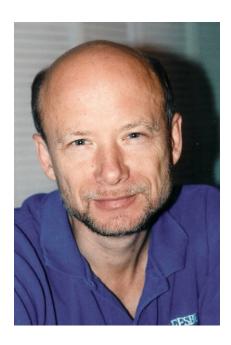
2023 Winter Rankings Racing is Back to Full Force

(November 13, 2022 – March 5, 2023)

50 P	lus	Club
Best	of	2015
Best	of	2016
Best	of	2017
Best	of	2018
Best	of	2019
Best	of	2020
Best	of	2021
Best	of	2022
Best	of	2023



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 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 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 <u>Horizon Landscape</u>, established in 1969 in Silver Spring, serves Montgomery, Prince George's, and Howard counties. Horizon provides specialized gardening, clearing, forest improvement and landscaping services throughout the year. If you need assistance with your property, contact us <u>online</u> 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.







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

	Major Races	Total Races	Percent of Ranked Runners	Ranked Times	Runners raced
Winter 2019	62	341	3.09%	4193	135744
Winter 2020	76	447	3.61%	5900	163448
Winter 2021	5	303	8.13%	2561	31506
Winter 2022	44	377	4.59%	4217	91859
Winter 2023	57	397	4.28%	4977	116305

To help explain the table below take for example the 65-69 women's division. Thirty-four runners (Total of Ranked Women) among themselves combined to race 180 times (Women Ranked Races of qualifiers). One Hundred and thirty-seven-runners (Total Women's qualifying racers) means that 43 (180-137) women ran just one race at a ranked time and did not qualify.

	Total of Ranked	Total Men's qualifying	Men Ranked Races of	Total of Ranked	Total Women's qualifying	Women Ranked Races of
Division	Men	racers	qualifiers	Women	racers	qualifiers
19 & Younger	35	383	39	443	81	118
90 & older	1	3	1	1	3	1
85-89	20	37	3	8	37	8
80-84	18	111	6	86	62	43
75-79	42	262	11	85	161	43
70-74	34	195	39	231	145	133
65-69	43	187	68	405	134	258
60-64	57	299	44	311	197	138
55-59	26	147	35	231	83	120
50-54	25	139	34	171	90	90
45-49	24	121	37	177	73	109
40-44	20	109	38	182	45	103
35-39	23	101	37	163	62	109
Open	44	275	61	320	110	171
Total 2023	412	2369	453	2814	1283	1444
Total 2022	367	1966	380	2322	1188	1152
Total 2021	218	1339	864	220	1369	858
Total 2020	476	2632	1555	605	3469	1925
Total 2019	365	1934	1083	424	2445	1240

With so many smaller events, it not surprising that 21 races met the gold standard of competition with 20% or more ranked runners and 76 made the silver

standard of 10% ranked runners. Racing is back and also due to the usual plethora of large Thanksgiving events a massive 59 races were major events, 500 of more runners. Twenty-eight contained more than 1,000 runners. There were 273 5Ks and 50 10Ks. The half marathon was held just 17 times and the full marathon six times. The 8K/5M combined for fifteen events and the ten-mile appeared just ten times.

Cindy Conant, 61, was the oldest of thirty-three runners not from the open division (20-34) to qualify for the women's Elite Division that increased to 61 qualifiers. Indeed, going back to 1995 no one her age or older has made the Elite Division. Twenty-two female runners were outright winners who were not (20-34). Cindy Conant, 61 was the eldest. Seventeen male runners qualified for the Elite Division from another division, the oldest being Dickson Mercer and Patrick Blair, both 41. Eight runners were outright winners who were not (20-34). Patrick Blair, 41, was the eldest. The men's Elite Division increased to 44 qualifiers.

For the women, a masters runner was the overall winner 44 times; for the men, 45 times. For the women, Leslie Frazho, 68, was the oldest outright winner. For the men, Ted Poulos, 61, was the oldest outright winner.

We are posting in **blue** all the runners with **National Class** times (80%) of the top-rated times for each division based on their best time in 10K equivalence. Also, we are posting in **purple** all the runners with **World Class** times (90%) of the top-rated times 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%; everyone in **purple** will be at least 90%.

For the winter, ten women's divisions provided at least one **National Class** racer ranked, the total was 40. In the Open division, there were 27 though twenty double dipped from other divisions. The men were even more impressive with 72 **National Class** racers with at least one from ten divisions. In the Open division, there were 36, though seventeen double dipped from other divisions.

In the "you got to play to win" category, i.e. (you only qualified in one race) an impressive additional 103 men and 59 women ran a National Class race.

Six runners made World Class status: 90% Age Grade: Cindy Conant, 61, 95.05%, Susanna Sullivan, 31, at 94.53%, Joey Hallock, 69, 92.12% Alisa Harvey, 57, 91.09%, Samantha Nadel, 28, 90.86%, and Betty Brothers, 76, 90.36%.

The only female qualifier above 88% are Clare Heasman, 48, 89.04%

The top male qualifiers above 88% are Harrison Toney, 29, 89.69%, Mark Neff, 60, 89.37%, Brian Flynn, 39, 88.71%, Christopher Pruitt, 40, 88.59%, and John Lomogda, 53, 88.56%

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

Na	ational Clas	s	١	Norld Class	;
Age Group	Men 10K=	Women 10K=	Age Group	Men 10K=	Women 10K=
19 and younger	00:33:24	00:38:01	19 and younger	00:29:41	00:33:48
20-34	00:33:24	00:37:55	20-34	00:29:41	00:33:42
35-39	00:33:42	00:38:11	35-39	00:29:58	00:33:57
40-44	00:34:39	00:39:03	40-44	00:30:48	00:34:42
45-49	00:36:02	00:40:34	45-49	00:32:02	00:36:03
50-54	00:37:33	00:42:50	50-54	00:33:23	00:38:04
55-59	00:39:12	00:45:33	55-59	00:34:51	00:40:29
60-64	00:41:00	00:48:36	60-64	00:36:27	00:43:12
65-69	00:42:58	00:52:08	65-69	00:38:12	00:46:20
70-74	00:45:11	00:56:10	70-74	00:40:10	00:49:56
75-79	00:48:27	01:00:55	75-79	00:43:04	00:54:09
80-84	00:53:37	01:06:45	80-84	00:47:40	00:59:20
85-89	01:01:52	01:16:40	85-89	00:55:00	01:08:09
90-90	01:15:50	01:35:26	90-90	01:07:24	01:24:50
95 and older	01:42:57	02:17:03	95 and older	01:31:30	02:01:49

Runners who win the race or win their division in a race earn an asterisk beside their name. Open runners only get 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 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 <u>Moreland Racing Factor</u> 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.

Now let's see who made the top.

Open Men

Alexandria Turkey Trot 5M 23:04, 10K = 29:05 Willy Fink - 92.41%

Usually the most potent race among the multitude of Thanksgiving events is the Alexandria Turkey Trot 5M. Runner-up Alex Corbett led the way early, besting third ranked Samuel Doud, 23:46 to 24:15. Three others in the top twenty were best there, seventh ranked Eric Beyerle (24:51), sixteenth ranked Nicholas Romanov (25:13) and seventeenth ranked Matt Deters (25:21). Racing machine Roger Hopper was the overall winner in nine of his ten events. His only defeat was to Harrison Toney at the Frostbite 15K 49:26 to 49:44. Hopper, who claims he still has work to do, notched an overall win at the Dismal Swamp Marathon in 2:24:28. Then on the last weekend of the winter, he won it all at the One City Marathon in 2:23:38, ahead of thirteenth ranked, submaster champion Brian Flynn (2:29:19) who was runner-up at the marathon. That moved Hopper from outside of the top twenty into fourth place. Toney, who only managed two events, was hovering around sixteenth place. He too exploded at the same venue, racing the One City Half Marathon in 1:06:30 to move past Corbett (1:07:07) and take another title.

Sixth ranked Peter Lemong was potent with an overall win at the YMCA Turkey Trot 5K in 15:11. His Surf 'n' Santa 5M victory in 24:26 matched Hopper exactly but he competed in just two races, with two wins. Hopper amassed ten races, with nine wins. Fifth ranked Robert Creese was marvelous at the National Cross-Country Championships 10K in 30:50, ahead of twentieth ranked Cole Shugart (32:12). Creese would add an overall win at the Zaching against Cancer 10K in 31:32, ahead of ninth ranked Langston Gash. Tenth ranked Thomas Bean was third overall at the RRCA Challenge 10 Mile in 52:18 even besting Creese (52:37) as well as masters champion Christopher Pruitt (53:05) who would garner twelfth place and Nicolas Crouzier (53:24) who would earn fourteenth place.

Eighth ranked Joe LoRusso posted the fastest 5K as third overall at the Ashburn Farm 5K in 14:58. Eleventh ranked Daniel Jacobs is a track guy, rushing to

second place at the Sheppard Pratt Frederick Turkey Trot 5K in 15:05. Still, he did not fare as well at the Challenge, finishing in 57:10. Bean was dominating long but even as an overall win his second event, the Chesapeake City 5K in 16:00 would keep him behind Gash who was second overall at the Northern Central Trail Half Marathon in 1:09:26. Eighteenth Tyler Muse was third overall in 1:10:30 to squeak past Alexander Loper who was next across the line in 1:10:31 to take nineteenth place. Fifteenth Daniel Rowe won it all at the Northern Central Trail Marathon in 2:27:47.

Forty-four runners qualified for the division with seventeen coming from other divisions. Thirty-six qualifiers made at least an 80% age grading. We have noted the exact age graded times for all racers from other divisions.

National Class times (80%) = 33:24 World Class status (90%) = 29:41

ΡI	Name	Age	Hometown	10K=	AG%
1	Toney, Harrison*	29	Richmond, VA	30:10	89.69%
2	Corbett, Alex	26	Charlottesville, VA	29:58	87.79%
3	Doud, Samuel*	27	Washington, DC	30:35	87.90%
4	Hopper, Roger*9	32	Chesapeake, VA	30:49	85.67%
5	Creese, Robert*	29	Mount Airy, MD	30:50	86.65%
6	Lemong, Peter**	26	Palmyra, VA	30:49	87.26%
7	Beyerle, Eric	30	Riverdale, MD	31:20	85.85%
8	Lorusso, Joe**	32	Herndon, VA	31:12	87.42%
9	Gash, Langston	25	Parkville, MD	31:30	84.09%
10	Bean, Thomas*	34	North East, MD	31:28	84.45%
11	Jacobs, Daniel	31	Frederick, MD	31:28	86.03%
12	Pruitt, Christopher**	40	Sandy Spring, MD	31:56	88.59%
13	Flynn, Brian***	39	Ashland, VA	32:01	88.71%
14	Crouzier, Nicolas***	37	Gaithersburg, MD	32:08	83.55%
15	Rowe, Daniel*	38	Baltimore, MD	31:43	84.57%
16	Romanov, Nicholas	23	Washington, DC	31:48	84.53%
17	Deters, Matt	37	Fairfax, VA	31:58	86.00%
18	Muse, Tyler*	29	Salisbury, MD	32:00	82.21%
19	Loper, Alexander	35	Abingdon, MD	32:00	83.20%
20	Shugart, Cole*	25	Richmond, VA	32:05	83.27%
21	Brook, Robert	27	Washington, DC	32:24	81.71%
22	O'Leary, Sean	31	Washington, DC	32:27	81.58%
23	Braden, Forest*	39	Williamsburg, VA	32:42	82.27%
24	Hugus, Paul	38	Columbia, MD	32:53	82.04%
25	Blair, Patrick*	41	Catonsville, MD	33:00	83.35%
26	Heilman, James*	28	Lutherville, MD	33:00	82.09%
27	Helm, Zachary	27	Norfolk, VA	33:12	81.57%

28	Denis, lan	24	McLean, VA	33:07	81.15%
29	Otstot, Adam	40	Williamsburg, VA	33:14	86.09%
30	Gabel, Ben*	26	Richmond, VA	33:20	
31	Hains, Trevor*	28	Washington, DC	33:20	80.15%
32	Redfern, Jeffrey*	39	Washington, DC	33:23	81.26%
33	Baker, Scott*	28	Towson, MD	33:33	
34	Coccia, Jacob*	25	Roanoke, VA	33:34	
35	Mercer, Dickson	41	Takoma Park, MD	33:31	84.33%
36	Beasley, Bobby	36	Arlington, VA	33:24	80.39%
37	Free, Christopher	37	Virginia Beach, VA	33:43	80.67%
38	Heincke-Peart, Matthew*	26	Richmond, VA	33:39	
39	Spencer, Erik*	24	Virginia Beach, VA	33:49	
40	Gibson, Trey*	27	Forest, VA	33:48	
41	Ford, Kevin	35	Baltimore, MD	33:51	
42	Tolton, George	31	Salem, VA	33:54	
43	Infante, Owen*	15	Davidsonville, MD	34:06	82.16%
44	Zell, Peter*	37	Washington, DC	34:17	81.64%

19 & Younger Men

YMCA Turkey Trot 5K 15:21, 10K = 32:01 Samuel Rodman - 84.58%

Runner-up Eric Johnson has long been the magician at the Baltimore and Annapolis Trail Park Run able to deal a winning hand whenever he races. This winter, he expanded his reach to the College Park course with another win. He even extended himself to a fine Winter Views 10K victory in 34:57. In February, Owen Infante, 15, appeared and won it all at he AS Valentine's Day 5K in 16:21 to take the lead. Two weeks later, Johnson offered his best B&A time of 16:20. Infante goes National Class because of his youth in the only division it pays to younger. The following day, in a division that produced a mere four 10 milers among its nearly 400 times, he scorched the RRCA Challenge 10 Mile in 56:52. That was more than a mile ahead of second place. Owning two of the top three events, earns him the crown with Johnson as runner-up.

Bang, bang third ranked Bryce Isler won it all at the Star City Half Marathon in 1:17:32 to start the winter. Fourth ranked Atticus Fair matched him to the second (10K equivalence) with his Gingerbread 5K overall win in 16:52. Fair would add the third fastest 10K as third overall at the Ringing in Hope 10K, behind second overall and eighth ranked Easy Weisman, 36:10 to 36:22. Isler was seventh overall at the big time Sentara Colonial Half Marathon in 1:18:12. Fifth ranked Addison Brooks ran the Busch Gardens Christmas Town Dash 8K in 28:05. Next up, David Wetzler looked good at the Alexandria Turkey Trot 5M in 28:23 to take sixth place. Shane Stevens snatches seventh place as second overall at the Giblet Jog 5K in 17:12. It helped that he was the overall winner at the Deck the Heels 5K in 17:25 as well.

Tenth ranked Ayaan Ahmad, 14, jaunted second age group at the Hagerstown Turkey Trot 5K. Spencer White generated the exact same time but he also produced an overall win at the Prince William Turkey Trot 5K to take ninth place.

The division bulked up to twenty-three qualifiers. One runner provided **National Class** times (age grade 80% or better).

National Class times (80%) = 33:24 World Class status (90%) = 29:41

ΡI	Name	Age	Hometown	10K=	AG%
1	Infante, Owen**	15	Davidsonville, MD	34:06	82.16%
2	Johnson, Eric****	18	Pasadena, MD	34:04	
3	Isler, Bryce****	19	Gaithersburg, MD	35:11	
4	Fair, Atticus**	17	Hillsboro, VA	35:11	
5	Brooks, Addison**	17	Fort Belvoir, VA	35:38	
6	Wetzler, David*	17	Alexandria, VA	35:47	
7	Stevens, Shane***	15	Altavista, VA	35:53	
8	Weissman, Easy*	16	Washington, DC	36:10	
9	White, Spencer**	17	Bristow, VA	36:12	
10	Ahmad, Ayaan****	14	Clarksburg, MD	36:12	
11	Cochran, Nate**	15	Newport News, VA	36:22	
12	Duncan, Eric**	15	Roanoke, VA	36:26	
13	Cook, Eli**	18	Charlottesville, VA	36:34	
14	Tafe, Michael**	14	Leesburg, VA	36:34	
15	Gasparini, Justin**	16	Monkton. MD	36:53	
16	Chapman, Parker*	17	Roanoke, VA	37:04	
17	Jacobs Jr., Aaron*	17	Stafford, VA	37:04	
18	Dalley, Reid*	16	Arlington, VA	37:14	
19	Wall, Cleveland*	15	Derwood, MD	37:10	
20	Buckley, William**	17	Washington, DC	37:16	
21	Small, Zern***	10	Manakin Sabot, VA	37:22	
22	Stoil, Clayton*	18	Great Falls, VA	37:27	
23	Kelley, Michael**	17	Virginia Beach, VA	37:25	
24	Webster, Bryce**	18	Saint Leonard, MD	37:25	
25	Tyo, Alan*	17	Bel Air, MD	37:41	
26	Johnson, Andrew*	16	Forest, VA	38:08	
27	Lutz, Hunter**	17	Culpeper, VA	38:09	
28	Roberts, James*	14	Yorktown, VA	38:15	
29	Short, Lorenzo**	17	Toano, VA	38:15	
30	Edwards, Sam**	13	Purcellville, VA	38:27	
31	Mills, Josh*	18	Hardy, VA	38:31	

32	Hass, Dalton**	18	College Park, MD	38:35
33	Parsons, lan***	17	College Park, MD	38:44
34	Fuhrmann, Timothy*	19	Gretna, VA	38:40
35	McElduff, Nate*	16	Henrico, VA	39:01

35-39 Men

Northern Central Trail Marathon 2:27:47,10K = 31:43 Daniel Rowe - 84.57%

Runner	MRF
Crouzier, Nicolas	102
Flynn, Brian	101
Rowe, Daniel	72
Loper, Alexander	71
Deters, Matt	61

The top five runners were locked together with a case possibly being made for each one of them. Using the **Moreland Racing Factor** helped some was by no means definitive. Each runner displayed the fastest race at a specific distance at least once. Daniel Rowe showed us the fastest event, winning it all at the Northern Central Trail Marathon in 2:27:47. Brian Flynn was second overall at the end of the winter at the One City Marathon in 2:29:19 for his second-best race. Alexander Loper was second overall at the 5K in 15:56. He first race the YMCA Bel Air Turkey Trot 5K was just two days before he launched the third best race, winning the Northern Central Trail Half Marathon in 1:10:32. Flynn owned the second and third best half, winning it all at the Blue Gray Half Marathon (1:10:44) and the Dahlgren Railroad Heritage Trail Half Marathon (1:11:45). Flynn opened the winter at the ASK Donut 5K in 15:21 for the fastest 5K of the season.

At the immensely competitive Alexandria Turkey Trot 5M, Matt Deters, albeit only third in his division, flashed the second-best race in the division with an excellent 25:21. His Jingle All the Way 15K in 49:26 was persuasive. Nicolas Crozier was dominating as usual winning four of his five MCRRC races our right, including the meandering hills of the Jingle Bell Jog 8K in 25:52 for the fastest 8K. Later, he took on the one of the hilliest 10Ks in the region for the fastest 10K at the Kemp Mill Chills 10K in 33:28. At the end of February, Crouzier was forceful at the most competitive race of the winter, winning the RRCA Challenge 10 Mile in 53:24.

In a tight one, Flynn is awarded the crown with five of his races in the top eleven. Three of them faster than the best Crouzier could bring. Crouzier is the runner-up as he won the only head-to-head, besting Rowe's Challenge in 53:24. Both of these runners earned may points for defeating others in the division at the challenge. Rowe benefited the most points for his fastest race 10K equivalence. Deters earns fourth place with two of the top five races. As with Flynn, fifth ranked Alexander Loper did not have but a couple of competitors in the division

to beat. Still, as overall winners, they both bested a lot more runners just not from their division.

Sixth ranked Forest Braden won it all at the Busch Gardens Christmas Town Dash 8K in 26:04. In February, he clinched his spot with an even faster Sentara Colonial Half Marathon in 1:12:04. Place seven through ten were gained from the aforementioned monster competition at the Challenge. Andrew Madison takes seventh (54:34) with eighth ranked Paul Hugus (54:39) breathing down his neck. Ninth position goes to Jeffrey Redfern (55:29). Bobby Beasley ran his hometown event in 56:37, though he did take on the flat Al Lewis 10M earlier in the winter for a second overall 55:30, earning hm tenth place. That was ahead of Redfern (57:49) who won the rematch and twelfth ranked Kevin Ford (56:16).

Thirteenth place Andrew Spangenberg was ninth at the Challenge in 57:30 but catches his spot, winning the Sheppard Pratt Frederick Turkey Trot in 16:11. Fourteenth ranked Peter Zell was one of the many to make the Elite division as well. He won it all at the PVTC Christmas Caper 5K in 16:26. We do not always go so deep in the analysis but we wanted to point out all of the National Class runners. In eleventh place, Christopher Free was crushing all winter, starting with a third overall at the Tidewater Striders Turkey Trot 10K in 33:43 and finishing with the One City 5K in 16:21.

The submasters division becomes nearly the Elite division with thirteen of the twenty-three qualifiers in the division displayed **National Class** times (age grade 80% or better).

National Class times (80%) = 33:42 World Class status (90%) = 29:58

ΡI	Name	Age	Hometown	10K=	AG%
1	Flynn, Brian****	39	Ashland, VA	32:01	88.71%
2	Crouzier, Nicolas****	37	Darnestown, MD	32:08	83.55%
3	Rowe, Daniel**	38	Baltimore, MD	31:43	84.57%
4	Deters, Matt**	37	Fairfax, VA	31:58	86.00%
5	Loper, Alexander***	35	Abingdon, VA	32:00	83.20%
6	Braden, Forest**	39	Williamsburg, VA	32:42	82.27%
7	Madison, Andrew	35	Catonsville, MD	32:50	81.15%
8	Hugus, Paul*	38	Columbia, MD	32:53	82.04%
9	Redfern, Jeffrey*	39	Washington, DC	33:23	81.26%
10	Beasley, Bobby**	37	Washington, DC	33:24	80.39%
11	Free, Christopher**	37	Virginia Beach, VA	33:43	80.67%
12	Ford, Kevin*	35	Baltimore, MD	33:51	
13	Spangenberg, Andrew*	39	Frederick, MD	33:46	84.14%
14	Zell, Peter*	37	Washington, DC	34:17	81.64%
15	Adams, Benjamin*	38	Ellicott City, MD	34:46	

16	Craig, Michael**	35	Lynchburg, VA	35:03
17	Koehler, Scott**	39	Odenton, MD	35:07
18	Shields, Joseph*	37	Washington, DC	35:07
19	Zabinsky, Andrey*	37	Germantown, MD	35:06
20	Parkins, Andrew***	38	Salem, VA	35:13
21	Naegele, Philipp Alexander****	38	Rockville, MD	35:36
22	Hurt, Charlie*	39	Charlottesville, VA	35:46
23	Munchak, Joe*	39	Silver Spring, MD	36:11

40-44 Men

RRCA Challenge 10 Mile 53:05, 10K = 31:56

Patrick Blair laid down a wonderful opening salvo, finishing second overall at the Northern Central Trail Marathon in 2:42:42. That was not going to get it done as seventh ranked Ahmed Qureshi finished third overall at the One City Marathon in 2:38:07 ahead of tenth ranked Eddie Chen (2:40:19). At the New Day New Year 10K, Qureshi was second overall with Chen one place behind in a nail biter, 34:36 to 34:38. This would be one of the strongest masters field ever. Still, by Thanksgiving, Christopher Pruitt placed an undisputable claim to the title as third overall at the Sheppard Pratt Frederick Turkey Trot 5K in 15:29. Eighth ranked Scott Wallace ran a quite presentable 16:18.

Early on, regular rivals Dickson Mercer and Charlie Ban did battle at the Alexandria Turkey Trot 5M. Fourth place Mercer held on 26:35 to 26:40 to brush Ban back a spot. Later, in January, came the big showdown at the National Cross-Country Championships 8K. Pruitt a stupendous third overall in 25:58. Third ranked Adam Otsot was next in 26:34. This 5K specialist confirmed his spot with a season ending One City 5K in 15:56, third overall. Back at the Championship, Ban (27:08) outlasted sixth ranked Michael Harlow (27:17). Two overall wins at the 5K, including the West End Orthotics 5K in 16:15, allowed Harlow to maintain a razor thin edge over Qureshi and Wallace.

To shake out the rest of the top ten, we go to the vaunted RRCA Challenge 10 Mile. Pruitt was unstoppable, laying down a crushing 53:05 as the best race in the division. Blair upped his game to win it all at the Super Bowl Trail Run 8M in 44:32. That confidence allowed him to take the runner-up spot with a time that usually take top masters honors at the Challenge (54:51). Mercer ran a potent 56:26 to solidify his placement. He was followed by ninth ranked Scott Munro (56:55).

Half of the twenty qualifiers in the division displayed **National Class** times (age grade 80% or better).

National Class times (80%) = 34:39 World Class status (90%) = 30:48

PI	Name	Age	Hometown	10K=	AG%
1	Pruitt, Christopher****	40	Sandy Spring, MD	31:56	88.59%
2	Blair, Patrick**	41	Catonsville, MD	33:00	83.35%
3	Otstot, Adam*	40	Williamsburg, VA	33:14	86.09%
4	Mercer, Dickson	41	Takoma Park, MD	33:31	84.33%
5	Ban, Charlie	40	Washington, DC	33:38	83.44%
6	Harlow, Michael**	42	Henrico, VA	33:54	85.54%
7	Qureshi, Ahmed**	41	Fairfax, VA	33:56	80.51%
8	Wallace, Scott**	43	New Market, MD	34:00	85.89%
9	Munro, Scott**	41	Olney, MD	34:15	80.32%
10	Chen, Eddie**	42	Ashburn, VA	34:24	80.02%
11	Lewis, Brian**	42	Ashburn, VA	34:55	
12	Carroll, Ryan*	40	Chesapeake, VA	35:33	
13	Stern, Charles	41	Silver Spring, MD	36:01	
14	Saelens, Andrew	42	Alexandria, VA	35:53	
15	Winton, Dustin*	41	Chesterfield, VA	36:14	
16	Highsmith, Jim**	40	Newport News, VA	36:57	
17	Wisnioski, Matthew*	44	Arlington, VA	37:12	
18	DeRocco, Vinnie**	43	Leesburg, VA	37:29	
19	Rietscha, Edward	44	Williamsburg, VA	37:31	
20	Wolfe, Michael**	41	Glen Allen, VA	37:46	

45-49 Men

Alexandria Turkey Trot 5M 25:39, 10K = 32:21 David Wertz – 91.55%

The inimitable Michael Wardian toyed with the Fletcher's Cove Parkrun 5K record, lowering it three times, settling at 17:13. (Already in the spring, he lowered it again to 16:33). In between that, he returned to defend his overall crown at the DCRRC New Year's Day Predictions and Resolutions 5K in 17:22. Runner-up Aaron Church was not threatened by any of the men, winning Reston New Year's Day 5K in 17:05 but he could not chase down World Class talent Susanna Sullivan (16:46). In December, he would win it all at the Frosty 5K in 16:42. Third ranked Mark Tompkins matched that event exactly with his One City Half Marathon in 1:16:46. Tompkins also brought the most potent 10 miler in the division, finishing second overall at the Run for the Heart 10M in 58:07. Wardian, as prolific as always, pulled ahead for the title in January, racing second overall at the National Cross-Country Championships 6K in 20:19 and that same day blasting a superb 27:29 at the accompanying 8K, ahead of Tompkins (29:02). With all three having a photo finish with their best times, it seems as if the Moreland Racing Factor might be needed. However, Wardian (97), was not really challenged by either Church (52) or Tompkins (21).

Salvatore Lisciandrello toyed with the locals at the cross-country Roosevelt Island Park Run, winning it all four times but with casual times. When he got to work at the Jingle All the Way 15K, he laid down a marvelous 54:06 that would have him on the heels of the leading trio and garner him fourth place. Brad Wedemeyer was very solid as top master at the Reston 10 Mile that features some less than gentle rolling hills. His second event was a win at the Run with Santa 5K akin to the Park Run of Lisciandrello – casual. Former champion Gene Severtson backed up his RRCA Challenge 10 Mile in 59:54 with a third overall at the AS Anniversary 15K in 55:41 to take fifth place. His time bested eighth ranked David Storper (1:00:32) and eleventh ranked Hasan Hobbs (1:01:14).

Seventh ranked Anderson Norton was best at the National Cross-Country Championships 8K in 28:28. Toby Worm is granted ninth place with his best of six wins, including the overall winner at the Tidewater Striders Tune-up 12M in 1:14:45. Tenth ranked Jon Weiss ran the Fletcher's Cove Parkrun 5K twice. His first time was January 21 and he won it all in 17:39, just four seconds off Wardian's first course record on the same day as the National Cross-Country Championships. In March, he returned, finishing fourth overall in 18:01 behind Wardian's new record of 17:13.

Weiss was left off the 2022 Fall Rankings in error as he was listed at the wrong age in his second qualifier. He most likely would have been ranked fourteenth in the previous fall.

The division contain twenty-four qualified runners. One quarter of the runners (6) provided **National Class** times (age grade 80% or better).

National Class times (80%) = 36:02 World Class status (90%) = 32:02

PI	Name	Age	Hometown	10K=	AG%
1	Wardian, Michael****	48	Arlington, VA	34:51	86.30%
2	Church, Aaron**	48	South Riding, VA	34:50	87.03%
3	Tompkins, Mark**	47	Williamsburg, VA	34:50	82.72%
4	Lisciandrello, Salvatore*****	46	Washington, DC	35:04	81.89%
5	Severtson, Gene*	46	Gambrills, MD	36:02	
6	Wedemeyer, Brad**	46	Reston, VA	35:56	
7	Norton, Anderson**	49	Salem, VA	36:07	83.37%
8	Storper, David***	49	Bethesda, MD	36:25	80.64%
9	Worm, Toby*6	49	Smithfield, VA	36:57	
10	Weiss, Jon**	45	Kensington, MD	36:49	
11	Hobbs, Hasan*	49	Poolesville, MD	36:51	
12	Angulo, Martin*	47	Jarrettsville, MD	37:07	
13	Kidane, Besufidad****	45	Laurel, MD	37:02	
14	Dahlem, Jim**	45	Gaithersburg, MD	37:17	

15	Makovsky, Eric***	49	Chesapeake, VA	37:54
16	Yeager, Brian	49	Bel Air, MD	37:48
17	Hicks, Sean**	49	Manassas Park, VA	37:54
18	Huxtable, Scott*	48	Blacksburg, VA	37:45
19	Lilley, Brendan	46	Baltimore, MD	37:59
20	Dowdy, Jason**	47	Richmond, VA	37:56
21	Shen, Yang*	46	Rockville, MD	38:10
22	Tian, Qiang	47	Ellicott City, MD	38:18
23	McGuire, Glen*	46	Christiansburg, VA	38:17
24	Cole, David	49	Arlington, VA	39:09

50-54 Men

Tidewater Striders Tune-up 10M 58:36, 10K = 35:16

Thomas Hicks was quickly the favorite when he stoked a third overall Norfolk Harbor 5K on the first day and then followed it up the next morning again third overall at the Norfolk Harbor Half Marathon in 1:21:02. Fifth ranked Ignacio Moore was impressive opening day as top master at the Star City Half Marathon in 1:21:44. John Lomogda had already won the division twice before. As top master at the Blue Talon Bistro Turkey Trot 5K in 17:05, he was on his way to the top. For the third time, Hicks was third overall, racing the Sentara Sleighbell 5K in 17:14. Lomogda stepped past Hicks by winning it all at the Santa Claus Shuffle 5K in 17:03. Hicks responded by starting the new year with a 17:00 at the Resolution Run 5K. A week later, he made it no brainer that Lomogda was runner-up and he was the champion with an excellent overall win at the Tidewater Striders Tune-up 10M in 58:36.

Alan Dixon made his bid in December with an overall win in 1:20:15. Then in December, third ranked Jason Tripp won the Celtic Solstice in 30:12. Then he pushed his way past Dixon at a faster pace beating him at the RRCA Challenge 10 Mile, 59:45 to 1:00:50. Sixth ranked Sean Hicks outran ninth ranked Jicheng Liu, 1:02:30 to 1:04:09 as the next finishers at the 10 miler. Dixon became the man to beat, winning three more DCRRC Snowball Series events, twice finishing second overall. Former champion Antonio Eppolito used his fine Alexandria Turkey Trot 5M in 29:57 to take down tenth ranked Danny Bennett (30:31) and eleventh ranked Richard Rapine (30:34).

Twenty-five qualified for the division just like last year. Nearly third of the runners (7) provided National Class times (age grade 80% or better).

National Class times (80%) = 37:34 World Class status (90%) = 33:23

PI Name Age Hometown 10K= AG%

1	Hicks, Thomas*****	51	Virginia Beach, VA	35:16	87.45%
2	Lomogda, John**	53	Norfolk, VA	35:34	88.56%
3	Tripp, Jason**	50	Columbia, MD	35:57	82.43%
4	Dixon, Alan****	51	Takoma Park, MD	36:25	81.89%
5	Moore, Ignacio***	51	Martinsville, VA	37:05	80.40%
6	Hicks, Sean*	50	Manassas Park, VA	37:30	
7	Eppolito, Antonio**	54	Alexandria, VA	37:34	83.08%
8	Sherry, Peter**	54	Great Falls, VA	37:32	82.82%
9	Liu, Jicheng*	51	Ellicott City, MD	38:15	
10	Bennett, Danny*	52	Dunkirk, MD	38:29	
11	Rapine, Richard	50	Alexandria, VA	38:33	
12	McNary, Bill****	50	Bethesda, MD	38:38	
13	Yinger, Tom***	52	Westminster, MD	39:11	
14	Frame, Richard****	53	Alexandria, VA	39:22	
15	Suhr, Timothy***	51	Williamsburg, VA	39:19	
16	Downie, Kevin*12	53	Gaithersburg, MD	39:32	
17	Park, Gene*	54	Kensington, MD	39:43	
18	Neeson, Tommy***	53	Virginia Beach, VA	39:55	
19	Belt, Glenn*	51	Westminster, MD	40:24	
20	Rubin, Jimmy*	50	Bethesda, MD	40:43	
21	Phillips, Colin**	54	University Park, MD	40:41	
22	Chasse, Craig****	53	Reston, VA	40:49	
23	Calkins, Joe*	52	Lanexa, VA	40:59	
24	Stowe, Michael	52	Blacksburg, VA	41:30	
25	Anderson, David**	53	Williamsburg, VA	41:49	

55-59 Men

YMCA Ellicott City Turkey Trot 5K 17:39, 10K in 36:49 Doug Mock – 86.87%

As always, this division had no clear-cut winner. Runner-up Pete Wergin was strong with the best race, winning the big Sheppard Pratt Frederick Turkey Trot 5K in 17:49. The next best 5K was by Ken Zimmerman, racing the Hot Chocolate 5K in 18:37. Third ranked Wilson Reuter Melo trotted out the fourth best race as top master at the Surf 'n' Santa 5M in 29:54. These three all tried the 10 miler. Wergin ran the hilly Turkey Burnoff 10 Mile in 1:04:31 to match Zimmerman's 5K. Reuter Melo was second overall at the much flatter Tidewater Striders Tune-up 10M in 1:02:06 and earns third place. Zimmerman ran the largest, most competitive one and perhaps the hilliest, the RRCA Challenge 10 Mile in 1:01:59, ahead of tenth ranked David Phipps (1:06:40). By the slimmest of margins, Zimmerman takes the title.

Fourth ranked Steve Speirs is the region's long-distance man. You may think that is because the three longest of his five qualifying wins included, a 15M in 1:40:25, a 20M in 2:13:53, and his best race, the One City Marathon in 2:56:10. Then you can add in two non-qualifiers, winning the Sandy Bottom 8-Hour for 53.75 miles and being top master at the Rocky Raccoon 100M 17:19:58. Sixth place Kevin McGuire narrowly edged newbie Alexander Hetherington who was coming off four straight years as the champion in the 50-54 at the National Cross-Country Championships 8K, 30:40 to 30:45. However, McGuire did not get much help from his second win, the Blacksburg Classic 10M in 1:09:34. Hetherington would power past him month later at the Dahlgren Railroad Heritage Trail Half Marathon in 1:24:18.

Seventh ranked Peter Pommerenk won three of his six races that added up to 74 miles of racing. His best event was the Tidewater Striders Tune-up 10M in 1:04:58. Abebual Fekade-Sellaissie raced the YMCA Turkey Chase 10K in 39:55 for eighth place honors. Master of the Park Run in College Park, Collin Phillips is next in ninth place with his best of five tries in 19:08.

This division shrunk sixty percent to twenty-six qualifiers. The top six runners all produced National Class times (age grade 80% or better).

National Class times (80%) = 39:12 World Class status (90%) = 34:51

PI	Name	Age	Hometown	10K=	AG%
1	Zimmerman, Ken***	56	Chester, MD	37:18	83.76%
2	Wergin, Pete***	57	Gaithersburg, MD	37:10	87.46%
3	Reuter Melo, Wilson**	56	Virginia Beach, VA	37:22	83.60%
4	Speirs, Steve*****	56	Virginia Beach, VA	37:48	83.43%
5	Hetherington, Alexander*	55	Vienna, VA	38:15	81.14%
6	McGuire, Kevin**	57	Blacksburg, VA	38:55	82.77%
7	Pommerenk, Peter***	56	Virginia Beach, VA	39:05	
8	Fekade-Sellaissie, Abebual**	55	Silver Spring, MD	39:57	
9	Phillips, Colin*****	55	University Park, MD	39:55	
10	Phipps, David**	59	Perry Hall, MD	40:07	
11	Sabzevari, Cyrus****	55	Chantilly, VA	40:22	
12	Kast, Steven*	57	Yorktown, VA	40:24	
13	Menzies, Steve***	59	Williamsburg, VA	40:32	
14	Mo, Shangdi	55	West Friendship, MD	40:45	
15	Schwartz, Mike*	55	Phoenix, MD	41:01	
16	Campbell, Chris**	58	Louisa, VA	41:09	
17	Bandettini, Peter	56	Bethesda, MD	41:10	
18	Morakinyo, Akintunde*	59	Columbia, MD	41:18	
19	Santoni, Rob	57	Kingsville, MD	41:22	

20	Frost, Howard*	57	Arlington, VA	41:28
21	Grossman, Larry	59	Washington, DC	41:30
22	Pelletier, Paul***	57	Williamsburg, VA	41:47
23	Jacobson, Paul****	59	Gaithersburg, MD	42:23
24	Meeks, David	59	Centreville, VA	42:50
25	Zuniga, Mario*	58	Front Royal, VA	42:54
26	Carlat, Louis*	59	Baltimore, MD	43:21

60-64 Men

Sheppard Pratt Frederick Turkey Trot 17:52, 10K = 37:16

Three-time former champion Hernan Garbini blasted a sub-6:00 pace Charlottesville Turkey Trot 5K in 18:26 to victory and that is very good. That same morning in Frederick, Mark Neff did a tour around Baker Park at the Sheppard Pratt Frederick Turkey Trot 5K. His win in a near **World Class** status 17:52 (89.37% age grading) was better. Garbini reprised on the next racing holiday running CTC New Year's 5K in 19:04. Neff had already finished MCRRC New Year's 5K seconds earlier in 18:36. Garbini's strength has always been at the half where he dominates. He was top grandmaster at the Sentara Colonial Half Marathon 1:29:09, ahead seventh ranked Christopher Maestrello. That gave him the fastest half in the division and a lock on the runner-up. Neff piled on racing a marvelous National Cross-Country Championships 8K in 30:34, earning still another crown.

Fourth ranked Dave Haaga ran the hilly but fairly warm Turkey Burnoff 10 Mile in 1:05:56. MCRRC is just about the only organization that does Thanksgiving on Saturday. At least 54 others did the deed on Thursday. One can only surmise that Haaga pulled up lame soon after as his second event was well below any race we have seen him run. Third ranked Ed Wilson starting the season with second fastest 10K, Zaching against Cancer 10K in 41:14, behind six ranked Jon Leiding who ran the Tidewater Striders Turkey Trot 10K in 40:58. Wilson came roaring past him at the RRCA Challenge 10 Mile with a crushing victory 1:05:34, more than a mile ahead of second place.

Leiding was clearly training for the marathon. He ran seven events containing more than eighty miles, including a holiday race, Resolution Run 5K in 20:04. He ended the season successfully, winning the One City Marathon in 3:28:36. Speedster Robert Whitaker seemed to cruising for a good time at the National Cross-Country Championships 8K (33:56) ahead of Greg Cauller (34:34). He was even faster at the Busch Gardens Christmas Town Dash 8K in 32:49. Still, he earns fifth place the same way he won the division in the past, a pair of blazing 5Ks. He ran best at the Jingle Jog 5K in 19:22 and will soon be looking for a title in the 65-69 division.

Maestrello's second half was a potent One City Half Marathon in 1:31:53. He needed that as eighth ranked Layne Party stoked his 1:32:52 at the Northern Central Trail Half Marathon. Ninth place Ken Alberg raced a lot but gains his spot surrounding tenth ranked Kevin D'Amanda's five best races. D'Amanda has found a home at the weekly Kensington Park Run 5K and is currently undefeated in his last twelve tries. He was best in 20:21 and fifth best in 20:35. Alberg ran the Sentara Sleighbell 5K in 20:38 and then makes his mark at the Menchville Chill 5K in 20:15.

Terry McLaughlin prefers that shorter non-qualifiers in the middle distance but he could not resist racing the nearby YMCA Turkey Trot 5K in Fredericksburg, winning in 20:30 for eleventh place, ahead thirteenth place Vincent Ortiz (20:38). Twelfth place goes to Greg Cauller who ran the Celtic Solstice in 34:19.

With fifty-seven qualifiers, the division is heading back to its position as the most prolific. The top six runners all earned **National Class** times (age grade 80% or better).

National Class times (80%) = 41:00 World Class status (90%) = 36:27

PI	Name	Age	Hometown	10K=	AG%
1	Neff, Mark**	60	Derwood, MD	37:16	89.37%
2	Garbini, Hernan***	61	Charlottesville, VA	38:27	87.34%
3	Wilson, Ed**	60	Ellicott City, MD	39:27	82.16%
4	Haaga, Dave*	61	Rockville, MD	39:40	82.46%
5	Whitaker, Robert**	64	Yorktown, VA	40:24	85.28%
6	Leiding, Jon*6	60	Virginia Beach, VA	40:58	80.07%
7	Maestrello, Christopher**	60	Henrico, VA	41:41	
8	Party, Layne**	63	Towson, MD	42:08	
9	Alberg, Ken**	62	Suffolk, VA	42:14	
10	D'Amanda, Kevin*12	60	Bethesda, MD	42:27	
11	McLaughlin, Terry*****	62	Spotsylvania, VA	42:46	
12	Cauller, Greg*	63	York, PA	43:16	
13	Ortiz, Vincent	61	Chesapeake, VA	43:02	
14	Daugherty, Brian*7	63	Edgewater, MD	43:53	
15	Stanmore, John*	60	Baltimore, MD	43:59	
16	Clem, William***	63	Bethesda, MD	44:12	
17	Adams, Mark**	63	Gaithersburg, MD	44:00	
18	Burke, Joe***	61	Finksburg, MD	44:13	
19	Bouwmeester, Paul*	60	Reston, VA	44:18	
20	Coady, Timothy**	62	Danville, VA	44:18	
21	Perez, Orlando	60	Newport News, VA	44:15	
22	Simler, Ken**	63	Takoma Park, MD	44:41	

23	Kowalski, Anthony**	61	Yorktown, VA	44:45
24	Downing, Bill**	60	Virginia Beach, VA	44:44
25	Flanagan, Rich*	60	Crofton, MD	44:43
26	Cruff, Dennis	64	Poquoson, VA	44:50
27	Poulos, Ted*12	61	McLean, VA	44:53
28	Simpson, Rich*	62	Virginia Beach, VA	45:31
29	Carter, Jim**	60	Manakin Sabot, VA	45:30
30	Rawley, Lloyd****	62	Greenbelt, MD	45:43
31	Mace, Matthew*	62	Arnold, MD	45:47
32	Calhoun, Martin**	61	Herndon, VA	45:51
33	Zhou, Weiqun	63	Rockville, MD	45:58
34	McShea, Patrick*	63	Virginia Beach, VA	46:12
35	Biddle, Robert	63	Annapolis, MD	46:24
36	Harvatine, Joe	60	Sykesville, MD	46:19
37	Kammerer, Jack*8	61	Washington, DC	46:37
38	Andrews, Phil**	63	Gaithersburg, MD	46:46
39	Williams, Michael	60	Richmond, V	46:41
40	Worford, Peter**	63	Midlothian, VA	46:54
41	Morrison, Jack*	63	Fredericksburg, VA	46:54
42	Ballew, Ken*	61	Ivy, VA	46:56
43	Phelps, Wayne	63	Chesapeake, VA	46:58
44	Cerny, Mark	62	Midlothian, VA	47:04
45	Richie, Rob***	60	Takoma Park, MD	47:16
46	Finch, Frank*	64	Roanoke, VA	47:36
47	Barry, Thomas	64	Williamsburg, VA	47:34
48	El-Safadi, Bader	64	Williamsburg, VA	47:32
49	Shroyer, Kevin**	62	Forest, VA	47:40
50	Wills, Stephen	61	College Park, MD	47:39
51	Hodge, Timothy**	63	Virginia Beach, VA	48:03
52	DiGregorio, David*	63	White Marsh, MD	48:11
53	Pape, David	64	Williamsburg, VA	48:13
54	Hartman, Charlie	64	Centreville, VA	48:38
55	Finson, Scott**	64	Nottingham, MD	47:47
56	Shoemaker, Richard	63	Newport News, VA	49:18
57	Robinson, Tom	64	Williamsburg, VA	49:37

65-69 Men

Johnny Casa 5M 32:30, 10K = 40:59

Paul Beers still possesses blazing middle distance speed with the top two 5Ks, racing best at the Drumstick Dash 5K in 20:04. Still, he did his best work, taking down another title with a powerful Johnny Casa 5M in 32:30. Pete Gibson moves

into the runner-up spot with a fine National Cross-Country Championships 8K in 33:45. A week later, he cemented his position doubling the distance at the Tidewater Striders Tune-up 10M 1:10:15. The next four places were jockeying back and forth for the bronze medal position. Third place is handed to Michael Kearney who was second at the Sheppard Pratt Frederick Turkey Trot 5K with 10-year age group to 60-64 champion Mark Neff who just missed **World Class** status (17:52). Kearney ran 20:25. Fifth ranked John Bacon arrived home a second faster, winning the Arlington Turkey Trot 5K in 20:24. Fourth place former champion Manuel Rivera won the Cranberry Crawl 5K in 20:27. Sixth ranked Henry Wigglesworth used home court to master the Fletcher's Cove Parkrun 5K in 20:47.

Clearly it was going to second and third races. All the aforementioned 5Ks were flat and Kearney was marvelous at the RRCA Challenge 10 Mile in 1:12:07 which was not. Next up, there was twelfth ranked Bill Loomis (1:15:55). Rivera was still right on point, racing the SOME Thanksgiving Day Trot for Hunger 5K in 20:35. Bacon was impressive, winning all four of his events but his next best 5K was the Frosty 5K in 22:01. Wigglesworth seems more laidback these days but since 2009 he has been the division winner for the year four times. He ran the Cross Country on a Farm 5K in 22:06 on a course that was run longer than in past years.

Eighth ranked Richard Grant was the winter champion in 2020. In his final year in the division, he shows that he still has the stuff with the fastest 10K in division, winning the Tidewater Striders Turkey Trot 10K in 43:32. Like Wigglesworth, Maurice has been the year's champion on four occasions. He is continues to be potent at all distances (He ran an excellent Northern Central Trail Half Marathon in 1:37:38) but seems to excel most on the track. He earns seventh place with a gifted Cupid's Chase 5K in 20:53. The MCRRC Jingle Bell Jog 8K was distance challenged for a number of years but reports say it is back to a true 8K. Tenth ranked Ted Lutterman ran 34:45 on the Rockville course. Ninth ranked Michael Regan supplemented his fine Towson YMCA Turkey Trot 5K (21:13) with a win at the Celtic Solstice 5M in 35:33. Lutterman followed Kearney (21:28) home in 21:47 at the MCRRC New Year's 5K. Jim Thornton takes eleventh place at the Jingle Jog 5K in Williamsburg with 21:26.

The division contained forty-three qualifiers. The top eight runners all earned **National Class** times (age grade 80% or better).

National Class times (80%) = 42:59 World Class status (90%) = 38:12

ΡI	Name	Age	Hometown	10K=	AG%
1	Beers, Paul***	65	Roanoke, VA	40:59	84.36%
2	Gibson, Pete****	66	Murfreesboro, NC	42:16	81.26%
3	Kearney, Michael**	67	Mount Airy, MD	42:35	82.89%

4	Rivera, Manuel**	67	Washington, DC	42:40	83.02%
5	Bacon, John****	66	Arlington, VA	42:33	82.35%
6	Wigglesworth, Henry**	65	Washington, DC	43:21	80.11%
7	Pointer, Maurice***	67	Baltimore, MD	43:34	81.17%
8	Grant, Richard*	69	Suffolk, VA	43:32	82.16%
9	Regan, Michael**	65	Towson, MD	44:15	
10	Lutterman, Ted*	65	Potomac, MD	44:06	
11	Thornton, Jim*	68	Toano, VA	44:43	
12	Loomis, Bill	68	Silver Spring, MD	45:51	
13	Bahus, Frank*	69	Severn, MD	46:15	
14	Lovegrove, David***	66	Fredericksburg, VA	46:29	
15	Wriston, David*	67	Lynchburg, VA	46:46	
16	Copeland, Gary*	65	Virginia Beach, VA	46:55	
17	McCarthy, Tom*	68	Alexandria, VA	47:02	
18	Halpin, Bruce**	66	Broadlands, VA	47:03	
19	Smith, Tony*	66	Lynchburg, VA	47:23	
20	Zawadzki, Michael*6	66	Boyce, VA	47:41	
21	Draim, Bob**	68	Alexandria, VA	47:42	
22	Abelt, Chris**	66	Williamsburg, VA	48:01	
23	Bousel, Paul****	69	Alexandria, VA	48:11	
24	Imbery, Terry*	65	Williamsburg, VA	48:26	
25	Chall, John**	65	Crownsville, MD	49:25	
26	Cobb, Christopher	66	Virginia Beach, VA	49:31	
27	Royle, David**	67	Washington, DC	49:43	
28	Lyle, Jonathan**	67	Manakin Sabot, VA	49:50	
29	Jones, Mark*	66	Roanoke, VA	49:51	
30	Dannenberg, Michael	65	Norfolk, VA	49:57	
31	Dancy, Bill**	69	Smithfield, VA	50:12	
32	Lanham, Kerry*	67	Montgomery Village, MD	50:36	
33	Wyatt, Donnie**	69	Hampton, VA	50:58	
34	Southwood, Michael**	68	Fairfax, VA	51:09	
35	Brown, Jess	68	Norfolk, VA	51:19	
36	Dunbar, Terence****	65	Washington, DC	51:23	
37	Johnson, Steven	65	Hagerstown, MD	51:31	
38	Heimer, Tony	65	Chesapeake, VA	51:49	
39	Riemenschneider, Neal*	68	Winchester, VA	51:46	
40	Young, Glenn	65	Mattaponi, VA	51:52	
41	Gullo, Jim	68	Williamsburg, VA	51:56	
42	Brooks, Mike	65	Fredericksburg, VA	51:57	
43	Gage, Doyle	67	Williamsburg, VA	52:03	

70-74 Men

DCRRC AI Lewis 10M 1:11:48, 10K = 43:12

Alan Pemberton picks his spots coming out to win the division nine times but disappearing for a couple seasons at a time. He came out strong in the new division with the fastest 5K at the Anacostia Park Run 5K in 20:48, Then on the flat Hains Point double out and back Al Lewis 10M course on a wind-free morning, he bolted to sensational 1:11:48 to take the crown. That separated him from perhaps his chief rival, Eugene Myers, who aged up in the summer 2022 season. Myers won eight times at six different distances from 5K to half marathon. His best efforts were the BRRC Holiday Hustle 5K in 21:33 and later the Hot Chocolate 5K in 21:37. That is currently the best 5K in 2023. Pemberton added a fine victory at the RRCA Challenge 10 Mile in 1:15:10.

Third ranked David Mart ran the fastest half of the winter at the Holiday Half Marathon in 1:43:12. Then, he produced an excellent For the Love of It 10K in 45:03, even faster the Myers ran on the hills of Ellicott City, at the Zaching Against Cancer 10K in 45:24, For now, Myers possesses too much quantity to go with his quality for Mart to get by him. By then, maybe there will be three vying for the spring crown. Fourth ranked Bob Becker looked pretty good, winning the First Day 5K in 22:01. Fifth ranked Bob Burns was just a few strides further back with a nifty 22:22 at the Park Run 5K in College Park.

Seventh ranked Bill Hart raced a potent One City Marathon in 3:44:18 and additionally his Run for the Heart 10M in 1:18:07 was considerably faster than Duffy could run for 10 miles (Tidewater Striders Tune-up 10M in 1:23.24). He also beat Duffy at the Tidewater Striders Tune-up 15M, 2:08:25 to 2:09:51. However, Duffy beat Hart in the fastest event among the two, the Tidewater Striders Turkey Trot 10K, 46:54 to 48:29. At the National Cross-Country Championships 8K, where Myers ran 37:09, Duffy came in ahead of Hart 39:06 to 40:23 to commandeer sixth place.

Eighth ranked Scott Busy enjoys racing with Bishop Events, racing all but one of his 22 wins at the 10K distance. His best time was on one of the few flat courses among the scores of event sites raced with Bishop Events. That would be Hains Point where he raced the Dash around the Point 10K in 48:25. Ninth and tenth places go to two former division champions racing the same morning also at Hains Point. Ninth ranked Dan Eddy focused on the 5K for the Cranberry Crawl, winning in 23:16 while tenth ranked Paul Ryan won the 10K in 49:01. Eleventh place goes to Dale Abrahamson for his fine Menchville Chill 5K in 23:34.

The division grew fifty percent to thirty-one qualifiers. The top four men ran National Class times with 80% age grading or better.

National Class times (80%) = 45:11 World Class status (90%) = 40:10

PI	Name	Age	Hometown	10K=	AG%
1	Pemberton, Alan***	70	Silver Spring, MD	43:12	85.34%
2	Myers, Eugene*8	70	Columbia, MD	44:57	81.05%
3	Mart, David***	70	Haymarket, VA	45:03	80.24%
4	Becker, Bob**	71	Midlothian, VA	45:56	80.32%
5	Burns, Bob**	70	Columbia, MD	46:39	
6	Duffy, Jim****	70	Poquoson, VA	46:54	
7	Hart, Bill****	74	Virginia Beach, VA	47:00	
8	Busby, Scott*22	70	Spotsylvania, VA	48:25	
9	Eddy, Dan***	71	Alexandria, VA	48:32	
10	Ryan, Paul***	72	Arlington, VA	49:01	
11	Abrahamson, Dale****	73	Yorktown, VA	49:10	
12	Clemmons, Glenn*	70	Ashburn, VA	50:35	
13	Wills, John*	70	Virginia Beach, VA	50:50	
14	Astrop, Rob	70	Richmond, VA	51:08	
15	Trump, David*	70	Midlothian, VA	51:31	
16	Senseney, Bill*****	73	Charles Town, WV	52:28	
17	Washington, Larry*8	72	Rockville, MD	53:16	
18	Davidson, Graham**	73	Westminster, MD	53:26	
19	Verdirame, Joseph**	73	Suffolk, VA	54:19	
20	Smith, Fred**	71	Baltimore, MD	54:20	
21	DiCarlo, John*	73	Virginia Beach, VA	54:37	
22	Loney, Michael****	71	Silver Spring, MD	54:45	
23	Lopez, Felix**	70	Lynchburg, VA	54:54	
24	Vaughan, Allen**	72	Stafford, VA	55:50	
25	Carrigan, George	74	Williamsburg, VA	56:22	
26	Rantanen, Robert*	70	Virginia Beach, VA	56:41	
27	Hens, Peter*	71	Baltimore, MD	56:42	
28	Elias, Larry**	74	Havre De Grace, MD	56:42	
29	Ridout, Edward**	73	Stafford, VA	58:05	
30	Patterson, John****	72	Gaithersburg, MD	58:35	
31	Blount, Jimmy	72	Williamsburg, VA	58:47	

75-79 Men

Celtic Solstice 8K 40:57, 10K = 51:32 Les Bell – 75.61%

Usually, the youngest runners in a division have an edge. This is particularly true in the older divisions. For this winter, the highest ranked debutant was eighth ranked William Scott who was having a fine time winning at Anacostia Park Run 5Ks. His best time was 30:51. At first, it looked as if Ken Mitchell was going to reprise his crown. He took off early at the Blue Talon Bistro Turkey Trot 5K in 26:25. The following week, it was the Busch Gardens Christmas Town Dash 8K

in 44:31. That was much better than fourth ranked Richard Jefferson could manage at either the Turkey Burnoff 5 Mile (47:08) or later the MCRRC Jingle Bell Jog 8K 47:15. Then the third week in a row, Mitchell was golden at a major race, winning at the Sentara Sleighbell 5K in 26:50. Would that be all she wrote?

Then in January, Jonathan Cannon displayed a fine CTC New Year's 5K in 26:35 and a crack appeared in the armor. Ed Mayhew was plugging along, racing seven of the Shenandoah Valley Winter series races but as January waned his best offering, Stickman's Tandem 5K in 27:38, was out of title contention. Then on the last weekend of February, Mayhew bolted forward at the Spring Forward 5K in 26:22. That performance was not quite enough to get past Mitchell but he would still been set down to the runner-up spot ahead of Cannon. However, Cannon that same morning exploded to the title with an excellent Sugar Hollow Frostbite 10K in 52:43.

Fifth ranked Ron Worthington took honors at the Menchville Chill 5K in 29:17. Tim Casey, 79, was not far behind traversing the tiny Baltimore and Annapolis Trail Park Run 5K in 29:34. At the massive Ashburn Farm 5K, Bill Vislay wrangled himself a seventh place posting with a solid 30:15. Ninth place Ronal Kellum notched more than 62 miles in his seven events. He was best at the Tidewater Striders Tune-up 6M in 1:02:00. Marc Bosch proclaims tenth place with his DCRRC New Year's Day Predictions and Resolutions 5K in 31:26. Eleventh ranked William Chadim was a racing fool scouring Virginia to find fifteen events from the 3M to the half marathon. His best event was the Surf 'n' Santa 5M in 52:17. He only missed one weekend racing all season.

The division augmented to forty-two qualified runners.

National Class times (80%) = 48:28 World Class status (90%) = 43:04

PI	Name	Age	Hometown	10K=	AG%
1	Cannon, Jonathan	77	Earlysville, VA	52:43	76.26%
2	Mitchell, Kenneth***	78	Williamsburg, VA	55:06	75.08%
3	Mayhew, Ed****	77	Winchester, VA	55:00	73.70%
4	Jefferson, Richard****	77	Germantown, MD	59:26	
5	Worthington, Ron	78	Bena, VA	1:01:05	
6	Casey, Tim**	79	Phoenix, MD	1:01:41	
7	Vislay, Bill*	76	Ashburn, VA	1:03:03	
8	Scott, William****	75	Seabrook, MD	1:04:21	
9	Kellum, Ronald*	78	Hampton, VA	1:04:14	
10	Bosch, Marc***	76	Alexandria, VA	1:05:34	
11	Chadim, William*6	76	Midlothian, VA	1:05:56	
12	Logan, Brian**	75	Washington, DC	1:06:10	
13	Lovell, Carroll Frank**	76	Roanoke, VA	1:06:39	

14	Johnson, Chuck	78	Glenwood, MD	1:07:06
15	Wong, Ronnie*12	76	Catonsville, MD	1:07:10
16	Cleva, Gregory*	75	Falls Church, VA	1:07:31
17	Talkington, Doyle***	75	Haymarket, VA	1:08:00
18	Wilt, John*	77	Danville, VA	1:07:58
19	Gregory, Arthur	79	Jefferson, MD	1:08:15
20	Keatley, Danny*	76	White Sulphur Spring, WV	1:08:42
21	Snyder, Frank***	79	Gaithersburg, MD	1:09:19
22	Hawthorne, Randy	77	Williamsburg, VA	1:09:24
23	Rooney, Frank**	75	Arlington, VA	1:10:03
24	Sushinsky, George	75	Rockville, MD	1:11:24
25	Young, Nick*9	75	Arlington, VA	1:14:16
26	Butlet, Gene	75	Crozet, VA	1:14:22
27	Lvovskyi, Igor	78	Derwood, MD	1:15:51
28	Merz, Ed	75	Hardy, VA	1:16:46
29	Barry, David	79	Annapolis, MD	1:16:53
30	Lydecker, Ryck*	78	Stephens City, VA	1:18:22
31	Unglesbee, Dennis*	77	Olney, MD	1:20:02
32	Ord, Keith**	79	Potomac, MD	1:20:19
33	O'Connor, Kevin*	75	Midlothian, VA	1:22:24
34	Chaconas, Greg	77	Washington, DC	1:22:55
35	White, George	76	Williamsburg, VA	1:22:40
36	Quirk, Rory	79	Washington, DC	1:23:31
37	Hurwitz, Bruce	76	Williamsburg, VA	1:24:04
38	Breese, David*	76	Reston, VA	1:24:44
39	Means, John	78	Hagerstown, MD	1:26:05
40	Fennell, Skip*	78	Westminster, MD	1:26:11
41	Hudson, Vernon*	76	Vinton, VA	1:26:09
42	Bowen, Lee	76	Strasburg, VA	1:30:42

80-84 Men

DCRRC New Year's Day Predictions and Resolutions 5K 26:55, 10K = 56:09

The road to the title has to go through Eamonn McEvilly and he was not having any of that this season. The contest was over on day one when he posted a 27:16 at the Herndon Turkey Trot 5K. Five days later, he took his time at the Virginia Run Turkey Trot 5K in 31:04, perhaps taunting the competition. Third ranked Ronald Chiariello consistently hammered out wins at eleven Kensington Park Run 5Ks. All of them were faster than all but two of his competition. He kept inching closer and in late January raced 31:02 to eclipse McEvilly's fifth best race. Our runner-up Joe Greene ran the division's longest race to start December at the Blue Gray Half Marathon in 2:39:34, a hair slower than Chiariello's slowest race. Then six days later, Greene recovered with the division's shortest event,

winning the Frosty 3M in 29:08 to ease ahead of Chiariello. Fourth ranked Stan Neumann boasted two fine races in December, the Celtic Solstice 5M in 59:51 and the BRRC Holiday Hustle 5K in 37:24.

After resting in December, McEvilly seemingly picked a difficult course for each consecutive month. He started the year on the rolling DCRRC New Year's Day Predictions and Resolutions 5K in an impressive 26:55. January featured Chiariello beating fifth ranked Keith Ord at Kensington, 31:04 to 38:14. Sixth ranked Michael Witlin broke in the new year at the Reston New Year's 5K in 39:18 for his slowest race. He was steady though because that course is the longest of the four Virginia courses he ran. His fastest time was 37:58 on the Turkey Day 5K course.

In February, McEvilly took on the somewhat confusing often changing course in McLean called the DCRRC Langley 8K. It is a slow course except for him as he ran a very nifty 47:46. Then in March, he went cross-country for the DCRRC Burke Lake 12K. No snow or rain this year so he was able to notch an excellent 1:10:53. Seven ranked John Munday ran the second of only three races longer in the division, finishing the Tidewater Striders Tune-up 12M In 2:53:00. Munday's best event was the St. Kateri's Run with the Son 5K in 39:08.

The division contain eighteen qualifiers with fifty more racers having run just one event.

National Class times (80%) = 53:37 World Class status (90%) = 47:40

PI	Name	Age	Hometown	10K=	AG%
1	McEvilly, Eamonn*****	80	Springfield, VA	56:09	77.03%
2	Greene, Joe*	80	Fredericksburg, VA	1:02:56	
3	Chiariello, Ronald*11	83	Rockville, MD	1:04:44	
4	Neumann, Stan*	84	Timonium, MD	1:15:28	
5	Ord, Keith****	84	Potomac, MD	1:19:00	
6	Witlin, Michael****	80	Oak Hill, VA	1:19:12	
7	Munday, John*	82	Chesapeake, VA	1:21:36	
8	Terrell, Charles**	84	Newport News, VA	1:27:51	
9	Lloyd, David	83	Alexandria, VA	1:27:49	
10	Leonard, Michael*	84	Silver Spring, MD	1:27:49	
11	Gontesky, Michael*	80	Hampton, VA	1:30:22	
12	Borkowski, John*	84	Midlothian, VA	1:30:36	
13	McDowell, John*	80	Edgewater, MD	1:33:19	
14	Bayrer, Ralph*	83	Washington, DC	1:34:46	
15	Delambo, Nicholas	81	Baltimore, MD	1:35:53	
16	Schwartz, Bill	84	Lutherville, MD	1:38:35	
17	Rhoads, Richard	83	Arlington, VA	1:41:14	

1:44:47

85-89 Men

Sheppard Pratt Frederick Turkey Trot 28:29, 10K = 59:25

Not since 2017 has a runner in this division made a **National Class** time, when 86-year-old George Yannakakis raced the Executive Stampede in 29:26. John Clarke, the clear favorite when he races, notched an excellent 28:39 at the Sheppard Pratt Frederick Turkey Trot. Every year in this decade makes a huge difference so Yannakakis still has the age graded best 83.81% to 83.73%. One has to go back to 2011 when the legendary John Hosner took a break from his beloved hunting to blast a 27:41 (89.1%) at the AEP Festival to find any faster times than Clarke's 5K. In 2010, Hosner raced the fastest with 27:18 (87.36%) at the Vinton Dogwood 5K. Going back to 1995 in either Maryland or Virginia, no one has beaten these four fastest regional times, except for Hosner's 29:09 at the Health Focus 5K in 2011 (84.62%).

Thomas Spasojevich is the king at the Deep Run Park Run 5K in Richmond (5 races) and he owns the next four fastest times after Clarke, his best being 32:17. Last winter's champion Duane Lougee is one of only four racers to dare to go beyond the 5K. He doubled that at the Tidewater Striders Tune-up 6M in 1:12:44 to take fourth place. Third place John Long reversed that and went short taking his spot with a fine New Day New Year 5K in 35:03. Fifth ranked Michael Leonard aged up and now avoids direct competition with Ron Chiariello and Keith Ord and their regular Kensington Park Run 5K, Leonard ran best there in 38:33 but he was even faster at the MCRRC Jingle Bell Jog 8K in 1:02:13.

Sixth ranked Ken Kellerman was listed as 20th at the Boar's Head Turkey Trot 5K with is fine 39:20. However, there was one younger octogenarian (81), one 75-year-old, three in the 70-74 age group, and the rest of his competitors came from a huge 65 and older division at the event, Similarly, Jack Wickham, 87, had to compete in another massive race, YMCA Bel Air Turkey Trot 5K in a tough 70 and older division, Starting a minute after the gun and having his closest rival in age thirteen younger, he is justifiably proud of his 40:44 finish. Eighth ranked James Fratino, 89, age grades even better, finishing fifth in his 70 and older division at the Hot Chocolate 5K in Stevensville with 42:09.

Eleventh ranked John Noble was part of the quartet of racers racing longer than a 5K when he mastered the Alexandria Turkey Trot 5M in 1:17:56. Two places ahead of him in ninth place Bill Schwartz completes the set of non-conformists with the longest event, racing the BRRC GPS 8M in 2:07:18. Tenth ranked Ken Quincy gathering up the gold, racing the Vienna Turkey Trot 5K in 46:31.

The number of racers doubled to twenty qualifiers even as the last winter's three of the top four were absent.

National Class times (80%) = 1:01:52 World Class status (90%) = 55:00

PI	Name	Age	Hometown	10K=	AG%
1	Clarke, John	85	Woodsboro, MD	59:25	83.73%
2	Spasojevich, Thomas*****	85	Richmond, VA	1:07:21	
3	Long, John*	85	Sterling, VA	1:13:07	
4	Lougee, Duane	85	Norfolk, VA	1:15:21	
5	Leonard, Michael***	85	Silver Spring, MD	1:18:57	
6	Kellerman, Kenneth	85	Charlottesville, VA	1:22:03	
7	Wickham, Jack	87	Glen Arm, MD	1:24:58	
8	Fratino, James	89	Queenstown, MD	1:27:55	
9	Schwartz, Bill	86	Lutherville, MD	1:37:24	
10	Quincy, Ken*	85	Vienna, VA	1:37:02	
11	Noble, John*	85	Bethesda, MD	1:38:16	
12	Depp, David	86	Doswell, VA	1:40:47	
13	McClellan, Michael*7	85	Rockville, MD	1:47:57	
14	Rider, Alan*	86	Reston, VA	1:47:52	
15	Eggleston, Michael*	85	Nokesville, VA	1:48:30	
16	Davis, Louis	85	Hampton, VA	1:54:38	
17	Conn, Jr., Harry*	85	Powhatan, VA	1:59:40	
18	Mahone, Thomas	87	Afton, VA	2:12:53	
19	Lauterbach, Tom*	85	Huntington, MD	2:18:10	
20	Avellanet, Ralph	87	Williamsburg, VA	2:20:38	

90 & Older Men

BRRC Holiday Hustle 5K 48:39, 10K = 1:41:29

George Yannakakis is still the legend. His longest run went from the marathon (2016 at 85) to the 20M (2018 at 87) to the half marathon to 10M (2019 at 88). Still, for the last two years, he has run the BRRC GPS 8M. His best of three events was the BRRC Holiday Hustle 5K at Loch Rave in 48:39. No one has earned more seasonal titles (43) in the history of the Rankings. (Already in the spring, Yannakakis finished his 30th Credit Union Cherry Blossom 10M. He has won his age group 14 of those times).

National Class times (80%) = 1:15:50 for 90-94; 1:42:57 for 95 and older World Class status (90%) = 1:07:34 for 90-94; 1:31:30 for 95 and older

PΙ	Name	Age	Hometown	10K=	AG%
1	Yannakakis, George*	91	Towson, MD	1:41:29	62.69%

Open Women

Alexandria Turkey Trot 5M 25:32, 10K = 32:12 Weynshet Ansa – 94.78%

World Class racer and Elite champion Susanna Sullivan races all over the country but first she dispatched with the field at the competitive Alexandria Turkey Trot 5M as second overall in 25:37. Runner-up Samantha Nadel finished in 26:38, ahead of fifth ranked Sarah Putterman (36:25). However, Laurel Le Moigne had to settle for sixth place even though later her overall win at the Sentara Colonial Half Marathon in 1:20:28 was a better race. Le Moigne finished the five miler in 29:26 tenth ranked, besting 40-44 runner-up, Sarah Bishop (29:35). Then fourteenth ranked Anna Staats overpowered sixteenth ranked Nilani Duarte, 29:55 to 29:59. Both produced better races.

On the first of January, Sullivan devoured all the women as well as all the men, powering to victory at the Reston New Year's 5K in 16:46. When Sullivan met Nadel again it was at the National Cross-Country Championships 10K in January. She won convincingly, 33:14 to 34:12. At season's end, Ashley Palmer motored past about twenty racers into the third slot with her One City Marathon in 2:46:22. Nineteenth place Christie Wetzel also broke three hours with a fine 2:59:07. Fourth ranked Julia Roman-Duval was big at the Celtic Solstice 5M in 28:53 to move up. Then in February at the RRCA Challenge 10 Mile, she secured her spot with a superb 1:00:28, ahead of Putterman 1:01:53 and eighth ranked Margaret Sprock (1:01:28). Seventeenth Liz Ozeki ran 1:02:34.

With virtually none of the leaders trying the 5K, seventh ranked Natalie Daniels stands out with the second best 5K, racing at the YMCA Turkey Trot 5K to break the tape in 17:34. Ninth place goes to Jennifer Paul for a fine win in 36:44 at the Dash around the Point 10K. Eleventh place Meaghan Murray owned the second-best half, winning the Northern Central Trail Half Marathon in 1:02:01. Kerri Toney was next up in twelfth just a few meters slower when she finished second overall at the One City Half Marathon in 1:22:13. Ave Grosenheider was marvelous tape breaking at the Frostbite 15K in 57:27 to take thirteenth place. Was it windy when fifteenth place Sabrina Zator traversed East Potomac Park track-like flatness to an overall win at the Dash around the Point 5K in 17:59?

When these titans finally dropped the 5K into the 18s, it was overall winner at the Sheppard Pratt Frederick Turkey Trot 5K in 18:05, Claire Heasman that took eighteenth place. Wetzel generated her best race at the Al Lewis 10M, winning it all in 1:03:30. Twentieth place Liz Lauzon made the circuit around Hains Point at the Dash around the Point 10K in 37:50

More than half of the qualifiers (33) came from other division as the Elite field grew to 61 qualifiers. Twenty-nine qualifiers raced at least one National Class 80% age grading. Three made the vaunted World Class 90% age grading. We have noted the exact age graded times for all racers from other divisions.

National Class times (80%) = 37:55 World Class status (90%) = 33:42

ΡI	Name	Age	Hometown	10K=	AG%
1	Sullivan, Susanna*	32	Reston, VA	32:18	94.53%
2	Nadel, Samantha	28	Arlington, VA	33:35	90.86%
3	Palmer, Ashley**	39	Lynchburg, VA	35:34	83.42%
4	Roman-Duval, Julia**	40	Columbia, MD	36:20	84.43%
5	Putterman, Sara	32	Alexandria, VA	36:25	83.84%
6	Le Moigne, Laurel**	37	Springfield, VA	36:22	82.48%
7	Daniels, Natalie***	24	Fredericksburg, VA	36:34	84.06%
8	Sprock, Margaret*	32	Silver Spring, MD	36:56	80.48%
9	Paul, Jennifer**	35	Washington, DC	36:44	83.17%
10	Bishop, Sarah*	40	Fairfax, VA	37:02	83.41%
11	Murray, Meaghan*	34	Baltimore, MD	37:04	80.04%
12	Toney, Kerri	27	Richmond, VA	37:13	
13	Grosenheider, Ave**	26	Richmond, VA	37:21	
14	Staats, Anna***	23	Arlington, VA	37:30	
15	Zator, Sabrina*	27	Arlington, VA	37:26	82.11%
16	Duarte, Nilani*6	35	Fairfax, VA	37:35	82.36%
17	Ozeki, Liz**	34	Rockville, MD	37:36	
18	Heasman, Claire*	48	Frederick, MD	37:39	89.04%
19	Wetzel, Christie*	35	Falls Church, VA	37:53	
20	Lauzon, Liz*	35	Reston, VA	37:50	80.75%
21	Lambkin, Mary**	35	Vienna, VA	38:01	80.36%
22	Siegel Breton, Julia*	39	Richmond, VA	38:02	82.57%
23	Jefferson, Laurel	37	Springfield, VA	38:02	81.93%
24	Mazur, Ann*	37	Charlottesville, VA	38:03	
25	DiGregorio, Megan*	34	Baltimore, MD	38:14	
26	Spangler, Kate**	37	Richmond, VA	38:14	80.49%
27	Oesteraas, Ida*	29	Virginia Beach, VA	38:21	
28	Glasheen, Adrienne	43	Aldie, VA	38:36	81.24%
29	Breindel, Tressa	44	Richmond, VA	38:37	83.25%
30	Mannion, Elle	26	Washington, DC	38:44	
31	Lemos, Kristin*	41	Bethesda, MD	38:45	
32	White, Emily	26	Arlington, VA	38:42	
33	Boyle, Natalie	23	Chester, VA	38:52	
34	Spector, Bethany**	33	Virginia Beach, VA	39:07	
35	Kolbe, Megan*	23	Richmond, VA	39:06	
36	Henry, Sika*	39	Newport News, VA	39:11	
37	Ebert, Alisha**	31	Blacksburg, VA	39:19	
38	Honeycutt, Emily**	31	Newport News, VA	39:18	

39	McKenzie, Gabrielle	32	Arlington, VA	39:18	
40	Sloan, Tiffany	38	Virginia Beach, VA	39:20	
41	Harlow, Ellie*	12	Glen Allen, VA	39:27	86.98%
42	Hansen, Megan****	43	Middletown, VA	39:31	81.47%
43	Rogers, Jessica*	22	Bel Air, MD	39:40	
44	Dillen, Carly*	37	Baltimore, MD	39:42	
45	Little, Sabrina*	36	Newport News, VA	39:44	
46	Kohan, Lindsay*	23	Baltimore, MD	39:52	
47	Makarevich, Elena*	44	Gaithersburg, MD	40:02	80.68%
48	Borrasso, Sara	33	Washington, DC	39:59	
49	Snyder, Erin*	25	Jefferson, MD	40:05	
50	Smith, Jessica*	28	Portsmouth, VA	40:22	
51	Gruendel, Jackie	47	Clifton, VA	40:21	82.55%
52	Berinato, Jody	41	Parkville, MD	40:25	
53	Dawson, Nicole***	28	Arnold, MD	40:17	
54	Singleton, Erica**	35	Washington, DC	40:11	
55	Stick, Sherry*	44	Sykesville, MD	40:30	80.12%
56	Dunn, Carrie	46	Arlington, VA	40:38	81.01%
57	Hirsche, Katie**	19	Washington, DC	40:36	
58	Kashyap, Maya*	14	Fairfax, VA	40:36	81.80%
59	Rosen, Sheryl	38	Arlington, VA	40:53	
60	Berger, Stephanie	29	Washington, DC	40:59	
61	Conant, Cindy*	61	Kensington, MD	40:51	95.05%

19 & Younger Women

National Cross-Country Championships 6K 20:32, 10K = 35:15 Allie Zealand – 90.58%

There were many fine racers who only finished one event and did not making the rankings. The clear standout was Allie Zealand, 16, who crushed an excellent National Cross-Country Championships 6K 20:32 in January. That would have been good enough for third in the Elite division. Jessica Neal displayed two overall wins, including the best qualifier at the Virginia Run Turkey Trot 5K in 18:55. Her second event was much slower. Eleven-year-old Ellie Harlow raced the West End Orthotics 5K in 18:57. The following month at the grand old age of twelve she raced the fourth fastest event, second overall at the Toy Run 5K in 19:20. That clinched her the division crown and made her one of the youngest runners to crack the Elite division (41st place). Fourth ranked Maya Kashyap, 14, is a super follower of Bishop Events. In fifteen of those events, she won overall twelve times, including a superb Winter Hains Point 5K in 19:28. She also made the Elite division (58th place) with three of her times. Bishop events are often hilly and/or cross country. Third ranked Madison McCurry won it all at the big Hot

Chocolate 5K in 19:14. Her other event, albeit an overall victory was just the 86th best event in the division.

Fifth ranked Katie Hirsche has been in the Elite division and will again even as she leaves the teen years behind. She won all five of her events outright. She has long been the favorite to win it all at the Park Run 5K at College Park. Her best time there this season was 19:28. And indeed, when considering just her Elite race qualifiers, she slips in ahead of Kashyap to earn the 57th spot in those rankings. Sixth place Bella Hammond earned a respectable time at the Turkey Day 5K in 21:25. It is the busiest race day of the year and perhaps the most laid back. Come February, Hammond laid it all out for sixth overall at the popular Sentara Colonial Half Marathon in a remarkable 1:30:17. Her pace was slightly faster than she had run in the 5K.

Seventh place Emma Ahrens just missed the Elite division by two seconds with her overall triumph at the Freeze Your Gizzard 5K in 19:50. In the eighth position, Ella Swayne finishes third at the competitive Holiday Hustle 5K in 19:54. Tenth ranked Olivia Vassar, 12, was the overall winner at the Reindeer Run 5K in 19:55 with a National Class time. Then we ate treated to the marvelous dynamo Isabella Strumke at just nine years of age to take ninth place. In November, she was hovering at about 31st place. By December, she had moved up to 20th place. Then in March in her third major race of six, all age group wins and twice third overall, she boosted herself into the top ten with a spirited 19:58 at the One City 5K. This time, just ten seconds off the Elite standard, hints that by spring she will replace Harlow as the youngest runner in the Elite division.

Thirty-nine runners qualified for the division with our youngest, Isabella Strumke just missed World Class with 89.82% age grading.

National Class times (80%) = 38:01 World Class status (90%) = 33:48

PI	Name	Age	Hometown	10K=	AG%
1	Harlow, Ellie***	12	Glen Allen, VA	39:27	86.98%
2	Neal, Jessica**	19	Haymarket, VA	39:23	
3	McCurry, Madison**	16	Saint Leonard, MD	40:03	
4	Kashyap, Maya*16	14	Fairfax, VA	40:36	81.80%
5	Hirsche, Katie****	19	Washington, DC	40:36	
6	Hammond, Bella*	18	Herndon, VA	40:48	
7	Ahrens, Emma**	18	Stephens City, VA	41:18	
8	Swayne, Ella**	17	Forest Hill, MD	41:26	
9	Strumke, Isabella*6	9	Toano, VA	41:34	89.82%
10	Vassar, Olivia**	13	Parkton, VA	41:28	80.92%
11	Sindt, Sidney*	18	Virginia Beach, VA	42:03	
12	McNichols, Eleanor**	17	Alexandria, VA	42:20	

13	Zanni, Emily**	17	Olney, MD	42:43
14	Bartlett, Harper****	13	Purcellville, VA	42:43
15	Roach, Caitlyn*	13	Ferrum, VA	42:58
16	McMurdie, Hallie****	17	Norfolk, VA	43:25
17	Downs, L.**	12	Crownsville, MD	43:23
18	Jacobs, Sophie**	14	Baltimore, MD	43:20
19	Euripides, Chrysanthi**	14	Fredericksburg, VA	43:29
20	Winslow, Kylie*	13	Fairfax, VA	43:43
21	Coyle, Madilyn*	13	Pylesville, MD	43:49
22	Hawkins, Hannah*	14	Arlington, VA	44:00
23	Dowler, Mina***	15	Arlington, VA	44:02
24	Ornelas, Isabella	17	Yorktown, VA	44:09
25	Bruch, Whitney*	14	Alexandria, VA	44:06
26	Tooman, Lauren*	18	Bel Air, MD	44:10
27	Newman, Frankie*	13	Silver Spring, MD	44:10
28	Fagerstrom. Kerstin**	19	Arlington, VA	44:40
29	Murphy, Madison**	17	Winchester, VA	44:50
30	Spickhall, Hayley*	17	Prince Frederick, MD	45:19
31	Henson, Virginia*	15	Fredericksburg, VA	45:13
32	Palmer, Katelyn**	14	Gore, VA	45:46
33	Rich, Lilah****	14	Chevy Chase, MD	46:01
34	Berthold, Kyla***	14	Washington, DC	46:42
35	Hemler, J.*	11	Nottingham, MD	46:44
36	Greene, Sophie***	14	Harwood, MD	47:02
37	Howell, Madeleine*	13	Spotsylvania, VA	47:20
38	Noyes, Sylvia	11	Baltimore, MD	47:24
39	Harlow, Austin*	14	Glen Allen, VA	47:51

35-39 Women

One City Marathon 2:46:22, 10K = 35:34

Ashley Palmer showed some obvious potential starting 2023 with an overall at the CTC New Year's 5K in 18:05. Only fourth ranked Nilani Duarte with her five overall wins in nine races was better when she won it all at the Run with Santa 5K in 18:03 and that was ahead of third ranked Jennifer Paul (18:48). Between the two, ninth ranked Laurel Jefferson came home in 18:16. In fact, the only time Duarte did not win her division was when she met with runner-up Laurel Le Moigne at the Alexandria Turkey Trot 5M, succumbing, 29:26 to 29:59. Palmer waited until the last day and then blew the doors of the division with a spectacular One City Marathon in 2:46:22.

Le Moigne had already earned her spot beating tenth ranked former champion Ann Mazur, 1:20:28 to 1:24:12 at the Sentara Colonial Half Marathon. Already in

the spring, Le Moigne has upped her game, demolishing her PR and winning the Yuengling Shamrock in 1:18:05. Paul came roaring back to win it all at the Dash around the Point 10K in 36:44, ahead of sixth ranked Liz Lauzon (37:50). Duarte also completed a solid event at Hains Point when she won the Al Lewis 5M in 29:49. Fifth ranked Christie Wetzel won the Al Lewis 10M in 1:03:03.

Seventh ranked Mary Lambkin was tops at the New Day New Year 10K in 38:01 to match Duarte's For the Love of It 10K in 37:54. Then Duarte won the Run Your Heart Out 5K in 18:28 ahead of Lambkin's 18:32. Julia Siegel Breton's Toy Run 5K in 18:16 matched Jefferson's best exactly and she was the overall winner. Siegel Breton would add a fine National Cross-Country Championships 10K in 38:31 to squeeze ahead of Jefferson who ran a third overall at the Reston New Year's 5K in 18:51. This time she was a mere second behind Duarte. Eleventh ranked Kate Spangler ran the ASK Donut 5K in 28:22 to join eight others with a National Class time.

The division more than doubled to thirty-eight runners qualified for the division. Nine of them ran a **National Class** time with 80% age grading or better.

National Class times (80%) = 38:11 World Class status (90%) = 33:57

PI	Name	Age	Hometown	10K=	AG%
1	Palmer, Ashley***	39	Lynchburg, VA	35:34	83.42%
2	Le Moigne, Laurel**	37	Springfield, VA	36:22	82.48%
3	Paul, Jennifer***	35	Washington, DC	36:44	83.17%
4	Duarte, Nilani*8	35	Fairfax, VA	37:35	82.36%
5	Wetzel, Christie***	35	Falls Church, VA	37:53	
6	Lauzon, Liz***	35	Reston, VA	37:50	80.75%
7	Lambkin, Mary**	35	Vienna, VA	38:01	80.36%
8	Siegel Breton, Julia*	39	Richmond, VA	38:02	82.57%
9	Jefferson, Laurel**	37	Springfield, VA	38:02	81.93%
10	Mazur, Ann**	37	Charlottesville, VA	38:03	
11	Spangler, Kate****	37	Richmond, VA	38:14	80.49%
12	Henry, Sika**	39	Newport News, VA	39:11	
13	Sloan, Tiffany***	38	Virginia Beach, VA	39:20	
14	Schleppegrell, Christine**	37	Arlington, VA	39:34	
15	Dillen, Carly**	37	Baltimore, MD	39:42	
16	Little, Sabrina**	36	Newport News, VA	39:44	
17	Pearson, Hannah**	35	Herndon, VA	39:50	
18	Singleton, Erica***	39	Washington, DC	40:11	
19	Kohut, Casey**	37	Arlington, VA	40:21	
20	Rosen, Sheryl*	38	Arlington, VA	40:56	
21	Hoffman, Eve**	36	Washington, DC	41:03	

22	Witte, Crystal**	37	Yorktown, VA	41:05
23	Hutson, Betsy*****	36	Vienna, VA	41:20
24	Fairfax, Luisa***	36	Baltimore, MD	41:35
25	Miller, Leslie**	37	Reston, VA	41:41
26	Huddleston, Jennifer*	35	Arlington, VA	41:51
27	Leonard, Cat*9	39	Lorton, VA	42:01
28	Astudillo, Molly*	37	Aldie, VA	41:53
29	Craig, Ashley**	35	Lynchburg, VA	42:05
30	Parker, Christine**	38	Baltimore, MD	42:14
31	Engman, Robin*	35	Reston, VA	42:26
32	Viviano, Megan*	37	Severna Park, MD	42:39
33	Schneider, Monika*	39	Silver Spring, MD	42:52
34	Hall, Bridget*	38	Fort Belvoir, VA	43:02
35	Trice, Kai*	37	Richmond, VA	43:08
36	Byington, Laura***	36	Virginia Beach, VA	43:19
37	Fields, Syreeta***	36	Fairfax, VA	43:30
38	McLawhorn, Elise*	35	Newport News, VA	43:31

40-44 Women

RRCA Challenge 10 Mile 1:00:28, 10K = 36:20

Sarah Bishop has won the title a couple of times so it was a nice way to start, winning at the Alexandria Turkey Trot 5M, 29:35 to 31:45 against eighth ranked Elena Makerevich. Problem was that Julia Roman-Duval, known as an open class runner with nine division titles under her belt, had already lit things up with an overall win at the Zaching against Cancer 10K in 36:49 the week before. Bishop was going to play along and produced her own overall win at the Jingle All the Way 15K in 56:57. A week later, Roman-Duval returned to the site of her past victory and won it all at the Celtic Solstice, ahead of ninth ranked Jody Berinato (32:23). Bishop never picked up another event and settled for an impressive runner-up spot. Roman-Duval put the distance between them even further, winning the RRCA Challenge 10 Mile in 1:00:28. In her wake was sixth ran ked Kristen Lemos 1:04:28, Berinato (1:07:15), just ahead of eleventh ranked Michelle Miller (1:07:21).

Third ranked Shaina Donahue added an overall win but earned her spot with a powerful Arlington Turkey Trot 5K in 18:25 as second overall. Fourth ranked Adrienne Glasheen was third overall at the Run Your Heart Out 5K. Then on the final day, she bolstered her creds as second overall at the Reston 10M in 1:04:14. Fifth place Tress Breindel was an eyelash behind her, racing the National Cross-Country Championships 10K in 38:37. Breindel would add a second overall First Day 5K in 18:59 to earn sixth place. That just leaves lucky seventh place that was handily earned with the same time as Megan Hanson

won the Spring Forward 5K. Did we mention she was the overall winner in five more of those Shenandoah Valley Winter Series races?

As always, former champion Sherry Stick won overall (3 times). Her best event was the Zaching against Cancer 5K in an Elite Class 19:27. She takes tenth place and along with eight others from the division qualified for the Elite division.

Thirty-eight runners qualified for the division. Nine of them ran a **National Class** time with 80% age grading or better.

National Class times (80%) = 39:03 World Class status (90%) = 34:42

PI	Name	Age	Hometown	10K=	AG%
1	Roman Duval, Julia***	40	Columbia, MD	36:20	84.43%
2	Bishop, Sarah**	40	Fairfax, VA	37:02	83.41%
3	Donahue, Shaina**	42	Arlington, VA	38:21	82.09%
4	Glasheen, Adrienne**	43	Aldie, VA	38:36	81.24%
5	Breindel, Tressa**	44	Richmond, VA	38:37	83.25%
6	Lemos, Kristin**	41	Bethesda, MD	38:45	
7	Hansen, Megan*6	43	Middletown, MD	39:31	81.47%
8	Makarevich, Elena***	44	Gaithersburg, MD	40:02	80.68%
9	Berinato, Jody*	41	Parkville, MD	40:25	
10	Stick, Sherry****	44	Sykesville, MD	40:30	80.12%
11	Miller, Michelle****	42	Gaithersburg, MD	40:28	
12	Reilly, Hyunsun***	41	Bel Air, MD	40:52	
13	Clor, Elizabeth*	44	Chantilly, VA	40:59	
14	Surette, Erin*	41	Towson, MD	41:12	
15	Vidaver, Marie-France*	43	Baltimore, MD	41:17	
16	Smith, Karen*	44	Abingdon, MD	41:26	
17	Ramos, Laura***	43	Silver Spring, MD	41:43	
18	McCullough, Kelly	41	Edgewood, MD	41:44	
19	Merchant, Renee**	41	Norfolk, VA	42:20	
20	Aleksak, Erin-Kate**	43	Alexandria, VA	41:44	
21	Northup, Jennifer***	41	Ashburn, VA	42:31	
22	Woody, Kara**	41	Annandale, VA	42:59	
23	Schulze, Megan**	40	Newport News, VA	42:58	
24	Atherton-Mellish, Jill*	43	Front Royal, VA	43:08	
25	Bennett, Rachel**	43	Olney, MD	43:10	
26	Talent, Kari***	41	Portsmouth, VA	43:19	
27	Hemler, Rebecca**	42	Nottingham, MD	43:41	
28	Harburg, Michelle*	40	Washington, DC	43:37	
29	Badaracco, Maria*	42	Charlottesville, VA	43:49	
30	Wassner Flynn, Sarah**	43	Rockville, MD	44:04	

31	Cathcart, Roberta*	44	Ellicott City, MD	44:12
32	Bugin, Holly*	43	New Kent, VA	44:32
33	May, Jill**	42	Laurel, MD	44:47
34	McCarthy, Laura**	40	Virginia Beach, VA	44:58
35	Rodman, Andrea*	40	Bealeton, VA	45:00
36	Ryan, Meg*	42	Takoma Park, MD	45:14
37	Bruch, Michelle	44	Alexandria, VA	45:17
38	King, Emily**	40	Lexington, VA	45:42

45-49 Women

Sheppard Pratt Frederick Turkey Trot 18:05, 10K = 37:39

Virtually all of the top twenty times came from major races as one might expect. To be the best often means you have beat the best. Claire Heasman excels on the track where she races all summer. Thus, it is no surprise that she dismantled the division by racing an excellent Sheppard Pratt Frederick Turkey Trot 5K in that same Baker's Park as the overall winner in 18:05. Perhaps thinking she could rest on her laurels she was not seen again until the end of February when she acquired her second qualifier at the competitive RRCA Challenge 10 Mile in 1:03:52. Sixth ranked Kate Deanehan was next in 1:08:58. Deanehan was already second best finishing the BRRC GPS 8M in 55:09. Tenth ranked Kaari Liisi Linask followed at the 10 miler in 1:10:46.

Runner-up Julie Monticello showed a fine Run Your Heart Out 5K in 20:05 as one of her four victories. But as with Heasman, she had already proved best on Thanksgiving, racing the Arlington Turkey Trot 5K in 18:42. Third ranked Jacqueline Gruendel is a former champion as she proved with three more victories, including her second overall at the huge Virginia Run Turkey Trot 5K in 19:23. Fourth ranked Carrie Dunn posted a nifty Jingle All the Way 5K in 19:34 but she was already in the money, racing the Alexandria Turkey Trot 5M for a division leading 32:13. Fifth place Catherine Moore was second overall at the Run for the Heart 10M in 1:08:14. That gave her enough juice to overcome her loss to eighth ranked Sophie Lambert at the Frostbite 15K, 1:04:01 to 1:04:15.

Michelle Lowry made her bid for seventh, racing the Blacksburg Turkey Trot 5K in 19:49, on the cusp of the Elite division. Ninth ranked Cristina Burbach boasted the best half, killing it at the One City Half Marathon in 1:33:22.

Qualified runners grew mightily to thirty-seven. Five of them ran a **National** Class time with 80% age grading or better.

National Class times (80%) = 40:34 World Class status (90%) = 36:03

PI Name Age Hometown 10K= AG%

1	Heasman, Claire**	48	Frederick, MD	37:39	89.04%
2	Monticello, Julie****	49	Arlington, VA	38:56	87.43%
3	Gruendel, Jackie***	47	Clifton, VA	40:21	82.55%
4	Dunn, Carrie*	46	Arlington, VA	40:38	81.01%
5	Moore, Catherine**	49	Ashland, VA	41:00	81.29%
6	Deanehan, Kate****	45	Baltimore, MD	41:27	
7	Lowry, Michelle***	45	Blacksburg, VA	41:15	
8	Lambert, Sophie**	45	Staunton, VA	41:37	
9	Burbach, Cristina***	48	Arlington, VA	42:11	
10	Liisi Linask, Kaari***	48	Rockville, MD	42:32	
11	Metz, Melinda*7	46	Arlington, VA	42:35	
12	Menschel, Sabina**	45	Washington, DC	42:20	
13	Fernandez, Christine****	47	Virginia Beach, VA	42:44	
14	Rittenhouse, Melissa**	46	Bethesda, MD	42:56	
15	Dowler, Connie*	47	Arlington, VA	43:09	
16	Levin, Lisa***	48	Gaithersburg, MD	43:25	
17	Hill, Kim**	45	Fairfax, VA	43:39	
18	Burrowes, Natalie*	46	Pikesville, MD	44:15	
19	Weaver, Faye*	49	Ellicott City, MD	44:34	
20	Lightfield, Oksana	47	Middletown, MD	44:25	
21	Lully, Jennifer**	45	Lynchburg, VA	44:40	
22	Aardema, Janet**	45	Moseley, VA	44:40	
23	Vassar, Gretchen**	45	Parkton, MD	45:05	
24	Gianoukos, Aimee**	47	Williamsburg, VA	45:13	
25	Woronkowicz, Maggi**	47	Annapolis, MD	45:17	
26	Scott, Cristyn	46	Centreville, VA	46:13	
27	Cook, Jacqueline**	45	Chesapeake, VA	46:08	
28	Hellmers, Jennifer	46	Phoenix, MD	46:24	
29	Holmes, Jaime*	46	Fulton, MD	46:31	
30	Sisan, Heather***	46	Rockville, MD	46:22	
31	Brocato, Lesley	45	Midlothian, VA	47:18	
32	Brown, Cathleen***	47	Norfolk, VA	47:21	
33	Morrill, Julie*	45	Charlottesville, VA	47:34	
34	Kim, Insung	48	Baltimore, MD	47:37	
35	Speck, Elizabeth*	45	Arlington, VA	47:41	
36	Barzik, Melanie	49	Bethesda, MD	47:51	
37	Smith, Amy**	45	Winchester, VA	47:53	

50-54 Women

Reston New Year's 5K 19:54, 10K = 41:26 Perry Shoemaker = 83.92%

Take your relief while Perry Shoemaker is away. She was merely playing on the long Reston New Year's 5K with 19:54. However already this spring, she set the American record for the indoor 3K in 10:07.36 (99.09%). Then the following day, she started her spring with an unconscionable 18:04 at the Lucky Leprechaun 5K (93.27%). In April, she followed it up with a new American record of 1:00:42 (94.42%) at the Credit Union Cherry Blossom 10M. That record was formerly held by Joan Benoit Samuelson (1:00:52) in 2010.

For now, Debbie Goodpasture can strut her stuff with her first title. Goodpasture was top master at an 8K and at her second fastest 5K (21:11) to start the year. She would get better in February at the Sentara Colonial 5K as second overall, finishing in 20:18. The amazing Rongkui Zhu takes the runner-up spot with three wins, including by far the fastest half, winning at the DCRRC Gar Williams Half Marathon in 1:39:33. At the RRCA Challenge 10 Mile, (all hills, not the flat towpath) she was even faster, defeating eighth ranked Jeanette Goetz, 1:14:22 to 1:16:02. The following week, she looked really good, winning at the rolling Reston 10M in 1:13:29.

She would need that race as third ranked Yuko Whitestone surprised even herself with a powerful win at the MCM Turkey Trot 10K in 44:16. Whitestone would add a second overall at the PVTC Christmas Caper 5K in 21:46. Fourth ranked Leslie Nicholas was crowding around the top as well with an excellent 21:18 at the Arlington Turkey Trot 5K, ahead of tenth ranked Jill Hemphill (22:02). Suzanne Hurst took a leisurely time at the Baltimore YMCA Turkey Trot 5K but came roaring back at the iconic Celtic Solstice 5M in a division leading 35:34 to take fifth place. Seventh ranked Cheryl Young set down a potent 45:28 at the Ringing in Hope 10K as well as a fine Ashburn Farm 5K in 21:55. Kristen Singletary ran a second slower at the Fairfax Turkey Trot 5K. However, she gets to leap frog ahead of Young into sixth place as she defeated Young at the Frosty 5K later in the season, 22:19 to 22:42. More apparent evidence that the Fairfax Corner course is a tad long. Ninth place Emily Hannum started the year with a fine New Day New Year 10K, winning in 45:43.

As with last year, the division contained thirty-four qualifiers. One runner ran a **National Class** time with 80% age grading or better.

National Class times (80%) = 42:50 World Class status (90%) = 38:04

ΡI	Name	Age	Hometown	10K=	AG%
1	Goodpasture, Debbie*****	53	Midlothian, VA	42:16	84.15%
2	Zhu, Rongkui***	53	Chantilly, VA	44:10	
3	Whitestone, Yuko****	51	Fairfax, VA	44:16	
4	Nicholas, Leslie*	54	Ashburn, VA	44:21	
5	Hurst, Suzanne*	51	Baltimore, MD	44:38	
6	Singletary, Kristen**	51	Fairfax, VA	45:40	

Young, Cheryl***	53	Reston, VA	45:28
Goetz, Jeanette*	54	Joppa, MD	45:42
Hannum, Emily**	51	Delaplane, VA	45:43
Hemphill, Jill**	54	Arlington, VA	45:52
Ross, Cathy****	52	Burke, VA	46:24
Isler, Kim	54	Oakton, VA	46:15
Greer, Eliza**	53	Baltimore, MD	46:38
Taylor, Ruth*	54	Jefferson, MD	46:19
Rico, Monique*	54	Chantilly, VA	46:40
Hottle, Karen*	52	Vienna, VA	46:56
Hoenig, Katherine***	53	South Riding, VA	47:20
Berger, Rosemary**	53	Bethesda, MD	47:16
Smart, Selena*	54	Boyce, VA	47:37
Brown, Elizabeth**	51	Fork Union, VA	47:40
Messing, Angela**	51	Newport News, VA	47:40
Goetz, Christal	52	Washington, DC	47:56
Steincamp, Tomomi*	52	Midlothian, VA	48:18
Kelly, Kirsten****	52	Virginia Beach, VA	48:30
Yin, Xiaoyan*	53	Potomac, MD	48:25
Francoeur, Catherine**	50	College Park, MD	48:33
Ramsey, Nicole**	50	Salem, VA	49:10
Speed, Kimberly**	52	Williamsburg, VA	49:29
Ramsey, Stephanie*	50	Virginia Beach, VA	49:28
Sun, Hui	53	Bethesda, MD	49:47
Takakusaki, Yuko	54	Arlington, VA	50:01
Siddique, Nadrat*	54	Ellicott City, MD	50:17
Genay, Tina*	51	Winchester, VA	50:38
Salisbury, Missy**	53	Lorton, VA	51:40
	Goetz, Jeanette* Hannum, Emily** Hemphill, Jill** Ross, Cathy**** Isler, Kim Greer, Eliza** Taylor, Ruth* Rico, Monique* Hottle, Karen* Hoenig, Katherine*** Berger, Rosemary** Smart, Selena* Brown, Elizabeth** Messing, Angela** Goetz, Christal Steincamp, Tomomi* Kelly, Kirsten**** Yin, Xiaoyan* Francoeur, Catherine** Ramsey, Nicole** Speed, Kimberly** Ramsey, Stephanie* Sun, Hui Takakusaki, Yuko Siddique, Nadrat* Genay, Tina*	Goetz, Jeanette* 54 Hannum, Emily** 51 Hemphill, Jill** 54 Ross, Cathy**** 52 Isler, Kim 54 Greer, Eliza** 53 Taylor, Ruth* 54 Rico, Monique* 54 Hottle, Karen* 52 Hoenig, Katherine*** 53 Berger, Rosemary** 53 Smart, Selena* 54 Brown, Elizabeth** 51 Messing, Angela** 51 Goetz, Christal 52 Steincamp, Tomomi* 52 Kelly, Kirsten**** 52 Yin, Xiaoyan* 53 Francoeur, Catherine** 50 Ramsey, Nicole** 50 Speed, Kimberly** 52 Ramsey, Stephanie* 50 Sun, Hui 53 Takakusaki, Yuko 54 Siddique, Nadrat* 54 Genay, Tina* 51	Goetz, Jeanette* Hannum, Emily** 51 Delaplane, VA Hemphill, Jill** 54 Arlington, VA Ross, Cathy**** 52 Burke, VA Isler, Kim 54 Oakton, VA Greer, Eliza** 53 Baltimore, MD Taylor, Ruth* 54 Chantilly, VA Hottle, Karen* 55 Hoenig, Katherine*** 56 Boyce, VA Brown, Elizabeth** 57 Fork Union, VA Messing, Angela** 58 Washington, DC Steincamp, Tomomi* 59 Wignia Beach, VA Speed, Kimberly** 50 College Park, MD Ramsey, Nicole** 50 Virginia Beach, VA Sun, Hui 51 Bethesda, MD Salem, VA Siddique, Nadrat* 51 Fork Union, VA Messing, Angela** 52 Williamsburg, VA Siddique, Nadrat* 53 Bethesda, MD Salem, VA Siddique, Nadrat* 54 Boyce, VA Siddique, VA Sid

55-59 Women

Prince William Turkey Trot 5K 19:38, 10K = 40:53 Alisa Harvey – 91.09%

Shannon Smith went looking for a title. The best way to earn the crown is to win all your races. She did six times. Next is to have the best times. She owned the top three events with the bonus of all being major events. The 5K seems to age grade best, so her sterling win at the SOME Thanksgiving Day Trot for Hunger 5K over fourth ranked Terri Rath, 21:14 to 22:06 helped set the tone. Runner-up Delyn Robinson followed suite winning five of her seven events and possessed the next two best times. Robinson, as she is want to do, was top master. This time it was at the mighty Sentara Colonial Half Marathon in 1:39:00. Third ranked Anne Fraker showed us the next fastest half, racing the Northern Central Trail Half Marathon in 1:42:07. Eight ranked Deb Jockin owned the next fastest half, racing the Blue Gray Half Marathon in 1:45:47. Smith was brilliant at the Jingle

All the Way 15K in 1:06:36 on a fast course. Robinson was still in contention as third overall, racing the Run for the Heart 10M in 1:13:44. At the end of February, we have the RRCA Challenge 10 Mile, the most influential race of the winter season. Smith was golden in 1:13:16 cementing her crown. Fraker was next in 1:15:00.

Fifth ranked Paula Pels left her usual confines of Montgomery County to win it all at the Anacostia Park Run 5K in 22:07. Next up, Trish Rice got my vote with an impressive win at the One City Marathon in 3:40:43. The three One City events (8K, HM, and 26.2M) were next as title deciders behind the RRCA Challenge. Most congenial racer, Luz Blakney has not been racing as much for a while. She returned to run the three regular PRR= 5K courses. All of them produce GPS readings longer than the standard. She won at the Run with Santa 5K in 22:41. Then she lost to tenth ranked Eddie Ashton at the Frosty 5K, 23:15 to 23:27. Finally, at the longest of the three, she succumbed to Rath at the Reston New Year's 5K, 23:06 to 23:55.

Ninth ranked Janice Raabe won the Charlottesville Turkey Trot 5K in 23:10. Right on her heels, Mandana Mortazavi showed us the best of her four wins at the Spring Forward 5K in 23:14 to take twelfth place. Surrounding her, eleventh ranked Yuko Takakusaki fended off thirteenth ranked Christine Hackman at the DCRRC Al Lewis 10M 1:20:13 to 1:20:33.

Alisa Harvey did her usual open class thing at the Prince William Turkey Trot 5K with a **World Class** 19:38. While she only secured one qualifier in the winter, already this spring she has another gem, racing the Yuengling Shamrock Half marathon in 1:33:37.

The division contained thirty-five qualified runners. The top four women ran National Class times with 80% age grading or better.

National Class times (80%) = 45:33 World Class status (90%) = 40:29

PI	Name	Age	Hometown	10K=	AG%
1	Smith, Shannon*6	57	Washington, DC	43:18	84.46%
2	Robinson, Deelyn*6	57	Williamsburg, VA	44:19	83.07%
3	Fraker, Ann****	56	Stevenson, MD	45:04	81.68%
4	Rath, Terri*	58	Reston, VA	46:01	81.09%
5	Pels, Paula**	55	Bethesda, MD	46:03	
6	Rice, Trish**	57	Williamsburg, VA	47:11	
7	Blakney, Luz*	55	Oak Hill, VA	47:14	
8	Jockin, Deb**	56	Fredericksburg, VA	47:48	
9	Raab, Janice***	56	Free Union, VA	47:50	
10	Ashton, Edie*	57	McLean, VA	48:09	

11	Takakusaki, Yuko**	55	Arlington, VA	48:12
12	Mortazavi, Mandana****	59	Leesburg, VA	48:20
13	Hackman, Christine*6	59	Arlington, VA	48:24
14	Kopacz, Margaret*6	58	Chesapeake, VA	49:00
15	Kreider, Susan*6	56	Virginia Beach, VA	48:45
16	Willingham, Lise*	59	Earlysville, VA	48:47
17	Mackintosh, Brenda*	57	Springfield, VA	48:57
18	Taylor, Ruth*	55	Frederick, MD	49:21
19	Shakespeare, Leslie*	57	Mechanicsville, VA	49:22
20	Sullivan, Jamie	58	Sykesville, MD	49:32
21	Meng, Lei**	55	Potomac, MD	49:22
22	Bernard, Kimberly**	55	Virginia Beach, VA	50:13
23	Strubb, Gretchen*	56	Fairfax, VA	50:12
24	Ung, Mardiny**	56	Elizabethtown, PA	50:44
25	Bozarth, Helena**	56	Fredericksburg, VA	50:59
26	Koprowski, Jennifer	56	Gainesville, VA	51:06
27	McCauley, Laura**	58	Roanoke, VA	51:07
28	Cuff, Patricia	58	Alexandria, VA	51:22
29	Murillo, Barbara**	57	Fairfax, VA	51:30
30	Han, Shi*	55	Great Falls, VA	51:43
31	Bae, Sandy*	55	Falls Church, VA	52:15
32	Scott, Patricia	55	Germantown, MD	52:16
33	Demaree, Marsha*****	58	Marriottsville, MD	52:34
34	Toohey, Michelle*	58	Washington, DC	53:43
35	Powell, Julie*	56	Washington, DC	53:50

60-64 Women

DCRRC AI Lewis 10M 1:07:59, 10K = 40:51

Nobody is going to touch Cindy Conant who has discovered the Fountain of Youth and continues to improve...except perhaps the Spring 2023 version of herself. Conant has kept Elite division credentials since at least 2005 (age 43) with National Class times. Barely slowing down, in her mid-fifties she starting posting World Class times. Now after a subpar, for her alone, winter last year when her 43:08 10K equivalence left her just short of World Class, age grading at 89.46%, she shoved her way back in to the Elite division. In all, she owned the top five times. She won it all at the Anacostia Park Run 5K in 20:19 yet that was not even close to her second-place finish at the Park Run in College Park (19:47), an open class time. That same day, Thanksgiving, runner-up and former multiyear champion Kendall Tata secured her spot with a fine 21:22 at the Charlottesville Turkey Trot 5K. In Berryville, Julie Hayden, who has World Class middle-distance speed, as she did last winter takes third at their Turkey Trot in 22:14 with her best of eight wins. She is killer at shorter track events where she

can show Conant her heels though they do not show up in the rankings which must be 5K or longer.

Then in January, Conant was totally dominant winning the Al Lewis 10M which is now run as a double out and back at Hains Point. Her time was a magnificent 1:07:59. Fifth ranked Kelly Dworak took on the similar named Lewis Memorial 10M (1:24:00) that used to be the hilliest course in Frederick until they moved it to be the hilliest course in Emmitsburg. Runners race without their watch and predict their time. Conant took on the Kemp Mill Chills 10K in mid-February. It is one of the toughest local 10Ks but that did not stop her from hammering out a third overall 43:25. Seventh ranked Amber Rader owned the next best 10K, racing the RRRC Turkey Trot 10K in 50:09.

Now the best of the running clubs met again at the winter's most competitive event, the hilly RRCA Challenge 10 Mile. Conant just missed open class with a stupendous 1:09:13. This race is usually a couple minutes slower than the races in West Potomac Park. Dworak was second in 1:20:03. Eleventh ranked Beverly Black ran 1:27:54, sixth in her age group at the race. So, who can beat Conant? That would be Conant who ran the Yuengling Shamrock Half Marathon in 1:29:07 (95.79%) in mid-March for the first half of 'nobody's touching my crown this spring.' Or perhaps it would be her 1:08:35 at the Credit Union Cherry Blossom 10 mile to start April (94.22%).

Vagabond Win Persina earns fifth place traveling from Park Run to Park Run. This winter her best time was at the Anacostia Park Run 5K in 23:25 as second overall. She won the Kensington Park Run 5K in 24:31. Ninth ranked Sarah McKechnie turned out a 24:20 the week before at the Kensington Park Run 5K and would later add an overall win there as well. As with many Montgomery County Road Runners, sixth ranked Kathy Cea attends nearby Frederick for her Thanksgiving racing. MCRRC is one of the few organizations that hold off until the following Saturday with their Turkey Burnoff. As always, Cea displayed a sizzler of a race, winning in 23:49 for her fastest of four races. And indeed, she did reprise her win with another at the shorter of the Burnoff races, the one loop 5M in 42:54. That was the fastest race at the distance for the division until December when she blasted the MCRRC Jingle Bell Jog 8K in 42:07.

Eighth ranked Jeong Kim produced the fastest half of the winter, racing the DCRRC Gar Williams Half Marathon in 1:52:43. In January, she added a fine DCRRC JFK 20K 1:48:15. Tenth ranked Martha Wright narrowly bested Rader at the Frostbite 15K 1:18:37 to 1:18:51. Still, her second race, the Huguenot Park Cross Country 3 Mile in 24:55 was not quite enough to move her by Rader's fine 10K.

The division contained forty-four qualifiers. Four of the qualifiers were National Class with 80% age grading or better.

National Class times (80%) = 48:36 World Class status (90%) = 43:12

PI	Name	Age	Hometown	10K=	AG%
1	Conant, Cindy*****	61	Kensington. MD	40:51	95.05%
2	Tata, Kendall**	60	Stanardsville, VA	44:29	86.74%
3	Hayden, Julie*8	62	Lake Frederick, VA	46:17	85.46%
4	Dworak, Kelly*	60	Carlisle, PA	48:06	
5	Persina, Win***	62	Washington, DC	48:45	81.14%
6	Cea, Kathy****	62	Gaithersburg, MD	49:35	
7	Rader, Amber*	63	Moseley, VA	50:09	
8	Kim, Jeong**	61	McLean, VA	50:56	
9	McKechnie, Sarah**	60	Kensington, MD	50:40	
10	Wright, Martha**	62	Richmond, VA	51:07	
11	Black, Beverly**	62	Fairfield, PA	52:49	
12	Cornell, Pam**	60	Fredericksburg, VA	52:51	
13	Gray, Sandra****	63	Glen Allen, VA	52:49	
14	Lawrence, Lynne*	63	Winchester, VA	53:01	
15	Blackmore, Mary Jo**	61	Virginia Beach, VA	53:11	
16	Jacob, Maria**	63	Virginia Beach, VA	53:19	
17	Eddy, Pamela**	62	Williamsburg, VA	53:35	
18	Hennis, Melanie*6	60	Portsmouth, VA	53:42	
19	Horstmann, Laurie*****	63	Centreville, VA	54:00	
20	Polite, Rebecca	63	Winchester, VA	53:58	
21	Bennett, Helen	61	Chester, MD	54:04	
22	Fite, Wendy*	64	Amelia Courthouse, VA	54:38	
23	Peart, Sandra*	63	Richmond, VA	54:39	
24	Eilenfield, Barbara	60	Stafford, VA	54:50	
25	Johnston, Cynthia	60	Takoma Park, MD	55:17	
26	Johnson, Anne**	61	Glenwood, MD	55:31	
27	Kennedy, Linda	62	Alexandria, VA	55:53	
28	Davis, Ellen**	62	Mechanicsville, VA	55:58	
29	Sheridan, Elizabeth***	61	Washington, DC	55:50	
30	Sherer, June	64	West Friendship, MD	56:11	
31	Fricke, Janelle*	64	Hayes, VA	56:16	
32	Burrell, Linda	64	Derwood, MD	56:25	
33	Flora, Rebecca	64	Chestertown, MD	57:13	
34	McGowan, Diana	61	Hampton, VA	57:19	
35	Donovan, Kathy	62	Virginia Beach, VA	57:37	
36	Sorenson, Lydia	62	Virginia Beach, VA	57:55	
37	Dickison, Peggy*	60	Bethesda, MD	58:03	
38	Miller, Jodi	64	Ashland, VA	58:44	
39	Sternberg, Nancy*	60	Vienna, VA	59:18	

40	Flynn, Donna	62	Annapolis, MD	59:26
41	Larsen, Susan*	64	Richmond, VA	59:31
42	Barrera, Brenda*	60	Williamsburg, VA	1:00:09
43	Williams, Christine	60	Poquoson, VA	1:00:27
44	Salasin, Roseann*	63	Richmond, VA	1:00:35

65-69 Women

Tidewater Striders Turkey Trot 10K 48:02

Joey Hallock entered the fray with a **World Class** event, racing the Tidewater Striders Turkey Trot 10K in a blazing 48:02. She already ruled with an excellent 23:57 at the Norfolk Harbor 5K to start the winter and will be dominant in the 70-74 division in the spring. Runner-up Nancy Hill only raced twice this season but was superlative at the Holiday Hustle 5K in 24:15. Right on her shoulder, Sara Simone also secured a **National Class** event, racing the Virginia Run Turkey Trot 5K in 24:18. Fourth ranked Barbara Lyons did all her damage in one short week in mid-December. First, she burst on the scene at the Santa Run 5K in 24:41. Next weekend at the iconic Celtic Solstice 5M, she delivered easily the fastest 5M with an excellent 40:42.

Fifth ranked Stephanie Danahy plowed through six of the eight races of the Shenandoah Valley Series. She ran best at the last one the Sprig Forward 5K in 25:18. Former champion Mary Lowe Mayhugh takes sixth with twice as many victories (12). Twelve of her thirteen events were 5K. She was swiftest at the Winter Hains Point 5K in 25:38. Ninth ranked Lydia Johnson races the lone events. She owned the only half in the top thirty races, racing a fine Northern Central Trail Half Marathon in 2:00:46, a couple of minutes faster than the year before. Still, she was set back two places with her second event, the RRCA Challenge 10 Mile in 1:37:35. Ahead of her were seventh place Marie Friedland (1:31:02) and eighth ranked Janice Uthe (1:32:57). Like Johnson, Uthe also performed a race faster than Friedland, the Hot Chocolate 5K in 26:07. Neither was fast enough to overcome the head-to-head loss.

Tenth ranked Carol Hansen-Vessa races both in Reston at Potomac River Running events and in Williamsburg at Colonial Road Runner events. More than once she has raced in both towns on the same weekend. She added three halves to her repertoire and with 12 wins in fourteen tries seemed to be getting better and better. Her best race was Menchville Chill 5K in 26:18, ahead of thirteenth ranked Jean Phelan (26:36). She was racing in the Tidewater on the same December weekend that eleventh ranked Marcy Foster used to earn her spot. Foster ran best at the Run with Santa 5K in 26:26.5K. Twelfth ranked Kathy Headlee produced the fastest 15K, racing well at the Frostbite 15K in 1:25:18.

The monster division expanded to sixty-eight qualifiers again making it the largest division. Three of the qualifiers were **National Class** times with 80% age grading or better.

National Class times (80%) = 52:08 World Class status (90%) = 46:20

PI	Name	Age	Hometown	10K=	AG%
1	Hallock, Joey**	69	Virginia Beach, VA	48:02	92.12%
2	Hill, Nancy**	65	Havre De Grace, MD	50:29	81.37%
3	Simone, Sara*	66	Fairfax, VA	50:36	82.30%
4	Lyons, Barbara*	65	Clarksville, VA	51:19	
5	Danahy, Stephanie***	66	Winchester, VA	52:40	
6	Mayhugh, Mary Lowe*12	66	Washington, DC	53:28	
7	Friedland, Marie*	68	Annapolis, MD	54:42	
8	Uthe, Janice*	66	Bowie, MD	54:24	
9	Johnson, Lydia*	69	Bel Air, MD	54:34	
10	Hansen-Vessa, Carol*13	68	Williamsburg, VA	54:45	
11	Foster, Marcy**	68	Reston, VA	55:02	
12	Headlee, Kathy	65	Richmond, VA	55:28	
13	Phelan, Jean**	67	Virginia Beach, VA	55:23	
14	Draim, Ida*6	67	Alexandria, VA	55:44	
15	Peck, Leigh****	65	Lutherville, MD	55:55	
16	Ahlsted, Jackie*	69	Suffolk, VA	57:13	
17	Wolfe, Deb**	67	Gainesville, VA	57:40	
18	Byerley, Marcia*17	65	Woodbridge, VA	58:09	
19	Shepherd, Elizabeth**	67	Washington, DC	58:14	
20	MacNabb, Pat	69	Glenwood, MD	58:51	
21	Newton, Frances	68	Henrico, VA	59:01	
22	Craney, Karen	67	North Potomac, MD	59:22	
23	Washington, Myra*	65	Montgomery Village, MD	59:32	
24	Archibald, Connie	65	Henrico, VA	59:40	
25	Daragan, Katharine*	66	Silver Spring, MD	59:44	
26	Barry, Jan*	69	Williamsburg, VA	1:00:06	
27	Renardy, Yuriko**	68	Blacksburg, VA	1:00:06	
28	Allen, Emma*	68	Williamsburg, VA	1:00:06	
29	Riddles, Sarah*	66	Leesburg, VA	1:00:51	
30	Rodier, Sharon*	65	Norfolk, VA	1:00:59	
31	Wake, Sharon**	67	Henrico, VA	1:01:42	
32	Snead, Susan	67	Virginia Beach, VA	1:01:36	
33	Reihl, Valerie	67	Rock Hall, MD	1:02:01	
34	Koerner, Celide****	65	Baltimore, MD	1:02:30	
35	Ashlock, Joyce	68	Nottingham, MD	1:02:26	

36	Jones, Helen	69	Baltimore, MD	1:02:46
37	Warnacut, Joyce	66	Locust Grove, VA	1:03:20
38	Close, Jean	68	Towson, MD	1:03:30
39	Strite, Dianne	65	Reston, VA	1:03:35
40	Downing, Carol	67	Monkton, MD	1:03:35
41	Blank, Betty	69	Falls Church, VA	1:03:57
42	Gage, Debra	68	Williamsburg, VA	1:04:28
43	Knicely, Victoria*	65	Glen Allen, VA	1:04:55
44	Burns, Nancy**	68	Columbia, MD	1:05:00
45	Kritter, Lynne*	66	Culpeper, VA	1:05:02
46	Stephens, Shirley*	66	Williamsburg, VA	1:05:14
47	Page, Patti	67	Chantilly, VA	1:05:16
48	Post, Frances**	65	Washington, DC	1:05:18
49	McCusker, Bridget*	68	Baltimore, MD	1:05:22
50	Johnston, Victoria**	66	Crozet, VA	1:05:41
51	Kroll, Aileen*10	68	College Park, MD	1:06:02
52	Frazho, Leslie*8	67	Richmond, VA	1:07:34
53	Kohinke, Anne***	69	Salem, VA	1:08:03
54	Rehm, Catherine*	65	Gaithersburg, MD	1:08:01
55	Brown, Ann*	65	Vienna, VA	1:08:30
56	Mitchell, Michelle	65	Taneytown, MD	1:08:42
57	Shen, Grace****	68	Potomac, MD	1:08:51
58	Matovcik, Lisa*	67	Washington, DC	1:09:10
59	Patton, Catharine*	67	Leesburg, VA	1:09:57
60	Miller, Patricia	65	Hamilton, VA	1:09:59
61	McDearmon, Jeanne	66	Owings Mills, MD	1:10:04
62	Kurz, Diane	67	Newport News, VA	1:10:49
63	Moody, Amanda	69	Chester, VA	1:12:06
64	Johnson, Julianne	68	Baldwin, MD	1:12:25
65	Hardesty, Jill	67	Toano, VA	1:12:54
66	Eberhard, Dawn	68	Richmond, VA	1:13:16
67	Neiberger, Lee	67	Norfolk, VA	1:13:28
68	Corl, Karen	68	Williamsburg, VA	1:13:40

70-74 Women

The division is bulging with competition with the top seven racers fast enough for compete with women ten years younger. Looming in the background is Joey Hallock who is just aging up. She started the spring with an 8K more than seven minutes faster than fourth ranked Lizzie Sadoff's division leading MCRRC Jingle

Bell Jog 8K in 47:18 that ahead of third ranked Alice Franks (48:34). These two have been battling for years. Franks would return the favor at the MCRRC New Year's 5K, 29:44 to 30:02. Then at season's end, once again Franks prevailed at the brutal Kemp Mill Chills 10K, 1:02:56 to 1:03:25. Franks would add three more wins, including her fastest race the Kensington Park Run 5K in 28:55. Fifth ranked Bonnie Hallock ran a swift Holiday Hustle 5K in 29:05.

Still, the big surprise is that Ginny Hughes has awakened from her slumber and bolted to the title with the top four events, all 5Ks from the Shenandoah Valley Winter Series. Her best race was her latest, an excellent 26:53 at the Spring Forward 5K. Hughes would end with the Reston 10M in 1:45:19 to take down eighth ranked Claudia Wolfe's 2023 leading 10M run at the Al Lewis in 1:46:05. Runner-up Linda Scandore ran a fine Boar's Head Turkey Trot 5K in 29:45 before landing her placement, racing the CTC New Year's 5K in 28:36. Wolfe owned the two fastest 10Ks of the winter, racing best at the Winter Hains Point 10K in 1:02:46. A month later, she returned to the same course with a nearly identical 1:02:05 at the Dash around the Point 10K.

Sixth position goes to Chris Hamlin, racing the Resolution Run 5K in 29:21. Former champion Chris Reese lands in seventh place racing along the narrow country roads in Westminster at the Bear Run 4M in 38:41. Tenth ranked Karen Adamo showed us her best by far at the Columbia Turkey Chase 5K in 30:39. Ninth ranked Patricia Travis was best at the Sentara Sleighbell 5K in 30:43. She would add three more victories, including a fine 2:31:56 at the Sentara Colonial Half Marathon.

The division grew to an amazing thirty-nine qualifiers.

National Class times (80%) = 56:10 World Class status (90%) = 49:56

ΡI	Name	Age	Hometown	10K=	AG%
1	Hughes, Ginny*6	72	Warrenton, VA	55:58	80.78%
2	Scandore, Linda**	72	Charlottesville, VA	59:33	
3	Franks, Alice*****	74	Rockville, MD	1:00:12	
4	Sadoff, Lizzie**	73	Washington, DC	1:00:04	
5	Hallock, Bonnie***	70	Havre De Grace, MD	1:00:33	
6	Hamlin, Chris**	71	Norfolk, VA	1:01:06	
7	Reese, Chris***	71	Westminster, MD	1:01:56	
8	Wolfe, Claudia*8	71	Alexandria, VA	1:02:46	
9	Travis, Patricia****	71	Williamsburg, VA	1:03:57	
10	Adamo, Karen**	71	Severna Park, MD	1:03:49	
11	Terwilliger, Susan**	72	Blacksburg, VA	1:05:13	
12	Solomon, Betsy**	70	Waynesboro, VA	1:06:31	
13	Lloyd, Maryann*	73	Alexandria, VA	1:06:46	

14	Fisher, Laurie*6	72	Hyattsville, MD	1:07:09
15	Danielle-Kay, Patricia*6	72	Reston, VA	1:07:38
16	Stanfield, Leslie	73	Reston, VA	1:08:17
17	Avitabile, Nancy	74	Bethesda, MD	1:09:34
18	Davis, Virginia*	73	Suffolk, VA	1:10:24
19	Goossens-Winter, Roswitha*	74	Williamsburg, VA	1:10:54
20	DeJesus, Sue***	71	Henrico, VA	1:12:23
21	Hennes, Kathy	70	Annapolis, MD	1:12:47
22	Delambo, Jeri**	73	Baltimore, MD	1:14:11
23	Woody, Natalie*	72	Roanoke, VA	1:14:13
24	Summers, Jaine****	72	Annandale, VA	1:14:34
25	Hansen, Jane*6	72	Fairfax, VA	1:14:53
26	Miffleton, Terry*	72	Midlothian, VA	1:15:01
27	Humphreys, Dottie*	71	Newport News, VA	1:15:01
28	Ungelsbee, Ruth**	74	Olney, MD	1:14:57
29	Snowman, Adele*	74	Upperco, MD	1:17:41
30	Lesniak, Patricia	74	Copper Hill, VA	1:18:13
31	Levy, Christine*	72	Frederick, MD	1:18:27
32	Mason, Judy**	72	Kensington, MD	1:18:52
33	Delaney, Marie*	74	Severn, MD	1:20:09
34	James, Lien***	71	Washington, DC	1:20:32
35	Walters, Wanda	72	Bethesda, MD	1:22:34
36	Mitchell, Brenda	72	Williamsburg, VA	1:25:26
37	Akers, Donna	73	Narrows, VA	1:27:22
38	Barnes, Judith**	73	University Park, MD	1:28:33
39	Hong, Tsai**	70	Kensington, MD	1:29:00

75-79 Women

Tidewater Striders Tune-up 20M 3:06:44, 10K = 53:40

The division grew from seven to eleven and the division between first and second widened as well. Our champion Betty Brothers muscled her way to the top with the best seven events, all different distances from 5K to a marathon. Most of the seniors excel in the 5K but eschew the longer distances. Distances ten miles and longer do not typically rank as well as the shorter distances. Brothers participated in four such races, including a record setting Dismal Swamp Marathon in 4:13:09. She got better ending her winter with her best race, the Tidewater Striders Tune-up 20M in 3:06:44. Her slowest event was a Virginia state record 27:17 at the Resolution Run 5K.

Actually, this group seems inspired by the ten miler. Former champion Pat Welch ran her best race, the Reston 10M in 1:46:14 just a month after a fine For the Love of It 10K in 1:05:10 but that was only good enough for fourth place in the

rankings. Former champion Gretchen Bolton was surprised by newcomer Judith Sitkin-Porzel at the MCRRC Jingle Bell Jog 8K, 48:56 to 49:52. Fifth ranked Clare Imholtz earned her best time in 1:03:14. Sitkin-Porzel had just run the hilly Turkey Burnoff 10 Mile in 1:49:15 two weeks earlier. She ended February winning the even hillier RRCA Challenge in 1:52:35. In between that she ran a solid Celtic Solstice 5M in 52:54. She needed that boost to earn the runner-up spot as third ranked Bolton's second event was a revenge killing at the MCRRC New Year's 5K, 31:46, to 33:54.

Sixth ranked Caroline Triplett ran the Frosty 5K in 39:06. The following month seventh placed Lou Norton ran three times as far at the Frostbite 15K in 2:07:44

National Class times (80%) = 1:00:55 World Class status (90%) = 54:09

ΡI	Name	Age	Hometown	10K=	AG%
1	Brothers, Betty*7	76	Virginia Beach, VA	53:40	90.36%
2	Sitkin-Porzel, Judith***	75	Silver Spring, MD	1:02:09	
3	Bolton, Gretchen*	77	Bethesda, MD	1:03:20	
4	Welch, Pat***	76	Vienna, VA	1:03:51	
5	Imholtz, Clare*7	76	Beltsville, MD	1:20:18	
6	Triplett, Caroline*	76	McLean, VA	1:21:24	
7	Norton, Lou**	76	Richmond, VA	1:23:03	
8	Robertson, Judi Faye**	76	Colonial Heights, VA	1:29:57	
9	Bandy, Cita*	75	Virginia Beach, VA	1:30:31	
10	Young, Allie**	76	Monrovia, MD	1:33:42	
11	Novak, Jeanette***	79	Damascus, MD	1:37:06	

80-84 Women

Turkey Day 5K 37:08, 10K = 1:17:19

As the eldest in the group, our champion Ecris Williams knows they are coming for her title. The group definitely favors the 5K with no one running as long as Williams did when she won the For the Love of It 10K. She also paraded the two fastest 5Ks, powering through the busiest holiday, winning the Turkey Day 5K in 37:08. Later she added the Frosty 5K in 37:19. Our runner-up was easily the fastest of the three racers who dominate at the local Park Runs. Jane Chretien ran the Kensington Park Run, winning fifteen times during the winter, seemingly getting better every week. Thrice she broke the 38:00-minute mark. Her best time as February ended was any amazing 37:27 on the double out and back course. Third ranked Rosemary Schwartzbard is always, almost, at the Roosevelt Island taking honors on the toughest (cross-country) Park Run course. Indeed, when she moseyed down the road to try out the Fletcher's Cove Park Run 5K, she improved to a noteworthy 39:29.

Fourth ranked Lois Dicker is very impressive as she race walks most of her events. She entered the only other non 5K event for this group for her best event, winning the MCRRC Jingle Bell Jog 8K in 1:09:37. Her best 5K was as top race walker for the women at the By George 5K in 43:20. Fifth ranked Bonnie McClellan attended successfully at the fastest and most populated Park Run 5K held in Colle Park. Six ranked Kathy Smart ran three of the Shenandoah Valley Runners winter series.

National Class times (80%) = 1:06:45 World Class status (90%) = 59:20

PI	Name	Age	Hometown	10K=	AG%
1	Williams, Ecris*6	84	Reston, VA	1:17:19	
2	Chretien, Jane*15	83	Kensington, MD	1:17:58	
3	Schwartzbard, Rosemary*9	80	Arlington, VA	1:22:33	
4	Dicker, Lois*	83	Silver Spring, MD	1:28:25	
5	McClellan, Bonnie*7	82	Rockville, MD	1:49:35	
6	Smart, Kathy*	80	Boyce, VA	1:57:53	

85-89 Women

Spring Forward 5K 38:06, 10K = 1:19:19

Janet Hughes made it look easy racing six of the seven SVR Winter series races to victory. In reverse order, she seemed to be getting faster as she ran her fastest race as February waned. That was an impressive 38:06 at the Spring Forward 5K. She finished in second place twice as two of the events featured awards for seventy and older. She succumbed to 70-74 champion Ginny Hughes.

Tami Graf sort of took the winter off. She went to track meets and added field events to her repertoire. Come spring she will most likely be back on the roads. Third ranked Elizabeth Alcock ran the Humankind Turkey Trot 5K in 51:01. On the first weekend of the winter season, runner-up Anne Hall finished the Gobble Gobble Run or Wobble 5K.

National Class times (80%) = 1:16:40

ΡI	Name	Age	Hometown	10K=	AG%
1	Hughes, Janet****	85	Winchester, VA	1:19:19	72.57%
2	Hall, Anne*	87	Warrenton, VA	1:46:13	
3	Alcock, Elizabeth	86	Amherst, VA	2:26:22	

90 & Older Women

Fairfax Turkey Trot 5K 1:12:34, 10K = 2:31:05

Ginny Lapham raced her event on the busiest racing day of any year.

National Class times (80%) = 1:36:20 for 90-94; 2:17:03 for 95 and older

PI	Name	Age	Hometo	wn	10K=		AG%						
1	Lapham, Ginny*	91	Vienna,	VA	2:31:05	4	8.21%						
Eve	ent	Sit	е	Date	Race	М	S	Sex	INT	AC	Win	AG	10K
Fair	fax Turkey Trot 5K	Fai	rfax, VA	24-Nov-22	5K	72	34	F	1	Χ		1	9

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

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	8 (points for victor, negative points against loser)
10K Equivalent	1	(point for each second faster than opponent's best
race versus their be	st 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

Event	Location	Date
Virginia School Board 5K	Williamsburg, VA	17-Nov-22
Fletcher's Cove Parkrun 5K #292	Washington, DC	19-Nov-22
Roosevelt Island Park Run 5K #245	Washington, DC	19-Nov-22
Baltimore and Annapolis Trail Park Run 5K #58	Pasadena, MD	19-Nov-22
Leakin Park 5K #212	Baltimore, MD	19-Nov-22
Anacostia Park Run 5K #166	Washington, DC	19-Nov-22
College Park Park Run #258	College Park, MD	19-Nov-22
Blue Jay 5K	Manassas, VA	19-Nov-22
Kensington Park Run 5K #180	Kensington, MD	19-Nov-22
Zaching Against Cancer 5K	Ellicott City, MD	19-Nov-22
Zaching Against Cancer 10K	Ellicott City, MD	19-Nov-22
Trot the Trail 5K	Baltimore, MD	19-Nov-22
Turkey Tumble for Autism 5K	Washington, DC	19-Nov-22
Turkey Tumble for Autism Half Marathon	Washington, DC	19-Nov-22
Star City 10K	Roanoke, VA	19-Nov-22
Star City Half Marathon	Roanoke, VA	19-Nov-22
Gobble Gobble Run or Wobble 5K	Warrenton, VA	19-Nov-22
Cranberry Crawl 5K	Washington, DC	19-Nov-22
Cranberry Crawl 10K	Washington, DC	19-Nov-22
MVHS Cares 10th Annual Turkey Trot 5K	Alexandria, VA	19-Nov-22
Holiday Of Light 5K	Bluefield, VA	19-Nov-22
Herndon Turkey Trot 5K	Herndon, VA	19-Nov-22
Dominion Valley Turkey Trot 5K	Gainesville, VA	19-Nov-22
HCAS 5K	Ellicott City, MD	19-Nov-22
Freeze Your Gizzard 5K	Leesburg, VA	19-Nov-22
Run for Kendra 5K	Virginia Beach, VA	19-Nov-22
ASK Donut 5K	Richmond, VA	19-Nov-22
4th Year 5K	Charlottesville, VA	19-Nov-22
Jennifer Bush-Lawson 5K	Arlington, VA	19-Nov-22
Norfolk Harbor 5K	Norfolk, VA	19-Nov-22
MCM Turkey Trot 10K	Quantico, VA	19-Nov-22
MCRRC Run Under the Lights 5K	Gaithersburg, MD	19-Nov-22
Tuckahoe 25K	Queen Anne, MD	19-Nov-22
Spend Yourself 5K	Arlington, VA	20-Nov-22
Run for the Wounded Warriors 10K	Triangle, VA	20-Nov-22
Norfolk Harbor Half Marathon	Norfolk, VA	20-Nov-22
Norfolk Harbor 10K	Norfolk, VA	20-Nov-22
Vienna Turkey Trot 5K	Vienna, VA	20-Nov-22
Vienna Turkey Trot 10K	Vienna, VA	20-Nov-22
College Park Park Run #258	College Park, MD	24-Nov-22

Kanaington Dayl, Dun EK #101	Kanainatan MD	04 Nov. 00
Kensington Park Run 5K #181	Kensington, MD	24-Nov-22
Fletcher's Cove Parkrun 5K #293	Washington, DC	24-Nov-22
Lexington Gobble Wobble 5K	Lexington, VA	24-Nov-22
Bulle Rock Turkey Trot 5K	Havre de Grace, MD	24-Nov-22
Columbia Island 5K	Arlington, VA	24-Nov-22
Columbia Island 10K	Arlington, VA	24-Nov-22
Baltimore YMCA Turkey Trot 5K	Baltimore, MD	24-Nov-22
Drumstick Dash 5K	Roanoke, VA	24-Nov-22
Y of Central Maryland Turkey Trot 5K	Westminster, MD	24-Nov-22
YMCA Ellicott City 5K Turkey Trot 5K	Ellicott City, MD	24-Nov-22
Fairfax Turkey Trot 5K	Fairfax, VA	24-Nov-22
Lansdowne Turkey Trot 5K	Lansdowne, VA	24-Nov-22
Can the Bird 5K	Kingstowne, VA	24-Nov-22
Fast Before the Feast 5K	Newport News, VA	24-Nov-22
West End Orthotics 5K	Glen Allen, VA	24-Nov-22
FCPRD 5K	Stephen City, VA	24-Nov-22
Laurel Turkey Trot 5K	Laurel, MD	24-Nov-22
Turkey Day 5K	Reston, VA	24-Nov-22
Ironwood 5K	Staunton, VA	24-Nov-22
Danville Turkey Trot 5K	Danville, VA	24-Nov-22
Columbia Turkey Chase 5K	Columbia, MD	24-Nov-22
Waynesboro Turkey Trot 5K	Waynesboro, VA	24-Nov-22
Echo Turkey Trot 5K	Huntington, MD	24-Nov-22
Charlie Normile 5K Turkey Trot 5K	Virginia Beach, VA	24-Nov-22
Beryville Turkey Trot 5K	Berryville, VA	24-Nov-22
Mountain Ridge Turkey Day 5K	Frostburg, MD	24-Nov-22
Powell Wellness Turkey Trot 5K	Culpeper, VA	24-Nov-22
Chris Yung Turkey Trot 5K	Manassas, VA	24-Nov-22
Turkey Trot & Animal Food Drive 5M	Irvington, VA	24-Nov-22
Charlottesville Turkey Trot 5K	Charlottesville, VA	24-Nov-22
Boar's Head Turkey Trot 5K	Charlottesville, VA	24-Nov-22
Ashburn Farm 5K	Ashburn, VA	24-Nov-22
Ashburn Farm 10K	Ashburn, VA	24-Nov-22
RRRC Turkey Trot 10K	Richmond, VA	24-Nov-22
Tidewater Striders Turkey Trot 10K	Virginia Beach, VA	24-Nov-22
YMCA Turkey Chase 10K	Bethesda, MD	24-Nov-22
YMCA Bel Air Turkey Trot 5K	Bel Air, MD	24-Nov-22
Arnold Y Turkey Trot Charity 5K	Arnold, MD	24-Nov-22
Towson YMCA Turkey Trot 5K	Towson, MD	24-Nov-22
Sheppard Pratt Frederick Turkey Trot 5K	Frederick, MD	24-Nov-22
Rocktown Turkey Trot 4M	Harrisonburg, VA	24-Nov-22
Fairfax Turkey Trot 4M	Fairfax, VA	24-Nov-22
Hagerstown Turkey Trot 5K	Hagerstown, MD	24-Nov-22
ge. e.e rainej riet ert		

YMCA Turkey Trot 5K	Fredericksburg, VA	24-Nov-22
Blacksburg Turkey Trot 5K	Blacksburg, VA	24-Nov-22
Humankind Turkey Trot 5K	Lynchburg, VA	24-Nov-22
Blue Talon Bistro Turkey Trot 5K	Williamsburg, VA	24-Nov-22
SOME Thanksgiving Day Trot for Hunger 5K	Washington, DC	24-Nov-22
Prince William Turkey Trot 5K	Manassas, VA	24-Nov-22
Arlington Turkey Trot 5K	Arlington, VA	24-Nov-22
Alexandria Turkey Trot 5M	Alexandria, VA	24-Nov-22
YWCA Turkey Trot 5K	Bristol, VA	24-Nov-22
Virginia Run Turkey Trot 5K	Centreville, VA	24-Nov-22
Super Secret 5K	Washington, DC	25-Nov-22
Giblet Jog 5K	Alta Vista, VA	25-Nov-22
Turkey Burnoff 10 Mile	Gaithersburg, MD	26-Nov-22
Turkey Burnoff 5 Mile	Gaithersburg, MD	26-Nov-22
Baltimore and Annapolis Trail Park Run 5K #59	Pasadena, MD	26-Nov-22
Stuffing Stomp 5K	Washington, DC	26-Nov-22
Stuffing Stomp 10K	Washington, DC	26-Nov-22
College Park Park Run #259	College Park, MD	26-Nov-22
Roosevelt Island Park Run 5K #246	Washington, DC	26-Nov-22
Kensington Park Run 5K #182	Kensington, MD	26-Nov-22
Fletcher's Cove Parkrun 5K #294	Washington, DC	26-Nov-22
Deep Run Park Run 5K #181	Richmond, VA	26-Nov-22
Anacostia Park Run 5K #167	Washington, DC	26-Nov-22
Northern Central Trail Marathon	Sparks, MD	26-Nov-22
Northern Central Trail Half Marathon	Sparks, MD	26-Nov-22
Wobble after Gobble 10K	Springfield, VA	26-Nov-22
Wobble after Gobble 5K	Springfield, VA	26-Nov-22
Langley Crew Turkey Trot 3M	McLean, VA	26-Nov-22
Henway Hard Cider 10K	Bluemont, VA	27-Nov-22
Henway Hard Cider 5K	Bluemont, VA	27-Nov-22
Clemens Crossing 4M	Columbia, MD	27-Nov-22
Anacostia Park Run 5K #168	Washington, DC	03-Dec-22
Deep Run Park Run 5K #182	Richmond, VA	03-Dec-22
College Park Park Run #260	College Park, MD	03-Dec-22
Kensington Park Run 5K #183	Kensington, MD	03-Dec-22
Fletcher's Cove Parkrun 5K #293	Washington, DC	03-Dec-22
South Riding Jingle Dash 5K	Chantilly, VA	03-Dec-22
Reindeer Run 5K	King William, VA	03-Dec-22
Reindeer Run 5K	Baltimore, MD	03-Dec-22
St. Kateri's Run with the Son 5K	Tabb, VA	03-Dec-22
Bold Blitzen 5K	Nellysford, VA	03-Dec-22
Tacky Sweater 5K	Norfolk, VA	03-Dec-22
DeCesaris/Prout Cancer Foundation 5K	Annapolis, MD	03-Dec-22

Lexington Jingle Bell 5K	Lexington, VA	03-Dec-22
Dismal Swamp Marathon	Chesapeake, VA	03-Dec-22
TRRC Championship 7M	Petersburg, VA	03-Dec-22
TRRC Championship 5K	Petersburg, VA	03-Dec-22
Peaks of Otter 5K	Bedford, VA	03-Dec-22
Candy Cane Dash 5K	Frederick, MD	03-Dec-22
Morais Vineyards 5K	Bealton, VA	03-Dec-22
Ugly Sweater 5K	Herndon, VA	03-Dec-22
Ugly Sweater 10K	Herndon, VA	03-Dec-22
Patterson Park 5K	Baltimore, MD	03-Dec-22
Rivanna Marathon	Charlottesville, VA	04-Dec-22
EOD Warrior Marathon	Washington, DC	04-Dec-22
EOD Warrior 7K	Washington, DC	04-Dec-22
EOD Warrior Half Marathon	Washington, DC	04-Dec-22
BRRC Holiday Hustle 5K	Loch Raven, MD	04-Dec-22
Run Like the Dickens 5K	Chestertown, MD	04-Dec-22
DCRRC Gar Williams Half Marathon	Alexandria, VA	04-Dec-22
Blue Gray Half Marathon	Fredericksburg, VA	04-Dec-22
Run with Santa 5K	Reston, VA	04-Dec-22
Busch Gardens Christmas Town Dash 8K	Williamsburg, VA	04-Dec-22
Gingerbread 5K	Hagerstown, MD	04-Dec-22
Red Nose Run 5K	King William, VA	09-Dec-22
Fletcher's Cove Parkrun 5K #296	Washington, DC	10-Dec-22
Kensington Park Run 5K #184	Kensington, MD	10-Dec-22
College Park Park Run #261	College Park, MD	10-Dec-22
Roosevelt Island Park Run 5K #248	Washington, DC	10-Dec-22
Jingle Bell Run Walk for Arthritis 5K	Baltimore, MD	10-Dec-22
Leakin Park 5K #215	Baltimore, MD	10-Dec-22
Deep Run Park Run 5K #183	Richmond, VA	10-Dec-22
Ringing in Hope 10K	Ashburn, VA	10-Dec-22
Ringing in Hope 5K	Ashburn, VA	10-Dec-22
Frosty 3M	Stafford, VA	10-Dec-22
Santa Run 10K	Frederick, MD	10-Dec-22
Santa Run 5K	Frederick, MD	10-Dec-22
Deck the Heels 5K	Alta Vista, VA	10-Dec-22
Farmville Jingle Bell 5K	Farmville, VA	10-Dec-22
Light up the Night 5K	Roanoke, VA	10-Dec-22
Aspire Christin Theatre 5K	Fredericksburg, VA	10-Dec-22
Winter Lake Anna Half Marathon	Fredericksburg, VA	10-Dec-22
Winter Lake Anna 10K	Fredericksburg, VA	10-Dec-22
Sentara Sleighbell 5K	Williamsburg, VA	10-Dec-22
Holiday Half Marathon	Annandale, VA	11-Dec-22
Holiday 4M	Annandale, VA	11-Dec-22

Hunger Heroes 10K	Afton, VA	11-Dec-22
What the Hill 8M	Westminster, MD	11-Dec-22
Holiday Hustle 5K	Bel Air, MD	11-Dec-22
Toy Run 5K	Richmond, VA	11-Dec-22
DCRRC Bread Run 10K	Glen Echo, MD	11-Dec-22
Santa Claus Shuffle 5K	Portsmouth, VA	11-Dec-22
MCRRC Jingle Bell Jog 8K	Rockville, MD	11-Dec-22
Run a Latke 5K	Richmond, VA	11-Dec-22
Jingle All the Way 5K	Washington, DC	11-Dec-22
Jingle All the Way 15K	Washington, DC	11-Dec-22
AS Anniversary 15K	Annapolis, MD	11-Dec-22
PVTC Christmas Caper 10K	Washington, DC	17-Dec-22
PVTC Christmas Caper 5K	Washington, DC	17-Dec-22 17-Dec-22
SVR Jingle Bell 5K	Boyce, VA	17-Dec-22
Surf 'n' Santa 5M	Virginia Beach, VA	17-Dec-22 17-Dec-22
Celtic Solstice 5M	Baltimore, MD	17-Dec-22 17-Dec-22
College Park Park Run #262	College Park, MD	17-Dec-22 17-Dec-22
Roosevelt Island Park Run 5K #249	Washington, DC	17-Dec-22
Kensington Park Run 5K #185	Kensington, MD	17-Dec-22 17-Dec-22
Fletcher's Cove Parkrun 5K #297	Washington, DC	17-Dec-22
Deep Run Park Run 5K #184	Richmond, VA	17-Dec-22
Anacostia Park Run 5K #170	Washington, DC	17-Dec-22
Baltimore and Annapolis Trail Park Run 5K #62	Pasadena, MD	17-Dec-22
Johnny Casa 5K	Rocky Mount, VA	17-Dec-22
Johnny Casa 5M	Rocky Mount, VA	17-Dec-22
Ugly Sweater 5K	Newport News, VA	17-Dec-22
Reindeer Romp 5K	Washington, DC	17-Dec-22
Reindeer Romp 10K	Washington, DC	17-Dec-22
Pocohontas 10K	Chesterfield, VA	18-Dec-22
Pocohontas 5K	Chesterfield, VA	18-Dec-22
Pocahontas Half Marathon	Chesterfield, VA	18-Dec-22
Frosty 5K	Fairfax, VA	18-Dec-22
Jingle Jog 5K	Williamsburg, VA	17-Dec-22
Tidal Basin 5K	Arlington, VA	21-Dec-22
Reindeer Run 5K	Aberdeen, MD	24-Dec-22
Christmas Eve 5K	Washington, DC	24-Dec-22
Christmas Eve 10K	Washington, DC	24-Dec-22
Frosty 5K	Blacksburg, VA	26-Dec-22
Running out of Time 5K	Great Falls, MD	31-Dec-22
Running out of Time 12K	Great Falls, MD	31-Dec-22
College Park Park Run #263	College Park, MD	31-Dec-22
Roosevelt Island Park Run 5K #250	Washington, DC	31-Dec-22
Kensington Park Run 5K #187	Kensington, MD	31-Dec-22
•	5 .	

Fletcher's Cove Parkrun 5K #298	Washington, DC	31-Dec-22
Deep Run Park Run 5K #185	Richmond, VA	31-Dec-22
Anacostia Park Run 5K #171	Washington, DC	31-Dec-22
Baltimore and Annapolis Trail Park Run 5K #63	Pasadena, MD	31-Dec-22
Visions New Year's Eve 5K	Lynchburg, VA	31-Dec-22
College Park Park Run #264	College Park, MD	01-Jan-23
Fletcher's Cove Parkrun 5K #299	Washington, DC	01-Jan-23
Countdown to None 5K	Vienna, VA	31-Dec-22
Kensington Park Run 5K #188	Kensington, MD	31-Dec-22
DCRRC New Year's Day Predictions and Resolutions 5K	Arlington, VA	01-Jan-23
Leakin Park 5K #218	Baltimore, MD	01-Jan-23
MCRRC New Year's 5K	Gaithersburg, MD	01-Jan-23
Reston New Year's 5K	Reston, VA	01-Jan-23
Chesapeake City 5K	Chesapeake City, MD	01-Jan-23
First Day 5K	Midlothian, VA	01-Jan-23
New Year's Day 5K	Fredericksburg, VA	01-Jan-23
New Year's Day 10K	Fredericksburg, VA	01-Jan-23
Resolution Run 5K	Virginia Beach, VA	01-Jan-23
PTC New Year's Day 5K	Newport News, VA	01-Jan-23
CTC New Year's 5K	Free Union, VA	01-Jan-23
New Day New Year 5K	Broadlands, VA	01-Jan-23
New Day New Year 10K	Broadlands, VA	01-Jan-23
Father Time 5M	Phoenix, MD	01-Jan-23
Al Lewis 5M	Washington, DC	07-Jan-23
Al Lewis 10M	Washington, DC	07-Jan-23
Kensington Park Run 5K #189	Kensington, MD	07-Jan-23
Fletcher's Cove Parkrun 5K #300	Washington, DC	07-Jan-23
Roosevelt Island Park Run 5K #251	Washington, DC	07-Jan-23
College Park Park Run #265	College Park, MD	07-Jan-23
Leakin Park 5K #219	Baltimore, MD	07-Jan-23
Tidewater Striders Tune-up 10M	Chesapeake, VA	07-Jan-23
Tidewater Striders Tune-up 6M	Chesapeake, VA	07-Jan-23
Deep Run Park Run 5K #186	Richmond, VA	07-Jan-23
Frozen Toe 10K	Roanoke, VA	07-Jan-23
Pizza and Resolutions 5K	Front Royal, VA	07-Jan-23
Anacostia Park Run 5K #172	Washington, DC	07-Jan-23
Mighty Medford 5K	Westminster, MD	08-Jan-23
HCS Burleigh Manor 5K	Ellicott City, MD	08-Jan-23
Snowy Owl 10M	Williamsburg, VA	08-Jan-23
College Park Park Run #266	College Park, MD	14-Jan-23
Roosevelt Island Park Run 5K #252	Washington, DC	14-Jan-23
Kensington Park Run 5K #190	Kensington, MD	14-Jan-23
Fletcher's Cove Parkrun 5K #301	Washington, DC	14-Jan-23

Leakin Park 5K #220	Baltimore, MD	14-Jan-23
Deep Run Park Run 5K #187	Richmond, VA	14-Jan-23
Anacostia Park Run 5K #173	Washington, DC	14-Jan-23
Megsmiles 5K for the Journey	Mechanicsville, VA	14-Jan-23
DCRRC MLK 5K	Washington, DC	14-Jan-23
DCRRC JFK 20K	Washington, DC	14-Jan-23
Lewis Memorial 10M	Emmitsburg, MD	14-Jan-23
Mystery Distance 3.5M	Middletown, VA	14-Jan-23
Frostbite 15K	Richmond, VA	15-Jan-23
Roosevelt Island Park Run 5K #253	Washington, DC	21-Jan-23
College Park Park Run #267	College Park, MD	21-Jan-23
Kensington Park Run 5K #191	Kensington, MD	21-Jan-23
Fletcher's Cove Parkrun 5K #302	Washington, DC	21-Jan-23
Run at the Boathouse 5K	Washington, DC	21-Jan-23
Run at the Boathouse 10K	Washington, DC	21-Jan-23
Menchville Chill 5K	Newport News, VA	21-Jan-23
Baltimore and Annapolis Trail Park Run 5K #66	Pasadena, MD	21-Jan-23
Leakin Park 5K #221	Baltimore, MD	21-Jan-23
Deep Run Park Run 5K #188	Richmond, VA	21-Jan-23
Winter Wakefield 5K	Annandale, VA	21-Jan-23
Winter Wakefield 10K	Annandale, VA	21-Jan-23
National Cross-Country Championships 10K	Richmond, VA	21-Jan-23
National Cross-Country Championships 8K	Richmond, VA	21-Jan-23
National Cross-Country Championships 6K	Richmond, VA	21-Jan-23
BRRC GPS 8M	Baltimore, MD	22-Jan-23
Anacostia Park Run 5K #175	Washington, DC	28-Jan-23
Kensington Park Run 5K #192	Kensington, MD	28-Jan-23
Roosevelt Island Park Run 5K #254	Washington, DC	28-Jan-23
Leakin Park 5K #222	Baltimore, MD	28-Jan-23
Deep Run Park Run 5K #189	Richmond, VA	28-Jan-23
Baltimore and Annapolis Trail Park Run 5K #67	Pasadena, MD	28-Jan-23
Fletcher's Cove Parkrun 5K #303	Washington, DC	28-Jan-23
College Park Park Run #268	College Park, MD	28-Jan-23
Winter Hains Point 5K	Washington, DC	28-Jan-23
Winter Hains Point 10K	Washington, DC	28-Jan-23
Stickman's Tandem 5K	Strasburg, VA	28-Jan-23
Tidewater Striders Tune-up 15M	Chesapeake, VA	28-Jan-23
Tidewater Striders Tune-up 10M	Chesapeake, VA	28-Jan-23
Winter Burke Lake 5K	Washington, DC	29-Jan-23
Winter Burke Lake 10K	Washington, DC	29-Jan-23
Winter Burke Lake Half Marathon	Washington, DC	29-Jan-23
Cross Country on a Farm 5K	Derwood, MD	29-Jan-23
Winter City Views 5K	Arlington, VA	04-Feb-23

Winter City Views 10K	Arlington, VA	04-Feb-23
Kensington Park Run 5K #193	Kensington, MD	04-Feb-23
Fletcher's Cove Parkrun 5K #304	Washington, DC	04-Feb-23
College Park Park Run #269	College Park, MD	04-Feb-23
Roosevelt Island Park Run 5K #255	Washington, DC	04-Feb-23
DCRRC Langley 8K	Langley, VA	04-Feb-23
Jamestown No Frills 8K	Williamsburg, VA	04-Feb-23
For the Love of It 10K	Reston, VA	05-Feb-23
Little Patuxent River Half Marathon	Columbia, MD	05-Feb-23
Little Patuxent River 10K	Columbia, MD	05-Feb-23
Battle of the Pigskin 5K	Washington, DC	05-Feb-23
Battle of the Pigskin Half Marathon	Washington, DC	05-Feb-23
Cupid's Crush 5M	Baltimore, MD	05-Feb-23
Baltimore and Annapolis Trail Park Run 5K #69	Pasadena, MD	11-Feb-23
Hot Chocolate 5K	Saint Leonard, MD	11-Feb-23
Anacostia Park Run 5K #177	Washington, DC	11-Feb-23
College Park Park Run #270	College Park, MD	11-Feb-23
Roosevelt Island Park Run 5K #256	Washington, DC	11-Feb-23
Kensington Park Run 5K #194	Kensington, MD	11-Feb-23
Fletcher's Cove Parkrun 5K #305	Washington, DC	11-Feb-23
Heart and Soles 5K	Middletown, VA	11-Feb-23
Cupid's Chase 5K	Baltimore, MD	11-Feb-23
Cupid's Chase 5K	Silver Spring, MD	11-Feb-23
Leakin Park 5K #224	Baltimore, MD	11-Feb-23
AS Valentine's Day 5K	Millersville, MD	11-Feb-23
Kiss my Asphalt 10K	Fredericksburg, VA	11-Feb-23
Kiss my Asphalt 5K	Fredericksburg, VA	11-Feb-23
Run for the Heart 10M	Yorktown, VA	11-Feb-23
By George 5K	Washington, DC	11-Feb-23
By George 10K	Washington, DC	11-Feb-23
Run Your Heart Out 5K	Fairfax, VA	12-Feb-23
Kemp Mill Chills 10K	Silver Spring, MD	12-Feb-23
Kemp Mill Chills 5K	Silver Spring, MD	12-Feb-23
Lovers 10K	Burke Lake, VA	12-Feb-23
Lovers 5K	Burke Lake, VA	12-Feb-23
Sweethearts 8K	Midlothian, VA	12-Feb-23
Bear Run 4M	Westminster, MD	12-Feb-23
Super Bowl Trail Run 8M	Baltimore, MD	12-Feb-23
College Park Park Run #271	College Park, MD	18-Feb-23
Roosevelt Island Park Run 5K #257	Washington, DC	18-Feb-23
Kensington Park Run 5K #195	Kensington, MD	18-Feb-23
Fletcher's Cove Parkrun 5K #306	Washington, DC	18-Feb-23
Leakin Park 5K #225	Baltimore, MD	18-Feb-23

D D D D FIX #400	D: 1 1 1/4	40 5 1 00
Deep Run Park Run 5K #192	Richmond, VA	18-Feb-23
Anacostia Park Run 5K #178	Washington, DC	18-Feb-23
Pohick Bay 5K	Lorton, VA	18-Feb-23
Pohick Bay 10K	Lorton, VA	18-Feb-23
Dahlgren Railroad Heritage Trail Half Marathon	King George, VA	18-Feb-23
Sentara Colonial Half Marathon	Williamsburg, VA	18-Feb-23
Sentara Colonial 5K	Williamsburg, VA	18-Feb-23
GW Birthday Marathon	Greenbelt., MD	19-Feb-23
Falling for You Half Marathon	Great Falls, MD	19-Feb-23
Falling for You 10K	Great Falls, VA	19-Feb-23
Falling for You 5K	Great Falls, VA	19-Feb-23
Blacksburg 5K	Blacksburg, VA	19-Feb-23
Blacksburg Classic 10M	Blacksburg, VA	19-Feb-23
Sykesville Shiver Shuffle 5K	Sykesville, MD	19-Feb-23
Hot Chocolate 5K	Stevensville, MD	19-Feb-23
HCS Clemmons Crossing 4M	Columbia, MD	19-Feb-23
Kensington Park Run 5K #196	Kensington, MD	25-Feb-23
Fletcher's Cove Parkrun 5K #307	Washington, DC	25-Feb-23
Roosevelt Island Park Run 5K #258	Washington, DC	25-Feb-23
College Park Park Run #272	College Park, MD	25-Feb-23
Baltimore and Annapolis Trail Park Run 5K #71	Pasadena, MD	25-Feb-23
Deep Run Park Run 5K #193	Richmond, VA	25-Feb-23
Bellehaven 10K	Alexandria, VA	25-Feb-23
Bellehaven 5K	Alexandria, VA	25-Feb-23
Spring Forward 5K	Winchester, VA	25-Feb-23
Sugar Hollow Frostbite 10K	Charlottesville, VA	25-Feb-23
Sugar Hollow Frostbite 5K	Charlottesville, VA	25-Feb-23
Tidewater Striders Tune-up 12M	Fort Story, VA	25-Feb-23
Tidewater Striders Tune-up 20M	Fort Story, VA	25-Feb-23
Dash Around the Point 10K	Washington, DC	26-Feb-23
Dash Around the Point 5K	Washington, DC	26-Feb-23
RRCA Challenge 10 Mile	Columbia, MD	26-Feb-23
Explore Your Limits 10K	Roanoke, VA	26-Feb-23
Explore Your Limits 5K	Roanoke, VA	26-Feb-23
Yellow Fire Hydrant 10K	Salisbury, MD	26-Feb-23
Kensington Park Run 5K #197	Kensington, MD	04-Mar-23
Fletcher's Cove Parkrun 5K #308	Washington, DC	04-Mar-23
Roosevelt Island Park Run 5K #259	Washington, DC	04-Mar-23
College Park Park Run #273	College Park, MD	04-Mar-23
Baltimore and Annapolis Trail Park Run 5K #72	Pasadena, MD	04-Mar-23
Leakin Park 5K #227	Baltimore, MD	04-Mar-23
Loch Lothian 10K	Midlothian, VA	04-Mar-23
Rolling Hills 10K	Lorton, VA	04-Mar-23
Toming time for	LORIOII, VIII	o- mar-20

Rolling Hills 5K	Lorton, VA	04-Mar-23
One City 5K	Newport News, VA	04-Mar-23
Run to the Taproom 5K	Upper Marlboro, MD	04-Mar-23
Huguenot Park Cross Country 3 Mile	Midlothian, VA	04-Mar-23
Spring Cider 5K	Delaplane, VA	05-Mar-23
DCRRC Burke Lake 12K	Burke Lake, VA	05-Mar-23
Byron Avenue 10K	Springfield, VA	05-Mar-23
Byron Avenue 5K	Springfield, VA	05-Mar-23
One City Marathon	Newport News, VA	05-Mar-23
One City Half Marathon	Newport News, VA	05-Mar-23
Reston 10M	Reston, VA	05-Mar-23
HCS Northfield 5K	Ellicott City, MD	05-Mar-23
Fox 5K	Bel Air, MD	05-Mar-23