**1995 USATF National Masters 10K Cross-Country Championships**

**Finger Lakes Community College, Canandaigua, NY**

**October 15, 1995**

H40

Ed Sparkowski 33:13

Charlie McMullen 33:35

Pete McNeil 34:02

Doug Burdick 35:23

Chip Button 35:25

Ron Blackmore 35:27

Chris Burns 36:02

Dave Alessi 36:22

Brian Dodge 36:29

Steve Scallenkamp 36:52

Bill McMullen 36:54

Mark Harrison 37:12

Paul Persia 37:26

Tom Knapp 38:19

John Whitman 38:28

Brian Nagle 38:29

Larry Krol 38:37

Charlie Reller 38:50

Gary Wade 39:06

Kevin Morrisroe 39:07

Tony Trama 39:26

Ken Filmanski 39:38

Tom Gabruk 39:48

Terry McConnell 40:28

Joe Spencer 41:18

Paul Hiscutt 43:59

Tim Matthews 46:21

Jonathan Maltese 46:49

Carl Klapp 48:32

M45

Rick Hoebeke 34:40

Bob Hermersch 35:16

Al Oman 36:14

Joseph Porcaro 36:33

Robert Brigllo 36:47

Anthony Galfano 37:42

Tom Lamme 37:51

Myron Baker 38:09

Tom Homeyer 39:20

David Blake 40:02

Dale Ladd 40:53

Tom Ryan 41:19

Jim Owens 41:30

Larry Feller 42:07

Louis Cross 43:01

Ralph Josephson 45:47

Jan Jezorio 45:52

LarryNaukam 49:31

Morgan Scot-Smith 51:02

John Cochol 52:06

M50

Terry Delph 35:35

Ray Kneer 37:35

Chuck Keating 37:50

Herb Engmann 37:57

John Boyle 38:31

Dlck Withrow 38:35

Paul Rose 38:44

Derck Frechette 39:03

Jim Bisogni 39:08

Tom Carr 40:12

Bob Congdon 40:15

Peter Szawlowski 40:43

Joe Reynolds 42:17

Don Solarek 42:43

Bill Kehoe 45:21

John McMurry 47:19

H55

Roland Cornier 37:22

Charlie Kellogg 37:47

Vince Colgan 39:21

Sam Graceffo 40:00

Dan Cohen 41:33

Joe Dabes 42:51

John Coone 43:27

Dick Jarrett 48:40

M60

Bob Milner 41:09

Gerald Barney 41:40

Peter Hetterlch 41:49

Jim Hilton 43:04

Wally McRae 46:26

John Garrity 47:55

Ted Sullivan 48:22

M65

Ed Stabler 44:33

Roger Whalley 49:28

Richard Sullivan 49:44

Joseph Conrad 49:48

M70

Ed Buckley 49:56

Bob Hennig 50:38

Tom Walnut 56:53

M75

Nate White 55:14

Bob Wood 72:06

M80

Harold Massie 73:12

W40

Coreen Steinbach 44:05

Laurie Kinsella 44:57

Patti Ford 46:00

Janet Stein 47:45

Deb Stokes 51:08

Phyllis Radke 51:32

Dianne Sherrer 57:22

W45

Kathy Brown 44:04

Virginia Verdoes 44:11

Peggy Hilton 50:06

Pam Thompson 54:00

W50

Sue Gardiner 51:05

W55

Sally Busby 51:25

Lenie Tucker 52:13

W60

Liz Szawlowski 51:13

Lois Bell 56:59

Edna Hyer 64:23

**Team Scores**

M40

1. Taconic RR NY 3:05:58 $400
2. Syracuse Chargers NY 3:13:41 $200
3. CATS AC NY 3:36:38 $100

M5O

1. Syracuse Chargers NY 3:37:15 $300
2. Finger Lakes RC NY 3:42:52 $200

M60

1. Syracuse Chargers NY 2:12:18 $200
2. Belle Watling AC NY 2:25:47

M70

1. Syracuse Chargers NY 2:41:45 $200

W40

1. Syracuse Chargers NY 2:14:37 $400
2. Finger Lakes RC NY 2:30:19 $200

W50

1. Syracuse Chargers NY 2:40:17 $200

National Masters News, December 1995 issue

**Sparkowski, Brown Win lOK X-C**

from PETE GLAVIN, Meet Director

Ed Sparkowski, M40, Simsburg, Conn., and Cathy Brown, W45, Fairport, N.Y., were first overall in the

USATF National Masters IOK Cross Country Championships, in Canandaigua, NY on Oct. 15.

The championships returned to its 1994 site on the challenging Finger Lakes Community College course, but while the weather in 1994 was near perfect, runners in this year's race faced temperatures of 50 degrees and gusting winds. Sparkowski fought off an early challenge by Charlie McMullen, M40, Rochester, NY to win with a 33:13. McMullen finished in 33:35. Pete McNeil, Sayville, NY was third in

34:02. Rick Hoebeke, Trumansburg, NY, repeated his 1994 M45 win with a 34:40. Terry Delph, Hellertown, PA ran a 35:35 to dethrone last year's M50 winner, Ray Kneer, Summer Hill, NY, second with a 37:35. In the M55 race, Roland Cormier, third M50 last year, took a 25-second M55 win with a 37:22 from Charlie Kellogg, Honeoye Falls, NY. Bob Milner, Bouckville, NY, won the M60 race in 41:09. Ed Stabler, North Syracuse, NY, M65, 44:33; Ed Buckley, Clinton, NY, M70, 49:56; and Nate White,

Fayetteville, NY, M75, 55:14; repeated their 1994 division wins. Harold Massie journeyed from Cozad, Nebraska, to take the M80 title with 73:12.

Cathy Brown, second in 1994 to Canadian Maureen de St. Croix, who ran a W40+ race course record of 36:32, repeated her W45 division win with a 44:04 one second win over Coreen Steinbach, W40, Pompey, NY. Brown opened a 50-yard lead on a tough uphill section in the fifth mile, but Steinbach narrowed the margin to four strides at the finish, just about the way it was at the start. Late arrival Patti Ford, W40, Lafayette, NY, started two minutes after the field had left but managed to finish fourth in 46:00. Other women's age-group winners were: Sue Gardiner, Verona, NY, W50, 51:05; Sally Rushy, Horseheads, NY, 51:25; and Liz Szawlowski, Sugar Hill, N.H., W60, 51:13.

The race is the first and so far only master championships to give cash awards to teams.

This year, the Taconic Road Runners quintet of New York took the M40-49 award of $400. All of the other team awards went to Syracuse Charger teams, including the W40-49 trio, which also won $400.

The number of participants was down from last year's race, mainly because it also served as the US vs.

Canada Master Cross-Country Challenge, held this year in Washington state.