL KRENTAR	62	Piscataway	NJ	24:58

Men 65-69

1	13	James Leitz	66	Bayonne	NJ	21:00
2	14	Sid Howard	66	New York	NY	21:08
3	15	JOHN LEONARD	68	Cliffwood Bch	NJ	21:14
4	21	Norman Goluskin	67	New Paltz	NY	22:07
5	23	Denis Daly	67	Yonkers	NY	22:21
6	25	Richard Hill	69	Middletown	NJ	22:47
7	30	Kenneth Skinner	65	Albany	NY	24:11
8	31	Christopher Rush	69	Schenectady	NY	24:31

Men 70-74

1	18	Jack Meegan	70	Buffalo	NY	21:30
2	29	Bill Butler	72	West Chester	PA	23:46
3	34	Peter Hettrich	70	Ballston Spa	NY	26:10
4	36	Ted Sullivan	73	Williamsville	NY	27:16
5	38	Walter McConnell	74	Bolton Landing	NY	28:51
6	39	Donald McBain	73	Wynantskill	NY	37:29

Men 75-79

1	35	Richard Sullivan	77	Buffalo	NY	26:19
2	37	Roger Whalley	75	Amherst	NY	28:06

Men 85-89

1	40	Bob Matteson	89	Bennington	VT	43:45
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Master Women 5 Year Age Groups

Women 40-44

1	2	Marisa Hanson	42	Pleasant Valley	NY	17:22
2	3	Rebecca Heuer	41	Orchard Park	NY	18:49
3	4	Catherine Stone-Bor	43	Ringwood	NJ	18:52
4	5	Wanda Toro Scheib	43	Lenexa	KS	18:53
5	8	Anne Benson	40	Clifton Park	NY	19:16
6	9	Kate O'Hern	41	Darien	CT	19:24
7	11	Natalie Shea	40	Amherst	MA	19:38
8	12	Lisa Wilhelm	42	Little Egg Harbor	NJ	19:39
9	13	Karen Mohr	40	Albany	NY	19:44
10	15	Barbara Brennan	42	Little Egg Harbor	NJ	20:10
11	19	Tomi Nonenmacher	40	New Paltz	NY	20:20
12	20	Lynne Andersson	41	Philadelphia	PA	20:33
13	21	Nancy Nicholson	43	Queensbury	NY	20:37
14	22	Gail Geiger	42	Caledonia	NY	20:45
15	26	Patricia Warth	40	Rochester	NY	21:13
16	28	Gayle Mancuso	43	New Paltz	NY	21:27
17	29	Mary Pat McFarland	41	Merion	PA	21:29
18	30	Elizabeth Zebuth	41	Coram	NY	21:31
19	33	Laurel Petersen	43	Albany	NY	22:15
20	35	Noreen Verdoliva	44	Mexico	NY	22:24
21	40	Susan Ardito	44	Ocean	NJ	23:12

Women 45-49

1	1	Carmen Ayala-Tronco	46	Austin	TX	17:12
2	6	Barbara Gubbins	45	Southampton	NY	18:54
3	7	Mary Evans	46	Scarsdale	NY	19:06
4	10	Anne Hird	46	Providence	RI	19:27
5	14	Kathleen Newton	46	Bennington	VT	19:54
6	16	Marina Veatch	45	Yorktown Heghts	NY	20:13
7	17	Christine Murphy	48	Pt Pleasant	NJ	20:15
8	23	Judy Rubin	46	White Plains	NY	20:59
9	27	Beth Glace	45	Accord	NY	21:17
10	31	Marilyn Zygo	48	Rochester	NY	21:53
11	32	Jeryl Simpson	48	Clifton Park	NY	22:11
12	34	THERESA MARCIANI	48	Brick	NJ	22:22
13	41	Marie White	45	Henrietta	NY	23:18
14	46	Mickey Piscitelli	48	Baldwinsville	NY	24:07
15	48	Karen Lein	47	Newton Highlands	MA	24:41
16	49	JoAnn Galinak	49	Butler	NJ	24:57

Women 50-54

1	24	Patricia Ford	50	Lafayette	NY	21:03
2	25	Belinda O'Brien	53	Fairport	NY	21:10
3	37	Sharon Moore	51	Rochester	NY	22:41
4	38	Mary Diver	51	New York	NY	22:44
5	39	Janice Roche	52	Clifton Park	NY	23:09
6	42	Adrienne Wald	50	New Rochelle	NY	23:23
7	44	Jeanne Herrick	54	Rochester	NY	23:41
8	51	Wendi Glassman	50	Elizabeth	NJ	25:18
9	57	Octavia Wilson	50	Canajoharie	NY	32:17

Women 55-59

1	18	Carolyn Smith-Hanna	55	Pittsford	NY	20:16
2	36	Sylvie Kimche	58	New York	NY	22:26
3	45	Mary Collins-finn	56	Menands	NY	23:52
4	47	Mary Rosado	55	New York	NY	24:16
5	52	Linda Piff	57	Jackson	NJ	25:38
6	55	Bunny McDonnell	59	Middletown	NJ	29:01

Women 60-64

1	53	Regina Wright	63	Marshfield	MA	26:29
2	54	Elaine Matthews	62	New Paltz	NY	27:04

Women 65-69

1	43	Carrie Parsi	66	Gloucester	MA	23:30
2	50	Lenis Tucker	67	Baldwinsville	NY	25:16

Women 70-74

1	56	Elizabeth Szawlowsk	72	Sugar Hill	NH	29:13
2	58	Edna Hyer	71	South Wales	NY	34:37

Master Men's Team Scores

Men 40-49

1.	25	GENESEE VALLEY HARRIERS40A	(16:06	1:20:28)
1	1	David O'Keeffe	46	15:38	
2	3	Gary Griffin	44	16:03	
3	4	Michael Platt	43	16:04	
4	7	Alan Evans	42	16:18	
5	10	Carl Johnston	40	16:25	
6	(14)	David Bischoff	43	16:49	
7	(15)	Robert Bolton	44	16:50	
2.	61	ADIRONDACK ATHLETIC CLUB40A	(16:36	1:23:00)
1	2	Thomas Dalton	47	15:47	
2	12	Derrick Staley	47	16:31	
3	13	Robert Underwood	45	16:42	
4	16	John Noonan	46	16:53	
5	18	David Hettrich	41	17:07	
6	(32)	Frederick Kitzrow	49	18:01	
7	(34)	Daniel Cantwell	44	18:10	
8	(38)	Christopher Murphy	48	19:08	
3.	74	PHILADELPHIA ATHLETIC CHARITIES TC4	(16:53	1:24:22)
1	6	Charles Shields	46	16:15	
2	8	Jeffery Hayes	46	16:20	
3	17	Keith Davies	46	17:01	
4	21	Adam Prince	42	17:21	
5	22	Robert Rimkis	44	17:25	
6	(23)	James Cuono	46	17:25	
7	(29)	Bryan Carr	43	17:37	
8	(35)	Gregory Green	41	18:13	
4.	77	TACONIC ROAD RUNNERS CLUB40A	(16:49	1:24:02)
1	5	Scott Brown	42	16:11	
2	9	Kieran Stack	42	16:23	
3	11	John Cunningham	40	16:26	
4	24	Paul Fendler	49	17:27	
5	28	Martin Fitzgerald	42	17:35	
5.	123	GENESEE VALLEY HARRIERS40B	(17:24	1:26:59)
1	19	Tim Dwyer	45	17:08	
2	20	Anthony Vodacek	46	17:09	
3	26	Kent Kroemer	44	17:32	
4	27	Daniel Rohnke	40	17:32	
5	31	Gary Radford	48	17:38	
6	(36)	Keith Scott	43	18:17	
7	(40)	Edward Lindo	44	19:27	
6.	164	ADIRONDACK ATHLETIC CLUB40B	(18:13	1:31:05)
1	25	Robert Love	41	17:30	

2	30	Michael Jordan	45	17:38
3	33	Chuck Racey	43	18:08
4	37	Daniel Kumlander	40	18:30
5	39	Steven Cummings	40	19:19

Men 50-59

1.	41	GENESEE VALLEY HARRIERS50A	(17:39	1:28:11)
=====				
1	1	James Robinson	51	16:28
2	4	Mark Rybinski	50	17:19
3	7	Thomas Hartshorne	51	17:50
4	12	Tim McMullen	52	18:11
5	17	Brian Dodge	52	18:23
6	(32)	David Bowen	53	19:00
7	(36)	Robert Kulwicki	56	19:22
8	(37)	Jim May	59	19:47
2.	62	ADIRONDACK ATHLETIC CLUB50A	(18:08	1:30:40)
=====				
1	6	Dale Keenan	55	17:43
2	10	Dennis Fillmore	53	17:58
3	13	Philip Jessen	57	18:15
4	15	Kenneth Briell	55	18:20
5	18	Rob Picotte	52	18:24
6	(20)	Patrick Glover	59	18:25
7	(31)	Robert Colborn	51	18:58
8	(40)	Richard Morse	55	20:04
3.	68	TACONIC ROAD RUNNERS CLUB50A	(18:03	1:30:14)
=====				
1	3	Steven Calidonna	50	17:05
2	8	Daniel Delaney	51	17:54
3	14	Scott Mosenthal	52	18:17
4	19	Scott Abercrombie	55	18:25
5	24	Joseph Porcaro	56	18:33
6	(34)	Bob Hermes	55	19:17
7	(46)	Gary Steinel	52	20:38
4.	94	CENTRAL MASS STRIDERS50A	(18:20	1:31:37)
=====				
1	2	Geary Daniels	51	16:57
2	5	Jerry Learned	57	17:42
3	23	William Pine	53	18:33
4	25	Frank Rucki	56	18:35
5	39	Roger Nasatka	53	19:50
5.	96	SHORE ATHLETIC CLUB OF NEW JERSEY50	(18:24	1:31:59)
=====				
1	11	Harold Nolan	58	18:03
2	16	William Scholl	54	18:22
3	21	Robert Haithcock	50	18:27
4	22	Gary Pierce	53	18:29
5	26	Dave Hoch	50	18:38
6	(28)	Tony Plaster	53	18:42
7	(29)	Richard Henderson	53	18:49

8 (45) Walter MacGowan 58 20:34

6. 134 GREATER SPRINGFIELD HARRIERS50B (18:46 1:33:48)

1	9	Paul Bazanchuk	50	17:56
2	27	Celio Hernandez	52	18:40
3	30	Ramon Alicea	54	18:49
4	33	Kevin Leach	53	19:04
5	35	Richard Clark	51	19:19
6	(42)	Vicente Rojas	52	20:18
7	(49)	Peter Stasz	58	28:48

7. 213 GENESEE VALLEY HARRIERS50B (20:19 1:41:33)

1	38	Ken Gallant	53	19:49
2	41	Larry Zygo	55	20:16
3	43	Roger Howe	57	20:21
4	44	Mitch Moore	51	20:28
5	47	Michael Reif	56	20:39
6	(48)	Richard Rybinski	53	21:43

Men 60-69

1. 11 RARITAN VALLEY ROAD RUNNERS60A (19:44 59:12)

1	2	Rich Myers	60	19:07
2	4	Douglas Brown	60	19:56
3	5	William Hagman	62	20:09
4	(12)	Hugh Sweeny	61	21:28
5	(24)	PAUL KRENTAR	62	24:58

2. 16 CENTRAL PARK TRACK CLUB60A (20:08 1:00:24)

1	1	Salih Talib	60	18:58
2	6	Frank Handelman	60	20:18
3	9	Sid Howard	66	21:08
4	(15)	Norman Goluskin	67	22:07

3. 28 MOOSE MILERS & MARATHONERS60A (20:52 1:02:35)

1	3	Ron Kita	60	19:14
2	8	Peter Szawlowski	63	20:56
3	17	Steve Moland	62	22:25

4. 34 ADIRONDACK ATHLETIC CLUB60A (21:28 1:04:24)

1	7	David Hayes	62	20:49
2	13	Dan French	60	21:45
3	14	Stanley Westhoff	61	21:50

5. 39 SHORE ATHLETIC CLUB OF NEW JERSEY60 (21:48 1:05:22)

1	10	JOHN LEONARD	68	21:14
2	11	John Kuhi	61	21:21
3	18	Richard Hill	69	22:47
4	(19)	Hector Roche	62	22:59
5	(20)	David Kaplan	60	23:11

6. 59 TENDONITIS AC60A (23:37 1:10:49)

1	16	Edward Bown	64	22:07
2	21	Kenneth Skinner	65	24:11
3	22	Christopher Rush	69	24:31
4	(23)	Raymond Lee	63	24:42
5	(25)	Peter Hettrich	70	26:10

Men 70-79

1. 6 BELLE WATLING70A (25:02 1:15:05)

1	1	Jack Meegan	70	21:30
2	2	Richard Sullivan	77	26:19
3	3	Ted Sullivan	73	27:16
4	(4)	Roger Whalley	75	28:06

Master Women's Team Scores

Women 40-49

1. 8 WESTCHESTER TRACK CLUB40A (18:27 55:20)

1	1	Marisa Hanson	42	17:22
2	3	Catherine Stone-Borkowsk	43	18:52
3	4	Mary Evans	46	19:06
4	(6)	Kate O'Hern	41	19:24
5	(16)	Judy Rubin	46	20:59

2. 22 WILLOW STREET AC40A (19:38 58:54)

1	5	Anne Benson	40	19:16
2	8	Karen Mohr	40	19:44
3	9	Kathleen Newton	46	19:54
4	(14)	Nancy Nicholson	43	20:37

3. 28 SHORE ATHLETIC CLUB OF NEW JERSEY40 (20:02 1:00:04)

1	7	Lisa Wilhelm	42	19:39
2	10	Barbara Brennan	42	20:10
3	11	Christine Murphy	48	20:15
4	(20)	Elizabeth Zebuth	41	21:31
5	(24)	THERESA MARCIANI	48	22:22

4. 29 GENESEE VALLEY HARRIERS40A (19:57 59:50)

1	2	Rebecca Heuer	41	18:49
2	12	Carolyn Smith-Hanna	55	20:16
3	15	Gail Geiger	42	20:45
4	(17)	Patricia Warth	40	21:13
5	(21)	Marilyn Zygo	48	21:53

5. 50 SHAWANQUNK RUNNERS' CLUB40A (21:02 1:03:04)

1	13	Tomi Nonenmacher	40	20:20
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2	18	Beth Glace	45	21:17
3	19	Gayle Mancuso	43	21:27

6. 71 WILLOW STREET AC40B (22:32 1:07:35)

1	22	Jeryl Simpson	48	22:11
2	23	Laurel Petersen	43	22:15
3	26	Janice Roche	52	23:09

7. 80 SYRACUSE CHARGERS TRACK CLUB40A (23:56 1:11:47)

1	25	Noreen Verdoliva	44	22:24
2	27	Mickey Piscitelli	48	24:07
3	28	Lenis Tucker	67	25:16

Women 50-59

1. 7 GENESEE VALLEY HARRIERS50A (21:38 1:04:54)

1	1	Patricia Ford	50	21:03
2	2	Belinda O'Brien	53	21:10
3	4	Sharon Moore	51	22:41
4	(6)	Jeanne Herrick	54	23:41

2. 15 CENTRAL PARK TRACK CLUB50A (23:09 1:09:26)

1	3	Sylvie Kimche	58	22:26
2	5	Mary Diver	51	22:44
3	7	Mary Rosado	55	24:16

3. 27 SHORE ATHLETIC CLUB OF NEW JERSEY50 (26:39 1:19:57)

1	8	Wendi Glassman	50	25:18
2	9	Linda Piff	57	25:38
3	10	Bunny McDonnell	59	29:01

Women 60-69

1. 6 LIBERTY ATHLETIC CLUB60A (26:24 1:19:12)

1	1	Carrie Parsi	66	23:30
2	2	Regina Wright	63	26:29
3	3	Elizabeth Szawlowski	72	29:13

*** RESULTS GRADED BY AGE AND SEX BASED ON 2002 TABLES **

2005 USA MASTERS 5K

CROSS COUNTRY CHAMPIONSHIPS

SARATOGA SPA STATE PARK, SARATOGA SPRINGS, NEW YORK

SUNDAY OCTOBER 16, 2005

RESULTS BY FINISH RIGHT TIMING SERVICES

518-312-0886

WWW.FINISHRIGHT.COM

Place	Name	Age	S	Time	Age Graded
1	David O'Keefe	46	M	15:38	91.40%
2	Brian Pope	42	M	15:11	91.26
3	Thomas Dalton	47	M	15:47	91.24
4	Kevin Haas	47	M	15:52	90.76
5	James Robinson	51	M	16:28	90.29
6	Terry Permar	51	M	16:33	89.84
7	John Hinton	43	M	15:33	89.78
8	Eric Morse	40	M	15:18	89.21
9	David Long	51	M	16:46	88.67
10	Jerry Learned	57	M	17:42	88.30
11	Rich Burns	50	M	16:44	88.14
12	Charles Shields	46	M	16:15	87.93
13	Dave Clingan	51	M	16:56	87.80
14	Geary Daniels	51	M	16:57	87.72
15	Gary Griffin	44	M	16:03	87.66
16	Stephen Chantry	50	M	16:50	87.61
17	Jeffery Hayes	46	M	16:20	87.48

18	Harold Nolan	58 M	18:03	87.33
19	Roger Price	56 M	17:46	87.22
20	Derrick Staley	47 M	16:31	87.19
21	Michael Platt	43 M	16:04	86.90
22	Dale Keenan	55 M	17:43	86.73
23	Terry Delph	60 M	18:32	86.54
24	Steven Calidonna	50 M	17:05	86.33
25	Patrick Glover	59 M	18:25	86.33
26	Bob Nugent	45 M	16:28	86.10
27	Philip Jessen	57 M	18:15	85.64
28	Scott Brown	42 M	16:11	85.62
29	Mark Rybinski	50 M	17:19	85.17
30	Alan Evans	42 M	16:18	85.01
31	Robert Underwood	45 M	16:42	84.90
32	John Noonan	46 M	16:53	84.63
33	Kieran Stack	42 M	16:23	84.57
34	Salih Talib	60 M	18:58	84.56
35	Dennis Fillmore	53 M	17:58	84.12
36	Keith Davies	46 M	17:01	83.97
37	Stephen Perks	59 M	18:57	83.904
38	Rich Myers	60 M	19:07	83.901
39	Paul Fendler	49 M	17:27	83.84
40	Kenneth Briell	55 M	18:20	83.82
41	Robert Bolton	44 M	16:50	83.58
42	Joseph Porcaro	56 M	18:33	83.54
43	James Harkins	47 M	17:15	83.48
44	Scott Abercrombie	55 M	18:25	83.44
45	Ron Kita	60 M	19:14	83.392
46	Frank Rucki	56 M	18:35	83.389
47	Thomas Hartshorne	51 M	17:50	83.37

48	Anthony Vodacek	46 M	17:09	83.31
49	Arthur Roberts	61 M	19:26	83.26
50	Carl Johnston	40 M	16:25	83.14
51	Daniel Delaney	51 M	17:54	83.0602%
52	John Cunningham	40 M	16:26	83.0600
53	David Bischoff	43 M	16:49	83.02
54	William Scholl	54 M	18:22	82.97
55	Ron Lombardi	41 M	16:36	82.84
56	Tim Dwyer	45 M	17:08	82.75
57	Tim McMullen	52 M	18:11	82.43
58	Gary Radford	48 M	17:38	82.31
59	Paul Bazanchuk	50 M	17:56	82.24
60	James Cuono	46 M	17:25	82.02
61	Jack Meegan	70 M	21:30	81.978
62	Scott Mosenthal	52 M	18:17	81.983
63	Gary Pierce	53 M	18:29	81.77
64	Herbert Engman	60 M	19:39	81.62
65	Brian Dodge	52 M	18:23	81.54
66	Edward Sparkowski	50 M	18:06	81.48
67	William Pine	53 M	18:33	81.47
68	Rob Picotte	52 M	18:24	81.46
69	Rodney Furr	41 M	16:54	81.37
70	John Leonard	68 M	21:14	81.23
71	Frederick Kitzrow	49 M	18:01	81.20
72	William Hagman	62 M	20:09	81.02
73	Ramon Alicea	54 M	18:49	80.99
74	Tony Plaster	53 M	18:42	80.82
75	Robert Rimkis	44 M	17:25	80.78
76	James Leitz	66 M	21:00	80.61
77	Douglas Brown	60 M	19:56	80.46

78	Michael Jordan	45 M	17:38	80.40
79	Jim May	59 M	19:47	80.370
80	Robert Hintermeiste	50 M	18:21	80.371
81	David Hettrich	41 M	17:07	80.34
82	Richard Henderson	53 M	18:49	80.32
83	Celio Hernandez	52 M	18:40	80.30
84	Kent Kroemer	44 M	17:32	80.24
85	Sid Howard	66 M	21:08	80.10
86	Robert Kulwicki	56 M	19:22	80.02
87	Robert Haithcock	50 M	18:27	79.94
88	Adam Prince	42 M	17:21	79.86
89	Bob Hermes	55 M	19:17	79.69
90	David Bowen	53 M	19:00	79.54
91	Kevin Leach	53 M	19:04	79.26
92	Bryan Carr	43 M	17:37	79.25
93	Dave Hoch	50 M	18:38	79.15
94	Frank Handelman	60 M	20:18	79.01
95	Martin Fitzgerald	42 M	17:35	78.80
96	Peter Szawlowski	63 M	20:56	78.69
97	Robert Love	41 M	17:30	78.58
98	David Hayes	62 M	20:49	78.42
99	Robert Colborn	51 M	18:58	78.39
100	Daniel Rohnke	40 M	17:32	77.85
101	Ernie Paquin	59 M	20:30	77.56
102	Mark Mellea	43 M	18:01	77.49
103	Harry Masterton	60 M	20:42	77.48
104	Daniel Cantwell	44 M	18:10	77.44
105	Norman Goluskin	67 M	22:07	77.25
106	Alan Macdougall	40 M	17:42	77.12
107	Chuck Racey	43 M	18:08	76.99

108	Richard Clark	51 M	19:19	76.97
109	Roger Howe	57 M	20:21	76.80
110	Walter MacGowan	58 M	20:34	76.64
111	Richard Morse	55 M	20:04	76.58
112	Richard Hill	69 M	22:47	76.49
113	Denis Daly	67 M	22:21	76.45
114	Keith Scott	43 M	18:17	76.36%
115	Ken Gallant	53 M	19:49	76.26
116	Roger Nasatka	53 M	19:50	76.20
117	Bill Butler	72 M	23:46	76.09
118	Christopher Murphy	48 M	19:08	75.86
119	Larry Zygo	55 M	20:16	75.82
120	John Kuhl	61 M	21:21	75.79
121	Gregory Green	41 M	18:13	75.49
122	Hugh Sweeny	61 M	21:28	75.38
123	Edward Bown	64 M	22:07	75.15
124	Michael Reif	56 M	20:39	75.04
125	Richard Sullivan	77 M	26:19	74.73
126	Stanley Westhoff	61 M	21:50	74.11
127	Vicente Rojas	52 M	20:18	73.84
128	Daniel Kumlander	40 M	18:30	73.78
129	Dan French	60 M	21:45	73.74
130	Frederick Kenney	44 M	19:09	73.47
131	Breton Gaetan	57 M	21:25	72.97
132	Ricardo Troncoso	46 M	19:37	72.84
133	Steve Moland	62 M	22:25	72.82
134	Gary Steinel	52 M	20:38	72.65
135	Mitch Moore	51 M	20:28	72.64
136	Edward Lindo	44 M	19:27	72.33
137	Chester Tumidajewic	51 M	20:47	71.54

138	Christopher Rush	69 M	24:31	71.08
139	Hector Roche	62 M	22:59	71.03
140	Barry Auskern	45 M	19:58	71.01
141	Steven Cummings	40 M	19:19	70.66
142	Richard Colasuonno	64 M	23:38	70.33
143	Richard Rybinski	53 M	21:43	69.59
144	Kenneth Skinner	65 M	24:11	69.36
145	Edward Powers	55 M	22:11	69.27
146	David Kaplan	60 M	23:11	69.18
147	Roger Whalley	75 M	28:06	67.43
148	Neil Fitzpatrick	57 M	23:11	67.41
149	Peter Hettrich	70 M	26:10	67.36
150	Ted Sullivan	73 M	27:16	67.28
151	Raymond Lee	63 M	24:42	66.69
152	Paul Krentar	62 M	24:58	65.39
153	Bob Matteson	89 M	43:45	65.07
154	Walter McConnell	74 M	28:51	64.59
155	Alex Ashlock	50 M	24:10	61.03
156	Peter Stasz	58 M	28:48	54.73
157	Donald McBain	73 M	37:29	48.73

Age Graded Per Cent = PLP = "Performance-Level Percentage"

PLP Achievement levels

100% Approximate World Record Level

Over 90% World Class

Over 80% National Class

Over 70% Regional Class

Over 60% Local Class

2005 USA MASTERS 5K

CROSS COUNTRY CHAMPIONSHIPS

SARATOGA SPA STATE PARK, SARATOGA SPRINGS, NEW YORK

SUNDAY OCTOBER 16, 2005

WOMEN'S AGE GRADED RESULTS

RESULTS BY FINISH RIGHT TIMING

518-312-0886

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Place	Name	Age	S	Time	Age Graded
1	Carmen Ayala-Troncoso	46	F	17:12	93.80%
2	Carrie Parsi	66	F	23:30	89.93
3	Marisa Hanson	42	F	17:22	89.54
4	Carolyn Smith-Hanna	55	F	20:16	89.06
5	Lenis Tucker	67	F	25:16	84.96
6	Barbara Gubbins	45	F	18:54	84.48
7	Mary Evans	46	F	19:06	84.47
8	Sylvie Kimche	58	F	22:26	83.80
9	Catherine Stone-Bor	43	F	18:52	83.13
10	Belinda O'Brien	53	F	21:10	83.07
11	Wanda Toro Scheib	43	F	18:53	83.05
12	Anne Hird	46	F	19:27	82.95
13	Rebecca Heuer	41	F	18:49	82.02
14	Christine Murphy	48	F	20:15	81.56
15	Kathleen Newton	46	F	19:54	81.07
16	Patricia Ford	50	F	21:03	80.36
17	Elizabeth Szawlowski	72	F	29:13	79.81
18	Anne Benson	40	F	19:16	79.59

19	Kate O'Hern	41	F	19:24	79.55
20	Lisa Wilhelm	42	F	19:39	79.14
21	Marina Veatch	45	F	20:13	78.98
22	Natalie Shea	40	F	19:38	78.10
23	Karen Mohr	40	F	19:44	77.70
24	Barbara Brennan	42	F	20:10	77.11
25	Judy Rubin	46	F	20:59	76.89
26	Mary Collins-Finn	56	F	23:52	76.61
27	Regina Wright	63	F	26:29	76.21
28	Nancy Nicholson	43	F	20:37	76.07
29	Sharon Moore	51	F	22:41	75.53
30	Marilyn Zygo	48	F	21:53	75.48
31	Tomi Nonenmacher	40	F	20:20	75.41
32	Mary Diver	51	F	22:44	75.37
33	Jeanne Herrick	54	F	23:41	75.16
34	Lynne Andersson	41	F	20:33	75.10
35	Beth Glace	45	F	21:17	75.02
36	Janice Roche	52	F	23:09	74.95
37	Gail Geiger	42	F	20:45	74.94
38	Jeryl Simpson	48	F	22:11	74.46
39	Mary Rosado	55	F	24:16	74.38
40	Theresa Marciani	48	F	22:22	73.85
41	Elaine Matthews	62	F	27:04	73.52
42	Gayle Mancuso	43	F	21:27	73.12
43	Adrienne Wald	50	F	23:23	72.35
44	Linda Piff	57	F	25:38	72.30
45	Patricia Warth	40	F	21:13	72.27
46	Mary Pat McFarland	41	F	21:29	71.84
47	Elizabeth Zebuth	41	F	21:31	71.73
48	Noreen Verdoliva	44	F	22:24	70.61

49	Laurel Petersen	43 F	22:15	70.49
50	Marie White	45 F	23:18	68.53
51	Mickey Piscitelli	48 F	24:07	68.49
52	Susan Ardito	44 F	23:12	68.18
53	JoAnn Galinak	49 F	24:57	67.00
54	Wendi Glassman	50 F	25:18	66.86
55	Edna Hyer	71 F	34:37	66.20
56	Karen Lein	47 F	24:41	66.10
57	Bunny McDonnell	59 F	29:01	65.65
58	Octavia Wilson	50 F	32:17	52.40

Age Graded Per Cent = PLP = "Performance-Level Percentage"

PLP Achievement levels

100% Approximate World Record Level

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Over 80% National Class

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Over 60% Local Class