

Best of 2023 Rankings

Racing Volume is at Near Record Highs

50 Plus Club

Best of 2015

Best of 2016

Best of 2017

Best of 2018

Best of 2019

Best of 2020

Best of 2021

Best of 2022

Best of 2023

Best of 2024



Pike's Peek 10K - 2008

By [James Moreland](#)

Ranked runner John Way has been added to our editorial staff. While a few innocents have always wondered why I did not rank myself number one, Way, 58, has earned his runner ranking success with hard work and training, good race selection, and of course, of late, good health.

I, Mike Mason, have had the pleasure of being involved in editing the Regional Runner Rankings (RRR) during the past six years. In previous years the RRR creator, James Moreland, produced the rankings as an employee at Capital Running Company 1995 to 1998, and then again from 2005

through the Winter of 2012, when the company was sold. Moreland continued to produce the rankings while employed at Racepacket from 2012 to 2016.

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

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

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

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There were 1,532 races that were qualifiers, closing in on the last pre-Covid year, 2019, that contained 1642. The total numbers of runners moved up marginally from 175,000 in 2020 to about 200,000 in 2021. In 2022, that number rebounded to nearly twice as many runners with 391,548. This year numbers improved to 481,000. Every season there were scores more races without any qualifiers. There were 155 *major* races, meaning 500 or more runners. There are a lot of smaller races in the last half dozen years. Even though the large races are surging forward with larger numbers, the average race size dipped slightly to 263 runners per event. There were 82 races with more than 1,000 finishers. There were thirty-seven, a big increase, with more than 2,000, nineteen with more than 3,000, and eleven with more than 5,000 finishers.

2023	Major	Total	Percent	Ranked	Runners
Winter	57	397	4.28%	4977	116308
Spring	39	507	3.11%	4520	145346
Summer	24	412	5.00%	3286	65742
Fall	35	509	2.81%	4319	153435
Total	155	1825	3.56%	17102	480831

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 17,914 sets the new record, with women representing fifty-five percent of the events raced. Of those who qualified to be ranked, 390 were men, nearly a ten percent increase from last year to just surpass the record held by 2019 of 386. For the women, it was fourteen percent increase from 2022 women 428, a near photo finish with 2016 and 2018 both with 428 and 2019 with a record 436 qualified women runners.

The two sixties age groups were the largest again. For the women, both of these divisions, at 55, lead all divisions. The surprising 70-74 division was next with 52, one short of the open division but ahead of all the men's divisions. Those three age groups account for 38 percent of all of the women. For the men, 75-79 division was the largest at a surprising 50. The 60-64 men was next with 46. These two divisions account for twenty-five percent of all the men. The Open women's division included fifty-two and Open men's division featured thirty, but both of them include runners who also qualified in other divisions.

In the Elite division, Roger Hopper again earned twenty overall victories. Submaster Nicholas Crouzier earned eight followed by Brian Flynn who earned six victories. Robert Creese spotted five victories Tyler Muse and our champion Samuel Dowd gaining four overall wins. For the women, Nilani Duarte won it all a massive 19 times. Natalie Daniels nearly doubled to eleven overall wins. Emily Honeycutt improved to nine overall wins. Ave Grosenheider was fourth with seven. Sydney Leiher, Megan Digregorio, and Bethany Spector all tied for fifth.

In the age group battles, 54 male runners landed ten or more victories and twenty-six proclaimed fifteen or more victories, while 65 female runners provided ten or more victories and nineteen showing fifteen or more victories. A combined twenty-five displayed twenty or more. Many of these racers took advantage of the free, weekly Park Run races to aid in amassing their impressive totals. There are eight such events in the region with six centered minutes from Washington, DC.

Men

PL	Name	Age	AG Wins
1	D'Amanda, Kevin	61	41
2	Chiariello, Ronald	84	39
3	Busby, Scott	71	39
4	Kammerer, Jack	61	36
5	Phillips, Colin	56	31
6	Young, Nick	76	27
7	Gibson, Pete	66	27
8	McLaughlin, Terry	63	24
9	Spasojevich, Thomas	85	23
10	Ryan, Paul*	72	23

Women

PL	Name	Age	AG Wins
1	Byerley, Marcia	66	61
2	Chretien, Jane	82	44
3	Mayhugh, Mary Lowe	67	40
4	Duarte, Nilani	36	32
5	Hansen-Vessa, Carol	68	31
6	Kroll, Aileen	66	25
7	Strumke, Isabella	9	24
8	Kashyap, Maya	14	24
9	Robinson, Deelyn	58	24
10	Imholtz, Clare	77	22

Listed below are the top five races in each of the most common race distances. Races with 500 or more runners are considered major and are bolded. The year ended with 1,825 races with 1,532 races that included a ranked runner time.

There were 109 half marathons with nineteen major and seven of those consisting of more than 2,000 finishers. By far the most popular distance, the 5K claimed 1,272 occurrences, nearly 300 more than last year and more than two thirds of all the events. There were 92 *major* events, fifty percent more

than last year. There were thirty-eight 5Ks with more than 1,000 runners, again still far short of 2019, the last pre Covid year. The 8K held five major races out of 27 events. The 5 Mile contained a matching five *major* races out of 27 events as many of the traditionally larger events are continuing to grow in size. For the marathon, there were twenty-seven and with four *major* events that contained more than 1,000 finishers. For the 10 Mile, there were thirty races with eight of them *major*, including the two largest races of all. The Credit Union Cherry Blossom improved by nearly fifteen percent. However, the Army Ten Miler soared with a massive forty-five percent to take over has the largest event in the region. Six of the races amassed more than 1,000 runners. In the 10K, there were the third and fourth largest of all races with nineteen *majors*, including nine with more than 1,000 of the 227 events. The four-mile race held thirty races with four of them being major, three with more than 1,000 finishers. The *other* races with less common distances such as the 3M, 6K, 12K, 15K, 20K, and 20M occurred seventy-one times. Nine *OTHER* races were *major*.

In all, there were 155 major events which were still far shy of pre-Covid times were there were nearly always 225 or more. Perhaps this is because the wealth is being spread around with the 1825 total races being the largest total, besting the former leader (2019) by more than 100 events. Total participation is up 20 percent from 2022 but it is still just 80 percent of 2019.

5K	Race	Runners
	1 Cherry Blossom 5K	5848
	2 Kelly's Shamrock 5K	3572
	3 Arlington Turkey Trot 5K	3000
	4 Race for Every Child 5K	2952
	5 Sheppard Pratt Frederick Turkey Trot 5K	2762
4M	*****	*****
	1 Rocktown Turkey Trot 4M	1253
	2 Fairfax Turkey Trot 4M	1204
	3 Charlottesville 4 Miler	1083
	4 Devotion to Children Mother's Day 4M	508
	5 Independence Day 4 Miler	496
8K	*****	*****
	1 TowneBank Shamrock Festival 8K	5853
	2 Richmond 8K	3125
	3 Busch Gardens Christmas Town Dash 8K	1707
	4 Neptune Festival 8K	747
	5 National Women's 8K	664
5M	*****	*****
	1 Alexandria Turkey Trot 5M	4459
	2 Surf 'n' Santa 5M	3028
	3 Celtic Solstice 5M	2240
	4 Oktoberfest 5M	633
	5 Semper Five	508
10K	*****	*****
	1 Across the Bay 10K	15594
	2 Ukrops Monument Avenue 10K	14888
	3 Marine Corps 10K	5269
	4 Sole for the City 10K	2132
	5 YMCA Turkey Chase 10K	1973
10M	*****	*****
	1 Army 10 Mile	17392
	2 Cherry Blossom 10M	17023

	3	PNC Parkway Classic 10M	2749
	4	Baltimore 10 Miler	2277
	5	Annapolis 10 Miler	2268
HM		*****	*****
	1	Rock N Roll Half Marathon	12152
	2	Richmond Half Marathon	7314
	3	Anthem Shamrock Festival Half Marathon	5196
	4	DC Half Marathon	4088
	5	Baltimore Half Marathon	3727
OTHER		*****	*****
	1	Marine Corps 17.75K	2391
	2	Charles Street 12M	1312
	3	Virginia 7.1K	785
	4	Run Richmond 6.19K	772
	5	Believe In Tomorrow's Port to Fort 6K	741
26.2M		*****	*****
	1	Marine Corps Marathon	13654
	2	Richmond Marathon	4066
	3	Yuengling Shamrock Festival Marathon	1729
	4	Baltimore Marathon	1655
	5	One City Marathon	374

Top fifteen races by Ranked Runners

Event	Ranked
Cherry Blossom 10M	643
Richmond Half Marathon	395
Army 10 Mile	357
Ukrops Monument Avenue 10K	307
Richmond Marathon	271
Rock N Roll Half Marathon	234
RRCA Challenge 10 Mile	213
Anthem Shamrock Festival Half Marathon	202
Across the Bay 10K	193
Richmond 8K	166
Kelly's Shamrock 5K	149
Pike's Peek 10K	144
Alexandria Turkey Trot 5M	141
Annapolis 10 Miler	130
PNC Parkway Classic 10M	112

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

everyone in **blue** will be at least 80%. For runners with **World Class** times (90% age grade) the color is **purple**. Some divisions may have a champion that is neither. We list the champion's age grade percentage and if it is **Regional Class** it is **bolded**.

For this year, all the women's divisions save two (80-84, 85-89) possessed at least one **National Class** racer ranked, a total of 87. In the Open division, there were 28 though sixteen double-dipped from other age groups. Eight women displayed 85% or greater. The men were equally impressive with 87 **National Class** racers in all divisions save the 75 and older divisions having just one, the amazing John Clarke, 86, at 83.73%. In the Open division, 32 athletes qualified though fourteen double-dipped from other age groups. An amazing 20 men performed 85% or greater.

The top female qualifiers Cindy Conant, 62, at **95.90%** and Perry Shoemaker, 52, at **94.73%** were followed by Joey Hallock, 69, at **92.12%**, Isabella Strumke, 9, at **91.48%** and Betty Brothers, 77, at **90.04%**. Laura Labuschaigne, 27, at **89.84%**, Ave Grosenheider, 26, at **89.68%**, and Julia Roman-Duval, 41 at **89.02%** were all better than 87.00%. Dee Dee Loughran, 65, at **92.74%**, Lisa McNichols, 55, at **91.32%** and Allie Zealand, 16, at **90.58%** were the top non-qualifiers.

The top male qualifiers were, Pete Gibson, 67, at **92.67%** Adam Otstot, 41, at **91.80%**, David Angell, 47, at **90.78%**, and Michael Wardian, 49, at **90.71%**. Yenew Alamirew, 33, at **91.59%**, Mark Neff, 61 at **89.37%**, Daniel Rowe, 39, at **89.02%** and Thomas Hicks, 52, at **88.60%** were followed by Nicolas Crouzier, 38, at **87.79%** as well as nine others with better than 87.00%. David Wertz, 47, at **91.55%**, Doug Mock, 56, at **89.06%** and Philippe Rolly, 51, at **88.58%**, and Carson Rackley, 19, at **86.46%** were the top non-qualifiers.

In the "you got to play to win" category, i.e. (you only qualified in one of the four season's events) an impressive additional 664 men and 333 women ran a **National Class** race. The majority were from the open division with 435 for the men and 192 for the women. These numbers are more than twice as many as last year. Ten runners made **World Class** status: **90%** age grade.

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

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

85-89	01:01:52	01:16:40	85-89	00:55:00	01:08:09
90-90	01:15:50	01:35:26	90-90	01:07:24	01:24:50
95 and older	01:42:57	02:17:03	95 and older	01:31:30	02:01:49

Runners who win the race or win their division in the race earn an asterisk beside their name. Open division runners only receive an asterisk(s) for an overall win. The Speed Alone is the fastest qualifying time run for each division. In **red**, it means the division champion ran it.

In the past, a runner beating another runner virtually ended a chance for the losing runner to prevail using the **Moreland Racing Factor** but we noted that time is of importance as well and runners do recover from a subpar event. Thus, we added to the accounting by giving runners a point for every second their best race beats their competitor's best race. Runners defeated in head-to-head competition still lose eight points as well as winners gaining eight points.

We now list the 10K equivalent of each runner's fastest race next to their position in the ranking list. Remember; the fastest time is not always the best race and each runner has at least two races to qualify for a season. We do make the exception for the two eldest divisions. In their case a single race is sufficient.

In a normal year, 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 their 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 at least two seasons in the older division. One exception, a runner who has one race in every season and a second race in one of the seasons (5 races) at the same age group is eligible for the rankings.

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. We list the nonqualified runner by name in black.

New: we are adding a section with each division listing runners this year who were former champions in that current division. As well as runners who were currently ranked runners that were former champions in other divisions, for the years 2005-2023.

Now let's see who made the top.

Open Men

Moore & Giles Virginia 10 Mile 48:08, 10K = 28:58 Yenew Alamirew **91.59%**

Samuel Doud was awesome at the Alexandria Turkey Trot 5M in 24:15 for the fifth best event. Sixth ranked Eric Beyerle came out smoking at the Alexandria Turkey Trot 5M in 24:52, edging Ben Szuhai (24:52) and beating Nicholas Romanov (25:13). Doud produced the second fastest event in March, winning it all at the Rock N Roll Half Marathon in 1:07:08 and the division was his to lose. Fourth ranked Roger Hopper had already won the Dismal Swamp Marathon in 2:24:28 and would later win the Dismal Swamp Half Marathon, the third fastest half, in 1:08:20. Hopper, reprised last year by

winning a massive twenty times, was even better at the One City Marathon where he broke the tape in a PR 2:23:38.

Even still, the top three titans were somewhat easy to parse this year. Romanov would avenge his lose to Szuhai at the Credit Union Cherry Blossom 10M, 51:12 to 51:32. Three weeks later, the top trio met at the PNC Parkway Classic 10M, finishing 1, 2, 3. Doud's 50:24 was the best qualifier and confirmed his crown. Romanov scurried home next in 50:46 to earn the runner-up pot with Szuhai a long lunge back in 50:49 to take third place in the rankings and in the race.

Former champion Jeremy Ardanuy was next at Credit Union Cherry Blossom in 52:40. He also won the Parks Half Marathon in 1:10:20. Marcelo Jauregui-Volpe edged fourteenth ranked Brian Flynn at the ten miler, 52:46 to 52:49 to take spot number thirteen. Flynn was impressive with six overall wins and Jauregui-Volpe came home at the Lawyers Have Heart 10K in 31:38. Beyerle was third overall there in 31:00.

Fifth place Robert Creese was dominant at the National Cross-Country Championships 10K in 30:50. Later his best of five wins was the 1:48:31 spectacle at the Charm City 20M. Ninth ranked Joe LoRusso put in his bid early with top qualifying 5K, a third overall 14:58 at the Ashburn Farm 5K. At the end of the year, he lost a showdown with eighth ranked Cole Shugart at the Richmond 8K, 24:27 to 24:43. Shugart already tightened his grip with an overall win at the Fox Hill Community 5K in 15:00 under his belt. Top submaster Thomas Adam cranked up a second overall at the Charlottesville 10 Mile in 52:35. Then, also on the final weekend in Richmond, scooped up the seventh spot in the rankings with his half marathon in 1:08:13.

Tenth ranked Evan Leach was the top qualifier at the huge Ukrops Monument Avenue 10K in 31:17. Eleventh ranked Adam Otstot was one of two **World Class** masters runners in this division. He outdid himself with a special Virginia Fire Chiefs 5K in 15:02, the third fastest 5K. These talented runners are so close that twelfth ranked Daniel Rowe just did best seventeenth ranked James Heilman at the Kelly's Shamrock 5K, 15:11 to 15:15. Sixteenth place Alexander Loper tied Rowe's race when he finished second overall at the Baltimore United Way 10K in 31:40. Rowe added two marathons wins, including the Northern Central Trail Marathon in 2:27:27. Loper ran the accompanying half marathon in 1:10:32. Eighteenth ranked Christopher Pruitt secured four races faster than Otstot's second best event, including the Pike's Peek 10K in 31:49 and the RRCA Challenge 10 Mile in 53:05, behind Creese's 52:37.

Nineteenth place Cody Hodgins out netted Jauregui-Volpe at the Army Ten Miler. Their real times were Jauregui-Volpe (53:02), Hodgins (53:04). Jerry Greenlaw came home in 53:41 for twentieth place. Greenlaw also had the measure of twenty first Matt Deters at the Credit Union Cherry Blossom 10M 53:04 to 53:39. Hodgins's resume included a third overall at the Arlington Turkey Trot 5K in 15:33.

Consistently excellent, Matt Deters and Nicolas Crouzier are the only two racers to make the Open division rankings every year since 2015.

Fourteen of the thirty-five qualifiers came from other divisions. Eight hundred and fourteen times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Jeremy Ardanuy, Samuel Doud, Thomas Adam, Roger Hopper**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Brian**

Flynn, Nicolas Cruzier, Forest Braden, Adam Otstot, Alexander Loper, Thomas Adam, Daniel Rowe, Christopher Pruitt, David Angell.

National Class times (80%) = 33:24

World Class status (90%) = 29:41

PI	Name	Age	Hometown	10K=	AG%	2022	2021	2019	2018	2017	2016	2015
1	Doud, Samuel****	27	Washington, DC	30:15	87.30%	3						
2	Romanow, Nicholas	24	Washington, DC	30:33	86.67%							
3	Szuhaj, Ben	26	Washington, DC	30:35	86.59%							
4	Hopper, Roger*20	32	Chesapeake, VA	30:49	85.61%	▲4	▲5	▲22	▲34	55		
5	Creese, Robert*****	30	Mount Airy, MD	30:50	86.65%							
6	Beyerle, Eric	31	Riverdale, MD	31:00	86.18%							
7	Adam, Thomas**	36	Charlottesville, VA	30:57	86.27%					19		7
8	Shugart, Cole**	31	Richmond, VA	31:01	86.84%							
9	LoRusso, Joe***	33	Herndon, VA	31:13	87.75%							
10	Leach, Evan***	23	Richmond, VA	31:17	85.40%							
11	Otstot, Adam****	41	Williamsburg, VA	31:22	91.80%	▼20	▲16		▲25	▲31	▼32	28
12	Rowe, Daniel**	39	Baltimore, MD	31:40	89.02%	7						
13	Jauregui-Volpe, Marcelo	27	Washington, DC	31:38	84.46%							
14	Flynn, Brian*6	39	Ashland, VA	31:43	86.76%	▲5	▲6	▼23	12		■6	6
15	Ardanuy, Jeremy***	30	Baltimore, MD	31:41	83.64%			11				
16	Loper, Alexander**	36	Abingdon, MD	31:40	85.47%							
17	Heilman, James*	28	Lutherville, MD	31:49	85.14%	▲13	■24	24				
18	Pruitt, Christopher*	40	Sandy Spring, MD	31:49	87.11%					▼46	33	
19	Hodgins, Cody*	33	Arlington, VA	31:56	83.07%							
20	Greenlaw, Jerry*	35	Alexandria, VA	31:56	83.45%					▲6	▲20	12
21	Deters, Matt	37	Fairfax, VA	31:58	86.00%	▼9	■10	▲10	▲11	▲21	▼26	13
22	Muse, Tyler****	30	Salisbury, MD	32:00	82.81%	▼4	▲2	▲5	30		30	
23	Cruzier, Nicolas*8	38	Gaithersburg, MD	32:07	87.77%	▼10	▲7	▼36	▲15	▲25	▼36	24
24	Hugus, Paul	39	Columbia, MD	32:26	86.92%							
25	O'Leary, Sean	31	Washington, DC	32:27	81.58%							23
26	Angell, David**	46	Blue Ridge, VA	32:40	90.78%			▼32	14		▲17	18
27	Jeter, Will	24	Newport News, VA	32:35	83.14%							
28	Blair, Patrick*	42	Catonsville, MD	32:35	84.49%							
29	Tolten, George*	31	Blacksburg, VA	32:50	82.55%							
30	Renjifo, Carlos*	40	Fulton, MD	32:51	83.11%						14	
31	Conti, Spencer	24	Arlington, VA	32:58	80.34%							
32	Derrick, Joshua	25	Baltimore, MD	33:10								
33	Amabile, Thomas	26	Chesapeake, VA	33:15								
34	Gabel, Ben*	26	Richmond, VA	33:20								
35	Beasley, Bobby	37	Arlington, VA	33:55	80.06%							

Beside the runner's yearly placement is ▲ for improvement, ▼ for worsening, and ■ for no change from the previous ranking. Only two runners qualified for the rankings all seven years.

19 & Younger Men

Weighted Angel 5K 15:01, 10K = 31:19 Carson Rackley 86.46%

There was, as always, a ton of fast times but the teens do not tend to race enough to qualify. Eric Duncan did and enjoyed two overall wins, including the fastest time, winning the Eagle Express 5K in 15:33. Third ranked Spencer Thacker was close behind at that event, running home with 15:40. They showed a little more separation at the FAB 5K with Duncan home in 16:22 to Thacker's 17:14. Thacker did produce an overall win at the West End Spooky Sprint 5K in 16:51. Duncan explored long distance, racing the Moore & Giles Virginia 10 Mile in 57:18.

Fifth ranked Owen Infante owned the best 10 miler, racing the competitive hills of Columbia and finishing the RRCA Challenge 10 Mile in 56:52. Young Infante garnered two overall wins, AS Valentine's Day 5K in 16:21 and the Dawson's Father's Day 10K in 34:30. Prolific Jonathan Grimm towed the line the most times with nine age group wins. He never won it all but was in the top three at five of those events. He took title to the fastest 10K, running the Democracy Dash 10K in 34:12. While he was still thirteen, he ran his best event finishing second overall at the Raising the Roof 5K in 16:19. He shared three races with our runner-up Isaac Lamprecht. Lamprecht prevailed all three events. He was third overall at the Run for the D. O. G. 5K in 15:38; Grimm was 17:05. His fine National Cross-Country Championships 8K in 25:43 was his only event out of the top three.

Fourth ranked Ayaan Ahmad was the only qualifier to try a half marathon. Riley's Rumble is a real summer test with all those hills. Still, he put it all together in September for his best of six wins, breaking the tape at the MOCO Interfaith 5K in 16:10. Eric Johnson can usually be found at the newest local Park Run, the Baltimore and Annapolis Trail Park Run 5K. He was six for six with overall wins to earn seventh place. His best race was in 16:20.

Thirteen runners qualified for the division. Nine hundred times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Ahmad Ayaan**. Currently ranked runners that were former champions in other divisions, 2005-2023: **None**.

National Class times (80%) = 33:24

World Class status (90%) = 29:41

PI	Name	Age	Hometown	10K=	AG%
1	Duncan, Eric*6	15	Roanoke, VA	32:26	86.39%
2	Lamprecht, Isaac****	16	New Kent, VA	32:37	84.75%
3	Thacker, Spencer*****	16	Roanoke, VA	32:41	84.57%
4	Ahmad, Ayaan*6	15	Clarksburg, MD	33:43	83.09%
5	Infante, Owen***	15	Davidsonville, MD	34:06	82.16%
6	Grimm, Jonathan*9	13	Williamsburg, VA	34:02	85.90%
7	Johnson, Eric*6	18	Pasadena, MD	34:04	
8	Tucker, Carson***	17	Roanoke, VA	34:13	

9	Buckley, William*7	17	Washington, DC	35:47
10	Cochran, Nate*6	15	Newport News, VA	36:14
11	Hemler, Andrew****	15	Nottingham, MD	37:16
12	Malone, Carson**	15	Gambrills, MD	37:16
13	Parsons, Ian*6	17	College Park, MD	39:03

35-39 Men

Richmond Half Marathon 1:08:13, 10K = 30:57

Sixty percent of the qualifiers (18) have [National Class](#) times. Half of those added quantity to quality and qualified for the Open division. The big ten milers usually do most of the talking. The big boys prefer the longer races with only five of the top twenty-five times a 5K. Thomas Adam started early at the Charlottesville 10 Mile in 52:35 to get things going. Third ranked Steve Mance was sharp in March as well, finishing at the Rock N Roll Half Marathon in 1:10:36, the second fastest half. A day after we were fooled in April, Mance edged past Thomas the top qualifier at the Credit Union Cherry Blossom 10M in 52:33. That put him ahead of two former champions, Brian Flynn (52:49) and Christopher Sloane (52:53). Also at the big event were eighth ranked Jerry Greenlaw (53:04), ninth ranked Matt Deters (53:39), and eleventh ranked Paul Hugus (53:55). Greenlaw was also top qualifier at the Army Ten Miler (53:39). Deters stayed close with the Alexandria Turkey Trot 5M in 25:21.

Hugus matched his ten miler with a fine Kelly's Shamrock 5K in 15:33, a step ahead of sixth ranked Alex Loper. Fourth ranked former champ Daniel Rowe was tops in 15:11. That was the edge he needed because Loper matched that time exactly as second overall at the Baltimore United Way 10K in 31:40 run six months later. Fifth ranked Flynn was close to Rowe, winning it all at the Carytown 10K in 31:43. Rowe reeled in two overall wins at the marathon. At the Northern Central Trail Marathon, he broke the tape with a fine 2:27:47. He barely slowed at the B&A Trail Marathon in 2:28:22. No Slouch at the 42K, Flynn was second overall at the One City Marathon in 2:29:19.

Coach Sloane is in love but he was not happy to be fifth fiddle at Credit Union Cherry Blossom, so he took his racing shoes down the road to Alexandria and took top honors at the PNC Parkway Classic 10M in 51:38 and moved up to the lead. On the final weekend, Adam still only had run three races. He bought a ticket to the Richmond Half Marathon and squeezed past Sloane to the title with an excellent 1:08:13.

No rankings are complete without hearing from Omari Daughtridge. The speedster slide into seventh place with a very nice 15:14 victory at the Valor 5K. Winning machine Nicholas Crozier took top age honors sixteen times. His best race was a third overall Baltimore United Way 5K in 15:24. Soon after, he blazed an overall win at the Kentlands/Lakelands 5K in 15:28. In a mild upset, he even beat Rowe at the RRCA Challenge 10 Mile, 53:24 to 53:39. That was his only race out of the top three overall, notching eleven overall wins.

Thirty runners qualified for the division. Two hundred and eight times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: [Thomas Adam](#), [Brian Flynn](#), [Daniel Rowe](#), [Alexander Loper](#), [Nicolas Crozier](#), [Forest Braden](#), [Christopher Sloane](#). Currently ranked runners that were former champions in other divisions, 2005-2023: [None](#).

National Class times (80%) = 33:42

World Class status (90%) = 30:04

PI	Name	Age	Hometown	10K=	AG%
1	Adam, Thomas****	36	Charlottesville, VA	30:57	86.27%
2	Sloane, Chris**	39	Reston, VA	31:04	87.31%
3	Mance, Steve***	39	Washington, DC	31:37	85.79%
4	Rowe, Daniel*****	39	Baltimore, MD	31:40	89.02%
5	Flynn, Brian*8	39	Ashland, VA	31:43	86.76%
6	Loper, Alexander*11	36	Abingdon, MD	31:40	85.47%
7	Daughtridge, Omari*6	38	Fort Washington, MD	31:47	87.53%
8	Greenlaw, Jerry*	35	Alexandria, VA	31:56	83.45%
9	Deters, Matt	37	Fairfax, VA	31:58	86.00%
10	Crouzier, Nicolas*16	38	Gaithersburg, MD	32:07	87.77%
11	Hugus, Paul***	39	Columbia, MD	32:26	86.92%
12	Braden, Forest**	39	Williamsburg, VA	32:42	82.79%
13	Craig, Michael*7	36	Lynchburg, VA	33:04	83.70%
14	Beasley, Bobby****	37	Arlington, VA	33:24	80.06%
15	Free, Christopher*****	37	Virginia Beach, VA	33:43	80.67%
16	Booker, Travis*****	39	Midlothian, VA	34:02	82.84%
17	Swiatocha, Gregory	38	Annandale, VA	34:02	
18	Zell, Peter**	37	Washington, DC	34:17	81.64%
19	Curran, Sean*7	38	Sykesville, MD	34:35	
20	Parkins, Andrew*12	39	Salem, VA	34:40	81.95%
21	Hurt, Charlie*	39	Charlottesville, VA	34:26	
22	Anderson, Aaron*	39	Germantown, MD	34:54	
23	Zabinsky, Andrey*****	38	Germantown, MD	34:41	
24	Munchak, Joe*	39	Silver Spring, MD	34:48	
25	Englander, Jacob***	38	Columbia, MD	35:00	
26	Naegele, Philipp Alexander*9	39	Rockville, MD	35:05	
27	Alvarado, Robert*	36	Alexandria, VA	34:59	
28	Anderson, James***	38	Bethesda, MD	35:11	
29	Shields, Joseph*	37	Washington, DC	35:07	
30	Koehler, Scott*****	39	Odenton, MD	35:07	

40-44 Men

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

Three quarters of the division ran an elite **National Class** time. Four of them made it to the Open Division. Adam Otstot again led the way with thirteen wins. When he fired off a division leading time at the Virginia Fire Chiefs 5K in 15:02, it seemed a no-brainer that he would defend his title. But then Christopher Pruitt owned the next four best times, all major events. Pruitt was brilliant at the Pike's Peek 10K in 31:49, ahead of Carlos Renjifo (33:21) and eighth ranked Charles Stern (34:14). Otstot ran the Elizabeth River Run 10K in 33:00. When Otstot ventured away from the middle distance for only the second time, it was at the Luray Half Marathon in 1:16:44. Pruitt showed us the third best

time ran mastering the hilly RRCA Challenge 10 Mile in 53:05, ahead of third ranked Patrick Blair (54:51) and fourth ranked Renjifo (56:09). His two best 5Ks, Kelly's Shamrock (15:23) and Sheppard Pratt Frederick Turkey Trot (15:29) were faster than Otstot's 15:31s at the Weighted Angel and the Run for the D. O. G. 5K. Originally, I placed Pruitt on top and planned to sleep on it. After arranging the Open division, I had Otstot at eleven and Pruitt at seventeen and I knew I needed to put Otstot on top of the masters division.

Blair must have known based on his improvement from last year at the RRCA Challenge that he would improve also at the B&A Trail Marathon as well. And he did, improving by more than six minutes to 2:31:50 and second overall... again. Sixth ranked Matt Barresi was top master at the Charlottesville 10 Mile in 55:28. Fifth ranked Charlie Ban was close at the PR-making Great Allegany 15K in 51:40. Ban started the year potently with a 26:40 at the very competitive Alexandria Turkey Trot 5M. Barresi was third overall at the slightly shorter 8K Race to Benefit the Haven in 27:01. Ban bolstered his claim with a fine Richmond Half Marathon in 1:13:59. Renjifo was there as well to claim the gold in 1:12:23.

Seventh place Ahmed Qureshi was Open class level as third overall at the One City Marathon in 2:38:07. Former Champion Christopher Pirch was moved down to ninth place in this competitive division. His best event was the Baron "Deuce" Braswell II Run against Teen Violence 5K in 16:36.

Thirteen runners in the youngest masters division qualified. Three hundred and sixteen times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Christopher Pirch, Adam Otstot, Christopher Pruitt.** Currently ranked runners that were former champions in other divisions, 2005-2023: **Adam Otstot, Ryan Carroll, Matt Barresi.**

National Class times (80%) = 34:39

World Class status (90%) = 30:48

PI	Name	Age	Hometown	10K=	AG%	MRF
1	Otstot, Adam*13	41	Williamsburg, VA	31:22	91.80%	142
2	Pruitt, Christopher*6	40	Sandy Spring, MD	31:49	87.11%	131
3	Blair, Patrick*6	42	Catonsville, MD	32:35	84.49%	
4	Renjifo, Carlos****	40	Fulton, MD	32:51	83.11%	
5	Ban, Charlie*****	41	Washington, DC	33:29	82.35%	
6	Barresi, Matthew*****	40	Palmyra, VA	33:22	81.62%	
7	Qureshi, Ahmed*****	41	Fairfax, VA	33:56	80.51%	
8	Stern, Charles*****	41	Silver Spring, MD	34:14	81.60%	
9	Pirch, Christopher*6	43	Spotsylvania, VA	34:36	84.42%	
10	Musher, Todd***	43	Bristow, VA	35:09		
11	Carroll, Ryan***	41	Chesapeake, VA	35:19		
12	Magar, Tanka*13	41	Nottingham, MD	35:37		
13	Richardson, Matthew***	43	Silver Spring, MD	36:55		

45-49 Men

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

More than a third of the qualifiers (9) claimed **National Class** times. Michael Wardian may be the most famous runner in the region. Known for his many world-wide races, especially at the marathon or longer, this year he again produced **World Class** times. He nearly won the crown in his last year before becoming a grandmaster. Per usual, he was superb at the marathon, finishing third overall at the B&A Trail Marathon in 2:33:27. Third ranked Michael Mbagu finished in 2:41:44. Later, Mbagu was top master at the Charm City 20M in 1:59:06 before winning at the Baltimore Marathon in 2:47:03.

Wardian's third best race was the Parks Half Marathon in 1:15:24. Our champion David Angell posted his third best race at the Richmond Half Marathon in 1:12:28. In January, Angell took down Wardian at the National Cross-Country Championships 8K, 25:43 to 27:29 as well as besting fifth ranked Anderson Norton (28:28). Norton would add two speedy 5Ks, including the Night of PRs 5K in 16:51. As the prolific one, Wardian also ran equally well at the National Cross-Country Championships 6K in 20:19 at that same event. In April, Wardian would close on the champ with an excellent Pike's Peek 10K in 32:50. However, on the nation's birthday, Angell put the division away for good with an overall win at the Hometown Bank Four on the Fourth 4M in 20:26.

The half was good to this division. Fourth ranked Mark Tompkins was tops at the One City Half Marathon in 1:16:46 and nearly as good as second overall at the Run for the Heart 10M in 58:07. The great one, Wilson Komen won at the Rock N Roll Half Marathon in 1:19:07 to equal his Credit Union Cherry Blossom 10M in 59:37 and wrap up eighth place. Back in 2005, Komen was the Open champion, racing Pike's Peek in 29:35. Jim Dahlem, of twelve wins, earns sixth place with a fine Anacostia Park Run 5K overall win in 17:08. A month earlier, he had matched that exactly at the Army Ten Miler in 59:26, ahead of Komen (1:00:04) and thirteenth ranked Hasan Hobbs (1:00:41). Seventh ranked Jason Dowdy produced half as many wins close to Dahlem though with a slightly faster 5K, an overall win at the Police Outreach 5K in 17:04.

At the RRCA Challenge 10 Mile, ninth ranked Gene Severtson beat twelfth ranked David Storper, 59:54 to 1:00:32. Like Hobbs, Storper earns his **National Class rating** by virtue of being older (49). Tenth ranked Jon Pattee, not surprisingly, showed the best 15K racing the Great Allegany 15K in 55:11. Eleventh ranked Kidane Besufikad was second overall at the Discover Columbia 10K with a speedy 36:14.

Twenty-five men qualified for the division. One hundred and ninety-six times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **David Angell, Gene Severtson, Michael Wardian, Mark Tompkins**. Currently ranked runners that were former champions in other divisions, 2005-2023: **David Angell, Michael Wardian, Wilson Komen**.

National Class times (80%) = 36:02

World Class status (90%) = 32:02

PI	Name	Age	Hometown	10K=	AG%
1	Angell, David***	47	Blue Ridge, VA	32:40	90.78%
2	Wardian, Michael*11	49	Arlington, VA	32:51	90.71%
3	Mbagu, Michael****	45	Baltimore, MD	34:14	82.06%
4	Tompkins, Mark****	47	Williamsburg, VA	34:50	82.02%

5	Norton, Anderson*7	49	Blacksburg, VA	35:09	86.64%
6	Dowdy, Jason*6	47	Midlothian, VA	35:36	84.47%
7	Dahlem, Jim*12	46	Gaithersburg, MD	35:44	83.56%
8	Komen, Wilson*	45	Washington, DC	35:52	
9	Severtson, Gene****	47	Gambrills, MD	36:02	
10	Pattee, Jon*****	45	Reston, VA	35:46	
11	Kidane, Besufikad*9	46	Laurel, MD	36:14	
12	Storper, David***	49	Bethesda, MD	36:25	80.64%
13	Hobbs, Hasan**	49	Poolesville, MD	36:36	80.44%
14	Angulo, Martin****	47	Jarrettsville, MD	36:43	
15	Worm, Toby*6	49	Smithfield, VA	36:57	
16	Lindsey, Lee*7	48	Sandy Hook, VA	37:06	
17	Barnes, Matthew*7	45	Fairfax, VA	37:26	
18	Wyatt, Andrew*	45	Lanham, MD	37:28	
19	Makovsky, Eric***	49	Chesapeake, VA	37:53	
20	Hicks, Sean**	49	Manassas Park, VA	37:54	
21	Tian, Qiang	48	Ellicott City, MD	37:54	
22	O'Malley, EJ*7	48	Stafford, VA	37:47	
23	Yeager, Brian	49	Bel Air, MD	37:48	
24	McGuire, Glen****	47	Christiansburg, VA	38:04	
25	Cole, David	49	Arlington, VA	39:09	

50-54 Men

Cherry Blossom 10M 55:36, 10K = 33:37 Philippe Rolly 88.58%

The male counterpart to a Cindy Conant lock on the division, Thomas Hicks blew away the division with the top seven times, run across five different distances. He was top three in 9 of 13 events with three overall wins. His best race was the Fallen Heroes 4M in 21:47, Third ranked Alan Dixon showed the next best 4M at the Hugh Jascourt 4M in 23:32. Hicks won it all at the Dismal Swamp 5M in 27:38. Next best, Dixon ran the, albeit hilly, cross-country Steve Thompson 8K in 29:29 for an overall win. Back in Chesapeake, Hicks won the Tidewater Striders Tune-up 10M outright in 58:36. Our runner-up Jason Tripp was next at the hilly RRCA Challenge 10 Mile clocking a 59:45, ahead of Dixon (1:00:50) as well as eighth ranked Sean Hicks (1:02:20). Dixon did catch Tripp napping at the Credit Union Cherry Blossom 10M, 1:00:55 to 1:01:15. Dixon boasted his best of eighteen wins in a prolific year, winning the DC Half Marathon in 1:09:09. Hicks checked in on top at the Anthem Shamrock Festival Half Marathon in 1:17:49, ahead of ninth ranked Toby Worm (1:21:56).

Tripp nearly matched the third best 5K of Hicks with his Kelly's Shamrock 5K in 17:09. David Storper, of eleven wins, declared his best of five 10Ks at Pike's Peek in 36:07 to take fourth place. Fifth ranked Baba Yusuke was fastest at his shortest event, the Charles Street 12M. Though he would win three half marathons as well, the longer distances do not age grade as well and at just 50, he barely missed a **National Class** time. The older runner, Jeff Harrington, 53, was third overall at the shorter distance was third overall at the United Way 5K on the Runway in 17:41 to take seventh place. Storper's Parks Half Marathon win (1:21:21) beat Yosuke's Baltimore Half Marathon win (1:22:17). Harrington next best win of seven was the Moore & Giles Virginia 10 Mile in 1:03:59.

Ignacio Moore offered up a fine 17:53 at the Braveheart 5K to supplement his masters win at the Star City Half Marathon in 1:21:44 and take seventh place. Right behind him in time, Brian Hopkins finishes second overall at the Hawktoberfest 5K in 17:47 to take tenth place, easily his best 5K of four by more than a minute. Sean Hicks was just ahead of them, racing the Army Ten Miler in 1:01:36, missing a **National Class** by just three seconds. Worm added a solid Ukrops Monument Avenue 10K in 38:16.

Thirty men qualified for the division. Two hundred and twenty-seven times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Alan Dixon, Thomas Hicks**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Jason Tripp, Jeff Harrington**.

National Class times (80%) = 37:33

World Class status (90%) = 33:23

PI	Name	Age	Hometown	10K=	AG%
1	Hicks, Thomas*13	52	Virginia Beach, VA	34:50	88.60%
2	Tripp, Jason*6	50	Columbia, MD	35:46	86.01%
3	Dixon, Alan*18	51	Takoma Park, MD	35:55	85.93%
4	Storper, David*11	50	Bethesda, MD	36:07	83.20%
5	Baba, Yosuke****	50	Baltimore, MD	36:52	
6	Harrington, Jeff*7	53	Lynchburg, VA	36:53	84.73%
7	Moore, Ignacio*7	52	Blacksburg, VA	37:05	83.78%
8	Hicks, Sean*6	50	Manassas Park, VA	37:04	
9	Worm, Toby***	50	Smithfield, VA	37:10	80.21%
10	Hopkins, Brian***	54	Hancock, MD	37:06	85.57%
11	Lee, Bronson*6	50	Midlothian, VA	37:43	
12	Suhr, Timothy*13	52	Williamsburg, VA	37:52	
13	Bupp, Andrew****	51	Ashland, VA	37:54	
14	Liu, Jicheng****	51	Ellicott City, MD	37:55	
15	Yinger, Tom*14	53	Westminster, MD	38:02	
16	McKee, Guian****	53	Charlottesville, VA	38:00	
17	McNary, Bill*7	51	Bethesda, MD	38:02	
18	Cole, David*****	50	Arlington, VA	38:19	
19	Bennett, Danny***	52	Dunkirk, MD	38:29	
20	Stowe, Michael*	53	Blacksburg, VA	38:26	
21	Chasse, Craig*10	54	Reston, VA	39:13	
22	Frame, Richard****	53	Alexandria, VA	39:22	
23	Ford, Gregg*	51	Windsor Mill, MD	39:29	
24	Downie, Kevin*23	54	Gaithersburg, MD	39:42	
25	Titus, Paul****	53	Waynesboro, VA	39:51	
26	Park, Gene*	54	Kensington, MD	39:53	
27	Neeson, Tommy*6	54	Virginia Beach, VA	39:55	
28	Rubin, James**	51	Bethesda, MD	40:43	
29	Phillips, Colin**	54	University Park, MD	40:41	
30	Calkins, Joe***	52	Lanexa, VA	40:51	

55-59 Men

Light the Night 5K for Suicide Prevention 17:13, 10K = 35:55 Doug Mock 89.06%

Close to half of the runners ran a **National Class** time (13). This division was extremely competitive with three of the top seven runners each winning a season this year and two more winners in other divisions, and finally a sixth runner with the fastest race among the qualifiers. In six races, two of these runners met head-to-head. Using the **Moreland Racing Factor** our champion is Alexander Hetherington who though he ran the fewest races of the top four, won head-to-head against the fourth, fifth, and sixth place runners. He also did battle in the most major races (6). In March, he ran the Yuengling Shamrock Festival Marathon, taking down ultra-specialist Steve Speirs, 2:53:30 to 2:56:53. Fourth ranked Speirs tries to run at least one hundred mile race every year. He came back strong to run the fastest 10K, winning the Elizabeth River Run 10K in 37:25. That same March weekend, Miguel Sanchez-Ruano ran the fastest qualifier, the Rock N Roll Half Marathon in 1:21:09. Six months later, he succumbed to Hetherington at the Parks Half Marathon, 1:26:58 to 1:34:09.

Third ranked Pete Wergin was more than a minute behind seventh ranked Frank Perna at the Pike's Peek 10K 37:45 to 38:58. Still, he was golden to start the year at the Sheppard Pratt Frederick Turkey Trot 5K in 17:49 for the second fastest event. Even later at the Rockville 10K, toasting Sanchez-Ruano, who like Perna ran the minimum four races during the year, 38:43 to 39:30. In the summer, Wergin, the most active combatant, gave way to runner-up Ken Zimmerman at the Riley's Rumble Half Marathon, 1:28:00 to 1:36:43. Zimmerman added the Bel Air Town Run 5K in 17:52 as second master, while Wergin produced a delicious Krumpe's Donut Alley Rally 5K in 17:51.

Sixth ranked Steven Kast could only watch as his Riverwatch on the Piankatank 5K in 18:07 had won the fall, completing an excellent final quarter of the year that included a trio of sub-19:00 5Ks. Eighth place Akintunde Morakinyo ran a fine Pike's Peek 10K in 38:29 to lead the second wave of **National Class** runners. His Credit Union Cherry Blossom in 1:04:59 was spiffy too. Tenth ranked Peter Pommerenk sported a fine Tidewater Striders Tune-up 10M in 1:04:58. Though he had to play second fiddle to Speirs on seven occasions, his second-best event, the Tidewater Striders Tune-up 15M was short of Speirs by just two seconds, 1:40:25 to 1:40:27.

Mr. College Park Run, Colin Phillips won 30 of his 31 victories there, savoring an overall win in 19:27, a time he would match or beat 21 times. When he strayed, it was for an overall win at the newest Park Run, the Baltimore and Annapolis Trail in Pasadena, for another overall conquest, this time in 18:47. The next three runners helped form a cadre of five divisional runners itching to be sixty. Twelfth ranked Marion Zuniga ran the Arlington Police Fire & Sheriff 9/11 Memorial 5K in 18:48 to exactly match eleventh ranked Stene Menzies and his Trailzilla 5K. Menzies was lucky enough to capture 13 more victories, including the Virginia Regional Ballet 5K in 19:00. Zuniga added four more wins, including the Battlefield Half Marathon in 1:29:59. David Phipps takes thirteenth place, racing the Dawson's Father's Day 10K, ahead of fourteenth ranked Bruce Lemieux, 39:27 to 39:44 to cap the huge list of **National Class** racers within the division.

Twenty-nine men qualified for the division. Two hundred and sixty-two times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Ken Zimmerman, Pete Wergin, Steven Kast**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Alexander Hetherington, Steve Speirs, Ken Zimmerman**.

National Class times (80%) = 39:12

World Class status (90%) = 34:51

PI	Name	Age	Hometown	10K=	AG%	MRF
1	Hetherington, Alex**	56	Vienna, VA	37:14	82.67%	148
2	Zimmerman, Ken*8	56	Chester, MD	37:16	86.47%	140
3	Wergin, Pete*8	58	Gaithersburg, MD	37:10	87.46%	134
4	Speirs, Steve*10	57	Virginia Beach, VA	37:25	85.30%	102
5	Sanchez-Ruano, Miguel	56	Woodbridge, VA	36:49	83.94%	68
6	Kast, Steven*****	58	Yorktown, VA	37:47	86.75%	56
7	Perna, Frank*	59	Bethesda, MD	37:45	86.09%	36
8	Morakinyo, Akintunde****	59	Columbia, MD	38:29	85.59%	
9	Phillips, Colin*31	56	University Park, MD	38:54	82.22%	
10	Pommerenk, Peter*****	57	Virginia Beach, VA	39:05		
11	Menzies, Steve*14	59	Williamsburg, VA	39:13	84.22%	
12	Zuniga, Mario*****	59	Front Royal, VA	39:13	84.22%	
13	Phipps, David*6	59	Perry Hall, MD	39:27	82.38%	
14	Lemieux, Bruce****	58	Gaithersburg, MD	39:44	81.04%	
15	Park, Gene**	55	Kensington, MD	39:58		
16	Sabzevari, Cyrus*6	56	Chantilly, VA	40:22		
17	Mo, Shangdi*	56	West Friendship, MD	40:45		
18	Gunson, James**	57	Richmond, VA	40:49		
19	Frost, Howard*6	58	Falls Church, VA	41:11		
20	Way, John*12	58	Silver Spring, MD	41:10		
21	Ervin, Matthew	59	Clarksville, MD	41:13		
22	Santoni, Rob*	57	Kingsville, MD	41:18		
23	Marsh, John*6	59	Falls Church, VA	41:19		
24	Ahern, Daniel**	57	Washington, DC	41:24		
25	Jacobson, Paul*7	59	Gaithersburg, MD	41:41		
26	Oddono, Jim*	56	Richmond, VA	42:25		
27	Rippey, Brad*6	57	Fredericksburg, VA	42:25		
28	Meeks, David	59	Centreville, VA	42:50		
29	Carlat, Louis*	59	Baltimore, MD	43:21		

60-64 Men

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

Hernan Garbini was the owner of three of the top six times, including a year opening Charlottesville Turkey Trot 5K (18:26) as well as a Veterans 5K (18:31) to end the year. Our champion Mark Neff held the other three times, the top three times, racing the Tracksmith 5K in 18:14 in the summer. His year opening race was the Sheppard Pratt Frederick Turkey Trot 5K in 17:52. Neff also controlled the other six races of the top dozen. Garbini seized the two most competitive 10 miles, Army (1:03:39)

and Credit Union Cherry Blossom (1:04:59) to clinch the runner-up spot. Neff locked up the title even more, winning the Pike's Peek 10K ahead of third ranked Layne Party, 37:43 to 40:29. Fourth ranked David Haaga's second-best race was a 10K, Rockville (40:26). Haaga registered his best race in the first week at the Turkey Burnoff 10 Mile in 1:05:56. Party matched him exactly in May at the Billy Korror Memorial 5K, checking in at 19:01. Party beefed up his record with two more major 10Ks including the Baltimore United Way 10K in 40:19.

Fifth ranked Robert Whitaker won 20 of his 22 events, tops at the Virginia Fire Chiefs 5K in 19:07. Thirteenth ranked Kensington Park Run addict Kevin D'Amanda won there 38 of his 41 age group wins with a best in 20:05. In this year's unusually deep field, sixth place Tim Coady gets his spot with a third overall Breeze 5K in 19:36. Seventh ranked Jon Leiding cranked out a fine 40:58 at the Tidewater Striders Turkey Trot 10K. Ninth ranked Ken Alberg was solid at the Trailzilla 5K in 19:47. Eighth ranked Kelvin Anderson was third overall at the Fox Hill Community 5K in 19:50. Then he backed that up with a nifty Elizabeth River Run 10K in 41:35.

Garbini has always been known for his prowess at the half marathon. He seized the best three, including the Park to Park Half Marathon in 1:27:30. Christopher Maestrello takes tenth place with the next two by time, including the Anthem Shamrock Festival Half Marathon in 1:31:39. Dave Berardi is back in the game and moving his way up the ranks with a Baltimore Half Marathon in 1:31:57 to take twelfth place. Baranowski spot at eleventh place was earned at the Neptune Festival 8K in 32:59.

Forty-six runners were ranked in this huge division. Five hundred and eighty-six times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Mark Neff, Hernan Garbini, Robert Whitaker, David Haaga**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Mark Neff, Hernan Garbini, David Haaga**.

National Class times (80%) = 41:00

World Class status (90%) = 36:27

PI	Name	Age	Hometown	10K=	AG%
1	Neff, Mark*	61	Derwood, MD	37:16	89.37%
2	Garbini, Hernan*14	61	Charlottesville, VA	38:18	86.62%
3	Party, Layne*8	63	Towson, MD	39:40	86.06%
4	Haaga, Dave****	62	Rockville, MD	39:40	82.46%
5	Whitaker, Robert*20	64	Yorktown, VA	39:53	86.04%
6	Coady, Tim*13	63	Danville, VA	40:53	82.82%
7	Leiding, Jon*12	61	Virginia Beach, VA	40:58	80.07%
8	Anderson, Kelvin***	62	Newport News, VA	41:22	81.85%
9	Alberg, Ken*****	62	Suffolk, VA	41:16	82.06%
10	Maestrello, Christopher***	60	Henrico, VA	41:35	
11	Baranowski, Aaron***	62	Virginia Beach, VA	41:49	80.96%
12	Berardi, Dave**	63	Gwynn Oak, MD	41:43	
13	D'Amanda, Kevin*41	61	Bethesda, MD	41:54	80.17%
14	Carter, Jim***	61	Manakin Sabot, VA	41:57	
15	McLaughlin, Terry*24	63	Spotsylvania, VA	42:46	
16	Stanmore, John*****	60	Baltimore, MD	43:08	

17	Spalding, RJ*8	60	Gaithersburg, MD	43:28
18	Daugherty, Brian*10	63	Edgewater, MD	44:05
19	Adams, Mark***	64	Gaithersburg, MD	43:58
20	Williams, Michael*	60	Richmond, VA	44:06
21	Clem, William*8	64	Bethesda, MD	44:11
22	Bouwmeester, Paul**	60	Reston, VA	41:18
23	Perez, Orlando**	61	Newport News, VA	41:15
24	Mace, Matthew*	63	Arnold, MD	41:41
25	Horan, Marty**	63	Bethesda, MD	41:57
26	Edson, Jim**	64	Linden, VA	41:53
27	Rawley, Lloyd*12	62	Greenbelt, MD	45:16
28	Poulos, Ted*18	61	McLean, VA	45:39
29	Simpson, Rich*	63	Virginia Beach, VA	45:31
30	Kammerer, Jack*36	61	Washington, DC	45:42
31	Biddle, Robert	63	Annapolis, MD	45:43
32	Wheeler, William**	61	Washington, DC	45:55
33	Worford, Peter***	64	Midlothian, VA	46:16
34	Zeidler, Jon***	61	Washington, DC	46:13
35	McShea, Patrick*6	64	Virginia Beach, VA	46;12
36	Morrison, Jack*	64	Fredericksburg, VA	46:19
37	Andrews, Phil***	64	Gaithersburg, MD	46:18
38	Ratliff, John**	64	Falls Church, VA	46:25
39	Cerny, Mark*	63	Midlothian, VA	47:04
40	Shroyer, Kevin****	63	Forest, VA	47:27
41	Finch, Frank**	64	Roanoke, VA	47:36
42	Barry, Thomas	64	Williamsburg, VA	47:34
43	Moran, John*8	60	Arlington, VA	47:32
44	Schmidt, Bret*	64	Fredericksburg, VA	47:55
45	Robinson, Tom	64	Williamsburg, VA	47:56
46	Hartman, Charlie*	64	Centreville, VA	48:15

65-69 Men

Riverwatch on the Piankatank 5K 18:16, 10K = 38:06

How does a man win all sixteen of his races and defeat his only real rival Pete Gibson at the TowneBank Shamrock Festival 8K, 32:06 to 32:55, only his third best event. Paul Beers ended his season with a potent Richmond Half Marathon in 1:27:52 but still is left with the silver. Gibson was everywhere winning 27 of 29 events. These two titans owned thirty of the top 33 times. Third ranked Maurice Pointer won it all twice at the flat Baltimore and Annapolis Trail Park Run 5K in 20:04, adding to his best race the all downhill Cumberland adventure, the Great Allegany 15K, in 1:04:14.

Gibson's fifth best race was the Jamestown Half Marathon in 1:26:50. During the two final weekends, he poured it on. First, at the Yorktown Battlefield 10 Miler in 1:03:57 as second overall, while Beers managed a win at the Moore & Giles Virginia 10 Mile in 1:09:10. Beers, known for his mild distance prowess, showed us a fine West End Spooky Sprint 5K in 19:18. Gibson displayed seven sub-20:00 5Ks; Beers showed us three. While Beers was half marathoning, Gibson ended the year wrecking his

own record 18:45 at the Weighted Angel 5K with an 18:16 at the Riverwatch on the Piankatank 5K to cap his crown. That is a time unheard of since the legendary Tom McCormack ran the Galax 5K in 17:55 in 2019. In fact, it is faster than the credited Virginia State Record of 18:37 that Gibson would run on January 1 (listed incorrectly as 12/01/23). Gibson ran the Grove Trotter 10K in 39:21 for third overall. Nobody else was remotely close to that.

Fourth ranked Michael Kearney traveled fifty miles east to win the Dawson's Father's Day 10K in 42:07. To that, he added a fine Sheppard Pratt Frederick Turkey Trot 5K in 20:25. Preston Evans was right in the neighborhood, winning the United Way 5K on the Runway in 20:21. Manuel Rivera revealed his best of 14 wins at the Summer Sun 5K in 20:20. Rivera, the master of Fletcher's Cove, flaunted a dozen victories there and included six sub-21:00 5Ks to edge past Evans into fifth place. Evans also ran the Memorial Day 10K in 43:27.

Seventh ranked Bill Loomis is credited with five wins and it would have been more except that he ran in races with ten year age groups. That will all go away soon when he moves on to battle in the 70-74 division. His best race was the unique distance Stevensville Metric Half Marathon in 58:20 that shows as 42:48 10K equivalent. At Army, his prowess is a little more obvious, finishing in an excellent 1:11:41. (The 70-74 division was won with a 1:11:48 for ten miles). Richard Grant has already turned seventy but before going he latched onto eighth place with his fine Tidewater Striders Turkey Trot 10K in 43:32. Four years his junior John Chall captures the ninth position with his Dawson's Father's Day 10K in 43:26.

Twenty-nine men qualified for the division. Three hundred and fifty-six times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Maurice Pointer, Pete Gibson, Paul Beers, Richard Grant**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Maurice Pointer, Pete Gibson, Alan Pemberton, Richard Grant**.

National Class times (80%) = 42:58

World Class status (90%) = 38:12

PI	Name	Age	Hometown	10K=	AG%
1	Gibson, Pete*27	66	Murfreesboro, NC	38:06	92.79%
2	Beers, Paul*16	65	Roanoke, VA	39:52	87.05%
3	Pointer, Maurice*14	68	Baltimore, MD	41:38	84.33%
4	Kearney, Michael*9	67	Mount Airy, MD	42:07	83.22%
5	Evans, Preston****	66	Madison Heights, VA	42:27	82.56%
6	Rivera, Manuel*14	67	Washington, DC	42:25	83.36%
7	Loomis, Bill*****	69	Silver Spring, MD	42:48	81.09%
8	Grant, Richard**	69	Suffolk, VA	43:32	82.16%
9	Chall, John*7	66	Crownsville, MD	43:26	
10	Lutterman, Ted***	65	Potomac, MD	44:05	
11	Wriston, Dave****	67	Lynchburg, VA	46:06	
12	Bahus, Frank*	69	Severn, MD	46:15	
13	Abelt, Chris*9	66	Williamsburg, VA	46:26	
14	Lovegrove, David*6	66	Fredericksburg, VA	46:29	
15	Isaac, Luther*	69	Bowie, MD	46:27	

16	Zawadzki, Michael*8	66	Boyce, VA	47:41
17	Drain, Bob****	68	Alexandria, VA	47:42
18	Myles, Bruce****	69	Montgomery Village, MD	48:03
19	Bousel, Paul*6	69	Alexandria, VA	48:11
20	Barry, Thomas*****	65	Williamsburg, VA	48:44
21	Robinson, Tom	65	Williamsburg, VA	48:55
22	Wyatt, Donnie***	69	Hampton, VA	48:57
23	Royle, David*7	67	Washington, DC	49:23
24	Berg, Bruce*	65	Fredericksburg, VA	50:18
25	Gullo, Jim*	68	Williamsburg, VA	50:58
26	Gage, Doyle**	67	Williamsburg, VA	51:09
27	Dunbar, Terence*****	65	Washington, DC	51:23
28	Gordon, Kirk*9	67	Glenn Dale, MD	51:27
29	Heimer, Tony	65	Chesapeake, VA	51:49

70-74 Men

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

Alan Pemberton came out with serious intent surging to the lead at the Anacostia Park Run 5K in 20:48. Last year's champion Eugene Myers showed us a nifty BRRC Holiday Hustle 5K in 21:33 but that would not be enough to get done. Pemberton took on the flat, albeit double out and back, Al Lewis 10M and made it impossible to challenge with his 1:11:48. He didn't even look tired at the finish. In February, he easily won the RRCA Challenge 10 Mile but in 1:15:10 to show that he could do hilly as well. Myers had been milking the shorter distances, including a Hot Chocolate 5K in 21:37. In March, the two titans met at the Rock N Roll Half Marathon and Myers prevailed 1:38:38 to 1:39:10. Pemberton added a Credit Union Cherry Blossom win in 1:13:14, ahead of fifth ranked Bob Burns (1:18:02) and the top three times was too much for Myers to move up to the title. Myers would add an excellent Pike's Peek 10K in 44:39, besting Burns (45:41) to keep Pemberton from getting complacent.

Third place Harrison Grayson ran a fine half marathon, winning the DC Half Marathon in 1:39:49. Fourth ranked Bob Becker improved on his First Day 5K (22:01) running a 7:00 flat pace to win the Run for the D. O. G. 5K in 21:53, ahead of sixth ranked Jim Duffy (23:26). Burns was not far behind with his best Park Run in College Park with a swift 22:06. Duffy was a tad better than seventh place Bill Hart's best race when he beat him at the Tidewater Striders Turkey Trot 10K, 46:54 to 48:29, to start the year. Later, Hart would produce a fine Run for the Heart 10M in 1:18:07. Though Hart would lose to Becker, 1:19:38 to 1:20:04, at the year ending Yorktown Battlefield 10 Miler. In September, he would outrun Becker at the Elizabeth River Run 10K, 47:36 to 47:42.

Eighth ranked Dan Eddy never met Paul Ryan at the Anacostia Park Run 5K. Both would win there a lot. Eddy was fastest in 22:53. Still, Ryan, a former champion, did manage a fine 23:35 and only once in 24 races did he finish without a victory. His best time at Cranberry Crawl 10K earns him tenth place. Did somebody say 10K? Ninth ranked Scott Busy won a record thirty-seven 10Ks this year. It was only in his 40th venture, the Army Ten Miler in 1:29:37 that he did not win his age group. His best 10K was the Dash around the Point 10K, the same venue as the Crawl, in 48:35.

Thirty-three qualifiers qualified for the division. Two hundred and seventy-six times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Alan Pemberton, Eugene Myers, John DiCarlo, Paul Ryan**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Paul Ryan, Bill Hart, Alan Pemberton**.

National Class times (80%) = 45:11

World Class status (90%) for age 70 = 40:10

PI	Name	Age	Hometown	10K=	AG%
1	Pemberton, Alan****	70	Silver Spring, MD	43:12	82.80%
2	Myers, Eugene*17	71	Columbia, MD	44:39	80.96%
3	Grayson, Harrison*6	71	Upper Marlboro, MD	45:17	
4	Becker, Bob*7	72	Midlothian, VA	45:39	80.81%
5	Burns, Bob*****	71	Columbia, MD	45:41	80.04%
6	Duffy, Jim*13	71	Poquoson, VA	46:54	
7	Hart, Bill*9	74	Virginia Beach, VA	47:00	81.13%
8	Eddy, Dan*7	72	Alexandria, VA	47:44	
9	Busby, Scott*39	71	Spotsylvania, VA	48:25	
10	Ryan, Paul*23	72	Arlington, VA	49:01	
11	Sharpe, Steve*8	71	Westminster, MD	48:49	
12	Abrahamson, Dale*9	74	Yorktown, VA	49:10	
13	Lopez, Felix*18	70	Lynchburg, VA	50:02	
14	Washington, Larry*22	72	Rockville, MD	50:14	
15	Arey, Christopher***	73	Fredericksburg, VA	50:27	
16	Clemmons, Glenn****	70	Ashburn, VA	50:35	
17	Payton, Lee**	72	Chevy Chase, MD	50:40	
18	Wills, John****	71	Virginia Beach, VA	50:50	
19	Loney, Michael*6	72	Silver Spring, MD	50:44	
20	Astrop, Rob***	70	Richmond, VA	51:08	
21	Senseney, Bill*8	74	Charles Town, WV	51:50	
22	Rosenberg, Duane*7	71	New Carrollton, MD	52:26	
23	Davidson, Graham*6	74	Washington, DC	53:09	
24	Verdirame, Joseph*6	74	Suffolk, VA	53:39	
25	O'Keefe, Tim*7	70	Middletown, MD	54:12	
26	Bousel, Paul*8	70	Alexandria, VA	54:48	
27	Prouty, Robert*7	70	Washington, DC	55:27	
28	Rantanen, Robert*	71	Virginia Beach, VA	55:48	
29	Carrigan, George*	74	Williamsburg, VA	55:56	
30	Tracy, Bill***	70	Burke, VA	57:20	
31	Leach, Ben*	70	Virginia Beach, VA	57:37	
32	Ridout, Edwin**	73	Stafford, VA	57:56	
33	Patterson, John*7	72	Gaithersburg, MD	58:35	

75-79 Men

Marine Corps Marathon 3:57:21, 10K = 50:56 John Hunnicutt 78.98%

A trio of 78-year-olds led the way. Last year's winner Ken Mitchell returned but three of the top five moved on to the elder division. He owned half of the top ten times, including Run for the D. O. G. 5K in 25:50 and third ranked Ed Mayhew was right there with him at the Valor 5K in 25:53. He also showed us the third best race, the Delightfully Different 3.5M, but it is little harder to wrap your mind around that distance. Better than his third best race, the Raising the Roof 5K in 25:58, was ahead of Mayhew's Spring Forward 5K in 26:22. Both of them won eleven times. Jonathan Cannon started 2023 with a solid CTC New Year's 5K 26:35. That would not get it done so he doubled down at twice the distance, winning the Sugar Hollow Frostbite 10K in 52:43 to take the crown away from Mitchell.

Bert Dominguez raced the Pike's Peek 10K in 57:13. Then he quietly eased himself into fourth place, winning the Antietam Brewery 5K in 26:48. Fifth ranked William Vislay was impressive winning the Ringing in Hope 5K in 27:41. Sixth ranked Richard Jefferson is a Montgomery County Road Runner with nine of his ten wins with the club. When he stepped out to the Autism Speaks 5K for the nation's birthday celebration, he suffered his only "defeat", finishing fifth in 31:12. His best MCRRC event was the Turkey Burnoff 5 Mile in 47:08. William Scott is a devotee to the Anacostia Park Run 5K. Fourteen of his sixteen wins were there. But he posted his best event at the Race for Hope 5K in 28:22 to take seventh place.

Frederick Steeplechaser Jeff Jones takes eighth place with a fine 28:35 at the iconic Krumpe's Donut Alley Rally 5K. This race is a bucket list event for the after-race doughnuts alone. Another Steeplechaser, Art Gregory, ran his last Bel Air Town Run 5K in this division. It was a good one in 29:05 to earn him ninth place. Marathon man and former division champion Ronnie Wong still found time to get in 21 wins, including the Kelly's Shamrock 5K in 29:09 to place tenth in the division.

Eleventh place John Steiner's best event, the Hot Chocolate 5K in 29:06 was right there. Twelfth goes to Ron Worthington for his Menchville Chill 5K in 29:17. Last year's runner-up Danny Keatley takes thirteenth place with his Two Virginias 5K in 29:19.

Fifty runners qualified for the division. Four hundred and eighteen times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Kenneth Mitchell, Jonathan Cannon**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Ronnie Wong, Art Gregory**.

National Class times (80%) = 48:28

World Class status (90%) for age 75 = 43:04

PI	Name	Age	Hometown	10K=	AG%
1	Cannon, Jonathan*****	78	Earlysville, VA	52:43	76.26%
2	Mitchell, Kenneth*11	78	Williamsburg, VA	53:53	
3	Mayhew, Ed*11	78	Winchester, VA	54:00	
4	Dominguez, Bert*	75	Gaithersburg, MD	55:54	
5	Vislay, William*****	77	Ashburn, VA	57:55	
6	Jefferson, Richard*10	77	Germantown, MD	59:26	
7	Scott, William*16	76	Washington, DC	59:10	
8	Jones, Jeff****	76	Maughansville, MD	59:37	

9	Gregory, Art***	79	Jefferson, MD	1:00:40
10	Wong, Ronnie*21	77	Catonsville, MD	1:00:48
11	Steiner, John**	75	Lusby, MD	1:00:44
12	Worthington, Ron***	79	Bena, VA	1:01:05
13	Keatley, Danny*****	76	White Sulphur Spring, VA	1:01:09
14	Akard, Curtis****	75	Blountville, TN	1:01:13
15	Kuebrich, David***	79	Fairfax, VA	1:01:57
16	Snyder, Frank*15	79	Gaithersburg, MD	1:02:54
17	Kellum, Ronald*9	79	Hampton, VA	1:02:54
18	Johnson, Chuck*	79	Glenwood, MD	1:03:37
19	Starnes, Jack***	79	Wise, VA	1:04:32
20	Breese, David***	77	Reston, VA	1:04:52
21	Cook, Randy**	75	Norfolk, VA	1:04:57
22	Rooney, Frank*8	76	Arlington, VA	1:05:07
23	Hawthorne, Randy	78	Williamsburg, VA	1:05:26
24	Chadim, William*17	76	Midlothian, VA	1:05:56
25	Talkington, Doyle*12	76	Haymarket, VA	1:05:53
26	Sisson, George*6	75	Owings, MD	1:06:01
27	Lovell, Carroll Frank***	76	Roanoke, VA	1:06:39
28	Daly, Mike***	77	Williamsburg, VA	1:07:23
29	Cleva, Gregory*****	76	Falls Church, VA	1:07:31
30	Wilt, John*	78	Danville, VA	1:07:58
31	Hitchins, John*****	75	Roanoke, VA	1:07:34
32	Porzel, Walter*10	75	Falls Church, VA	1:00:26
33	Deger, David*	76	Arnold, MD	1:10:55
34	Sushinsky, George*	76	Rockville, MD	1:11:22
35	Young, Nick*27	76	Arlington, VA	1:11:48
36	Fisher, Stephen	75	Fredericksburg, VA	1:11:33
37	Wallace, John*	79	Hampton, VA	1:12:59
38	Lvovskyi, Igor*	79	Derwood, MD	1:15:49
39	Lydecker, Ryck*	79	Stephens City, VA	1:17:03
40	Titus, Mark	75	Towson, MD	1:17:39
41	White, George	79	Williamsburg, VA	1:17:49
42	Unglesbee, Dennis*	77	Olney, MD	1:20:02
43	Ord, Keith**	79	Potomac, MD	1:20:19
44	O'Connor, Kevin*****	76	Midlothian, VA	1:22:24
45	Chaconas, Greg*	77	Washington, DC	1:22:55
46	Thompson, Larry***	75	Stafford, VA	1:23:33
47	Quirk, Rory	79	Washington, DC	1:23:21
48	Harrah, David**	77	Virginia Beach, VA	1:24:18
49	Means, John*	78	Hagerstown, MD	1:26:05
50	Fennell, Skip***	79	Westminster, MD	1:26:11

80-84 Men

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

The eighty and older divisions keep right on growing. Eamonn McEvelly looked sharp to start the year at the less than flat DCRRRC New Year's Day Predictions and Resolutions 5K in 26:55. In March, he raced the five-lap Fort Hunt 10K circle in 56:35. Then came the spring and Harold Rosen used the well-worn trail to the top. The deadly combo began with a Credit Union Cherry Blossom 10M in 1:28:10 followed by a powerful Pike's Peek 10K in 55:06, sweeping the spring. Then though McEvelly recovered to win the summer, Rosen got his other two big qualifiers in and the crown was his.

Want to find third ranked Frank Snyder? Try the Park Run in College Park. He ran a combined 34 times across two divisions at this most popular Park Run. His best time was a special 29:02. Fourth ranked Joe Greene ran his best race at the Baron "Deuce" Braswell II Run against Teen Violence 5K in 29:31, ahead of eighth ranked Harold Ingram (32:41). Fifth ranked Ron Chiariello can usually be found at the Kensington Park Run 5K beating runners twenty years younger than him. Next year, he will be taking his competitive 30:31 to the next division. As the only 84-year-old in the top ten, he won thirty of his 39 age group awards at Kensington.

Jimmy Gates gets the push for sixth place with his win at the High Bridge 5K in 32:28. Seventh ranked former champion Ben Dyer was second at the Ukrops Monument Avenue 10K in 1:07:38. Bob Callahan is ninth participating at the CASA Superhero 5K and checking in with a time of 33:19. Tenth ranked Norm Langlois took fewer seconds (33:05) but it was at our shortest eligible distance, racing the Frosty 3M.

Eleventh ranked former champion Stan Neumann is one of eight racers running in this division for the last time. His send-off race was a fine Celtic Solstice 5M in 59:45.

Twenty-eight men qualified for the division. One hundred and ninety-two times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Stan Neumann, Eamonn McEvelly, Frank Snyder.**
Currently ranked runners that were former champions in other divisions, 2005-2023: **Ben Dyer, Stan Neumann, Eamonn McEvelly.**

National Class times (80%) = 53:37

World Class status (90%) for age 80 = 47:40

PI	Name	Age	Hometown	10K=	AG%
1	Rosen, Harold***	80	Potomac, MD	53:03	75.75%
2	McEvelly, Eamonn*11	80	Springfield, VA	55:45	
3	Snyder, Frank*19	80	Gaithersburg, MD	1:00:34	
4	Greene, Joe***	80	Fredericksburg, VA	1:01:34	
5	Chiariello, Ronald*39	84	Rockville, MD	1:03:39	
6	Gates, Jimmy****	81	Rice, VA	1:07:18	
7	Dyer, Ben**	80	Toano, VA	1:07:38	
8	Ingram, Harold****	80	Henry, VA	1:08:11	
9	Callahan, Bob****	80	Forest, VA	1:09:30	
10	Langlois, Norm*	82	Stafford, VA	1:11:28	
11	Neumann, Stan*8	84	Lutherville Timonium, MD	1:15:28	

12	Garczynski, Louis*6	83	Sterling, VA	1:16:44
13	Witlin, Michael*10	80	Oak Hill, VA	1:17:57
14	Ord, Keith*15	80	Potomac, MD	1:18:58
15	Munday, John****	83	Chesapeake, VA	1:21:36
16	Pitts, Warren*	84	Baltimore, MD	1:24:39
17	Koletty, John****	81	Pasadena, MD	1:28:49
18	Gontesky, Michael*	80	Hampton, VA	1:30:22
19	Borkowski, John**	84	Midlothian, VA	1:30:36
20	Delambo, Nicholas*	81	Baltimore, MD	1:31:12
21	Bayrer, Ralph*7	83	Washington, DC	1:33:48
22	St. Clair, Bailey***	84	Glen Arm, MD	1:33:57
23	Long, Timothy	82	Ashburn, VA	1:35:39
24	Reynolds, Dewey**	84	Henrico, VA	1:36:42
25	Walsh, Tom*	80	Norfolk, VA	1:37:31
26	Wycherley, Alan*20	81	Annapolis, MD	1:40:14
27	Finney, John	84	Arlington, VA	1:41:56
28	Bradley, Ed	84	Fredericksburg, VA	1:43:45

85-89 Men

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

John Clarke is virtually unbeatable, racing the Sheppard Pratt Frederick Turkey Trot 5K (28:29) in a time that would make him eligible for the 70-74 division. Last year, the Forest of Needwood 5M was shortened to a 5K but it still contained that monster hill in the next to last mile. Back at five miles this year, runners got to enjoy a monster hill at mile two as well. Clarke rumbled home in 50:12 and the title was his. In May, he was one of just two racers to take on the half marathon. At Frederick, he ran a wonderful 2:42:42.

Lord of the Deep Run Park Run 5K, runner-up Thomas Spasojevich, won all 22 times he ran there. Just to show he was not a one-trick pony he ran his best effort, winning at the Ukrops Monument Avenue 10K in 1:06:12. His best Park Run was finished in 31:54. Third ranked Duane Lougee has been the champ five times in the past. This year his best effort was the Tidewater Striders Tune-up 6M in 1:12:44. Fourth ranked Michael Leonard can often be seen at the popular Kensington Park Run 5K but he did his best work at the MCRRC Jingle Bell Jog 8K in 1:02:13.

Fifth place is awarded to James Fratino whose best 5K was the Crossroads Community 5K with a time shown as 40:40. Next up, Michael McKee completed the Virginia Institute of Autism 5K in 43:47 to take down the sixth spot. Right behind him, John Nobles traveled down the canal at the Fletcher's Cove Park Run 5K in 43:54 for seventh. Ninth ranked Dan Morgan did his thing at Kensington Park with a fine 45:09. Ahead of him in eighth place, Warren Pitt battled eleventh ranked William Schwartz at the Annapolis 10 Miler with Pitt prevailing, 2:36:47 to 3:04:59. Schwartz posted a much faster Baltimore 10M in 2:46:06 in June. Tenth ranked Ken Quincy made his mark in the first week, racing the Vienna Turkey Trot 5K in 46:31.

Sixteen men qualified for the division. Thirty-three times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Duane Lougee, John Clarke, Thomas Spasojevich**.
 Currently ranked runners that were former champions in other divisions, 2005-2023: **Duane Lougee, John Clarke, Thomas Spasojevich**.

National Class times (80%) = 1:01:52

World Class status (90%) for age 85 = 55:00

PI	Name	Age	Hometown	10K=	AG%
1	Clarke, John****	86	Woodsboro, MD	59:25	83.73%
2	Spasojevich, Thomas*23	85	Henrico, VA	1:06:12	
3	Lougee, Duane	86	Norfolk, VA	1:15:19	
4	Leonard, Michael*12	85	Silver Spring, MD	1:18:55	
5	Fratino, James*	89	Queenstown, MD	1:24:50	
6	McKee, Michael*****	85	Charlottesville, VA	1:31:20	
7	Noble, John****	85	Rockville, MD	1:31:35	
8	Pitts, Warren*	85	Baltimore, MD	1:34:20	
9	Morgan, Dan***	85	Kensington, MD	1:34:11	
10	Quincy, Ken**	85	Vienna, VA	1:37:02	
11	Schwartz, William	86	Lutherville, MD	1:37:24	
12	McClellan, Michael*19	86	College Park, MD	1:45:56	
13	Rider, Alan**	87	Reston, VA	1:47:42	
14	Conn Jr., Harry*****	86	Powhatan, VA	1:52:32	
15	Polinski, Joseph*	85	Smithfield, VA	1:56:13	
16	Nickerson, Richard	86	Powhatan, VA	2:13:51	

90 & Older Men

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

George Yannakakis is still the king of the eldest division. At 92, he still easily won the winter and the spring. In December, he returned to the BRRC Holiday Hustle 5K, finishing in 48:39 a sealing the crown early. Yannakakis has always excelled in longer events. In January, his second event of the month was the BRRC GPS 8M run in 2:18:40. That put him in great position to win his fifteenth age group title at his 30th Credit Union Cherry Blossom 10M. After that, he rested.

Zaven Ayanian took on the hilly Autism Speaks 5K to take the summer and the runner-up spot. For the fall, third ranked William Haworth rushed across the Chesapeake, racing the Bay Bridge 10K ahead of fourth ranked Donald Crouch.

Former champions currently in this division: **George Yannakakis, Zaven Ayanien, William Haworth**.
 Currently ranked runners that were former champions in other divisions, 2005-2023: **George Yannakakis**.

National Class times (80%) = 1:15:50 for 90-94; 1:42:57 for 95 and older

World Class status (90%) = 1:07:24 for age 90-94; 1:31:30 for 95 and older

PI	Name	Age	Hometown	10K=	AG%
1	Yannakakis, George**	92	Towson, MD	1:41:29	66.12%

2	Ayanian, Zaven	93	Potomac, MD	2:11:21
3	Haworth, William	90	St. Michaels, MD	2:16:47
4	Crouch, Donald	91	Parkville, MD	2:39:47

Open Women

Ukrops Monument Avenue 10K 32:47 **Keira D'Amato 94:26%**

Summer and Laura Labuschaigne arrived on the scene. She punched out three big wins to be the victor of that season. Her Raising the Roof 5K in 16:47 was second only to Ave Grosenheider's 16:28 at the Shamrock RVA 5K. Five other wins and especially that 5K helped Grosenheider secure the runner-up spot. As with Keira D'Amato, **World Class** racer Susanna Sullivan did great things but not enough in the region to qualify. Sullivan won three straight years 2015-17. These days she takes one season and then is out of the region showing the rest of the world her immense talents. Third ranked Sydney Leiher produced the best half as third overall at the DC Half Marathon in 1:17:04. What moved her by fourth ranked Laurel Le Moigne was their head-to-head battle at the Credit Union Cherry Blossom 10M, 59:06 to 59:59.

On the final weekend, the top runners were drawn to three different events at the same location, Richmond. Labuschaigne closed the door to any challenge to the title as second overall at the Richmond 8K in 26:45. Julia Siegel Breton was the next open qualifier to finish (29:45) though by that time she had aged up to masters. Le Moigne proudly earned her second half marathon PR improving to 1:17:11 as second overall, ahead of Maura Carroll (1:23:27). Likewise, Grosenheider was second overall, earning the year's best marathon (2:47:54).

Sixth ranked Rachel Cluett was amazing racing the RRCA Challenge 10 Mile in 59:57, a course where running faster than an hour is rare. Top master Julia Roman-Duval won it all at the Pike's Peek 10K in 35:14 and took hold of fifth place. Roman-Duval was also top master at the Kelly's Shamrock 5K in 17:02, third fastest 5K in the division, ahead of tenth ranked Kirsten Gray who ran 17:58. The fourth fastest 5K went to eighth ranked Natalie Daniels who won it all ten more times after breaking the tape at the Ainsley's Angels 5K in 17:19.

As usual, the most popular site for fast times is the Credit Union Cherry Blossom 10M. Cluett was golden with an excellent 1:00:04, ahead of ninth ranked Perry Shoemaker, 52, who set the American age group record in 1:00:42. Already in the winter of 2024, Shoemaker has lowered the American record in the 20K to 1:17:03 en route to a 1:21:38 winning time at the Houston Half Marathon. Filing in behind her at the ten miler are eleventh ranked Caroline Robelen (1:01:13), twelfth ranked Jennifer Paul (1:01:59), fourteenth ranked Liz Ozeki (1:01:45), sixteenth ranked Nilani Duarte (1:02:06), seventeenth ranked Carroll (1:02:25), and eighteenth ranked Adrienne Glasheen (1:02:27) to name just a few.

Paul earned her spot with an overall win at the Dash around the Point 10K in 36:44 matching Daniels' third best race exactly, the Potomac Valley Games 10K. Duarte, a sub master, won her age group 32 times and won it all nineteen times. She races a lot of major events. Still, she was only out of the top three at three events, Cherry Blossom, Army, and the Alexandria Turkey Trot 5M. Her second-best event was the Run with Santa 5K in 18:03. Seventh ranked Anna Staats was not at her best at Credit Union Cherry Blossom (1:03:38). In fact, it was her seventh best event. She produced three faster 10 milers. Her Al Lewis 10M in 1:02:29 (flat) was succeeded by her 1:02:25 at the RRCA Challenge

(hilly). In the fall, she exploded at the Army Ten Miler in 59:54, ahead of Gray (1:01:01). At the Alexandria Turkey Trot 5M, she returned the favor to edge Duarte in a close one, 29:55 to 29:59.

Thirteenth ranked Zabrina Zator broke the tape in 36:53 at the Lawyers Have Heart 10K. In fifteenth place, Ida Oesteraas won it all Sarfan Center Superhero 5K with a fine 17:49. Ann Mazur was third overall at the Charlottesville 10 Mile in 1:02:27 to take nineteenth place. Claire Heasman, the 45-49 champion, takes twentieth place by winning it all at the Sheppard Pratt Frederick Turkey Trot 5K in 18:05.

World Class racer Cindy Conant, 62, keep popping into the Open Division and is the oldest runner to do so, sporting this year's best age grade (**95.90%**).

Consistently excellent, Julia Roman-Duval, Ann Mazur, and Megan Digregorio are the only racers to make the Open division rankings every year since 2015.

Twenty-seven of the fifty-three runners came from other divisions. Eight hundred and forty-five other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Laura Labuschaigne, Julia Roman-Duval**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Ann Mazur, Julia Roman-Duval, Perry Shoemaker, Laurel Le Moigne, Cindy Conant, Claire Heasman, Tressa Breindel**.

National Class times (80%) = 37:55

World Class status (90%) = 33:42

Beside the runner's yearly placement is ▲ for improvement, ▼ for worsening, and ■ for no change from the previous ranking. Only one runner qualified for the rankings all seven years.

PI	Name	Age	Hometown	10K=	AG%	2022	2021	2019	2018	2017	2016	2015
1	Labuschaigne, Laura****	27	Henrico, VA	33:58	89.84%							
2	Grosenheider, Ave*7	26	Richmond, VA	34:21	89.68%							
3	Leiher, Sydney*6	28	Washington, DC	34:49	84.60%							
4	Le Moigne, Laurel****	38	Springfield, VA	34:53	86.42%	▼8	▲7			▲10	▲15	20
5	Roman-Duval, Julia***	41	Columbia, MD	35:14	89.04%	■4	▼4	■2	▲2	▼4	▲3	4
6	Cluett, Rachel**	35	Garrett Park, MD	36:02	83.15%							
7	Staats, Anna*****	24	Arlington, VA	36:00	82.39%	29						
8	Daniels, Natalie*11	31	Fredericksburg, VA	36:03	85.27%	■14	14					
9	Shoemaker, Perry*****	52	Vienna, VA	36:29	94.73%			▲5	▼7	▼6	▼5	2
10	Gray, Kristen	30	Columbia, MD	36:40	80.91%							
11	Robelen, Caroline*	24	Glen Allen, VA	36:47	80.62%							
12	Paul, Jennifer**	35	Washington, DC	36:44	83.17%				▲14	▲29	38	
13	Zator, Sabrina*****	28	Arlington, VA	36:53	82.24%							
14	Ozeki, Liz*****	34	Rockville, MD	37:07	80.49%	▲25		43				
15	Oesteraas, Ida****	29	Virginia Beach, VA	37:06	82.88%	34						
16	Duarte, Nilani*19	35	Fairfax, VA	37:19	82.21%					57		
17	Carroll, Maura	34	Arlington, VA	37:31				▼10		▲9	▲16	21
18	Glasheen, Adrienne*	44	Aldie, VA	37:32	83.56%	19						

19	Mazur, Ann****	37	Charlottesville, VA	37:32	80.22%	▼10	▲6	▼14	▲10	▲17	▼18	16
20	Heasman, Claire***	48	Frederick, MD	37:39	86.91%	▲30		▲35	43		51	▲35
21	Siegel Breton, Julia****	40	Richmond, VA	37:30	83.75%	▲15	21					
22	Hansen, Dira**	32	Washington, DC	37:44								
23	Genua, Devon	27	Washington, DC	37:39								
24	McKenzie, Gabrielle	32	Arlington, VA	37:46		45						
25	Little, Sabrina*	36	Newport News, VA	37:49	82.02%							
26	Yang, Carolyn**	38	Arlington, VA	37:49		▼31	▲23	36				
27	Spector, Bethany*6	34	Virginia Beach, VA	37:58			17					
28	Lambkin, Mary***	35	Vienna, VA	38:01	80.36%							
29	Wilson, Bailey	35	Washington, DC	37:55		38						
30	Digregorio, Megan*6	34	Baltimore, MD	38:12		▼21	20	▼25	▲15	▼19	▲11	30
31	Lewis, Joy****	38	Columbia, MD	38:08		42						
32	Smith, Jessica**	28	Portsmouth, VA	38:12								
33	Spangler, Kate*****	37	Richmond, VA	38:14	81.49%	▲22			48			
34	Blackstone, Meghan**	29	Nokesville, VA	38:14	80.40%					▼48		44
35	Ebert, Alisha*6	32	Blacksburg, VA	38:19	80.25%							
36	Sloan, Tiffany**	38	Virginia Beach, VA	38:19								
37	Rogers, Jessica**	23	Bel Air, MD	38:31								
38	Honeycutt, Emily*9	32	Newport News, VA	38:39		▼40	37					
39	Breindel, Tressa	44	Richmond, VA	38:37	83.25%		■18	18		▲26	30	
40	White, Emily	27	Arlington, VA	38:37								
41	Boyle, Natalie*	23	Chester, VA	38:41								
42	Lemos, Kristin	42	Bethesda, MD	38:45		▲26						37
43	Aaron, Ekaterina*	25	Norfolk, VA	38:56			33					
44	Duffy, Grace	28	Baltimore, MD	39:00								
45	Wang, Julia	21	Baltimore, MD	39:06								
46	Henry, Sika***	39	Newport News, VA	39:11					49		▼42	41
47	Dawson, Nicole**	28	Arnold, MD	39:27		36						
48	Hoffman, Eve	36	Washington, DC	39:57								
49	Makarevich, Elena**	44	Gaithersburg, MD	40:02	80.68%	34						
50	Berinato, Jody	41	Parkville, MD	40:21						51		
51	Rosen, Sheryl	38	Arlington, VA	40:14								
52	Conant, Cindy*	62	Kensington, MD	40:16	95.90%					▲37		46
53	Singleton, Erica**	40	Washington, DC	40:38								

19 & Younger Women

National Cross-Country Championships 6K 20:32, 10K = 35:13 **Allie Zealand 90.58%**

Callie Wallace got things underway quickly with an open class some Thanksgiving Day Trot for Hunger 5K (19:35). Runner-up Claire Sivitz was the only other qualifier who raced on Thanksgiving, finishing third overall at the Laurel Turkey Trot 5K in 19:55. Fourth ranked wunderkind Isabella Strumke was racking up wins (24 for 24) all year long, including a superb Ukrops Monument Avenue

10K 40:41. She boasted three overall wins and nine more top three finishes with her age still in single digits. Third ranked Maya Kashyap was also 24 for 24 and she only missed the top three overall twice with 16 overall wins. Her best race was the Winter Hains Point 5K victory in 19:28. Sivitz made her successful bid to get by these two young titans at the Light the Night 5K for Suicide Prevention in 19:03. Wallace tried the Reston Firecracker 5K that is rolling and a little long and came up short in 19:41. Then in August at the Tracksmith 5K, she blazed an 18:48 division winner for her last chance as a teen.

Fifth ranked Mariah Reed, just 12, enjoyed two overall wins, including the Keystone Community 5K in 19:39. The next two racers got it done at the half marathon. Sixth place Bella Hammond raced a fine Sentara Colonial Half Marathon in 1:30:17. Seventh ranked Tara Blue, in fact, managed to win two of them. Her best, the Hokie Half Marathon, was finished in 1:30:53. Addy Funky was second overall at the Run for Donuts 5K to take eighth place.

Ring in Hope brought a promising ninth place for Karina Conrad who finished the 5K in 19:54. Kashyap, who runs almost exclusively at Bishop Events races, missed the first of the Bishop Tuesday Night 5Ks. Tenth ranked Lorelai Freese stepped in and won it all in 19:53, a **National Class** time. Eleventh ranked Harper Bartlett was the second fastest young lady at the 10K behind Strumke's four 10Ks. Bartlett won at the Apple Blossom 10K in 41:40. Ally Eva waited for the last day of the year before delivering a second overall Bay Bridge 10K in 41:59 for the last position in the first dozen. Thirteenth ranked Lindsay Ford, 12, gets special nods for an overall win at the Red Shoe Shuffle 5K in 20:16, a **National Class** time. Note that there were six **National Class** runners and one **World Class** runners. This is in part because this is the only division where being younger grants you a higher age grade score.

Thirty-eight young women qualified for the division. Eight hundred and eighty-two other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Mariah Reed, Isabella Strumke**. Currently ranked runners that were former champions in other divisions, 2005-2023: **None**.

National Class times (80%) = 38:01

World Class status (90%) = 33:48

PI	Name	Age	Hometown	10K=	AG%
1	Wallace, Callie***	19	Washington, DC	39:08	78.55%
2	Sivitz, Claire***	14	Ellicott City, MD	39:44	82.65%
3	Kashyap, Maya*24	14	Fairfax, VA	40:36	81.08%
4	Strumke, Isabella*24	9	Toano, VA	40:41	91.48%
5	Reed, Mariah****	12	Christiansburg, VA	40:55	83.88%
6	Hammond, Bella*	19	Herndon, VA	40:48	
7	Blue, Tara**	19	Woodbridge, VA	41:04	
8	Funk, Addy**	16	Salem, VA	41:11	
9	Conrad, Karina***	19	Fairfax, VA	41:26	
10	Freese, Lorelai****	11	Fairfax, VA	41:24	85.00%
11	Bartlett, Harper*6	13	Purcellville, VA	41:40	80.16%
12	Ally, Eva*****	18	Owings Mills, MD	41:59	
13	Ford, Lindsay*7	12	Salisbury, MD	42:12	81.60%

14	Roberts, Rachel****	19	Marriottsville, MD	42:11
15	Hawkins, Hannah***	15	Arlington, VA	42:37
16	Coyle, Madilyn**	14	Pylesville, MD	42:37
17	Roach, Caitlyn***	14	Ferrum, VA	42:58
18	McMurdie, Hallie*7	19	Norfolk, VA	43:25
19	Pierce, Juliana**	13	Charlottesville, VA	43:29
20	Hemler, Julia*9	12	Nottingham, MD	43:37
21	Berthold, Kyla*10	14	Washington, DC	43:41
22	Murphy, Madison****	18	Winchester, VA	43:38
23	Cordero, Annabelle*****	14	Washington, DC	43:56
24	Widor, Ellie**	12	Washington, DC	43:52
25	Norton, Ele***	17	Blacksburg, VA	43:54
26	Prince, Rachel**	15	Norfolk, VA	44:00
27	Tooman, Lauren**	18	Bel Air, MD	44:10
28	Miller, Ava***	14	Baldwin, MD	44:10
29	Buskill, Eleanor**	19	Shawsville, VA	44:52
30	Pickard, Abigail***	12	McLean, VA	45:07
31	Henson, Virginia**	16	Fredericksburg, VA	45:09
32	Glaven, Sally*****	11	Washington, DC	45:13
33	Pearson, Yeardeley	17	Virginia Beach, VA	45:34
34	Owens, Lexis***	16	Damascus, MD	45:45
35	Glaven, Annie*****	12	Washington, DC	45:49
36	Rich, Lilah*7	14	Chevy Chase, MD	45:59
37	Howell, Madeleine****	14	Spotsylvania, VA	46:24
38	Short, Lydia*	13	Toano, VA	46:47

35-39 Women

Ukrops Monument Avenue 10K 32:47 Keira 'Amato 94.26%

With Julia Roman-Duval now a master, last year's runner-up Laurel Le Moigne seemed a shoe in. The half marathon machine (5) won it all at the tough Sentara Colonial Half Marathon in 1:20:28, followed next by sixth ranked Ann Mazur (1:24:12). The next month, she skipped Rock N Roll and charged brightly with a PR at the Anthem Shamrock Festival Half Marathon in 1:18:05, another tape breaker. Third ranked Jennifer Paul was tops at the Rock N Roll 1:21:36. After the first two halves, Le Moigne took down runner-up Rachel Cluett in a nail bitter at the Credit Union Cherry Blossom 10M, 59:59 to 1:00:03. Cluett had previously won the tougher RRCA Challenge 10 Mile in 59:57. Le Moigne would later outclass fifth ranked Christie Wetzel at the Army Ten Miler, 59:15 to 1:02:57. Fourth ranked Nilani Duarte would match Wetzel's time exactly with an overall win at the Reston 10M, one of 32 victories during her busy year, though her Army was a tad slower in 1:04:55. Duarte provided four races, three overall wins, faster than Wetzel ran at Army. Back at Credit Union Cherry Blossom, Paul edged Duarte, 1:01:59 to 1:02:06 as well as Wetzel (1:03:06).

Then in September, Cluett surprised Le Moigne, 1:21:08 to 1:21:53, attaining silver to Le Moigne's bronze. Le Moigne put all the prognosticators to rest with another PR as second overall at the Richmond Half Marathon in 1:17:11, ahead of eighth ranked Carolyn Yang (1:23:42) and tenth ranked Bailey Wilson (1:23:55). Seventh ranked Sabrina Little matched Yang exactly with a second overall at

the Sarfan Center Superhero 5K in 18:10. Little would add a Yorktown Independence Day 8K in 30:32, while Yang mustered an overall win at the Arlington Police Fire & Sheriff 9/11 Memorial 5K in 18:48. Ninth ranked Mary Lambkin provided two identically paced overall wins. First was the EOD Warrior Marathon in 2:57:51, followed by the New Day New Year 10K in 38:01.

Thirty-one women qualified for the division. Three hundred and ninety-five other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Ann Mazur, Laurel Le Moigne**. Currently ranked runners that were former champions in other divisions, 2005-2023: **one**.

National Class times (80%) = 38:11

World Class status (90%) = 33:57

PI	Name	Age	Hometown	10K=	AG%
1	Le Moigne, Laurel***	38	Springfield, VA	34:53	86.42%
2	Cluett, Rachel*6	35	Garrett Park, MD	36:02	83.15%
3	Paul, Jennifer****	35	Washington, DC	36:44	83.17%
4	Duarte, Nilani*32	36	Fairfax, VA	37:19	82.21%
5	Mazur, Ann*10	37	Charlottesville, VA	37:32	80.22%
6	Wetzel, Christie*6	36	Falls Church, VA	37:50	
7	Little, Sabrina*****	36	Newport News, VA	37:49	82.02%
8	Yang, Carolyn***	38	Arlington, VA	37:49	
9	Lambkin, Mary*****	36	Vienna, VA	38:01	80.36%
10	Wilson, Bailey**	35	Washington, DC	37:55	
11	Siegel Breton, Julia***	39	Richmond, VA	38:02	82.57%
12	Lewis, Joy*6	38	Columbia, MD	38:08	
13	Sharp, Alexis***	36	Glen Allen, VA	38:27	
14	Spangler, Kate*****	37	Richmond, VA	38:14	81.49%
15	Sloan, Tiffany*9	38	Virginia Beach, VA	38:19	
16	Henry, Sika****	39	Newport News, VA	39:11	
17	Craig, Ashley*11	36	Lynchburg, VA	39:45	
18	Hoffman, Eve****	37	Washington, DC	39:57	
19	Wegman, Roxanne***	36	Charlottesville, VA	40:09	
20	Singleton, Erica***	39	Washington, DC	40:11	
21	Rosen, Sheryl****	39	Arlington, VA	40:12	
22	Ozeki, Liz*****	35	Rockville, MD	40:07	
23	Rhodes, Nicole*6	36	North Chesterfield, VA	40:53	
24	Schneider, Monika***	39	Silver Spring, MD	40:56	
25	Brubaker, Karen****	38	Washington, DC	41:09	
26	Monson, Alexandra*	35	Charlottesville, VA	41:10	
27	Hutson, Betsy*7	37	Vienna, VA	41:20	
28	Leonard, Cat*10	39	Lorton, VA	42:01	
29	Fields, Syreeta*11	36	Fairfax, VA	43:06	
30	Trice, Kai*	37	Richmond, VA	43:08	
31	McLawhorn, Elise***	35	Newport News, VA	43:12	

40-44 Women

Charm City 20M 2:02:26, 10K = 35:12 [Melissa Tanner](#) 86.33%

Julia Roman-Duval was the submasters champion in 2022. This year she was even faster so naturally she won the masters division. She owned the five best races. Runner-up Adrienne Glasheen raced a fine Credit Union Cherry Blossom 10M in 1:02:27. Roman-Duval was dominant winning the RRCA Challenge 10 Mile in 1:00:28, ahead of fifth ranked Kristin Lemos (1:04:28) and third ranked Neta Ezer (1:06:08), ninth ranked Jody Berinato (1:07:15), and tenth ranked Michelle Miller (1:07:21). Ezer improved her status just one month later at the Anthem Shamrock Festival Half Marathon in 1:24:39.

Roman-Duval already owned an overall win at the Celtic Solstice (29:07) and a 10K overall win at the Zaching against Cancer in a 36:49. Eleventh ranked Sherry Stick won it all at the accompanying 5K in 19:27. No one would touch that 10K until April when Roman-Duval scorched another overall victory at the Pike's Peek 10K in 35:14. Stick earned nine overall wins across two divisions. Seventh ranked Elena Makarevich ran the Alexandria Turkey Trot 5M in 31:45. Soon after, she moved to the elder division as their runner-up.

Glasheen ran the Army Ten Miler in 1:06:00. Roman-Duval was second overall at the Annapolis 10 Miler in 1:03:10. Fourth ranked Tressa Breindel ran her best of a trio of sub 39:00 10Ks at the National Cross-Country Championships 10K in 38:37. Sixth ranked Megan Hansen ran the exact same time at the Apple Blossom 10K. Hansen then won it all at the Spring Forward 5K in 18:59. Lemos, of thirteen wins, won it all at the Run for the Animals 5K in 18:55. Eighth place Erin Surette (1:06:59) stayed just ahead of Berinato who was third overall at the Tim Kennard 10M River Run in 1:07:08.

Twenty-eight women qualified for the division. Four hundred and fifty-seven other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: [Sherry Stick](#), [Tressa Breindel](#), [Julia Roman-Duval](#).
Currently ranked runners that were former champions in other divisions, 2005-2023: [Sherry Stick](#), [Julia Roman-Duval](#).

[National Class times \(80%\) = 39:03](#)

[World Class status \(90%\) = 34:42](#)

PI	Name	Age	Hometown	10K=	AG%
1	Roman-Duval, Julia *8	41	Columbia, MD	35:14	89.04%
2	Glasheen, Adrienne ****	44	Aldie, VA	37:32	83.56%
3	Ezer, Neta***	41	Columbia, MD	38:24	
4	Breindel, Tressa ****	44	Richmond, VA	38:37	83.25%
5	Lemos, Kristin*13	42	Bethesda, MD	38:45	
6	Hansen, Megan *8	43	Middletown, VA	38:37	82.56%
7	Makarevich, Elena ***	44	Gaithersburg, MD	40:02	80.68%
8	Surette, Erin**	41	Towson, MD	40:15	
9	Berinato, Jody****	41	Parkville, MD	40:21	
10	Miller, Michelle*14	42	Gaithersburg, MD	40:28	

11	Stick, Sherry*6	44	Sykesville, MD	40:30
12	Singleton, Erica****	40	Washington, DC	40:30
13	Sauntry, Alison*10	43	Edgewater, MD	40:26
14	Aleksak, Erin-Kate*6	44	Alexandria, VA	40:33
15	Reilly, Hyunsun*****	42	Bel Air, MD	40:52
16	Ryan, Meg****	43	Takoma Park, MD	41:03
17	Clor, Elizabeth***	44	Chantilly, VA	40:59
18	Rodman, Andrea*6	41	Bealeton, VA	41:38
19	Moran, Lauren*	43	Midlothian, VA	41:58
20	Badaracco, Maria*****	43	Charlottesville, VA	42:33
21	Northup, Jennifer****	41	Ashburn, VA	42:31
22	Hemler, Rebecca*7	43	Nottingham, MD	42:35
23	Schulze, Megan*15	41	Yorktown, VA	42:58
24	Tallent, Kari*8	41	Portsmouth, VA	43:04
25	Freeman, Denise	43	Williamsport, MD	43:09
26	Harburg, Michelle**	41	Washington, DC	43:12
27	Bennett, Rachel***	43	Olney, MD	43:10
28	O'Loughlin, Courtney	40	Fairfax, VA	45:03

45-49 Women

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

Claire Heasman has moved away but the title is still hers. She was brilliant as the overall winner at the Sheppard Pratt Frederick Turkey Trot 5K in 18:05. She was one of the three **National Class** runners in the division. She started pulling away even more in February, racing the RRCA Challenge 10 Mile in 1:03:52. The next ranked runner at that race was seventh ranked Kaari Liisi Linask (1:10:46), ahead of eighth ranked Melissa Rittenhouse (1:11:29). Rittenhouse enjoyed the second fastest 10M, racing Credit Union Cherry Blossom (1:09:46), while ninth ranked Lisa Levin (1:10:13) acquired her best race to go with twelve age group wins.

Heasman kept the pressure up with a Pike's Peek 10K in 37:47. Her final race in the area was a marvelous overall win at the Frederick Half Marathon in 1:23:52, ahead of runner-up Elena Makarevich. The following week Makarevich, who had just joined the new division won it all at the Cambridge Crab Run Half Marathon in 1:29:19. Third ranked Rachel Wheeler Northup ran the Rocketts Landing Cap Trail 10M in 1:10:32. Then she bolstered her rep on the final week at the Richmond Half Marathon in 1:30:36.

Kristjana Cook won it all at the Baltimore and Annapolis Trail Park Run 5K in 19:47 to take fourth place. She added a fine Downs Park 5K in 32:44. Sixth place goes to Michelle Lowry for by far her best race a second overall at the Blacksburg Turkey Trot 5K in 19:49 for her best of ten wins. Between those two, fifth ranked Sherry Stick raced an overall win at the Believe in Tomorrow's Port to Fort 6K in 24:06. Stick, with four overall wins, is the all-time leader in overall wins for a runner 35 and older.

In a mix-up at the Rockville 10K, Liisi Linask (41:34) was listed as third overall behind Makarevich (41:55) with a silly net time nonsense. Tenth ranked Cristina Burbach ran the One City Half Marathon in 1:33:22.

Eighteen women qualified for the division. Three hundred and seventy-five other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Claire Heasman, Michelle Lowry, Rachel Wheeler Northup, Kristjana Cook**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Claire Heasman, Rachel Wheeler Northup, Sherry Stick**.

National Class times (80%) = 40:34

World Class status (90%) = 36:03

PI	Name	Age	Hometown	10K=	AG%
1	Heasman, Claire*****	48	Frederick, MD	37:39	86.91%
2	Makarevich, Elena*****	45	Gaithersburg, MD	40:22	
3	Wheeler Northup, Rachel****	48	Richmond, VA	40:56	
4	Cook, Kristjana***	49	Severna Park, MD	41:11	82.65%
5	Stick, Sherry*7	45	Sykesville, MD	41:20	
6	Lowry, Michelle*10	46	Blacksburg, VA	41:15	
7	Liisi Linask, Kaari*13	49	Rockville, MD	41:34	81.48%
8	Rittenhouse, Melissa***	45	Bethesda, MD	41:56	
9	Levin, Lisa*12	49	Gaithersburg, MD	42:12	
10	Burbach, Cristina*****	49	Arlington, VA	42:11	
11	Beaumont, Carrie*****	45	Danville, VA	41:59	
12	Fernandez, Christine*11	48	Virginia Beach, VA	42:38	
13	Metz, Melinda*8	46	Arlington, VA	42:35	
14	Romulus, Tatjana	46	Stafford, VA	43:09	
15	Wheeler, Tisha**	48	Washington, DC	43:20	
16	Boyd, Tracy*7	46	Fredericksburg, VA	43:14	
17	Hill, Kim*11	46	Fairfax, VA	43:39	
18	Burrowes, Natalie****	46	Pikesville, MD	44:15	
19	Lightfield, Oksana*	47	Middletown, MD	44:25	
20	Weaver, Faye*	49	Ellicott City, MD	44:34	
21	Gianoukos, Aimee*14	47	Williamsburg, VA	45:13	
22	Woronkowicz, Maggi*6	47	Annapolis, MD	45:10	
23	Sisan, Heather*6	47	Rockville, MD	45:38	
24	Reinders, Carrie*	47	Ashburn, VA	45:44	
25	Hicks, Julie*9	48	Virginia Beach, VA	46:15	
26	Barzik, Melanie	49	Bethesda, MD	46:15	
27	Brown, Cathleen*****	48	Norfolk, VA	47:21	
28	Speck, Elizabeth*	46	Arlington, VA	47:37	

50-54 Women

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

At her first race Perry Shoemaker, 52, succumbed to the fastest Open runner (Susanna Sullivan) at the Reston New Year's 5K, 16:48, to 19:54. After that, she dominated winning six races out right, including the Fall Classic 10K in 37:33 and the Lucky Leprechaun 5K in 18:05. Runner-up Hilary Cairns ran an excellent Rock N Roll Half Marathon in 1:29:08, ahead of fourth ranked Rongkui Zhu (1:35:22). Then at Credit Union Cherry Blossom she ran 1:08:19. Shoemaker finished in an impressive American age group record 1:00:42, her only other *non-win*, ahead Zhu (1:12:15), sixth ranked Mary Davison (1:14:25) and ninth ranked Cheryl Young (1:14:47).

Third ranked Debbie Goodpasture defeated fifth ranked Karen Parry at the Ukrops Monument Avenue 10K with the second fastest 10K in the division, 42:27 to 43:44. Goodpasture eschewed racing the Anthem Shamrock Festival Half Marathon this year settling for an overall win at the Uncorked 5K in 20:05. Good thing as Parry ran the half four minutes faster than Goodpasture did in 2022 (1:34:26).

Seventh ranked Yuko Whitestone was everywhere, winning fifteen times. Her best race was the MCM Turkey Trot 10K in 44:16. More than once she was one open class runner (Shoemaker included) away from an overall win. Rebekah Hicks moves to eighth with a solid Charlottesville 10 Mile in 1:14:14.

Twenty-seven women qualified for the division. Four hundred and sixty-seven other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Hilary Cairns, Mary Davison, Perry Shoemaker, Debbie Goodpasture, Kim Isler**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Hilary Cairns, Perry Shoemaker**.

National Class times (80%) = 42:50

World Class status (90%) = 38:04

PI	Name	Age	Hometown	10K=	AG%
1	Shoemaker, Perry*8	52	Vienna, VA	36:29	94.73%
2	Cairns, Hilary***	50	Washington, DC	40:16	84.23%
3	Goodpasture, Debbie*10	54	Midlothian, VA	41:47	86.05%
4	Zhu, Rongkui*7	53	Chantilly, VA	42:46	83.09%
5	Parry, Karen*	54	N. Chesterfield, VA	42:40	82.46%
6	Davison, Mary****	50	Bristow, VA	44:10	
7	Whitestone, Yuko*15	51	Fairfax, VA	44:16	
8	Hicks, Rebekah*****	52	Floyd, VA	44:37	
9	Young, Cheryl*10	54	Reston, VA	44:57	
10	Hicks, Deb**	50	Catonsville, MD	45:27	
11	Weaver, Faye*	50	Ellicott City, MD	45:40	
12	Oldham, Casandra*	51	Leesburg, VA	45:35	
13	Hemphill, Jill**	54	Arlington, VA	45:52	
14	Schaeffer, Heather**	52	Potomac Falls, VA	46:15	
15	Ross, Cathy*12	53	Burke, VA	46:15	
16	Isler, Kim	54	Oakton, VA	46:15	
17	Hottle, Karen**	53	Vienna, VA	46:26	
18	Taylor, Ruth**	54	Jefferson, MD	46:19	

19	Hoening, Katherine*6	54	South Riding, VA	47:20
20	Berger, Rosemary***	53	Bethesda, MD	47:16
21	Turner, LaTonya*6	51	Fredericksburg, VA	47:45
22	Kelly, Kirsten*9	53	Virginia Beach, VA	48:27
23	Kircher, Roxanne***	50	New Market, MD	48:26
24	Benson, Barbara	53	Springfield, VA	48:55
25	Ramsey, Nicole*10	51	Salem, VA	49:10
26	Feng, Lan*	53	Ellicott City, MD	49:07
27	Siddique, Nadrat*	54	Ellicott City, MD	50:17

55-59 Women

Alexandria Turkey Trot 5M 31:41, 10K = 39:57 Lisa McNichols 91:32%

The legend, Alisa Harvey, declined to participate fully in 2023. She has been a seasonal winner 29 times and Best of the Year 11 times in every division from 35-39 through 55-59. Our champion Shannon Smith ran very nice Cherry Blossom, ahead of sixth ranked Rosemary Spraker (1:15:54). Harvey ran a scintillating 1:09:05. She won the winter for her only season of the year. Smith did come back to defeat the multiyear Army Ten Miler winner (Harvey), 1:14:14 to 1:14:32 as well as ninth ranked Luz Blakney (1:18:38) at the October ten miler. Smith won the title at the Jingle all the Way 15K in 1:06:36. In addition, at the toughest major 10 miler, RRCA Challenge, she bested third ranked Anne Fraker, 1:13:16 to 1:15:00. The course is hill, cold, and windy. Pick your poison; when you run the Annapolis 10 Miler that is hot, humid, and hilly as did Fraker, winning in 1:18:53.

In the Tidewater region, runner-up Deelyn Robinson is not looking for a mere age group win. She runs for the win that she secured three times in her 24 events. Eight more times she was a top three finisher. She laid claim to fifteen of the top 22 events with Smith earning the other seven. Robinson won the Jamestown Half Marathon outright in 1:38:04 and ended her year with the best marathon, winning at Richmond in 3:25:05. She won the Ukrops Monument Avenue 10K in 43:59 and later took top master at the Elizabeth River Run 10K in 43:58. Fourth ranked Marjorie Friedrichs kept her sharp and even won two of their ten meetings such as the Busch Gardens Christmas Town Dash 8K. Friedrichs best events were the Grove Trotter 10K and the Elizabeth River Run 10K both run in 45:23.

Connie Glueck's Semper K9 9K overall win in 42:06 gave her sixth place and allowed her to join the first five as a **National Class** racer. Second overall at the Casey Cares 5K in 22:21 propelled Teri Welsh into seventh place. Next up, Deb Jockin ran the Heppe Chiropractic 15K in 1:12:27 to take eighth place.

Twenty-seven women qualified for the division. Five hundred and thirty-five other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Deelyn Robinson, Shannon Smith**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Shannon Smith, Ann Fraker, Luz Blakney**.

National Class times (80%) = 45:33

World Class status (90%) = 40:29

PI	Name	Age	Hometown	10K=	AG%
1	Smith, Shannon*17	57	Washington, DC	43:18	85.56%
2	Robinson, Deelyn*24	58	Williamsburg, VA	44:19	85.03%
3	Fraker, Ann*9	57	Stevenson, MD	45:04	81.68%
4	Friedrichs, Marjorie*8	56	Williamsburg, VA	45:23	81.31%
5	Spraker, Rosemary***	59	Lorton, VA	45:37	82.85%
6	Glueck, Connie*****	59	Williamsburg, VA	46:21	80.71%
7	Welsh, Teri*7	56	Lutherville Timonium, MD	46:32	
8	Jockin, Deb*8	57	Fredericksburg, VA	47:06	
9	Blakney, Luz***	55	Oak Hill, VA	47:14	
10	Taylor, Ruth*9	55	Jefferson, MD	47:51	
11	Takakusaki, Yuko*7	55	Arlington, VA	48:12	
12	Hackman, Christine*7	59	Arlington, VA	48:24	
13	Sachs, Amy	58	Ellicott City, MD	48:51	
14	Kreider, Susan*6	57	Virginia Beach, VA	48:45	
15	Willingham, Lise*****	59	Earlysville, VA	48:47	
16	Kopacz, Margaret*13	58	Chesapeake, VA	49:00	
17	Demaree, Marsha*12	58	Marriottsville, MD	49:35	
18	Waterman, Paige**	56	Bethesda, MD	49:35	
19	Mortazavi, Mandana*****	59	Leesburg, VA	49:23	
20	Zampolin, Katherine****	59	Richmond, VA	50:06	
21	Clark, Caren***	55	Frederick, MD	50:04	
22	Simon, Sandi	57	Perry Hall, MD	50:32	
23	Laughon, Kathryn**	58	Charlottesville, VA	50:36	
24	Lopez Fahey, Patricia*	58	Ellicott City, MD	51:18	
25	Cuff, Patricia*	58	Alexandria, VA	51:22	
26	Murillo, Barbara***	58	Fairfax, VA	51:30	
27	Degerberg, Katherine	59	Ellicott City, MD	51:53	

60-64 Women

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

Everyone can have an off day. Our consensus champion Cindy Conant boasted the top fifteen races but she ran, and won, in seventeen. Sure, four of her overall wins were at Park Runs, as well as two runner-ups. But she also ran tops in four major races. Her overall win at the Western Maryland Half Marathon in 1:30:58 was a reprise of the **World Class** effort she produced with the Anthem Shamrock Festival Half Marathon in 1:29:07. She started the year, racing the Al Lewis 10M in 1:07:59. When Conant completed the Credit Union Cherry Blossom 10M as April began in 1:08:36, she had already punched her ticker as the eldest qualifier ever for the Open Division.

Runner-up Kendall Tata owns seven of the next ten times. Her best event was the Charlottesville Turkey Trot 5K in 21:22, just behind Conant's eighth best 5K. Conant peaked with an open class 19:47 at College Park at Thanksgiving. Tata motivated a fine Pepsi 10K in 44:36 to keep well clear of third place. Third ranked Jill Snyder, another former champion, displayed by far her best race racing the rarely run Stevensville Metric Half Marathon in 1:00:28. As with the first two, fourth place Julie

Hayden womaned up her best on Thanksgiving, winning the Berryville Turkey Trot 5K in 22:14. She would add five more sub 23:00 5Ks.

Fifth ranked Margaret Kuhn lost to eighth ranked Lynn Case at the Credit Union Cherry Blossom 10M, 1:19:52 to 1:20:49. However, she recovered nicely by winning the Annapolis 10 Miler in 1:18:42 to return the favor with Case (1:21:18). Sixth ranked Martha Wright regaled us with her best of twelve wins at the Uncorked Half Marathon as second overall in 1:44:54. Right on her heels seventh ranked Cindi Bowen finished the Chessie Trail Half Marathon in 1:45:03. Kelly Dworak showed us a fine RRCA Challenge 10 Mile in 1:20:03, only to play second fiddle to Conant's monster 1:09:13.

Now things tighten up. Tenth goes to Amber Rader for her year ending win at the Richmond Half Marathon. Eleventh ranked Karen Manos won the PRR Birthday Bash 5K in 23:33 while thirteenth ranked Lisa Christie showed her best of two wins at the Food Market 10K in 49:03. Between the two is Win Persina for twelfth place. Always an elite runner, Persina mostly races at Park Run 5Ks where the competition is often casual. Her best was at the tiny Anacostia Park Run 5K on opening day 2023 for a second overall 23:25.

Fifty-five women made the rankings. Eight hundred and seventy other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Cindy Conant, Julie Hayden, Amber Rader**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Cindy Conant, Julie Hayden, Win Persina, Jill Snyder, Kendall Tata**.

National Class times (80%) = 48:36

World Class status (90%) = 43:12

PI	Name	Age	Hometown	10K=	AG%
1	Conant, Cindy*17	62	Kensington, MD	40:16	95.90%
2	Tata, Kendall*8	60	Stanardsville, VA	44:29	86.74%
3	Snyder, Jill*8	63	Annapolis, MD	44:22	88.26%
4	Hayden, Julie*11	63	Lake Frederick, VA	46:17	85.46%
5	Kuhn, Margaret****	61	Riverdale, MD	47:18	82.11%
6	Wright, Martha*12	62	Richmond, VA	47:24	82.51%
7	Bowen, Cindi***	62	Amherst, VA	47:28	82.39%
8	Case, Lynn*	64	Silver Spring, MD	48:00	83.18%
9	Dworak, Kelly*****	61	Carlisle, PA	48:06	
10	Rader, Amber**	60	Moseley, VA	48:50	
11	Manos, Karen*8	63	Clifton, VA	49:02	
12	Persina, Win*10	62	Washington, DC	48:45	
13	Christie, Lisa**	62	Columbia, MD	49:03	
14	Porter, Suzanne*12	62	Reston, VA	49:19	
15	Cea, Kathy*2	63	Gaithersburg, MD	49:35	
16	Kim, Jeong****	62	McLean, VA	49:50	
17	Black, Beverly*12	63	Fairfield, PA	51:04	
18	Larkin, Mary Ellen***	64	Fulton, MD	51:02	
19	Sheets, Susan**	61	Virginia Beach, VA	51:47	
20	Bennett, Helen*****	62	Chester, MD	51:40	

21	Gray, Sandra*19	64	Glen Allen, VA	52:39
22	Cornell, Pam*7	61	Fredericksburg, VA	52:51
23	Horstmann, Laurie*8	63	Centreville, VA	53:01
24	Blackmore, Mary Jo***	63	Virginia Beach, VA	53:11
25	Foy Jones, Valor*11	60	Newport News, VA	53:05
26	Jacob, Maria***	64	Virginia Beach, VA	53:19
27	Hennis, Melanie*14	61	Portsmouth, VA	53:35
28	Olsen, Ruth**	61	Fredericksburg, VA	53:36
29	Crissy, Roberta*17	63	Moneta, VA	53:35
30	Johnson, Anne***	60	Glenwood, MD	54:02
31	Polite, Rebecca	63	Winchester, VA	53:58
32	Fricke, Janelle**	64	Hayes, VA	54:25
33	Fite, Wendy*	64	Amelia Court House, VA	54:38
34	Peart, Sandra**	64	Henrico, VA	54:39
35	Eilenfield, Barbara*	61	Stafford, VA	54:50
36	Johnston, Cynthia**	61	Silver Spring, MD	55:17
37	Donohue, Deborah**	61	Towson, MD	55:26
38	Micsan, Daniela***	64	Reston, VA	55:40
39	Remy, Carol****	63	Westminster, MD	55:41
40	Kennedy, Linda	63	Alexandria, VA	55:53
41	Schaffner, Christine*	60	Yorktown, VA	55:54
42	Sheridan, Elizabeth*6	61	Arlington, VA	55:50
43	Smith, Miranda*	63	Bethesda, MD	56:13
44	Burrell, Linda	64	Derwood, MD	56:24
45	Dickison, Peggy**	60	Bethesda, MD	56:23
46	Chen-Mayer, Heather*9	61	Garrett Park, MD	56:38
47	Rushin, Blake***	62	Vienna, VA	56:43
48	Larsen, Susan*	64	Richmond, VA	56:42
49	Gasparini, Joanne*	62	Monkton, MD	56:40
50	Williams, Sharon*	60	Richmond, VA	57:19
51	Anderson, Angela	64	Dumfries, VA	58:33
52	Johnson, Patricia*	64	Culpeper, VA	58:54
53	Salasin, Roseann*	63	Richmond, VA	59:06
54	Williams, Christine*6	61	Poquoson, VA	59:49
55	Garver, Julie	60	Baltimore, MD	1:01:51

65-69 Women

Army 10 Mile 1:13:43, 10K = 44:18 [Dee Dee Loughran](#) 92.74%

Joey Hallock won it all in 2021 and then got pushed back to runner-up in 2022. So, she bolted out early with a Norfolk Harbor 5K in 23:56. The following week she added a [World Class](#) 48:02 at the Tidewater Striders Turkey Trot 10K. After that, she lost interest. No, really, she aged up to crush the new division. You can't rest on your laurels. In March, Barbara Lyons inched past her, winning the St. Patrick's Day 5K in 23:56. She started April with a groovy Sole for the City 10K in 49:17 and the battle was on. Last year's champion Angela Cason moved past Lyons with a fine Pike's Peek 10K in 48:11,

but that was high tide and she never moved further upon the sand and settles for third. Her best 5K was at Credit Union Cherry Blossom in 24:07. Then in May, Lyons swooped into the title spot with an excellent Frederick Half Marathon in 1:45:05. Cason would later race the Parks Half Marathon in 1:50:40.

Fourth ranked Nancy Hill has long ruled the northeast with her fast 5Ks. Her apex this year was the Holiday Hustle 5K in 24:15. Notwithstanding her special race at the Run for the Animals 10K in 52:10 where she earned one of nine age group awards out of 24 races, Marie Shay takes fifth place. Shay won 13 of her fifteen events and was 4-1 against Phelan. To support her claim, one of the events was the Run for the D. O. G. 5K where she won 24:45 to 26:49. Seventh ranked Marie Friedland was one of six proud **National Class** runners. She confined herself to racing with the Annapolis Striders. Her best event was the Downs Park 5M in 41:39. Eighth ranked Janice Uthe ran three times as many races, including a better Crossroads Community 5K in 25:07. Still, Friedland gets the nod with a 4-1 record against Uthe.

From the southwest corner, Stephanie Danahy earns the nod for the ninth place, racing the Spring Forward 5K in 25:18. Former champion Mary Lowe Mayhugh raced plenty enough to win her age group forty times. Her pinnacle event was the Winter Hains Point 5K in 25:38. Lydia Johnson was tops at the Northern Central Trail Half Marathon with 2:00:46 to earn eleventh place. The battle for twelfth place was a tad unusual. Racing fool Carol Hansen-Vessa, one of the year's most prolific racers, danced between Williamsburg and Reston all year long amassing 47 events. Hansen-Vessa race twelve events in Northern Virginia but only met, and vanquished Foster once at the Runners Half Marathon of Reston, 2:12:04 to 2:20:15. On one of Hansen-Vessa's few missed weekends, Foster won the Devotion to Children Mother's Day 4M in 34:10. In January Hansen-Vessa posted her best of 31 age group wins at the Menchville Chill 5K with 26:18 to take the higher placement.

Fifty-five women qualified for the division. Eight hundred and fifty-one other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Joey Hallock, Angel Cason, Barbara Lyons, Nancy Hill**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Mary Lowe Mayhugh, Ida Draim, Joey Hallock**.

National Class times (80%) = 52:08

World Class status (90%) = 46:20

PI	Name	Age	Hometown	10K=	AG%
1	Lyons, Barbara*****	65	Clarksville, MD	47:29	85.96%
2	Hallock, Joey**	69	Virginia Beach, VA	48:02	92.12%
3	Cason, Angela*****	67	Damascus, MD	48:11	87.79%
4	Hill, Nancy*8	65	Havre De Grace, MD	50:29	81.37%
5	Shay, Marie*13	67	Williamsburg, VA	51:32	80.81%
6	Phelan, Jean*9	67	Virginia Beach, VA	52:10	82.30%
7	Friedland, Marie**	68	Annapolis, MD	52:31	82.03%
8	Uthe, Janice*****	67	Bowie, MD	52:18	
9	Danahy, Stephanie****	66	Winchester, VA	52:40	
10	Mayhugh, Mary Lowe*40	68	Washington, DC	53:28	
11	Johnson, Lydia**	69	Bel Air, MD	54:34	

12	Hansen-Vessa, Carol*31	69	Williamsburg, VA	54:45
13	Foster, Marcy*6	69	Reston, VA	54:42
14	Peck, Leigh*10	65	Lutherville, MD	55:29
15	Drain, Ida*14	67	Alexandria, VA	55:44
16	Wake, Sharon***	68	Henrico, VA	55:48
17	Cohen, Deborah****	67	Columbia, MD	56:21
18	Wolfe, Deb***	67	Gainesville, VA	56:32
19	Byerley, Marcia*61	66	Woodbridge, VA	57:32
20	Winter, Caryl*	66	Columbia, MD	57:45
21	Worthington, Helen*	69	Bena, VA	58:31
22	Craney, Karen**	68	North Potomac, MD	59:08
23	Newton, Frances*	69	Henrico, VA	59:01
24	Washington, Myra**	66	Montgomery Village, MD	59:32
25	Archibald, Connie	66	Henrico, VA	59:40
26	Daragan, Katharine**	66	Silver Spring, MD	59:44
27	Renardy, Yuriko*****	68	Blacksburg, VA	1:00:06
28	Barry, Jan*	69	Williamsburg, VA	1:00:06
29	Kritter, Lynne*7	67	Culpeper, VA	1:00:08
30	Kroeger, Carol***	66	Blacksburg, VA	1:00:23
31	Reihl, Valerie	67	Rock Hall, MD	1:00:50
32	Kohinke, Anne*****	69	Salem, VA	1:01:02
33	Biermann, Gail**	65	Virginia Beach, VA	1:02:15
34	Fout, Mary	69	Williamsburg, VA	1:02:08
35	Ashlock, Joyce**	69	Nottingham, MD	1:02:26
36	Warnacut, Joyce*****	67	Locust Grove, VA	1:03:20
37	Downing, Carol	67	Monkton, MD	1:03:35
38	Strite, Dianne	66	Reston, VA	1:03:35
39	Taylor, Kathi**	65	Glen Allen, VA	1:03:37
40	Burns, Nancy****	69	Columbia, MD	1:03:45
41	McDonald, Terry	67	Baltimore, MD	1:04:01
42	Gano, Thea*	65	Hampton, VA	1:03:59
43	Myers, Elizabeth*****	68	Westminster, MD	1:04:24
44	Stephens, Shirley*	67	Williamsburg, VA	1:04:30
45	Kroll, Aileen*25	66	College Park, MD	1:04:20
46	Gage, Debra*	69	Williamsburg, VA	1:04:28
47	Rehm, Catherine	66	Gaithersburg, MD	1:06:37
48	Frazho, Leslie*14	69	Henrico, VA	1:07:34
49	Wimer, Ruth*6	69	Washington, DC	1:07:45
50	Mitchell, Michelle	65	Taneytown, MD	1:08:42
51	Shen, Grace*11	69	Potomac, MD	1:08:51
52	Matovcik, Lisa*	67	Washington, DC	1:08:59
53	Cranfill, Amanda*	68	Columbia, MD	1:09:14
54	Eberhard, Dawn**	69	Richmond, VA	1:09:44
55	Wilson, Cristi	65	Henrico, VA	1:10:03

70-74 Women

TowneBank Shamrock Festival 8K 40:06, 10K = 50:54

The division grew to a record 52 racers. Still, it was just an inauguration for Joey Hallock who was runner-up in the competitive 65-69 with a World Class time before aging up to control this division. Her YMCA Independence Day 5K in 24:40 was more than two minutes faster than runner-up Ginny Hughes when she ran the Spring Forward 5K (26:53). Hughes would easily win all ten of her events with her third best effort the iconic Greasy Gooney 10K in 57:35. That event is all uphill to the 5K and two miles of downhill before a flat race to the finish. Third ranked Jan Barry was best at the Chesty Puller Memorial Twin Bridge 10K in 56:52. Hallock was awesome at the Elizabeth River Run 10K in 51:32, her third best race and a qualifier for the 50-54 division. She reigned supreme at the TowneBank Shamrock Festival 8K in 40:06.

Alice Franks is a mid-spring baby so she had time to take fourth with her 58:06 at the Pike's Peek 10K before moseying over to the 75-79 division. Fifth ranked Linda Gulick ended her year with a fine Richmond 8K in 46:34 to take down sixth ranked Jean Bone (47:43). She needed that race as Bone posted a special Ukrops Monument Avenue 10K in 59:27. Former champ Chris Reese was ushered back to seventh place. She won a full dozen events. Her best was the ill-fated Burke Memorial that was mismeasured to a 3-mile distance. Her time of 27:42 may not have been an impressive as her 1:08:12 on the chilly, always hilly, Mayberry 7M.

Eighth ranked Lizzie Sadoff won the fourth most age group awards, including a solid MCRRC Jingle Bell Jog 8K in 47:18. The battle for ninth place was very close. Ninth ranked Susan Terwilliger ran the Braveheart 5K in 29:09. In almost the same pace, tenth place Maria Shields ran the Discover Columbia 10K in 1:00:44. Shields normally gets it done with longer races but her second best event was the Arnold Y Turkey Trot Charity 5K in 29:54. Terwilliger turned the tables on her, winning the Richmond Marathon in 4:50:46. Claudia Wolfe won 14 times but none faster than her Winter Hains Point 10K in 1:02:46. A month later, she nearly matched it on the same course called the Dash around the Point 10K in 1:02:50. Taking twelfth one place behind her was Patricia Travis. She has claimed victory a marvelous 18 times. Her best effort was the Sentara Sleighbell 5K in 30:43.

A monster fifty-two runners qualified for the division. Four hundred and seventy-eight other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Joey Hallock, Chris Reese, Alice Franks, Ginny Hughes**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Alice Franks, Ginny Hughes, Joey Hallock, Claudia Wolfe**.

National Class times (80%) = 56:10

World Class status (90%) = 49:56

PI	Name	Age	Hometown	10K=	AG%
1	Hallock, Joey*****	70	Virginia Beach, VA	50:54	87.78%
2	Hughes, Ginny*10	72	Warrenton, VA	55:58	80.78%
3	Barry, Jan*10	70	Williamsburg, VA	56:52	
4	Franks, Alice*7	74	Rockville, MD	58:06	82.46%
5	Gulick, Linda*****	71	Richmond, VA	59:07	
6	Bone, Jean**	70	Henrico, VA	59:27	

7	Reese, Chris*12	72	Westminster, MD	59:43
8	Sadoff, Lizzie*13	73	Washington, DC	59:45
9	Terwilliger, Susan*9	72	Blacksburg, VA	1:00:41
10	Shields, Maria*7	72	Davidsonville, MD	1:00:44
11	Wolfe, Claudia*14	71	Alexandria, VA	1:02:46
12	Travis, Patricia*18	72	Williamsburg, VA	1:03:57
13	Adamo, Karen**	71	Severna Park, MD	1:03:49
14	Fisher, Laurie*19	72	Hyattsville, MD	1:04:16
15	Hennes, Kathy*10	70	Annapolis, MD	1:04:20
16	Nixon, Donna*****	70	Lynchburg, VA	1:04:33
17	Nusbaum, Maria**	70	Reston, VA	1:04:49
18	Gullo, Martha*7	70	Williamsburg, VA	1:05:12
19	Frazho, Leslie*7	70	Henrico, VA	1:05:13
20	Danielle-Kay, Patricia*8	72	Reston, VA	1:05:56
21	Kohinke, Anne*6	70	Salem, VA	1:06:06
22	Lloyd, Maryann**	74	Alexandria, VA	1:06:46
23	Stanfield, Leslie	73	Reston, VA	1:08:17
24	Wimer, Ruth*6	70	Washington, DC	1:08:47
25	Goossens-Winter, Roswitha***	74	Williamsburg, VA	1:09:36
26	Avitabile, Nancy	74	Bethesda, MD	1:09:34
27	Davis, Virginia*6	73	Suffolk, VA	1:10:06
28	Sadler, Barbara**	70	Newport News, VA	1:09:59
29	Coffin, Carol***	72	Severna Park, MD	1:12:21
30	Pruitt, Susan***	71	Mechanicsville, MD	1:13:07
31	Ungelsbee, Ruth****	74	Olney, MD	1:13:32
32	Woody, Natalie****	72	Roanoke, VA	1:14:05
33	Delambo, Jeri**	73	Baltimore, MD	1:14:11
34	Summers, Jaine*7	72	Annandale, VA	1:14:34
35	Hansen, Jane*11	72	Fairfax, VA	1:14:53
36	Humphreys, Dottie*	71	Newport News, VA	1:14:57
37	Miffleton, Terry*	72	Midlothian, VA	1:15:01
38	Delaney, Marie*6	74	Severn, MD	1:16:49
39	James, Lien*7	71	Washington, DC	1:17:27
40	Snowman, Adele*	74	Upperco, MD	1:17:41
41	Hong, Tsai****	70	Kensington, MD	1:17:54
42	Mason, Judy****	72	Kensington, MD	1:17:54
43	Lesniak, Patricia	74	Copper Hill, VA	1:18:11
44	Heidel Gontasz, Sharon****	72	Sparrows Point, MD	1:18:11
45	Levy, Christine****	73	Frederick, MD	1:18:27
46	McClure, Doris*	74	Baltimore, MD	1:19:32
47	Walters, Wanda****	73	Bethesda, MD	1:20:39
48	Gerber, Kathy***	70	Lynchburg, VA	1:20:45
49	Harvey, Beverly*	71	Nottingham, MD	1:22:33
50	Akers, Donna***	74	Narrows, VA	1:24:55
51	Mitchell, Brenda	72	Williamsburg, VA	1:25:26

52 Barnes, Judith*7

72 University Park, MD

1:25:45

75-79 Women

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

Betty Brothers is an enigma. At 77, she ran three marathons and added four more race 10 miles or longer. Indeed, her **World Class** Tidewater Striders Tune-up 20M in 3:06:44 would have made her the choice for runner-up *in the men's division*. Since entering the division, she has been undefeated and only once was dethroned from a seasonal crown (Spring 2023). Her Dismal Swamp Marathon in 4:13:09 was her second-best event. That just does not happen in racing. She would add a 54:10 Elizabeth River 10K and an Eggleston OK 5K in 26:36. She ended with the **Best of 2023** time in every race distance she ran that included eight events. One was a 7:23 mile, a distance not long enough to be a qualifier,

Upstart Alice Franks, who won in the spring, is continuing to lower her times back to the days when she was ahead of Brothers. Her final race of the year was her best, a superb Rockville 10K in 56:30. She often uses the Kensington Park Run 5K, a double out and back course, to *train*. She ran a fine 28:01 in September. Like most of her races, the later in the year, the faster she was racing. She out ran third ranked Judith Sitkin-Porzal at the MCRRC Memorial 4M, 38:34 to 40:52. That was just the third best race for Sitkin-Porzal. Sitkin-Porzal ran her best defeating former champion and fifth ranked Gretchen Bolton at the MCRRC Jingle Bell Jog 8K, 48:56 to 49:52. Fourth ranked Pat Welch was best at the Pike's Peek 10K, winning in 1:03:22 ahead of Bolton (1:08:37). Welch would also outclass Sitkin-Porzal at the Credit Union Cherry Blossom 10M, 1:08:52 to 1:09:51. Sitkin-Porzal would get better, racing the Army Ten Miler in 1:48:12. Fran Hostetler rounds out the top six winning the Pink Ribbon 5K in 31:43.

Fourteen runners qualified for the division. One hundred and seventy-three other times runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Pat Welch, Betty Brothers, Jeanette Novak, Alice Franks**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Rosemary Schwartzbard, Betty Brothers, Alice Franks**.

National Class times (80%) = 1:00:55

World Class status (90%) for age 75 = 54:09

Pl	Name	Age	Hometown	10K=	AG%
1	Brothers, Betty*14	76	Virginia Beach, VA	53:40	90.04%
2	Franks, Alice*12	75	Rockville, MD	56:30	86.25%
3	Sitkin-Porzal, Judith*6	76	Silver Spring, MD	1:02:07	
4	Welch, Pat*8	78	Vienna, VA	1:03:22	
5	Bolton, Gretchen****	77	Bethesda, MD	1:03:18	
6	Hostetler, Fran****	77	Frederick, MD	1:06:10	
7	Biasi, Barbara****	76	Yorktown, VA	1:08:44	
8	Bainbridge, Cassandra***	75	Bristol, TN	1:10:37	
9	Norton, Lou****	76	Richmond, VA	1:16:18	
10	Imholtz, Clare*22	76	Beltsville, MD	1:19:24	

11	Robertson, Judi Faye*7	76	Colonial Heights, VA	1:19:51
12	Triplett, Caroline****	77	McLean, VA	1:23:54
13	Marsh, Sally*10	75	Baltimore, MD	1:26:33
14	Novak, Jeanette*****	79	Damascus, MD	1:36:11

80-84 Women

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

Ecris Williams won this division for the last time as she ages up for winter 2024. She owned the top four times all faster than a 1:18:00 10K equivalence. Still, runner-up Jane Chretien, the heir apparent, also possessed four such races. Chretien religiously made it to the Kensington Park Run 5K, racing, and winning, 44 of the weekly meetings. Her best time was in the spring with 37:23. Williams displayed her prowess best in the spring as well, winning the less than flat Devotion to Children Mother's Day 4M in 48:16. She would add a fine Turkey Day that was her openly volley for the year in a swift 37:08 despite the twist and turns and hills of the course.

Third ranked Molly Sherwood prefers longer events with a couple of 10Ks to go along with her ten milers. She ran best at the Army Ten Miler in 2:09:51 making her very competitive with the best 5Ks from Chretien. At the hot, humid, and hilly Annapolis 10 Miler she was not as close. Fourth ranked Rosemary Schwartzbard is still the queen of the Roosevelt Island Park Run 5K where she won 18 times. However, her best race came at the flatter, better paved Fletcher's Cove Park Run 5K in 39:39. Fifth ranked Lois Dicker was best at the Run for the Animals 5K in 41:30.

Former champions currently in this division: **Jane Chretien, Ecris Williams, Molly Sherwood**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Ecris Williams, Rosemary Schwartzbard**.

National Class times (80%) = 1:06:45

World Class status (90%) for age 80 = 59:20

PI	Name	Age	Hometown	10K=	AG%
1	Williams, Ecris*15	84	Reston, VA	1:17:16	74.31%
2	Chretien, Jane*44	82	Kensington, MD	1:17:50	
3	Sherwood, Molly**	81	Annapolis, MD	1:18:02	
4	Schwartzbard, Rosemary*19	80	Arlington, VA	1:22:33	
5	Dicker, Lois*8	84	Silver Spring, MD	1:26:24	
6	Thomas, Susan***	80	Charlottesville, VA	1:32:35	
7	Sikes, Martha*	83	Charlottesville, VA	1:33:08	
8	McClellan, Bonnie*20	82	College Park, MD	1:49:35	
9	Drewry, Maxine*7	83	Roanoke, VA	2:03:22	
10	Hendren, Priscilla	81	Virginia Beach, VA	2:05:22	

85-89 Women

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

There was nothing unlucky about Janet Hughes and her ride to the top. She did have the top thirteen events. She scored nine age group wins but you can bet they were more expanded than 85-89, allowing younger runners to get an award, i.e. 60-99, 70-99 or even 80-99. She did race two 10Ks with Apple Blossom (1:24:25) being her best. However, it is de rigeur for the senior citizens to concentrate on the 5K which she won ten times. She won the title for good in February at the Spring Forward 5K in 38:06. All but one of her events would qualify for the 70-74 division.

Runner-up Ernestine Shepherd only once deigned to race a 5K. She was at her best running the Baltimore 10 Miler in 2:43:27. She was fifth in the 70-99 category giving away a minimum of fourteen years to those in front of her. Third ranked Tami Graf chose more prudently and raced at the Park Run at College Park where the division were five year only and won all of her contests. Her best time was in 50:10. Dot Bennet ran the 5K for 5-0 in Danville to take fourth place.

Eighteen other runners finished with a ranked runner time but did not qualify.

Former champions currently in this division: **Janet Hughes, Tami Graf**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Tami Graf, Ernestine Shepherd, Janet Hughes**.

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

World Class status (90%) for age 70 = 1:08:09

PI	Name	Age	Hometown	10K=	AG%
1	Hughes, Janet*9	86	Winchester, VA	1:19:19	72.57%
2	Shepherd, Ernestine**	87	Baltimore, MD	1:38:14	
3	Graf, Tami***	87	Lusby, MD	1:44:27	
4	Bennett, Dot*	86	Martinsville, VA	1:56:44	

90 & Older Women

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

This year for the first time we had a runner in every season. Kathleen Anderson, the grand dame of the Ukrops Monument Avenue 10K, is now getting credit due as we secured the starting times of that multi waved event. In the past, she was stuck with a false gun time as the event did not list wave start times. That and her age makes her the first female **National Class** runner older than eighty.

Youngster Frances Shinholer, 90, finished with a better gun time (2:04:41) to take the runner-up spot with Anderson in third racing 2:05:08. Fully half of these ladies took on the longer race as fourth ranked Dorothy Critcher ran the Bay Bridge 10K in 2:20:37 to snatch the fall crown from Jeanette Fairbanks. Fairbanks surely improved on her title from the summer at the Solstice Stomp 5K in 1:16:26 to finish the Police Pace 5K in 1:12:01. That was just enough pace to move her by the winter's champion Ginny Lapjam who ran the Fairfax Turkey Trot 5K in 1:12:34. Our spring champion Haesock Choi was the fastest of three nonagenarians in the spring and becomes our 2023 champion with her 51:51 at the PNC Parkway Classic 5K.

Former champions currently in this division: **Kathleen Anderson, Haesock Choi, Jeanette Fairbanks, Dorothy Critcher**. Currently ranked runners that were former champions in other divisions, 2005-2023: **Kathleen Anderson**.

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

World Class status (90%) = 1:24:50 for 90-94; 2:01:49 for 95 and older

PI	Name	Age	Hometown	10K=	AG%
1	Choi, Haesook*	91	Springfield, VA	1:47:57	67.47%
2	Shinholser, Frances	90	Henrico, VA	2:04:41	61:21%
3	Anderson, Kathleen	95	Hanover, VA	2:05:08	87.67%
4	Critcher, Dorothy	90	Crownsville, MD	2:20:37	
5	Fairbanks, Jeanette	91	Clarksville, MD	2:29:56	
6	Lapham, Ginny*	91	Vienna, VA	2:31:05	

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

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

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

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

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

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

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

To qualify for the end-of-year rankings, a runner must run two qualifying races in each of at least two of the four ranking periods. A runner can qualify for two different age groups in a year. As with the individual seasons, a runner can use a qualifying race from the elder division if it is fast enough to help qualify them for

the younger division. Thus, the minimum number of races to double dip and qualify for two divisions would be six races. For example, a 60-64 runner runs a qualifying race twice in the winter or spring and then turns sixty-five after the winter and/or the two 60-64 qualifying races in the spring and qualifies for two of the next three seasons with times fast enough for qualification in the 60-64 division. A preliminary sort, followed by a more involved analysis of competitive results, also forms these rankings. The preliminary sort is based on seasonal rankings and best times. The final ranking is again based on head-to-head competitive results, with time playing a secondary role, though at times a deciding role. One special race can at times put a runner over the top, though consistency is a valued asset. I have devised the **Moreland Racing Factor** to help in deciding close contests.

Qualifying times are set in each age division for the 10K, and then adjusted for other distances. I believe in a constant time so that, while a runner may not make the top ten, he or she may consider himself or herself a ranked runner. My primary concern is that of believability. There should be few surprises. Competitiveness will always find a few disputes. Most runners know who they can best and who remains unbeatable. The rankings should fairly reflect that. If you have comments and questions or would like to receive a more complete explanation of individual rankings contact me at runjames3@aol.com.

Moreland Racing Factor

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

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

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

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

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

Each Ranked runner beaten	1	1	Unlimited	unlimited
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After the pure points have been parsed, we use the following to criteria to delineate racers in the same age group.

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

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

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

The current qualifying standards for the 10K are:

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

The ranking periods for the 2023 ranking year:

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

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

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

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

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

The ranking periods for the 2024 ranking year:

* Winter 2024 - November 15, 2023 – March 10, 2024

* Spring 2024- March 11, 2024– May 27, 2024

* Summer 2024 – May 28, 2024 – September 2, 2024

* Fall 2024 – September 3, 2024 – November 17, 2024

* Best of 2024 (November 15, 2023 through November 17, 2024) - reported March 2025