

# 2023 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023



OFFICIAL MEET REPORT

printed: 1/21/2023 1:47 PM

**Race #4**  
**Masters Men 8k**

## Final Results

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 Bruce, Benjamin	40	435	HOKA NAZ Elite [4	-	25:00.00	---	5:01.8	3:07.5
2 McDonagh, Neil	41	455	Square State Stride	-	25:26.00	26.00	5:07.0	3:10.8
3 Pruitt, Christopher	40	443	Colonial Road Runn	-	25:58.00	58.00	5:13.5	3:14.8
4 Otstot, Adam	40	442	Colonial Road Runn	-	26:34.00	1:34.00	5:20.7	3:19.3
5 Burns, Scott	42	447	Greater Philadelphi	-	26:40.00	1:40.00	5:21.9	3:20.0
6 Sallberg, Jacques	48	465	Cal Coast Track Clu	-	26:43.00	1:43.00	5:22.5	3:20.4
7 Angell, David	46	479	Blacksburg Striders	-	26:58.00	1:58.00	5:25.6	3:22.3
8 Ban, Charlie	40	434	Unattached DC	-	27:08.00	2:08.00	5:27.6	3:23.5
9 Holroyd, Jason	46	472	Greater Philadelphi	-	27:09.00	2:09.00	5:27.8	3:23.6
10 Harlow, Michael	41	436	Unattached VA	-	27:17.00	2:17.00	5:29.4	3:24.6
11 Bauman, Ahrlin	50	497	Bowerman Track Cl	-	27:28.00	2:28.00	5:31.6	3:26.0
12 Wardian, Michael	48	468	HOKA	-	27:29.00	2:29.00	5:31.8	3:26.1
13 Rolly, Philippe	50	485	Unattached VA	-	27:29.00	2:29.00	5:31.8	3:26.1
14 Wagoner, Matthew	45	473	Greater Philadelphi	-	27:32.00	2:32.00	5:32.4	3:26.5
15 Butler, Brock	45	471	Greater Philadelphi	-	27:40.00	2:40.00	5:34.0	3:27.5
16 Reinhold, Derek	43	451	Greater Philadelphi	-	27:54.00	2:54.00	5:36.8	3:29.3
17 Carroll, Ryan	40	441	Colonial Road Runn	-	28:01.00	3:01.00	5:38.2	3:30.1
18 Jeuland, Marc	43	457	Bull City Track Club	-	28:03.00	3:03.00	5:38.6	3:30.4
19 Harte, Tim	54	495	Greater Philadelphi	-	28:07.00	3:07.00	5:39.4	3:30.9
20 Naimoli, Christopher	43	450	Greater Philadelphi	-	28:07.00	3:07.00	5:39.4	3:30.9
21 Becker, John	43	446	Greater Philadelphi	-	28:15.00	3:15.00	5:41.0	3:31.9
22 Satterfield, Joseph	45	466	Dirigo R.C.	-	28:24.00	3:24.00	5:42.9	3:33.0
23 Siemers, Arthur	50	507	Chattanooga Track	-	28:26.00	3:26.00	5:43.3	3:33.3
24 Norton, Anderson	49	480	Blacksburg Striders	-	28:28.00	3:28.00	5:43.7	3:33.5
25 Nahom, Michael	55	541	Greater Springfield	-	28:29.00	3:29.00	5:43.9	3:33.6
26 Shold, Kristopher	42	456	U.S. Navy	-	28:29.00	3:29.00	5:43.9	3:33.6
27 Larson, Nat	60	571	Greater Springfield	-	28:33.00	3:33.00	5:44.7	3:34.1
28 Bell, Steve	51	499	Atlanta Track Club [	-	28:35.00	3:35.00	5:45.1	3:34.4
29 Gagliardi, John	43	448	Greater Philadelphi	-	28:37.00	3:37.00	5:45.5	3:34.6
30 Lomogda, John	53	491	Colonial Road Runn	-	28:45.00	3:45.00	5:47.1	3:35.6
31 Teigen, Sam	48	482	Garden State Track	-	28:48.00	3:48.00	5:47.7	3:36.0
32 Cushing-murray, Christian	55	530	Cal Coast Track Clu	-	28:57.00	3:57.00	5:49.5	3:37.1
33 Tompkins, Mark	47	470	Colonial Road Runn	-	29:02.00	4:02.00	5:50.5	3:37.8
34 Rodriguez, Gabriel	44	460	Rosemont Running	-	29:05.00	4:05.00	5:51.1	3:38.1
35 Jones, Paul	47	478	Bull City Track Club	-	29:07.00	4:07.00	5:51.5	3:38.4
36 Van Danacker, John	60	550	Unattached MN	-	29:15.00	4:15.00	5:53.1	3:39.4
37 Wisnioski, Matthew	44	459	Blacksburg Striders	-	29:21.00	4:21.00	5:54.3	3:40.1
38 Schumann, Keith	52	492	Colonial Road Runn	-	29:22.00	4:22.00	5:54.5	3:40.3
39 LoBianco, Pete	44	453	Pike Creek Valley R	-	29:33.00	4:33.00	5:56.7	3:41.6
40 Fenton, Derek	52	510	Bull City Track Club	-	29:39.00	4:39.00	5:57.9	3:42.4
41 Thompson, Dean	57	536	Chattanooga Track	-	29:40.00	4:40.00	5:58.1	3:42.5
42 Lee, Rick	61	566	Shore Athletic Club	-	29:41.00	4:41.00	5:58.4	3:42.6
43 Fields, Brent	50	500	Atlanta Track Club [	-	29:43.00	4:43.00	5:58.8	3:42.9
44 Hixson, Mark	57	540	Greater Springfield	-	29:52.00	4:52.00	6:00.6	3:44.0
45 Sillery, John	51	508	Chattanooga Track	-	29:56.00	4:56.00	6:01.4	3:44.5
46 Lofton, Matthew	43	437	Unattached VA	-	29:59.00	4:59.00	6:02.0	3:44.9

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**Race #4  
Masters Men 8k****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. KM</b>
47 Dyer, Chris	41	454	Goon Squad TC	-	30:08.00	5:08.00	6:03.8	3:46.0
48 Tompkins, Matthew A.	47	467	Unattached CA	-	30:11.00	5:11.00	6:04.4	3:46.4
49 Rietscha, Edward	44	444	Colonial Road Runn	-	30:12.00	5:12.00	6:04.6	3:46.5
50 Conston, Jeffrey	54	503	Shore Athletic Club	-	30:13.00	5:13.00	6:04.8	3:46.6
51 Bauman, Oscar	50	498	Bowerman Track Cl	-	30:25.00	5:25.00	6:07.2	3:48.1
52 Shrum, Ryan	55	535	Chattanooga Track	-	30:30.00	5:30.00	6:08.2	3:48.8
53 Heuck, Alejandro	58	539	Greater Springfield	-	30:32.00	5:32.00	6:08.6	3:49.0
54 Flanders, Dale	57	542	Genesee Valley Har	-	30:32.00	5:32.00	6:08.6	3:49.0
55 Moore, Ignacio	51	511	Blacksburg Striders	-	30:33.00	5:33.00	6:08.8	3:49.1
56 Neff, Mark	60	547	Shadow Project TC	-	30:34.00	5:34.00	6:09.0	3:49.3
57 Mcguire, Kevin	57	537	Blacksburg Striders	-	30:40.00	5:40.00	6:10.2	3:50.0
58 Burdett, Francis	57	538	Greater Springfield	-	30:41.00	5:41.00	6:10.4	3:50.1
59 Hetherington, Alexander	55	519	Unattached VA	-	30:45.00	5:45.00	6:11.2	3:50.6
60 Bulleri, Michael	45	477	Bull City Track Club	-	30:53.00	5:53.00	6:12.8	3:51.6
61 Byrd, Kevin	44	458	Blacksburg Striders	-	30:54.00	5:54.00	6:13.0	3:51.8
62 Scott, Durelle	49	481	Blacksburg Striders	-	30:55.00	5:55.00	6:13.2	3:51.9
63 Nuckols, Adam	41	438	Unattached VA	-	30:57.00	5:57.00	6:13.6	3:52.1
64 Carey, Mark	51	509	Bull City Track Club	-	31:03.00	6:03.00	6:14.8	3:52.9
65 Murray, Dan	57	521	Unattached NC	-	31:07.00	6:07.00	6:15.7	3:53.4
66 McCallie, Tripp	53	506	Chattanooga Track	-	31:12.00	6:12.00	6:16.7	3:54.0
67 Ensign, Tim	60	570	Chattanooga Track	-	31:16.00	6:16.00	6:17.5	3:54.5
68 Siriano, Scott	56	532	Atlanta Track Club [	-	31:17.00	6:17.00	6:17.7	3:54.6
69 Hawkins, Chip	53	501	Atlanta Track Club [	-	31:20.00	6:20.00	6:18.3	3:55.0
70 Schuler, Tim	59	523	F and M Track Club	-	31:24.00	6:24.00	6:19.1	3:55.5
71 McKee, Guian	53	484	Charlottesville Trac	-	31:25.00	6:25.00	6:19.3	3:55.6
72 Westenberg, David	65	577	Greater Lowell Roa	-	31:27.00	6:27.00	6:19.7	3:55.9
73 Westrick, John	52	502	Atlanta Track Club [	-	31:27.00	6:27.00	6:19.7	3:55.9
74 Dragstedt, Lester	60	564	Atlanta Track Club [	-	31:32.00	6:32.00	6:20.7	3:56.5
75 Ridge, Clark	42	445	Colonial Road Runn	-	31:36.00	6:36.00	6:21.5	3:57.0
76 Notaro, Henry	61	567	Shore Athletic Club	-	31:38.00	6:38.00	6:21.9	3:57.3
77 Mazo, Daniel	59	527	Greater Philadelphi	-	31:47.00	6:47.00	6:23.7	3:58.4
78 Dinterman, Robert	52	483	Unattached NC	-	31:53.00	6:53.00	6:24.9	3:59.1
79 Suhr, Timothy	51	493	Colonial Road Runn	-	31:59.00	6:59.00	6:26.1	3:59.9
80 Stowe, Michael	52	512	Blacksburg Striders	-	32:05.00	7:05.00	6:27.3	4:00.6
81 Kast, Steven	58	524	Colonial Road Runn	-	32:06.00	7:06.00	6:27.5	4:00.8
82 Hannan, Casey	63	565	Atlanta Track Club [	-	32:08.00	7:08.00	6:27.9	4:01.0
83 Sak, Lawrence	62	574	Ann Arbor Track Cl	-	32:21.00	7:21.00	6:30.5	4:02.6
84 Rehtin, Larry	61	556	Greater Philadelphi	-	32:25.00	7:25.00	6:31.3	4:03.1
85 Menzies, Steven	59	525	Colonial Road Runn	-	32:28.00	7:28.00	6:32.0	4:03.5
86 Youngers, Ken	66	584	Atlanta Track Club [	-	32:29.00	7:29.00	6:32.2	4:03.6
87 Weber, Bruce	61	558	Greater Philadelphi	-	32:30.00	7:30.00	6:32.4	4:03.8
88 Cutrona, Matthew	52	494	Greater Philadelphi	-	32:32.00	7:32.00	6:32.8	4:04.0
89 Conheady, Timothy	65	582	Greater Philadelphi	-	32:41.00	7:41.00	6:34.6	4:05.1
90 Blanchard, Andrew	47	464	Unattached VA	-	32:48.00	7:48.00	6:36.0	4:06.0
91 Strickland, Michael	56	533	Atlanta Track Club [	-	32:53.00	7:53.00	6:37.0	4:06.6
92 Brown, Scott	64	545	Dirigo R.C.	-	32:55.00	7:55.00	6:37.4	4:06.9

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**Race #4  
Masters Men 8k****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
93 Calkins, Joe	52	490	Colonial Road Runn	-	32:59.00	7:59.00	6:38.2	4:07.4
94 Chasse, Craig	53	513	Potomac Valley Tra	-	33:04.00	8:04.00	6:39.2	4:08.0
95 Wiechecki, David	61	563	Pike Creek Valley R	-	33:15.00	8:15.00	6:41.4	4:09.4
96 Reale, Gene	43	439	Unattached NC	-	33:17.00	8:17.00	6:41.8	4:09.6
97 Rinaldi, Christopher	53	505	Shore Athletic Club	-	33:29.00	8:29.00	6:44.2	4:11.1
98 Zannini, Scott	45	469	Unattached SC	-	33:30.00	8:30.00	6:44.4	4:11.3
99 Pelletier, Paul	57	526	Colonial Road Runn	-	33:33.00	8:33.00	6:45.0	4:11.6
100 Carver, Mark	63	553	Greater Philadelphi	-	33:37.00	8:37.00	6:45.8	4:12.1
101 Armstrong, Scott	60	552	Greater Philadelphi	-	33:41.00	8:41.00	6:46.6	4:12.6
102 Anderson, David	53	489	Colonial Road Runn	-	33:42.00	8:42.00	6:46.8	4:12.8
103 Benkard, Andrew	56	514	Unattached NJ	-	33:44.00	8:44.00	6:47.2	4:13.0
104 Gibson, Pete	66	579	Colonial Road Runn	-	33:45.00	8:45.00	6:47.4	4:13.1
105 Costello, John	61	561	Pike Creek Valley R	-	33:46.00	8:46.00	6:47.6	4:13.3
106 Whitaker, Robert	64	551	Colonial Road Runn	-	33:56.00	8:56.00	6:49.7	4:14.5
107 Qualls, Robert	70	595	Unattached NV	-	34:08.00	9:08.00	6:52.1	4:16.0
108 Shields, Charles	63	557	Greater Philadelphi	-	34:14.00	9:14.00	6:53.3	4:16.8
109 Van Kerkhove, John	61	573	Genesee Valley Har	-	34:20.00	9:20.00	6:54.5	4:17.5
110 Long, David	47	474	Pike Creek Valley R	-	34:21.00	9:21.00	6:54.7	4:17.6
111 Nugent, Bob	62	548	Unattached ME	-	34:22.00	9:22.00	6:54.9	4:17.8
112 Cauller, Gregory	63	560	Pike Creek Valley R	-	34:24.00	9:24.00	6:55.3	4:18.0
113 Wiesinger, Gary	64	569	Shore Athletic Club	-	34:35.00	9:35.00	6:57.5	4:19.4
114 Reynolds, Robert	65	583	Greater Philadelphi	-	34:52.00	9:52.00	7:00.9	4:21.5
115 Hill, Robert	63	555	Greater Philadelphi	-	34:57.00	9:57.00	7:01.9	4:22.1
116 Rumsey, Kevin	60	549	Unattached NC	-	35:27.00	10:27.00	7:08.0	4:25.9
117 Birkholz, Shad	46	463	Unattached MT	-	35:30.00	10:30.00	7:08.6	4:26.3
118 Rose, William	63	562	Pike Creek Valley R	-	35:35.00	10:35.00	7:09.6	4:26.9
119 Griffiths, Richard	57	516	Unattached MD	-	35:39.00	10:39.00	7:10.4	4:27.4
120 Sangster, Benjamin	47	475	Goon Squad TC	-	35:42.00	10:42.00	7:11.0	4:27.8
121 Adams, Mark	63	543	Montgomery Count	-	35:44.00	10:44.00	7:11.4	4:28.0
122 Dykes, Gene	74	599	Greater Philadelphi	-	35:49.00	10:49.00	7:12.4	4:28.6
123 DiLeva, Michael	50	504	Shore Athletic Club	-	35:50.00	10:50.00	7:12.6	4:28.8
124 Irving, Timothy	57	520	Unattached MA	-	35:51.00	10:51.00	7:12.8	4:28.9
125 Grant, Richard	69	580	Colonial Road Runn	-	35:52.00	10:52.00	7:13.0	4:29.0
126 Shearer, Andrew	59	528	Greater Philadelphi	-	35:54.00	10:54.00	7:13.4	4:29.3
127 Brown, Michael	64	559	Pike Creek Valley R	-	36:06.00	11:06.00	7:15.8	4:30.8
128 Chesnut, Douglas	70	602	Boulder Road Runn	-	36:08.00	11:08.00	7:16.2	4:31.0
129 Moore, Gary	66	587	Genesee Valley Har	-	36:20.00	11:20.00	7:18.6	4:32.5
130 Stirrat, Reno	68	586	Shore Athletic Club	-	36:27.00	11:27.00	7:20.0	4:33.4
131 Pearce, Michael	59	522	Unattached WY	-	36:29.00	11:29.00	7:20.4	4:33.6
132 Linnell, Scott	66	585	Shore Athletic Club	-	36:39.00	11:39.00	7:22.5	4:34.9
133 Severtson, Gene	46	476	U.S. Navy	-	36:45.00	11:45.00	7:23.7	4:35.6
134 Kilduff, John	71	609	Shore Athletic Club	-	36:55.00	11:55.00	7:25.7	4:36.9
135 Amor, William	63	544	Cal Coast Track Clu	-	37:08.00	12:08.00	7:28.3	4:38.5
136 Myers, Eugene	70	611	Potomac Valley Tra	-	37:09.00	12:09.00	7:28.5	4:38.6
137 Larson, Kirk	71	606	Atlanta Track Club [	-	37:10.00	12:10.00	7:28.7	4:38.8
138 Thornton, James	68	581	Colonial Road Runn	-	37:24.00	12:24.00	7:31.5	4:40.5

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**Race #4  
Masters Men 8k****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
139 Anderson, David	70	598	Greater Philadelphi	-	37:28.00	12:28.0	7:32.3	4:41.0
140 Katz, Richard	74	603	Boulder Road Runn	-	37:31.00	12:31.0	7:32.9	4:41.4
141 Irvin, Ward	70	604	Atlanta Track Club [	-	37:57.00	12:57.0	7:38.1	4:44.6
142 Ostwald, Gary	76	618	Boulder Road Runn	-	38:05.00	13:05.0	7:39.8	4:45.6
143 Pino, Harry	63	568	Shore Athletic Club	-	38:07.00	13:07.0	7:40.2	4:45.9
144 Morrison, Don	72	600	Greater Philadelphi	-	38:08.00	13:08.0	7:40.4	4:46.0
145 Glass, Dave	76	619	Atlanta Track Club [	-	38:11.00	13:11.0	7:41.0	4:46.4
146 Kitchens, Bill	63	546	Unattached VA	-	38:30.00	13:30.0	7:44.8	4:48.8
147 Crispin, Keith	55	531	Pike Creek Valley R	-	38:45.00	13:45.0	7:47.8	4:50.6
148 Albritton, Bob	71	590	High Point Athletic	-	38:58.00	13:58.0	7:50.4	4:52.3
149 Duffy, Jim	70	592	Tidewater Striders	-	39:06.00	14:06.0	7:52.0	4:53.3
150 Yeates, Keith	75	623	Genesee Valley Har	-	39:33.00	14:33.0	7:57.5	4:56.6
151 Pratt, Aaron	69	589	Ann Arbor Track Cl	-	39:57.00	14:57.0	8:02.3	4:59.6
152 Sidor, Jason	54	488	Unattached VA	-	39:59.00	14:59.0	8:02.7	4:59.9
153 Hart, Bill	73	593	Tidewater Striders	-	40:23.00	15:23.0	8:07.5	5:02.9
154 May, Jim	76	622	Genesee Valley Har	-	40:31.00	15:31.0	8:09.1	5:03.9
155 Howe, George	67	575	Unattached NC	-	41:02.00	16:02.0	8:15.4	5:07.8
156 Learned, Jerry	74	607	Atlanta Track Club [	-	41:27.00	16:27.0	8:20.4	5:10.9
157 Joyce, Allen	74	605	Atlanta Track Club [	-	41:36.00	16:36.0	8:22.2	5:12.0
158 Carlin, Paul	77	624	Ann Arbor Track Cl	-	41:42.00	16:42.0	8:23.4	5:12.8
159 Trump, David	70	596	Unattached VA	-	42:12.00	17:12.0	8:29.5	5:16.5
160 Wills, John	70	597	Tidewater Striders	-	42:44.00	17:44.0	8:35.9	5:20.5
161 Mester, Michael	67	588	Ann Arbor Track Cl	-	42:59.00	17:59.0	8:38.9	5:22.4
162 Taylor, Patrick	74	608	Atlanta Track Club [	-	44:03.00	19:03.0	8:51.8	5:30.4
163 Nowicki, Przemyslaw	78	621	Shore Athletic Club	-	45:40.00	20:40.0	9:11.3	5:42.5
164 Frisby, Jan	78	615	Boulder Road Runn	-	45:41.00	20:41.0	9:11.5	5:42.6
165 Whitt, Randy	76	616	Unattached NC	-	46:19.00	21:19.0	9:19.2	5:47.4
166 Bligh, Ed	80	625	Atlanta Track Club [	-	47:25.00	22:25.0	9:32.4	5:55.6
167 DiCarlo, John	73	591	Tidewater Striders	-	48:01.00	23:01.0	9:39.7	6:00.1
168 Kasperski, Jack	71	612	Genesee Valley Har	-	48:38.00	23:38.0	9:47.1	6:04.8
169 Flax, David	56	515	Unattached MD	-	48:56.00	23:56.0	9:50.7	6:07.0
170 Williams, Morris	77	620	Atlanta Track Club [	-	53:04.00	28:04.0	10:40.6	6:38.0
171 Reif, Michael	74	613	Genesee Valley Har	-	54:30.00	29:30.0	10:57.9	6:48.8
172 Purnell, Micks	73	594	Cal Coast Track Clu	-	55:18.00	30:18.0	11:07.6	6:54.8
173 Chadim, William	76	614	Unattached VA	-	55:35.00	30:35.0	11:11.0	6:56.9

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CHAMPIONSHIPS**Mechanicsville, VA  
Pole Green Park

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**40+ Masters Men 8k****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 40 Greater Philadelphia TC	29	3-5-6-7-8(11)(12)(14)	2:16:55	27:23	1:14.0
2 40 Colonial Road Runners	46	1-2-9-15-19(26)	2:19:47	27:58	4:14.0
3 40 Blacksburg Striders – 2	75	4-13-17-20-21(23)(24)(27)	2:26:00	29:12	3:42.0
4 40 Bull City Track Club	91	10-16-18-22-25	2:28:45	29:45	3:00.0
DNP 40 Garden State Track Clu					
DNP 40 Pike Creek Valley Runni					
DNP 40 Greater Philadelphia TC					
DNP 40 Goon Squad TC					
DNP 40 U.S. Navy					
DNP 40 Shore Athletic Club					
DNP 40 Rosemont Running Clu					
DNP 40 Square State Striders					

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 McDonagh, Neil	41	455	40 Square State Str	-	25:26.00	---	5:07.0	3:10.8
2 Pruitt, Christopher	40	443	40 Colonial Road R	1	25:58.00	32.00	5:13.5	3:14.8
3 Otstot, Adam	40	442	40 Colonial Road R	2	26:34.00	1:08.00	5:20.7	3:19.3
4 Burns, Scott	42	447	40 Greater Philadel	3	26:40.00	1:14.00	5:21.9	3:20.0
5 Angell, David	46	479	40 Blacksburg Strid	4	26:58.00	1:32.00	5:25.6	3:22.3
6 Holroyd, Jason	46	472	40 Greater Philadel	5	27:09.00	1:43.00	5:27.8	3:23.6
7 Wagoner, Matthew	45	473	40 Greater Philadel	6	27:32.00	2:06.00	5:32.4	3:26.5
8 Butler, Brock	45	471	40 Greater Philadel	7	27:40.00	2:14.00	5:34.0	3:27.5
9 Reinhold, Derek	43	451	40 Greater Philadel	8	27:54.00	2:28.00	5:36.8	3:29.3
10 Carroll, Ryan	40	441	40 Colonial Road R	9	28:01.00	2:35.00	5:38.2	3:30.1
11 Jeuland, Marc	43	457	40 Bull City Track C	10	28:03.00	2:37.00	5:38.6	3:30.4
12 Naimoli, Christopher	43	450	40 Greater Philadel	(11)	28:07.00	2:41.00	5:39.4	3:30.9
13 Becker, John	43	446	40 Greater Philadel	(12)	28:15.00	2:49.00	5:41.0	3:31.9
14 Norton, Anderson	49	480	40 Blacksburg Strid	13	28:28.00	3:02.00	5:43.7	3:33.5
15 Shold, Kristopher	42	456	40 U.S. Navy	-	28:29.00	3:03.00	5:43.9	3:33.6
16 Gagliardi, John	43	448	40 Greater Philadel	(14)	28:37.00	3:11.00	5:45.5	3:34.6
17 Teigen, Sam	48	482	40 Garden State Tr	-	28:48.00	3:22.00	5:47.7	3:36.0
18 Tompkins, Mark	47	470	40 Colonial Road R	15	29:02.00	3:36.00	5:50.5	3:37.8
19 Rodriguez, Gabriel	44	460	40 Rosemont Runni	-	29:05.00	3:39.00	5:51.1	3:38.1
20 Jones, Paul	47	478	40 Bull City Track C	16	29:07.00	3:41.00	5:51.5	3:38.4
21 Wisnioski, Matthew	44	459	40 Blacksburg Strid	17	29:21.00	3:55.00	5:54.3	3:40.1
22 LoBianco, Pete	44	453	40 Pike Creek Valle	-	29:33.00	4:07.00	5:56.7	3:41.6
23 Fenton, Derek	52	510	40 Bull City Track C	18	29:39.00	4:13.00	5:57.9	3:42.4
24 Dyer, Chris	41	454	40 Goon Squad TC	-	30:08.00	4:42.00	6:03.8	3:46.0
25 Rietscha, Edward	44	444	40 Colonial Road R	19	30:12.00	4:46.00	6:04.6	3:46.5
26 Moore, Ignacio	51	511	40 Blacksburg Strid	20	30:33.00	5:07.00	6:08.8	3:49.1
27 Mcguire, Kevin	57	537	40 Blacksburg Strid	21	30:40.00	5:14.00	6:10.2	3:50.0
28 Bulleri, Michael	45	477	40 Bull City Track C	22	30:53.00	5:27.00	6:12.8	3:51.6
29 Byrd, Kevin	44	458	40 Blacksburg Strid	(23)	30:54.00	5:28.00	6:13.0	3:51.8

**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023



**OFFICIAL MEET REPORT**

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**Race #4  
40+ Masters Men 8k**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
30 Scott, Durelle	49	481	40 Blacksburg Strid	(24)	30:55.00	5:29.00	6:13.2	3:51.9
31 Carey, Mark	51	509	40 Bull City Track C	25	31:03.00	5:37.00	6:14.8	3:52.9
32 Ridge, Clark	42	445	40 Colonial Road R	(26)	31:36.00	6:10.00	6:21.5	3:57.0
33 Stowe, Michael	52	512	40 Blacksburg Strid	(27)	32:05.00	6:39.00	6:27.3	4:00.6
34 Long, David	47	474	40 Pike Creek Valle	-	34:21.00	8:55.00	6:54.7	4:17.6
35 Sangster, Benjamin	47	475	40 Goon Squad TC	-	35:42.00	10:16.0	7:11.0	4:27.8
36 Severtson, Gene	46	476	40 U.S. Navy	-	36:45.00	11:19.0	7:23.7	4:35.6
37 Crispin, Keith	55	531	40 Pike Creek Valle	-	38:45.00	13:19.0	7:47.8	4:50.6

# 2023 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA  
Pole Green Park

Saturday, January 21, 2023



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**Race #4**  
**50+ Masters Men 8k**

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 50 Greater Springfield Harri	46	3-4-10-14-15	2:28:07	29:38	2:12.0
2 50 Chattanooga Track Club	50	2-8-11-13-16(17)	2:29:44	29:57	2:46.0
3 50 Atlanta Track Club	71	5-9-18-19-20(26)	2:32:22	30:29	2:52.0
4 50 Colonial Road Runners	82	6-7-22-23-24(27)(29)(31)	2:34:40	30:56	3:43.0
5 50 Greater Philadelphia TC	109	1-21-25-30-32(34)	2:41:00	32:12	6:50.0
6 50 Shore Athletic Club	144	12-28-33-35-36	2:52:38	34:32	6:26.0
DNP 50 Greater Philadelphia TC					
DNP 50 Potomac Valley Track C					
DNP 50 Cal Coast Track Club					
DNP 50 Bowerman Track Club					
DNP 50 Genesee Valley Harrier					

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 Bauman, Ahrlin	50	497	50 Bowerman Track	-	27:28.00	---	5:31.6	3:26.0
2 Harte, Tim	54	495	50 Greater Philadel	1	28:07.00	39.00	5:39.4	3:30.9
3 Siemers, Arthur	50	507	50 Chattanooga Tra	2	28:26.00	58.00	5:43.3	3:33.3
4 Nahom, Michael	55	541	50 Greater Springfi	3	28:29.00	1:01.00	5:43.9	3:33.6
5 Larson, Nat	60	571	50 Greater Springfi	4	28:33.00	1:05.00	5:44.7	3:34.1
6 Bell, Steve	51	499	50 Atlanta Track Cl	5	28:35.00	1:07.00	5:45.1	3:34.4
7 Lomogda, John	53	491	50 Colonial Road R	6	28:45.00	1:17.00	5:47.1	3:35.6
8 Cushing-murray, Christian	55	530	50 Cal Coast Track	-	28:57.00	1:29.00	5:49.5	3:37.1
9 Schumann, Keith	52	492	50 Colonial Road R	7	29:22.00	1:54.00	5:54.5	3:40.3
10 Thompson, Dean	57	536	50 Chattanooga Tra	8	29:40.00	2:12.00	5:58.1	3:42.5
11 Fields, Brent	50	500	50 Atlanta Track Cl	9	29:43.00	2:15.00	5:58.8	3:42.9
12 Hixson, Mark	57	540	50 Greater Springfi	10	29:52.00	2:24.00	6:00.6	3:44.0
13 Sillery, John	51	508	50 Chattanooga Tra	11	29:56.00	2:28.00	6:01.4	3:44.5
14 Conston, Jeffrey	54	503	50 Shore Athletic Cl	12	30:13.00	2:45.00	6:04.8	3:46.6
15 Bauman, Oscar	50	498	50 Bowerman Track	-	30:25.00	2:57.00	6:07.2	3:48.1
16 Shrum, Ryan	55	535	50 Chattanooga Tra	13	30:30.00	3:02.00	6:08.2	3:48.8
17 Heuck, Alejandro	58	539	50 Greater Springfi	14	30:32.00	3:04.00	6:08.6	3:49.0
18 Flanders, Dale	57	542	50 Genesee Valley	-	30:32.00	3:04.00	6:08.6	3:49.0
19 Burdett, Francis	57	538	50 Greater Springfi	15	30:41.00	3:13.00	6:10.4	3:50.1
20 McCallie, Tripp	53	506	50 Chattanooga Tra	16	31:12.00	3:44.00	6:16.7	3:54.0
21 Ensign, Tim	60	570	50 Chattanooga Tra (17)		31:16.00	3:48.00	6:17.5	3:54.5
22 Siriano, Scott	56	532	50 Atlanta Track Cl	18	31:17.00	3:49.00	6:17.7	3:54.6
23 Hawkins, Chip	53	501	50 Atlanta Track Cl	19	31:20.00	3:52.00	6:18.3	3:55.0
24 Westrick, John	52	502	50 Atlanta Track Cl	20	31:27.00	3:59.00	6:19.7	3:55.9
25 Mazo, Daniel	59	527	50 Greater Philadel	21	31:47.00	4:19.00	6:23.7	3:58.4
26 Suhr, Timothy	51	493	50 Colonial Road R	22	31:59.00	4:31.00	6:26.1	3:59.9
27 Kast, Steven	58	524	50 Colonial Road R	23	32:06.00	4:38.00	6:27.5	4:00.8
28 Menzies, Steven	59	525	50 Colonial Road R	24	32:28.00	5:00.00	6:32.0	4:03.5
29 Cutrona, Matthew	52	494	50 Greater Philadel	25	32:32.00	5:04.00	6:32.8	4:04.0
30 Strickland, Michael	56	533	50 Atlanta Track Cl (26)		32:53.00	5:25.00	6:37.0	4:06.6

**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023

**OFFICIAL MEET REPORT**

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**Race #4  
50+ Masters Men 8k****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
31 Calkins, Joe	52	490	50 Colonial Road R	(27)	32:59.00	5:31.00	6:38.2	4:07.4
32 Chasse, Craig	53	513	50 Potomac Valley	-	33:04.00	5:36.00	6:39.2	4:08.0
33 Rinaldi, Christopher	53	505	50 Shore Athletic Cl	28	33:29.00	6:01.00	6:44.2	4:11.1
34 Pelletier, Paul	57	526	50 Colonial Road R	(29)	33:33.00	6:05.00	6:45.0	4:11.6
35 Carver, Mark	63	553	50 Greater Philadel	30	33:37.00	6:09.00	6:45.8	4:12.1
36 Anderson, David	53	489	50 Colonial Road R	(31)	33:42.00	6:14.00	6:46.8	4:12.8
37 Hill, Robert	63	555	50 Greater Philadel	32	34:57.00	7:29.00	7:01.9	4:22.1
38 DiLeva, Michael	50	504	50 Shore Athletic Cl	33	35:50.00	8:22.00	7:12.6	4:28.8
39 Shearer, Andrew	59	528	50 Greater Philadel	(34)	35:54.00	8:26.00	7:13.4	4:29.3
40 Stirrat, Reno	68	586	50 Shore Athletic Cl	35	36:27.00	8:59.00	7:20.0	4:33.4
41 Linnell, Scott	66	585	50 Shore Athletic Cl	36	36:39.00	9:11.00	7:22.5	4:34.9
42 Myers, Eugene	70	611	50 Potomac Valley	-	37:09.00	9:41.00	7:28.5	4:38.6



# 2023 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023



OFFICIAL MEET REPORT

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**Race #4**  
**60+ Masters Men 8k**

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 60 Atlanta Track Club	13	2-4-7	1:36:09	32:03	0:57.0
2 60 Shore Athletic Club	21	1-3-17(24)	1:35:54	31:58	4:54.0
3 60 Greater Philadelphia TC	23	6-8-9(11)(18)	1:37:36	32:32	0:16.0
4 60 Pike Creek Valley Runni	39	10-13-16(19)(21)	1:41:25	33:49	1:09.0
5 60 Colonial Road Runners	46	12-14-20(23)	1:43:33	34:31	2:07.0
6 60 Ann Arbor Track Club	56	5-25-26(27)	1:54:00	38:00	9:21.0
7 60 Genesee Valley Harrier	65	15-22-28	2:05:10	41:44	20:10.0
DNP 60 Colonial Road Runners					
DNP 60 Genesee Valley Harrier					

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 Lee, Rick	61	566	60 Shore Athletic Cl	1	29:41.00	---	5:58.4	3:42.6
2 Dragstedt, Lester	60	564	60 Atlanta Track Cl	2	31:32.00	1:51.00	6:20.7	3:56.5
3 Notaro, Henry	61	567	60 Shore Athletic Cl	3	31:38.00	1:57.00	6:21.9	3:57.3
4 Hannan, Casey	63	565	60 Atlanta Track Cl	4	32:08.00	2:27.00	6:27.9	4:01.0
5 Sak, Lawrence	62	574	60 Ann Arbor Track	5	32:21.00	2:40.00	6:30.5	4:02.6
6 Rehtin, Larry	61	556	60 Greater Philadel	6	32:25.00	2:44.00	6:31.3	4:03.1
7 Youngers, Ken	66	584	60 Atlanta Track Cl	7	32:29.00	2:48.00	6:32.2	4:03.6
8 Weber, Bruce	61	558	60 Greater Philadel	8	32:30.00	2:49.00	6:32.4	4:03.8
9 Conheady, Timothy	65	582	60 Greater Philadel	9	32:41.00	3:00.00	6:34.6	4:05.1
10 Wiechecki, David	61	563	60 Pike Creek Valle	10	33:15.00	3:34.00	6:41.4	4:09.4
11 Armstrong, Scott	60	552	60 Greater Philadel	(11)	33:41.00	4:00.00	6:46.6	4:12.6
12 Gibson, Pete	66	579	60 Colonial Road R	12	33:45.00	4:04.00	6:47.4	4:13.1
13 Costello, John	61	561	60 Pike Creek Valle	13	33:46.00	4:05.00	6:47.6	4:13.3
14 Whitaker, Robert	64	551	60 Colonial Road R	14	33:56.00	4:15.00	6:49.7	4:14.5
15 Van Kerkhove, John	61	573	60 Genesee Valley	15	34:20.00	4:39.00	6:54.5	4:17.5
16 Cauller, Gregory	63	560	60 Pike Creek Valle	16	34:24.00	4:43.00	6:55.3	4:18.0
17 Wiesinger, Gary	64	569	60 Shore Athletic Cl	17	34:35.00	4:54.00	6:57.5	4:19.4
18 Reynolds, Robert	65	583	60 Greater Philadel	(18)	34:52.00	5:11.00	7:00.9	4:21.5
19 Rose, William	63	562	60 Pike Creek Valle	(19)	35:35.00	5:54.00	7:09.6	4:26.9
20 Grant, Richard	69	580	60 Colonial Road R	20	35:52.00	6:11.00	7:13.0	4:29.0
21 Brown, Michael	64	559	60 Pike Creek Valle	(21)	36:06.00	6:25.00	7:15.8	4:30.8
22 Moore, Gary	66	587	60 Genesee Valley	22	36:20.00	6:39.00	7:18.6	4:32.5
23 Thornton, James	68	581	60 Colonial Road R	(23)	37:24.00	7:43.00	7:31.5	4:40.5
24 Pino, Harry	63	568	60 Shore Athletic Cl	(24)	38:07.00	8:26.00	7:40.2	4:45.9
25 Pratt, Aaron	69	589	60 Ann Arbor Track	25	39:57.00	10:16.0	8:02.3	4:59.6
26 Carlin, Paul	77	624	60 Ann Arbor Track	26	41:42.00	12:01.0	8:23.4	5:12.8
27 Mester, Michael	67	588	60 Ann Arbor Track	(27)	42:59.00	13:18.0	8:38.9	5:22.4
28 Reif, Michael	74	613	60 Genesee Valley	28	54:30.00	24:49.0	10:57.9	6:48.8

**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023

**OFFICIAL MEET REPORT**

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**Race #4  
70+ Masters Men 8k****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 70 Boulder Road Runners	10	1-3-6(8)	1:49:25	36:29	1:45.0
2 70 Greater Philadelphia TC	16	2-5-9	1:51:25	37:09	2:19.0
3 70 Atlanta Track Club	21	4-7-10(15)(16)	1:53:18	37:46	1:01.0
4 70 Tidewater Striders	41	11-13-17(18)	2:02:13	40:45	3:38.0
5 70 Genesee Valley Harrier	45	12-14-19	2:08:42	42:54	9:05.0
DNP 70 Shore Athletic Club					
DNP 70 Boulder Road Runners					

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 Bell, Doug	72	601	70 Boulder Road R	1	35:46.00	---	7:11.8	4:28.3
2 Dykes, Gene	74	599	70 Greater Philadel	2	35:49.00	3.00	7:12.4	4:28.6
3 Chesnut, Douglas	70	602	70 Boulder Road R	3	36:08.00	22.00	7:16.2	4:31.0
4 Kilduff, John	71	609	70 Shore Athletic Cl	-	36:55.00	1:09.00	7:25.7	4:36.9
5 Larson, Kirk	71	606	70 Atlanta Track Cl	4	37:10.00	1:24.00	7:28.7	4:38.8
6 Anderson, David	70	598	70 Greater Philadel	5	37:28.00	1:42.00	7:32.3	4:41.0
7 Katz, Richard	74	603	70 Boulder Road R	6	37:31.00	1:45.00	7:32.9	4:41.4
8 Irvin, Ward	70	604	70 Atlanta Track Cl	7	37:57.00	2:11.00	7:38.1	4:44.6
9 Ostwald, Gary	76	618	70 Boulder Road R	(8)	38:05.00	2:19.00	7:39.8	4:45.6
10 Morrison, Don	72	600	70 Greater Philadel	9	38:08.00	2:22.00	7:40.4	4:46.0
11 Glass, Dave	76	619	70 Atlanta Track Cl	10	38:11.00	2:25.00	7:41.0	4:46.4
12 Duffy, Jim	70	592	70 Tidewater Stride	11	39:06.00	3:20.00	7:52.0	4:53.3
13 Yeates, Keith	75	623	70 Genesee Valley	12	39:33.00	3:47.00	7:57.5	4:56.6
14 Hart, Bill	73	593	70 Tidewater Stride	13	40:23.00	4:37.00	8:07.5	5:02.9
15 May, Jim	76	622	70 Genesee Valley	14	40:31.00	4:45.00	8:09.1	5:03.9
16 Learned, Jerry	74	607	70 Atlanta Track Cl	(15)	41:27.00	5:41.00	8:20.4	5:10.9
17 Joyce, Allen	74	605	70 Atlanta Track Cl	(16)	41:36.00	5:50.00	8:22.2	5:12.0
18 Wills, John	70	597	70 Tidewater Stride	17	42:44.00	6:58.00	8:35.9	5:20.5
19 Taylor, Patrick	74	608	70 Atlanta Track Cl	-	44:03.00	8:17.00	8:51.8	5:30.4
20 Nowicki, Przemyslaw	78	621	70 Shore Athletic Cl	-	45:40.00	9:54.00	9:11.3	5:42.5
21 Bligh, Ed	80	625	70 Atlanta Track Cl	-	47:25.00	11:39.0	9:32.4	5:55.6
22 DiCarlo, John	73	591	70 Tidewater Stride	(18)	48:01.00	12:15.0	9:39.7	6:00.1
23 Kasperski, Jack	71	612	70 Genesee Valley	19	48:38.00	12:52.0	9:47.1	6:04.8
24 Williams, Morris	77	620	70 Atlanta Track Cl	-	53:04.00	17:18.0	10:40.6	6:38.0



# 2023 USATF XC National Championships

Final Results  
Posted 12:50am

January 21, 2023

## Mens Master 8k - Age Group

Place	Bib	First Name	Last Name	Gender	Team	Clock Time	Pace	Age	Overall Place	Division
<b>M4044</b>										
1	435	Benjamin	Bruce	M	HOKA NAZ Elite [48-0454]	0:25:00	5:02	40	4	M4044
2	455	Neil	McDonagh	M	Square State Striders	0:25:26	5:07	41	8	M4044
3	443	er	Pruitt	M	0608]	0:25:58	5:13	40	19	M4044
4	442	Adam	Otstot	M	0608]	0:26:34	5:21	40	35	M4044
5	447	Scott	Burns	M	Greater Philadelphia TC	0:26:40	5:22	42	24	M4044
6	434	Charlie	Ban	M	Unattached DC	0:27:08	5:28	40	54	M4044
7	436	Michael	Harlow	M	Unattached VA	0:27:17	5:29	41	52	M4044
8	451	Derek	Reinhold	M	Greater Philadelphia TC	0:27:54	5:37	43	58	M4044
9	441	Ryan	Carroll	M	0608]	0:28:01	5:38	40	79	M4044
10	457	Marc	Jeuland	M	Bull City Track Club	0:28:03	5:39	43	61	M4044
11	450	er	Naimoli	M	Greater Philadelphia TC	0:28:07	5:39	43	66	M4044
12	446	John	Becker	M	Greater Philadelphia TC	0:28:15	5:41	43	69	M4044
13	456	r	Shold	M	U.S. Navy	0:28:29	5:44	42	80	M4044
14	448	John	Gagliardi	M	Greater Philadelphia TC	0:28:37	5:45	43	77	M4044
15	460	Gabriel	Rodriguez	M	Rosemont Running Club	0:29:05	5:51	44	84	M4044
16	459	Matthew	Wisnioski	M	Blacksburg Striders -- 2023	0:29:21	5:54	44	92	M4044
17	453	Pete	LoBianco	M	Club	0:29:33	5:57	44	100	M4044
18	437	Matthew	Lofton	M	Unattached VA	0:29:59	6:02	43	115	M4044
19	454	Chris	Dyer	M	Goon Squad TC	0:30:08	6:04	41	128	M4044
20	444	Edward	Rietscha	M	0608]	0:30:12	6:05	44	116	M4044
21	458	Kevin	Byrd	M	Blacksburg Striders -- 2023	0:30:54	6:13	44	130	M4044
22	438	Adam	Nuckols	M	Unattached VA	0:30:57	6:14	41	140	M4044
23	445	Clark	Ridge	M	0608]	0:31:36	6:21	42	146	M4044
24	439	Gene	Reale	M	Unattached NC	0:33:17	6:42	43	155	M4044
<b>M4549</b>										
1	465	Jacques	Sallberg	M	Cal Coast Track Club	0:26:43	5:22	48	5	M4549
2	479	David	Angell	M	Blacksburg Striders -- 2023	0:26:58	5:25	46	13	M4549
3	472	Jason	Holroyd	M	Greater Philadelphia TC	0:27:09	5:28	46	18	M4549
4	468	Michael	Wardian	M	HOKA	0:27:29	5:32	48	14	M4549
5	473	Matthew	Wagoner	M	Greater Philadelphia TC	0:27:32	5:32	45	29	M4549
6	471	Brock	Butler	M	Greater Philadelphia TC	0:27:40	5:34	45	36	M4549
7	466	Joseph	Satterfield	M	Dirigo R.C.	0:28:24	5:43	45	60	M4549
8	480	Anderson	Norton	M	Blacksburg Striders -- 2023	0:28:28	5:44	49	32	M4549
9	482	Sam	Teigen	M	0385]	0:28:48	5:48	48	49	M4549
10	470	Mark	Tompkins	M	0608]	0:29:02	5:50	47	67	M4549
11	478	Paul	Jones	M	Bull City Track Club	0:29:07	5:51	47	68	M4549
12	467	A.	Tompkins	M	Unattached CA	0:30:11	6:04	47	96	M4549
13	477	Michael	Bulleri	M	Bull City Track Club	0:30:53	6:13	45	126	M4549
14	481	Durelle	Scott	M	Blacksburg Striders -- 2023	0:30:55	6:13	49	104	M4549
15	464	Andrew	Blanchard	M	Unattached VA	0:32:48	6:36	47	143	M4549
16	469	Scott	Zannini	M	Unattached SC	0:33:30	6:44	45	153	M4549
17	474	David	Long	M	Club	0:34:21	6:55	47	156	M4549
18	463	Shad	Birkholz	M	Unattached MT	0:35:30	7:08	46	163	M4549
19	475	Benjamin	Sangster	M	Goon Squad TC	0:35:42	7:11	47	162	M4549
20	476	Gene	Severtson	M	U.S. Navy	0:36:45	7:24	46	166	M4549





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## M5054

1	497	Ahrlin	Bauman	M	0820]	0:27:28	5:32	50	9 M5054
2	485	Philippe	Rolly	M	Unattached VA	0:27:29	5:32	50	10 M5054
3	495	Tim	Harte	M	Greater Philadelphia TC	0:28:07	5:39	54	6 M5054
4	507	Arthur	Siemers	M	Chattanooga Track Club	0:28:26	5:43	50	25 M5054
5	499	Steve	Bell	M	Atlanta Track Club [45-0203]	0:28:35	5:45	51	22 M5054
6	491	John	Lomogda	M	0608]	0:28:45	5:47	53	16 M5054
7	492	Keith	Schumann	M	0608]	0:29:22	5:54	52	37 M5054
8	510	Derek	Fenton	M	Bull City Track Club	0:29:39	5:58	52	43 M5054
9	500	Brent	Fields	M	Atlanta Track Club [45-0203]	0:29:43	5:59	50	63 M5054
10	508	John	Sillery	M	Chattanooga Track Club	0:29:56	6:01	51	62 M5054
11	503	Jeffrey	Conston	M	Shore Athletic Club	0:30:13	6:05	54	46 M5054
12	498	Oscar	Bauman	M	0820]	0:30:25	6:07	50	81 M5054
13	511	Ignacio	Moore	M	Blacksburg Striders -- 2023	0:30:33	6:09	51	78 M5054
14	509	Mark	Carey	M	Bull City Track Club	0:31:03	6:15	51	93 M5054
15	506	Tripp	McCallie	M	Chattanooga Track Club	0:31:12	6:17	53	82 M5054
16	501	Chip	Hawkins	M	Atlanta Track Club [45-0203]	0:31:20	6:18	53	86 M5054
17	484	Guian	McKee	M	Charlottesville Track Club	0:31:25	6:19	53	88 M5054
18	502	John	Westrick	M	Atlanta Track Club [45-0203]	0:31:27	6:20	52	97 M5054
19	483	Robert	Dinterman	M	Unattached NC	0:31:53	6:25	52	109 M5054
20	493	Timothy	Suhr	M	0608]	0:31:59	6:26	51	117 M5054
21	512	Michael	Stowe	M	Blacksburg Striders -- 2023	0:32:05	6:27	52	112 M5054
22	494	Matthew	Cutrona	M	Greater Philadelphia TC	0:32:32	6:33	52	123 M5054
23	490	Joe	Calkins	M	0608]	0:32:59	6:38	52	129 M5054
24	513	Craig	Chasse	M	Potomac Valley Track Club	0:33:04	6:39	53	127 M5054
25	505	er	Rinaldi	M	Shore Athletic Club	0:33:29	6:44	53	133 M5054
26	489	David	Anderson	M	0608]	0:33:42	6:47	53	136 M5054
27	486	Duncan	Sheils	M	Unattached VA	0:34:14	6:53	52	144 M5054
28	504	Michael	DiLeva	M	Shore Athletic Club	0:35:50	7:13	50	161 M5054
29	488	Jason	Sidor	M	Unattached VA	0:39:59	8:03	54	168 M5054

## M5559

1	541	Michael	Nahom	M	Inc	0:28:29	5:44	55	7 M5559
2	530	Christian	murray	M	Cal Coast Track Club	0:28:57	5:49	55	12 M5559
3	536	Dean	Thompson	M	Chattanooga Track Club	0:29:40	5:58	57	15 M5559
4	540	Mark	Hixson	M	Inc	0:29:52	6:00	57	20 M5559
5	535	Ryan	Shrum	M	Chattanooga Track Club	0:30:30	6:08	55	48 M5559
6	539	Alejandro	Heuck	M	Inc	0:30:32	6:09	58	27 M5559
7	542	Dale	Flanders	M	Genesee Valley Harriers	0:30:32	6:09	57	33 M5559
8	537	Kevin	Mcguire	M	Blacksburg Striders -- 2023	0:30:40	6:10	57	38 M5559
9	538	Francis	Burdett	M	Inc	0:30:41	6:10	57	39 M5559
10	519	Alexander	Hetherington	M	Unattached VA	0:30:45	6:11	55	56 M5559
11	521	Dan	Murray	M	Unattached NC	0:31:07	6:16	57	53 M5559
12	532	Scott	Siriano	M	Atlanta Track Club [45-0203]	0:31:17	6:18	56	64 M5559
13	523	Tim	Schuler	M	F and M Track Club [08-1121]	0:31:24	6:19	59	41 M5559
14	527	Daniel	Mazo	M	Greater Philadelphia TC	0:31:47	6:24	59	55 M5559
15	524	Steven	Kast	M	0608]	0:32:06	6:27	58	70 M5559
16	525	Steven	Menzies	M	0608]	0:32:28	6:32	59	73 M5559
17	533	Michael	Strickland	M	Atlanta Track Club [45-0203]	0:32:53	6:37	56	107 M5559
18	526	Paul	Pelletier	M	0608]	0:33:33	6:45	57	113 M5559
19	514	Andrew	Benkard	M	Unattached NJ	0:33:44	6:47	56	124 M5559
20	516	Richard	Griffiths	M	Unattached MD	0:35:39	7:10	57	141 M5559





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Mens Master 8k - Age Group									
21	520	Timothy Irving	M	Unattached MD	0:35:51	7:13	57	147	M5559
22	528	Andrew Shearer	M	Greater Philadelphia TC	0:35:54	7:13	59	139	M5559
23	522	Michael Pearce	M	Unattached WY	0:36:29	7:20	59	148	M5559
24	531	Keith Crispin	M	Club	0:38:45	7:48	55	165	M5559
25	515	David Flax	M	Unattached MD	0:48:56	9:51	56	174	M5559

## M6064

1	571	Nat Larson	M	Inc	0:28:33	5:45	60	1	M6064
2	550	John Van Danacker	M	Unattached MN	0:29:15	5:53	60	2	M6064
3	566	Rick Lee	M	Shore Athletic Club	0:29:41	5:58	61	3	M6064
4	547	Mark Neff	M	Shadow Project TC	0:30:34	6:09	60	17	M6064
5	570	Tim Ensign	M	Chattanooga Track Club	0:31:16	6:17	60	30	M6064
6	564	Lester Dragstedt	M	Atlanta Track Club [45-0203]	0:31:32	6:21	60	40	M6064
7	567	Henry Notaro	M	Shore Athletic Club	0:31:38	6:22	61	34	M6064
8	565	Casey Hannan	M	Atlanta Track Club [45-0203]	0:32:08	6:28	63	31	M6064
9	574	Lawrence Sak	M	Ann Arbor Track Club	0:32:21	6:30	62	44	M6064
10	556	Larry Rehtin	M	Greater Philadelphia TC	0:32:25	6:31	61	57	M6064
11	558	Bruce Weber	M	Greater Philadelphia TC	0:32:30	6:32	61	59	M6064
12	545	Scott Brown	M	Dirigo R.C.	0:32:55	6:37	64	42	M6064
13	563	David Wiechecki	M	Club	0:33:15	6:41	61	75	M6064
14	553	Mark Carver	M	Greater Philadelphia TC	0:33:37	6:46	63	71	M6064
15	552	Scott Armstrong	M	Greater Philadelphia TC	0:33:41	6:47	60	95	M6064
16	561	John Costello	M	Club	0:33:46	6:48	61	90	M6064
17	551	Robert Whitaker	M	0608]	0:33:56	6:50	64	72	M6064
18	573	John Van Kerkhove	M	Genesee Valley Harriers	0:34:20	6:54	61	106	M6064
19	548	Bob Nugent	M	Unattached ME	0:34:22	6:55	62	98	M6064
20	560	Gregory Cauller	M	Club	0:34:24	6:55	63	91	M6064
21	569	Gary Wiesinger	M	Shore Athletic Club	0:34:35	6:57	64	87	M6064
22	555	Robert Hill	M	Greater Philadelphia TC	0:34:57	7:02	63	105	M6064
23	549	Kevin Rumsey	M	Unattached NC	0:35:27	7:08	60	132	M6064
24	562	William Rose	M	Club	0:35:35	7:09	63	118	M6064
25	543	Mark Adams	M	Runners Club	0:35:44	7:11	63	121	M6064
26	559	Michael Brown	M	Club	0:36:06	7:16	64	122	M6064
27	544	William Amor	M	Cal Coast Track Club	0:37:08	7:28	63	138	M6064
28	568	Harry Pino	M	Shore Athletic Club	0:38:07	7:40	63	151	M6064
29	546	Bill Kitchens	M	Unattached VA	0:38:30	7:45	63	152	M6064

## M6569

1	577	David Westenberg	M	Greater Lowell Road Runners	0:31:27	6:20	65	11	M6569
2	584	Ken Youngers	M	Atlanta Track Club [45-0203]	0:32:29	6:32	66	21	M6569
3	582	Timothy Conheady	M	Greater Philadelphia TC	0:32:41	6:34	65	28	M6569
4	579	Pete Gibson	M	0608]	0:33:45	6:47	66	50	M6569
5	583	Robert Reynolds	M	Greater Philadelphia TC	0:34:52	7:01	65	85	M6569
6	580	Richard Grant	M	0608]	0:35:52	7:13	69	76	M6569
7	587	Gary Moore	M	Genesee Valley Harriers	0:36:20	7:19	66	111	M6569
8	586	Reno Stirrat	M	Shore Athletic Club	0:36:27	7:20	68	101	M6569
9	585	Scott Linnell	M	Shore Athletic Club	0:36:39	7:22	66	119	M6569
10	581	James Thornton	M	0608]	0:37:24	7:31	68	120	M6569
11	589	Aaron Pratt	M	Ann Arbor Track Club	0:39:57	8:02	69	145	M6569
12	575	George Howe	M	Unattached NC	0:41:02	8:15	67	158	M6569
13	588	Michael Mester	M	Ann Arbor Track Club	0:42:59	8:39	67	164	M6569





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## M7074

1	595	Robert	Qualls	M	Unattached NV	0:34:08	6:52	70	26 M7074
2	601	Doug	Bell	M	Boulder Road Runners	0:35:46	7:12	72	45 M7074
3	599	Gene	Dykes	M	Greater Philadelphia TC	0:35:49	7:12	74	23 M7074
4	602	Douglas	Chesnut	M	Boulder Road Runners	0:36:08	7:16	70	74 M7074
5	609	John	Kilduff	M	Shore Athletic Club	0:36:55	7:26	71	83 M7074
6	611	Eugene	Myers	M	Potomac Valley Track Club	0:37:09	7:28	70	99 M7074
7	606	Kirk	Larson	M	Atlanta Track Club [45-0203]	0:37:10	7:29	71	89 M7074
8	598	David	Anderson	M	Greater Philadelphia TC	0:37:28	7:32	70	108 M7074
9	603	Richard	Katz	M	Boulder Road Runners	0:37:31	7:33	74	65 M7074
10	604	Ward	Irvin	M	Atlanta Track Club [45-0203]	0:37:57	7:38	70	114 M7074
11	600	Don	Morrison	M	Greater Philadelphia TC	0:38:08	7:40	72	102 M7074
12	590	Bob	Albritton	M	High Point Athletic Club	0:38:58	7:50	71	125 M7074
13	592	Jim	Duffy	M	Tidewater Striders	0:39:06	7:52	70	134 M7074
14	593	Bill	Hart	M	Tidewater Striders	0:40:23	8:07	73	131 M7074
15	607	Jerry	Learned	M	Atlanta Track Club [45-0203]	0:41:27	8:20	74	135 M7074
16	605	Allen	Joyce	M	Atlanta Track Club [45-0203]	0:41:36	8:22	74	137 M7074
17	596	David	Trump	M	Unattached VA	0:42:12	8:29	70	157 M7074
18	597	John	Wills	M	Tidewater Striders	0:42:44	8:36	70	160 M7074
19	608	Patrick	Taylor	M	Atlanta Track Club [45-0203]	0:44:03	8:52	74	154 M7074
20	591	John	DiCarlo	M	Tidewater Striders	0:48:01	9:40	73	167 M7074
21	612	Jack	Kasperski	M	Genesee Valley Harriers	0:48:38	9:47	71	170 M7074
22	613	Michael	Reif	M	Genesee Valley Harriers	0:54:30	10:58	74	172 M7074
23	594	Micks	Purnell	M	Cal Coast Track Club	0:55:18	11:07	73	173 M7074

## M7579

1	618	Gary	Ostwald	M	Boulder Road Runners	0:38:05	7:40	76	47 M7579
2	619	Dave	Glass	M	Atlanta Track Club [45-0203]	0:38:11	7:41	76	51 M7579
3	623	Keith	Yeates	M	Genesee Valley Harriers	0:39:33	7:57	75	94 M7579
4	622	Jim	May	M	Genesee Valley Harriers	0:40:31	8:09	76	103 M7579
5	624	Paul	Carlin	M	Ann Arbor Track Club	0:41:42	8:23	77	110 M7579
6	621	w	Nowicki	M	Shore Athletic Club	0:45:40	9:11	78	149 M7579
7	615	Jan	Frisby	M	Boulder Road Runners	0:45:41	9:11	78	150 M7579
8	616	Randy	Whitt	M	Unattached NC	0:46:19	9:19	76	159 M7579
9	620	Morris	Williams	M	Atlanta Track Club [45-0203]	0:53:04	10:41	77	169 M7579
10	614	William	Chadim	M	Unattached VA	0:55:35	11:11	76	171 M7579

## M8084

1	625	Ed	Bligh	M	Atlanta Track Club [45-0203]	0:47:25	9:32	80	142 M8084
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# 2023 USATF XC National Championships

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Final Results  
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## mens Master 8k - Age Graded

Place	Bib	First Name	Last Name	Gender	City	Clock Time	Pace	Age	Age Percent	Division	team
1	571	Nat	Larson Van			0:28:33		60	90.4		
2	550	John	Danacker			0:29:15		60	88.2		
3	566	Rick	Lee			0:29:41		61	87.7		
4	435	Benjamin	Bruce			0:25:00		40	87.4		
5	465	Jacques	Sallberg			0:26:43		48	87.1		
6	495	Tim	Harte			0:28:07		54	87.0		
7	541	Michael	Nahom McDonag			0:28:29		55	86.7		
8	455	Neil	h			0:25:26		41	86.6		
9	497	Ahrlin	Bauman			0:27:28		50	86.2		
10	485	Philippe	Rolly Westenbe			0:27:29		50	86.1		
11	577	David	rg Cushing-			0:31:27		65	85.9		
12	530	Christian	murray			0:28:57		55	85.3		
13	479	David	Angell			0:26:58		46	84.9		
14	468	Michael	Wardian Thompso			0:27:29		48	84.7		
15	536	Dean	n			0:29:40		57	84.7		
16	491	John	Lomogda			0:28:45		53	84.4		
17	547	Mark	Neff			0:30:34		60	84.4		
18	472	Jason	Holroyd Christoph			0:27:09		46	84.3		
19	443	er	Pruitt			0:25:58		40	84.1		
20	540	Mark	Hixson			0:29:52		57	84.1		
21	584	Ken	Youngers			0:32:29		66	84.0		
22	499	Steve	Bell			0:28:35		51	83.4		
23	599	Gene	Dykes			0:35:49		74	83.4		
24	447	Scott	Burns			0:26:40		42	83.2		
25	507	Arthur	Siemers			0:28:26		50	83.2		
26	595	Robert	Qualls			0:34:08		70	83.1		
27	539	Alejandro	Heuck			0:30:32		58	83.0		
28	582	Timothy	Conheady			0:32:41		65	82.7		
29	473	Matthew	Wagoner			0:27:32		45	82.5		
30	570	Tim	Ensign			0:31:16		60	82.5		
31	565	Casey	Hannan			0:32:08		63	82.5		
32	480	Anderson	Norton			0:28:28		49	82.4		
33	542	Dale	Flanders			0:30:32		57	82.3		
34	567	Henry	Notaro			0:31:38		61	82.3		
35	442	Adam	Otstot			0:26:34		40	82.2		
36	471	Brock	Butler Schuman			0:27:40		45	82.1		
37	492	Keith	n			0:29:22		52	82.0		
38	537	Kevin	Mcguire			0:30:40		57	81.9		
39	538	Francis	Burdett			0:30:41		57	81.9		
40	564	Lester	Dragstedt			0:31:32		60	81.8		





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		mens Master 80+ Age Graded				
41	523	Tim	Schuler	0:31:24	59	81.4
42	545	Scott	Brown	0:32:45	64	81.3
43	510	Derek	Fenton	0:29:39	52	81.2
44	574	Lawrence	Sak	0:32:21	62	81.2
45	601	Doug	Bell	0:35:46	72	81.2
46	503	Jeffrey	Conston	0:30:13	54	81.0
47	618	Gary	Ostwald	0:38:05	76	81.0
48	535	Ryan	Shrum	0:30:30	55	80.9
49	482	Sam	Teigen	0:28:48	48	80.8
50	579	Pete	Gibson	0:33:45	66	80.8
51	619	Dave	Glass	0:38:11	76	80.8
52	436	Michael	Harlow	0:27:17	41	80.7
53	521	Dan	Murray	0:31:07	57	80.7
54	434	Charlie	Ban	0:27:08	40	80.5
55	527	Daniel	Mazo	0:31:47	59	80.4
			Hethering			
56	519	Alexander	ton	0:30:45	55	80.3
57	556	Larry	Rechtin	0:32:25	61	80.3
58	451	Derek	Reinhold	0:27:54	43	80.2
59	558	Bruce	Weber	0:32:30	61	80.1
			Satterfiel			
60	466	Joseph	d	0:28:24	45	80.0
61	457	Marc	Jeuland	0:28:03	43	79.7
62	508	John	Sillery	0:29:56	51	79.7
63	500	Brent	Fields	0:29:43	50	79.6
64	532	Scott	Siriano	0:31:17	56	79.6
65	603	Richard	Katz	0:37:31	74	79.6
		Christoph				
66	450	er	Naimoli	0:28:07	43	79.5
67	470	Mark	Tompkins	0:29:02	47	79.5
68	478	Paul	Jones	0:29:07	47	79.3
69	446	John	Becker	0:28:15	43	79.2
70	524	Steven	Kast	0:32:06	58	78.9
71	553	Mark	Carver	0:33:37	63	78.9
72	551	Robert	Whitaker	0:33:56	64	78.9
73	525	Steven	Menzies	0:32:28	59	78.7
74	602	Douglas	Chesnut	0:36:08	70	78.5
75	563	David	Wiechecki	0:33:15	61	78.3
76	580	Richard	Grant	0:35:52	69	78.3
77	448	John	Gagliardi	0:28:37	43	78.2
78	511	Ignacio	Moore	0:30:33	51	78.1
79	441	Ryan	Carroll	0:28:01	40	78.0
		Kristophe				
80	456	r	Shold	0:28:29	42	77.9
81	498	Oscar	Bauman	0:30:25	50	77.8
82	506	Tripp	McCallie	0:31:12	53	77.8
83	609	John	Kilduff	0:36:55	71	77.7
84	460	Gabriel	Rodriguez	0:29:05	44	77.5
85	583	Robert	Reynolds	0:34:52	65	77.5
86	501	Chip	Hawkins	0:31:20	53	77.4
87	569	Gary	Wiesinger	0:34:35	64	77.4
88	484	Guian	McKee	0:31:25	53	77.2







# 2023 USATF XC National Championships

Final Results  
Posted 12:45am

January 21, 2023

		<b>mens Master 8k - Age Graded</b>		
89	606	Kirk Larson	0:37:10	71 77.2
90	561	John Costello	0:33:46	61 77.1
91	560	Gregory Cauller	0:34:24	63 77.1
92	459	Matthew Wisnioski	0:29:21	44 76.8
93	509	Mark Carey	0:31:03	51 76.8
94	623	Keith Yeates	0:39:33	75 76.7
95	552	Scott g	0:33:41	60 76.6
		Matthew		
96	467	A. Tompkins	0:30:11	47 76.5
97	502	John Westrick	0:31:27	52 76.5
98	548	Bob Nugent	0:34:22	62 76.4
99	611	Eugene Myers	0:37:09	70 76.4
100	453	Pete LoBianco	0:29:33	44 76.3
101	586	Reno Stirrat	0:36:27	68 76.3
102	600	Don Morrison	0:38:08	72 76.2
103	622	Jim May	0:40:31	76 76.1
104	481	Durelle Scott	0:30:55	49 75.9
105	555	Robert Hill	0:34:57	63 75.9
		Van		
106	573	John Kerkhove	0:34:20	61 75.8
107	533	Michael Strickland	0:32:53	56 75.7
108	598	David Anderson	0:37:28	70 75.7
		Dinterma		
109	483	Robert n	0:31:53	52 75.5
110	624	Paul Carlin	0:41:42	77 75.3
111	587	Gary Moore	0:36:20	66 75.1
112	512	Michael Stowe	0:32:05	52 75.0
113	526	Paul Pelletier	0:33:33	57 74.9
114	604	Ward Irvin	0:37:57	70 74.7
115	437	Matthew Lofton	0:29:59	43 74.6
116	444	Edward Rietscha	0:30:12	44 74.6
117	493	Timothy Suhr	0:31:59	51 74.6
118	562	William Rose	0:35:35	63 74.5
119	585	Scott Linnell	0:36:39	66 74.4
120	581	James Thornton	0:37:24	68 74.3
121	543	Mark Adams	0:35:44	63 74.2
122	559	Michael Brown	0:36:06	64 74.1
123	494	Matthew Cutrona	0:32:32	52 74.0
124	514	Andrew Benkard	0:33:44	56 73.8
125	590	Bob Albritton	0:38:58	71 73.7
126	477	Michael Bulleri	0:30:53	45 73.6
127	513	Craig Chasse	0:33:04	53 73.4
128	454	Chris Dyer	0:30:08	41 73.1
129	490	Joe Calkins	0:32:59	52 73.0
130	458	Kevin Byrd	0:30:54	44 72.9
131	593	Bill Hart	0:40:23	73 72.9
132	549	Kevin Rumsey	0:35:27	60 72.8
		Christoph		
133	505	er Rinaldi	0:33:29	53 72.5
134	592	Jim Duffy	0:39:06	70 72.5
135	607	Jerry Learned	0:41:27	74 72.1





# 2023 USATF XC National Championships

January 21, 2023

Final Results  
Posted 12:45am

		<b>mens Master 8k - Age Graded</b>			
136	489	David	Anderson	0:33:42	53 72.0
137	605	Allen	Joyce	0:41:36	74 71.8
138	544	William	Amor	0:37:08	63 71.4
139	528	Andrew	Shearer	0:35:54	59 71.2
140	438	Adam	Nuckols	0:30:57	41 71.1
141	516	Richard	Griffiths	0:35:39	57 70.5
142	625	Ed	Bligh	0:47:25	80 70.5
143	464	Andrew	Blanchard	0:32:48	47 70.4
144	486	Duncan	Sheils	0:34:14	52 70.3
145	589	Aaron	Pratt	0:39:57	69 70.3
146	445	Clark	Ridge	0:31:36	42 70.2
147	520	Timothy	Irving	0:35:51	57 70.1
148	522	Michael	Pearce	0:36:29	59 70.1
		Przemysla			
149	621	w	Nowicki	0:45:40	78 70.1
150	615	Jan	Frisby	0:45:41	78 70.1
151	568	Harry	Pino	0:38:07	63 69.6
152	546	Bill	Kitchens	0:38:30	63 68.9
153	469	Scott	Zannini	0:33:30	45 67.8
154	608	Patrick	Taylor	0:44:03	74 67.8
155	439	Gene	Reale	0:33:17	43 67.2
156	474	David	Long	0:34:21	47 67.2
157	596	David	Trump	0:42:12	70 67.2
158	575	George	Howe	0:41:02	67 67.1
159	616	Randy	Whitt	0:46:19	76 66.6
160	597	John	Wills	0:42:44	70 66.4
161	504	Michael	DiLeva	0:35:50	50 66.0
162	475	Benjamin	Sangster	0:35:42	47 64.7
163	463	Shad	Birkholz	0:35:30	46 64.5
164	588	Michael	Mester	0:42:59	67 64.1
165	531	Keith	Crispin	0:38:45	55 63.7
166	476	Gene	Severtson	0:36:45	46 62.3
167	591	John	DiCarlo	0:48:01	73 61.3
168	488	Jason	Sidor	0:39:59	54 61.2
169	620	Morris	Williams	0:53:04	77 59.2
170	612	Jack	Kasperski	0:48:38	71 59.0
171	614	William	Chadim	0:55:35	76 55.5
172	613	Michael	Reif	0:54:30	74 54.8
173	594	Micks	Purnell	0:55:18	73 53.2
174	515	David	Flax	0:48:56	56 50.9



**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023

**OFFICIAL MEET REPORT**

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**Race #3  
Masters Women 6k****Final Results****INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap
1 Lund, April	40	379	GYS TRACK C	-	22:03.00	---
2 Liming, Brennan	46	389	Bull City Track	-	22:42.00	39:00
3 Bayly, Fiona	55	405	Unattached NY	-	23:10.00	1:07.0
4 Ely, Brett	43	388	Notch Brewing	-	23:42.00	1:39.0
5 Rubinich, Kara	44	385	Greater Philade	-	24:02.00	1:59.0
6 Ward, Emily	40	380	Unattached VA	-	24:32.00	2:29.0
7 Forde, Samantha	50	402	Impala Racing	-	24:49.00	2:46.0
8 Rusk, Sarah	42	386	Pike Creek Vall	-	24:51.00	2:48.0
9 Holroyd, Erika	44	384	Greater Philade	-	24:52.00	2:49.0
10 La Burt, Suzanne	59	412	Shore Athletic	-	25:12.00	3:09.0
11 Ledford, Jennifer	43	378	Unattached VA	-	25:21.00	3:18.0
12 Moore, Catherine	49	390	Unattached VA	-	25:24.00	3:21.0
13 McCoubrie, Doreen	61	419	Greater Philade	-	25:31.00	3:28.0
14 Strouse, Darcy L	58	408	Unattached MD	-	25:39.00	3:36.0
15 Bugin, Holly	43	377	Unattached VA	-	25:56.00	3:53.0
16 Heppelmann, Patricia	50	400	Greater Philade	-	26:04.00	4:01.0
17 Dean, Abby	51	399	Greater Philade	-	26:16.00	4:13.0
18 Cary, Nora	67	426	Shore Athletic	-	26:22.00	4:19.0
19 Lembo, Jacalyn	57	415	Genesee Valley	-	26:27.00	4:24.0
20 Swan, Mary	61	420	Greater Philade	-	26:36.00	4:33.0
21 Hodge, Brenda	51	395	Pike Creek Vall	-	26:38.00	4:35.0
22 McClory, Inge	59	407	Athletics Bould	-	26:40.00	4:37.0
23 Schulze, Megan	40	383	Colonial Road	-	26:48.00	4:45.0
24 Puma, Alysia	51	401	Shore Athletic	-	27:01.00	4:58.0
25 Martin, Kathryn	71	429	Unattached NY	-	27:15.00	5:12.0
26 Rath, Terri	59	411	Greater Philade	-	27:16.00	5:13.0
27 Cordes, Suzanne	63	423	Impala Racing	-	27:19.00	5:16.0
28 Dietrick, Kimberly	49	391	Greater Philade	-	27:25.00	5:22.0
29 Brown, Kelly	58	406	Unattached VA	-	27:26.00	5:23.0
30 Cox, Kelly	44	382	Colonial Road	-	27:31.00	5:28.0
31 Newman, Alexandra	50	403	Impala Racing	-	27:34.00	5:31.0
32 Robinson, Deelyn	57	410	Colonial Road	-	27:54.00	5:51.0
33 Young, Lynne	54	397	Unattached CA	-	28:09.00	6:06.0
34 Guarnieri, Hiroko	47	393	Atlanta Track Cl	-	28:17.00	6:14.0
35 Crane, Cassandra	53	404	Genesee Valley	-	28:32.00	6:29.0
36 Osovski, Brenda	56	416	Genesee Valley	-	28:37.00	6:34.0
37 Hayden, Julie	63	418	Greater Philade	-	28:52.00	6:49.0
38 Snagg, Deborah	66	425	Unattached VA	-	28:57.00	6:54.0
39 Anicito, Kim	43	387	Shore Athletic	-	29:40.00	7:37.0
40 Reif, Carol	58	417	Genesee Valley	-	29:42.00	7:39.0
41 Anderson, Jessica	41	381	Colonial Road	-	29:43.00	7:40.0
42 Brathwaite, Debbie	63	421	Fleet Feet/Esse	-	30:52.00	8:49.0
43 Tanner, Robin	61	422	Atlanta Track Cl	-	31:51.00	9:48.0
44 Stirrat, Susan	67	427	Shore Athletic	-	32:06.00	10:03.
45 Peters, Maria	58	409	Colonial Road	-	34:12.00	12:09.
46 Nowicki, Leslie	59	413	Shore Athletic	-	34:35.00	12:32.

**TEAM SCORING SUMMARY (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
47 Knothe, Lynn	45	392	Pike Creek Vall	-	35:21.00	13:18.
48 Kast, Alyson	53	398	Colonial Road	-	36:07.00	14:04.
49 Allen, Kathleen	73	430	Atlanta Track Cl	-	37:36.00	15:33.
50 Hopkins, Aimee	51	396	Falcon Track Cl	-	38:58.00	16:55.
51 Mccarter, Andrea	76	431	Atlanta Track Cl	-	48:26.00	26:23.
52 Myers, Helene	68	424	Potomac Valley	-	50:35.00	28:32.
53 Hodges-Hite, Joyce	85	433	Atlanta Track Cl	-	59:27.00	37:24.
54 Graf, Tami	86	432	Potomac Valley	-	1:07:19.0	45:16.

**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**Mechanicsville, VA  
Pole Green Park

Saturday, January 21, 2023

**OFFICIAL MEET REPORT**  
printed: 1/21/2023 12:21 PM**Race #3**  
**40+ Masters Women 6k****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 40 Greater Philadelphia TC	10	1-3-6	1:16:19	25:27	3:23.0
2 40 Pike Creek Valley Runni	18	2-4-12	1:26:50	28:57	10:30.0
3 40 Colonial Road Runners	21	5-7-9	1:24:02	28:01	2:55.0
4 40 Shore Athletic Club	29	8-10-11	1:36:21	32:07	4:55.0
DNP 40 Notch Brewing Runners					
DNP 40 Atlanta Track Club					

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Ely, Brett	43	388	40 Notch Brewing R	-	23:42.00	---	6:21.2	3:57.0
2 Rubinich, Kara	44	385	40 Greater Philadel	1	24:02.00	20.00	6:26.6	4:00.3
3 Rusk, Sarah	42	386	40 Pike Creek Valle	2	24:51.00	1:09.00	6:39.7	4:08.5
4 Holroyd, Erika	44	384	40 Greater Philadel	3	24:52.00	1:10.00	6:40.0	4:08.7
5 Hodge, Brenda	51	395	40 Pike Creek Valle	4	26:38.00	2:56.00	7:08.4	4:26.3
6 Schulze, Megan	40	383	40 Colonial Road R	5	26:48.00	3:06.00	7:11.1	4:28.0
7 Dietrick, Kimberly	49	391	40 Greater Philadel	6	27:25.00	3:43.00	7:21.0	4:34.2
8 Cox, Kelly	44	382	40 Colonial Road R	7	27:31.00	3:49.00	7:22.6	4:35.2
9 Guarnieri, Hiroko	47	393	40 Atlanta Track Cl	-	28:17.00	4:35.00	7:35.0	4:42.8
10 Anicito, Kim	43	387	40 Shore Athletic Cl	8	29:40.00	5:58.00	7:57.2	4:56.7
11 Anderson, Jessica	41	381	40 Colonial Road R	9	29:43.00	6:01.00	7:58.0	4:57.2
12 Stirrat, Susan	67	427	40 Shore Athletic Cl	10	32:06.00	8:24.00	8:36.4	5:21.0
13 Nowicki, Leslie	59	413	40 Shore Athletic Cl	11	34:35.00	10:53.0	9:16.3	5:45.8
14 Knothe, Lynn	45	392	40 Pike Creek Valle	12	35:21.00	11:39.0	9:28.6	5:53.5

**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023

**OFFICIAL MEET REPORT**

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**Race #3  
50+ Masters Women 6k****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 50 Shore Athletic Club	14	2-5-7	1:18:35	26:12	1:49.0
2 50 Greater Philadelphia TC	15	3-4-8	1:19:36	26:32	1:12.0
3 50 Impala Racing Team	20	1-9-10	1:19:42	26:34	2:45.0
4 50 Genesee Valley Harrier	31	6-12-13(14)	1:23:36	27:52	2:10.0
5 50 Colonial Road Runners	42	11-15-16	1:38:13	32:45	8:13.0

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 Forde, Samantha	50	402	50 Impala Racing T	1	24:49.00	---	6:39.2	4:08.2
2 La Burt, Suzanne	59	412	50 Shore Athletic Cl	2	25:12.00	23.00	6:45.4	4:12.0
3 Heppelmann, Patricia	50	400	50 Greater Philadel	3	26:04.00	1:15.00	6:59.3	4:20.7
4 Dean, Abby	51	399	50 Greater Philadel	4	26:16.00	1:27.00	7:02.5	4:22.7
5 Cary, Nora	67	426	50 Shore Athletic Cl	5	26:22.00	1:33.00	7:04.1	4:23.7
6 Lembo, Jacalyn	57	415	50 Genesee Valley	6	26:27.00	1:38.00	7:05.5	4:24.5
7 Puma, Alysia	51	401	50 Shore Athletic Cl	7	27:01.00	2:12.00	7:14.6	4:30.2
8 Rath, Terri	59	411	50 Greater Philadel	8	27:16.00	2:27.00	7:18.6	4:32.7
9 Cordes, Suzanne	63	423	50 Impala Racing T	9	27:19.00	2:30.00	7:19.4	4:33.2
10 Newman, Alexandra	50	403	50 Impala Racing T	10	27:34.00	2:45.00	7:23.4	4:35.7
11 Robinson, Deelyn	57	410	50 Colonial Road R	11	27:54.00	3:05.00	7:28.8	4:39.0
12 Crane, Cassandra	53	404	50 Genesee Valley	12	28:32.00	3:43.00	7:39.0	4:45.3
13 Osovski, Brenda	56	416	50 Genesee Valley	13	28:37.00	3:48.00	7:40.3	4:46.2
14 Reif, Carol	58	417	50 Genesee Valley (14)	(14)	29:42.00	4:53.00	7:57.7	4:57.0
15 Peters, Maria	58	409	50 Colonial Road R	15	34:12.00	9:23.00	9:10.1	5:42.0
16 Kast, Alyson	53	398	50 Colonial Road R	16	36:07.00	11:18.0	9:41.0	6:01.2

**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023



**OFFICIAL MEET REPORT**

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**Race #3  
60+ Masters Women 6k**

**Final Results**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 60 Greater Philadelphia TC	6	1-2-3	1:20:59	27:00	3:21.0
DNP 60 Fleet Feet/Essex Racin					
DNP 60 Atlanta Track Club					

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 McCoubrie, Doreen	61	419	60 Greater Philadel	1	25:31.00	---	6:50.5	4:15.2
2 Swan, Mary	61	420	60 Greater Philadel	2	26:36.00	1:05.00	7:07.9	4:26.0
3 Hayden, Julie	63	418	60 Greater Philadel	3	28:52.00	3:21.00	7:44.3	4:48.7
4 Brathwaite, Debbie	63	421	60 Fleet Feet/Essex	-	30:52.00	5:21.00	8:16.5	5:08.7
5 Tanner, Robin	61	422	60 Atlanta Track Cl	-	31:51.00	6:20.00	8:32.3	5:18.5

**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA  
Pole Green Park

Saturday, January 21, 2023



**OFFICIAL MEET REPORT**  
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**Race #3**  
**70+ Masters Women 6k**

**Final Results**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 70 Atlanta Track Club	6	1-2-3	2:25:29	48:30	21:51.0

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Allen, Kathleen	73	430	70 Atlanta Track Cl	1	37:36.00	---	10:04.8	6:16.0
2 Mccarter, Andrea	76	431	70 Atlanta Track Cl	2	48:26.00	10:50.0	12:59.1	8:04.3
3 Hodges-Hite, Joyce	85	433	70 Atlanta Track Cl	3	59:27.00	21:51.0	15:56.3	9:54.5



# 2023 USATF XC National Championships

January 21, 2023

Final Results  
Posted 11:30am

## Womens Master 6k - Overall

Place	Bib	First Name	Last Name	Gender	City	Clock Time	Pace	Age	Division Place	Division	team
<b>F4044</b>											
1	379	April	Lund	F	Bismarck	0:22:03	5:55		40 1	F4044	
2	388	Brett	Ely	F	Marblehead	0:23:42	6:21		43 2	F4044	
3	385	Kara	Rubinich	F	Downington	0:24:02	6:27		44 3	F4044	
4	380	Emily	Ward	F	Richmond	0:24:32	6:35		40 4	F4044	
5	386	Sarah	Rusk	F	Wilmington	0:24:51	6:40		42 5	F4044	
6	384	Erika	Holroyd	F	Wayne	0:24:52	6:40		44 6	F4044	
7	378	Jennifer	Ledford	F	Virginia Beach	0:25:21	6:48		43 7	F4044	
8	377	Holly	Bugin	F	New Kent	0:25:56	6:57		43 8	F4044	
9	383	Megan	Schulze	F	Yorktown	0:26:48	7:11		40 9	F4044	
10	382	Kelly	Cox	F	Williamsburg	0:27:31	7:23		44 10	F4044	
11	387	Kim	Anicito	F	Parlin	0:29:40	7:57		43 11	F4044	
12	381	Jessica	Anderson	F	Williamsburg	0:29:43	7:58		41 12	F4044	
<b>F4549</b>											
1	389	Brennan	Liming	F	Cary	0:22:42	6:05		46 1	F4549	
2	390	Catherine	Moore	F	Ashland	0:25:24	6:49		49 2	F4549	
3	391	Kimberly	Dietrick	F	Malvern	0:27:25	7:21		49 3	F4549	
4	393	Hiroko	Guarnieri	F	Villa Rica	0:28:17	7:35		47 4	F4549	
5	392	Lynn	Knothe	F	Wilmington	0:35:21	9:29		45 5	F4549	
<b>F5054</b>											
1	402	Samantha	Forde	F	Santa Cruz	0:24:49	6:39		50 1	F5054	
2	400	Patricia	Heppelmann	F	Wilmington	0:26:04	7:00		50 2	F5054	
3	399	Abby	Dean	F	Wilmington	0:26:16	7:03		51 3	F5054	
4	395	Brenda	Hodge	F	Lancaster	0:26:38	7:09		51 4	F5054	
5	401	Alysia	Puma	F	Flemington	0:27:01	7:15		51 5	F5054	
6	403	Alexandra	Newman	F	Golden	0:27:34	7:24		50 6	F5054	
7	397	Lynne	Young	F	Chittenden	0:28:09	7:33		54 7	F5054	
8	404	Cassandra	Crane	F	Wilmington	0:28:32	7:39		53 8	F5054	







# 2023 USAATF XC National Championships

January 21, 2023

Final Results  
Posted 11:30am

9	398	Alyson Kast	F	Yorktown	0:36:41	53	9	F5054	
10	396	Aimee Hopkins	F	Glendale	0:38:58	10:27	51	10	F5054

## F5559

1	405	Fiona Bayly	F	New York Greenwo	0:23:10	6:13	55	1	F5559
2	412	Suzanne La Burt	F	od Lake	0:25:12	6:46	59	2	F5559
3	408	Darcy L Strouse	F	Frederick	0:25:39	6:53	58	3	F5559
4	415	Jacalyn Lembo	F	Penfield	0:26:27	7:06	57	4	F5559
5	407	Inge McClory	F	Boulder	0:26:40	7:09	59	5	F5559
6	411	Terri Rath	F	Reston	0:27:16	7:19	59	6	F5559
7	406	Kelly Brown	F	Ashburn Williamsb	0:27:26	7:21	58	7	F5559
8	410	Deelyn Robinson	F	urg	0:27:54	7:29	57	8	F5559
9	416	Brenda Osovski	F	Candor	0:28:37	7:41	56	9	F5559
10	417	Carol Reif	F	Victor	0:29:42	7:58	58	10	F5559
11	409	Maria Peters	F	Yorktown	0:34:12	9:10	58	11	F5559
12	413	Leslie Nowicki	F	Holmdel	0:34:35	9:17	59	12	F5559

## F6064

1	419	Doreen McCoubrie	F	West Chester	0:25:31	6:51	61	1	F6064
2	420	Mary Swan	F	Jamesville	0:26:36	7:08	61	2	F6064
3	423	Suzanne Cordes	F	Alamo Lake	0:27:19	7:20	63	3	F6064
4	418	Julie Hayden Brathwait	F	Frederick	0:28:52	7:45	63	4	F6064
5	421	Debbie e	F	Garfield	0:30:52	8:17	63	5	F6064
6	422	Robin Tanner	F	Atlanta	0:31:51	8:33	61	6	F6064

## F6569

1	426	Nora Cary	F	Morrison	0:26:22	7:04	67	1	F6569
2	425	Deborah Snagg	F	Richmond	0:28:57	7:46	66	2	F6569
3	427	Susan Stirrat	F	Rockaway	0:32:06	8:37	67	3	F6569
4	424	Helene Myers	F	Columbia	0:50:35	13:34	68	4	F6569

## F7074

1	429	Kathryn Martin	F	Halesite	0:27:15	7:19	71	1	F7074
2	430	Kathleen Allen	F	Decatur	0:37:36	10:05	73	2	F7074

## F7579

1	431	Andrea Mccarter	F	Duluth	0:48:26	12:59	76	1	F7579
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## F8589

1	433	Joyce Hite	F	Millen	0:59:27	15:57	85	1	F8589
2	432	Tami Graf	F	Lusby	1:07:19	18:03	86	2	F8589





# 2023 USATF XC National Championships

January 21, 2023

Final Results  
Posted 11:30am

## Womens Master 6k - Age Graded

Place	Bib	First Name	Last Name	Gender	City	Clock Time	Pace	Age	Age Percent	Division	team
1	429	Kathryn	Martin			0:27:15		71	94.7		
2	426	Nora	Cary			0:26:22		67	92.7		
3	405	Fiona	Bayly			0:23:10		55	90.8		
4	419	Doreen	e			0:25:31		61	88.6		
5	412	Suzanne	La Burt			0:25:12		59	87.5		
6	420	Mary	Swan			0:26:36		61	85.0		
7	408	Darcy L	Strouse			0:25:39		58	84.93		
8	423	Suzanne	Cordes			0:27:19		63	84.92		
9	389	Brennan	Liming			0:22:42		46	84.0		
10	425	Deborah	Snagg			0:28:57		66	83.2		
11	379	April	Lund			0:22:03		40	82.7		
12	407	Inge	McClory			0:26:40		59	82.7		
13	415	Jacalyn	Lembo			0:26:27		57	81.3		
14	411	Terri	Rath			0:27:16		59	80.9		
15	418	Julie	Hayden			0:28:52		63	80.3		
16	402	Samantha	Forde			0:24:49		50	80.1		
17	406	Kelly	Brown			0:27:26		58	79.4		
18	388	Brett	Ely			0:23:42		43	78.5		
19	385	Kara	Rubinich			0:24:02		44	77.9		
20	390	Catherine	Moore			0:25:24		49	77.4		
21	410	Deelyn	Robinson			0:27:54		57	77.1		
22	399	Abby	Dean			0:26:16		51	76.5		
23	400	Patricia	ann			0:26:04		50	76.2		
24	427	Susan	Stirrat			0:32:06		67	76.1		
25	395	Brenda	Hodge			0:26:38		51	75.5		
26	384	Erika	Holroyd			0:24:52		44	75.3		
27	421	Debbie	e			0:30:52		63	75.1		
28	401	Alysia	Puma			0:27:01		51	74.4		
29	380	Emily	Ward			0:24:32		40	74.3		
30	386	Sarah	Rusk			0:24:51		42	74.3		
31	416	Brenda	Osovski			0:28:37		56	74.3		
32	397	Lynne	Young			0:28:09		54	73.8		
33	378	Jennifer	Ledford			0:25:21		43	73.4		
34	417	Carol	Reif			0:29:42		58	73.3		
35	403	Alexandra	Newman			0:27:34		50	72.1		
36	404	Cassandra	Crane			0:28:32		53	72.0		
37	377	Holly	Bugin			0:25:56		43	71.7		
38	391	Kimberly	Dietrick			0:27:25		49	71.7		
39	422	Robin	Tanner			0:31:51		61	71.0		
40	430	Kathleen	Allen			0:37:36		73	70.7		
41	382	Kelly	Cox			0:27:31		44	68.1		
42	393	Hiroko	Guarnieri			0:28:17		47	68.1		
43	383	Megan	Schulze			0:26:48		40	68.0		
44	413	Leslie	Nowicki			0:34:35		59	63.8		





# 2023 USATF XC National Championships

Final Results  
Posted 11:30am

January 21, 2023

Rank	Bib	Name	Time	Score	GR	Age Graded
45	409	Maria Peters	0:34:12	58	63.7	
46	387	Kim Anicito	0:39:40	43	62.7	
47	381	Jessica Anderson	0:29:43	41	61.7	
48	431	Andrea Mccarter	0:48:26	76	57.4	
49	398	Alyson Kast	0:36:07	53	56.9	
50	433	Joyce Hite	0:59:27	85	56.8	
51	392	Lynn Knothe	0:35:21	45	53.5	
52	432	Tami Graf	1:07:19	86	51.8	
53	396	Aimee Hopkins	0:38:58	51	51.6	
54	424	Helene Myers	0:50:35	68	49.0	

## Womens Master GR - Age Graded

