



**USATF™**

**LONG DISTANCE RUNNING**

**DIVISION REPORTS  
MARCH 2019 EDITION**

**Upcoming Events:**

Mar 2 Road to Gold (Atlanta 2020 Test Event)  
Mar 9 USATF 15km Championship (Jacksonville, FL)  
Mar 16 USATF Masters 8km Championships (Va Beach, VA)

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

Shelby Houlihan and Shadrack Kipchirchir powered to titles at the Feb 2 USATF Cross Country Championships in Tallahassee. Houlihan ran away from one of the deepest fields in recent memory, defeating Molly Huddle (2<sup>nd</sup>), Marielle Hall (3<sup>rd</sup>), Aliphine Tuliamuk (4<sup>th</sup>), Amy Cragg (5<sup>th</sup>), Courtney Frerichs (6<sup>th</sup>), Karissa Scheizer (7<sup>th</sup>), Stephanie Bruce (8<sup>th</sup>), Anne-Marie Blaney (9<sup>th</sup>), and Sarah Pagano (10<sup>th</sup>).

Kipchirchir faced an equally deep field – most of whom were his training partners – as he led Emmual Bor (2<sup>nd</sup>), Lenny Korir (3<sup>rd</sup>), Hillary Bor (4<sup>th</sup>), and Stanley Kebenei (5<sup>th</sup>) to a top five sweep ahead of a strong run by marathoner Scott Fauble in sixth.

Shuaib Aljabaly and Nicole Clermont won the U20 races in Tallahassee, while Marisa Sutera Strange and Jacques Sallberg were the fastest Masters of the day.

Californians Tim Tollefson and Dani Moreno won the titles at the USATF 50km Trail Championships hosted by the FOURmidable 50K in Auburn, CA. on February 16.

Mark Hammond and Connie Gardner won the USATF 100-Mile Championship at the Jackpot Ultras in Las Vegas also on February 16.

Breanna Sieracki and Abbabiya Simbassa struck gold in the Women's and Men's Senior races respectively to lead Team USA to team wins at the 2019 NACAC Cross Country Championship in Port of Spain, Trinidad & Tobago. The Women's and Men's U20 teams both placed second behind Team Canada.

I'm looking forward to attend the March 2 Road to Gold test event for the 2020 US Olympic Team Trials – Marathon in Atlanta to view the course in action.

**Men's LDR Report**

None Submitted

**Women's LDR Report**

Camille Herron won the Tarawera 100 miler in New Zealand (2<sup>nd</sup> overall) in a new course record 17:20:52, less than 2 weeks after a rollover car accident.

Shelby Houlihan won the XC

Nationals- <http://www.usatf.org/News/Houlihan.-Kipchirchir-victorious-at-USATF-Cross-Co.aspx>

Breanna Sieracki won the NACAC XC

Championship- <http://www.usatf.org/usatf/files/1a/1a4c0ac5-b1f4-4133-b568-a5a56239e738.pdf>

The Road to Gold 8 miler in Atlanta is coming up on March 2<sup>nd</sup> and also the US 15K Championship on March 9<sup>th</sup> in Jacksonville.

**Masters LDR Report**

The first road race, and third event, of the 2019 Masters Grand Prix circuit is the **USATF Masters 8Km Championships at Virginia Beach on Saturday, March 16, 2019**, hosted by the Shamrock Marathon's *Towne Bank 8K*. This is a flat, fast course with hotels conveniently situated for runners to easily access the Race and Awards ceremony. A large party tent on the Beach is the setting for the post-race celebration with complimentary Yuengling Beer and Murphy's Irish Stew. You cannot put it off to next year; this is the third and final year for this Championship to be held in Virginia Beach!

Entry Form: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=115519>

Entry Information:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-8-km-Championships/Entry-Info.aspx>

Athlete Information:

<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-8-km-Championships/Athlete-Info.aspx>

The fourth event on the 2019 USATF Masters Grand Prix circuit is the **USATF Masters 10 Km Championships at Dedham, MA on Sunday, April 28, 2019**. This race, hosted by the James Joyce Ramble, is their 7<sup>th</sup> consecutive Masters National Championship. Unique for the presence of costumed actors reading from James Joyce's *Ulysses* along the race course, it has become a post-Boston Marathon spring tradition in New England. Although it is described as a 'rolling hills' course, three current American Records have been set at this course, including one last year, when the first two runners in Men's 70-74 cracked the record. Come see if another will fall this year, and stay around to enjoy the food, liquid refreshments, Awards Ceremony, and live band!

Entry Form:

<https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=115931>

### The remaining 2019 Masters Grand Prix Schedule:

Mar 16 USATF Masters 8 Km Championships, Shamrock/Towne Bank 8K, Virginia Beach, VA  
Apr 28 USATF Masters 10 Km Championships, James Joyce Ramble, Dedham, MA  
Aug 17 USATF Masters 5 Km Championships, Atlanta's Finest 5K, Atlanta, GA  
Aug 23 USATF Masters 1 Mile Championships, HAP Crim Festival of Races, Flint, MI  
Oct 12 USATF Masters 5 Km Cross Country Championships, San Diego, CA  
Oct 26 USATF Masters 15K Championships Tulsa Federal Credit Union, Tulsa Run, Tulsa, OK

### Other Events of Interest to Masters LDR Athletes

Mar 24-30 WMA Indoor Championships, Torun, Poland  
Jul 11-14 USATF Masters Outdoor Championships, Ames, Iowa  
Jul 18-21 NCCWMA Outdoor Championships, Toronto, Canada  
Dec 14 USATF National Club Cross Country Championships, Bethlehem, PA

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

### Other Events of Interest:

Masters Athletes competed at the 2019 USATF National Cross Country Championships at the Apalachicola Regional Park in Tallahassee, FL on Saturday, February 2, 2019.

### Overall Race Winners: Women Marisa Sutera Strange

Men Jacques Sallberg Age-Grading Champions-Women Sabra Harvey Men Nat Larson. Individual Champions:  
Women 40-44 **Jill Braley** 45-49 **Nancy Thomas** 50-54 **Amy Faktgerowitz** 55-59 **Marisa Sutera Strange** 60-64 **Susan 'Lynn' Cooke** 65-69 **Sabra Harvey** 70-74 **Sharon Gerl** 75-79 **Catherine Radle** Men 40-44 **Jacques Sallberg** 45-49 **John Gardiner** 50-54 **Christian Cushing-Murray** 55-59 **Nat Larson** 60-64 **Joe Sheeran** 65-69 **Chuck Smead** 70-74 **Lloyd Hansen** 75-79 **Ed Bligh** Team

Champions: Women 40+ *Impala Racing* 50+ *Athena Track Club* 60+ *Team Red Lizard* 70+ *Atlanta Track Club* Men 40+ *Cal Coast Track Club* 50+ *Atlanta Track Club* 60+ *Atlanta Track Club* 70+ *Atlanta Track Club*. Complete results may be viewed at: <http://www.usatf.org/Events---Calendar/2019/USATF-Cross-Country-Championships/Results.aspx>

Current **2019 Masters Grand Prix standings** may be viewed at:

### Individual:

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

Club: <http://www.usatf.org/MGPPresults.aspx>

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

Recap and results from the USATF 50 km Trail Championships: <https://trailrunner.com/trail-news/californians-victorious-at-usatf-50-km-trail-championships/>

Recap and results from the USATF 100 Mile Road Champs: <http://www.usaultrarunning.com/ultrarunners-shine-at-usatf-100-mile-road-championships/>

Deadline for resume submission for the USATF Trail Team is March 1. Team to be announced in mid-March.

### **Cross Country Report**

The US National Cross Country team competed at the NACAC Championships on Saturday, February 16. The meet was held in Port of Spain, Trinidad & Tobago.

The Under 20 Women's team ran first over a 6k course. Unfortunately, they ran into a very fit and ready team from Canada, which swept the first four places. The US team still finished second with a team score of 29 points. Leading the way for the US team was Georgetown freshman Samantha Corman, from Bellevue, WA with a time of 22:45.

Next up were the Under 20 Men. Again, the Canadians dominated, this time over 8km. The US again finished second, this time with 30 points. Top finisher for the US was Colin Baker, from Mt. Pleasant, SC in a time of 27:46.

The closest team race of the day came in the Women's Senior race, over 10km. The United States team dueled Canada and came away with a hard fought victory with 18 pts. over Canada's 20 pts. The US team was led by the winning performance of Breanna Sieracki (Team USA Minnesota) who covered the 10km in 36:34. Close on her heels with a bronze medal performance was Jessica Tonn (Phoenix, AZ) with her time of 36:40.

Finally, the Senior Men's US team, who have never lost at the NACAC Championships, swept their way to 10 points and the team championship again. Champion Abbabiya Simbassa led the way with a gold medal performance over the 10km course in a time of 31:49. Completing the sweep for the US were, 2<sup>nd</sup> – Frankline Tonui (31:50), 3<sup>rd</sup> – Reid Buchanan (31:51), and 4<sup>th</sup> – Evans Kirwa (32:08).

All in all, it was a very successful day for the United States national team. Next up is the IAAF World Championships, which will be held on Saturday, March 30 in Aarhus, Denmark.

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

None Submitted

### **Athletes Report**

None Submitted

***From the Board***

None Submitted

***2021 IAAF World Cross Country awarded to Australia***

The IAAF announced that the 2021 IAAF World Cross Country Championships to Bathurst, Australia. Bathurst is a 3+ hour drive west of Sydney and the home of the Mt. Panorama endurance motor race. The event is scheduled for March 20, 2021. The March date was a bit of a surprise since just one year ago the IAAF Council announced a new calendar with World XC scheduled for the second weekend of February, but the Australian summer heat in February necessitated the date change.

<https://www.iaaf.org/news/press-release/2021-world-cross-country-bathurst-australia>