

Nov. 2, 2003

USATF Masters 8k Cross Country Championships

Black Creek Park

Rochester, NY



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The USA Masters 8 km Cross Country Championships turned out to be a bittersweet event for Tom Dalton (Adirondack AC) of Schenectady, NY. Coming into the race Dalton, the 2001 and 2002 USATF Masters Cross Country Runner of the Year had not lost a cross country race to a masters athlete since 1999. Despite winning the M45 national title in Rochester he was defeated by the masters-newcomer, Scott Bagley (Syracuse Chargers) of Pittsford, NY. Bagley's winning time of 26:12 was nearly a minute off Daltons 2001 course record of 25:15 but more importantly, it was two seconds ahead of his rival and fast enough to win the M40 national title.

Long Islands Kathryn Martin, 52, was the first woman across the line as she won her third-straight USA Masters 8 km Cross Country title with a time of 31:07. The second woman across the line and the W40 champion was Debra Morris-Allen (Checkers AC) of Buffalo in 32:12. Another notable performance was turned in by 62-year-old Mary Louise Michelsohn of Stony Brook, NY. Michelsohn the holder of numerous U.S. age-group marks in track & field ran 36:20 to win the W60 title.

Team titles were won by; (M40) Syracuse Chargers (Niagara); (M50) Genesee Valley Harriers (Niagara); (M60) Michigan Grand Masters (MI); (M70) Belle Watling AC (Niagara); (W40) Finger Lakes RC; and (W50) Finger Lakes RC.

Results

| Name | Age Team | Avg Mile | Finals |
|----------------------------|------------------------|----------|----------|
| 40-44 Results - Women | | | |
| 1 Morris-Allen, Debra | W41 Checkers Women 40+ | 6:28.9 | 32:12.77 |
| 2 Sharp, Gillian | W42 Finger Lakes 40+ | 6:34.1 | 32:38.67 |
| 3 Vanderwood, Karen | W41 Chargers W40 | 6:44.4 | 33:30.04 |
| 4 Damron, Leatha | W40 Chargers W40 | 7:00.6 | 34:50.66 |
| 5 Geiger, Gail | W40 Gvh Women 40+ | 7:05.1 | 35:13.12 |
| 6 Flanigan, Patty | W44 Gvh Women 40+ | 7:17.1 | 36:12.70 |
| 7 Tilly, Lorrie | W42 Finger Lakes 40+ | 7:23.2 | 36:42.78 |
| 8 Francz, Laura | W43 Gvh Women 40+ | 7:31.0 | 37:21.88 |
| 9 Verdoliva, Noreen | W42 Chargers W40 | 8:04.0 | 40:05.58 |
| 10 White, Marie | W43 Gvh Women 40+ | 8:45.8 | 43:33.36 |
| 45-49 Results - Women | | | |
| 1 Myette, Suzanne | W46 Finger Lakes 40+ | 6:52.7 | 34:11.29 |
| 2 Ford, Patti | W48 Chargers W40 | 6:58.1 | 34:38.02 |
| 3 Balander, Audrey | W47 Finger Lakes 40+ | 7:16.1 | 36:07.46 |
| 4 Woodford, Shirley | W47 Finger Lakes 40+ | 7:24.6 | 36:49.97 |
| 5 Dodge, Carol | W47 Chargers W40 | 7:31.7 | 37:25.10 |
| 6 Padginton-Essler, Joanni | W45 Checkers Women 40+ | 7:54.7 | 39:19.48 |
| 7 McGuire, Diane | W48 Checkers Women 40+ | 8:19.3 | 41:21.69 |
| 8 Lein, Karen | W45 Unattached | 8:26.7 | 41:58.82 |
| 9 Piscitelli, Mickey | W47 Chargers W40 | 8:31.7 | 42:23.49 |
| 50-54 Results - Women | | | |
| 1 Martin, Kathryn | W52 Unattached | 6:15.5 | 31:06.31 |
| 2 Franck, Zsofia | W50 Finger Lakes 50+ | 7:32.5 | 37:29.02 |
| 3 Sherrer, Dianne | W52 Finger Lakes 50+ | 7:51.7 | 39:04.48 |
| 4 Scott, Beth | W51 Gvh Women 50+ | 7:56.6 | 39:28.95 |
| 5 Herrick, Jeanne | W52 Gvh Women 50+ | 7:58.3 | 39:37.58 |
| 6 Wagner, Gail | W51 Gvh Women 50+ "b" | 8:23.5 | 41:42.66 |
| 7 Aigen, Suzanne | W50 Finger Lakes 50+ | 8:30.6 | 42:18.10 |
| 8 Page, Debi | W52 W. Penn W50+ | 8:35.0 | 42:40.06 |
| 9 Martin, Patricia | W54 Gvh Women 50+ "b" | 10:54.7 | 54:14.09 |
| 55-59 Results - Women | | | |
| 1 Wenck, Mary | W55 Finger Lakes 50+ | 8:32.2 | 42:26.09 |
| 2 Kelly, Alice | W55 Gvh Women 50+ "b" | 8:52.2 | 44:05.44 |
| 60-64 Results - Women | | | |
| 1 Michelsohn, Marie-Louise | W62 Bohemia TC | 7:18.4 | 36:19.23 |
| 2 Shaver, Mary | W62 Gvh Women 50+ | 8:05.7 | 40:14.14 |
| 3 Kriesen, Carolyn | W60 Gvh Women 50+ | 8:29.8 | 42:14.08 |
| 65-69 Results - Women | | | |
| 1 Tucker, Lenie | W65 Chargers W40 | 8:57.5 | 44:31.56 |
| 2 Hyer, Edna | W69 Unattached | 11:35.4 | 57:36.56 |
| 40-44 Results - Men | | | |
| 1 Bagley, Scott | M40 Chargers 40+ | 5:16.2 | 26:11.62 |
| 2 Egle, Mike | M41 Unattached | 5:26.3 | 27:02.00 |
| 3 O'Keefe, David | M44 Chargers 40+ | 5:27.3 | 27:06.78 |

| | | | | |
|---------------------|---------------------|-----------------------|--------|-----------|
| 4 | Platt, Mike | M41 Chargers 40+ | 5:34.2 | 27:41.29 |
| 5 | Oberst, James | M40 Gvh 40+ | 5:37.1 | 27:55.70 |
| 6 | Bischoff, David | M41 Gvh 40+ | 5:44.6 | 28:32.69 |
| 7 | Evans, Alan | M40 Gvh 40+ | 5:44.7 | 28:33.10 |
| 8 | Underwood, Bob | M43 Adirondack AC 40+ | 5:48.5 | 28:52.03 |
| 9 | Vodacek, Tony | M44 Gvh 40+ | 5:49.5 | 28:56.99 |
| 10 | Van Kerkhove, John | M41 Gvh 40+ | 5:50.5 | 29:02.22 |
| 11 | Nugent, Bob | M43 Gvh 40+ | 5:52.5 | 29:12.18 |
| 12 | Noonan, John | M44 Adirondack AC 40+ | 5:53.3 | 29:16.00 |
| 13 | Lindo, Ed | M42 Chargers 40+ | 5:53.8 | 29:18.50 |
| 14 | Carroll, David | M40 Checkers AC 40+ | 5:55.3 | 29:25.88 |
| 15 | Van Kerkhove, Steve | M40 Gvh 40+ | 5:56.4 | 29:31.53 |
| 16 | Waldron, James | M43 Checkers AC 40+ | 6:00.9 | 29:53.84 |
| 17 | Buckley, Chris | M42 Adirondack AC 40+ | 6:03.4 | 30:06.21 |
| 18 | Rice, Brian | M42 Gvh 40+ "b" | 6:07.6 | 30:27.32 |
| 19 | Glavin, Peter | M41 Gvh 40+ "b" | 6:07.8 | 30:27.89 |
| 20 | Seitz, Don | M44 Checkers AC 40+ | 6:11.9 | 30:48.32 |
| 21 | Cantwell, Dan | M42 Adirondack AC 40+ | 6:14.6 | 31:01.83 |
| 22 | Stiner, John | M41 High Noon 40+ | 6:17.5 | 31:16.50 |
| 23 | Scott, Keith | M41 Gvh 40+ "b" | 6:20.8 | 31:32.89 |
| 24 | Van Kerkove, Dennis | M44 Gvh 40+ "b" | 6:36.9 | 32:52.56 |
| 25 | Pillin, Philip | M41 Unattached | 6:38.4 | 33:00.04 |
| 26 | Gardner, Brien | M40 Gvh 40+ "b" | 6:39.2 | 33:04.13 |
| 27 | Luongo, Vince | M40 Gvh 40+ "b" | 6:45.6 | 33:36.27 |
| 28 | Consler, Marc | M40 Gvh 40+ "b" | 6:49.4 | 33:55.08 |
| 29 | Smith, Dave | M40 Gvh 40+ "b" | 8:13.9 | 40:54.77 |
| -- | DaSilva, Ronald | M42 Canada | 5:37.0 | X27:55.04 |
| -- | Earl, James | M44 Canada | 5:53.4 | X29:16.59 |
| -- | Moloney, Desmond | M43 Canada | 5:57.1 | X29:34.76 |
| 45-49 Results - Men | | | | |
| 1 | Dalton, Tom | M45 Adirondack AC 40+ | 5:16.7 | 26:14.19 |
| 2 | Rybinski, Mark | M48 Chargers 40+ | 5:48.8 | 28:53.50 |
| 3 | Finucane, Leo | M46 Gvh 40+ | 5:55.2 | 29:25.34 |
| 4 | Essler, Dan | M46 Checkers AC 40+ | 5:55.6 | 29:27.46 |
| 5 | Radford, Gary | M47 Chargers 40+ | 5:56.9 | 29:33.71 |
| 6 | Staley, Derick | M45 Adirondack AC 40+ | 5:57.0 | 29:34.44 |
| 7 | Merritt, Bob | M46 Checkers AC 40+ | 5:57.2 | 29:35.22 |
| 8 | Wenneker, Mark | M45 Unattached | 6:02.6 | 30:02.16 |
| 9 | Murphy, Chris | M46 Adirondack AC 40+ | 6:10.3 | 30:40.33 |
| 10 | Liebers, Robert | M45 Checkers AC 40+ | 6:22.6 | 31:41.83 |
| 11 | Lawrence, Tim | M46 Gvh 40+ "b" | 7:19.2 | 36:23.12 |
| -- | Sellon, Mike | M49 Canada | 6:27.8 | X32:07.46 |
| -- | Davis, Alan | M47 Canada | 6:59.6 | X34:45.56 |
| 50-54 Results - Men | | | | |
| 1 | McMullen, Tim | M50 Gvh 50+ | 5:53.5 | 29:17.17 |
| 2 | Price, Roger | M54 Raritan Vall | 5:54.7 | 29:23.04 |
| 3 | Irving, Gerald | M52 Checkers AC 50+ | 5:59.2 | 29:45.59 |
| 4 | Hoebeke, Rick | M54 High Noon 50+ | 6:01.7 | 29:57.67 |
| 5 | Robinson, Jim | M50 Gvh 50+ | 6:02.0 | 29:59.47 |
| 6 | Dodge, Brian | M50 Chargers 50+ | 6:06.9 | 30:23.89 |
| 7 | Chimino, Joe | M50 Gvh 50+ | 6:09.2 | 30:35.32 |
| 8 | Blackmore, Ronald | M50 Chargers 50+ | 6:09.5 | 30:36.81 |
| 9 | Fillmore, Dennis | M51 Adirondack AC 50+ | 6:09.7 | 30:37.60 |
| 10 | Picotte, Robert | M50 Adirondack AC 50+ | 6:10.9 | 30:43.68 |
| 11 | Gerardi, Pete | M52 Adirondack AC 50+ | 6:20.2 | 31:29.62 |

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|----|--------------------|-------------------------|--------|-----------|
| 12 | Ward, Dave | M52 Checkers AC 50+ | 6:21.7 | 31:37.18 |
| 13 | Forrestel, Stephen | M54 Checkers AC 50+ | 6:24.3 | 31:50.39 |
| 14 | Vanker, David | M53 Michigan Gr | 6:27.1 | 32:04.19 |
| 15 | Wright, Mike | M54 Chargers 50+ | 6:27.8 | 32:07.77 |
| 16 | Duttge, Paul | M53 Checkers AC 50+ | 6:27.9 | 32:08.11 |
| 17 | McMullen, Bill | M50 Gvh 50+ | 6:35.1 | 32:43.84 |
| 18 | Diffenbach, George | M50 Western Penn TC 50+ | 6:37.0 | 32:53.27 |
| 19 | Lew, Fred | M51 Checkers AC 50+ | 6:37.1 | 32:53.58 |
| 20 | Bowen, Dave | M51 Chargers 50+ | 6:37.7 | 32:56.65 |
| 21 | Blake, Dave | M54 Gvh 50+ | 6:44.5 | 33:30.49 |
| 22 | Elsey, Terry | M50 Michigan Gr | 6:47.2 | 33:43.90 |
| 23 | Neal, Sam | M53 Checkers AC 50+ | 6:52.4 | 34:09.86 |
| 24 | Rybinski, Dick | M51 Chargers 50+ | 6:54.8 | 34:21.69 |
| 25 | Acer, Patrick | M53 Gvh 50+ "b" | 6:56.8 | 34:31.78 |
| 26 | Boyle, Jim | M53 Gvh 50+ "b" | 7:01.1 | 34:53.00 |
| 27 | Russo, Frank | M51 Raritan Vall | 7:01.7 | 34:55.98 |
| 28 | Raby, Sr., Gary | M50 Unattached | 7:15.0 | 36:02.21 |
| 29 | Matthews, Tim | M50 Gvh 50+ "c" | 8:25.3 | 41:51.84 |
| -- | Smith, Doug | M52 Canada | 7:27.6 | X37:05.02 |

55-59 Results - Men

| | | | | |
|----|----------------------|-----------------------|--------|----------|
| 1 | Glover, Pat | M57 Adirondack AC 50+ | 6:13.8 | 30:58.08 |
| 2 | DeLadurantaye, Paul | M57 Michigan Gr | 6:18.9 | 31:23.39 |
| 3 | Cross, Bob | M55 Michigan Gr | 6:19.4 | 31:25.60 |
| 4 | Jessen, Phillip | M55 Adirondack AC 50+ | 6:20.7 | 31:32.40 |
| 5 | May, Jim | M57 Gvh 50+ | 6:29.1 | 32:13.99 |
| 6 | Lamme, Tom | M56 Gvh 50+ | 6:39.4 | 33:05.45 |
| 7 | Peterson, David | M55 Checkers AC 50+ | 6:39.8 | 33:07.28 |
| 8 | Brown, Doug | M58 Raritan Vall | 6:40.3 | 33:09.69 |
| 9 | Sweeney, Hugh | M59 Raritan Vall | 6:45.6 | 33:35.94 |
| 10 | Kanners, Dave | M57 Michigan Gr | 6:51.2 | 34:04.09 |
| 11 | Emmerling, Fran | M55 Checkers AC 50+ | 6:52.3 | 34:09.29 |
| 12 | Wehrkamp, Tim | M56 Unattached | 6:57.7 | 34:36.33 |
| 13 | Howe, Roger | M55 Gvh 50+ "b" | 6:58.2 | 34:38.70 |
| 14 | Reif, Mike | M55 Gvh 50+ "b" | 7:03.5 | 35:05.13 |
| 15 | Nowatkowski, John | M59 Raritan Vall | 7:12.2 | 35:48.02 |
| 16 | Salmons, Roger | M55 Gvh 50+ "b" | 7:16.8 | 36:11.25 |
| 17 | Glinsky, Jim | M57 Gvh 50+ "c" | 7:24.1 | 36:47.44 |
| 18 | Josephson, Ralph | M57 Unattached | 7:41.9 | 38:15.80 |
| 19 | Van Almkerk, Richard | M56 Gvh 50+ "c" | 8:27.8 | 42:04.15 |
| 20 | Carr, Tom | M58 Gvh 50+ "c" | 9:07.4 | 45:20.80 |

60-64 Results - Men

| | | | | |
|----|---------------------|-------------------------|--------|----------|
| 1 | Borla, Bill | M63 Wolfpit Running 60+ | 6:21.3 | 31:35.34 |
| 2 | Goodhue, Doug | M61 Mgm 60+ | 6:30.2 | 32:19.43 |
| 3 | Carlton, James | M60 Mgm 60+ | 6:30.4 | 32:20.24 |
| 4 | Malaczynski, Gerard | M61 Mgm 60+ | 6:30.6 | 32:21.67 |
| 5 | Abernethy, Joe | M60 Gvh 60+ | 6:53.4 | 34:14.63 |
| 6 | Pelton, John | M64 Wolfpit Running 60+ | 6:56.7 | 34:31.03 |
| 7 | Cosgrove, Pat | M62 Raritan Vall | 6:58.7 | 34:41.12 |
| 8 | Zimmerman, Ralph | M62 Checkers AC Men 60+ | 7:15.9 | 36:06.79 |
| 9 | Moore, John | M61 Checkers AC Men 60+ | 7:23.9 | 36:46.30 |
| 10 | Leonard, Peter | M60 Unattached | 7:36.6 | 37:49.60 |
| 11 | Sek, Dave | M60 Gvh 60+ | 7:40.8 | 38:10.55 |
| 12 | Harden, Bill | M61 Checkers AC Men 60+ | 7:45.8 | 38:35.30 |
| 13 | Telarico, Dick | M64 Gvh 60+ | 7:47.6 | 38:44.41 |
| 14 | Lawson, Blaine | M61 Unattached | 7:57.6 | 39:33.71 |

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| 15 Naczynski, Daniel | M61 Western Penn TC 60+ | 8:18.1 | 41:15.96 |
| 65-69 Results - Men | | | |
| 1 LeVasseur, Jerry | M65 Wolfpit Running 60+ | 8:01.4 | 39:52.83 |
| 2 Jarrett, Dick | M67 Unattached | 9:02.7 | 44:57.50 |
| 70-74 Results - Men | | | |
| 1 Freyler, Otto | M70 Gvh 60+ | 7:58.4 | 39:38.10 |
| 2 Magoffin, Gerald | M73 Belle Watling AC | 9:07.5 | 45:21.28 |
| 3 McRae, Wally | M71 Chargers 70+ | 9:13.2 | 45:49.51 |
| 4 Whalley, Roger | M74 Belle Watling AC | 9:26.0 | 46:53.35 |
| 5 Bisson, Jerrold | M72 Chargers 70+ | 9:51.0 | 48:57.56 |
| 6 Smith, Patrick | M70 Belle Watling AC | 10:22.6 | 51:34.87 |
| 7 Sullivan, Ted | M71 BC AC "b" | 11:48.5 | 58:41.84 |
| 75-79 Results - Men | | | |
| 1 Fortune, Bill | M75 Unattached | 8:28.8 | 42:08.86 |
| 2 Sullivan, Richard | M75 Belle Watling AC | 8:46.9 | 43:38.82 |
| 3 Rubin, Howard | M75 Chargers 70+ | 8:55.2 | 44:20.06 |
| 4 O'Sullivan, Jack | M75 BC AC "b" | 10:48.1 | 53:41.40 |
| 80-84 Results - Men | | | |
| 1 McManus, John | M80 Unattached | 10:04.3 | 50:03.72 |
| 85-89 Results - Men | | | |
| 1 Sypniewski, Henry | M85 Unattached | 10:01.7 | 49:50.88 |

TEAM SCORES

| Rank Team | Runner 1 | Runner 2 | Runner 3 | Runner 4 | Runner 5 |
|-------------------------|------------|----------|----------|----------|----------|
| ===== | | | | | |
| ===== | | | | | |
| 40+ Results - Men | | | | | |
| 1 Syracuse Chargers 40+ | 26:12 | 27:07 | 27:42 | 28:54 | |
| | 29:19 | | | | |
| Total Time: | 2:19:14.00 | | | | |
| Average: | 27:50.80 | | | | |
| 2 Gvh 40+ | 27:56 | 28:33 | 28:34 | 28:57 | |
| | 29:03 | | | | |
| Total Time: | 2:23:03.00 | | | | |
| Average: | 28:36.60 | | | | |
| 3 Adirondack AC 40+ | 26:15 | 28:53 | 29:16 | 29:35 | |
| | 30:07 | | | | |
| Total Time: | 2:24:06.00 | | | | |
| Average: | 28:49.20 | | | | |
| 4 Checkers AC 40+ | 29:26 | 29:28 | 29:36 | 29:54 | |
| | 30:49 | | | | |
| Total Time: | 2:29:13.00 | | | | |
| Average: | 29:50.60 | | | | |

5 Gvh 40+ "b" 30:28 30:28 31:33 32:53
 33:05
 Total Time: 2:38:27.00
 Average: 31:41.40

50+ Results - Men
 1 Gvh 50+ 29:18 30:00 30:36 32:14
 32:49
 Total Time: 2:34:52.00
 Average: 30:58.40

2 Adirondack AC 50+ 30:38 30:44 30:59 31:30
 31:33
 Total Time: 2:35:24.00
 Average: 31:04.80

3 Checkers AC 50+ 29:46 31:38 31:51 32:09
 32:54
 Total Time: 2:38:18.00
 Average: 31:39.60

4 Syracuse Chargers 50+ 30:24 30:37 32:08 32:57
 34:22
 Total Time: 2:40:28.00
 Average: 32:05.60

5 Michigan Grand Masters 31:24 31:26 32:05 33:44
 34:05
 Total Time: 2:42:44.00
 Average: 32:32.80

6 Raritan Valley Road Run 29:24 33:10 33:36 34:42
 34:56
 Total Time: 2:45:48.00
 Average: 33:09.60

7 Gvh 50+ "b" 34:32 34:39 34:53 35:06
 36:12
 Total Time: 2:55:22.01
 Average: 35:04.40

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 Rank Team Runner 1 Runner 2 Runner 3
 =====

60+ Results - Men
 1 Michigan Grand Masters 60 32:20 32:21 32:22
 Total Time: 1:37:03.00
 Average: 32:21.00

2 Wolfpit Running 60+ 31:36 34:32 39:53
 Total Time: 1:46:01.00
 Average: 35:20.34

3 GVH 60+ 34:15 38:11 38:45
 Total Time: 1:51:11.00
 Average: 37:03.67

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|-----------------------------|-------|-------|-------|
| 4 Checkers AC Men 60+ | 36:07 | 36:47 | 38:36 |
| Total Time: 1:51:30.00 | | | |
| Average: 37:10.00 | | | |
| 70+ Results - Men | | | |
| 1 Belle Watling AC | 43:39 | 45:22 | 46:54 |
| Total Time: 2:15:55.00 | | | |
| Average: 45:18.34 | | | |
| 2 Syracuse Chargers 70+ | 44:21 | 45:50 | 48:58 |
| Total Time: 2:19:09.00 | | | |
| Average: 46:23.00 | | | |
| 40+ Results - Women | | | |
| 1 Finger Lakes Running Club | 32:39 | 34:12 | 36:08 |
| Total Time: 1:42:59.00 | | | |
| Average: 34:19.67 | | | |
| 2 Syracuse Chargers W 40+ | 33:31 | 34:39 | 34:51 |
| Total Time: 1:43:01.00 | | | |
| Average: 34:20.34 | | | |
| 3 GVH Women 40+ | 35:14 | 36:13 | 37:22 |
| Total Time: 1:48:49.00 | | | |
| Average: 36:16.34 | | | |
| 4 Checkers Women 40+ | 32:13 | 39:20 | 41:22 |
| Total Time: 1:52:55.00 | | | |
| Average: 37:38.34 | | | |
| 50+ Results - Women | | | |
| 1 Finger Lakes Running Club | 37:30 | 39:05 | 42:19 |
| Total Time: 1:58:54.00 | | | |
| Average: 39:38.00 | | | |
| 2 GVH Women 50+ | 39:29 | 39:38 | 40:15 |
| Total Time: 1:59:22.00 | | | |
| Average: 39:47.34 | | | |
| 3 GVH Women 50+ "b" | 41:43 | 44:06 | 54:15 |
| Total Time: 2:20:04.00 | | | |
| Average: 46:41.34 | | | |