



## DIVISION REPORTS NOVEMBER 2019 EDITION

### **Upcoming Events:**

Nov 2 USATF 5km Championships (New York, NY)  
Nov 2 USATF Marathon Trail Championships (Moab, UT)  
Dec 7 USATF 100 Mile Ultra Trail Championship  
(Needville, TX)  
Dec 14 USATF National Club Cross Country Championships  
(Bethlehem, PA)

### **From the Desk of the Chair, Mike Scott**

October has been quite the month for Long Distance Running!

On the same weekend, Eliud Kipchoge became the first runner to cover the marathon distance in less than 2 hours (albeit in non-record allowable conditions) and the following day Brigid Kosgei shocked with a 2:14:04 at the Chicago Marathon in record-legal conditions to lower the 16 year old World Record by 82 seconds. I was fortunate enough to witness Kosgei's run in person.

Not to be out-done, the USA's Camille Herron shattered her own world record at the IAU 24 Hour World Championships, covering 167.75 miles (270.116 km) in a day. Camille's heroics led Team USA's to victory with a championships record 746.132 km, while the US men also established a new championships record of 799.754 km on their way to winning gold. Olivier Leblond led the US men with an individual bronze medal.

October kicked off with Sara Hall running away with the Oct 6 USA 10 mile Championship in 53:11 just one week after running 2:22:16 at Berlin Marathon. Futsum Zienasellassie won his first US title, taking the men's crown in 46:55.

Jaques Sallberg (15:54) and Meriah Earle (18:38) had the fastest times of the day at the Oct 12 USATF Masters 5K Cross Country at Mission Bay Park in San Diego. Marisa Sutera Strange and Sallberg topped the field in the age grading.

Andy Wacker and Dani Moreno swept the individual titles at the Oct 20 NACAC Mountain Running Championships in

Jalisco, MEX, with Team USA women winning gold and the US men taking silver.

Christopher Naimoli (48:37) and Fiona Bayly (57:58) had the fastest times of the day at the Oct 26 USATF Masters 15K Championships at the Tulsa Run.

Devon Yanko (6:24:19) and Tyler Andrews (5:43:26) won at the Oct 27 USATF 50 mile road Championships just outside State College, PA.

October has been an amazing month for American marathoners:

At Chicago an amazing six men slipped under the 2:11:30 Olympic Standard, while four women achieved the 2:29:30 women's Olympic Standard:

Men: Jacob Riley (2:10:36), Jerrell Mock (2:10:37), Parker Stinson (2:10:53), Andrew Bumbalough (2:10:56), Matthew McDonald (2:11:10), and Scott Smith (2:11:14)  
Women: Emma Bates (2:25:27), Stephanie Bruce (2:27:47), Lindsay Flanagan (2:28:08), and Laura Thweatt (2:29:06)

Leonard Korir established a new US marathon debut record, running 2:07:56 at the Oct 20 Amsterdam Marathon.

Samantha Palmer ran 2:29:07 at the Oct 27 Frankfurt Marathon to achieve the Olympic Standard.

### **Men's LDR Report**

None Submitted

### **Women's LDR Report**

None Submitted

### **Masters LDR Report**

#### **1. Long-term Planning for WMA Non-Stadia Championships**

The next two WMA Championships will be held in Canada"

#### **World Masters Athletics Championships**

**2020 July 20- August 1** WMA Outdoor Championships  
Toronto, Ontario, Canada

In addition to distance events on the track, there are Non-Stadia Events: **Cross Country**, and **10 Km** and **Half Marathon** Road events.

**2021 April 6 -12** WMA Indoor Championships  
Edmonton, Alberta, Canada

In addition to distance events on the track, there are Non-Stadia Events: **Cross Country**, and **10 Km** and **Half Marathon** Road events.

As an incentive for participation in Toronto 2020, the Masters LDR Executive Committee has determined that **competitors in any of the three non-stadia events,**

**the XC, the 10 Km, or the Half Marathon can earn 2020 Individual Masters Grand Prix points.** An individual who runs more than one non-stadia event may still only earn points from one event, presumably their best finish.

“World Champion” has a nice ring to it! “I competed in the World Championships for Masters Athletes!” It’s a great ‘intro’ to an amazing story! Give it a try! Ten months until Toronto! Clear the decks now, and keep them cleared, so you can be there.

Bookmark the link below to check back for updates closer to the events:

<https://world-masters-athletics.com/calendar/>

2. 2020 Masters Grand Prix Schedule :

#### 2020 Circuit

Dec 14, 2019 USATF National Club Cross Country Championships, Bethlehem, PA

Jan 18, 2020 USATF Cross Country Championships, San Diego, CA

Apr 26, 2020 USATF Masters 10 Km Championships, *James Joyce Ramble*, Dedham, MA

7/20-8/1 WMA Outdoor Championships [XC, 10K, & HM], Toronto, CAN

Aug 21, 2020 USATF Masters 1 Mile Championships, *HAP Crim Festival of Races*, Flint, MI

Oct TBD USATF Masters 5km Cross Country, Boston or Rhode Island

#### Other Events of Interest to Masters LDR Athletes

Mar 13-15, USATF Masters TF Indoor Championships

Jul 9-12, USATF Masters TF Outdoor Championships

Dec 12 USATF National Club Cross Country Championships—2021 Masters GP, San Francisco, CA

\*Participation in any one of the three Non-Stadia events (XC, 10K and Half Marathon Road Races) may be counted for points toward the 2020 Individual Masters Grand Prix

The Masters LDR Committee welcomes **Championship bids** at all distances except the 1 Mile and 10 Km for 2020. The Committee welcomes bids at all distances from the 1 Mile to the Marathon for 2021 and beyond. Please contact Mary Rosado, Chair, at [mvrosadoesq@prodigy.net](mailto:mvrosadoesq@prodigy.net), or at [mvrosadoesq@icloud.net](mailto:mvrosadoesq@icloud.net).

3. The final **2019 Masters Grand Prix standings** may be viewed at:

Individual:

<http://www.usatf.org/Resources-for---/Masters/LDR/Individual-Grand-Prix.aspx>

Club:

<http://www.usatf.org/MGPresults.aspx>

The **2019 Masters Grand Prix Awards Ceremony** will be held again this year at the **USATF Club Cross Country Championships** in Bethlehem, PA. If you anticipate winning an Award, be sure to be there to accept the accolades of your peers. Even if not, attend, compete in the race, and congratulate the Grand Prix winners at the evening ceremony.

Club Cross Country Entry Form for Masters Athletes:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=116905>

4. **USATF Masters 5 Km Cross Country Championships in San Diego, CA.** Masters athletes competed at the **2019 USATF National 5 km XC Championships** in San Diego on Saturday, October 12, 2019. Overall Race Winners: Women **Meriah Earle 18:38**; Men **Jacques Sallberg 15:54**. Age-Grading Champions- Women **Marisa Sutera Strange 90.57%**; Men **Jacques Sallberg 89.38%**. Individual Champions: Women: 40-44 **Meriah Earle**; 45-49 **Lorilynn Bloomer**; 50-54 **Katherine Wolski**; 55-59 **Marisa Sutera Strange**; 60-64 **Carmen Ayala Troncoso**; 65-69 **Suzanne Ray**; 70-74 **Jane Treleven**; 75-79 **Irene Terronez** Men: 40-44 **Roosevelt Cook**; 45-49 **Jacques Sallberg**; 50-54 **Ivan Lieben**; 55-59 **Kevin Zimmer**; 60-64 **Joe Sheeran**; 65-69 **Joseph Reda III**; 70-74 **Richard Katz**; 75-79 **Tony Marshall**; 80-84 **Elmo Shropshire**; 85-89 **Warren Osborn**. Team Champions: Women- 40+ *San Diego Track Club* 50+ *Impala Racing* 60+ *San Diego Track Club* 70+ *Impala Racing* 80+ *San Diego Track Club*. Men- 40+ *West Valley Track Club*; 50+ *Cal Coast Track Club*; 60+ *Jamul Toads*; 70+ *San Diego Striders*; 80+ *San Diego Striders*. Complete results may be viewed at:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Cross-Country-Championships/Results.aspx>

5. [Athletes competed in the USATF Masters 15 Km Championships in Tulsa OK on Saturday, October 26, 2019. A brief results summary will be provided in the next issue of the LDR Division Newsletter.](#)

#### **Mountain/Ultra/Trail (MUT) Report**

A successful NACAC Mountain Running Championships was held at Cerro Gordo, Mexico outside Tepatitlan in Jalisco. Article here: <https://trailrunner.com/trail-news/team-usa-wins-three-gold-medals-at-nacac-mountain-running-championships/> Thanks to team staff leader Jason Bryant and assistant Tad Davis for going above and beyond helping other teams as well as our own Team USA. With seasoned staffers, Team USA was able to assist with transport of last minute arrivals to Guadalajara from Mexico and El Salvador, and organize with our hosts from Mexico shuttles back to the airport on the Monday following the race. We also had coverage on the course so some great photos from Tad and Jason. We also had parents and supporters on hand to cheer on our athletes not only at the race but at the pre-race ceremony and post-race awards.

In our community, we also support the US Trail Running Conference. This year's theme: Diversity and Inclusion: Trail Running for Everyone, resonated with the record number of attendees (about 200 over the course of 3.5 days). Article here: <https://trailrunner.com/trail-news/diversity-takes-center-stage-on-the-final-day-of-the-us-trail-running-conference/>

### ***From the Board***

None Submitted

USATF 50 Mile Road Championships  
<https://trailrunner.com/trail-news/tyler-andrews-and-devon-yanko-victorious-at-usatf-50-mile-road-championships/>

With our final three USATF Championships upcoming -- 50 Mile Road on October 27, Trail Marathon on November 2, and 100 Mile Trail on December 7, we're already in the works to plan for 2020.

### ***Cross Country Report***

The National Club Cross Country Championships will be held at Lehigh University on Saturday, December 14. Registration and meet information is available on the meet website at [www.usatf.org](http://www.usatf.org). The meet will have races for Masters Men 60+ (8k), Masters Women (6k), Masters Men 40+ (10k), Open Women (6k), and Open Men (10k). All races feature prize money for winning teams.

The USA Cross Country Nationals will be held in San Diego on Saturday, January 18. Registration and meet information is available on the meet website at [www.usatf.org](http://www.usatf.org). The meet will select the US National teams for both juniors and seniors for the 2020 Pan Am Cross Country Championships.

The Pan Am meet will be held in Victoria, Canada on Saturday, February 29. The meet will also feature the CanAm Challenge for masters men and women.

The National Masters 5k Cross Country Championships were held at Mission Bay in San Diego on Saturday, October 12. The overall winner for women was Meriah Earle from San Diego who won the women's race with a time of 18:38. The overall winner for men was Jaques Sallberg, from the Cal Coast Track Club, with a winning time of 15:54. The top three age-graded women were Marisa Sutera Strange, whose 19:31 time was graded at 90.57%. Second was Jane Treleven (23:49, 88.64%) and Carmen Ayala Tronco (21:08, 87.72%). On the masters men's side the three age graded were led by overall winner Jaques Sallberg, whose winning performance graded at 89.38%. Second was Joe Sheeren (18:18, 87.98%) and third was Doug Goodhue (22:06, 87.95%).

### ***Road Running Technical Council Report***

None Submitted

### ***Athletes Report***

None Submitted