

An impressive contingent of PA Masters runners traveled across the country to the By Hook or by Crook 12K in Highlands NJ, the site of the 2021 USATF Masters 12 km Championships. That's a long way to travel for a race, but the PA Masters made it worthwhile by returning with a sizeable cache of medals and prize money.

The group consisted mostly of members of the Impala RT who put three teams on the podium, including two gold medal winners. Their most impressive team, Women's 60+, where the top three finishers in that division including **Nancy Simmons**, the W60-64 individual champion were all sporting Impala blue. The Impala W70+ team also took the top spot lead by W70-74 National Champion **Jo Ann Rowland**. Their W40+ team took the Silver in that very competitive division. In all the Impalas brought home three team medals, two gold and one silver, two individual Champions, and 3<sup>rd</sup> and 4<sup>th</sup> place in the Age Graded category..

The top PA Age Graded finish went to Masters HOF'er **Brian Pilcher** with a 91.12% performance good enough for a 2<sup>nd</sup> place overall. Pilcher finished 2<sup>nd</sup> in the M65-69 division to Ken Youngers who also took the top Age Grade honor and set a pending M65 American record with a 45:05 performance. (Brian also went well under the existing AR, 46:58, with his 45:20.

Listed below are all the medal/money winners from the PA.

#### **BY HOOK OR BY CROOK USATF 12K MASTERS -- FEMALE AGES 60 TO 64 \*=Spec.Cat.Winner**

Place	Runner	OvrPl	Bib#	Club/HomeTown	Age	Sex	Time	AG%
1.	<b>Nancy Simmons</b>	106	324	Impala Racing Team	62	F	51:14	92.24% (\$100)
2.	<b>Stella Gibbs</b>	118	245	Impala Racing Team	62	F	52:11	90.56%
3.	<b>Suzanne Cordes</b>	132	227	Impala Racing Team	61	F	53:14	87.61%
4.	Mimi Newcomer	169	295	F And M Track Club	63	F	57:56	82.66%
5.	Candace Stanton	173	171	Fleet Feet/essex Racing	62	F	58:16	81.10%
6.	Betty Otarola	187	138	Clifton Rrs Club	61	F	1:00:49	76.69%
7.	Diane Rothman	188	160	Shore Athletic Club	63	F	1:00:58	78.54%
8.	Dalva Santos	196	162	Fleet Feet/essex Racing	61	F	1:01:58	75.26%
9.	Eva Fisher	202	57	Morris County Striders	62	F	1:03:09	74.83%
10.	Antoinette Marmora	245	120	Clifton Rrs Club	64	F	1:14:11	65.43%

#### **BY HOOK OR BY CROOK USATF 12K MASTERS -- FEMALE AGES 70 TO 74 \*=Spec.Cat.Winner**

Place	Runner	OvrPl	Bib#	Club/HomeTown	Age	Sex	Time	AG%
1.	<b>Jo Anne Rowland</b>	207	313	Impala Racing Team	73	F	1:03:59	86.39% (\$100)
2.	Barbara Donelik	211	49	Shore Athletic Club	74	F	1:05:01	86.35%
3.	Joann Coffee	223	29	Raritan Valley Road Runners	72	F	1:06:36	81.74%
4.	Irene Herman	239	258	Impala Racing Team	72	F	1:12:06	75.50%
5.	Donna Chan	247	221	Impala Racing Team	70	F	1:15:37	69.87%
6.	Bonnie Brunish	263	19	Raritan Valley Road Runners	72	F	1:29:24	60.89%
7.	Roseanne Svihra	268	174	Central Jersey Rrunners Cl	70	F	1:36:07	54.97%
8.	Panseluta Geer	271	68	Shore Athletic Club	74	F	1:42:11	54.95%

#### **BY HOOK OR BY CROOK USATF 12K MASTERS -- FEMALE AGES 40 TO 44 \*=Spec.Cat.Winner**

Place	Runner	OvrPl	Bib#	Club/HomeTown	Age	Sex	Time	AG%
1.	Roberta Groner	13	73	Shore Athletic Club	43	F	42:14	90.29%
2.	Maggie Shearer	30	320	Cal Coast Track Club	43	F	44:34	85.56%
3.	<b>Flora Lai</b>	55	271	Impala Racing Team	42	F	47:11	80.22%
4.	Caoimhe Kilroy	56	101	Garden State Tc New Balance	43	F	47:24	80.45%
5.	Karen Dos Santos	63	51	Shore Athletic Club	40	F	48:10	77.56%
6.	Lauren Jackson	66	91	Shore Athletic Club	41	F	48:23	77.70%
7.	Alison Schwalm	84	317	Greater Philadelphia Tc	43	F	50:09	76.04%
8.	Jessica Byrnes	96	22	Garden State Tc New Balance	43	F	50:47	75.09%
9.	Heather Mcdermott	129	123	Garden State Tc New Balance	43	F	52:57	72.01%
* 10.	Aya Leitz	135	109	Jersey City Nj	44	F	53:41	71.59%

**BY HOOK OR BY CROOK USATF 12K MASTERS -- MALE AGES 65 TO 69 \*=Spec.Cat.Winner**

Place	Runner	OvrPI	Bib#	Club/HomeTown	Age	Sex	Time	AG%
1.	Ken Youngers	35	342	Atlanta Track Club	65	M	45:05	91.62%
2.	Brian Pilcher	37	301	Tamalpa Runners Inc.	65	M	45:20	91.12%
3.	Joseph Reda	75	307	Deforest Wi	67	M	49:08	85.74%
4.	Jack Pottle	98	302	Boulder Road Runners	66	M	50:47	82.13%
5.	Kevin Dollard	110	48	Shore Athletic Club	66	M	51:29	81.02%
6.	James Linn	121	114	North Jersey Masters Tfc	69	M	52:29	81.89%
7.	Brian Cummins	126	229	Syracuse Track Club	66	M	52:48	79.00%
8.	Eugene Myers	133	290	Potomac Valley Track Club	69	M	53:34	80.24%
9.	Henry Mercer	142	128	Shore Athletic Club	65	M	54:39	75.58%
10.	Gary Moore	154	286	Genesee Valley Harriers	65	M	56:00	73.76%

**MASTERS MALE AGE GRADED RESULTS**

Place	Runner	Bib#	Club/HomeTown	Age	Sex	Time	AG%
1.	Ken Youngers	342	Atlanta Track Club	65	M	45:05	91.62%
2.	Brian Pilcher	301	Tamalpa Runners Inc.	65	M	45:20	91.12% (\$400)
3.	Nat Larson	272	Greater Springfield Harrier	59	M	43:14	90.26%
4.	Brian Crowley	36	Freedom-Garmin Runners	56	M	42:07	90.16%
5.	Craig Godwin	248	Bowerman Track Club	54	M	41:24	90.10%

**MASTERS FEMALE AGE GRADED RESULTS**

Place	Runner	Bib#	Club/HomeTown	Age	Sex	Time	AG%
1.	Nora Cary	25	Shore Athletic Club	66	F	51:09	97.53%
2.	Lisa Veneziano	334	Fenton Mi	57	F	46:13	95.92%
3.	Nancy Simmons	324	Impala Racing Team	62	F	51:14	92.24% (\$250)
4.	Stella Gibbs	245	Impala Racing Team	62	F	52:11	90.56% (\$150)
5.	Suzanne La Burt	106	Shore Athletic Club	58	F	49:38	90.43%

**MASTERS WOMEN 60+ Team Results (\*=Scoring Member)**

PLACE (#)	TEAM	TOTAL
1	IMPALA RACING TEAM FEMALE 60+ A	2:36:39 AVERAGE: 52:13.00 (\$125)
	OvrPI Runner Bib# Age Sex Time	
	106. Nancy Simmons 324 62 F 51:14*	
	118. Stella Gibbs 245 62 F 52:11*	
	132. Suzanne Cordes 227 61 F 53:14*	
2	SHORE ATHLETIC CLUB FEMALE 60+ A	2:57:08 AVERAGE: 59:02.67
	OvrPI Runner Bib# Age Sex Time	
	105. Nora Cary 25 66 F 51:09*	
	188. Diane Rothman 160 63 F 1:00:58*	
	211. Barbara Donelik 49 74 F 1:05:01*	
	226. Susan Stirrat 173 66 F 1:07:26	
3	FLEET FEET/ESSEX RACING FEMALE 60+ A	3:16:51 AVERAGE: 1:05:37.00
	OvrPI Runner Bib# Age Sex Time	
	173. Candace Stanton 171 62 F 58:16*	
	196. Dalva Santos 162 61 F 1:01:58*	
	249. Martta Kelly 98 63 F 1:16:37*	

**MASTERS WOMEN 70+ Team Results(\*=Scoring Member)**

<b>PLACE (#) TEAM</b>						<b>TOTAL</b>
1	IMPALA RACING TEAM FEMALE 70+ A					3:31:42 AVERAGE: 1:10:34.00 (\$125)
	OvrPl	Runner	Bib#	Age	Sex	Time
	207.	Jo Anne Rowland	313	73	F	1:03:59*
	239.	Irene Herman	258	72	F	1:12:06*
	247.	Donna Chan	221	70	F	1:15:37*
2	RARITAN VALLEY ROAD RUNNERS FEMALE 70+ A					4:23:47 AVERAGE: 1:27:55.67
	OvrPl	Runner	Bib#	Age	Sex	Time
	223.	Joann Coffee	29	72	F	1:06:36*
	263.	Bonnie Brunish	19	72	F	1:29:24*
	273.	Imme Dyson	52	84	F	1:47:47*

**MASTERS WOMEN 40+ Team Results(\*=Scoring Member)**

<b>PLACE (#) TEAM</b>						<b>TOTAL</b>
1	SHORE ATHLETIC CLUB FEMALE 40+ A					2:18:47 AVERAGE: 46:15.67
	OvrPl	Runner	Bib#	Age	Sex	Time
	13.	Roberta Groner	73	43	F	42:14*
	63.	Karen Dos Santos	51	40	F	48:10*
	66.	Lauren Jackson	91	41	F	48:23*
	209.	Kim Anicito	5	41	F	1:04:40
2	IMPALA RACING TEAM FEMALE 40+ A					2:27:42 AVERAGE: 49:14.00 (\$100)
	OvrPl	Runner	Bib#	Age	Sex	Time
	55.	Flora Lai	271	42	F	47:11*
	83.	Jodi Buyyounouski	216	48	F	50:07*
	92.	Brooke Bray	211	45	F	50:24*
	103.	Megan Kossar	269	50	F	51:05
3	GARDEN STATE TC NEW BALANCE FEMALE 40+ A					2:28:46 AVERAGE: 49:35.33
	OvrPl	Runner	Bib#	Age	Sex	Time
	56.	Caoimhe Kilroy	101	43	F	47:24*
	95.	Hortencia Aliaga	2	49	F	50:35*
	96.	Jessica Byrnes	22	43	F	50:47*
	128.	Gabrielle Panepinto	140	47	F	52:55
	129.	Heather Mcdermott	123	43	F	52:57

Full results may be found at: [2021 OFFICIAL 12K NATIONAL MASTERS RESULTS \(d368g9lw5ileu7.cloudfront.net\)](https://d368g9lw5ileu7.cloudfront.net)