

Colonial Road Runners Grand Prix Standings 2019

Final standings after 22 races

February 2 - Toano Icy 8K Run
February 16 - Colonial Half Marathon
March 9 - Jamestown High School Swamp Run 5K
March 23 - Lafayette High School Ram Fam 5K
March 30 - Queens Lake 5K Run
April 6 - Victory at Yorktown 10K Run
April 20 - Run the D.O.G. Street Challenge 5K
May 4 - Virginia Regional Ballet 5K at First Colony
May 18 - DOG Street Kindness Road One Mile
June 1 - Kingswood Klam 5K Run
June 22 - WISC Gymnastics Flipping 5K Run

August 3 - WISC Mad Dash 5K Run
August 10 - Vineyards of Williamsburg/ CDR 5K
August 17 - York River State Park 5K Run
August 24 - Democracy Dash 10K Run at Jamestown
September 28 - Greensprings Miles for Smiles 8K
October 12 - Run for the Hills 10K
October 19 - World Class Freedom Run 8K
October 26 - The Governor's Land 5K Run
November 9 - Powhatan Creek Trail 5K Run
December 8 - Christmas Town Dash 8K Run
December 14 - Sentara Sleighbell 5K Run

Scoring points (top 12 races) followed by total points (all races) in parentheses.

**** CRR Grand Prix award winner (no duplication of awards). Ties broken by head-to-head competition. All award winners must be CRR members.**

Men Overall

**Roger Hopper, 28	Norfolk	112	Gabriel Le Gouellec, 15	Williamsburg	9
**Logan St. John, 25	Newport News	84 (85)	Michael Carrico, 21	Manakin Sabot	9
**Greg Lynn, 45	Hayes	80 (87)	Nate Peterson, 26	Gloucester	9
Jonathan Torres, 29	Newport News	58	Gareth Anderson, 28	Washington, DC	9
Steve Seiler, 34	Williamsburg	53	Travis Boltjes, 40	Washington, DC	9
Jason Miller, 42	Williamsburg	49	Robert Reynolds, 28	Mechanicsville	9
Paul Glass, 18	Williamsburg	37	Collins Ombikhwa, 20	Hampton	9
Paul Pelletier, 54	Williamsburg	36	Trevor Hopper, 23	Henrico	9
Glenn Glass, 16	Williamsburg	35	Adam Otstot, 36	Williamsburg	8
Patrick Wachter, 22	Williamsburg	33	Stacin Martin, 49	Chesapeake	8
William Thompson, 27	Williamsburg	30	Michael Wegner, 23	Columbia, MD	8
Robert Whitaker, 60	Yorktown	30	Joe Kane, 32	Washington, DC	8
Andy Riley, 41	Toano	25	Jim Thornton, 65	Toano	7
Chris Novakoski, 37	Chesapeake	24	Matt Franco, 34	Williamsburg	7
Cary Caldwell, 15	Williamsburg	23	Zachary Sturm, 17	Yorktown	7
Ryan Doupe, 33	Rogers, AR	21	Louka Fetter, 14	Chesapeake	7
Matt Joosse, 39	Williamsburg	20	Lorenzo Short, 14	Toano	6
Brayden Burleigh, 26	Midlothian	20	Patrick Murphy, 18	Williamsburg	6
Mark Tompkins, 44	Williamsburg	18	Christopher Ware, 16	Newport News	6
Keith Schumann, 49	Williamsburg	17	Peter Ramundo, 26	Manhattan, KS	6
Stephen Chantry, 64	Williamsburg	16	Andy Goodstein, 27	Charlottesville	6
Jacob Lohr, 17	Williamsburg	15	Nick Vaka, 20	Leesburg	6
Luke Tompkins, 15	Williamsburg	15	Rick Samaha, 61	Williamsburg	5
Isaac Lamprecht, 13	New Kent	15	Ken Alberg, 58	Suffolk	5
Victor Flemming, 40	Carrollton	12	Nicholas Smerlis, 14	Yorktown	5
Gregory Mariano, 33	Alexandria	10	Thomas Hicks, 47	Virginia Beach	5
Andrew Carlin, 21	Quinton	10	Draven Fernandez, 14	Virginia Beach	5
Khalid Elmorabit, 16	Williamsburg	10	Brian Mongeon, 33	Stowe, VT	5
Owen Bradley, 18	Mays Landing, NJ	10	Layton Miller, 15	Williamsburg	4
Andrew Osborne, 25	Yorktown	9	Johnathan Mummert, 14	Newport News	4
William Christian, 36	Chesapeake	9	Seth Kolosso, 24	Norfolk	4
William Toth, 16	Williamsburg	9	Rich Saunders, 30	Henrico	4

Jason Bridges, 36	Williamsburg	4	Jake Falcone, 14	Williamsburg	2
John Piggott, 53	Williamsburg	3	Evan Melanson, 17	Carrollton	2
David Anderson, 49	Williamsburg	3	Drew Midland, 31	Norfolk	2
Benjamin Kaurich, 31	Newport News	3	Robert Cummings, 15	Virginia Beach	2
Patrick Russo, 20	Henrico	3	Blaine O'Reilly, 30	Crimora	1
Conrad Briles, 20	Leesburg	3	Nicholas Spadaro, 15	Williamsburg	1
Taylor Anthony, 15	Greenville, NC	3	Jackson Price, 15	Virginia Beach	1
Steven Menzies, 55	Williamsburg	2	Donovan Foley, 19	Vienna	1
Michael Dye, 16	Williamsburg	2	Shane Blackman, 42	Chesapeake Beach, MD	1
Jesse Dineen, 20	Leesburg	2	David Tikiob, 55	Jarrettsville, MD	1

Masters Men 40-and-over

Greg Lynn, 45	Hayes	56 (79)	Craig Hymes, 56	Yorktown	4
**Jason Miller, 42	Williamsburg	42 (44)	Daniel Walker, 41	Norfolk	4
Paul Pelletier, 54	Williamsburg	34 (36)	Rick Samaha, 61	Williamsburg	3
Robert Whitaker, 61	Yorktown	25	Steven Short, 45	Toano	3
Andy Riley, 41	Toano	21	Andy Almarode, 43	Richmond	3
Stephen Chantry, 64	Williamsburg	15	Thomas Hicks, 47	Virginia Beach	3
Mark Tompkins, 44	Williamsburg	14	Robert Hunter, 44	Virginia Beach	3
Ken Alberg, 58	Suffolk	14	Shane Blackman, 42	Chesapeake Beach, MD	3
Jim Thornton, 65	Toano	11	David Anderson, 49	Williamsburg	2
Keith Schumann, 49	Williamsburg	10	Will Murray, 63	Williamsburg	2
Victor Flemming, 40	Carrollton	5	Joe Calkins, 48	Lanexa	2
Stacin Martin, 49	Chesapeake	5	Eric Berge, 40	Newport News	2
Matt Boyd, 48	Fredericksburg	5	Chris Abelt, 62	Williamsburg	1
Travis Boltjes, 40	Washington, DC	5	Ryan Gregory, 45	Williamsburg	1
John Piggott, 53	Williamsburg	4	Chris Laws, 44	Yorktown	1

Men 19-and-under

**Glenn Glass, 16	Williamsburg	49 (50)	Noah Fields, 18	Williamsburg	3
**Isaac Lamprecht, 13	New Kent	36	Joseph Olbrych, 16	Williamsburg	3
Paul Glass, 18	Williamsburg	26	Nicholas Smerlis, 14	Yorktown	3
Jacob Lohr, 17	Williamsburg	16	Ethan Sevigny, 10	Newport News	3
Cary Caldwell, 15	Williamsburg	14	Draven Fernandez, 14	Virginia Beach	3
Lorenzo Short, 14	Toano	11	Jayce Jurgilanis, 12	Mechanicsville	3
Luke Tompkins, 15	Williamsburg	7	Juan Ballesteros, 16	Pozoblanco, Spain	3
Carter Thrash, 15	Williamsburg	7	Patrick Trost, 16	New Kent	2
DJ Guthinger, 17	Yorktown	7	Nate Pettus, 10	Williamsburg	2
Orion Berger, 13	Williamsburg	6	Lennon Newsom, 16	Williamsburg	2
Zachary Sturm, 17	Yorktown	5	Andrew Shuck, 9	Williamsburg	2
Patrick Murphy, 18	Williamsburg	5	Hayden Petsy, 13	Williamsburg	2
Khalid Elmorabit, 16	Williamsburg	5	Will Wilson, 15	Yorktown	2
Louka Fetter, 14	Chesapeake	5	Johnathan Mummert, 14	Newport News	2
Donovan Foley, 19	Vienna	5	Owen Stanton, 17	Poquoson	2
Owen Bradley, 18	Mays Landing, NJ	5	Robert Cummings, 15	Virginia Beach	2
William Toth, 15	Williamsburg	4	Taylor Anthony, 15	Greenville, NC	2
Gabriel Le Gouellec, 15	Williamsburg	4	Joe Barry, 19	Northport, NY	2
John Contrucci, 14	Williamsburg	4	Ethan Baker, 14	Chagrin Falls, OH	2
Braden Coykendall, 15	Williamsburg	4	Jake Falcone, 14	Williamsburg	1
Grayson Lewis, 10	Williamsburg	4	Jacob Barton, 17	Williamsburg	1
Christopher Ware, 16	Newport News	4	Kyle Klarenbach, 16	Williamsburg	1
Joseph Macfarlane, 16	Yorktown	4	Jack Howard, 17	Williamsburg	1
Thomas Hall, 19	Hampton	4	Eddie White, 13	Toano	1
Michael Dye, 16	Williamsburg	3	Joshua Collins, 18	Lanexa	1
Nicholas Spadaro, 15	Williamsburg	3	J. Robert Azaltovic III, 14	Yorktown	1
Kellen Cooper, 16	Williamsburg	3	Evan Melanson, 17	Carrollton	1

Braden Dumas, 13	Chesapeake	1	Joshua Guthinger, 10	Yorktown	1
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Men 20-29

Roger Hopper, 28	Norfolk	55	Matt Slade, 21	Newport News	3
Logan St. John, 25	Newport News	49 (59)	Randy Likert, 29	Poquoson	3
**Jonathan Torres, 29	Newport News	45 (53)	Wesley Prothro, 22	Williamsburg	2
**Patrick Wachter, 22	Williamsburg	15	Eric LaMastro, 29	Williamsburg	2
William Thompson, 27	Williamsburg	14	Nicholas Scheff, 22	Yorktown	2
Brayden Burleigh, 26	Midlothian	10	Kenneth Giddings, 25	Newport News	2
Andrew Carlin, 21	Quinton	5	Steven Zayas, 29	Providence Forge	2
Gareth Anderson, 28	Washington, DC	5	Kevin Kaurich, 27	Richmond	2
Andrew Osborne, 25	Yorktown	4	Nick Vaka, 20	Leesburg	2
Nate Peterson, 26	Gloucester	4	Nick Miller, 27	Williamsburg	2
Robert Reynolds, 28	Mechanicsville	4	Owen Flannery, 24	Williamsburg	1
Michael Carrico, 21	Manakin Sabot	4	Brad Ward, 27	Williamsburg	1
Trevor Hopper, 23	Henrico	4	Ravi Pradhanang, 29	Williamsburg	1
Collins Ombikhwa, 20	Hampton	4	Thomas Betro, 22	Williamsburg	1
Ryan Martin, 28	Providence Forge	4	Jesse Cox, 29	Lanexa	1
Andy Goodstein, 27	Charlottesville	3	Seth Kolosso, 24	Norfolk	1
Michael Wegner, 23	Columbia, MD	3	Ryan Ramirez, 26	Norfolk	1
Conor Jennings, 29	Williamsburg	3	Joseph Humphreys, 20	White Stone	1
Levan Roberts, 23	Williamsburg	3	Conrad Briles, 20	Leesburg	1
Mark Titcomb, 26	Williamsburg	3	Haijun Ramoundus, 24	Virginia Beach	1
Paul Jones, 26	Williamsburg	3	Peter Ramundo, 26	Manhattan, KS	1
Clarence Nguyen, 23	Newport News	3			

Men 30-39

**Steve Seiler, 34	Williamsburg	58 (78)	Darin Stiefvater, 30	Williamsburg	3
**Chris Novakoski, 38	Chesapeake	45	Jim Highsmith, 36	Newport News	3
Benjamin Kaurich, 31	Newport News	36 (38)	Frank Leone, 34	Newport News	3
William McCallister, 36	Lanexa	19	David Boyd, 37	Williamsburg	3
Ryan Doupe, 33	Roger, AR	17	Todd Kessler, 36	Dallas, TX	3
Matt Joosse, 39	Williamsburg	10	Timothy Decker, 38	Williamsburg	2
Scott Sevigny, 36	Newport News	7	Stuart Hughes, 30	Williamsburg	2
Matt Franco, 34	Williamsburg	6	Rich Wightman, 36	Yorktown	2
Victor Flemming, 39	Carrollton	5	Clayton Blosser, 32	Newport News	2
William Christian, 36	Chesapeake	5	Blaine O'Reilly, 30	Crimora	2
Gregory Mariano, 33	Alexandria	5	Rich Saunders, 30	Henrico	2
Dennis Frazee, 32	Fort Belvoir	5	Brian Chandler, 36	Williamsburg	2
Brian Mongeon, 33	Stowe, VT	5	John Sturtevant, 38	Newport News	2
Adam Otstot, 36	Williamsburg	4	Michael deVivero, 31	Yorktown	1
Jason Bridges, 36	Williamsburg	4	Brian Waters, 36	Henrico	1
Alexey Popov, 36	Newport News	4	Ben Mulherin, 33	Williamsburg	1
Michael Pilola, 37	Yorktown	4	Jordan Chapman, 31	Williamsburg	1
Cody Faulk, 32	Yorktown	4	Mike Mueller, 33	Williamsburg	1
Joe Kane, 32	Washington, DC	4	Andrew Pittman, 35	Williamsburg	1
Benjamin Slade, 33	Newport News	4	Travis Shannon, 39	Hampton	1
Drew Midland, 31	Norfolk	3	Michael Gelhaar, 35	Newport News	1
Michael Dixon, 32	Williamsburg	3	Ryan Vazquez, 34	Newport News	1
Craig Reynolds, 36	Williamsburg	3	Kareem Monroe, 38	Chesapeake	1
Matt Eppright, 34	Williamsburg	3	Donavan Hylarides, 34	Clemmons, NC	1

Men 40-49

Greg Lynn, 45	Hayes	58 (86)	**Steven Short, 45	Toano	15
Jason Miller, 42	Williamsburg	47 (51)	Mark Tompkins, 44	Williamsburg	14
**Andy Riley, 41	Toano	21	David Anderson, 49	Williamsburg	13

Keith Schumann, 49	Williamsburg	10	Ricky Wood, 47	Arlington	3
David Glass, 47	Williamsburg	8	Chris Laws, 44	Yorktown	2
Rob Goldsmith, 41	Williamsburg	7	Bobby Smits, 44	Chesapeake	2
Joe Calkins, 48	Lanexa	6	Philip Roessler, 40	Williamsburg	2
Victor Flemming, 40	Carrollton	5	Bradford Smith, 44	Williamsburg	2
Stacin Martin, 49	Chesapeake	5	Adam Matheson, 40	Williamsburg	2
David Berger, 44	Williamsburg	5	Matt Chism, 44	Carrollton	2
Robert Murphie, 45	Williamsburg	5	Richard Barhydt, 45	Manassas Park	2
Matt Boyd, 48	Fredericksburg	5	Allen Zent, 45	Stafford	2
Travis Boltjes, 40	Washington, DC	5	Russ Fiebig, 48	Alexandria	2
Ryan Gregory, 45	Williamsburg	4	Brian Lamprecht, 49	New Kent	1
Daniel Walker, 41	Norfolk	4	Chris Scrofani, 44	Williamsburg	1
Shane Blackman, 42	Chesapeake Beach, MD	4	William Pittman, 44	Williamsburg	1
Andy Almarode, 43	Richmond	3	Chris Whittington, 45	Williamsburg	1
David Lockard, 49	Hampton	3	Joseph Corcoran, 43	Williamsburg	1
Kyle Aulenbach, 42	Yorktown	3	John Grantz, 46	Williamsburg	1
Rob Klarenbach, 47	Williamsburg	3	Aden Digges, 49	Williamsburg	1
Eric Berge, 40	Newport News	3	Juan Antonio Ballesteros, 44	Williamsburg	1
Paul Scribbins, 46	Gloucester	3	Doug Higgons, 49	Toano	1
Thomas Hicks, 47	Virginia Beach	3	John Burcher, 47	Yorktown	1
Robert Hunter, 44	Virginia Beach	3	Bruce Scheidemantle, 45	Newport News	1

Men 50-59

**Paul Pelletier, 54	Williamsburg	60 (82)	Kevin Hughes, 50	Williamsburg	3
**Ken Alberg, 58	Suffolk	29	Chad Simpson, 51	Chesapeake	3
Robert Jean, 54	Williamsburg	21	Tim Irish, 52	Attleboro, MA	3
Tim Collins, 58	Williamsburg	18	Dan O'Brien, 56	Williamsburg	2
Larry Golub, 58	Williamsburg	14	Steve Sheffler, 58	Williamsburg	2
Greg Dawson, 53	Williamsburg	11	Rex Hoover, 56	Williamsburg	2
Jon Leiding, 57	Virginia Beach	11	James Ahearn, 59	Williamsburg	2
Craig Hymes, 56	Yorktown	9	Alan Kostner, 55	Williamsburg	2
John Piggott, 53	Williamsburg	8	Bob Brunner, 58	Virginia Beach	2
Steven Menzies, 55	Williamsburg	7	Michael Smith, 58	Newport News	2
David St. John, 58	Williamsburg	6	Raimond Claxton, 53	Richmond	2
Darrin Denny, 53	Williamsburg	5	Rodney Ragin, 54	North Chesterfield	2
Ryan Davis, 56	Williamsburg	5	David Tikiob, 55	Jarrettsville, MD	2
Terry McManus, 58	Williamsburg	4	Terry Packer, 53	Williamsburg	1
David Lockard, 50	Hampton	4	Kostas Orginos, 50	Williamsburg	1
Kevin Hughes, 50	Williamsburg	4	Samuel Viniard, 50	Williamsburg	1
Jim Case, 55	Williamsburg	4	Kyle Patterson, 50	Williamsburg	1
Grant Watson, 53	Yorktown	4	Keith Fox, 55	Williamsburg	1
Pete Conrad, 59	Newport News	4	David Lassiter, 51	Williamsburg	1
William Palagyi, 54	Suffolk	4	Alan Van Zandt, 58	Newport News	1
Orlando Perez, 57	Newport News	4	Steve Talbert, 57	Seaford	1
Joe Johns, 52	Johnstown, PA	4	Michael Parker, 55	Suffolk	1
Tim O'Dell, 53	Toano	3	Christopher Maestrello, 56	Henrico	1
Tinsley Goad, 55	Williamsburg	3	Michael Gravitt, 53	Gloucester Point	1
Kevin Appel, 52	Williamsburg	3	Robert Weghorst, 51	Sperryville	1
James Burden, 58	Williamsburg	3			

Men 60-69

**Robert Whitaker, 61	Yorktown	52	Will Murray, 63	Williamsburg	22
**Jim Thornton, 65	Toano	51	Steve Altman, 64	Williamsburg	19
Chris Abelt, 63	Williamsburg	41 (47)	Richard Grant, 66	Suffolk	12
Stephen Chantry, 64	Williamsburg	27	David Pape, 60	Williamsburg	9
Rick Platt, 69	Williamsburg	26 (28)	Thomas Barry, 61	Williamsburg	7

Bill Price, 60	Chesapeake	7	Danny Young, 63	Newport News	2
Rick Samaha, 61	Williamsburg	5	Frank Scaringello, 65	Norfolk	2
Terry Imbery, 61	Williamsburg	5	Roy Blakeburn, 64	Virginia Beach	2
Jimmy Blount, 68	Williamsburg	4	Eric Everton, 60	Williamsburg	2
Bader El-Safadi, 60	Williamsburg	4	Tom Robinson, 61	Williamsburg	1
Tim Westfall, 60	Norfolk	4	Joe Day, 68	Yorktown	1
Jim Duffy, 67	Poquoson	4	George Dever, 66	Newport News	1
Cecil Salyer, 63	Portsmouth	4	John Bernier, 61	Mechanicsville	1
Jim Gullo, 65	Williamsburg	3	Andrew Hersey, 60	Richmond	1
Bob Keroack, 61	Williamsburg	3	Jack King, 60	Henrico	1
Richard Goode, 66	Williamsburg	2			

Men 70-and-over

**Larry Arata, 75	Williamsburg	56	Bob Canfield, 73	Williamsburg	4
John Strassberger, 75	Williamsburg	43 (50)	George Deamer, 75	Williamsburg	4
**Randy Hawthorne, 74	Williamsburg	29	Michael Gontesky, 76	Hampton	4
George Fenigsohn, 72	Poquoson	20	Joseph Verdirame, 70	Suffolk	4
William Moore, 73	Williamsburg	9	Nickolas Hagel, 76	Norfolk	4
Stephen Scudder 71	Virginia Beach	9	James Borowski, 73	Williamsburg	3
David Ozolek, 70	Williamsburg	9	Bruce Hurwitz, 72	Williamsburg	3
Ken Mitchell, 74	Williamsburg	6	Jesse Paz, 71	Williamsburg	3
Ed Sharp, 79	Gloucester	6	Jack Espinal, 74	Falls Church	3
Dale Abrahamson, 70	Yorktown	5	Louis Dwyer, 76	Kitty Hawk, NC	3
Langston Shelton, 71	Williamsburg	5	Sid Busch, 72	Goose Creek, SC	3
Mike Daly, 73	Williamsburg	5	Charles Crone, 77	Williamsburg	2
Ronald Kellum, 75	Hampton	5	Charles Dzyak, 70	Springfield	2
John DiCarlo, 70	Virginia Beach	5	Harlan Redcay, 73	Landisville, PA	2
Rich Hildreth, 70	Virginia Beach	5	Ernest Schillinger, 87	Williamsburg	1
Richard Browder, 76	Port Haywood	5	Nick May, 71	Virginia Beach	1
Frank Caruso, 70	Williamsburg	4	Knut Nilsson, 76	Richmond	1

Men Walk

**Alexey Popov, 36	Newport News	59 (62)	Mike AtLee, 69	Gloucester	3
**John Strassberger, 75	Williamsburg	56 (75)	William Wilson, 55	Yorktown	3
Bob Curtin, 67	Hampton	42 (48)	Harlan Redcay, 73	Landisville, PA	3
George Fenigsohn, 72	Poquoson	20	Rick Webb, 61	Yorktown	2
Dwight Kane, 66	Chesapeake	8	Jarret Lee, 40	Gloucester	2
Jonathan Rust, 14	Poquoson	6	Bob Byrd, 70	Williamsburg	2
Scott Stakes, 56	Portsmouth	5	Hunter Creech, 49	Williamsburg	2
Jim Winthrop, 63	Williamsburg	5	Sam Cox, 66	Elberon	2
Ulises Sanchez, 49	Williamsburg	5	Zach Trogdon, 46	Williamsburg	2
Gregory Eby, 62	Newport News	4	Rick Gravel, 54	Toano	1
Hurricane Thompson, 67	Gloucester	4	Alex Street, 7	Williamsburg	1
Raymond Campbell, 53	Forest	4	Claudio Cardenas, 55	Williamsburg	1
James Goggin, 66	Williamsburg	3	Kelly Hayes, 57	Yorktown	1
Simon Davies, 32	Williamsburg	3	Michael Gelhaar, 35	Newport News	1
Jim Talley, 83	Williamsburg	3	Dewayne Williams, 47	Lanexa	1

Women Overall

**Emily Honeycutt, 28	Newport News	111 (119)	Jessica Anderson, 37	Williamsburg	27
**Sorena Jean, 17	Williamsburg	107 (118)	Svetlana Goncharova, 21	Williamsburg	26
**Cannon Jean, 14	Williamsburg	52	Ashley Floyd, 35	Williamsburg	25
Susan Hagel, 46	Norfolk	52	Abigail Motley, 25	Williamsburg	19
Karen Grabowski, 35	Toano	37	Lindsay Meadows, 12	Toano	18
Karla Havens, 57	Plainview	32	Ashley Foretich, 14	Yorktown	18
Norma Phillips, 59	Williamsburg	29	Renee (High) Merchant, 38	Norfolk	17

Megan Schulze, 37	Glen Allen	17	Kelly Miller, 38	Williamsburg	4
Daphne Papaefthimiou, 43	Toano	17	Parker Long, 13	Williamsburg	4
Kirsten Long, 18	Williamsburg	16	Stephanie Postma, 38	Williamsburg	4
Lydia Short, 9	Toano	16	Amy Colley, 53	Williamsburg	4
Leah Kappel, 19	Arlington	15	Caitlyn Burkhalter, 12	Williamsburg	4
Susan Ferrandino, 50	Williamsburg	13	Ivy Stermer, 11	Williamsburg	4
Lisa Osterhoudt, 37	Williamsburg	12	Erin Shields, 37	Williamsburg	4
Faith Lohr, 15	Williamsburg	11	Shirley Stephens, 63	Williamsburg	4
Sarah Laine, 25	Newport News	11	Tracie Sims, 38	Lanexa	4
Jen Anderson, 39	Williamsburg	10	Annie Gilbride, 52	Providence Forge	4
Kim Decker, 37	Williamsburg	10	Emily Brown, 31	Newport News	4
Ann Mazur Robb, 33	Charlottesville	10	Jennifer Vess-Morgan, 36	Hayes	4
Laura Broderick, 39	Williamsburg	10	Annika Suh, 17	Virginia Beach	4
Leah Schubel, 28	Richmond	10	Victoria Neisius, 25	Powhatan	4
Christina Sumner, 33	Ashland	10	Jamie Bubeck, 51	King of Prussia, PA	4
Aga Heller, 42	Warrenton	10	Patricia Travis, 68	Williamsburg	3
Thorin Jean, 18	Williamsburg	9	Laurel Henshaw, 38	Williamsburg	3
Katryna Aulenbach, 15	Yorktown	9	Marija Kirbeneva, 34	Williamsburg	3
Brooke Gainey, 31	Newport News	9	Deelyn Robinson, 54	Williamsburg	3
Allison Crookston, 17	Williamsburg	9	Ana McBride, 16	Yorktown	3
Katie Abelt, 27	Williamsburg	9	Julie Gravette, 50	Newport News	3
Julie Myers, 29	Norfolk	9	Mary Bennick, 14	Newport News	3
Kara Woody, 38	Williamsburg	9	Lauren Hoy, 28	Smithfield	3
Alison Valrey, 37	Hampton	9	Megan Doty, 36	Virginia Beach	3
Christin Hoffstadt, 27	Norfolk	9	Courtney Kolberg, 24	Portsmouth	3
Haylee Walker, 24	Powell, TN	9	Colleen Moreno, 30	Chesapeake	3
Tonisha Woods, 45	Newport News	8	Christine Hopps, 47	Deer Park, NY	3
Claire Bridgeforth, 27	Midlothian	8	Caroline Roe, 43	Deer Park, NY	2
Erin Swiatocha, 35	Alexandria	8	Nadia Grant, 10	Williamsburg	2
Jeanette Primich, 43	Williamsburg	7	Marjorie Thrash, 43	Williamsburg	2
Alison Politte, 38	Newport News	7	Shea Mansisidor, 10	Williamsburg	2
Debbie Goodpasture, 50	Midlothian	7	Mary Ann Goode, 61	Williamsburg	2
Laurel Goodpasture, 21	Midlothian	7	Catherine Simpson, 30	Williamsburg	2
Amber Yung, 29	Glen Allen	7	Aleigh Custer, 16	Williamsburg	2
Connie Cassidy, 37	Williamsburg	6	Martha Gullo, 66	Williamsburg	2
Ainsley Lord, 14	Williamsburg	6	Sarah Howard, 36	Toano	2
Maria Spady, 28	Yorktown	6	Rosie Gilbride, 15	Providence Forge	2
Elise Schasse, 39	Hampton	6	Laura Cordes, 49	Yorktown	2
Katie Sheftic, 37	Fort Eustis	6	Rachel Novakoski, 36	Chesapeake	2
Kimberly Basmajian, 37	Richmond	6	Victoria Baker, 28	Cincinnati, OH	2
Katie Lapidus, 26	Richmond	6	Kaytlyn Senkbeil, 36	Salisbury, MD	2
Rachel Bandy, 27	Springfield	6	Linda Wagers, 60	Leander, TX	2
Jennifer Brown, 43	Lewisburg, PA	6	Lauren Burr, 32	Middletown, NY	2
Rachel Weghorst, 16	Sperryville	6	Kori Massey, 15	New Kent	2
Laura Shannon, 56	Williamsburg	5	Charlotte Verdu, 15	New Kent	1
Tamara Pelletier, 45	Yorktown	5	Maryanne Lee, 37	Quinton	1
Lindsey Colburn, 14	Williamsburg	5	Valor Foy Jones, 55	Newport News	1
Sydney Crocetta, 16	Toano	5	Sheila Scotti, 35	Yorktown	1
April Giddings, 26	Newport News	5	Maura Rust, 39	Poquoson	1
Tracy Hofstetter, 33	Poquoson	5	Anne Condon, 42	Williamsburg	1
Julie Hicks, 43	Virginia Beach	5	Rebecca Lofgren, 38	Williamsburg	1
Christine Fernandez, 43	Virginia Beach	5	Catherine Clinton, 13	Williamsburg	1
Farren Billue, 29	Richmond	5	Angela Payne, 19	Williamsburg	1
Carolyn Weddel, 29	Manassas	5	Sarah O'Brien, 36	Williamsburg	1
Kristina Posner, 20	Doylestown, PA	5	Robin Toth, 48	Williamsburg	1
Maggie Pat Rafferty, 50	Gilbert, SC	5	Elena Larcombe, 17	Virginia Beach	1

Claire Butler, 35 Phoenix, AZ 1

Masters Women 40-and-over

**Susan Hagel, 46	Norfolk	45	Cathy Dahl, 40	Williamsburg	3
Norma Phillips, 59	Williamsburg	35	Robin Toth, 48	Williamsburg	3
Karla Havens, 57	Plainview	29	Holli Allen, 48	Yorktown	3
Daphne Papaefthimiou, 43	Toano	20	Tara Dress, 51	Newport News	3
Mary Jo Bailey, 58	Williamsburg	12	Julie Gravette, 50	Newport News	3
Jeanette Primich, 43	Williamsburg	11	Amy Friedl, 43	Hampton	3
Susan Ferrandino, 50	Williamsburg	8	Tiaisha Myers, 40	Fredericksburg	3
Annie Gilbride, 52	Providence Forge	8	Patty Hildenbrand, 55	Chelsea, MI	3
Patricia Travis, 68	Williamsburg	6	Maggie Pat Rafferty, 50	Gilbert, SC	3
Anne Condon, 42	Williamsburg	5	Valor Foy Jones, 55	Newport News	2
Amy Colley, 53	Williamsburg	5	Nancy Delaney, 53	Virginia Beach	2
Tamara Pelletier, 45	Yorktown	5	Deelyn Robinson, 54	Williamsburg	2
Tonisha Woods, 45	Newport News	5	Catherine Law, 41	Williamsburg	2
Yolanda Jefferson, 42	Newport News	5	Jennifer Merkel, 50	Williamsburg	2
Julie Hicks, 43	Virginia Beach	5	Karen Fallon, 60	Williamsburg	2
Christine Fernandez, 43	Virginia Beach	5	Darcie Badami, 40	Yorktown	2
Debbie Goodpasture, 50	Midlothian	5	Tracy Dzibela, 41	Fredericksburg	2
Aga Heller, 42	Warrenton	5	Marycarmen Montes, 40	Bronx, NY	2
Jamie Bubeck, 51	King of Prussia, PA	5	Trish Rice, 53	Williamsburg	1
Linda Wagers, 60	Leander, TX	5	Jean Rushby, 49	Williamsburg	1
Laura Shannon, 56	Williamsburg	4	Alison Grygalonis, 41	Williamsburg	1
Pamela Eddy, 58	Williamsburg	4	Gina Flango, 46	Williamsburg	1
Janice Kailos, 58	Williamsburg	4	Beate Rudnik, 56	Yorktown	1
Laura Stoner, 47	Williamsburg	4	Brandy Bergenstock, 44	Newport News	1
Shirley Stephens, 63	Williamsburg	4	Margaret Kopacz, 55	Chesapeake	1
Marjorie Thrash, 43	Williamsburg	4	Emily Shuck, 40	Williamsburg	1
Laura Cordes, 49	Yorktown	4	Yvonne Fleischman, 42	Williamsburg	1
Erin Wreski, 42	Virginia Beach	4	Jennifer Gray, 43	Toano	1
Jennifer Brown, 43	Lewisburg, PA	4	Toni Colton, 43	Poquoson	1
Liz Wostbrock, 58	Marietta, GA	4	Glenia Williams, 40	Prince George	1
Mary Ann Goode, 61	Williamsburg	3	Christine Hopps, 47	Deer Park, NY	1

Women 19-and-under

Sorena Jean, 17	Williamsburg	58 (64)	Kyra Warren, 11	Williamsburg	4
Cannon Jean, 15	Williamsburg	36	Hannah Holstrom, 14	Williamsburg	4
**Kirsten Long, 18	Williamsburg	13	Hannah Buttner, 15	Williamsburg	3
Lindsay Meadows, 12	Toano	12	Claire Bauer, 13	Williamsburg	3
Ashley Foretich, 14	Yorktown	11	Kaitlyn Farthing, 19	Williamsburg	3
**Lydia Short, 9	Toano	10	Charlotte Urban, 10	Williamsburg	3
Leah Kappel, 19	Arlington	9	Lilyan Brenegan, 10	Williamsburg	3
Faith Lohr, 15	Williamsburg	8	Alaina DeFelice, 14	Williamsburg	3
Lindsey Colburn, 14	Williamsburg	8	Aleigh Custer, 16	Williamsburg	3
Thorin Jean, 18	Williamsburg	5	Emily Rollins, 15	Chesapeake	3
Katryna Aulenbach, 15	Yorktown	5	Rachel Weghorst, 16	Sperryville	3
Samantha Daugherty, 12	Smithfield	5	Parker Long, 13	Williamsburg	2
Finley Stewart, 19	Williamsburg	5	Caitlyn Burkhalter, 12	Williamsburg	2
Cheyenne Reagan, 11	Williamsburg	5	Nadia Grant, 10	Williamsburg	2
Katie Fosnight, 18	Mantua, OH	5	Ainsley Lord, 14	Williamsburg	2
Allison Crookston, 17	Williamsburg	4	Eva Fields, 13	Williamsburg	2
Samantha Burcham, 14	Williamsburg	4	Jazmin Johnson, 12	Williamsburg	2
Ivy Stermer, 11	Williamsburg	4	Angela Payne, 19	Williamsburg	2
Mackenzie Corcoran, 19	Williamsburg	4	Sydney Crocetta, 16	Toano	2
Caroline Urban, 8	Williamsburg	4	Logan Gill, 16	Midlothian	2

Annika Suh, 17	Virginia Beach	2	Joie Cooke, 11	Williamsburg	1
Rosie Gilbride, 15	Providence Forge	2	Kayla Zanette, 14	Toano	1
Giovanna Moriarty, 19	Vienna	2	Ana McBride, 16	Yorktown	1
Grace Breitenbeck, 19	Alexandria	2	Brianna Frank, 16	Yorktown	1
Elizabeth Betzner, 6	Williamsburg	1	Mary Bennick, 14	Newport News	1
Jordan Smith, 12	Williamsburg	1	Sarah Butterfield, 19	Poquoson	1
Emily Payne, 19	Williamsburg	1	Abby Zebrowski, 16	Hampton, GA	1
Catherine Clinton, 13	Williamsburg	1			

Women 20-29

Emily Honeycutt, 28	Newport News	60 (66)	Zoe Friedl, 21	Hampton	3
**Svetlana Goncharova, 21	Williamsburg	23	Danielle Drake, 24	Williamsburg	3
**Abigail Motley, 25	Williamsburg	10	Alexa Hladick, 21	New Egypt, NJ	3
Julie Myers, 29	Norfolk	8	Lauren Hylarides, 28	Clemmons, SC	3
Katie Abelt, 27	Williamsburg	8	Katie Lapidus, 26	Richmond	3
Sarah Laine, 25	Newport News	7	Em Stephens, 29	Richmond	3
Jessica Bryant, 25	Williamsburg	6	Whitney Madden, 29	Williamsburg	2
Laurel Goodpasture, 21	Midlothian	6	Charisse Gil, 27	Williamsburg	2
Rebekah Mason, 20	Williamsburg	5	Katelyn Birchfield, 22	Williamsburg	2
Leah Schubel, 28	Richmond	5	Erica Pineda, 27	Yorktown	2
Christin Hoffstadt, 27	Norfolk	5	Mallory Middleton, 26	Newport News	2
Farren Billue, 29	Richmond	5	Meghan Madler, 24	Newport News	2
Haylee Walker, 24	Powell, TN	5	Victoria Neisius, 25	Powhatan	2
Maggie Viniard, 20	Williamsburg	4	Taryn Hannam-Zatz, 20	Herndon	2
CeeCee Bishop, 21	Williamsburg	4	Meagan Jackson, 29	Richmond	2
Lauren Hoy, 28	Smithfield	4	Austin Curry, 27	Richmond	2
Maria Spady, 28	Yorktown	4	Victoria Baker, 28	Cincinnati, OH	2
Bethany Davis, 25	Newport News	4	Holly Henn, 27	Williamsburg	1
Rachel Bandy, 27	Springfield	4	Eden Kibler, 23	Newport News	1
Claire Bridgeforth, 27	Midlothian	4	Meaghan Likert, 28	Poquoson	1
Carolyn Weddel, 29	Manassas	4	Kayla Aaron, 22	Henrico	1
Kristina Posner, 20	Doylestown, PA	4	Amanda Creekmore, 27	Williamsburg	1
Margarita Orozco, 20	Jacksonville, FL	4	Emilie Duncan, 29	Newport News	1
Amber Yung, 29	Glen Allen	4	Courtney Kolberg, 24	Portsmouth	1
Audrey Dotson, 24	Norfolk	4	Brittney Hatley, 28	Chesapeake	1
Morgan Shelton, 23	Williamsburg	3	Hannah Fallon, 25	Roanoke	1
Erin Gedicke, 29	Hayes	3	Caitlyn Unsworth, 25	Charlottesville	1
Monica Meharg, 25	Yorktown	3	Taylor Chen, 28	Charlottesville	1
Alyrria Velez, 23	Newport News	3	Marissa Stone, 22	Charlottesville	1
April Giddings, 26	Newport News	3			

Women 30-39

**Karen Grabowski, 35	Toano	25	Ann Mazur Robb, 33	Charlottesville	5
**Jessica Anderson, 38	Williamsburg	24	Alison Valrey, 37	Hampton	5
Ashley Floyd, 35	Williamsburg	14	Christina Sumner, 33	Ashland	5
Maura Rust, 39	Poquoson	11	Brooke Gainey, 31	Newport News	5
Megan Schulze, 37	Glen Allen	9	Laura Broderick, 39	Williamsburg	5
Renee (High) Merchant, 38	Norfolk	9	Kristi Bridges, 37	Williamsburg	5
Lisa Osterhoudt, 37	Williamsburg	6	Erin Swiatocha, 35	Alexandria	5
Emily Brown, 31	Newport News	6	Rachel Scheitrum, 37	Williamsburg	5
Laurel Henshaw, 38	Williamsburg	6	Erin Shields, 37	Williamsburg	4
Kim Decker, 37	Williamsburg	5	Terri Leonard, 37	Toano	4
Jen Anderson, 39	Williamsburg	5	Rebecca Currier, 31	Toano	4
Connie Cassidy, 37	Williamsburg	5	Jennifer Vess-Morgan, 36	Hayes	4
Kara Woody, 38	Williamsburg	5	Tracie Sims, 38	Lanexa	4
Jessica Gilligan, 38	Williamsburg	5	Alison Politte, 38	Newport News	4

Cindy Cattell, 36	Williamsburg	4	Sheila Scotti, 35	Yorktown	2
Brandy Humphries-Betzner, 33	Williamsburg	4	Jennifer Dunlap, 39	Newport News	2
Tracy Hofstetter, 33	Poquoson	4	Megan Doty, 36	Virginia Beach	2
Kimberly Basmajian, 37	Richmond	4	Colleen Moreno, 30	Chesapeake	2
Sarah Howard, 36	Toano	4	Brooke Scutt, 38	Newport News	2
Maryanne Lee, 37	Quinton	4	Sarah White, 37	Toano	2
Nichole Volo, 39	Aylett	4	Sydney Downs, 33	Seaford	2
Kaytlyn Senkbeil, 36	Salisbury, MD	4	Amy Hawkins, 38	Manakin Sabot	2
Marija Kirbeneva, 34	Williamsburg	3	Elaine Jeffers, 33	Virginia Beach	2
Stephanie Postma, 38	Williamsburg	3	Kristin Koernig, 37	Washington, DC	2
Anna Thomas, 38	Williamsburg	3	Amelia Seagle, 31	Williamsburg	1
Catherine Simpson, 30	Williamsburg	3	Amanda Running, 32	Williamsburg	1
Amy Moser, 36	Williamsburg	3	Amanda Benner, 39	Williamsburg	1
Erin Machie, 35	Newport News	3	Alexandra Saless, 38	Williamsburg	1
Rachel Novakoski, 36	Chesapeake	3	Kate Chapman, 31	Williamsburg	1
Katie Sheftic, 37	Fort Eustis	3	Amy Peters, 36	Yorktown	1
Elise Schasse, 39	Hampton	3	Mary Hall, 38	Gloucester	1
Rebecca Nonnemacher, 35	Hampton	3	Mary Day, 31	Providence Forge	1
Amber Kaczmarczyk, 37	Williamsburg	3	Jennifer Gilliam, 31	Toano	1
Kelly Miller, 38	Williamsburg	2	Stephanie McCallister, 35	Lanexa	1
Laura Urban, 39	Williamsburg	2	Melissa Reese, 34	Chesterfield	1
Rebecca Lofgren, 38	Williamsburg	2	Lauren Burr, 32	Middletown, NY	1
Michelle Van Dyke, 32	Williamsburg	2	Shelley Horner, 37	Pflugerville, TX	1
Sarah O'Brien, 36	Williamsburg	2			

Women 40-49

Susan Hagel, 46	Norfolk	55 (57)	Catherine Law, 41	Williamsburg	3
**Daphne Papaefthimiou, 43	Toano	32	Gina Flango, 46	Williamsburg	3
**Jeanette Primich, 43	Williamsburg	23	Adrienne Sines, 45	Williamsburg	3
Alison Grygalonis, 41	Williamsburg	12	Brandy Bergenstock, 44	Newport News	3
Yolanda Jefferson, 42	Newport News	8	Nicole Powell, 43	Yorktown	3
Jennifer Gray, 43	Toano	6	Jennifer Cornette, 47	Norfolk	3
Anne Condon, 42	Williamsburg	5	Michele Beck, 49	Gloucester	3
Cathy Dahl, 40	Williamsburg	5	Tracy Dzibela, 41	Fredericksburg	3
Tamara Pelletier, 45	Yorktown	5	Lina Tonk, 42	Toano	3
Holli Allen, 48	Yorktown	5	Toni Colton, 43	Poquoson	3
Darcie Badami, 40	Yorktown	5	Gretchen Jones, 46	Elizabeth City, NC	3
Laura Cordes, 49	Yorktown	5	Christine Hopps, 47	Deer Park, NY	3
Tonisha Woods, 45	Newport News	5	Caroline Roe, 43	Deer Park, NY	2
Christine Fernandez, 43	Virginia Beach	5	Jean Rushby, 49	Williamsburg	2
Aga Heller, 42	Warrenton	5	Kristina Carter, 42	Williamsburg	2
Erin Wreski, 42	Virginia Beach	5	Margaret Tinsley, 47	Williamsburg	2
Julie Hicks, 43	Virginia Beach	5	Jennifer Contrucci, 48	Williamsburg	2
Laura Stoner, 47	Williamsburg	4	Catherine Lintzenich, 44	Williamsburg	2
Robin Toth, 48	Williamsburg	4	Tracey Mansidor, 47	Williamsburg	2
Marjorie Thrash, 43	Williamsburg	4	Frisha Fyfe-Horne, 46	Williamsburg	2
Yvonne Fleischman, 42	Williamsburg	4	Jennifer Pohren, 44	Williamsburg	2
Rachel Alexander, 46	Gloucester	4	Michele Nordeen, 47	Newport News	2
Lisa Leech, 43	Newport News	4	Amy Gelhaar, 45	Newport News	2
Amy Friedl, 43	Hampton	4	Jennifer Johnson, 48	Poquoson	2
Glenia Williams, 40	Prince George	4	Lyn Whitt, 46	Gloucester	2
Tiaisha Myers, 40	Fredericksburg	4	Kelly Cox, 45	Midlothian	2
Jennifer Brown, 43	Lewisburg, PA	4	Tonya Duvall, 42	Manassas Park	2
Marycarmen Montes, 40	Bronx, NY	4	Tressa Aulenbach, 41	Yorktown	1
Julie Brenegan, 43	Williamsburg	3	Lauren DeFelice, 46	Williamsburg	1
Emily Shuck, 40	Williamsburg	3	Angela Walker, 43	Williamsburg	1

Erin Pallas, 45	Williamsburg	1	Beth Berry, 49	Williamsburg	1
Marcie Caldwell, 40	Williamsburg	1	Wendy Rafferty, 47	Virginia Beach	1
Kate Langbehn, 42	Williamsburg	1	Kisten Slaughter, 47	Gloucester	1
Amy Schroeder, 49	Williamsburg	1	Heather Waddell, 40	Poquoson	1
Janet Veith, 44	Williamsburg	1	Robin Britton, 43	West Point	1
Leslie Franklin, 48	Williamsburg	1	Melissa Hazelwood, 40	Suffolk	1

Women 50-59

**Norma Phillips, 59	Williamsburg	48 (49)	Lori Sherwood, 55	Portsmouth	3
**Karla Havens, 57	Plainview	30	Laurie Brown, 56	Williamsburg	3
Tara Dress, 51	Newport News	17	Margaret Kopacz, 55	Chesapeake	3
Criztina Jean, 50	Williamsburg	17	Patty Hildenbrand, 55	Chelsea, MI	3
Mary Jo Bailey, 58	Williamsburg	15	Paula Pickering, 52	Williamsburg	2
Susan Ferrandino, 50	Williamsburg	13	Susanne Cox, 54	Williamsburg	2
Linda St. John, 59	Williamsburg	12	Sara Clark, 54	Williamsburg	2
Pamela Eddy, 58	Williamsburg	10	Priscilla Caldwell, 52	Williamsburg	2
Janice Kailos, 58	Williamsburg	9	Chris Mooney, 51	Williamsburg	2
Deelyn Robinson, 54	Williamsburg	9	Melissa Shelton, 50	Williamsburg	2
Annie Gilbride, 52	Providence Forge	9	Betsy Van Dyck, 58	Williamsburg	2
Amy Colley, 53	Williamsburg	8	Erin Darcy, 50	Williamsburg	2
Nancy Delaney, 53	Virginia Beach	6	Geri Foster, 58	Newport News	2
Michelle Bryant, 53	Williamsburg	6	Lexa Smith, 50	Barhamsville	2
Laura Shannon, 56	Williamsburg	5	Beate Rudnik, 56	Yorktown	2
Julie Gravette, 50	Newport News	5	Kaye Green, 51	Smithfield	2
Debbie Goodpasture, 50	Midlothian	5	Lisa Aaron, 51	Henrico	2
Jamie Bubeck, 51	King of Prussia, PA	5	Robin Rice, 53	Williamsburg	1
Valor Foy Jones, 56	Newport News	4	Deborah Everitt, 51	Williamsburg	1
Trish Rice, 53	Williamsburg	4	Molly McBeath, 55	Barhamsville	1
Brenda Barrera, 56	Williamsburg	4	Nancy Delaney, 53	Virginia Beach	1
Jennifer Merkel, 50	Williamsburg	4	Stacey Curtis, 51	Yorktown	1
Liz Wostbrock, 58	Marietta, GA	4	Gabriele Lingenfelter, 56	Yorktown	1
Elizabeth Buie, 52	Lanexa	4	Jennifer Haynes, 53	West Point	1
Maggie Pat Rafferty, 50	Gilbert, SC	4	Colleen Wyman, 53	Cardinal	1
Debbie McLaughlin, 53	Williamsburg	3	Mary Ransom, 50	Richmond	1
Christine Payne, 56	Williamsburg	3	Koren Rivera, 53	Virginia Beach	1
Sherrie Payne, 52	Williamsburg	3	Marie Price, 51	Chesapeake	1
Jennifer Jeffers, 59	Virginia Beach	3	Carol Bryan, 57	Fairfax	1

Women 60-69

**Patricia Travis, 68	Williamsburg	56 (66)	Mary Lou O'Halloran, 61	Williamsburg	4
**Shirley Stephens, 63	Williamsburg	47 (57)	Frances Murphy, 61	Chesterfield	4
Cathy Kaurich, 63	Williamsburg	27	Regina Wightman, 66	Clermont, FL	4
Martha Gullo, 66	Williamsburg	18	Karen Schenck, 64	Ark	3
Jan Barry, 66	Williamsburg	17	Dottie Humphreys, 67	Newport News	3
Brenda Mitchell, 69	Williamsburg	13	Christina Lavender, 65	Williamsburg	3
Carol Talley, 65	Toano	12	Sue Krzastek, 63	Waynesboro	3
Sally Adler, 68	Williamsburg	10	Julie Conlee, 62	Williamsburg	2
Helen Worthington, 65	Bena	9	Suzanne Mitrovic, 61	Williamsburg	2
Nancy Byrd, 65	Toano	9	Elizabeth Renee Lease, 65	Williamsburg	2
Mary Ann Goode, 61	Williamsburg	8	Beth Guiliano, 60	Williamsburg	2
Carolyn Harrison, 62	Virginia Beach	5	Thea Gano, 61	Hampton	2
Dougie Winthrop, 62	Williamsburg	5	Jean Phelan, 63	Virginia Beach	2
Karen Fallon, 60	Williamsburg	5	JoAnn McMahan, 60	Virginia Beach	2
Ruth LeBarron, 63	Williamsburg	5	Kathleen Doswell, 69	Columbia	2
Linda Wagers, 60	Leander, TX	5	Jayne Henn, 63	Williamsburg	2
Dougie Winthrop, 62	Williamsburg	4	Arlene Rayburn, 67	Crownsville, MD	2

Pat Jedlinski, 63	Williamsburg	1	Cathy Vazquez, 62	Newport News	1
Judy Jarrett, 63	Williamsburg	1	Jackie Ahlsted, 66	Suffolk	1
Debra Middlebrook, 60	Williamsburg	1			

Women 70-and-over

**Roswitha Goossens-Winter, 71	Williamsburg	60 (68)	Shirley White, 71	Yorktown	3
**Nancy Blount, 73	Williamsburg	20	Sarah Houghland, 76	Williamsburg	3
Barbara Biasi, 72	Yorktown	15	Lou Norton, 73	Richmond	3
Pauline Ely, 81	Hampton	13	Bunny Majcher, 71	Williamsburg	2
Sarah Carey, 71	Williamsburg	12	Barbara Gay, 75	Williamsburg	2
Heide Moebius, 80	Lancaster, PA	5	Dee Jenkins, 71	Harrisonburg	2
Bernie Redcay, 76	Landisville, PA	5	Sally Davis, 78	Hartfield	1
Candice Michalik, 71	Williamsburg	4	Kathleen Martin, 73	Richmond	1
Helene Price, 74	Williamsburg	4			

Women Walk

**Cathy Kaurich, 63	Williamsburg	59 (92)	Nancy Rettinhouse, 63	Land O Lakes, FL	3
**Nancy Byrd, 65	Toano	48 (51)	Lois Short, 69	Narragansett, RI	3
Karen Schenck, 65	Ark	14	Ellen Gulden, 13	Toano	3
Laura Liechti, 57	Williamsburg	10	Sylvia Garcia, 67	Williamsburg	2
Laura Scott, 54	Poquoson	9	Stephanie Gravel, 51	Toano	2
Brenda Bustillos, 39	Williamsburg	8	Tracey Gulden, 48	Toano	2
Laura Urban, 39	Williamsburg	8	Judi Howard, 65	Lanexa	2
Maureen Ventrice, 54	Virginia Beach	5	Amy Gelhaar, 44	Newport News	2
Louise Canfield, 67	Williamsburg	5	Norma Ellis, 46	Newport News	2
Svetlana Goncharova, 21	Williamsburg	5	Lisa Wood, 57	Yorktown	2
Elaine Jeffers, 33	Virginia Beach	5	Kathleen Woods, 61	Newport News	2
Lori Sherwood, 55	Portsmouth	5	Amy Gelhaar, 45	Newport News	2
Nancy AtLee, 66	Gloucester	4	Anna Clark, 16	Williamsburg	2
Carrie Elliott, 48	Williamsburg	4	Sara Clark, 54	Williamsburg	1
Tamara Gilliam, 56	Williamsburg	4	Natalie Bare, 52	Williamsburg	1
Bernie Redcay, 76	Landisville, PA	4	Christina Packer, 47	Williamsburg	1
Angela Burbrink, 47	Landisville, PA	3	Charlotte Urban, 10	Williamsburg	1
Ruth Larson, 56	Williamsburg	3	Chanel McAlpine, 41	Williamsburg	1
Judith Olbrych, 52	Williamsburg	3	Judy Jarrett, 63	Williamsburg	1
Dee Jenkins, 71	Harrisonburg	3	Dana Hoot, 49	Williamsburg	1
Elizabeth Buie, 52	Lanexa	3	Michele Donnelly, 65	Yorktown	1
Renee Kent, 53	Yorktown	3	Lori Laws, 51	Yorktown	1
Lisa Marston, 58	Hayes	3	Debi Bloom, 62	Newport News	1
Michele Motsko, 56	Saluda	3	Laurie Cardenas, 54	Williamsburg	1
Amy Crotty, 59	Ark	3	Tara Sagman, 39	Williamsburg	1
Emily Olson, 46	Williamsburg	3	Paula Schutz, 67	Pine Bush, NY	1

CRR Grand Prix Awards

Awards: Grand Prix series open to all runners (**Colonial Road Runners**, Peninsula Track Club, etc.). Overall awards to top three men and women, and 1st Master (ages 40-and-over) man and woman. Overall awards include \$100 merchandise gift certificates to 1st overall male and female, \$75 to 2nd overall, \$50 to 3rd overall, and \$50 to 1st Master, male and female, courtesy of **Colonial Sports**.

Beautiful award plaques (color design, and which includes times for all races run during the year) to all overall categories and to first and second place in the following age groups (men and women): 19-and-under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-and-over, and race walking. Merchandise gift certificates (\$20 to age-group firsts and \$10 to age-group seconds), courtesy of **Colonial Sports**.

Grand Prix T-shirts; ticket booklets (\$30 overall and Masters awards, \$20 age group firsts, \$10 age group seconds) to **Go-Karts Plus**; certificates for one large pizza from **Chanello's Pizza**; certificates for food from **Aromas** (Williamsburg

or Oyster Point locations); and certificate for a one-half-hour personal running coaching session, courtesy of **Rick Platt and Run Fast Promotions**, given to all award winners.

Awards determined by points accumulated in each race. Points in the overall category will go 10 deep in each race (10 for 1st, 9 for 2nd, etc.). Points in the Masters, age group and race walking categories will go 5-deep (5 for 1st, 4 for 2nd, etc.). Points will be totaled from each race in overall, Masters, age group and race walking categories, but there is no duplication of Grand Prix series awards.

A maximum of the 12 best races again count in the point standings. Note that there were a total of 23 CRR Grand Prix races for 2018 and 22 races are scheduled for 2019. Ties broken by CRR membership, head-to-head competition, fastest 5K times, and CRR race volunteer points, in that order. **Starting in 2016, although points will be tallied for all runners and walkers throughout the year, all Grand Prix award winners must join or renew with the CRR sometime during the Grand Prix year.**

Updated 2019 CRR Grand Prix point standings will be available on the CRR website, and at each CRR race. The Grand Prix awards for 2019 will be given out at the annual CRR Awards Banquet, the final Saturday in January, 2020 (January 25th).

**Grand Prix contact:
Rick Platt, Colonial Road Runners,
P.O. Box 657, Williamsburg, VA 23187
Email: rickplatt1@juno.com
Phone: (757-229-7375 or 757-345-1431)**