## 2023 Summer Rankings

(June 03, 2023-September 4, 2023)

| 50 Plus Clul |
| :--- |
| $\frac{\text { Best of } 2015}{\text { Best of } 2016}$ |
| $\frac{\text { Best of } 2017}{\text { Best of 2018 }}$ |
| $\frac{\text { Best of } 2019}{\text { Best of } 2020}$ |
| $\frac{\text { Best of } 2021}{\text { Best of 2022 }}$ |
| Best of 2023 |

Going Green 2 Mile - August 2015


By James Moreland
The Regional Runner Rankings is looking for more sponsors and contributors. We want to acknowledge the help, support, and financial contributions from the Friends of the Rankings:

- Potomac River Running
- Patricia Kelbaugh Dance Studio
- Michael Mason of Horizon Landscape, established in 1969 in Silver Spring, serves Montgomery, Prince George's, and Howard counties. Horizon provides specialized gardening, clearing, forest improvement and landscaping services throughout the year. If you need assistance with your property, contact us online or at (301) 421-1800 and we will send you a landscape gardening expert to help create or maintain your outdoor paradise.
- Alice Franks
- Dan Devlin
- Jerry Browne
- Tommy Mason
- Elena Mason
- Fredericksburg Area Running Club
- Jim Noone
- RELS Landscaping Supply


## Patricia Kelbaugh Dance Studio

1976-2023


Registration is still OPEN for the fall

- Ballet • Tap • Jazz • Lyrical • Pointe

Ages 3 to Adult
All Levels: Beginner to Advanced


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

## News Flash

We should have seen it coming. Kelvin Kiptum won in Valencia last December in 2:01:53. This year in London (April) who started nipping at the heels on Euliud Kipchoge with 2:01:25. Then on October 8th in the windy city this whirlwind exploded to a world record 2:00:35 at the Chicago Marathon, winning by three and a half minutes. Three American men, Conner Mantz $6^{\text {th }}$ in 2:07:47, Clayton Young $7^{\text {th }}$ in 2:08, and Galen Rupp $8^{\text {th }}$ in $2: 08: 48$, made the top ten.

Back in the day, Haile Gebreslassie owned the indoor 1500M and later set the marathon record. Perhaps the most impressive range of all time may be Sifan Hassan. In the middle, she owns a 14:13.42 5K run in 2023 and 29:06.82 world record 10 K though it lasted for only two days. She surrounded that with mile record (4:12:33 now second best) along with a $3: 51.951500 \mathrm{M}$ with an impressive 1:05:15 half marathon. This April, she tried the marathon for the first time, winning it all at the London Marathon by four seconds in 2:18:33. At another major in October, she won it all Chicago in 2:13:44 for the second fastest marathon ever. That gives her the second fastest time at three distances, 1 M , 10K, \& marathon.

As far as age group records, Desiree Kinden smashed the American 40-44 record in 2:27:35. Jenny Hitchens, 60, set the American record in 2:49:43, cruising through the halfway point in a record 1:23:39. For the seniors, Gene Dikes, 75, ran a spectacular 3:17:01. The amazing Jeannie Rice, 75, ran a sparkling 3:34:32 going through the half in 1:43:09. She did race faster than at Boston in 3:33:38 but that would be the world best not a world record because the point-to-point course is too steep a downhill. At Boston, she reached the halfway point in 1:45:16. At Chicago she lowered her record to 1:43:09. That would seem to bolster her claim that she was struggling in the second half of that race and had hoped to have been faster.

## World News

Jakob Ingebrigtsen, 22, has already had a stellar career. As a teenager, he set fourteen single age records, including 13:02.03 at age 19 for the 5K, 7:27.05 at the $3 \mathrm{~K} 14^{\text {th }}$ best all time, $4: 50.01$ at the 2 K now the $7^{\text {th }}$ best time, 3:28:68 at the 1500 M the $8^{\text {th }}$ best time. At 18, he ran a superb $3: 51.3$ for the mile.

At the 2 Mile in Paris, he destroyed a 26-year-old record set by Daniel Komen of $7: 58.61$ by more than four seconds (7:54.1). He was nearly seven seconds ahead of third place Haile Gebreslassie (8:01:08). Next in July, he set a PR 3:27:14 at the 1500M as fourth all time, a whisper ahead of Noureddine Morceli, a second faster than Noah Ngeny, and just over a second from Hiccam El Guerrouj. Then, he took on another rare distance (2K) and took down the 24-year-old record of El Guerrouj by a second and a half, 4:43.13 to 4:44.79 as well as besting another record holder Morceli $(4: 47.79)$ by four seconds.

In August, he was upset by Josh Kerr, 3:29.38 to 3:29.65 in the 1500M with two other competitors faster than 3:30. Four days later, he redeemed himself and upset an elite field at the 5K distance that contained five runners who had run 12:45 already this year. His winning time of $13: 11.3$ was a season's best with Mohammed Katir second in 13:11.44. (Katir has the sixth fastest time this year at 12:45.01). Seven other runners broke 13:13, including fifth place Yomif Kejelcha who is the world record holder at the indoor mile in 3:47.01. Jared Nuguse set the American record in 3:47.38 to move the great El Guerrouj (3:48:45) to third place all time.

At the 5 K , that he is still learning, Ingebrigtsen is a distant $19^{\text {th }}$ all-time but owns a very nice 12:48.45 run in 2021. In September, Ingebrigtsen knocked three seconds off his mile time to finish in 3:43.73 just ahead of a fast-charging Nuguse who ran an American record 3:43.97 and ahead of former record holder Morceli (3:44.39). Ingebrigtsen hinted that Nuguse would gain that record (American) if would just hang on to him. They are now third and fourth all-time. El Guerrouj has the record in 3:43.13 in part because Ngeny (3:43.4) was pushing the front runner all the way.

The next day, he had an even harder challenge at the 3000M as Kejelcha came alongside and challenged him with 200 meters to go. They were neck and neck and needed a photo with Ingebrigtsen prevailing by the narrowest of margins, 7:23.63 to 7:23.64. American Grant Fisher bolted toward their slipstream to finish third in an American record 7:25.47 with Telahun Haile Bekele in 7:25.48. That pushed the legendary Kenenisa Bekele to tenth all time (7:25.79).

It is not easy to hold onto a record. In June, Sifan Hassan set the 10K record in 29:06.82. Two days later, Letesenbet Gidey ran away from the field in a monster 29:01.03. Two weeks later, Gudaf Tsegay popped a fourth all-time 29:29.73. The amazing Gidey has the record for the half marathon in 1:02:52 set in 2021.
Hassan owns a 1:05:15 PR from 2018. One year after that she set the mile
record that had stood for 23 years (Svetlana Masterkova in 4:12.56) with 4:12.33. Hassan shows her incredible range winning the London Marathon in 2:18:33 in April (49 ${ }^{\text {th }}$ best all-time) and holding off four other sub-2:19:00 finishers. Then, she took to the track all summer for more World class racing.

June began with the amazing Faith Kipyegon routing an elite field to set the 1500M world record in 3:49.11 with second place Laura Muir running a season's best 3:57.09. That pushed Hassan's best, 3:51.95, to seventh best all-time all time and broke Genzebe Dibaba's eight-year-old mark of 3:50.07. Four years after Hassan's race in Monaco, Kipyegon demolished the field at the same venue with a new record 4:07.64. In between all that, Kipyegon out kicked Gidey who set the world record in 2020 at 14:06.62 with an excellent 14:05.2 with Gidey settling for the third fastest time ever in 14:07.94. In September, Gudaf Tsegay smashed that record with a seemingly impossible 14:00.21. Second place Beatrice Chebet stayed along for the ride climbing into third place all-time with a superb 14:05.92.

Just as when Kenenisa Bekele ran Berlin in 2:01:41 in 2019 to nudge Eliud Kipchoge (2:01:39 in 2018) to greater heights, Kelvin Kiptum ran London this year in a record 2:01:25, winning by three minutes to amp up the pressure again. Kipchoge won Berlin this year for the fifth time in a time of 2:02:42. That gives him the first (2:01:09), third, six, seven, and eighth best times ever with records in two of the three majors, Berlin and Tokyo.

For the women, Tigst Assefa set the Berlin Marathon record of 2:15:37 in 2022. This year she had that and the world record of Brigid Kosegi $(2: 14: 04)$ set at the 2019 Chicago Marathon in her sights. She totally demolished both lowering her PR by nearly four minutes with an incredible 2:11:53. She lowered the world record by an unheard of two plus minutes, finishing about 2 kilometers ahead of runner-up Sheila Chepkirui (2:17:49).

## American Regional News

Over the years, regional runners often went out of town for the Boston Marathon or the Philadelphia Half Marathon. Sixty-two-year-old Cindy Conant finished this year PDR in 1:30:27; thank you very much. Lately, the big draw has been the Masters 12K National Championships. Fifty-two-year-old Perry Shoemaker set the American record in 44:38.9, breaking the legendary Shirley Matson time of 44:56. Shoemaker was the second women to finish. Brian Flynn won it all in 39:00 ahead of fifth place David Angell, 46, in 40:41 and ninth place Dickson Mercer (41:55).

In the first table, we show the average totals over the years. During that period there have been more than 20,000 races with more than 3,000 major races. There have been nearly 8.8 million racing times, accumulating more than 241,000 ranked times.

Average 2005-2023

|  | Major | Total | Percent | Ranked | Runners |
| :--- | ---: | ---: | ---: | ---: | ---: |
| Winter | 38 | 198 | $3.52 \%$ | 2755 | 78284 |
| Spring | 37 | 236 | $2.15 \%$ | 2751 | 128213 |
| Summer | 28 | 217 | $3.75 \%$ | 2530 | 67487 |
| Fall | 31 | 228 | $2.29 \%$ | 2465 | 107603 |

Summer is traditionally the smallest season but has always down well competitively with the highest percentage of ranked runners versus runners.

| Summer | Major | Total | Percent | Ranked | Runners |
| :--- | ---: | ---: | ---: | ---: | ---: |
| 2021 | 19 | 284 | $4.88 \%$ | 2418 | 49318 |
| 2022 | 18 | 321 | $5.50 \%$ | 2791 | 50788 |
| 2023 | 24 | 412 | $5.00 \%$ | 3290 | 65742 |

To help explain the table below take for example the 65-69 men's division. Twenty-four runners (Total of Ranked Men) among themselves combined to race 46 times (Men Ranked Races of qualifiers). One Hundred and twenty-nine runners (Total Men's qualifying racers) means that 34 (129-46 = 81) men ran just one race at a ranked time and did not qualify.

|  | Total of <br> Ranked <br> Men | Total Men's <br> qualifying <br> racers | Men Ranked <br> Races of <br> qualifiers | Total of <br> Ranked <br> Women | Total Women's <br> qualifying <br> racers | Women Ranked <br> Races of <br> qualifiers |
| ---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 19 Younger | 22 | 223 | 49 | 28 | 218 | 64 |
| 90 \& older | 1 | 1 | 1 | 1 | 1 | 1 |
| $\mathbf{8 5 - 8 9}$ | 8 | 41 | 35 | 6 | 8 | 6 |
| $\mathbf{8 0 - 8 4}$ | 18 | 115 | 82 | 8 | 55 | 32 |
| $\mathbf{7 5 - 7 9}$ | 36 | 175 | 125 | 12 | 75 | 45 |
| $\mathbf{7 0 - 7 4}$ | 31 | 143 | 110 | 33 | 201 | 121 |
| $\mathbf{6 5 - 6 9}$ | 24 | 132 | 82 | 46 | 259 | 173 |
| $\mathbf{6 0 - 6 4}$ | 38 | 217 | 144 | 41 | 238 | 154 |
| $\mathbf{5 5 - 5 9}$ | 19 | 106 | 73 | 24 | 112 | 70 |
| $\mathbf{5 0 - 5 4}$ | 19 | 86 | 60 | 16 | 92 | 46 |
| $\mathbf{4 5 - 4 9}$ | 11 | 54 | 34 | 13 | 77 | 45 |
| $\mathbf{4 0 - 4 4}$ | 11 | 72 | 30 | 13 | 84 | 39 |
| $\mathbf{3 5 - 3 9}$ | 11 | 63 | 30 | 25 | 102 | 60 |
| Open | 13 | 157 | 33 | 36 | 198 | 89 |
| Total $\mathbf{2 0 2 3}$ | 262 | 1585 | 888 | 301 | 1720 | 945 |
| Total $\mathbf{2 0 2 2}$ | $\mathbf{2 6 8}$ | $\mathbf{1 4 4 2}$ | 903 | $\mathbf{2 4 0}$ | $\mathbf{1 4 5 2}$ | $\mathbf{7 7 0}$ |

There was only one major half marathon of twenty such events. The two true half marathons, the Ashland Half Marathon with (33) and the Riley's Rumble Half

Marathon with (37) ranked runners. There were thirteen five milers but none were close to major in size. There were eight with more than a hundred runners and six that contained double digit ranked runners. The Eastern County 8K and the Furever Homes 8 K both contained just short of 20 percent ranked runners. The Summer Solstice tied Eastern County for the most ranked runners but featured three times as many racers. The same is true for the Yorktown Independence Day 8K and Fallen Heroes 5M. They matched Furever Homes in ranked runners, tied for third place but both contained three times as many racers.

As usual, the 5 K was by far the most prolific of the races and they grew more than 25 percent to 308 . They nearly doubled to eighteen that were major races. Last year only one of the 5Ks appeared in the top ten races in size. This year it grew to ten. The Bel Air Town Run 5K with (83) contained the second most ranked runners. The Reston Firecracker 5K with (68) was fourth most, while the Kentlands/Lakelands 5K with (60) displayed sixth most in ranked runners. Of the top eighteen races with forty or more ranked runners, two thirds (12) of those were the 5 K .

There were four 10 milers. The three titans included the Baltimore 10M with 2,277 runners and the Annapolis with 2,268 (the top two events) and the new Chartway 10M with 1631 runners which was fourth. The Annapolis race is still the go to event of the summer and compiled 130 ranked runners. Still, the 61 ranked runners at Baltimore made that event the fourth most competitive race. Chartway débuted at number ten with 53 ranked runners. Of the eleven 4 milers, four were good sized races but only the Charlottesville 4 Miler was a major event. This year the race featured 58 ranked runners; more than the next three four milers combined. There were forty-two 10Ks with the Elizabeth River Run 10K dominating as the eighteenth largest event but with the 73 ranked runners contained the third most ranked runners. Of the twenty-five major events, Elizabeth River led the way with $13.06 \%$ ranked runners. The Bel Air Town Run 5 K with $9.27 \%$ was second, followed by the Autism Speaks with $8.87 \%$.

As all road racing is on different courses and conditions, the human touch is definitely more accurate than a pure numbers content from a fully computerized model. Computers do not account for incorrect race distances, or weather differences, or even different difficulty levels of terrain. The goal of any objective rankings system is to have the fewest surprises. A runner generally knows where he or she fits in the pecking order and can exalt the rewards when they have a special race that catapults them above their normal place.

We are posting in blue all the runners with National Class times (80\%) of the toprated time for each division based on their best time in 10 K equivalence. If we do not know their exact age, the times are based on the youngest in each division except for the 19 and younger which has 19 for the strongest time. There will be some runners who collect that $80 \%$ level by being on the older side of the 5 -year division that get missed. However, in this manner, everyone in Blue will be at
least $80 \%$. In addition, age grading is distance specific. Generally, the 5 K generates the highest age grading, while longer races such as the marathon generate the lowest. With that, a 35 -year-old runner with a 5 K that matches exactly a 39-year-old runner's marathon in 10K equivalence may have a better age graded percentage. However, age within an age group or a higher age graded percentage are given little weight in the ranking order. The 10K equivalence is a much more important factor.

For the summer, ten women's divisions provided at least one National Class racer ranked, the total was 37 . In the Open division, there were 15 though seven double-dipped from other groups. The men were even more impressive with 56 National Class racers with at least one from ten divisions, though none were older than 70. In the Open division, there were 13, though four double-dipped from other groups.

In the "you got to play to win" category, i.e., you only ran one event an additional 84 men and 29 women ran a National Class race. Three, David Angell, 46, at 90.84\%, Chris Ritchie, 25, at 90.78\% and Elena Hayday, 20, at 90.59\% earned a World Class status.

Three women made World Class status: 90\% Age Grade: Betty Brothers, 76, at $91.51 \%$, Isabella Strumke, 9, at 90.59\% and Cindy Conant 90.40\%. The top five men were Mark Neff, 61, at 88.30\%, Adam Otstot, 41, at 88.18\%, Timothy Bowman, 43, at 87.59\%, Nicolas Crouzier, 38, at 87.39\%, 43, and Pete Wergin, 57, at $87.30 \%$. The top six women were Laura Labuschaigne, 27, at $87.98 \%$, Joey Hallock, 70, at 85.61\%, Kerry Allen, 35, at 85.28\%, Julia Roman-Duval, 40, at $86.61 \%$, Deelyn Robinson, 57, at 85.03\%, and Carly Wilkes, 19, at 83.98\%

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

| Age Group | Men 10K= | Age Group | Women 10K= |
| :--- | :---: | :--- | :---: |
| $\mathbf{1 9}$ and younger | $00: 33: 24$ | 19 and younger | $00: 38: 01$ |
| $\mathbf{2 0 - 3 4}$ | $00: 33: 24$ | $\mathbf{2 0 - 3 4}$ | $00: 37: 55$ |
| $\mathbf{3 5 - 3 9}$ | $00: 33: 42$ | $\mathbf{3 5 - 3 9}$ | $00: 38: 11$ |
| $\mathbf{4 0 - 4 4}$ | $00: 34: 39$ | $\mathbf{4 0 - 4 4}$ | $00: 39: 03$ |
| $\mathbf{4 5 - 4 9}$ | $00: 36: 02$ | $\mathbf{4 5 - 4 9}$ | $00: 40: 34$ |
| $\mathbf{5 0 - 5 4}$ | $00: 37: 33$ | $\mathbf{5 0 - 5 4}$ | $00: 42: 50$ |
| $\mathbf{5 5 - 5 9}$ | $00: 39: 12$ | $\mathbf{5 5 - 5 9}$ | $00: 45: 33$ |
| $\mathbf{6 0 - 6 4}$ | $00: 41: 00$ | $\mathbf{6 0 - 6 4}$ | $00: 48: 36$ |
| $\mathbf{6 5 - 6 9}$ | $00: 42: 58$ | $\mathbf{6 5 - 6 9}$ | $00: 52: 08$ |


| $\mathbf{7 0 - 7 4}$ | $00: 45: 11$ | $\mathbf{7 0 - 7 4}$ | $00: 56: 10$ |
| :--- | :--- | :--- | :--- |
| $\mathbf{7 5 - 7 9}$ | $00: 48: 27$ | $\mathbf{7 5 - 7 9}$ | $01: 00: 55$ |
| $\mathbf{8 0 - 8 4}$ | $00: 53: 37$ | $\mathbf{8 0 - 8 4}$ | $01: 06: 45$ |
| $\mathbf{8 5 - 8 9}$ | $01: 01: 52$ | $\mathbf{8 5 - 8 9}$ | $01: 16: 40$ |
| $\mathbf{9 0 - 9 0}$ | $01: 15: 50$ | $\mathbf{9 0 - 9 0}$ | $01: 35: 26$ |
| $\mathbf{9 5}$ and older | $01: 42: 57$ | $\mathbf{9 5}$ and older | $02: 17: 03$ |

Runners who win the race or win their division in a race earn an asterisk beside their name. Open runners only earn an asterisk for an overall win. The Speed Alone, cited at the start of each division, is the fastest qualifying time run for each division. In red, it designates that the division champion ran it. Otherwise, we have added the name of the runner who 10K equivalent time was the fastest but only ran one qualifier.

In the past, a runner beating another runner virtually ended a chance for the losing runner to prevail using the Moreland Racing Factor but we noted that time is of importance as well and runners do recover from a subpar event. Thus, we added to the accounting by giving runners a point for every second their best race beats their competitor's best race. Runners still lose eight points as well as gain eight points 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. We also list the age graded percentage for each division champion. 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

Tracksmith 5K 14:39, 10K = 30:34 Cameron Miller - 88.62\%
Roger Hopper got things underway at the Kingswood Klam 5K in 15:33 for his first of three overall wins and as pacemaker for Otstot's masters title run. Fourth ranked Adam Otstot was next in 15:39, followed by Will Jeter who earned seventh place with his $15: 45$. A week later, the apple cart got turned over as Evan Leach won it all at the Furever Home 8 K in 25:28, ahead of Hopper's 25:42. Hopper added to a second overall, the Mel Williams Memorial Scholarship 5 K in 15:48 and an overall win at the Super Heroes 5 K in 15:37. However, Leach was golden at the Deltaville 5 K , winning in 15:30. Nicolas Crozier owned five
overall wins as a submaster but poor course selection only made three of them qualifiers and his 21:07 at a 4 Mile was aiming to have him riding last place.

Time to crank it in gear. Crouzier was masterful at the Kentlands/Lakelands 5K in 15:28 on the final weekend barreling him all the way up to third place. Sean O'Leary was resting in the cellar with his 16:16 at the Tracksmith 5K but his Kentlands/Lakelands 5 K (15:50), third overall, gained him ninth place just ahead of tenth ranked Austin McGinley (15:55). McGinley "cellar" event was a win at the Annapolis 10 Miler in 56:08. Hopper came through on the final Sunday with a potent win at the Elizabeth River Run 10K in 31:47 to snatch the title for himself. Otstot was second in 33:00 with Jeter third in 33:23.

Fifth ranked Brian Flynn was second overall at the Ashland Half Marathon in 1:11:50 one place ahead of Jeter who ran 1:15:14. Sixth place Christopher Sloane has been known to race a half marathon or two. Now that he is a masters runner, he thought he would try out the 10K, winning it all at the Southlakes 10K in 32:56. At the 5 K , he still has young man's wheels racing a very nice second overall at the PRR Birthday Bash 5 K in 15:57. Coming in right behind him is eleventh ranked Cody Hodgins (15:59), followed by thirteenth ranked William Gay in 16:11. Gay also added a 16:00 at the Reston Firecracker 5K, while Hodgins returned to Fairfax Corner and at the Donut Run 5K finished second overall in 16:20,

Twelfth ranked Alexander Jarrah ran both versions of the Tracksmith 5K. In July, he boasted a 15:58, followed by a 16:10 in August.

The division has thirteen qualifiers in the elite rankings with four coming from other divisions. That is the smallest Open field ever. Adam Otstot, 41, was the eldest. As expected, all thirteen ran at least a National Class time.

National Class times $(80 \%)=33: 2410 \mathrm{~K}$, other distances can be higher or lower. World Class status $(90 \%)=29: 41$ 10K, other distances can be higher or lower.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | :--- | ---: |
| 1 | Hopper, Roger*** | 32 | Chesapeake, VA | $31: 47$ | $84.22 \%$ |
| 2 | Leach, Evan** | 23 | Richmond, VA | $32: 19$ | $83.76 \%$ |
| 3 | Crouzier, Nicolas*** | 38 | Gaithersburg, MD | $32: 16$ | $87.39 \%$ |
| 4 | Otstot, Adam*** | 41 | Williamsburg, VA | $32: 39$ | $88.18 \%$ |
| 5 | Flynn, Brian*** | 40 | Ashland, VA | $32: 36$ | $83.57 \%$ |
| 6 | Sloane, Christopher** | 40 | Reston, VA | $32: 56$ | $84.16 \%$ |
| 7 | Jeter, Will | 24 | Newport News, VA | $32: 51$ | $82.43 \%$ |
| 8 | Tolton, George | 31 | Blacksburg, VA | $32: 50$ | $82: 55 \%$ |
| 9 | O'Leary, Sean | 31 | Washington, DC | $33: 02$ | $82.42 \%$ |
| 10 | McGinley, Austin | 29 | Washington, DC | $33: 12$ | $81.68 \%$ |
| 11 | Hodgins, Cody | 33 | Arlington, VA | $33: 20$ | $82.17 \%$ |


| 12 | Jarrah, Alexander | 25 | Washington, DC | $33: 18$ | $81.32 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 13 | Gay, William | 21 | Aldie, VA | $33: 46$ | $81.15 \%$ |

## 19 \& Younger Men

Casey Cares 5K 15:47, 10K = 32:55 Joseph Raudabaugh - 82.26\%
Third ranked Garrett Saboy ran a fine 16:17 at the Bel Air Town Run 5K. It was the only major race run of the top twenty times. Fourth ranked Isaac Lamprecht was third overall at the Furever Home 8 K in 28:16, ahead of Jonathan Grimm (29:04). Then in August, he caught him napping again, besting Grimm (16:46) with a fine 16:36. But Grimm, just 13, was just too fast as he bolted to the runnerup spot with a 16:19 at the Raising the Roof 5K. Saboy's second race was a more down to earth 18:07 at the Moonlight 5K.

Ayaan Ahmed was the only qualifier to try the half. His 1:24:06 at the Riley's Rumble Half Marathon win would have kept him out of the top ten. But then his 16:10 season ending MOCO Interfaith 5K gave him his first title. Fifth ranked Owen Infante won it all at the Dawson's Father's Day 10K in 34:30, ahead of eleventh ranked Nicholas Fine (36:10). Infante was not so impressive in his other qualifier, the Crofton Kiwanis - Team Surlis 10K Challenge in 39:01. Sixth ranked Chris Sappe ran the Casey Cares 5K in 16:41. Seventh ranked Aidan Griffin won it all at the Kiwanis Club Independence Day 5K in 17:00.

Tyler Hufffman matched Spencer Thacker with his Two Virginias 5K in 17:14. Thacker did his at the FAB 5K. Thacker added three wins, including the Big Run 5 K as third overall in 17:31 to take eighth place. Huffman squeaked in his second qualifier at the Downtown Sundown 5K in 19:03 to take ninth place. Tenth ranked Nate Cochran possessed four wins, including an overall win at the Smart Smiles 5K in 17:34.

Twenty-two runners qualified for the division with four at least National Class.
National Class times $(80 \%)=33: 24$ 10K at age 19, other distances can be higher or lower. Younger ages in the division will be higher.
World Class status $(90 \%)=29: 41$ 10K at age 19, other distances can be higher or lower. Younger ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Ahmad, Ayaan** | 15 | Clarksburg, MD | $33: 43$ | $83.09 \%$ |
| 2 | Grimm, Jonathan*** | 13 | Williamsburg, VA | $34: 02$ | $86.09 \%$ |
| 3 | Saboy, Garrett | 18 | Bel Air, MD | $33: 58$ | $80: 35 \%$ |
| 4 | Lamprecht, Isaac* $^{2}$ | 16 | New Kent, VA | $34: 38$ |  |
| 5 | Infante, Owen* | 15 | Davidsonville, MD | $34: 30$ | $80.19 \%$ |
| 6 | Sappe, Chris** | 19 | ljamsville, MD | $34: 58$ |  |


| 7 | Griffin, Aidan** | 17 | Rochelle, VA | $35: 28$ |
| ---: | :--- | :--- | :--- | :--- |
| 8 | Thacker, Spencer** | 16 | Roanoke, VA | $35: 57$ |
| 9 | Huffman, Tyler* | 14 | Blacksburg, VA | $35: 57$ |
| 10 | Cochran, Nate**** | 15 | Newport News, VA | $36: 14$ |
| 11 | Fine, Nicholas** | 18 | Severna Park, MD | $36: 10$ |
| 12 | Whited, Chase | 15 | Roanoke, VA | $37: 11$ |
| 13 | Lupes, Griffin** | 17 | Kensington, MD | $37: 04$ |
| 14 | Saltysiak, John* | 18 | Bel Air, MD | $37: 31$ |
| 15 | Perry, Benjamin*** | 16 | Newport News, VA | $37: 22$ |
| 16 | Boer, Gavin** | 15 | Westminster, MD | $37: 48$ |
| 17 | Murray, Daniel** | 18 | Arnold, MD | $38: 14$ |
| 18 | Brasler, Sam** | 17 | Henrico, VA | $38: 10$ |
| 19 | Downie, Nathan** | 17 | Lorton, VA | $38: 23$ |
| 20 | Storper, Graham** | 17 | Bethesda, VA | $38: 23$ |
| 21 | Lazo, Omar* | 17 | Chester, VA | $38: 21$ |
| 22 | Simm, Reed* | 14 | Annapolis, MD | $38: 25$ |

## 35-39 Men

Kentlands/Lakelands 5K 15:28, 10K = 32:16

Nicolas Crouzier was five for five with overall wins which usually locks up the title. First, we toss out the Little Bennett 10K in 35:33, as in hilly cross-country. Then we toss out his marginally faster Riley's Rumble Half Marathon in 1:18:08 as too hilly even if it were a cool day which it was not. His DCRRC AgeHandicapped 4 Mile in 21:07, where he had to chase down the whole field on the slippery towpath, was very nice. Bobby Beasley ran 22:40. Runners start oldest first with an ancient potentially getting more than twenty minutes head start. Meanwhile, Michael Craig won it all at the Percival's Island Five Miler in 28:09, no match for Crouzier's 26:42 at the Eastern County 8K. However, Craig hooked up with the first of the two Tracksmith 5Ks in 15:51 and was looking ripe for an upset. Perhaps Crouzier knew or perhaps he just planned to air it out at the Kentlands/Lakelands 5K. Either way, his impressive 15:28 victory erased all doubts and gives him another title.

Paul Hugus eases into third place with a win at the Annapolis 10 Miler in 56:51. He wasted any chance to improve because his second race was the notoriously challenging Arbutus Firecracker 10K (36:00). Fifth ranked Michael Anderson was more evenly raced than these other three. He ran third overall at the Summer Solstice 8 K in 27:27 just two weeks after finishing third overall at the Baltimore 10 Miler in 57:31. Make no mistake, the Baltimore 10M is just as altitude challenged as Annapolis but starting the first week in June is usually not as hot.

Fourth ranked Travis Booker won it all at the Ashland 5 K in 16:31. Sixth ranked Bobby Beasley was a second slower at the second rendition of the Tracksmith

5K. Booker also won it all at the Thanks Dad 5K in 17:22. Seventh ranked Andrew Parkins picked up three very nice 5Ks, led by the Waldon Fitness Shawsville 5K as second overall in 16:44.

Four of the eleven qualifiers earned a National Class ranking as these next three division all settled for just eleven qualifiers.

National Class times $(80 \%)=33: 4210 \mathrm{~K}$ at age 35, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=29: 58$ 10K at age 35 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | :--- | ---: |
| 1 | Crouzier, Nicolas***** | 38 | Gaithersburg, MD | $32: 16$ | $87.39 \%$ |
| 2 | Craig, Michael*** | 35 | Lynchburg, VA | $33: 04$ | $83.70 \%$ |
| 3 | Hugus, Paul** | 39 | Columbia, MD | $34: 12$ |  |
| 4 | Booker, Travis** | 38 | Midlothian, VA | $34: 27$ | $81.84 \%$ |
| 5 | Anderson, Michael** | 37 | Frederick, MD | $34: 36$ |  |
| 6 | Beasley, Bobby* | 37 | Arlington, VA | $34: 29$ | $81.15 \%$ |
| 7 | Parkins, Andrew***** | 39 | Salem, VA | $34: 54$ |  |
| 8 | Curran, Sean**** | 38 | Westminster, MD | $35: 07$ |  |
| 9 | Anderson, Aaron* | 39 | Germantown, MD | $35: 53$ |  |
| 10 | Koehler, Scott* | 39 | Odenton, MD | $35: 53$ |  |
| 11 | Anderson, James* | 38 | Bethesda, MD | $35: 51$ |  |

## 40-44 Men

Tracksmith 5K 15:06, 10K = 31:30 Chris Ritchie - 90.84\%
The top seven races came from two newbies and regular top dog Adam Otstot. If they wanted to push him off the porch, they better come on strong. Otstot started the summer on day one as second overall at the Kingswood Klam 5K in 15:39, a race that would ultimately give him the title. Christopher Sloane struck next with his own second overall in 15:57 at the slightly long PRR Birthday Bash 5K. Brian Flynn as he is want to do, posted an overall win at the 3 H Trail Half Marathon in 1:14:43. Then he added an overall win at the Devil's Den 10M in $55: 10$. Otstot responded nicely, winning it all at the Raising the Roof 5 K in 15:55. Last Saturday in August, Flynn was second overall at the Ashland Half Marathon in 1:11:50 for the fastest race of the division. The following morning, Sloane answered back with an overall win at the Southlakes 10K in 32:56 for the third best race of the division.

Now each of these three runners owned an overall win and a second overall as well as a top three time. Otstot broke the ties, with a second overall at the

Elizabeth River Run 10K in 33:00, the fourth fastest race. That beat sixth ranked John Ladesic (34:58). Flynn is the runner-up with Sloane taking third.

Fourth ranked Timothy Bowman was an overall winner at the Jackson River Trail Half Marathon in 1:18:21. Then on the same day that Otstot was "Raising the Roof", Bowman showed he had the wheels to duke it out with the leaders, racing the Two Virginias 5K in 15:59. Fifth ranked Charles Stern was the overall winner at the Matthew Henson $5 \mathrm{~K}(17: 20)$ with by far his slowest of four wins. He ran best at the Tracksmith 5K in 16:25. Christopher Pirch was the overall winner at the SPCA Run for Shelter 5K in 16:58. His second overall at the Fallen Heroes 5M in 27:58 was a tad faster than Stern's third overall at the hilly Eastern County 8Kin 27:53.

As with the 45-49 division only eleven runners qualified for the division. Seven earned a National Class ranking.

## National Class times $(80 \%)=34: 39$ 10K at age 40, other distances can be higher

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

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | :--- | ---: |
| 1 | Otstot, Adam*** | 41 | Williamsburg, VA | $32: 39$ | $88.18 \%$ |
| 2 | Flynn, Brian*** | 40 | Ashland, VA | $32: 36$ | $83.57 \%$ |
| 3 | Sloane, Christopher** | 40 | Reston, VA | $32: 56$ | $84.16 \%$ |
| 4 | Bowman, Timothy** | 43 | Bluefield, VA | $33: 20$ | $87.59 \%$ |
| 5 | Stern, Charles**** | 41 | Silver Spring, MD | $34: 15$ | $84.06 \%$ |
| 6 | Ladesic, John** | 42 | Olney, MD | $34: 58$ | $80.51 \%$ |
| 7 | Pirch, Christopher** | 43 | Spotsylvania, VA | $35: 16$ | $82.51 \%$ |
| 8 | Magar, Tanka***** | 41 | Nottingham, MD | $35: 53$ |  |
| 9 | Russell, Colin** | 41 | Westminster, MD | $36: 40$ |  |
| 10 | Fitzgerald, Antoine** | 40 | Ashland, VA | $36: 37$ |  |
| 11 | Williamson, Taylor | 41 | Washington, DC | $37: 00$ |  |

## 45-49 Men

## Hometown Bank Four on the Fourth 4M 20:26, 10K = 32:40 David Angell - 90.78\%

Mark Tompkins was third overall at the Raising the Roof 5K in 17:12. That same August morning sixth ranked Kevin Byrd ran the FAB 5K as first masters in 17:54. Also, racing that day was Jim Dahlem, finishing second overall at the College Park Park Run 5K in 17:32. Dahlem did earn his third place rankings, winning it all at the Anacostia Park Run 5K in 17:25. Tompkins clinched the title at the Elizabeth River Run 10K in 35:43. Former champion Gene Severtson won it all at the Crofton Kiwanis - Team Surlis 10K Challenge in 37:03. He would need
more to get up to the runner-up spot. He found it eight days later with a fine 36:12 at the Dawson's Father's Day 10K.

Another former champion, Jason Dowdy, proceeded on a tougher route. He laid down a nifty second overall at the Thanks Dad 5K in 17:35. Then he won it all at his next two events. The first was Brandermill 7.4 K in 26:03. The odd distance is way short of the regular 8 K but runs like a $36: 28$ 10K. He also ran the Pony Pasture to victory however that race normally a 5 K is closer to 2.5 M and is only used as a qualifier. Dahlem ended his summer at the Kentlands/Lakelands 5K ahead of eighth ranked Hassan Hobbs, 17:42 to 18:01. Fifth ranked Besufikad Kidane also bested Hobbs. Their event was the Suds \& Soles 5K, 17:50 to 18:08.

In the last week, seventh ranked Matthew Barnes ran two 10Ks to be sure he made the rankings. The later of the two, the Potomac Valley Games 10K in 37:26, was the fastest.

The division barely inflated adding just two qualifiers finally to reach double digits. Four runners earned National Class ranking.

## National Class times (80\%) = 36:02 10K at age 45, other distances can be higher

 or lower. Older ages in the division will be higher.World Class status $(90 \%)=32: 0210 \mathrm{~K}$ at age 45 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | :--- | ---: |
| 1 | Tompkins, Mark** | 47 | Williamsburg, VA | $35: 43$ | $82.03 \%$ |
| 2 | Severtson, Gene** | 45 | Gambrills, MD | $36: 12$ | $80.29 \%$ |
| 3 | Dahlem, Jim*** | 46 | Gaithersburg, MD | $36: 20$ | $82.20 \%$ |
| 4 | Dowdy, Jason*** | 47 | Midlothian, VA | $36: 28$ | $81.99 \%$ |
| 5 | Kidane, Besufikad** | 45 | Laurel, MD | $37: 12$ |  |
| 6 | Byrd, Kevin** | 45 | Blacksburg, VA | $37: 20$ |  |
| 7 | Barnes, Matthew**** | 45 | Fairfax, VA | $37: 26$ |  |
| 8 | Hobbs, Hasan | 49 | Poolesville, VA | $37: 35$ |  |
| 9 | Lindsey, Lee*** | 48 | Sandy Hook, VA | $37: 41$ |  |
| 10 | Angulo, Martin** | 47 | Jarrettsville, MD | $37: 47$ |  |
| 11 | McGuire, Glen* | 47 | Christiansburg, VA | $38: 06$ |  |

## 50-54 Men

## Reston Firecracker 5K 16:50, 10K = 35:07 Philippe Rolly - 87.62\%

The top three racers from last summer were absent so fourth ranked Alan Dixon moved right up into the title with the three best races of the summer. His best race of six wins was the DCRRC Bluemont 5K in 17:51, ahead of fourth ranked Sean Hicks $(18 ; 22)$ and David Storper (18:32). Ten days later, Dixon won it all at
the Steve Thompson 8K, 29:29 to 31:06 for Hicks. Storper would improve at the Eastern County 8K in 29:55 to move up to third place. Dixon ran three DCRRC four milers on the canal to victory. The first was the Hugh Jacourt in 23:32. Then he bested Storper... barely 24:05 to 24:06 at the DCRRC Age-Handicapped 4 Mile, a race where oldest runners start first and the other try to play catch up. Dixon was second overall, Storper was third overall. Hicks finished in 24:45.

Runner-up David Bupp improved on his second RRRC Cul De Sac Series 5K to 18:10. But perhaps his best race was a win at the Ashland Half Marathon in 1:24:09. Timothy Suhr enjoyed his best of three wins at the Elizabeth River Run 10K in 38:27, ahead of seventh ranked Toby Worm 39:19. Sixth ranked Tom Yinger won three of his hometown (hilly) events. When he came to Montgomery County, he enjoyed a win at the Kentlands/Lakelands 5 K in 18:42, ahead of Brian Fields 19:14. Eighth ranked Fields ran the Dawson's Father's Day 10K in 39:15. Worm added the Timberneck 5K in 18:56, second overall. Ninth ranked Michael Naff was right there as well, running the NOVA Coaches 5 K in 18:57.

The top three earned a National Class ranking.
National Class times $(80 \%)=37: 3410 \mathrm{~K}$ at age 50, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=33: 2310 \mathrm{~K}$ at age 50 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | :--- | ---: |
| 1 | Dixon, Alan*6 | 51 | Takoma Park, MD | $37: 14$ | $83.29 \%$ |
| 2 | Bupp, Andrew*** | 51 | Ashland, VA | $37: 54$ | $81.83 \%$ |
| 3 | Storper, David**** | 50 | Bethesda, MD | $37: 58$ | $80.00 \%$ |
| 4 | Hicks, Sean*** | 50 | Manassas Park, VA | $38: 19$ |  |
| 5 | Suhr, Timothy*** | 52 | Williamsburg, VA | $38: 29$ |  |
| 6 | Yinger, Tom**** | 53 | Westminster, MD | $39: 00$ |  |
| 7 | Worm, Toby | 50 | Smithfield, VA | $39: 19$ |  |
| 8 | Fields, Brian* | 50 | Gaithersburg, MD | $39: 15$ |  |
| 9 | Naff, Michael* | 52 | Arlington, VA | $39: 32$ |  |
| 10 | Lee, Bronson* | 54 | Midlothian, VA | $39: 51$ |  |
| 11 | Hopkins, Brian | 53 | Hancock, MD | $39: 46$ |  |
| 12 | Chasse, Craig** | 53 | Reston, VA | $39: 57$ |  |
| 13 | McNary, Bill | 51 | Bethesda, MD | $40: 11$ | $40: 28$ |
| 14 | Cretella, Victor* | 52 | New Market, MD | 40 |  |
| 15 | Neeson, Tommy** | 54 | Virginia Beach, VA | $40: 57$ |  |
| 16 | Downie, Kevin*** | 53 | Lorton, VA | $40: 59$ |  |
| 17 | Frame, Richard | 53 | Alexandria, VA | $41: 04$ |  |
| 18 | Cole, David* | 51 | Arlington, VA | $41: 06$ |  |
| 19 | Titus, Paul** | 53 | Waynesboro, VA | $41: 22$ |  |

## 55-59 Men

## Krumpe's Donut Alley Rally 5K 17:51, 10K 37:14

Runner-up Ken Zimmerman's game was so right as second master at the Bel Air Town Run 5K in 17:52 besting sixth ranked David Phipps (19:35) and ninth ranked John Way (19:44). And it almost won him the crown. Then he auditioned at one of the toughest 10Ks in the region, losing to third ranked Akintunde Morakinyo at the Arbutus Firecracker 10K, 40:46 to 40:51. A gluten for punishment, he next took on the hilly Riley's Rumble Half Marathon albeit the fastest half for the division, besting eighth ranked Gene Park, 1:28:00 to 1:33:05. Only two other runners tried the half and neither made the top fifteen of qualifiers. A week later, Zimmerman moved to hilly and cross-country at the AS Dog Days 8K, winning in 31:27.

Meanwhile, Pete Wergin had already completed the Summer Solstice in 31:01. Then he competed in the FSC Decathlon Series, racing seven of the ten events to finish seventh overall. He slowed a tad at the Krumpe's Donut Alley Rally 5K from 2022 but his 17:51 was now the fastest time in the division. His third event was the Kentlands/Lakelands 5K in 18:30 that tied Morakinyo's Tracksmith 5K for the third fastest race. Track versus road and Wergin takes the crown. Morakinyo also was top dog at Annapolis in 1:05:28 as was Phipps at Baltimore in 1:07:52.

Fourth ranked Steve Menzies ran the swift Raising the Roof 5K in 19:12 but was even more impressive at the Trailzilla 5K in 18:48. Currently Mr. College Park, Colin Phillips, has run 169 of his 239 Park Run 5Ks there as well as volunteering scores of times. This summer he won all eleven times there, including four top three finishes. His best race in 18:56 earns him fifth place in the rankings. Phipps owns the division's fastest 10K besting seventh ranked Bruce Lemieux, 39:27 to 39:44 at the Dawson's Father's Day 10K.

Seven of the nineteen also earned a National Class ranking.

## National Class times $(80 \%)=39: 1210 \mathrm{~K}$ at age 55, other distances can be higher

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

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Wergin, Pete*** | 57 | Gaithersburg, MD | $37: 14$ | $87.30 \%$ |
| 2 | Zimmerman, Ken**** | 56 | Chester, MD | $37: 16$ | $86.47 \%$ |
| 3 | Morakinyo, Akintunde** | 59 | Columbia, MD | $38: 35$ | $85.59 \%$ |
| 4 | Menzies, Steve*6 | 59 | Williamsburg, VA | $39: 13$ | $84.22 \%$ |
| 5 | Phillips, Colin*11 | 55 | University Park, MD | $39: 30$ | $80.99 \%$ |
| 6 | Phipps, David** | 59 | Perry Hall, MD | $39: 27$ | $82.38 \%$ |
| 7 | Lemieux, Bruce* | 58 | Gaithersburg, MD | $39: 44$ | $81.04 \%$ |

Park, Gene* 55
Way, John****
Kern, Rick
Feinberg, Michael*
Ahearn, Daniel*
Marsh, John****
Frost, Howard***
Moore, James**
Gunson, James*
Rippey, Brad*
Cassilly, John*
Oddono, Jim*

| Kensington, MD | $40: 53$ |
| :--- | :--- |
| Silver Spring, MD | $41: 10$ |
| Frederick, MD | $41: 24$ |
| Bel Air, MD | $41: 35$ |
| Washington, DC | $41: 35$ |
| Falls Church, VA | $41: 44$ |
| Reston, VA | $41: 46$ |
| Roanoke, VA | $41: 58$ |
| Richmond, VA | $42: 02$ |
| Fredericksburg, VA | $42: 46$ |
| Glen Allen, VA | $42: 58$ |
| Richmond, VA | $43: 30$ |

## 60-64 Men

Tracksmith 5K 18:14, 10K = 38:02

Third ranked Robert Whitaker bolted out of the gates at the Kingswood Klam 5K in $19: 28$. He would boast the fastest 8 K at the Furever Home 8 K in $32: 14$. Then he would end the season winning the Elizabeth River Run 10K in 41:01, ahead of fourth ranked Kelvin Anderson (41:35) and twelfth ranked Jon Leiding (42:30). Even with four of the top eight races he would rise no higher. At the Suds \& Soles 5K, runner-up Frank Perna lost to Mark Neff, 18:38 to 18:57. Also there battling through the evening was seventh ranked David Haaga (20:07) and tenth ranked Paul Jacobson (20:23). Perna waited a month to confirm his spot with his second qualifier, the Matthew Henson 5 K in 19:13. Neff kept us in suspense until the next to last week before taking another title, running the Tracksmith 5 K in 18:14.

Sixth ranked Layne Party ran well at the Bel Air Town Run 5K in 19:46, while fifth ranked Ken Alberg matched him at the Trailzilla 5K in 19:47. Alberg added the Trailzilla 4M in 26:12 with Party racing the GBMC Father's Day 5K in 20:20.
Cameron Hooper takes eighth place at the cult RRRC Cul De Sac Series 5Ks racing all three and improving to 20:11 at the last one. David Meeks is right there in ninth place racing the DCRRC After the Women 5K in 20:09, ahead of eleven ranked Kevin D'Amanda (23:40). D'Amanda has found a home at the Kensington Park Run 5K, winning nine of his eleven victories there. His best time was 20:13.

The largest division had thirty-eight men who were qualifiers. The top eight earned a National Class ranking.

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

| PI | Name | Age | Hometown | 10K= | AG\% |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Neff, Mark** | 61 | Derwood, MD | 38:02 | 88.30\% |
| 2 | Perna, Frank* | 60 | Bethesda, MD | 39:32 | 84.63\% |
| 3 | Whitaker, Robert**** | 64 | Yorktown, VA | 40:36 | 84.85\% |
| 4 | Anderson, Kelvin** | 62 | Newport News, VA | 41:22 | 81.85\% |
| 5 | Alberg, Ken** | 62 | Suffolk, VA | 41:16 | 82.06\% |
| 6 | Party, Layne** | 63 | Towson, MD | 41:14 | 82.80\% |
| 7 | Haaga, Dave** | 61 | Rockville, MD | 41:37 | 80.70\% |
| 8 | Hopper, Cameron*** | 62 | Mechanicsville, VA | 42:06 | 80.43\% |
| 9 | Meeks, David** | 60 | Centreville, VA | 42:02 |  |
| 10 | Jacobson, Paul*** | 60 | Gaithersburg, MD | 42:12 |  |
| 11 | D'Amanda, Kevin*11 | 61 | Bethesda, MD | 42:10 |  |
| 12 | Leiding, Jon* | 60 | Virginia Beach, VA | 42:30 |  |
| 13 | Baranowski, Aaron | 62 | Virginia Beach, VA | 42:33 |  |
| 14 | Carter, Jim | 61 | Manakin Sabot, VA | 42:31 |  |
| 15 | Stanmore, John** | 60 | Baltimore, MD | 43:08 |  |
| 16 | McLaughlin, Terry**** | 62 | Spotsylvania, VA | 43:42 |  |
| 17 | Spalding, RJ** | 60 | Gaithersburg, MD | 44:07 |  |
| 18 | Mace, Matthew | 63 | Arnold, MD | 44:41 |  |
| 19 | Han, Pei* | 60 | Herndon, VA | 44:53 |  |
| 20 | Clem, William*** | 63 | Bethesda, MD | 45:08 |  |
| 21 | Horan, Marty* | 63 | Bethesda, MD | 44:57 |  |
| 22 | Matthew, David | 60 | Kensington, MD | 45:31 |  |
| 23 | Adams, Mark | 63 | Gaithersburg, MD | 45:31 |  |
| 24 | Perez, Orlando | 61 | Newport News, VA | 46:11 |  |
| 25 | Sung Jung, Bok | 62 | Olney, MD | 46:10 |  |
| 26 | Muhl, Robert*** | 60 | Westminster, MD | 46:27 |  |
| 27 | Zeidler, Jon** | 61 | Washington, DC | 46:33 |  |
| 28 | Wheeler, William** | 61 | Washington, DC | 46:35 |  |
| 29 | Kammerer, Jack*11 | 62 | Washington, DC | 47:07 |  |
| 30 | Rawley, Lloyd* | 62 | Greenbelt, MD | 47:07 |  |
| 31 | Shaffer, Glenn* | 60 | Dundalk, MD | 47:11 |  |
| 32 | Williams, Michael | 60 | Richmond, VA | 47:11 |  |
| 33 | McShea, Patrick** | 63 | Virginia Beach, VA | 47:59 |  |
| 34 | Moran, John*6 | 60 | Arlington, VA | 48:22 |  |
| 35 | Ramsey, John* | 63 | New Carrolton, MD | 48:34 |  |
| 36 | Simpson, Rich | 63 | Virginia Beach, VA | 49:11 |  |
| 37 | Edson, Jim* | 64 | Linden, VA | 49:08 |  |
| 38 | Robinson, Tom | 64 | Williamsburg, VA | 49:37 |  |

## 65-69 Men

Raising the Roof 5K 19:43, 10K = 41:08
The top two racers owned nine of the top ten times. Speedster Paul Beers won all four of his 5 Ks starting with the Big Run 5 K in June (20:08) and getting better until he popped a 19:49 at the FAB 5K. Gibson won a massive eight times with six sparling 5 Ks . He also saved his best for last moving from the seventh best race to start June, Kingswood Klam 5K in 20:10 to winning the Raising the Roof 5 K in 19:43 that same August morn that Beers had run his best. Gibson piled on two weeks later, racing the Elizabeth River Run 10K in 41:56 to confirm his title and giving Beers the runner-up spot.

Third ranked Michael Kearney took on one of the toughest halves, winning the Riley's Rumble Half Marathon in 1:41:09, just a week after earning dessert at the iconic Run for the Pie 10K in 45:43. These are challenging courses but the clock only records your time. Good thing he had already run the flat Dawson's Father's Day 10K in 42:07 to earn his ranking ahead of sixth ranked John Chall (43:26). You expect to see fourth ranked Manuel Rivera winning at the Fletcher's Cove Parkrun 5K. His best of five victories was in 20:29. Still, he earns his placement at the Summer Sun 5K with 20:20. Former champion Maurice Pointer does a lot of track work and runs in many of the major races. Lately, he has been earning his spot (fifth), winning at the Baltimore and Annapolis Trail Park Run 5K. He was the overall winner in 20:41 and earlier raced a best time of 20:36.

At the Bel Air Town Run 5K, Chall dispatched eighth ranked Bill Loomis, 21:22 to 21:45. Loomis would later win the Annapolis 10M in 1:17:07. Seventh ranked Ted Lutterman ran the Suds \& Soles 5K in a solid 21:31. In July at the Autism Speaks 5 K , he would confirm his spot with a fine 21:16. Ninth ranked Steve Pulleng ran the Red White N Brew 5K in 22:06.

Twenty-four runners qualified for the division. The top five also earned a National Class ranking.

National Class times $(80 \%)=42: 5910 \mathrm{~K}$ at age 65, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=38: 12$ 10K at age 65 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Gibson, Pete*8 $^{2}$ | 67 | Murfreesboro, NC | $41: 08$ | $85.97 \%$ |
| 2 | Beers, Paul $^{* * * *}$ | 66 | Roanoke, VA | $41: 20$ | $84.78 \%$ |
| 3 | Kearney, Michael*** | 67 | Mount Airy, MD | $42: 07$ | $83.22 \%$ |
| 4 | Rivera, Manuel*6 | 68 | Washington, DC | $42: 25$ | $84.10 \%$ |
| 5 | Pointer, Maurice |  |  |  |  |
| 6 | Chall, John*** | 68 | Baltimore, MD | $42: 58$ | $83.01 \%$ |
| 7 | Lutterman, Ted** $^{66}$ | 65 | Crownsville, MD | $43: 26$ |  |
| 8 | Loomis, Bill* | 69 | Silver Spring, MD | $44: 22$ |  |



| Pulleng, Steve*6 | 66 | Montgomery Village, MD | $46: 06$ |
| :--- | :--- | :--- | :--- |
| Munyan, Frank** | 65 | Ashland, VA | $46: 36$ |
| Abelt, Chris* | 67 | Williamsburg, VA | $47: 13$ |
| Moseley, Robert | 68 | Annapolis, MD | $47: 14$ |
| Isaac, Luther* | 69 | Bowie, MD | $47: 29$ |
| Lovegrove, David* | 66 | Fredericksburg, VA | $47: 42$ |
| Anderson, John* | 66 | Westminster, MD | $48: 34$ |
| Robinson, Tom | 65 | Williamsburg, VA | $49: 08$ |
| Myles, Bruce* | 69 | Montgomery Village, MD | $49: 30$ |
| Doan, Lanny* | 67 | Virginia Beach, VA | $49: 41$ |
| Barry, Thomas** | 65 | Williamsburg, VA | $49: 51$ |
| Snyder, Jr., Richard | 67 | Montpelier, VA | $50: 00$ |
| Draim, Bob** | 69 | Alexandria, VA | $51: 21$ |
| Gordon, Kirk** | 67 | Glenn Dale, MD | $51: 31$ |
| Cannon, Mike* | 65 | Springfield, VA | $52: 03$ |
| Berg, Bruce | 65 | Fredericksburg, VA | $52: 00$ |

## 70-74 Men

Elizabeth River Run 10K 43:59

Eugene Myers was looking for a title. He pounded out a couple of sub-22:00 5Ks, including the Bel Air Town Run 5K in 21:52 to start the season. His eyes glanced at the DCRRC after the Women 5 K run the same day and noted that John Kilduff had posted a 21:59. The next week Myers won the Crofton Kiwanis - Team Surlis 10K Challenge in 45:14 and Kilduff would help wrangle third place by winning at the Hugh Jascourt 4M in 29:47. Then Richard Grant aged up and finished July with a rocking Mel Williams Memorial Scholarship 5K in 21:42. Myers went to Annapolis to win the ten miler in 1:18:53. Still no Alan Pemberton on the circuit. He had the lead and going into the final weekend he was preparing to pop a sparkle at the Kentlands/Lakelands 5 K . Instead, he suffered a mishap and was not able to finish the race. That same morning, Grant crushed the field at the Elizabeth River Run 10K in 43:59 snatching the title from Myers.

Fourth ranked Bob Becker finished next in 47:42 but supplied his best race at the Raising the Roof 5K in 22:15. Fifth place Bruce Myles took down seven ranked Steve Sharpe at the Kentlands/Lakelands 5K, 23:15 to 23:50. Sixth place Robert Siliciano slipped between the two, finishing the Casey Cares 5K in 23:26. Former champion Paul Ryan keeps pounding away at the Park Runs, winning twelve times. His best race to start July at the Anacostia Park Run 5K in 24:05 earns him eighth place.

Christopher Arey ran the SPCA Run for Shelter 5K in 24:21 to take ninth place. Tenth ranked Larry Washington is still kicking his heels at the College Park venue, winning best there in 24:34.

Thirty-one runners qualified for the division.
National Class times $(80 \%)=45: 1110 \mathrm{~K}$ at age 70 , other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=40: 10$ 10K at age 70, other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Grant, Richard** | 70 | Suffolk, VA | 43:59 | 82.19\% |
| 2 | Myers, Eugene***** | 70 | Columbia, MD | 45:14 |  |
| 3 | Kilduff, John** | 71 | Falls Church, VA | 45:51 |  |
| 4 | Becker, Bob** | 71 | Midlothian, VA | 46:25 |  |
| 5 | Myles, Bruce | 70 | Montgomery Village, MD | 48:30 |  |
| 6 | Siliciano, Robert* | 71 | Towson, MD | 48:53 |  |
| 7 | Sharpe, Steve***** | 71 | Westminster, MD | 49:43 |  |
| 8 | Ryan, Paul*12 | 72 | Arlington, VA | 50:14 |  |
| 9 | Arey, Christopher** | 72 | Fredericksburg, VA | 50:48 |  |
| 10 | Washington, Larry**** | 72 | Rockville, MD | 51:15 |  |
| 11 | Duffy, Jim* | 71 | Poquoson, VA | 51:23 |  |
| 12 | Vera, Pablo** | 73 | Falls Church, VA | 51:34 |  |
| 13 | Lopez, Felix***** | 70 | Lynchburg, VA | 51:42 |  |
| 14 | Clemmons, Glenn** | 70 | Ashburn, VA | 52:15 |  |
| 15 | Abrahamson, Dale** | 74 | Yorktown, VA | 52:45 |  |
| 16 | Replogle, Dan | 73 | Westminster, MD | 53:39 |  |
| 17 | Payton, Lee** | 72 | Chevy Chase, MD | 53:35 |  |
| 18 | Astrop, Rob*** | 71 | Richmond, VA | 53:57 |  |
| 19 | Mehrabi, Shah*6 | 70 | Fredericksburg, VA | 54:00 |  |
| 20 | O'Keefe, Tim*** | 70 | Middletown, MD | 54:12 |  |
| 21 | Visotsky, Tom* | 71 | Midlothian, VA | 54:31 |  |
| 22 | Busby, Scott***** | 70 | Spotsylvania, VA | 54:47 |  |
| 23 | Verdirame, Joseph** | 74 | Suffolk, VA | 55:04 |  |
| 24 | Prouty, Robert** | 70 | Arlington, VA | 55:33 |  |
| 25 | Rosenberg, Duane** | 71 | New Carrolton, VA | 55:28 |  |
| 26 | Bateman, Fred** | 70 | Olney, MD | 56:19 |  |
| 27 | Wills, John | 71 | Virginia Beach, VA | 56:18 |  |
| 28 | Rantanen, Robert | 71 | Virginia Beach, VA | 56:23 |  |
| 29 | Bousel, Paul** | 70 | Alexandria, VA | 57:28 |  |
| 30 | Tracy, Bill** | 70 | Burke, VA | 58:16 |  |
| 31 | Leach, Ben* | 70 | Virginia Beach, VA | 58:26 |  |

## 75-79 Men

We learned with great sadness that on October 2nd Rich Potter of Middletown, MD succumbed in his battle for recovery from a biking accident. Rich was a beloved member of the Frederick Steeplechasers who stood as a symbol for the importance of comradery in the running community. The personable Potter was usually the first to greet you and the most interested in how you were. As late as May, he was still successfully competing on the roads, racing a stellar Frederick Half Marathon to land him in 12th place in the 75-59 division in the Spring Regional Runner Rankings. He will be missed.

Delightfully Different 3.5M 29:31, 10K 53:59
Ken Mitchell takes the title with a fine Delightfully Different 3.5M in 29:31. The distance makes it a little hard to stand out. In August, he won the Super Heroes 5K in 27:21 and the following week improved at the Raising the Roof 5K to 25:58. Runner-up Eric Melby has been racing for quite some time. This year he made a major breakthrough starting with Autism Speaks 5 K , winning ahead of third ranked Bert Dominguez, 27:31 to 28:42. Sixth ranked Richard Jefferson ran 31:12. Then Melby boasted a crushing win at the Annapolis 10 Miler in 1:30:40. Only five other qualifiers ran that long with the closest being fourteenth ranked Dick Morgan (2:00:27). Morgan was much faster at the Dawson's Father's Day 10K in 1:03:14.

Maughansville's Jeff Jones used his track expertise (racing the FSC Decathlon Series all summer) to spring for an excellent treat at the Krumpe's Donut Alley Rally 5 K . His time of $28: 35$ was the seventh best race and earns him fourth place in the rankings. Sixth ranked Art Gregory is also a devotee of the Decathlon series (ten weeks of racing a single track distance from 200 meters to 2 miles.) However, he ran his best race before the series, racing the Bel Air Town Run 5K in 29:05. Tenth ranked David Kuebrich also ran a Donut Run 5K (29:42). That was on the final weekend and while the donuts brought in for the race were good, they were no match for Krumpe's. Krumpe's has their store about fifty meters from the finish line of that race and tray of the freshest delights were carried through the hungry crowds just as soon as the first runner crossed the finish line.

Jefferson waited until the final Sunday to pounce racing the Kentlands/Lakelands 5 K in 28:51. Seventh place Bob Chase finished the Red White N Brew 5K in 29:14, just ahead of eighth ranked Danny Keatley who ran the Two Virginias 5K in 29:19. Ninth place William Scott ran along the river separating DC and Maryland with a solid Anacostia Park Run 5K in 29:32. Eleventh ranked Curtis Akard did another border crossing from Tennessee at the Railroad Days 5K in Appalachia in 29:57.

Thirteen ranked Ronald Kellum ran the Trailzilla 5K in 30:09 to match exactly twelfth ranked Frank Snyder's Park Run in College Park. Kellum ran a couple
more trail runs while Snyder had time for just one more 5K before aging up. Kellum will be following him into the new division very soon.

Thirty-six runners qualified for the division.
National Class times $(80 \%)=48: 2810 \mathrm{~K}$ at age 75 , other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=43: 0410 \mathrm{~K}$ at age 75 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Mitchell, Ken*** | 78 | Williamsburg, VA | 53:59 | 76.38\% |
| 2 | Melby, Eric** | 75 | Bethesda, MD | 54:33 |  |
| 3 | Dominguez, Bert | 75 | Gaithersburg, MD | 58:22 |  |
| 4 | Jones, Jeff* | 76 | Maugansville, MD | 59:37 |  |
| 5 | Jefferson, Richard**** | 77 | Germantown, MD | 1:00:11 |  |
| 6 | Gregory, Arthur | 79 | Jefferson, MD | 1:00:40 |  |
| 7 | Chase, Bob** | 77 | Falls Church, VA | 1:00:59 |  |
| 8 | Keatley, Danny*** | 76 | White Sulphur Spring, WV | 1:01:09 |  |
| 9 | Scott, William*6 | 76 | Seabrook, MD | 1:01:36 |  |
| 10 | Kuebrich, David* | 79 | Fairfax, VA | 1:01:57 |  |
| 11 | Akard, Curtis* | 75 | Blountville, TN | 1:02:29 |  |
| 12 | Snyder, Frank** | 79 | Gaithersburg, MD | 1:02:54 |  |
| 13 | Kellum, Ronald ${ }^{* * * *}$ | 79 | Hampton, VA | 1:02:54 |  |
| 14 | Morgan, Dick | 75 | Severna Park, MD | 1:03:14 |  |
| 15 | Worthington, Ron* | 79 | Bena, VA | 1:04:38 |  |
| 16 | Starnes, Jack* | 79 | Wise, VA | 1:04:32 |  |
| 17 | Talkington, Doyle* | 76 | Haymarket, VA | 1:07:39 |  |
| 18 | Wong, Ronnie*6 | 76 | Catonsville, MD | 1:07:39 |  |
| 19 | Hawthorne, Randy | 78 | Williamsburg, VA | 1:07:50 |  |
| 20 | Cook, Randy* | 75 | Norfolk, VA | 1:09:51 |  |
| 21 | Deger, David* | 76 | Arnold, MD | 1:11:19 |  |
| 22 | Young, Nick*9 | 75 | Arlington, VA | 1:11:48 |  |
| 23 | Fisher, Stephen | 75 | Fredericksburg, VA | 1:11:33 |  |
| 24 | Rooney, Frank ${ }^{* * * *}$ | 76 | Arlington, VA | 1:12:18 |  |
| 25 | Chadim, William*6 | 78 | Midlothian, VA | 1:12:29 |  |
| 26 | Cleva, Gregory | 76 | Falls Church, VA | 1:12:31 |  |
| 27 | Broda, David* | 78 | Ashland, VA | 1:13:40 |  |
| 28 | Young, Joe | 76 | Midlothian, VA | 1:18:51 |  |
| 29 | Titus, Mark | 75 | Towson, MD | 1:19:43 |  |
| 30 | O'Connor, Kevin*** | 76 | Midlothian, VA | 1:20:10 |  |
| 31 | Thompson, Larry** | 75 | Stafford, VA | 1:23:33 |  |
| 32 | Harrah, Dave | 76 | Virginia Beach, VA | 1:24:18 |  |


| 33 | Fennell, Skip* | 78 | Westminster, MD | $1: 27: 12$ |
| :--- | :--- | :--- | :--- | :--- |
| 34 | White, George | 76 | Williamsburg, VA | $1: 26: 23$ |
| 35 | Chaconas, Greg* | 77 | Washington, DC | $1: 31: 34$ |
| 36 | Ingram, Harold* | 79 | Henry | $1: 32: 25$ |

## 80-84 Men

Hugh Jascourt 4M 34:52, 10K = 55:45
Eamonn McEvilly looked good with his five DCRRC events out of the top six races. He started with a 27:20 at the DCRRC after the Women 5K. Two weeks later, runner-up Harold Rosen answered back with the second-best race of the summer, racing the Scotland Juneteenth 5 K in 27:12. The very next day, McEvilly responded, taking the division with his Hugh Jascourt 4M in 34:52. Rosen ran the seventh best race, winning the Autism Speaks 5K in 28:53. The next nine races were all won by Frank Snyder at the Park Run 5K in College Park. His best time was 29:36.

Fourth ranked Ron Chiariello accumulated seven wins at the Kensington Park Run, earning his best time in 31:30. When Snyder meet Chiariello at the Kentlands/Lakelands 5K, he prevailed, 32:24 to 32:45. Fifth place Jimmy Gates won the Ashland 5 K in 33:50. Former champion Ben Dyer ran two odd distances, the Honor Connor Quarter Marathon (1:18:49) and the Delightfully Different 3.5M (37:03) and earned sixth place.

Louis Garczynski takes seventh place at the Summer Fletcher's 5K in 36:47. Another former champion Stan Neumann circled south around the Baltimore beltway and down to Virginia Beach to race the new Chartway 5K. His time of 37:29 earns him eighth place.

Eighteen men representing fourteen hundred and sixty-six years were ranked. Thirty-three other men had one qualifier.

## National Class times $(80 \%)=53: 3710 \mathrm{~K}$ at age 80, other distances can be higher

 or lower. Older ages in the division will be higher.World Class status $(90 \%)=47: 4010 \mathrm{~K}$ at age 80 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| :--- | :--- | :--- | :--- | ---: | ---: |
| $\mathbf{1}$ | McEvilly, Eamonn***** | $\mathbf{8 0}$ | Springfield, VA | $\mathbf{5 5 : 4 5}$ | $\mathbf{7 7 . 7 2 \%}$ |
| 2 | Rosen, Harold* | 80 | Potomac, MD | $56: 44$ |  |
| 3 | Snyder, Frank*10 | 80 | Gaithersburg, MD | $1: 01: 45$ |  |
| 4 | Chiariello, Ronald*7 | 84 | Rockville, MD | $1: 05: 43$ |  |
| 5 | Gates, Jimmy** | 81 | Rice, VA | $1: 09: 13$ |  |
| 6 | Dyer, Ben* | 80 | Toano, VA | $1: 12: 25$ |  |


| 7 | Garczynski, Louis*** | 83 | Sterling, VA | $1: 16: 44$ |
| ---: | :--- | :--- | :--- | :--- |
| 8 | Neumann, Stan*** | 84 | Lutherville, MD | $1: 18: 11$ |
| 9 | Witlin, Michael*** | 80 | Oak Hill, VA | $1: 20: 02$ |
| 10 | Ord, Keith*6 | 80 | Potomac, MD | $1: 20: 52$ |
| 11 | Montgomery, John* | 80 | Reston, VA | $1: 22: 05$ |
| 12 | Koletty, John*** | 81 | Pasadena, MD | $1: 28: 49$ |
| 13 | Munday, John** | 83 | Chesapeake, VA | $1: 30: 42$ |
| 14 | Reynolds, Dewey** | 84 | Henrico, VA | $1: 36: 54$ |
| 15 | Bayrer, Ralph** | 83 | Washington, DC | $1: 40: 04$ |
| 16 | Coates, Chet | 83 | Silver Spring, MD | $1: 39: 26$ |
| 17 | Walsh, Tom* | 80 | Norfolk, VA | $1: 40: 36$ |
| 18 | Wycherley, Alan*10 | 80 | Annapolis, MD | $1: 41: 37$ |

## 85-89 Men

Independence Day 5K 31:39, 10K = 1:06:01
John Clarke came out early to win the Summer Solstice 8 K in 52:34. By the start of the second week of July, the division was his, racing the Independence Day 5K in 31:39. Thomas Spasojevich, the king of the Deep Run Park Run 5K was runner-up. His best of five tries was a very credible 32:41. Clarke would also add the Run for the Pie 10K in 1:11:24 in Mountain Dale, MD. The course is more mountain than dale with the second half of the race nearly all a challenging uphill climb.

Third ranked Warren Pitts posted a decent 5K, racing the Juneteenth 5K in 44:01. Fourth ranked Michael McKee was a winner at the Kiwanis Club Independence Day 5K in 45:06. Fifth ranked William Schwartz ran well at the Baltimore 10M in 2:44:06. At Annapolis, Pitts ran home in 2:36:47 ahead of Schwartz 3:02:59. Sixth ranked Michael Leonard is a regular in Kensington. His best of seven Park Run 5Ks was 48:03.

Seventh ranked Michael McClellan ran his usual College Park 5K, best in 50:47. Eighth place Harry Conn Jr. ran the Ashland 5K in 54:44.

National Class times $(80 \%)=1: 01: 52$ 10K at age 85, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=55: 0010 \mathrm{~K}$ at age 85 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Clarke, John** $^{*}$ | $\mathbf{8 5}$ | Woodsboro, MD | $\mathbf{1 : 0 6 : 0 1}$ | $\mathbf{7 5 . 3 6 \%}$ |
| 2 | Spasojevich, Thomas***** | 85 | Richmond, VA | $1: 08: 11$ |  |
| 3 | Pitts, Waren* | 85 | Baltimore, MD | $1: 31: 49$ |  |
| 4 | McKee, Michael** | 85 | Charlottesville, VA | $1: 34: 05$ |  |


| 5 | Schwartz, William | 85 | Lutherville, MD | $1: 38: 44$ |
| :--- | :--- | :--- | :--- | :--- |
| 6 | Leonard, Michael***** | 85 | Silver Spring, MD | $1: 40: 14$ |
| 7 | McClellan, Michael**** | 85 | College Park, MD | $1: 45: 46$ |
| 8 | Conn Jr., Harry** | 85 | Powhatan, VA | $1: 54: 10$ |

## 90 \& Older Men

Autism Speaks 5K 1:02:58, 10K = 2:11:21
With the absence of George Yannakakis, there was chance for someone else to take the title. Zaven Ayanian returned to race at the Autism Speaks 5K and he improved his time from 2022 by more nearly nine minutes to 1:02:58. Twenty-one men 90 and older have raced since 2005.

National Class times $(80 \%)=1: 15: 50$ 10K at age $90 ; 1: 42: 57$ 10K at age 95, other distances can be higher or lower. Older ages in the division (s) will be higher.
World Class status $(90 \%)=1: 07: 3410 \mathrm{~K}$ at age $90 ; 1: 31: 3010 \mathrm{~K}$ at age 95 , other distances can be higher or lower. Older ages in the division (s) will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | :--- |
| 1 | Ayanian, Zaven | 93 | Potomac, MD | $2: 11: 21$ | $54.10 \%$ |

## Open Women

Tracksmith 5K 16:18, 10K = 33:56 Elena Hayday - 90.59\%
Laura Labuschaigne got things underway at the Kingswood Klam 5K, winning it all in 17:52. Thirteenth ranked Bethany Spector was next in 18:27. She would improve to win it all at the Eggleston OK 5K in 18:14. Labuschaigne lollygagged around until mid-August and then put away the division for good with a superb 16:47 at the Raising the Roof 5K. Fifteenth ranked Emily Honeycutt, who recorded three overall wins of her own, was next there in 18:54. Then Labuschaigne reiterated her position, winning it all at the Elizabeth River Run 10K in 34:59. Honeycutt was third overall in 38:39. Last summer's open champion Kerry Allen is now the submasters champion. She began her journey with the $35^{\text {th }}$ best race, winning it all at the Riley's Rumble Half Marathon in $1: 25: 54$, the fastest half of the summer. Then she snatches the runner-up spot with an excellent Tracksmith 5 K in 17:26.

Teen champion Carly Wilkes was golden at the Waldon Fitness Shawsville 5K, winning it all in 17:34. She added the Big Run 5K in 18:02 to confirm the bronze. Fourth place Robyn Midren ran 17:34 at the Bel Air Town Run 5K as second overall. Then she chose the killer Arbutus Firecracker 10K and finished in 38:42 behind sixth ranked Megan Murray (38:19) and eleventh ranked Julia RomanDuval (38:26). Murray won it all at the Baltimore 10M in 1:02:04. Roman-Duval
settled for second overall at the Annapolis 10 miler in 1:03:10. Fifth ranked Natalie Daniels was the overall winner at the smallest of the four ten milers, the Devil's Den 10M, in 1:02:53. Later, she won it all at the Potomac Valley Games 10K in 36:44.

Seventh ranked Nilani Duarte was the most prolific winner with six gold medals. Her best event was the Reston Firecracker 5K as second overall breaking the tape in 18:03. Eighth ranked Sabrina Zator ran the tiny NOVA Coaches 5K in 17:59 for second overall. Ninth ranked Anna Staats ran on that same Bluemont Park 5K course twice herself both as an overall winner. Her best time was at the DCRRC WDF 5K in 18:06. Katie Demers won it all at the Dawson's Father's Day 10K in 37:45 to take possession of place number ten.

Twelfth ranked Ave Grosenheider won all three of the RRRC Cul De Sac Series 5Ks besting Daniels 18:14 to 18:25 in the first one, her best one. Fourteenth ranked Rachel Cluett wins it all at the Eastern County 8K in 30:18.

Thirty-six women qualified for the division, including 16 from other divisions. Julia Roman-Duval, 41, was the eldest. Fifteen runners posted National Class times.

National Class times $(80 \%)=37: 5510 \mathrm{~K}$, other distances can be higher or lower. World Class status $(90 \%)=33: 42$ 10K, other distances can be higher or lower.
PI
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19

| Name | Age | Hometown | 10K= |
| :--- | :--- | :--- | :--- |
| Labuschaigne, Laura*** | 27 | Henrico, VA | $34: 57$ |
| Allen, Kerry** | 35 | Washington, DC | $36: 18$ |
| Wilkes, Carly* | 19 | Salem, VA | $36: 37$ |
| Mildren, Robyn | 32 | Baltimore, MD | $36: 34$ |
| Daniels, Natalie*** | 31 | Fredericksburg, VA | $36: 44$ |
| Murray, Meagan** | 35 | Baltimore, MD | $37: 18$ |
| Duarte, Nilani*6 | 36 | Fairfax, VA | $37: 35$ |
| Zator, Sabrina** | 28 | Arlington, VA | $37: 26$ |
| Staats, Anna** | 24 | Arlington, VA | $37: 41$ |
| Demers, Katie* | 33 | Chesapeake Beach, MD | $37: 45$ |
| Roman-Duval, Julia | 41 | Columbia, MD | $37: 58$ |
| Grosenheider, Ave*** | 26 | Richmond, VA | $37: 58$ |
| Spector, Bethany** | 34 | Virginia Beach, VA | $37: 58$ |
| Cluett, Rachel*** | 35 | Garrett Park, MD | $38: 16$ |
| Honeycutt, Emily*** | 32 | Newport News, VA | $38: 39$ |
| Wilson, Bailey | 35 | Washington, DC | $38: 44$ |
| Ebert, Alisha** | 31 | Blacksburg, VA | $38: 44$ |
| DeGaetano, Gina* | 36 | Ashburn, VA | $39: 00$ |
| Aaron, Ekaterina | 25 | Norfolk, VA | $38: 56$ |
| Mullen, Bailey** | 21 | Westminster, MD | $39: 06$ |


| 21 | Wallace, Callie | 16 | Washington, DC | $39: 08$ | $81.12 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 22 | Yang, Carolyn | 35 | Arlington, VA | $39: 15$ |  |
| 23 | Garson-Shumway, Carmen | 25 | Washington, DC | $39: 17$ |  |
| 24 | Del Pardo, Alicia* | 35 | Washington, DC | $39: 29$ |  |
| 25 | Siegel Breton, Julia** | 39 | Richmond, VA | $39: 27$ |  |
| 26 | Pollack, Jillian | 34 | Arlington, VA | $39: 25$ |  |
| 27 | Wallace, Emily* | 22 | Salem, VA | $39: 33$ |  |
| 28 | Burell, Teal | 38 | Henrico, VA | $39: 38$ |  |
| 29 | Lemos, Kristin* | 42 | Bethesda, MD | $39: 50$ |  |
| 30 | Smith, Jessica | 29 | Portsmouth, VA | $39: 48$ |  |
| 31 | Robelen, Caroline | 24 | Glen Allen, VA | $39: 50$ |  |
| 32 | Ozeki, Liz | 35 | Rockville, MD | $40: 07$ |  |
| 33 | Bornstein, Quinn | 25 | Washington, DC | $40: 13$ |  |
| 34 | Burack, Elissa | 27 | Arlington, VA | $40: 32$ |  |
| 35 | Snyder, Erin* | 25 | Jefferson | $40: 37$ |  |
| 36 | Spangler, Kate* | 37 | Richmond | $41: 09$ |  |

## 19 \& Younger Women

## Bel Air Town Run 5K 17:30, 10K = 36:26 Elizabeth Pickett - 84.38\%

Carly Wilkes established herself as the one to beat in June at the Big Run 5K as second overall in 18:02. On the fourth of July, she confirmed that it was not going to happen this summer, blazing a Waldon Fitness Shawsville 5 K in 17:35, ahead of Mariah Reed (20:33). Reed, 12, won it all at the Varmint 5K in 19:58 to take seventh place. That same morning Callie Wallace won at the Reston Firecracker 5 K in 19:41, ahead of third ranked Abigail Anstett (20:41). A week later, Anstett came out roaring with an overall win at the fourth Bishop Tuesday Night 5K in 19:06. At the end of August, Wallace checked out the elite racers' Tracksmith 5K response in 18:48 to ward off Anstett.

In mid-August Alyssa Pongracz, 16, made a massive improvement at the Raising the Roof 5 K to upset wunderkind Isabella Strumke, 9, 19:40 to 19:54, giving her fourth place. Strumke ran a World class 41:05 at the Elizabeth River Run 10K, falling just short of repeating as the youngest member of the elite division. She takes fifth place in the "teen" division though not yet a teen. Sixth ranked Elaina Pierce aced a fine Charlottesville 4 Miler in $25: 42$. She also added an overall win at the Reedville Firecracker 5K in 20:05. Eighth ranked Katie Morey won it all at the Scotland Juneteenth 5K in Potomac with 20:26. She stayed in her hometown to finish second overall at the major race Autism Speaks 5 K in 20:06.

Caroline Philp, 12, has been racing for seven plus years already. She ran a fine hometown Krumpe's Donut Alley Rally 5K in 20:20 a mere 18 seconds slower than 2022 to take ninth place. Tenth ranked Maya Kashyap was top three in all seven of her races, including four overall wins. Her best effort this summer was
the District Dash 5K in 20:30. Eleventh ranked Emma Shirey delivered by far her best of two races at the Two Virginias 5K in 20:27.

Twenty-eight women qualified for the division. Five runners posted at least National Class times.

National Class times (80\%) = 38:01 10K at age 19, other distances can be higher or lower. Younger ages in the division will be higher.
World Class status $(90 \%)=33: 48$ 10K at age 19, other distances can be higher or lower. Younger ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | ---: | :--- | ---: | ---: |
| 1 | Wilkes, Carly** | 19 | Salem, VA | $36: 37$ | $83.98 \%$ |
| 2 | Wallace, Callie** | 16 | Washington, DC | $39: 08$ | $81.12 \%$ |
| 3 | Anstett, Abigail** | 14 | Oakton, VA | $39: 46$ | $82.64 \%$ |
| 4 | Pongracz, Alyssa* | 16 | Yorktown, VA | $40: 57$ |  |
| 5 | Strumke, Isabella**** | 9 | Toano, VA | $41: 05$ | $90.59 \%$ |
| 6 | Pierce, Elaina* | 15 | Charlottesville, VA | $41: 09$ |  |
| 7 | Reed, Mariah* | 12 | Christiansburg, VA | $41: 34$ | $82.55 \%$ |
| 8 | Morey, Katie** | 14 | Potomac, MD | $41: 51$ |  |
| 9 | Philp, Caroline** | 12 | Hagerstown, MD | $42: 20$ | $81.07 \%$ |
| 10 | Kashyap, Maya*7 | 14 | Fairfax, VA | $42: 41$ |  |
| 11 | Shirey, Emma* | 15 | Shawsville, VA | $42: 35$ |  |
| 12 | Ally, Eva** | 17 | Owings Mills, MD | $43: 02$ |  |
| 13 | Kemp, Josie** | 14 | North Potomac, MD | $41: 39$ |  |
| 14 | Tooman, Lauren* | 18 | Bel Air, MD | $44: 29$ |  |
| 15 | Wetzel, Jordan** | 17 | Roanoke, VA | $44: 40$ |  |
| 16 | Hemler, Julia** | 12 | Nottingham, MD | $44: 52$ |  |
| 17 | Cordero, Annabelle*** | 14 | Washington, DC | $45: 05$ |  |
| 18 | Roach, Caitlyn* | 14 | Ferrum, VA | $45: 00$ |  |
| 19 | Roberts, Rachel** | 19 | Marriottsville, MD | $45: 12$ |  |
| 20 | Murphy, Madeline** | 16 | Westminster, MD | $45: 42$ |  |
| 21 | Wallis, Lydia | 19 | Ashburn, VA | $45: 38$ |  |
| 22 | Przydzial, Annie** | 11 | Fairfax, VA | $46: 09$ |  |
| 23 | Schuler, Meredith** | 19 | Henrico, VA | $46: 05$ |  |
| 24 | Buskill, Eleanor* | 19 | Shawsville, VA | $46: 03$ |  |
| 25 | Driver, Sofia** | 16 | Frederick, MD | $46: 13$ |  |
| 26 | McMurdie, Hallie** | 19 | Norfolk, VA | $46: 13$ |  |
| 27 | Lord, Juliet** | 11 | Clifton, VA | $47: 12$ |  |
| 28 | Przydzial, Hannah | 10 | Fairfax, VA | $47: 24$ |  |
|  |  |  |  |  |  |

## 35-39 Women

Tracksmith 5K 17:26, 10K = 36:18

Last summer's overall champion Kerry Allen is this year's submasters champion. She bolted to the top in last July, winning it all at the Tracksmith 5K in 17:26. Three days later, she was again the overall winner. This time it was a long race, the Riley's Rumble Half Marathon in 1:25:54, ahead of fourth ranked Rachel Cluett (1:26:57). Cluett is also a speedster having her fastest race at the Suds \& Soles 5 K in a second overall 18:23. She also won it all at the Eastern County 8 K in 30:18. Runner-up Meaghan Murray won it all at the Baltimore 10M in a speedy 1:02:04, while ninth ranked Alicia Del Prado gave us a third overall 1:05:56. Murray also achieved a second overall at the challenging Arbutus Firecracker 10K in 38:19.

Third ranked Nilani Duarte is always in the mix. Four times she was the overall winner, including a fine 18:36 at the Run with Dad 5 K , ahead of seventh ranked Gina DeGaetano in 18:44. Her fastest race was a second overall at the Reston Firecracker 5K in 18:03, ahead of sixth ranked Bailey Wilson (18:37). At the Tracksmith 5K, Wilson ran 18:36, ahead of eighth ranked Carolyn Yang who ran home in 18:51. Ann Mazur moved up twenty places to fifth with her second entry, the Elizabeth River Run 10K in 38:34.

Twenty-five qualifiers is nearly double last year.
National Class times $(80 \%)=38: 1110 \mathrm{~K}$ at age 35, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=33: 57$ 10K at age 35 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | :--- | ---: |
| 1 | Allen, Kerry** | 35 | Washington, DC | $36: 18$ | $85.28 \%$ |
| 2 | Murray, Meagan** | 35 | Baltimore, MD | $37: 18$ | $80.32 \%$ |
| 3 | Duarte, Nilani*6 | 36 | Fairfax, VA | $37: 35$ | $82.55 \%$ |
| 4 | Cluett, Rachel*** | 35 | Garrett Park, MD | $38: 16$ | $80.87 \%$ |
| 5 | Mazur, Ann** | 37 | Charlottesville, VA | $38: 34$ |  |
| 6 | Wilson, Bailey** | 35 | Washington, DC | $38: 44$ |  |
| 7 | DeGaetano, Gina** | 36 | Ashburn, VA | $39: 00$ |  |
| 8 | Yang, Carolyn** | 35 | Arlington, VA | $39: 15$ |  |
| 9 | Del Pardo, Alicia** | 35 | Washington, DC | $39: 29$ |  |
| 10 | Siegel Breton, Julia** | 39 | Richmond, VA | $39: 27$ |  |
| 11 | Burrell, Teal** | 38 | Henrico, VA | $39: 38$ |  |
| 12 | Ozeki, Liz** | 35 | Rockville, MD | $40: 07$ |  |
| 13 | Pyles, Shannon* | 37 | Baltimore, MD | $40: 23$ |  |
| 14 | Lewis, Joy* | 38 | Columbia, MD | $40: 21$ |  |
| 15 | McDougall, Shannon* | 37 | Washington, DC | $40: 44$ |  |
| 16 | Spangler, Kate** $^{17}$ | Wegman, Roxanne** | 37 | Richmond, VA | $41: 09$ |


| 18 | Craig, Ashley*** | 35 | Lynchburg, VA | $41: 45$ |
| :--- | :--- | :--- | :--- | :--- |
| 19 | Fry, Sara* | 35 | Ellicott City, MD | $41: 47$ |
| 20 | Brubaker, Karen* | 38 | Washington, DC | $41: 40$ |
| 21 | Polychrones, Tiffany** $_{22}$ Hurson, Betsy** | 39 | Charlottesville, VA | $41: 57$ |
| 23 | Wetzel, Christie** $_{24}$ | 37 | Vienna, VA | $41: 59$ |
| 24 | Rhodes, Nici* | 35 | Falls Church, VA | $42: 18$ |
| 25 | Fields, Syreeta*** | 36 | N Chesterfield, VA | $42: 24$ |
|  | 37 | Fairfax, VA | $43: 43$ |  |

## 40-44 Women

Annapolis 10 Miler 1:03:10, $10 \mathrm{~K}=37: 58$
Julia Roman-Duval got her warm-up as third overall at the Arbutus Firecracker 10K in 38:26. That would have been enough. Still, she thrives on the big races and the summer does not have a bigger event than the Annapolis 10 miler. She was second overall in a fine 1:03:10, ahead of Allison Sauntry (1:11:30). Runnerup Kristen Lemos was the overall winner in two of her events. One of them was a hilly, cross-country event. At the other, she bested fourth ranked Michelle Miller at the Matthew Henson 5K, 19:28 to 21:59. Lemos added her best event at the Eastern County 8K, the time ahead of sixth ranked Meg Ryan, 31:22 to 32:33. On the final weekend Miller, closed with her best race, the Kentlands/Lakelands 5 K in a second overall 19:38.

Third ranked Caroline Sanders entered the fray with a third overall News Leader Firecracker 5 K in 20:08. On the final weekend, she surged forward at the Bridgewater 5K in 19:08, matching Lemos' best race exactly. Seventh ranked Sauntry enjoyed her best race at the Labor Day 10K as second overall in 42:47. Not bad at all with Annapolis barely in her rear-view mirror. Eighth place Erica Singleton raced the Suds \& Soles 5K in 20:37, not far behind Miller's 20:18. Fifth ranked Jenny Fitzgerald was a very nice third overall in 19:53 at the PRR Birthday Bash 5K. Then she ended her season winning it all at the Donut 5K in 20:12.

National Class times $(80 \%)=39: 0310 \mathrm{~K}$ at age 40, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=34: 42$ 10K at age 40 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Roman-Duval, Julia** | 41 | Columbia, MD | $37: 58$ | $81.37 \%$ |
| 2 | Lemos, Kristin*** $^{*}$ | 42 | Bethesda, MD | $39: 50$ |  |
| 3 | Sanders, Caroline** | 42 | Rockingham | $39: 50$ |  |
| 4 | Miller, Michelle*7 | 42 | Gaithersburg, MD | $40: 53$ |  |
| 5 | Fitzgerald, Jenny** | 43 | Woodbridge, VA | $41: 24$ |  |


| 6 | Ryan, Meg** | 43 | Takoma Park, MD | $41: 20$ |
| ---: | :--- | ---: | :--- | :--- |
| 7 | Sauntry, Alison** | 42 | Edgewater, MD | $42: 47$ |
| 8 | Singleton, Erica* | 40 | Washington, DC | $42: 55$ |
| 9 | Rodman, Andrea** | 41 | Bealton, VA | $42: 59$ |
| 10 | Tallent, Kari** | 41 | Portsmouth, VA | $43: 27$ |
| 11 | Schulze, Megan***** | 40 | Yorktown, VA | $44: 15$ |
| 12 | Bennett, Rachel* $^{*}$ | 43 | Olney, MD | $44: 54$ |
| 13 | Mehta, Ambereen* | 40 | Ellicott City, MD | $45: 52$ |

## 45-49 Women

## Chartway 10M 1:04:45, 10K = 38:55 Lindsay Wilkins - 81.80\%

The division stayed small, shrinking to thirteen qualifiers. Sherry Stick, near the front as always, was the overall winner in two of her four events. The first day of the period, she won the Crusher Run 5K in 19:53 and on the very last day of the season she again won it all at the Labor Day Rogue 5 K in 20:26. For her first try in the new division, she gains the runner-up spot. Third ranked Rachel Wheeler Northup was top master the last two RRRC Cul De Sac Series 5Ks. She ran best in her first try with 20:26.

Now it gets a little hinky as two 49-year-olds jockey for position. Lisa Levin was marvelous winning the Annapolis 10 Miler in 1:11:18 ahead of Kristjana Cook (1:12:44). It was Levin's best race in six wins. Her second best was the following week at the Kentlands/Lakelands 5 K in 20:46 and earns her fourth place.
Meanwhile, Cook rebounded to an overall win that same day Baltimore and Annapolis Trail Park Run 5K in 19:47 and takes the title. Don't these racers know you need to rest a bit after a challenging ten-mile race?

Fifth ranked Kaari Liisi Linask is also forty-nine and she also posted six wins. Her best was at the Suds \& Soles 5K in 20:40.

National Class times $(80 \%)=40: 34$ 10K at age 45, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=36: 0310 \mathrm{~K}$ at age 45 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Cook, Kristjana* | 49 | Severna Park, MD | $41: 11$ | $82.65 \%$ |
| 2 | Stick, Sherry**** | 45 | Sykesville, MD | $41: 24$ |  |
| 3 | Wheeler Northup, Rachel *** | 48 | Richmond, VA | $42: 26$ |  |
| 4 | Levin, Lisa*6 | 49 | Gaithersburg, MD | $42: 51$ |  |
| 5 | Liisi Linask, Kaari*6 | 49 | Rockville, MD | $43: 02$ |  |
| 6 | Lowry, Michelle*** | 46 | Blacksburg, VA | $43: 31$ |  |
| 7 | Fernandez, Christine*** | 47 | Virginia Beach, VA | $43: 45$ |  |

Dzibela, Tracey***
Hill, Kim***
Woronkowicz, Maggi**
Gianoukos, Aimee****
Hicks, Julie**
Brown, Cathleen**
45

| Fredericksburg, VA | $44: 58$ |
| :--- | :--- |
| Fairfax, VA | $44: 52$ |
| Annapolis, MD | $45: 10$ |
| Williamsburg, VA | $45: 46$ |
| Virginia Beach, VA | $46: 25$ |
| Norfolk, VA | $48: 24$ |

## 50-54 Women

## Tracksmith 5K 20:23, 10K = 42:47 Hilary Cairns - 83.13\%

Mary Davison is back and has won her first title as a grandmaster. She started in June with as overall win at the SPCA Run for Shelter 5 K in 21:21, ahead of eighth ranked Latonya Turner (22:56). On the final Sunday, she claimed the division with the fastest race, the Fort Hunt 5 K in 21:13. Runner-up Debbie Goodpasture totaled two solid wins at RRRC Cul De Sac Series 5Ks. However, she already was in place with her Thanks Dad 5K in 21:45. Third ranked Yuko Whitestone always seems a little surprised when she wins. We aren't as we have seen it happen so many times. After celebrating at the PRR Birthday Bash 5K in 22:51, (That is a big $20^{\text {th }}$ anniversary for Potomac River Running) Whitestone hammered out an impressive 22:01 at the Potomac Valley Games 5K.

Fifth place Deb Hicks showed us two wins, including the Baltimore 10M in 1:19:04. Then she improved at the Annapolis 10M to 1:17:39. Fourth ranked Heather Schaffer stood in her way, racing home in 1:17:05. Schaffer already owned a swift Red White N Brew 5 K in 22:13. Sixth place Cathy Ross was third overall at the fifth Bishop Tuesday Night 5K in 22:23. Julie Sapper joined the division with the Scotland Juneteenth 5 K in 22:31 to take seventh place.

## National Class times $(80 \%)=42: 5010 \mathrm{~K}$ at age 50 , other distances can be higher

 or lower. Older ages in the division will be higher.World Class status $(90 \%)=38: 0410 \mathrm{~K}$ at age 50 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| $\mathbf{1}$ | Davison, Mary** | $\mathbf{5 0}$ | Bristow, VA | $\mathbf{4 4 : 1 0}$ | $\mathbf{7 7 . 8 5 \%}$ |
| 2 | Goodpasture, Debbie*** $^{2}$ | 54 | Midlothian, VA | $45: 17$ |  |
| 3 | Whitestone, Yuko**** | 51 | Fairfax, VA | $45: 50$ |  |
| 4 | Schaffer, Heather | 52 | Potomac Falls, VA | $46: 15$ |  |
| 5 | Hicks, Deb** | 50 | Catonsville, MD | $46: 40$ |  |
| 6 | Ross, Cathy** | 52 | Burke, VA | $46: 36$ |  |
| 7 | Sapper, Julie** | 50 | Rockville, MD | $46: 53$ |  |
| 8 | Turner, Latonya** | 51 | Fredericksburg, VA | $47: 45$ |  |
| 9 | Weaver, Faye | 50 | Ellicott City, MD | $48: 31$ |  |
| 10 | Diaz, Maria*** | 50 | Alexandria, VA | $48: 24$ |  |


| 11 | Kircher, Roxanne* | 50 | New Market, MD | $48: 27$ |
| :--- | :--- | :--- | :--- | :--- |
| 12 | Kelly, Kirsten*** | 53 | Virginia Beach, VA | $48: 41$ |
| 13 | Hoenig, Katherine*** | 54 | South Riding, VA | $49: 10$ |
| 14 | Ramsey, Nicole*** | 51 | Salem, VA | $50: 13$ |
| 15 | Winfield, Shannon | 53 | Chesapeake, VA | $50: 41$ |
| 16 | Heinrichs, Jane | 54 | Chevy Chase, MD | $50: 56$ |

## 55-59 Women

## Elizabeth River Run 10K 43:58

The Pony Pasture was short this year by how much we do not know. We cannot use the time but we used it as a second qualifier for those who needed one. Karen Parry's other event was the Ashland Half Marathon in 1:38:25. That will land her in the runner-up spot for the summer. Also, it will give our champion Deelyn Robison a reason not to rest on her laurels. She did display some mighty fine laurels, owning six of the top eight times. She defeated third ranked Marjorie Friedichs with her the third best 5K, the Super Heroes 5K, 21:39 to 22:29, as third overall. As second overall, she displayed her talents at her best 8 K , the Furever Home 8 K , in $34: 46$. Not forgetting that Friedichs is capable and indeed has upset her, she laid down the hammer with the division's best event, winning top master at the Elizabeth River Run 10K in 43:58 ahead of Friedichs (45:23).

Fourth ranked Teri Welch won six times but none faster than her Casey Cares 5K in 22:21 where she finished second overall. Fifth ranked Tammy Liu was not too shabby winning the HCS WDF 5K in 22:32. Shannon Smith enjoys a Park Run or two, winning it all at the Fletcher's Cove Park Run 5K in 23:01. She was top three at a minimum in four of her five events. At the DCRRC AgeHandicapped 4 Mile where runners start based on age, she won it all in 30:07, earning her sixth place.

Seventh ranked Deb Jockin was third overall at the SPCA Run for Shelter 5K in 22:42. Eighth place Ann Fraker possessed the fastest 10 Miler, winning at the Annapolis 10 Mile in 1:18:53. Luz Blakney was ninth, winning at the PRR Birthday Bash 5 K in 22:50. Tenth ranked Ruth Taylor won the Bel Air Town Run 5 K in 22:59 before going down under to race at the Sydney Marathon.

There were twenty-three qualifiers in the division.
National Class times $(80 \%)=45: 3310 \mathrm{~K}$ at age 55, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=40: 29$ 10K at age 55, other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Robinson, Deelyn*6 | 57 | Williamsburg, VA | $43: 58$ | $85.03 \%$ |


| 2 | Parry, Karen** | 55 | Richmond, VA | $44: 28$ | $80.12 \%$ |
| ---: | :--- | :--- | :--- | :--- | :--- |
| 3 | Friedrichs, Marjorie** | 56 | Williamsburg, VA | $45: 23$ |  |
| 4 | Welsh, Teri*6 | 55 | Timonium, MD | $46: 32$ |  |
| 5 | Liu, Tammy* | 56 | Ellicott City, MD | $46: 55$ |  |
| 6 | Smith, Shannon***** | 57 | Washington, DC | $47: 01$ |  |
| 7 | Jockin, Deb*** | 57 | Fredericksburg, VA | $47: 16$ |  |
| 8 | Fraker, Ann** | 57 | Stevenson, MD | $47: 24$ |  |
| 9 | Blakney, Luz** | 55 | Oak Hill, VA | $47: 32$ |  |
| 10 | Taylor, Ruth*** | 55 | Jefferson, MD | $47: 51$ |  |
| 11 | Sachs, Amy | 59 | Ellicott City, MD | $48: 51$ |  |
| 12 | Kopacz, Margaret** | 58 | Chesapeake, VA | $49: 31$ |  |
| 13 | Glueck, Connie** | 59 | Williamsburg, VA | $49: 29$ |  |
| 14 | Demaree, Marsha | 58 | Marriottsville, MD | $49: 37$ |  |
| 15 | Arbaugh, Tonna | 55 | Westminster, MD | $50: 11$ |  |
| 16 | Waterman, Paige* | 56 | Bethesda, MD | $50: 02$ |  |
| 17 | Clark, Caren** | 55 | Frederick, MD | $50: 04$ |  |
| 18 | Zampolin, Katherine*** | 58 | Richmond, VA | $50: 19$ |  |
| 19 | Leber, Andrea* | 58 | Virginia Beach, VA | $50: 21$ |  |
| 20 | Takakusaki, Yuko***** | 55 | Arlington, VA | $50: 28$ |  |
| 21 | Simon, Sandi | 56 | Perry Hall, MD | $50: 32$ |  |
| 22 | Siddique, Nadrat* | 55 | Ellicott City, MD | $51: 55$ |  |
| 23 | Hergan, Holly** | 56 | Westminster, MD | $52: 11$ |  |
| 24 | Lockard, Sam* | 55 | Annapolis, MD | $52: 58$ |  |

## 60-64 Women

Tracksmith 5K 21:01, 10K = 43:45
Cindy Conant raced somewhat lightly this summer. In mid-July she started with a heavy-handed 25:10 at the local Kensington Park Run 5K. Oh wait, she ran the Matthew Henson 5K in Silver Spring in 22:23 at 8:00 a.m. before hurrying home for a cool down run at the Park Run 5K that started at 9:00 a.m. The following week, she went to her "other" Park Run, the one in College Park, and won it all in 21:12. Mid-week following, she discovered the elite Tracksmith 5K and capped her title with a brilliant 21:01. (Note already in mid-September she raced in the world class field at the Philadelphia Distance Run Half Marathon, stunning her division with an excellent 1:30:27.

Runner-up and former champion Kendall Tata was stellar as well, owning the next three best events. In July, she produced her fastest 5 K at the Kiwanis Club Independence Day 5K in 22:25. She ended her season winning at the all-women Charlottesville 4 Miler in 29:16. As July waned, Margaret Kuhn laid down the fastest half at the challenging Riley's Rumble Half Marathon in 1:49:41. Seventh ranked Martha Wright ran the Ashland Half Marathon in 1:50:30. Eighth ranked

Suzanne Porter who seems to run, and win, every half marathon that Bishop Events puts on, ran a very credible Carderock Charge Half Marathon in 1:52:14.

Lynn Case won her bid for fourth place at the Annapolis 10 Miler in 1:21:18 behind the aforementioned Kuhn (1:18:42). Sixth ranked former champion Jill Snyder won four events including the Dawson's Father's Day 10K in 49:08 but was fourth at Annapolis in 1:22:44. Case would add a win at the Baltimore 10M in 1:23:38. Karen Manos tried the new Chartway 10M in 1:21:39 though she eschewed the Chartway 5K run the day before. She did win at the PRR Birthday Bash 5 K in 23:33 to cement her standing in fifth place. Twelfth ranked Sushila Nanda was next in 24:55.

Kelly Dworak won it at the Westminster WDF 5K in 24:05 to take ninth place. Tenth ranked Kathy Cea spent the summer competing with Beverly Black at the ten-week Frederick Steeplechasers decathlon series track meet. Black, with ten events, was that champion, while Cea with seven events finished third. They celebrated at the iconic Krumpe's Donut Alley Rally 5K in mid-August with Cea prevailing in a close one, $24: 35$ to $24: 43$, sending Black to eleventh place.

There were forty-one qualifiers as the second largest division.
National Class times $(80 \%)=48: 36$ 10K at age 60, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=43: 1210 \mathrm{~K}$ at age 60 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | :--- | ---: |
| 1 | Conant, Cindy**** | 62 | Kensington, MD | $43: 45$ | $90.40 \%$ |
| 2 | Tata, Kendall*** | 60 | Stanardsville, VA | $46: 40$ | $82.68 \%$ |
| 3 | Kuhn, Margaret*** | 61 | Riverdale, MD | $47: 18$ |  |
| 4 | Case, Lynn* | 63 | Silver Spring, MD | $48: 51$ |  |
| 5 | Manos, Karen*** | 63 | Clifton, VA | $49: 02$ |  |
| 6 | Snyder, Jill**** | 62 | Annapolis, MD | $49: 08$ |  |
| 7 | Wright, Martha**** | 62 | Richmond, VA | $49: 49$ |  |
| 8 | Porter, Suzanne***** | 62 | Reston, VA | $50: 10$ |  |
| 9 | Dworak, Kelly*** | 61 | Carlisle, PA | $50: 08$ |  |
| 10 | Cea, Kathy**** | 63 | Gaithersburg, MD | $51: 11$ |  |
| 11 | Black, Beverly***** | 63 | Fairfield, PA | $51: 29$ |  |
| 12 | Nanda, Sushila***** | 62 | Arlington, VA | $51: 57$ |  |
| 13 | Sheets, Susan* | 61 | Virginia Beach, VA | $51: 47$ |  |
| 14 | Newman, Linda* | 61 | Glen Allen, VA | $52: 38$ |  |
| 15 | Foy Jones, Valor***** | 60 | Newport News, VA | $53: 05$ |  |
| 16 | Larkin, Mary Ellen* | 63 | Fulton, VA | $53: 41$ |  |
| 17 | Gray, Sandra*11 | 64 | Glen Allen, VA | $54: 54$ |  |
| 18 | Grillo, Jeanne* | 61 | Potomac, MD | $54: 52$ |  |


| 19 | Cornell, Pam** | 62 | Fredericksburg, VA | $54: 56$ |
| :--- | :--- | :--- | :--- | ---: |
| 20 | Blackmore, Mary Jo* | 63 | Virginia Beach, VA | $55: 04$ |
| 21 | Cooke, Jennifer | 60 | Chevy Chase, MD | $55: 06$ |
| 22 | Schaffner, Christine | 60 | Yorktown, VA | $55: 44$ |
| 23 | Hennis, Melanie**** | 60 | Portsmouth, VA | $56: 16$ |
| 24 | Smith, Miranda* | 63 | Bethesda, MD | $53: 13$ |
| 25 | Crissy, Roberta*6 | 63 | Moneta, VA | $56: 21$ |
| 26 | Miscan, Daniela* | 64 | Reston, VA | $56: 38$ |
| 27 | Chen-Mayer, Heather*8 | 60 | Garrett Park, MD | $56: 38$ |
| 28 | Horstmann, Laurie* | 63 | Centreville, VA | $56: 48$ |
| 29 | Burrell, Linda | 64 | Derwood, MD | $57: 06$ |
| 30 | Sipocz, Patricia | 60 | Sykesville, MD | $57: 03$ |
| 31 | Cooper, Nena** | 63 | Abingdon, VA | $58: 12$ |
| 32 | Bennett, Helen | 62 | Chester, MD | $58: 52$ |
| 33 | McConaughey, Robin | 61 | Myersville, MD | $58: 45$ |
| 34 | Remy, Carol*** | 62 | Westminster, MD | $59: 19$ |
| 35 | Williams, Sharon | 60 | Richmond, VA | $59: 37$ |
| 36 | Duffy, Clare | 60 | Ellicott City, MD | $1: 00: 24$ |
| 37 | Johnson, Patricia | 64 | Culpeper, VA | $1: 00: 31$ |
| 38 | Salasin, Roseann | 63 | Richmond, VA | $1: 00: 48$ |
| 39 | Gasparini, Joanne | 62 | Monkton, MD | $1: 01: 09$ |
| 40 | Williams, Christine** | 61 | Poquoson, VA | $1: 01: 11$ |
| 41 | Haddad, Diana | 62 | Bethesda, MD | $1: 01: 33$ |

## 65-69 Women

Baltimore 10 Miler 1:25:12, 10K = 51:12
Angela Cason took over ownership of the division as easy as one, two, three.
Week one she dominated at the Baltimore 10M in 1:25:12. Fourth ranked Janice Uthe was the next fastest 10 miler, (at that race) in 1:38:51. Few qualifiers ran that distance and Uthe was the only one to tackle Annapolis as well, where she was second again, this time in 1:39:25. Cason ran her third fastest race, winning the Sud \& Soles 5K in 24:58. In July, she improved to 24:40 at the Autism Speaks 5K. Runner-up Marie Shay was undefeated in her four events that included three of the next four best races. Her third best race, the Kingswood Klam 5 K in 25:55, started the season and looked good until third ranked Nancy Hill bolted past her with a fine 25:17 at the Independence Day 5 K to start July. Shay waited patiently until Labor Day weekend before slipping back into the runner-up spot for good, racing the Elizabeth River Run 10K in 52:31. Eighth ranked Jean Phelan was next at that venue in 58:02.

Uthe fared much better at the 5 K , winning three with her best at the PGRC WDF 5 K , though she did lose to seventh ranked Eleanor Simonsick at the Baltimore

Women's Classic 5K 27:36. Simonsick (27:08) also bested fifth ranked former champion Donna Lewis (27:46). In days of yore, Simonsick was the two-time Annapolis 10M overall winner with a record time of $56: 12$. Uthe earned her placement with her best of two 10Ks, the Dawson's Father's Day 10K in 54:19. Lewis claims her spot by beating tenth ranked Lydia Johnson at the Bel Air Town Run 5K, 26:10 to 27:44. Prolific racer and former champion Mary Lowe Mayhugh took gold eight times and was best at the Bishop Tuesday Night 5K \#5 in 26:49 to slip into seventh place.

Phelan raced a fine YMCA Independence Day 5K in 27:05 to stay ahead of ninth ranked Susan Aaronson who was best at the DCRRC Bluemont 5K in 27:25 as well as former champion Ida Draim who was at Bluemont too, finishing in 27:52 to earn eleventh place. Twelfth ranked Carol Hansen-Vessa produced seven wins bouncing back from home (Williamsburg) and former home (Reston). This time her race in Reston was tops as she won the Run with Dad 5K in 27:56 to cap the top dozen.

Numbers are looking strong with forty-six runners qualified for the division, the largest of all divisions.

## National Class times (80\%) = 52:08 10K at age 65, other distances can be higher or lower. Older ages in the division will be higher. <br> World Class status $(90 \%)=46: 2010 \mathrm{~K}$ at age 65 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Cason, Angela*** | 66 | Damascus, MD | $51: 12$ | $81.08 \%$ |
| 2 | Shay, Marie*** | 67 | Williamsburg, VA | $52: 31$ |  |
| 3 | Hill, Nancy** | 65 | Havre De Grace, MD | $52: 38$ |  |
| 4 | Uthe, Janice** | 67 | Bowie, MD | $54: 19$ |  |
| 5 | Lewis, Donna* | 68 | Bel Air, MD | $54: 29$ |  |
| 6 | Mayhugh, Mary Lowe*8 | 67 | Washington, DC | $55: 50$ |  |
| 7 | Simonsick, Eleanor* | 65 | Baltimore, MD | $56: 29$ |  |
| 8 | Phelan, Jean | 67 | Virginia Beach, VA | $56: 44$ |  |
| 9 | Aaronson, Susan** | 69 | Arlington, VA | $57: 05$ |  |
| 10 | Johnson, Lydia | 69 | Bel Air, MD | $57: 44$ |  |
| 11 | Draim, Ida*6 | 67 | Alexandria, VA | $58: 01$ |  |
| 12 | Hansen-Vessa, Carol*7 | 69 | Williamsburg, VA | $58: 09$ |  |
| 13 | Peck, Leigh** | 66 | Lutherville, MD | $58: 34$ |  |
| 14 | Cohen, Deborah* | 66 | Columbia, MD | $59: 01$ |  |
| 15 | Byerley, Marcia*16 | 65 | Woodbridge, VA | $59: 51$ |  |
| 16 | Craney, Karen* | 67 | North Potomac, MD | $1: 00: 58$ |  |
| 17 | Renardy, Yuriko* | 68 | Blacksburg, VA | $1: 01: 04$ |  |
| 18 | Newton, Frances* | 69 | Henrico, VA | $1: 01: 23$ | $1: 01: 36$ |


| 20 | Friedland, Marie | 68 | Annapolis, MD | $1: 01: 38$ |
| :--- | :--- | :--- | :--- | :--- |
| 21 | Winter, Caryl* | 66 | Columbia, MD | $1: 02: 05$ |
| 22 | Biermann, Gail | 65 | Virginia Beach, VA | $1: 02: 15$ |
| 23 | Pillow, Patrice | 65 | Glen Allen, VA | $1: 02: 57$ |
| 24 | Heflin, Anne | 65 | Clifton, VA | $1: 03: 09$ |
| 25 | Washington, Myra | 66 | Montgomery Village, MD | $1: 03: 45$ |
| 26 | Warnacut, Joyce*** | 67 | Locust Grove, VA | $1: 03: 57$ |
| 27 | Ashlock, Joyce | 68 | Nottingham, VA | $1: 04: 24$ |
| 28 | Kroll, Aileen*6 | 67 | College Park, MD | $1: 04: 20$ |
| 29 | Myers, Elizabeth** | 68 | Westminster, MD | $1: 04: 36$ |
| 30 | Downing, Carol | 67 | Monkton, MD | $1: 04: 47$ |
| 31 | Stephens, Shirley | 66 | Williamsburg, VA | $1: 05: 08$ |
| 32 | Ganoe, Thea* | 65 | Hampton, VA | $1: 05: 35$ |
| 33 | Taylor, Kathi* | 66 | Glen Allen, VA | $1: 05: 28$ |
| 34 | Fenwick, Patti | 65 | Hydes, MD | $1: 06: 35$ |
| 35 | Langweil, Irene | 65 | Riva, MD | $1: 08: 41$ |
| 36 | Kohinke, Anne | 69 | Salem, VA | $1: 06: 58$ |
| 37 | Strite, Diane | 66 | Reston, VA | $1: 09: 37$ |
| 38 | Eberhard, Dawn* | 69 | Richmond, VA | $1: 09: 44$ |
| 39 | Frazho, Leslie* | 69 | Henrico, VA | $1: 10: 16$ |
| 40 | Judkins, Judith | 66 | Jessup, MD | $1: 10: 41$ |
| 41 | Wimer, Ruth***** | 69 | Washington, DC | $1: 10: 51$ |
| 42 | Wilson, Cristi | 68 | Henrico, VA | $1: 11: 10$ |
| 43 | McDonald, Terry | 67 | Baltimore, MD | $1: 11: 15$ |
| 44 | Mitchell, Michelle | 65 | Taneytown, MD | $1: 11: 48$ |
| 45 | Bender, Alice**** | 66 | Washington, DC | $1: 12: 04$ |
| 46 | Kaestner, Kimberly* | 65 | Baltimore, MD | $1: 14: 13$ |

## 70-74 Women

YMCA Independence Day 5K 24:40, 10K = 51:21
Joey Hallock continued her dominance of the division with an excellent YMCA Independence Day 5K in 24:40. Runner-up Jan Barry posted two solid 5Ks, leading with the Kingswood Klam 5K in 29:25. Third ranked Lizzie Sadoff ended her season with the best of six victories at the Kentlands/Lakelands 5K in 28:42. Barry kept Sadoff at bay with a marvelous 56:52 at the Chesty Puller Memorial Twin Bridge 10K. Hallock was unbeatable, closing her season at the Elizabeth River Run 10K in 51:32 to clinch the title. Eighth ranked Patricia Travis ran 1:04:54 though her place was earned by a much faster Super Heroes 5K in 30:51.

Fourth ranked BJ Freeman is back out on the roads. She got both her races in the final weekend, racing the Chartway 5 K in 29:36 and then doing the Chartway

10M the following morning. Fifth ranked Maria Shields won the Baltimore Women's Classic 5K in 29:59 while former champion Chris Reese took on the hills of Sykesville, running the Run with the Knights 5 K in 29:27. Shields backed up her claim, winning the Annapolis ten miler, no slouch for hills, in 1:46:46. Shields was a minute slower in the 5 K from last year but four minutes faster in the 10M. Sixth place Reese would win the Pleasant Valley 4M in 40:19.

Susan Terwilliger garners eighth place with her triumph at the Downtown Sundown 5 K in 1:04:24. Travis displayed her second best 5 K at the swift Raising the Roof 5 K in 30:57. Linda Gulick surrounded these two racing two of the three RRRC Cul De Sac Series 5Ks. Her first was in 30:59, just behind Travis. Her second race was a swifter 30:34 to leap frog past them into seventh place. Claudia Wolfe earned the second fastest 8 K in the division, winning the PVTC Go Fourth 8 K in 51:3 to take tenth place. Eleventh ranked Laurie Fisher races almost exclusively at the Park Run in College Park. This summer she tried the tougher Leakin Park 5K (33:03) and the Kentlands/Lakelands 5K (32:37). Seems there is no place like home as she earned eleventh place with her best of five races in College Park (31:32).

Thirty-three runners qualified for the division.
National Class times $(80 \%)=56: 1010 \mathrm{~K}$ at age 70, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=49: 56$ 10K at age 70 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Hallock, Joey** | 70 | Virginia Beach, VA | $51: 21$ | $85.61 \%$ |
| 2 | Barry, Jan*** | 70 | Williamsburg, VA | $56: 52$ |  |
| 3 | Sadoff, Lizzie*6 | 74 | Washington, DC | $59: 45$ |  |
| 4 | Freeman, BJ* | 70 | Kensington, MD | $1: 01: 38$ |  |
| 5 | Shields, Maria*** | 72 | Davidsonville, MD | $1: 02: 26$ |  |
| 6 | Reese, Chris***** | 72 | Westminster, MD | $1: 02: 21$ |  |
| 7 | Gulick, Linda** | 71 | Richmond, VA | $1: 03: 38$ |  |
| 8 | Travis, Patricia*6 | 72 | Williamsburg, VA | $1: 04: 14$ |  |
| 9 | Terwilliger, Susan** | 72 | Blacksburg, VA | $1: 04: 24$ |  |
| 10 | Wolfe, Claudia** | 71 | Alexandria, VA | $1: 05: 31$ |  |
| 11 | Fisher, Laurie*6 | 72 | Hyattsville, MD | $1: 05: 39$ |  |
| 12 | Gullo, Martha** | 70 | Williamsburg, VA | $1: 06: 50$ |  |
| 13 | Hennes, Kathy***** | 71 | Annapolis, MD | $1: 07: 34$ |  |
| 14 | Lloyd, Maryann* | 74 | Alexandria, VA | $1: 08: 59$ |  |
| 15 | Wimer, Ruth** | 70 | Washington, DC | $1: 08: 47$ |  |
| 16 | Frazho, Leslie**** | 70 | Henrico, VA | $1: 10: 37$ |  |
| 17 | Kohinke, Anne | 70 | Salem, VA | $1: 11: 27$ |  |
| 18 | Goossens-Winter, Roswitha | 74 | Williamsburg, VA | $1: 13: 44$ |  |


| 19 | Pruitt, Susan* | 71 | Mechanicsville, VA | $1: 14: 43$ |
| :--- | :--- | :--- | :--- | :--- |
| 20 | Davis, Virginia | 73 | Suffolk, VA | $1: 15: 26$ |
| 21 | Hunt, Margaret* | 71 | Columbia, MD | $1: 16: 18$ |
| 22 | Heller, Kelly* | 70 | Rockville, MD | $1: 16: 31$ |
| 23 | Delaney, Marie*** | 74 | Severn, MD | $1: 16: 49$ |
| 24 | McClure, Doris | 74 | Baltimore, MD | $1: 19: 32$ |
| 25 | Adamo, Karen | 71 | Severna Park, MD | $1: 19: 55$ |
| 26 | Delambo, Jeri | 73 | Baltimore, MD | $1: 20: 09$ |
| 27 | Byron, Beverly* | 70 | Ellicott City, MD | $1: 20: 14$ |
| 28 | Gerber, Kathy* | 70 | Lynchburg, VA | $1: 23: 11$ |
| 29 | Walters, Wanda** | 73 | Bethesda, MD | $1: 24: 21$ |
| 30 | James, Lien** | 72 | Washington, DC | $1: 24: 23$ |
| 31 | Heidel Gontasz, Sharon | 72 | Sparrows Point, MD | $1: 24: 48$ |
| 32 | Barnes, Judith*** | 72 | College Park, MD | $1: 24: 45$ |
| 33 | Akers, Donna | 74 | Narrows, VA | $1: 24: 51$ |

## 75-79 Women

## Elizabeth River Run 10K 54:10

Betty Brothers set a tough standard when she raced the Eggleston OK 5K in 26:36. She is currently listed as the Virginia state record holder from her 27:07 net time 5K on January 1, 2022. Runner-up Alice Franks, who won in the spring, continues to improve owning six of the top nine times. On the final Saturday, she produced a fine Kentlands/Lakelands 5 K in $28: 43$, some ninety seconds faster than in 2022. The next day, Brothers filleted the division with another state record. This time she was tops at the Elizabeth River Run 10K in 54:10, upending her own record of $55: 51$ set last year. The next best 10 K came from third ranked, former champion Gretchen Bolton, albeit a tough cross-country course at the Little Bennett 10K in 1:18:05.

Franks improved close to three minutes at the Eastern County 8 K to $48: 42$. She tests herself regularly at the local Kensington Park Run 5K, racing 29:01 in July. Already in the fall, she has knocked another minute off her time. Bolton usually prefers cross-country but she registered her best race on our nation's birthday, finishing the rolling hills of the Autism Speaks 5 K in 33:13. Franks was there also, leading the way in $30: 33$. That same day further south, fourth ranked Barbara Biasi ran the Yorktown Independence Day 8K in 58:20.

Fifth ranked Christina Dodson won all three of her RRRC Cul De Sac Series 5Ks but was fastest winning the National Trails Day 5 K to start the summer in 36:01. Sixth ranked Muffet Chatterton preferred the longer races. She warmed up the second week of the summer at the Crofton Kiwanis 10K in 1:16:22. Then as August waned, she took on the always tough Annapolis 10 Miler, finishing third there in 2:10:07. Eighth ranked Clare Imholtz was the most prolific racer with
thirteen events. She laid down her best event at the PGRC WDF 5K in 38:35 but succumbed to seventh place the Ginger Smith at the MCRRC Run for the Roses $5 K, 37: 58$ to 44:23.


#### Abstract

National Class times (80\%) = 1:00:55 10K at age 75, other distances can be higher or lower. Older ages in the division will be higher. World Class status $(90 \%)=54: 0910 \mathrm{~K}$ at age 75 , other distances can be higher or lower. Older ages in the division will be higher.


| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Brothers, Betty*** | 76 | Virginia Beach, VA | $54: 10$ | $91.51 \%$ |
| 2 | Franks, Alice*6 | 75 | Rockville, MD | $59: 47$ |  |
| 3 | Bolton, Gretchen* $^{*}$ | 77 | Bethesda, MD | $1: 09: 09$ |  |
| 4 | Biasi, Barbara* $^{*}$ | 75 | Yorktown, VA | $1: 14: 05$ |  |
| 5 | Dodson, Christina**** | 76 | Henrico, VA | $1: 14: 59$ |  |
| 6 | Chatterton, Muffet* $^{*}$ | 79 | Crofton, MD | $1: 16: 22$ |  |
| 7 | Smith, Ginger* $^{*}$ | 75 | Rockville, MD | $1: 19: 03$ |  |
| 8 | Imholtz, Clare***** $^{2}$ | 76 | Beltsville, MD | $1: 20: 20$ |  |
| 9 | Triplett, Caroline** | 77 | McLean, VA | $1: 22: 46$ |  |
| 10 | Anderson, Lynn | 78 | Richmond, VA | $1: 24: 09$ |  |
| 11 | March, Sally*6 | 75 | Baltimore, MD | $1: 26: 33$ |  |
| 12 | Berger, Nancy | 78 | Hunt Valley, MD | $1: 26: 55$ |  |

## 80-84 Women

## Kensington Park Run 5K \#211 36:26, 1:15:51

Jane Chretien keeps pounding away at the Kensington Park Run 5K. The course is pretty flat with a tiny patch of cross-country but the double out and back style means changing gears a lot. The second week in June she took down the division smartly with a fine 36:26. She took ten more tries (all victories) at besting that, earning the second-best race on the final weekend in 37:37.

Oft times champion Ecris Williams who ages up this fall decided to eschew the 10 K , winning all of her four 5K races. In fact, of the 32 qualifying events, all but two were 5K races. At the women's Four Mile in Charlottesville, fourth ranked Susan Thomas (58:43) crossed the line ahead of fifth ranked Martha Sikes (1:01:42). Williams produced her best event early, winning the Run with Dad 5K in 38:07 as the third best race to take the runner-up.

Of the 23 other ladies who raced just once four more took on the massive Charlottesville 4M. The rest turned to the 5K save for three brave souls who took on the Annapolis 10 miler. The top two racers owned the top fifteen times. Third ranked Rosemary Schwartzbard has been racing at the Roosevelt Island Park Run 5K since it first began. It is the second oldest Park Run in the area after

Fletcher's Cove. Her best race on the hardest Park Run (mostly cross-country) was in 43:09.

National Class times (80\%) $=1: 06: 45$ 10K at age 80, other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=59: 2010 \mathrm{~K}$ at age 80 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | $\mathbf{1 0 K}=$ | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| $\mathbf{1}$ | Chretien, Jane*11 | $\mathbf{8 2}$ | Kensington, MD | $\mathbf{1 : 1 5 : 5 1}$ | $\mathbf{7 0 . 2 2 \%}$ |
| $\mathbf{2}$ | Williams, Ecris*** | 84 | Reston, VA | $1: 19: 22$ |  |
| $\mathbf{3}$ | Schwartzbard, Rosemary** | 81 | Arlington, VA | $1: 29: 50$ |  |
| 4 | Thomas, Susan** | 80 | Charlottesville, VA | $1: 32: 35$ |  |
| 5 | Sikes, Martha | 82 | Charlottesville, VA | $1: 33: 08$ |  |
| $\mathbf{6}$ | Dicker, Lois** | 83 | Silver Spring, MD | $1: 34: 46$ |  |
| $\mathbf{7}$ | McClellan, Bonnie*6 | 82 | College Park, MD | $1: 54: 22$ |  |
| $\mathbf{8}$ | Drewry, Maxine*** | 82 | Roanoke, VA | $2: 06: 08$ |  |

## 85-89 Women

Baltimore 10 Miler 2:43:27, 10K = 1:38:14
Last year's summer champion Ernestine Shepherd was again the only participant who ran a distance other than the standard 5 K . She must have been playing at the Baltimore Women's Classic 5 K in 59:42 that would have placed her fifth in a field of six qualifiers. Then again, perhaps she was recovering from the Baltimore 10 Miler that she ran three weeks earlier in a division winning 2:43:27. She only slowed two minutes from last year's title winner and that is rare for this division. Her Four on the Fourth 4M in 1:07:22 was the third fastest race of the division. That same morning in Culpeper, runner-up Bonnie Jo Crocker finished the Culpeper 4th of July Freedom 5K in 51:18.

Third ranked Tami Graf prefers the track meets and travels around the country to race events. This summer she took to the roads again with a 51:56 at the Park Run 5K in College Park to take third place. Fourth ranked Eileen Sequiera started the month of July celebrating at the Reedville Firecracker 5K in 59:00. The following morn, Patricia Cuff toured Montgomery Village finishing the 5 K in 59:16. Sixth ranked Dot Bennett finished the Smile for Life 5K in 1:01:10.

Janet Hughes, who won the winter and spring she did not appear in the summer. She is the only racer in this division to participate in two seasons so far in 2023.

National Class times $(80 \%)=1: 16: 40$ 10K at age 85 , other distances can be higher or lower. Older ages in the division will be higher.
World Class status $(90 \%)=1: 08: 0910 \mathrm{~K}$ at age 85 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Shepherd, Ernestine** $^{\text {AG }}$ | 87 | Baltimore, MD | $1: 38: 14$ | $68.37 \%$ |
| 2 | Crocker, Bonnie Jo* $^{*}$ | 85 | Culpeper, VA | $1: 46: 48$ |  |
| 3 | Graf, Tami* $^{*}$ | 87 | Lusby, MD | $1: 48: 08$ |  |
| 4 | Sequiera, Eileen $_{5}$ Cuff, Patricia* | 85 | Reedville, VA | $2: 02: 50$ |  |
| 6 | Bennett, Dot* $^{*}$ | 86 | Montgomery Village, MD | $2: 03: 24$ |  |
|  | 86 | Martinsville, VA | $2: 07: 21$ |  |  |

## 90 \& Older Women

Solstice Stomp 5K 1:16:26, 10K = 2:39:08

Jeanette Fairbanks came out for the Solstice Stomp 5K after nearly a decade on the sidelines. She is the twenty-fifth woman 90 and older to race since 2005. Her race would make her the eleventh fastest woman.

National Class times $(80 \%)=1: 36: 20$ 10K at age $90 ; 2: 17: 0310 \mathrm{~K}$ at age 95 , other distances can be higher or lower. Older ages in the division (s) will be higher.
World Class status $(90 \%)=1: 24: 50$ 10K at age $90 ; 2: 01: 49$ 10K at age 95 , other distances can be higher or lower. Older ages in the division will be higher.

| PI | Name | Age | Hometown | 10K= | AG\% |
| ---: | :--- | :--- | :--- | ---: | ---: |
| 1 | Fairbanks, Jeanette | 91 | Clarksville, MD | $2: 39: 08$ | $45: 29 \%$ |

## 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 in the Washington region. 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--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 get to the starting line for many minutes after the official gun start, we do allow a net time to count as one of the necessary two qualifiers to allow 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 in each of at least two of the four ranking periods. A runner can qualify for two different age groups in a year. As with the individual seasons, a runner can use a qualifying race from the elder division if it is fast enough to help qualify them for the younger division. Thus, the minimum number of races to double dip and qualify for two divisions would be six races. For example, a $60-64$ runner runs a qualifying race twice in the winter or 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. 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 10 K , and then adjusted for other distances. I believe in a constant time so that, while a runner may not make the top ten, he or she may consider himself or herself a ranked runner. My primary concern is that of believability. There should be few surprises. Competitiveness will always find a few disputes. Most runners know who they can best and who remains unbeatable. The
rankings should fairly reflect that. If you have comments and questions or would like to receive a more complete explanation of individual rankings contact me at runjames3@aol.com.

## Moreland Racing Factor

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

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

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

| Category | Race points | Major Race <br> points | Best Case <br> Race | Best Case <br> Major |
| :--- | :--- | :--- | :--- | :--- |
| Overall <br> Winner | 10 | 15 | 50 | 75 |
| $2^{\text {nd }}$ overall | 8 | 12 | 40 | 60 |
| $3^{\text {rd }}$ overall | 6 | 10 | 30 | 50 |
| $1^{\text {st }}$ AG | 5 | 8 | 25 | 40 |
| $2^{\text {nd }}$ AG | 3 | 5 | 15 | 25 |
| $3^{\text {rd }}$ AG | 2 | 3 | 10 | 15 |
| Fastest @ <br> each single <br> distance | 3 | 3 | 15 | 15 |
| Qualified <br> Runner | 1 | 1 | 5 | 5 |
| Major Race | 0 | 1 | 0 | 5 |
| $1^{\text {st }}$ master | 3 | 3 | 10 | 5 |
| $2^{\text {nd }}$ master | 2 | 2 | 5 | 25 |
| $3^{\text {rd }}$ master | 1 | 2 | 5 | 15 |
| Special <br> Awards | 1 |  | 10 |  |

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

| Each Ranked <br> runner beaten | 1 | 1 | Unlimited | unlimited |
| :--- | :--- | :--- | :--- | :--- |

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

Head-to-Head 4 race - 8 major race (points for victor, negative points against loser) 10 K Equivalent 1 (point for each second faster than opponent's best race versus their best race)
-- Additional points can be earned by prevailing over your competition in the same races or by qualifying in more than five races (especially major races).
-- Overall winners will be presumed as the 1st in the age group as well. Runners younger than 20 and older than 34 can earn overall winner points.
-- Age groups will be determined by the races' scoring system (not necessarily five-year age groups). Runners who are in the overall award category of larger races will be presumed age group winners as well. (Allowing for multiple 1sts in the age group.) For instance, at the Twilight 8 K , 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 3 M to marathon in that period. Ties give multiple runners points.
-- Each time a runner qualifies with a race, he or she will get 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 a 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 10 K are:

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

The ranking periods for the 2023 ranking year:

* Winter 2023 - November 14, 2022 - March 5, 2023
* Spring 2023 - March 6, 2023 - May 29, 2023
* Summer 2023 - May 30, 2023 - September 4, 2023
* Fall 2023 - September 5, 2023 - November 14, 2023
* Best of 2023 (November 14, 2022 through November 12, 2023) - reported March 2024


## Bold races are Major races (500 or more runners or 20\% ranked runners)

College Park Park Run \#286
Roosevelt Island Park Run 5K \#272
Kensington Park Run 5K \#210
Fletcher's Cove Parkrun 5K \#321
Leakin Park 5K \#240
Deep Run Park Run 5K \#203
Anacostia Park Run 5K \#192
Baltimore and Annapolis Trail Park Run 5K \#84
Alex Manfull Fund 5K
4 Our Freedom 5K
Little Bennett 10K
Jackson River Trail 10K
Jackson River Trail 5K
Jackson River Trail Half Marathon
Jackson River Trail Marathon
Fox Hill Community 5K
Hero Dogs 5K
Crusher Run 5K
National Trails Day 5K
Pigg Path 5K
Thundering Hooves 5K
Honor Connor 5K
Honor Connor Half Marathon
Honor Connor Quarter Marathon
Medal Madness Ninja 5K
Medal Madness Ninja 10K
Medal Madness Ninja Half Marathon
Ben Layton Memorial 5K
Friends of the National Arboretum Summer 5K Happy Tail 5K

| College Park, MD | 3-Jun-23 |
| :---: | :---: |
| Washington, DC | 3-Jun-23 |
| Kensington, MD | 3-Jun-23 |
| Washington, DC | 3-Jun-23 |
| Baltimore, MD | 3-Jun-23 |
| Richmond, VA | 3-Jun-23 |
| Washington, DC | 3-Jun-23 |
| Pasadena, MD | 3-Jun-23 |
| Washington, DC | 3-Jun-23 |
| Earlysville, VA | 3-Jun-23 |
| Clarksburg, MD | 3-Jun-23 |
| Covington, VA | 3-Jun-23 |
| Covington, VA | 3-Jun-23 |
| Covington, VA | 3-Jun-23 |
| Covington, VA | 3-Jun-23 |
| Hampton, VA | 3-Jun-23 |
| Washington, DC | 3-Jun-23 |
| Cockeysville, MD | 3-Jun-23 |
| Rice, VA | 3-Jun-23 |
| Rocky Mount, VA | 3-Jun-23 |
| Mount Airy, MD | 3-Jun-23 |
| Charles City, VA | 3-Jun-23 |
| Charles City, VA | 3-Jun-23 |
| Charles City, VA | 3-Jun-23 |
| Williamsburg, VA | 3-Jun-23 |
| Williamsburg, VA | 3-Jun-23 |
| Williamsburg, VA | 3-Jun-23 |
| Salisbury, MD | 3-Jun-23 |
| Washington, DC | 3-Jun-23 |
| Louisa, VA | 3-Jun-23 |

Clinch River 5.5K
Baltimore 10 Miler
Hope without Boundaries 5K
Kingswood Klam 5K
Goal Seekers 5K
DCRRC After the Women 5K
DCRRC WDF 5K
Dash Through the Dirt 10K
Dash Through the Dirt 5K
Dash Through the Dirt Half Marathon
Star Kid 5K
Matzohball 5K
Schechter on the Move 5K
Bel Air Town Run 5K
Taskinas Creek Half Marathon
HCS Lake Elkhorn 10K
Trailzilla 5K
The Big Run 5K
DC Front Runners Pride Run 5K
College Park Park Run \#287
Roosevelt Island Park Run 5K \#273
Kensington Park Run 5K \#211
Fletcher's Cove Parkrun 5K \#322
Leakin Park 5K \#241
Deep Run Park Run 5K \#204
Anacostia Park Run 5K \#193
Baltimore and Annapolis Trail Park Run 5K \#
Crofton Kiwanis - Team Surlis 10K Challenge
Crofton Kiwanis - Team Surlis 5K Challenge
Dad's Day 5K
Crooked Valley 5K
Crooked Valley 10K
Food for All 5K
Henderson Husky 5K
5KK Foundation
Clifton Caboose 2.9M
Smile for Life 5K
Varmint Half Marathon
Varmint 5K
Nick Adenhart 5K
Boxer Brief Battle 5K
Eggleston OK 5K
Four Seasons Run to Beat Cancer 5K
Delightfully Different 3.5M
Run for Justice 5K

| St. Paul, VA | 3-Jun-23 |
| :---: | :---: |
| Baltimore, MD | 3-Jun-23 |
| National Harbor, MD | 3-Jun-23 |
| Williamsburg, VA | 3-Jun-23 |
| Chesapeake, VA | 4-Jun-23 |
| Arlington, VA | 4-Jun-23 |
| Arlington, VA | 4-Jun-23 |
| Carderock, MD | 4-Jun-23 |
| Carderock, MD | 4-Jun-23 |
| Carderock, MD | 4-Jun-23 |
| Fairfax, VA | 4-Jun-23 |
| Ellicott City, MD | 4-Jun-23 |
| Pikesville, MD | 4-Jun-23 |
| Bel Air, MD | 4-Jun-23 |
| Williamsburg, VA | 4-Jun-23 |
| Columbia, MD | 4-Jun-23 |
| Hampton, VA | 6-Jun-23 |
| Roanoke, VA | 7-Jun-23 |
| Washington, DC | 9-Jun-23 |
| College Park, MD | 10-Jun-23 |
| Washington, DC | 10-Jun-23 |
| Kensington, MD | 10-Jun-23 |
| Washington, DC | 10-Jun-23 |
| Baltimore, MD | 10-Jun-23 |
| Richmond, VA | 10-Jun-23 |
| Washington, DC | 10-Jun-23 |
| Pasadena, MD | 10-Jun-23 |
| Crofton, MD | 10-Jun-23 |
| Crofton, MD | 10-Jun-23 |
| Baltimore, MD | 10-Jun-23 |
| Delaplane, VA | 10-Jun-23 |
| Delaplane, VA | 10-Jun-23 |
| Fredericksburg, VA | 10-Jun-23 |
| Montclair, VA | 10-Jun-23 |
| Leesburg, VA | 10-Jun-23 |
| Clifton, VA | 10-Jun-23 |
| Martinsville, VA | 10-Jun-23 |
| Burke Gardens, VA | 10-Jun-23 |
| Burke Gardens, VA | 10-Jun-23 |
| Williamsport, MD | 10-Jun-23 |
| Richmond, VA | 10-Jun-23 |
| Virginia Beach, VA | 10-Jun-23 |
| Baltimore, MD | 10-Jun-23 |
| Petersburg, VA | 10-Jun-23 |
| Danville, VA | 10-Jun-23 |


| 76 | Furever Home 8K |
| :---: | :---: |
| 77 | Furever Home 5K |
| 78 | HCS WDF 5K |
| 79 | EOD Warrior Foundation 5K |
| 80 | EOD Warrior Foundation Half Marathon |
| 81 | SPCA Run for Shelter 5K |
| 82 | Juneteenth 5K |
| 83 | Bishop Tuesday Night 5K \#3 |
| 84 | Hashawha 2.86M |
| 85 | Timberneck 5K |
| 86 | College Park Park Run \#288 |
| 87 | Roosevelt Island Park Run 5K \#274 |
| 88 | Kensington Park Run 5K \#212 |
| 89 | Fletcher's Cove Parkrun 5K \#323 |
| 90 | Losing to Live 5K |
| 91 | Leakin Park 5K \#242 |
| 92 | Deep Run Park Run 5K \#205 |
| 93 | Anacostia Park Run 5K \#194 |
| 94 | Baltimore and Annapolis Trail Park Run 5K \#87 |
| 95 | Banquet Network 5K |
| 96 | Bishop Father's Day 5K |
| 97 | Bishop Father's Day 10K |
| 98 | Summer Sun 10K |
| 99 | Summer Sun 5K |
| 100 | Suds \& Soles 5K |
| 101 | MCRRC Run for the Roses 5K |
| 102 | Summer Solstice 8K |
| 103 | Cunningham Creek Wine 5K |
| 104 | Downtown Sundown 5K |
| 105 | Run with Dad 5K |
| 106 | Semper Fi 10K |
| 107 | Semper Fi 5K |
| 108 | HCS Hammond 5K |
| 109 | HCS Hammond 10K |
| 110 | GBMC Father's Day 5K |
| 111 | Thanks Dad 5K |
| 112 | Little Washington Wine Run 5K |
| 113 | Dawson's Father's Day 10K |
| 114 | Harriot Tubman Hill 5K |
| 115 | Scotland Juneteenth 5K |
| 116 | Briede Family 5K |
| 117 | Hugh Jascourt 4M |
| 118 | Norfolk Corporate 5K |
| 119 | Trailzilla 4M |
| 120 | Tidal Basins Runs |

Furever Home 8K

Williamsburg, VA
Williamsburg, VA
Columbia, MD 11-Jun-23
Washington, DC 11-Jun-23
Washington, DC 11-Jun-23
Fredericksburg, VA 11-Jun-23
Baltimore, MD 11-Jun-23
Springfield, VA 13-Jun-23
Westminster, MD 15-Jun-23
Hayes, VA 17-Jun-23
College Park, MD 17-Jun-23
Washington, DC 17-Jun-23
Kensington, MD 17-Jun-23
Washington, DC 17-Jun-23
Annandale, VA 17-Jun-23
Baltimore, MD 17-Jun-23
Richmond, VA 17-Jun-23
Washington, DC 17-Jun-23
Pasadena, MD 17-Jun-23
Columbia, MD 17-Jun-23
Fredericksburg, VA 17-Jun-23
Fredericksburg, VA 17-Jun-23
Lorton, VA 17-Jun-23
Lorton, VA 17-Jun-23
Rockville, MD 17-Jun-23
Wheaton, MD 17-Jun-23
Walkersville, MD 17-Jun-23
Palmyra, VA 17-Jun-23
Blacksburg, VA 17-Jun-23
Reston, VA 18-Jun-23
Lorton, VA 18-Jun-23
Lorton, VA 18-Jun-23
Columbia, MD 18-Jun-23
Columbia, MD 18-Jun-23
Towson, MD 18-Jun-23
Midlothian, VA 18-Jun-23
Washington, VA 18-Jun-23
Severna Park, MD 18-Jun-23
Columbia, MD 19-Jun-23
Potomac, MD 19-Jun-23
Winchester, VA 19-Jun-23
Washington, DC 20-Jun-23
Norfolk, VA 20-Jun-23
Hampton, VA 20-Jun-23
Arlington, VA 21-Jun-23

| 121 | WRC Run with the Knights 5K |
| :--- | :--- |
| 122 | College Park Park Run \#289 |
| 123 | Roosevelt Island Park Run 5K \#275 |
| 124 | Kensington Park Run 5K \#213 |
| 125 | Fletcher's Cove Parkrun 5K \#324 |
| 126 | Leakin Park 5K \#243 |
| 127 | Deep Run Park Run 5K \#206 |
| 128 | Anacostia Park Run 5K \#195 |
| 129 | Baltimore and Annapolis Trail Park Run 5K \#88 |
| 130 | Solstice Stomp 5K |
| 131 | Run for the Wounded Half Marathon |
| 132 | Run for the Wounded 5K |
| 133 | Run for the Wounded 10K |
| 134 | Daring the Blaze 5K |
| 135 | Chesty Puller Memorial Twin Bridge 10K |
| 136 | Freedom 5K |
| 137 | Freedom Half Marathon |
| 138 | Women's Training Festival 5K |
| 139 | Baltimore Women's Classic 5K |
| 140 | Momentous Hip Hop 5K |
| 141 | Baltimore Pride 5K |
| 142 | Oakland Mills 5K |
| 143 | 1781 Brewery 5K |
| 144 | Let Freedom Ring 17.76K |
| 145 | Let Freedom Ring 7.4K |
| 146 | Leakin Park 5K \#244 |
| 147 | Deep Run Park Run 5K \#207 |
| 148 | Anacostia Park Run 5K \#196 |
| 149 | Baltimore and Annapolis Trail Park Run 5K \#89 |
| 150 | College Park Park Run \#290 |
| 151 | Roosevelt Island Park Run 5K \#276 |
| 163 | Independence Day 4 Miler |
| 164 | Montgomery Village 5K |
| 165 | Three Fox Fireworks 5K |
| 159 | Kensington Park Run 5K \#214 |
| 153 | Fletcher's Cove Parkrun 5K \#325 |
| 154 | Reedville Firecracker 5K |
| 155 | Independence Day 5K |
| 156 | Celebrate America 5K |
| 162 | Chautauqua Festival in the Park 5K |
| 153 |  |


| Sykesville, MD | 22-Jun-23 |
| :---: | :---: |
| College Park, MD | 24-Jun-23 |
| Washington, DC | 24-Jun-23 |
| Kensington, MD | 24-Jun-23 |
| Washington, DC | 24-Jun-23 |
| Baltimore, MD | 24-Jun-23 |
| Richmond, VA | 24-Jun-23 |
| Washington, DC | 24-Jun-23 |
| Pasadena, MD | 24-Jun-23 |
| Stevensville, MD | 24-Jun-23 |
| Triangle, VA | 24-Jun-23 |
| Triangle, VA | 24-Jun-23 |
| Triangle, VA | 24-Jun-23 |
| Prince Frederick, MD | 24-Jun-23 |
| West Point, VA | 24-Jun-23 |
| Washington, DC | 25-Jun-23 |
| Washington, DC | 25-Jun-23 |
| Reston, VA | 25-Jun-23 |
| Baltimore, MD | 25-Jun-23 |
| Washington, DC | 25-Jun-23 |
| Baltimore, MD | 25-Jun-23 |
| Fulton, MD | 30-Jun-23 |
| Spotsylvania, VA | 1-Jul-23 |
| Springfield, VA | 1-Jul-23 |
| Springfield, VA | 1-Jul-23 |
| Baltimore, MD | 1-Jul-23 |
| Richmond, VA | 1-Jul-23 |
| Washington, DC | 1-Jul-23 |
| Pasadena, MD | 1-Jul-23 |
| College Park, MD | 1-Jul-23 |
| Washington, DC | 1-Jul-23 |
| Kensington, MD | 1-Jul-23 |
| Washington, DC | 1-Jul-23 |
| Reedville, VA | 1-Jul-23 |
| Aberdeen, MD | 1-Jul-23 |
| Vienna | 1-Jul-23 |
| Deltaville, VA | 1-Jul-23 |
| Aldie, VA | 1-Jul-23 |
| Ashburn, VA | 1-Jul-23 |
| Moneta, VA | 1-Jul-23 |
| Wytheville, VA | 1-Jul-23 |
| Charlottesville, VA | 1-Jul-23 |
| Bel Air, MD | 2-Jul-23 |
| Gaithersburg, MD | 2-Jul-23 |
| Delaplane, VA | 2-Jul-23 |


| 166 | Claude Moore 10K |
| :--- | :--- |
| 167 | Claude Moore 5K |
| 168 | RRRC Cul De Sac Series 5K \#1 |
| 169 | Arbutus Firecracker 10K |
| 170 | Autism Speaks 5K |
| 171 | Culpeper 4th of July Freedom 5K |
| 172 | DCRRC Age-Handicapped 4 Mile |
| 173 | News Leader Firecracker 5K |
| 174 | Fireworks 5K |
| 175 | Fireworks 10K |
| 176 | Four on the Fourth 4M |
| 177 | Heritage 6K |
| 178 | Hometown Bank Four on the Fourth 4M |
| 179 | Percival's Island Five Miler |
| 180 | PVTC Go Fourth 8K |
| 181 | Race 4 the World 5K |
| 182 | Reston Firecracker 5K |
| 183 | Waldon Fitness Shawsville 5K |
| 184 | YMCA Independence Day 5K |
| 185 | Yorktown Independence Day 8K |
| 186 | Fallen Heroes 5M |
| 187 | Brandermill 7.4K |
| 188 | Francis Scott Key 6K |
| 189 | Buddy Attick 5K \#1 |
| 190 | River Hill 5K |
| 191 | Independence Day 5K |
| 192 | College Park Park Run \#297 |
| 193 | Roosevelt Island Park Run 5K \#277 |
| 194 | Kensington Park Run 5K \#215 |
| 195 | Fletcher's Cove Parkrun 5K \#326 |
| 196 | Leakin Park 5K \#245 |
| 197 | Deep Run Park Run 5K \#208 |
| 198 | Anacostia Park Run 5K \#197 |
| 199 | Baltimore and Annapolis Trail Park Run 5K \#90 |
| 200 | AS Run after the Women 5K |
| 201 | AS WDF 5K |
| 202 | John P Mayhugh Foundation 5K |
| 203 | John P Mayhugh Foundation 10K |
| 204 | John P Mayhugh Foundation Half Marathon |
| 205 | Twisted Trail 10K |
| 206 | Trailzilla 5M |
|  | Wummer Forest 5K |
| 107 |  |


| Sterling, VA | 3-Jul-23 |
| :---: | :---: |
| Sterling, VA | 3-Jul-23 |
| Richmond, VA | 3-Jul-23 |
| Arbutus, MD | 4-Jul-23 |
| Potomac, MD | 4-Jul-23 |
| Culpeper, VA | 4-Jul-23 |
| Carderock, MD | 4-Jul-23 |
| Staunton, VA | 4-Jul-23 |
| Fairfax Station, VA | 4-Jul-23 |
| Fairfax Station, VA | 4-Jul-23 |
| Towson, MD | 4-Jul-23 |
| Dundalk, MD | 4-Jul-23 |
| Roanoke, VA | 4-Jul-23 |
| Lynchburg, VA | 4-Jul-23 |
| Alexandria, VA | 4-Jul-23 |
| Columbia, MD | 4-Jul-23 |
| Reston, VA | 4-Jul-23 |
| Shawsville, VA | 4-Jul-23 |
| Virginia Beach, VA | 4-Jul-23 |
| Yorktown, VA | 4-Jul-23 |
| Fredericksburg, VA | 4-Jul-23 |
| Midlothian, VA | 4-Jul-23 |
| Union Bridge, MD | 6-Jul-23 |
| Greenbelt, MD | 6-Jul-23 |
| Clarksville, MD | 7-Jul-23 |
| Frederick, MD | 8-Jul-23 |
| College Park, MD | 8-Jul-23 |
| Washington, DC | 8-Jul-23 |
| Kensington, MD | 8-Jul-23 |
| Washington, DC | 8-Jul-23 |
| Baltimore, MD | 8-Jul-23 |
| Richmond, VA | 8-Jul-23 |
| Washington, DC | 8-Jul-23 |
| Pasadena, MD | 8-Jul-23 |
| Annapolis, MD | 8-Jul-23 |
| Annapolis, MD | 8-Jul-23 |
| Potomac, MD | 8-Jul-23 |
| Potomac, MD | 8-Jul-23 |
| Potomac, MD | 8-Jul-23 |
| Roanoke, VA | 8-Jul-23 |
| Hampton, VA | 8-Jul-23 |
| Triangle, VA | 9-Jul-23 |
| Triangle, VA | 9-Jul-23 |
| Triangle, VA | 9-Jul-23 |
| Union Mills, MD | 9-Jul-23 |


| 211 | Country Road 5K |
| :---: | :---: |
| 212 | RRRC Cul De Sac Series 5K \#2 |
| 213 | NAESP 5K |
| 214 | Bishop Tuesday Night 5k \#4 |
| 215 | Buddy Attick 5K \#2 |
| 216 | DCRRC Bastille Day 4M |
| 217 | Allen Stone Memorial 5 K |
| 218 | Matthew Henson 5K |
| 219 | Anacostia Park Run 5K \#198 |
| 220 | Kensington Park Run 5K \#216 |
| 221 | Fletcher's Cove Parkrun 5K \#327 |
| 222 | College Park Park Run \#292 |
| 223 | Roosevelt Island Park Run 5K \#278 |
| 224 | Leakin Park 5K \#246 |
| 225 | Deep Run Park Run 5K \#209 |
| 226 | Baltimore and Annapolis Trail Park Run 5K \#91 |
| 227 | Riverbend 5K |
| 228 | Riverbend 10K |
| 229 | Moonlight 5K |
| 230 | District Dash 5K |
| 231 | District Dash Half Marathon |
| 232 | Night Owl 9K |
| 233 | Robin Hood 10K |
| 234 | RRRC Cul De Sac Series 5K \#3 |
| 235 | Tidal Basins Runs |
| 236 | WRC Pleasant Valley 4M |
| 237 | Buddy Attick 3M \#3 |
| 238 | Reservoir HS 5K |
| 239 | College Park Park Run \#293 |
| 240 | Roosevelt Island Park Run 5K \#279 |
| 241 | Kensington Park Run 5K \#217 |
| 242 | Fletcher's Cove Parkrun 5K \#328 |
| 243 | Leakin Park 5K \#247 |
| 244 | Deep Run Park Run 5K \#210 |
| 245 | Anacostia Park Run 5K \#199 |
| 246 | Baltimore and Annapolis Trail Park Run 5K \#92 |
| 247 | Explore the Shore 5K |
| 248 | Explore the Shore 10K |
| 249 | Run for the Pie 10K |
| 250 | Freedom Fighters 5K |
| 251 | Freedom Fighters 10K |
| 252 | Freedom Fighters Half Marathon |
| 253 | PRR Birthday Bash 5K |
| 254 | BRRC Lady Distance Festival 5K |
| 255 | DCRRC Bluemont 5K |


| Dickerson, MD | 9-Jul-23 |
| :---: | :---: |
| Richmond, VA | 10-Jul-23 |
| National Harbor, MD | 10-Jul-23 |
| Reston, VA | 11-Jul-23 |
| Greenbelt, MD | 13-Jul-23 |
| Washington, DC | 14-Jul-23 |
| Virginia Beach, VA | 15-Jul-23 |
| Silver Spring, MD | 15-Jul-23 |
| Washington, DC | 15-Jul-23 |
| Kensington, MD | 15-Jul-23 |
| Washington, DC | 15-Jul-23 |
| College Park, MD | 15-Jul-23 |
| Washington, DC | 15-Jul-23 |
| Baltimore, MD | 15-Jul-23 |
| Richmond, VA | 15-Jul-23 |
| Pasadena, MD | 15-Jul-23 |
| Great Falls, VA | 15-Jul-23 |
| Great Falls, VA | 15-Jul-23 |
| Bel Air, MD | 15-Jul-23 |
| Washington, DC | 16-Jul-23 |
| Washington, DC | 16-Jul-23 |
| Williamsburg, VA | 15-Jul-23 |
| Havre de Grace, MD | 16-Jul-23 |
| Richmond, VA | 17-Jul-23 |
| Arlington, VA | 19-Jul-23 |
| Westminster, MD | 20-Jul-23 |
| Greenbelt, MD | 20-Jul-23 |
| Columbia, MD | 21-Jul-23 |
| College Park, MD | 22-Jul-23 |
| Washington, DC | 22-Jul-23 |
| Kensington, MD | 22-Jul-23 |
| Washington, DC | 22-Jul-23 |
| Baltimore, MD | 22-Jul-23 |
| Richmond, VA | 22-Jul-23 |
| Washington, DC | 22-Jul-23 |
| Pasadena, MD | 22-Jul-23 |
| Colonial Beach, VA | 22-Jul-23 |
| Colonial Beach, VA | 22-Jul-23 |
| Mountaindale, MD | 22-Jul-23 |
| Triangle, VA | 23-Jul-23 |
| Triangle, VA | 23-Jul-23 |
| Triangle, VA | 23-Jul-23 |
| Fairfax, VA | 23-Jul-23 |
| Parkville, MD | 23-Jul-23 |
| Arlington, VA | 26-Jul-23 |


| 256 | Buddy Attick 3M \#4 |
| :---: | :---: |
| 257 | Tracksmith 5K |
| 258 | College Park Park Run \#294 |
| 259 | Roosevelt Island Park Run 5K \#280 |
| 260 | Kensington Park Run 5K \#218 |
| 261 | Fletcher's Cove Parkrun 5K \#329 |
| 262 | Leakin Park 5K \#248 |
| 263 | Deep Run Park Run 5K \#211 |
| 264 | Anacostia Park Run 5K \#200 |
| 265 | Baltimore and Annapolis Trail Park Run 5K \#93 |
| 266 | EOD Warrior 5K |
| 267 | EOD Warrior 10K |
| 268 | Mental Health 5K |
| 269 | Pony Pasture 2.5M |
| 270 | Mel Williams Memorial Scholarship 5K |
| 271 | Riley's Rumble Half Marathon |
| 272 | Summer Georgetown 10K |
| 273 | Summer Georgetown 5K |
| 274 | Summer Georgetown Half Marathon |
| 275 | Valkyrie 5K |
| 276 | Tom Ray Memorial 5M |
| 277 | Runnymeade 8K |
| 278 | Buddy Attick 3M \#5 |
| 279 | College Park Park Run \#295 |
| 280 | Roosevelt Island Park Run 5K \#281 |
| 281 | Kensington Park Run 5K \#219 |
| 282 | Fletcher's Cove Parkrun 5K \#330 |
| 283 | Leakin Park 5K \#249 |
| 284 | Deep Run Park Run 5K \#212 |
| 285 | Anacostia Park Run 5K \#201 |
| 286 | Baltimore and Annapolis Trail Park Run 5K \#94 |
| 287 | 3 H Trail Half Marathon |
| 288 | Semper Fi 5K |
| 289 | Semper Fi 10K |
| 290 | Coast Guard Day 5K |
| 291 | FSC WDF 5K |
| 292 | Railroad Days 5K |
| 293 | Casey Cares 5K |
| 294 | Neon Nights 5K |
| 295 | AS Dog Days 8K |
| 296 | Steve Thompson 8K |
| 297 | Ellicott City 10K |
| 298 | Ellicott City 5K |
| 299 | Bishop Tuesday Night 5K \#5 |
| 300 | Lake Matoaka 4.3 Mile Trail Challenge |

274

Buddy Attick 3M \#4
Tracksmith 5K
College Park Park Run \#294
Roosevelt Island Park Run 5K \#280
Kensington Park Run 5K \#218
Fletcher's Cove Parkrun 5K \#329
Leakin Park 5K \#248
Deep Run Park Run 5K \#211
Anacostia Park Run 5K \#200
Baltimore and Annapolis Trail Park Run 5K \#93
EOD Warrior 5K
EOD Warrior 10K
Mental Health 5K
Pony Pasture 2.5M
Mel Williams Memorial Scholarship 5K
Riley's Rumble Half Marathon
Summer Georgetown 10K
Summer Georgetown 5K
Summer Georgetown Half Marathon
Valkyrie 5K
Tom Ray Memorial 5M
Runnymeade 8K
Buddy Attick 3M \#5
College Park Park Run \#295
Roosevelt Island Park Run 5K \#281
Kensington Park Run 5K \#219
Fletcher's Cove Parkrun 5K \#330
Leakin Park 5K \#249
Deep Run Park Run 5K \#212
Anacostia Park Run 5K \#201
Baltimore and Annapolis Trail Park Run 5K \#94
3 H Trail Half Marathon
Semper Fi 5K
Semper Fi 10K
Coast Guard Day 5K
FSC WDF 5K
Railroad Days 5K
Casey Cares 5K
Neon Nights 5K
AS Dog Days 8 K
Steve Thompson 8K
Ellicott City 10K
Ellicott City 5K
Bishop Tuesday Night 5K \#5
Lake Matoaka 4.3 Mile Trail Challenge

| Greenbelt, MD | 27-Jul-23 |
| :---: | :---: |
| Washington, DC | 28-Jul-23 |
| College Park, MD | 29-Jul-23 |
| Washington, DC | 29-Jul-23 |
| Kensington, MD | 29-Jul-23 |
| Washington, DC | 29-Jul-23 |
| Baltimore, MD | 29-Jul-23 |
| Richmond, VA | 29-Jul-23 |
| Washington, DC | 29-Jul-23 |
| Pasadena, MD | 29-Jul-23 |
| Reston, VA | 29-Jul-23 |
| Reston, VA | 29-Jul-23 |
| Wheaton, MD | 29-Jul-23 |
| Richmond, VA | 29-Jul-23 |
| Norfolk, VA | 29-Jul-23 |
| Poolesville, MD | 30-Jul-23 |
| Washington, DC | 30-Jul-23 |
| Washington, DC | 30-Jul-23 |
| Washington, DC | 30-Jul-23 |
| Bel Air, MD | 30-Jul-23 |
| Newport News, VA | 1-Aug-23 |
| Westminster, MD | 3-Aug-23 |
| Greenbelt, MD | 3-Aug-23 |
| College Park, MD | 5-Aug-23 |
| Washington, DC | 5-Aug-23 |
| Kensington, MD | 5-Aug-23 |
| Washington, DC | 5-Aug-23 |
| Baltimore, MD | 5-Aug-23 |
| Richmond, VA | 5-Aug-23 |
| Washington, DC | 5-Aug-23 |
| Pasadena, MD | 5-Aug-23 |
| King George, VA | 5-Aug-23 |
| Falmouth, VA | 5-Aug-23 |
| Falmouth, VA | 5-Aug-23 |
| Yorktown, VA | 5-Aug-23 |
| Frederick, MD | 5-Aug-23 |
| Appalachia, VA | 5-Aug-23 |
| Baltimore, MD | 5-Aug-23 |
| Saint Leonard, MD | 5-Aug-23 |
| Arnold, MD | 6-Aug-23 |
| Springfield, VA | 6-Aug-23 |
| Ellicott City, MD | 6-Aug-23 |
| Ellicott City, MD | 6-Aug-23 |
| Reston, VA | 8-Aug-23 |
| Williamsburg, VA | 8-Aug-23 |


| 301 | Buddy Attick 3M \#6 |
| :--- | :--- |
| 302 | Howard High 5K |
| 303 | Krumpe's Donut Alley Rally 5K |
| 304 | College Park Park Run \#296 |
| 305 | Roosevelt Island Park Run 5K \#282 |
| 306 | Kensington Park Run 5K \#220 |
| 307 | Fletcher's Cove Parkrun 5K \#331 |
| 308 | Summer Fletcher's 5K |
| 309 | Summer Fletcher's 10K |
| 310 | Super Heroes 5K |
| 311 | Deep Run Park Run 5K \#213 |
| 312 | Anacostia Park Run 5K \#202 |
| 313 | Baltimore and Annapolis Trail Park Run 5K \#95 |
| 314 | Leakin Park 5K \#250 |
| 315 | ODU Monarch 5K |
| 316 | Dreaded Druid Hills 10K |
| 317 | Josephine's Village 5K |
| 318 | Devil's Den 10M |
| 319 | PGRC Fellas 5K |
| 320 | PGRC WDF 5K |
| 321 | Boordy Vineyards 5K |
| 322 | Carderock Charge 10K |
| 323 | Carderock Charge 5K |
| 324 | Carderock Charge Half Marathon |
| 325 | Groovin Woodstock 7K |
| 326 | Palantir Five for Thrive 5K |
| 327 | Jack Roberts Memorial 5K |
| 328 | DCRRC Paul Thurston 4.5M |
| 329 | Tidal Basin Runs 5K |
| 330 | DCRRC Cross Country 3M |
| 331 | Smart Smiles 5K |
| 332 | Two Virginias 5K |
| 333 | College Park Park Run \#297 |
| 334 | Roosevelt Island Park Run 5K \#283 |
| 335 | Leakin Park 5K \#251 |
| 334 | Deep Run Park Run 5K \#214 |
| 334 | Mermaid Run 5K |
| 335 | Family Fun Day 5K |
| 338 | Baltimore and Annapolis Trail Park Run 5K \#96 |
| 340 | Fensington Park Run 5K \#221 |
| 34 | TCRR Race for the Cause 5K |
| 30 |  |


| Greenbelt, MD | 10-Aug-23 |
| :---: | :---: |
| Columbia, MD | 11-Aug-23 |
| Hagerstown, MD | 11-Aug-23 |
| College Park, MD | 12-Aug-23 |
| Washington, DC | 12-Aug-23 |
| Kensington, MD | 12-Aug-23 |
| Washington, DC | 12-Aug-23 |
| Washington, DC | 12-Aug-23 |
| Washington, DC | 12-Aug-23 |
| Williamsburg, VA | 12-Aug-23 |
| Richmond, VA | 12-Aug-23 |
| Washington, DC | 12-Aug-23 |
| Pasadena, MD | 12-Aug-23 |
| Baltimore, MD | 12-Aug-23 |
| Norfolk, VA | 12-Aug-23 |
| Baltimore, MD | 12-Aug-23 |
| Charlottesville, VA | 12-Aug-23 |
| Culpeper, VA | 13-Aug-23 |
| College Park, MD | 13-Aug-23 |
| College Park, MD | 13-Aug-23 |
| Hydes, MD | 13-Aug-23 |
| Carderock, MD | 13-Aug-23 |
| Carderock, MD | 13-Aug-23 |
| Carderock, MD | 13-Aug-23 |
| Dickerson, MD | 13-Aug-23 |
| Arlington, VA | 13-Aug-23 |
| Leitersburg, MD | 14-Aug-22 |
| Burke, VA | 15-Aug-23 |
| Arlington, VA | 16-Aug-23 |
| Springfield, VA | 19-Aug-23 |
| Newport News, VA | 19-Aug-23 |
| Bluefield, VA | 19-Aug-23 |
| College Park, MD | 19-Aug-23 |
| Washington, DC | 19-Aug-23 |
| Baltimore, MD | 19-Aug-23 |
| Richmond, VA | 19-Aug-23 |
| Washington, DC | 19-Aug-23 |
| Pasadena, MD | 19-Aug-23 |
| Kensington, MD | 19-Aug-23 |
| Washington, DC | 19-Aug-23 |
| Colonial Heights, VA | 19-Aug-23 |
| Louisa, VA | 19-Aug-23 |
| Louisa, VA | 19-Aug-23 |
| Aberdeen, MD | 19-Aug-23 |
| Baltimore, MD | 19-Aug-23 |

346
347
348
349
350
351
352
353
354
355
356
357
358
359
360
361
362
363
364
365
366
367
368
389
380
369
385
370
374
389
372
372
373
374
379
375
376
377
3

FAB 5K
Gary Brown Memorial C\&O Canal 5 Miler
Raising the Roof 5K
Surfer's Healing 5K
Run Back to School 5K
Catch a Pig 5K
Summer District 5K
Summer District Half Marathon
NOVA Coaches 5K
Tracksmith 5K
College Park Park Run \#298
Roosevelt Island Park Run 5K \#284
Kensington Park Run 5K \#222
Fletcher's Cove Parkrun 5K \#333
Leakin Park 5K \#252
Deep Run Park Run 5K \#215
Anacostia Park Run 5K \#204
Baltimore and Annapolis Trail Park Run 5K \#97
Zoe's Freedom Center's 5K to End Overdose
Mason District 5K
Mason District 10K
Fort Lewis Baptist Church 5th Quarter 5K
I Believe in Me 5K
Tom Lamonica 5K
Quantico 12K
Ashland Half Marathon
Ashland 5K
Eastern County 8K
Winchester Battlefield 5K
Winchester Battlefield 10K
Winchester Battlefield Half Marathon
Southlakes 10K
Annapolis 10 Miler
Summer Strides 5K
Roosevelt Island 5K
Cobbler Mountain 10K
Cobbler Mountain 5K
Emancipation 5K
Duffield Daze 5K
Camp Bethel Pep 5K
Fletcher's Cove Parkrun 5K \#334
Leakin Park 5K \#253
Deep Run Park Run 5K \#216
Anacostia Park Run 5K \#205
Baltimore and Annapolis Trail Park Run 5K \#98

| Salem, VA | 19-Aug-23 |
| :---: | :---: |
| Williamsport, MD | 19-Aug-23 |
| Williamsburg, VA | 19-Aug-23 |
| Virginia Beach, VA | 19-Aug-23 |
| Norfolk, VA | 19-Aug-23 |
| Bel Air, MD | 20-Aug-23 |
| Washington, DC | 20-Aug-23 |
| Washington, DC | 20-Aug-23 |
| Arlington, VA | 22-Aug-23 |
| Alexandria, VA | 25-Aug-23 |
| College Park, MD | 26-Aug-23 |
| Washington, DC | 26-Aug-23 |
| Kensington, MD | 26-Aug-23 |
| Washington, DC | 26-Aug-23 |
| Baltimore, MD | 26-Aug-23 |
| Richmond, VA | 26-Aug-23 |
| Washington, DC | 26-Aug-23 |
| Pasadena, MD | 26-Aug-23 |
| Fredericksburg, VA | 26-Aug-23 |
| Annandale, VA | 26-Aug-23 |
| Annandale, VA | 26-Aug-23 |
| Salem, VA | 26-Aug-23 |
| Frederick, MD | 26-Aug-23 |
| Parkton, MD | 26-Aug-23 |
| Quantico, VA | 26-Aug-23 |
| Ashland, VA | 26-Aug-23 |
| Ashland, VA | 26-Aug-23 |
| Silver Spring, MD | 27-Aug-23 |
| Winchester, VA | 27-Aug-23 |
| Winchester, VA | 27-Aug-23 |
| Winchester, VA | 27-Aug-23 |
| Reston, VA | 27-Aug-23 |
| Annapolis, MD | 27-Aug-23 |
| Arlington, VA | 27-Aug-23 |
| Washington, DC | 31-Aug-23 |
| Delaplane, VA | 2-Sep-23 |
| Delaplane, VA | 2-Sep-23 |
| Laurel, MD | 2-Sep-23 |
| Duffield, VA | 2-Sep-23 |
| Fincastle, VA | 2-Sep-23 |
| Washington, DC | 2-Sep-23 |
| Baltimore, MD | 2-Sep-23 |
| Richmond, VA | 2-Sep-23 |
| Washington, DC | 2-Sep-23 |
| Pasadena, MD | 2-Sep-23 |


| 391 | College Park Park Run \#299 | College Park, MD | 2-Sep-23 |
| :---: | :---: | :---: | :---: |
| 392 | Roosevelt Island Park Run 5K \#285 | Washington, DC | 2-Sep-23 |
| 393 | Kensington Park Run 5K \#223 | Kensington, MD | 2-Sep-23 |
| 394 | Labor Day 5K | Ellicott City, MD | 2-Sep-23 |
| 395 | Labor Day 10K | Ellicott City, MD | 2-Sep-23 |
| 396 | Glowstick 10K | Fredericksburg, VA | 2-Sep-23 |
| 397 | Glowstick 5K | Fredericksburg, VA | 2-Sep-23 |
| 398 | Kentlands/Lakelands 5K | Gaithersburg, MD | 2-Sep-23 |
| 399 | Chartway 10M | Virginia Beach, VA | 2-Sep-23 |
| 400 | Chartway 5K | Virginia Beach, VA | 2-Sep-23 |
| 401 | Charlottesville 4 Miler | Charlottesville, VA | 2-Sep-23 |
| 402 | Donut 5K | Fairfax, VA | 3-Sep-23 |
| 403 | Elizabeth River Run 10K | Portsmouth, VA | 3-Sep-23 |
| 404 | Fort Hunt 5K | Fort Hunt, VA | 3-Sep-23 |
| 405 | Fort Hunt 10K | Fort Hunt, VA | 3-Sep-23 |
| 406 | Potomac Valley Games 5K | Alexandria, VA | 3-Sep-23 |
| 407 | Potomac Valley Games 10K | Alexandria, VA | 3-Sep-23 |
| 408 | James Monroe Yellow Jacket 5K | Fredericksburg, VA | 4-Sep-23 |
| 409 | James Monroe Yellow Jacket 10K | Fredericksburg, VA | 4-Sep-23 |
| 410 | MOCO Interfaith 5K | Boyds, MD | 4-Sep-23 |
| 411 | Labor Day Rogue 5K | Eldersburg, MD | 4-Sep-23 |

