2023 Summer Rankings

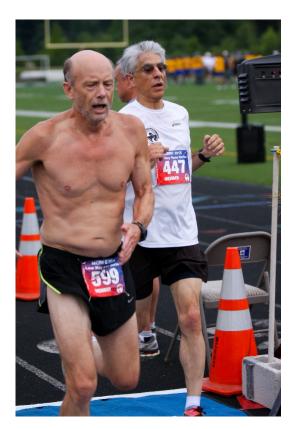
(June 03, 2023 – September 4, 2023)

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Going Green 2 Mile - August 2015



By James Moreland

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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 6th in 2:07:47, Clayton Young 7th in 2:08, and Galen Rupp 8th 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 10K though it lasted for only two days. She surrounded that with mile record (4:12:33 now second best) along with a 3:51.95 1500M 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, 1M, 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 3K 14th best all time, 4:50.01 at the 2K now the 7th best time, 3:28:68 at the 1500M the 8th 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 5K, that he is still learning, Ingebrigtsen is a distant 19th 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 (49th 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 Ranked	Total Men's qualifying	Men Ranked Races of	Total of Ranked	Total Women's qualifying	Women Ranked Races of
Division	Men	racers	qualifiers	Women	racers	qualifiers
19 & Younger	22	223	49	28	218	64
90 & older	1	1	1	1	1	1
85-89	8	41	35	6	8	6
80-84	18	115	82	8	55	32
75-79	36	175	125	12	75	45
70-74	31	143	110	33	201	121
65-69	24	132	82	46	259	173
60-64	38	217	144	41	238	154
55-59	19	106	73	24	112	70
50-54	19	86	60	16	92	46
45-49	11	54	34	13	77	45
40-44	11	72	30	13	84	39
35-39	11	63	30	25	102	60
Open	13	157	33	36	198	89
Total 2023	262	1585	888	301	1720	945
Total 2022	268	1442	903	240	1452	770

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 8K 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 5K 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 5K.

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 5K 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 10K 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 5K generates the highest age grading, while longer races such as the marathon generate the lowest. With that, a 35-year-old runner with a 5K 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=
19 and younger	00:33:24	19 and younger	00:38:01
20-34	00:33:24	20-34	00:37:55
35-39	00:33:42	35-39	00:38:11
40-44	00:34:39	40-44	00:39:03
45-49	00:36:02	45-49	00:40:34
50-54	00:37:33	50-54	00:42:50
55-59	00:39:12	55-59	00:45:33
60-64	00:41:00	60-64	00:48:36
65-69	00:42:58	65-69	00:52:08

70-74	00:45:11	70-74	00:56:10
75-79	00:48:27	75-79	01:00:55
80-84	00:53:37	80-84	01:06:45
85-89	01:01:52	85-89	01:16:40
90-90	01:15:50	90-90	01:35:26
95 and older	01:42:57	95 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

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 8K in 25:28, ahead of Hopper's 25:42. Hopper added to a second overall, the Mel Williams Memorial Scholarship 5K in 15:48 and an overall win at the Super Heroes 5K in 15:37. However, Leach was golden at the Deltaville 5K, 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 5K (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 5K, he still has young man's wheels racing a very nice second overall at the PRR Birthday Bash 5K 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%) = 33:24 10K, 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

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 8K 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 runner-up 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 5K 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*	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 Age-Handicapped 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 8K 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 5K 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%) = 33:42 10K at age 35, other distances can be higher or lower. Older ages in the division will be higher.

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

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 5K 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 5K (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 7.4K in 26:03. The odd distance is way short of the regular 8K but runs like a 36:28 10K. He also ran the Pony Pasture to victory however that race normally a 5K is closer to 2.5M 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%) = 32:02 10K 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 5K 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 5K in 18:57.

The top three earned a National Class ranking.

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

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

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	
14	Cretella, Victor*	52	New Market, MD	40:28	
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	
17 18	Frame, Richard Cole, David*	53 51	Alexandria, VA Arlington, VA	41:04 41:06	

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%) = 39:12 10K at age 55, other distances can be higher or lower. Older ages in the division will be higher.

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

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%

8	Park, Gene*	55	Kensington, MD	40:53
9	Way, John****	58	Silver Spring, MD	41:10
10	Kern, Rick	57	Frederick, MD	41:24
11	Feinberg, Michael*	59	Bel Air, MD	41:35
12	Ahearn, Daniel*	55	Washington, DC	41:35
13	Marsh, John****	59	Falls Church, VA	41:44
14	Frost, Howard***	57	Reston, VA	41:46
15	Moore, James**	56	Roanoke, VA	41:58
16	Gunson, James*	56	Richmond, VA	42:02
17	Rippey, Brad*	57	Fredericksburg, VA	42:46
18	Cassilly, John*	56	Glen Allen, VA	42:58
19	Oddono, Jim*	56	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 8K at the Furever Home 8K 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 5K in 19:13. Neff kept us in suspense until the next to last week before taking another title, running the Tracksmith 5K 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 5Ks starting with the Big Run 5K 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 5Ks. 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 5K 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 5K, 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%) = 42:59 10K at age 65, other distances can be higher or lower. Older ages in the division will be higher.

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

ΡI	Name	Age	Hometown	10K=	AG%
1	Gibson, Pete*8	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***	68	Baltimore, MD	42:58	83.01%
6	Chall, John***	66	Crownsville, MD	43:26	
7	Lutterman, Ted**	65	Potomac, MD	44:22	
8	Loomis, Bill*	69	Silver Spring, MD	45:22	

9	Pulleng, Steve*6	66	Montgomery Village, MD	46:06
10	Munyan, Frank**	65	Ashland, VA	46:36
11	Abelt, Chris*	67	Williamsburg, VA	47:13
12	Moseley, Robert	68	Annapolis, MD	47:14
13	Isaac, Luther*	69	Bowie, MD	47:29
14	Lovegrove, David*	66	Fredericksburg, VA	47:42
15	Anderson, John*	66	Westminster, MD	48:34
16	Robinson, Tom	65	Williamsburg, VA	49:08
17	Myles, Bruce*	69	Montgomery Village, MD	49:30
18	Doan, Lanny*	67	Virginia Beach, VA	49:41
19	Barry, Thomas**	65	Williamsburg, VA	49:51
20	Snyder, Jr., Richard	67	Montpelier, VA	50:00
21	Draim, Bob**	69	Alexandria, VA	51:21
22	Gordon, Kirk**	67	Glenn Dale, MD	51:31
23	Cannon, Mike*	65	Springfield, VA	52:03
24	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 5K 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 5K. 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%) = 45:11 10K at age 70, other distances can be higher or lower. Older ages in the division will be higher.

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

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 5K, 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 5K. 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 5K 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%) = 48:28 10K at age 75, other distances can be higher or lower. Older ages in the division will be higher.

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

ΡI	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 5K 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 5K 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%) = 53:37 10K at age 80, other distances can be higher or lower. Older ages in the division will be higher.

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

PI	Name	Age	Hometown	10K=	AG%
1	McEvilly, Eamonn*****	80	Springfield, VA	55:45	77.72%
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 8K 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%) = 55:00 10K 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**	85	Woodsboro, MD	1:06:01	75.36%
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%) = 1:07:34 10K at age 90; 1:31:30 10K at age 95, other distances can be higher or lower. Older ages in the division (s) will be higher.

PΙ	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 35th 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 5K 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 Roman-Duval (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%) = 37:55 10K, other distances can be higher or lower. World Class status (90%) = 33:42 10K, other distances can be higher or lower.

PI	Name	Age	Hometown	10K=	AG%
1	Labuschaigne, Laura***	27	Henrico, VA	34:57	87.98%
2	Allen, Kerry**	35	Washington, DC	36:18	85.28%
3	Wilkes, Carly*	19	Salem, VA	36:37	83.98%
4	Mildren, Robyn	32	Baltimore, MD	36:34	84.16%
5	Daniels, Natalie***	31	Fredericksburg, VA	36:44	82.58%
6	Murray, Meagan**	35	Baltimore, MD	37:18	80.32%
7	Duarte, Nilani*6	36	Fairfax, VA	37:35	82.55%
8	Zator, Sabrina**	28	Arlington, VA	37:26	82.11%
9	Staats, Anna**	24	Arlington, VA	37:41	81.58%
10	Demers, Katie*	33	Chesapeake Beach, MD	37:45	80.57%
11	Roman-Duval, Julia	41	Columbia, MD	37:58	81.37%
12	Grosenheider, Ave***	26	Richmond, VA	37:58	80.99%
13	Spector, Bethany**	34	Virginia Beach, VA	37:58	81.17%
14	Cluett, Rachel***	35	Garrett Park, MD	38:16	80.87%
15	Honeycutt, Emily***	32	Newport News, VA	38:39	
16	Wilson, Bailey	35	Washington, DC	38:44	
17	Ebert, Alisha**	31	Blacksburg, VA	38:44	
18	DeGaetano, Gina*	36	Ashburn, VA	39:00	
19	Aaron, Ekaterina	25	Norfolk, VA	38:56	
20	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 5K 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 5K 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 5K 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 5K 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

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 5K in a second overall 18:23. She also won it all at the Eastern County 8K 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 5K, 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%) = 38:11 10K at age 35, other distances can be higher or lower. Older ages in the division will be higher.

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

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**	37	Richmond, VA	41:09	
17	Wegman, Roxanne**	36	Charlottesville, VA	41:23	

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**	39	Charlottesville, VA	41:57
22	Hurson, Betsy**	37	Vienna, VA	41:59
23	Wetzel, Christie**	35	Falls Church, VA	42:18
24	Rhodes, Nici*	36	N Chesterfield, VA	42:24
25	Fields, Syreeta***	37	Fairfax, VA	43:43

40-44 Women

Annapolis 10 Miler 1:03:10, 10K = 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). Runner-up 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 5K in a second overall 19:38.

Third ranked Caroline Sanders entered the fray with a third overall News Leader Firecracker 5K 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%) = 39:03 10K at age 40, other distances can be higher or lower. Older ages in the division will be higher.

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

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 5K 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 5K 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%) = 36:03 10K at age 45, other distances can be higher or lower. Older ages in the division will be higher.

ΡI	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	

8	Dzibela, Tracey***	45	Fredericksburg, VA	44:58
9	Hill, Kim***	46	Fairfax, VA	44:52
10	Woronkowicz, Maggi**	47	Annapolis, MD	45:10
11	Gianoukos, Aimee****	47	Williamsburg, VA	45:46
12	Hicks, Julie**	47	Virginia Beach, VA	46:25
13	Brown, Cathleen**	48	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 5K 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 5K 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 20th 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 5K 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 5K in 22:31 to take seventh place.

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

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

PI	Name	Age	Hometown	10K=	AG%
1	Davison, Mary**	50	Bristow, VA	44:10	77.85%
2	Goodpasture, Debbie***	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 8K, the Furever Home 8K, 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 Age-Handicapped 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 5K in 22:50. Tenth ranked Ruth Taylor won the Bel Air Town Run 5K 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%) = 45:33 10K at age 55, other distances can be higher or lower. Older ages in the division will be higher. World Class status (90%) = 40:29 10K at age 55, other distances can be higher or lower. Older ages in the division will be higher.

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 5K 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 5K 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%) = 43:12 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	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 5K 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 5K 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 5K, winning three with her best at the PGRC WDF 5K, 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.

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

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	
19	Earley, Cynthia**	67	Richmond, VA	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 5K 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 5K 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 5K 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 5K in 1:04:24. Travis displayed her second best 5K at the swift Raising the Roof 5K 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 8K in the division, winning the PVTC Go Fourth 8K 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%) = 56:10 10K at age 70, other distances can be higher or lower. Older ages in the division will be higher. World Class status (90%) = 49:56 10K at age 70, other distances can be higher or lower. Older ages in the division will be higher.

ΡI	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 5K 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 10K 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 8K 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 5K 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 5K 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 5K, 37:58 to 44:23.

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

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

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

PΙ	Name	Age	Hometown	10K=	AG%
1	Chretien, Jane*11	82	Kensington, MD	1:15:51	70.22%
2	Williams, Ecris****	84	Reston, VA	1:19:22	
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	
6	Dicker, Lois**	83	Silver Spring, MD	1:34:46	
7	McClellan, Bonnie*6	82	College Park, MD	1:54:22	
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 5K. She must have been playing at the Baltimore Women's Classic 5K 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 5K 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%) = 1:08:09 10K at age 85, other distances can be higher or lower. Older ages in the division will be higher.

PΙ	Name	Age	Hometown	10K=	AG%
1	Shepherd, Ernestine**	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	85	Reedville, VA	2:02:50	
5	Cuff, Patricia*	86	Montgomery Village, MD	2:03:24	
6	Bennett, Dot*	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; 2:17:03 10K at age 95, other distances can be higher or lower. Older ages in the division (s) will be higher.

World Class status (90%) = 1:24:50 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.

PΙ	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 10K, 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 runjames 3@aol.com.

Moreland Racing Factor

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

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

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

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

Each Ranked	1	1	Unlimited	unlimited
runner beaten				

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

Head-to-Head 4 race - 8 major race (points for victor, negative points against loser) 10K Equivalent 1 (point for each second faster than opponent's best race versus their best race)

- -- Additional points can be earned by prevailing over your competition in the same races or by qualifying in more than five races (especially major races).
- -- Overall winners will be presumed as the 1st in the age group as well. Runners younger than 20 and older than 34 can earn overall winner points.
- -- Age groups will be determined by the races' scoring system (not necessarily five-year age groups). Runners who are in the overall award category of larger races will be presumed age group winners as well. (Allowing for multiple 1sts in the age group.) For instance, at the Twilight 8K, the top three masters in that special category are all age group winners as well as the winners in each of the individual age groups.
- -- The same applies for 2nd and 3rd in the age groups.
- -- The runners with the fastest times in individual distances will be awarded 3 points for each distance from 3M to marathon in that period. Ties give multiple runners points.
- -- Each time a runner qualifies with a race, he or she will 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 10K are:

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

The ranking periods for the 2023 ranking year:

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

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

1	College Park Park Run #286	College Park, MD	3-Jun-23
2	Roosevelt Island Park Run 5K #272	Washington, DC	3-Jun-23
3	Kensington Park Run 5K #210	Kensington, MD	3-Jun-23
4	Fletcher's Cove Parkrun 5K #321	Washington, DC	3-Jun-23
5	Leakin Park 5K #240	Baltimore, MD	3-Jun-23
6	Deep Run Park Run 5K #203	Richmond, VA	3-Jun-23
7	Anacostia Park Run 5K #192	Washington, DC	3-Jun-23
8	Baltimore and Annapolis Trail Park Run 5K #84	Pasadena, MD	3-Jun-23
9	Alex Manfull Fund 5K	Washington, DC	3-Jun-23
10	4 Our Freedom 5K	Earlysville, VA	3-Jun-23
11	Little Bennett 10K	Clarksburg, MD	3-Jun-23
12	Jackson River Trail 10K	Covington, VA	3-Jun-23
13	Jackson River Trail 5K	Covington, VA	3-Jun-23
14	Jackson River Trail Half Marathon	Covington, VA	3-Jun-23
15	Jackson River Trail Marathon	Covington, VA	3-Jun-23
16	Fox Hill Community 5K	Hampton, VA	3-Jun-23
17	Hero Dogs 5K	Washington, DC	3-Jun-23
18	Crusher Run 5K	Cockeysville, MD	3-Jun-23
19	National Trails Day 5K	Rice, VA	3-Jun-23
20	Pigg Path 5K	Rocky Mount, VA	3-Jun-23
21	Thundering Hooves 5K	Mount Airy, MD	3-Jun-23
22	Honor Connor 5K	Charles City, VA	3-Jun-23
23	Honor Connor Half Marathon	Charles City, VA	3-Jun-23
24	Honor Connor Quarter Marathon	Charles City, VA	3-Jun-23
25	Medal Madness Ninja 5K	Williamsburg, VA	3-Jun-23
26	Medal Madness Ninja 10K	Williamsburg, VA	3-Jun-23
27	Medal Madness Ninja Half Marathon	Williamsburg, VA	3-Jun-23
28	Ben Layton Memorial 5K	Salisbury, MD	3-Jun-23
29	Friends of the National Arboretum Summer 5K	Washington, DC	3-Jun-23
30	Happy Tail 5K	Louisa, VA	3-Jun-23

31	Clinch River 5.5K	St. Paul, VA	3-Jun-23
32	Baltimore 10 Miler	Baltimore, MD	3-Jun-23
33	Hope without Boundaries 5K	National Harbor, MD	3-Jun-23
34	Kingswood Klam 5K	Williamsburg, VA	3-Jun-23
35	Goal Seekers 5K	Chesapeake, VA	4-Jun-23
36	DCRRC After the Women 5K	Arlington, VA	4-Jun-23
37	DCRRC WDF 5K	Arlington, VA	4-Jun-23
38	Dash Through the Dirt 10K	Carderock, MD	4-Jun-23
39	Dash Through the Dirt 5K	Carderock, MD	4-Jun-23
40	Dash Through the Dirt Half Marathon	Carderock, MD	4-Jun-23
41	Star Kid 5K	Fairfax, VA	4-Jun-23
42	Matzohball 5K	Ellicott City, MD	4-Jun-23
43	Schechter on the Move 5K	Pikesville, MD	4-Jun-23
44	Bel Air Town Run 5K	Bel Air, MD	4-Jun-23
45	Taskinas Creek Half Marathon	Williamsburg, VA	4-Jun-23
46	HCS Lake Elkhorn 10K	Columbia, MD	4-Jun-23
47	Trailzilla 5K	Hampton, VA	6-Jun-23
48	The Big Run 5K	Roanoke, VA	7-Jun-23
49	DC Front Runners Pride Run 5K	Washington, DC	9-Jun-23
50	College Park Park Run #287	College Park, MD	10-Jun-23
51	Roosevelt Island Park Run 5K #273	Washington, DC	10-Jun-23
52	Kensington Park Run 5K #211	Kensington, MD	10-Jun-23
53	Fletcher's Cove Parkrun 5K #322	Washington, DC	10-Jun-23
54	Leakin Park 5K #241	Baltimore, MD	10-Jun-23
55	Deep Run Park Run 5K #204	Richmond, VA	10-Jun-23
56	Anacostia Park Run 5K #193	Washington, DC	10-Jun-23
57	Baltimore and Annapolis Trail Park Run 5K#	Pasadena, MD	10-Jun-23
58	Crofton Kiwanis - Team Surlis 10K Challenge	Crofton, MD	10-Jun-23
59	Crofton Kiwanis - Team Surlis 5K Challenge	Crofton, MD	10-Jun-23
60	Dad's Day 5K	Baltimore, MD	10-Jun-23
61	Crooked Valley 5K	Delaplane, VA	10-Jun-23
62	Crooked Valley 10K	Delaplane, VA	10-Jun-23
63	Food for All 5K	Fredericksburg, VA	10-Jun-23
64	Henderson Husky 5K	Montclair, VA	10-Jun-23
65	5KK Foundation	Leesburg, VA	10-Jun-23
66	Clifton Caboose 2.9M	Clifton, VA	10-Jun-23
67	Smile for Life 5K	Martinsville, VA	10-Jun-23
68	Varmint Half Marathon	Burke Gardens, VA	10-Jun-23
69	Varmint 5K	Burke Gardens, VA	10-Jun-23
70	Nick Adenhart 5K	Williamsport, MD	10-Jun-23
71	Boxer Brief Battle 5K	Richmond, VA	10-Jun-23
72	Eggleston OK 5K	Virginia Beach, VA	10-Jun-23
73	Four Seasons Run to Beat Cancer 5K	Baltimore, MD	10-Jun-23
74	Delightfully Different 3.5M	Petersburg, VA	10-Jun-23
75	Run for Justice 5K	Danville, VA	10-Jun-23

76	Furever Home 8K	Williamsburg, VA	10-Jun-23
77	Furever Home 5K	Williamsburg, VA	10-Jun-23
78	HCS WDF 5K	Columbia, MD	11-Jun-23
79	EOD Warrior Foundation 5K	Washington, DC	11-Jun-23
80	EOD Warrior Foundation Half Marathon	Washington, DC	11-Jun-23
81	SPCA Run for Shelter 5K	Fredericksburg, VA	11-Jun-23
82	Juneteenth 5K	Baltimore, MD	11-Jun-23
83	Bishop Tuesday Night 5K #3	Springfield, VA	13-Jun-23
84	Hashawha 2.86M	Westminster, MD	15-Jun-23
85	Timberneck 5K	Hayes, VA	17-Jun-23
86	College Park Park Run #288	College Park, MD	17-Jun-23
87	Roosevelt Island Park Run 5K #274	Washington, DC	17-Jun-23
88	Kensington Park Run 5K #212	Kensington, MD	17-Jun-23
89	Fletcher's Cove Parkrun 5K #323	Washington, DC	17-Jun-23
90	Losing to Live 5K	Annandale, VA	17-Jun-23
91	Leakin Park 5K #242	Baltimore, MD	17-Jun-23
92	Deep Run Park Run 5K #205	Richmond, VA	17-Jun-23
93	Anacostia Park Run 5K #194	Washington, DC	17-Jun-23
94	Baltimore and Annapolis Trail Park Run 5K #87	Pasadena, MD	17-Jun-23
95	Banquet Network 5K	Columbia, MD	17-Jun-23
96	Bishop Father's Day 5K	Fredericksburg, VA	17-Jun-23
97	Bishop Father's Day 10K	Fredericksburg, VA	17-Jun-23
98	Summer Sun 10K	Lorton, VA	17-Jun-23
99	Summer Sun 5K	Lorton, VA	17-Jun-23
100	Suds & Soles 5K	Rockville, MD	17-Jun-23
101	MCRRC Run for the Roses 5K	Wheaton, MD	17-Jun-23
102	Summer Solstice 8K	Walkersville, MD	17-Jun-23
103	Cunningham Creek Wine 5K	Palmyra, VA	17-Jun-23
104	Downtown Sundown 5K	Blacksburg, VA	17-Jun-23
105	Run with Dad 5K	Reston, VA	18-Jun-23
106	Semper Fi 10K	Lorton, VA	18-Jun-23
107	Semper Fi 5K	Lorton, VA	18-Jun-23
108	HCS Hammond 5K	Columbia, MD	18-Jun-23
109	HCS Hammond 10K	Columbia, MD	18-Jun-23
110	GBMC Father's Day 5K	Towson, MD	18-Jun-23
111	Thanks Dad 5K	Midlothian, VA	18-Jun-23
112	Little Washington Wine Run 5K	Washington, VA	18-Jun-23
113	Dawson's Father's Day 10K	Severna Park, MD	18-Jun-23
114	Harriot Tubman Hill 5K	Columbia, MD	19-Jun-23
115	Scotland Juneteenth 5K	Potomac, MD	19-Jun-23
116	Briede Family 5K	Winchester, VA	19-Jun-23
117	Hugh Jascourt 4M	Washington, DC	20-Jun-23
118	Norfolk Corporate 5K	Norfolk, VA	20-Jun-23
119	Trailzilla 4M	Hampton, VA	20-Jun-23
120	Tidal Basins Runs	Arlington, VA	21-Jun-23

121 WRC kun with the Knights Sr. Sykesville, MD 22-Jun-23 122 College Park Park Run #289 College Park, MD 24-Jun-23 123 Roosevelt Island Park Run 5K #213 Kensington, MD 24-Jun-23 125 Fletcher's Cove Parkrun 5K #324 Washington, DC 24-Jun-23 126 Leakin Park 5K #243 Baltimore, MD 24-Jun-23 127 Deep Run Park Run 5K #195 Washington, DC 24-Jun-23 128 Anacostia Park Run 5K #195 Washington, DC 24-Jun-23 130 Solstice Stomp 5K Stevensville, MD 24-Jun-23 131 Run for the Wounded Half Marathon Triangle, VA 24-Jun-23 132 Run for the Wounded 5K Triangle, VA 24-Jun-23 133 Run for the Wounded 10K Triangle, VA 24-Jun-23 135 Chesty Puller Memorial Twin Bridge 10K West Point, VA 24-Jun-23 136 Freedom 5K Prince Frederick, MD 24-Jun-23 137 Freedom Half Marathon Washington, DC 25-Jun-23 138 Women's Training Festival 5K Reston, VA 25-Jun-23 139 Baltimore Women's Classic 5K Baltimore, MD 25-Jun-23 140 Momentous Hij	101	WDO D III II IV I IV	0 31 MD	00 1 00
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Fletcher's Cove Parkrun 5K #325 Reedville Firecracker 5K Reedville, VA 1-Jul-23 155 Independence Day 5K Aberdeen, MD 1-Jul-23 156 Celebrate America 5K Vienna 1-Jul-23 157 Deltaville 5K Deltaville, VA 1-Jul-23 158 Red, White, and Run 5K Aldie, VA 1-Jul-23 159 Red White N Brew 5K Ashburn, VA 1-Jul-23 160 Beastlake 5K Moneta, VA 1-Jul-23 161 Chautauqua Festival in the Park 5K Wytheville, VA 1-Jul-23 162 Kiwanis Club Independence Day 5K Charlottesville, VA 1-Jul-23 163 Independence Day 4 Miler Bel Air, MD 2-Jul-23 164 Montgomery Village 5K Gaithersburg, MD 2-Jul-23	151	Roosevelt Island Park Run 5K #276	Washington, DC	1-Jul-23
154 Reedville Firecracker 5K Reedville, VA 1-Jul-23 155 Independence Day 5K Aberdeen, MD 1-Jul-23 156 Celebrate America 5K Vienna 1-Jul-23 157 Deltaville 5K Deltaville, VA 1-Jul-23 158 Red, White, and Run 5K Aldie, VA 1-Jul-23 159 Red White N Brew 5K Ashburn, VA 1-Jul-23 160 Beastlake 5K Moneta, VA 1-Jul-23 161 Chautauqua Festival in the Park 5K Wytheville, VA 1-Jul-23 162 Kiwanis Club Independence Day 5K Charlottesville, VA 1-Jul-23 163 Independence Day 4 Miler Bel Air, MD 2-Jul-23 164 Montgomery Village 5K Gaithersburg, MD 2-Jul-23	152	Kensington Park Run 5K #214	Kensington, MD	1-Jul-23
155 Independence Day 5K Celebrate America 5K Vienna 1-Jul-23 157 Deltaville 5K Deltaville, VA 1-Jul-23 158 Red, White, and Run 5K Aldie, VA 1-Jul-23 159 Red White N Brew 5K Ashburn, VA 1-Jul-23 160 Beastlake 5K Moneta, VA 1-Jul-23 161 Chautauqua Festival in the Park 5K Wytheville, VA 1-Jul-23 162 Kiwanis Club Independence Day 5K Charlottesville, VA 1-Jul-23 163 Independence Day 4 Miler Bel Air, MD 2-Jul-23 164 Montgomery Village 5K Gaithersburg, MD	153	Fletcher's Cove Parkrun 5K #325	Washington, DC	1-Jul-23
156 Celebrate America 5K Vienna 1-Jul-23 157 Deltaville 5K Deltaville, VA 1-Jul-23 158 Red, White, and Run 5K Aldie, VA 1-Jul-23 159 Red White N Brew 5K Ashburn, VA 1-Jul-23 160 Beastlake 5K Moneta, VA 1-Jul-23 161 Chautauqua Festival in the Park 5K Wytheville, VA 1-Jul-23 162 Kiwanis Club Independence Day 5K Charlottesville, VA 1-Jul-23 163 Independence Day 4 Miler Bel Air, MD 2-Jul-23 164 Montgomery Village 5K Gaithersburg, MD	154	Reedville Firecracker 5K	Reedville, VA	1-Jul-23
157Deltaville 5KDeltaville, VA1-Jul-23158Red, White, and Run 5KAldie, VA1-Jul-23159Red White N Brew 5KAshburn, VA1-Jul-23160Beastlake 5KMoneta, VA1-Jul-23161Chautauqua Festival in the Park 5KWytheville, VA1-Jul-23162Kiwanis Club Independence Day 5KCharlottesville, VA1-Jul-23163Independence Day 4 MilerBel Air, MD2-Jul-23164Montgomery Village 5KGaithersburg, MD2-Jul-23	155	Independence Day 5K	Aberdeen, MD	1-Jul-23
158Red, White, and Run 5KAldie, VA1-Jul-23159Red White N Brew 5KAshburn, VA1-Jul-23160Beastlake 5KMoneta, VA1-Jul-23161Chautauqua Festival in the Park 5KWytheville, VA1-Jul-23162Kiwanis Club Independence Day 5KCharlottesville, VA1-Jul-23163Independence Day 4 MilerBel Air, MD2-Jul-23164Montgomery Village 5KGaithersburg, MD2-Jul-23	156	Celebrate America 5K	Vienna	1-Jul-23
159Red White N Brew 5KAshburn, VA1-Jul-23160Beastlake 5KMoneta, VA1-Jul-23161Chautauqua Festival in the Park 5KWytheville, VA1-Jul-23162Kiwanis Club Independence Day 5KCharlottesville, VA1-Jul-23163Independence Day 4 MilerBel Air, MD2-Jul-23164Montgomery Village 5KGaithersburg, MD2-Jul-23	157	Deltaville 5K	Deltaville, VA	1-Jul-23
160Beastlake 5KMoneta, VA1-Jul-23161Chautauqua Festival in the Park 5KWytheville, VA1-Jul-23162Kiwanis Club Independence Day 5KCharlottesville, VA1-Jul-23163Independence Day 4 MilerBel Air, MD2-Jul-23164Montgomery Village 5KGaithersburg, MD2-Jul-23	158	Red, White, and Run 5K	Aldie, VA	1-Jul-23
161Chautauqua Festival in the Park 5KWytheville, VA1-Jul-23162Kiwanis Club Independence Day 5KCharlottesville, VA1-Jul-23163Independence Day 4 MilerBel Air, MD2-Jul-23164Montgomery Village 5KGaithersburg, MD2-Jul-23	159	Red White N Brew 5K	Ashburn, VA	1-Jul-23
162Kiwanis Club Independence Day 5KCharlottesville, VA1-Jul-23163Independence Day 4 MilerBel Air, MD2-Jul-23164Montgomery Village 5KGaithersburg, MD2-Jul-23	160	Beastlake 5K	Moneta, VA	1-Jul-23
163Independence Day 4 MilerBel Air, MD2-Jul-23164Montgomery Village 5KGaithersburg, MD2-Jul-23	161	Chautauqua Festival in the Park 5K	Wytheville, VA	1-Jul-23
164 Montgomery Village 5K Gaithersburg, MD 2-Jul-23	162	Kiwanis Club Independence Day 5K	Charlottesville, VA	1-Jul-23
	163	Independence Day 4 Miler	Bel Air, MD	2-Jul-23
	164	Montgomery Village 5K	Gaithersburg, MD	2-Jul-23
	165	Three Fox Fireworks 5K	Delaplane, VA	2-Jul-23

166	Claude Moore 10K	Sterling, VA	3-Jul-23
167	Claude Moore 5K	Sterling, VA	3-Jul-23
168	RRRC Cul De Sac Series 5K #1	Richmond, VA	3-Jul-23
169	Arbutus Firecracker 10K	Arbutus, MD	4-Jul-23
170	Autism Speaks 5K	Potomac, MD	4-Jul-23
171	Culpeper 4th of July Freedom 5K	Culpeper, VA	4-Jul-23
172	DCRRC Age-Handicapped 4 Mile	Carderock, MD	4-Jul-23
173	News Leader Firecracker 5K	Staunton, VA	4-Jul-23
174	Fireworks 5K	Fairfax Station, VA	4-Jul-23
175	Fireworks 10K	Fairfax Station, VA	4-Jul-23
176	Four on the Fourth 4M	Towson, MD	4-Jul-23
177	Heritage 6K	Dundalk, MD	4-Jul-23
178	Hometown Bank Four on the Fourth 4M	Roanoke, VA	4-Jul-23
179	Percival's Island Five Miler	Lynchburg, VA	4-Jul-23
180	PVTC Go Fourth 8K	Alexandria, VA	4-Jul-23
181	Race 4 the World 5K	Columbia, MD	4-Jul-23
182	Reston Firecracker 5K	Reston, VA	4-Jul-23
183	Waldon Fitness Shawsville 5K	Shawsville, VA	4-Jul-23
184	YMCA Independence Day 5K	Virginia Beach, VA	4-Jul-23
185	Yorktown Independence Day 8K	Yorktown, VA	4-Jul-23
186	Fallen Heroes 5M	Fredericksburg, VA	4-Jul-23
187	Brandermill 7.4K	Midlothian, VA	4-Jul-23
188	Francis Scott Key 6K	Union Bridge, MD	6-Jul-23
189	Buddy Attick 5K #1	Greenbelt, MD	6-Jul-23
190	River Hill 5K	Clarksville, MD	7-Jul-23
191	Independence Day 5K	Frederick, MD	8-Jul-23
192	College Park Park Run #297	College Park, MD	8-Jul-23
193	Roosevelt Island Park Run 5K #277	Washington, DC	8-Jul-23
194	Kensington Park Run 5K #215	Kensington, MD	8-Jul-23
195	Fletcher's Cove Parkrun 5K #326	Washington, DC	8-Jul-23
196	Leakin Park 5K #245	Baltimore, MD	8-Jul-23
197	Deep Run Park Run 5K #208	Richmond, VA	8-Jul-23
198	Anacostia Park Run 5K #197	Washington, DC	8-Jul-23
199	Baltimore and Annapolis Trail Park Run 5K #90	Pasadena, MD	8-Jul-23
200	AS Run after the Women 5K	Annapolis, MD	8-Jul-23
201	AS WDF 5K	Annapolis, MD	8-Jul-23
202	John P Mayhugh Foundation 5K	Potomac, MD	8-Jul-23
203	John P Mayhugh Foundation 10K	Potomac, MD	8-Jul-23
204	John P Mayhugh Foundation Half Marathon	Potomac, MD	8-Jul-23
205	Twisted Trail 10K	Roanoke, VA	8-Jul-23
206	Trailzilla 5M	Hampton, VA	8-Jul-23
207	Summer Forest 5K	Triangle, VA	9-Jul-23
208	Summer Forest 10K	Triangle, VA	9-Jul-23
209	Summer Forest Half Marathon	Triangle, VA	9-Jul-23
210	Westminster WDF 5K	Union Mills, MD	9-Jul-23

211	Country Road 5K	Dickerson, MD	9-Jul-23
212	RRRC Cul De Sac Series 5K #2	Richmond, VA	10-Jul-23
213	NAESP 5K	National Harbor, MD	10-Jul-23
214	Bishop Tuesday Night 5k #4	Reston, VA	11-Jul-23
215	Buddy Attick 5K #2	Greenbelt, MD	13-Jul-23
216	DCRRC Bastille Day 4M	Washington, DC	14-Jul-23
217	Allen Stone Memorial 5K	Virginia Beach, VA	15-Jul-23
218	Matthew Henson 5K	Silver Spring, MD	15-Jul-23
219	Anacostia Park Run 5K #198	Washington, DC	15-Jul-23
220	Kensington Park Run 5K #216	Kensington, MD	15-Jul-23
221	Fletcher's Cove Parkrun 5K #327	Washington, DC	15-Jul-23
222	College Park Park Run #292	College Park, MD	15-Jul-23
223	Roosevelt Island Park Run 5K #278	Washington, DC	15-Jul-23
224	Leakin Park 5K #246	Baltimore, MD	15-Jul-23
225	Deep Run Park Run 5K #209	Richmond, VA	15-Jul-23
226	Baltimore and Annapolis Trail Park Run 5K #91	Pasadena, MD	15-Jul-23
227	Riverbend 5K	Great Falls, VA	15-Jul-23
228	Riverbend 10K	Great Falls, VA	15-Jul-23
229	Moonlight 5K	Bel Air, MD	15-Jul-23
230	District Dash 5K	Washington, DC	16-Jul-23
231	District Dash Half Marathon	Washington, DC	16-Jul-23
232	Night Owl 9K	Williamsburg, VA	15-Jul-23
233	Robin Hood 10K	Havre de Grace, MD	16-Jul-23
234	RRRC Cul De Sac Series 5K #3	Richmond, VA	17-Jul-23
235	Tidal Basins Runs	Arlington, VA	19-Jul-23
236	WRC Pleasant Valley 4M	Westminster, MD	20-Jul-23
237	Buddy Attick 3M #3	Greenbelt, MD	20-Jul-23
238	Reservoir HS 5K	Columbia, MD	21-Jul-23
239	College Park Park Run #293	College Park, MD	22-Jul-23
240	Roosevelt Island Park Run 5K #279	Washington, DC	22-Jul-23
241	Kensington Park Run 5K #217	Kensington, MD	22-Jul-23
242	Fletcher's Cove Parkrun 5K #328	Washington, DC	22-Jul-23
243	Leakin Park 5K #247	Baltimore, MD	22-Jul-23
244	Deep Run Park Run 5K #210	Richmond, VA	22-Jul-23
245	Anacostia Park Run 5K #199	Washington, DC	22-Jul-23
246	Baltimore and Annapolis Trail Park Run 5K #92	Pasadena, MD	22-Jul-23
247	Explore the Shore 5K	Colonial Beach, VA	22-Jul-23
248	Explore the Shore 10K	Colonial Beach, VA	22-Jul-23
249	Run for the Pie 10K	Mountaindale, MD	22-Jul-23
250	Freedom Fighters 5K	Triangle, VA	23-Jul-23
251	Freedom Fighters 10K	Triangle, VA	23-Jul-23
252	Freedom Fighters Half Marathon	Triangle, VA	23-Jul-23
253	PRR Birthday Bash 5K	Fairfax, VA	23-Jul-23
254	BRRC Lady Distance Festival 5K	Parkville, MD	23-Jul-23
255	DCRRC Bluemont 5K	Arlington, VA	26-Jul-23

256	Buddy Attick 3M #4	Greenbelt, MD	27-Jul-23
257	Tracksmith 5K	Washington, DC	28-Jul-23
258	College Park Park Run #294	College Park, MD	29-Jul-23
259	Roosevelt Island Park Run 5K #280	Washington, DC	29-Jul-23
260	Kensington Park Run 5K #218	Kensington, MD	29-Jul-23
261	Fletcher's Cove Parkrun 5K #329	Washington, DC	29-Jul-23
262	Leakin Park 5K #248	Baltimore, MD	29-Jul-23
263	Deep Run Park Run 5K #211	Richmond, VA	29-Jul-23
264	Anacostia Park Run 5K #200	Washington, DC	29-Jul-23
265	Baltimore and Annapolis Trail Park Run 5K #93	Pasadena, MD	29-Jul-23
266	EOD Warrior 5K	Reston, VA	29-Jul-23
267	EOD Warrior 10K	Reston, VA	29-Jul-23
268	Mental Health 5K	Wheaton, MD	29-Jul-23
269	Pony Pasture 2.5M	Richmond, VA	29-Jul-23
270	Mel Williams Memorial Scholarship 5K	Norfolk, VA	29-Jul-23
271	Riley's Rumble Half Marathon	Poolesville, MD	30-Jul-23
272	Summer Georgetown 10K	Washington, DC	30-Jul-23
273	Summer Georgetown 5K	Washington, DC	30-Jul-23
274	Summer Georgetown Half Marathon	Washington, DC	30-Jul-23
275	Valkyrie 5K	Bel Air, MD	30-Jul-23
276	Tom Ray Memorial 5M	Newport News, VA	1-Aug-23
277	Runnymeade 8K	Westminster, MD	3-Aug-23
278	Buddy Attick 3M #5	Greenbelt, MD	3-Aug-23
279	College Park Park Run #295	College Park, MD	5-Aug-23
280	Roosevelt Island Park Run 5K #281	Washington, DC	5-Aug-23
281	Kensington Park Run 5K #219	Kensington, MD	5-Aug-23
282	Fletcher's Cove Parkrun 5K #330	Washington, DC	5-Aug-23
283	Leakin Park 5K #249	Baltimore, MD	5-Aug-23
284	Deep Run Park Run 5K #212	Richmond, VA	5-Aug-23
285	Anacostia Park Run 5K #201	Washington, DC	5-Aug-23
286	Baltimore and Annapolis Trail Park Run 5K #94	Pasadena, MD	5-Aug-23
287	3 H Trail Half Marathon	King George, VA	5-Aug-23
288	Semper Fi 5K	Falmouth, VA	5-Aug-23
289	Semper Fi 10K	Falmouth, VA	5-Aug-23
290	Coast Guard Day 5K	Yorktown, VA	5-Aug-23
291	FSC WDF 5K	Frederick, MD	5-Aug-23
292	Railroad Days 5K	Appalachia, VA	5-Aug-23
293	Casey Cares 5K	Baltimore, MD	5-Aug-23
294	Neon Nights 5K	Saint Leonard, MD	5-Aug-23
295	AS Dog Days 8K	Arnold, MD	6-Aug-23
296	Steve Thompson 8K	Springfield, VA	6-Aug-23
297	Ellicott City 10K	Ellicott City, MD	6-Aug-23
298	Ellicott City 5K	Ellicott City, MD	6-Aug-23
299	Bishop Tuesday Night 5K #5	Reston, VA	8-Aug-23
300	Lake Matoaka 4.3 Mile Trail Challenge	Williamsburg, VA	8-Aug-23
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301	Buddy Attick 3M #6	Greenbelt, MD	10-Aug-23
302	Howard High 5K	Columbia, MD	11-Aug-23
303	Krumpe's Donut Alley Rally 5K	Hagerstown, MD	11-Aug-23
304	College Park Park Run #296	College Park, MD	12-Aug-23
305	Roosevelt Island Park Run 5K #282	Washington, DC	12-Aug-23
306	Kensington Park Run 5K #220	Kensington, MD	12-Aug-23
307	Fletcher's Cove Parkrun 5K #331	Washington, DC	12-Aug-23
308	Summer Fletcher's 5K	Washington, DC	12-Aug-23
309	Summer Fletcher's 10K	Washington, DC	12-Aug-23
310	Super Heroes 5K	Williamsburg, VA	12-Aug-23
311	Deep Run Park Run 5K #213	Richmond, VA	12-Aug-23
312	Anacostia Park Run 5K #202	Washington, DC	12-Aug-23
313	Baltimore and Annapolis Trail Park Run 5K #95	Pasadena, MD	12-Aug-23
314	Leakin Park 5K #250	Baltimore, MD	12-Aug-23
315	ODU Monarch 5K	Norfolk, VA	12-Aug-23
316	Dreaded Druid Hills 10K	Baltimore, MD	12-Aug-23
317	Josephine's Village 5K	Charlottesville, VA	12-Aug-23
318	Devil's Den 10M	Culpeper, VA	13-Aug-23
319	PGRC Fellas 5K	College Park, MD	13-Aug-23
320	PGRC WDF 5K	College Park, MD	13-Aug-23
321	Boordy Vineyards 5K	Hydes, MD	13-Aug-23
322	Carderock Charge 10K	Carderock, MD	13-Aug-23
323	Carderock Charge 5K	Carderock, MD	13-Aug-23
324	Carderock Charge Half Marathon	Carderock, MD	13-Aug-23
325	Groovin Woodstock 7K	Dickerson, MD	13-Aug-23
326	Palantir Five for Thrive 5K	Arlington, VA	13-Aug-23
327	Jack Roberts Memorial 5K	Leitersburg, MD	14-Aug-22
328	DCRRC Paul Thurston 4.5M	Burke, VA	15-Aug-23
329	Tidal Basin Runs 5K	Arlington, VA	16-Aug-23
330	DCRRC Cross Country 3M	Springfield, VA	19-Aug-23
331	Smart Smiles 5K	Newport News, VA	19-Aug-23
332	Two Virginias 5K	Bluefield, VA	19-Aug-23
333	College Park Park Run #297	College Park, MD	19-Aug-23
334	Roosevelt Island Park Run 5K #283	Washington, DC	19-Aug-23
335	Leakin Park 5K #251	Baltimore, MD	19-Aug-23
336	Deep Run Park Run 5K #214	Richmond, VA	19-Aug-23
337	Anacostia Park Run 5K #203	Washington, DC	19-Aug-23
338	Baltimore and Annapolis Trail Park Run 5K #96	Pasadena, MD	19-Aug-23
339	Kensington Park Run 5K #221	Kensington, MD	19-Aug-23
340	Fletcher's Cove Parkrun 5K #332	Washington, DC	19-Aug-23
341	TCRR Race for the Cause 5K	Colonial Heights, VA	19-Aug-23
342	Winery 10K	Louisa, VA	19-Aug-23
343	Winery 5K	Louisa, VA	19-Aug-23
344	Mermaid Run 5K	Aberdeen, MD	19-Aug-23
345	Family Fun Day 5K	Baltimore, MD	19-Aug-23

346	FAB 5K	Salem, VA	19-Aug-23
347	Gary Brown Memorial C&O Canal 5 Miler	Williamsport, MD	19-Aug-23
348	Raising the Roof 5K	Williamsburg, VA	19-Aug-23
349	Surfer's Healing 5K	Virginia Beach, VA	19-Aug-23
350	Run Back to School 5K	Norfolk, VA	19-Aug-23
351	Catch a Pig 5K	Bel Air, MD	20-Aug-23
352	Summer District 5K	Washington, DC	20-Aug-23
353	Summer District Half Marathon	Washington, DC	20-Aug-23
354	NOVA Coaches 5K	Arlington, VA	22-Aug-23
355	Tracksmith 5K	Alexandria, VA	25-Aug-23
356	College Park Park Run #298	College Park, MD	26-Aug-23
357	Roosevelt Island Park Run 5K #284	Washington, DC	26-Aug-23
358	Kensington Park Run 5K #222	Kensington, MD	26-Aug-23
359	Fletcher's Cove Parkrun 5K #333	Washington, DC	26-Aug-23
360	Leakin Park 5K #252	Baltimore, MD	26-Aug-23
361	Deep Run Park Run 5K #215	Richmond, VA	26-Aug-23
362	Anacostia Park Run 5K #204	Washington, DC	26-Aug-23
363	Baltimore and Annapolis Trail Park Run 5K #97	Pasadena, MD	26-Aug-23
364	Zoe's Freedom Center's 5K to End Overdose	Fredericksburg, VA	26-Aug-23
365	Mason District 5K	Annandale, VA	26-Aug-23
366	Mason District 10K	Annandale, VA	26-Aug-23
367	Fort Lewis Baptist Church 5th Quarter 5K	Salem, VA	26-Aug-23
368	I Believe in Me 5K	Frederick, MD	26-Aug-23
369	Tom Lamonica 5K	Parkton, MD	26-Aug-23
370	Quantico 12K	Quantico, VA	26-Aug-23
371	Ashland Half Marathon	Ashland, VA	26-Aug-23
372	Ashland 5K	Ashland, VA	26-Aug-23
373	Eastern County 8K	Silver Spring, MD	27-Aug-23
374	Winchester Battlefield 5K	Winchester, VA	27-Aug-23
375	Winchester Battlefield 10K	Winchester, VA	27-Aug-23
376	Winchester Battlefield Half Marathon	Winchester, VA	27-Aug-23
377	Southlakes 10K	Reston, VA	27-Aug-23
378	Annapolis 10 Miler	Annapolis, MD	27-Aug-23
379	Summer Strides 5K	Arlington, VA	27-Aug-23
380	Roosevelt Island 5K	Washington, DC	31-Aug-23
381	Cobbler Mountain 10K	Delaplane, VA	2-Sep-23
382	Cobbler Mountain 5K	Delaplane, VA	2-Sep-23
383	Emancipation 5K	Laurel, MD	2-Sep-23
384	Duffield Daze 5K	Duffield, VA	2-Sep-23
385	Camp Bethel Pep 5K	Fincastle, VA	2-Sep-23
386	Fletcher's Cove Parkrun 5K #334	Washington, DC	2-Sep-23
387	Leakin Park 5K #253	Baltimore, MD	2-Sep-23
388	Deep Run Park Run 5K #216	Richmond, VA	2-Sep-23
389	Anacostia Park Run 5K #205	Washington, DC	2-Sep-23
390	Baltimore and Annapolis Trail Park Run 5K #98	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