2023 Spring Rankings
Busting forth

(March 06, 2023 – May 29, 2023)
Revival: Biggest numbers of racers since 2016

50 Plus Club

North Central Trails Marathon – 2008

Alert: We are reposting/updating the Report to include the Lawyers Have Heat 10K and 5K. This major race changed positions for many, including two runner-up spots and one division winner. Others earned a second qualifier and made the Rankings. Still, other already improved their position with these events being their best effort for 2023 spring.

By *James Moreland*

I, Mike Mason have had the pleasure of being involved in editing the Regional Runner Rankings (RRR) during the past six years. In previous years the RRR creator, James Moreland, produced the rankings as an employee at Capital Running Company 1995 to 1998, and then again from 2005 through the Winter of 2012, when the company was sold. Moreland continued to produce the rankings while employed at Racepacket from 2012 to 2016. Since then to the present, the rankings main sponsor is Potomac River Running.

Moreland has continued producing the RRR with very limited financial support from members of the running community. His work time for each of the five reports (winter, spring, summer, fall and the Best of the Year) requires no less than two hundred hours of work from data entry, formulation, writing, and editing before there are posted online at Regional Runner Rankings – Potomac River Running.

I, as one of the donors, am asking those who are able to support his efforts in providing what I believe is the best and most comprehensive analysis of ranking for any region in the country. Please feel free to contact me for additional information at 202-812-4354, if you are moved to do so.

The Regional Runner Rankings is looking for more sponsors and contributors. We want to acknowledge the help, support, and financial contributions from the Friends of the Rankings:
- Potomac River Running
- Patricia Kelbaugh Dance Studio
- Michael Mason of Horizon Landscape, established in 1969 in Silver Spring, serves Montgomery, Prince George's, and Howard counties. Horizon provides specialized gardening, clearing, forest restoration and landscaping services throughout the year. If you need assistance with your property, contact us online or at (301) 421-1800 and we will send you

a landscape gardening expert to help create or maintain your outdoor paradise.

- Alice Franks
- Dan Devlin
- Jerry Browne
- Tommy Mason
- Elena Mason
- [Fredericksburg Area Running Club](#)
- Jim Noone
- [RELS Landscaping Supply](#)
- Rachel Mason
- Jim Wright

****

RELS Landscaping Supply. We are proud to serve central Maryland, carrying landscaping materials such as mulch, compost, and topsoil for lawns and gardens, as well as trees, flowers, and shrubs. We also carry hardscape products including concrete pavers, boulders, flagstone, and natural wall stone. We have locations in Frederick, MD, Silver Spring, MD, and Martinsburg, WV.

FREDERICK, MD

SILVER SPRING, MD

MARTINSBURG, WV

****

Patricia Kelbaugh Dance Studio
1976-2023

• Ballet • Tap • Jazz • Lyrical • Pointe
Ages 3 to Adult
All Levels: Beginner to Advanced

301-840-1849 E-mail: info@pkdances.com
www.pkdances.com
2 Professional Drive, Suites 218/219, Gaithersburg, MD 20879

Member of Dance Masters of America, Inc.
Certified by test to teach, B.S. Degree

News Flash: Keira D'Amato traveled to Australia for the ASICS Half Marathon at Gold Coast on July 1. She demolished the women's event record, Lisa Weightman's 13-year-old time of 1:09:00. D'Amato's spectacular time of 1:06:39 took down the former American Record held by Emily Sisson at 1:09:52.

On June 9th, Jakob Ingebrigtsen broke the long standing record for the 2 mile by more than four seconds to lower it to 7:54.10. Daniel Komen had the record before set in 1997 and still has the world record in the more commonly run 3000 meters. Ingebrigtsen owns the Olympic record at the 1500 Meters with 3:28:32.

Distance	Time	All-Time Rank	Time	All-Time Rank
	Daniel Komen		Jakob Ingebrigtsen	
800 Meters			1:46:44	
1500 meters	3:29.5	23rd	3:27.9	6th

Mile	3:46.4	5th	3:46.5	6th
2000 meters	4:51.3	10th	4:50.0	6th
3000 meters	7:20.7	World Record	7:24.0	3rd
3000 meters indoor	7:24.9	3rd	7:40.3	
Two miles	7:58.6	2nd	7:54.1	World Record
5000 meters	12:39.7	4th	12:48.5	17th
5000 meters indoor	12:51.5	3rd		
10,000 meters	27:38.3		27:54:00	

On June 2nd, Faith Kipyegon broke the 1500 Meter world record with a sensational 3:49.11. Then one week later, she took on the record holder Letesenbet Gidey who had set the record at 14:06.62 back in 2020. Kipyegon outkicked Gidey to win 14:05.20 to 14:07.94, setting a new world record. Gidney now has the second and third fastest times ever.

Distance	Time	All-Time Rank	Time	All-Time Rank
		Faith Kipyegon	Letesenbet Gidey	
800 Meters	01:57.7	127th		
1500 meters	03:49.1	World Record	04:11.1	1303rd
Mile	04:16.7	8th		
3000 meters	08:23.6	24th	08:20.3	9th
Two miles			09:06.7	3rd
5000 meters	14:05.2	World Record	14:06.6	2nd
10,000 meters			29:01.0	World Record
15,000 meters			44:20:00	World Record
Half marathon			1:02:52	World Record
Marathon			2?:16:49	6th

Races are thriving again. The medium sized events are at close to normal. The larger events are a little light but runners are continuing to back in increasing numbers

	Major Races	Total Races	Percent ranked	Ranked runners	Total Runners
Spring 2023	**49**	**507**	**3.17%**	**5206**	**164445**
Spring 2022	34	378	3.36%	4237	126231
Spring 2021	3	158	7.24%	1345	18578
Spring 2020	0	12	4.04%	37	916
Spring 2019	76	491	1.97%	4689	238119
Spring 2018	69	460	2.23%	4750	212767

To help explain the table below take for example the 65-69 women's division. Eighty runners (Total of Ranked Women) among themselves combined to race 252 times (Women Ranked Races of qualifiers). Four hundred and seventy-two

runners (Total Women's qualifying racers) means that 220 (472-252) women ran just one race at a ranked time and did not qualify.

Division	Total of Ranked Men	Men Ranked Races of qualifiers	Total Men's qualifying racers	Total of Ranked Women	Women Ranked Races of qualifiers	Total Women's qualifying racers
19 & Younger	18	42	184	32	89	259
90 & older	1	1	1	3	3	3
85-89	19	39	39	10	7	10
80-84	16	64	129	37	8	70
75-79	46	158	266	15	46	82
70-74	33	106	161	51	153	283
65-69	35	113	184	80	252	472
60-64	60	204	333	73	194	436
55-59	27	78	139	49	132	257
50-54	28	81	133	47	106	216
45-49	25	65	113	31	94	198
40-44	24	60	116	45	108	218
35-39	37	90	144	41	105	206
Open	65	152	332	90	218	450
Total 2023	434	1250	2274	604	1517	3160
Total 2022	365	1056	1922	457	1147	2496
Total 2021	218	864	1339	220	858	1369
Total 2020	476	1555	2632	605	1925	3469
Total 2019	363	1083	1934	424	1240	2445

With racing getting back to normal, there were more races and more ranked runners than any time back through 2018. The total number of races is still not back up to pre Covid rates but it is getting close. Only 10 races met the gold standard of competition with 20% or more ranked runners and a more normal 53 made the silver standard of 10% ranked runners. Forty-nine races were major events, 500 or more runners, a fifty percent improvement. Twenty-five entertained more than a thousand runners with the top five, one from each of the major distances (5K, 10K, 10M HM, 26.2M), displaying more than five thousand runners. The 355 5Ks ballooned to a hundred more than last spring, 10Ks rebounded to 67. The half marathon happened just 32 times. The other major distances of 4M, 10M, and Marathon each appeared a mere nine times with the 8K/5M growing to twelve.

Cindy Conant, 62, was the oldest (all-time record) of thirty-three runners not from the open division (20-34) to qualify for the women's Elite division that increased to 90 qualifiers. The amazing Isabella Strumke, 9, is the youngest ever to make the Elite division. Nineteen runners were outright winners that were not ages (20-

34) for a total of twenty-nine times. Cindy Conant, 62, was the eldest. In all, there were forty-four women not ages (20-34) that won overall a total of sixty-six times.

Twenty-two male runners made it into the Elite Division from another division, the oldest being Philippe Rolly, 50. Seven runners were outright winners that were not ages (20-34) for a total of fifteen times. Michael Wardian, 49, was the eldest. The men's Elite Division increased to 65 qualifiers. In all, there were thirty-four men not ages (20-34) that won overall a total of fifty-two times.

The division is again monster with ninety qualifiers. Thirty-nine qualifiers made at least a **National Class** or better time, three with **World Class**. Thirty-six came from other divisions. We have noted the exact age graded times for all racers from other divisions.

For the women, a masters runner was the overall winner 57 times; for the men, 27 times. For the women, Cindy Conant, 62, was the oldest outright winner. For the men, Timothy Coady, 63 was the oldest outright winner.

We are posting in blue all the runners with **National Class** times (80%) or better of the top-rated time for each division based on their best time in 10K equivalence. The time standards are based on the youngest in each division except for the 19 and younger, where it becomes the eldest time, which is for the strongest time. In the past, the division champions received their age grading based on their 10K equivalent. However, each race distance has a different age grading that does not always match up with the expected 10K equivalence. Also, we are now basing on their actual age as well as the <u>actual distance</u> they ran. Thus, it is possible for an older runner in the same division to have a better age graded event than the champion. There will be some runners who are up to the 80% level by being on the older side of the 5-year division that get missed. However, in this manner, everyone in blue will be at least 80%.

In the "you got to play to win" category, i.e. (you only qualified in one race) an impressive additional 122 men and 73 women ran a **National Class** race; 1 man and 2 women ran a **World Class** race.

Among the qualifiers were, from the open division, (51) with 118 total for the men and from the open division (35) with 82 total for the women. Submaster men (13) led the way over masters men (10) as well as 60-64 men (9) and submasters women (9) as the division with the most **National Class** racers.

Six runners made **World Class** status: 90% Age Grade: Cindy Conant, 62, is tops at 95.79%, Perry Shoemaker, 51, at 93.57%, Amy Subar, 67, at 92.80%, and Isabella Strumke, 9, at 91.42% are the women. For the men, it was the Adam Otstot, 41, at 91.8% and Michael Wardian, 49, at 90.71%

There were twenty-two female qualifiers above 85% from ten different divisions led by Ave Grosenheider, 26, at 89.68%, Sophia King, 27, at 89.17%, Alisa Harvey, 57, at 88.66%, Julia Roman-Duval, 40, at 88.62%, Claire Heasman, 47, at 88.62%, and Hannah Cocchiaro, 31, at 88.60%

There were thirty male qualifiers above 85% from nine different divisions led by Daniel Rowe, 39, at 89.68%, Christopher Pruitt, 40, at 89.17%, Doug Mock, 56, at 89.06%, Thomas Hicks, 51, at 88:60%, Philippe Rolly, 50, at 88.58%, and Pete Gibson, 67, at 87.65%.

Below is the 10K equivalent time you need to race to get a **National Class** or **World Class** ranking.

Age Group	Men 10K=	Age Group	Women 10K=		Age Group	Men 10K=	Age Group	Women 10K=
19 and younger	00:33:24	19 and younger	00:38:01		19 and younger	00:29:41	19 and younger	00:33:48
20-34	00:33:24	20-34	00:37:55		20-34	00:29:41	20-34	00:33:42
35-39	00:33:42	35-39	00:38:11		35-39	00:29:58	35-39	00:33:57
40-44	00:34:39	40-44	00:39:03		40-44	00:30:48	40-44	00:34:42
45-49	00:36:02	45-49	00:40:34		45-49	00:32:02	45-49	00:36:03
50-54	00:37:33	50-54	00:42:50		50-54	00:33:23	50-54	00:38:04
55-59	00:39:12	55-59	00:45:33		55-59	00:34:51	55-59	00:40:29
60-64	00:41:00	60-64	00:48:36		60-64	00:36:27	60-64	00:43:12
65-69	00:42:58	65-69	00:52:08		65-69	00:38:12	65-69	00:46:20
70-74	00:45:11	70-74	00:56:10		70-74	00:40:10	70-74	00:49:56
75-79	00:48:27	75-79	01:00:55		75-79	00:43:04	75-79	00:54:09
80-84	00:53:37	80-84	01:06:45		80-84	00:47:40	80-84	00:59:20
85-89	01:01:52	85-89	01:16:40		85-89	00:55:00	85-89	01:08:09
90-90	01:15:50	90-90	01:35:26		90-90	01:07:24	90-90	01:24:50
95 and older	01:42:57	95 and older	02:17:03		95 and older	01:31:30	95 and older	02:01:49

Runners who win the race or win their division in a race earn an asterisk beside their name. Open runners only receive an asterisk for an overall win. The Speed Alone is the fastest qualifying time run for each division. In red, it means the division champion ran it. (MRF) is for the Moreland Racing Factor. Races bolded are major races with either 500 finishers or more or more than twenty percent Ranked Runners.

In the past, a runner beating another runner virtually ended a chance for the losing runner to prevail using the [Moreland Racing Factor](#) but we noted that time is of importance as well and runners do recover from a subpar event. Thus, we added to the accounting by giving runners a point for every second their best race beats their competitor's best race. Runners still lose four or eight points (major race) as well as gain four or eight points (major race) depending on which end of the head-to-head they fall on.

We now list the 10K equivalent of each runner's fastest race next to their spot in the ranking list. Remember, the fastest time is not always the best race and each runner has at least two races to qualify. We make an exception for runners 85 and older. They only need to have one race to qualify.

Now let's see who made the top.

Open Men

Credit Union Cherry Blossom 10M 48:57, 10K = 29:27   Zach Herriott - age grade 89.89%

Our champion Samuel Doud did not take the often used road to the title of Credit Union Cherry Blossom 10M/Pike's Peek 10K. He got things going with his first of the triumphs with the Rock N Roll Half Marathon in 1:07:08, ahead of third ranked Patrick Hanley (1:07:49) as well as eighteenth ranked Xavier Salvador (1:10:22). That was almost all he needed as runner-up Adam Lafemina took a better photo at the finish with Hanley, 50:44 to 50:45 at the Credit Union Cherry Blossom 10M. Later in the spring, eleventh ranked Evan Leach beat Lafemina in a close one, 31:17 to 31:20 at the Ukrops Monument Avenue 10K. Hanley arrived shortly afterwards in 31:34. That same weekend Doud sorted out things for good, winning it all at the PNC Parkway Classic 10M in 50:24. The next three spots at the event were held by fourth ranked Nicolas Romanow (50:46) who improved his Credit Union Cherry Blossom 10M of 51:12, fifth ranked Ben Szuhai (50:49), also at the other 10M (51:32), as well as sixth ranked Andrew Lent (51:05), ditto the DC 10M in 52:13.

Seventh ranked Roger Hopper is known for blazing speed at the 5K, including one of his four overall 5K wins, the Run for the D. O. G. 5K in 15:21. This spring he tried his luck at the half and earns his placement racing home first at the Dismal Swamp Half Marathon in 1:08:20. Ninth ranked Sammy Sheldon turned in the second fastest 5K at the Kelly's Shamrock 5K against seventeenth ranked Daniel Rowe, 15:05 to 15:11. Thirteenth ranked Adam Otstot, 41, boasted the premier 5K, winning the Virginia Fire Chiefs 5K in 15:02. Sheldon produced an overall win at the Anthem Shamrock Festival Half Marathon, ahead of twenty fourth Thomas Rammelkamp, 1:09:04 to 1:10:19.

That takes us back to Washington, DC, where eighth ranked Christopher Sloane (52:53) recovered from losing to fifteenth place Steve Mance (52:33) and twentieth ranked Brian Flynn (52:49) at the Credit Union Cherry Blossom 10M with a marvelous 51:38 at the PNC Parkway Classic 10M. Thomas Adam was sixteenth place as runner-up at the Charlottesville 10 Mile in 52:35. Doud tied for the fastest 10K, winning the Capitol Hill Classic 10K in 31:17.

Tenth ranked Terefa Delesa was second at the Pike's Peek 10K in 31:19, ahead of twenty-first place Christopher Pruitt (31:49). Twelfth ranked Robert Creese won it all at the Frederick Half Marathon in 1:09:14, ahead of second finisher Sloane's 1:10:45. Fourteenth ranked Nathan Bicknell bested a slew of racers, including Mance (52:33), Salvador (52:38), nineteenth ranked Jeremy Ardanuy (52:40), twenty-third ranked Zach, Pistilli (52:52), twenty-fifth ranked Michael Weltner (52:58), and twenty-seventh ranked Jerry Greenlaw (53:04) with his fine 52:22.

The division rebounded even more sixty-five qualifiers for the division with twenty-two coming from other divisions and all but ten making at least **National Class**. Two masters champion made **World Class** status. We have noted the exact age graded times for all racers from other divisions.

***After adding the Lawyers Have Heart events, Marcelo Jaurequi-Volpe earns a second qualifier (31:38 – 10K) takes 20th place. Dylan Herndandez earns a second qualifier (32:56 – 10K). However he already posted a fine Credit Union Cherry Blossom 10M in 52:56 to wedge himself between Pistilli and Weltner for twenty-fourth place. David Wertz in 46th place matched closely with 48th ranked Graham Tribble. Wertz boasted a fine 54:47 at the Credit Union Cherry Blossom 10M to get past 47th ranked Patrick Carter (56:13). Tribble earned his second qualifier at the 10K in 33:22, just a hair behind Wertz's third overall at the 5K in 15:59, Tribble was best at the Rock N Roll Half Marathon in 1:12:38, while Carter edged him out with a 1:12:35 at the Anthem Shamrock Festival Half Marathon a day later. ***

National Class times (80%) = 33:24 10K, other distances can be higher or lower.
World Class status (90%) = 29:41 10K, other distances can be higher or lower.

Pl	Name	Age	Hometown	10K=	AG%
1	Doud, Samuel*	27	Washington, DC	30:19	87.30%
2	LaFemina, Adam	28	Brambleton, VA	30:32	86.73%
3	Hanley, Patrick	27	Arlington, VA	30:32	86.09%
4	Romanow, Nicholas	24	Washington, DC	30:33	86.67%
5	Szuhaj, Ben	26	Washington, DC	30:35	86.49%
6	Lent, Andrew	23	Washington, DC	30:44	86.13%
7	Hopper, Roger*****	32	Chesapeake, VA	31:00	84.46%
8	Sloane, Chris	39	Reston, VA	31:04	87.31%
9	Sheldon, Sammy*	24	Baltimore, MD	31:20	84.53%

10	Delesa, Terefa	25	Washington, DC	31:19	85.31%
11	Leach, Evan***	20	Fredericksburg, VA	31:17	85.40%
12	Creese, Robert*	29	Mount Airy, MD	31:25	84.33%
13	Otstot, Adam***	41	Williamsburg, VA	31:22	91.80%
14	Bicknell, Nathan*	32	Washington, DC	31:30	84.05%
15	Mance, Steve	38	Washington, DC	31:37	85.32%
16	Adam, Thomas*	36	Charlottesville, VA	31:38	84.50%
17	Rowe, Daniel*	38	Baltimore, MD	31:40	89.68%
18	Salvador, Xavier	26	Washington, DC	31:40	83.60%
19	Ardanuy, Jeremy*	29	Baltimore, MD	31:41	83.54%
20	Jauregui-Vople, Marcelo	27	Washington, DC	31:38	84.46%
21	Flynn, Brian***	39	Ashland, VA	31:43	86.76%
22	Pruitt, Christopher	40	Sandy Spring, MD	31:49	89.17%
23	Pistilli, Zach*	34	Manassas, VA	31:49	83.54%
24	Hernandez, Dylan	27	North Bethesda, MD	31:50	83.12%
25	Weltner, Mitchell	24	Potomac, MD	31:52	83.07%
26	Rammelkamp, Thomas	33	Fairfax, VA	31:54	83.12%
27	Greenlaw, Jerry	35	Alexandria, VA	31:56	83.45%
28	Wright, Kevin*	34	Centreville, VA	32:01	82.99%
29	Blackwell, Ashton	21	Vienna, VA	32:09	82.38%
30	Deters, Matt	37	Fairfax, VA	32:17	83.16%
31	Cory, Kevin*	25	Arlington, VA	32:17	82.01%
32	Horseman-Guy, Devin*	24	Churchton, MD	32:25	82.42%
33	Hugus, Paul	38	Columbia, MD	32:26	86.92%
34	Loper, Alexander*	35	Abingdon, MD	32:28	85.22%
35	Brown, David*	31	Charlottesville, VA	32:30	83.74%
36	Blair, Patrick	41	Catonsville, MD	32:35	83.84%
37	Jeter, Will	23	Newport News, VA	32:35	83.14%
38	Spitzer, Philip*	30	Harrisonburg, VA	32:32	82.13%
39	O'Leary, Sean	31	Washington, DC	32:37	81.18%
40	Lewis, Jackson	23	Baltimore, MD	32:40	81.03%
41	McCormick, Marty	43	Arlington, VA	32:39	85.36%
42	Muse, Tyler**	29	Salisbury, MD	32:41	81.05%
43	Kaminski, Zach**	31	Baltimore, MD	32:47	83.03%
44	Wardian, Michael***	49	Arlington, VA	32:50	90.71%
45	Reed, Trever	29	Washington, DC	32:53	80.51%
46	Wertz, David	47	Springfield, VA	32:58	87.62%
47	Carter, Patrick	31	Arlington, VA	32:56	80.44%
48	Tribble, Graham	35	Arlington, VA	32:57	80.79%
49	Doiron, Ben	25	Washington, DC	32:45	80.86%
50	Sackson, Stewart	28	Charlottesville, VA	32:18	
51	Healy, Ben	34	Washington, DC	32:18	

52	Conti, Spencer	24	Arlington, VA	32:14	
53	**Barresi, Matthew**	**40**	**Palmyra, VA**	**32:22**	**81.82%**
54	Ong, Calvin	25	Baltimore, MD	32:24	
55	**Renjifo, Carlos**	**40**	**Fulton, MD**	**32:21**	**83.11%**
56	**Rolly, Philippe**	**50**	**McLean, VA**	**33:27**	**88.58%**
57	**Crouzier, Nicolas*****	**38**	**Darnestown, MD**	**33:30**	**80.90%**
58	**Derrick, Joshua**	**25**	**Baltimore, MD**	**33:29**	**80.89%**
59	Leahy, Ryan	29	Washington, DC	33:39	
60	Meyer, Robert	29	Washington, DC	33:36	
61	**Peterson, Alex**	**39**	**Falls Church, VA**	**33:41**	**80.38%**
62	Aldrich, Chris	33	Richmond, VA	33:45	
63	Beasley, Bobby	37	Arlington, VA	33:55	
64	Eagles, Mark	30	Odenton, MD	33:43	
65	Stover, Owen*	25	Roanoke, VA	33:50	

19 & Younger Men

Kelly's Shamrock 5K 15:06, 31:30   Pieter Heesters – age grade = 85.98%

Our champion Eric Duncan won it all at the Eagle Express 5K in 15:33, ahead of third ranked Spencer Thacker was next across that finish line in 15:40. Runner-up Isaac Lamprecht knifed in front of him with a third overall at the Run for the D. O. G. 5K in 15:38. Also at the D.O.G., were thirteen-year old Jonathan Grimm (17:05) and sixth ranked Hunter Hanks 16:41. Grimm ran four 5Ks starting with the Eagle Way Swamp Run 5K in 18:14 and improving in each race to catapult past Hanks into fifth place with a spectacular Virginia Regional Ballet 5K in 16:28. Duncan second qualifier was an overall win at the Keystone Community 5K in 16:52. Lamprecht was second overall at the Run for Mental Strength 6K in 20:31.

Fourth ranked Colin La won handily at the Pike's peek 10K in 33:38 for the fastest 10K. Then he tagged on a second overall at the damp and slippery Memorial Day 4M in 21:54.

Youngster Aidan Cassidy made a massive improvement off his first race to commandeer seventh place at the Ukrops Monument Avenue 10K in 34:48 ahead of eight ranked Jackson McMackin (35:14). McMackin also ran a brilliant TowneBank Shamrock Festival 8K in 27:38 to hold off eight ranked Jack Blanchfield who ran a very nice Kelly's Shamrock 5K in 16:47. Blanchfield was second overall at the Stoneleigh Stampede Run 5K in 17:04, while McMackin's third best event was second overall at the Yorktown Victory 5K in 17:01.

This is the division grew fifty percent to just eighteen qualifiers. The four of the five runners all reached National Class times (age grade 80% or better).

National Class times (80%) = 33:24 10K at age 19, other distances can be higher or lower. Younger ages in the division will be higher.
World Class status (90%) = 29:41 10K at age 19, other distances can be higher or lower. Younger ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Duncan, Eric**	15	Roanoke, VA	32:26	86.39%
2	Lamprecht, Isaac**	16	New Kent, VA	32:37	84.75%
3	Thacker, Spencer**	16	Roanoke, VA	32:41	84.57%
4	La, Colin***	17	Darnestown, MD	33:38	
5	Grimm, Jonathan****	13	Williamsburg, VA	34:21	85.12%
6	Hanks, Hunter**	19	Norfolk, VA	34:48	
7	Cassidy, Aidan*	16	Henrico, VA	34:48	
8	McMackin, Jackson**	19	Mechanicsville, VA	35:04	
9	Blanchfield, Jack*	17	Towson, MD	35:01	
10	Buckley, William***	17	Washington, DC	35:46	
11	Brown, Theodore*	15	Baltimore, MD	35:46	
12	Giron-Garcia, Kenny**	17	Manassas, VA	36:32	
13	Hemler, Andrew**	15	Nottingham, MD	37:27	
14	Emley, Kaden**	18	Yorktown, VA	37:35	
15	Katz, Oliver*	15	Lutherville Timonium, MD	37:47	
16	Nowicki, Charles**	19	Fairfax, VA	38:29	
17	Wien, Benno**	19	Hyattsville, MD	39:08	
18	Tressler, David*	16	Frederick, MD	39:11	

35-39 Men

PNC Parkway Classic 10M 51:38, 10K = 31:04

As always the battle for the top was tightly drawn. Thomas Adam, won it all on opening day at the 8K Race to Benefit the Haven in a scintillating 25:53 that no one would better all season. The next day at the Kelly's Shamrock 5K, Daniel Rowe (15:11) overmatched ninth ranked Paul Hugus (15:33) and a fast charging Alexander Loper (15:34) who would earn tenth place. Steve Mance displayed the finest half, winning at the Rock N Roll Half Marathon in 1:10:36. While everyone was gearing up for the big April 10 miler, Adam laid down a second overall at the Charlottesville 10 Mile in 52:35, giving him claim to third place. The following morning, Rowe won it all at the B & A Trail Marathon in 2:28:22 to land in fourth place, a mere fraction behind Adam.

At the Credit Union Cherry Blossom 10M, Mance was home in an excellent 52:33 to edge ahead Adam. That is also because he took down fifth ranked Brian Flynn (52:49), sixth ranked Jerry Greenlaw (53:04), and eighth ranked Matt Deters (53:39) as well as Hugus (53:55). Chris Sloane was also there finishing a few steps behind Flynn with 52:53. Flynn bolstered his creds winning it all at the

Carytown 10K in 31:43. However, the week before that Sloane came roaring back to win at the PNC Parkway Classic 10M in 51:38. That was a time so good that it erased his earlier loss in DC and put him on top of the field, earning another crown. Later in May, Sloane finished second overall at the Frederick Half Marathon in 1:10:45. Mance would finish third overall at the Capital Classic 10K in 33:00, the exact same time as Flynn's overall win at the Ashland Railroad 10K. Greenlaw's second race was the Yuengling Shamrock Festival Marathon where he was a second overall 2:35:09, ahead of fourteenth ranked Bobby Beasley (2:38:53).

Seventh ranked Omari Daughtridge collected two overall wins but was the only one in the top ten that did not advance to the Elite division. His best race was the Valor 5K in 15:14. Loper raced the St. Michael's Run Festival Half Marathon in 1:12:39. Twelfth ranked Michael Craig (1:12:55) bested fifteenth ranked Alex Peterson (1:14:14) at the Anthem Shamrock Festival Half Marathon. Former champion Nicolas Crouzier (thirteenth) handily won all three of his events, one a technical cross-country event and another with rolling hills. Finally on the last weekend, he got a race that was only mildly challenging, except that raininess made most of the course extra challenging. He won that Memorial Day 4M in 20:57.

Normally, we do not detail such a high percentage of a division runners but we wanted to acknowledge the National Class times. Thirteen of these fine racers qualified for the Open division.

This division, is continuing to grow thirty-seven qualifiers. Fourteen runners delivered National Class times (age grade 80% or better).

After adding the Lawyers Have Heart events, Graham Tribble added his second qualifier (33:22 – 10K) to earn eleventh place in the division.*

National Class times (80%) = 33:42 10K at age 35, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 29:58 10K at age 35, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Sloane, Chris**	39	Reston, VA	31:04	87.31%
2	Mance, Steve**	39	Washington, DC	31:37	85.32%
3	Adam, Thomas**	36	Charlottesville, VA	31:38	84.50%
4	Rowe, Daniel**	39	Baltimore, MD	31:40	89.68%
5	Flynn, Brian***	39	Ashland, VA	31:43	86.76%
6	Greenlaw, Jerry*	35	Alexandria, VA	31:56	83.45%
7	Daughtridge, Omari**	36	Fort Washington, MD	31:47	87.53%
8	Deters, Matt**	37	Fairfax, VA	32:17	83.16%
9	Hugus, Paul	38	Columbia, MD	32:26	86.92%

10	Loper, Alexander**	36	Abingdon, MD	32:28	85.22%
11	Tribble, Graham	35	Arlington, VA	32:57	80.79%
12	Craig, Michael*	35	Lynchburg, VA	33:05	80.48%
13	Crouzier, Nicolas***	38	Darnestown, MD	33:30	82.90%
14	Beasley, Bobby*	37	Arlington, VA	33:55	
15	Peterson, Alex	39	Falls Church, VA	33:41	80.38%
16	Girvin, Cassidy	38	Charlottesville, VA	33:57	
17	Booker, Travis**	38	Midlothian, VA	34:02	
18	Swiatocha, Gregory	39	Annandale, VA	34:02	
19	Deady, Matthew	35	Washington, DC	34:11	
20	Hurt, Charlie	39	Charlottesville, VA	34:26	
21	Zell, Peter	37	Washington, DC	34:27	
22	Burmeister, Taylor*	36	Alexandria, VA	34:23	
23	Leyhe, Travis***	37	Frederick, MD	34:29	
24	Curran, Sean**	38	Sykesville, MD	34:44	
25	Parkins, Andrew***	38	Blacksburg, VA	34:40	
26	Munchak, Joe	39	Silver Spring, MD	34:48	
27	Hall, John*	37	Arlington, VA	34:50	
28	Englander, Jacob*	38	Columbia, MD	35:00	
29	Anderson, James*	37	Bethesda, MD	35:11	
30	Alvarado, Robert*	35	Alexandria, VA	34:59	
31	Naegele, Alexander Philipp****	39	Rockville, MD	35:05	
32	Lane, Edward**	37	Lynchburg, VA	35:21	
33	Becker, Adam*	36	Washington, DC	35:24	
34	Clayton, James	38	Washington, DC	35:42	
35	Shields, Joseph	37	Washington, DC	35:23	
36	Lefkof, Drew	36	Washington, DC	35:52	
37	Sevanna, So	38	Washington, DC	35:56	

40-44 Men

Virginia Fire Chiefs 5K 15:02, 10K = 31:22

Christopher Pruitt opened the season by putting in his bid at the potent Kelly's Shamrock 5K in 15:23. The day before that Adam Otstot had won it all at the Eagle Way Swamp Run 5K in 16:05. Fourth ranked Marty McCormick began his efforts with a Rock N Roll Half Marathon with the best half in 1:11:57. Third ranked Patrick Blair doubled down, going twice as far to finish as runner-up with a big time B & A Trail Marathon in 2:31:50. Fifth ranked Matt Barresi was top master at the Charlottesville 10 Mile in 55:28.

Then came the big April events. At the Credit Union Cherry Blossom 10M, McCormick confirmed his placement with a win in 54:26. Sixth ranked Carlos Renjifo was home third in 56:18, ahead of eighth ranked Charles Stern was fifth

there in 57:56. Both opted for the regular April double up, racing at the Pike's Peek 10K. Renjifo was second there in 33:21, again besting Stern (34:14). Neither could get by Pruitt who cruised in a winner with 31:49. The week before that, Otstot had been runner-up at the competitive Run for the D. O. G. 5K in 15:31. He was going to need some help though to move Pruitt aside and push him back to the runner-up spot. The last weekend in April, he did just that going from **National Class** to **World Class** as he upped his game with a marvelous 15:02 overall win at the Virginia Fire Chiefs 5K.

Ninth ranked Mike Fox was second overall at the Park to Park Half Marathon in 1:16:26. Tenth ranked Christopher Pirch showed us two overall wins, including the Stafford Hospital 5K in 16:51. Thirteenth ranked Raul Del Moral out kicked Ahmed Qureshi at the Van Metre 5K, 16:59 to 17:01. Still, Qureshi gains elevbenth place with a second overall as well as two overall wins at three 10Ks, including the Bluemont 10K in 35:08. Del Morel added a solid PNC Parkway Classic 5K in 17:12. Ryan Carroll slipped in between the two to take twelfth place with his overall win at the Easter Bunny Hop 5K in 16:56.

The division staffed twenty-one qualifiers. Fully a dozen qualifiers all produced National Class times (age grade 80% or better).

***After adding the Lawyers Have Heart events, Peter James earning his second qualifier (34:21 - 10K), coming as close as you can to the Elite Standard (34:21). His Credit Union Cherry Blossom 10M in 56:13 gains him seventh place. Cillian Lynch earning his second qualifier (37:29 - 10K) ahead of Timothy Greszler (37:35 – 10K). Lynch earns sixteenth place, racing the Credit Union Cherry Blossom 10M in 59:53. Greszler was best at the Rock N Roll Half Marathon in 1:21:21 to take 21st place.

National Class times (80%) = 34:39 10K at age 40, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 30:48 10K at age 40, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Otstot, Adam*****	41	Williamsburg, VA	31:22	91.80%
2	Pruitt, Christopher**	40	Sandy Spring, MD	31:49	89.17%
3	Blair, Patrick***	42	Catonsville, MD	32:35	83.84%
4	McCormick, Marty**	43	Arlington, VA	32:39	85.36%
5	Barresi, Matthew***	40	Palmyra, VA	33:22	81.82%
6	Renifo, Carlos	40	Fulton, MD	33:21	83.11%
7	James, Peter	40	Alexandria, VA	33:49	80.73%
8	Stern, Charles*	41	Silver Spring, MD	34:14	81.60%
9	Fox, Mike*	43	Bridgewater, VA	34:41	80.35%
10	Pirch, Christopher**	42	Spotsylvania, VA	35:09	82.49%

11	Qureshi, Ahmed***	41	Fairfax, VA	35:08	81.10%
12	Carroll, Ryan**	41	Chesapeake, VA	35:19	81.50%
13	Del Moral, Raul**	43	Alexandria, VA	35:26	82.43%
14	Jenkins, Jared**	42	Fredericksburg, VA	35:37	
15	Magar, Tanka****	41	Nottingham, MD	35:37	
16	Lynch, Cillian	44	Washington, DC	36:02	
17	Riesenberg, John*	43	Washington, DC	36:10	
18	Musher, Todd*	43	Bristow, VA	36:26	
19	Murguia, Ryan	40	Washington, DC	36:37	
20	Paplomatas, Alexander*	41	Washington, DC	36:51	
21	Greszler, Timothy	40	Bethesda, MD	36:55	
22	Richardson, Matthew*	43	Silver Spring, MD	36:55	
23	Funez, Elvin	41	Takoma Park, MD	38:02	
24	Rogers, Grady	40	Baltimore, MD	38:04	

45-49 Men

Pike's Peek 10K 32:50

Michael Wardian has always been fully capable of winning this division but like the two Davids, Wertz and Angell, who usually race **World Class**, he does not run often two qualifiers in the region. This spring, he blitzed in three qualifiers in just eight days. First, he reset his course record at the oldest Park Run 5K, Fletcher's Cove with a fine 16:33. Then, he finished second overall at the MCRRC Piece of Cake 10K in 34:31. Enough playing around, he went back to his favorite distance, finishing third overall at the B&A Trail Marathon in 2:33:27, ahead of third ranked Michael Mbagu (2:41:44). In early April, Mbagu won at the Sole for the City 10K in 35:08. Just so there would be no misunderstanding, Wardian torched the field at the Pike's Peek 10K in 32:50.

Fourth ranked Steve Monnier matched his two half marathon wins that included the B&A Trail Half Marathon in 1:17:31 with Anderson Norton's's two 5K wins. Norton's Night of PRs 5K in 16:51 gains him fifth place. The battle for sixth place was just as close. Seventh ranked Seth Siliciano won it all at the Runners Half Marathon of Reston in 1:21:37. Wilson Komen takes sixth place winning his age group at the Rock N Roll Half Marathon in 1:19:07. Komen ran the Credit Union Cherry Blossom 10M in 59:37 while Silciano ran the PNC Parkway Classic 10M, ahead of tenth ranked Jack Hunter, 59:25 to 1:01:19.

Besufikad Kidane was second overall at the Discover Columbia 10K in 36:14 for eighth place. Ninth ranked Jon Pattee ran the St. Michael's Run Festival Half Marathon in 1:21:21. He bolstered that with the Ringing in Hope 10K in 37:33. Eleventh ranked Lee Lindsay won four swift 5ks, including the Queens Lake 5K in 17:47.

This division increased a third to twenty-five qualifiers. Five runners, nine fewer than last spring produced at least National Class times (age grade 80% or better).

***After adding the Lawyers Have Heart events, David Wertz earned a second qualifier as third overall (15:59 – 5K). He was best winning at the Credit Union Cherry Blossom 10M in 54:47. Matthew Barnes benefited from his (37:35 – 10K) to move up a slot. However, he remains fifteenth place as Wertz was added in. ***

National Class times (80%) = 36:02 10K at age 45, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 32:02 10K at age 45, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Wardian, Michael*6	49	Arlington, VA	32:50	90.71%
2	Wertz, David**	47	Springfield	32:58	87.62%
3	Mbagu, Michael**	45	Baltimore, MD	34:42	81.31%
4	Monnier, Steve**	46	Catonsville, MD	35:10	81.23%
5	Norton, Anderson***	49	Blacksburg, VA	35:09	86.64%
6	Komen, Wilson*	45	Washington, DC	35:52	
7	Siliciano, Seth*	46	Potomac Falls, VA	35:45	
8	Kidane, Besufidad*	45	Laurel, MD	36:14	
9	Pattee, Jon*	45	Reston, VA	36:55	
10	Hunter, Jack*	45	Dulles, VA	36:54	
11	Lindsey, Lee****	48	Sandy Hook, VA	37:06	
12	Voelzke, Will**	46	Henrico, VA	37:35	
13	Tian, Qiang	47	Ellicott City, MD	37:54	
14	Kelman, Erin	46	Germantown, MD	37:36	
15	Barnes, Matthew**	45	Fairfax, VA	37:35	
16	Makovsky, Eric	49	Chesapeake, VA	37:53	
17	McGuire, Glen**	46	Christiansburg, VA	38:00	
18	O'Malley, EJ***	48	Stafford, VA	38:10	
19	Henrickson, Mark	45	Rockville, MD	38:18	
20	Aikman, Jonathan	45	Alexandria, VA	38:21	
21	Riley, Brett	47	Virginia Beach, VA	38:52	
22	Wyatt, Andrew	45	Lanham, MD	38:44	
23	Ma, Chung	48	Richmond, VA	38:42	
24	Oplinger, John***	45	Richmond, VA	39:09	
25	Cobb, Kenneth*	46	Ashburn, VA	39:20	

50-54 Men

Credit Union Cherry Blossom 10M 55:36, 10K = 33:27

With Alex Hetherington and Doug Mock moving on to the next division, it would seem the road was clear for the amazing Thomas Hicks to take a crown. He won at the Anthem Shamrock Festival Half Marathon in 1:17:49 again a very credible opponent, ninth ranked Toby Worm (1:21:56). Fifth ranked Alan Dixon could be a rival but his March event was the Rock N Roll Half Marathon in 1:20:27. Third ranked Jason Tripp has a crown or two in his resume and ran an excellent 17:09 at the Kelly's Shamrock 5K. Hicks would match that at the CHKD 5K in 17:07.

But a storm was brewing. Philippe Rolly arrived on the scene a little more than twenty years ago when the St. Patrick's Day race in Washington, DC was still a 10K. When he raced, he won. It was that simple. In the last few years, we have seen glimpses, always with wondrous times. He cut loose at the Credit Union Cherry Blossom 10M in a powerful 55:36 and it was going to be his crown to win. Dixon was next there in 1:00:55, followed closely by Tripp with 1:01:15. Then Rolly confirmed his placement with an excellent Pike's Peek 10K in 33:45. In 2006, Terry Permar set the event record with 39:42. Fourth ranked David Storper raced to the finish in 36:07. Remember, the course is no longer a pure point-to-point with a 195-foot drop. The opening quarter mile uphill is already enough to lose more than three seconds.

Hicks stormed back with an overall win at the Dismal Swamp 5M in 27:38 and a third overall at the Fallen Heroes 4M in 21:47 but for now he is the runner-up. Sixth ranked Jeff Harrington was third overall at the United Way 5K on the Runway in 17:41. Eighth ranked Ignacio Moore finished the Braveheart 5K in 17:53. Ninth ranked Yosuke Baba won the Frederick Half Marathon in 1:22:19.

Twenty-eight runners qualified for the division. The seven of the top eight runners producing National Class times (age grade 80% or better).

***After adding the Lawyers Have Heart events, just added more dominance for Philippe Rolly who won the 5K in 16:36 to own the three top qualifiers.

National Class times (80%) = 37:34 10K at age 50, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 33:23 10K at age 50, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K =	AG%
1	Rolly, Philippe***	50	McLean, VA	33:27	88.58%
2	Hicks, Thomas*****	51	Virginia Beach, VA	34:50	88.60%
3	Tripp, Jason**	50	Columbia, MD	35:46	86.07%
4	Storper, David***	50	Bethesda, MD	36:07	83.20%
5	Dixon, Alan****	51	Takoma Park, MD	36:30	81.69%
6	Harrington, Jeff****	53	Lynchburg, VA	36:53	85.39%

7	Worm, Toby*	50	Smithfield, VA	37:10	
8	Moore, Ignacio***	52	Blacksburg, VA	37:18	83.78%
9	Baba, Yosuke**	50	Baltimore, MD	37:21	
10	McNary, Bill**	50	Bethesda, MD	38:00	
11	McKee, Guian**	53	Charlottesville, VA	38:02	
12	Suhr, Timothy****	51	Williamsburg, VA	38:10	
13	Lee, Bronson**	50	Arlington, VA	38:28	
14	Bupp, Andrew*	51	Ashland, VA	38:30	
15	Bennett, Danny*	52	Dunkirk, MD	39:32	
16	Hopkins, Brian**	53	Hancock, ND	39:30	
17	Warner, Chip**	52	Severna Park, MD	39:40	
18	Matzke, Tom*	52	Forest, VA	39:42	
19	Ford, Gregg	51	Windsor Mill, MD	40:04	
20	Baier, Patrick*	50	Bethesda, MD	40:30	
21	Downie, Kevin****	50	Lorton, VA	40:36	
22	Miller, Jason*	53	Brambleton, VA	40:56	
23	Price, Jr., Bob**	51	Gaithersburg, MD	41:01	
24	Liu, Jiong	54	Columbia, MD	41:09	
25	Rubin, James*	51	Bethesda, MD	41:29	
26	Wang, Xuesong	53	Clarksville, MD	41:20	
27	Chasse, Craig**	54	Reston, VA	41:49	
28	Petrovskikh, Mikhail	51	Lutherville, MD	42:00	

55-59 Men

Light the Night 5K for Suicide Prevention 17:13, 10K = 35:55

Doug Mock waited until the last day of March to take over the division win an excellent second overall at the Light the Night 5K for Suicide Prevention in 17:13. Then he left the comfort of Howard County for big city Rockville and kicked cojones at the Pike's Peek 10K in 35:57. Fourth ranked Frank Perna was next in 37:45 followed closely by fifth ranked Akintunde Morakinyo (38:29). We had not seen much of last spring champion Pete Wergin but every runner gets dinged up a little from time to time. Wergin still managed seventh place with a very nice 38:58.

Miguel Sanchez Ruano snatched the runner-up spot with a marvelous Rock N Roll Half Marathon in 1:21:09. Then he fell off the face of the earth until the final weekend when he produced his second qualifier, a tepid MCRRC Memorial 4M in 27:26. Perhaps an injury? Former champion Alexander Hetherington came out a day after the half of Sanchez-Ruano to blitz the Yuengling Shamrock Festival Marathon in 2:53:30. He enjoyed it so much he did not realize he was too tired to race the Credit Union Cherry Blossom 10M two weeks later in 1:02:20, ahead of Morakinyo (1:04:59) and newbie Colin Philips (1:06:40) to take third place in the

division. Phillips is the ambassador to most successful of the local Park Run 5Ks. His event is held in College Park where he is raced 159 out of the 224 times the race has been held since 2016. He has volunteered there countless other times. He has four top three finishes in his seven attempts there this spring, including his best time of 18:39 on the final weekend.

Steve Menzies is one of the three top eight racers about ready to age up. Still, he managed to earn eighth place win five wins, including the Virginia Regional Ballet 5K in 19:00. The battle for ninth place was a near tossup. Tenth ranked David Phipps ran the ever so slighter faster half, winning the Annapolis Running Festival half Marathon in 1:28:35 to start the spring. By the end of the month, Paul Shifflett won the Charlottesville 10 Mile in 1:06:56, following that up with the Park to Park Half Marathon in 1:28:45 to take ninth place. David Phipps ran his 10 miler on the rolling hills of Edgewater at the Cherry Pit 10M in 1:08:21.

Again, twenty-seven runners qualified for the division. The top eight runners all produced **National Class** times (age grade 80% or better).

National Class times (80%) = 39:12 10K at age 55, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 34:51 10K at age 55, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Mock, Doug***	56	Ellicott City, MD	35:55	89.06%
2	Sanchez-Ruano, Miguel	55	Woodbridge, VA	36:49	83.94%
3	Hetherington, Alexander*	55	Vienna, VA	37:14	82.67%
4	Perna, Frank*	59	Bethesda, MD	37:45	86.09%
5	Morakinyo, Akintunde*	59	Columbia, MD	38:29	84.45%
6	Phillips, Colin*7	55	University Park, MD	38:54	82.22%
7	Wergin, Pete*	57	Gaithersburg, MD	38:58	81.91%
8	Menzies, Steve*****	59	Williamsburg, VA	39:38	83.33%
9	Shifflett, Paul**	55	Staunton, VA	40:16	
10	Phipps, David**	59	Perry Hall, MD	40:12	
11	Kane, Brian**	55	Hagerstown, MD	40:47	
12	Lemieux, Bruce**	58	Gaithersburg, MD	40:45	
13	Zuniga, Mario*	58	Front Royal, VA	41:28	
14	Marsh, John**	59	Falls Church, VA	41:19	
15	Ahern, Daniel*	57	Washington, DC	41:24	
16	Jacobson, Paul**	59	Gaithersburg, MD	41:41	
17	Economos, Jim	57	Arlington, VA	41:47	
18	Way, John****	57	Silver Spring, MD	42:12	
19	Ragin Sr., Rodney*	58	N. Chesterfield, VA	42:19	
20	Oddono, Jim	55	Richmond, VA	42:25	

21	Rippey, Brad**	57	Fredericksburg, VA	42:26
22	Amico, Joe	56	Glen Allen, VA	42:31
23	Aust, Joe*	57	Charlottesville, VA	42:40
24	Coppock, Lee	55	Charlottesville, VA	43:28
25	Dexter, Dennis	55	Forest, VA	43:34
26	Qi, Youlin	58	Laurel, MD	43:32
27	Chacon, Jhony	57	Henrico, VA	43:38

60-64 Men

Pike's Peek 10K 37:43   Mark Neff - age grade 87.76%

Hernan Garbini started easy in March with two 8K wins, including the TowneBank Shamrock Festival 8K in 31:57 that would have him hovering around ninth place. At the Credit Union Cherry Blossom 10M, he took command of the runner-up with a fine 1:04:59. Fourth ranked Mike Sinisi ran 1:06:52 with ninth ranked Scott Brown coming home in 1:08:21. Then Garbini popped a fantastic Ukrops Monument Avenue 10K in 39:17. Next, he threw in a couple of his favorites, the half marathon, to own four of the seven best events. His Marine Corps Historic Half Marathon in 1:27:41 topped eleventh ranked Craig Hymes (1:32:15).

Sixth place goes to speedster Layne Party, winning the Billy Korrow 5K in 19:42. He had already finished second at the Pike's Peek 10K in 40:29 to course age group record holder Mark Neff (37:43). Third ranked Robert Whitaker is a 5K specialist with five sub-20:00 races among his eight for eight track record at races. His best race was the Virginia Fire Chiefs 5K in 19:07. He also boasted the goods at the Run for the D. O. G. 5K in 19:19, ahead of tenth ranked Jon Leiding (19:56). Fifth ranked Chris Northrup won all five of his races that included four Park Run 5Ks, His best race by far was at the Apple Blossom 10K in 40:30.

Tim Coady won four of his five races with his best by far being the Breeze 5K in 19:36, earning him eighth place. Just ahead of him in seventh place, Ian Harrison won at three different distances including the Charlottesville 10 Mile in 1:08:03. Twelfth ranked Kevin D'Amanda is a regular feature at the Kensington Park Run 5K. His best of eight wins was a third overall 20:07. Thirteenth ranked Phil Shields was top grandmaster at the Charlottesville 10 Mile in 1:09:52.

With sixty qualifiers, the numbers are back to pre-pandemic. The top ten runners all earned National Class times (age grade 80% or better).

***After adding the Lawyers Have Heart events, Mark Neff earns his second qualifier (18:42 – 5K). He won the division with his Pike's Peek 10K in 37:43. Thomas Halkowski earns his second qualifier (21:24 – 10K) to take nineteenth place. Jack Kammerer adds his tenth win and best of twelve events (45:36 – 10K) to move into 34th place. ***

National Class times (80%) = 41:00 10K at age 60, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 36:27 10K at age 60, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Neff, Mark	61	Derwood, MD	37:43	87.76%
2	Garbini, Hernan*6	61	Charlottesville, VA	39:06	84.26%
3	Whitaker, Robert*8	64	Yorktown, VA	39:53	86.40%
4	Sinisi, Mike*	62	Springfield, VA	40:14	82.10%
5	Northup, Chris*****	60	Manassas, VA	40:30	80.99%
6	Party, Layne**	63	Towson, MD	40:29	83.33%
7	Harrison, Ian**	63	Crozet, VA	40:57	81.46%
8	Coady, Timothy****	63	Danville, VA	40:53	82.82%
9	Brown, Scott*	64	Ashburn, VA	41:08	81.88%
10	Leiding, Jon****	60	Virginia Beach, VA	41:35	80.10%
11	Hymes, Craig	60	Annandale, VA	41:51	
12	D'Amanda, Kevin*9	61	Bethesda, MD	41:58	
13	Shields, Phil**	60	Salisbury, MD	41:59	
14	Hobeck, Steve	63	Ruckersville, VA	42:01	
15	Berardi, Dave	62	Gwynn Oak, MD	42:13	
16	Alberg, Ken	62	Suffolk, VA	42:08	
17	McLaughlin, Terry*9	62	Spotsylvania, VA	43:17	
18	Spalding, RJ***	60	Gaithersburg, MD	43:50	
19	Clem, William*	63	Bethesda, MD	44:17	
20	Halkowski, Thomas	60	Arlington, VA	44:38	
21	Ryan, Christopher	64	Washington, DC	44:48	
22	Adams, Mark*	63	Gaithersburg, MD	44:54	
23	Worford, Peter	64	Midlothian, VA	44:55	
24	Daugherty, Brian***	63	Edgewater, MD	44:47	
25	Jung, Bok Sung*	62	Olney, MD	44:57	
26	Williams, Michael*	60	Richmond, VA	44:57	
27	Edson, Jim*	64	Linden, VA	44:53	
28	Volinsky, John*	62	Winchester, VA	44:55	
29	Baranowski, Aaron*	62	Virginia Beach, VA	45:11	
30	Horan, Marty	63	Bethesda, MD	45:04	
31	Collins, Timothy	62	Williamsburg, VA	45:01	
32	Rawley, Lloyd*****	62	Greenbelt, MD	45:16	
33	Burke, Thomas*	64	California, MD	45:15	
34	Mainieri, Ronnie	60	Vienna, VA	45:28	
35	Kammerer, Jack*10	60	Washington, DC	45:36	
36	Perez, Orlando*	61	Newport News, VA	45:37	

37	Weaver, Richard	64	Charlottesville, VA	45:54
38	Shapiro, Paul	60	Baltimore, MD	46:04
39	Zeidler, Jon*	60	Washington, DC	46:13
40	Colgan, Kent*	62	Forest, VA	46:25
41	Talbert, Steve*	61	Seaford, VA	46:23
42	Quinn, Kevin	62	Centreville, VA	46:23
43	Biddle, Robert	63	Annapolis, MD	46:32
44	Ratcliff, John	64	Falls Church, VA	46:30
45	Hardison, Mark*	61	Vienna, VA	46:31
46	Gumpman, Glenn	62	Lynchburg, VA	46:31
47	Kim, Ike**	61	Ellicott City, MD	47:14
48	Burrier, Randy*	64	Roanoke, VA	47:15
49	Shroyer, Kevin**	63	Forest, VA	47:27
50	Smith, Duncan*	64	Cockeysville, MD	47:31
51	McShea, Patrick**	63	Virginia Beach, VA	47:59
52	Bruce, Walt	61	Yorktown, VA	47:59
53	Schimdt, Bret	64	Fredericksburg, VA	48:01
54	Brondos, Peter*	63	Alexandria, VA	48:22
55	Cynkin, Larry***	60	Chevy Chase, MD	48:32
56	Cerny, Mark	62	Midlothian, VA	48:41
57	Robinson, Tom	64	Williamsburg, VA	49:18
58	Walker, Arthur	62	Chesapeake, VA	49:25
59	Levengard, Jack*	60	Rockville, MD	49:26
60	Kovar, Jeffrey	64	Washington, DC	49:40

65-69 Men

Fallen Heroes 4M 25:14, 10K = 40:21

Paul Beers started the season the best way you can by taking down your main challenger to another crown when he best Pete Gibson at the TowneBank Shamrock Festival 8K, 32:06 to 32:55. Still in April, his Ukrops Monument Avenue 10K in 44:54 was a little underwhelming, albeit a victory as the 29th best race among qualifiers and four minutes slower than last year Gibson kept hammering away and owned six of the top seven times, along with seven wins. His Run for the D. O. G. 5K in 19:35 was virtually unchallenged with ninth ranked Richard Grant closest in 21:32. At the Queens Lake 5K, he showed out at 19:41. Grant was 21:48. Gibson trimmed his 8K down at the Yorktown Freedom 8K to 32:38 and owned the fastest 10K, racing the Yorktown Victory 10K in 41:31. When Beers cracked the top twenty time among races with his Hustle for the Homeless 5K in 20:44,Gibson quickly answered back with the division's best event, winning the Fallen Heroes 4M in 25:14 and he takes the crown.

Third ranked Peter Merrill cleared away several racers at the Credit Union Cherry Blossom with a fine 1:11:53. Eighth ranked Ted Lutterman ran 1:13:28, ahead of Michael Kearney (1:14:26) and ninth ranked Bill Loomis (1:14:49). Kearney had matched Lutterman exactly with his Forest of Needwood 5M in 35:03 in March. Then he moved past him into sixth place in May, winning the Antietam Brewery 5K in 20:26. Merrill would need a wonderful win at the Pike's Peek 10K in 41:48 to stay ahead of former champion Maurice Pointer who won the Kelly's Shamrock 5K in 20:23 early. Later Pointer would win the Billy Korrow 5K in 20:08 to hold down fourth place.

Fifth ranked Preston Evans was right in the mix, winning the Spring into your Step 5K in 20:21. He also added a solid Memorial 10K in 43:27. Seventh ranked Manuel Rivera continues to own the first of the local Park Run 5Ks, Fletcher's Cove. His best of four wins was in 20:54.

The division numbers eased back to just thirty-five qualifiers as some of the favorites aged up to the next division. The top seven runners all earned National Class times (age grade 80% or better).

National Class times (80%) = 42:59 10K at age 65, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 38:12 10K at age 65, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Gibson, Pete*7	67	Murfreesboro, NC	40:21	87.65%
2	Beers, Paul***	66	Roanoke, VA	40:44	84.94%
3	Merrill, Peter**	68	Bethesda, MD	41:48	84.69%
4	Pointer, Maurice***	67	Baltimore, MD	42:00	84.19%
5	Evans, Preston***	66	Madison Heights, VA	42:27	82.56%
6	Kearney, Michael****	67	Mount Airy, MD	42:37	82.95%
7	Rivera, Manuel*6	67	Washington, DC	43:36	81.10%
8	Lutterman, Ted	65	Potomac, MD	44:12	
9	Grant, Richard*	69	Suffolk, VA	44:18	
10	Loomis, Bill	69	Silver Spring, MD	44:59	
11	Chall, John*	65	Crownsville, MD	45:14	
12	Schultz, Scott**	66	Winchester, VA	45:50	
13	Isaac, Luther	69	Bowie, MD	46:27	
14	Abelt, Chris***	66	Williamsburg, VA	46:46	
15	Lovegrove, David**	66	Fredericksburg, VA	47:23	
16	Pope, Daniel*	67	Midlothian, VA	47:43	
17	Myles, Bruce**	69	Montgomery Village, MD	48:03	
18	Wriston, Dave*	67	Lynchburg, VA	48:05	
19	Barry, Tom*	65	Williamsburg, VA	48:44	

20	Zawadzki, Michael**	67	Boyce, VA	48:45
21	Vickers, Gregory	65	Alexandria, VA	48:41
22	Donahue, Joseph*	68	Vienna, VA	48:42
23	Bahouth, John*	66	Charlottesville, VA	49:22
24	Moxley, Thomas	66	Churchville, MD	50:22
25	English, Rick	67	Glen Allen, VA	50:40
26	Rose, Elliott	65	Richmond, VA	50:30
27	Wyatt, Donnie*	69	Hampton, VA	50:56
28	Royle, David**	68	Washington, DC	50:52
29	Gage, Doyle**	67	Williamsburg, VA	51:09
30	Bousel, Paul**	69	Alexandria, VA	51:09
31	Berg, Bruce	65	Fredericksburg, VA	51:12
32	Arbogast, Allan*	67	Crofton, MD	51:22
33	Dunbar, Terence*	65	Washington, DC	51:40
34	Helis, James	65	Alexandria, VA	52:22
35	Heimer, Tony	65	Chesapeake, VA	52:36

70-74 Men

Credit Union Cherry Blossom 10M 1:13:14, 10K = 44:04

It is going to a raging battle between Alan Pemberton and Eugene Myers. With Pemberton coming off a brilliant winter, Myers got the drop on him at the Rock N Roll Half Marathon, 1:38:38 to 1:39:10. Two weeks later Pemberton pushed back into the lead at the Credit Union Cherry Blossom 10M in 1:13:14, ahead of third ranked Bob Burns (1:18:02). Myers took down Burns at Pike's Peek, 44:39 to 45:41 but fell just short of the title. Fourth ranked Bill Hart did the double, racing a National Class time at the TowneBank Shamrock Festival 8K in 378:16. The next day he took down the Anthem Shamrock Festival Half Marathon in 1:45:01.

Seventh ranked Steve Sharpe owned the second fastest half, racing the St. Michael's Run Festival Half Marathon in 1:47:36. He likes the long and the short, racing the Main Street Mile in 6:05. Sixth ranked Jim Duffy busted just enough power with his best of four wins at the Run for the D. O. G. 5K in 23:26. Fifth place former champion Dan Eddy was rocking at the Anacostia Park Run 5K on consecutive weeks in 22:53 and 22:58.

Eighth ranked Larry Washington has been thrashing the competition at the Park Run 5K in College Park for years. His best race was in 24:05. Scott Busby never met a 10K he did not like, winning six of them in the spring. His best race was the St. Patrick's Leprechaun 10K in 50:17Tenth place goes to the younger have of the Morgan boys (Rick) who cruised home at the Apple Blossom 10K in 50:43. Last Spring's champion, Paul Ryan was not on the injured list. He was away on an extended vacation. His first race back was a win at the Anacostia Park Run 5K in 24:09 to take eleventh place.

The division delivered thirty-three qualifiers.

***After adding the Lawyers Have Heart events, fifth ranked Dan Eddy added another win (23:37 – 5K) Jeff Godwin earned his second qualifier (55:19 – 10K). He was even faster at the Pike's Peek 10K in 54:39 to take 24th place. ***

National Class times (80%) = 45:11 10K at age 70, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 40:10 10K at age 70, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Pemberton, Alan	70	Silver Spring, MD	44:04	81.18%
2	Myers, Eugene**	70	Columbia, MD	44:39	80.96%
3	Burns, Bob*	71	Columbia, MD	45:41	
4	Hart, Bill****	74	Virginia Beach, VA	47:17	81.13%
5	Eddy, Dan****	72	Alexandria, VA	47:44	
6	Duffy, Jim****	71	Poquoson, VA	48:53	
7	Sharpe, Steve***	71	Westminster, MD	48:49	
8	Washington, Larry*****	72	Rockville, MD	50:14	
9	Busby, Scott*7	70	Spotsylvania, VA	50:17	
10	Morgan, Richard**	71	Berkeley Springs, WV	50:43	
11	Ryan, Paul***	72	Arlington, VA	50:23	
12	Clemmons, Glenn*	70	Ashburn, VA	51:17	
13	Lopez, Felix*7	70	Lynchburg, VA	51:17	
14	Arey, Christopher*	72	Fredericksburg, VA	51:50	
15	Grayson, Harrison**	71	Upper Marlboro, MD	52:06	
16	Rogers, Ron*	71	Roanoke, VA	52:01	
17	Deviese, James	71	Yorktown, VA	52:38	
18	Loney, Michael*	72	Silver Spring, MD	52:31	
19	Abrahamson, Dale**	74	Yorktown, VA	52:47	
20	Davidson, Graham***	73	Washington, DC	53:09	
21	McCarthy, Patrick*	73	Baltimore, MD	53:14	
22	Verdirame, Joseph**	73	Suffolk, VA	53:39	
23	Gray, John*	70	Staunton, VA	54:01	
24	Godwin, Jeff	71	Rockville, MD	54:39	
25	Wills, John	70	Virginia Beach, VA	54:37	
26	Prouty, Robert***	70	Washington, DC	55:52	
27	Rantanen, Robert	71	Virginia Beach, VA	55:48	
28	Miller, Craig	70	Bedford, VA	57:51	
29	Ridout, Edwin	73	Stafford, VA	57:56	
30	Thompson, Ronald*	73	Petersburg, VA	58:33	

31	Patterson, John**	72	Gaithersburg, MD	58:45
32	Saunders, Larry*	70	Charlottesville, VA	59:04
33	Leach, Ben	70	Virginia Beach, VA	59:52

75-79 Men

Run for the D. O. G. 5K 25:50, 10K = 53:53

Twelfth ranked Rich Potter bookended the period with strong running. He got things underway, winning the iconic Forest of Needwood 5M in 49:39. Then in May in bolstered his creeds with a fine Frederick Half Marathon in 2:17:21. Soon after Rich was in a terrible biking accident and is currently recovering in the hospital. All of his many running friends are hoping and praying for his successful return.

Ken Mitchell takes another title with five wins, including the best race, a triumph over fifth ranked Sheldon Langston at the Run for the D. O. G. 5K, 25:50 to 27:24. A week later runner-up the second best of his five victories at the Buzzy's Run for Research 5K in 26:51. That was a tad behind Mitchell's third best venture, the Virginia Regional Ballet 5K in 26:49. Then the following month, Mayhew nearly caught Mitchell with a speedy 25:53 at the Valor 5K. Mitchell added the third best event, the in Honor of 5K in 26:03 to bolster his claim.

Third ranked Jonathan Cannon took the longer approach. He currently has the fastest 10K and half marathon raced for the year. His Park to Park Half Marathon was wonderful at 2:03:52. He earned his spot as the fastest *local* runner at the 10 mile, racing in Charlottesville in 1:32:38. Fourth ranked Bert Dominguez posted a solid Pike's Peek 10K in 57:13. What put him right of Cannon's heels was a marvelous Antietam Brewery 5K in 26:48.

Sixth ranked William Vislay made his move in the waning days of the spring racing the Ringing in Hope 5K in 27:41. Longtime racer Williams Scott has found new life in the new division, roaming the streets of DC at the Race for Hope 5K in 28:22, to take seventh place. Eight ranked Ronnie Wong usually gets in about seven or eight races each month and nobody has more marathon finishes. The spring he earns his position with the fastest of five 5K wins, the Kelly's Shamrock 5K in 29:09.

The next three racers are impossibly close. Ninth ranked Russell Rosenberger wins at the largest 5K (Cherry Blossom) in 29:24. Tenth ranked Art Gregory matches that exactly finishing first at the Springburst 10K in 1:01:20, just two hundredths of a second ahead of his age group challenger. Then a week later Ron Worthington runs the Joe & Sue Moore Memorial Scholarship 5K in 29:25. Rosenberger added the next best event, the in 30:40, while Worthington ran the Yorktown Freedom 8K in 51:01. The indefatigable Gregory had four more events

but the cross-country Wild Trail 5K in 36:45 that had some runners doubling their normal 5K times.

Forty-six runners qualified for the division more than three times the number in the women's division.

National Class times (80%) = 48:28 10K at age 75, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 43:04 10K at age 75, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	**Mitchell, Kenneth*******	**78**	**Williamsburg, VA**	**53:53**	**76.77%**
2	Mayhew, Ed*****	77	Winchester, VA	54:00	
3	Cannon, Jonathan**	78	Earlysville, VA	55:44	
4	Dominguez, Bert*	75	Gaithersburg, MD	55:54	
5	Shelton, Langston*	76	Williamsburg, VA	57:09	
6	Vislay, William**	77	Ashburn, VA	57:45	
7	Scott, William****	75	Seabrook, MD	59:10	
8	Wong, Ronnie*****	76	Catonsville, MD	1:00:48	
9	Rosenberger, Russell**	77	Clifton, VA	1:01:20	
10	Gregory, Art***	79	Jefferson, MD	1:01:20	
11	Worthington, Ron	79	Bena, VA	1:01:22	
12	Potter, Rich*	76	Middletown, MD	1:02:19	
13	Schauer, Francis	78	Alexandria, VA	1:02:56	
14	Plank, Jeffrey**	75	Scottsville, VA	1:03:28	
15	Keatley, Danny**	76	White Sulphur Spring, WV	1:03:25	
16	Snyder, Frank*10	79	Gaithersburg, MD	1:03:35	
17	Steiner, John	75	Lusby, MD	1:03:45	
18	Jones, Jeff***	75	Maugansville, MD	1:04:33	
19	Cook, Randy*	75	Norfolk, VA	1:04:57	
20	Kellum, Ronald***	79	Hampton, VA	1:05:23	
21	Rooney, Frank*	76	Arlington, VA	1:05:07	
22	Talkington, Doyle*****	76	Haymarket, VA	1:05:53	
23	Lovell, Carroll Frank*	76	Roanoke, VA	1:06:39	
24	Daly, Mike	76	Williamsburg, VA	1:08:09	
25	Sisson, George**	75	Owings, MD	1:08:14	
26	Chadim, William****	76	Midlothian, VA	1:08:36	
27	Hawthorne, Randy	77	Williamsburg, VA	1:08:35	
28	Mounts, Everett	78	South Boston, VA	1:08:57	
29	Stone, Mike	77	Charlottesville, VA	1:09:29	
30	Deger, David	75	Arnold, MD	1:10:55	
31	Sushinsky, George*	76	Rockville, MD	1:11:43	

32	Dyer, Ben*	79	Toano, VA	1:12:04
33	Cleva, Gregory**	76	Falls Church, VA	1:12:44
34	Moon, Richard	76	Charlottesville, VA	1:13:41
35	Woith, Steve	77	Prince George, VA	1:15:59
36	Young, Nick*6	75	Arlington, VA	1:16:15
37	Lydecker, Ryck	78	Stephens City, VA	1:19:27
38	Gadbaw, Michael	75	Potomac, MD	1:19:28
39	Titus, Mark	75	Towson, MD	1:19:37
40	White, George	76	Williamsburg, VA	1:19:49
41	Starnes, Jack*	79	Wise, VA	1:20:36
42	Unglesbee, Dennis	77	Olney, MD	1:20:58
43	Harrah, Dave	76	Virginia Beach, VA	1:24:39
44	Quirk, Rory	79	Washington, DC	1:26:12
45	Means, John*	78	Hagerstown, MD	1:26:48
46	Lvovskyi, Igor*	78	Derwood, MD	1:29:42

80-84 Men

Credit Union Cherry Blossom 10M 1:28:10, 10K = 53:03

Park Run are very popular and to be sure fourth ranked Ron Chiariello won ten of them with his best race a very solid 30:31. He also added four MCRRC victories but they were on tough cross-country course for the most part. Now for the primer earning top rankings with the exception of the Kelly's Shamrock 5K you need to go long at least a 10K and even better a 10M or a half marathon. Here in the metro area top dog status is earned at the Credit Union Cherry Blossom or at the Pike's Peek 10K. Our champion did both. Harold Rosen raced a powerful 55:06 to best runner-up Malcolm O'Hagan's 1:02:00. Both runners improved at the 10 miler with Rosen boasting an excellent 1:28:10. O'Hagan giving away three years finished well in 1:36:39. Both runners having nearly National Class times. Third ranked Joe Green also only raced twice but he added two to the six pack of times ahead of Chiariello. Greene ran best at the Stafford Hospital 5K in 30:06.

For those a little further south of DC, the big dog is the Ukrops Monument Avenue 10K. Jimmy Gates upset former champion Ben Dyer to take fifth place, 1:07:18 to 1:07:38. The second most competitive 5K is the Run for the D. O. G. 5K and Dyer provided a 33:09 to confirm sixth place. Gates started the season, running the Run High Bridge 5K I 32:43. From Lynchburg, seventh ranked distributed a couple sold 5K, led by the St. Paddy's 5K in 36:04, Eighth place goes to Stan Neumann, a former champion gearing up for the next division. He ran the Keep Punching 5K in 36:19.

The division increased again to sixteen qualifiers. There were sixty-three runners that only ran a single event compared to sixty-three races among the sixteen qualifiers.

National Class times (80%) = 53:37 10K at age 80, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 47:40 10K at age 80, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	**Rosen, Harold****	**80**	**Potomac, MD**	**53:03**	**79.75%**
2	O'Hagan, Malcolm***	83	Chevy Chase, MD	58:09	78.74%
3	Greene, Joe*	80	Fredericksburg, VA	1:02:47	
4	Chiariello, Ronald*14	84	Rockville, MD	1:03:39	
5	Gates, Jimmy*	81	Rice, VA	1:07:18	
6	Dyer, Ben*	80	Toano, VA	1:07:38	
7	Callahan, Robert*	80	Forest, VA	1:15:14	
8	Neumann, Stan****	84	Lutherville Timonium, MD	1:15:45	
9	Witlin, Michael***	80	Oak Hill, VA	1:17:57	
10	Ord, Keith*	80	Potomac, MD	1:19:43	
11	Panizza, Antonio	84	Reston, VA	1:27:28	
12	Balto, Art	83	Baltimore, MD	1:32:12	
13	St. Clair, Bailey**	84	Glen Arm, MD	1:33:57	
14	Bayrer, Ralph**	83	Washington, DC	1:35:11	
15	Walsh, Tom	80	Norfolk, VA	1:37:31	
16	Wycherly, Alan*8	80	Annapolis, MD	1:40:39	

85-89 Men

Forest of Needwood 5M 50:12, 10K = 1:03:18

John Clarke took on the Forest of Needwood 5M on the first day. The rolling course has a monster mile four and he bounded to the tape in a spectacular 50:12. Thomas Spasojevich has the next seven best events. He saved his best of seven Deep Run Park Run 5Ks for the final weekend with a very nice 31:54. Still, he had his best race, running the Ukrops Monument Avenue 10K in 1:06:12. It was still a ways from Clarke's race but Clarke would need that second qualifier to confirm the crown. He did so in the longest race by a factor of more than two, winning the Frederick Half Marathon in 2:42:42. Only three other racers ran as far as a 10K.

After these two titans, Matthew Kirchoff stands alone in third place with his Roaring Lion 5K in 36:17. Fourth ranked James Fratino showed us a fine Crossroads Community 5K in 40:40. In sixth, Michael McKee was best at the

Virginia Institute of Autism 5K in 43:47. Seventh ranked John Noble prefers the Park Run 5K at Fletcher's Cove, racing there best in 43:54 to close on McKee. Eighth ranked Michael Leonard goes to Kensington for his Park Run with a best time there in 45:21. Eleventh ranked Michael McClellan can be seen racing in College Park with a best Park Run 5K time of 52:11.

In between, Bernie Friedland ran 46:27 at the Sarfan Center Superhero 5K to take the ninth position ahead of tenth ranked Ken Quincy who ran best at the Healthy Strides Community 5K in 46:34.

The division nearly doubled with twenty qualifiers.

***After adding the Lawyers Have Heart events, Alan Morrison earned a qualifier (1:30:24 – 10K) to take fifth place.

National Class times (80%) = 1:01:52 10K at age 85, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 55:00 10K at age 85, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	**Clarke, John***	**85**	**Woodsboro, MD**	**1:03:18**	**78.52%**
2	Spasojevich, Thomas*8	85	Henrico, VA	1:06:12	
3	Kirchoff, Matthew*	85	Adamstown, MD	1:15:41	
4	Fratino, James*	89	Queenstown, MD	1:24:50	
5	Morrison, Alan	85	Washington, DC	1:30:24	
6	McKee, Michael**	85	Charlottesville, VA	131:20	
7	Noble, John***	85	Rockville, MD	1:31:35	
8	Leonard, Michael****	85	Silver Spring, MD	1:34:36	
9	Friedland, Bernie*	85	Suffolk, VA	1:36:54	
10	Quincy, Ken*	85	Vienna, VA	1:37:08	
11	McClellan, Michael*6	85	College Park, MD	1:08:51	
12	Becker, John	85	Henrico, VA	1:52:35	
13	Thiel, Hank	86	Hunt Valley, MD	2:01:06	
14	Conn, Jr., Harry	85	Powhatan, VA	2:03:42	
15	Rider, Alan*	87	Reston, VA	2:10:29	
16	Scriba, Leroy	86	Stevensville, MD	2:18:35	
17	Fine, Andrew	86	Virginia Beach, VA	2:31:28	
18	Word Sr., Rodney	87	Richmond, VA	2:32:55	
19	Nickerson, Richard	86	Powhatan, VA	2:46:00	
20	Pasqualino, Phliip	86	Virginia Beach, VA	3:15:11	

90 & Older Men

Credit Union Cherry Blossom 10M 3:16:11, 10K = 1:58:02

George Yannakakis continued his long-distance running ways at the Credit Union Cherry Blossom 10M in 3:16:11. It was his thirtieth time racing the event. He has won his age group 14 times, including the last eleven in a row.

National Class times (80%) = 1:15:50 10K for 90-94, at age 90; 1:42:57 10K for 95 and older, at age 95, other distances can be higher or lower. Older ages in the division (s) will be higher.
World Class status (90%) = 1:07:34 10K for 90-94, at age 90; 1:31:30 10K for 95 and older, at age 95, other distances can be higher or lower. Older ages in the division (s) will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Yannakakis, George*	91	Towson, MD	1:58:02	54.76%

Open Women

Credit Union Cherry Blossom 10M 53:25, 10K = 32:06   Susanna Sullivan – age grade = 92.61%

The Credit Union Cherry Blossom 10M produced another division winner as Sophia King was seventeenth at the World Class event in 56:12. The top four runners just missed a World Class time that was garnered again by former champion Susanna Sullivan (53:26) who again this spring ran only one local qualifier. Runner-up Hannan Cocchiaro was tops in her age group with 58:53. Cocchiaro earns her placement taking down ninth ranked Mary Reiser, winning it all in 16:40 at the Kelly's Shamrock 5K. Reiser also won the Sole for the City out right in 35:50, ahead of twentieth place Kristen Gray (37:10). And yet she was not her best at the Credit Union Cherry Blossom 10M in 1:00:18 and allowed some others to move past her. That included Mindy Mammen (59:04) in seventh place and Laurel Le Moigne in eighth place with 59:59.

Mammen, who won it all at the PNC Parkway Classic 10M in 59:06, gets by Le Moigne with the first 10M and Le Moigne gets by Reiser with her overall win at the Anthem Shamrock Festival Half Marathon in 1:18:05, besting tenth ranked Ainsley Jacobs (1:18:15) who was second overall and eleventh ranked Alyssa Taylor (1:19:20). Libby Davidson was finished in 1:21:51 and twenty-fourth place Melissa Assalone ran home in 1:22:47.

Third ranked Ave Grosenheider was superb winning it all at the Shamrock RCA 5K in 16:28. She have some issues with longer events, finishing the Credit Union Cherry Blossom 10M in 1:03:09. She ran the Ukrops Monument Avenue 10K in a pleasant 38:46 but her 5K was enough to get her past sixth ranked Elizabeth Chikotas (35:21) and Jacobs (35:34). Sixteenth ranked Caroline Robelen ran the

big 10K in 37:24. Chikotas was second overall at the Charlottesville 10 Mile in 1:00:02.

Masters champion Julia Roman-Duval is granted the fourth spot with her overall win at the Pike's Peek 10K in 35:14 with fifth ranked Alexandra Carrizales right behind her in 35:19. Back at the Credit Union Cherry Blossom 10M, they finished in a rush with twelfth ranked Rachel Cluett (1:00:03) a couple strides ahead of thirteenth ranked Davidson (1:00:09) and soon to be a master runner, Cindy Anderson in (1:00:13) who was fourteenth place. Then came one of the division's three **World Class** runners. Perry Shoemaker, 51, takes down the American Record in 1:00:26 to garner fifteenth place. Eighteenth ranked Jennifer Paul edges twenty-third place Nilani Duarte, 1:01:59 to 1:02:06 as well as twenty-fifth palace Luisa Whittingham (1:02:18). She did not best twenty-first place Liz Ozeki (1:01:45) but got ahead of Ozeki with a fine Rock N Roll Half Marathon in 1:21:36

Maria Grace beat all the men as well on her way to seventeenth place, winning the Dismal Swamp Marathon in 2:52:27. Winning the Heppe Chiropractic 15K in 57:09 bought Natalie Daniels nineteenth place. Ida Oesteraas won it all at the Sarfan Center Superhero 5K in 17:49 to take twenty-first place

The division is again monster with ninety qualifiers. Thirty-nine qualifiers made at least a **National Class** or better time, three with **World Class**. Thirty-six came from other divisions. We have noted the exact age graded times for all racers from other divisions.

***After adding the Lawyers Have Heart events, Sabrina Zator (36:53 – 10K) moves up from 43rd place to 23rd place. Maura Carroll earns a second qualifier (37:45 – 10K) and earns 29th place with her Credit Union Cherry Blossom 10M in 1:02:25. That was just ahead of 30th place Adrienne Glasheen (1:02:27) who earned her second qualifier at Lawyers Have Heart, winning it all at the 5K in 18:28. Trillium Chang made 50th place with her Credit Union Cherry Blossom 10M in 1:04:28. Her second qualifier was the Lawyers Have Heart (39:25 – 10K). Carolyn Yang earned a second qualifier (39:43 – 10K), Carolyn Moody ran (40:11), and Lyndsay Wilkins ran 40:16. Wilkins ran an excellent Anthem Shamrock Festival Half Marathon in 1:26:35 take 60th place. Yang takes 70th by besting 71st Moody. Moody would add a marvelous Rock N Roll Half Marathon in 1:27:55. Yang would win it all at the Van Metre 5K in 19:19. ***

National Class times (80%) = 37:55 10K, other distances can be higher or lower.
World Class status (90%) = 33:42 10K, other distances can be higher or lower.

Pl	Name	Age	Hometown	10K=	AG%
1	King, Sophia	27	Chesterfield, VA	33:46	89.17%
2	Cocchiaro, Hannah*	31	Baltimore, MD	34:42	88.60%
3	Grosenheider, Ave*	26	Richmond, VA	34:21	89.68%
4	Roman-Duval, Julia*	40	Columbia, MD	35:14	88.65%

5	Carrizales, Alexandra*	27	Columbia, MD	35:21	85.81%
6	Chikotas, Elizabeth	27	Harrisonburg, VA	35:19	85.89%
7	Mammen, Mindy*	39	Woodbridge, VA	35:30	85.92%
8	Le Moigne, Laurel**	37	Springfield, VA	35:17	84.99%
9	Reiser, Mary*	28	Riva, MD	35:11	87.38%
10	Jacobs, Ainsley	23	Towson, MD	35:22	82.29%
11	Taylor, Alyssa*	27	Owings Mills, MD	35:51	82.18%
12	Cluett, Rachel*	35	Garrett Park, MD	36:05	83.01%
13	Davidson, Libby	23	Washington, DC	36:09	82.04%
14	Anderson, Cindy*	39	Chesapeake Beach, MD	36:11	84.28%
15	Shoemaker, Perry*	51	Vienna, VA	36:29	93.57%
16	Robelen, Caroline*	24	Glen Allen, VA	36:47	80.62%
17	Grace, Maria*	32	Hampton, VA	36:52	
18	Paul, Jennifer	35	Washington, DC	36:52	80.70%
19	Daniels, Natalie***	31	Fredericksburg, VA	37:10	80.43%
20	Gray, Kristen	29	Columbia, MD	37:10	81.61%
21	Ozeki, Liz***	34	Rockville, MD	37:07	80.49%
22	Zator, Sabrina**	28	Arlington, VA	36:53	82.24%
23	Oesteraas, Ida**	29	Virginia Beach, VA	37:06	82.88%
24	Duarte, Nilani*6	35	Fairfax, VA	37:19	80.61%
25	Assalone, Melissa	32	Richmond, VA	37:24	
26	Whittingham, Louisa*	24	Arlington, VA	37:26	
27	Staats, Anna	23	Arlington, VA	37:27	
28	Peterson, Hanna**	29	Williamsburg, VA	37:26	82.11%
29	Mazur, Ann***	37	Charlottesville, VA	37:32	81.09%
30	Carroll, Maura	34	Arlington, VA	37:32	80.71%
31	Glasheen, Adrienne	43	Aldie, VA	37:33	83.98%
32	Wright, Haley	24	Boonsboro, MD	37:41	80.50%
33	Heasman, Claire**	48	Frederick, MD	37:47	88.62%
34	Westbrook, Tiel	29	Richmond, VA	37:48	
35	Little, Sabrina	36	Newport News, VA	37:49	82.02%
36	Lewis, Joy*	38	Columbia, MD	38:08	81.69%
37	Stephenson, Jennifer	25	Baltimore, MD	37:59	
38	Brillante, Frankie*	30	Arlington, VA	38:13	
39	Johnson, Kaitlyn	29	Washington, DC	38:11	
40	Blackstone, Meghan*	29	Nokesville, VA	38:14	
41	Spector, Bethany**	33	Virginia Beach, VA	38:22	
42	Ebert, Alisha**	31	Blacksburg, VA	38:19	
43	Baage, Silvia	42	Reston, VA	38:23	81.05%
44	Lambkin, Mary	35	Vienna, VA	38:19	
45	Flichum, Hannah	26	North Potomac, MD	38:25	
46	Luke, Rayanne	29	Baltimore, MD	38:29	

47	Rogers, Jessica*	23	Bel Air, MD	38:31	
48	Sharp, Alexis	36	Glen Allen, VA	38:35	
49	Digregorio, Megan***	34	Baltimore, MD	38:48	
50	Chang, Trillum	28	Washington, DC	38:46	
51	**Breindel, Tressa**	**44**	**Richmond, VA**	**38:52**	**82.72%**
52	Boyle, Natalie*	23	Chester, VA	38:42	
53	Applegate, Molly*	27	Washington, DC	38:49	
54	Wardinski, Katie*	26	Blacksburg, VA	38:48	
55	Michell, Kiri	26	Baltimore, MD	38:47	
56	Sloan, Tiffany	38	Virginia Beach, VA	38:53	
55	Lawrence, Kristen	43	Virginia Beach, VA	39:00	
56	Duffy, Grace	28	Baltimore, MD	39:00	
59	Wang, Julia	20	Baltimore, MD	39:06	
60	**Wilkins, Lindsay**	**45**	**Arlington, VA**	**39:11**	**81.04%**
61	**Lemos, Kristin****	**41**	**Bethesda, MD**	**39:23**	**80:62%**
62	Nelson, Martha*	41	Washington, DC	39:16	
63	Spencer, Elisabeth	30	Ashburn, VA	39:28	
64	Brennan, Jessica	31	Baltimore, MD	39:13	
65	Oldhouser, Elizabeth	27	Ellicott City, MD	39:22	
66	Honeycutt, Emily***	32	Newport News, VA	39:32	
67	Dawson, Nicole	28	Arnold, MD	39:27	
68	Spangler, Kate*	37	Richmond, VA	39:40	
69	Craig, Ashley*	35	Lynchburg, VA	39:45	
70	Yang, Carolyn*	38	Arlington, VA	39:43	
71	Moody, Julia	25	Washington, DC	39:44	
72	Aaron, Ekaterina*	25	Norfolk, VA	39:54	
73	Siesta, Margaret	28	Washington, DC	39:52	
74	**Conant, Cindy***	**61**	**Kensington, MD**	**40:16**	**95.79%**
75	Makarevich, Elena*	45	Gaithersburg, MD	40:22	
76	Berinato, Jody	41	Lutherville Timonium, MD	40:21	
77	Rosen, Sheryl	38	Arlington, VA	40:14	
78	Hoffman, Eve	36	Washington, DC	40:07	
79	Desai, Maya	27	Washington, DC	40:25	
80	**Cairns, Hilary**	**52**	**Washington, DC**	**40:16**	**84.23%**
81	Maynard, Sophia	24	Washington, DC	40:19	
82	Irwin, Annmarie	31	Vienna, VA	40:13	
83	Gill, Halle*	23	Washington, DC	40:18	
84	Sheff, Allison	39	Baltimore, MD	40:32	
85	Singleton, Erica	40	Washington, DC	40:30	
86	**Strumke, Isabella***	**9**	**Toano, VA**	**40:41**	**91.42%**
87	**Reed, Mariah****	**12**	**Christiansburg, VA**	**40:55**	**83.88%**
88	Fedkina, Natasha*	24	Arlington, VA	40:40	

| 89 | Scheffel, Lindsay | 24 | Roanoke, VA | 41:09 |
| 90 | Brubaker, Karen | 38 | Washington, DC | 41:09 |

19 & Younger Women

Eagle Express 5K 18:34, 10K = 38:39

Priscilla Keller started with an overall win at the Peace Love Hope 5K in 20:16. It was not a top twenty time and would usually be good enough for eighth place. Two weeks later, she took off another overall win at the Eagle Express 5K in 18:34 to take the crown. Last spring's champion is now just twelve and she just made it into the elite division with an overall win in 19:48 at the Hustle for the Homeless 5K. Her best event was the Keystone Community 5K in 19:39 and it earns her third place.

Or runner-up is just three quarters as old as Reed and only half the age of our champion Keller. Isabella Strumke, 9, is our youngest ever member of the Elite division. She raced ten times finishing in the top three overall half of the time. She ran four races longer than a 5K, including the Ukrops Monument Avenue 10K in 40:41, besting tenth ranked Maddie Sawyer (44:34). Her fastest 5K was at Queens Lake in 19:37. Strumke won it all at the competitive Run for the D. O. G. 5K in 19:44, ahead of eleventh ranked R. Freeman (20:19). Five of her increasingly faster races were Elite division qualifiers.

There has been a revival in running with the new generation with nearly half (14) of the qualifiers 13 or younger. Seven of the top eleven girls fit that mold and have earned a **National Class** status. Fourth ranked Callie Wallace at sixteen is one of the four with a higher standard. She also produced an Elite division time, winning at the Lucky Leprechaun 5K in 19:48. Next up in fifth place is Sita Lamartin who won it all at the Fallen Soldiers 5K in 19:51. She also finished second overall at the Run for the Animals 5K in 20:02. Sixth ranked Karina Conrad gleaned two overall wins with her best being the Ringing in Hope 5K in 19:54. Right with her seventh place is Lorelai Freese who ran two the Bishop Tuesday Night 5Ks. Her first one, an overall win in 19:53 was better than her sequel win in 21:47.

Eighth ranked Harper Bartlett was the second fastest of the girls in the 10K, finishing the Apple Blossom 10K in 41:40. Ninth ranked Lindsay Ford ran four 5Ks, finishing first overall three times and runner-up in the other event. Her race was the Red Shoe Shuffle 5K in 20:16. Sawyer ran four races as well with her by far most potent race at the Ask 5K in 20:04.

Thirty-two runners qualified for the division.

National Class times (80%) = 38:01 10K at age 19, other distances can be higher or lower. Younger ages in the division will be higher.

World Class status (90%) = 33:48 10K at age 19, other distances can be higher or lower. Younger ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Keller, Priscilla**	18	Roanoke, VA	38:39	
2	Strumke, Isabella*10	9	Toano, VA	40:41	91.42%
3	Reed, Mariah**	12	Christiansburg, VA	40:55	83.88%
4	Wallace, Callie*	16	Washington, DC	41:13	
5	Lamartin, Sita**	13	Alexandria, VA	41:20	81.19%
6	Conrad, Karina**	18	Fairfax, VA	41:26	
7	Freese, Lorelai**	11	Fairfax, VA	41:24	85.00%
8	Bartlett, Harper**	13	Purcellville, VA	41:40	81.16%
9	Ford, Lindsay***	12	Salisbury, MD	42:12	81.33%
10	Sawyer, Maddie***	15	Chester, VA	41:47	
11	Freeman, R.**	12	Williamsburg, VA	42:18	81.13%
12	Ally, Eva*	17	Owings Mills, MD	42:27	
13	Valenti, Amelia**	12	Williamsburg, VA	42:55	
14	Dahl, Emily**	15	Williamsburg, VA	43:10	
15	Fetterolf, Cecilia*	19	Leesburg, VA	43:24	
16	Berthold, Kyla*7	14	Washington, DC	43:41	
17	Hemler, Julia***	12	Nottingham, MD	43:37	
18	Delaney, Kathryn*	14	Lutherville Timonium, MD	43:45	
19	Norton, Ele**	17	Blacksburg, VA	43:54	
20	Miller, Ava*	14	Baldwin, MD	44:10	
21	Dietzen, Shayne*	13	Perry Hall, MD	44:29	
22	Bayer, E.*	12	Portsmouth, VA	44:31	
23	Buskill, Eleanor*	19	Roanoke, VA	44:52	
24	Jackson, Eva**	14	Virginia Beach, VA	45:08	
25	Glaven, Sally*	10	Washington, DC	45:13	
26	Owens, Lexis*	15	Damascus, MD	45:45	
27	Bohannon, Heidi**	13	Midlothian, VA	45:54	
28	Rich, Lilah**	14	Chevy Chase, MD	45:59	
29	Howell, Madeleine**	14	Spotsylvania, VA	46:24	
30	Cooper, Amelia*	13	Chester, VA	46:26	
31	Hutson, Lana**	14	Chester, VA	47:49	
32	Meagher, Sophia	19	Virginia Beach, VA	48:11	

35-39 Women

Ukrops Monument Avenue 10K 32:47   Keira D'Amato – age grade 94.26%

Keira D'Amato ran only one event locally but she was explosive touring the country.

On May 4th, at the Lilac Bloomsday Run 12K she finished as fourth overall in 39:41. Then she returned on May 13, for the American title at the USATF 25K championships in Grand Rapids, MI. She was again second overall. She was faster (1:23:39), a new American submaster record, and closer, as Kenyan Betsy Saina was a mere seven seconds in front of her in 1:23:32.

She started June, the 10th, returning to race the Mini 10K in New York, finishing 4th overall in 31:23. Third place Emily Sisson was the top American this year in 31:16.

• •

Laurel Le Moigne was brilliant setting a PR and at the time holding the fastest half marathon of the year, winning it all at the Anthem Shamrock Festival Half Marathon in 1:18:05, well clear of eleventh ranked of Alexis Clark's 1:25:24, who still easily gained an open class time. However, the Credit Union Cherry Blossom 10M is often the race of reckoning and Mindy Mammen takes the submaster crown as the age group winner there in 59:04. Then it was a string of the next five places decided at that big event. Le Moigne takes the runner-spot in 59:59. She would later have an overall win at the Capitol Hill Classic 10K, beating second place runner Nilani Duarte, 37:28 to 37:54. Duarte takes sixth place, racing the ten miler in 1:02:06. Duarte was the overall winner in six of her other seven races. The other race was a second overall to **World Class** racer Perry Shoemaker, at the Lucky Leprechaun 5K, 18:05 to 18:17.

Third ranked Rachel Cluett scooted in ahead of fourth ranked Cindy Anderson at the Credit Union Cherry Blossom 10M, 1:00:03 to 1:00:13 with sixth ranked Jennifer Paul not far behind in 1:01:59. Cluett won it all at the end of the season at the MCRRC Memorial 4M in 23:44. Anderson won it all at the Annapolis Running Festival 10K in 37:00 at the start of the spring. Paul was best at the Rock N Roll Half Marathon in 1:21:36, ahead of tenth ranked Mary Lambkin (1:24:48). Seventh ranked Ann Mazur churned out three overall wins, beginning the year with the 8K Race to Benefit the Haven in 29:45. Two weeks later, she was third overall at the Charlottesville 10 Mile in 1:02:27.

Eighth ranked Sabrina Little was second overall, racing the fastest submaster 5K at the Sarfan Center Superhero 5K in 18:10. Ninth ranked Joy Lewis was close by at the Kelly's Shamrock 5K in 18:23. At the other end of the spectrum, she was even better, racing the B&A Trail Marathon to overall victory in 2:58:21. Little was second overall at the Yorktown Freedom 8K in 30:58.

All sixteen of the top racers and two more of the top twenty-two runners that ran an Open class time made it to the Open division.

Forty runners qualified for the division. The top nine women ran **National Class** times with 80% age grading or better.

After adding the Lawyers Have Heart events, Carolyn Yang earned a second qualifier (39:43 – 10K) and takes fifteenth place.

National Class times (80%) = 38:11 10K at age 35, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 33:57 10K at age 35, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Mammen, Mindy**	39	Woodbridge, VA	35:30	85.92%
2	Le Moigne, Laurel**	37	Springfield, VA	35:17	84.99%
3	Cluett, Rachel*	35	Garrett Park, MD	36:05	83.01%
4	Anderson, Cindy*	39	Chesapeake Beach, MD	36:11	84.28%
5	Paul, Jennifer*	35	Washington, DC	36:52	80.70%
6	Duarte, Nilani*8	35	Fairfax, VA	37:19	80.61%
7	Mazur, Ann****	37	Charlottesville, VA	37:32	81.09%
8	Little, Sabrina**	36	Newport News, VA	37:49	82.02%
9	Lewis, Joy**	38	Columbia, MD	38:08	81.69%
10	Lambkin, Mary*	35	Vienna, VA	38:19	
11	Sharp, Alexis*	36	Richmond, VA	38:35	
12	Sloan, Tiffany*	38	Virginia Beach, VA	38:53	
13	Spangler, Kate**	37	Richmond, VA	39:40	
14	Craig, Ashley***	35	Lynchburg, VA	39:45	
15	Yang, Carolyn*	38	Arlington, VA	39:43	
16	Rosen, Sheryl*	38	Arlington, VA	40:14	
17	Hoffman, Eve*	36	Washington, DC	40:07	
18	Wegman, Roxanne*	35	Charlottesville, VA	40:18	
19	Sheff, Allison**	39	Baltimore, MD	40:32	
20	Hagen, Elizabeth*	35	Washington, DC	40:55	
21	Danberg, Laura	39	Arlington, VA	40:51	
22	Brubaker, Karen**	38	Washington, DC	41:09	
23	Schneider, Monika**	39	Silver Spring, MD	40:56	
24	Yang, Xi	38	Clarksville, MD	41:27	
25	Pickett, Lindsay	39	Clarksville, MD	41:32	
26	Rhodes, Nici**	36	N Chesterfield, VA	41:43	
27	Hutson, Betsy	35	Vienna, VA	41:45	
28	Hopely, Emily*	36	Fredericksburg, VA	42:10	
29	Bakaltcheva, Boriana*	37	Vienna, VA	42:17	
30	Jacoby, Samantha*	37	Washington, DC	42:06	
31	Monson, Alexandra*	35	Charlottesville, VA	42:20	

32	Bernal, Anna*	35	Arlington, VA	42:27
33	Taylor, Laura*	37	Glen Allen, VA	42:35
34	Lindeman, Jessica*	39	Pasadena, MD	42:42
35	Stohlman, Katy	36	Washington, DC	42:29
36	Woodward, Aisha	37	Washington, DC	42:39
37	McLawhorn, Elise**	35	Newport News, VA	43:12
38	Leonard, Cat*	39	Lorton, VA	43:35
39	Trice, Kai	37	Richmond, VA	43:33
40	Fields, Syreeta***	37	Fairfax, VA	43:47
41	Weaver, Lindsey*	37	Frederick, MD	44:08

40-44 Women

Pike's Peek 10K 35:14

Julia Roman-Duval put the division on notice a top master at the competitive Kelly's Shamrock 5K in 17:02. The next fastest 5K came from seventh ranked Kristin Lemos, racing the Run for the Animals 5K in 18:55 for an overall victory. Last spring champion Silvia Baage slowed nearly four minutes at this year's Credit Union Cherry Blossom 10M to 1:03:52. Still you made a good case for the title save for the new sheriff in town - Roman-Duval. While Baage was winning at the PNC Parkway Classic 10M in late April with 1:05:20, Roman-Duval was demolishing the division with an overall win at the Pike's Peek 10K in35:14. Baage is the third. Eleventh ranked Erica Singleton was the age group winner at the Pike's Peek 10K in 40:52.

Back at the Credit Union Cherry Blossom 10M, ninth ranked Martha Nelson raced a fine 1:06:59, but earned her spot later in May winning it all at the National Women's Half Marathon in 1:26:53. Tenth ranked Michelle Miller ran the massive 10 miler in DC with 1:07:34. Lemos was third overall at the TowneBank Shamrock Festival 8K in 31:14. Singleton was top master at the Yuengling Shamrock Festival Marathon in 3:09:29. It is tough to have a marathon as your best event. It does not age grade as well as shorter events either. Seventh ranked Kristen Lawrence was top master at the Dismal Swamp Marathon in 3:07:00. Her best race was the Anthem Shamrock Festival Half Marathon in 1:26:19 where she missed a **National Class** time by just a whisper. The race possessed its usually deep field as fourth ranked Neta Zeta ran 1:24:59, finishing as third master.

Megan Hansen was second overall at the Apple Blossom 10K in 38:37 to take fifth place. The week before that Tressa Breindel ran her own second overall at the Carytown 10K in 38:52 to earn sixth place. The week before that she matched that time exactly at the Ukrops Monument Avenue 10K to win her age group. Hansen was the overall winner at the Museum of the Shenandoah Valley in 25:53 to start the spring. Erin Surette and Jody Berinato duked it out for twelfth place at the Tim Kennard 10M River Run with Surette winning as second overall

in 1:06:59. Berinato was next across the line in 1:07:08 to take thirteenth place in the rankings. Earlier, Berinato displayed the third fastest 5K in the division, finishing second overall at the St. Patrick's Day 5K in 19:25. Surette finished the Credit Union Cherry Blossom 10M in 1:10:59 behind Singleton's 1:09:20.

With forty-seven runners qualified for the division, we are ahead of normal numbers. Seven of the top eight women ran **National Class** times with 80% age grading or better. Fourteen ran at least one Elite time though just seven qualified for that division.

***After adding the Lawyers Have Heart events, Adrienne Glasheen (1:02:27) at the Credit Union Cherry Blossom 10M earned her second qualifier at Lawyers Have Heart, winning it all at the 5K in 18:28 to snatch the runner-up spot. Lianne Childress earned her second qualifier (44:07 - 10K) to take 39th place. ***

National Class times (80%) = 39:03 10K at age 40, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 34:42 10K at age 40, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Roman-Duval, Julia**	40	Columbia, MD	35:14	88.65%
2	Glasheen, Adrienne	43	Aldie, VA	37:33	83.98%
3	Baage, Silvia*	42	Reston, VA	38:23	81.05%
4	Ezer, Neta*	43	Columbia, MD	38:24	81.11%
5	Hansen, Megan**	43	Middletown, VA	38:37	82.56%
6	Breindel, Tressa**	44	Richmond, VA	38:52	82.72%
7	Lawrence, Kristen**	43	Virginia Beach, VA	39:00	
8	Lemos, Kristin*****	41	Bethesda, MD	39:23	80.62%
9	Nelson, Martha**	41	Washington, DC	39:16	
10	Miller, Michelle**	42	Gaithersburg, MD	40:36	
11	Singleton, Erica**	40	Washington, DC	40:30	
12	Surette, Erin*	41	Towson, MD	40:15	
13	Berinato, Jody**	41	Lutherville Timonium, MD	40:21	
14	Ponds, Jessica*	40	Ellicott City, MD	40:54	
15	Ryan, Meg*	43	Takoma Park, MD	41:03	
16	Martin, Kathryn	42	Bethesda, MD	41:19	
17	Miller, Maria**	41	Tyaskin, MD	41:26	
18	Dietzen, Cecelia**	41	Perry Hall, MD	41:26	
19	Aleksak, Erin-Kate***	43	Alexandria, VA	41:32	
20	Watkins, Kelly**	40	Severn, MD	41:38	
21	Rodman, Andrea***	40	Bealeton, VA	41:38	
22	Stick, Sherry**	44	Sykesville, MD	41:43	
23	Burch, Elizabeth*	44	Bethesda, MD	41:52	

24	Moran, Lauren	43	Midlothian, VA	41:58
25	Thiele, Dana	44	Charlottesville, VA	41:59
26	Erdel, Ansley**	43	Chevy Chase, MD	42:20
27	Sauntry, Alison***	42	Edgewater, MD	42:22
28	Badaracco, Maria*	42	Charlottesville, VA	42:33
29	Hemler, Rebecca**	42	Nottingham, MD	43:35
30	Breitenbach, Katie*	42	Hanover, MD	42:55
31	Northup, Jennifer**	41	Ashburn, VA	43:11
32	Schulze, Megan*****	40	Yorktown, VA	43:24
33	Dornblaser, Katie	41	Millersville, MD	43:33
34	Freeman, Denise	42	Williamsport, MD	43:45
35	Sheets, Sarah	44	Vienna, VA	43:47
36	Wichlinski, Kate	41	Washington, DC	44:03
37	Talent, Kari**	41	Chesapeake, VA	44:08
38	Grimes, Kristin*	41	Haymarket, VA	44:09
39	Childress, Lianne	42	Washington	44:07
40	Boyle, Marie	42	Taneytown, MD	44:15
41	Harburg, Michelle	40	Washington, DC	44:34
42	Rhodes, Becky	43	Westminster, MD	44:44
43	Buroker, Kelly*	41	Alexandria, VA	44:43
44	Criswell, Stacey*	44	Ashland, VA	44:48
45	Chamberlin, Rachel	42	Springfield, VA	45:11
46	O'Loughlin, Courtney	40	Fairfax, VA	45:17
47	Frazier, Katie*	41	Midlothian, VA	45:54

45-49 Women

Pike's Peek 10K 37:47

Claire Heasman was again dominant in winning the division. She began the season at the notoriously hilly Forest of Needwood 5M, winning it in 31:04. She eschewed the monster Credit Union Cherry Blossom 10M that decided five of the top nine times. Sixth ranked Melissa Rittenhouse led the way in 1:09:46 ahead of seventh ranked Lisa Levin (1:1:13). Former champion Cristina Burbach was next in eighth with 1:10:54, followed by tenth ranked Trisha Wheeler with 1:12:45. Heasman only traveled far south enough to crush the division at the Pike's Peek 10K in 37:47. Then in May. she returned to her recent home for an overall win at the Frederick Half Marathon in 1:23:43, ahead of fourth ranked Elena Makarevich (1:30:31). The following week Makarevich won it all at the Cambridge Crab Run Half Marathon in 1:29:19.

These top women enjoy a good half marathon. Wheeler ran matching halves in March and May, the Rock N Roll Half Marathon (1:36:21), ahead of twelfth ranked Tatjana Romulus (1:39:56), followed by the National Women's Half

Marathon in 1:36:22. Romulus would improve to 1:36:39 at the Marine Corps Historic Half Marathon in May. Rittenhouse ran the Anthem Shamrock Festival Half Marathon in 1:34:23 in March a week after Levin won the Annapolis Running Festival Half Marathon in 1:33:54.

In between all this, third place Kate Gardner produced a **National Class** time of 39:29 at the Ukrops Monument Avenue 10K in April. Fifth ranked Shawn Ralston was next at that event in 41:08. Ralston was also the overall winner at the division's fastest 5K, the Bon Air 5K in 20:13. Ninth ranked Kaari Liisi Linask raced the rolling Capital for a Day 5K in 20:50, just a second faster than eleventh ranked Michelle Lowry ran at the Night of PRs 5K. Liisi Linask had already powered up and down the hills at Seneca Park to finish second overall at the MCRRC Piece of Cake 10K in 42:48. Lowry showed us the fastest 4M the day before that, racing the Shamrock 4M in 27:12.

Qualifiers increased to thirty-one for this year. Three of them ran a **National Class** time with 80% age grading or better.

***After adding the Lawyers Have Heart events, Lindsay Wilkins (1:26:35) at Anthem Shamrock Festival Half Marathon earned her second qualifier at Lawyers Have Heart, running the 10K in 40:11 to snatch the runner-up spot. Heather Hanscom earned her second qualifier (46:28 - 10K). She was even faster at the PNC Parkway Classic 10M in 1:13:16 to take 15th place. ***

National Class times (80%) = 40:34 10K at age 45, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 36:03 10K at age 45, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Heasman, Claire***	48	Frederick, MD	37:47	88.62%
2	Wilkins, Lindsay	45	Arlington, VA	39:11	81.04%
3	Gardner, Kate**	45	Henrico, VA	39:29	82.19%
4	Makarevich, Elena**	45	Gaithersburg, MD	40:22	
5	Ralston, Shawn*	47	Richmond, VA	41:08	
6	Rittenhouse, Melissa	46	Bethesda, MD	41:56	
7	Levin, Lisa**	49	Gaithersburg, MD	42:12	
8	Burbach, Cristina*	48	Arlington, VA	42:36	
9	Liisi Linask, Kaari**	49	Rockville, MD	42:48	
10	Wheeler, Tisha**	48	Washington, DC	43:32	
11	Lowry, Michelle***	46	Blacksburg, VA	43:25	
12	Romulus, Tatjana	45	Stafford, VA	43:40	
13	Fernandez, Christine***	47	Virginia Beach, VA	43:43	
14	Hanscom, Heather	45	Alexandria, VA	44:02	

15	Hill, Kim****	45	Fairfax, VA	44:12
16	Sisan, Heather**	46	Rockville, MD	44:22
17	Beaumont, Carrie***	45	Danville, VA	45:07
18	Metz, Melinda*	46	Arlington, VA	44:56
19	Gianoukos, Aimee*****	47	Williamsburg, VA	45:13
20	Fox, Tara**	45	Frederick, MD	45:14
21	Goerge, Nicole	49	Barboursville, VA	45:39
22	Corcoran, Colleen	47	Washington, DC	45:56
23	Pastusak, Jennifer**	45	Salisbury, MD	46:00
24	Lightfield, Oksana*	47	Middletown, MD	46:03
25	Burrowes, Natalie***	46	Pikesville, MD	46:19
26	Barzik, Melanie	49	Bethesda, MD	46:15
27	Kirby, Stacey**	49	Leonardtown, MD	46:24
28	Van Allen, Erin	45	Alexandria, VA	46:21
29	Hicks, Julie*****	47	Virginia Beach, VA	46:43
30	O'Connell, Tina	45	Washington, DC	46:43
31	Speck, Elizabeth	46	Arlington, VA	47:37

50-54 Women

Credit Union Cherry Blossom 10M 1:00:42, 10K = 36:29

Perry Shoemaker "tiptoed" into the spring with an overall win in 18:05 at the Lucky Leprechaun 5K. A week later, Hilary Cairns built her case for the runner-up spot, winning at the Rock N Roll Half Marathon in 1:29:06, ahead of fourth ranked Rongkui Zhu (1:35:22). Cairns showed well at the Credit Union Cherry Blossom 10M in 1:08:19, again ahead of Zhu (1:1215). Both bested a tightly bunch group that included seventh ranked Mary Davison (1:14:25), tenth ranked Maura Dunnigan (1:14:39), and eleventh ranked Cheryl Young (1:14:47). But the smoke had cleared quite some time ago as our champion Shoemaker trampled the American record with a splendid 1:00:42, just 18 seconds short of the world record.

Third place Debbie Goodpasture was golden at the Ukrops Monument Avenue 10K in 42:27, past fifth ranked Karen Parry (43:44). Goodpasture would also add an overall win at the Uncorked 5K in 20:04. Parry also showed a fine Anthem Shamrock Festival Half Marathon in 1:34:26. Zhu keep her at bay with an overall win at the Pike's Peek 10K in 42:46. Pike's Peek is not as fast a course as it was at its inception but it is still faster than the hilly Piece of Cake 10K run in Seneca Park. Sixth ranked Era Anagnosti ran a wonderful 43:35. She added a stellar PNC Parkway Classic 10M in 1:12:31.

Davison was boosted by owning the fastest 89K, racing the National Women's 8K in 34:50. Nine ranked Rebekah Hicks ran well at the Charlottesville 10 Mile in 1:14:14. Eighth place Julie Stallings took the longest route, winning the

Yuengling Shamrock Festival Marathon in 3:27:06. Janet Makepeace won well at the Kelly's Shamrock 5K in 21:38 to snag spot number twelve.

Boosted again to forty-seven qualifiers, all but one of the top twenty races was a major race.

National Class times (80%) = 42:50 10K at age 50, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 38:04 10K at age 50, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Shoemaker, Perry**	51	Vienna, VA	36:29	93.57%
2	Cairns, Hilary*	51	Washington, DC	40:16	84.23%
3	Goodpasture, Debbie**	53	Midlothian, VA	41:47	85.13%
4	Zhu, Rongkui**	53	Chantilly, VA	42:46	83.09%
5	Parry, Karen*	54	N. Chesterfield, VA	42:40	82.46%
6	Anagnosti, Era**	50	Falls Church, VA	43:35	
7	Davison, Mary*	50	Bristow, VA	44:14	
8	Stallings, Julie**	54	Fairfax, VA	44:21	
9	Hicks, Rebekah*	52	Floyd, VA	44:37	
10	Dunnigan, Maura*	54	Ellicott City, MD	44:52	
11	Young, Cheryl*****	53	Reston, VA	44:57	
12	Makepeace, Janet*	51	Chevy Chase, MD	45:02	
13	Gollnick, Heather**	53	Madison Heights, VA	45:09	
14	Whitestone, Yuko**	51	Springfield, VA	45:23	
15	Weaver, Faye	50	Ellicott City, MD	45:40	
16	Neal, Juliet	50	Fairfax Station, VA	46:30	
17	Hottle, Karen*	52	Vienna, VA	47:03	
18	Hicks, Deb	50	Catonsville, MD	47:00	
19	Ross, Cathy****	53	Burke, VA	47:30	
20	Rodgers, Kerry*	54	Silver Spring, MD	47:16	
21	Berger, Rosemary*	53	Bethesda, MD	47:34	
22	Schaeffer, Heather**	51	Potomac Falls, VA	47:31	
23	Daskal, Jennifer	51	Washington, DC	47:39	
24	Chilcote, Lisa	52	Rockville, MD	48:11	
25	Kelly, Kirsten*	53	Virginia Beach, VA	48:27	
26	Greenhalgh, Heidi	54	Kensington, MD	48:39	
27	Taylor, Julia	51	Arlington, VA	48:39	
28	Beckman, Jennifer	50	Rockville, MD	48:57	
29	Truner, LaTonya**	51	Fredericksburg, VA	49:02	
30	Benson, Barbara	53	Springfield, VA	49:04	
31	Hemphill, Jill	54	Arlington, VA	49:04	

32	Macri, Amy	50	Ashburn, VA	49:16
33	Feng, Lan	52	Ellicott City, MD	49:07
34	Ramsey, Nicole**	51	Roanoke, VA	49:10
35	Sinnott, Debbie	52	Olney, MD	49:30
36	Chapman, Hilary	51	Washington, DC	49:21
37	Taylor, Ruth*	54	Jefferson, MD	49:37
38	Rubin, Rebecca*	51	Bethesda, MD	49:27
39	Phillips, Julie	51	Baltimore, MD	49:46
40	Mackie, Michelle*	51	Lexington, VA	50:07
41	Schwartz, Jennifer	51	Rockville, MD	49:55
42	Dunn, Maureen	51	National Harbor, MD	49:50
43	Harris, Michelle*	51	Baltimore, MD	50:32
44	Ott, Sandra*	50	Lutherville Timonium, MD	50:40
45	Smith, Shelese	50	Alexandria, VA	50:55
46	Twarog, Elizabeth	52	Washington, DC	51:18
47	Kron, Jennifer	50	Washington, DC	51:42

55-59 Women

Credit Union Cherry Blossom 10M 1:09:05, 10K = 41:31

Alisa Harvey is royalty in this region, winning her division 25 times in five different divisions over the last twenty-five years. Only Cindy Conant, 62, with twenty-eight division title has one more. Harvey joined Conant at the Anthem Shamrock Festival Half Marathon where both won their respective divisions. Harvey triumphed in 1:33:37 ahead of fourth ranked Anne Spillane (1:38:18). Third ranked Deelyn Robinson successfully tried her hand at the Yuengling Shamrock Festival Marathon, winning in 3:32:38. Robinson completed the task for the top spot seven more times, including the fastest 5K at the Virginia Regional Ballet 5K in 21:15, beating eighth ranked Marjorie Freidrichs (22:22). Robinson boasted easily the best two 10Ks, the Ukrops Monument Avenue 10K in 43:59 and the Yorktown Victory 10K in 45:54. Shannon Smith was next at the Capitol Hill Classic 10K in 45:54. What's more Robinson owned a tie for the fastest 8K with Smith. Both ran 35:07, Smith at the National Women's 8K and Robinson at the Yorktown Freedom 8K, ahead of Friedrichs (36:27).

Somehow it always comes back to the Credit Union Cherry Blossom 10M where Harvey raced a monster 1:09:05 to cement the title. Harvey owns three sub-60:00 times there, including an impressive 55:35 back in 1998. Smith raced home in 1:12:13 to take the runner-up spot from Robinson. Sixth ranked Kelly Brown finished in 1:14:59, ahead of Judy Lyons (1:15:39) and seventh ranked Rosemary Spraker (1:15:54). Lyons ended the month roaring ahead of Brown with a win at the Pike's Peek 10K in 44:37. Brown ran the Ringing in Hope 5K in 21:48.

Kim Isler is back on the circuit with a fine PNC Parkway Classic 10M in 1:17:23 for ninth place, one spot ahead of Ann Fraker's BRRC GPS 15K in 1:11:20. That was a nice improvement over Isler's 1:20:11 at the Credit Union Cherry Blossom 10M. Fraker added a win at the Pretty Boy 10K in 53:03. Robinson was tops at the Run for the D. O. G. 5K in 21:34, while twelfth ranked Annie Gilbride came in next with 22:27. In thirteenth, Deb Jockin was a whisper behind, racing the Heppe Chiropractic 15K to a third overall 1:12:27.

The division beefed up to forty-eight qualified runners. The top seven women ran **National Class** times with 80% age grading or better.

After adding the Lawyers Have Heart events, Lydia Peluccia earned a second qualifier (47:26 – 10K) and took eleventh place.

National Class times (80%) = 45:33 10K at age 55, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 40:29 10K at age 55, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Harvey, Alisa*	57	Manassas, VA	41:31	88.66%
2	Smith, Shannon****	57	Washington, DC	43:24	82.64%
3	Robinson, Deelyn*8	57	Williamsburg, VA	43:59	85.06%
4	Spillane, Anne	56	Virginia Beach, VA	44:25	81.15%
5	Lyons, Judy**	58	Kensington, MD	44:37	84.87%
6	Brown, Kelly	59	Ashburn, VA	45:04	84.02%
7	Spraker, Rosemary*	59	Lorton, VA	45:37	82.85%
8	Friedrichs, Marjorie**	55	Williamsburg, VA	46:17	
9	Isler, Kim	55	Oak Hill, VA	46:30	
10	Fraker, Ann**	57	Stevenson, MD	46:23	
11	Pelliccia, Lydia	55	Washington, DC	47:09	
12	Gilbride, Annie*	56	Providence Forge, VA	47:05	
13	Jockin, Deb*	57	Fredericksburg, VA	47:06	
14	Liang, Ping*	57	Ashburn, VA	47:30	
15	Blakney, Luz	55	Oak Hill, VA	47:59	
16	Heichelbech, Tracy*	58	Potomac, MD	47:57	
17	Taylor, Ruth****	55	Jefferson, MD	48:10	
18	Deak, Melissa	57	Alexandria, VA	48:21	
19	Sachs, Amy	58	Ellicott City, MD	47:52	
20	Binder, Sarah	58	Bethesda, MD	47:51	
21	Kopacz, Margaret**	58	Chesapeake, VA	49:03	
22	Fisher, Tina	55	Manassas, VA	49:14	
23	Norouzi, Maryam	56	Rockville, MD	49:33	
24	Demaree, Marsha****	58	Marriottsville, MD	49:35	

25	Mortazavi, Mandana*	59	Leesburg, VA	50:00
26	Waterman, Paige*	55	Bethesda, MD	49:36
27	Burns, Jo Ann	59	Herndon, VA	49:37
28	Zampolin, Katherine	58	Richmond, VA	50:06
29	Ungerleider, Julie	55	Charlottesville, VA	50:13
30	Willingham, Lise**	59	Earlysville, VA	50:01
31	McClintick, Karen*	56	Midlothian, VA	50:38
32	Lopez Fahey, Patricia	58	Ellicott City, MD	51:18
33	Kreider, Susan	56	Virginia Beach, VA	51:20
34	Delcore, Sandi*	59	Edgewater, MD	51:40
35	Kelley, Caitlin	55	Owings Mills, MD	51:51
36	Degerberg, Katherine	59	Ellicott City, MD	51:53
37	Farrell, Colleen*	58	Winchester, VA	52:05
38	Roakes, Laura**	58	Roanoke, VA	52:15
39	Delmontagne, Alexandra	56	Ashburn, VA	52:12
40	Mitchell, Katherine*	56	Richmond, VA	52:20
41	Murillo, Barbara	58	Fairfax, VA	52:36
42	Dolley, Amy	56	Manassas, VA	52:36
43	Clark, Caren*	55	Frederick, MD	52:40
44	Lamont, Susan*	57	Stevensville, MD	52:40
45	Rogers, Cindy	55	Laurel, MD	52:43
46	Laughon, Kathryn*	57	Charlottesville, VA	52:43
47	Ellis, Marianne	55	Washington, DC	52:53
48	Callahan-Brill, Jamie**	56	Williamsburg, VA	53:05
49	Bauer, Sonja	59	Bethesda, MD	53:09

60-64 Women

Anthem Shamrock Festival Half Marathon 1:29:07, 10K = 40:16

To be sure, Cindy Conant knows the power of the big races and raced an excellent open class time of 1:08:36 at the Credit Union Cherry Blossom 10M, ahead of third ranked Margaret Kuhn (1:20:49), fourth ranked Elizabeth Kendler's **National Class** time of 1:21:37, as well as eighth ranked Victoria Schulze (1:24:16). She would bust a fine Pike's Peek 10K later in the month with 41:31, ahead of Kuhn (49:07) and eleventh ranked Beverly Black (51:04). Runner-up Martha Wright ran a **National Class** Uncorked Half Marathon for second overall in 1:44:54. Fifth ranked Kerry Patrick ran a very credible Frederick Half Marathon in 1:49:47. In March, Conant went to the region's source for the competitive half marathon racing and ran a **World Class** time at the Anthem Shamrock Festival Half Marathon in 1:29:07.

Wright would add a win at the Carytown 10K in 49:04. Sixth ranked Susan made her bones at the Sole for the City 10K in 50:00. That was just ahead of seventh

ranked Robin Steckley fine effort at the Bridge to Bridge 10K in 50:13. Kim laid down the third fastest 5K at the Kelly's Shamrock 5K in 24:18. Just ahead of Patrick's Tiger Trot (24:20) and tenth ranked Becky Upton who finished the In Honor of 5K in 24:24. Conant notched an overall and a runner-up victory at the Kensington Park 5K in 20:46 and 20:48 respectively.

Ninth ranked Suzanne Porter is known for her predilection for half marathons. She ran three with her best the Point of Rocks Half Marathon in 1:52:13. However her best race this spring was a second overall at the Care Packages at Carderock 10K n 50:50. Rounding out the top dozen racers, Kathy Cea earned an overall win in 24:36 at the Kensington Park run 5K as one of her three triumphs.

At seventy-three qualifiers, the division is historically high. Three of the qualifiers were **National Class** with 80% age grading or better. Thirty-one of the racers achieved the standard for the 55-59 division with a dozen more running fast enough for the 50-54. Cindy Conant, 62, became the oldest ever qualifier for the Elite Division.

National Class times (80%) = 48:36 10K at age 60, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 43:12 10K at age 60, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	**Conant, Cindy*******	**62**	**Kensington, MD**	**40:16**	**95.79%**
2	**Wright, Martha*******	**62**	**Richmond, VA**	**47:24**	**82.51%**
3	Kuhn, Margaret	61	Riverdale, MD	48:34	
4	**Kendler, Elizabeth**	**64**	**Washington, DC**	**49:03**	**82.56%**
5	Patrick, Kerry**	61	Rising Sun, MD	49:37	
6	Kim, Susan*	61	Baltimore, MD	50:00	
7	Steckley, Robin**	64	Forest, VA	50:13	
8	Schultze, Victoria	63	Ashburn, VA	50:38	
9	Porter, Suzanne****	62	Reston, VA	50:50	
10	Upton, Becky**	60	Virginia Beach, VA	50:48	
11	Black, Beverly***	62	Fairfield, PA	51:04	
12	Cea, Kathy***	62	Gaithersburg, MD	51:11	
13	Johnson, Lesley*	62	Ruckersville, VA	51:47	
14	Christie, Lisa	61	Columbia, MD	51:46	
15	Sheets, Susan*	61	Virginia Beach, VA	52:28	
16	Kerr, Eleanor*	63	University Park, MD	52:18	
17	Klein, Teresa	62	Mechanicsville, MD	52:36	
18	Winter, Jody	64	Alexandria, VA	52:39	
19	Davis, Mary***	60	Madison, VA	53:01	

20	Horstman, Laurie**	63	Centreville, VA	53:01
21	Piligian, Pam	62	Vienna, VA	52:53
22	Frick, Katherine*	61	Frederick, MD	53:19
23	Weiman, Paula*	60	Winchester, VA	53:21
24	Clarke, Tammi*	62	Portsmouth, VA	53:37
25	Rector, Patti***	61	Salisbury, MD	53:35
26	Albano, Christine**	60	Columbia, MD	53:48
27	Polite, Rebecca	63	Winchester, VA	53:45
28	Hennis, Melanie*	60	Portsmouth, VA	53:55
29	Cornell, Pam**	60	Fredericksburg, VA	54:18
30	Crissy, Roberta***	63	Moneta, VA	54:14
31	Thomas, Nicole*	62	Olney, MD	54:28
32	Manos, Karen	63	Clifton, VA	54:42
33	Bennett, Helen*	61	Chester, MD	55:05
34	Rall, Tammy	60	Stafford, VA	55:50
35	Staats, Charlene*	60	Lexington Park, MD	56:10
36	Jacob, Maria	63	Virginia Beach, VA	56:13
37	Friberg, Jeanne*	60	Broadlands, VA	56:26
38	Sinsabaugh, Sarah*	62	Richmond, VA	56:19
39	Smith, Gayle**	60	Parkton, MD	56:24
40	Frizzell, Diana	62	Elkridge, MD	56:18
41	Donohue, Deborah	60	Towson, MD	56:29
42	Peart, Sandra*	64	Henrico, VA	56:32
43	Rushin, Blake***	61	Vienna, VA	56:43
44	Kennedy, Linda	62	Alexandria, VA	56:36
45	Dahlgren, Jill	61	Frederick, MD	56:35
46	Larsen, Susan*	64	Richmond, VA	56:42
47	Boyle, Cecil	62	Manassas, VA	56:41
48	Williams, Sharon*	60	Richmond, VA	57:19
49	DeVries, Jewel	64	Ellicott City, MD	57:26
50	Fraser, Jane	62	Ellicott City, MD	57:41
51	Sheridan, Elizabeth***	61	Arlington, VA	57:53
52	Eilenfield, Barbara*	60	Stafford, VA	58:16
53	Tailor, Kim*	60	Vienna, VA	58:12
54	Neidecker-Gonzales, Julia*	62	Washington, DC	58:21
55	Bowen, Cindy*	62	Amherst, VA	58:16
56	Melle, Lori*	60	Newport News, VA	58:21
57	Smith, MIranda	63	Bethesda, MD	58:21
58	Anderson, Angela	63	Dumfries, VA	58:33
59	Burford, Roisin	61	Fairfax, VA	58:57
60	Adams, Marjorie	63	Glen Mills, MD	58:53
61	Yao, Pamela*	63	Ellicott City, MD	59:00

62	Ponvert, Wendy	61	Potomac, MD	59:29
63	Williams, Christine****	61	Poquoson, VA	59:49
64	Caprio, Julie	62	Parkville, MD	59:56
65	Davis, Maxann	61	Ijamsville, MD	1:00:17
66	Yager, Sharon*	63	Virginia Beach, VA	1:00:39
67	Josey, Chrissy	64	Columbia, MD	1:00:37
68	Rogers, Molly	61	Henrico, VA	1:00:29
69	Durland-Jones, Karen	62	Charlottesville, VA	1:00:41
70	Juergensen, Durenda	62	Bel Air, MD	1:00:56
71	Wilcox, Sue	64	Charlottesville, VA	1:01:47
72	Gold, Leslee*	61	Owings Mills, MD	1:01:54
73	Garver, Julie	60	Baltimore, MD	1:01:51

65-69 Women

Pike's Peek 10K 46:16

Barbara Lyons stepped on the scene with the fastest 5K at the St. Patrick's Day 5K in 23:56. Then at the dawn of April, last spring's champion Angela Cason closed with a fine 24:07 at the Cherry Blossom 5K. Lyons would pull away from that the next week at the Sole for the City 10K in 49:17. In between, we switch back to the Sunday before and the marvelous 1:18:49 run by our champion Amy Subar at the Credit Union Cherry Blossom 10M. That bested ninth ranked Mary Clare Smith (1:30:20), eleventh ranked leigh Peck (1:33:28), and a former champion, fifteenth ranked Ida Draim (1:34:02). Cason answered at Pike's Peek with a fine 48:11 but Subar went **World Class** with an astonishing 46:16. The first week of May Lyons returned the favor leapfrogging past Cason to the runner-up spot with an excellent Frederick Half Marathon in 1:45:05. Cason takes third place.

Fourth place Marie Shay slowed a mere two second (24:45) from last year's victory at the Run for the D. O. G. 5K, ahead again of fifth ranked Jean Phelan (26:49). And Phelan did run a lot closer with a solid **National Class** Run for the Animals 10K in 52:10. Sixth place Janice Uthe ran 25:07 at the Crossroads Community 5K. Sue Bapties raced a fine Ukrops Monument Avenue 10K in 52:50 to snatch seventh place away from eighth ranked Kathy Taylor (53:39).

Tenth ranked Marcy Foster bolted to a win at the hilly Devotion to Children Mother's Day 4M in 34:10 and secured tenth place. Prolific racers Carol Hansen-Vessa scurries between her new home in Williamsburg and Reston. She won seven of her fifteen races. She ran best at the swift Queens Lake 5K in 26:51, ahead of Phelan ()27:27) before Phelan returned the favor at the Run for the D. O. G. 5K, 26:49 to 27:19. Another former champion, Mary Lowe Mayhugh earns fifteenth place by winning all eleven of her events. She was fastest at the PVTC Easter Classic 5K in 27:04.

The division grew to as large as ever with to eighty runners qualified for the division to maintain the title of largest division. Twenty-three of the racers achieved a 10K equivalence faster than an hour.

***After adding the Lawyers Have Heart events, Ruth Wimer earned a second qualifier (1:07:46 – 10K) and took 59th place and Naomi Cahn ran the 10K in 1:12:17 to take 74th place. ***

National Class times (80%) = 52:08 10K at age 65, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 46:20 10K at age 65, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Subar, Amy*	67	Potomac, MD	46:16	92.80%
2	Lyons, Barbara****	65	Clarksville, MD	47:29	85.96%
3	Cason, Angela*	66	Damascus, MD	48:11	87.79%
4	Shay, Marie*6	67	Williamsburg, VA	51:32	80.81%
5	Phelan, Jean****	67	Virginia Beach, VA	52:10	82.30%
6	Uthe, Janice***	66	Bowie, MD	52:18	
7	Bapties, Sue*	65	Cumberland, MD	52:50	
8	Taylor, Kathy*	65	Glen Allen, VA	53:39	
9	Smith, Mary Clare	66	Charlottesville, VA	54:17	
10	Foster, Marcy**	69	Reston, VA	54:42	
11	Peck, Leigh**	65	Lutherville, MD	55:29	
12	Hansen-Vessa, Carol*7	68	Williamsburg, VA	55:54	
13	Colletto-Miller, Karla*	65	Vienna, VA	55:59	
14	Mayhugh, Mary Lowe*11	67	Washington, DC	56:21	
15	Draim, Ida*	67	Alexandria, VA	56:31	
16	Cohen, Debbie*	66	Columbia, MD	56:34	
17	Wolfe, Deb*	67	Gainesville, VA	56:32	
18	Sutter, Betty*	65	Prince Frederick, MD	57:22	
19	Purdin, Nora	65	Chesterfield, VA	58:06	
20	Allen, Emma	68	Williamsburg, VA	58:02	
21	Craney, Karen*	67	North Potomac, MD	59:08	
22	Byerley, Marcia*12	65	Woodbridge, VA	59:36	
23	Fox, Linda*	66	Virginia Beach, VA	59:47	
24	Kroeger, Carol**	66	Blacksburg, VA	1:00:23	
25	Logan, Julie	67	Harrisonburg, VA	1:00:25	
26	White, Susan	66	Virginia Beach, VA	1:00:46	
27	Hawkins, Holly**	65	Fruitland, MD	1:00:56	
28	Jacobs, Mary	66	Rockville, MD	1:00:51	
29	Reihl, Valerie	67	Rock Hall, MD	1:00:50	

30	Washington, Myra*	66	Montgomery Village, MD	1:01:04
31	Cowan, Marianne	69	N. Chesterfield, VA	1:01:13
32	Hoag, Patty*	69	Fairfax Station, VA	1:01:26
33	Daragan, Katharine*	66	Silver Spring, MD	1:01:35
34	Harwood, Mary	68	McLean, VA	1:01:49
35	Worthington, Helen	68	Bena, VA	1:01:52
36	Kaler, Laura***	66	Jefferson, MD	1:02:05
37	Sheppard, Susan*	65	Winchester, VA	1:02:13
38	Mains, Annette	65	Mechanicsville, VA	1:02:49
39	Ashlock, Joyce	68	Baltimore, MD	1:02:48
40	Chapman, Elizabeth*	66	Henrico, VA	1:03:53
41	Burns, Nancy*	69	Columbia, MD	1:03:45
42	Schilling, Anita**	65	Midlothian, VA	1:03:43
43	Warnacut, Joyce*	67	Locust Grove, VA	1:04:01
44	Ganoe, Thea	65	Hampton, VA	1:03:59
45	Grimes, Peggy**	66	Lynchburg, VA	1:04:05
46	Von Bargen, Lynda	66	Brookeville, MD	1:04:13
47	Stephens, Shirley	66	Williamsburg, VA	1:04:43
48	Biermann, Gail	65	Virginia Beach, VA	1:05:07
49	Kritter, Lynne****	67	Culpeper, VA	1:05:16
50	Holm, Alma	65	Stafford, VA	1:05:12
51	Kyger, Maggie	66	Bridgewater, VA	1:05:35
52	Roth, Holly	66	Reston, VA	1:05:30
53	Jones, Helen	69	Baltimore, MD	1:05:59
54	McLeod, Michele**	65	Olney, MD	1:06:36
55	McDonald, Terry	66	Baltimore, MD	1:06:54
56	Kroll, Aileen*****	67	College Park, MD	1:07:05
57	Storer, Valerie	65	Winchester, VA	1:07:12
58	Goiver, Debbie	68	Fort Meade, MD	1:07:32
59	Wimer, Ruth	69	Washington, DC	1:07:45
60	Gage, Debra*	69	Williamsburg, VA	1:07:55
61	Frazho, Leslie*****	67	Richmond, VA	1:08:01
62	Willets, Judy*	65	Flint Hill, VA	1:08:09
63	Leitch, Leslie	66	Baltimore, MD	1:08:19
64	Fout, Mary	69	Williamsburg, VA	1:08:20
65	Baptist, Debbie*	65	Bristow, VA	1:08:34
66	Venable, Beth	65	King George, VA	1:08:37
67	Matovcik, Lisa	67	Washington, DC	1:09:00
68	Cromer, Vicki*	67	Boones Mill, VA	1:09:03
69	Sutton, Susan**	67	Danville, VA	1:09:57
70	Wilson, Cristi	67	Henrico, VA	1:10:03
71	Shen, Grace*****	68	Potomac, MD	1:10:41

72	Barrick, Joann	69	Elkridge, MD	1:10:31
73	Miller, Rainell	69	Gaithersburg, MD	1:12:12
74	Cahn, Naomi	65	Bethesda, MD	1:12:17
75	Kohinke, Anne**	69	Salem, VA	1:12:46
76	Britton, Dale	69	Henrico, VA	1:13:11
77	Roberts, Janet*	68	Parkton, MD	1:13:19
78	Stahl, Patricia	65	Towson, MD	1:13:19
79	Washington, Cherry	68	Arlington, VA	1:13:26
80	Murray, Deborah*	68	Charlottesville, VA	1:14:26

70-74 Women

TowneBank Shamrock Festival 8K, 40:12, 10K = 50:56

Ginny Hughes took up the challenge starting the spring with a fine 37:11 at the Museum of the Shenandoah Valley 4M. The following week Joey Hallock made it clear that any attempt for title was going to have to go past her and that cannot be done. She pulverized any hopes with a fabulous 40:06 at the TowneBank Shamrock Festival 8K. Fourth ranked Jean Bone followed her home in 49:26. Almost as an afterthought Hallock tossed in her second qualifier in May, the CHKD 5K in 24:52. Fifth ranked Chris Reese, the champion from last spring owned the next best trace at the Burke Memorial in 27:42 and that course was short and closer to three miles.

Always a hope for placement, Hughes showed up for the Credit Union Cherry Blossom 10 and her best race (1:36:50). Ninth ranked Lizzie Sadoff nipped tenth ranked Wendy Golden by place though Golden arrived at the finish line to second ahead of Sadoff's 1:42:04. Gun time is the official time but the race's place determination decides head-to-head battles. Alice Frank ran the 5K raced the day before finishing behind twelfth ranked Claudia Wolfe, 30:09 to 31:13. Franks already owned a victory at the MCRRC Piece of Cake 10K over Sadoff, 1:02:28 to 1:03:04. Hughes would race the hilly Fodderstack 10K in 1:00:47 and eighth ranked Maria Shields produced a fine 1:0:44 on another rolling course the Discover Columbia 10K. That same April morn Franks unloaded a powerful Pike's Peek 10K in 58:06 to move her into third place a mere whisker behind runner-up Hughes.

Sixth ranked Jan Barry ran the swift Queens Lake 5K in 28:50. Two months later Susan Terwillinger took on the Braveheart 5K in 29:09 to take seventh place. Eleventh ranked Linda Gulick raced home first at the White Bank Classic 5 Miler 49:29.

The division gigantisized to its largest ever, fifty-one qualifiers.

National Class times (80%) = 56:10 10K at age 70, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 49:56 10K at age 70, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Hallock, Joey**	70	Virginia Beach, VA	50:56	87.56%
2	Hughes, Ginny**	72	Warrenton, VA	58:12	
3	Franks, Alice**	74	Rockville, MD	58:06	82.47%
4	Bone, Jean	70	Henrico, VA	59:27	
5	Reese, Chris**	72	Westminster, MD	59:43	
6	Barry, Jan****	70	Williamsburg, VA	1:00:02	
7	Terwilliger, Susan**	72	Blacksburg, VA	1:00:41	
8	Shields, Maria*	72	Davidsonville, MD	1:00:44	
9	Sadoff, Lizzie**	73	Washington, DC	1:01:20	
10	Golden, Wendy**	70	Earlysville, VA	1:01:19	
11	Gulick, Linda*	71	Richmond, VA	1:02:04	
12	Wolfe, Claudia	71	Alexandria, VA	1:02:46	
13	Travis, Patricia****	72	Williamsburg, VA	1:04:45	
14	Gullo, Martha***	70	Virginia Beach, VA	1:05:12	
15	Fisher, Laurie****	72	Hyattsville, MD	1:05:06	
16	Nixon, Donna***	70	Lynchburg, VA	1:05:35	
17	Danielle-Kay, Patricia**	72	Reston, VA	1:05:56	
18	Baron, Linda	73	Washington, DC	1:06:56	
19	Kim, Chung Hyun	70	Washington, DC	1:07:21	
20	Peng, Winnie*	70	Germantown, MD	1:07:42	
21	Nusbaum, Maria*	70	Reston, VA	1:09:00	
22	Goossens-Winter, Roswitha**	74	Williamsburg, VA	1:09:36	
23	Hennes, Kathy***	70	Annapolis, MD	1:09:31	
24	Davis, Virginia***	73	Suffolk, VA	1:10:06	
25	Sadler, Barbara*	70	Newport News, VA	1:09:59	
26	Stanfield, Leslie	73	Reston, VA	1:11:16	
27	Miss, Linda*	71	Jefferson, MD	1:11:31	
28	Wamsley, Christie*	70	Colonial Heights, VA	1:11:37	
29	Mink, Suzanne	70	Washington, DC	1:13:12	
30	Ungelsbee, Ruth**	74	Olney, MD	1:13:32	
31	Woody, Natalie**	72	Roanoke, VA	1:14:05	
32	Brennan, Melanie	73	Alexandria, VA	1:15:07	
33	Miffleton, Terry	72	Midlothian, VA	1:16:54	
34	James, Lien**	71	Washington, DC	1:17:27	
35	Summer, Jaine**	72	Annandale, VA	1:17:45	
36	Hong, Tsai**	70	Kensington, MD	1:17:54	
37	Mason, Judy	72	Kensington, MD	1:17:54	

38	Dodds, Glenda***	70	Richmond, VA	1:18:15
39	Snowman, Adele	74	Upperco, MD	1:19:34
40	Abarbanel, Sima***	71	Owings Mills, MD	1:20:09
41	Delaney, Marie*	74	Severn, MD	1:20:14
42	Walters, Wanda	72	Bethesda, MD	1:20:39
43	Heidel Gontasz, Sharon**	72	Sparrows Point, MD	1:21:22
44	Winsberg, Kathryn	71	Bethesda, MD	1:22:02
45	Ellis, Linda**	70	Alexandria, VA	1:22:19
46	Harvey, Beverly*	71	Nottingham, MD	1:22:33
47	Levy, Christine**	72	Frederick, MD	1:22:46
48	Umdenstock, Kathy*	71	Charlottesville, VA	1:23:14
49	Rechter, Denise	73	Reston, VA	1:26:50
50	Mitchell, Brenda	72	Williamsburg, VA	1:27:02
51	Barnes, Judith*	72	College Park, MD	1:28:17

75-79 Women

Kensington Park Run 5K #208 28:40, 10K = 59:41

Perennial champion Betty Brothers took on the marathon, racing the Yuengling Shamrock Festival Marathon in 4:59:01. Only two other women older than seventy attempted the distance and neither was in this division. In a normal year that may have been enough for the crown. Pat Welch was looking for a title. She dispatched her nemesis from 2022 Judith Sitkin Porzel at the Credit Union Cherry Blossom, 1:48:52 to 1:09:51, as well as seventh ranked Betsey O'Neill (1:54:56). And that was after running the Cherry Blossom 5K the day before.

That was not enough yet but then came the Pike's Peek 10K and Welch's 1:03:22 put her in front of Brothers. She also vanquished former champion fifth ranked Gretchen Bolton (1:08:37) and eighth ranked Toby McGinn (1:16:38). Still, there was a shark nearby just below the surface. Alice Franks spent her final week at 74, winning the 10K in 58:06. Her first try in the new division at her home park Run 5K in Kensington, she slapped down a fine 28:40 that scooted her best Brothers Run for the Animals Half Marathon in 2:14:06 for her first title. Brothers was shocked into the runner-up spot with Welch taking third place Franks would end the season at the MCRRC Memorial 4M in 38:34 ahead of Sitkin-Porzel's best race (40:52) that earned her fourth place. Sixth place Barbara Biasi was sixth in a close one, racing the Joe & Sue Moore Memorial Scholarship 5K in 33:12.

National Class times (80%) = 1:00:55 10K at age 75, other distances can be higher or lower. Older ages in the division will be higher.
World Class status (90%) = 54:09 10K at age 75, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	**Franks, Alice****	**75**	**Rockville, MD**	**59:41**	**79.13%**
2	**Brothers, Betty****	**76**	**Virginia Beach, VA**	**1:00:36**	**80.25%**
3	Welch, Pat*****	78	Vienna, VA	1:03:22	
4	Sitkin-Porzel, Judith***	76	Silver Spring, MD	1:05:21	
5	Bolton, Gretchen**	77	Bethesda, MD	1:08:37	
6	Biasi , Barbara*	75	Yorktown, VA	1:09:07	
7	O'Neill, Betsey*	75	Virginia Beach, VA	1:09:04	
8	McGinn, Toby	75	Gaithersburg, MD	1:09:58	
9	Avitabile, Nancy	75	Bethesda, MD	1:11:01	
10	Norton, Lou**	76	Richmond, VA	1:16:18	
11	Robertson, Judi Faye**	76	Colonial Heights, VA	1:19:51	
12	Imholtz, Clare*****	76	Beltsville, MD	1:22:48	
13	Quantrille, Barbara*	75	Burke, VA	1:24:59	
14	Marsh, Sally***	75	Baltimore, MD	1:32:26	
15	Tice, Linda**	77	Ocean City, MD	1:38:12	

80-84 Women

Devotion to Children Mother's Day 4M 48:16,10K = 1:17:16

After a rare upset in the spring of 2022, Ecris Williams fought her way back to the title. Three ranked Jane Chretien ran roughshod over the competition at the Kensington Park Run 5K. She was undefeated in ten attempts, including twice finishing in 37:23. Williams did not have a top ten time until May when she finalized her title on Memorial Day weekend, winning the Ringing in Hope 5K in 37:17. Runner-up Mary Kate Berglund ran the Ukrops Monument Avenue 10K in 1:17:47 for the narrowest of edging to get past Chretien. She would add a fine Apple Blossom 10K in 1:18:51 for her other qualifier. Williams raced lightly with just four events. Her best 10K was the Spring Classic in 1:19:37. She took the crown with a determined effort on the hilly Devotion to Children Mother's Day 4M in 48:16.

Fourth ranked Wilma King took up the lone distance challenge normally held by Molly Sherwood. Sherwood only had time for the Annapolis Running Festival 10K to start the spring and never got back for another qualifier. A week after that King romped to victory at the Rock N Roll Half Marathon in 3:05:34. Then she started April, confirming her placement at the Credit Union Credit Union Cherry Blossom 10M in 2:10:54. Fifth ranked Lois Dicker took the shorter route. Her best of the 5Ks was the Run for the Animals 5K in 41:30. Sixth ranked Rosemary Schwartzbard continued her reign at the Roosevelt Island Park Run 5K with five appearances. She ran best to start the season in 43:08 and in May with 43:04.

National Class times (80%) = 1:06:45 10K at age 80, other distances can be higher or lower. Older ages in the division will be higher.

World Class status (90%) = 59:20 10K at age 80, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	**Williams, Ecris******	**84**	**Reston, VA**	**1:17:16**	**74.31%**
2	Berglund, Mary Kate**	81	Richmond, VA	1:17:47	
3	Chretien, Jane*10	82	Kensington, MD	1:17:50	
4	King, Wilma**	81	Chantilly, VA	1:18:40	
5	Dicker, Lois***	83	Silver Spring, MD	1:26:24	
6	Schwartzbard, Rosemary*****	80	Arlington, VA	1:29:40	
7	McClellan, Bonnie*7	80	College Park, MD	1:54:01	
8	Drewry, Maxine***	82	Roanoke, VA	2:03:22	

85-89 Women

Valor 5K 39:37, 10K = 1:22:29

Runner-up Shirley Steenstra improved by three a half minutes to finish the Scope it Out 5K in 50:51. Our champion was again Janet Hughes. She used a strong Valor 5K in 39:37. Along with the nest three best races. They included the Apple Blossom 10K in 1:24:45. Two more of the seven qualifiers dared to race that long. Fourth ranked Beverly Orndorff finished the Ukrops Monument Avenue 10K (1:56:56 ahead of sixth ranked Elizabeth Gatewood (2:13:40).

Third ranked Dot Dillard ran the Stafford Hospital 5K in 51:59, while fifth ranked Patricia Keane raced the Kelly's Shamrock 5K in 1:03:15. Our seventh place runner was Mary Barrow who finished the TowneBank 8K in 1:59:20.

National Class times (80%) = 1:16:40 10K at age 85, other distances can be higher or lower. Older ages in the division will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	**Hughes, Janet******	**86**	**Winchester, VA**	**1:22:39**	**71.98%**
2	Steenstra, Shirley	87	Lorton, VA	1:45:52	
3	Dillard, Dot	88	Fredericksburg, VA	1:48:14	
4	Orndorff, Beverly	88	Henrico, VA	1:56:56	
5	Keane, Patricia*	85	Columbia, MD	2:11:41	
6	Gatewood, Elizabeth	85	Glen Allen, VA	2:13:40	
7	Barrow, Mary	85	Virginia Beach, VA	2:31:33	

90 & Older Women

PNC Parkway Classic 5K 51:51, 10K = 1:47:57

Kathleen Anderson, 95, continues her onslaught on the record books, slowing only a little at still another Ukrops Monument Avenue 10K. Her time was a marvelous 2:05:08. She takes third as Frances Shinholser, 90, bested Anderson in a close one with 2:04:41. Note with the many wave-starts there is a degree of difficulty/uncertainty their correct (gun) times, not being sure of which wave they started in. (Back in 2018 when Anderson was in the nineties for the first time, she ran 1:50:20.) The following day Haesook Choi, 91, earns the division title, finishing the PNC Parkway Classic 5K in 51:51.

National Class times (80%) = 1:36:20 10K for 90-94, at age 90; 2:17:03 10K for 95, at age 95, other distances can be higher or lower. Older ages in the division (s) will be higher.

Pl	Name	Age	Hometown	10K=	AG%
1	Choi, Haesook	91	Springfield, VA	1:47:57	64.29%
2	Shinholser, Frances*	90	Henrico, VA	2:04:41	
3	Anderson, Kathleen	95	Hanover, VA	2:05:08	

Rankings Explained - What It Is, Who Does It, How We Do It, and Where We are Going

The goal of the runner rankings is to rank the best runners of Washington, DC, Maryland, and Virginia, in five-year age groups, for the purpose of stimulating competition. Runners are ranked only according to performances in rated races. To be rated, a race must meet the following criteria:

* Take place in Washington, DC, Maryland, or Virginia
* Full results listed on the Web Site
* Must list age (and preferably also city and state of residence) of all runners
* Standard distance—3M, 5K, 4M, 8K, 5M, 10K, 12K, 15K, 10M, 20K, 1/2 Marathon, 25K, 30K, 20M, or Marathon
* Road race or cross-country
* Gun Time

To be included, a race must meet all of the above criteria. There will be no exceptions. If you place well in a race and want it included in the rankings, be sure to ask the race director to e-mail the complete results to us at runjames3@aol.com so that the race can be counted in the runner rankings.

Sometimes runners are confused by the race tracking terms. Chip time simply means that it was electronically timed, not manually. Gun time is the official time. Net time, which is confused with chip time, is merely a feel-good time which is tracked by when the runner's chip first crosses the starting line. Net time will always be faster than the official gun time. Runners are welcome to note net time for their personal use but it has no place in the rankings. In large races, where it is impossible for runners to be able to the start for many minutes after the official gun start, we do allow a net time to count as one of the

necessary two qualifiers to permit a runner to be evaluated. However, that time and any net-based age award placement in that race does NOT count towards their placement in the rankings.

Runners will be ranked by age divisions for both men and women, with the divisions being open, 19 & younger, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 & older.

The rankings are established using a nearly completely objective rating procedure. A preliminary sort, followed by an intensive analysis of competitive results, forms the rankings. The preliminary sort is based on the number of qualifying marks and best times. The final ranking is based on head-to-head competitive results against the other top placers (fifty percent), with time playing a major but secondary role (forty percent). Our general philosophy is that competition is about beating other runners and we intend to place an increased emphasis on competitive results.

To qualify for the end-of-year rankings, a runner must run two qualifying races each in each of at least two of the four ranking periods. A runner can qualify in two different age groups in a year. As with the individual seasons, a runner can use a qualifying race from the elder division if it is fast enough to help qualify them for the younger division. Thus, the minimum number of races to double dip and qualify for two divisions would be six races. For example, if a 60-64 runner runs a qualifying race twice in the winter or twice in the spring and then turns sixty-five after the winter and/or the two 60-64 qualifying races in the spring and qualifies for two of the next three seasons with times fast enough for qualification in the 60-64 division.

i.e., a runner turning 65 on the first day of spring could qualify for the 60-64 division with two qualifiers in the winter if they had two qualifiers (at age 65) in the spring that were fast enough to qualify for the 60-64 division. Those two times would give them one season as 65-69 as well. Then all they would need is two qualifiers in either the summer or the fall to earn qualification for the 65-69 division.

A preliminary sort, followed by a more involved analysis of competitive results, also forms these rankings. The preliminary sort is based on seasonal rankings and best times. The final ranking is again based on head-to-head competitive results, with time playing a secondary role, though at times a deciding role. One special race can at times put a runner over the top, though consistency is a valued asset. I have devised the Moreland Racing Factor to help in deciding close contests.

Qualifying times are set in each age division for the 10K, and then adjusted for other distances. I believe in a constant qualifying time so that, while a runner may not make the top ten, he or she may consider himself or herself a ranked runner. My primary concern is that of believability. There should be few surprises. Competitiveness will always find a few disputes. Most runners know who they can best and who remains unbeatable. The rankings should fairly reflect that. If you have comments and questions or would like to

receive a more complete explanation of individual rankings contact me at
runjames3@aol.com.

Moreland Racing Factor

The Moreland Racing Factor (MRF) has been developed to serve as a check on the
ranking process and to provide a status report on this ranking period. This new ranking
system is not meant to supplant the old system. It will enhance and refine. It will give
runners another look at the ranking process and help make the system more objective.

Just as with the quarterback rating in the NFL, the MRF will be loosely based on 95
points (140 with major races), with the premium coming from runners beaten either in the
open category or in the age divisions. Runners earn points on their best races in a period
based on the qualifiers below. A runner who wins five major races of five different
distances would earn a perfect score of one hundred pure points. (75 for win, 15 for
fastest, 5 for major, 5 for qualifier)

Masters runners are able to earn higher numbers. Certainly, a masters runner who earned
a hundred pure points is even more impressive than an open aged (20-34) competitor.

Category	Race points	Major Race points	Best Case Race	Best Case Major
Overall Winner	10	15	50	75
2nd overall	8	12	40	60
3rd overall	6	10	30	50
1st AG	5	8	25	40
2nd AG	3	5	15	25
3rd AG	2	3	10	15
Fastest @ each distance	3	3	15	15
Qualified Runner	1	1	5	5
Major Race	0	1	0	5
1st master	3	5	15	25
2nd master	2	3	10	15
3rd master	1	2	5	10
Special Awards	1	2	5	10

(Such as places 4 through 10 that are not age group i.e., money winners, masters,
grandmasters, seniors, and Clydesdale/Athena)

Each ranked runner beaten	1	1	Unlimited	unlimited

After the pure points have been parsed, we use the following to criteria to delineate racers
in the same age group.

Head-to-Head   4 (points for victor, negative points against loser) per race
Head-to-Head   8 (points for victor, negative points against loser) per major race

10K Equivalent 1 (point for each second faster than opponent's best race versus their best race)

-- Additional points can be earned by prevailing over your competition in the same races or by qualifying in more than five races (especially major races).
-- Overall winners will be presumed as the 1st in the age group as well. Runners younger than 20 and older than 34 can earn overall winner points.
-- Age groups will be determined by the races' scoring system (not necessarily five-year age groups). Runners who are in the overall award category of larger races will be presumed age group winners as well. (Allowing for multiple firsts in the age group.) For instance, at the Twilight 8K, the top three masters in that special category are all age group winners as well as the winners in each of the individual age groups.
-- The same applies for 2nd and 3rd in the age groups.
-- The runners with the fastest times in individual distances will be awarded 3 points for each distance from 3M to marathon in that period. Ties give multiple runners points.
-- Each time a runner qualifies with a race, he or she will be awarded 1 point. It is possible to run more than five races in a period for additional points.
-- Major races are defined as a race with more than 500 finishers or where more than 20% of the runners in that race qualify for the rankings.
-- Major races score higher points.
-- Each time a runner prevails over another runner with a ranked time in their division, he or she will receive 1 point. The point applies even if the runners beaten do not have a second qualifying race to make the rankings

The current qualifying standards for the 10K are:

Age Group	Men	Women
Open	34:20	41:15
19 & Younger	38:20	48:45
35-39	36:40	44:10
40-44	38:20	46:05
45-49	39:45	48:45
50-54	42:00	51:45
55-59	43:55	54:30
60-64	49:45	62:05
65-69	52:50	75:00
70-74	59:27	89:40
75-79	1:32:30	1:39:00
80 & Older	1:45:00	1:50:00

The ranking periods for the 2023 ranking year:

* Winter 2023 - November 14, 2022 – March 5, 2023

* Spring 2023 - March 6, 2023 – May 29, 2023

* Summer 2023 - May 30, 2023 – September 4, 2023

* Fall 2023 - September 5, 2023 – November 14, 2023

* Best of 2023 (November 14, 2022 through November 12, 2023) - reported
March 2024

Bold races are races with more than 500 runners.

	Event	Location	Date
1	Louise Archer 5K	Vienna, VA	11-Mar-23
2	Anacostia Park Run 5K #181	Washington, DC	11-Mar-23
3	Deep Run Park Run 5K #195	Richmond, VA	11-Mar-23
4	Baltimore and Annapolis Trail Park Run 5K #73	Pasadena, MD	11-Mar-23
5	Leakin Park 5K #228	Baltimore, MD	11-Mar-23
6	College Park Park Run #274	College Park, MD	11-Mar-23
7	Kensington Park Run 5K #198	Kensington, MD	11-Mar-23
8	Roosevelt Island Park Run 5K #260	Washington, DC	11-Mar-23
9	Fletcher's Cove Parkrun 5K #309	Washington, DC	11-Mar-23
10	Fort Eustis 10K	Fort Eustis, VA	11-Mar-23
11	Boulder Crest 10K	Springfield, VA	11-Mar-23
12	Boulder Crest Half Marathon	Springfield, VA	11-Mar-23
13	Boulder Crest 5K	Springfield, VA	11-Mar-23
14	Winter Wilderness 5K	Spotsylvania, VA	11-Mar-23
15	Winter Wilderness 10K	Spotsylvania, VA	11-Mar-23
16	Forest of Needwood 5M	Knoxville, MD	11-Mar-23
17	Montvale 8.4M	Montvale, VA	11-Mar-23
18	Montvale 5M	Montvale, VA	11-Mar-23
19	**Celtic Canter 5K**	Westminster, MD	11-Mar-23
20	Lucky Leprechaun 5K	Ijamsville, MD	11-Mar-23
21	Lucky Leprechaun 10K	Ijamsville, MD	11-Mar-23
22	Run High Bridge 5K	Rice, VA	11-Mar-23
23	Jogging for your Noggin 5K	Roanoke, VA	11-Mar-23
24	**St. Paddy's Day 5K**	Ocean City, MD	11-Mar-23
25	Museum of the Shenandoah Valley	Winchester, VA	11-Mar-23
26	St. Patrick's 5K	Denton, MD	11-Mar-23
27	**Annapolis Running Festival 5K**	Annapolis, MD	11-Mar-23
28	**Annapolis Running Festival 10K**	Annapolis, MD	11-Mar-23
29	**Annapolis Running Festival Half Marathon**	Annapolis, MD	11-Mar-23
30	8K Race to Benefit the Haven	Charlottesville, VA	11-Mar-23
31	Eagle Way Swamp Run 5K	Williamsburg, VA	11-Mar-23
32	Love My Dog 5K	Danville, VA	11-Mar-23
33	Bear Creek 10M	Cumberland, VA	12-Mar-23
34	**Lucky Leprechaun 5K**	Reston, VA	12-Mar-23
35	Dirt Farm Brewing 5K	Bluemont, VA	12-Mar-23
36	Dirt Farm Brewing 10K	Bluemont, VA	12-Mar-23
37	DCRRC Fort Hunt 10K	Alexandria, VA	12-Mar-23
38	**Kelly's Shamrock 5K**	Baltimore, MD	12-Mar-23
39	Shamrock RVA 5K	Richmond, VA	12-Mar-23

40	Tidal Basin Runs 5K	Arlington, VA	15-Mar-23
41	St. Patrick's Day 5K	Baltimore, MD	17-Mar-23
42	Sham Rock N 5K	Richlands, VA	17-Mar-23
43	College Park Park Run #275	College Park, MD	18-Mar-23
44	Roosevelt Island Park Run 5K #261	Washington, DC	18-Mar-23
45	Kensington Park Run 5K #199	Kensington, MD	18-Mar-23
46	Fletcher's Cove Parkrun 5K #310	Washington, DC	18-Mar-23
47	St. Patrick's Leprechaun 10K	Fredericksburg, VA	18-Mar-23
48	St. Patrick's Leprechaun 5K	Fredericksburg, VA	18-Mar-23
49	Leakin Park 5K #229	Baltimore, MD	18-Mar-23
50	Deep Run Park Run 5K #196	Richmond, VA	18-Mar-23
51	Anacostia Park Run 5K #182	Washington, DC	18-Mar-23
52	Baltimore and Annapolis Trail Park Run 5K #74	Pasadena, MD	18-Mar-23
53	Bluemont 10K	Bluemont, VA	18-Mar-23
54	Bluemont 5K	Bluemont, VA	18-Mar-23
55	Rountrey Run 5K	Henrico, VA	18-Mar-23
56	Remote Area Medical UVA 5K	Charlottesville, VA	18-Mar-23
57	Backpack Run 5K	Roanoke, VA	18-Mar-23
58	McDaniel PI Run	Westminster, MD	18-Mar-23
59	Police Outreach 5K	Perryville, MD	18-Mar-23
60	St. Patrick's 5K	Hagerstown, MD	18-Mar-23
61	St. Patrick's 8K	Hagerstown, MD	18-Mar-23
62	St. Paddy's 5K	Lynchburg, VA	18-Mar-23
63	River Creek Country Club 3M	Leesburg, VA	18-Mar-23
64	Dominion Valley Lucky Clover 5K	Haymarket, VA	18-Mar-23
65	Shamrock 4M	Blacksburg, VA	18-Mar-23
66	Grandslamrock 5K	Fredericksburg, VA	18-Mar-23
67	**TowneBank Shamrock Festival 8K**	Virginia Beach, VA	18-Mar-23
68	**Rock N Roll Half Marathon**	Washington, DC	18-Mar-23
69	**Rock N Roll 5K**	Washington, DC	18-Mar-23
70	Clarksville 5M	Clarksville, MD	19-Mar-23
71	St. Paddy's 5K	Washington, DC	19-Mar-23
72	St. Paddy's Half Marathon	Washington, DC	19-Mar-23
73	St. Paddy's Marathon	Washington, DC	19-Mar-23
74	MCRRC Piece of Cake 5K	Gaithersburg, MD	19-Mar-23
75	MCRRC Piece of Cake 10K	Gaithersburg, MD	19-Mar-23
76	Tim Kennard 10M River Run	Salisbury, MD	19-Mar-23
77	Tim Kennard 5K River Run	Salisbury, MD	19-Mar-23
78	**Anthem Shamrock Festival Half Marathon**	Virginia Beach, VA	19-Mar-23
79	**Yuengling Shamrock Festival Marathon**	Virginia Beach, VA	19-Mar-23
80	Shamrock 15K	Chesapeake Beach, MD	19-Mar-23
81	College Park Park Run #276	College Park, MD	25-Mar-23
82	Roosevelt Island Park Run 5K #262	Washington, DC	25-Mar-23
83	Kensington Park Run 5K #200	Kensington, MD	25-Mar-23
84	Fletcher's Cove Parkrun 5K #311	Washington, DC	25-Mar-23
85	You are not Alone 5K	Franconia, VA	25-Mar-23
86	Leakin Park 5K #230	Baltimore, MD	25-Mar-23
87	Deep Run Park Run 5K #197	Richmond, VA	25-Mar-23
88	Anacostia Park Run 5K #183	Washington, DC	25-Mar-23
89	Baltimore and Annapolis Trail Park Run 5K #75	Pasadena, MD	25-Mar-23

90	Rock Creek 5K	Washington, DC	25-Mar-23
91	Rock Creek 10K	Washington, DC	25-Mar-23
92	Vietnam Veterans 5K	Warrenton, VA	25-Mar-23
93	Tiger Trot 5K	Rising Sun, MD	25-Mar-23
94	Maverick Miles 5K	Richmond, VA	25-Mar-23
95	Tough Cookie 5K	Troutville, VA	25-Mar-23
96	Cloud Run 5K	Sterling, VA	25-Mar-23
97	Boxers and Briefs 5K	Ashburn, VA	25-Mar-23
98	Spider Dash 5K	Richmond, VA	25-Mar-23
99	Gloucester 8K	Gloucester, VA	25-Mar-23
100	Queens Lake 5K	Williamsburg, VA	25-Mar-23
101	SPCA 5K	Richmond, VA	25-Mar-23
102	White Bank Classic 5 Miler	Colonial Heights, VA	25-Mar-23
103	**Marine Corps 17.75K**	Quantico, VA	25-Mar-23
104	Free Clinic Colon Cancer 5K	Lynchburg, VA	25-Mar-23
105	Spin in the Woods 4M	Wheaton, MD	26-Mar-23
106	Barlow Bolt 5K	Millersville, MD	25-Mar-23
107	**Charlottesville 10 Mile**	Charlottesville, VA	25-Mar-23
108	Titans on the Run 5K	Frederick, MD	26-Mar-23
109	Anchors Away 5K	North East, MD	26-Mar-23
110	Operation Enduring Warriors 5K	Great Falls, VA	26-Mar-23
111	Operation Enduring Warriors 10K	Great Falls, VA	26-Mar-23
112	Operation Enduring Warriors Half Marathon	Great Falls, VA	26-Mar-23
113	Whitman Icebreaker 5K	Bethesda, MD	26-Mar-23
114	**Scope it Out 5K**	Washington, DC	26-Mar-23
115	**B&A Trail Half Marathon**	Severna Park, MD	26-Mar-23
116	B&A Trail Marathon	Severna Park, MD	26-Mar-23
117	Spring Classic 10K	Ashburn, VA	26-Mar-23
118	Hilltopper 5K	Richmond, VA	26-Mar-23
119	Reservoir Run 5K	Midlothian, VA	26-Mar-23
120	Get Pumped for Pets 10K	Chester, MD	26-Mar-23
121	Get Pumped for Pets 15K	Chester, MD	26-Mar-23
122	Get Pumped for Pets 5K	Chester, MD	26-Mar-23
123	Run Like a Lion 5K	King George, VA	01-Apr-23
124	Baltimore and Annapolis Trail Park Run 5K #76	Pasadena, MD	01-Apr-23
125	Light the Night 5K for Suicide Prevention	Columbia, MD	31-Mar-23
126	Trails 4 Miles Race for Autism	Stephen City, VA	01-Apr-23
127	Running with the Saints 5K	Manassas, VA	01-Apr-23
128	Marymount 5K	Arlington, VA	01-Apr-23
129	April Fool's Day	Frederick, MD	01-Apr-23
130	Leakin Park 5K #231	Baltimore, MD	01-Apr-23
131	Deep Run Park Run 5K #198	Richmond, VA	01-Apr-23
132	Kenya Connect 5K	Ellicott City, MD	01-Apr-23
133	College Park Park Run #277	College Park, MD	01-Apr-23
134	Roosevelt Island Park Run 5K #263	Washington, DC	01-Apr-23
135	Kensington Park Run 5K #201	Kensington, MD	01-Apr-23
136	Fletcher's Cove Parkrun 5K #312	Washington, DC	01-Apr-23
137	Yorktown Victory 10K	Yorktown, VA	01-Apr-23
138	Yorktown Victory 5K	Yorktown, VA	01-Apr-23
139	Point of Honor 5K	Lynchburg, VA	01-Apr-23

140	Goodyear Education 5K	Danville, VA	01-Apr-23
141	Mill Mountain Mayhem 10K	Roanoke, VA	01-Apr-23
142	Appomattox River Regional Park 5K	Prince George, VA	01-Apr-23
143	Be Bold 4M	Nellysford, VA	01-Apr-23
144	Easter Bunny Hop 5K	Portsmouth, VA	01-Apr-23
145	Stomp out Heroin 5K	Ijamsville, MD	01-Apr-23
146	**Cherry Blossom 5K**	Washington, DC	01-Apr-23
147	Union Gap Half Marathon	Big Stone Gap	01-Apr-23
148	Cherry Pit 10M	Edgewater, MD	02-Apr-23
149	Racing around the Lake 5K	Fairfax Station, VA	02-Apr-23
150	Racing around the Lake 10K	Fairfax Station, VA	02-Apr-23
151	Racing around the Lake Half Marathon	Fairfax Station, VA	02-Apr-23
152	HCS Hammond 5K	Laurel, MD	02-Apr-23
153	Salisbury 5K	Salisbury, MD	02-Apr-23
154	Salisbury Half Marathon	Salisbury, MD	02-Apr-23
155	Salisbury Marathon	Salisbury, MD	02-Apr-23
156	Runners Half Marathon of Reston	Reston, VA	02-Apr-23
157	Runners 5K of Reston	Reston, VA	02-Apr-23
158	Spencerville Academy 5K	Spencerville, MD	02-Apr-23
159	Creeper Marathon	Abingdon, VA	02-Apr-23
160	**Credit Union Cherry Blossom 10M**	Washington, DC	02-Apr-23
161	Anacostia Park Run 5K #184	Washington, DC	08-Apr-23
162	Kensington Park Run 5K #202	Kensington, MD	08-Apr-23
163	Fletcher's Cove Parkrun 5K #313	Washington, DC	08-Apr-23
164	College Park Park Run #278	College Park, MD	08-Apr-23
165	Roosevelt Island Park Run 5K #264	Washington, DC	08-Apr-23
166	Leakin Park 5K #232	Baltimore, MD	08-Apr-23
167	Deep Run Park Run 5K #199	Richmond, VA	08-Apr-23
168	Baltimore and Annapolis Trail Park Run 5K #77	Pasadena, MD	08-Apr-23
169	PVTC Easter Classic 10K	Arlington, VA	08-Apr-23
170	PVTC Easter Classic 5K	Arlington, VA	08-Apr-23
171	Blossom to Bottle 5K	Lynchburg, VA	08-Apr-23
172	Easter 10K	Fredericksburg, VA	08-Apr-23
173	Easter 5K	Fredericksburg, VA	08-Apr-23
174	Easter Three Fox 5K	Delaplane, VA	08-Apr-23
175	Hagerstown 5K	Hagerstown, MD	08-Apr-23
176	Bunny Run 5K	Aberdeen, MD	08-Apr-23
177	Spring into your Step 5K	Chesterfield, VA	08-Apr-23
178	**Sole for the City 10K**	Baltimore, MD	08-Apr-23
179	Camp Holiday Trail 5K	Charlottesville, VA	08-Apr-23
180	Care Packages at Carderock Half Marathon	Carderock, MD	09-Apr-23
181	Care Packages at Carderock 5K	Carderock, MD	09-Apr-23
182	Care Packages at Carderock 10K	Carderock, MD	09-Apr-23
183	Bishop Tuesday Night #1	Reston, VA	11-Apr-23
184	College Park Park Run #279	College Park, MD	15-Apr-23
185	Roosevelt Island Park Run 5K #265	Washington, DC	15-Apr-23
186	Kensington Park Run 5K #203	Kensington, MD	15-Apr-23
187	Fletcher's Cove Parkrun 5K #314	Washington, DC	15-Apr-23
188	Stafford Hospital 5K	Stafford, VA	15-Apr-23
189	Leakin Park 5K #233	Baltimore, MD	15-Apr-23

190	Anacostia Park Run 5K #185	Washington, DC	15-Apr-23
191	Baltimore and Annapolis Trail Park Run 5K #78	Pasadena, MD	15-Apr-23
192	Race Toward Autism Acceptance 5K	Fredericksburg, VA	15-Apr-23
193	Race Toward Autism Acceptance 10K	Fredericksburg, VA	15-Apr-23
194	Spring Lake Accotink 5K	Springfield, VA	15-Apr-23
195	Spring Lake Accotink 10K	Springfield, VA	15-Apr-23
196	Gigi's Playhouse 5K	Annapolis, MD	15-Apr-23
197	Crossroads Community 5K	Grasonville, MD	15-Apr-23
198	Petersburg 5K	Petersburg, VA	15-Apr-23
199	Petersburg Half Marathon	Petersburg, VA	15-Apr-23
200	Capital for a Day 5K	Olney, MD	15-Apr-23
201	Catch Me if you Can 5K	Bel Air, MD	15-Apr-23
202	Clarksburg 5K	Clarksburg, MD	15-Apr-23
203	Virginia Institute of Autism 5K	Charlottesville, VA	15-Apr-23
204	St. Mary's Hospice 5K	Leonardtown, MD	15-Apr-23
205	St. Mary's Hospice 10K	Leonardtown, MD	15-Apr-23
206	Wood River 5K	Richmond, VA	15-Apr-23
207	Peace Love Hope 5K	Roanoke, VA	15-Apr-23
208	Run for the Vineyards 10K	Colonial Beach	15-Apr-23
209	Run for the Vineyards 5K	Colonial Beach	15-Apr-23
210	Bridge to Bridge 10K	Danville, VA	15-Apr-23
211	Bridge to Bridge 5K	Danville, VA	15-Apr-23
212	Workhouse Arts 5K	Lorton, VA	15-Apr-23
213	Workhouse Arts 10K	Lorton, VA	15-Apr-23
214	St. Joseph's 5K	Frederick, MD	15-Apr-23
215	Fodderstack 10K	Flint Hill, VA	15-Apr-23
216	**Bunny Hop 5K**	Arlington, VA	15-Apr-23
217	**Run for the D. O. G. 5K**	Williamsburg, VA	15-Apr-23
218	Point of Rocks 5K	Point of Rocks, MD	16-Apr-23
219	Point of Rocks 10K	Point of Rocks, MD	16-Apr-23
220	Point of Rocks Half Marathon	Point of Rocks, MD	16-Apr-23
221	Smoketown Brewery 5K	Brunswick, MD	16-Apr-23
222	Smoketown Brewery 10K	Brunswick, MD	16-Apr-23
223	Tartan Run 5K	Hagerstown, MD	16-Apr-23
224	Spring Sprint 5K	Lorton, VA	16-Apr-23
225	HCS Jeffers Hill 10K	Columbia, MD	16-Apr-23
226	Tree of Life 5K	Spotsylvania, VA	16-Apr-23
227	Wild Trail 5K	Thurmont, MD	16-Apr-23
228	Wild Trail 10K	Thurmont, MD	16-Apr-23
229	**Red Shoe Shuffle 5K**	Baltimore, MD	16-Apr-23
230	Live Well 5K	Roanoke, VA	18-Apr-23
231	Tidal Basin 5K	Arlington, VA	19-Apr-23
232	Wildcat Glow 5K	Roanoke, VA	21-Apr-23
233	American Journey 5K	Staunton, VA	22-Apr-23
234	Earth Day 5K	Bel Air, MD	22-Apr-23
235	College Park Park Run #280	College Park, MD	22-Apr-23
236	Roosevelt Island Park Run 5K #266	Washington, DC	22-Apr-23
237	Kensington Park Run 5K #204	Kensington, MD	22-Apr-23
238	Fletcher's Cove Parkrun 5K #315	Washington, DC	22-Apr-23
239	Baltimore and Annapolis Trail Park Run 5K #79	Pasadena, MD	22-Apr-23

240	Leakin Park 5K #234	Baltimore, MD	22-Apr-23
241	Deep Run Park Run 5K #199	Richmond, VA	22-Apr-23
242	Anacostia Park Run 5K #186	Washington, DC	22-Apr-23
243	Run for Valor 5K	King George, VA	22-Apr-23
244	Asa 5K	Hunt Valley, MD	22-Apr-23
245	Making Hay 10K	Middletown, MD	22-Apr-23
246	Making Hay 5K	Middletown, MD	22-Apr-23
247	Jaguar 5K	Falls Church, VA	22-Apr-23
248	Waterford 5K	Waterford, VA	22-Apr-23
249	Waterford 10K	Waterford, VA	22-Apr-23
250	Dismal Swamp 5M	Chesapeake, VA	22-Apr-23
251	Run to the Rescue 5K	Frederick, MD	22-Apr-23
252	Burke Memorial 3M	Westminster, MD	22-Apr-23
253	On Your Mark 5K	Hyde's, MD	22-Apr-23
254	Run 4 their Lives 5K	Lynchburg, VA	22-Apr-23
255	Rock the Run Pirates vs Princesses 5K	Hagerstown, MD	22-Apr-23
256	**Anthem Star 10K**	Roanoke, VA	22-Apr-23
257	Spring Cleaning 5K	Washington, DC	22-Apr-23
258	Spring Cleaning Half Marathon	Washington, DC	22-Apr-23
259	Foot Levelers Blue Ridge Marathon	Roanoke, VA	22-Apr-23
260	**Ukrops Monument Avenue 10K**	Richmond, VA	22-Apr-23
261	Co-Op 5K	Washington, DC	22-Apr-23
262	Vienna Elementary School 5K	Vienna, VA	23-Apr-23
263	Neabsco 5K	Woodbridge, VA	23-Apr-23
264	Neabsco 10K	Woodbridge, VA	23-Apr-23
265	Roaring Lion 5K	Adamstown, MD	23-Apr-23
266	Mount Aviat 5K	Childs, MD	23-Apr-23
267	Stenwood 5K	Vienna, VA	23-Apr-23
268	Iron 5K	Amherst, VA	23-Apr-23
269	Heppe Chiropractic 15K	Fredericksburg, VA	23-Apr-23
270	BRRC GPS 15K	Freeland, MD	23-Apr-23
271	Dismal Swamp Half Marathon	Chesapeake, VA	23-Apr-23
272	Dismal Swamp Marathon	Chesapeake, VA	23-Apr-23
273	Discover Columbia 10K	Columbia, MD	23-Apr-23
274	**Discover Columbia 5K**	Columbia, MD	23-Apr-23
275	Bands on the Run 5K	McLean, VA	23-Apr-23
276	Heroes and Villains 5K	Fairfax, VA	23-Apr-23
277	Courage Day 5K	Purcellville, VA	23-Apr-23
278	Get Smart 5K	Leesburg, VA	23-Apr-23
279	Fast And Furriest 5K	Walkersville, MD	23-Apr-23
280	Buzzy's Run For Research 5K	Winchester, VA	23-Apr-23
281	**Pike's Peek 10K**	Rockville, MD	23-Apr-23
282	**PNC Parkway Classic 10M**	Alexandria, VA	23-Apr-23
283	**PNC Parkway Classic 5K**	Alexandria, VA	23-Apr-23
284	HealthCare Access Maryland 5K	Baltimore, MD	28-Apr-23
285	Night of PRs 5K	Blacksburg, VA	28-Apr-23
286	College Park Park Run #281	College Park, MD	29-Apr-23
287	Roosevelt Island Park Run 5K #267	Washington, DC	29-Apr-23
288	Kensington Park Run 5K #205	Kensington, MD	29-Apr-23
289	Fletcher's Cove Parkrun 5K #316	Washington, DC	29-Apr-23

290	Leakin Park 5K #235	Baltimore, MD	29-Apr-23
291	Deep Run Park Run 5K #200	Richmond, VA	29-Apr-23
292	Anacostia Park Run 5K #187	Washington, DC	29-Apr-23
293	Jogging for Jackson Memorial 5K	Henrico, VA	29-Apr-23
294	Baltimore and Annapolis Trail Park Run 5K #80	Pasadena, MD	29-Apr-23
295	Hard Cider Challenge 5K	Delaplane, VA	29-Apr-23
296	Hard Cider Challenge 10K	Delaplane, VA	29-Apr-23
297	Hard Cider Challenge Half Marathon	Delaplane, VA	29-Apr-23
298	Springburst 10K	Glenn Dale, MD	29-Apr-23
299	Brigance Brigade 5.7K	Baltimore, MD	29-Apr-23
300	ROAR for Kids 5K	Baltimore, MD	29-Apr-23
301	Bon Air 5K	Richmond, VA	29-Apr-23
302	Erin Levitas Foundation Stroll & Roll	Baltimore, MD	29-Apr-23
303	Bees Knees 5K	Chesapeake, VA	29-Apr-23
304	AFCEA Central MD Race for Excellence 5K	Columbia, MD	29-Apr-23
305	Azalea Classic 5K	University Park, MD	29-Apr-23
306	Aligned Orthopedic Partners Great Strides 5K	Bethesda, MD	29-Apr-23
307	Healthy Strides Community 10K	Fairfax Station, VA	29-Apr-23
308	Healthy Strides Community 5K	Fairfax Station, VA	29-Apr-23
309	Van Metre 5K	Broadlands, VA	29-Apr-23
310	Father Creedon Memorial 5K	Dale City, VA	29-Apr-23
311	Run the Tunnel 3.8M	Scott County, VA	29-Apr-23
312	Cardinal Cup 5K	Baltimore, MD	29-Apr-23
313	Chug for the Jug 5K	Rocky Mount, VA	29-Apr-23
314	Eagle Express 5K	Roanoke, VA	29-Apr-23
315	Town of Waverly 5K	Waverly, VA	29-Apr-23
316	Sheppard Pratt 5K	Towson, MD	29-Apr-23
317	Park to Park Half Marathon	Waynesboro, VA	29-Apr-23
318	Virginia Fire Chiefs 5K	Williamsburg, VA	29-Apr-23
319	Pancan Purple Stride 5K	Washington, DC	29-Apr-23
320	Superheroes for SPED 5K	Marion, VA	29-Apr-23
321	DMV Oral Cancer 5K	Silver Spring, MD	29-Apr-23
322	5K Strides for Success	New Kent, VA	29-Apr-23
323	Shipley's Choice 5K	Millersville, MD	30-Apr-23
324	Carytown 10K	Richmond, VA	30-Apr-23
325	Manassas Runway 10K	Manassas, VA	30-Apr-23
326	Manassas Runway 5K	Manassas, VA	30-Apr-23
327	United Way 5K on the Runway	Lynchburg, VA	30-Apr-23
328	Wolftrap Elementary 5K	Vienna, VA	30-Apr-23
329	Tunnel to Towers Foundation 5K	Woodbridge, VA	30-Apr-23
330	Parkinson's Awareness 5K	Fredericksburg, VA	30-Apr-23
331	HCS Swansfield 5K	Columbia, MD	30-Apr-23
332	GROC 10K	Greenbelt, MD	03-May-23
333	Molon Lave 5K	Warrenton, VA	05-May-23
334	War Dog 5K	Lovingston, VA	06-May-23
335	Leopard's Preserve 5K	Broad Run, VA	06-May-23
336	Leopard's Preserve 10K	Broad Run, VA	06-May-23
337	Hopecam 5K	Reston, VA	06-May-23
338	Ocean View Sports 5K	Norfolk, VA	06-May-23
339	Miles for Melanoma 5K	Washington, DC	06-May-23

340	College Park Park Run #282	College Park, MD	06-May-23
341	Roosevelt Island Park Run 5K #268	Washington, DC	06-May-23
342	Kensington Park Run 5K #206	Kensington, MD	06-May-23
343	Fletcher's Cove Parkrun 5K #317	Washington, DC	06-May-23
344	Joe & Sue Moore Memorial Scholarship 5K	Hampton, VA	06-May-23
345	FRDM Church 5K	Stafford, VA	06-May-23
346	Leakin Park 5K #236	Baltimore, MD	06-May-23
347	Anacostia Park Run 5K #188	Washington, DC	06-May-23
348	Baltimore and Annapolis Trail Park Run 5K #81	Pasadena, MD	06-May-23
349	Run First Wine Later 5K	Lovettsville, VA	06-May-23
350	Heathy Trails 5K	Oxon Hill, MD	06-May-23
351	Feeding Fairfax, VA	Fairfax, VA	06-May-23
352	Wood Acres Jogfest 5K	Bethesda, MD	06-May-23
353	Trail Nut Half Marathon	Saluda, VA	06-May-23
354	Trail Nut 10K	Saluda, VA	06-May-23
355	Foster the Family 5K	Lake Frederick, VA	06-May-23
356	Ashburn Village Fiesta 5K	Ashburn, VA	06-May-23
357	Ashburn Village Fiesta 10K	Ashburn, VA	06-May-23
358	BVFRD Fire Drill 5K	Burke, VA	06-May-23
359	Ask 5K	Henrico, VA	06-May-23
360	Kiwanis Club 5K	Wytheville, VA	06-May-23
361	Heritage Classic 5K	Rocky Mount, VA	06-May-23
362	**Run the Greenway 5K**	Dulles, VA	06-May-23
363	Run the Greenway 10K	Dulles, VA	06-May-23
364	Deer Dash 5K	New Market, MD	06-May-23
365	Dinwiddie Five Forks 5K	Dinwiddle, VA	06-May-23
366	CHKD 5K	Norfolk, VA	06-May-23
367	Run for their Lives 5K	Vienna, VA	06-May-23
368	**Uncorked 5K**	New Kent, VA	06-May-23
369	Uncorked Half Marathon	New Kent, VA	06-May-23
370	**Apple Blossom 10K**	Winchester, VA	06-May-23
371	Run Wild 5K	Moseley, VA	06-May-23
372	Tom Larner Memorial 5K	Staunton, VA	06-May-23
373	Potomac River Run Half Marathon	Caderock, MD	06-May-23
374	Potomac River Run Marathon	Caderock, MD	06-May-23
375	**Frederick Twilight 5K**	Frederick, MD	06-May-23
376	**Frederick Half Marathon**	Frederick, MD	07-May-23
377	Beth El 5K	Pikesville, MD	07-May-23
378	Billy Korrow Memorial 5K	Towson, MD	07-May-23
379	Spring Hops 5K	Mount Airy, MD	07-May-23
380	JFS Run, Roll or Stroll 5K	Virginia Beach, VA	07-May-23
381	Run for the Animals 5K	Wachapreague, VA	07-May-23
382	Run for the Animals Half Marathon	Wachapreague, VA	07-May-23
383	Run for the Animals 10K	Wachapreague, VA	07-May-23
384	Four Leaf Clover 5K	Bluemont, VA	07-May-23
385	Harford Day 5K	Bel Air, MD	07-May-23
386	**Race for Hope 5K**	Washington, DC	07-May-23
387	**National Women's 8K**	Washington, DC	07-May-23
388	**National Women's Half Marathon**	Washington, DC	07-May-23
389	Race to the Rescue 5K	Purcellville, VA	07-May-23

390	Tuesday Night 5K #2	Vienna, VA	09-May-23
391	Resurrection St. Paul 5K	Ellicott City, MD	12-May-23
392	Baltimore and Annapolis Trail Park Run 5K #82	Pasadena, MD	13-May-23
393	Deep Run Park Run 5K #200	Richmond, VA	13-May-23
394	Kensington Park Run 5K #207	Kensington, MD	13-May-23
395	Roosevelt Island Park Run 5K #269	Washington, DC	13-May-23
396	Fletcher's Cove Parkrun 5K #318	Washington, DC	13-May-23
397	Anacostia Park Run 5K #189	Washington, DC	13-May-23
398	Leakin Park 5K #237	Baltimore, MD	13-May-23
399	College Park Park Run #283	College Park, MD	13-May-23
400	Restore your Sole 5K	Abingdon, VA	13-May-23
401	Ashland Railroad 10K	Ashland, VA	13-May-23
402	Ashland Railroad 5K	Ashland, VA	13-May-23
403	We Heart Moms 5K	Baltimore, MD	13-May-23
404	Mint Springs Trail 5K	Crozet, VA	13-May-23
405	Montpelier 5K	Laurel, MD	13-May-23
406	Virginia Regional Ballet 5K	Williamsburg, VA	13-May-23
407	Spring Burke Lake 5K	Springfield, VA	13-May-23
408	Spring Burke Lake 10K	Springfield, VA	13-May-23
409	Spring Burke Lake Half Marathon	Springfield, VA	13-May-23
410	Mantua Raccoon Run 5K	Mantua, VA	13-May-23
411	Antietam Brewery 5K	Hagerstown, MD	13-May-23
412	Hospice of the Piedmont Run and Remember 5K	Keswick, VA	13-May-23
413	Take a Breath for Sarcoidosis 5K	Hydes, MD	13-May-23
414	Wood Creek Run 4 the Kids	Lexington, VA	13-May-23
415	Spring Challenge 5K	Martinsville, VA	13-May-23
416	Spring Challenge 10K	Martinsville, VA	13-May-23
417	Valor 5K	Winchester, VA	13-May-23
418	Fit Farmer 12K	Norton, VA	13-May-23
419	Band on the Run 5K	Charlottesville, VA	13-May-23
420	**National Police Week 5K**	Washington, DC	13-May-23
421	**I Love Mom 5K**	Smithfield, VA	13-May-23
422	Chana 5K	Owings Mills, MD	14-May-23
423	Mother's Day 5K	Fredericksburg, VA	14-May-23
424	Mother's Day 10K	Fredericksburg, VA	14-May-23
425	Cambridge Crab Run 5K	Cambridge, MD	14-May-23
426	Cambridge Crab Run Half Marathon	Cambridge, MD	14-May-23
427	Pretty Boy 10K	Baltimore, MD	14-May-23
428	**Devotion to Children Mother's Day 4M**	Reston, VA	14-May-23
429	Tidal Basin Runs 5K	Arlington, VA	17-May-23
430	Leakin Park 5K #238	Baltimore, MD	20-May-23
431	Deep Run Park Run 5K #201	Richmond, VA	20-May-23
432	Capital Challenge 3M	Washington, DC	17-May-23
433	Run for the Stage 5K	Hampton, VA	20-May-23
434	Braveheart 5K	Roanoke, VA	20-May-23
435	Bee Sweet 5K	Roanoke, VA	20-May-23
436	Anacostia Park Run 5K #190	Washington, DC	20-May-23
437	Baltimore and Annapolis Trail Park Run 5K #83	Pasadena, MD	20-May-23
438	Kensington Park Run 5K #208	Kensington, MD	20-May-23
439	Fletcher's Cove Parkrun 5K #319	Washington, DC	20-May-23

440	Roosevelt Island Park Run 5K #270	Washington, DC	20-May-23
441	College Park Park Run #284	College Park, MD	20-May-23
442	Williamsburg Winery 5K	Williamsburg, VA	20-May-23
443	Grand National People Chase 5K	Adamstown, MD	20-May-23
444	**St. Michael's Run Festival 5.4M**	St. Michael's, MD	20-May-23
445	St. Michael's Run Festival 5K	St. Michael's, MD	20-May-23
446	**St. Michael's Run Festival Half Marathon**	St. Michael's, MD	20-May-23
447	Hustle for the Homeless 5K	Roanoke, VA	20-May-23
448	Run for Mental Strength 6K	Williamsburg, VA	20-May-23
449	Sweet TRFF Foundation XC 5K	Gaithersburg, MD	20-May-23
450	Holy Spirit 5K	Annandale, VA	20-May-23
451	Breeze 5K	Danville, VA	20-May-23
452	Run Aware 5K	Bethesda, MD	21-May-23
453	Laurel Memorial 5K	Lorton, VA	21-May-23
454	Laurel Memorial 10K	Lorton, VA	21-May-23
455	Laurel Memorial Half Marathon	Lorton, VA	21-May-23
456	Our Stomping Ground 5K	Springfield, VA	21-May-23
457	Our Stomping Ground 10K	Springfield, VA	21-May-23
458	Broad Run Color Run 5K	Ashburn, VA	21-May-23
459	American Heart Association 5K	Leesburg, VA	21-May-23
460	Run Fit Kidz Spring 5K	Fairfax, VA	21-May-23
461	**Capitol Hill Classic 10K**	Washington, DC	21-May-23
462	Keep Punching 5K	Towson, MD	21-May-23
463	Run for the Animals 5K	Wheaton, MD	21-May-23
464	Sarfan Center Superhero 5K	Newport News, VA	21-May-23
465	**Semper Five**	Fredericksburg, VA	21-May-23
466	**Marine Corps Historic Half Marathon**	Fredericksburg, VA	21-May-23
467	HCS Longfellow 10K	Columbia, MD	21-May-23
468	Stoneleigh Stampede Run 5K	Towson, MD	28-May-22
469	College Park Park Run #285	College Park, MD	27-May-23
470	Roosevelt Island Park Run 5K #271	Washington, DC	27-May-23
471	Kensington Park Run 5K #209	Kensington, MD	27-May-23
472	Leakin Park 5K #239	Baltimore, MD	27-May-23
473	Spring Memorial 5K	Burke Lake, VA	27-May-23
474	Spring Memorial 10K	Burke Lake, VA	27-May-23
475	Spring Memorial Half Marathon	Burke Lake, VA	27-May-23
476	Deep Run Park Run 5K #202	Richmond, VA	27-May-23
477	Anacostia Park Run 5K #191	Washington, DC	27-May-23
478	Baltimore and Annapolis Trail Park Run 5K #83	Pasadena, MD	27-May-23
479	Life's Good 5K	Leonardtown, MD	27-May-23
480	Life's Good 10K	Leonardtown, MD	27-May-23
481	Virginia Creeper 10M	Abingdon, VA	27-May-23
482	Chick-fil-A 10K	Newport News, VA	27-May-23
483	**Chick-fil-A 5K**	Newport News, VA	27-May-23
484	Chestertown Tea Party 10M	Chestertown, MD	27-May-23
485	Chestertown Tea Party 5K	Chestertown, MD	27-May-23
486	Fallen Heroes 4M	Chesapeake, VA	27-May-23
487	Keystone Community 5K	Roanoke, VA	27-May-23
488	Fletcher's Cove Parkrun 5K #320	Washington, DC	27-May-23
489	Conquer the Cove Marathon	Roanoke, VA	28-May-23

490	Conquer the Cove 25K	Roanoke, VA	28-May-23
491	Spring Georgetown 5K	Washington, DC	28-May-23
492	Spring Georgetown Half Marathon	Washington, DC	28-May-23
493	Yorktown Freedom 8K	Yorktown, VA	29-May-23
494	Ringing in Hope 10K	Ashburn, VA	29-May-23
495	Ringing in Hope 5K	Ashburn, VA	29-May-23
496	MCRRC Memorial 4M	Rockville, MD	29-May-23
497	Memorial Day 10K	Lynchburg, VA	29-May-23
498	Run for Valhalla 5K	Fredericksburg, VA	29-May-23
499	Run for Valhalla 10K	Fredericksburg, VA	29-May-23
500	In Honor of 5K	Williamsburg, VA	29-May-23
501	Fallen Soldiers 5K	Great Falls, VA	29-May-23
502	Fallen Soldiers 10K	Great Falls, VA	29-May-23
503	Fallen Soldiers Half Marathon	Great Falls, VA	29-May-23