



2023 USATF XC National Championships

January 21, 2023

Final Results
Posted 12:45am

Mens Master 8k - Age Graded

Place	Bib	First	Last	Gender	Team	Time	Pace	Age	Age Percent
1	571	Nat	Larson	M	Greater Springfield Harriers, Inc	0:28:33	5:45	60	90.4
2	550	John	Van Danacker	M	Unattached MN	0:29:15	5:53	60	88.2
3	566	Rick	Lee	M	Shore Athletic Club	0:29:41	5:58	61	87.7
4	435	Benjamin	Bruce	M	HOKA NAZ Elite [48-0454]	0:25:00	5:02	40	87.4
5	465	Jacques	Sallberg	M	Cal Coast Track Club	0:26:43	5:22	48	87.1
6	495	Tim	Harte	M	Greater Philadelphia TC	0:28:07	5:39	54	87.0
7	541	Michael	Nahom	M	Greater Springfield Harriers, Inc	0:28:29	5:44	55	86.7
8	455	Neil	McDonagh	M	Square State Striders	0:25:26	5:07	41	86.6
9	497	Ahrlin	Bauman	M	Bowerman Track Club [37-0820]	0:27:28	5:32	50	86.2
10	485	Philippe	Rolly	M	Unattached VA	0:27:29	5:32	50	86.1
11	577	David	Westenberg	M	Greater Lowell Road Runners	0:31:27	6:20	65	85.9
12	530	Christian	Cushing-	M	Cal Coast Track Club	0:28:57	5:49	55	85.3
13	479	David	Angell	M	Blacksburg Striders -- 2023	0:26:58	5:25	46	84.9
14	468	Michael	Wardian	M	HOKA	0:27:29	5:32	48	84.7
15	536	Dean	Thompson	M	Chattanooga Track Club	0:29:40	5:58	57	84.7
16	491	John	Lomogda	M	Colonial Road Runners [12-0608]	0:28:45	5:47	53	84.4
17	547	Mark	Neff	M	Shadow Project TC	0:30:34	6:09	60	84.4
18	472	Jason	Holroyd	M	Greater Philadelphia TC	0:27:09	5:28	46	84.3
19	443	Christopher	Pruitt	M	Colonial Road Runners [12-0608]	0:25:58	5:13	40	84.1
20	540	Mark	Hixson	M	Greater Springfield Harriers, Inc	0:29:52	6:00	57	84.1
21	584	Ken	Youngers	M	Atlanta Track Club [45-0203]	0:32:29	6:32	66	84.0
22	499	Steve	Bell	M	Atlanta Track Club [45-0203]	0:28:35	5:45	51	83.4
23	599	Gene	Dykes	M	Greater Philadelphia TC	0:35:49	7:12	74	83.4
24	447	Scott	Burns	M	Greater Philadelphia TC	0:26:40	5:22	42	83.2
25	507	Arthur	Siemers	M	Chattanooga Track Club	0:28:26	5:43	50	83.2
26	595	Robert	Qualls	M	Unattached NV	0:34:08	6:52	70	83.1
27	539	Alejandro	Heuck	M	Greater Springfield Harriers, Inc	0:30:32	6:09	58	83.0
28	582	Timothy	Conheady	M	Greater Philadelphia TC	0:32:41	6:34	65	82.7
29	473	Matthew	Wagoner	M	Greater Philadelphia TC	0:27:32	5:32	45	82.5
30	570	Tim	Ensign	M	Chattanooga Track Club	0:31:16	6:17	60	82.5
31	565	Casey	Hannan	M	Atlanta Track Club [45-0203]	0:32:08	6:28	63	82.5
32	480	Anderson	Norton	M	Blacksburg Striders -- 2023	0:28:28	5:44	49	82.4
33	542	Dale	Flanders	M	Genesee Valley Harriers	0:30:32	6:09	57	82.3
34	567	Henry	Notaro	M	Shore Athletic Club	0:31:38	6:22	61	82.3
35	442	Adam	Otstot	M	Colonial Road Runners [12-0608]	0:26:34	5:21	40	82.2
36	471	Brock	Butler	M	Greater Philadelphia TC	0:27:40	5:34	45	82.1
37	492	Keith	Schumann	M	Colonial Road Runners [12-0608]	0:29:22	5:54	52	82.0
38	537	Kevin	Mcguire	M	Blacksburg Striders -- 2023	0:30:40	6:10	57	81.9
39	538	Francis	Burdett	M	Greater Springfield Harriers, Inc	0:30:41	6:10	57	81.9
40	564	Lester	Dragstedt	M	Atlanta Track Club [45-0203]	0:31:32	6:21	60	81.8
41	523	Tim	Schuler	M	F and M Track Club [08-1121]	0:31:24	6:19	59	81.4
42	545	Scott	Brown	M	Dirigo R.C.	0:32:55	6:37	64	81.3
43	510	Derek	Fenton	M	Bull City Track Club	0:29:39	5:58	52	81.2
44	574	Lawrence	Sak	M	Ann Arbor Track Club	0:32:21	6:30	62	81.2
45	601	Doug	Bell	M	Boulder Road Runners	0:35:46	7:12	72	81.2
46	503	Jeffrey	Conston	M	Shore Athletic Club	0:30:13	6:05	54	81.0
47	618	Gary	Ostwald	M	Boulder Road Runners	0:38:05	7:40	76	81.0
48	535	Ryan	Shrum	M	Chattanooga Track Club	0:30:30	6:08	55	80.9
49	482	Sam	Teigen	M	Garden State Track Club [07-0385]	0:28:48	5:48	48	80.8
50	579	Pete	Gibson	M	Colonial Road Runners [12-0608]	0:33:45	6:47	66	80.8
51	619	Dave	Glass	M	Atlanta Track Club [45-0203]	0:38:11	7:41	76	80.8
52	436	Michael	Harlow	M	Unattached VA	0:27:17	5:29	41	80.7
53	521	Dan	Murray	M	Unattached NC	0:31:07	6:16	57	80.7
54	434	Charlie	Ban	M	Unattached DC	0:27:08	5:28	40	80.5
55	527	Daniel	Mazo	M	Greater Philadelphia TC	0:31:47	6:24	59	80.4
56	519	Alexander	Hetherington	M	Unattached VA	0:30:45	6:11	55	80.3





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57	556	Larry	Rechtin	M	Greater Philadelphia TC	0:32:25	6:31	61	80.3
58	451	Derek	Reinhold	M	Greater Philadelphia TC	0:27:54	5:37	43	80.2
59	558	Bruce	Weber	M	Greater Philadelphia TC	0:32:30	6:32	61	80.1
60	466	Joseph	Satterfield	M	Dirigo R.C.	0:28:24	5:43	45	80.0
61	457	Marc	Jeuland	M	Bull City Track Club	0:28:03	5:39	43	79.7
62	508	John	Sillery	M	Chattanooga Track Club	0:29:56	6:01	51	79.7
63	500	Brent	Fields	M	Atlanta Track Club [45-0203]	0:29:43	5:59	50	79.6
64	532	Scott	Siriano	M	Atlanta Track Club [45-0203]	0:31:17	6:18	56	79.6
65	603	Richard	Katz	M	Boulder Road Runners	0:37:31	7:33	74	79.6
66	450	Christopher	Naimoli	M	Greater Philadelphia TC	0:28:07	5:39	43	79.5
67	470	Mark	Tompkins	M	Colonial Road Runners [12-0608]	0:29:02	5:50	47	79.5
68	478	Paul	Jones	M	Bull City Track Club	0:29:07	5:51	47	79.3
69	446	John	Becker	M	Greater Philadelphia TC	0:28:15	5:41	43	79.2
70	524	Steven	Kast	M	Colonial Road Runners [12-0608]	0:32:06	6:27	58	78.9
71	553	Mark	Carver	M	Greater Philadelphia TC	0:33:37	6:46	63	78.9
72	551	Robert	Whitaker	M	Colonial Road Runners [12-0608]	0:33:56	6:50	64	78.9
73	525	Steven	Menzies	M	Colonial Road Runners [12-0608]	0:32:28	6:32	59	78.7
74	602	Douglas	Chesnut	M	Boulder Road Runners	0:36:08	7:16	70	78.5
75	563	David	Wiechecki	M	Pike Creek Valley Running Club	0:33:15	6:41	61	78.3
76	580	Richard	Grant	M	Colonial Road Runners [12-0608]	0:35:52	7:13	69	78.3
77	448	John	Gagliardi	M	Greater Philadelphia TC	0:28:37	5:45	43	78.2
78	511	Ignacio	Moore	M	Blacksburg Striders -- 2023	0:30:33	6:09	51	78.1
79	441	Ryan	Carroll	M	Colonial Road Runners [12-0608]	0:28:01	5:38	40	78.0
80	456	Kristopher	Shold	M	U.S. Navy	0:28:29	5:44	42	77.9
81	498	Oscar	Bauman	M	Bowerman Track Club [37-0820]	0:30:25	6:07	50	77.8
82	506	Tripp	McCallie	M	Chattanooga Track Club	0:31:12	6:17	53	77.8
83	609	John	Kilduff	M	Shore Athletic Club	0:36:55	7:26	71	77.7
84	460	Gabriel	Rodriguez	M	Rosemont Running Club	0:29:05	5:51	44	77.5
85	583	Robert	Reynolds	M	Greater Philadelphia TC	0:34:52	7:01	65	77.5
86	501	Chip	Hawkins	M	Atlanta Track Club [45-0203]	0:31:20	6:18	53	77.4
87	569	Gary	Wiesinger	M	Shore Athletic Club	0:34:35	6:57	64	77.4
88	484	Guian	McKee	M	Charlottesville Track Club	0:31:25	6:19	53	77.2
89	606	Kirk	Larson	M	Atlanta Track Club [45-0203]	0:37:10	7:29	71	77.2
90	561	John	Costello	M	Pike Creek Valley Running Club	0:33:46	6:48	61	77.1
91	560	Gregory	Cauler	M	Pike Creek Valley Running Club	0:34:24	6:55	63	77.1
92	459	Matthew	Wisnioski	M	Blacksburg Striders -- 2023	0:29:21	5:54	44	76.8
93	509	Mark	Carey	M	Bull City Track Club	0:31:03	6:15	51	76.8
94	623	Keith	Yeates	M	Genesee Valley Harriers	0:39:33	7:57	75	76.7
95	552	Scott	Armstrong	M	Greater Philadelphia TC	0:33:41	6:47	60	76.6
96	467	Matthew A.	Tompkins	M	Unattached CA	0:30:11	6:04	47	76.5
97	502	John	Westrick	M	Atlanta Track Club [45-0203]	0:31:27	6:20	52	76.5
98	548	Bob	Nugent	M	Unattached ME	0:34:22	6:55	62	76.4
99	611	Eugene	Myers	M	Potomac Valley Track Club	0:37:09	7:28	70	76.4
100	453	Pete	LoBianco	M	Pike Creek Valley Running Club	0:29:33	5:57	44	76.3
101	586	Reno	Stirrat	M	Shore Athletic Club	0:36:27	7:20	68	76.3
102	600	Don	Morrison	M	Greater Philadelphia TC	0:38:08	7:40	72	76.2
103	622	Jim	May	M	Genesee Valley Harriers	0:40:31	8:09	76	76.1
104	481	Durelle	Scott	M	Blacksburg Striders -- 2023	0:30:55	6:13	49	75.9
105	555	Robert	Hill	M	Greater Philadelphia TC	0:34:57	7:02	63	75.9
106	573	John	Van Kerkhove	M	Genesee Valley Harriers	0:34:20	6:54	61	75.8
107	533	Michael	Strickland	M	Atlanta Track Club [45-0203]	0:32:53	6:37	56	75.7
108	598	David	Anderson	M	Greater Philadelphia TC	0:37:28	7:32	70	75.7
109	483	Robert	Dinterman	M	Unattached NC	0:31:53	6:25	52	75.5
110	624	Paul	Carlin	M	Ann Arbor Track Club	0:41:42	8:23	77	75.3
111	587	Gary	Moore	M	Genesee Valley Harriers	0:36:20	7:19	66	75.1
112	512	Michael	Stowe	M	Blacksburg Striders -- 2023	0:32:05	6:27	52	75.0
113	526	Paul	Pelletier	M	Colonial Road Runners [12-0608]	0:33:33	6:45	57	74.9
114	604	Ward	Irvin	M	Atlanta Track Club [45-0203]	0:37:57	7:38	70	74.7
115	437	Matthew	Lofton	M	Unattached VA	0:29:59	6:02	43	74.6
116	444	Edward	Rietscha	M	Colonial Road Runners [12-0608]	0:30:12	6:05	44	74.6
117	493	Timothy	Suhr	M	Colonial Road Runners [12-0608]	0:31:59	6:26	51	74.6





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118	562	William	Rose	M	Pike Creek Valley Running Club	0:35:35	7:09	63	74.5
119	585	Scott	Linnell	M	Shore Athletic Club	0:36:39	7:22	66	74.4
120	581	James	Thornton	M	Colonial Road Runners [12-0608]	0:37:24	7:31	68	74.3
121	543	Mark	Adams	M	Montgomery County Road Runners	0:35:44	7:11	63	74.2
122	559	Michael	Brown	M	Pike Creek Valley Running Club	0:36:06	7:16	64	74.1
123	494	Matthew	Cutrona	M	Greater Philadelphia TC	0:32:32	6:33	52	74.0
124	514	Andrew	Benkard	M	Unattached NJ	0:33:44	6:47	56	73.8
125	590	Bob	Albritton	M	High Point Athletic Club	0:38:58	7:50	71	73.7
126	477	Michael	Bulleri	M	Bull City Track Club	0:30:53	6:13	45	73.6
127	513	Craig	Chasse	M	Potomac Valley Track Club	0:33:04	6:39	53	73.4
128	454	Chris	Dyer	M	Goon Squad TC	0:30:08	6:04	41	73.1
129	490	Joe	Calkins	M	Colonial Road Runners [12-0608]	0:32:59	6:38	52	73.0
130	458	Kevin	Byrd	M	Blacksburg Striders -- 2023	0:30:54	6:13	44	72.9
131	593	Bill	Hart	M	Tidewater Striders	0:40:23	8:07	73	72.9
132	549	Kevin	Rumsey	M	Unattached NC	0:35:27	7:08	60	72.8
133	505	Christopher	Rinaldi	M	Shore Athletic Club	0:33:29	6:44	53	72.5
134	592	Jim	Duffy	M	Tidewater Striders	0:39:06	7:52	70	72.5
135	607	Jerry	Learned	M	Atlanta Track Club [45-0203]	0:41:27	8:20	74	72.1
136	489	David	Anderson	M	Colonial Road Runners [12-0608]	0:33:42	6:47	53	72.0
137	605	Allen	Joyce	M	Atlanta Track Club [45-0203]	0:41:36	8:22	74	71.8
138	544	William	Amor	M	Cal Coast Track Club	0:37:08	7:28	63	71.4
139	528	Andrew	Shearer	M	Greater Philadelphia TC	0:35:54	7:13	59	71.2
140	438	Adam	Nuckols	M	Unattached VA	0:30:57	6:14	41	71.1
141	516	Richard	Griffiths	M	Unattached MD	0:35:39	7:10	57	70.5
142	625	Ed	Bligh	M	Atlanta Track Club [45-0203]	0:47:25	9:32	80	70.5
143	464	Andrew	Blanchard	M	Unattached VA	0:32:48	6:36	47	70.4
144	486	Duncan	Sheils	M	Unattached VA	0:34:14	6:53	52	70.3
145	589	Aaron	Pratt	M	Ann Arbor Track Club	0:39:57	8:02	69	70.3
146	445	Clark	Ridge	M	Colonial Road Runners [12-0608]	0:31:36	6:21	42	70.2
147	520	Timothy	Irving	M	Unattached MA	0:35:51	7:13	57	70.1
148	522	Michael	Pearce	M	Unattached WY	0:36:29	7:20	59	70.1
149	621	Przemyslaw	Nowicki	M	Shore Athletic Club	0:45:40	9:11	78	70.1
150	615	Jan	Frisby	M	Boulder Road Runners	0:45:41	9:11	78	70.1
151	568	Harry	Pino	M	Shore Athletic Club	0:38:07	7:40	63	69.6
152	546	Bill	Kitchens	M	Unattached VA	0:38:30	7:45	63	68.9
153	469	Scott	Zannini	M	Unattached SC	0:33:30	6:44	45	67.8
154	608	Patrick	Taylor	M	Atlanta Track Club [45-0203]	0:44:03	8:52	74	67.8
155	439	Gene	Reale	M	Unattached NC	0:33:17	6:42	43	67.2
156	474	David	Long	M	Pike Creek Valley Running Club	0:34:21	6:55	47	67.2
157	596	David	Trump	M	Unattached VA	0:42:12	8:29	70	67.2
158	575	George	Howe	M	Unattached NC	0:41:02	8:15	67	67.1
159	616	Randy	Whitt	M	Unattached NC	0:46:19	9:19	76	66.6
160	597	John	Wills	M	Tidewater Striders	0:42:44	8:36	70	66.4
161	504	Michael	DiLeva	M	Shore Athletic Club	0:35:50	7:13	50	66.0
162	475	Benjamin	Sangster	M	Goon Squad TC	0:35:42	7:11	47	64.7
163	463	Shad	Birkholz	M	Unattached MT	0:35:30	7:08	46	64.5
164	588	Michael	Mester	M	Ann Arbor Track Club	0:42:59	8:39	67	64.1
165	531	Keith	Crispin	M	Pike Creek Valley Running Club	0:38:45	7:48	55	63.7
166	476	Gene	Severtson	M	U.S. Navy	0:36:45	7:24	46	62.3
167	591	John	DiCarlo	M	Tidewater Striders	0:48:01	9:40	73	61.3
168	488	Jason	Sidor	M	Unattached VA	0:39:59	8:03	54	61.2
169	620	Morris	Williams	M	Atlanta Track Club [45-0203]	0:53:04	10:41	77	59.2
170	612	Jack	Kasperski	M	Genesee Valley Harriers	0:48:38	9:47	71	59.0
171	614	William	Chadim	M	Unattached VA	0:55:35	11:11	76	55.5
172	613	Michael	Reif	M	Genesee Valley Harriers	0:54:30	10:58	74	54.8
173	594	Micks	Purnell	M	Cal Coast Track Club	0:55:18	11:07	73	53.2
174	515	David	Flax	M	Unattached MD	0:48:56	9:51	56	50.9

