

Best of 2016 Rankings

Biggest Numbers Ever

Maryland RRCA State Championship Series

50 Plus Club

Best of 2015

Best of 2016

Best of 2017



By [James Moreland](#)

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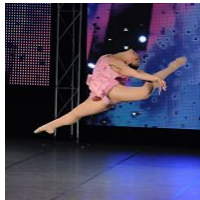
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There were a record 1,439 races that were qualifiers, though the total number of runners was the second lowest in the last five years at 663,392. Every season there were scores more races with no qualifiers. There were 248 major races, meaning 500 or more runners, missing by one the record from 2013 of 249. The average race size shrunk by a third to 461. There were 117 races with more than 1,000 finishers. There were fifty-seven with more than 2,000, thirty-one with more than 3,000, twenty-three with more than 4,000, and fifteen with more than 5,000 finishers.

2016	Major	Total	Percent	Ranked	Runners
Winter	74	298	3.06%	4796	156713
Spring	87	509	1.13%	5351	235470
Summer	37	292	3.25%	3149	87438
Fall	50	340	1.81%	3206	183771
Total	248	1439	1.90%	16502	663392

In the table above, the percent reflects the number of ranked runners compared with the total runners in all the races for that period.

Men and women's ranked times represented 16,502 times, about a twelve percent increase from 2015, with women representing fifty-seven percent of the times. Of those who qualified to be ranked, 363 were men and 487 were women.

The largest divisions were both men and women in the 60-64 age group, with sixty-five woman and fifty-five men qualifiers. The Open women's division had sixty-four and Open men's division had forty-nine, but both of them include runners from multiple divisions.

In the Elite division, twenty-fifth place Ryan Carroll commands the south with fourteen overall victories, as he did in 2016. Twelfth place Thomas Bean had eleven victories. Seventh place Andrew Brodeur and thirteenth place Kevin McNabb had seven victories. Megan DiGregorio, in eleventh place, leads all women with thirteen wins. Top submaster Sherry Stick had twelve as did Renee High, who will be joining Stick's division in 2017. Fifth overall Perry Shoemaker had ten and won both the 40-44 and 45-49 divisions. Laurel Le Moigne had eight to match champion Susanna Sullivan and Michelle Capozzi was next with seven. In the age group battles, 109 runners had ten or more victories and thirty-seven had fifteen or more victories. Twenty-two had twenty or more, including seven members of the 50 Plus Club* with the top three having thirty-five or more age group wins.

Women

PL	Name	Age	AG win
1	Jeanette Novak*	72	46
2	Alice Franks	68	28
2	Mandy Whalen	76	28
4	Tami Graf*	80	27
4	Mary Lowe Mayhugh	60	27
6	Ida Draim	60	23
6	Maureen Hall	53	23
8	Norma Phillips	56	22
8	Ginnie Hughes	66	22
10	Carolyn Harrison	60	21
10	Ecris Williams	77	21

Men

PL	Name	Age	AG win
1	Kirk Gordon*	60	41
2	Robert Gurtler*	81	35
3	Karsten Brown*	42	31
3	Brian Daugherty	56	31
5	Howard Forst	51	29
6	James Moreland*	64	23
6	Jim Noone*	72	23
8	Matt Boyd	46	21
8	Ben Dyer	73	21
10	Larry Arata	72	20
10	Greg Dawson	51	20

Listed below are the top five races in each of the most common race distances. Races with 500 or more runners are considered major.

There were seventy-four half marathons with thirty-three major and more than half (seventeen) having more than 1,000 finishers. By far the most popular distance, the 5K had 992 occurrences at 137 major and fifty-nine with more than 1,000 runners. The 8K had eleven major with eight times with more than 1,000 runners out of seventy-seven events. For the marathon, there were twenty with five major and all with more than 1,000 finishers. For the 10 Mile, there were ten major of forty races with seven and the largest race, the Army ten miler, with more than 1,000. In the 10K, there were the next two largest of all races with twenty-seven majors, including fifteen with more than 1,000. The four mile race had thirty races with nine major and three with more than 1,000 finishers. Finally, six other races were major with three more than 1,000. The other races with less common distances such as the 3M, 6K, 12K, and 20K occurred seventy-seven times.

	Race	Runners
1	Kelly's Shamrock 5K	4560
2	Baltimore United Way 5K	4510
3	Jingle All the Way 5K	4469
4	Arlington Turkey Trot 5K	4387
5	SOME Thanksgiving Day Trot for Hunger 5K	3397
1	Charlottesville 4 Miler	2457
2	Fairfax Four Mile	1559
3	Virginia 4 Mile	1190
4	Four Courts 4M	970
5	Devotion Mother's Day	748
1	Alexandria Turkey Trot 5M	4835
2	Surf 'n' Santa 5M	3756
3	Celtic Solstice 5M	2797
4	Navy 5 Mile	2039
5	Semper Five	1267
1	Ukrops Monument Avenue 10K	23114
2	Across the Bay 10K	20892
3	Marine Corps 10K	5068

4	Anthem Wicked 10K	4797
5	YMCA Turkey Chase 10K	3709
1	Army 10 Miler	24002
2	Credit Union Cherry Blossom 10M	16237
3	George Washington Parkway Classic 10 Mile	5326
4	Baltimore 10 Mile	4199
5	Annapolis 10 Mile	2849
1	Rock 'n' Roll Half Marathon	14470
2	American Family Fitness Half Marathon	8385
3	Baltimore Half Marathon	8008
4	Anthem Shamrock Festival Half Marathon	6748
5	Rock N Roll Half Marathon	6088
1	Marine Corps Marathon	19724
2	Anthem Richmond Marathon	4509
3	Rock 'n' Roll Marathon	2477
4	Baltimore Marathon	2353
5	Yeungling Shamrock Festival Marathon	1884

Races with more than 100 Ranked Runners

Credit Union Cherry Blossom 10M	393
Army 10 Miler	375
Ukrops Monument Avenue 10K	372
American Family Fitness Half Marathon	221
Rock 'n' Roll Half Marathon	155
Pike's Peek 10K	152
Across the Bay 10K	145
Anthem Richmond Marathon	123
HCA 8K	121
George Washington Parkway Classic 10 Mile	118
Annapolis 10 Mile	113
Anthem Shamrock Festival Half Marathon	110
YMCA Turkey Chase 10K	109
Marine Corps Marathon	100
Charlottesville 4 Miler	100

To qualify for the *Runner Rankings* for the whole year, a runner must be ranked with two races each in at least two periods. Many racers change age group during the year. A runner can use an older age group ranking as the “second” ranking period to qualify for the year. However, they may not use a younger age group to qualify for the older division. It is possible to be ranked in both divisions for those with one younger group ranking and two or more in the older division.

The “Speed Alone,” reported at the beginning of each section, is the fastest qualifying time run for each division. In **red**, it means the division champion ran it.

In each period, the champion is listed to the right of the best time run in the period.

Open Men

American Family Fitness Half Marathon 1:03:34, 10K = 28:50

Gebre Girma made it easy from the start and the chase group never caught up. He won it all at the American Family Fitness Half Marathon in 1:03:34 to start the year. Note to racers: ninety-two percent of the top fifty times and eighty-eight percent of the top 100 times were major races. The next morning, Tyler Andrews had his best race, besting Carlos Jamieson at the US National Road Racing Championships 12K, 36:39 to 37:11. The following Saturday, all three would meet at the Alexandria Turkey Trot 5M with Gebre on top at 23:48, while Jamieson turned the tables on Andrews, 24:02 to 24:38. Gebre kept powering along with five more overall wins, including the Frederick Half Marathon in 1:08:11 and the Reston Firecracker 5K in 14:41.

In March, Jamieson barely beat last year's ranking champion Andrew Brodeur by one second, finishing second overall in 1:07:53. Then April came and Jamieson had a fine Credit Union Cherry Blossom 10M in 51:17, another mere second ahead fourth ranked Andy Weaver who would later finish second overall at the Pike's Peek 10K in 30:39. Sixth place Brian Flynn was drafting alongside in 51:20, while Brodeur takes seventh, coming home in 52:01. Top submaster Girma Bedada is next in eighth place with a solid 52:07. He had also done best as third overall at the Pike's Peek 10K in 31:00.

Weaver ran the first and toughest 10 miler, winning the RRCA Challenge 10 Mile in 51:52, ahead of eighteenth place Dustin Meeker who ran 52:27 for third overall. Places twelve - eighteen were separated by a mere eight seconds. Matt Barresi won it all at the Charlottesville 10M in March with 52:20 giving him a slightly better race than Richard Morris finishing fifth at the Ukrops Monument Avenue 10K in 31:34. However, back at the start of the year Morris had prevailed at the Anthem Richmond Marathon, finishing fifth overall in 2:26:39 to Barresi's 2:27:17 and takes tenth, moving Barresi to eleventh. At the George Washington Parkway Classic 10 Mile, Jamieson won the gold in 52:03 over a still improving Barresi (52:06) and cemented his place as the rankings runner-up with Andrews in third place.

Fifth place Stewart Reich showed blazing speed at the runner friendly Clarendon Day 5K in 14:41. He also had the gusto for the Army 10 Miler in 51:16 for his second best event, well ahead of Jamieson's 52:04, his sixth fastest race. Jordan Tropf got himself noticed in September winning the day at the Charles Street 12M in 1:04:06. Winning the Across the Bay 10K in 31:01 moved him up ten places to finish in ninth place. Tom Bean, in twelfth place, bested Carlos Renijifo

at Pike's Peek, 31:31 to 31:35. Renjifo takes fourteenth place. He beat Meeker at both Celtic Solstice 5M (that Weaver won in 24:55) and at the Kelly's Shamrock 5K. Last year's runner-up Kevin McNabb takes thirteenth place this year. He did have seven overall wins with his best event being the Perfect 10 10 Mile in 52:35.

Mark Hopely takes fifteenth place, racing the American Family Fitness Half Marathon in 1:09:45. Tripp Southerland ran the Clarendon Day 5K in 15:11 to take the sixteenth spot. Finally, David Angell, who would turn forty during the year, was second ranked as a submaster. He raced the HCA 8K in 24:58 to take the seventeenth placement.

Six of the forty-nine qualifiers came from other divisions.

Place	Name	Age	Hometown	10K=	PL in 2015
1	Gebre, Girma*****	22	Washington, DC	28:50	
2	Jamieson, Carlos**	29	Washington, DC	30:18	▲8
3	Andrews, Tyler	25	Arlington, VA	30:10	
4	Weaver, Andy***	26	Baltimore, MD	30:39	■4
5	Reich, Stewart**	24	Frederick, MD	30:46	
6	Flynn, Brian****	33	Rockingham, VA	30:53	■6
7	Brodeur, Andrew*7	26	Bethesda, MD	30:48	▼1
8	Bedada, Girma*	35	Washington, DC	31:00	
9	Tropf, Jordan***	24	Baltimore, MD	31:01	
10	Morris, Richard****	28	Richmond, VA	31:28	▲17
11	Barresi, Matt****	33	Palmyra, VA	31:21	
12	Bean, Thomas*11	25	College Park, MD	31:31	
13	McNab, Kevin*7	30	Washington, DC	31:38	▼2
14	Renjifo, Carlos	33	Fulton, MD	31:35	
15	Hopely, Mark*6	27	Fredericksburg, VA	31:39	
16	Southerland, Tripp	31	Washington, DC	31:38	
17	Angell, David****	39	Blue Ridge, VA	31:38	▲17
18	Meeker, Dustin	34	Towson, MD	31:34	
19	Luehrs, James*****	23	Reston, VA	31:52	
20	Greenlaw, Jerry*	28	Arlington, VA	31:53	▼12
21	Schroeder, John*	28	Washington, DC	31:49	
22	Balmer, Paul	26	Washington, DC	31:59	▼14
23	Harrison, Stephen****	27	Fredericksburg, VA	31:59	▲33
24	Miller, Wade **	25	Hagerstown, MD	31:59	
25	Carroll, Ryan*14	34	Portsmouth, VA	32:07	■25
26	Deters, Matt***	31	Arlington, VA	32:07	▼13
27	Shaw, Christopher	41	Silver Spring, MD	32:06	
28	Schuler, Eric**	24	Laurel, MD	32:12	
29	Madison, Andrew*****	29	Catonsville, MD	32:19	
30	Muse, Tyler****	22	Bel Air, MD	32:14	

31	Witters, Ryan*	28	Washington, DC	32:18	
32	Otstot, Adam**	34	Williamsburg, VA	32:14	▼28
33	Pruitt, Christopher**	34	Sandy Spring, MD	32:32	
34	Wardian, Michael*	42	Arlington, VA	32:27	▼16
35	Rammelkamp, Thomas	26	Alexandria, VA	32:38	
36	Rolly, Philippe*	43	McLean, VA	32:45	▼20
37	Crouzier, Nicholas*6	31	Gaithersburg, MD	32:25	▼24
38	Berdan, Dave***	35	Owings Mills, MD	32:29	▼10
39	Woodford, Patrick****	25	Roanoke, VA	32:47	▼21
40	Goodstein, Andy	25	Charlottesville, VA	32:48	
41	Van Es, Chris	30	Washington, DC	32:49	
42	Mercer, Dickson*	34	Washington, DC	32:41	
43	Foster, Ryan*	33	Virginia Beach, VA	32:48	
44	Ban, Charlie*	34	Washington, DC	33:08	▼22
45	Dasilva, Jack	31	Arlington, VA	33:09	
46	Smith, Randy**	28	Washington, DC	33:09	
47	Reed, Nick*	24	Fairfax, VA	33:13	
48	Daughtridge, Omari****	30	Fort Washington, MD	33:23	
49	Pfohl, Kyle	20	Fredericksburg, VA	33:23	

19 & Younger Men

Credit Union Cherry Blossom 10M 48:50, 10K = 29:23

Joshua Spare had matching overall victories in 16:28 in December and then on New Year's to win the title. Third place Donovan Foley ran the Freeze Your Gizzard 5K in 16:48 to match second place Cameron Wojcieszak who had run the HCA 8K in 27:27 the week before. Foley piled on the fast 5Ks starting with the Stafford Airport run in 16:54. Wojcieszak waited till the final month to race the Governor's Land 5K in 16:50. They matched up very closely for their first four races but Foley, with twelve races, had a little more gusto than Wojcieszak did for his seven. And then fourth place Trey Mastaler came into play. He had a best 5K in the same neighborhood with 16:53 at the SOME Thanksgiving Day Trot for Hunger 5K. He lost to Wojcieszak at the HCA with 28:12 but he did beat Foley at the Fairfax Four Mile 22:46 to 23:47 (his eleventh best race). This gives Wojcieszak the runner-up spot. Fifth place Kevin Dannaher ran the Crystal City Twilight 5K in 16:57 just behind William Oudekerk's Fox Hill Community 5K victory in 16:55. Then Dannaher added his own overall win at the Jingle Bell Run for Arthritis 5K in 17:06. His first four races overpowered Oudekerk's and sets him back to sixth place.

Place	Name	Age	Hometown	10K=
1	Spare, Joshua*7	17	Virginia Beach, VA	34:21
2	Wojcieszak, Cameron****	19	Williamsburg, VA	35:02
3	Foley, Donovan*9	16	Vienna, VA	35:03
4	Mastaler, Trey**	19	Fairfax Station, VA	35:13

5	Dannaher, Kevin****	18	Arlington, VA	35:21
6	Oudekerk, William**	15	Chesapeake, MD	35:17
7	O'Clair, Kevin*6	19	La Plata, MD	35:51
8	Sikorsky, Peter****	19	Arlington, VA	36:14
9	Brown, Dan***	19	Bedford, VA	36:28
10	Hamacher, Ryan*7	16	Gainesville, VA	36:28
11	Werve, Benjamin****	15	Virginia Beach, VA	36:34
12	Hymans, Caleb*****	11	Annandale, VA	37:39

35-39 Men

Pike's Peek 10K 31:00

David Angell was super. He improved on his HCA 8K time to 24:58. In April, he followed up a special Credit Union Cherry Blossom 10M in 54:45, ahead of fourth place Matthew Lofton's 55:57, with a huge upgrade when he won it all at the Vinton Baptist Church Dogwood 5K in 15:10. As it turned out, he had next to no chance. Girma Bedada rolled to a 1:10:35 Rock 'n' Roll Half Marathon and later an overall win at the Parks HM in 1:11:29. At the Credit Union Cherry Blossom 10M, he ran 52:07. Three weeks later, he was third overall at the Pike's Peek 10K in 31:00. In the fall, he did his frontline marching at Army in 52:18 to carry away the crown.

Third place Dave Berdan is known for longer races such as his Baltimore Marathon in 2:35:45 but this year earns his spot at the Race for our Kids 10K in 32:29. Lofton added the seventh fastest 5K at the Reston Firecracker 5K in 16:13. Fifth place David O'Hara was tough on the hilly RRCA Challenge 10 Mile in 56:46. A week later, he beat Richard Jennings at the St. Patrick's Day 10K, 34:02 to 34:05. A month later, Jennings time of 33:55 at the Ukrops Monument Avenue 10K was almost enough to overcome the head-to-head loss.

Place	Name	Age	Hometown	10K=
1	Bedada, Girma*7	36	Washington, DC	31:00
2	Angell, David*6	39	Blue Ridge, VA	31:38
3	Berdan, Dave*6	35	Owings Mills, MD	32:29
4	Lofton, Matthew*9	37	Winchester, VA	33:08
5	O'Hara, David**	39	Alexandria, VA	34:02
6	Jennings, Richard***	39	Quantico, VA	33:55
7	McCormick, Marty***	36	Arlington, VA	34:26
8	DeRocco, Vinnie*11	37	Leesburg, VA	34:48
9	Lynch, Jeremy*8	36	Springfield, VA	34:52
10	Gabris, Steve*6	37	Burke, VA	34:46
11	Watson, Exavier*	36	Germantown, MD	34:58
12	Loeffler, Mark***	35	Columbia, MD	35:24

40-44 Men

Pike's Peek 10K 32:06

Philippe Rolly had the fourth fastest race besting Michael Wardian at year's start at the US National Road Racing Championships 12K, 39:48 to 40:40.

Christopher Shaw was still lurking in the weeds. Fifteen of his 16 races were MCRRC races where he finished second place or better. Still, by the time Rolly and Wardian were lining up for the Credit Union Cherry Blossom 10M, Shaw's best of seven races was the MCRRC Piece of Cake 10K in 33:49. Rolly would take down Wardian again at the ten miler, this time it was 55:02 to 55:11.

Wardian was going to need some real help to undo those two defeats. The next week, he unleashed a 32:27 at the Ukrops Monument Avenue 10K that was almost enough to tip the scales. Then Shaw blasted a 32:06 at Pike's Peek and rushed by both of them to the title. Rolly would have a third race faster than Shaw's second race when he finished Army in 54:41. Shaw ran the hilly Capital for a Day 5K in 15:57 for the fastest 5K of the year. Wardian was top master at Marine Corps Marathon in 2:34:29, just two weeks after finishing third overall at the Baltimore Marathon in 2:31:45. The Moreland Racing Factor scores head-to-head races as very important but it also scores major races and the number of ranked runners beaten. Wardian scores a fabulous 180 and sweeps past Rolly with 120 into the runner-up spot. The top three had all of the top twenty-five races. In late January 2017, Michael Wardian completed a unique and awesome victory with seven marathons in seven days on all seven continents. At the World Marathon Challenge, he averaged 2:45:57.

Fourth place Kunihiro Hayashi finished behind Shaw at the RRCA Challenge 10 Mile, 56:18 to 57:24. Hayashi had eight age group wins, and his fourth best race was Pike's Peek in 35:05. Fifth place Scott Anderson ran the Alexandria Turkey Trot 5M in 28:26 behind Wardian's 28:09. Then he found out about the Fletcher's Cove Park Run and won that weekly race three times with a best of 16:55. At first glance, Karsten Brown, with thirty-one age group wins including eighteen overall wins, looked good for the next spot. After all, his overall win at the Damien's Run for Recovery 5K in 17:00 was better than Keith Freeburn's runner-up spot at the notoriously short National Police Week 5K in 17:02. Freeburn also had a fine Army in 59:15 to stay ahead of eighth place Jason Tripp who ran the Credit Union Cherry Blossom 10M in 59:19 behind Hayashi's 58:57. Freeburn's sixteen age group wins included defeating Brown in both of their mutual races, first at Fodderstack, 37:41 to 37:58, and then in the summer at the Leesburg 20K, when Freeburn ran 1:18:14 to Brown's 1:22:08. Ninth place Sean Hicks was right in the mix, running the Army Ten Miler in 59:32.

Place	Name	Age	Hometown	10K=
1	Shaw, Christopher*17	41	Silver Spring, MD	32:06
2	Wardian, Michael*12	42	Arlington, VA	32:27
3	Rolly, Philippe*****	44	McLean, VA	32:45

4	Hayashi, Kunihiro*8	40	Rockville, MD	34:32
5	Anderson, Scott*8	42	Washington, DC	35:17
6	Brown, Karsten*31	42	Front Royal, VA	35:28
7	Freeburn, Keith*16	42	Centreville, VA	35:32
8	Tripp, Jason*	44	Ellicott City, MD	35:41
9	Hicks, Sean*9	43	Manassas Park, VA	35:49
10	Bibb, Todd***	44	Centreville, VA	36:09
11	Gregory, Jim*6	44	Wheaton, MD	36:07
12	Hunter, Robert*9	41	Virginia Beach, VA	36:13
13	Szabos, Brian*****	43	South Riding, VA	36:11
14	Howes, Nate****	43	Port Royal, VA	37:06
15	Inman, Chuck*6	44	Chesapeake, VA	37:20

45-49 Men

Pike's Peek 10K 32:59

Doug Mock was in the top three overall sixty percent of the time. He was third overall in his second best race, the second fastest 5K of the period, the MCVets 5K in 16:50. That would have earned him third in the division. He did, however, start the year right as third at the US National Road Racing Championships 12K in 41:21 to win the division. Third place Michael Colaiacovo had three of the top seven times and an overall win. His HCA 8K on the very first day in 27:21 remained the fastest all year. He ran the fastest 10K at the Ukrops Monument Avenue 10K in 34:50 and that was the fastest qualifier. He nearly matched that later in the month at the Carytown 10K in 34:52. The runner-up spot goes to Todd Bibb. Bibb also had three races in the top seven, they were the three fastest 10 milers. He hit the rolling hills of Reston for his first in 57:45. Then he ran identical 57:37s at two of the five major 10 milers -- Credit Union Cherry Blossom 10M and George Washington Parkway Classic 10 Mile. After that, Colaiacovo had three more races. Bibb had ten, including two overall wins and eight major races, twice that of Colaiacovo.

Fourth place Jeff Harrington had an overall win at the in 35:08 to match up with fifth place Keith Schumann's Run for the D. O. G. 5K in 16:48, Schumann added a few more solid 5Ks. Harrington added another win and a good Charlottesville 10 Mile in 59:26. Sixth place Steve Speirs likes the long races and would win a marathon and a 50K out right. He takes his spot at the super-fast Eggleston OK 5K in 16:53 and added a 59:56 at the Tidewater Striders Tune-up 10M before joining the grandmaster division.

Seventh place Ray Pugsley only raced five times so that means only five wins. His best race was the Run for the Parks 10K in 36:00 on a day when the winds coming back made the flat course seem hilly. Seven years earlier he had also finished eighth overall in an epic battle with another masters legend, Andrew Duncan, on that same course racing the Veterans Day 10K. Duncan edged

Pugsley then, 31:53 to 31:56. Eighth place Kevin White, on the cusp of fifty, won it all at the Great Neck 5K in 17:18.

The next three spots were tight. Eleventh place Dennis Billings had the fastest time, winning it all at the Mission 5K in 17:21. Early in the year, he had lost to ninth place Robert Dinterman at the Blue Gray Half Marathon, 1:23:37 to 1:26:59. Of the top fourteen times with these three, Dinterman had seven times and tenth place Antonio Eppolito had six. Dinterman had the Surf 'n' Santa 5M in 28:26 and the James River Scramble 10K in 36:19, ahead of Eppolito's Army 10 Miler in 1:00:27.

Place	Name	Age	Hometown	10K=
1	Mock, Doug*10	49	Ellicott City, MD	34:02
2	Bibb, Todd*13	45	Centreville, VA	34:40
3	Colaiacono, Michael*****	46	Richmond, VA	34:42
4	Harrington, Jeff*12	46	Lynchburg, VA	35:08
5	Schumann, Keith*7	46	Williamsburg, VA	35:03
6	Speirs, Steve*9	49	Virginia Beach, VA	35:13
7	Pugsley, Ray*****	47	Potomac Falls, VA	35:55
8	White, Kevin***	49	Virginia Beach, VA	36:05
9	Dinterman, Robert*9	46	Moyock, NC	36:16
10	Eppolito, Antonio*10	48	Alexandria, VA	36:19
11	Billings, Dennis*12	47	Woodbridge, VA	36:12
12	Hetherington, Alexander*14	49	Vienna, VA	36:27
13	Boyd, Matt*21	46	Fredericksburg, VA	36:34
14	Bell, Kevin***	47	Reston, VA	36:55
15	Martin, Stacin****	47	Chesapeake, VA	37:02
16	Naff, Michael*****	45	Arlington, VA	37:08
17	Crago, Stephen****	48	Vienna, VA	37:19
18	Landree, Mark****	47	Catonsville, MD	37:22
19	Chasse, Craig*8	47	Reston, VA	37:25
20	Murray, Jeffrey**	49	Richmond, VA	38:10
21	Fernandes, Conrad*	48	Silver Spring, MD	38:48

50-54 Men

US National Road Racing Championships 12K 41:26, 10K = 34:06

Steve Kartalia won all eight of his races, finishing in the top three overall in five, with two overall wins. As impressive as his continual dominance is in his home town Bachmann Valley Half Marathon with a sparkling 1:16:23, he was best at the US National Road Racing Championships 12K with a superb 41:26 to win his age group. Third place Chris Northup ran 43:58 there, while ninth place Jean Christophe Arcaz finished in 44:58. At the RRCA Challenge 10 Mile, Kartalia showed how wide the gap was between him and the rest of division by defeating runner-up Mark Neff, 58:02 to 1:00:37. Neff earned his placement with a fine

Pike's Peek 10K in 35:20, ahead of fifth place David Haaga, who ran 36:19, and seventh place David Phipps who ran 38:52. Also there and finishing next in the line were Akintunde Morakinyo (37:21) for fourteenth place and Howard Frost (37:27) for fifteenth place. Neff ran the Credit Union Cherry Blossom 10M in 59:59 for the race's runner-up spot. Frost returned the favor, besting Morakinyo, 1:03:49 to 1:05:06. Seven other runners used this race for the placement. In the fall, Morakinyo ran the best of his four 10 milers, beating Frost at Army, 1:03:18 to 1:06:00.

Daniel List slips into fourth place with a top rate 1:19:56 at the Anthem Shamrock Festival Half Marathon. Phipps did best at the Chestertown Tea Party HM in 1:20:02 to match Haaga's win over him at Pike's Peek exactly. It seems odd, as he lost to Haaga at the Germantown 5M the week before his best race, 29:53 to 30:51. Hernan Garbini had the fastest 5K of these four runners with his Kiwanis Club Independence Day 5K in 17:24. He would add the Charlottesville 10 Mile in 1:02:12 to take the sixth spot. Eighth place John Piggott won his age group fourteen times with a second overall at the Yorktown Victory 10K in 36:31.

Tenth place Colin Munsey had two overall wins and a MRF of eighty-one to beat Wayne Parfitt (MRF fifty-five) for that spot. Both had identical fastest races. Munsey won it all at the Labor of Love 5K in 17:48 while Parfitt ran the Mulberry Island Half Marathon in 1:21:51. Twelfth place Greg Dawson had twenty wins with his best being a third overall at the Sentara Sleighbell 5K in 17:54. In thirteenth place, Peter Tango ended his fine year of six age groups wins with his Across the Bay 10K in 37:18.

Forty-four men qualified for the division.

Place	Name	Age	Hometown	10K=
1	Kartalia, Steve*8	51	Westminster, MD	34:06
2	Neff, Mark*14	54	Derwood, MD	35:20
3	Northrup, Chris****	53	Winchester, VA	36:03
4	List, Daniel*9	50	Powhatan, VA	36:16
5	Haaga, David*	54	Rockville, MD	36:19
6	Garbini, Hernan*11	54	Waynesboro, VA	36:18
7	Phipps, David*9	52	Severna Park, MD	36:19
8	Piggott, John*14	51	Williamsburg, VA	36:31
9	Arcaz, Jean Christophe*	54	Rockville, MD	37:01
10	Munsey, Colin*6	50	Pearisburg, VA	37:08
11	Parfitt, Wayne*****	50	Newport News, VA	37:08
12	Dawson, Greg*20	51	Williamsburg, VA	37:20
13	Tango, Peter*6	53	Deale, MD	37:18
14	Morakinyo, Akintunde*****	52	Ellicott City, MD	37:21
15	Frost, Howard*29	51	Falls Church, VA	37:27
16	Schemm, Dennis*9	50	Chantilly, VA	37:33
17	Zuniga, Mario*14	52	Front Royal, VA	37:42

18	Wilson, Ed***	54	Ellicott City, MD	37:52
19	D'Amanda, Kevin*8	54	Bethesda, MD	37:54
20	Grossman, Larry*	53	Washington, DC	37:50
21	Powell, Charles*****	50	Bel Air, MD	38:06
22	Campbell, Chris**	51	Louisa, VA	38:04
23	Murray, Jeffrey*7	50	Richmond, VA	38:15
24	Greene, Craig*7	51	Manassas, VA	38:14
25	Williamson, Duane**	53	Warrenton, VA	38:36
26	Rapp, Perry*6	51	Lexington Park, MD	38:27
27	Pelletier, Paul*13	51	Williamsburg, VA	38:42
28	Poulos, Ted*13	54	McLean, VA	38:39
29	Harfst, Rich*6	52	Annandale, VA	38:57
30	Pawlak, Robert*6	53	King George, VA	39:13
31	Feinberg, Michael****	52	Bel Air, MD	39:13
32	Leiding, Jon*6	53	Virginia Beach, VA	39:17
33	Hymes, Craig*****	54	Yorktown, VA	39:25
34	Jacobi, Will*	53	Kensington, MD	39:20
35	Ortiz, Vincent*****	54	Chesapeake, VA	39:30
36	Cutright, Mike***	50	Fredericksburg, VA	39:30
37	Whitridge, John*	54	Rockville, MD	39:55
38	Kammerer, Jack***	53	Washington, DC	40:02
39	O'Brien, Dan	53	Williamsburg, VA	40:07
40	Bohse, Michael****	52	Columbia, MD	40:49
41	Oda, Yasuo	54	Columbia, MD	40:28
42	Anderson, Matt***	50	Fairfax, VA	40:30
43	Rippey, Brad*****	50	Fredericksburg, VA	40:41
44	Wills, Stephen****	50	College Park, MD	40:58

55-59 Men

American Family Fitness Half Marathon 1:16:56, 10K = 34:54

Henry Wigglesworth is probably best known as one of the volunteers at the now famous weekly Fletcher's Cove Park Run 5K that started at the beginning of the year. To be sure, when he chose to race he set and reset the age group course record, first with a second overall 17:54 and then with a 17:45 overall victory. Really, he was taking it easy on the rest of us as he had already secured the title at the SOME Thanksgiving Day Trot for Hunger 5K in 17:07. In December, he cemented that racing the Jingle All the Way 5K in 17:34. Runner-up Pete Gibson had eight triumphs including an overall win at the Fort Eustis 10K in 37:53 while only once running a 5K. He did the 5M most and did it best at the third fastest race, the Surf 'n' Santa 5M in 29:18. All that was before the end of May when he moved on to the 60-64 division and *even faster* times.

Third place Jeff Duyn ran the RRCA Challenge 10 Mile in 1:02:07 to match Jean-Christophe Arcaz who ran the Army 10 Miler in 1:02:06. Arcaz was a tiny bit

faster at the Reston Firecracker 5K in 18:09 than Duyn was at the Parks HM (1:23:32) but Duyn gets the top because Arcaz was at Parks as well and finished in 1:26:19. At the biggest 10K in the region, the Ukrops Monument Avenue 10K, fifth place Marty Stiegmann ran a very nice 37:49. Sixth place Ian Harrison had five wins, including a season opening Waynesboro Turkey Trot 5K in 18:15. Robert Whitaker mans the seventh spot with a runner-up position at the Virginia Senior Games 5K in 18:40.

Mr. Prolific, Brian Daugherty, is everywhere, winning his age group an amazing thirty-one times. He finished third overall at the Potomac River Running Trophy Series. His best race was a second overall at the Edgewater Fitness Reindeer Run 5K in 18:49. H.T. Page runs in a small market racing area and per usual was the overall winner more than once. He ran a fine 19:00 at the Martinsville Turkey Day 5K to take the tenth place. Christopher Ryan ran all five of his major races in Washington, DC with his best at the Rock 'n' Roll Half Marathon in 1:27:23 to edge Page for ninth place.

Twenty-nine men qualified for the division.

Place	Name	Age	Hometown	10K=
1	Wigglesworth, Henry****	58	Washington, DC	35:42
2	Gibson, Pete*8	59	Murfreesboro, NC	36:57
3	Duyn, Jeff*7	56	Garrett Park, MD	37:22
4	Arcaz, Jean-Christophe*7	56	Rockville, MD	37:22
5	Stiegmann, Marty*****	55	Glen Allen, VA	37:49
6	Harrison, Ian*****	57	Crozet, VA	38:04
7	Whitaker, Robert*11	57	Yorktown, VA	38:56
8	Daugherty, Brian*31	56	Edgewater, MD	39:15
9	Ryan, Christopher*	57	Washington, DC	39:39
10	Page, H.T.*9	56	Wirtz, VA	39:38
11	Horan, Marty*6	57	Gaithersburg, MD	39:44
12	Mace, Matthew****	56	Arnold, MD	39:53
13	Chall, John*12	59	Crownsville, MD	40:07
14	Cover, Karl*****	56	Montpelier, VA	40:24
15	Evans, Preston*10	59	Madison Heights, VA	40:26
16	Converse, Mark***	56	Tall Timbers, MD	40:24
17	Williams, Robert*6	59	Yorktown, VA	40:57
18	Breckenridge, Rick***	56	Norfolk, VA	40:59
19	Meadows, Mike*10	59	Martinsburg, WV	41:10
20	Rawley, Lloyd**	55	Greenbelt, MD	41:17
21	Party, Layne***	57	Towson, MD	41:14
22	Shroyer, Kevin****	55	Forest, VA	41:20
23	Mergler, Fran****	57	Nottingham, MD	41:29
24	Halpin, Bruce*	59	Ashburn, VA	41:35
25	Clark, Dave****	56	Alexandria, VA	41:35
26	Yob, Steve**	58	Glen Allen, VA	41:46

27	DeSantis, Steven***	55	Alexandria, VA	41:44
28	Peterson, Jeff*	59	Fredericksburg, VA	42:42
29	Clem, William	56	Bethesda, MD	42:53

60-64 Men

Elizabeth River Run 37:02

Maurice Pointer is determined to take another crown. It made it easy to decide with fifteen of the top twenty times as well as eighteen age group wins. He was the overall winner at the Jingle Bell Run Walk for Arthritis 5K in 18:06. Later, as top master, he would have the fastest race at the MCVets 5K in 17:59. He did the double racing the 10K that morning but his best 10K was the third fastest race at the Too Hot to Trot 10K in 38:03. He also had the two fastest marathons.

Stephen Chantry is really known most for his middle distance track but he excels at the 5K as well. He ran the Blue Talon Bistro Turkey Trot 5K in 18:16 to take the runner-up spot. Dan Lawson plays with the competition. When he aged up, we all conceded first place in all the MCCRC events. At Pike's Peek, he filleted the field in 39:02, a full mile ahead of last year's winning time for the 10K.

Preston Evans quietly slipped into fourth place with a swift 19:24 at the Commonwealth Games 5K. Fifth place David Wild was second at the Credit Union Cherry Blossom 10M in 1:08:09. Sixth place Clyde Rollins was second at Army in 1:10:20, though his best race was closer at the start of the year, when he ran the US National Road Racing Championships 12K in 49:56. Robert Williams is a fast, new name on the scene. He took top honors at the Run for the Stage 5K in 19:53.

The Eggleston OK 5K is a fast race and John Wills is a fast runner. They got together in June and Wills traversed the course in 20:14. Ninth place Will Murray had ten age group wins, none faster than his Virginia Regional Ballet 5K in 20:23. Tenth place Steve Sakry is the fastest of a bunch of sixty-four-year-olds ready to move on up and do some damage in the 65-69 division. He ran best at the FCA 5K in 20:30. Twelfth place Malcolm Senior is next in that line, running the Wattle Waddle 5M to start the year in 34:22. He was also the first to make the bolt and scored well already for 2016 in the new division. Tom Randolph takes eleventh place with a nifty Blue Moon Harbor Lights HM in 1:35:19 as the year's competition began.

Fifty-five runners were ranked in this huge division.

Place	Name	Age	Hometown	10K=
1	Pointer, Maurice*18	61	Towson, MD	37:31
2	Chantry, Stephen****	61	Williamsburg, VA	38:03
3	Lawson, Dan*9	61	Gaithersburg, MD	39:02
4	Evans, Preston****	60	Madison Heights, VA	40:28

5	Wild, David**	61	Washington, DC	40:58
6	Rollins, Clyde***	61	Herndon, VA	41:06
7	Williams, Robert*8	60	Yorktown, VA	41:29
8	Wills, John*6	64	Virginia Beach, VA	42:12
9	Murray, Will*10	60	Williamsburg, VA	42:31
10	Sakry, Steve*9	64	Stafford, VA	42:46
11	Randolph, Tom*8	61	Virginia Beach, VA	42:47
12	Senior, Malcolm***	64	New Market, MD	43:20
13	Loomis, Bill*8	62	Silver Spring, MD	43:31
14	Heron, Andrew****	60	Reston, VA	43:27
15	Riemenschneider, Neal*17	62	Winchester, VA	43:36
16	Koehler, Roger*13	62	Lexington, VA	43:32
17	Dekornfeld, Tom*7	63	Annapolis, MD	43:45
18	Wyatt, Donnie*9	63	Hampton, VA	43:50
19	Anderson, Clifton*8	63	Warrenton, VA	44:07
20	Gordon, Kirk*41	60	Glenn Dale, MD	43:57
21	Lerner, Steve*8	60	Glen Allen, VA	44:11
22	Draim, Bob*11	62	Alexandria, VA	44:20
23	Murphy, Tom**	63	Virginia Beach, VA	44:48
24	Rodriguez, Roberto***	60	Arlington, VA	44:58
25	Michael, Gary*7	61	Churchville, MD	44:56
26	Edgerton, David***	62	Chesapeake, VA	45:05
27	Davis, Jeff	60	Arlington, VA	45:14
28	Krehbiel, Ken*	62	Washington, DC	45:10
29	Washington, Larry**	64	Rockville, MD	45:14
30	Barnhart, Tim*13	61	Linden, VA	45:26
31	Carter, Lennie	63	Washington, DC	45:31
32	Grimsley, Gary***	62	Springfield, VA	45:43
33	Lopez, Felix*9	63	Lynchburg, VA	45:50
34	Robery, Brian**	60	Kensington, MD	45:50
35	Cutchins, Wyatt*	60	Newport News, VA	45:53
36	Siliciano, Robert*****	64	Baltimore, MD	45:51
37	Moreland, James*23	64	Gaithersburg, MD	45:58
38	Astrop, Robert****	64	Richmond, VA	46:01
39	Rogers, Ron**	64	Riner, VA	46:08
40	McLearan, Allen**	64	Manassas, VA	46:23
41	Brooks, Maxwell****	63	Reisterstown, MD	46:25
42	Deviese, James**	64	Yorktown, VA	46:31
43	Riordan, Jim**	62	Fredericksburg, VA	46:29
44	Barbour, John*	60	Pasadena, MD	46:41
45	Kehne, John	61	Potomac, MD	46:38
46	O'Keefe, Tim*****	63	Middletown, MD	46:54
47	Morgans, Gary*	63	Arlington, VA	46:54
48	Trump, David**	64	Midlothian, VA	47:01
49	Bachman, Gene	62	Virginia Beach, VA	47:08

50	Royle, David*	61	Washington, DC	47:06
51	Stasulis, Steve*	60	Virginia Beach, VA	47:44
52	Bousel, Paul**	63	Alexandria, VA	48:01
53	Sharpe, Steve****	64	Ellicott City, MD	48:14
54	Alvarez, Manuel**	62	Sandy Hook, VA	48:24
55	Mason, Michael****	60	Spencerville, MD	48:45

65-69 Men

St. Patrick's Day 10K 41:38

Paul Ryan races in bunches. He disappears, then pops up and races the top three events in eleven days in May. He was third overall at the Metropolitan Branch Trail 5K in 20:06, then *skidded to a halt* the next week at Batik 5K in 20:07. Finally, midweek at the invitational Capital Challenge 3M, he won the division with a fine 19:19. Runner-up Bill Hart ran a slew of races including a fast Easter Bunny Hop 5K in 20:41. He also excelled at the long runs with the Tidewater Striders Tune-up 15M in 1:51:21. With five races for the year, Ken Umbarger was one over the minimum for qualification. He had four cross country races with good placements, but slower times. On the road, he earns the third spot running the Interfaith 5K in 20:53.

The next two spots were very close. Dale Abrahamson had the minimum four events with an excellent American Family Fitness Half Marathon in 1:37:30. Malcolm Senior was much more prolific with fourteen age group wins, including the hilly RRCA Challenge 10 Mile in 1:13:28. Senior's next race at the Parkway Panda 5K in 21:14 was ahead of Abrahamson's St. Kateri's Run with the Son 5K in 21:24 and Senior is granted the fourth spot.

Larry Coley takes the sixth spot, running the Governor's Land 5K in 21:16. In seventh place, Tim Morgan has been battling more than his share of injuries but started the year in fine fashion winning the hill-challenged MCRRC Piece of Cake 10K in 45:12. Eighth up is Joseph Day with a very good Surf 'n' Santa 5M in 36:31. Allen Vaughan prefers the half marathon but gets the ninth place racing the MCM Turkey Trot 10K in 46:21. Rick Platt takes tenth as one of the five Tidewater racers leading the way in the division. His best event was the Virginia Regional Ballet 5K in 22:18.

Twenty-seven men qualified for the division.

Place	Name	Age	Hometown	10K=
1	Ryan, Paul*9	65	Arlington, VA	41:43
2	Hart, Bill*18	67	Virginia Beach, VA	43:09
3	Umbarger, Ken****	65	Gaithersburg, MD	43:34
4	Senior, Malcolm*14	65	Westminster, MD	44:14
5	Abrahamson, Dale***	67	Yorktown, VA	44:12

6	Coley, Larry*10	68	Chesapeake, VA	44:22
7	Morgan, Timothy*9	65	Damascus, MD	45:12
8	Day, Joseph*****	66	Yorktown, VA	46:03
9	Vaughan, Allen*13	66	Stafford, VA	46:21
10	Platt, Rick*****	65	Williamsburg, VA	46:31
11	Allen, Walter*7	68	Lynchburg, VA	46:56
12	Finn, Frank*	65	Henrico, VA	47:01
13	Dominguez, Bert*6	68	Gaithersburg, MD	47:13
14	Wong, Ronnie*7	69	Catonsville, MD	47:25
15	Woodfin, Bobby*9	69	Hopewell, VA	47:32
16	Boutin, Greg*8	65	Burke, VA	47:48
17	Murphy, Vincent*****	66	Woodbridge, VA	48:08
18	Trueheart, Wilson*9	67	Baltimore, MD	48:09
19	Ratzenberger, Jim****	67	Vienna, VA	48:28
20	Metcalfe, Brad*	65	Richmond, VA	48:22
21	Attavian, Bruce**	67	Hagerstown, MD	48:27
22	Jones, Larry*****	66	Midlothian, VA	48:36
23	Raley, George*9	69	Rising Sun , MD	49:08
24	Archibald, Jim***	67	Cockeysville, MD	49:16
25	Pyle, Richard*	66	Stephenson, VA	49:42
26	Verdirame, Joseph*8	66	Suffolk, VA	49:41
27	Irish, Ed***	66	Williamsburg, VA	51:54

70-74 Men

Super Hero 5K at the Vineyards 21:44, 10K = 45:20

Neither of the two top racers had a good fall. Ben Dyer and Jim Noone had all but three of the top thirty times for the year. However, none were run in the fall when fourth place Art Gregory ran the Roaring Lion Run 5K in 22:59 to take the fall. Noone ran a credible 48:03 at the Boo! Run for Life 10K in the fall, but he had spent a good part of the second half of the year recovering from an injury. He did win twenty-three times but did his damage early. In February, he ran the For the Love of It 10K in 45:57 to prove that his 42:54 on the PVTCT Christmas Caper 10K that was shortened erroneously to 5.79M was not a fluke. In May, he would add a 46:01 at the Apple Blossom 10K. Dyer had a sluggish fall, running best at the Colonial Heritage 5K in 23:08. His early-on never happened either, but his summer nearly powered him ahead of Noone to the crown. It turns out that his Super Hero 5K at The Vineyards in 21:44 was on a short course though a week later he ran a fine TCRR Race for the Cause 5K in 21:56 for the fastest 5K of the year.

Third place Joseph Philpot ran the fastest 8K at HCA in 36:28, ahead of sixth place Dennis LaMountain who ran 38:01. Philpot added a solid Appalachian Power Festival 5K in 22:48. LaMountain had six wins but his second best was

the City Point 5K River Run in 23:50. Fifth place Jonathan Cannon squeezes by with a better Freedom Run 5K in 23:08, along with four other wins, three others faster than LaMountain's 5K. Ed Mayhew takes seventh place running the Winning with Wellness 5K in 23:56. Ninth place John Churchman had his best race at the DCRRC Gar Williams HM in 1:50:11. Eighth place Michael Ray chased him down, running the in 24:02 and adding five more races that were faster than Churchman's second best race.

Place	Name	Age	Hometown	10K=
1	Noone, Jim*23	72	Fairfax, VA	45:57
2	Dyer, Ben*21	73	Hayes, VA	45:45
3	Philpot, Joseph*****	72	Roanoke, VA	46:15
4	Gregory, Art*18	72	Ijamsville, MD	47:57
5	Cannon, Jonathan*****	71	Earlysville, VA	48:15
6	Lamountain, Dennis*6	71	Richmond, VA	48:13
7	Mayhew, Ed*11	71	Winchester, VA	49:55
8	Michael, Ray****	72	Boonsboro, MD	50:08
9	Churchman, John*****	73	Arlington, VA	50:00
10	Fleming, Mike*9	70	Columbia, MD	50:19
11	Ingram, Harold*10	73	Henry, VA	51:14
12	Bullock, Jim*8	73	Eldersburg, MD	51:21
13	Hensel, Donald***	71	Gaithersburg, MD	51:29
14	Arata, Larry*20	72	Williamsburg, VA	51:44
15	Chase, Bob****	71	Falls Church, VA	51:45
16	Jefferson, Richard****	70	Germantown, MD	51:40
17	Schauer, Francis**	72	Alexandria, VA	52:41
18	Chaconas, Greg****	71	Washington, DC	53:53
19	Shapiro, Lou**	74	Silver Spring, MD	55:18

75-79 Men

US National Road Racing Championships 12K 1:00:46, 10K = 50:01

Once runners get past seventy, every year is harder to maintain performance. Nobody bothered to mention that to John Clarke who turned seventy-nine at the end of the year. Sure, he might have run the no-watch, predicted time hill monster Lewis Memorial a few seconds slower than in 2015 but all of his 5Ks were significantly faster than the year before. The other top dogs of the division valiantly struggled to maintain their times but lost ground as Clarke excelled. He bookended the year with the two fastest races. He started with the Way Station's Thanksgiving Day 5K in 24:21 and finished the next to last week of the racing year at the Roaring Lion Run 5K in 24:35.

Doug Morris made the runner-up spot as easy as three, four, five. He ran the Mystery through History 4M and change in 36:10, the Winning with Wellness 5K in 25:08, and the fourth fastest race at the SVR Prediction 5M 41:53. Two

challenges almost as bad as wind, rain, hills, cold or heat are the unknown distance and the prediction races. Morris excelled at both. Third place Robert Wright had the finest true 4M at the Bull Island race in 33:42. He added the Fox Hill Community 5K in 26:41. Last year's champion Malcolm O'Hagan was a bit off his game but captured fourth, running the Jingle All the Way 5K in 26:49. Another former champion, Stan Neumann, chose a number of not so fast courses and finds himself in fifth place. He ran best at the River Valley Ranch Trail Run 5K in 27:07.

Sixth place Bill Sollers is never counted out. He ran a solid First Down 5K in 27:33. Then in March, he beat O'Hagan at the St. Patrick's Day 10K, 56:59 to 57:51. Seventh place Maynard Weyers was there that morning but he ran the 5K in 27:52. Before he moseyed over to the 80-84 group, he also ran a very nice 27:28 at the Run with Santa 5K. Ken Quincy did not mind Weyers moving on as they both run many of the Potomac River Running races. In fact, Quincy ran so many that he scored enough points to make the top ten overall in their series for another year. His best race was the Frosty 5K in 28:10.

A growing number of twenty-eight qualifiers supported this division.

Place	Name	Age	Hometown	10K=
1	Clarke, John***	79	Woodsboro, MD	50:48
2	Morris, Douglas*7	78	Delaplane, VA	52:07
3	Wright, Robert****	75	Hampton, VA	53:53
4	O'Hagan, Malcolm****	76	Chevy Chase, MD	55:56
5	Neumann, Stan*10	77	Timonium, MD	56:34
6	Sollers, Bill*8	77	Silver Spring, MD	56:59
7	Weyers, Maynard*****	79	Alexandria , VA	57:18
8	Quincy, Ken*13	79	Vienna, VA	58:45
9	Polinski, Joseph*9	79	Smithfield, VA	1:00:03
10	Pitts, Warren*	78	Baltimore, MD	1:00:59
11	Eldridge, Bob*	76	Reston, VA	1:01:28
12	Derr, William****	77	Gambrills, MD	1:02:06
13	Garczynski, Louis*	76	Sterling, VA	1:02:48
14	Skelton, Lowell***	76	Moneta, VA	1:05:09
15	Coates, Chet*****	76	Silver Spring, MD	1:07:00
16	Rhoads, Richard*****	76	Arlington, VA	1:06:53
17	Terrell, Charles*	77	Newport News, VA	1:06:39
18	Bayrer, Ralph*****	76	Washington, DC	1:07:02
19	McKee, Michael****	78	Charlottesville, VA	1:07:41
20	Ford, John*	76	Clarksburg, MD	1:07:44
21	Finney, John*****	77	Arlington, VA	1:07:50
22	Hager, Philip****	79	Falls Church, VA	1:08:17
23	Borkowski, John	77	Midlothian, VA	1:11:45
24	Hall, Charles*	75	King George, VA	1:15:30
25	Kurisky, John***	78	Forest, VA	1:19:49

26	Durrant, Steve*	77	Virginia Beach, VA	1:22:55
27	St. Clair, Bailey**	78	Glen Arm, MD	1:28:22
28	Conn, Harry*****	78	Powhatan, VA	1:31:20

80-84 Men

Colleen's BA 5K 26:39, 10K = 55:36

The division expanded to twenty-nine qualifiers with a combined forty-six men from the three eighty-and-older divisions. These are not shrinking violets with a half dozen of the runners that finished more than twenty events. Bob Gurtler had thirty-five age group wins out of his seventy-one qualifiers and participated in dozens more (such as the mile and 3K) that were too short to be qualifiers. Then of course, there is George Yannakakis. He would turn eighty-five very late in the year and will be a major storm coming for that division. He had the top twelve races and fourteen faster than an hour in 10K equivalence. Half of those races were 10K or longer. He started with the Towson YMCA Turkey Trot 5K in 27:27. By December, he brought down the time to 26:44 at the Jingle Bell 5K. In the spring, he dominated at the Pike's Peek 10K in 57:28.

Maynard Weyers was looking forward to the new division where he will be the favorite in 2017 with Yannakakis moving on. Weyers had a very nice Run Geek Run 5K in 28:45. Whenever you can say you had a race faster than nine of the races run by Yannakakis you know you have arrived. Weyers had the next six races not run by Yannakakis. Third place Chris Catoe had already arrived. Four of his races were faster than some of the races run by both Weyers and Yannakakis. He matched his best 5K race at the Resolution Run 5K in 29:39 with a very nice Tidewater Striders Tune-up 10M in 1:42:47. That was only a few strides behind what Yannakakis ran at the Credit Union Cherry Blossom 10M (1:42:13), albeit his second best 10M. Jim Fratino earns fourth, running the Edgewater Fitness Reindeer Run 5K in 30:16. He tried the 5M and the 10K as well and in October he ran the longest race in the division, the Stonewall Jackson 20M.

Next, in fifth, came Jack McMahon who stayed around long enough to qualify before pillaging the next division. His best event was the Cranberry Crawl 5K in 31:55. Ed Chaney is sixth at the Glen Mar Family 5K in 32:16 with Terry McCarthy right behind him, racing the Ashburn Farm 5K in 32:38. Eighth place William Beydler had a quality race at the Janet Lynn Dick 5K for Life in 32:56. Ninth place Larry Dickerson is back and ran the Lucky Leprechaun 5K in 33:39 before bounding off to the elder division. Tenth place Don Simroth boldly ran a 10K across the Chesapeake Bay in 1:10:32. Alan Rider is still churning away, running the PVTC Go Fourth 8K in 55:38 to take the eleventh place in the division.

Place	Name	Age	Hometown	10K=
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1	Yannakakis, George*18	84	Sparks, MD	55:46
2	Weyers, Maynard*8	80	Alexandria, VA	58:45
3	Catoe, Chris****	81	Virginia Beach, VA	1:01:51
4	Fratino, Jim****	83	Queenstown, MD	1:03:08
5	McMahon, Jack**	84	Silver Spring, MD	1:06:35
6	Chaney, Ed*	80	Frederick, MD	1:07:18
7	McCarthy, Terry***	80	Leesburg, VA	1:08:04
8	Beydler, William***	81	Laurel, MD	1:08:42
9	Dickerson, Larry***	84	Burke, VA	1:09:07
10	Simroth, Don****	83	Charlottesville, VA	1:10:27
11	Rider, Alan*****	80	Reston, VA	1:10:34
12	Archibald, Bob*	84	Fayetteville, PA	1:10:45
13	Kelly, Mike*	82	Newport News, VA	1:11:23
14	Daniels, OC*	80	Chester, VA	1:12:54
15	Schillinger, Ernest**	84	Williamsburg, VA	1:17:28
16	Schmid, Jack	82	Charlottesville, VA	1:18:37
17	Schnerrmann, Jurgen	80	Washington, DC	1:21:12
18	Fleck, William*	82	Baltimore, MD	1:22:30
19	Gurtler, Robert*35	80	The Plains, VA	1:22:26
20	Levy, Mayer	83	Seaford, VA	1:25:52
21	Smith, Robert*10	82	Dickerson, MD	1:27:51
22	Sanborn, Richard*	81	Williamsburg, VA	1:28:35
23	Schaedel, Ken	82	Columbia, MD	1:29:09
24	Bianchetta, Mike*	81	Springfield, VA	1:30:47
25	Enzel, Bob*	80	Washington, DC	1:34:13
26	Pois, Allen	83	Midlothian, VA	1:34:48
27	Mendola, PJ	84	Newport News, VA	1:42:02
28	Roy, Ashis*	83	Alexandria, VA	1:57:26
29	Bass, Sid**	82	Virginia Beach, VA	2:30:11

85-89 Men

Christmas Caper 2.895M 30:14, 10K = 1:07:29

Jack McMahon pulverized the division, His best race by far was the shortened Christmas Caper race but it was not till after his tenth best race that runner-up Larry Dickerson could catch up. Dickerson ran the Raccoon Run 5K in 35:27. McMahon's best full 5K was the MCRRC New Year's 5K in 33:07. He ran the Pike's Peek 10K in 1:09:19. Anyone older than fifty knows that each year father time is increasingly cruel. Before that, ten year age groups are okay. By the time you get to seventy, even five year age groups start to become unfair. McMahon gets credit for eleven age group wins but he ran twenty races and never got beaten by someone who was eighty-five or older.

Third place Ernest Schillinger took on the 10K as well but he ran best at the Mulberry Island 5K in 36:23. Don Taylor ran the St. Patrick's 8K out in Hagerstown in 1:07:59 to take fourth place. Orville McGuire was next where he ran the Virginia Senior Games 10K in 1:28:47, while seventh place PJ Mendola was there for the 5K in 47:48. Sixth place Joseph Rutkowski ran the Packard Center Fiesta 5K in 43:44. Eighth place Bruce Roth was the most prolific racer after McMahon, running eight races for the year.

Place	Name	Age	Hometown	10K=
1	McMahon, Jack*11	85	Silver Spring, MD	1:07:29
2	Dickerson, Larry*	85	Burke, VA	1:13:38
3	Schillinger, Ernest*	85	Williamsburg, VA	1:15:54
4	Taylor, Don*	85	Hedgesville, WV	1:26:14
5	McGuire, Orville*	85	Virginia Beach, VA	1:28:47
6	Rutkowski, Joseph	87	Baltimore, MD	1:31:14
7	Mendola, PJ	85	Newport News, VA	1:39:43
8	Roth, Bruce****	85	Woodbridge, VA	1:49:04

90 & Older Men

St. Kateri's Run With the Son 5K 39:39, 10K = 1:22:43

Robert White shellacked the field with five of the top six times, all 5Ks, as well as two 8Ks. However, third place David Dunn had the fastest 8K, beating sixth place Dixon Hemphill at the Alexandria Turkey Trot 5M, 1:21:21 to 1:36:22. White was easily top dog, racing the St. Kateri's Run with the Son 5K in 39:39, nearly four minutes faster than his next best race, Menchville Winter Chill 5K in 43:31. The third best race goes to runner-up Roy Englert who ran the Kentlands/Lakelands 5K in 44:46. Fourth place Bob Atkins matched White as the most prolific racer with six 5Ks and two 4Ms. Atkins ran best at the Care2 Cure 5K in 49:58.

George Smith raced the Peaks of Otter 5K in 51:22 to take fifth place ahead of Hemphill who had his best race at the Cranberry Crawl 5K in 53:09. The Get Ready! Get Set! Get Fit! 5K Run is famous for older runner participation. With the field being eighty and older, seventh place George Brown was fifth there in 59:41, ahead of sixth place Curtis Wilson (1:05:13) who takes eighth in the rankings. Ninth has Louis Storm racing in the Brightviews Age is Just a Number 5K in 1:06:44.

Place	Name	Age	Hometown	10K=
1	White, Robert	93	Hampton, VA	1:22:43
2	Englert, Roy*	93	Springfield, VA	1:33:23
3	Dunn, David	100	Alexandria, VA	1:42:25
4	Atkins, Bob	91	Winchester, VA	1:44:14
5	Smith, George	91	Bedford, VA	1:47:09
6	Hemphill, Dixon*	91	Fairfax Station, VA	1:50:52

7	Brown, George	91	Baltimore, MD	2:04:30
8	Wilson, Curtis	92	Baltimore, MD	2:16:03
9	Storm, Louis	90	Bel Air, MD	2:19:12

Open Women

American Family Fitness Half Marathon 1:12:23, 10K = 32:42

On the very first day, Rachel Ward won the American Family Fitness Half Marathon in 1:12:23. Susanna Sullivan was there in Richmond and long finished as she was fifth overall in the HCA 8K with 25:57, beating eighth place Kathryn Harrison who ran 27:31. Sullivan piled on with ten wins and seven major races. Ward had six wins, two major, as did third place Stephanie Reich who would win Army in 56:29 ahead of fifth place Perry Shoemaker, 45, who was runner-up in 58:16. Shoemaker would win both the 40-44 and the 45-49 divisions. She had ten overall wins and ran best at the opening weekend US National Road Racing Championships 12K in 42:04. Reich had six wins in her seven tries but only her first two races would have put her into the top twenty-five. Her second race was a head-to-head win in 1:15:46 over fourth place Julia Roman-Duval (1:16:42) at the Frederick Half Marathon. Roman-Duval and Shoemaker were very close with Shoemaker having the edge with her Moreland Racing factor of 278 to 261. The difference was that Shoemaker had beaten twenty more ranked runners. However, Shoemaker's eighth best race was the Credit Union Cherry Blossom 10M in 1:00:56. Roman-Duval ran her third best race there in 58:30 to take the fourth spot.

Back to the two top racers, Sullivan won the Alexandria Turkey Trot 5M in 27:11 and the Crystal City Friday 5K in 16:22. Indeed, she would have three races faster than Ward's second best race, the Charlottesville 10 Mile in 57:54, and another three faster than Ward's third best race, the Charlottesville 4 Miler in 22:02. The MRF numbers for her were huge at 310, while Ward was fifth highest there in the rankings at 183. Sullivan retains her crown. Sixth place Bethany Sachtleben started well at the Blue Moon Harbor Lights HM with a win in 1:17:50. Sachtleben would beat tenth place Kerry Allen by winning the Rock 'n' Roll Half Marathon in 1:19:45. Allen ran 1:20:10 for second place. Later at the Ukrops Monument Avenue 10K, Sachtleben would best Abigail Motley, who was third overall in the race 34:45 to 34:55, as well as Harrison who ran 35:40. Ninth place Caroline Bauer ran the Credit Union Cherry Blossom 10M in 59:25, beating Allen who ran 1:00:15.

Next in line, Megan DiGregorio moved up nineteen spots from 2015, racing the Kelly's Shamrock 5K in 17:21 and taking the runner-up spot at the 5K. Filling the last of the top dozen, Kathleen Lautzenheiser raced the Ukrops Monument Avenue 10K in 36:21. Thirteenth place goes to Maura Linde who wins the race at the Charles Street 12M in 1:13:44. Next in fourteenth, Jillian Pollack has a solid Army 10 Mile in 1:00:37. Laurel Le Moigne is right there too in sixteenth place at

the Rock 'n' Roll Half Marathon in 1:20:55. Sherry Stick with twelve victories is seventeenth, running the Kelly's Shamrock 5K in 17:36.

Fourteen of the sixty-four runners came from other divisions.

Place	Name	Age	Hometown	10K=	PL in 2015
1	Sullivan, Susanna*8	26	Falls Church, VA	32:57	■1
2	Ward, Rachel*6	27	Charlottesville, VA	32:42	
3	Reich, Stephanie*6	24	Frederick, MD	33:57	
4	Roman-Duval, Julia****	34	Columbia, MD	34:22	▼3
5	Shoemaker, Perry*10	45	Vienna, VA	34:37	▼2
6	Sachtleben, Bethany*6	24	Manassas, MD	34:45	
7	Motley, Abigail*	21	Virginia Beach, VA	34:55	
8	Harrison, Kathryn**	26	Richmond, VA	34:56	
9	Bauer, Caroline****	33	Columbia, MD	35:42	
10	Allen, Kerry***	28	Washington, DC	35:56	
11	DiGregorio, Megan*13	28	White Marsh, MD	36:07	▲30
12	Lautzenheiser, Kathleen****	24	Midlothian, VA	36:21	
13	Linde, Maura*	23	Sykesville, MD	36:27	
14	Pollack, Jillian**	27	Arlington, VA	36:26	▲36
15	Le Moigne, Laurel*8	31	Springfield, VA	36:34	▲20
16	Carroll, Maura*	27	Arlington, VA	36:37	
17	Stick, Sherry*12	38	Eldersburg, MD	36:39	▲24
18	Mazur, Ann*6	31	Charlottesville, VA	36:54	▼16
19	Loerch, Sarah**	31	Ashburn, VA	37:04	
20	Norton, Sage***	35	Myersville, MD	37:05	▼15
21	Capozzi, Michelle*7	24	Leesburg, VA	37:06	▲23
22	Bishop, Sarah*	34	Fairfax, VA	37:14	
23	Conlon, Beth	24	Montgomery Village, MD	37:05	▲27
24	High, Renee*12	34	Virginia Beach, VA	37:33	▼7
25	Cario, Stephanie**	25	Rockingham, VA	37:18	
26	Kulesz, Melanie*	25	Richmond, VA	37:45	
27	Loeb, Frances*	23	Bethesda, MD	37:47	
28	Starks, Elizabeth*	35	Huntingtown, MD	37:54	
29	Gispert, Emily	25	Baltimore, MD	37:55	▼25
30	Breindel, Tressa	37	Richmond, VA	37:53	
31	Jones, Sarabeth*	25	Richmond, VA	37:49	
32	Allman, Teresa*****	39	Virginia Beach, VA	38:00	▲34
33	Borland, Stephanie*	25	Reston, VA	38:02	
34	Page, Carly	30	Baltimore, MD	38:02	
35	Clattenburg, Rachel**	32	Washington, DC	38:13	▲38
36	Crandell, Courtney	25	White Post, VA	38:06	▲57
37	Truelove, Megan*	25	Alexandria, VA	38:17	
38	Paul, Jennifer*	28	Washington, DC	38:09	
39	Parks, Rebecca	27	Washington, DC	38:10	

40	Hannon, Elizabeth	34	Columbia, MD	38:08	▲50
41	Swain-Taylor, Erin**	34	Arlington, VA	38:23	▼22
42	Henry, Sika****	32	Newport News, VA	38:35	▼41
43	Rinehardt, Octavia*	26	Virginia Beach, VA	38:33	▼28
44	Delong, Candace	26	Winchester, VA	38:37	
45	McGuire, Jessica*	36	Arlington, VA	38:32	
46	Lautzenheiser, Leia***	24	Midlothian, VA	38:36	
47	Schrank, Brenda****	44	Winchester, VA	38:45	▼29
48	Fitzgerald, Jenny**	37	Woodbridge, VA	38:45	
49	Hartman, Angela*	30	Hyattsville, MD	38:57	
50	Masterson, Erin*	33	Alexandria, VA	39:07	▼42
51	Heasman, Claire	41	Frederick, MD	39:10	
52	Schubel, Leah	25	Richmond, VA	39:09	
53	Hevner, Tiffany*	35	Columbia, MD	39:17	
54	Sicher, Erin	34	Washington, DC	39:13	
55	Lasker, Sara****	26	Ashland, VA	39:15	
56	Walker, Kate*	36	Falls Church, VA	39:29	
57	Baage, Silvia*	35	Rockville, MD	39:39	▼51
58	Bowen, Megan*	29	Charlottesville, VA	39:48	
59	Rose, Shayna*	24	Baltimore, MD	39:56	
60	Pearson, Hannah*	29	Fairfax, VA	39:54	
61	Cardosi, Calessa	25	Fairfax, VA	39:56	
62	Wechsler, Gabi	25	Henrico, VA	40:06	
63	Dickerson, Julie*	27	Washington, DC	40:10	
64	O'Hara, Laura**	36	Alexandria, VA	40:15	

19 & Younger Women

Kelly's Shamrock 5K 17:25, 10K = 36:16

Runner-up Maeve Stiles had three solid 5Ks, two in the first month with two second overall finishes. Her best race was the Blue Talon Bistro Turkey Trot 5K in 19:38, well ahead of Thorin Jean's 21:15. Fourth place Lydia Wilson had three age group wins, including a head-to-head against Jean at the Run for the D. O. G. 5K, prevailing by a second in 20:34. As with many teen runners Jean improved rapidly and takes the title with an excellent 19:06 at the Governor's Land 5K. Wilson had two overall wins, one major, with her best race winning the Tacky Sweater 5K in 19:44. With so much fire power and with seven overall wins plus three more top three finishes, Valerie Barrett pushes herself into third place. Her best time was the YMCA Pancake 10K victory in 41:15. Elle Slater takes the fifth spot at the FCA 5K in 20:24.

Place	Name	Age	Hometown	10K=
1	Jean, Thorin****	16	Williamsburg, VA	39:46
2	Stiles, Maeve****	14	Norfolk, VA	40:53

3	Barrett, Valerie*12	17	Clarksville, VA	41:15
4	Wilson, Lydia***	19	Smithfield, VA	41:05
5	Slater, Elle*6	13	Spotsylvania, VA	42:28
6	Rosas, Adriana*10	17	Columbia, MD	43:10
7	Romola, Elise*6	17	Ashburn, VA	43:52
8	Vickery, Sarah*****	18	Bedford, VA	44:25
9	Doran, Rebecca*	16	Burke, VA	44:33
10	Rosas, Brenda*	17	Columbia, MD	45:32
11	Sabal, Sarah*****	16	Stafford, VA	46:30

35-39 Women

Crofton Kiwanis - Team Surlis 10K Challenge 35:34

The field grew by a third and yet Sherry Stick, who sped up a mere six seconds over last year seventh place finish, takes the top spot with her Kelly's Shamrock 5K in 17:36. She added the second fastest 5K at the Donut Alley Rally in 17:42. She won her age group sixteen times this year, one fewer than last year. Twelve were overall wins. Sage Norton, who was fifth last year, moves up to the runner-up spot, racing the American Family Fitness Half Marathon in 1:22:03, ahead of sixth place Tressa Breindal's 1:23:50. Breindal was fifth in the age group at the event. Fourth place Elizabeth Starks eases in front of her by virtue of her age group win at the Frederick Half Marathon in 1:23:53. In her second best race, Briendal narrowly edged tenth place Tiffany Hevner at the Ukrops Monument Avenue 10K, 39:17 to 39:23. Starks had three other faster races, including the Marine Corps Marathon in 2:59:51.

Across the age groups, Teresa Allman takes the fifth spot, finishing the Surf 'n' Santa 5M in 30:08 for second overall. Later in the year as a masters runner, she showed her skills at the half marathon to equal Tressa and Starks. Still in the early half of the year, she won it all at the Tidewater Striders Tune-up 10M in 1:03:54. Seventh place Jessica McGuire is another half marathon aficionado, running the Navy-Air Force Half Marathon in 1:25:16. She also won it all at the Kentlands/Lakelands 5K in 18:41. Jenny Fitzgerald takes eighth place doing the George Washington Parkway Classic 10 Mile in 1:04:28, ahead of eleventh place Kate Walker's 1:05:42. Amanda Beal uses her overall win at the Downs Park 5M in 30:58 to win ninth place.

Thirty-four women qualified for the division.

Place	Name	Age	Hometown	10K=
1	Stick, Sherry*16	38	Eldersburg, MD	36:39
2	Norton, Sage*6	36	Frederick, MD	37:05
3	McNew, Megan*6	37	Baltimore, MD	37:34
4	Starks, Elizabeth****	36	Huntingtown, MD	37:54
5	Allman, Teresa****	39	Virginia Beach, VA	38:00

6	Breindel, Tressa**	37	Richmond, VA	37:53
7	McGuire, Jessica*9	36	Arlington, VA	38:32
8	Fitzgerald, Jenny	37	Woodbridge, VA	38:45
9	Beal, Amanda*****	36	Hanover, MD	38:58
10	Hevner, Tiffany*****	36	Columbia, MD	39:17
11	Walker, Kate*	37	Falls Church, VA	39:29
12	Baage, Silvia***	35	Rockville, MD	39:39
13	Diegoli, Toni*10	37	Potomac, MD	39:46
14	Ramos, Laura*7	37	Silver Spring, MD	39:38
15	Wassner Flynn, Sarah*****	37	Rockville, MD	40:03
16	O'Hara, Laura*****	36	Alexandria, VA	40:15
17	Bird, Samantha**	38	Burke, VA	40:05
18	Riggs, Jessica*16	39	Williamsburg, VA	40:21
19	Khatcheressian, Anne****	36	Fredericksburg, VA	40:35
20	Hainstock, Lisa**	39	Charlottesville, VA	40:46
21	Holt, Bridget****	38	Gambrills, MD	40:47
22	Lully, Jennifer*****	39	Lynchburg, VA	41:24
23	Stylianski, Ann****	37	Towson, MD	41:26
24	Dzibela, Tracy*16	39	Fredericksburg, VA	41:48
25	Matthews, Shannon***	38	Boonsboro, MD	42:02
26	Zbikowski, Amy****	37	Crofton, MD	42:10
27	Anderson, Jennifer*****	35	Poquoson, VA	42:12
28	Hemler, Rebecca*6	36	Nottingham, MD	42:12
29	Clor, Elizabeth*	37	Chantilly, VA	42:18
30	Johnston, Lisa*****	35	Reston, VA	42:41
31	Hollis, Elizabeth**	39	Leesburg, VA	42:51
32	Taylor-Yonts, Edith****	36	Fredericksburg, VA	43:18
33	Mills, Dana*	36	Stafford, VA	43:24
34	Feinstein, Sarah*8	39	Henrico, VA	44:02

40-44 Women

US National Road Racing Championships 12K 42:04, 10K = 34:37

Major races win titles and were nearly sixty percent of the races by qualifiers. Perry Shoemaker had the top seven races, all major. She matched her best race of 2015 on the first week at the US National Road Racing Championships 12K in 42:04. The rest of the year was a victory tour. She won the Reston 10M outright in 59:11 and took the Credit Union Cherry Blossom 10M in 1:00:56. Then she added four swift 5Ks and might have won them all instead of just two had not overall Runner of the Year Susanna Sullivan been there. With no world's left to conquer, she moved on to plunder the 45-49 age group and even faster times.

The runner-up spot is contested from two ladies coming from different places. Teresa Allman aged up with her first masters race at the Anthem Shamrock

Festival Half Marathon where she was in the money at fourth overall in 1:12:09. Third place Kelly Westlake started off grandly with a second overall at the Laurel Turkey Trot 5K in 18:17. Her last race of the year was at the Credit Union Cherry Blossom 10M in 1:04:14 where she was third in her age group. Allman continued to shine, winning it all at the House of Ghent 10K in 38:11. Allman had the greater Moreland Racing Factor, eighty-eight to fifty.

The next three racers did their stroll down Rockville Pike with Brenda Schrank leading the way in 38:45 as the top master and earning fourth place. Sixth ranked Trish Stone was the age group winner in 39:03 with Claire Heasman next in 39:10. Heasman nearly matched her 10K in Rockville with her Mission 10 Miler Race to Recovery in 1:05:27. Heasman also ran a fabulous RRCA Challenge 10 Mile in 1:06:30. Schrank added four overall wins and a fine Apple Blossom 10K in 40:08. Though Stone had two overall wins and a narrow win over Heasman at Pike's Peek, Heasman open class races were just too much power. Stone's 40:57 overall win on the decidedly hilly Piece of Cake 10K notwithstanding.

Seventh place Danielle Kays took top masters honors at the Kelly's Shamrock 5K in 19:04. Emily Pierce was best at the Alexandria Running Festival HM in 1:28:59, matching Heasman's Fredrick HM exactly, to take eighth place. Ninth place Cristina Burbach never met Amy Huerta on the battlefield though their times were mirror like. Burbach ran the St. Patrick's Day 10K in 41:05. Her Rock 'n' Roll Half Marathon in 1:31:03 was right behind the fine 1:30:57 American Family Fitness Half Marathon that Huerta ran. Burbach had the fastest 5K at the First Down 5K in 19:49 as well as the faster 10M at the Credit Union Cherry Blossom 10M in 1:09:08 versus Huerta's win at the Baltimore 10M in 1:09:47. Both had an identical Moreland Racing Factor of 126.

Twenty-two women qualified for the division.

Place	Name	Age	Hometown	10K=
1	Shoemaker, Perry*7	44	Vienna, VA	34:37
2	Allman, Teresa*****	40	Virginia Beach, VA	38:02
3	Westlake, Kelly***	44	Ellicott City, MD	38:04
4	Schrank, Brenda*11	44	Winchester, VA	38:45
5	Heasman, Claire*****	42	Frederick, MD	39:10
6	Stone, Trish*9	41	Kensington, MD	39:03
7	Kays, Danielle*7	41	Bel Air, MD	39:42
8	Pierce, Emily*9	41	Silver Spring, MD	40:13
9	Burbach, Cristina*7	42	Arlington, VA	41:05
10	Huerta, Amy*10	41	Fredericksburg, VA	41:06
11	Reichmann, Lisa*****	42	Gaithersburg, MD	41:33
12	Sapper, Julie*7	44	Rockville, MD	42:16
13	Ross, Cathy*6	44	Burke, VA	42:18
14	Sample, Jennifer*9	41	Chevy Chase, MD	42:12
15	Kusakabe, Shinobu*	44	Kensington, MD	42:39

16	Taylor, Julia*	44	Arlington, VA	42:37
17	Dowler, Connie***	41	Arlington, VA	42:53
18	Jurata, Linda	44	Poolesville, MD	42:49
19	Messing, Angela**	44	Washington, DC	43:29
20	Austin-Thieme, Stephanie*	42	Woodbridge, VA	44:08
21	Weaver, Faye*	43	Ellicott City, MD	44:27
22	Novitske, Barb**	42	Burke, VA	45:48

45-49 Women

Army 10 Mile 58:16, 10K = 35:01

Perry Shoemaker was everywhere, breaking the tape at seven of her dozen races in her second age group of the year. No other women in her division came within two minutes of 10K equivalence from her slowest effort. Half of her races were major races. These included a masters win at the competitive Reston Firecracker 5K in 17:46, an overall win at the Leesburg 20K in 1:15:24, (fourth finisher overall), and a prestigious overall win at the Marine Corps Marathon in 2:51:48. Along the way, she trounced the field with a second overall, age group record of 58:16 at the Army 10 Miler. Last year's runner-up, Denise Knickman is still dominating, especially at the long distances. She defended her title at the Baltimore Marathon in 3:09:52. She ran even better leading up to that at the Charm City 20M in 2:19:47, ahead of ninth place Marci Benda who ran 2:26:32. Benda was strong in five major Baltimore races, including a win at the Baltimore 10M in 1:13:12. Even with thirteen wins, Knickman would need that race to claim her runner-up spot as Dolores Ware was the second fastest women at the 10K, running the VAB Turkey Trot 10K in 40:49, as well as having two of the top four half marathons. She was top master at the Blue Moon Harbor Lights HM in 1:29:49 to start the year.

Fourth place Yoko England is glad she ran through the tape as she improved on her Marine Corps Historic Half Marathon in 1:32:06 at the Rock N Roll Half Marathon in 1:30:23 to take the fifth placement. Cindy Wendt had her best of two halves at the B & A Trail Half Marathon in 1:30:27 to finish right behind her in fifth place. Sixth place Amy Smith was runner-up at the Al Lewis 10.36M race in 1:11:10 that equates to a 41:10. The confusion came when the turnaround was mislocated at the five mile mark on the trail but the race started .18 mile behind the ground zero mark. She would also finish third overall at the DCRRC JFK 20K in 1:28:44.

Seventh place Miriam Mintzer out-netted Knickman at the Credit Union Cherry Blossom 10M to take the second spot with an official time of 1:09:34. Knickman's time was 1:08:56. Daryle Lademan was the next qualifier and in the rankings, running 1:10:19. Knickman passed on Pike's Peek this year and Mintzer took advantage to get her second 10K win of the year in 41:19. Lademan finished

there in 41:52. Tenth place Sabina Minney won it all at the Run 4 Shelter 5K in 20:08.

Forty-three women qualified for the division.

Place	Name	Age	Hometown	10K=
1	Shoemaker, Perry*12	45	Vienna, VA	35:01
2	Knickman, Denise*13	48	Baltimore, MD	40:11
3	Ware, Dolores*****	46	Virginia Beach, VA	40:35
4	England, Yoko*****	45	Norfolk, VA	40:51
5	Wendt, Cindy**	46	Olney, MD	40:59
6	Smith, Amy*****	45	Fairfax, VA	41:10
7	Mintzer, Miriam*7	48	Silver Spring, MD	41:19
8	Lademan, Daryle***	45	Arlington, VA	41:52
9	Benda, Marci*****	46	Parkton, MD	42:07
10	Minney, Sabina*****	47	Worton, MD	41:55
11	Rico, Monique*10	48	Chantilly, VA	42:28
12	Pels, Paula****	49	Bethesda, MD	42:35
13	Goodpasture, Debbie*6	47	Midlothian, VA	42:44
14	Liu, Tammy**	49	Ellicott City, MD	42:55
15	O'Connor, Linda-Lou*6	48	Severna Park, MD	43:10
16	Balfour, Fiona	45	Alexandria, VA	43:22
17	Isler, Kim***	48	Oakton, VA	43:33
18	Feldman, Elizabeth**	48	Chevy Chase, MD	43:32
19	Smith, Shannon*	49	Washington, DC	43:31
20	Ross, Cathy*****	45	Burke, VA	44:05
21	Roy, Melissa*****	47	Alexandria, VA	44:13
22	Taylor, Ruth*12	48	Frederick, MD	44:27
23	Stotler, Tonya*7	49	Cross Junction, VA	44:26
24	Takakusaki, Yuko*6	48	Arlington, VA	44:41
25	Greeson, Laura***	47	Alexandria, VA	44:37
26	Fuglem, Tove**	47	Quantico, VA	44:39
27	Beard, Shelli	46	North Potomac, MD	45:12
28	Young, Cheryl*****	47	Reston, VA	45:22
29	Blakney, Luz*****	49	Oak Hill, VA	45:29
30	Borkman, Kelly****	49	Virginia Beach, VA	45:31
31	Johnson, Sarah**	45	Bethesda, MD	45:43
32	Kratzer, Jill**	48	Cape Charles, VA	45:52
33	Digirolamo, Janice*	45	Charlottesville, VA	46:00
34	Killeen, Karen****	48	Richmond, VA	46:03
35	Bozarth, Helena***	49	Fredericksburg, VA	46:15
36	Strauch, Debi*6	45	Ashburn, VA	46:21
37	Greer, Eliza***	46	Baltimore, MD	46:26
38	Ratcliffe, Kim****	48	Yorktown, VA	46:32
39	Kammel, Carole***	47	Rockville, MD	46:35

40	Chase, Julia*****	46	Fredericksburg, VA	46:44
41	Ransom, Mary*	47	Richmond, VA	46:49
42	Arbaugh, Tonna*****	48	Westminster, MD	47:02
43	Keane-Myers, Andrea*	47	Bethesda, MD	47:12

50-54 Women

US National Road Racing Championships 12K 47:36, 10K = 39:02

Cindy Conant split the year in two divisions. She ran her best in the 55-59 divisions but not enough to qualify. She ran the tough RRCA Challenge 10 Mile in 1:09:05 a week after finishing third overall at the Country Road Run. In March, she finished the Piece of Cake double, running the 5K and finishing second overall at the 10K in 41:21. In April, she finished well at the Credit Union Cherry Blossom 10M in 1:08:52, ahead of Mandana Mortazavi who ran 1:09:36. Still, Conant was not running as she is capable and when she skipped the Pike's Peek 10K, Mortazavi took the win there in 40:52 to pass Conant for the runner-up spot in the division. Mortazavi also was tops again at the Leesburg 20K in 1:27:42. She won at the Frederick HM in 1:31:53, ahead of seventh place Cornelia Pritchard who had her best half there in 1:33:20.

Above the fray, Kendall Tata was dominating, winning all eighteen of her races, including seven overall wins, five runner-ups and a third overall. She had the top six of seven 5Ks in the division, including an overall win at the Kiwanis Club Independence Day 5K in 19:03. She had the top 10K at the Sugar Hollow Bridges 10K in 40:50 and the two fastest 8Ks, with an overall win at the Haven 8K in 32:20. Fourth place Andrea Leber had the seventh fastest 5K when she won it all at the Surfer's Healing 5K in 19:57.

Fifth place Debbie McLaughlin was everywhere with eighteen races and six top three finishes. Her best effort was the Dismal Swamp Stomp HM in 1:33:42. Pritchard's next two races also nearly matched McLaughlin, who ran the Sentara Sleighbell 5K in 20:28, with her Parkway Panda 5K in 20:34. Sixth place Shannon Smith had her win at the Rock 'n' Roll Half Marathon in 1:34:54 but nudged past Pritchard when she defeated her at Army, 1:10:54 to 1:12:54. Eighth place Patty Andrews ran all her races near Annapolis. Though she struggled a tad crossing the Severn River at the Annapolis 10K, she won big running the Across the Bay 10K in 42:38.

Ninth place came down from Frederick to race a fine Pike's Peek 10K in 43:26. That was only a second faster than tenth Janeth Scott ran at the ZERO Prostate Cancer Challenge Baltimore 10K. When they met at the Parks HM, Johnston prevailed, 1:45:44 to 1:45:52. Scott also beat eleventh place Mary Bowman at the MCRRC Run for the Roses 5K. That was however Bowman's nineteenth best race. She takes her spot with a fine 34:19 at the PVTG Go Fourth 8K. Connie

Glueck fills the dozen with by far her best race, the Joe & Sue Moore Memorial Scholarship 5K in 20:55. It was one of her four overall wins.

Thirteenth place Anita Freres had at least an age group win in fourteen of fifteen events, with four overall wins. She was best at the Run for the Parks 10K in 43:46. Julie Thienel was top age group in her major races, including the Charles Street 12M in 1:28:26 to take the fourteenth place.

Fifty women qualified for the division.

Place	Name	Age	Hometown	10K=
1	Tata, Kendall*18	54	Stanardsville, VA	39:33
2	Mortazavi, Mandana*8	52	Leesburg, VA	40:52
3	Conant, Cindy****	54	Kensington, MD	41:21
4	Leber, Andrea*6	51	Virginia Beach, VA	41:32
5	McLaughlin, Debbie*17	51	Williamsburg, VA	42:20
6	Smith, Shannon****	50	Washington, DC	42:25
7	Pritchard, Cornelia***	50	Frederick, MD	42:11
8	Andrews, Patty*6	52	Stevensville, MD	42:38
9	Johnston, Keary*7	51	Frederick, MD	43:26
10	Scott, Janeth*7	54	Columbia, MD	43:27
11	Bowman, Mary*15	51	Silver Spring, MD	43:34
12	Glueck, Connie*10	52	Williamsburg, VA	43:33
13	Freres, Anita*14	51	Vienna, VA	43:46
14	Thienel, Julie***	52	Columbia, MD	43:43
15	Hall, Maureen*23	51	Parkville, MD	44:04
16	Boring, Linda****	52	Frederick, MD	44:13
17	Krill, Carol***	52	Stafford, VA	44:45
18	David, Carol*****	53	Stafford, VA	45:05
19	Sheets, Susan*****	54	Virginia Beach, VA	45:08
20	Havens, Karla*10	54	Plainview, VA	45:50
21	Heichelbech, Tracy	51	Potomac, MD	45:51
22	Forsyth, Joanne*****	52	Fredericksburg, VA	45:57
23	Delaney, Nancy****	50	Virginia Beach, VA	46:15
24	Mackintosh, Brenda*8	51	Springfield, VA	46:26
25	Lussi, Jeanette***	53	Lutherville, MD	46:55
26	Kopacz, Margaret*11	51	Chesapeake, VA	47:07
27	Smith, Dana***	53	Severna Park, MD	47:01
28	Pontarelli, Sally*****	51	Culpeper, VA	47:34
29	Porter, Suzanne*	54	Annandale, VA	47:28
30	Kim, Susan****	54	Baltimore, MD	47:37
31	Grillo, Jeanne**	54	Potomac, MD	47:45
32	Furr, Suzanne*	54	Harwood, MD	47:47
33	Moeser, Audrey*	50	Glen Arm, MD	47:51
34	Bailey, Mary Jo*	54	Williamsburg, VA	47:57

35	Shea, Stacey*8	53	Baltimore, MD	47:55
36	Barrick, Michelle*****	52	Middle River, MD	47:56
37	Foy Jones, Valor*6	53	Newport News, VA	48:08
38	Cox, Heidi***	51	Stafford, VA	48:20
39	Zamostny, Lisa***	50	Pasadena, MD	48:39
40	Friberg, Jeanne*	53	Ashburn, VA	48:37
41	Demaree, Marsha*6	51	Marriottsville, MD	48:41
42	Sachs, Amy	51	Ellicott City, MD	48:57
43	Mundt, Vicky*	53	Annapolis, MD	49:00
44	Kuhn, Margaret	54	Riverdale, MD	48:59
45	Quinn, Elizabeth*	54	Stafford, VA	49:19
46	Schaffner, Christine*6	52	Yorktown, VA	49:24
47	Rome, Julie***	54	Oak Hill, VA	49:30
48	Esquibel, Pearl*	54	Fredericksburg, VA	49:44
49	Ranney, Sheri	54	Reston, VA	50:30
50	Horkan, Miho	53	Rockville, MD	51:30

55-59 Women

Great Allegany 15K 59:13, 10K = 38:30

Deedee Loughran still commands the division with times that qualify for runners nearly twenty-five years younger. She had eleven of the top fifteen times, including the top nine times. She excelled at the long distance with wins at the half and the 20K, including a second overall at the Runners Half Marathon of Reston in 1:34:49 and the Freedom Fighters HM. She won it all in the 10K and had a superb Run for the Parks 10K in 42:09. Still, time is running short as the sledge hammer, Cindy Conant, aged up in the second half of the year. Loughran had her best race at the Army 10 miler in 1:09:12. Conant ran 1:06:24 for her third fastest race in the new age group that included to overall wins. Conant fell one race short of qualifying for this division as well, probably because she was at the beach racing out of the area.

Runner-up Mary Catherine Malin was off in the distance at Army, finishing in 1:15:10 but she did much better racing the SOME Thanksgiving Day Trot for Hunger 5K in 20:50. Third place Julie Hayden had her fastest race beating all of the women at the Ashburn Village Fiesta 5K in 21:24. Meanwhile, fourth place Win Persina was toasting the smaller races with five overall wins at the Fletcher's Cove Park Run 5K, running as fast as 21:26, while Hayden was duking it out in the bigger races. Hayden had a fine US National Road Racing Championships 12K in 54:33. Sixth place Mary Lowe Mayhugh had her best race at SOME Thanksgiving Day Trot for Hunger 5K in 21:49. Fifth place Jill Snyder matched exactly racing the Cold Turkey 10K in 45:25 as one of her 10 age group wins. She had the Across the Bay 10K in 45:59 and Clyde's in 46:00, while Mayhugh ran the Jingle Bell Run for Arthritis 5K in a very credible 22:14.

Sue Miner looked great, winning at the Charm City 20M in 2:39:00. Like Mayhugh, Ida Draim was headed to the new division. She matched Mayhugh's second best race with her US National Road Racing Championships 12K in 56:14 and takes eighth place. Ninth place Suzanne Furr had beaten Snyder at the Cherry Pit 10M in April, 1:17:22 to 1:18:57 but could not catch her because Snyder had five other superior races. Furr's time was faster than Carole Rosasco but Rosasco was nevertheless the victor over Furr at the Downs Park 5M 37:34 to 37:38 and at the Anniversary 15K, 1:12:10 to 1:13:30, before Furr had aged up.

Nancy Wallace is eleventh racing the CTC New Year's 5K in 22:35, followed by Robin Steckley who raced the Commonwealth Games 5K in 22:38.

Forty women qualified for the division.

Place	Name	Age	Hometown	10K=
1	Loughran, Deedee*11	58	Oak Hill, VA	41:35
2	Malin, Mary Catherine**	57	Arlington, VA	43:23
3	Hayden, Julie*6	56	Ashburn, VA	44:33
4	Persina, Win*8	55	Washington, DC	44:37
5	Snyder, Jill*10	55	Annapolis, MD	45:25
6	Mayhugh, Mary Lowe*16	59	Washington, DC	45:25
7	Miner, Sue****	56	Ellicott City, MD	45:42
8	Drain, Ida**	59	Alexandria, VA	46:15
9	Furr, Suzanne**	55	Harwood, MD	46:30
10	Rosasco, Carole*13	57	Severna Park, MD	46:55
11	Wallace, Nancy***	56	Charlottesville, VA	47:01
12	Steckley, Robin*6	58	Forest, VA	47:07
13	Boyle, Cecile**	56	Manassas, VA	47:15
14	Huddleston, Terri*****	57	North Chesterfield, VA	47:42
15	Gray, Sandra*10	57	Glen Allen, VA	47:51
16	Galliani, Paula***	56	Gaithersburg, MD	47:59
17	Meyer, Jane***	56	Annapolis, MD	48:29
18	Norman, Brenda*	59	Annapolis, MD	48:44
19	Collard, Elizabeth***	55	Darlington, MD	48:51
20	Waldman, Gail**	58	Vienna, VA	49:17
21	Harrison, Carolyn*8	59	Virginia Beach, VA	49:14
22	Wittig, Lynda**	55	Millersville, MD	49:22
23	Spatz, Debra***	57	St. Leonard, MD	49:19
24	Griffing, Sharon	57	Springfield, VA	49:28
25	Touissaint, Kat*8	57	Reston, VA	49:31
26	Poremski, Ruth***	55	Parkville, MD	49:35
27	Rigby Kash, Leslie*****	59	Fredericksburg, VA	49:36
28	Fisher, Nina	59	Annapolis, MD	49:55
29	Donovan, Kathy*7	55	Virginia Beach, VA	50:04

30	Phillips, Norma*22	56	Williamsburg, VA	50:25
31	Weaver, Terri*****	55	Virginia Beach, VA	50:29
32	Cea, Kathy***	56	Gaithersburg, MD	50:53
33	Durland-Jones, Karen***	55	Charlottesville, VA	50:58
34	Remy, Carol*****	56	Westminster, MD	51:17
35	Yao, Pamela*****	56	Elkridge, MD	51:23
36	Gaudreau, Ruth*	57	Salisbury, MD	51:21
37	Williams, Elizabeth****	57	Finksburg, MD	51:40
38	Van Landingham, Winnie***	57	Petersburg, VA	51:54
39	Utz, Rhonda**	56	Forest Hill, MD	51:59
40	Kennedy, Linda	56	Alexandria, VA	54:17

60-64 Women

Pike's Peek 10K 46:16

Last year, Betty Blank won the division with her US National Road Racing Championships 12K. This year, she slowed by a minute to 57:46. It was her third fastest race. Ida Draim was idling away the winter in the 55-59 age group and raced it in 56:14. When she became of age in December, she proceeded to take the division apart. She had twenty-one age group wins. Blank had eight, but she also had fourteen head-to-head losses that in past years may have given her twenty-two wins. Blank decided to pass on the Pike's Peek 10K and Draim had the fastest time there in 46:16. Draim already had two solid ten milers under her belt, the RRCA Challenge 10 Mile in 1:18:36 and Al Lewis (that was 1/3 mile long) in 1:20:34. So when she passed on the Credit Union Cherry Blossom 10M, Blank was golden there in 1:19:34. Draim had the fastest 5K at DCRRC New Year's Day Predictions and Resolutions 5K in 22:24 but that course was about 100 meters short and Blank had an excellent 22:43 at the fast Clarendon 5K. They were never too far apart and when Blank won out at the Larry Noel HM, 1:48:10 to 1:48:27, the door opened a tad. Draim closed it firmly a month later at Army, winning 1:17:08 to 1:17:59.

This dynamic duo had the top twenty-four times. Next in line, Mary Lowe Mayhugh won at the Semper Fi 5K in 23:16 as well as the Jug Bay 10K in 48:45 after spending most of the year in the 55-59 division. Fourth place Cecil Astrop went long twice at the Tidewater Tune-up 10M (1:21:12) and the 15M (2:05:00). Then came another dozen from the Duo in smaller races. Fifth place Rose Crist stepped up with her Yorktown Battlefield 10 Miler in 1:21:39.

Sixth place Linda Gulick started the year with an excellent HCA 8K in 38:54. Then she aged up mid-year and took a break till October. Claudia Wolfe ran eight major races but none close to her opening salvo at the US National Road Racing Championships 12K in 1:00:14. Ninth place Marcy Foster was golden in Reston. She won all but one of her races, all major. Her best race was rolling Reston 10 Mile in 1:22:54. Eighth place Peggy Vail is a confirmed Annapolis Strider. All of

her seven wins were Strider races. She waited till the final month to have her best race at the Downs Park 5M in 39:25. Lydia Johnson takes tenth place and her race at the RRCA Challenge 10 Mile in 1:22:53 was colder and even more rolling. Eleventh place Carolyn Harrison's time of 24:00 at the Race at the Cape 5K was the fastest of thirteen wins. To finish the top dozen of this huge division, Merrilee Seidman had nineteen wins. She ran the Reston 10 Mile in 1:23:54.

Sixty-five women made the rankings, nearly doubling from last year.

Place	Name	Age	Hometown	10K=
1	Drain, Ida*21	60	Alexandria, VA	46:16
2	Blank, Betty*8	63	Falls Church, VA	46:52
3	Mayhugh, Mary Lowe*11	60	Washington, DC	48:26
4	Astrop, Cecil*****	61	Richmond, VA	48:54
5	Crist, Rose*7	61	Lanexa, VA	49:04
6	Gulick, Linda*****	64	Richmond, VA	49:23
7	Wolfe, Claudia**	60	Alexandria, VA	49:34
8	Vail, Peggy*7	63	Annapolis, MD	49:42
9	Foster, Marcy*****	62	Reston, VA	49:43
10	Johnson, Lydia**	62	Street, MD	49:49
11	Harrison, Carolyn*13	60	Virginia Beach, VA	49:58
12	Seidman, Merrilee*19	62	Alexandria, VA	50:25
13	Philpot, Connie*6	60	Arlington, VA	50:51
14	Anderson, Susan*7	60	Forest, VA	50:42
15	Evans, Cynthia*8	61	Randallstown, MD	50:44
16	Worthington, Helen*10	62	Bena, VA	51:16
17	Wake, Sharon**	61	Richmond, VA	51:15
18	McCoy, Harriet*11	61	Toano, VA	51:44
19	Hansen-Vessa, Carol*****	62	Reston, VA	51:48
20	McCausland, Lucy	61	Arlington, VA	51:57
21	Snead, Susan****	61	Virginia Beach, VA	52:04
22	Renardy, Yuriko*6	61	Blacksburg, VA	52:24
23	Langlois, Harriet*6	61	Frederick, MD	52:51
24	Shocket, Suanne**	63	Manassas, VA	53:01
25	Lauzon, Jean*10	63	Spotsylvania, VA	53:18
26	Friedland, Marie***	61	Annapolis, MD	53:28
27	Phillips, Hannah****	64	Alexandria, VA	54:01
28	Wilson, Cristi**	61	Richmond, VA	54:06
29	Forsha, Anne*	64	Derwood, MD	54:22
30	Palluch, Linda*	62	Virginia Beach, VA	54:23
31	Johnson, Julianne*****	62	Baldwin, MD	54:27
32	Newton, Frances*****	62	Richmond, VA	54:39
33	Seigfried, Marilee*	64	Purcellville, VA	54:44
34	Moody, Amanda***	62	Chester, VA	54:58
35	Dabney, Dorothy*****	63	Charlottesville, VA	55:00

36	Rockhill, Amy*7	64	Roanoke, VA	55:15
37	Nusbaum, Maria**	64	Reston, VA	55:25
38	Travis, Patricia	64	Williamsburg, VA	55:40
39	Heeschen, Eleni****	62	Charlottesville, VA	55:44
40	Hennes, Kathy*6	64	Annapolis, MD	56:00
41	Weeks, Sharon****	62	Virginia Beach, VA	56:06
42	Freeman, B J***	63	Kensington, MD	56:15
43	Stern, Ann*	60	Virginia Beach, VA	56:20
44	O'Connor, Doreen***	61	Chester, MD	56:27
45	Klauber, Arlene*	64	Springfield, VA	56:45
46	Hallock, Bonnie*****	64	Havre de Grace, MD	56:59
47	Eberhard, Dawn****	61	North Chesterfield, VA	57:07
48	Whittington, Karen***	64	Baltimore, MD	57:25
49	Humphreys, Dottie*10	64	Newport News, VA	57:32
50	Kuhlman, Vickie**	62	Roanoke, VA	57:33
51	Anderson, Lynn**	60	Chesapeake, VA	57:34
52	Ahlsted, Jackie***	63	Suffolk, VA	58:05
53	Row, Elizabeth*6	61	Arlington, VA	58:03
54	Broaddus, Rebecca**	61	Milford, VA	58:20
55	Solomotis, Marianne*	61	Columbia, MD	58:24
56	Rentz, Carol*	62	Fairfax, VA	58:18
57	Ross, Saleema****	62	Fort Washington, MD	58:20
58	Phelan, Jean*	60	Virginia Beach, VA	58:40
59	Davis, Peggy***	64	Fairfax, VA	59:25
60	Reese, Chris****	64	Westminster, MD	59:24
61	White, Diane*	62	Annandale, VA	1:00:25
62	Thornton, Carol	62	West River, MD	1:00:43
63	Ronning, Cathy*	61	Brookeville, MD	1:00:56
64	Garfield, Susan	64	Brookeville, MD	1:01:13
65	Kemper, Catherine*	64	Nellysford, VA	1:01:21

65-69 Women

US National Road Racing Championships 12K 58:44, 10K = 48:20

Division winner Alice Franks worries a little when runners are having fast times, and many certainly are. She slowed imperceptively at the US National Road Racing Championships 12K in 58:44 to put away the division on the first week. Still, runner-up Ginny Hughes raced an excellent Chris Yung Turkey Trot 10K in 49:03 for Thanksgiving and it took till September for Franks to have another race faster than that, the swift PR maker Clarendon 5K in 23:33 and that was only by a second. Hughes had a second fast race at the Remington Turkey Trot 5K in 24:17 that nearly matched third place Betty Brothers who had run another lightning fast course at the Eggleston OK 5K in 24:06.

Franks missed Cherry Blossom that allowed Hughes to take top local runner in 1:25:02 but Franks was twenty-eight for twenty-eight in her races, including three ten milers among them, Army and Annapolis. Brothers had fourteen wins, including the fourth best 10K at the Anthem Wicked 10K in 51:00. These three ladies accounted for thirty-six of the top thirty-eight times.

Fourth place Maria Shields won the RRCA Challenge 10 Mile in 1:26:18 and then doubled down six months later to win the Charm City 20M in 3:01:18. Marge Rosasco slides into fifth place at the BRRC Masters 5K in 25:10. Kathryn Richmond comes next running the BRRC WDF 5K in 25:35. Richmond was very consistent while seventh place Anne Forsha had far and away her best race at the Frederick HM in 1:58:02 to nearly pass her by.

Anne Rosenthal had a solid turkey day YMCA Turkey Chase 10K in 54:15 for eighth place. Anne Passin takes ninth running her holiday race the weekend before at the Vienna Turkey Trot 10K in 54:26. The top ten is filled by Elizabeth Sadoff who raced a number of fine 5Ks, including the SOME Thanksgiving Day Trot for Hunger 5K in 26:27.

Forty-three women qualified for the division.

Place	Name	Age	Hometown	10K=
1	Franks, Alice*28	68	Rockville, MD	48:20
2	Hughes, Ginny*22	66	Warrenton, VA	49:03
3	Brothers, Betty*14	69	Virginia Beach, VA	50:11
4	Shields, Maria*7	65	Davidsonville, MD	52:04
5	Rosasco, Marge*****	68	Joppa, MD	52:24
6	Richmond, Kathryn****	66	Lutherville, MD	53:16
7	Forsha, Anne*8	65	Derwood, MD	53:20
8	Rosenthal, Ann*	67	Bethesda, MD	54:15
9	Passin, Anne****	68	Falls Church, VA	54:26
10	Sadoff, Elizabeth*7	67	Washington, DC	55:04
11	Biasi, Barbara*11	69	Yorktown, VA	55:32
12	Travis, Patricia*11	65	Williamsburg, VA	56:04
13	Kearney, Linda***	69	Leesburg, VA	58:01
14	Sielen, Virginia*10	68	Oakton, VA	58:03
15	Buchser, Esther***	68	Abingdon, MD	58:03
16	Kay, Deborah*6	66	Glen Allen, VA	58:24
17	Stanfield, Leslie*6	67	Reston, VA	58:53
18	McFaden, Lynn****	65	Evington, VA	58:53
19	Schusler, Lu**	67	Leesburg, VA	59:04
20	Fredlake, Mary**	66	Washington, DC	59:51
21	Gustafson, Joan****	65	Portsmouth, VA	59:54
22	Brennan, Melaine	66	Alexandria, VA	1:00:21
23	Norton, Lou*9	69	Richmond, VA	1:00:51
24	O'Neill, Betsey****	69	Virginia Beach, VA	1:01:46

25	Davis, Virginia****	67	Norfolk, VA	1:01:50
26	Burton, Sandra**	68	Port Republic, MD	1:02:03
27	Reese, Chris*8	65	Westminster, MD	1:02:25
28	Goodman, Rae Jean	68	Annapolis, MD	1:02:18
29	Farmer, Katherine**	66	Lynchburg, VA	1:03:15
30	Kemper, Catherine*6	65	Nellysford, VA	1:03:36
31	Fisher, Laurie***	65	Hyattsville, MD	1:03:45
32	St. Clair, Christy****	68	Glen Arm, MD	1:03:42
33	Scott, Judith*	65	Germantown, MD	1:04:44
34	Paisner, Susan*	66	Silver Spring, MD	1:07:45
35	Carter, Lynn*	66	Chester, VA	1:08:07
36	Timmons, Sandra	69	Alexandria, VA	1:08:28
37	Mitchell, Brenda**	65	Williamsburg, VA	1:08:22
38	Gontasz, Sharon**	65	Sparrows Point, MD	1:09:45
39	Walters, Wanda*	66	Bethesda, MD	1:09:59
40	Robertson, Judi**	69	Colonial Heights, VA	1:10:18
41	Quantrille, Barbara***	68	Burke, VA	1:10:31
42	Teal, Hazel	65	Gwynn Oak, MD	1:11:08
43	McClure, Doris**	68	Baltimore, MD	1:13:18

70-74 Women

King of the Road 5K 25:54, 10K = 53:55

Dee Nelson has not been racing since early July, but she did all she needed to do in the first six months to secure another title. At the Way Station's Thanksgiving Day 5K in 25:55, she just missed by a second matching the best race of the year set two weeks earlier at the King of the Road 5K. Sixteen of seventeen races with a win kind of tells the story. In that other race, the Credit Union Cherry Blossom 10M, she finished second in 1:33:50, ahead of runner-up Linda Tice who ran 1:34:01. Nelson's last weekend of racing included another triumph over Tice at the AS WDF 5K 27:30 to 28:19. Tice, who won in the summer, had the fastest 10K of the period at the Too Hot to Trot 10K in 56:34.

Third place Gretchen Bolton finished second to Nelson at the MCRRC Jingle Bell Jog 8K, on a short course. Then she got the new year off right winning at the MCRRC New Year's 5K in 27:25. Sally Evans did the double at the Virginia Senior Games, racing both the 5K and the 10K. Her 5K in 27:41 gets her fourth place. Fifth place goes to Ann Hirn for racing the Colonial Heritage 5K in 29:22. Mary Kate Berglund was next, racing the Richmond Race for the Cure 5K in 29:28. Pat Welch earns lucky seven with her For the Love of It 10K in 1:01:31.

Place	Name	Age	Hometown	10K=
1	Nelson, Dee*16	72	Gaithersburg, MD	53:55
2	Tice, Linda*11	71	Timonium, MD	55:40

3	Bolton, Gretchen****	70	Bethesda, MD	57:05
4	Evans, Sally*****	72	Roanoke, VA	57:38
5	Hirn, Ann*13	70	Portsmouth, VA	1:01:08
6	Berglund, Mary Kate*****	74	Henrico, VA	1:01:21
7	Welch, Pat*7	72	Vienna, VA	1:01:31
8	Kautz, Karen*****	72	Silver Spring, MD	1:02:14
9	Jefferson, Kathleen**	70	Williamsburg, VA	1:04:15
10	Timmons, Sandra*****	70	Alexandria, VA	1:05:16
11	Malan, Nancy***	70	Washington, DC	1:05:19
12	Berger, Nancy****	71	Huntley, MD	1:07:18
13	Yarr, Linda*	72	Bethesda, MD	1:07:32
14	Benjamin, Carol***	71	Bowie, MD	1:09:34
15	Wiggs, Frances*6	72	Virginia Beach, VA	1:09:30
16	Thomas, Susan*9	73	Charlottesville, VA	1:11:06
17	Hanna, Judy*19	72	Williamsburg, VA	1:11:14
18	Mayhew, Mary*****	71	Winchester, VA	1:16:50
19	Novak, Jeanette*46	72	Damascus, MD	1:16:44
20	Stonestreet, Jan	71	Hampstead, MD	1:19:01
21	Trapp, Julie***	72	Silver Spring, MD	1:19:32
22	Hall, Marcia***	73	King George, VA	1:22:58
23	Blount, Nancy*	70	Williamsburg, VA	1:25:15

75-79 Women

Governor's Land 5K 28:33, 10K = 59:26

At seventy-nine, Janet Hughes was taking her final shot at the title. Still, her four best races did not include a 5K where the elders tend to roam. She had two 10Ks, a prediction 5M where place is more important than time, and a 4M. Finally, one of her best races was at the Mystery through History where the distance was not even known. It turned out to be 4.16M, but try to pace yourself in an event when you do not know how far it is going to be. Her 47:17 equates to a 1:12:13 10K. As she had four races in the top twenty-three times and only one other runner had any top twenty-three times, she easily won the runner-up spot.

As with most of us, Ecris Williams got mashed at the PRR Twilight Festival 4 Miler death march on the hottest, most humid racing day of the year. Everywhere else she was her dominating self. She won the division last year at the Frosty 5K. This year, however, that was only her fifth best race. She had the top fourteen races. Her best race was the rolling hills Perfect 10 10K in 1:04:53. That was even faster than her pancake flat Run for the Parks 10K in 1:05:20, albeit running into a fierce wind for the final two miles. Enjoy your crown because another storm is coming. Joan Coven aged up and is back racing her only time at the Governor's Land 5K in a ridiculous 28:33, three-and-a-half minutes faster than Williams had raced at Frosty.

Fifth place goes to a true racing masochist. Laura Pitts apparently hates short races. By far her slowest event was her one 5K. Her one 10K, not known for speed, was the Dreaded Druid Hills, for her second slowest race. After that she had two 10 miler, two halves, and a spectacular Charles Street 12M in 2:25:07, equal to nine minutes faster than her actual 10K.

The epic battle was for third place in the division. The upstart, Mandy Whalen, raced thirty times with twenty-eight age group wins. All twenty-four of her 5Ks were faster than Pitts' one try, although none of Whalen's races quite matched the best race from Pitts. Tami Graf raced thirty-two times across two age groups, winning twenty-seven times. Thirteen of her 5Ks were faster than those ran by Pitts. Graf's thirteen best races, including her ten mile, were all faster than Pitts was in her second best race. Whalen mirrored Graf in her two best races. She ran the Snowball Strides 5K in 34:30 while Graf ran the Solomons Jingle Bell 5K in 34:32. Next, Whalen mastered the Scope it Out 5K in 34:41, while Graf had her best race at the Fletcher's Park Run 5K #26 in 34:40. Against Whalen, Graf came up short twice in head-to-head, once when seventy-nine and once after she entered the next group. Whalen earns the third spot.

Place	Name	Age	Hometown	10K=
1	Williams, Ecris*21	77	Reston, VA	1:04:53
2	Hughes, Janet*10	79	Winchester, VA	1:09:12
3	Whalen, Mandy*28	76	Falls Church, VA	1:11:50
4	Graf, Tami*17	79	Lusby, MD	1:11:54
5	Pitts, Laura****	77	Baltimore, MD	1:11:44
6	Stewart, Judy*7	77	Williamsburg, VA	1:13:30
7	Dicker, Lois*7	77	Silver Spring, MD	1:19:76
8	Drewry, Maxine*8	75	Roanoke, VA	1:22:33
9	Smith, Betty*	75	Rockville, MD	1:26:18
10	Kemble, Sarah*7	78	Columbia, MD	1:29:44
11	Manciagli, Ann	79	Williamsburg, VA	1:35:11
12	Ely, Pauline***	78	Hampton, VA	1:35:44

80-84 Women

Fletcher's Park Run 5K #26 34:40, 1:12:11

Even with the addition of two elder age groups to take away some runners, the division tripled in size to twelve. Yvonne Aasen was everywhere, winning a combined nineteen times across two divisions but she was no match for Tam Graf. Nearly five years younger, Graf had an even more impressive twenty-seven wins, seventeen when she was seventy-nine. Her Fletcher's Park Run 5K #26 in 34:40 right after she entered the group signaled the end of the reign for Aasen. Graf had the top nine times that included three very tough 8Ks, cross country and/or spiced with hills, as well as the brutal near hurricane winds at the Lower Potomac River 10 Mile.

Aasen holds on with an ideal fast course McDaniel π Run in 41:00, a slightly longer than 5K event in 3.14 miles. Third place Marianne Parakkal ran both of the major MCRRC 10Ks. She ran the supposedly super-fast Pike's Peek course in 1:25:27. Then she nearly matched that time at the Rockville 10K in 1:26:09. That course, featuring a mile long climb up Gude Drive, should not be nearly as fast. Fourth place Jacqueline O'Neil ran the Credit Union Cherry Blossom 5K, finishing in 41:38. When she met Aasen in the elder division later in the year, she would get her revenge. Fifth place Zoena Yannakakis had her best race to begin the year at the Best Buddies 5K in 43:03. That, along with eleven other solid races, was enough to hold off sixth place Ann Manciangli who had by far her best race at the swift Queen's Lake 5K with 43:17.

Place	Name	Age	Hometown	10K=
1	Graf, Tami*10	80	Lusby, MD	1:12:11
2	Aasen, Yvonne*17	84	Westminster, MD	1:24:18
3	Parakkal, Marianne**	81	Gaithersburg, MD	1:25:27
4	O'Neil, Jacqueline***	84	Washington, DC	1:26:41
5	Yannakakis, Zoena*****	80	Sparks, MD	1:29:38
6	Manciangli, Ann**	80	Williamsburg, VA	1:30:07
7	Eden, Pat*	84	Williamsburg, VA	1:42:24
8	Pelovitz, Ellene	80	Owings Mills, MD	1:44:37
9	Price, Eloise	84	North Chesterfield, VA	1:46:10
10	Humphrey, Mitzi*****	80	Midlothian, VA	1:09:41
11	Libes, Lennie*	84	Potomac, MD	1:50:29
12	Westbrook, Karen	81	Mechanicsville, VA	2:03:16

85-89 Women

Vida Thrive 5K 42:17, 10K = 1:28:02

An amazing twenty-two women ran a race in 2016, with six qualifying for the year end. Mary McGuire was among three who ran the 10K, beating fourth place Kathleen Anderson at the Ukrops Monument Avenue 10K. Then at the Virginia Senior Games 10K the following month, she ran the fastest 10K in 1:29:06 to place ahead of third place Yvonne Aasen who would run the Race for our Kids 10K in 1:44:09. Then the last runner to move into the division, Jacqueline O'Neil, uncorked an excellent 42:17 at the Vida Thrive 5K to take the title. Fifth place Pat Eden had the next fastest 5K in 51:16 at Governor's Land. Surprisingly these ladies ran longer than 5K most of the time. Anderson took her spot with an HCA 8K in 1:19:37. Aasen had her best race at the Downs Park 5 Mile in 1:16:59. Sixth place Lennie Libes ran the challenging Turkey Burnoff 5 Mile in 1:24:40 to nearly match Eden but Eden added to more solid 5Ks as well.

Place	Name	Age	Hometown	10K=
1	O'Neil, Jacqueline*	85	Washington, DC	1:28:02

2	McGuire, Mary**	86	Virginia Beach, VA	1:29:06
3	Aasen, Yvonne**	85	Westminster, MD	1:37:05
4	Anderson, Kathleen	87	Hanover, VA	1:01:40
5	Eden, Pat	85	Williamsburg, VA	1:46:44
6	Libes, Lennie*	85	Potomac, MD	1:46:46

90 & Older Women

Alexandria Turkey Trot 5M 1:15:52, 10K 1:35:40

Kaitlin Delenick, 95, led the way with the three such racers in the winter, completing the Alexandria Turkey Trot 5M in 1:15:52. Edley Updike, 91, did the Peaks of Otter 5K in 57:06, followed by Lily Clark, 92, who ran the SOME Thanksgiving Day Trot for Hunger 5K in 1:01:05. In the spring, Frances Leyden, 90, did the Get Your Rear in Gear 5K.

Place	Name	Age	Hometown	10K=
1	Delenick, Kaitlin	95	Alexandria, VA	1:35:40
2	Updike, Edley	91	Bedford, VA	1:58:53
3	Clark, Lily	92	Washington, DC	2:07:11
4	Leyden, Frances	90	Hampton, VA	2:30:15

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, 4-Mile, 8K, 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 the race can be posted on the Web Site and 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 start for many minutes, we do allow a net time to count as one of the necessary two qualifiers to get 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, top priority will go to runners who qualify in two ranking periods. 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 get a more complete explanation of individual rankings contact me at runjames3@aol.com.

Moreland Racing Factor

The middle column is the points awarded for each race. The right column is for any Major race (*500 or more runners or twenty percent ranked runners*).

	Non Major		Major
Overall Winner	10	15	
2nd overall	8		12
3rd overall	6		10
1st AG	5		8
2nd AG	3		5
3rd AG	2		3

	Additional Points
Fastest @ each single distance	3
Qualified race time	1
Major Race	1
Each Ranked Runner beaten	1
Master	1

While runners get a single point for each ranked runner beaten for the pure Racing Factor, when there is a smaller sub-group of two-five runners matched in a single age group the head-to-head is added.

	Non Major	Major
Head to Head	5	10

The current qualifying standards for the 10K are:

Age Group	Men	Women
Open	34:20	41:15
19 & younger	38:20	46:05
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	56:20	89:40
75-79	1:32:30	1:39:00
80 & older	1:45:00	1:50:00

The ranking periods for the 2017 ranking year:

- * Winter 2017 - November 11, 2016 – March 5 2017
- * Spring 2017 - March 6, 2017– May 29, 2017
- * Summer 2017 – May 30, 2017 – September 4, 2017
- * Fall 2017 – September 5, 2017 – November 12, 2017